

August 2019

Hi-Lites of Lutheran Manor





Notes From the Office

WELCOME!

To Our New Residents!

Ann Mancinelli #905

Julia Benson #1008

Come Join us! Ice Cream Social

Thursday, August 8th
at 12:00PM in the Lounge



Eat Real Food Mobile Market

Every Friday from 12:15 - 1:45 pm
in the Lounge

A **"Farm to Neighborhood"**
initiative

that is partnering with local
farms, schools,
municipalities, non-profits
and community leaders
bringing local farm food to
neighborhoods in the
Lehigh Valley.

ACCEPTED METHODS OF PAYMENT

CASH
CREDIT CARD
SNAP
FARMER'S MARKET
VOUCHERS

VAN TRIP PAPERS

Van trip papers submitted prior to the
scheduled day and time will be placed
at the bottom of the pile.

Van Trips without a minimum of
5 people signed up will be
cancelled 24 hours before the
scheduled trip.

We will enforce the \$5 penalty charge
for ALL NO-SHOWS or CANCELLATIONS
made less than 24 Hours prior to the
scheduled trip. This money **MUST** be
paid before your next trip.

Annual Pig Roast 2019



Resident's Association



Coffee, Donuts, Bagels, & Muffins

Saturday, August 3, 2019
8:00 am to 9:30 am
in the Lounge

COFFEE: \$1.00

DONUTS, BAGELS, MUFFINS \$1.00



FRIENDS AND FAMILY
ARE ALWAYS
WELCOME!

ICE CREAM

Every Wednesday
5- 6 pm in the Lounge.

SOCIAL

Sunday, August 25th
at 5:00 pm in the Lounge

Food:

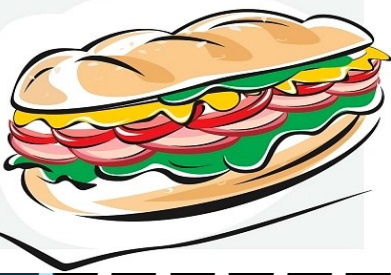
Scalloped Potatoes with Peas/Ham

Entertainment:

Gary Dee

BINGO

Every Monday
at 6:00 pm in the Lounge



Hoagie Social

Saturday, August 17, 2019

Doors open at 4:00 pm

Serving at 5:00 pm in the Lounge

COST: \$5.00



Hoagie Social

Saturday, August 17, 2019

Fill out and return slip, along with money, to Marge Bachemin in apartment 705.

Write the number of hoagies you'd like to order next to the type.

Ham & Cheese # _____ Turkey, No Cheese # _____ Italian # _____

DEADLINE FOR RESERVATIONS: WEDNESDAY, AUGUST 13, 2019

Resident's Association



Breakfast open to all Residents & Guests!!

Saturday, August 10, 2019

8:30 am - 10:00 am

Cost: \$3.00

MENU

3 Pancakes

2 Sausage Links

Coffee and Orange Juice



BREAKFAST

Saturday, August 10, 2019

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 WEDNESDAY AUGUST 7, 2019.

Sandwich Sale

Cost: \$5

Orders available for pickup

Friday, August 30th from 11am-12pm in the Lounge



Sandwich Sale Order Sheet

Fill out and return slip, along with money, to Marge Bachemin in apartment 705.

Name: _____ Apt: _____

Write the number of sandwiches you'd like to order next to the type.

Kaiser Roll, Ham & Cheese # _____ Kaiser Roll, Turkey, Cheese # _____

DEADLINE FOR ORDERS IS TUESDAY, AUGUST 27TH, 2019

Bellezza Salon & Spa

NEW Hours of Operation

Wednesday 9am - 3pm

Thursday 9am - 3pm

For Appointments Call:

610-866-6010, then press 9

WALK-INS WELCOME

Meet our stylist,

Diane Larpeuk!



Diane Larpeuk just joined the team here at Belleza Salon & Spa here at Lutheran Manor Wednesdays from 9AM-3PM.

Diane has been enjoying doing hair over 40 years. 35 of those years has been working in nursing and retirement homes making everyone look their best. She loves doing hair and is looking forward to meeting you all!

Diane has 3 granddaughters whom live with her, the youngest taking cosmetology in school to follow in Diane's footsteps.

During the month of August, Diane will be offering \$1.00 off all services. Also, please enter your name for a drawing to be held at the end of the month.

Thank you for your loyalty!

Family Week Future Dates

September 26 & 27

October 23 & 24

November 27 & 28



Kinsey Massage Therapy

is licensed in massage therapy by the state of PA and provides an adaptable blend of deep tissue, trigger point, mobilization, myofascial release and deep relaxation therapies uniquely tailored to each individual.

Therapeutic massages are available Mondays in the salon by **APPOINTMENT ONLY**.

30 Minutes - \$20

60 Minutes - \$40

Book directly with Kinsey!

484-223-8816

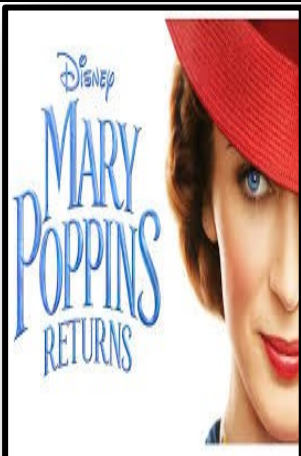


**PLEASE BE SEATED 15 MINUTES BEFORE START OF THE MOVIE.
LOCATED IN THE COMMUNITY ROOM!!!**

MOVIE 1:

Mary Poppins Returns

**Friday, August 9 @ 1:00 pm
Monday, August 19 @ 1:00 pm**



**The Magic
continues in
Disney's classic as
Mary Poppins helps
the Banks family
remember the joy
of being a child.**

**Together with her friend, Jack
the Lamplighter, fun is brought back
to the streets of London in a
celebration that everything is
possible, even the impossible.**

**PG PARENTAL GUIDANCE SUGGESTED
SOME MATERIAL MAY NOT BE SUITABLE FOR CHILDREN**

MOVIE 2:

Green Book

**Friday, August 16 @ 1:00 pm
Monday, August 26 @ 1:00 pm**



**A bouncer from an
Italian-American
neighborhood in
the Bronx, is hired
to drive Dr. Dons
Shirley, a world
class pianist on a**

**concert tour from Manhattan to
the deep south. They must rely on
"The Green Book" to guide them to
the few establishments that were
then safe for African –Americans.**

**PG-13 PARENTS STRONGLY CAUTIONED
SOME MATERIAL MAY BE INAPPROPRIATE FOR CHILDREN UNDER 13**



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



Kierra's Kickstart to Fitness

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.

BE A PART OF THE FITNESS CENTER "YEAR BOOK" AWARDS!



Will you be the one with the highest attendance? The one who has made the most progress? Or The one who is most likely to succeed?

For a limited time: 8/1-8/31 sign-in on your own or attend a class to be eligible

ANNOUNCEMENTS!

Walker's Club is now Mondays & Wednesdays at 9:00 AM, Fridays at 2:00 PM

FEATURED CLASS

Everybody's Yoga

Mondays at 1:00 PM

Are you looking for a gentle, but effective workout? Try our yoga class with Jesse!

She uses gentle range of motion and breathing techniques to help your flexibility, blood pressure, and much more.

You may sit in the chair the whole time or try the occasional standing pose. Everybody can join !

Van Trip August 19th

Neighborhood Memory Café
Allentown Art Museum

10:00 AM- 12PM

If you think you have memory loss or worry about it getting worse, join us in exploring the arts as well as rediscovering your hobbies and interests.

IF YOU WOULD LIKE TO GO BUT HAVE NOT SIGNED UP, PLEASE SPEAK WITH KIERRA BY THURSDAY AUGUST 15

Reminder!



From the Chaplain



ARE YOU AFRAID OF CHANGE?

Change is unsettling – we crave the familiar. One research study has found that if you have not learned to like certain foods by your early thirties, chances are you will never like them (that's why I still don't like mayonnaise and brussel sprouts). And the music you will enjoy most throughout your life will be the music you listened to in your twenties (for me that's the Beatles, Simon and Garfunkel, Joan Baez, Beach Boys, and John Denver).

Change makes us uncomfortable – change means loss of control. Yet, change is inevitable. Change happens and will continue to happen. So, what we really need to consider is whether we will fear it or embrace it. One writer warns that “when you are through changing – you’re through.” Change is a law of life. And the truth is we can't hold back the tide of change any more than we can keep the sun from setting or the seasons from changing. All we can control is how well we respond to the changes and on that question the Bible offers us the answer – God's promise, “Do not be afraid, I am with you.”

AMEN! *Pastor Clark*

WORSHIP AT LUTHERAN MANOR in the Community Room at 2 pm

Thursday, August 1st - Pastor Rick Sergi, Emmanuel EC Church

Tuesday, August 6th - Father Daniel Kravatz, Notre Dame RC Church

Thurs. August 8th - Spanish Worship-Cornerstone Church, Easton

Thurs. August 15th – Pastor Suzanne Trump, St. John (Windish) Lutheran

Thurs. August 22nd - Pastor Tony Pompa, Church of the Nativity (Episcopal)

Thurs. August 29th – Pastor Dan Miller, Edgeboro Moravian Church



"A round table? But we've never done it that way before!"



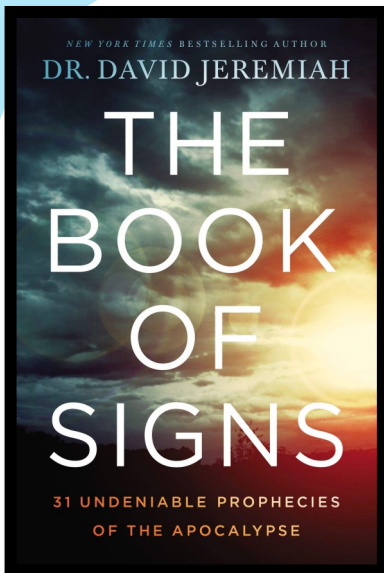
DVD: NEIL DIAMOND in CONCERT

**Wednesday, August 14th at 2pm
in the Community Room**

“This is one great musical show! You can't believe how many hits he had over the years. He pulls in the audience on many of his songs, which makes it even more enjoyable. The crowd just loves him. Neil gives you your money's worth when he performs. Most of his band have been with him for many years.”

Includes hits Holly Holy, Thank the Lord for the night time, Sweet Caroline, You Don't bring me flowers, I'm a believer, Cracklin' Rose, Solitary Man and More...

Refreshments provided by the Chat Room.



PROPHECIES BIBLE STUDY

BOOK:

"THE BOOK OF SIGNS: 31 UNDENIABLE PROPHECIES OF THE APOCALYPSE"

BOOK BY: DR. DAVID JEREMIAH

STUDY TAUGHT BY: BEVERLY WESTWOOD

Drawing from decades of experience as one of the world's most-respected Bible teachers, Dr. David Jeremiah once again brings his signature wisdom, depth, and compassion to the discussion of biblical prophecy—a discussion that becomes more and more critical with each passing day.

Join us in the study as Dr. Jeremiah lays out the signs of the end of times and helps you prepare for the days ahead in thirty-one easy-to-understand chapters. Filled with engaging illustrations and practical application, *The Book of Signs* is a must-have resource for Christians seeking to navigate the uncertainties of the present and embrace God's promises for the future.

The cost for the class is \$15.

This will help cover a study guide that you will be able to use during the class.

Money and registration MUST BE turned in by August 15th.

**Classes will be held on Tuesday evenings,
beginning September 10, 2019 at 6:30 pm
in the Community Room.**

PROPHECIES BIBLE STUDY

BOOK:

"THE BOOK OF SIGNS: 31 UNDENIABLE PROPHECIES OF THE APOCALYPSE"

COST: \$15

**Place slip in a sealed envelope along with cash payment
and slide it under Beverly Westwood's door Apt #303.**

Name: _____

Apt# _____

Phone: _____

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 after the 1st Tuesday	2:00 pm	Community Room
Bible Study	Wednesday	12:30 pm	Community Room
Chat Room	Thursday	10:00 am	Community Room
Prayer Time	1st and 3rd Thursday of each month	7:00 pm	Community Room

Exercise Classes

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Fit For Life	Monday & Wednesday	10:00 am	Exercise Room
Joyful Joints	Tuesday & Thursday	10:00 am	Exercise Room
Basic Balance	Tuesday & Thursday	11:00 am	Exercise Room
Stand Up for Strength	Monday & Wednesday	11:30 am	Exercise Room
Afternoon Meditation & Stretch	Tuesday & Thursday	1:00 pm	Exercise Room
Walkers Club	Mon, Wed Fri	9:00 am 2:00 pm	Outside/Fitness Center
Everybody's Yoga	Monday	1:00 pm	Exercise Room
Tai Chi	Friday	11:00 am	Exercise Room

Our Activities

Happening in August

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
<u>ICE CREAM</u>	<u>WEDNESDAYS</u>	<u>5:00 PM</u>	<u>LOUNGE</u>
<u>BINGO</u>	<u>MONDAYS</u>	<u>6:00PM</u>	<u>LOUNGE</u>
<u>LOUNGE CLOSED FOR CLEANING</u>	<u>FRIDAYS</u>	<u>7:00-10:00 AM</u>	<u>LOUNGE</u>
<u>MOBILE MARKET</u>	<u>FRIDAYS</u>	<u>12:15-1:45 PM</u>	<u>LOUNGE</u>
VAN TRIP PAPERS DROP-OFF	Thursday, August 1	8:30 AM	BRENDA'S OFFICE
Second Harvest	Thursday, August 1	12:30 pm	Lounge
Blood Pressure Check	Thursday, August 1	6:00 pm	Lounge
Donuts, Bagels, & Muffins	Saturday, August 3	8:00 am	Lounge
Ice Cream Social	Thursday, August 8	12:00 pm	Lounge
MOVIE: Mary Poppins Returns	Friday, August 9	1:00 pm	Community Room
Breakfast	Saturday, August 10	8:30 am	Lounge
Pinochle	Saturday, August 10	12:30 pm	Lounge
MOVIE: Neil Diamond in Concert	Wednesday, August 14	2:00pm	Community Room
MOVIE: Green Book	Friday, August 16	1:00 pm	Community Room
Computer Class	Friday, August 16	1:00 pm	Computer Room/Library
MOVIE: Mary Poppins Returns	Monday, August 19	1:00 pm	Community Room
Hoagie Social	Sunday, August 17	5:00 pm	Lounge
Water color with David	Tuesday, August 20	1:30 pm	Lounge
Social w/Entertainment	Sunday, August 25	5:00 pm	Lounge
MOVIE: Green Book	Monday, August 26	1:00 pm	Community Room
FAMILY WEEK @ THE SALON	Wednesday, August 28	9:00 am-3:00 pm	Bellezza Salon & Spa
FAMILY WEEK @ THE SALON	Thursday, August 29	9:00 am-3:00 pm	Bellezza Salon & Spa
Sandwich Sale Pick Up	Friday, August 30	11:00 am	Lounge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Fitness Events <i>Van Trips</i> Resident's Association Events Religious Events Lutheran Manor Events <i>Holidays/Observances/Other</i>		1 VAN TRIP PAPERS 12:30 Second Harvest Food Bank 2:00 Church 6:00 Blood Pressure Check 7:00 Prayer Time	2 12:15 Mobile Market 2:00 Walkers Club	3 8:00 Donuts 9:00 Banks/Post Office 1:30 CVS/LV Shopping Center
4	5 9:00 Walkers Club 10:00 Fit For Life 11:30 Stand Up for Strength 1:00 Everybody's Yoga 4:00 Dinner at SEWYCO 6:00 Bingo	6 10:00 Joyful Joints 11:00 Basic Balance 11:00 WEIS 1:00 Meditation & Stretch	7 9:00 Walkers Club 9:00 Shopping at CABELA's / Leesport Farmers Market 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 5:00 Ice Cream Sale	8 10:00 Joyful Joints 10:00 Chat Room 11:00 Basic Balance 12:00 Ice Cream Social 1:00 Meditation & Stretch 2:00 Church (Spanish)	9 7:00-10:00 Lounge Closed 11:00 Tai Chi 12:15 Mobile Market 1:00 MOVIE DAY: Mary Poppins 2 2:00 Walkers Club	10 8:30 Breakfast 12:30 Pinochle
11	12 9:00 Walkers Club 9:30 WEGMANS 10:00 Fit For Life 11:30 Stand Up for Strength 1:00 Everybody's Yoga 6:00 Bingo	13 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch	14 9:00 Walkers Club 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 2:00 Movie: Neil Diamond 5:00 Ice Cream Sale 5:15 BINGO @ LV Active Life	15 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 7:00 Prayer Time	16 7:00-10:00 Lounge Closed 11:00 Tai Chi 11:00 Lunch at Cracker Barrel 12:15 Mobile Market 1:00 MOVIE DAY: Greenbook 1:00 Computer Class 2:00 Walkers Club	17 5:00 Hoagie Social
18	19 9:00 Walkers Club 9:15 Allentown Art Museum 10:00 Fit For Life 1:00 ALDI 1:00 Everybody's Yoga 1:00 MOVIE DAY: Mary Poppins 2 6:00 Bingo	20 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:30 Watercolor with David	21 8:00 Kitchen Kettle Village / Lunch at Shady Maples 9:00 Walkers Club 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 5:00 Ice Cream Sale	22 10:00 Chat Room 10:00 Joyful Joints 11:00 Lunch at TGIF 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church	23 7:00-10:00 Lounge Closed 11:00 Tai Chi 12:15 Mobile Market 2:00 Walkers Club	24
25 5:00 Social	26 9:00 Walkers Club 9:00 Breakfast at The Palace / Shopping at Valley Farms 10:00 Fit For Life 11:30 Stand Up for Strength 1:00 MOVIE DAY: Greenbook 1:00 Everybody's Yoga 6:00 Bingo	27 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch	28 FAMILY WEEK @ THE SALON 9:00 Walkers Club 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 5:00 Ice Cream Sale	29 FAMILY WEEK @ THE SALON 7:00-10:00 Lounge Closed 8:30 KNOEBELS 2:00 Church	30 11:00 Sandwich Sale Pick Up 2:00 Walkers Club	31 9:00 Easton Farmers Market / Lunch

VAN TRIPS September 2019

DATE	DAY	TRIP	TIME
Sept 2	Monday	Ice Cream at OASIS	6:30pm _____
Sept 3	Tuesday	Banks / Post Office	9:30am _____
Sept 3	Tuesday	CVS / Lehigh Shopping Center	1:30pm _____
Sept 4	Wednesday	Shop Rite	11:00am _____
Sept 6	Friday	Boscov's / Lunch at Olive Garden	11:00am _____
Sept 9	Monday	Lunch at Cracker Barrel	11:00am _____
Sept 10	Tuesday	Weis (Senior Discount Day)	12:00pm _____
Sept 11	Wednesday	BINGO at Active Life	11:00am _____
Sept 13	Friday	Dinner at Doughboys	4:00pm _____
Sept 16	Monday	Breakfast at The Palace / Shopping at Valley Farms	9:30am _____
Sept 17	Tuesday	Shopping at Walmart / Lunch at Applebee's	10:00am _____
Sept 18	Wednesday	Dinner at SEWYCO (\$7.00)	4:00pm _____
Sept 20	Friday	Shopping at Airport Road Shopping Center / Lunch at Panera Bread	10:00am _____
Sept 23	Monday	Sine's 5/10 & Lunch	10:00am _____
Sept 24	Tuesday	Wegmans	12:00pm _____
Sept 26	Thursday	Lunch at Hellertown Diner	12:00pm _____
Sept 27	Friday	Easton Canal Boat Ride / Ice Cream	10:00am _____
Sept 30	Monday	Giant	9:30am _____

Forms will be collected starting at 8:30 am on Thursday, August 1, 2019 in Brenda's Office

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 cancellations.

SPECIAL EVENTS August 2019

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 15 minutes before the start of the movie

Mary Poppins Returns

_____ Friday, August 9 at 1:00 pm

_____ Monday, August 19 at 1:00 pm

Green Book

_____ Friday, August 16 at 1:00 pm

_____ Monday, August 26 at 1:00 pm

Water Color with David - SPACE LIMITED, SIGN UP REQUIRED

_____ Tuesday, August 20 @ 1:30 pm

Computer Class with Nancy - Topic: Navigating the Computer

_____ Friday, August 16 @ 1:00 pm

**Forms to be collected in Brenda's office starting at 8:30 am on
Thursday, August 1, 2019**

NAME: _____ APT#: _____