

July 2012

Hi Lites of Lutheran Manor



Mark Your Calendar



July 3 (Tuesday)	Massage Therapy	9 a.m.	Ceramics
July 4 (Wednesday)	Independence Day	Office Closed	
July 5 (Thursday)	Therapy Dog	2 p.m.	Lounge
July 7 (Saturday)	Coffee & Donuts	8 a.m.	Lounge
July 7 (Saturday)	Pinochle Party	12:30 p.m.	Lounge
July 8 (Sunday)	4th of July Picnic	1 p.m.	Lounge
July 9 (Monday)	Speaker "Talking to your Doctor"	2 p.m.	Lounge
July 11 (Wednesday)	Speaker "Prescriptions"	2 p.m.	Lounge
July 16 (Monday)	Bagpipe Presentation	2 p.m.	Lounge
July 18 (Wednesday)	Book Club	2 p.m.	Patio
July 22 (Sunday)	Concert	6 p.m.	Lounge
July 23 (Monday)	Therapy Dog	11 a.m.	Lounge
July 25 (Wednesday)	Massage Therapy	9 a.m.	Ceramics
July 30 (Monday)	Coupons for Troops	1:30 p.m.	Lounge
Knitting Group	Every Sunday	2 p.m.	Patio
Exercise	Every Monday & Wednesday	10 a.m.	Lounge
Bingo	Every Monday	6 p.m.	Lounge
Bible Study	Every Wednesday	1 p.m.	Patio
Poker League	Every Wednesday	6:30 p.m.	Patio
Life Bio	Every Thursday	10 a.m.	Patio
Yoga	Every Friday	1 p.m.	Patio

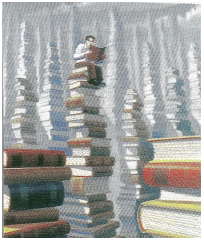


Coming events

AUGUST

Saturday	8/4	Coffee & Donuts	8 a.m.
Saturday	8/4	Pinochle Party	12:30 p.m.
Sunday	8/12	Pizza Party	5 p.m.
Tuesday	8/14	Health & Information Fair	10 a.m.
Sunday	8/19	Concert	Steel City Band 6 p.m.

The Lutheran Manor Book Club will meet Wednesday, July 18 at 2 p.m. in the patio. We will enjoy tales of summer reading. Our best wishes to Courtney as she starts to write a new chapter in the book of her life.



Computer Lab

**Weds., July 11 & 25
6 to 8 p.m.**

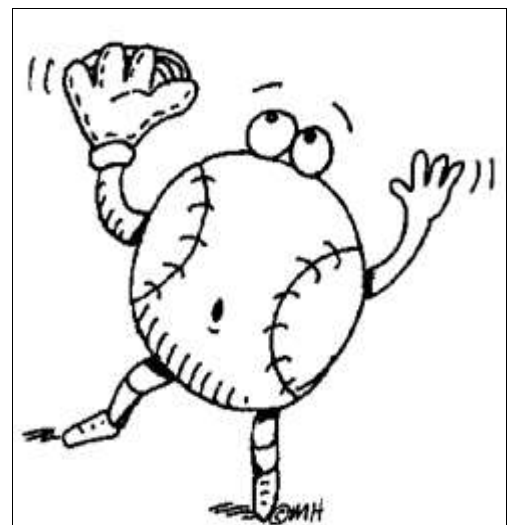
Nancy will be teaching "Getting Started on the Computer". New residents are encouraged to attend!

Play Ball!

Join us for Baseball! We will be going to the following Iron Pigs Games this summer. If you want to go, please sign up with Don, apt. 508.

**Fri., July 6, Van will leave at 6 p.m.
Sat., Aug. 11, Van will leave at 5 p.m.**

Tickets are \$10 each.



Coffee & Donuts

Saturday, July 7
8 to 10 a.m.

\$1.75 coffee & donut
.75 additional donut
Friends and Family
Welcome



SUMMER CONCERT



Saturday, July 22
6 to 8 p.m.

Entertainment: Steel City Band

Refreshments
50/50 Drawing
Good Will Donation

Friends and Family Welcome!

Coupons for Troops

Monday, July 30
1:30 to 3:30 p.m.

Support our Troops, a national non-profit organization offering various support to our armed forces and their families has a program called Troopons. This is a program in which anyone can help. It's easy. All you need to do is cut out coupons.

On Monday, July 30, we will get together in the lounge to cut coupons to send to our troops. Coupons can be current or expired. So during the month of July save all those flyers in your newspaper and we will get together to cut them out and separate them to be mailed to Support our Troops. This is an easy way for us to show our support!





Miki's Corner

Massage Therapy

July 3 & July 25,
9 a.m. to 2 p.m.



If you are interested in massage, please sign up in Miki's office.

Talking to your Doctor

Mon., July 9, 2 p.m.

Sometimes we find it intimidating when we are in our doctor's office. We want to ask questions but we are afraid we will sound silly or stupid, so we don't ask and we don't get answers about our care. No question is ever silly or stupid. James Anderson of Fox Rehab, will be here to give us some sound advice on how to talk to your doctor without fear.

Therapy Dog



Thurs., July 5, 2 p.m.
Jeanne Southard and
Shadow

Mon., July 23, 11 a.m.
Miz Daisy and
Alice Romberger



Bagpipes

Mon., July 16, 2 p.m.



Join us for a special presentation by James Ruhf. James has been playing the bagpipes for over 30 years, and has performed with the Allentown Symphony, DeSales Theater and more. He is the official bagpiper of the City of Bethlehem Mayor and Director of the Bagpipe band of Bethlehem. James will talk about how the bagpipes are made, some history and perform for us. Don't miss this exciting presentation.

Ask the Pharmacist

Weds., July 11, 2 p.m.

Vince Hartzell, of Hartzell's Pharmacy will be here to talk about your prescriptions. He will also be presenting a program that will make managing your prescriptions much easier. Hartzell's will help you manage your medications to make refilling easier, offer delivery and one on one attention.



A Fond Farewell

It is with sadness and excitement that I announce that I will be leaving Lutheran Manor as of July 3. I am embarking on a new adventure. I have accepted a new position in elder care. I am sure that my travels will bring us together again at some time. I will miss all of you and wish you well.

Miki Weaver

WHATEVER IS *true,*
WHATEVER IS *honorable,*
WHATEVER IS *just,*
WHATEVER IS *pure...*
IF THERE IS ANYTHING
worthy of praise,
THINK ABOUT THESE THINGS.

PHILIPPIANS 4:8, NRSV



It's summer time and a cool thought might help relieve the heat. To help you out, I'd like you to think back to the times you've watched icicles being formed, one drop at a time.

Now this exploration into a wintertime memory is not without purpose. Think for a moment and you will agree -- if the water, which forms the icicle, is pure, then the icicle is also clean and clear. It will sparkle brightly as the sun bursts through it.

On the other hand, if the water, which is the icicle's water source, is tainted, the icicle itself will be cloudy, murky, and its beauty will be marred.

I think there's a lesson for us to learn from that.

Most of the time we are formed like an icicle: drop by drop and small event by small event. If the things that surround us and to which we expose ourselves are foul and contaminated, then our lives will never be as clear and beautiful as the Lord had planned for us.

That is why St. Paul urged the believers in Philippi -- and us -- to think upon that which is honest, just, lovely, and pure. He knew if we surrounded ourselves with the virtues of the Lord, if we constantly think about the goodness and grace of God, we would have a peace -- a joy in Jesus that the world can never know.

—Chaplain Clark

WORSHIP EACH WEEK – 2 PM IN THE LOUNGE

Tuesday, July 3 - Father Pat Lamb-Notre Dame RC Church, Beth.

Thursday, July 12th Rev. Barry Mitchell- Emmanuel Lutheran, Bath

Thursday, July 19th Rev. Joy Wyler- Unity of the LV, Emmaus

Thursday, July 26th Rev. Sharon Joseph- Church of the Manager, UCC,
Bethlehem



LET'S TALK ABOUT IT... (LifeBio) every Thursday morning at 10 am in the Patio. Come enjoy lively discussions about everything and anything!

BIBLE STUDY each **WEDNESDAY** afternoon at 1 pm in the Patio. Presently, we are studying 1st and 2nd Peter.

Health Fair

**TUESDAY, AUGUST 14
10 A.M. TO 2 P.M.**

Join us for our annual Health and Information Fair exclusively for you, our residents and your families. We will have vendors from various health care agencies here to provide information, free screenings and more.

Hot dogs and soda will be sold from
Noon to 1:30 p.m.

We will have a free raffle with prizes donated by the participating vendors.

Note from the Manager...

I am pleased to announce that I am now a married woman!! My new name is Courtney L. Doheny. (*Doe-he-knee*). We had a very nice outside ceremony with close friends and family. It was a perfect evening in every way! Thank you for the kind words and blessings!!

I want to thank Miki Weaver for the many years of hard work and dedication as our Service Coordinator! July 3rd will be her last day at Lutheran Manor Apartments.

Miki has accepted a different position and will begin a new career journey. On behalf of myself and the Lutheran Manor staff, we want to say THANK YOU and GOOD LUCK to Miki!!

Stay cool and active this summer!!

Courtney
Property Manager

Trips to Notice...



Aug. 5 - PA Playhouse "State Fair" - Set against the backdrop of the American Heartland, follow the Frake family as they set out for the three day state fair. Comedy, romance and adventure abound in this heart warming play. Cost: \$19.

Aug. 8 - Mystery Trip - Hmmmmm....Where will we go??? All we can say is to dress comfortably, bring money in case we stop to shop or eat and plan for a day of fun and adventure.

Aug. 16 - Muhlenberg Festival - Since the festival is being moved closer to Schoenersville Road this year, we will offer this van trip so you can get there to enjoy the music, food and crafts.

Aug. 18 - Easton Farm Market - Visit the oldest open air farm market in the U.S. Visit the many booths of fresh produce, baked goods and specialty items.

Aug. 19 - Grace Notes at Waldheim Park - You heard them in concert here, now enjoy them in this lovely outdoor park.

Aug. 22 - Promised Land Picnic - We are going on a picnic to Promised Land State Park in the Poconos. Enjoy sitting under the shade trees, visit the beach on the lake, play games. You can bring a picnic lunch or buy something at the lake concession stand.

Aug. 29 - Allentown Fair - Join us for this long standing tradition in our community. Have fun at the fair! Admission is free before 2 p.m.

4TH OF JULY PICNIC



Sunday, July 8
1 p.m.
Lounge
Doors open at noon

50/50 Chances
3 for \$1.00

BUFFET MENU:

- Baked Chicken
- Hamburger BBQ
- Baked Beans
- Potato Salad
- Vegetable Salad
- Chips
- Fruit
- Dessert
- Coffee & Iced Tea
- Soda \$1.00

Cost:

\$10 per resident
\$12 per guest (limit 2)

Entertainment:

Jim & Denise Stocker

NEW! You will be smiling, singing, clapping or dancing!

You may reserve a table for **6 or 12 people only** before the deadline date

Coordinator: Ronnie Clifford



4th of July Picnic

(I am reserving a table for 6 or 12 _____)

of Guests _____

Write names on back

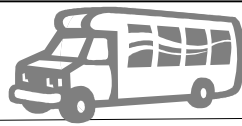
Put slip under Marge Bachemin's door #705 with cash in envelope

NAME: _____ Apt.# _____

PHONE: _____

Deadline for Reservations, Weds., July 4

Van Trips



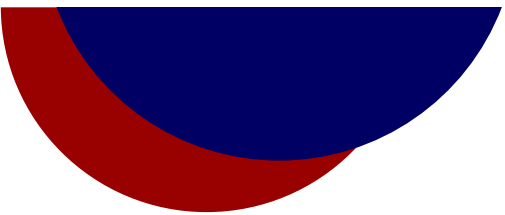
August 2012

DATE	TRIP	TIME
Aug. 3 (Friday)	Banks, P.O., CVS, \$ Store	9:30 a.m. _____
Aug. 5 (Sunday)	PA Playhouse "State Fair"	5:00 p.m. _____
Aug. 6 (Monday)	Weis	9:30 a.m. _____
Aug. 8 (Wednesday)	Mystery Trip	9:30 a.m. _____
Aug. 9 (Thursday)	Red Lobster	11:00 a.m. _____
Aug.11 (Saturday)	Iron Pigs (sign up with Don)	5:00 p.m.
Aug.12 (Sunday)	Pines Theater	5:30 p.m.
Aug.13 (Monday)	Valley Farms	9:30 a.m. _____
Aug.16 (Thursday)	Muhlenberg Festival	4:45 p.m. _____
Aug.18 (Saturday)	Easton Farm Market	8:30 a.m. _____
Aug.19 (Sunday)	Grace Notes at Waldheim Park	6:00 p.m. _____
Aug.21 (Tuesday)	Giant	9:30 a.m. _____
Aug.22 (Wednesday)	Promised Land Picnic	9:30 a.m. _____
Aug.27 (Monday)	Breakfast/Walmart	8:30 a.m. _____
Aug.29 (Wednesday)	Allentown Fair	12:30 p.m. _____
Aug.31 (Friday)	Dinner at Old Country Buffet	3:30 p.m. _____

Bring this completed sheet to Miki's office after 9 a.m. the first morning the office is open after you receive your newsletter.

NAME: _____ APT.: _____

Please note: There are no unscheduled stops on any trip. The van will only go to the places listed on the schedule. Do not ask the driver to deviate from the schedule.



JULY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	10:00 Exercise 6:00 Bingo	9:00 Massage 2:00 Notre Dame Catholic Church	Office Closed	10:00 Life Bio 2:00 Therapy Dog 6:00 Blood Pressure	1:00 Yoga	8:00 Coffee & donuts 12:30 Pinochle Party
8	9	10	11	12	13	14
1:00 4th of July Picnic	10:00 Exercise 2:00 Speaker 6:00 Bingo		10:00 Exercise 1:00 Bible Study 2:00 Speaker 6:00 Computers 6:30 Poker League	10:00 Life Bio 2:00 Emmanuel Lutheran Rev. Mitchell	11:00 Food Bank 1:00 Yoga	
15	16	17	18	19	20	21
	10:00 Exercise 2:00 Bagpipes 6:00 Bingo		10:00 Exercise 1:00 Bible Study 2:00 Book Club 6:30 Poker League	10:00 Life Bio 2:00 Unity of LV Rev. Wyler	1:00 Yoga	
22	23	24	25	26	27	28
6:00 Concert	10:00 Exercise 11:00 Therapy Dog 6:00 Bingo		10:00 Exercise 1:00 Bible Study 6:00 Computer 6:30 Poker League	10:00 Life Bio 2:00 Church of Manger Rev. Joseph	1:00 Yoga	
29	30	31				
	10:00 Exercise 1:30 Couponing 6:00 Bingo					

August 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	