

November 2018

Hi Lites of Lutheran Manor





Notes From the Office



New Resident
Carmen Cruz #707

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.

DAYLIGHT SAVINGS TIME

Daylight Savings Time ends
Sunday, November 4th




Remember to turn your clocks
BACK 1 HOUR

MAKE NOTE!

2019 Social Security Award Letters

This is the time of year that we expect each resident to begin receiving their annual **Social Security award letter** in the mail. When you receive your award letter, please bring it to the **main office** right away so we can make a copy for your file.



Your New Benefit Amount

BENEFICIARY'S NAME [REDACTED]

Your Social Security benefits will increase by 2.0% in 2018 because of a rise in the cost of living. You can use this letter as proof of your benefit amount if you need to apply for food, rent, or energy assistance. You can also use it to apply for bank loans or for other business. Keep this letter with your important financial records.

How Much Will I Get And When?

• Your monthly amount (before deductions) is	\$680.00
• The amount we deduct for Medicare medical insurance is (If you did not have Medicare as of November 17, 2017, or if someone else pays your premium, we show \$0.00.)	\$0.00
• The amount we deduct for your Medicare prescription drug plan is (We will notify you if the amount changes in 2018. If you did not elect withholding as of November 1, 2017, we show \$0.00.)	\$0.00
• The amount we deduct for voluntary Federal tax withholding is (If you did not elect voluntary tax withholding as of November 17, 2017, we show \$0.00.)	\$0.00
• After we take any other deductions, you will receive	\$680.00

on or about January 3, 2018.

If you disagree with any of these amounts, you must write to us within 60 days from the date you receive this letter. We would be happy to review the amounts.

If you receive a paper check and want to switch to an electronic payment, please visit the Department of the Treasury's Go Direct website at www.godirect.org online.

What If I Have Questions?

- Visit our website at www.socialsecurity.gov.
- Call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Resident's Association



Soup & Hot Dogs

Saturday, November 17, 2018 @
5:00pm

SOUP:

New England Clam Chowder \$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:

Kevin Johnson
Grand Ole Opry
50/50 Drawing



Coffee, Donuts, Bagels, & Muffins

Saturday, November 3, 2018

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, November 25
at 5:00 pm in the Lounge
Entertainment by:
Kato

SNACK STAND

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

SAVE THE DATE

Saturday, December 8, 2018 @ 5:00 pm

SURPRISE performance by Award Winning group!

Please RSVP to Carol Haupt (#702)
by November 23, 2018





Claudie's Corner

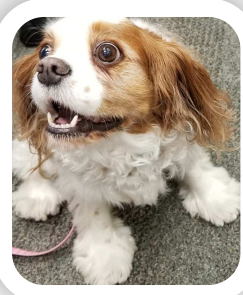
Therapy Dog Visit

Penny will be here

Friday, November 9th

at 2pm in the
Lounge

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



Window Candles



It is custom at **Lutheran Manor** to light a candle in every window during the holiday season. A single **CLEAR** candle in each window looks lovely and is a warm welcome to all who are traveling on the highway.

This is our way of saying,

"Welcome to Bethlehem, The Christmas City."

Traditionally, candles are lit the first Sunday of Advent, so please light your candle on **Sunday, November 25** and enjoy the holidays.

MOBILE MARKET'S LAST DAY

Mobile Market's last visit to
Lutheran Manor will be on

Friday, November 2nd, 2018

Lutheran Manor's

Friday, November 16, 2018
at 12:00 pm in the Lounge

2nd Annual



We will be judging in **3** categories:

Best Traditional
Most Original
People's Choice

PRIZES will be awarded for each category.

ALL are welcome to attend and eat.

Belleza Salon & Spa



Come visit us in November and December to qualify for these special offers!

Receive a **FREE EYEBROW SHAPING** included with ANY SERVICE!

Any resident that refers a new customer to the salon, will be entered to win a **FREE SERVICE OR PRODUCT!**

Hours of Operation

Tuesday 9am - 3pm

Thursday 9am - 3pm

For Appointments Call:

610-866-6010, then press 9

WALK-INS WELCOME

Reminder to ALL Residents:



Medical marijuana is prohibited in federally-subsidized housing. Failure to comply with this policy **could lead to eviction.**

Latin Dance Class



Inez will be here
Tuesday, November 27
at 6:30 pm in the lounge

Computer Class

Fridays, November 16 & 30
at 1:00 pm
in the Computer Room



Blood Pressure Check

Sharon will be here to
check your blood pressure.

Thursday, November 8
6:00 pm in the Lounge



Art with Pat



Tuesday
November 27
1:30 pm in the Lounge



MOVIES START PROMPTLY @ 1PM

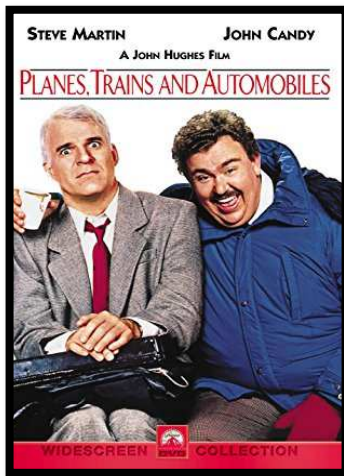
PLEASE BE SEATED BY 12:45 PM

LOCATED IN THE COMMUNITY ROOM!!!

**PLANES, TRAINS, AND
AUTOMOBILES**

Monday, November 5

Friday, November 30



Steve Martin and John Candy star in John Hugh's classic tale of holiday travel gone awry. Neal Page is an uptight advertising

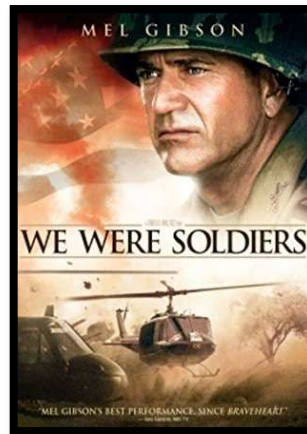
executive trying to get home to Chicago for Thanksgiving. When his flight is rerouted to Wichita, he reluctantly partners with

Del Griffith, an obnoxious yet loveable salesman. Together, they embark on a cross-country adventure that includes various modes of transportation, hilarious mishaps, and unforgettable rental car shenanigans.

WHEN WE WERE SOLDIERS

Monday, November 19

Friday, November 16



The year is 1965 and America is at war with North Vietnam.

Commanding the Air Cavalry is Lt. Col. Hal Moore, a born leader committed

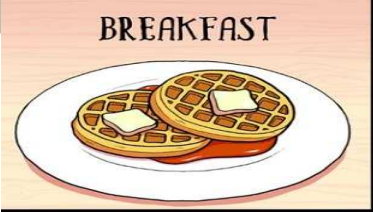
to his troops. His target: the la Drang Valley, called "The Violent Death."

As Moore prepares for one of the most violent battles in U.S. history, he delivers a stirring promise to his Soldiers and their families: "I will leave no man behind...dead or alive. We will all come home together."

This heroic true story of commitment, courage and sacrifice is a must-see film for our time and all time.

FEEL FREE TO BRING YOUR FAVORITE MOVIE SNACKS

TO ENJOY DURING THE MOVIES!



Breakfast open to
all Residents & Guests!!
Saturday, November 10, 2018
8:30 am—10:00 am
Cost: \$3.00

MENU
3 Pancakes
2 Sausage Links
Coffee and Orange Juice

BREAKFAST

Saturday, November 10, 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, NOVEMBER 5, 2018.

**Lutheran Manor's
2nd Annual**



CHILI COOK OFF

Friday, November 16, 2018 at 12:00 pm

_____ I would like to **participate** in the Chili Cook Off Contest

The category that I will enter is: **(Check ONLY 1 below)**

_____ **Best Traditional** _____ **Most Original**

_____ I will be attending, but **NOT** making Chili

Name: _____

Apt# _____



From the Chaplain



LIVE GENEROUSLY

(That's my T-shirt from Thrivent Financial, a not-for-profit financial service organization. It reminds me and I suppose others to LIVE GENEROUSLY!)

Generosity is transformational and always starts with God. He is a generous God and he wants us to be a generous people. Generosity is not about what we want from people but what we want for people. Living generously is our loving response to God and his great generosity toward us.

Generosity is more than money. Finances are only one part. Generosity is much larger; it is an attitude that shapes our lifestyle. We are called to be generous by giving our time, our help, our gifts, our support, our encouragement, and more. Anything which we lovingly share is generosity at work.

The Bible says, **"A generous person will prosper; whoever refreshes others will be refreshed"** (Proverbs 11:25 NIV). That verse makes me smile. There's a reason why it always feels good to help others.

Live Generously, Pastor Clark

WORSHIP AT 2 PM EVERY WEEK IN THE COMMUNITY ROOM

(exception is Thanksgiving Day)

Thursday, Nov. 1st - Pastor Jay Wetzel, Lutheran retired

Tuesday, Nov. 6th - Father Daniel Kravatz, Notre Dame R.C., Bethlehem

Thursday, Nov. 8th - Spanish Worship- Pastor Rosnibri Abreu

Thursday, Nov. 15th - Pastor David Wickmann, Moravian retired

Thursday, Nov. 22nd - **Thanksgiving – 10 AM** - Pastor Clark, Chaplain

Thursday, Nov. 29th - Pastor Tony Pompa, Church of the Nativity (Episcopal) Bethlehem

ALL ARE WELCOME

Bible Study:

Wednesday, 12:30pm

Chat Room:

Thursday, 10 am

Prayer Time:

1st & 3rd Thursdays of each month at 7pm

**All events located in the Community Room
(2nd floor of Wellness Center).**

Prayer, Praise and Scripture:

Sunday, November 11 at 1 pm IN THE LOUNGE



"That's not what he meant by giving of your time!"

DeSales University Dance Touring Company

Thursday, November 15th

9:00 - 10:30 am

Lutheran Manor Lounge



On Thursday, November 15th beginning at 9 am
The DeSales University Dance Touring Company will
present a program and workshop here at
Lutheran Manor in our lounge.

The DeSales Dance Touring Company program features
modern, ballet, jazz, and tap dance pieces.
The program will include performance, lecture, technical
demonstration, audience participation and an
informal question and answer session.
You don't want to miss this!!

REFRESHMENTS WILL BE SERVED

LIFE BIO IS COMING....

Ever wish you had your Great-Grandparents' life story?
The next generation gains when they know the
Life Stories from the past.



Each one of us has a unique and powerful story to tell.
Life Bio helps you tell it.

Beginning on Thursday, January 10 at 10 am in the Community Room we will
begin a guided workshop of eight weeks to record your life story. If you wish,
your story can be printed in a bound book.

This could be the greatest gift you can give to family and friends.

*?If you are interested or have questions, please speak to Pastor Clark.
There is only room for ten residents in this group.*



Kierra's Kickstart to Fitness

Speaker

What is Zumba Gold?



Thursday November 15 at 9:00 AM

In the Community Room with Cathy

Bring your neighbors and learn what Zumba is all about, have some fun trying sample exercises, and enjoy some light treats!



November is National Alzheimer's Disease Awareness Month

We recognize those who suffer from the disease, as well as the caregivers who selflessly nurture these individuals.

Did you know?

Science has found that regular exercise can help keep the effects of Alzheimer's and Dementia at bay!

Walker's Club

Reminder, we are still meeting at 2:00 PM on Monday, Wednesday, and Friday. We have a great track to use when the weather gets cold!

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.

"May your heart and mind be open enough to receive the blessings of a new month."

Happy November



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 each 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>
Advanced Senior Fitness	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 & Stretch	Every Tuesday & Thursday	1:00 pm	Exercise Room
Walkers Club	Every Mon, Wed, Fri	2:00 pm	Outside/Fitness Center
Yoga	Every Friday	10:00 am	Exercise Room

Our Activities

Happening in November

<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
Shuffleboard League	Every Thursday	6:00 pm	Game Room
Wii Bowling League	Every Friday	5:30 pm	Lounge
<u>VAN TRIP PAPERS DROP-OFF</u>	<u>THURSDAY, NOVEMBER 1</u>	<u>8:30 AM</u>	<u>CLAUDIE'S OFFICE</u>
Mobile Market	LAST DAY - Friday, November 2	12:00 pm	Outside/Promenade
Second Harvest	Friday, November 2	1:00 pm	Lounge
Coffee, Donuts, Bagels & Muffins	Saturday, November 3	8:00 am	Lounge
Pinochle Party	Saturday, November 3	12:30 pm	Lounge
Movie Days	Mondays, November 5 & 19 Fridays, November 16 & 30	1:00 pm	Community Room
Blood Pressure Check	Thursday, November 8	6:00 pm	Lounge
Penny (Therapy Dog)	Friday, November 9	2:00 pm	Lounge
Breakfast	Saturday November 10	8:30 am	Lounge
General Meeting	Tuesday, November 13	2:00 pm	Lounge
CHILI COOK-OFF 	Friday, November 16	12:00 pm	Lounge
Computer Class	Fridays, November 16 & 30	1:00 pm	Computer Room/Library
Soup & Hot Dogs	Saturday, November 17	5:00 pm	Lounge
Art with Pat	Tuesdays, November 27	1:30 pm	Lounge
OFFICE CLOSED	Thursday, November 22 Friday, November 23	HAPPY THANKSGIVING!	
Social	Sunday, November 25	5:00 pm	Lounge
Latin Dance Class	Tuesday, November 27	6:30 pm	Lounge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>Kierra Events <i>Van Trips</i> Resident's Assoc. Events</p> <p>Pastor Clark Events Lutheran Manor Events <i>Holidays/Observances,</i> <i>Other</i></p> </div>				<p>1 8:30 Van Trip Papers Drop Off 9:00 Zumba Gold <i>9:30 Van Trip</i> 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:00 Shuffleboard 7:00 Prayer Time</p>	<p>2 <i>10:00 Van Trip</i> 10:00 Yoga 12:00 Mobile Market 1:00 Second Harvest 2:00 Walkers Club 5:30 Wii Bowling</p>	<p>3 8:00 Coffee, Donuts, Bagels, & Muffins 12:30 Pinochle</p>
<p>4 DAYLIGHT SAVINGS TIME ENDS!!</p>	<p>5 <i>9:00 Van Trip</i> 10:00 Fit For Life 11:30 Adv. Senior Fitness 1:00 Movie <i>1:30 Van Trip</i> 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO</p>	<p>6 ELECTION DAY 10:00 Joyful Joints 11:00 Basic Balance <i>12:00 Van Trip</i> 1:00 Meditation & Stretch 2:00 Church</p>	<p>7 10:00 Fit For Life <i>11:00 Van Trip</i> 11:30 Adv. Senior Fitness 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand</p>	<p>8 9:00 Zumba Gold 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church (esp.) <i>4:00 Van Trip</i> 6:00 Blood Pressure Check 6:00 Shuffleboard</p>	<p>9 10:00 Yoga <i>11:00 Van Trip</i> 2:00 Penny 2:00 Walkers Club 5:30 Wii Bowling</p>	<p>10 8:30 Breakfast <i>11:30 Van Trip</i></p>
<p>11 VETERANS DAY 1:00 Sunday Praise with David <i>3:00 Van Trip</i></p>	<p>12 10:00 Fit For Life 11:30 Adv. Senior Fitness <i>12:00 Van Trip</i> 1:30 Committee Mtg 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO</p>	<p>13 <i>9:00 Van Trip</i> 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 General Meeting</p>	<p>14 10:00 Fit For Life <i>10:30 Van Trip</i> 11:30 Adv. Senior Fitness 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand</p>	<p>15 9:00 Zumba Gold 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch <i>2:00 Van Trip</i> 2:00 Church 6:00 Shuffleboard 7:00 Prayer Time</p>	<p>16 10:00 Yoga 12:00 Chili Cook-Off 1:00 Movie 1:00 Computer Class 2:00 Walkers Club 5:30 Wii Bowling</p>	<p>17 5:00 Soup & Hot Dogs</p>
<p>18</p>	<p>19 10:00 Fit For Life <i>11:00 Van Trip</i> 11:30 Adv. Senior Fitness 1:00 Movie 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO</p>	<p>20 10:00 Joyful Joints 11:00 Basic Balance <i>12:00 Van Trip</i> 1:00 Meditation & Stretch</p>	<p>21 10:00 Fit For Life 11:30 Adv. Senior Fitness OFFICE CLOSED 1/2 DAY</p>	<p>22 OFFICE CLOSED  Happy Thanksgiving</p>	<p>23 OFFICE CLOSED </p>	<p>24</p>
<p>25 5:00 Social</p>	<p>26 <i>9:00 Van Trip</i> 10:00 Fit For Life 11:30 Adv. Senior Fitness 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO</p>	<p>27 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:30 Art with Pat 6:30 Latin Dance Class</p>	<p>28 <i>9:00 Van Trip</i> 10:00 Fit For Life 11:30 Adv. Senior Fitness 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand</p>	<p>29 9:00 Zumba Gold <i>9:00 Van Trip</i> 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:00 Shuffleboard</p>	<p>30 10:00 Yoga 1:00 Movie 1:00 Computer Class 2:00 Walkers Club <i>4:00 Van Trip</i> 5:30 Wii Bowling</p>	<p>31</p>

VAN TRIPS December 2018

DATE	DAY	TRIP	TIME
December 3	Monday	Banks, Post Office	9:30 am _____
December 3	Monday	Walgreens, \$ Store @ Linden	1:30 pm _____
December 4	Tuesday	Weis	1:00 pm _____
December 5	Wednesday	Lunch @ Williams Family Restaurant	11:00 am _____
December 6	Thursday	Edgewood Moravian Church Christmas Putz and Christmas Room	8:30 am _____
December 7	Friday	Dinner @ Stefano's Restaurant	4:00 pm _____
December 8	Saturday	Free Christmas Concert Bach & Ottorino Respighi—First Presbyterian	7:15 pm _____
December 10	Monday	Shopping @ Lehigh Valley Mall	10:00 am _____
December 11	Tuesday	Giant	9:30 am _____
December 12	Wednesday	Shopping @ Christmas Shop/Ross/ Lunch @ Roma Ristorante	10:00 am _____
December 13	Thursday	Dinner @ Alburtis Tavern	4:00 pm _____
December 14	Friday	Liberty High School Concert & Lunch	8:30 am _____
December 16	Sunday	PA Playhouse Presents: A Broadway Christmas Carol—Cost: \$22.00/Dinner @ Golden Gate Diner	2:15 pm _____
December 17	Monday	Shop-Rite	1:30 pm _____
December 18	Tuesday	Lunch @ Bethlehem Diner/Movie @ Carmike	12:00 pm _____
December 19	Wednesday	Christmas Lights Tour/Coffee	6:30pm _____
December 20	Thursday	Shopping @ Palmer Park Mall/Lunch @ Olive Garden	10:30 am _____
December 21	Friday	Breakfast @ Perkins/Valley Farms	9:00 am _____
December 26	Wednesday	Wegmans	9:30 am _____
December 28	Friday	Lunch @ Billy's Downtown Diner - Easton	11:00 am _____
December 30	Sunday	Calvary Baptist Free Christmas Concert in Easton	6:45 pm _____
December 31	Monday	Breakfast @ Tic Toc/Walmart	9:00 am _____

Forms will be collected starting at 8:30 am on November 1, 2018.

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 November 2018

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 by 12:45 pm - IN THE COMMUNITY ROOM

_____ Monday, November 5 at 1:00 pm
(Plains, Trains, & Automobiles)

_____ Friday, November 16 at 1:00 pm
(Plains, Trains, & Automobiles)

_____ Monday, November 26 at 1:00 pm
(We Were Soldiers)

_____ Friday, November 30 at 1:00 pm
(We Were Soldiers)

Computer Class with Nancy

_____ Friday, November 16 at 1:00 pm

_____ Friday, November 30 at 1:00 pm

Therapy Dog Visit with Penny

_____ Friday, November 9 at 1:30 pm

Art with Pat

_____ Tuesday, November 27 at 1:30 pm

Latin Dance Class

_____ Tuesday, November 27 at 6:30 pm

Forms will be collected starting at 8:30 am on the first business day of the month.

NAME: _____ APT#: _____