

March 2019

Hi Lites of Lutheran Manor





Notes From the Office

To Our New Residents!



Teresa Heller #1007
Judy Malandrucca #815

LIVE STREAMING

Not feeling well or just would rather stay in?
You don't have to miss out on any of our church services or speakers.
Tune to channel 98 to catch all the action during our Live Stream!

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 the Main Office.**

REMINDER

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



Wear Green Day



Wednesday, March 13, 2019

In celebration of *St Patty's Day*, Staff will be wearing green today.
Residents if you want to join us in wearing green, you are welcome to!!

Sandwich Sale

Cost: \$5

**Orders available for pickup
Friday, March 15th from 11am-12pm
in the Lounge**



Sandwich Sale Order Sheet

Fill out and return slip, along with money, to Marge Bachemin in apartment 705.

Name: _____ Apt: _____

Write the number of sandwiches you'd like to order next to the type.

Kaiser Roll, Ham & Cheese # _____ Kaiser Roll, Turkey, Cheese # _____

DEADLINE FOR ORDERS IS TUESDAY, MARCH 12TH, 2019



If you are interested in having a **garden plot** this year, please fill out the form below and bring it to the **Main Office** starting March 11.

Garden Plot

We will begin accepting slips on March 11th until March 15th.

Plots will be assigned March 20th, 2019!!!

Name: _____ Apt#: _____

If you had a space last year, would you like the same one? CIRCLE Yes or No

DUE TO LIMITED SPACE, REQUESTS ARE ON A FIRST COME FIRST SERVE BASIS.

Resident's Association



Soup & Hot Dogs



Saturday, March 16, 2019

@ 5:00pm

SOUP:

Chicken Noodle \$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:

Robin & Jim

50/50 Drawing



Coffee, Donuts, Bagels, & Muffins

Saturday, March 2, 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.

SNACK STAND

Snacks available every
Monday & Wednesday

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

ICE CREAM

Ice cream will be sold
Every Wednesday

From 5:00 - 6:00 pm
in the Lounge.

SOCIAL

Sunday, March 31st
at 5:00 pm in the Lounge

Food:

Chili

Entertainment:

Robin & Marty

FASTNACHT DAY

Tuesday, March 5th, 2019

8:30 am - 10:00 am
in the Lounge

\$1 Coffee

Fastnachts: \$1 each/ \$5 for 6



RENT REBATES & TAX



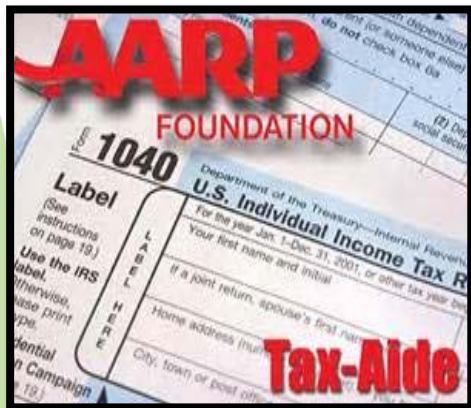
If you are interested in getting a **Rent Rebate**, please make sure to let Michelle know in the main office.

We will be doing rent rebates:

Every Thursday & Friday in March

In the conference room

AARP TAX PREPARATION



The AARP Income Tax Volunteers will be here to provide **FREE** income tax preparation **ONLY**.

They will not be completing tax rebates.

Tuesday, March 26th

8:30 AM– 12:00 PM

If you are interested in getting your Taxes done, please make sure to let Michelle know in the main office.

Bellezza Salon & Spa

Hours of Operation

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

For Appointments Call:

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

Salon will be CLOSED March 14, 2019



\$8 OFF

Perm or Color

Beauty Tip:

Apple Cider Vinegar (Dilute with water)
(organic, raw-unfiltered with the mother)

Good For:

- Dark spots - Acne - A Facial Toner - Reduce fine lines

**And the winner of Bellezza's
February's drawing is:**

Cora Onuschak



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.

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

30 Minutes - \$20

60 Minutes - \$40

Book directly with Kinsey!

484-223-8816

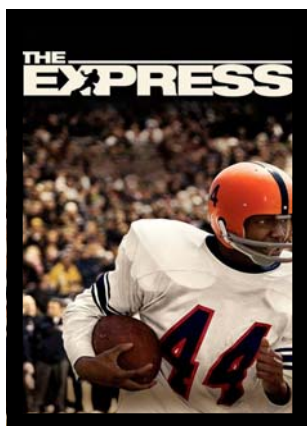
LUTHERAN MANOR CINEMAS PRESENTS

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

MOVIE 1:

THE EXPRESS: The Ernie Davis Story

Friday, March 8 @ 1:00 pm
Monday, March 25 @ 1:00 pm



Witness the inspirational true story of a real American hero. Rising from the humblest of beginnings,

Ernie Davis (Rob Brown) overcame impossible odds to become the first African-American to win college football's greatest honor - the Heisman Trophy. Starring Dennis Quaid as the hard-nosed coach that helped drive him to greatness, *The Express* is a powerful story of triumph on and off the field that will have you cheering again and again!

MOVIE 2:

BIG MIRACLE

Monday, March 11 @ 1:00 pm
Friday, March 22 @ 1:00 pm

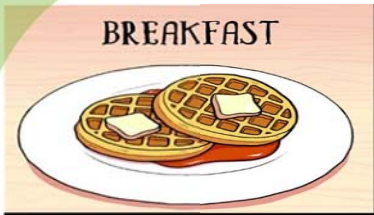


Drew Barrymore and John Krasinski star in the incredible rescue adventure - the amazing true story that inspired the work and captured

the hearts of millions. When a family of whales is trapped by rapidly forming ice in the Arctic Circle, a small-town reporter and an animal-loving volunteer rally an unlikely coalition of Alaskan natives, oil tycoons and the Russian and American military to set aside their differences and free the whales before it's too late.



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



Breakfast open to
all Residents & Guests!!

Saturday, March 9, 2019

8:30 am - 10:00 am

Cost: \$3.00

MENU

3 Pancakes
2 Sausage Links
Coffee and Orange Juice



BREAKFAST

Saturday, March 9, 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, MARCH 4, 2019.



The Birthday Party is for **RESIDENTS ONLY!**

Wednesday, March 20, 2019

5:00 pm in the Lounge

Entertainment: John Bauer



BIRTHDAY PARTY

(RESIDENTS ONLY)

Wednesday, March 20, 2019

PLEASE RETURN THIS SLIP TO Sandy Borger Apt #404

NAME: _____ Apt#: _____ # Attending _____

DEADLINE FOR RESERVATIONS, SUNDAY, MARCH 17, 2019



Kierra's Kickstart to Fitness

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.

Temporary Class Change:

Fit for Life Class

WEDNESDAYS ONLY

12:00 pm

With Dana



National Nutrition Month



March is National Nutrition Month, so it is the perfect time to learn about smart dietary choices. Come to the fitness center to get some educational resources!

Welcome Tammy and Dana!

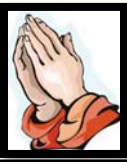
While Kierra is out on maternity leave, Tammy will be here Mondays and Dana will be here Tuesdays through Thursdays. They will take over classes, help with machines, and help with programs.

Tammy



Dana





From the Chaplain



L-E-N-T...40 days preparing for Easter- begins March 6th

Some thoughts for your Lenten journey...

L= Let Go and Let God... We don't have to control all things. Letting God be God who...frees us to be human... frees us to place ourselves into His loving arms ...frees us to surrender control to Him.

E-Embrace the season. Our lives move to fast. Lent is a time for rest, reflection and a revival of our souls. We need to SLOW DOWN and make room for God in our lives by reading scripture, losing ourselves in prayer, reaching out to others in love.

N- Need to remember God's story. During Lent we focus on the life and ministry of Jesus leading up to his last week on earth. It's an incredible story. But most of all it is the story of our salvation by a God who will go to any length to be in relationship with YOU and me.

T- Turn away from the things that are NOT life-giving. The church talks about repentance which means turning away from things that draw us away from God and God's will for our lives and turning toward God. Are there situations in your life that you need to turn from so that you can turn toward God?

*May you be blessed during your Lenten journey,
Pastor Clark*

WORSHIP AT 2 pm (Ash Wednesday-9 AM) IN THE COMMUNITY ROOM

Tuesday, March 5th-Father Daniel Kravatz*, Notre Dame RC Church, Bethlehem

Ash Wednesday, March 6th- Imposition of Ashes at 9 am, Pastor Clark

Thursday, March 7th- Spanish Worship, Pastor Rose, First Baptist Church, Bethlehem (*English translation provided*)

Thursday, March 14th- Pastor Larry Burd, Calvary Baptist, Easton

Thursday, March 21st- Pastor Brian Riedy, Holy Trinity Lutheran, Catasauqua

Thursday, March 28th – Pastor Ray Hittinger, Lutheran retired

**(Catholic worshippers desiring confession:*

Father Kravatz will hear Confessions after worship in the meditation room.)



Worship
Schedule
For Lent



"These are vegetables, mother. You wouldn't want me to eat something I've given up for Lent, would you?"

Our Activities

Religious Activities

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Church (English)	1st Tuesday & 2nd, 3rd, 4th Thursdays of each month	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
Angel Study	2nd and 4th Thursday of Each Month	6:30 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 & Thursday	10:00 am	Exercise Room
Basic Balance	Every Tuesday & Thursday	11:00 am	Exercise Room
Zumba Gold	Every Thursday	9:00 am	Exercise Room
Fit For Life	Monday Wednesday	10:00 am 12:00 pm	Exercise Room
Afternoon Meditation & Stretch	Every Tuesday & Thursday	1:00 pm	Exercise Room
Walkers Club	Mon, Wed Fri	9:00 am 2:00 pm	Outside/Fitness Center
Everybody's Yoga	Every Friday	10:15 am	Exercise Room
Tai Chi	Every Friday	11:00 am	Exercise Room

Our Activities

Happening in March

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
BINGO	Every Monday	6:00 pm	Lounge
Snack Stand	Every Mon & Wed	3:00 pm	Lobby
Ice Cream	Every Wednesday	5:00 pm	Lounge
Shuffleboard League	Every Thursday	6:00 pm	Game Room
LOUNGE CLOSED FOR CLEANING	Every Friday	7-10 am	Lounge
<u>VAN TRIP PAPERS DROP-OFF</u>	<u>FRIDAY, MARCH 1</u>	<u>8:30 AM</u>	<u>MAIN OFFICE - TIFFANY</u>
Second Harvest	Friday, March 1	1:00 pm	Lounge
Coffee, Donuts, Bagels & Muffins	Saturday, March 2	8:00 am	Lounge
Pinochle Party	Saturday, March 2	12:30 pm	Lounge
Fastnacht Day	Tuesday, March 5	8:30 - 10am	Lounge
Worship Ashes	Wednesday, March 6	9:00 am	Community Room
Blood Pressure Check	Thursday, March 7	6:00 pm	Lounge
Computer Class	Fridays, March 8 & 22	1:00 pm	Computer Room/Library
Breakfast	Saturday, March 9	8:30 am	Lounge
Sunday Praise with David	Sunday, March 10	1:00 pm	Lounge
General Meeting	Tuesday, March 12	2:00 pm	Lounge
Soup & Hot Dogs	Saturday, March 16	5:00 pm	Lounge
Art with Pat	Monday, March 18 & Tuesday, March 19	1:30 pm	Lounge
<u>Movie Days:</u> Movie #1: Overboard Movie #2: Big Miracle	#1: Friday, March 8 Monday, March 25 #2: Monday, March 11 Friday, March 22	1:00 pm 1:00 pm 1:00 pm 1:00 pm	Community Room
Social	Sunday, March 31	5:00 pm	Lounge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>Fitness Events Religious Events Van Trips Lutheran Resident's Manor Events Association Holidays/ Events Observances/ Other</p>		<p>1 7:00-10:00 Lounge Closed 10:00 Palmer Park Mall & Carrabba's 10:15 Everybody's Yoga 11:00 Tai Chi 1:00 Second Harvest 2:00 Walkers Club</p>	<p>2 8:00 Coffee, Donuts, Bagels & Muffins 12:30 Pinochle</p>
<p>3</p>	<p>4 9:00 Banks & Post Office 9:00 Walkers Club 10:00 Fit For Life 11:30 Stand Up for Strength 1:30 CVS & \$ Store 3:00 Snack Stand 6:00 BINGO</p>	<p>5 8:30 Fastnacht Day 9:00 Tic Toc & Walmart 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church</p>	<p>6 Ash Wednesday 9:00 Worship Ashes 9:00 Walkers Club 12:00 Fit For Life 12:30 Bible Study 3:00 Snack Stand 4:00 Dinner @ Red Lobster 5:00 Ice Cream Sale</p>	<p>7 9:00 Zumba Gold 9:30 Shop-Rite 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church (Esp.) 6:00 Blood Pressure Check 6:00 Shuffleboard 7:00 Prayer Time</p>	<p>8 7:00-10:00 Lounge Closed 10:15 Everybody's Yoga 11:00 Tai Chi 12:00 Red Robbin & Movie Class 1:00 Movie #1 2:00 Walkers Club</p>	<p>9 8:30 Breakfast</p>
<p>10 Daylight Saving Time Begins 1:00 Sunday Praise with David</p>	<p>11 9:00 Walkers Club 10:00 Fit For Life 11:30 Stand Up for Strength 12:00 Weis 1:00 Movie #2 1:30 Committee Meeting 3:00 Snack Stand 6:00 BINGO</p>	<p>12 10:00 Joyful Joints 11:00 Ruby Tuesday & LV Mall 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 General Meeting</p>	<p>13 9:00 Walkers Club 12:00 Fit For Life 12:30 Bible Study 3:00 Snack Stand 4:00 Doughboys 5:00 Ice Cream Sale</p>	<p>14 9:00 Zumba Gold 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:00 Shuffleboard 6:30 Angel Study</p>	<p>15 7:00-10:00 Lounge Closed 9:00 Williams Family Rest. & Valley Farms 9:00 Walkers Club 10:15 Everybody's Yoga 11:00 Sandwich Sale Pickup 11:00 Tai Chi 2:00 Walkers Club</p>	<p>16 5:00 Soup & Hot Dogs</p>
<p>17 St. Patrick's Day</p>	<p>18 9:00 Walkers Club 10:00 Fit For Life 11:30 Stand Up for Strength 1:30 Art with Pat Pt. 1 3:00 Snack Stand 4:00 Applebee's 6:00 BINGO</p>	<p>19 10:00 Joyful Joints 11:00 Basic Balance 12:00 Giant 1:00 Meditation & Stretch 1:30 Art with Pat Pt. 2</p>	<p>20 9:00 Walkers Club 10:00 Kmart & Wind Gap Diner 12:00 Fit For Life 3:00 Snack Stand 5:00 Birthday Party</p>	<p>21 9:00 Zumba Gold 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:00 Shuffleboard 7:00 Prayer Time</p>	<p>22 7:00-10:00 Lounge Closed 10:15 Everybody's Yoga 11:00 Tai Chi 1:00 Computer Class 1:00 Movie #2 2:00 Walkers Club 4:00 Marblehead Chowder House</p>	<p>23</p>
<p>24</p>	<p>25 9:00 Walkers Club 10:00 Fit For Life 11:30 Stand Up for Strength 1:00 Movie #1 3:00 Snack Stand 4:00 Sewyco's Fire Co. 6:00 BINGO</p>	<p>26 9:00 Walkers Club 10:00 Joyful Joints 11:00 Basic Balance 12:00 Wegmans 1:00 Meditation & Stretch</p>	<p>27 9:00 Walkers Club 12:00 Fit For Life 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand 5:00 Ice Cream Sale</p>	<p>28 9:00 Zumba Gold 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:00 Shuffleboard 6:30 Angel Study</p>	<p>29 7:00-10:00 Lounge Closed 10:15 Everybody's Yoga 11:00 Tai Chi 2:00 Walkers Club 4:00 Outback</p>	<p>30 2:30 Pig Stomach Dinner</p>
<p>31 5:00 Social</p>	<p><i>May your troubles be less and your blessings be more, and nothing but happiness come through your door.</i></p>					

VAN TRIPS April 2019

DATE	DAY	TRIP	TIME
April 1	Monday	Breakfast @ Bethlehem Diner	9:00 am _____
April 3	Wednesday	Banks & Post Office	9:00 am _____
April 3	Wednesday	CVS & \$ Store	1:30 pm _____
April 4	Thursday	Shop Rite (Freemansburg Ave)	9:30 am _____
April 5	Friday	Lunch @ Joey G's (Italian Food)	11:00 am _____
April 8	Monday	Weis	9:30 am _____
April 10	Wednesday	Shopping @ Kmart Lunch @ Sal's (Wind Gap)	10:00 am _____
April 12	Friday	Shopping @ Hobby Lobby & Kohl's Lunch @ Diner 248	9:00 am _____
April 15	Monday	Giant	9:30 am _____
April 16	Tuesday	Movie @ Carmike Theater	12:00 pm _____
April 17	Wednesday	Lunch @ Brass Rail (Allentown)	10:30 am _____
April 18	Thursday	Shopping @ "At Home" (Whitehall) (New Home Décor Store)	9:30 am _____
April 22	Monday	Lunch @ Sewyco's Fire Company (Hellertown) Cost:\$7.00	11:00 am _____
April 23	Tuesday	Valley Farms	9:30 am _____
April 25	Thursday	Dinner @ Doughboys	4:00 pm _____
April 26	Friday	Quakertown Farmer's Market	10:00 am _____
April 29	Monday	Price Rite	9:30 am _____
April 30	Tuesday	Shopping @ Christmas Tree Shoppes & Target	11:00 am _____

Forms will be collected starting at 8:30 am on Friday, March 1, 2019 in the Main Office.

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 March 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

(Movie #1: The Express: The Ernie Davis Story)

_____ Friday, March 8 at 1:00 pm

_____ Monday, March 25 at 11:00 am

(Movie #2: Big Miracle)

_____ Monday, March 11 at 1:00 pm

_____ Friday, March 22 at 1:00 pm

Computer Class with Nancy

_____ Friday, March 8 at 1:00 pm

_____ Friday, March 22 at 1:00 pm

Art with Pat

_____ Monday, March 18 & Tuesday, March 19 @ 1:30 pm

Forms will be collected starting at 8:30 am on Friday, March 1, 2019 in the Main Office.

NAME: _____ APT#: _____