JULY 2018

Hi Lites of Lutheran Manor









Then join hand in hand, brave Americans all! By uniting we stand, by dividing we fall.

-John Dickinson

July 1	6:45 PM	Music in the Park - Rose Garden -Italian Band	Van Trip
(Sunday) July 2	7:00 AM	VAN TRIP PAPER DROP OFF	Main Office
(Monday)	9:00 AM	Walkers Club	Exercise Room
(Worlday)	10:00 AM	Fit For Life	Exercise Room
		Advanced Senior Fitness	
	11:30 AM		Exercise Room
	12:00 PM	Shop-Rite Freemansburg	Van trip
July 3	9:00 AM	Banks, Post Office	Van Trip
(Tuesday)	10:00 AM	Joyful Joints	Exercise Room
	11:00 AM	Basic Balance	Exercise Room
-	12:30 PM	Tai Chi	Exercise Room
	1:30 PM	CVS, \$ Store	Van Trip
-	2:00 PM	CHURCH: Father Daniel Kravits, Notre Dame RC Church, Bethlehem	Community Room
July 4		OFFICE CLOSED	
(Wednesday)		HAPPY 4TH OF JULY!	
-		242nd YEAR ANNIVERSARY!	
	1:00 PM	4th of July Picnic	Lounge
July 5	9:00 AM	Zumba Gold	Exercise Room
(Thursday)	10:00 AM	America on Wheels Museum/ Lunch @ HubCap Café	Van Trip
	10:00 AM	Chat Room	Community Room
•	10:00 AM	Joyful Joints	Exercise Room
	11:00 AM	Basic Balance	Exercise Room
•	1:00 PM	Afternoon Meditation & Stretch	Exercise Room
	2:00 PM	SPEAKER: Clear Caption Phone	Community Room
•	6:00 PM	Blood Pressure Check	Lounge
	7:00 PM	Prayer Time	Community Room

\triangle	July 6	9:00 AM	Walkers Club	Exercise Room	
×	(Friday)	10:00 AM	Fit For Life	Exercise Room	×
		12:00 PM	Lunch @ Red Robin/ Movie @ The Promenade	Van Trip	
A		12:00 PM	MOBILE MARKET	Outside	4
×		1:00 PM	SECOND HARVEST	Lounge	×
	July 7	8:00 AM	Coffee, Donuts, Bagels & Muffins	Lounge	4
	(Saturday)	12:30 PM	Pinochle	Game Room	
	July 9	9:00 AM	Walkers Club	Exercise Room	
A	(Monday)	10:00 AM	Fit For Life	Exercise Room	A
		11:00 AM	Lunch @ Sewyco's Fire Co in Hellertown	Van Trip	
		11:30 AM	Advanced Senior Fitness	Exercise Room	
A		1:00 PM	MOVIE: God's Not Dead 2	Conference Room	A
X	July 10	9:30 AM	Wegmans	Van Trip	X
\triangle	(Tuesday)	10:00 AM	Joyful Joints	Exercise Room	\bigcirc
		11:00 AM	Basic Balance	Exercise Room	
		12:30 PM	Tai Chi	Exercise Room	
A	July 11	9:00 AM	Walkers Club	Exercise Room	A
X	(Wednesday)	10:00 AM	Fit For Life	Exercise Room	X
\triangle		11:30 AM	Advanced Senior Fitness	Exercise Room	4
		12:30 PM	Bible Study	Community Room	
	July 12	9:00 AM	Zumba Gold	Exercise Room	
A	(Thursday)	10:00 AM	Joyful Joints	Exercise Room	A
*		10:00 AM	Chat Room	Community Room	
A		11:00 AM	Basic Balance	Exercise Room	A
X		1:00 PM	Afternoon Meditation & Stretch	Exercise Room	X
		2:00 PM	CHURCH: Pastor Dan Brettel,	Community Room	
A			St. Paul's Lutheran, Bethlehem		A
T		4:00 PM	Good Shepherd Aquatic Pool Program	Van Trip	T

	July 13	9:00 AM	Breakfast @ The Palace/Walmart	Van Trip
4	(Friday)	9:00 AM	Walkers Club	Exercise Room
		10:00 AM	Fit For Life	Exercise Room
1		12:00 PM	MOBILE MARKET	Outside
		2:00 PM	SPEAKER: Choosing a Primary Care Physician	Community Room
	July 14			_
(Saturday)	8:30 am	Breakfast	Lounge
_	July 16	9:00 AM	Walkers Club	Exercise Room
	(Monday)	10:00 AM	Fit For Life	Exercise Room
		10:30 AM	Shopping @ Burlington/ Lunch @ Friendly's Restaurant	Van Trip
		11:30 AM	Advanced Senior Fitness	Exercise Room
	July 17	10:00 AM	Joyful Joints	Exercise Room
	(Tuesday)	11:00 AM	Basic Balance	Exercise Room
1		12:30 PM	Tai Chi	Exercise Room
~		1:30 PM	ART WITH PAT	Lounge
		4:00 PM	Dinner @ Doughboys	Van Trip
		6:30 PM	Latin Dance Class	Lounge
_	July 18	9:00 AM	Walkers Club	Exercise Room
(W	Vednesday)	10:00 AM	Fit For Life	Exercise Room
-		11:30 PM	Advanced Senior Fitness	Exercise Room
		12:00 PM	Weis - Easton	Van Trip
		12:30 PM	Bible Study	Community Room
_	July 19	9:00 AM	Zumba Gold	Exercise Room
(Thursday)	10:00 AM	Joyful Joints	Exercise Room
~		10:00 AM	Chat Room	Community Room
		11:00 AM	Basic Balance	Exercise Room
		1:00 PM	Afternoon Meditation & Stretch	Exercise Room
1		2:00 PM	CHURCH: Pastor Joy Wyler, Unity of the Lehigh Valley, Emmaus	Community Room
		7:00 PM	Prayer Time	Community Room

A	1 20	9:00 AM	Walkers Club	Exercise Room	A
	July 20				
A	(Friday)	10:00 AM	Fit For Life	Exercise Room	A
		12:00 PM	MOBILE MARKET	Outside	
A		1:00 PM	COMPUTER CLASS	Computer Room	A
		2:00 PM	PENNY (Therapy Dog)	Lounge	
A		4:00 PM	Dinner @ Outback Restaurant	Van Trip	A
X	July 21		Monroe Farmer's Market		
A	(Saturday)	8:30 AM	Stroudsburg/Live Music	Van Trip	A
X	July 23	9:00 AM	Breakfast @ Cracker Barrel	Van Trip	X
	(Monday)	9:00 AM	Walkers Club	Exercise Room	4
		10:00 AM	Fit For Life	Exercise Room	
		11:30 AM	Advanced Senior Fitness	Exercise Room	
A	July 24	9:30 AM	Giant	Van Trip	A
X	Tuesday	10:00 AM	Joyful Joints	Exercise Room	X
A		11:00 AM	Basic Balance	Exercise Room	4
		12:30 PM	Tai Chi	Exercise Room	A
		1:00 PM	MOVIE: God's Not Dead 2	Conference Room	
A		2:00 PM	BINGO with Cherie	Lounge	A
X	July 25	9:00 AM	Walkers Club	Exercise Room	X
A	(Wednesday)	10:00 AM	Fit For Life	Exercise Room	A
X		11:30 AM	Advanced Senior Fitness	Exercise Room	X
A		12:30 PM	Bible Study	Community Room	4
×	July 26	9:00 AM	Zumba Gold	Exercise Room	×
	(Thursday)	10:00 AM	Joyful Joints	Exercise Room	
		10:00 AM	Chat Room	Community Room	
		11:00 AM	Basic Balance	Exercise Room	
A		1:00 PM	Afternoon Meditation & Stretch	Exercise Room	A
A		2:00 PM	CHURCH: Pastor Jay Wetzel, Lutheran - Retired	Community Room	A
X		4:00 PM	Good Shepherd Aquatic Pool Program	Van Trip	T

<u></u>	July 27	9:00 AM	Walkers Club	Exercise Room
4	(Friday)	10:00 AM	Fit For Life	Exercise Room
<u></u>		12:00 PM	MOBILE MARKET	Outside
7		1:00 PM	COMPUTER CLASS	Computer Room
1		7:00 PM	Northampton Community College Presents: "Dreamgirls"	Van Trip
4	July 28	9:00 AM	Easton Farmer's Market	Ven Trip
4	(Saturday)	9:00 ANI	Easton Farmer's Market	Van Trip
	July 29	F-00 D04	COCIAL Las Manuel	
4	(Sunday)	5:00 PM	SOCIAL: Joe Keppel	Lounge
<u></u>	July 30	9:00 AM	Walkers Club	Exercise Room
7	(Monday)	10:00 AM	Fit For Life	Exercise Room
>		11:30 AM	Advanced Senior Fitness	Exercise Room
4		12:00 PM	Aldi	Van Trip
1	July 31	9:30 AM	Hunterdon Hills Playhouse Presents: "Nunsense"	Van Trip
1	(Tuesday)	10:00 AM	Joyful Joints	Exercise Room
1		11:00 AM	Basic Balance	Exercise Room
1		12:30 PM	Tai Chi	Exercise Room
		1:30 PM	ART WITH PAT	Lounge
4		-		



"Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe to assure the survival and the success of liberty."

– John F. Kennedy

Our Activities

Activity	Dates	Dates Time	
Church	•		Community Room
Bible Study	Every Wednesday	12:30 pm	Community Room
Chat Room	Every Thursday	10:00 am	Community Room
Prayer Time	1st & 3rd Thursday of every month	7:00 pm	Community Room





2018

Saturday	8/4	Coffee, Donuts, Bagels & Muffins	8:00 a.m.
Saturday	8/4	Pinochle Party	12:30 p.m.
Sunday	8/26	Social-Steel City	5:00 p.m.



Claudie's Corner

Clear Caption Phone

Joe Natiello will be here on Thursday, July 5, 2018

12:00 pm in the Community Room

(ICE CREAM will be provided!)

that will make your life
so much easier.
Are you struggling with any
form of hearing loss?
If you are, this is the phone for you!

SIGN UP IS REQUIRED!!!!

Choosing a Primary Care Physician

Paul Hlavinka, Jr, MSN

Certified Registered Nurse Practitioner

will be here on

Friday, July 13, 2018

2pm in the Community Room

Are you looking for a Primary Care Physician? If you are, please join us to get information on how to choose one.

Refreshments will be provided!





Cherie Zettlemoyer

Will be here on

Tuesday, July 24 @ 2pm in the lounge

Come down and have some fun!





"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness." Lamentations 3: 22,23

The other day I did something out of the ordinary and it was WONDERFUL!! I watched the sun rise. On ordinary days I get up at about 6-630am. Then, the day follows as anticipated. There are few surprises.

This day was special. I watched the sun gently push back the darkness and it's glorious rays burn away the blackness into blue. I was reminded of the sheer gift of the day.

How seldom we notice this. Typically we measure our lives by years. They seem to be so few. Counting sunrises we are gifted with abundance. In a lifespan of 80 years, one is gifted with almost 30,000 sunrises. I am over 26,000 sunrises old. I am ashamed to say that I have been quite ungrateful for the majority of these days. But the sheer grace of God gives us an abundance of new mornings to be lived, sunrise upon sunrise.

That day continued as scheduled. There were still appointments to keep, etc. But that sunrise made the day different. God's grace surrounds us. Maybe God's grace comes to you in a flower bloom, a kitten purr or a child's grin. Whatever moment of grace is yours today, let us praise God for his wonderful creation and his gift of life. May your summer bring you many "grace-filled" moments!

-Pastor Clark

WORSHIP every week in the Community Room at 2pm

<u>Tuesday</u>, July 3rd- Father Daniel Kravits, Notre Dame RC Church, Bethlehem Thurs, July 12th- Pastor Dan Brettell, St. Paul's Lutheran, Bethlehem Thurs, July 19th- Pastor Joy Wyler, Unity of the Lehigh Valley, Emmaus Thurs, July 26th – Pastor Jay Wetzel, Lutheran – retired

On Thursday, August 9th, we will begin a monthly Spanish speaking worship service

MARK YOUR CALENDARS!!! (More info next month)

BIBLE STUDY- Every Wednesday at 12:30pm in the Community Room

PRAYER TIME- 1st and 3rd Thursdays at 7 pm in the Community Room. (July 5 &19)

CHAT ROOM- Every Thursday at 10 am in the Community Room.

Please note: The COMMUNITY ROOM is on the second floor of the Wellness Center directly opposite the elevators. The Meditation Room is opened M-F 7:30am-2:30pm. Pastor Clark's office is also on the 2nd floor. Come visit!





Kierra's Kickstart



To Fitness

Did you know?

Walking or exercising regularly, releases a protein called BDNF (Brain Derived Neurotrophic Factor).

This protein encourages the growth of new brain cells, which can help ward off memory loss and dementia!

If you want to get started on a fitness program, stop by the fitness center and ask Kierra how to get started!

Remember the Fitness Center Rules!

- À
- Please wear sneakers or you will not be allowed in the fitness center.
- Please bring your own earbuds or headphones for music. We offer earbuds for \$4
- Please NO children in the fitness center or exercise room.

Enjoy your new Wellness Center!



Do you Wake up with Stiff Joints in the morning?



Try my class, Joyful Joints on Tuesdays and Thursdays at 10 AM!

We start with a gentle warm-up, then a fun cardiovascular session while sitting, then we work on the hands.



Weekly Class Schedule



	<u> </u>			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-10:00 AM Walker's Club with Kierra and Michelle		9:00-10:00 AM Walker's Club with Kierra and Michelle	9:00-10:00 AM Zumba Gold with Cathy	9:00- 10:00 AM Walker's Club with Kierra and Michelle
10:00- 10:45 AM Fit for Life with Tammy	10:00- 10:45 AM Joyful Joints with Kierra	10:00-10:45 AM Fit for Life with Kierra	10:00- 10:45 AM Joyful Joints with Kierra	10:00- 10:45 AM Fit for Life with Kierra
11:30-12:15 PM Advanced Senior Fitness with Kierra	11:00-11:30 AM Basic Balance with Kierra	11:30-12:15 PM Advanced Senior Fitness with Kierra	11:00-11:30 AM Basic Balance with Kierra	
	12:30-1:30 PM Tai Chi with Janet	*No classes on Wednesday July 4 th *	1:00-1:15 PM Afternoon Meditation and Stretch with Kierra	



Computer Class

Fridays July 20 & 27 1 pm

Sign up required.

Coffee, Donuts, Bagels & Muffins



Saturday, July 7th
8:00 a.m. to 10:30 a.m.
\$1.00 coffee
\$1.00 donut, bagel, muffin

\$1.00 additional

Friends and Family are welcome!

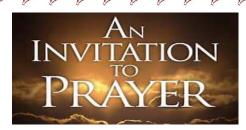
Blood Pressure Check
Thursday, July 5
6:00 p.m.
in the Lounge.



Art With Pat

Tuesday, July 17, 2018 Tuesday, July 31, 2018

1:30 pm in the Lounge



Prayer Time

of each month
In the Lounge
7:00 pm-8:00 pm
Everyone is Welcome!

Coordinators:

Bev Westwood & Loretta Mollo

TV or Telephone Issues?

To help limit unnecessary and expensive service fees from your service providers, please SUBMIT A WORK ORDER SLIP and have our maintenance guys take a look first.

Contact the office with any questions or concerns.





Meet Our New Therapy Dog



Penny will be here onFriday, July 20th, 2018at 2pm in the Lounge

She will be visiting us the **3rd Friday of every month!**

Sorry, **NO TREATS** for Penny while she is working.

NOW SHOWING GOD'S NOT DEAD 2

Monday July 9th & Tuesday July 24th 1pm in the Conference Room



When high school history teacher Grace Wesley is asked a question about Jesus in class, her reasoned response lands her in deep trouble. The ensuing epic court case could expel God from the classroom—and the public square—once and for all! GOD'S NOT DEAD 2 is a powerful call to action: Where will you stand?



Lutheran Manor is excited to announce the start of a

MONTHLY SPANISH WORSHIP SERVICE

Beginning August 9, 2018!!

The service will be held on the **FIRST THURSDAY** of the month in the **Community Room**.

If you have a pastor you would like to have preach on month, please let Pastor Clark know so he can make arrangements.

NOTICIAS DE ULTIMO HORA

Con mucha emoción Lutheran Manor anuncia el comienzo de **SERVICIOS DE ADORACIÓN MENSUAL EN ESPAÑOL** comenzando **el 9 de Agosto, 2018**!!

El servicio se llevará a cabo el primer Jueves de cada mes en el Community Room.

Si usted tiene un Pastor a quien le gustaría predicar en uno de los meses, por favor dejarle saber a Pastor Clark para poder hacer os arreglos necesarios.

Lutheran Manor Annual Pig Roast 2018





Time: 12:00 pm Where: Lounge

Entertainment:

Lorrie & Jim—Patriotic Salute

Menu

Hot Dog with Chips

Condiments:

Pickels, Olives, Onions

Sides:

Baked Beans, Pasta Salad, Fresh Fruit Salad

Drinks:

FREE:

Iced Tea and Coffee

\$1:

Pepsi, Root Beer, Sprite & Water

Sunday Social



The Resident's Association Sunday, July 29, 2018





4pm Doors open
5pm Refreshments
6pm Entertainment



Donations requested!

Entertainment by: Joe Keppel

3

Name:

We Need Your Help!

We, in the office, are finding that phone numbers we have on file for our residents may not be the most current.

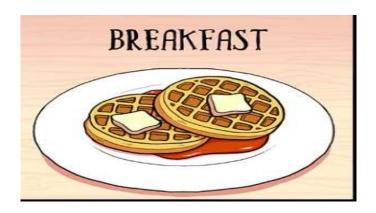
To help us make sure we have your most current contact information, please complete the information below and **RETURN TO TIFFANY IN THE MAIN OFFICE**.

RESIDENT CONTACT INFO UPDATE

Apt#

Home Phone: Cell Phone:
What Do You Need?
At times, we receive furniture and other items from fellow residents. If you find there is something you can use, please fill out the form below and return to Claudie. This will make it easier to make sure any requested items can be distributed to a resident in need.
Name:
Apt #: I request the following items:





Breakfast open to all Residents & Guests.

Saturday, July 14, 2018

8:30 am—10:00 am



MENU

3 Pancakes
2 Sausage Links
Coffee and Orange Juice



Cost: \$3.00



BREAKFAST

Saturday, July 14, 2018

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, JULY 9TH.

Special Events & Speakers

I want to <u>sign up</u> to attend the following	special events and speakers
(check off what you	want to attend)
<i>Movie</i> - God's Not Dead 2	
Monday, July 9 at 1:00 pm –Be in your se	eat by 12:45 pm
Tuesday, July 24 at 1:00 pm-Be in your se	eat by 12:45 pm
Computer Class with Nancy	
Friday, July 20 at 1:00 pm	
Friday, July 27 at 1:00 pm	and the second second
<u>Art With Pat</u>	
Tuesday, July 17 at 1:30 pm	
Tuesday, July 31 at 1:30 pm	
Latin Dance Class	
Tuesday, July 17, 2018 at 6:30 pm	
Speaker: Clear Caption Phone	
Thursday, July 5, 2018 at 2:00 pm	
Speaker: Choosing a Primary Care Physician	
Friday, July 13, 2018 at 2:00 pm	
Speaker: BINGO with Cherie	
Tuesday, July 24, 2018 at 2:00 pm	
Complete and return this form when you tur	n in your van trip sign up sheet!
NAME:	· · · · · · · · · · · · · · · · · · ·



August 2018 Van Trips



DATE	DAY	TRIP	TIME		
August 1	Wednesday	Wegmans	12:00 pm		
August 2	Thursday	Dinner @ Twisted Olive Restaurant	4:00 pm		
August 3	Friday	Banks, Post Office	9:00 am		
August 3	Friday	CVS, \$ Store	1:30 pm		
August 6	Monday	Breakfast @ The Palace/Walmart	9:00 am		
August 7	Tuesday	Lunch @ Alburtis Tavern on Main	10:30 am		
August 9	Thursday	Sussex County Fairgrounds, NJ, Senior Day	9:00 am		
August 10	Wednesday	Dutch Apple Dinner Theater Presents: ANNIE COST: \$58.00	8:30 am		
August 11	Saturday	Pocono Bazaar Flea Market, Marshall Creek	9:00 am		
August 13	Monday	Lehigh Valley Zoo, Senior Day COST: \$12.00	9:00 am		
August 14	Tuesday	Breakfast @ Cracker Barrel	9:00 am		
August 15	Wednesday	Weis - Easton Senior Day	12:00 pm		
August 16	Thursday	Dinner @ Doughboys	4:00 pm		
August 19	Sunday	Muhlenberg Festival	12:00 pm		
August 20	Monday	Shopping @ Ross/Christmas Tree Shoppes Lunch @ Panera Bread	10:00 am		
August 21	Tuesday	Trader Joe's Market	9:00 am		
August 22	Wednesday	West End Fair	10:00 am		
August 23	Thursday	Good Shepherd Aquatic Pool Program	4:00 pm		
August 24	Friday	Lunch @ Beth Diner/Movies @ Carmike	12:00 pm		
August 25	Saturday	Easton Farmers Market	9:00 am		
August 27	Monday	Knoebels Park - Elysburg	8:30 am		
August 28	Tuesday	Shopping @ Flemington NJ Outlets	9:00 am		
August 29	Wednesday	Giant	12:00 pm		
August 30	Thursday	Good Shepherd Aquatic Pool Program	4:00 pm		
August 31	Friday	Allentown Farmers Market Lunch @ The Ritz	10:30 am		
Please fill out	Please fill out the form and bring to the main office. Collecting form will begin at 7 a.m. on the				

Please fill out the form and bring to the main office. Collecting form will begin at 7 a.m. on the first day of the month.

Name:
_____Apt:______

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
I 6:45 VT: Music in the Park-Rose Garden -Italian Band	2 7:00 Van Trip Paper Drop Off 12:00 VT: ShopRite Freemansburg	3 9:00 VT: Banks, Post Office I:30 VT: CVS, \$-Store 2:00 Church: Father Daniel Kravits, Notre Dame RC Church, Bethlehem	4 OFFICE CLOSED HAPPY 4th OF JULY 1:00 4th of July Picnic	5 10:00 VT: America on Wheels Museum/Lunch @ HubCap Café 10:00 Chat Room 2:00 Speaker: Clear Caption Phone 6:00 pm Blood Pressure Check 7:00 Prayer Time	6 12:00 VT: Lunch @ Red Robin & Movies @ Promenade 12:00 Mobile Market 1:00 Second Harvest	7 8:00 Coffee, Donuts, Bagels, & Muffins 12:30 Pinochle
8	9 11:00 VT: Lunch @ Sewyco's Fire Co. in Hellertown 1:00 Movie: God's Not Dead 2	10 9:30 VT: Wegmans	II 12:30 Bible Study	12 10:00 Chat Room 2:00 Church: Pastor Dan Brettell, St. Paul's Lutheran, Bethlehem 4:00 VT: Good Shepherd Aquatic Pool Program	13 9:00 VT Breakfast @ The Palace/Walmart 12:00 Mobile Market 2:00 Speaker: Choosing a Primary Care Physician	14 8:30 Breakfast
15	16 10:30 VT: Shopping @ Burlington/Lunch @ Friendly's	17 1:30 Art with Pat 4:00 VT: Dinner @ Doughboys 6:30 Latin Dance Class	18 12:00 VT: Weis-Easton 12:30 Bible Study	19 10:00 Chat Room 2:00 Church: Pastor Joy Wyler, Unity of the Lehigh Valley, Emmaus 7:00 Prayer Time	20 12:00 Mobile Market 1:00 Computer Class 2:00 PENNY 4:00 Dinner @ Outback	21 8:30 VT: Monroe's Farmers Market Stroudsburg/ Live Music
22	23 9:00 VT: Breakfast @ Cracker Barrel	24 9:30 VT: Giant I:00 Movie: God's Not Dead 2 2:00 BINGO with Cherie	25 12:30 Bible Study	26 10:00 Chat Room 2:00 Church: Pastor Jay Wetzel, Lutheran (retired) 4:00 VT: Good Shepherd Aquatic Pool Program	27 I 2:00 Mobile Market I:00 Computer Class 7:00 VT: "Dreamgirls"	28 9:00 VT: Easton Farmers Market
29 5:00 Social: Joe Keppel	30 12:00 VT: Aldi	31 9:30 VT: "Nunsense" I:30 Art with Pat				