

# May 2017

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## Hi Lites of Lutheran Manor

A Salute to all our Men and Women in Uniform  
Thank You for Your Service!





## NEW RESIDENT

Theresa Doria Apt #409  
Mary Freeman Apt #902

<b>May 1 (Monday)</b>	<b>Van Trip Paper drop off</b> <b><i>Giant Market</i></b> Exercise <b>Speaker-Health &amp; Wellness Expo</b> Bingo	<b>7:00 a.m.</b> <b><i>9:30 a.m.</i></b> 10:00 a.m. 1:30 p.m. 6:00 p.m.	<b>Lounge</b> <b><i>Van Trip</i></b> Lounge Lounge Lounge
<b>May 2 (Tuesday)</b>	<b>Massage</b> Walkers Club Computer Class <b>Rev. James Harper, Notre Dame RC, Bethlehem</b>	<b>9:00 a.m.</b> 11:00 a.m. 1:00 p.m. 2:00 p.m.	<b>Conf Rm</b> Outside Comp Rm Lounge
<b>May 3 (Wednesday)</b>	<b><i>Banks, CVS, \$ Store, Post Office</i></b> Exercise Bible Study Piano Playing	<b><i>9:30 a.m.</i></b> 10:00 a.m. 12:30 p.m. 3:00 p.m.	<b><i>Van Trip</i></b> Lounge Lounge Lounge
<b>May 4 (Thursday)</b>	Zumba Gold <b><i>Penn's Peak-Branson Fever</i></b> Chat Room Blood Pressure Prayer Time	<b><i>9:00 a.m.</i></b> <b><i>10:00 a.m.</i></b> 10:00 a.m. 6:00 p.m. 7:00 p.m.	Lounge <b><i>Van Trip</i></b> Lounge Lounge Lounge
<b>May 5 (Friday)</b>	<b>Lounge Cleaning</b> <b>(Lounge &amp; Laundry Rm CLOSED till 9:45 am)</b> <b>Speaker-PAD Screenings</b> Yoga Walkers Club Tai Chi Second Harvest	<b>7:00 a.m.</b> 9:00 a.m. 10:00 a.m. 11:00 a.m. 12:45 p.m. 1:00 p.m.	<b>Lounge</b> Conf Rm Lounge Outside Lounge Lounge
<b>May 6 (Saturday)</b>	<b>Spring Bazaar</b>	10:00 a.m.	Lounge
<b>May 7 (Sunday)</b>	<b><i>Beauty And The Beast-Catasauqua</i></b>	<b><i>10:15 a.m.</i></b>	<b><i>Van Trip</i></b>
<b>May 8 (Monday)</b>	<b><i>Wegmans</i></b> Exercise Committee Meeting Bingo	<b><i>9:30 a.m.</i></b> 10:00 a.m. 1:30 p.m. 6:00 p.m.	<b><i>Van Trip</i></b> Lounge Conf Rm Lounge
<b>May 9 (Tuesday)</b>	Walkers Club General Meeting (8th Floor responsible for snacks)	11:00 a.m. 2:00 p.m.	Outside Lounge



<b>May 10 (Wednesday)</b>	<b>Hometown Flea Market Tamaqua</b>	<b>8:30 a.m.</b>	<b>Van Trip</b>
	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Lounge
	Line Dancing	2:00 p.m.	Lounge
	Piano Playing	3:00 p.m.	Lounge
<b>May 11 (Thursday)</b>	Zumba Gold	9:00 a.m.	Lounge
	Chat Room	10:00 a.m.	Lounge
	<b>Rev. Sharon Solt Harfman,</b>	2:00 p.m.	Lounge
	Church of the Manger UCC		
<b>May 12 (Friday)</b>	Yoga	10:00 a.m.	Lounge
	Walkers Club	11:00 a.m.	Outside
	Tai Chi	12:45 p.m.	Lounge
	<b>Jack &amp; Friends/Lynda Randle</b>	<b>4:30 p.m.</b>	<b>Van Trip</b>
	<b>Concert Heidelberg Union Church</b>		
<b>May 13 (Saturday)</b>	Coffee & Donuts	8:00 a.m.	Lounge
	Pinochle Party	12:30 p.m.	Lounge
<b>May 14 (Sunday)</b>	<b>HAPPY MOTHER'S DAY!!!</b>		
	Sunday Praise	1:00 p.m.	Lounge
<b>May 15 (Monday)</b>	<b>Weis Market</b>	<b>9:30 a.m.</b>	<b>Van Trip</b>
	Exercise	10:00 a.m.	Lounge
	<b>Speaker-Lowe's</b>	1:00 p.m.	Lounge
	Bingo	6:00 p.m.	Lounge
<b>May 16 (Tuesday)</b>	<b>Lunch @Sal's Pizza Rest</b>	<b>11:00 p.m.</b>	<b>Van Trip</b>
	Walkers Club	11:00 a.m.	Outside
	Computer Class	1:00 p.m.	Comp Rm
	<b>Speaker-Mother's Day Craft</b>	2:00 p.m.	Lounge
<b>May 17 (Wednesday)</b>	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Lounge
	Piano Playing	3:00 p.m.	Lounge
	<b>Dinner @Chili's Restaurant</b>	<b>4:30 p.m.</b>	<b>Van Trip</b>
<b>May 18 (Thursday)</b>	Zumba Gold	9:00 a.m.	Lounge
	Chat Room	10:00 a.m.	Lounge
	<b>Rev. Jay Wetzell, St. John</b>	2:00 p.m.	Lounge
	Lutheran, Bath		
	<b>Good Shepherd Aquatic Pool</b>	<b>4:00 p.m.</b>	<b>Van Trip</b>
	<b>Program, Cost: \$8.00 (Physician Waiver required)</b>		
	Prayer Time	7:00 p.m.	Lounge
<b>May 19 (Friday)</b>	<b>(Lounge &amp; Laundry Rm CLOSED till 9:45 am)</b>		
	Yoga	10:00 a.m.	Lounge
	Walkers Club	11:00 p.m.	Outside
	Tai Chi	12:45 p.m.	Lounge

May 19 (Friday)	<i>Segan's Bloomin Haus-Greenhouse</i> <i>See the Goats &amp; Chickens/Dinner @</i> <i>1760 Pub N Grille-Trexlerstown</i>	<b>4:30 p.m.</b>	<b>Van Trip</b>
May 20 (Saturday)	<i>Dinner @Red Lobster</i>	<b>4:00 p.m.</b>	<b>Van Trip</b>
May 21 (Sunday)	Soup & Hotdogs-Jack & Friends <i>Lunch @Friendly's/Shopping</i> <i>@Lehigh Valley Mall</i>	5:00 p.m. <b>10:30 a.m.</b>	Lounge <b>Van Trip</b>
May 22 (Monday)	<i>Breakfast @Diner 248/Walmart</i> Exercise <b>Movie</b> -Hidden Figures Bingo	<b>9:00 a.m.</b> 10:00 a.m. 1:00 p.m. 6:00 p.m.	<b>Van Trip</b> Lounge Lounge Lounge
May 23 (Tuesday)	Walkers Club Watercolor Class	11:00 a.m. 1:30 p.m.	Outside Lounge
May 24 (Wednesday)	Exercise Bible Study Line Dancing Piano Playing	10:00 a.m. 12:30 p.m. 2:00 p.m. 3:00 p.m.	Lounge Lounge Lounge Lounge
May 25 (Thursday)	Zumba Gold Chat Room <b>Rev. Dan Brettell</b> , St. Paul's Lutheran, Fountain Hill <i>Good Shepherd Aquatic Pool</i> <i>Program, Cost: \$8.00 (Physician Waiver required)</i>	9:00 a.m. 10:00 a.m. 2:00 p.m. <b>4:00 p.m.</b>	Lounge Lounge Lounge <b>Van Trip</b>
May 26 (Friday)	Lounge Cleaning (Lounge & Laundry Rm <b>CLOSED</b> till 9:45 am) <i>Green Dragon</i> Yoga Walkers Club Tai Chi	<b>6:00 a.m.</b> <b>8:30 a.m.</b> 10:00 a.m. 11:00 a.m. 12:45 p.m.	Lounge <b>Van Trip</b> Lounge Outside Lounge
May 27 (Saturday)	Manicures by Appointment	9:30 a.m.	Lounge
May 28 (Sunday)	Social-Robin & Jim	5:00 p.m.	Lounge
May 29 (Monday)	<b>MEMORIAL DAY (OFFICE CLOSED)</b> <i>Shop-Rite Freemansburg Ave</i>	<b>9:30 a.m.</b>	<b>Van Trip</b>
May 30 (Tuesday)	Walkers Club <i>Shopping @Kmart/Lunch@Wind</i> <i>Gap Diner</i> <b>Movie</b> -Hidden Figures	11:00 a.m. <b>11:00 a.m.</b> 1:00 p.m.	Outside <b>Van Trip</b> Conf Rm
May 31 (Wednesday)	Exercise Bible Study Piano Playing <i>Dinner @Old Country Buffet</i> <i>Restaurant</i>	10:00 a.m. 12:30 p.m. 3:00 p.m. <b>4:15 p.m.</b>	Lounge Lounge Lounge <b>Van Trip</b>

# Our Activities

<u>Activity</u>	<u>Dates</u>	<u>Time</u>	<u>Place</u>
Bingo	Every Monday	6:00 p.m.	Lounge
Exercise	Every Monday & Wednesday	10 a.m.	Lounge
Walkers Club	Every Tuesday & Friday	11 a.m.	Outside
Church	1st Tuesday & 2nd, 3rd, 4th Thursday	2:00 p.m.	Lounge
Bible Study	Every Wednesday	12:30 p.m.	Lounge
Line Dancing	Every other Wednesday	2:00 p.m.	Lounge
Piano Playing	Every Wednesday	3:00 p.m.	Lounge
Zumba Gold	Every Thursday	9:00 a.m.	Lounge
Chat Room	Every Thursday	10 a.m.	Lounge
Prayer Time	1st & 3rd Thursday of each month	7:00 p.m.	Lounge
Yoga	Every Friday	10:00 a.m.	Lounge
Tai Chi	Every Friday	12:45 p.m.	Lounge
Sunday Praise	Every 2nd Sunday	1:00 p.m.	Lounge

June

2017

Friday	6/2	Pig Roast-Rehrig Brothers	12:00 p.m.
Saturday	6/3	Coffee & Donuts	8:00 a.m.
Saturday	6/3	Pinochle Party	12:30 p.m.
Saturday	6/17	Soup & Hot Dogs-Majestics	5:00 p.m.
Wednesday	6/21	Birthday Party-Ed Kittek	5:00 p.m.
Sunday	6/25	Social-Steel City	5:00 p.m.

happy Father's Day



# Claudie's Corner



*Anthony Evans*

USA Health and Wellness Group  
will be here on

**Monday, May 1, 2017**

1:30pm in the Lounge

## USA HEALTH & WELLNESS EXPO

The presentation will be by a **Nutritionist**, who will give a brief lecture on **healthy cooking/portioning** and many other exciting topics.

Will be doing a **raffle for a VISA gift card**, and have a **prize wheel with tons of prizes.**



**Refreshments will be served!**

## Do I Need a Test For PAD?

**Peripheral Artery Disease (PAD)** is a serious circulatory problem in which the blood vessels that carry blood to your arms, legs, brain and kidneys, become narrowed or clogged. People with PAD are at significantly higher risk of stroke and heart attack.

*Joseph Eckstein, Nurse Practitioner*

**Pen Argyl Vascular Institute**

Will be here to do screenings on

**Friday, May 5, 2017**

in the conference room

Appointments required.



## LOWE'S

*Joe, Live Nursery Specialist*

**Lowe's**

will be here on

**Monday, May 15, 2017**

1pm In the Lounge

He will be showing you how to take care of your **plants/flowers** and the proper soil to

use. You **will also be**

**taking a beautiful plant home with you.**



## Mother's Day Craft

*Ivette Sanchez* will be here on

**Tuesday, May 16, 2017**

2pm in the Lounge

We'll be doing Mother's Day crafts.

Come down and have fun making something special to take home with you.



Easy Mother's Day Craft

Sign up  
now!

## Computer Class



Tuesday,  
May 2 & 16  
1-3 pm

Sign up required.



Tai Chi  
Exercises 



Friday  
at 12:45 pm  
in the Lounge

## YOGA

Every Friday  
10:00 am  
in the Lounge



## Piano Playing &

Singing  
with Gladys

Every Wednesday  
3pm



## Walkers Club

Every Tuesday &  
Every Friday @ 11:00 am

This Club welcomes everyone!!!

## ZUMBA GOLD



We would like to Welcome

*Cathy Perno*

Our New

ZUMBA Instructor.

Every Thursday

9:00 am

In the Lounge



MOMS LOVE  
MASSAGE

## MASSAGE

Tuesday, May 2nd

9:00-2:00 pm

If you are interested in getting a  
massage please **sign-up**  
with Claudie.

Price: \$20.00 1/2 hour  
\$40.00 1 hour  
Conference Room

Chair Massage  
also available.



## Coffee & Donuts

**Saturday, May 13th**

8:00 a.m. to 10:30 a.m.

\$1.00 coffee

\$1.00 donut

\$1.00 additional donuts

Friends and Family





**Blood Pressure Check**

Thursday, May 4th

6:00 p.m.

in the Lounge.



Linda will be here to do

**MANICURES**

Saturday, May 27th



Set up an appointment with Claudie.

**EXERCISE**

Every Mon & Wed

10:00 am

in the Lounge.



**NOW SHOWING**

**HIDDEN FIGURES**

Monday, May 22

&

Tuesday, May 30

1pm in the Conference Room



The incredible untold story of Katherine G. Johnson, Dorothy Vaughan and Mary Jackson - brilliant African-American women working at NASA, who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race, and galvanized the world. The visionary trio crossed all gender and race lines to inspire generations to dream big.



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

**SNACK STAND**

Snacks available every

Monday & Wednesday

From 3-6pm

In the Main Lobby





# HAPPY MOTHER'S DAY!



A mother is she who can  
take the place of all  
others but whose  
place no one else can take.

~Cardinal Mermillod



## Soup & Hot Dogs

Saturday, May 20th

5 p.m.

<u>SOUP</u> : Cream of Potato	\$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:

**Jack & Friends**

**50/50 Drawing  
Friends and Family**

are Welcome!



## Bingo Day



Every Monday

6pm

In the Lounge

## LINE DANCING

Peggy Sue Tobias  
will be here on

**Wednesday, May 10 & 24**

2pm

In the Lounge



**Line Dancing**

## Sunday Praise

Sunday May 14th

1pm

in the Lounge



Join *David Garcia*

for a time of  
reflection and

praise to God with Christian

Songs, Scripture

and Prayer.

Everyone is

**welcome.**



singing

4pm Doors Open  
5pm Refreshments  
6pm Entertainment

The Resident's Association

# Sunday Social

Join  
the  
Fun

Sunday, May 28, 2017



50/50  
Raffle



Donations  
requested.

Entertainment by: Robin and Jim

## Spring Bazaar

Saturday, May 6, 2017

Doors Open at 10:00 am to 2:00 pm

Kitchen opens at 10:00 am

OPEN TO THE PUBLIC

Invite all your friends!!!



BAKE SALE

50/50 RAFFLE

Welcome



Courtney & Staff would like to  
**Welcome** our new addition  
to the team.

**TIFFANY ROMAN**  
Administrative Assistant



**FREE  
FOOD**

# PIG ROAST



**FRIDAY, JUNE 2nd, 2017**

**LUNCH SERVED 12:00 TO 2:00 PM**

**ENTERTAINMENT BY: Rehrig Brothers**

**FROM 12:30 TO 3:00 PM**

**All food will be served **OUTSIDE** behind the building.  
(Weather permitting)**



## **MENU**

Roasted Pig

Hot dogs, Hamburgers

Potato Salad, Macaroni Salad, Pasta Salad

Baked Beans, Deviled Eggs

Assorted Desserts

Soda and Water

## **PIG ROAST**

**Friday, June 2, 2017**

PLEASE RETURN THIS SLIP TO **CLAUDIE'S OFFICE**



NAME: \_\_\_\_\_

APT: \_\_\_\_\_ # Attending \_\_\_\_\_ **(RESIDENTS ONLY)**

**DEADLINE FOR RESERVATIONS, FRIDAY, MAY 19th**





***I will lift my eyes to the hills - from whence come my help? My help comes from the Lord, who made heaven and earth. Psalm 121:1-2***

After spending over three weeks in the desert around Phoenix, AZ, I really appreciate our

part of eastern Pennsylvania. Every once in a while, I just enjoy stopping and taking a good look at the hills and trees that are all around me. It is just a beautiful place to live. When I see the hills all around me, I am reminded of the greatness of God's creation. I think often of the first two verses in Psalm 121 that say, "*I will lift my eyes to the hills - from whence come my help? My help comes from the Lord, who made heaven and earth.*"

That gives me peace. That gives me comfort. That gives me hope and joy.

Next time you are feeling really down and out, take a good look around you. Rejoice, because your help comes from the almighty Creator who created all of the beautiful scenery around you - whether it is the mountains, the hills, the lakes, the sky, the beautiful tulips coming up in our backyard - He made it all! Rejoice in that, and thank Him for it!

*Blessings, Pastor Clark*

## **WORSHIP IN MAY- 2 pm in the LOUNGE**

Tuesday, May 2<sup>nd</sup> – Rev. James Harper, Notre Dame RC, Bethlehem

Thursday, May 11<sup>th</sup> – Rev. Sharon Solt Harfman, Church of the Manger, UCC, Bethlehem

Thursday, May 18<sup>th</sup> – Rev. Jay Wetzel, St. John Lutheran, Bath

Thursday, May 25<sup>th</sup> – Rev. Dan Brettell, St. Paul's Lutheran, Fountain Hill



**BIBLE STUDY**- at 12:30pm every Wednesday in the Lounge.

**CHAT ROOM**- at 10 am every Thursday in the Lounge.

**PRAYER TIME**- - at 7pm the 1<sup>st</sup> and 3<sup>rd</sup> Thursday in the Lounge.

**SUNDAY PRAISE...** a time of Song, Scripture and Prayer- May 14th @ 1pm

**VAN TRIP TO VALLEY FORGE**- – June 8<sup>th</sup>. Spend a morning visiting this National Park. More info elsewhere in this Newsletter.



**SIGN UP NOW...VAN TRIP TO**

**VALLEY FORGE NATIONAL  
HISTORIC PARK**

**THURSDAY, JUNE 8<sup>th</sup>**

**8:30am-3:30pm**

**Cost \$10.00 plus lunch**

Valley Forge National Historical Park is the site of a Revolutionary War encampment, northwest of Philadelphia, in Pennsylvania. Washington's Headquarters, a stone house on the Schuylkill River, was occupied by George Washington from 1777 to 1778. Trails connect the key monuments and historic structures, including the early-20th-century National Memorial Arch and the Muhlenberg Brigade's recreated log-cabin barracks.

A Park Guide will board our Van and spend approximately 90 minutes touring the monuments and other key historic structures.

We will have opportunity to visit the museum, gift shop and view a brief video of the Park. Following our time at Valley Forge we will head back home, stopping for lunch along the way.



# Special Events & Speakers

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

(check off  what you want to attend)

## **Movie– Hidden Figures** (Pick one time only!)

\_\_\_\_\_ Monday, May 22 at 1pm-Be in your seat by 12:45pm.

\_\_\_\_\_ Tuesday, May 30 at 1pm-Be in your seat by 12:45pm.

## **Computer Class with Nancy**

\_\_\_\_\_ Tuesday, May 2 at 1:00 pm

\_\_\_\_\_ Tuesday, May 16 at 1:00 pm

## **Line Dancing**

\_\_\_\_\_ Wednesday, May 10 at 2:00 pm

\_\_\_\_\_ Wednesday, May 24 at 2:00 pm

## **Speakers**

\_\_\_\_\_ ***USA Health & Wellness Expo***, Monday, May 1 at 1:30 pm

\_\_\_\_\_ ***Peripheral Artery Disease-(PADNET Screening)***, Friday, May 5 starting at 9:00 am

\_\_\_\_\_ ***LOWE's***, Monday, May 15 at 1:00 pm

\_\_\_\_\_ ***Mother's Day Craft***, Tuesday, May 16 at 2:00 pm

**Massage with Jenn** (An appointment time will be assigned to you!)

\_\_\_\_\_ Tuesday, May 2 starting at **9:00am**

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

\_\_\_\_\_ Saturday, May 27 between 9:30am-5:00pm

## **Watercolor Class**

\_\_\_\_\_ Tuesday, May 23 at 1:30 pm

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

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





# Van Trips



# June 2017

DATE	DAY	TRIP	TIME
Monday	June 5	Banks, CVS, \$ Store, Post Office	9:30 a.m.____
Tuesday	June 6	Sight & Sounds Presents: Jonah Cost: <b>\$54.00</b> /Dinner @Shady Maples Restaurant	8:00 a.m.____
Wednesday	June 7	Weis Market	9:30 a.m.____
Thursday	June 8	Valley Forge National Park <b>Cost: \$10.00/</b> Lunch	8:30 a.m.____
Monday	June 12	Dinner @Chris's Family Restaurant in Allentown	4:00 p.m.____
Tuesday	June 13	Wegmans	9:30 a.m.____
Thursday	June 15	Good Shepherd Aquatic Pool Program, Cost: <b>\$8.00 (Physician waiver required)</b>	4:00 p.m.____
Friday	June 16	Lunch @ Red Robins/Movie @ The Promenade	11:00 a.m.____
Monday	June 19	Breakfast @Nazareth Diner/Walmart in Easton	9:00 a.m.____
Wednesday	June 21	Dinner @ Trivet Diner in Tilghman	4:00 p.m.____
Thursday	June 22	Shopping @Palmer Mall/Lunch @Olive Garden	9:30 a.m.____
Friday	June 23	Dinner @Whitehall Diner	4:00 p.m.____
Saturday	June 24	Easton Farmer's Market/Lunch	10:00 a.m.____
Monday	June 26	Shop-Rite Freemansburg Ave-Easton	9:30 a.m.____
Tuesday	June 27	Lunch @ Buckeye Tavern Macungie	11:00 a.m.____
Wednesday	June 28	Breakfast @Cracker Barrel	9:00 a.m.____
Thursday	June 29	Good Shepherd Aquatic Pool Program, Cost: <b>\$8.00 (Physician waiver required)</b>	4:00 p.m.____



**Happy Fathers Day**

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.**



# 2017



Happy Mother's Day !

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 7:00 Van Trip papers 10:00 Exercise 1:30 <b>Speaker</b> -Healthy Cooking 6:00 Bingo	2 9:00 <b>Massage</b> 11:00 Walkers Club 1:00 Computer Class 2:00 Rev James Harper, Notre Dame RC, Beth	3 10:00 Exercise 12:30 Bible Study 3:00 Piano Playing	4 9:00 <b>Zumba Gold</b> 10:00 Chat Room 6:00 Blood Pressure 7:00 Prayer Time	5 9:00 <b>Speaker</b> -PAD 10:00 Yoga 11:00 Walkers Club 12:45 Tai Chi 1:00 Second Harvest	6 10:00 Spring Bazaar 
7	8 10:00 Exercise 1:30 Committee Mtg 6:00 Bingo	9 11:00 Walkers Club 2:00 General Meeting 	10 10:00 Exercise 12:30 Bible Study 2:00 Line Dancing 3:00 Piano Playing	11 9:00 <b>Zumba Gold</b> 10:00 Chat Room 2:00 Rev Sharon Solt Harfman, Church of the Manger UCC, Beth	12 10:00 Yoga 11:00 Walkers Club 12:45 Tai Chi	13 Coffee & Donuts 12:30 Pinochle Party 
14 <b>HAPPY MOTHER'S DAY!!!</b> 1:00 Sunday Praise	15 10:00 Exercise 1:00 <b>Speaker</b> -Lowe's 6:00 Bingo	16 11:00 Walkers Club 1:00 Computer Class 2:00 <b>Speaker</b> -Mother's Day Craft	17 10:00 Exercise 12:30 Bible Study 3:00 Piano Playing	18 9:00 <b>Zumba Gold</b> 10:00 Chat Room 2:00 Rev Jay Wetzel, St John Lutheran, Bath 7:00 Prayer Time	19 10:00 Yoga 11:00 Walkers Club 12:45 Tai Chi	20 5:00 Soup & Hotdogs 
21	22 10:00 Exercise 1:00 <b>Movie</b> -Hidden Figures 6:00 Bingo	23 11:00 Walkers Club 1:30 Watercolor Class	24 10:00 Exercise 12:30 Bible Study 2:00 Line Dancing 3:00 Piano Playing	25 9:00 <b>Zumba Gold</b> 10:00 Chat Room 2:00 Rev Dan Brettell, St Paul's Lutheran, Fountain Hill	26 10:00 Yoga 11:00 Walkers Club 12:45 Tai Chi	27 9:30 Manicures by Appointment 
28 5:00 <b>Social</b> 	29 <b>OFFICE CLOSED</b> 	30 11:00 Walkers Club 1:00 <b>Movie</b> - Hidden Figures	31 10:00 Exercise 12:30 Bible Study 3:00 Piano Playing	