

January 2018

Hi Lites of Lutheran Manor





New Resident
William Pursel Apt#604

January 2 (Tuesday)	Van Trip Papers drop off <i>Shop-Rite</i>	7:00 am 9:30 am	Lounge <i>Van Trip</i>
January 3 (Wednesday)	<i>Banks, Post Office</i> Exercise Bible Study <i>CVS, \$ Store</i>	9:00 am 10:00 am 12:30 pm 1:30 pm	<i>Van Trip</i> Lounge Lounge <i>Van Trip</i>
January 4 (Thursday)	Zumba Gold Chat Room Rev. Richard Nahodil, Christ E.C. Church, Allentown Blood Pressure Prayer Time Lounge Cleaning (Lounge & Laundry Rm CLOSED till 9:45 am) Yoga Tai Chi Second Harvest <i>Dinner @Carraba's Italian Grill</i>	9:00 am 10:00 am 2:00 pm 6:00 pm 7:00 pm 7:00 am 10:00 am 12:45 pm 1:00 pm 4:00 pm	Lounge Lounge Lounge Lounge Lounge Lounge Conf Rm Conf Rm Lounge <i>Van Trip</i>
January 5 (Friday)	Wii Bowling Coffee & Donuts Pinochle Party	5:30 pm 8:00 am 12:30 pm	Lounge Lounge Lounge
January 6 (Saturday)	January 8 (Monday)	10:00 am <i>Shopping @Kmart/Lunch @ Sal's</i> <i>Pizza Restaurant in Wind Gap</i>	Lounge <i>Van Trip</i>
January 9 (Tuesday)	Committee Meeting Rev. James Harper, Notre Dame R.C. Church, Bethlehem BINGO <i>Weis</i> General Meeting (1st & 2nd Floor responsible for snacks)	1:30 pm 2:00 pm 2:00 pm 6:00 pm 9:30 am 2:00 pm	Conf Rm Lounge Lounge Lounge <i>Van Trip</i> Lounge
January 10 (Wednesday)	<i>Breakfast @Cracker Barrel Restaurant</i> Exercise Bible Study Computer Class Line Dancing	9:00 am 10:00 am 12:30 pm 1:00 pm 2:00 pm	<i>Van Trip</i> Lounge Lounge Comp Rm Lounge
January 11 (Thursday)	Zumba Gold	9:00 am	Lounge



January 11 (Thursday)

Chat Room 10:00 am Lounge
Speaker-Hands on Healing 2:00 pm Lounge
Good Sherpherd Aquatic Pool 4:00 pm **Van Trip**
Program Cost: \$8.00 (Physician waiver required)

January 12 (Friday)

Lounge Cleaning 7:00 am Lounge
(Lounge & Laundry Rm CLOSED till 9:45 am)
Allentown Farmers Market/Lunch 9:30 am **Van Trip**
@Ritz

January 14 (Sunday)

Yoga 10:00 am Conf Rm
Tai Chi 12:45 pm Conf Rm
Wii Bowling 5:30 pm Lounge
Sunday Praise 1:00 pm Lounge

January 15 (Monday)

Martin Luther King Jr. (OFFICE CLOSED)
Wegmans 12:00 pm **Van Trip**
BINGO 6:00 pm Lounge

January 16 (Tuesday)

Lunch @Friendly's Restaurant 11:00 am **Van Trip**
Shopping at Hackman's Bible Bookstore
Speaker-Healthy Eating for the 2:00 pm Lounge
New Year

January 17 (Wednesday)

Exercise 10:00 am Lounge
Shopping @TJ Maxx/Lunch 10:30 am **Van Trip**
@Hibachi Grill

January 18 (Thursday)

Bible Study 12:30 pm Lounge
Zumba 9:00 am Lounge
Chat Room 10:00 am Lounge
Rev. Clark Kuntz, Worship Service 2:00 pm Lounge
MEMORIAL SERVICE
Dinner @Texas Roadhouse 4:00 pm **Van Trip**
Restaurant

January 19 (Friday)

Prayer Time 7:00 pm Lounge
Lounge Cleaning 7:00 am Lounge
(Lounge & Laundry Rm CLOSED till 9:45 am)
Breakfast @The Palace/Valley Farms 9:00 am **Van Trip**

January 20 (Saturday)

Yoga 10:00 am Conf Rm
Tai Chi 12:45 pm Conf Rm
Wii Bowling 5:30 pm Lounge
Soup & Hotdogs-Lorri & Jim 5:00 pm Lounge

January 22 (Monday)

Exercise 10:00 am Lounge
Movie-When The Game Stands Tall 1:00 pm Conf Rm
Dinner @Oasis Restaurant 4:00 pm **Van Trip**

January 22 (Monday)	BINGO	6:00 pm	Lounge
January 23 (Tuesday)	Giant Art with Pat	9:30 am 1:30 pm	Van Trip Lounge
January 24 (Wednesday)	Exercise Shopping @Lehigh Valley Mall/ Lunch @Ruby Tuesday	10:00 am 10:30 am	Lounge Van Trip
January 25 (Thursday)	Bible Study	12:30 pm	Lounge
	Computer Class	1:00 pm	Comp Rm
	Line Dancing	2:00 pm	Lounge
	Zumba	9:00 am	Lounge
	Chat Room	10:00 am	Lounge
	Rev. George Eckstein, Church of the Manger UCC, Bethlehem Good Sherpherd Aquatic Pool Program Cost: \$8.00 (Physician waiver required)	2:00 pm 4:00 pm	Lounge Van Trip
January 26 (Friday)	Lounge Cleaning (Lounge & Laundry Rm CLOSED till 9:45 am) Yoga Lunch @Bethlehem Diner/Movie @Carmike	7:00 am 10:00 am 11:00 am	Lounge Conf Rm Van Trip
January 27 (Saturday)	Tai Chi	12:45 pm	Conf Rm
January 28 (Sunday)	Wii Bowling	5:30 pm	Lounge
January 29 (Monday)	Manicures by Appointment Social-Jack & Friends	9:00 am 5:00 pm	Lounge Lounge
January 30 (Tuesday)	Exercise Movie-When The Game Stands Tall Shopping @Palmer Mall/Dinner @Olive Garden	10:00 am 1:00 pm 3:30 pm	Lounge Conf Rm Van Trip
January 31 (Wednesday)	BINGO Breakfast @Tic Toc/Walmart Art with Pat	6:00 pm 9:00 am 1:30 pm	Lounge Van Trip Lounge
January 31 (Wednesday)	Exercise Shopping @Hobby Lobby/ Lunch @Franks Bible Study	10:00 am 10:30 am 12:30 pm	Lounge Van Trip Lounge

**“Although no one can go back
and make a brand new start, anyone can start from now
and make a brand new ending.”**

Our Activities

<u>Activity</u>	<u>Dates</u>	<u>Time</u>	<u>Place</u>
Exercise	Every Monday & Wednesday	10:00 am	Lounge
Worship Service	1st Tuesday & 2nd, 3rd, 4th Thursday	2:00 pm	Lounge
Bible Study	Every Wednesday	12:30 pm	Lounge
Line Dancing	Every other Wednesday	2:00 pm	Lounge
Zumba Gold	Every Thursday	9:00 am	Lounge
Chat Room	Every Thursday	10:00 am	Lounge
Prayer Time	1st & 3rd Thursday of each month	7:00 pm	Lounge
Yoga	Every Friday	10:00 am	Conf Rm
Tai Chi	Every Friday	12:45 pm	Conf Rm
Wii Bowling	Every Friday	5:30 pm	Lounge
Sunday Praise	2nd Sunday	1:00 pm	Lounge

Join us!

FEBRUARY

2018

Saturday	2/3	Coffee & Donuts	8:00 am
Saturday	2/3	Pinochle Party	12:30 pm
Sunday	2/11	Valentine Party-Kato	5:00 pm
Saturday	2/17	Soup & Hotdogs-Robin & Jim	5:00 pm
Sunday	2/25	Social-Majestics	5:00 pm



Claudie's Corner



HANDS ON HEALING

*Dr Krishna Khamar PT DPT,
Hands on Healing Physical Therapy*

will be here on
Thursday, January 11, 2018
2pm in the Lounge

Here are few points that will be covered in the presentation.

- Different injuries and illnesses for back disorder
- Protecting back and good posture
- Safe body mechanics
- Treatment options
- Importance of physical therapy
- Healing is different than other traditional physical therapy clinics. (Patient education, Neuromuscular re-education, manual therapy and Therapeutic exercise and activities, gait and balance training, etc).



**Healthy
Eating**

Katie Fiore, Registered Dietician
Healthy Eating for the New Year!!!
will be here on

Tuesday, January 16, 2018
2pm in the Lounge

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health, and stabilizing your mood. Come down to hear how to eat healthy for the New Year.



Thank You

The Staff of Lutheran Manor would like to thank everyone for your kindness and generosity during the holiday season. We definitely appreciate your gifts, delicious treats, cards and well wishes at this special time of the year.

May you all have a Healthy,

Happy and Prosperous New Year 2018!

*Courtney, Michelle, Mona, Tiffany, Claudie, Ken, Donny, Kevin, Pete,
Judy, Valeria, Pastor Clark, Vidal, Ken C, Chuck & Sandy*



GET FIT

EXERCISE CLASS

Every Monday & Wednesday
10:00 am
In the Lounge



Walkers Club

Is taking a *Winter break*. We will be back real soon.



ZUMBA GOLD

Every Thursday
9:00 am
In the Lounge



Tai Chi

Every Friday
12:45 pm
in the Conference Room.



New Year's Resolution:
To try
Yoga.

YOGA

Every Friday
10:00 am

in the Conference Room.

BLOOD PRESSURE CHECK

First Thursday of every month. *Sharon* will be here to check your blood pressure.
Thursday, January 4
6:00 pm
In the Lounge



Linda will be here to do Manicures & Haircuts

Saturday, January 27
9:00 am in the Lounge



Set up an appointment with *Claudie*.

NOW SHOWING

Monday, January 22 & 29
1:00 pm in the Conference Room

When The Game Stands Tall



In 2003, high-school football coach Bob Ladouceur (Jim Caviezel) and his De La Salle Spartans have just completed an incredible 151 consecutive victories and 12-straight state championships. While the team's seniors receive offers from colleges all over the country, the advancing juniors look forward to making their mark. However, beloved "Coach Lad" has a brush with calamity, while the Spartans face their most-challenging, most-unpredictable season yet.

Sign up required!

AN INVITATION TO PRAYER

Prayer Time

1st & 3rd Thursday
of each month
In the Lounge

7:00 pm-8:00 pm

Everyone is Welcome!

Coordinators: *Bev Westwood* & *Loretta Mollo*

LINE DANCING

Peggy Sue Tobias
will be here on

Wednesday,
January 10 & 24
2:00 pm
In the Lounge





Soup & Hot Dogs

Saturday, January 20

5:00 pm

<u>SOUP:</u> New England Clam Chowder	\$3.00
<u>HOT DOGS:</u> Plain, Sauerkraut, or Chili	\$1.50
<u>RED BEET EGGS:</u>	.50
<u>DESSERT:</u> Ice Cream & Strawberries	\$2.50
<u>SODA OR COFFEE:</u>	\$1.00

Entertainment by:

Lorri & Jim

50/50 Drawing

**Friends and Family
are Welcome!**



Coffee & Donuts

Saturday, January 6

8:00 am to 10:00 am

In the Lounge

\$1.00 coffee

\$1.00 donut

\$1.00 additional donuts



**Friends and Family
are always welcome!**

Computer Class

Wednesday,
January 10 & 24
1:00 pm—3:00 pm



Topic: Learn to use a Tablet

Art with Pat

Tuesday, January 23 & 30, 2018

1:30 pm in the Lounge

"A Piece of the Puzzle"

The activity for this month will be one large or several small group projects. Each person will be given a few largish puzzle pieces to decorate (**collage, paint**, etc.). These pieces would then be combined to form the completed puzzle or puzzles.



Sign-up required!

SNACK STAND

Snacks available every
Monday & Wednesday

From 3:00 pm-6:00 pm
in the Main Lobby



BINGO

Every **Monday**
at 6:00 pm
in the Lounge.



Wii BOWLING

Every Friday
5:30 pm

In the Lounge

Enhance your social life by playing *Wii Bowling*. What a better way to get active, socialize and more important have fun.



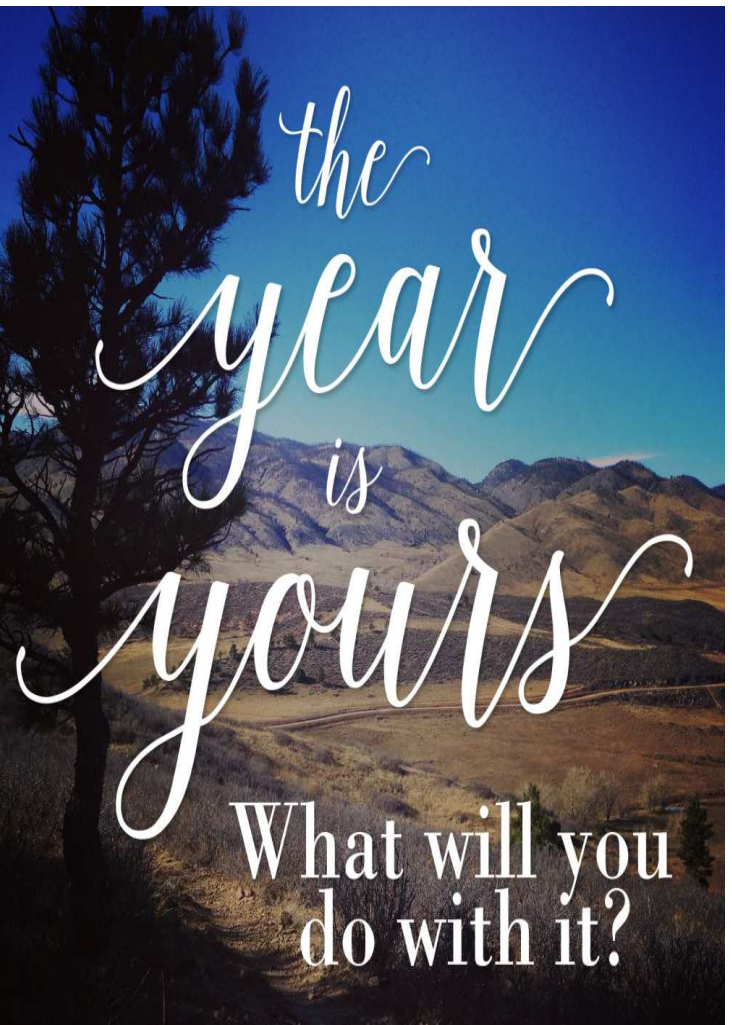
Sunday
Praise

Sunday
January 14, 2018
1pm in the Lounge

Join David Garcia

for some singing & praising.

Everyone is Welcome!





Valentine Party

Sunday, February 11, 2018

5pm in the Lounge (Doors open at 4pm)

COST:

\$5 per person

\$6 per guest (limit 2)

Entertainment by:

KATO

Menu:

Chicken Cordon Blue

Scalloped Potatoes

Glazed Carrots

Lettuce with Hot Bacon Dressing

Cherry Pie

Coffee or Tea

Soda—\$1.00



Coordinator: *Sandy Borger*

50/50 Drawing 3 for \$1.00



VALENTINE PARTY

Sunday, February 11, 2018

Place slip in a sealed envelope along with cash payment and slide it under Marge Bachemin's door Apt #705.

Name: _____ Apt# _____ Phone: _____

of Guests _____

DEADLINE FOR RESERVATIONS IS WEDNESDAY, FEBRUARY 7.

SUNDAY SOCIAL

The Resident's Association

Sunday, January 28, 2018



4:00 pm Doors open
 5:00 pm Refreshments
 6:00 pm Entertainment

Donations requested!

Entertainment by: *Jack & Friends*

MEMORIAL SERVICE

January 18, 2018, 2p.m.

A time to remember all those friends and family (not only Lutheran Manor Residents)
who passed away during 2017.

Person(s) to be remembered at Memorial Worship Service in the lounge.
(You may include residents of Lutheran Manor or other friends and family
who passed in 2017).

Name: _____ Date/Death _____

Name: _____ Date/Death _____

Name: _____ Date/Death _____

Name: _____

Phone# _____ Apt# _____

Please give completed form to Pastor Clark no later than Thursday, January 11th.

THANK YOU!

Elvis Tribute





SOMETHING TO THINK ABOUT AS WE ENTER A NEW YEAR...

What if one day you learned that an anonymous donor who loved you very much decided to give you 86,400 pennies every day. At first, that doesn't seem like a lot. But then you figure it's \$864.00 a day and it adds up to almost \$315,000.00 each year! However, there is one condition. Your generous friend says "You must spend all the money on the day you receive it. No balance can be carried over to the next day. If you don't spend it, it's lost".

That may sound like fantasy, but here's the reality: Every morning, Someone who loves you very much deposits into your "bank of time" 86,400 seconds, which represent 1,440 minutes, which of course equals 24 hours each and every day. God gives you that much to use each day. Nothing is ever carried over on credit to the next day. It's called time, and you can't escape it. Time is ticking away right now. The Bible tells us to "redeem the time..."—to make sacred and wise use of every opportunity.

The New Year is full of time. As the seconds tick away, will you be tossing time out the window, or will you make every minute count?

God's Blessings for a Happy, Healthy 2018, Pastor Clark

*My times are
in your hands.*
PSALM 31:15, NIV



JANUARY WORSHIP- 2 PM IN THE LOUNGE

Thurs., Jan. 4th- Pastor Richard Nahodil, Christ EC, Allentown

Mon., Jan. 8th- Father James Harper, Notre Dame, Allentown

Thurs., Jan. 18th- **Memorial Service**- Chaplain Clark

Thurs., Jan. 25th - Pastor George Eckstein, Church of the Manger
UCC, Bethlehem

BIBLE STUDY- Wednesdays at 12:30pm – Studying Isaiah.

CHAT ROOM- Thursdays at 10am in the lounge.

PRAYER TIME- 1st and 3rd Thursdays at 7pm (Jan. 4th & 18th)

SUNDAY PRAISE- Song, Scripture & Prayer at 1 pm on
2nd Sunday of the Month. (Jan. 14th)



MEMORIAL SERVICE- On Thursday, January 18th at 2pm we will remember all those who have died in the past year. If you wish to remember a departed loved one in our prayers that day, please fill out the form found elsewhere in this HiLites and give it to Chaplain Clark or slide it under our office door.



Special Events & Speakers

I want to **sign up** to attend the following special events and speakers.....

(check off what you want to attend)

Movie– When The Game Stands Tall(Pick one time only!)

_____ Monday, January 22 at 1:00 pm-Be in your seat by 12:45 pm.

_____ Monday, January 29 at 1:00 pm-Be in your seat by 12:45 pm.

Computer Class with Nancy

_____ Wednesday, January 10 at 1:00 pm

_____ Wednesday, January 24 at 1:00 pm

Line Dancing with Peggy Sue

_____ Wednesday, January 10 at 2:00 pm

_____ Wednesday, January 24 at 2:00 pm

Art with Pat

_____ Tuesday, January 23 & 30 at 1:30 pm

Speakers/Events

_____ Hands on Healing Physical Therapy, Thursday, January 11 at 2:00 pm

_____ Healthy Eating for the New Year, Tuesday, January 16 at 2:00 pm

Manicures with Linda (An appointment time will be assigned to you!)

_____ Saturday, January 27 between 9:00 am-5:00 pm

Complete and return this form when you turn in your van trip sign up sheet!

NAME: _____ **APT#** _____





VAN TRIPS



February 2018

DATE	DAY	TRIP	TIME
February 1	Thursday	Breakfast @Cracker Barrel	9:00 am___
February 2	Friday	Lunch @Red Robins/Movie @The Promenade	11:00 am___
February 5	Monday	Banks, Post Office	9:00 am___
February 5	Monday	CVS, \$ Store	1:30 pm___
February 6	Tuesday	Price Rite Market	9:30 am___
February 7	Wednesday	Dinner @ Miller's Ale House in Allentown	4:00 pm___
February 8	Thursday	Good Shepherd Aquatic Pool Program Cost:\$8.00 (Physician waiver program)	4:00 pm___
February 9	Friday	Shopping @Ross/Christmas Shop/Lunch @ Roma Ristorante	10:00 am___
February 10	Saturday	Zern's Farmers Market/Lunch	10:00 am___
February 12	Monday	Lunch @ Sewyco's Fire Company in Hellertown, Cost: \$7.00	11:00 am___
February 13	Tuesday	Weis	9:30 am___
February 14	Wednesday	Leesport Flea Market/Lunch	9:30 am___
February 15	Thursday	Dinner @Samuel Owens Restaurant in Coplay	4:00 pm___
February 16	Friday	Breakfast @Tic Toc/Walmart	9:00 am___
February 19	Monday	Shopping @Lehigh Valley Mall/Lunch @Friendly's Restaurant	10:00 am___
February 20	Tuesday	Giant	9:30 am___
February 21	Wednesday	Shopping @Kmart/Lunch @Sal's Rest	10:00 am___
February 22	Thursday	Good Shepherd Aquatic Pool Program Cost:\$8.00 (Physician waiver program)	4:00 pm___
February 23	Friday	Dinner @Outback Restaurant	4:00 pm___
February 26	Monday	Redner's Market	12:00 pm___
February 27	Tuesday	Lunch @Bethlehem Diner/Movie @Carmike	11:00 am___
February 28	Wednesday	Dinner @Old Country Buffet	4:00 pm___

Please fill out the form and bring to my office, I will start collecting forms at 7 a.m. on the first day of the month.

Name: _____ Apt: _____

PLEASE CANCEL WITHIN 24 HOURS OF YOUR REQUESTED TRIP SO WE CAN CALL THE NEXT RESIDENT ON OUR WAITING LIST.

A \$5 FEE will be required for NO SHOWS without cancelations.



2018

HAPPY NEW YEAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p>	<p>2 7:00 Van Trip Papers</p>	<p>3 10:00 Exercise 12:30 Bible Study</p>	<p>4 9:00 Zumba 10:00 Chat Room 2:00 Rev Richard Nahodil, Christ EC 6:00 Blood Pressure 7:00 Prayer Time</p>	<p>5 10:00 Yoga 12:45 Tai Chi 1:00 Second Harvest 5:30 Wii Bowling</p>	<p>6 8:00 Coffee & Donuts 12:30 Pinochle Party</p>
<p>7</p>	<p>8 10:00 Exercise 1:30 Committee Mtg 2:00 Rev James Harper, Notre Dame 6:00 BINGO</p>	<p>9 2:00 General Mtg</p>	<p>10 10:00 Exercise 12:30 Bible Study 1:00 Computer Class 2:00 Line Dancing</p>	<p>11 9:00 Zumba 10:00 Chat Room 2:00 Speaker-Hands on Healing Physical Therapy</p>	<p>12 10:00 Yoga 12:45 Tai Chi 5:30 Wii Bowling</p>	<p>13</p>
<p>14 1:00 Sunday Praise</p>	<p>15 OFFICE CLOSED 6:00 BINGO</p> <p>MARTIN LUTHER KING JR. Day</p>	<p>16 2:00 Speaker-Healthy Eating for the New Year</p>	<p>17 10:00 Exercise 12:30 Bible Study</p>	<p>18 9:00 Zumba 10:00 Chat Room 2:00 Rev Clark Memorial Service 7:00 Prayer Time</p>	<p>19 10:00 Yoga 12:45 Tai Chi 5:30 Wii Bowling</p>	<p>20 5:00 Soup & Hotdogs</p>
<p>21</p>	<p>22 10:00 Exercise 1:00 Movie-When The Game Stands Tall 6:00 BINGO</p>	<p>23 1:30 Art with Pat</p>	<p>24 10:00 Exercise 12:30 Bible Study 1:00 Computer Class 2:00 Line Dancing</p>	<p>25 9:00 Zumba 10:00 Chat Room 2:00 Rev George Eckstein Church of the Manger UCC</p>	<p>26 10:00 Yoga 12:45 Tai Chi 5:30 Wii Bowling</p>	<p>27 9:00 Manicures</p>
<p>28 5:00 Social</p>	<p>29 10:00 Exercise 1:00 Movie-When The Game Stands Tall 6:00 BINGO</p>	<p>30 1:30 Art with Pat</p>	<p>31 10:00 Exercise 12:30 Bible Study</p>			