

# January 2019

## Hi Lites of Lutheran Manor





## Notes From the Office

# THANK YOU!

**The Staff at Lutheran Manor would like to send out a great big  
THANK YOU to each and every one of you.**

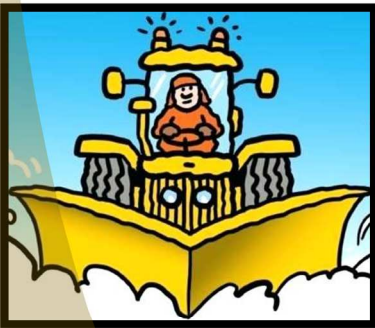
**We appreciate all of your gifts, treats, cards and well wishes  
during this wonderful Holiday Season.**

**Your generosity and thoughtfulness are greatly appreciated.**

**From us to you:**

**HAPPY NEW YEAR!!!**

*Courtney, Michelle, Mona, Tiffany, Claudie,  
Ken L., Donny, Kevin, Pete, Judy, Chentelle,  
Kierra, Pastor Clark, Vidal, & Ken C.*



### SNOW PARKING SPOT

Snow parking spots must remain EMPTY, during the winter months, especially when snow is expected in the weather forecast.



### VAN TRIP PAPERS

Van Trip Paper/Event Signup sheets will be accepted beginning at **8:30 am** in **Claudie's Office**.

### REMINDER

PAYMENTS FOR TRIPS  
**ARE DUE** WHEN YOU SUBMIT  
YOUR VAN TRIP PAPERS.

# Resident's Association



## Soup & Hot Dogs

Saturday, January 19, 2019  
@ 5:00pm

### SOUP:

Chicken Bow Tie \$3.00

### HOT DOGS:

Plain, Sauerkraut, or Chili \$1.50

RED BEET EGGS: \$0.50

### DESSERT:

Ice Cream & Strawberries \$2.50

SODA OR COFFEE: \$1.00

Entertainment by:

*Glen Faul*

50/50 Drawing



## Coffee, Donuts, Bagels, & Muffins

Saturday, January 5, 2019

8:00 am to 10:00 am in the Lounge

\$1.00 coffee

\$1.00 donuts, bagels, muffins

*\$1.00 each for additional donuts,  
bagels, muffins*



Friends and Family  
are always welcome!

## BINGO

Every Monday  
at 6:00 pm in the  
Lounge.

## SOCIAL

Sunday, January 27th  
at 5:00 pm in the Lounge  
Food: Baked Ziti  
Entertainment: Gary D

## SNACK STAND

Snacks available every  
Monday & Wednesday  
From 3:00 pm-6:00 pm  
in the Main Lobby

# Lehigh Valley Pops Orchestra



Come enjoy the beautiful sound of live orchestra music  
while the Lehigh Valley Pops Orchestra comes to perform for us!

Thursday, January 17th, 2019 @ 10:00 am  
in the Lounge

**Seating is limited—SIGN UP IS REQUIRED!!!**

(Sign up will be included with van trip papers!)



# Claudie's Corner

## **A Matter of Balance**

### **Do you have concerns about falling?**

Classes start  
**Friday, January 11, 2019**  
**1pm in the Community Room**  
and will be held  
**1x per week for 8 weeks!**  
Light refreshments will be served!

### **SIGN-UP IS REQUIRED**

**TO ATTEND THE CLASSES  
USE THE  
VAN TRIP/ACTIVITIES SHEET  
TO SIGN UP.**

**This program emphasizes practical strategies to manage falls.**

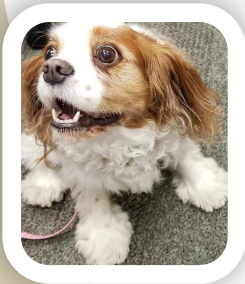
#### **YOU WILL LEARN TO:**

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance

#### **WHO SHOULD ATTEND?**

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility, and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

### **Therapy Dog Visit**



Penny will be here  
**Friday, January 18th**  
at 2pm in the Lounge  
Sorry, **NO TREATS** for Penny  
while she is working.

### **Blood Pressure Check**

*Sharon* will be here to  
check your blood pressure.

**Thursday, January 3**  
**6:00 pm in the Lounge**



### **Speaker**

#### **Market on Wheels**

Come join us to learn more about getting help  
with your grocery shopping.

**Tuesday, January 22, 2018**  
**1:30 pm in the Community Room**

Meals On Wheels will be here to speak about  
the Market on Wheels program offering  
grocery shopping from stores like  
Giant, Weis and Redner's Market  
with a delivery fee of **JUST \$6!!**

Refreshments will be served!

# APARTMENT INSPECTIONS

Dear Residents,

We are required by the Department of Housing and Urban Development to bi-annually inspect all equipment in Lutheran Manor's units. This inspection will include plumbing, heating/AC, electrical, appliances, windows, carpeting, and paint.

Due to our tight schedule, the maintenance department will start their inspections at 8:30 am on the following dates:

Tuesday, January 29	Floors 11, 10, 9
Wednesday, January 30	Floors 8, 7, 6
Thursday, January 31	Floors 5, 4, 3
Friday, February 1	Floors 2, 1

You **DO NOT** have to do anything for this inspection. You **DO NOT HAVE TO BE HOME**, but if you are not home on these dates, maintenance will enter your apartment and do their inspection.

We thank you in advance for your cooperation in this matter. If you have any concerns or conflicts, please visit the main office.

*Ken, Donny, Kevin*  
**Maintenance Department**

# Bellezza Salon & Spa

## Hours of Operation

Tuesday 9am - 3pm  
Thursday 9am - 3pm

## For Appointments Call:

610-866-6010, then press 9  
**WALK-INS WELCOME**



## Employee Spotlight

- Haircuts
- colors
- hair styling
- facial waxing
- Facials
- ear candling
- Manicures
- pedicures

I especially love to do short haircuts and color, but enjoy all aspects of

### Lorri Wagner

#### Some Details:

I live in Macungie, am engaged recently and have one daughter and three grand puppies.

#### A Few Words from Lorri:

Throughout my career I have really enjoyed getting to know our salons clients, their families, grandchildren and extended family members. I've acquired many friends throughout the years and love my customers dearly. Listening to stories of their life's journeys is very rewarding and I've learned a lot of life's lessons in the process.

I love my job of making people feel and look amazing.



**Kinsey Massage Therapy** is licensed in massage therapy by the state of PA and provides an adaptable blend of deep tissue, trigger point, mobilization, myofascial release and deep relaxation therapies uniquely tailored to each individual.



**About Kinsey:** Received her Bachelors from Kutztown University

I have two wildly talented daughters and two spoiled dogs. My many hobbies including hiking, camping, painting, photography and music. I am looking forward to meeting more Lutheran Manor residents!!

Please feel free to contact me by phone or email:

484-223-8816

[kinseygensel@gmail.com](mailto:kinseygensel@gmail.com)

**Therapeutic massages are available Mondays in the salon by APPOINTMENT ONLY.**

**30 Minutes - \$20**

**Book directly with Kinsey!**

**60 Minutes - \$40**

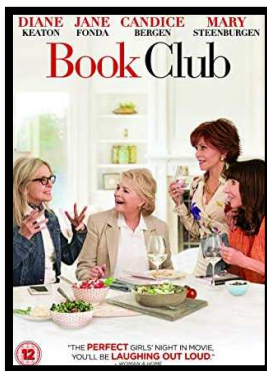
**484-223-8816**

# LUTHERAN MANOR CINEMAS PRESENTS

PLEASE BE SEATED 15 MINUTES BEFORE START OF THE MOVIE.  
LOCATED IN THE COMMUNITY ROOM!!!

MOVIE 1:  
LIFE OF THE PARTY

Monday, January 14 @ 1:00 pm



Four lifelong friends' lives are turned upside down to hilarious ends when their book club attempts to shake things up by tackling the infamous *Fifty Shades of Grey*. From discovering new romance to rekindling old flames, they inspire each other to make their next chapter the best chapter.



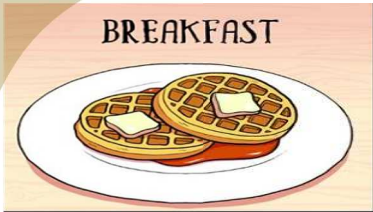
MOVIE 2:  
BOOK CLUB

Monday, January 28 @ 1:00 pm



When her husband suddenly dumps her, longtime dedicated housewife Deanna turns regret into reset by going back to college... landing in the same class and school as her daughter, who's not entirely sold on the idea. Plunging headlong into the campus experience, the increasingly outspoken Deanna - now Dee Rock - embraces freedom, fun, frat boys, on her own terms, finding her true self in a senior year no one ever expected.

FEEL FREE TO BRING YOUR FAVORITE SNACKS  
TO ENJOY DURING THE MOVIES!



**Breakfast open to  
all Residents & Guests!!**

**Saturday, January 12, 2019**

**8:30 am - 10:00 am**

**Cost: \$3.00**

**MENU**

**3 Pancakes**

**2 Sausage Links**

**Coffee and Orange Juice**



**BREAKFAST**

**Saturday, January 12, 2019**

**8:30 am—10:00 am**

**Place slip in a sealed envelope along with cash payment  
and slide it under the door of Marjorie Bachemin Apt #705.**

**Name: \_\_\_\_\_ Apt#: \_\_\_\_\_ Phone: \_\_\_\_\_**

**# of Guests \_\_\_\_\_**

**DEADLINE FOR RESERVATIONS IS MONDAY, JANUARY 7, 2019.**

**MEMORIAL SERVICE**

**January 24, 2019 @ 2pm**

**A time to remember all those friends and family **who passed away during 2018.**  
(not only Lutheran Manor Residents)**

**Person(s) to be remembered at Memorial Worship Service in the Community Room.  
(You may include residents of Lutheran Manor or other friends and family who passed in 2018).**



**Memorial Service**

**January 24, 2019 @ 2pm**

**Name: \_\_\_\_\_**

**Date/Death \_\_\_\_\_**

**Name: \_\_\_\_\_**

**Date/Death \_\_\_\_\_**

**Name: \_\_\_\_\_**

**Date/Death \_\_\_\_\_**

**Your Name: \_\_\_\_\_ Phone# \_\_\_\_\_ Apt# \_\_\_\_\_**

**Please give completed form to Pastor Clark no later than Thursday, January 17th. *THANK YOU!***



# THE ILLUSIONISTS

Live from Broadway  
[theillusionistslive.com](http://theillusionistslive.com)



Direct from Broadway,  
the world's best selling magic show  
is coming to Easton!

This mind blowing spectacular showcases the jaw  
dropping talents of five of the most incredible  
Illusionists on earth.

## THE ILLUSIONISTS™— LIVE FROM BROADWAY™

has shattered box office records across the globe  
and dazzles audiences of all ages with a powerful mix of the most outrageous  
and astonishing acts ever to be seen on stage.

This non-stop show is packed with thrilling and sophisticated magic  
of unprecedented proportions.

**Friday, March 1st, 2019 @ 7:30 pm**  
**State Theater in Easton**

### Ticket Prices:

1-9 people: \$70.50 per ticket  
10-19 people: \$64.00 per ticket

## THE ILLUSIONISTS - Live from Broadway

Friday, March 1st, 2019 @ 7:30 pm  
State Theater in Easton

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Apartment #: \_\_\_\_\_ # Attending: \_\_\_\_\_

Slips must be returned to Claudie by: **FRIDAY, JANUARY 11th, 2019**



# Kierra's Kickstart to Fitness

## Speaker: New Year, New You!



Learn how to create new,  
and healthy habits for a happier life.

**Wednesday, January 9th**  
**at 2:30 PM**  
**In the Lounge**

## Tai Chi is Back!

*Qigong with Joanne*

**Fridays 11:00-11:45 AM**  
Starting January 4<sup>th</sup>

About Qigong Tai Chi: Qigong is seen as a form of disease prevention since it promotes strengthening and healing. It uses slow, gentle movements to help prevent falls in the senior population. Better yet, it can help with pain! See Kierra for more information and scientific research on Qigong!

## ATTENTION:

*The Fitness Center will be closed for maintenance from **Monday 1/7/19- Friday 1/11/19**. All fitness classes will be held in either the lounge or community room. The rest of the Wellness Center will remain open that week. We are sorry for the inconvenience.*

*See below for class schedule:*

**Fit for Life:** Monday 1/7 and Wednesday 1/9 in the Lounge (10:00 AM)

**Stand up for Strength:** Monday 1/7 and Wednesday 1/9 in the Lounge (11:30 AM)

**Joyful Joints:** Tuesday 1/8 and Thursday 1/10 in the Lounge (10:00 AM)

**Basic Balance:** Tuesday 1/8 and Thursday 1/10 in the Lounge (11:00 AM)

**Zumba Gold:** Thursday 1/10 in the Lounge (9:00 AM)

**Everybody's Yoga:** Friday 1/11 in the Community Room (10:15 AM)

**Tai Chi:** Friday 1/11 in the Community Room (11:00 AM)

## IMPORTANT REMINDER

In order to use the fitness center or attend classes, you must enroll by completing required paperwork. Please stop by the Fitness Center or call Kierra at x208 to obtain the paperwork.



# Description of Classes



<b>Fit for Life</b>	<u>Level- Easy/Medium</u> This class includes all the basics to stay strong and healthy! It is primarily done seated with some standing options.	Mondays and Wednesdays 10:00 AM 45 Min
<b>Stand Up for Strength</b>	<u>Level- Medium/Hard</u> Join this standing class to get a more challenging workout. It will include cardio, strength, core work and balance.	Mondays and Wednesdays 11:30 AM 45 Min
<b>Joyful Joints</b>	<u>Level- Easy/Medium</u> Help your arthritis! This class is taught primarily seated, but incorporates a fun cardiovascular workout. It ends with an emphasis on the joints in the hands and wrists.	Tuesdays and Thursdays 10:00 AM 40 Min
<b>Basic Balance</b>	<u>Level- Easy/Medium</u> We first sit while working on posture and core strength, then stand the rest of the class.	Tuesdays and Thursdays 11:00 AM 30 Min
<b>Everybody's Yoga</b>	<u>Level- Easy/Medium</u> Jesse does most of the class seated, but offers some standing exercises for those who want it. It is modified for everyone's needs.	Fridays 10:00 AM 45 Min
<b>Qigong Tai Chi</b>	<u>Level- Easy/Medium</u> Joanne incorporates the healing powers of Qigong in this gentle, slow moving class. It is done standing, but many sit when necessary.	Fridays 11:00 AM 45 Min
<b>Zumba Gold</b>	<u>Level: Easy/Medium</u> Cathy creates a fun aerobic dance workout. She does intervals of standing and sitting, but anyone can sit the whole time if they'd like.	Thursdays 9:00 AM 45 Min
<b>Walker's Club</b>	<u>Level- Very Easy</u> Get out of the apartment and come for a nice walk with the other members!	Mondays, Wed. Fridays 2:00 PM (changes each season)
<b>Meditation and Stretch</b>	<u>Level- Very Easy</u> This short, relaxing class requires nothing but sitting still! If you'd like to stretch a little bit, we do gentle stretches after our breathing exercises.	Tuesdays and Thursdays 1:00 PM 15 Min



# From the Chaplain



Once again the beginning of a new year is upon us! We look to the New Year as an opportunity to make a fresh start in

some areas of our lives. We resolve to be nicer, work harder, get more rest, start a new hobby, be reconciled to estranged family and friends, lose weight, you name it.

As people of faith, we need to remember that all faithful undertakings begin with God.

No matter what we might set out to accomplish in the New Year, we must recognize that our faith in Christ must be the groundwork of all that we seek to accomplish.

Christ is the beginning and the end of all things! Whatever else we decide to begin this New Year, let us begin first of all with our faith in Him. It will remind us who is really in charge and in whose hands the future really lies.

*Have a blessed New Year!*  
*Pastor Clark*

## WORSHIP AT 2 PM\* EVERY WEEK IN THE COMMUNITY ROOM

**Thurs. Jan 3<sup>rd</sup>** Spanish Worship- Pastor Rosnibri Abreu

**Thurs. Jan 10<sup>th</sup>** Pastor Betty Langensiepen, St. Peter's Lutheran, Allentown

**Tues. Jan 15<sup>th</sup>** Father Daniel Kravatz, Notre Dame R.C., Bethlehem

**Thurs. Jan 17<sup>th</sup>** Pastor George Eckstein, Church of the Manger, UCC, Bethlehem

**Thurs. Jan 24<sup>th</sup>** Pastor Clark, Chaplain, Memorial Service



### ALL ARE WELCOME

**Bible Study:** Wednesday, 12:30pm

**Chat Room:** Thursday, 10 am

**Prayer Time:** 1<sup>st</sup> & 3<sup>rd</sup> Thursdays of each month at 7pm

**All events located in the Community Room**

**Prayer, Praise and Scripture:** Sunday, January 9 at 1 pm  
IN THE LOUNGE

### OTHER ANNOUNCEMENTS

**LIFE BIO:** Write your own Biography. Starting on Thursday, January 10<sup>th</sup> at 10 am in the Community Room. Speak to Pastor Clark if interested or questions.

**GUEST PASTORS** to lead worship at Lutheran Manor. Submit names to Pastor Clark.

**ANNUAL MEMORIAL SERVICE-** January 24, 2019- Mark your calendars. Please submit the form (found in this Newsletter) with names of those family and friends you wish to remember at that worship.



# Our Activities

## Religious Activities

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Church (English)	1st Tuesday & 2nd, 3rd,	2:00 pm	Community Room
Church (Spanish)	1st Thursday of the month	2:00 pm	Community Room
Bible Study	Every Wednesday	12:30 pm	Community Room
Chat Room	Every Thursday	10:00 am	Community Room
Prayer Time	1st and 3rd Thursday of each month	7:00 pm	Community Room
Sunday Praise	2nd Sunday of each month	1:00 pm	Lounge



## Exercise Classes

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Stand Up for Strength	Every Monday	11:30 am	Exercise Room
Joyful Joints	Every Tuesday	10:00 am	Exercise Room
Basic Balance	Every Tuesday	11:00 am	Exercise Room
Zumba Gold	Every Thursday	9:00 am	Exercise Room
Fit For Life	Every Monday	10:00 am	Exercise Room
Afternoon Meditation	Every Tuesday	1:00 pm	Exercise Room
Walkers Club	Every Mon, Wed, Fri	2:00 pm	Outside/Fitness Center
Everybody's Yoga	Every Friday	10:15 am	Exercise Room

# Our Activities

## Happening in January

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
OFFICE CLOSED	Tuesday, January 1 Monday, January 21	Happy New Year 2019! Martin Luther King Jr. Day	
BINGO	Every Monday	6:00 pm	Lounge
Snack Stand	Every Mon & Wed	3:00 pm	Lobby
Shuffleboard League	Every Thursday	6:00 pm	Game Room
Wii Bowling League	Every Friday	5:30 pm	Lounge
LOUNGE CLOSED FOR CLEANING	Every Friday	7-9:30 am	Lounge
<u>VAN TRIP PAPERS DROP-OFF</u>	<u>WEDNESDAY, JANUARY 2</u>	<u>8:30 AM</u>	<u>CLAUDIE'S OFFICE</u>
Blood Pressure Check	Thursday, January 3	6:00 pm	Lounge
Second Harvest	Friday, January 4	1:00 pm	Lounge
Coffee, Donuts, Bagels & Muffins	Saturday, January 5	8:00 am	Lounge
Pinochle Party	Saturday, January 5	12:30 pm	Lounge
General Meeting	Tuesday, January 8	2:00 pm	Lounge
SPEAKER: New Year, New You	Wednesday, January 9	2:30 pm	Lounge
Life Bio/Chat Room	Thursdays, January 10, 17, 24, 31	10:00 am	Community Room
<u>Movie Days:</u> Movie #1: Life Of the Party	#1: Monday, January 14 #2: Monday, January 28	1:00 pm	Community Room
Computer Class	Fridays, January 11 & 25	1:00 pm	Computer Room/Library
A Matter of Balance Class	Fridays, January 11, 18 & 25	1:00 pm	Community Room
Breakfast	Saturday January 12	8:30 am	Lounge
Sunday Praise with David	Sunday, January 13	1:00 pm	Lounge
SPEAKER: Market on Wheels	Tuesday, January 15	1:30 pm	Community Room
Lehigh Valley Pops Orchestra	Thursday, January 17	10:00 am	Lounge
Penny (Therapy Dog)	Friday, January 18	2:00 pm	Lounge
Soup & Hot Dogs	Saturday, January 19	5:00 pm	Lounge
Art with Pat	Monday, January 28	1:30 pm	Lounge
Apartment Inspections	Tuesday, January 29 Wednesday, January 30 Thursday, January 31 and Friday, February 1	8:30 am	Floors 11, 10, 9 Floors 8, 7, 6 Floors 5, 4, 3 Floors 2, 1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <b>NEW YEAR'S DAY</b> <b>OFFICE CLOSED</b> 	<b>2</b> 10:00 Fit For Life 11:30 Stand Up Strength 12:00 <u>Weis</u> 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand	<b>3</b> 9:00 Zumba Gold 9:30 <u>Banks, Post Office</u> 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:30 <u>CVS, \$ Store</u> 2:00 Church 6:00 Blood Pressure Check 7:00 Prayer Time	<b>4</b> 7:00-9:30 Lounge Closed 10:15 Everybody's Yoga 11:00 Tai Chi 1:00 Second Harvest 2:00 Walkers Club 4:00 <u>Dinner @ Mivajo's Restaurant</u>	<b>5</b> 8:00 Coffee, Donuts, Bagels & Muffins 12:30 Pinochle
<b>6</b>	<b>7</b> 1 0:00 Fit For Life 11:30 Stand Up for Strength 12:00 <u>Shop-Rite</u> 1:00 MOVIE - Book Club 1:30 Committee Meeting 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	<b>8</b> 10:00 Joyful Joints 11:00 Basic Balance 12:00 <u>Lunch @ Checkers/ Movie @ Carmike</u> 2:00 General Meeting	<b>9</b> 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 2:00 Walkers Club 2:30 SPEAKER—New Year, New You 3:00 Snack Stand 4:00 <u>Dinner @ Carrabba's Italian Grill</u>	<b>10</b> 9:00 Zumba Gold 10:00 Life Bio 10:00 Joyful Joints 10:30 <u>Allentown Farmer's Market/ Lunch @ Ritz</u> 11:00 Church (Esp.) 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:00 Shuffleboard 7:00 Angel Study	<b>11</b> 7:00-9:30 Lounge Closed 10:15 Everybody's Yoga 10:30 <u>Shopping @ Kmart/Lunch @ Sal's</u> 11:00 Tai Chi 1:00 Computer Class 1:00 Balance Class 2:00 Walkers Club	<b>12</b> 8:30 Breakfast
<b>13</b> 1:00 Sunday Praise with David	<b>14</b> 10:00 Fit For Life 11:30 Stand Up for Strength 12:00 <u>Redner's Market</u> 1:00 MOVIE: Life of the Party 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	<b>15</b> 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 4:00 <u>Dinner @ Beck's Land and Sea House Restaurant</u>	<b>16</b> 10:00 Fit For Life 10:30 <u>Shopping @ TJ Maxx/Lunch @ Hibachi Grill</u> 11:30 Stand Up for Strength 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand	<b>17</b> 9:00 Zumba Gold 10:00 Life Bio 10:00 Joyful Joints 10:00 LV Pops Orchestra 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:00 Shuffleboard 7:00 Prayer Time	<b>18</b> 7:00-9:30 Lounge Closed 9:00 <u>Breakfast @ Valley View Diner/Walmart</u> 10:15 Everybody's Yoga 11:00 Tai Chi 1:00 Balance Class 2:00 Walkers Club 2:00 Penny	<b>19</b> 5:00 Soup & Hot Dogs
<b>20</b>	<b>21</b> <b>MARTIN LUTHER KING JR. DAY</b> <b>OFFICE CLOSED</b> 6:00 BINGO	<b>22</b> 9:30 <u>Giant</u> 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:30 SPEAKER - Market on Wheels	<b>23</b> 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand 4:00 <u>Dinner @ Doughboys</u>	<b>24</b> 9:00 Zumba Gold 10:00 Life Bio 10:00 Joyful Joints 10:30 <u>Shopping @ Hobby Lobby/ Lunch @ Frank's Restaurant</u> 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church - Memorial Service 6:00 Shuffleboard 7:00 Angel Study	<b>25</b> 7:00-9:30 Lounge Closed 10:15 Everybody's Yoga 11:00 Tai Chi 1:00 Computer Class 1:00 Balance Class 2:00 Walkers Club 3:30 <u>Shopping @ Palmer Park Mall/ Dinner @ Olive Garden</u>	<b>26</b>
<b>27</b> 5:00 Social	<b>28</b> 10:00 Fit For Life 11:30 Stand Up for Strength 12:00 <u>Wegmans</u> 1:00 MOVIE: Book Club 1:30 Art with Pat Part 1 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	<b>29</b> <b>APARTMENT INSPECTIONS</b> 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:30 Art with Pat Part 2	<b>30</b> <b>APARTMENT INSPECTIONS</b> 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand 4:00 <u>Dinner @ Oasis Restaurant</u>	<b>31</b> <b>APARTMENT INSPECTIONS</b> 9:00 <u>Breakfast @ Cracker Barrel</u> 9:00 Zumba Gold 10:00 Life Bio 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:00 Shuffleboard		

# VAN TRIPS February 2019

DATE	DAY	TRIP	TIME
February 1	Friday	Breakfast @ Williams Family Restaurant Valley Farms	9:00 am ____
February 5	Tuesday	Banks, Post Office	9:00 am ____
February 5	Tuesday	CVS, \$ Store	1:30 pm ____
February 6	Wednesday	Dinner @ Doughboys	4:00 pm ____
February 7	Thursday	Shopping @ Lehigh Valley Mall	10:30 am ____
February 8	Friday	Lunch @ Borderline Movie @ The Promenade	12:00 pm ____
February 11	Monday	Lunch @ Sewyco's Fire Co.	11:00 am ____
February 12	Tuesday	Weis	9:30 am ____
February 13	Wednesday	Leesport Flea Market Lunch @ Hoss's	9:30 am ____
February 14	Thursday	Good Store, Effort/Lunch @ Weavers	9:00 am ____
February 15	Friday	Dinner @ Outback Restaurant	4:00 pm ____
February 19	Tuesday	Giant	12:00 pm ____
February 20	Wednesday	Lunch @ Old Country Buffet	11:00 am ____
February 21	Thursday	Dinner @ Texas Roadhouse Restaurant	3:00 pm ____
February 22	Friday	Breakfast @ Tic Toc Walmart	9:00 am ____
February 25	Monday	Wegmans	9:30 am ____
February 26	Tuesday	Shopping @ Kmart Lunch @ Sal's Restaurant	10:30 am ____
February 27	Wednesday	Dinner @ Samuel Owens Restaurant	4:00 pm ____
February 28	Thursday	Shopping @ Stroudsburg Outlets Lunch	10:00 am ____

Forms will be collected starting at 8:30 am on January 2, 2019.

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.



# SPECIAL EVENTS January 2019

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

(check off  what you want to attend)

**Movie Days - Please be in your seat 15 minutes before the start of the movie**

\_\_\_\_\_ Monday, January 14 at 1:00 pm

(Movie: Life of the Party)

\_\_\_\_\_ Monday, January 28 at 1:00 pm

(Movie: Book Club)

**Computer Class with Nancy**

\_\_\_\_\_ Friday, January 11 at 1:00 pm

\_\_\_\_\_ Friday, January 25 at 1:00 pm

**SPEAKER: New Year, New You**

\_\_\_\_\_ Wednesday, January 9 at 2:30 pm

**A MATTER OF BALANCE CLASS**

\_\_\_\_\_ Fridays, January 11, 18 & 25 at 1 pm

**SPEAKER: Market on Wheels**

\_\_\_\_\_ Tuesday, January 15 at 1:30 pm

**Art with Pat**

\_\_\_\_\_ Monday January 28 &  
Tuesday, January 29 at 1:30 pm

**LEHIGH VALLEY POPS ORCHESTRA**

\_\_\_\_\_ Thursday, January 17 at 10:00 am

Forms will be collected starting at 8:30 am on Wednesday, January 2, 2019.

NAME: \_\_\_\_\_ APT#: \_\_\_\_\_