

October 2018

Hi Lites of Lutheran Manor





Notes From the Office

TV/PHONE ISSUES

To prevent any unnecessary charges, put in a maintenance slip and let our maintenance staff take a look at any issues with your TV or phone before calling your provider.



DRIVER/ VEHICLE INFO

Unexpired copies of the following documents are required for our records:

- ◆ Driver's License
- ◆ Vehicle Registration
- ◆ Vehicle Insurance



Also required is your car's date of inspection.

It is the responsibility of each tenant to ensure that the office has the most up to date information.

Notices are handed out monthly by Tiffany to alert those with items due to expire soon or that have already expired.

FURNITURE DELIVERIES

Office must be notified of **ALL** furniture deliveries to ensure there are no scheduling conflicts.

Deliveries may only be scheduled Monday thru Friday Between 8:30 am and 4pm



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.

WINDOW WASHING

Window washing will be scheduled for **OCTOBER.**

DATE & TIME:

To be posted on the bulletin board and lobby floors very soon.

Keep a lookout for more information!



"I loved autumn, the one season of the year that God seemed to have put there just for the beauty of it."

- Lee Maynard



Resident's Association



Chili & Salad

Saturday
October 20, 2018
5:00 pm

<u>CHILI:</u>	\$3.00
<u>SALAD:</u>	\$1.50
<u>RED BEET EGGS:</u>	\$0.50
<u>DESSERT:</u>	
Ice Cream & Strawberries	\$2.50
<u>SODA OR COFFEE:</u>	\$1.00

Entertainment by:

Lorrie & Jim

50/50 Drawing

Friends and Family are Welcome!

Coffee, Donuts, Bagels, & Muffins

Saturday, October 6, 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

Halloween Party

Sunday, October 28

Entertainment by:
Steel City

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

SURPRISE



Claudie's Corner

Therapy Dog Visit



Penny will be here
Friday, October 19th
at 2pm in the Lounge

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

Nursing Students are Visiting!



Wednesday, October 3rd
from 5-8 pm in the Lounge
Nursing students will be here
offering complimentary
blood pressure and balance checks.

REFRESHMENTS WILL BE SERVED!

Sprinkles Ice Cream Truck



They will be parked on
the promenade.

<u>Date</u>	<u>Time</u>
Sunday, October 7	3:00 pm

Joe Natiello will be here

Wednesday, October 10, 2018 at 2:00 pm in the Community Room!

Are you struggling with any form of hearing loss?

If you are, this phone is for you!

Come hear all about the **FREE PHONE** that will make your life so much easier.

REFRESHMENTS WILL BE SERVED!

**Clear Caption
Phone**

FLU SHOT CLINIC

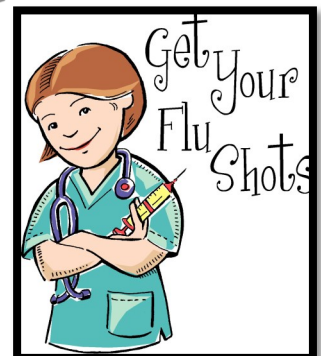
Flu Shots will be available on **Friday, October 12, 2018**

from 9:00 - 11:00 am in the Lounge

Bring your insurance card to determine if we accept your plan(s)
and if your plan is in-network.

For those not covered, the cost is \$30.

CASH or CHECKS ONLY!



Heart Health Presentation

Monday, October 15

at 1:30 pm in the Community Room

Brian Cannon will be here to speak about congestive heart failure with a focus on healthy living.

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

REFRESHMENTS WILL BE PROVIDED!

Joyful Care

Tuesday, October 16

at 1:30 pm in the Community Room

Mathew Kilonzo will be here to speak about:

- Homemaking
- Companionship
- Personal care
- Their waiver program!

REFRESHMENTS WILL BE PROVIDED!

BAYADA Home Health Services

Friday, October 19

at 1:30 pm in the Community Room

Come join us and learn how BAYADA has been able to provide the highest quality home health care services since 1975 and how their services may be of benefit to you!

Latin Dance Class



Inez will be here
Tuesday, October 30, 2018
at 6:30 pm
in the lounge

Blood Pressure Check

Sharon will be here to check your blood pressure.

Thursday, October 11
6:00 pm in the Lounge



Computer Class

Fridays, October 12 & 26

at 1:00 pm

in the Computer Room



Watercolor with David

Tuesday, October 23

1:30 pm in the Lounge



LUTHERAN MANOR CINEMAS PRESENTS

MOVIES START PROMPTLY @ 1PM

PLEASE BE SEATED BY 12:45 PM

LOCATED IN THE COMMUNITY ROOM!!!

I CAN ONLY IMAGINE

Friday, October 5

Monday, October 22

The inspiring and unknown true story behind MercyMe's beloved, chart topping song that brings ultimate hope to so many, is a gripping reminder of the power of true forgiveness.



THE MIRACLE SEASON

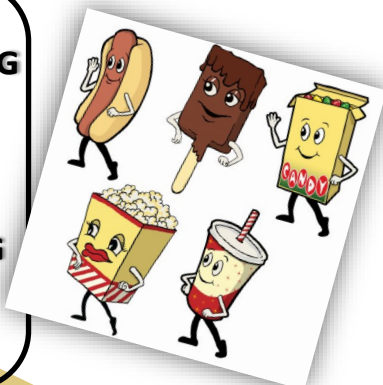
Friday, October 12

Monday, October 29

Based on the inspiring true story of West High School girl's volleyball team. After the tragic death of star volleyball player Caroline "Line" Found, a team of dispirited high school girls must band together under the guidance of their tough love coach in hopes of winning the state championship.



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





Tuesday, October 16, 2018



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.



You are Invited to



Lutheran Manor's

40th Anniversary Party

Thursday, October 25, 2018

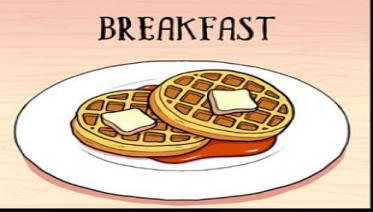
6:00 pm in the Lounge

Entertainment: Robin & Jim

6:45pm - 8:00 pm

PIZZA!





Breakfast open to
all Residents & Guests!!
Saturday, October 13, 2018
8:30 am—10:00 am
Cost: \$3.00

MENU
3 Pancakes
2 Sausage Links
Coffee and Orange Juice



BREAKFAST

Saturday, October 13, 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, OCTOBER 8, 2018.

**Lutheran Manor's
40th Anniversary Party**



40th Anniversary Party

Thursday, October 25, 2018

6:00 pm

Name: _____ Apt#: _____

RSVP BY RETURNING THIS SLIP TO THE OFFICE BY:

FRIDAY, OCTOBER 12, 2018.

SEATS ARE LIMITED - RESIDENTS ONLY!



From the Chaplain



MY GOD BOX...

*"Commit your way to the LORD;
trust in Him, and He will act."*

Psalm 37:5

I have a little blue box on my shelf at home. It is labeled "My God Box." It

was given to me by a member of my church many years ago. There is a small hole in the top of the box. The gentleman that gave me the box said that after he would pray about something that was troubling him, he would write a note to God and put it in the box. On the side of the box are the words, "Let Go and Let God."

Letting go is a spiritual action, isn't it? It's the ultimate statement of trust. We are saying that we know God is in charge. You see, we sometimes need the extra nudge to make the letting go process a reality. That's where the God Box comes in. If you don't have one, create one. **Today.** Think about a situation in your life you can't do anything about. Say from your heart, "I trust God and believe this will work out for my good." Now let it go and let God work. Giving each problem over to the one who can solve it is habit worth strengthening. It will change your life.

-Pastor Clark

WORSHIP AT 2 PM EVERY WEEK IN THE COMMUNITY ROOM

Tuesday, Oct. 2nd - NO SERVICE SCHEDULED (more info to follow)

Thursday, Oct 4th - Spanish Worship- Pastor Rosnibri Abreu

Thursday, Oct 11th - Pastor Jack Tanis, Calvary Baptist, Easton

Thursday, Oct 18th - Pastor Suzanne Trump, St. John Windish Lutheran, Bethlehem

Thursday, Oct. 25th - Pastor Dan Brettell, St. Paul's Lutheran, 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).**

Punny Business...

- ★ Will glass coffins be a success?
Remains to be seen.
- ★ The male pig puts everyone to sleep.
He's quite a boar.



Campbell

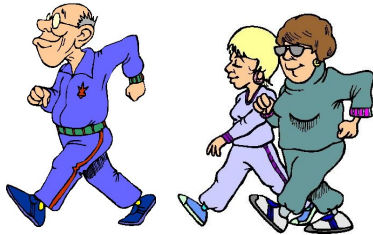
"He has a universal remote. That's how God rules the universe."



Kierra's Kickstart to Fitness

Walker's Club

Starting **October 1st**, we will be walking at **2:00PM** on Monday, Wednesday, and Friday.



Manage your Pain!

A study following 20,000 people over 11 years found that those who exercised on a regular basis, experienced less pain. And among those who exercised more than 3 times per week, chronic widespread pain was 28% less common.

Live.Life.Healthy
● ● ● ●

I can write you an individualized program and guide you through safe and effective exercise. So come pay me a visit!

Tai Chi

Sample Class

Friday Oct. 26th

11:00 AM

In the Exercise Room with Joanne



Improve your balance, coordination, and even your blood pressure! Tai Chi is a slow moving type of exercise that is beneficial for seniors.

*This class is primarily done standing, but you may sit when needed.

A quote from Dick Van Dyke:



"In my 30's, I exercised to look good. In my 50's, to stay fit. In my 70's, to stay ambulatory. In my 80's, to avoid assisted living. Now, in my 90's, I'm just doing it out of pure defiance."

Did you know?

Dick Van Dyke wrote a book titled "KEEP MOVING and Other Tips and Truths About Aging"

Zumba is cancelled on October 18th!

October is your last chance to be entered to win a prize when you begin your fitness journey! Hurry in and make exercise a healthy habit before the holidays hit!

See Kierra for details.



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.

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	Community Room

Exercise Classes

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Advanced Senior Fitness	Every Monday & Wednesday	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	Every Monday & Wednesday	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 October

<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
Mobile Market	Every Friday	12:00 pm	Outside/Promenade
Wii Bowling League	Every Friday	5:30 pm	Lounge
Movie Days	Mondays, October 22 & 29 Fridays, October 5 & 12	1:00 pm	Community Room
<u>VAN TRIP PAPERS DROP-OFF</u>	<u>MONDAY, OCTOBER 1</u>	<u>8:30 AM</u>	<u>CLAUDIE'S OFFICE</u>
Nursing Students Visit	Wednesday, October 3	5:00 PM	Lounge
Blood Pressure Check	Thursday, October 4	6:00 pm	Lounge
Second Harvest	Friday, October 5	1:00 pm	Lounge
Coffee, Donuts, Bagels & Muffins	Saturday, October 6	8:00 am	Lounge
Pinochle Party	Saturday, October 6	12:30 pm	Lounge
Sprinkles Ice Cream Truck	Sunday, October 7	3:00 pm	Outside/Promenade
SPEAKER: CLEAR CAPTION PHONE	Wednesday, October 10	1:30 pm	Community Room
<u>FLU SHOT CLINIC</u>	<u>FRIDAY, OCTOBER 12</u>	<u>9:00 AM</u>	<u>LOUNGE</u>
Computer Class	Fridays, October 12 & 26	1:00 pm	Computer Room/Library
Breakfast	Saturday October 8	8:30 am	Lounge
General Meeting	Tuesday, October 9	2:00 pm	Lounge
SPEAKER: HEART HEALTH	Monday, October 15	1:30 pm	Community Room
SPEAKER: BAYADA	Tuesday, October 19	1:30 pm	Community Room
Penny (Therapy Dog)	Friday, October 19	2:00 pm	Lounge
Chili & Salad	Saturday, October 20	5:00 pm	Lounge
Card Making Class	Tuesday, October 22	1:30 pm	Lounge
Watercolor with David	Tuesday, October 23	1:30 pm	Lounge
<u>ANNIVERSARY PARTY</u>	<u>THURSDAY, OCTOBER 25</u>	6:00 pm	<u>LOUNGE</u>
Tai Chi Sample Class	Friday, October 26	11:00 am	Exercise Room
Social	Sunday, October 28	5:00 pm	Lounge
Latin Dance Class	Tuesday, October 30	6:30 pm	Lounge

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 8:30 Van Trip Papers Drop Off 10:00 Fit For Life 11:00 Van Trip 11:30 Adv. Senior Fitness 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	2 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 12:00 Van Trip	3 9:00 Van Trip 10:00 Fit For Life 11:30 Adv. Senior Fitness 12:30 Bible Study 1:30 Van Trip 2:00 Walkers Club 3:00 Snack Stand 5:00 Nursing Students Visit	4 9:00 Zumba Gold 10:00 Chat Room 10:00 Joyful Joints 10:30 Van Trip 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church (Esp) 6:00 Blood Pressure Check 6:00 Shuffleboard 7:00 Prayer Time	5 12:00 Mobile Market 1:00 Second Harvest 1:00 Movie 2:00 Walkers Club 4:00 Van Trip 5:30 Wii Bowling	6 8:00 Coffee, Donuts, Bagels, & Muffins 10:00 Van Trip 12:30 Pinochle	
7	8 COLOMBUS DAY OFFICE CLOSED 6:00 BINGO	9 9:30 Van Trip 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 General Mtg	10 10:00 Fit For Life 11:30 Adv. Senior Fitness 12:30 Bible Study 2:00 Walkers Club 2:00 SPEAKER 3:00 Snack Stand 4:00 Van Trip	11 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	12 9:00 Flu Shot Clinic 10:00 Yoga 12:00 Van Trip 12:00 Mobile Market 1:00 Movie 1:00 Computer Class 2:00 Walkers Club 5:30 Wii Bowling	13 8:30 Breakfast	
14 1:00 Sunday Praise with David	15 9:00 Van Trip 10:00 Fit For Life 11:30 Adv. Senior Fitness 1:30 SPEAKER 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	16 BOSS'S DAY 9:30 Van Trip 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:30 SPEAKER	17 9:00 Van Trip 10:00 Fit For Life 11:30 Adv. Senior Fitness 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand	18 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 4:00 Van Trip 6:00 Shuffleboard 7:00 Prayer Time	19 9:00 Van Trip 10:00 Yoga 12:00 Mobile Market 1:30 Speaker 2:00 Penny 2:00 Walkers Club 5:30 Wii Bowling	20 5:00 Chili & Salad	
21	22 10:00 Fit For Life 11:00 Van Trip 11:30 Adv. Senior Fitness 1:00 Movie 1:30 Card Making 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	23 10:00 Joyful Joints 11:00 Basic Balance 12:00 Van Trip 1:00 Meditation & Stretch 1:30 Watercolor	24 10:00 Fit For Life 11:30 Adv. Senior Fitness 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand 4:00 Van Trip	25 9:00 Zumba Gold 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 11:00 Van Trip 1:00 Meditation & Stretch 2:00 Church 6:00 Anniversary Party	26 9:30 Van Trip 10:00 Yoga 11:00 Tai Chi Sample Class 12:00 Mobile Market 1:00 Computer Class 2:00 Walkers Club 5:30 Wii Bowling	27 9:30 Van Trip	
28 5:00 Social	29 10:00 Fit For Life 11:30 Adv. Senior Fitness 12:00 Van Trip 1:00 Movie 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	30 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 4:00 Van Trip 6:30 Latin Dance Class	31 HALLOWEEN 10:00 Fit For Life 11:30 Adv. Senior Fitness 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand 5:15 Van Trip				
				Kierra Events Van Trips Resident's Assoc.		Pastor Clark Events Lutheran Manor Events Holidays/Observances,	

VAN TRIPS

November 2018

DATE	DAY	TRIP	TIME
November 1	Thursday	Giant	9:30 am ____
November 2	Friday	Shopping @ Lehigh Valley Mall	10:00 am ____
November 5	Monday	Banks, Post Office	9:00 am ____
November 5	Monday	CVS, \$ Store	1:30 pm ____
November 6	Tuesday	Weis	12:00 pm ____
November 7	Wednesday	Lunch @ Fiamma Italian Grill	11:00 am ____
November 8	Thursday	Dinner @ Hash & Hearth	4:00 pm ____
November 9	Friday	Lunch @ Red Robin/ Movie @ The Promenade	11:00 am ____
November 10	Saturday	BINGO @ St. John's Windish Evangelical Lutheran Church	11:30 am ____
November 11	Sunday	Dinner @ Applebee's Free Dinner for Veterans	3:00 pm ____
November 12	Monday	Shop-Rite	12:00 pm ____
November 13	Tuesday	Staten Island, NY Presents: The Byrne Brothers - Three Irish Tenors Cost: \$54.40	9:00 am ____
November 14	Wednesday	Shopping @ Kmart / Lunch @ Sal's Pizza	10:30 am ____
November 15	Thursday	Hershey Sweet Lights / Stop for Coffee	2:00 pm ____
November 19	Monday	Lunch @ Bravo Cucina Italiana	11:00 am ____
November 20	Tuesday	Wegmans	12:00 pm ____
November 26	Monday	Breakfast @ Tic Toc / Walmart	9:00 am ____
November 28	Wednesday	Breakfast @ Cracker Barrell	9:00 am ____
November 29	Thursday	PA Christmas & Gift Show Cost:\$6.00	9:00 am ____
November 30	Friday	Dinner @ Doughboys	4:00 pm ____

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.

SPECIAL EVENTS October 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

_____ Friday, October 5 at 1:00 pm
(I Can Only Imagine)

_____ Friday, October 12 at 1:00 pm
(The Miracle Season)

_____ Monday, October 22 at 1:00 pm
(I Can Only Imagine)

_____ Monday, October 29 at 1:00 pm
(The Miracle Season)

Computer Class with Nancy

_____ Friday, October 12 at 1:00 pm

_____ Friday, October 26 at 1:00 pm

Nursing Student Visit

_____ Wednesday, October 3 from 5-8 pm

Speaker - Clear Caption Phone

_____ Friday, October 10 at 1:30 pm

Speaker - Heart Health Presentation

_____ Monday, October 15 at 1:30 pm

Speaker - Bayada

_____ Friday, October 19 at 1:30 pm

Therapy Dog Visit with Penny

_____ Friday, October 19 at 2:00 pm

Card Making Class

_____ Monday, October 22 at 1:30 pm

Watercolor with David

_____ Tuesday, October 23 at 1:30 pm

Tai Chi Sample Class

_____ Friday, October 26 at 11:00 am

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

NAME: _____ **APT#:** _____