

Hi Lites Of Lutheran Manor

January 2013





Barbara Venario & Cooper - 406

Jan. 1 (Tuesday)	Office Closed		
Jan. 2 (Wednesday)	Office Opens 12:30 p.m.		
Jan. 5 (Saturday)	Coffee & Donuts	8:00 a.m.	Lounge
Jan. 5 (Saturday)	Pinochle Party	12:30 p.m.	Lounge
Jan. 7 (Monday)	Council Meeting	1:30 p.m.	Conf. Rm.
Jan. 8 (Tuesday)	General Meeting (2 fl. Snacks)	2:00 p.m.	Lounge
Jan. 9 (Wednesday)	Hearing Screenings	10:00 a.m.	Patio
Jan.10 (Thursday)	Hearing Screenings	10:00 a.m.	Patio
Jan.13 (Sunday)	2013 Dinner	5:00 p.m.	Lounge
Jan.14 (Monday)	Speaker-Share Care	2:00 p.m.	Lounge
Jan.15 (Tuesday)	Speaker-Benefits Check-up	2:00 p.m.	Lounge
Jan.16 (Wednesday)	Speaker-Medications & Falls	2:00 p.m.	Lounge
Jan.19 (Saturday)	Soup & Hot Dogs	11:00 a.m.	Lounge
Jan.21 (Monday)	Office Closed		
Jan.23 (Wednesday)	Speaker-Relaxation/Aromatherapy	2:00 p.m.	Lounge
Jan.28 (Monday)	Carol & Miz Daisy	11:00 .m.	Lounge



Exercise	Every Monday & Wednesday	10 a.m.	Lounge
Bible Study	Every Monday	1 p.m.	Patio
Bingo	Every Monday	6 p.m.	Lounge
Lutheran Manor Chat Room	Every Thursday	10 a.m.	Patio
Yoga	Every Friday	1 p.m.	Patio
Poker League	Every Wednesday	6:30 p.m.	Patio
Woodcarving	Every Thursday	8 a.m.	Maint. Shop
WII Bowling	Every Friday	5:30 p.m.	Lounge
Knitting Club	Every Sunday	2 p.m.	Patio

Looking Ahead...

FEBRUARY...



Saturday	2/02	Coffee & Donuts	8 a.m.
Saturday	2/02	Pinochle Party	12:30 p.m.
Sunday	2/10	Valentine Party	5 p.m.
Saturday	2/16	Soup & Hot Dogs	11 a.m.

The Lutheran Manor Book Club

will meets on
Wednesday, Jan. 16 at 2 p.m. in
the Patio. A New Year! A new
beginning, talking
of our favorite
subject - the world
of books. If you
love to read won't



Computer Lab

Nancy will be teaching Using the Internet This class will explore the internet and email. New Residents are encouraged to attend.

Thurs., Jan. 9; 1 to 3 p.m.
Thurs., Jan. 23; 1 to 3 p.m.

A Memorial Service

January 31, 2013, 2 p.m.



A time to remember all those friends and family
(not only Lutheran Manor Residents) **who passed away during 2012.**

Person/(s) to be remembered at Memorial Worship Service

(You may include resident of Lutheran Manor or other friends and family who died in 2012)

NAME: _____ DATE/DEATH _____

NAME: _____ DATE/DEATH _____

NAME: _____ DATE/DEATH _____

Your Name and Phone #: _____

Please give completed form to Pastor Clark no later than Thurs., January 17th

Coffee & Donuts

Saturday, Jan. 5
8 to 10 a.m.

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



The Snack Stand

Snacks available

Mondays & Wednesdays
from 3 to 6 p.m.
In the Main Lobby



Soup & Hot Dogs

Saturday, Jan. 19
11 a.m. to 1 p.m.



SOUP: Pepper Pot \$2.00

HOT DOGS: Plain, Sauerkraut, or Chili \$1.50

PICKLED BEETS \$.50

DESSERT: Ice Cream & Strawberries \$2.50

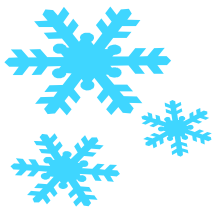
SODA OR COFFEE: \$1.00

Entertainment: Steel City Band

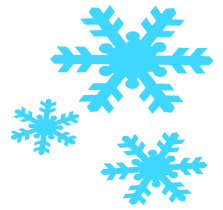
50/50 Drawing
Candy will be sold too!

Friends and Family Welcome!





FYI From Debbie



Hearing Screenings

**Weds., Jan. 9 & Thurs
Jan 10, 10 a.m.-3 p.m.**



Martin Sheetz of Audioprosthology will be conducting hearing screenings. You must sign up with Debbie if you would like to have a hearing screening. Sign-up sheets will be in Debbie's Office

Share Care Mon., Jan. 14, 2 p.m.

Do you need help with shopping , getting to a Drs. appointment, Maybe you need help with chores, light housekeeping or, you may just need little companionship. Perhaps you have some time to volunteer. Lynn from Share Care will be here to talk about the free caregiving assistance they provide

Therapy Dog

Mon., Jan. 28, 11:00 a.m.
Miz Daisy and
Alice Romberger



Benefits Check-up Tues., Jan. 15, 2 p.m.

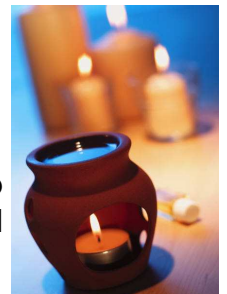
There are many benefits for senior citizens. Some you may not even know about and some you may not think you qualify for. Robyn Rosenau will give you an overview of the Benefits check up program, which determines if and what benefits you may qualify for and sets things in motion for you to acquire those benefits. Light refreshments will be served.

Medications & Falls Wed., Jan 16, 2 p.m.

Ever wonder if your medications could be causing other problems? Join us as James Anderson from FOX rehabilitation discusses medications and falls. Refreshments will be served and there will be a gift card raffle.

Relaxation Techniques/Aromatherapy Wed., Jan. 23, 2 p.m.

Would you like to learn how to relax or sleep better at night? Jillian Berry from Homecare Health and Hospice will teach you some techniques on how to relax and ease anxiety. She will also talk on the benefits of aromatherapy and the scents and aromas that can help you to relax and ease stress and tension.



Massage Therapy....

Weds., Jan. 9; 9 a.m. to 12 p.m.
\$20.00 for 1/2 hour, \$40.00 for 1 hr.

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



I was thinking how wonderful it is each year to be part of a candlelight Christmas worship service. It's truly breathtaking to see people holding candles, preparing to be bearers of Christ's light in the world. One of the special moments of a candlelight service is watching people pass the light through the congregation. One person gives the gift of light to another whose candle is dark and cold. But, the light is unlike a gift that when given, leaves the giver with less. Instead, after the light is shared, both candles glow with equal brightness. The light multiplies exponentially as it is passed down each row. Just as a single candle sheds light and illuminates an entire room, the life of one person, Jesus Christ, casts light on all the darkness of the world. As this year's Christmas Season fades and we enter a New Year, the manger stands in the shadow of the cross. Jesus died for the sins of the entire world so that all nations might turn from darkness to light. Jesus is the light of the world (John 8:12), and so are we, his people. Just as Isaiah brought the message of God's light and salvation to his dark times, so may you as God's people today, bear witness to Jesus, the holy child born within your hearts. You are the light-bearers who have answered the call of the gospel and whose task it is to "proclaim the mighty acts of him who called you out of darkness into his marvelous light" (1 Peter 2:9). Make it your New Year's resolution to be light-bearers to a dark and troubled world. Keep your lights burning brightly so others can follow as you illuminate the path to salvation. May others see Jesus, the light of the world, through you. ***Go shine!***



Chaplain Clark

JANUARY WORSHIP-2 PM –LOUNGE

Tues Jan 1-. NEW YEAR'S DAY! Father Pat Lamb, Notre Dame RC Church, Bethlehem

Thurs. Jan 10 Rev Jay Wetzel, St. John's Lutheran, Bath

Thurs. Jan 17- Rev. Richard Nahodil, St. John's EC Church, Allentown

Thurs. Jan 24- Memorial Service-(see below) Chaplain Clark.

Thurs. Jan 31- Rev. Sharon Joseph,
Church of the Manger, UCC, Bethlehem.



MEMORIAL SERVICE-Thursday, Jan. 24 at 2pm. A time to remember all those friends and family who died during 2012. Please give completed form (found elsewhere in Hi-Lites) to Chaplain Clark with the name(s) and dates of death of those you wish remembered.

YOU'RE INVITED TO...

MONDAY'S BIBLE STUDY at 1 pm in the Patio!! Studying Genesis.

DVD SERIES "The Truth Project" (a Biblical study to encounter God and know him more deeply) on Mondays at 2:15-3:15 pm in the Conference Room (old ceramics room)

LUTHERAN MANOR CHATROOM (formerly Life Bio) meets every Thursday from 10-11am in the Patio. A fun, interesting, educational "chat" time for residents who enjoy meeting their neighbors.

Note from the Manager...



2012 has been a great year for Lutheran Manor! Our apartment renovations have been going smoothly and are now approaching the final stages, we added three new editions to our staff, and most importantly- NEW LOUNGE CHAIRS.... :) THAT IS ONE GREAT YEAR and that's just naming a few things!!

As we say good bye to 2012, I would like to send everyone wishes for good health, happiness, and good cheer in the coming year.

And please, STAY TUNED 2013 will be better yet!!

Courtney Doheny
Property Manager



Trips to Notice...



Feb 3 - Hershey Bears Hockey Game - Come see the Hershey Bears play the Scranton Phantoms. Enjoy a wide variety of foods from the many food concessions and it is \$1.00 hot dog day. You will receive a piece of candy as you leave to celebrate "Chocolate Covered February"

The cost will range from \$19.00 (group rate) to \$24.00.

Feb. 8 - Pines Dinner Theater - Why do Fools Fall in Love - That is the question as 4 friends get together to celebrate a wedding. Featuring an array of hits from the 1960's such as; My boy lollipop, I will follow him and many more. **Cost will range from \$45.50 (group rate) to \$46.50**

Feb. 17- Jazz concert - Featuring the Music of Jazz great Herbie Hancock. Zoellner Arts Center, at Lehigh University. **Cost is \$12.00**

Feb. 27- Weaver's Store/Lunch - Go back in time to this fascinating country store. Known as the Mennonite Mall, you will find everything from baked goods to fabric, work gloves and more. Browse through this enchanting old time store. Afterwards, there will be a stop for lunch.

Thank You

The staff of Lutheran Manor would like to thank everyone for your kindness and generosity during the Christmas holiday. We appreciate your gifts, delicious treats, cards and well wishes at this special time of year. May you all have a Blessed, Happy and Healthy New Year.

Courtney, Mona, Dolores, Cathy, Debbie, Bob, Ken,
Donny, Pastor Clark, Sharon, Judy, Don S.



VAN TRIP
SUNDAY, FEBRUARY, 3RD
\$19.00 per person

We are going to a Hershey Bears hockey game. Enjoy a great game, food at their concession stands, and have lots of FUN!

The van will leave Lutheran Manor at 12:00 p.m. The game starts at 2 p.m.

It is \$1.00 hot dog day and chocolate covered February (everyone will receive a piece of candy when they leave)

Sign up with Debbie if you want to attend. Deadline to sign up is January 15th.





2013 Party

Sunday, January 13, 2013
5 p.m. in the Lounge (Doors open at 4 p.m.)



\$10 for Residents
\$12 for Guests
(limit 2)

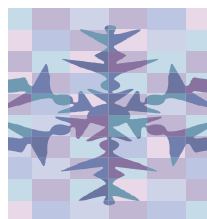
MENU

Baked Ham w/
Pineapple Sauce
Salad w/ Bacon
Dressing
Scalloped Potatoes
Green String Beans
Rolls w/ Butter
Dessert
Coffee or Tea
Soda \$1.00

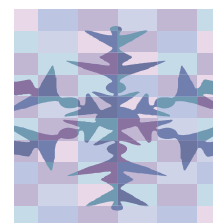
Entertainment

By:

Jim & Denise Stocker
Bringing the Joy &
Comfort of music to all
Seniors
age 62 to
100



50/50 drawing: 3 for \$1.00
Coordinator: Ronnie Clifford



2013 Dinner

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

NAME: _____ Apt.# _____

PHONE: _____ # of Guests _____

Deadline for Reservations, Wednesday, Jan. 9

APARTMENT INSPECTIONS

Dear Residents,

We are required by the Department of Housing and Urban Development to biannually inspect all equipment in Lutheran Manor's units. This inspection will include Plumbing, Heating/AC, Electrical, Appliances, Windows, Carpeting, and Paint.

Due to our tight schedule the maintenance department will hold their inspection starting at 8:30 AM on :

Monday, January 7, floors 11 and 10.

Tuesday, January 8, floors 9 and 8.

Wednesday, January 9, floors 7 and 6.

Thursday, January 10, floors 5 and 4.

Friday, January 11, floors 3-2-1.

You do NOT have anything to do for this inspection.

You do not have to be home,
but if you are not home on these days,
maintenance will enter your apartment
and do their inspection.



We thank you in advance
for your cooperation in this matter.

Bob, Ken, and Donny
Maintenance Department

Van Trips



February 2013

<u>DATE</u>	<u>TRIP</u>	<u>TIME</u>
Feb. 3 (Sunday)	Hershey Bears Hockey Game	12:00 p.m. ____
Feb. 4 (Monday)	Banks; P.O.; CVS, \$ Store	9:30 a.m. ____
Feb. 5 (Tuesday)	Weis Market, Rt. 512	9:30 a.m. ____
Feb. 6 (Wednesday)	Lehigh Valley Mall	9:30 a.m. ____
Feb. 8 (Friday)	Pines Dinner Theater	5:30 p.m. ____
Feb. 11 (Monday)	Lunch @ Perkins/K-mart on 191	12:00 p.m. ____
Feb.13 (Wednesday)	Valley Market	9:00 a.m. ____
Feb.14 (Thursday)	Spaghetti Night Tri Boro	5:00 p.m. ____
Feb.15 (Friday)	Bkfst.@ Beth. Diner/Bottom Dollar	9:30 a.m. ____
Feb.17 (Sunday)	Jazz Concert/Zoellner Arts Ctr.	2:00 p.m. ____
Feb.19 (Tuesday)	Lunch/Senior Bingo	10:45 a.m. ____
Feb.20 (Wednesday)	Lunch @ Borderline/Giant	11:00 a.m. ____
Feb.21 (Thursday)	Bingo @ Dewey Fire Hall	5:00 p.m. ____
Feb.22 (Sunday)	Lunch/Movie Regal Cinema	11:00 a.m. ____
Feb.25 (Monday)	Wegman's	9:30 a.m. ____
Feb.26 (Tuesday)	Breakfast/Wal-Mart	9:30 a.m. ____
Feb.27 (Wednesday)	Weaver's Market/Lunch	9:00 a.m. ____

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

NAME: _____ APT.: _____

Please note: There is a \$5 charge for same day cancellations and no shows.

January 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 2pm Church-Rev. Pat Lamb, Notre Dame RC Church, Beth	2 10 am Exercise 6:30 Poker League	3 10am Life Bio	4 1pm Yoga 5:30 pm Will Bowling	5 8 am Coffee & Donuts
6 2pm Knitting Group	7 10 am Exercise 1:30 Council Mtg. 6 pm BP Screening 6pm Bingo	8 2pm Resident Mtg.	9 10 am Exercise 10am-3pm Hearing Screenings 6:30 Poker League	10 10 am Life Bio 8am Woodcarving 10am-3pm Hearing Screenings 2pm Church-Rev. Jay Weizel, St. John's Lutheran, Bethlehem	11 1pm Yoga 5:30 pm Will Bowling	12
13 2pm Knitting Group 5 pm 2013 Dinner	14. 10 am Exercise 2 pm Speaker-Share Care 6pm Bingo	15 2 pm Speaker-Benefits check-up	16 10 am Exercise 2 pm Speaker-Medication & Falls 6:30 Poker League	17 10am Life Bio 8am Woodcarving 2pm Church-Rev. Richard Nahodli, St. John's ES, Allentown	18 1pm Yoga 5:30 pm Will Bowling	19 11 am Soup & Hot Dogs
20 2pm Knitting Group	21 OFFICE CLOSED 6pm Bingo	22	23 10 am Exercise 2pm Speaker-Relaxation / Aromatherapy 6:30 Poker League	24 10am Life Bio 8am Woodcarving 2pm Church-Memorial Service, Rev. Clark Kuntz	25 1pm Yoga 5:30 pm Will Bowling	26
27 2pm Knitting Group	28 10 am Exercise 11am Carol & Miz Daisy 6pm Bingo	29	30 6:30 Poker League	31 10 am Life Bio 8am Woodcarving 2pm Church-Rev. Sharon Joseph, Church of the Manger, Bethlehem		