

September 2013

Hi Lites of

Lutheran Manor



LABOR DAY



Charles & Sandra Scitney—504

September 1 (Sunday)	Iron Pigs Game	4:00 p.m.	Lounge
September 2 (Monday)	Labor Day		
September 5 (Thursday)	Speaker— Family Estate Planning	2:00 p.m.	Lounge
September 7 (Saturday)	Coffee & Donuts	9:00 a.m.	Lounge
September 7 (Saturday)	Pinochle Party	12:30 p.m.	Lounge
September 8 (Sunday)	Labor Day Picnic	12:00 p.m.	Lounge
September 9 (Monday)	Committee Meeting	1:30 p.m.	Conf Room
September 10 (Tuesday)	General Meeting (6th floor responsible for snacks)	2:00 p.m.	Lounge
September 10 (Tuesday)	Massage by appointments	9:00 a.m.	Conf Room
September 13 (Friday)	Second Harvest-Food Delivery	11:00 a.m.	Conf Room
September 13 (Friday)	Speaker— Tai Chi for Seniors	1:00 p.m.	Lounge
September 17 (Tuesday)	Speaker— Animals Can't Talk	2:00 p.m.	Lounge
September 18 (Wednesday)	Birthday Party	5:00 p.m.	Lounge
September 21 (Saturday)	Soup & Hot Dogs	11:00 a.m.	Lounge
September 23 (Monday)	Speaker-A Matter of Balance	2:00 p.m.	Lounge
September 26 (Thursday)	Video—Charles Dickens	10:00 a.m.	Patio

Exercise	Every Monday & Wednesday	10 a.m.	Lounge
Zumba	Every Tuesday	10 a.m.	Lounge
Yoga	Every Friday	11 a.m.	Patio
Bible Study	Every Wednesday	1 p.m.	Patio
Bingo	Every Monday	6 p.m.	Lounge
Chat Room	Every Thursday	10 a.m.	Patio
Poker League	Every Monday & Wednesday	6:30 p.m.	Conf Rm
Yarns Around	Every Sunday	2 p.m.	Patio
Wii Bowling	Every Friday	5 p.m.	Lounge



Upcoming
Events!

Saturday	10/5	Coffee & Donuts		9:00 a.m.
Saturday	10/5	Pinochle Party		12:30 p.m.
Thursday	10/10	Flu Shots		9:00 a.m.
Saturday	10/19	Soup & Hot Dogs	Bill Murray	11:00 a.m.
Thursday	10/24	Anniversary Party	Tamar & Katrina	6:00 p.m.
Sunday	10/27	Halloween Party	Dick & Betty	5:00 p.m.

CLUSTER FLY SPRAYING



Our Annual Spraying For Cluster Flies will be:

September 9-13th, 2013

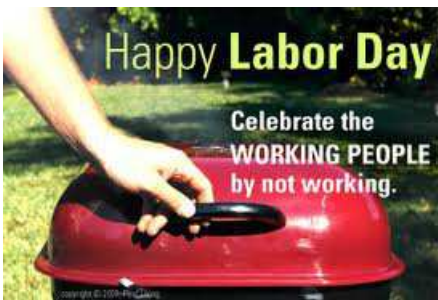
(weather permitting)

Although we have not experienced any over spraying problem in the past and do not expect a problem this year, depending on the weather conditions, it is always a possibility.

Weather permitting, exterior **window washing** will be done the week of September 16th.

Make sure your windows are closed and you are dressed.

Claudie's



Corner



Family Estate Planning

After years of assisting people in planning final arrangements, our company will provide you with valuable information prepared with the assistance of attorneys, accountants, bankers, clergy, and real estate planning experts. This information includes Wills, Veterans Benefits, and Social Security Information, **AT NO COST TO YOU.**

Thursday, September 5th, 2:00 p.m.– Lounge
Residents and Families welcome

Speaker: Dawn E. Leeser-Family Service Counselor

Refreshments will be Served!



Jan Dennis is a volunteer for "Animals Can't Talk"

which is a non-profit organization. ACT's main objective is to find them good homes. They exist only on the kindness of your donations and adoptions. At the present time, due to lack of foster homes, ACT is mainly concentrating on cats. They are also looking for volunteers who can work amicably with each other for the benefit of the animals. ACT will speak for those who cannot speak for themselves.

Come down and see these precious animals that need a home.

Tuesday, September 17th, 2:00 p.m. - Lounge

Tai Chi for Seniors

What Can Tai Chi Do For YOUR Health?

Relieve stress, strengthen muscles and improve balance with this ancient Chinese exercise/art.

T'ai Chi is a Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind.

Friday, September 13th @ 1 p.m. Lounge

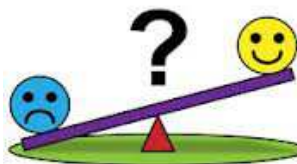
Janet Butchko will be speaking on the importance of T'ai Chi and demonstrating Tai Chi. If you would like

to learn how to do this form of martial art, please make sure to wear comfortable clothing.

You don't want to miss this exhilarating presentation.



is
BALANCE
really the
SECRET



projectgrace2010.blogspot.com

A Matter of Balance
Can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling.

Claudia Richan from the Bethlehem Health Bureau will be here to talk to you about **A Matter of Balance Program.** If you are concerned about falls; you want to improve your balance, or know anyone at risk you should attend this presentation.



We will be giving everyone who attends this presentation a raffle ticket. There will be a nice surprise for the **winner.**

Monday, September 23rd @ 2 p.m. Lounge

The Snack Stand

Snacks available

Mondays & Wednesdays
From 3-6 p.m. In the Main Lobby



Soup & Hot Dogs

Saturday,

September 21st

11 a.m. to 2 p.m.



<u>SOUP</u> : Chicken Noodle	\$2.00
<u>HOT DOGS</u> : Plain, Sauerkraut, or Chili	\$1.50
<u>DESSERT</u> : Ice Cream & Strawberries	\$2.50
<u>SODA OR COFFEE</u> :	\$1.00

Entertainment:

Bill Murray

50/50 Drawing



Computer Lab

Learning how to use a computer is essential whether

you want to keep in touch with family over the web, or maybe you just want to get better with your computer skills.

Nancy will be here on:

Wednesday, September 4

Topic: How to use a computer.

Wednesday, September 18

Topic: Internet Review.

6-8 pm



Massage Therapy

Tuesday September 10

9:00 a.m. to 12:30 p.m.

"Need an excuse to get a **massage**? Massage is more than a perky, feel-good indulgence. It actually has many important health benefits. It can help you maintain physical, mental and emotional well being, especially when it is part of your **wellness** routine."

If you are interested in getting a massage, please sign up in Claudie's office.

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

Entertainment by:

Jack and Friends

50/50

Good Will Offering

SOCIAL

Sunday, September 29th

4 p.m. Doors open

5 p.m. Refreshments

6 p.m. Entertainment



Coffee & Donuts

Saturday September 7th

9:00 a.m. to 10:30 a.m.

\$1.75 coffee & donut

.75 additional donut

Friends and Family

Welcome



Walkers Club

Senior Stars Let's Go!

You want to begin a fitness program, but don't know where to start. **It's easy!** Walking is one of the easiest, most enjoyable, and most profitable forms of exercise. All you need is a good pair of shoes, comfortable clothing, and **desire**. Do you want to join the Walkers Club? Our **Senior Stars** love it. Come and Join us for a fun walk.

Every Friday @ **9:00 AM**



Therapy Dog Visit



Monday September 30

11 a.m.

Lounge

Did you know that a dog is like having a good buddy. Just like human friends, dogs can be your ultimate buddy anytime and anywhere you go. They do not simply accompany you in your life, they can also cheer you up whenever you feel alone or stressed in your life.

Alice Romberger will be here with her loveable **Maltese Mix, Miz Daisy.**

Come down and say Hi!



Zumba Fitness

Interested in trying out Zumba? You will have a great time exercising to the music. But if you're on the fence about whether it's for you, stop by and check it out. Once you go a few times, you start to recognize the repetitions in the dances, you'll start to get it, and you'll be hooked!"

Every Tuesday @10:00 AM Lounge

Make sure to wear comfortable clothes, sneakers and bring water. We will be using chairs.





American Music Theatre brings all the pageantry of your favorite Broadway musicals to you. Broadway: Now & Forever pays tribute to the best of musical theater, from current hits like *Wicked*, *Jersey Boys* and *Mary Poppins* to enduring classics like *West Side Story*, *Evita*, *Annie* and *Les Miserables*.

Phenomenal vocalists, dancers and a full on-stage orchestra bring the music to life, while stunning costumes, lighting effects and staging immerse you in the full Broadway experience. Song after beloved song, moment after unforgettable moment, Broadway: Now & Forever is two hours of non-stop musical magic that will leave you wanting more.

Tuesday, October 8th

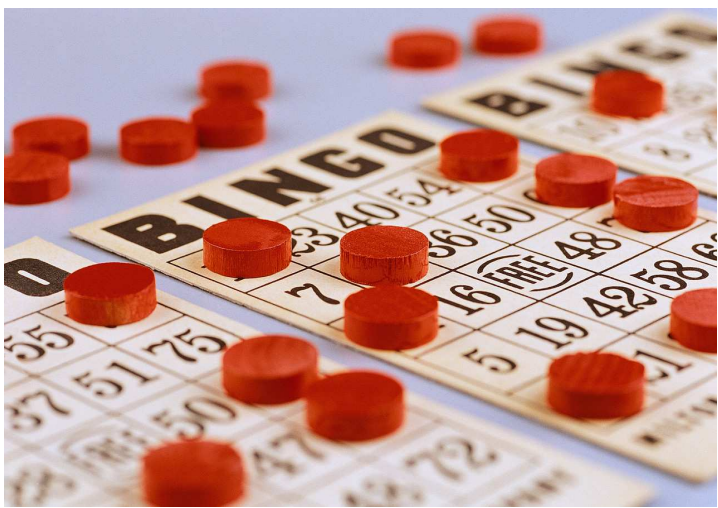
Time: 3:00 p.m. Show Lancaster, PA

Cost: \$33.50 per person

The cost is for show only. A \$20.00 deposit will reserve your seat. After show we will stop at Shady Maple Smorgasbord for Dinner.

Final payment due on September 25th.

Sign up with Claudie.



**MONDAY NIGHT BINGO IS
BACK!**

September 9th

**Hope to see our new Residents. It's a
good way to meet the other residents.**

We have so much Fun.

Make sure to come down.

BIRTHDAY PARTY

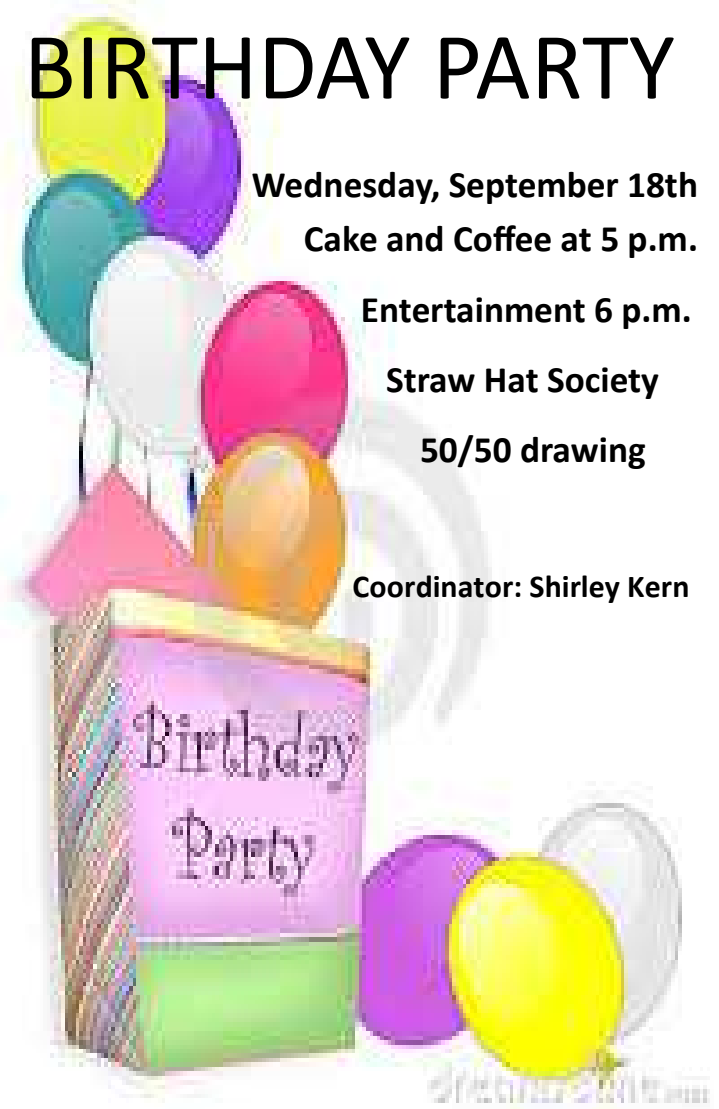
**Wednesday, September 18th
Cake and Coffee at 5 p.m.**

Entertainment 6 p.m.

Straw Hat Society

50/50 drawing

Coordinator: Shirley Kern



IRONPIGS™

**Last Game of
the Year.**

**Sunday, September 1st
4:00 p.m.**



**Make sure you
come out and
support your team.**



Make sure to see Ken Clifford Apt 610.



Labor Day Picnic

Sunday, September 8, 2013

1 p.m. in the Lounge

Doors open at Noon

Menu:

HAMBURGER BBQ
SAUSAGE on ROLL
PEPPERS & ONIONS
BAKED BEANS
POTATO SALAD
CREAMED CABBAGE
POTATO CHIPS
FRUIT
DESSERT
COFFEE or ICE TEA
Soda \$1.00



Cost:

\$10 per person
\$12 per guest (limit
two)



Entertainment Song Styles
by Cindy

Sings and Plays Keyboard

50/50

Drawing 3 for \$1.00

Coordinator: Ronnie Clifford

LABOR DAY PICNIC

Place slip in a sealed envelope along with cash payment and slide it under Marge Bachemin's door Apt #705

Name: _____ Apt# _____

Phone: _____ # of Guests _____

Deadline for Reservations, Wednesday, September 4th



35th Anniversary

Lutheran Manor will be celebrating its

35th Anniversary

Thursday, October 24th, 2013

Come join us for a sit down buffet dinner.

6:00 p. m. Dinner

7:30-9:00 p. m. Entertainment by: Tamar & Katrina

Very Limited seating. RSVP required



Additional Details will be given in October's Newsletter

PLEASE RETURN THIS SLIP TO Claudie's Office

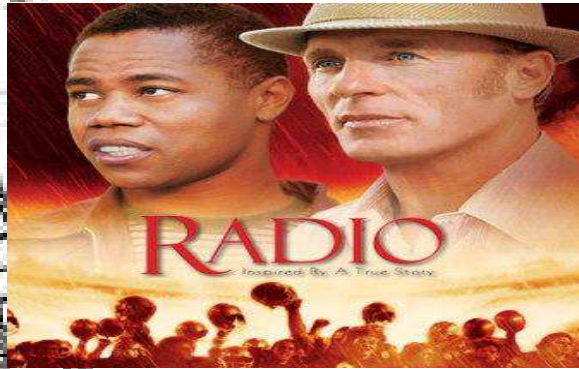
35th Anniversary Party

Name: _____

Apt: _____ # Attending _____ (residents only)

Deadline for Reservations, Friday, October 4th

MOVIE MADNESS



Thursday, Sept 5th, 2013
7:00 p.m. conference room
RADIO

The story of a high school coach and the developmentally challenged man whom he took under his wing.



Via of the Lehigh Valley is a non-profit agency that provides services for children and adults with disabilities like autism, cerebral palsy, down syndrome. Serving the community since 1954, Via's staff and volunteers help individuals and families from birth through retirement to gain life skills, obtain meaningful employment and develop social connections.

If you have clothing, books, or small items that you don't need please make sure to bring them to Claudie's office.

Donation Dates: September 23-26, 2013

**Pick up date will be
September 27th**



A BAD DAY!

When a man I know is told, "Have a good day!" he responds, "I have other plans."

I like the children's book, *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst. The book captures one young man's really bad day. Alexander starts the day with gum in his hair, a sorry prize in his cereal (while his brother gets the great prize), a bad seat in the car pool, a rejection by his friends, a pitiful lunch in his bag, a trip to the dentist and lima beans for supper.

Besides his conclusion, "I think I'll move to Australia," Alexander punctuates every new trauma with the line: "It was a terrible, horrible, no good, very bad day."

It's just part of life in this world. Every now and then all of us have a **bad day!** Sometimes, it may be more like **bad days**. Of course, if we enter a downward spiral of depression, we might need professional help. At other times, our family and friends can function as healing agents of God. In either case, our trust and faithfulness of God can be medicine for our souls and bring joy... even to a "terrible, horrible, no good very bad day."

God, we thank you for always being with us, always caring about us and listening to us. Help us to see that we are not alone. On good days and on bad, you are our God. We are your children.
-Chaplain Clark

WORSHIP AT LUTHERAN MANOR- SEPTEMBER-2pm in the Lounge

Tues. Sept. 3 Rev Jason Stokes- Notre Dame RC, Bethlehem, PA

Thurs. Sept. 12 Rev. Clark Kuntz, Chaplain

Thurs. Sept. 19 Rev David Schaeffer, St. John Lutheran, Nazareth

Thurs. Sept. 26 Rev Elizabeth Mitchell, Emmanuel Lutheran, Bath

BIBLE STUDY- 1 pm in the patio every Wednesday thru September 18th and then we're back to meeting on Monday, Sept. 23rd and 30th. We continue to meet on Monday through the Fall, Winter and Spring.

LUTHERAN MANOR CHAT GROUP- Every Thursday at 10 am in the Patio. Come enjoy meeting new people and talking about lots of interesting subjects!

A VIDEO ABOUT CHARLES DICKENS LIFE will be shown in the Patio September 26th at 10 am. Come learn more about this English writer and social critic who created some of the world's most memorable fictional characters and is generally regarded as the greatest novelist of the Victorian period.





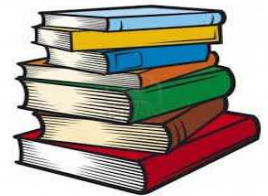
A video on the life of Charles Dickens will be shown in the Patio on Thursday morning September 26th at 10 am. Come learn more about this English writer and social critic who created some of the world's most memorable fictional characters like... Ebenezer Scrooge, Tiny Tim, Jacob Marley, Bob Cratchit, Oliver Twist, The Artful Dodger, Fagin, Bill Sikes, Pip, Miss Havisham, Sydney Carton, Charles Darnay, David Copperfield, Mr. Micawber, Abel Magwitch, Daniel Quilp, Samuel Pickwick, Wackford Squeers, and Uriah Heep. These characters are so well known as to be part and parcel of our culture, and in some cases have passed into ordinary language: a *scrooge*, for example, is a miser. Indeed, some regard him as the greatest creator of character in English fiction after Shakespeare. Come, enjoy an hour or so and learn more about Charles Dickens.

The President Speaks....

It has been brought to my attention that people are putting books in the computer room out of order. Nancy Mascolo is responsible for putting the books away. Please put books on the shelf marked **“return books here”**.

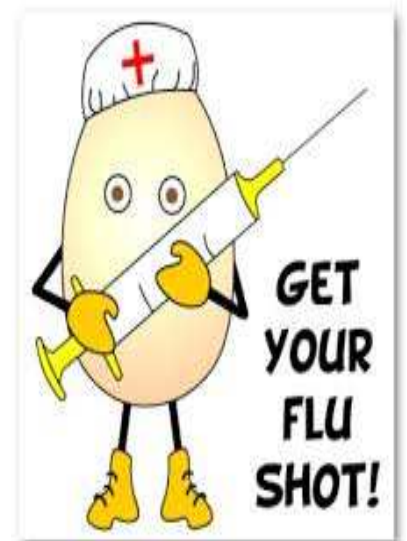


Thank you for your cooperation.



Flu Shots

Will be given on Thursday October 10th. More information will be included in the October Newsletter.



Note from the Manager...

This year marks our 35th Anniversary of Operation!! The Board of Directors and staff are pleased to see how Lutheran Manor has blossomed. We have planned an exciting event to honor this milestone and request your company to join us in this celebration. On Thursday October 24th, we will be holding a sit-down dinner party in our Lounge. It will be similar in style to our annual picnic, with a 3-line buffet, set up in the patio area. The evening will begin with a dinner salad and continue to a delicious buffet - sugar glazed ham, large stuffed shells, Napa-style crab cakes, Tuscan slow-roasted beef in a mushroom & red wine sauce, accompanied by smashed potatoes, green beans and a selection of sweets. We have some very talented entertainment lined up to begin after dinner. This should be our best event so far... ☺

As you all know, the space in our lounge is limited for a sit-down style dinner. We would love to accommodate every resident of Lutheran Manor that evening, however the space does not allow us to do that. Our lounge is only as big as it is. We will have the maximum number of guests we are able to allow. To provide the most amount of seating, anyone who feels comfortable using their walker/seator as a chair that evening is encouraged to do so. This will allow our chairs to seat as many others as possible. This will also eliminate an abundant amount of walkers congesting the walkways. Please RSVP on time, you won't want to miss this party!!

I hope our recertification workshop was helpful that we held August 27th. We plan to hold one every 6 months. If you have any additional questions about HUD or your recertification, please remember you can visit our office at any time. We would be glad to answer all your questions.

Courtney
Property Manager



Van Trips



October 2013

DATE		TRIP	TIME
October 2	(Wednesday)	Palace Restaurant	3:00 p.m. _____
October 3	(Thursday)	Banks, CVS, \$ Store, Post Office	9:30 a.m. _____
October 4	(Friday)	Strawberry Acres \$4.50/Egypt Star Bakery	12:15 p.m. _____
October 5	(Saturday)	Pig Roast@Jacob's Church Activity Center \$10.00	2:30 p.m. _____
October 7	(Monday)	Giant	9:30 a.m. _____
October 8	(Tuesday)	Broadway & Forever \$33.50	11:30 a.m. _____
October 14	(Monday)	Weis	9:30 a.m. _____
October 15	(Tuesday)	Matey's	4:30 p.m. _____
October 16	(Wednesday)	Zoellner Art Gallery Lehigh Univ (Free)/Lunch	10:30 a.m. _____
October 18	(Friday)	Green Dragon Market/Lunch	9:30 a.m. _____
October 21	(Monday)	The Willows Restaurant	4:00 p.m. _____
October 22	(Tuesday)	Tannersville Outlets (Senior Day)/Lunch	9:30 a.m. _____
October 23	(Wednesday)	South Mall Lunch@Superior Family	10:00 a.m. _____
October 24	(Thursday)	Valley Farms	9:30 a.m. _____
October 28	(Monday)	Dinner @ Carmen's Restaurant	4:00 p.m. _____
October 29	(Tuesday)	Senior Bingo	10:45 a.m. _____
October 30	(Wednesday)	Wegmans	9:30 a.m. _____

Please fill out the form and I will meet you at the Lounge after 9 a.m. on the first day of the month to collect. Thank you!









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.

September 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 2:00 Yarns Around 4:00 Iron Pigs Game</p> 	<p>2</p>  <p>LABOR DAY</p>	<p>3 10:00 Zumba Class 2:00 Rev Jason Stokes Notre Dame RC, Beth</p>	<p>4 10:00 Exercise 1:00 Bible Study 6:00 Computer Class 6:30 Poker League</p>	<p>5 10:00 Chat Room 2:00 <i>Speaker-Family Estate Planning</i> 7:00 Movie Night</p>	<p>6 9:00 Walkers Club 11:00 Yoga</p> 	<p>7 9:00 Coffee & Donuts 12:30 Pinochle Party</p> 
<p>8 12:00 Labor Day Picnic 2:00 Yarns Around</p> 	<p>9 10:00 Exercise 1:30 Committee Mtg 6:00 Bingo 6:30 Poker League</p>	<p>10 9:00 Massage by Appointments 10:00 Zumba Class 2:00 General Meeting</p>	<p>11 10:00 Exercise 1:00 Bible Study 6:30 Poker League</p>	<p>12 10:00 Chat Room 2:00 Rev Clark Kuntz, Chaplain</p>	<p>13 9:00 Walkers Club 11:00 Yoga 11:00 Second Harvest Food Delivery 1:00 <i>Speaker-Tai Chi for Seniors</i> 5:00 Wii</p>	<p>14</p>
<p>15 2:00 Yarns Around</p> 	<p>16 10:00 Exercise 6:00 Bingo 6:30 Poker League</p> 	<p>17 10:00 Zumba Class 2:00 Speaker-Animals Can't Talk</p>	<p>18 10:00 Exercise 1:00 Bible Study 5:00 Birthday Party 6:00 Computer Class 6:30 Poker League</p>	<p>19 10:00 Chat Room 2:00 Rev David Schaeffer, St. John Lutheran, Nazareth</p>	<p>20 9:00 Walkers Club 11:00 Yoga 5:00 Wii Bowling</p>	<p>21 11:00 Soup & Hot Dogs</p> 
<p>22 2:00 Yarns Around</p>	<p>23 10:00 Exercise 1:00 Bible Study 2:00 <i>Speaker-A Matter of Balance</i> 6:00 Bingo 6:30 Poker League</p>	<p>24 10:00 Zumba Class</p>	<p>25 10:00 Exercise 6:30 Poker League</p>	<p>26 10:00 Dickens Video 2:00 Rev Elizabeth Mitchell, Emmanuel Lutheran, Bath</p>	<p>27 9:00 Walkers Club 11:00 Yoga 5:00 Wii Bowling</p>	<p>28</p>
<p>29 2:00 Yarns Around 6:00 Social</p> 	<p>30 10:00 Exercise 11:00 Therapy Dog 1:00 Bible Study 6:00 Bingo 6:30 Poker League</p>	