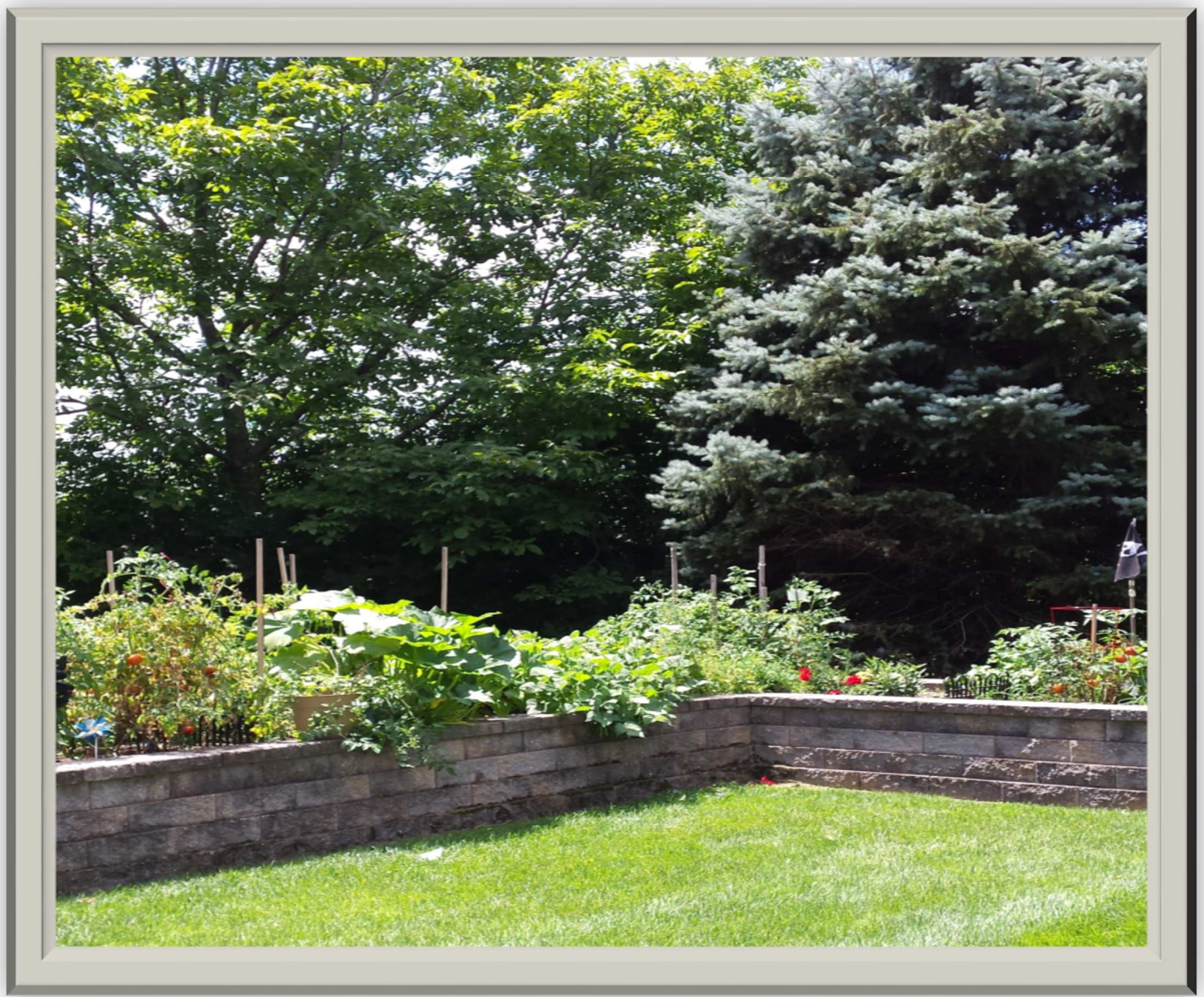
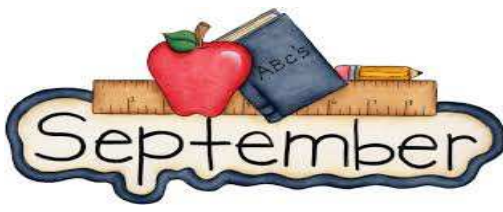


September 2015

Hi Lites of

Lutheran Manor





NEW RESIDENTS

Bonnie Barron 506
 Mary Novrosky 203
 Linda Ostrander 1003

September 1 (Tuesday)	Zumba Rev. James Harper , Notre Dame RC Church, Bethlehem <i>Dinner @ Doughboys</i>	10:00 a.m. 2:00 p.m. 4:00 p.m.	Lounge Lounge <i>Van Trip</i>
September 2 (Wednesday)	Massage by Appointments <i>Wegmans</i> Exercise Bible Study Piano Playing Poker League	9:00 a.m. 9:30 a.m. 10:00 a.m. 12:30 p.m. 3:00 p.m. 6:30 p.m.	Conf Room <i>Van Trip</i> Lounge Patio Lounge Conf Room
September 3 (Thursday)	<i>Banks, CVS, \$ Store, Post Office</i> Chat Room Speaker-Medical Power of Attorney Blood Pressure Check	9:30 a.m. 10:00 a.m. 2:00 p.m. 6:00 p.m.	<i>Van Trip</i> Patio Lounge Lounge
September 4 (Friday)	Walkers Club Yoga Discipleship Class Tai Chi	9:00 a.m. 10:00 a.m. 11:30 a.m. 12:45 p.m.	Outside Patio Conf Room Patio
September 5 (Saturday)	Coffee & Donuts Pinochle Party	9:00 a.m. 12:30 p.m.	Lounge Lounge
September 7 (Monday)	LABOR DAY (OFFICE CLOSED) Bingo	6:00 p.m.	Lounge
September 8 (Tuesday)	<i>Breakfast/Valley Farms</i> Zumba General Meeting (6th Floor responsible for snacks)	9:00 a.m. 10:00 a.m. 2:00 p.m.	<i>Van Trip</i> Lounge Lounge
September 9 (Wednesday)	<i>Shopping at Kmart/Burlington Coat Factory/Lunch @Panera Bread</i> Exercise Bible Study Dance Class Piano Playing Poker League	9:30 a.m. 10:00 a.m. 12:30 p.m. 1:00 p.m. 3:00 p.m. 6:30 p.m.	<i>Van Trip</i> Lounge Patio Lounge Lounge Conf Room
September 10 (Thursday)	Chat Room Rev. Joy Wyler , Unity of the Lehigh Valley, Emmaus <i>Tri-Boro Spaghetti Dinner</i>	10:00 a.m. 2:00 p.m. 4:45 p.m.	Patio Lounge <i>Van Trip</i>

September 11 (Friday)	Walkers Club	9:00 a.m.	Outside
	Yoga	10:00 a.m.	Patio
	Second Harvest Food Delivery	11:00 a.m.	Patio
	Tai Chi	12:45 p.m.	Patio
	Speaker-Benefits of Home Care	2:00 p.m.	Lounge
	<i>Lynda Randle in Concert & Jack & Friends-Slatington Cost: \$20.00</i>	<i>5:15 p.m.</i>	<i>Van Trip</i>
September 12 (Saturday)	Manicures by Appointment	9:30 a.m.	Lounge
September 13 (Sunday)	<i>Lehigh Valley Mall/Lunch @ Golden Coral Buffet & Grill</i>	<i>10:00 a.m.</i>	<i>Van Trip</i>
September 14 (Monday)	<i>Breakfast/Walmart</i>	<i>9:00 a.m.</i>	<i>Van Trip</i>
	Exercise	10:00 a.m.	Lounge
	Movie– 5 Flights Up	1:00 p.m.	Conf Room
	Bingo	6:00 p.m.	Lounge
September 15 (Tuesday)	Poker League	6:30 p.m.	Conf Room
	Zumba	10:00 a.m.	Lounge
	<i>Senior Bingo w/lunch (donations)</i>	<i>10:45 a.m.</i>	<i>Van Trip</i>
	Computer Class	1:00 p.m.	Comp Rm
September 16 (Wednesday)	Speaker-Preventing Hospitalization for Seniors	1:30 p.m.	Lounge
	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Patio
	Piano Playing	3:00 p.m.	Lounge
	Birthday Party	5:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
September 17 (Thursday)	<i>Valley Farms</i>	<i>9:30 a.m.</i>	<i>Van Trip</i>
	DVD-“T Bennett/Lady Gaga”	10:00 a.m.	Lounge
	Rev. Jay Wetzel, St John Lutheran, Bath	2:00 p.m.	Lounge
	September 18 (Friday)	Walkers Club	9:00 a.m.
Yoga	10:00 a.m.	Patio	
Tai Chi	12:45 p.m.	Patio	
<i>Bed Bath & Beyond/Pier 1</i>	<i>11:00 a.m.</i>	<i>Van Trip</i>	
September 19 (Saturday)	Soup & Hotdogs-Music Memories	11:00 a.m.	Lounge
September 21 (Monday)	Exercise	10:00 a.m.	Lounge
	Bingo	6:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
September 22 (Tuesday)	Zumba	10:00 a.m.	Lounge
September 23 (Wednesday)	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Patio
	Dance Class	1:00 p.m.	Lounge
	Piano Playing	3:00 p.m.	Lounge

September 23 (Wednesday)	Poker League	6:30 p.m.	Conf Room
September 24 (Thursday)	<i>Giant</i>	<i>9:30 a.m.</i>	<i>Van Trip</i>
	Chat Room	10:00 a.m.	Patio
	Rev. Larry Burd, Calvary Baptist Church, Easton	2:00 p.m.	Lounge
September 25 (Friday)	Walkers Club	9:00 a.m.	Outside
	Yoga	10:00 a.m.	Patio
	Tai Chi	12:45 p.m.	Patio
	Watercolor Class	1:00 p.m.	Lounge
September 26 (Saturday)	<i>Steeple and Steel Tour-Bethlehem Steel Plant Site & Church-Cost:\$15 Lunch included</i>	<i>8:45 a.m.</i>	<i>Van Trip</i>
September 27 (Sunday)	Social-Rehrig Brothers	5:00 p.m.	Lounge
September 28 (Monday)	<i>Bloomsburg Fair (Senior Day-Free)</i>	<i>8:30 a.m.</i>	<i>Van Trip</i>
	Exercise	10:00 a.m.	Lounge
	Therapy Dog	11:00 a.m.	Lounge
	Movie - 5 Flights Up	1:00 p.m.	Conf Room
	Bingo	6:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
	September 29 (Tuesday)	Zumba	10:00 a.m.
	<i>Penn's Peak-The Van-Dells Luncheon/Show Cost:\$48.00</i>	<i>10:30 a.m.</i>	<i>Van Trip</i>
September 30 (Wednesday)	Computer Class	1:00 p.m.	Comp Rm
	<i>Weis</i>	<i>9:30 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
	Poker League	6:30 p.m.	Conf Room



<u>Activity</u>	<u>Dates</u>	<u>Time</u>	<u>Place</u>
Bingo	Every Monday	6 p.m.	Lounge
Exercise	Every Monday & Wednesday	10 a.m.	Lounge
Poker League	Every Monday & Wednesday	6:30 p.m.	Conf Rm
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
Yoga	Every Friday	10:00 a.m.	Patio
Tai Chi	Every Friday	12:45 p.m.	Patio
Walkers Club	Every Friday	9:00 a.m.	Outside

Claudie's



Corner

Medical Power of Attorney

Thursday, September 3rd

2 pm in the Lounge

Senior Life will be here to talk to you about the importance of a Medical Power of Attorney

AS SURE AS THE SUN RISES

Hospitals and health care providers don't want to be responsible for making your health care decisions for you. A Durable Medical Power of Attorney allows a trusted person to make health care decisions on your behalf.



Benefits of Home Care

Friday, September 11th

2 pm in the Lounge

Dina Paolicelli will be here to talk to you about the benefits of Medical Home Care.

- ◆ Eligibility
- ◆ Service Available
- ◆ What Home Bound status means
- ◆ No cost to the patient

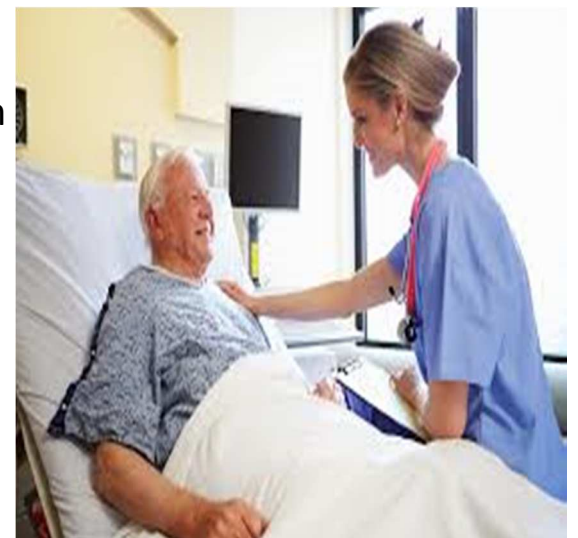


Preventing Senior Hospitalization

Tuesday, September 15th

1:30 pm in the Lounge

Liz Houser from Home Instead will be here to talk to you about **preventing Senior Hospitalization**. "A stay in the hospital isn't desirable at any age, but it can be especially detrimental for older adults. The biggest fear is that the patient won't return home with the same level of independence as they had before the hospitalization." Stop by to hear how to prevent hospitalization for Seniors.



Refreshments will be served!

Snack Stand

Snacks available every
Monday & Wednesday
 Will **reopen** on Wednesday,
September 2nd
 From 3-6pm
 In the Main Lobby



Soup & Hot Dogs
Saturday, September 19
 11 - 2 p.m.

- SOUP: Lobster Bisque \$2.50
- 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:
Music Memories
50/50 Drawing
Friends and Family Welcome!



2015

Saturday	10/3	Coffee & Donuts	9:00 a.m.
Saturday	10/3	Pinochle Party	12:30 p.m.
Thursday	10/15	37th Anniversary Party	6:00 p.m.
Saturday	10/17	Soup & Hot Dogs-Jim Loftus	11:00 a.m.
Saturday	10/24	Breakfast	8:30 a.m.





September 15 & 29

1-3 pm

Sign up with Claudie



LEARN

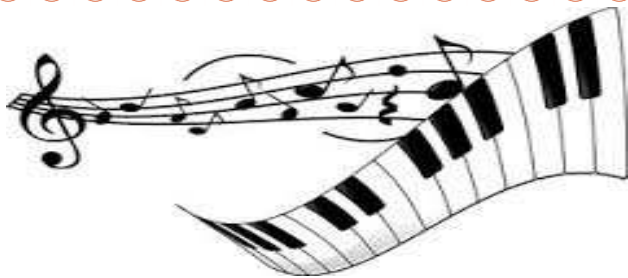


Tai Chi

Every Friday

at 12:45pm

In the Patio



Piano Playing &



Singing

With Gladys &
Residents

Every Wednesday

From 3-4 pm



Wednesday, September 2
9:00-1:30 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





Saturday, September 5

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

\$1.00 coffee

\$1.00 donut

\$1.00 additional donuts

**Friends and Family
are Welcome.**



**Join the
WALKERS CLUB**

Every Friday

9 am

Therapy Dog



Monday, September 28.

**At 11:00 am
in the lounge.**



**ZUMBA CLASS
TUESDAY AT 10 AM
IN THE LOUNGE**





"RESIDENTS ONLY"

BIRTHDAY PARTY

Wednesday, September 16

Cake & Coffee 5 pm

Entertainment 6 pm

Jim & Lorri

**50/50
raffle**

Coordinator: Beverly Westwood



BINGO Night

**BACK BY
POPULAR
DEMAND!**

**MONDAY NIGHT BINGO
IS BACK!**

September 7th at 6pm



**Get
the
Shot
Not
the
Flu**

Flu Shots
will be
given next
month,

Thursday, October 29th from

9-11 am. More information

will be included in the

October Newsletter.



Autumn Begins

September 23rd



4 PM Doors Open
5 PM Refreshments
6 PM Entertainment

SOCIAL

Sunday, September 27
Entertainment by:
Rehrig Brothers



Donations
requested.



NOW SHOWING

5 Flights Up

A husband (**Morgan Freeman**) and wife (**Diane Keaton**) spend a hectic weekend pondering the sale of the apartment they've shared for more than 40 years.

Monday, September 14 & 28

1:00 pm

Conference Room

Grab the popcorn because its



**MOVIE
MONDAY!!!**

Come join the **Dance Class** with *Aja*.

Wednesday, September 9 & 23

1 pm in the Lounge

You will learn **how to Dance** and most of all
have lots of fun learning.

Dance has physical and
mental health **benefits**. **Dancing**
is good exercise and a fun way
to keep fit.



DanceNearYou
Dance for seniors
At Lutheran Manor



WATERCOLOR CLASS

David Michael Donnangelo

Will be here on

Friday, September 25

At 1:00 pm in the Lounge



**Look what we made
at the
Bracelet & Necklace
Class**



CLUSTER FLY SPRAYING



Our Annual Spraying For Cluster Flies will be:

September 14th 2015

(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 **September 14th**.

Make sure your **windows are closed** and **you are dressed**.



Sight & Sound Theatres
Presents

*Miracle
of Christmas*

Tuesday, November 17th

Cost: \$49.40 (show only)

**Dinner will follow after show, is an
additional expense at your discretion.**

Time: 11:00 AM Van will depart at 8:30 am

SIGN UP NOW!

A few weeks ago my son was “back east” (he lives in Arizona) for our family’s week at the shore. We had several good conversations ... from the Philadelphia sports teams (ugh...) to his latest girlfriend (Yesss!). At one point while sitting on the beach, in a rather “heavy” conversation, he asked me what my favorite scripture passage was. Hmmm! I have many favorites. But, I told him the passage from 2 Corinthians 12:9 (see right→). Why?

Well, think for a moment of the many great persons of faith. Take Paul for example. He did a lot to spread the story of Jesus, but he wasn’t a powerful or perfect person. He had weaknesses and faults just like the rest of us. He relied on God and others to live. That made it all the more clear that the great things he accomplished only happened because of God’s power working in him.

God’s power can be at work in someone who is weak, imperfect, and messed up---someone like us!! J *Thank be to God! I am weak, but You are strong!*

Pastor Clark

WORSHIP WEEKLY AT 2PM IN THE LOUNGE

TUES. September 1st Rev. James Harper, Notre Dame RC Church, Bethlehem

THURS. Sept. 10th Rev. Joy Wylar, Unity of the Lehigh Valley, Emmaus

THURS. Sept 17th Rev. Jay Wetzel, St. John Lutheran, Bath

THURS. Sept. 24th Rev. Larry Burd, Calvary Baptist Church, Easton

BIBLE STUDY-every Wednesday at 12:30pm in the Patio. All are welcome!

CHAT ROOM every Thursday at 10 am in the Patio. We enjoy lots of interesting discussions. Meet your neighbors. All are welcome.

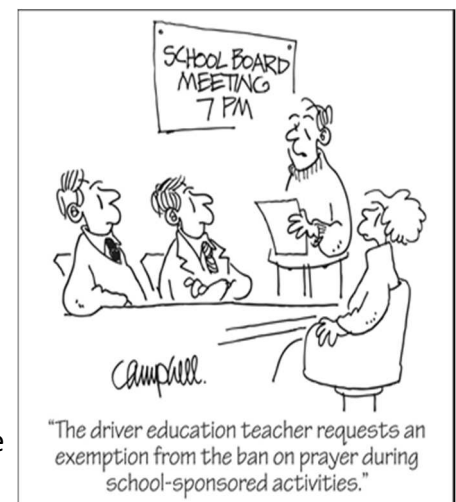


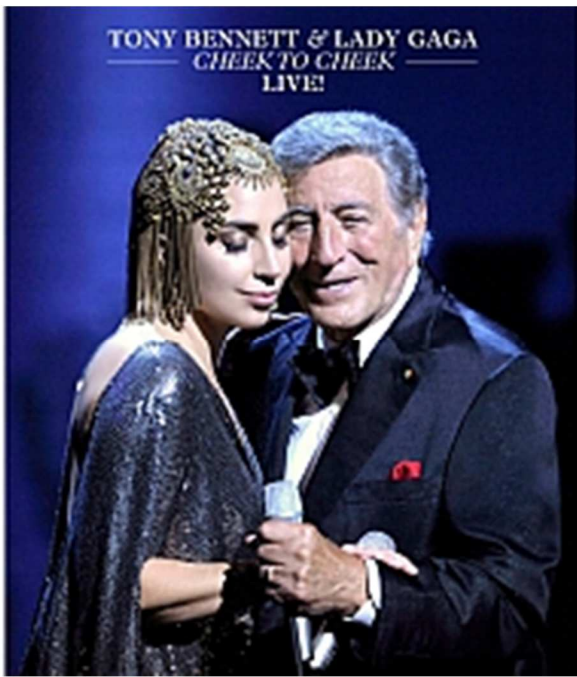
One Sunday a pastor told his congregation that the church needed some extra money and asked the people to prayerfully consider giving a little extra in the offering plate. He said that whoever gave the most would be able to pick out three hymns.

After the offering plates were passed, the pastor glanced down and noticed that someone had placed a \$1,000 bill in offering. He was so excited that he immediately shared his joy with his congregation and said he'd like to personally thank the person who placed the money in the plate.

And there sat our Rosie all the way in the back shyly raised her hand. The pastor asked her to come to the front. Slowly she made her way to the pastor. He told her how wonderful it was that she gave so much and in thanksgiving asked her to pick out three hymns.

Her eyes brightened as she looked over the congregation, pointed to the three most handsome men in the building and said, "I'll take him and him and him!"





Tony Bennett and Lady Gaga: Cheek to Cheek DVD

Thursday, September 17th
at 10 am
in the Lounge

The legendary Tony Bennett and superstar Lady Gaga come together to make Cheek To Cheek a cross-generational project that combines the fire-power of two superstar talents to create something completely fresh and exciting. Some of the songs: Anything Goes, Cheek To Cheek, I Can't Give You Anything But Love, I Won't Dance, Let's Face The Music And Dance, It Don't Mean A Thing (If It Ain't Got That Swing) and more. This album is not classic...it's timeless.

Thursday Sept 17th at 10 am in the lounge. A wonderful program and, of course, refreshments!! Don't Miss it!

-Sponsored by the Chat Room



Lutheran Manor WILL BE CELEBRATING ITS

37TH ANNIVERSARY

THURSDAY, OCTOBER 15, 2015

COME JOIN US FOR A SIT DOWN BUFFET DINNER.

6:00 PM DINNER

6:45-8:15 PM ENTERTAINMENT BY:

ROBIN & JIM

Seating is limited to the first **95** Residents.

RSVP required

PLEASE RETURN THIS SLIP TO CLAUDIE

37th Anniversary Party– October 15, 2015

Name: _____

Apt#: _____ Attending _____ (Residents Only)



DEADLINE FOR RESERVATIONS, THURSDAY, October 1st

Van Trips



October 2015

DATE	DAY	TRIP	TIME
October 1	(Thursday)	Lunch @ Olive Gardens	11:00 a.m.____
October 2	(Friday)	Banks, CVS, \$ Store, Post Office	9:30 a.m.____
October 5	(Monday)	Shop Rite -Freemansburg Ave Easton	9:30 a.m. ____
October 6	(Tuesday)	Dinner @ Logan's RoadHouse Restaurant	4:00 p.m.____
October 8	(Thursday)	USO Dance Fearless Fire Company (FREE)	12:30 p.m.____
October 12	(Monday)	Giant	9:30 a.m.____
October 13	(Tuesday)	Dinner @ Sal's Pizza Restaurant-Wind Gap	4:00 p.m.____
October 14	(Wednesday)	Dinner @ Calvary Baptist Church-Easton Cost: \$5.00	4:15 p.m. ____
October 16	(Friday)	Green Dragon Flea Market, Lancaster/Lunch	8:30 a.m.____
October 19	(Monday)	Breakfast/Walmart	9:00 a.m.____
October 21	(Wednesday)	Wegmans	9:30 a.m.____
October 22	(Thursday)	Miss Morgan's Milkweed Antiques & Vintage/Lunch Lancaster	8:30 a.m. ____
October 23	(Friday)	Lunch/Movie at Carmike	11:00 a.m.____
October 25	(Sunday)	Moscow Excursion Train Ride-Fall Foliage, Scranton Cost: \$22.00/Lunch	9:30 a.m.____
October 27	(Tuesday)	Valley Farms	9:30 a.m.____
October 29	(Thursday)	Dinner @Matey's Restaurant-Hellertown	4:00 p.m.____
October 30	(Friday)	Allentown Farmers Market/Lunch @ Ritz Barbecue	9:30 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.



2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 Zumba 2:00 Rev James Harper, Notre Dame RC Church, Bethlehem	2 9:00 Massage 10:00 Exercise 12:30 Bible Study 3:00 Piano Playing 6:30 Poker League	3 10:00 Chat Room 2:00 Speaker -Medical Power of Attorney 6:00 Blood Pressure Check	4 9:00 Walkers Club 10:00 Yoga 11:30 Discipleship Class 12:45 Tai Chi	5 9:00 Coffee & Donuts 12:30 Pinochle Party 
6	7 OFFICE CLOSED 6:00 Bingo  LABOR DAY	8 10:00 Zumba 2:00 General Meeting  MEETING!!	9 10:00 Exercise 12:30 Bible Study 1:00 Dance Class 3:00 Piano Playing 6:30 Poker League	10 10:00 Chat Room 2:00 Rev Joy Wyler, Unity of the Lehigh Valley, Emmaus	11 9:00 Walkers Club 10:00 Yoga 11:00 Second Harvest 12:45 Tai Chi 2:00 Speaker -Benefits of Home Care	12 9:30 Manicures by Appointments 
13	14 10:00 Exercise 1:00 Movie- 5 Flights Up 6:00 Bingo 6:30 Poker League	15 10:00 Zumba 1:00 Computer Class 1:30 Speaker - Preventing Senior Hospitalization	16 10:00 Exercise 12:30 Bible Study 3:00 Piano Playing 5:00 Birthday Party 6:30 Poker League	17 10:00 DVD T Bennett/Lady Gaga 2:00 Rev Jay Wetzal, St John Lutheran, Bath	18 9:00 Walkers Club 10:00 Yoga 12:45 Tai Chi	19 11:00 Soup & Hotdogs 
20	21 10:00 Exercise 6:00 Bingo 6:30 Poker League	22 10:00 Zumba 	23 10:00 Exercise 12:30 Bible Study 1:00 Dance Class 3:00 Piano Playing 6:30 Poker League	24 10:00 Chat Room 2:00 Rev Larry Burd, Calvary Baptist Church, Easton	25 9:00 Walkers Club 10:00 Yoga 12:45 Tai Chi 1:00 Watercolor Class	26
27 5:00 Social 	28 10:00 Exercise 11:00 Therapy Dog 1:00 Movie- 5 Flights Up 6:00 Bingo 6:30 Poker League	29 10:00 Zumba 1:00 Computer Class	30 10:00 Exercise 12:30 Bible Study 3:00 Piano Playing 6:30 Poker League	 HAPPY autumn	 September 11, 2001	 Thanks Grandma and Grandpa