

October 2016

Hi Lites of Lutheran Manor





Welcome!

NEW RESIDENTS
 Leonard Miltenberger Apt #304
 Sharon Jones Apt #1006

October 1 (Saturday)	Coffee & Donuts	8:00 a.m.	Lounge
	Pinochle Party	12:30 p.m.	Lounge
October 3 (Monday)	<i>Banks, CVS, \$ Store, Post Office</i>	9:30 a.m.	<i>Van Trip</i>
	Exercise	10:00 a.m.	Lounge
	Bingo	6:00 p.m.	Lounge
October 4 (Tuesday)	<i>Giant</i>	9:30 a.m.	<i>Van Trip</i>
	Walkers Club	9:00 a.m.	Outside
	Zumba	10:00 a.m.	Lounge
	Rev James Harper, Notre Dame	2:00 p.m.	Lounge
	RC Church, Bethlehem		
October 5 (Wednesday)	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Patio
	Computer Class	1:00 p.m.	Comp Rm
	Piano Playing	3:00 p.m.	Lounge
October 6 (Thursday)	Chat Room	10:00 a.m.	Patio
	Speaker-Preventive Measures	11:30 a.m.	Lounge
	Holiday Bazaar donations	1:30 p.m.	Lounge
	Blood Pressure Check	6:00 p.m.	Lounge
	Prayer Time	6:30 p.m.	Lounge
October 7 (Friday)	Walkers Club	9:00 a.m.	Outside
	Yoga	10:00 a.m.	Patio
	Mobile Market	10:30 a.m.	Outside
	Tai Chi	12:45 p.m.	Patio
	Wii Bowling	5:30 p.m.	Lounge
October 10 (Monday)	Columbus Day -OFFICE CLOSED		
	<i>Breakfast/Elias Market/Valley Farms</i>	9:00 a.m.	<i>Van Trip</i>
	Bingo	6:00 p.m.	Lounge
October 11 (Tuesday)	Walkers Club	9:00 a.m.	Outside
	Zumba	10:00 a.m.	Lounge
	General Meeting	2:00 p.m.	Lounge
	(5th Floor responsible for snacks)		
	<i>Dinner @Red Lobster</i>	4:00 p.m.	<i>Van Trip</i>
October 12 (Wednesday)	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Lounge
	Speaker-Breast Cancer	2:00 p.m.	Lounge
	Piano Playing	3:00 p.m.	Lounge



October 12 (Wednesday)	<i>Dinner @Calvary Baptist Church- Easton Cost: \$7.00</i>	<i>4:15 p.m.</i>	<i>Van Trip</i>
October 13 (Thursday)	<i>Weis Market</i>	<i>9:30 a.m.</i>	<i>Van Trip</i>
	Chat Room	10:00 a.m.	Lounge
	Rev. Donald Schwartz,	2:00 p.m.	Lounge
	Lutheran, Retired		
October 14 (Friday)	Walkers Club	9:00 a.m.	Outside
	<i>Allentown Farmers Market/Lunch @The Ritz</i>	<i>9:30 a.m.</i>	<i>Van Trip</i>
	Yoga	10:00 a.m.	Patio
	Mobile Market	10:30 a.m.	Outside
	Second Harvest	11:00 a.m.	Patio
	Tai Chi	12:45 p.m.	Patio
	Speaker– Aquatic Program	1:30 p.m.	Lounge
	Wii Bowling	5:30 p.m.	Lounge
	<i>Fearless Fire Company-King Henry Duo</i>	<i>6:45 p.m.</i>	<i>Van Trip</i>
October 15 (Saturday)	Soup & Hotdogs-Rob & Marty	5:00 p.m.	Lounge
October 16 (Sunday)	HAPPY BOSS'S DAY!!!		
October 17 (Monday)	<i>Shop-Rite Freemansburg Ave Easton</i>	<i>9:30 a.m.</i>	<i>Van Trip</i>
	Exercise	10:00 a.m.	Lounge
	Movie-A Good Woman	1:00 p.m.	Conf Rm
	Bingo	6:00 p.m.	Lounge
October 18 (Tuesday)	<i>New Hope PA Rice's Market/ Lunch</i>	<i>8:30 a.m.</i>	<i>Van Trip</i>
	Massage by Appointments	9:00 a.m.	Conf Rm
	Walkers Club	9:00 a.m.	Outside
	Zumba	10:00 a.m.	Lounge
	Art with Pat	1:30 p.m.	Lounge
October 19 (Wednesday)	<i>King of Prussia Mall/ Lunch @Crab Shack</i>	<i>9:00 a.m.</i>	<i>Van Trip</i>
	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Patio
	Piano Playing	3:00 p.m.	Lounge
October 20 (Thursday)	Chat Room	10:00 a.m.	Patio
	<i>Lunch @Doughboys</i>	<i>11:00 a.m.</i>	<i>Van Trip</i>
	38th Anniversary Costume Pizza Party	6:00 p.m.	Lounge
October 21 (Friday)	Walkers Club	9:00 a.m.	Outside
	Yoga	10:00 a.m.	Patio
	Mobile Market	10:30 a.m.	Outside



<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
Zumba	Every Tuesday	10 a.m.	Lounge
Bible Study	Every Wednesday	12:30 p.m.	Patio
Piano Playing	Every Wednesday	3:00 p.m.	Lounge
Chat Room	Every Thursday	10 a.m.	Patio
Prayer Time	1st & 3rd Thursday of each month	6:30 p.m.	Lounge
Yoga	Every Friday	10:00 a.m.	Patio
Tai Chi	Every Friday	12:45 p.m.	Patio
Walkers Club	Every Tuesday & Friday	9:00 a.m.	Outside
Wii Bowling	Every Friday	5:30 p.m.	Lounge

Our Activities.



2016

Saturday	11/5	Coffee & Donuts	8:00 a.m.
Saturday	11/5	Pinochle Party	12:30 p.m.
Saturday	11/12	Holiday Bazaar	10:00 a.m.
Saturday	11/19	Soup & Hot Dogs-Majestics	5:00 p.m.
Sunday	11/27	Social –Steel City	5:00 p.m.



Claudie's Corner



*Jon'na Dawson from
Preventive Measures
Home Health*

*will be here on Thursday, Oct 6 @
11:30 (Lunch will be provided)*

These are some of the topics that will be discussed:

- *What are some difficulties you experience with living independently?*
- *What is most important to you when receiving services in your home?*
- *Are there specific needs that you find are not met with current agencies or aides?*
- *Do you feel you are receiving sufficient community resources for your everyday needs?*

Sign up required!



*Inge Allen, BSN, RN
will be here on
Wednesday, Oct 12th
2pm in the lounge*

"Debunking the Myths of Breast Cancer"

- ♦ *What is breast cancer?*
- ♦ *What causes breast cancer?*
 - ♦ *What are the myths associated with breast cancer?*
 - ♦ *What can I do?*

Please join us!

*Ivette Sanchez from United Health
will be here on Monday, Oct 24th
at 1:30pm in the Lounge*



Ivette will be doing **pumpkin decorating** and having lots of fun. You will be able to take your pumpkin home with you.

Refreshments will be provided!



**Optimal Fitness at
Good Shepherd
Aquatic Program
Linda Bollinger,
Recreational Therapist
will be here on
Friday, Oct 14 at 1:30**

Linda will be here to inform you about the **Aquatic Program** that could be available to you at **Good Shepherd**. They have amazing programs, you don't want to miss out on this great presentation.





Computer Class

Wednesday,
October 5 & 26
1-3 pm

Sign up with Claudie



Tai Chi Exercises



Every Friday
at **12:45 pm**
in the Patio

YOGA
Every Friday
10:00 am
In the Patio



Piano Playing & Singing

with Gladys

Every
Wednesday
3pm
In the Lounge



ZUMBA
Tuesday
10 am
in the Lounge.



MASSAGE

Tuesday, October 18
9:00-12:00 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.



Therapy Dog

Monday, October 24
At 11:00 am
in the lounge.

Coffee & Donuts
Saturday, October 1st
8:00 a.m. to 10:30 a.m.

\$1.00 coffee

\$1.00 donut

\$1.00 additional donuts

**Friends and Family
are welcome!**



Blood Pressure Check

Thursday, Oct 6
6:00 p.m.
in the Lounge.



Linda will be here to do
MANICURES
Saturday, October 29th

See Claudie for an appointment.



EXERCISE

Every Mon & Wed
10:00 am
in the Lounge.

Wed, October 26 will be in the
Patio.

WALKERS CLUB



Tuesday & Friday @ 9am

Looking for New Members!

SIGN UP

NOW SHOWING

Mon, Oct 17 & Oct 31

1pm

A Good Woman

Emerging penniless from yet another failed affair, the seductive Mrs. Erylne, scorned by many as a 'woman of ill repute,' leaves 1930's New York for the Amalfi coast,



where she hopes to find a new 'patron' among the vacationing aristocrats. The mean-spirited gossip stirred up by Mrs. Erylne's arrival isn't enough to dissuade the jovial, kind-hearted Lord Augustus from falling in love with her.



Prayer Time

1st & 3rd Thursday

of each month

In the Lounge

6:30-7:30 pm

"NO PRAYER TIME FOR 3RD THURSDAY OF THIS MONTH"

Everyone is Welcome!

Coordinators:

Bev Westwood & Loretta Mollo



Every Friday
At 5:30 pm
In the Lounge

DO NOT put **boxes** in the **garbage cans**, in the trash room. **Please put them on top of the trash compactor** or stacked neatly at the end of compactor.



Every Monday
6pm
In the Lounge



It's **Fall Time**, perfect time to clean those closets and get rid of things you don't need.



If you have **clothing, books or small items** that you don't need please bag them up and bring to **Claudie's office.**

Salvation Army will be picking up donations on **Friday, October 28th.**



Soup & Hot Dogs
Saturday, Oct 15
5 p.m.

- SOUP: Chicken Noodle \$3.00
- HOT DOGS: Plain, Sauerkraut, or Chili \$1.50
- RED BEET EGGS: .50
- DESSERT: Ice Cream & Strawberries \$2.50
- SODA OR COFFEE: \$1.00

Entertainment by:
Rob & Marty
50/50 Drawing
Friends and Family are Welcome!



Social

4pm Doors Open
5pm Refreshments
6pm Entertainment

Saturday, October 22, 2016

Entertainment by:
Jack & Friends



Esther's
Ice Cream
Sales



Donations
requested!



Please welcome **Nigel R. Hodge** who has joined the Lutheran Manor staff.

He is our new

Custodial/Maintenance Person.

FLU SHOTS

Wednesday, October 26, 2016

9:00 am– 11:00 am

In the Lounge

The Bethlehem Health Bureau will be here to offer flu shots. To save time, please fill out the influenza form in this newsletter and bring it along with your Medicare Card when you come for the shot.

If you do not have insurance the
Flu Vaccine Cost is **\$30.00** Cash
or Check **ONLY.**



Sunday, October 16, 2016



Is Boss's Day!

**The Staff at
Lutheran Manor**

Would like to say

HAPPY BOSS'S DAY!!!

to our Great Boss!

**Courtney Doheny
Property Manager**



38th Anniversary Party

Thursday, October 20, 2016

6pm Dinner

6:45pm—8:15pm Entertainment by: Robin & Jim

Come join us for a Costume Pizza Party.

**COSTUME
PARTY**



RSVP was required to attend this event by **October 3rd.**

BETHLEHEM HEALTH BUREAU

Seasonal Influenza/Pneumonia Vaccination Consent Form

Name: _____ Date of Birth: _____ Sex: M ___ F ___

Address: _____ Telephone: _____ Zip Code: _____

Please circle YES or NO to the questions below:

- | | | |
|---|-----|----|
| 1. Does the patient have a severe allergy to eggs? | Yes | No |
| 2. Has the patient ever had a severe reaction to an influenza vaccine? | Yes | No |
| 3. Has the patient ever had Guillian-Barre syndrome (immune system disorder)? | Yes | No |
| 4. Does the patient have any other allergies? _____ | Yes | No |
| 5. Does the patient have medical insurance that covers vaccinations? | Yes | No |

INSURANCE None/Private/Public

Carrier _____

Policy ID. Number _____ Group Number _____

Employer _____

Insured Name (IF NOT PATIENT) _____

_____/_____/_____
DOB

_____/_____/_____
SSN

I have received and read the Centers for Disease Control and Prevention Vaccine Information Sheet dated 8/7/2015. I have no further questions at this time. I request and voluntarily consent that the seasonal influenza vaccine be given to person named above **of whom I am or am the parent or legal guardian.**

OFFICE USE ONLY

Influenza Vaccine Given Lot Number: _____ Exp date: _____ Injection Site: L / R

Dosage Volume: .25ml .5ml

Signature of vaccine administrator

Date

Pneumonia Vaccine Given Lot Number: _____ Exp date: _____ Injection Site: L / R

Prevnar/Pneumovax

I have received and read the Centers for Disease Control and Prevention Vaccine Information Sheets dated 2/27/2013 or 10/6/2009. I request and voluntarily consent that the pneumonia vaccine be given to person named above.

Signature: _____ **Date:** _____

Signature of vaccine administrator

Date

DEPARTAMENTO DE SALUD DE BETHLEHEM

Hoja De Consentimiento Informado Para La Vacuna De La Gripe/Pulmonía

Nombre: _____ Fecha de Nacimiento: _____ Sexo: H ___ M ___

Por favor marque sí o no a las siguientes preguntas:

- | | | |
|---|----|----|
| 1. El/la paciente tiene alergias severas a los huevos? | Sí | No |
| 2. El/la paciente alguna vez ha tenido una reacción mala a la vacuna de la gripe? | Sí | No |
| 3. El/la paciente alguna vez ha tenido el síndrome de Guillian-Barre? | Sí | No |
| 4. El/la paciente sufre de otras alergias? _____ | Sí | No |
| 5. El/la paciente tiene seguro médico que cubre vacunas? | Sí | No |

SEGURO Ninguno / Privado / Publico

Compañía _____

Numero de póliza _____ Numero del Grupo _____

Empleador _____

Nombre Del Asegurado (Si no es el paciente) _____

_____/_____/_____
Fecha de Nacimiento

_____/_____/_____
Seguro Social

He declarado y he leído la hoja de Centros para el Control de la Enfermedad hojas informativas de la vacuna de prevención con la fecha 8/7/15. No tengo preguntas adicionales en este momento. Solicito y consiento voluntariamente que la vacuna del gripe sea administrada a la persona nombrada arriba **de quien yo soy o soy el padre o apoderado legal.**

Firma: _____ Fecha: _____

OFFICE USE ONLY

Influenza Vaccine Given Lot Number: _____ Exp date: _____ Injection Site: L / R

Dosage Volume: .25ml .5ml

Signature of vaccine administrator

Date

Pneumonia Vaccine Given Lot Number: _____ Exp date: _____ Injection Site: L / R

Prevnar/Pneumovax

He declarado y he leído la hoja de Centros para el Control de la Enfermedad hojas informativas de la vacuna de prevención con la fecha 2/27/2013 o 10/6/2009. No tengo preguntas adicionales en este momento. Solicito y consiento voluntariamente que la vacuna de la Pulmonía sea administrada a la persona nombrada arriba

Signature: _____ **Date:** _____

Housekeeping Services

Just a
reminder...



Due to the increasing costs of cleaning supplies, we will be **raising** our hourly housekeeping fees

beginning **October 1st 2016.**

One hour of cleaning will be **\$10**

A Two hour block of time will be **\$18**



As always, we encourage residents to take advantage of this service. If you would like to schedule the housekeeping service, please see Claudie.

HOLIDAY Bazaar

Date accepting donations for the

Holiday Bazaar is

Thursday, October 6, 2016

1:30-3:00pm

In the Lounge

We are accepting
Christmas items only.



Art with Pat

Tuesday, October 18th & 25th 2016

1:30 pm in the Lounge

**"Introduction to Drawing
with Charcoal"**

Charcoal is a very versatile drawing medium and drawings made with it have a unique look and texture. In this class we will also try out techniques that will render different effects. The second week, participants will choose the type of charcoal they prefer.

Using techniques they've learned, they will

create a simple composition that conveys a particular mood.



EAT REAL FOOD Mobile Market

**Friends &
Family are
Welcome!**

**Join us at our Mobile Market
Every Friday
Starting September 16—November 4
10:30-12:00
Location: Outside front Side Entrance**



**Will take Cash,
Credit Card &
SNAP.**



Come out and get your produce.

Special Events & Speakers

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

(check off what you want to attend)

Speaker– Preventive Measures (Lunch will be provided)

_____ Thursday, October 6 at 11:30 am

Speaker-Breast Cancer Awareness

_____ Wednesday, October 12 at 2:00 pm

Speaker-Aquatic Programs

_____ Friday, October 14 at 1:30 pm

Speaker– Pumpkin decorating

_____ Monday, October 24 at 1:30 pm

Movie– A Good Woman (Pick one time only!)

_____ Monday, October 17th at 1pm-Be in your seat by 12:45pm.

_____ Monday, October 31st at 1pm-Be in your seat by 12:45pm.

Computer Class with Nancy

_____ Wednesday, October 5 at 1pm

_____ Wednesday, October 26 at 1pm

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

_____ Saturday, October 29 between 9:30am-4:00pm

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

_____ Tuesday, October 18 starting at **9:00am**

Art with Pat

_____ Tuesday, October 18th & 25th at **1:30pm**

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

NAME: _____ **APT#** _____



Van Trips



November 2016

DATE	DAY	TRIP	TIME
November 2	Wednesday	Giant	9:30 a.m.____
November 3	Thursday	Banks, CVS, \$ Store, Post Office	9:30 a.m.____
November 4	Friday	Quakertown Farmers Market/Lunch	9:30 a.m.____
November 5	Saturday	Oyster Supper @Jacob's Church New Tripoli	2:30 p.m.____
November 7	Monday	Weis Market	9:30 a.m.____
November 8	Tuesday	Senior Bingo w/Lunch (donations)/ Voting at Church of the Manger	10:45 a.m.____
November 9	Wednesday	Dinner @Calvary Baptist Church-Easton Cost: \$7.00	4:15 p.m.____
November 10	Thursday	Tri-Boro Spaghetti Night	4:45 p.m.____
November 11	Friday	Lunch @Applebee's (FREE LUNCH FOR VETERANS)	11:00 a.m.____
November 14	Monday	Longwood Gardens, Kennett Square, PA Senior Cost: \$17.00/Lunch	8:30 a.m.____
November 15	Tuesday	Shop Rite-Freemansburg Ave Easton	9:30 a.m.____
November 16	Wednesday	Dinner @Calvary Baptist Church-Easton Cost: \$7.00	4:15 p.m.____
November 18	Friday	Movie/Lunch	11:00 a.m.____
November 19	Saturday	Johnny Cash Tribute Show-Quakertown Cost:\$20.00	6:30 p.m.____
November 21	Monday	Breakfast/Wal-Mart	9:00 a.m.____
November 22	Tuesday	Allentown Farmers Market- last minute Turkey Day	9:00 a.m.____
November 22	Tuesday	Hershey Sweet Lights/Stop for Coffee	4:00 p.m.____
November 23	Wednesday	The Miracle of Christmas Dinner Show @ the Pines Cost: \$49.00	11:30 a.m.____
November 29	Tuesday	Wegmans	9:30 a.m.____
November 30	Wednesday	Pennsylvania Christmas Shops/Craft Show/Harrisburg Cost: \$6.00	8:00 a.m.____

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.



GROWING OLD GRACEFULLY...

A poster I saw recently declared, "Growing old isn't for sissies!" Most of you know that!! So, as aging affects our youthful bodies and minds, how do we grow old gracefully?

Scripture is encouraging in declaring, "They shall still bear fruit in old age; they shall be fresh and flourishing" (Psalm 92:14). It is important to keep a positive, even humorous, perspective on aging, because God designed our bodies to age. It's not the act of a vengeful God, but of a loving God. And God wants us to continue to bear fruit.

One of the biggest benefits of living many years is the wisdom that comes from so much experience in life! As we age, we have absorbed life's blows and wounds. Sure some heal and some scar but all carry lessons to be learned and passed along. And, aging often softens some of the hard edges of our personality, cooling hot tempers, showing more patience as the foolishness of youth is replaced by the wisdom of our years. As someone said, "There is a lot of valuable gold from experience that comes with the silver in the hair!"

Best yet, the God who made us also planned a wonderful future beyond the growing old and our days on earth. We can look forward to that time with anticipation while we navigate these later years with grace and dignity.

- Blessings, Pastor Clark

WORSHIP DURING OCTOBER, 2016- 2 pm in the Lounge

Tuesday, Oct. 4th Rev James Harper, Notre Dame RC Church,
Bethlehem

Thursday, Oct. 13th Rev. Donald Schwartz, Lutheran, retired

Thursday, Oct 20th NO WORSHIP

Thursday, Oct. 27th Rev. J.R. Martinez, St. John's EC, Allentown, PA



BIBLE STUDY meets in the Patio* from 12:30-1:30pm every Wednesday

CHAT ROOM meets in the Patio* at 10 am every Thursday (No meeting on October 27th).

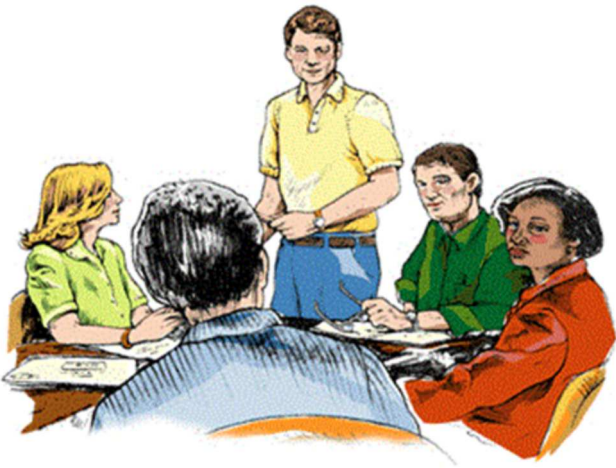
AGING WITH HUMOR: ■As you get older, your secrets are safe with your friends. They can't remember them either. ■ I live in my own little world. But it's okay --- they know me here. ■Forget health food, I'm at the age where I need all the preservatives I can get. ■ I would be unstoppable, if I could only get started..... ■ Eventually you will reach a point when you stop lying about your age and start bragging about it. ■The older we get, the fewer things seem worth waiting in line for. - ■"I'm speeding because I have to get there before I forgot where I'm going." -

****Note: This location is subject to change dependent on the upcoming construction!***

SPECIAL CHAT ROOM ON THURSDAY, OCTOBER 20th

10 AM in the PATIO

***A CONVERSATION WITH SEVERAL
MUSLIM WOMEN...***



One of our residents has taken advantage of the seminars at the Moravian Seminary in Bethlehem related to “Christian-Muslim Talking Together”. She has met some very friendly Turkish Muslim women and has invited them to a conversation here at Lutheran Manor on Thursday, October 20th at 10 am in the Patio.

As always, our Chat Room is opened to all. This

conversation is an opportunity to break down some of the walls that divide us and better understand our Muslim neighbors, their culture and beliefs.

Hope you can join us with your questions on Thursday, October 20th.



We're Breaking New Ground...

Building the Wellness Center

Join us at 10:00 am

Thursday, October 27, 2016



October 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 8:00 Coffee & Donuts 12:30 Pinochle Party 
2	3 10:00 Exercise 6:00 Bingo 	4 9:00 Walkers Club 10:00 Zumba 2:00 Rev James Harper, Notre Dame RC	5 10:00 Exercise 12:30 Bible Study 1:00 Computer Class 3:00 Piano Playing	6 10:00 Chat Room 11:30 Speaker -Lunch 1:30 Bazaar donations 6:00 Blood Pressure 6:30 Prayer Time	7 9:00 Walkers Club 10:00 Yoga 10:30 Mobile Market 12:45 Tai Chi 5:30 Wii Bowling	8
9	10 OFFICE CLOSED 6:00 Bingo 	11 9:00 Walkers Club 10:00 Zumba 2:00 General Meeting 	12 10:00 Exercise 12:30 Bible Study 2:00 Speaker -Breast Cancer Awareness 3:00 Piano Playing	13 10:00 Chat Room 2:00 Rev Donald Schwartz, Lutheran, Retired	14 9:00 Walkers Club 10:00 Yoga 10:30 Mobile Market 11:00 Second Harvest 12:45 Tai Chi 1:30 Speaker -Aquatic	15 5:00 Soup & Hotdogs 
16	 17 10:00 Exercise 1:00 Movie -A Good Woman 6:00 Bingo	18 9:00 Massage 9:00 Walkers Club 10:00 Zumba 1:30 Art with Pat	19 10:00 Exercise 12:30 Bible Study 3:00 Piano Playing	20 10:00 Chat Room 6:00 38th Anniversary Party	21 9:00 Walkers Club 10:00 Yoga 10:30 Mobile Market 12:45 Tai Chi 5:30 Wii Bowling	22 5:00 Social 
23	24 10:00 Exercise 11:00 Therapy Dog 1:30 Speaker -Pumpkin Decorating 6:00 Bingo	25 9:00 Walkers Club 10:00 Zumba 1:30 Art with Pat	26 9:00 Flu Shots 10:00 Exercise (Patio) 12:30 Bible Study 1:00 Computer Class 3:00 Piano Playing	27 10:00 Groundbreak- ing Ceremony 2:00 Rev JR Martinez, St John's EC, Allentown	28 9:00 Salvation Army 9:00 Walkers Club 10:00 Yoga 10:30 Mobile Market 12:45 Tai Chi	29 9:30 Manicure by Appointments 
30	31 10:00 Exercise 1:00 Movie - A Good Woman 6:00 Bingo					