

October 2017

Hi Lites of Lutheran Manor





New Resident
Henry Jackson 1019

October 2 (Monday)	Van Trip Paper drop off Exercise Giant Bingo	7:00 a.m. 10:00 a.m. 12:00 p.m. 6:00 p.m.	Lounge Lounge Van Trip Lounge
October 3 (Tuesday)	Walkers Club Banks, CVS, \$ Store, Post Office Rev. James Harper, Notre Dame RC Bethlehem	9:00 a.m. 9:30 a.m. 2:00 p.m.	Outside Van Trip Lounge
October 4 (Wednesday)	Walkers Club Exercise Bible Study	9:00 a.m. 10:00 a.m. 12:30 p.m.	Outside Lounge Lounge
October 5 (Thursday)	Statue of Liberty Tour-Ellis Island NY-Dinner, Cost: \$20.00 Zumba Gold Chat Room Donations for Holiday Bazaar Blood Pressure Check Prayer Time	8:30 a.m. 9:00 a.m. 10:00 a.m. 3:00 p.m. 6:00 p.m. 7:00 p.m.	Van Trip Lounge Lounge Lounge Lounge Lounge
October 6 (Friday)	(Lounge & Laundry Rm CLOSED till 9:45 am) Walkers Club Mobile Market Yoga Tai Chi Second Harvest Wii Bowling	9:00 a.m. 10:00 a.m. 10:00 a.m. 12:45 p.m. 1:00 p.m. 5:30 p.m.	Outside Lounge Conf Rm Conf Rm Lounge Lounge
October 7 (Saturday)	Coffee & Donuts Pinochle Party	8:00 a.m. 12:30 p.m.	Lounge Lounge
October 8 (Sunday)	Sunday Praise with <i>David</i>	1:00 p.m.	Lounge
October 9 (Monday)	HAPPY COLUMBUS DAY!!!	OFFICE CLOSED	
	Bingo	6:00 p.m.	Lounge
October 10 (Tuesday)	Walkers Club Weis General Meeting (5th Floor responsible for snacks)	9:00 a.m. 11:00 a.m. 2:00 p.m.	Outside Van Trip Lounge
October 11 (Wednesday)	Kitchen Kettle/Lunch Walkers Club Exercise	8:30 a.m. 9:00 a.m. 10:00 a.m.	Van Trip Outside Lounge



October 11 (Wednesday)

Bible Study 12:30 p.m. Lounge
Computer Class 1:00 p.m. Comp Rm
Line Dancing 2:00 p.m. Lounge

October 12 (Thursday)

Zumba Gold 9:00 a.m. Lounge
Chat Room 10:00 a.m. Lounge
Rev. Larry Burd, Calvary Baptist, Easton 2:00 p.m. Lounge

Good Sherpherd Aquatic Pool 4:00 p.m. Van Trip
Program Cost: \$8.00 (Physician waiver required)

October 13 (Friday)

Lounge Cleaning 6:00 a.m. Lounge
(Lounge & Laundry Rm **CLOSED** till 9:45 am)
Walkers Club 9:00 a.m. Outside
Mobile Market 10:00 a.m. Lounge
Yoga 10:00 a.m. Conf Rm
Tai Chi 12:45 p.m. Conf Rm
Watercolor Class 1:30 p.m. Lounge

Dinner @Texas Roadhouse Restaurant 4:00 p.m. Van Trip

October 14 (Saturday)

Wii Bowling 5:30 p.m. Lounge
Strawberry Acres Farm, Coplay 10:00 a.m. Van Trip
pick your apples & pumpkins or buy them at the Farm Market/ Lunch @Whitehall Diner

October 16 (Monday)

"HAPPY BOSS'S DAY" COURTNEY!!!
Exercise 10:00 a.m. Lounge
Lunch @Sewyco's Fire Co 11:00 a.m. Van Trip
Movie-Megan Leavey 1:00 p.m. Conf Rm
Bingo 6:00 p.m. Lounge

October 17 (Tuesday)

Massage-with Jenn 9:00 a.m. Conf Rm
Walkers Club 9:00 a.m. Outside
Lunch @Bethlehem Diner/Movie @Carmike 11:00 a.m. Van Trip

October 18 (Wednesday)

Crafts-Fall greeting cards class 1:30 p.m. Lounge
Walkers Club 9:00 a.m. Outside
Exercise 10:00 a.m. Lounge
Shopping @T.J. Maxx/Lunch @Hibachi Grill 10:30 a.m. Van Trip

October 19 (Thursday)

Bible Study 12:30 p.m. Lounge
Zumba Gold 9:00 a.m. Lounge
Chat Room 10:00 a.m. Lounge
Rev. Werner Koch, St Stephen's 2:00 p.m. Lounge



October 30 (Monday)	Exercise	10:00 a.m.	Lounge
	Shop-Rite Freemansburg Ave	12:00 p.m.	Van Trip
	Movie-Megan Leavey	1:00 p.m.	Conf Rm
	Bingo	6:00 p.m.	Lounge
October 31 (Tuesday)	Walkers Club	9:00 a.m.	Outside
	Pines Dinner Theatre-Always Patsy	11:30 a.m.	Van Trip
	Cline Cost: \$49.00		
	Speaker-Congestive Heart	2:00 p.m.	Lounge

Happy Boss's Day!!!

Monday, October 16, 2017



The Staff at Lutheran Manor would like to say **HAPPY BOSS'S DAY** to our Great Boss!!! We appreciate everything you do for the Residents and Staff.

Courtney Doheny
Executive Director

Our Activities

<u>Activity</u>	<u>Dates</u>	<u>Time</u>	<u>Place</u>
Exercise	Every Monday & Wednesday	10:00 am	Lounge
Walkers Club	Every Tues, Wed & Fri	9:00 am	Outside
Church	1st Tuesday & 2nd, 3rd, 4th Thursday	2:00 pm	Lounge
Bible Study	Every Wednesday	12:30 pm	Lounge
Line Dancing	Every other Wednesday	2:00 pm	Lounge
Zumba Gold	Every Thursday	9:00 am	Lounge
Chat Room	Every Thursday	10:00 am	Lounge
Prayer Time	1st & 3rd Thursday of each month	7:00 pm	Lounge
Yoga	Every Friday	10:00 am	Conf Rm
Tai Chi	Every Friday	12:45 pm	Conf Rm
Mobile Market	Every Friday	10:00 am	Lounge
Wii Bowling	Every Friday	5:30 pm	Lounge
Sunday Praise	Every 2nd Sunday	1:00 pm	Lounge



2017

Saturday	11/4	Coffee & Donuts	8:00 a.m.
Saturday	11/4	Pinochle Party	12:30 p.m.
Saturday	11/11	Holiday Bazaar	9:00 a.m.
Saturday	11/18	Soup & Hotdogs-Joe Krobath	5:00 p.m.
Sunday	11/26	Social-Rehrig Brothers	5:00 p.m.

Happy Thanksgiving

Claudie's Corner



Fall Greeting Cards



Eileen Lang will be here on
Tuesday, October 17, 2017
1:30 pm in the Lounge

You will learn to make beautiful Fall Cards in this class. You don't want to miss it! Lot's of FUN and you get to take your cards with you.

ONLY 10 residents may participate in this class.

SIGN-UP early!

Need **Help**
with your Medicare
Plan Comparisons
for Open Enrollment?



Mark Plepis from HealthMarkets Ins.
will be here on
Monday, October 23, 2017
1:30 pm in the Lounge

From individual health insurance plans to subsidy-eligible plans and Medicare supplements, there are solutions to fit your needs and budget. Before enrollment begins, come learn more about all of the **benefit options** that are available to you.

Medication & Effect on Oral Health

Dr. Baus from Lehigh Dental
will be here on **Tuesday, October 24, 2017**
2:00 pm in the Lounge

Did you know that many medications both, those prescribed by your doctor and the ones you buy on your own affect your oral health?

You will get a goody bag that includes a toothbrush, dental floss, and more.



Susan Teti, RN from OMNI Home Care
will be here on
Tuesday, October 31, 2017
2:00 pm in the Lounge

Congestive Heart failure with a focus on healthy living will be the topic of the discussion today.

- ◆ Disease prevention and control
- ◆ Low salt diet tips
- ◆ Symptoms to report to physician
- ◆ Home care nurse's role

Refreshments will be provided!

Computer Class

Wednesday,
October 11 & 25
1:00 pm—3:00 pm

Sign up required.



Tai Chi

Every Friday

12:45 pm

in the Conference Room.



YOGA

Every Friday
10:00 am
in the Conference Room.



Piano Playing & Singing

Our pianist has retired. Thank you, Gladys, so much for years of faithful service. We will miss you!!!

As a result, our singing on Wednesdays is on hold for the immediate future until we find a volunteer to play the piano. If you would like to volunteer please see PASTOR CLARK.



Walkers Club

Every Tuesday,
Wednesday
& Friday @ 9:00 am

ZUMBA GOLD

Every Thursday
9:00 am
In the Lounge



MASSAGE

Tuesday, October 17

9:00 am-2:00 pm

Conference Room

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

Price: \$20.00 1/2 hour

\$40.00 1 hour

Chair Massage
also available.



Coffee & Donuts

Saturday, October 7

8:00 am to 10:30 am

\$1.00 coffee

\$1.00 donut

\$1.00 additional donuts

Friends and Family



Blood Pressure Check
Thursday, October 5
6:00 pm Lounge



Linda will be here to do

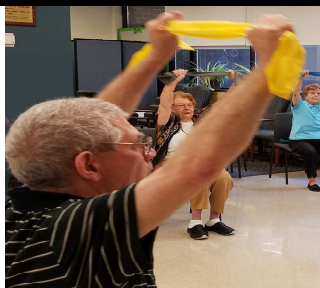
MANICURES

Saturday, October 28



Set up an appointment with Claudie.

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



NOW SHOWING

Monday

October 16 & 30
1:00 pm in the Conference Room
MEGAN LEAVEY



Based on the *true life story* of a young **Marine corporal** whose unique discipline and bond with her **military combat dog** saved many lives during their **deployment in Iraq.**

AN INVITATION TO PRAYER

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

WATERCOLOR CLASS

Friday, October 13
1:30 pm



LINE DANCING

Peggy Sue Tobias
will be here on
Wednesday,
October 11 & 25
2:00 pm
In the Lounge





Soup & Hot Dogs

Saturday, October 21

5:00 pm

- SOUP: Ham & Bean \$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:

Robin & Jim

50/50 Drawing

**Friends and Family
are Welcome!**



Eat Real Food Mobile Market

Every Friday

In the Lounge

10:00 am-11:30 am



What a **convenience**, you don't have to leave your home. ***Fruits and vegetables*** and more come to you. Stop by and see all the new items and produce that come every Friday.

Sunday Social

The Resident's Association

Sunday, October 29, 2017



**Entertainment by:
Steel City**

- 4:00 pm Doors open
- 5:00 pm Refreshments
- 6:00 pm Entertainment



Donations requested!

SNACK STAND

Snacks available every
Monday & Wednesday

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



Wii BOWLING



Every Friday
5:30 pm
In the Lounge

Enhance your social life by playing
Wii Bowling. What a better way to get
active, socialize and more important have
fun.

Come out and watch the Lutheran Manor
Wii Bowling League.



BINGO

Every **Monday**
at 6:00 pm
in the Lounge.



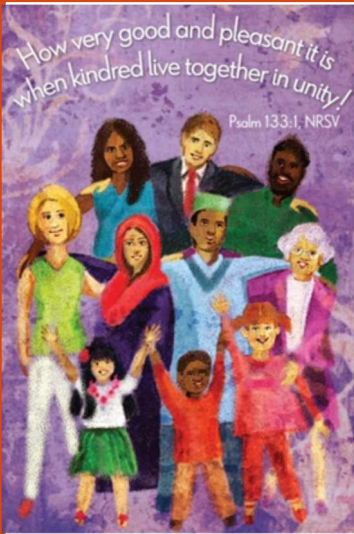
Holiday Bazaar

We are accepting donations
for the **HOLIDAY BAZAAR**
on

Thursday, October 5, 2017
3:00 pm-5:00 pm
In the Lounge

We are accepting **Christmas
items ONLY.**





Psalm 133 proclaims, “**How very good and pleasant it is when kindred live together in unity!**” Such unity is good and pleasant indeed. Is it realistic? Anybody who has ever lived with other people knows how hard it is to live in unity and togetherness. We often disregard each other’s feelings and this leads to conflict.

Here at Lutheran Manor, we are like a family...a large one, indeed. I was thinking about our worship, each with different likes and dislikes. As we worship we are divided by doctrinal statements and practices, liturgies, Biblical interpretations and more. Yet, as we come together weekly we are spiritually nourished and strengthened, no matter whether it’s a Lutheran, Catholic, UCC, Moravian, Evangelical Congregational, or Baptist worship.

Yes, like any family, the Church has its share of fights, yet God brings the Church together just as His love brings families together. The “*good and pleasant unity*” that the psalmist speaks of is a gift from God that is ours to have!

How can we enjoy this gift? **By speaking and listening honestly to one another and by addressing each other’s needs.** By doing so we become signs to one another of God’s much greater love. This love is the “tie that binds” and is the foundation of our life of faith together.

-Pastor Clark

WORSHIP IN OCTOBER- 2 pm in the Lounge

Tuesday, October 3rd - Rev. James Harper, Notre Dame RC, Bethlehem

Thursday, October 12th - Rev. Larry Burd, Calvary Baptist, Easton

Thursday Oct 19th - Rev. Werner Koch, St. Stephen’s Lutheran, Bethlehem

Thursday October 26th - Rev. Tony Pompa, Church of the Nativity-Episcopal, Bethlehem

Bible Study every Wednesday at 12:30 pm behind the screen divider in the lounge. Thanks to Rich Kuhn and Bev Westwood for filling-in while Pastor Clark is absent.



Chat Room every Thursday at 10 am in the Lounge behind the screen dividers.

Prayer Time is on 1st and 3rd Thursdays every month at 7pm here in the Lounge.

Sunday Praise - A Time of Song, Scripture and Prayer- is on the second Sunday of the month at 1 pm here in the Lounge led by David Garcia.

Contact Pastor Clark in Claudie/Clark’s office on Wednesdays and Thursdays or email pastor@lutheranmanor.com.

Ordering Take-Out Just Got More Delicious!

Order take-out from these restaurants using:
your computer at www.GRUBHUB.com,
on your cell phones using the GRUBHUB app,
or just call them directly!!



1836 Catasauqua Rd

(610) 264-1876



741 E Broad St

(610) 758-9472



3211 Schoenersville Rd

(610) 443-1450



9 American Pkwy

(610) 437-5294



1225 Grape St

(610) 266-0527



943 Airport Center Dr

(610) 841-4913

Now you can enjoy food from some of your favorite places ***without leaving home***. These are just a few of the restaurants who are now accepting orders for **DELIVERY!!!**

For a complete list, to view restaurant info and their menu, and even ***access coupons*** and ***specials***, go to:

www.grubhub.com

You can request a copy of the list from ***Tiffany*** in the office.



Special Events & Speakers

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

(check off what you want to attend)

Movie– Megan Leavey (Pick one time only!)

_____ Monday, October 16 at 1:00 pm-Be in your seat by 12:45 pm.

_____ Monday, October 30 at 1:00 pm-Be in your seat by 12:45 pm.

Computer Class with Nancy

_____ Wednesday, October 11 at 1:00 pm

_____ Wednesday, October 25 at 1:00 pm

Line Dancing with Peggy Sue

_____ Wednesday, October 11 at 2:00 pm

_____ Wednesday, October 25 at 2:00 pm

Speakers/Events

_____ ***Crafts-making Fall Greeting Cards***, Tuesday, October 17 at 1:30 pm

_____ ***Health Insurance plans open enrollment***, Monday, October 23 at 1:30 pm

_____ ***Medication & Effect on Oral Health***, Tuesday, October 24 at 2:00 pm

_____ ***Congestive Heart Failure (CHF)***, Tuesday, October 31 at 2:00 pm

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

_____ Tuesday, October 17 starting at 9:00 am

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

_____ Saturday, October 28 between 9:00 am-5:00 pm

Watercolor Class with David

_____ Friday, October 13 at 1:30 pm

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

NAME: _____ **APT#** _____



Van Trips



November 2017

DATE	DAY	TRIP	TIME
November 1	Wednesday	Breakfast @ Cracker Barrell	9:00 a.m.____
November 2	Thursday	Lunch @ Friendly's/shopping at Hackman's Bible Bookstore	11:00 a.m.____
November 3	Friday	Banks, CVS, \$ Store, Post Office	9:30 a.m.____
November 6	Monday	Hunterdon Hills Playhouse "A Playhouse Christmas" Cost: \$72.00	10:00 a.m.____
November 7	Tuesday	Lunch @Bethlehem Diner/Movie @Carmike	11:00 a.m.____
November 8	Wednesday	Weis Market	9:30 a.m.____
November 9	Thursday	Good Shepherd Aquatic Pool Program Cost: \$8.00 (Physician waiver required)	4:00 p.m.____
November 10	Friday	Peddler's Village/Lunch	9:00 a.m.____
November 11	Saturday	Dinner @Applebee's (FREE DINNER FOR VETERANS)	3:00 p.m.____
November 13	Monday	Mercer Museum Tour Cost:\$11.00 /Lunch @ Bocellis Restaurant	9:00 a.m.____
November 14	Tuesday	Wegmans	11:00 a.m.____
November 15	Wednesday	Shopping @Ross &Christmas Shop/Lunch @Copperhead Grill	10:00 a.m.____
November 16	Thursday	Dinner @Outback Steakhouse	4:00 p.m.____
November 17	Friday	Quakertown Farmers Market/Lunch @Boova Haus/shop at Quaker Antique Mall	9:30 a.m.____
November 19	Sunday	Hershey Sweet Lights/Stop for Coffee	4:00 p.m.____
November 20	Monday	Giant	12:00 p.m.____
November 21	Tuesday	Dinner @Chili's Restaurant	4:00 p.m.____
November 22	Wednesday	Breakfast @Wind Gap Diner/Shop Kmart	9:00 a.m.____
November 27	Monday	Breakfast @Tic Toc/Walmart	9:00 a.m.____
November 28	Tuesday	Dinner @Red Lobster	4:00 p.m.____
November 29	Wednesday	Pennsylvania Christmas & Gift Show/Harrisburg Cost: \$6.00	8:00 a.m.____
November 30	Thursday	Good Shepherd Aquatic Pool Program Cost: \$8.00 (Physician waiver required)	4:00 p.m.____

Please fill out the form and bring to my office, I will start collecting forms at 7 a.m. on the first working day of the month.

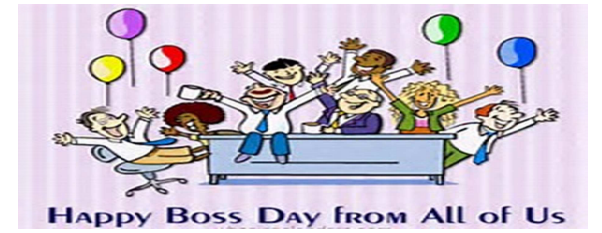
Name: _____ Apt: _____








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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 7:00 Van trips papers 10:00 Exercise 6:00 Bingo	3 9:00 Walkers Club 2:00 Rev James Harper, Notre Dame RC, Bethlehem	4 9:00 Walkers Club 10:00 Exercise 12:30 Bible Study	5 9:00 Zumba 10:00 Chat Room 3:00 Donations for Holiday Bazaar 6:00 Blood Pressure 7:00 Prayer Time	6 9:00 Walkers Club 10:00 Mobile Market 10:00 Yoga 12:45 Tai Chi 1:00 Second Harvest 5:30 Wii Bowling	7 8:00 Coffee & Donuts 12:30 Pinochle Party 
8 1:00 Sunday Praise 	9 OFFICE CLOSED 6:00 Bingo 	10 9:00 Walkers Club 2:00 General Meeting 	11 9:00 Walkers Club 10:00 Exercise 12:30 Bible Study 1:00 Computer Class 2:00 Line Dancing	12 9:00 Zumba 10:00 Chat Room 2:00 Rev Larry Burd, Calvary Baptist, Easton	13 9:00 Walkers Club 10:00 Mobile Market 10:00 Yoga 12:45 Tai Chi 1:30 Watercolor Class 5:30 Wii Bowling	14
15	16 HAPPY BOSS'S DAY 10:00 Exercise 1:00 Movie — Megan Leavey 6:00 Bingo	17 9:00 Massage 9:00 Walkers Club 1:30 Crafts -making fall greeting cards class	18 9:00 Walkers Club 10:00 Exercise 12:30 Bible Study	19 9:00 Zumba 10:00 Chat Room 2:00 Rev Werner Koch, St Stephen's Lutheran 7:00 Prayer Time	20 9:00 Walkers Club 10:00 Mobile Market 10:00 Yoga 12:45 Tai Chi 5:30 Wii Bowling	21 5:00 Soup & Hot Dogs 
22	23 10:00 Exercise 1:30 Speaker -Health Insurance plans, open enrollment 6:00 Bingo	24 9:00 Walkers Club 2:00 Speaker — Medications & Effect on oral health	25 9:00 Walkers Club 10:00 Exercise 12:30 Bible Study 1:00 Computer Class 2:00 Line Dancing	26 9:00 Zumba 10:00 Chat Room 2:00 Rev Tony Pompa, Church of the Nativity- Episcopal, Bethlehem	27 9:00 Walkers Club 10:00 Mobile Market 10:00 Yoga 12:45 Tai Chi 5:30 Wii Bowling	28 9:00 Manicures by Appointment 
29 5:00 Social 	30 10:00 Exercise 1:00 Movie -Megan Leavey 6:00 Bingo	31 9:00 Walkers Club 2:00 Speaker — Congestive Heart Failure	