

February 2018

Hi Lites of Lutheran Manor



February

WELCOME!

New Resident

Marian Hancik Apt#409

February 1 (Thursday)

Van Trip Papers drop off

7:00 am

Lounge

Breakfast @Cracker Barrel

9:00 am

Van Trip

Zumba Gold

9:00 am

Lounge

Chat Room

10:00 am

Lounge

Rev. Brian Riedy, Holy

2:00 pm

Lounge

Trinity Lutheran, Catasauqua

Blood Pressure

6:00 pm

Lounge

Prayer Time

7:00 pm

Lounge

February 2 (Friday)

Lounge Cleaning

7:00 am

Lounge

(Lounge & Laundry Rm CLOSED till 9:45 am)

Meet & Greet with ***Kierra***

10:00 am

Lounge

Yoga

10:00 am

Conf Rm

Lunch @Red Robins/Movie @

11:00 am

Van Trip

The Promenade

Tai Chi

12:45 pm

Conf Rm

Second Harvest

1:00 pm

Lounge

Wii Bowling

5:30 pm

Lounge

February 3 (Saturday)

Coffee & Donuts

8:00 am

Lounge

Pinochle Party

12:30 pm

Lounge

February 5 (Monday)

Apartment Inspections

8:30 am

Floors

(Floors, 11, 10, 9)

Banks, Post Office

9:00 am

Van Trip

Exercise

10:00 am

Lounge

Movie-The Guardian

1:00 pm

Conf Rm

CVS, \$ Store

1:30 pm

Van Trip

Snack Stand

3:00 pm

Lobby

BINGO

6:00 pm

Lounge

February 6 (Tuesday)

Apartment Inspections

8:30 am

Floors

(Floors, 8, 7, 6)

Price Rite Market

9:30 am

Van Trip

Computer Class

1:00 pm

Comp Rm

Father James Harper, Notre

2:00 pm

Lounge

Dame R.C. Church, Bethlehem

February 7 (Wednesday)

Apartment Inspections

8:30 am

Floors

(Floors, 5, 4)

Exercise

10:00 am

Lounge

Bible Study

12:30 pm

Lounge

February 7 (Wednesday)	Speaker-New Year, New You Active Aging Snack Stand	2:00 pm 3:00 pm	Lounge Lobby
February 8 (Thursday)	<i>Dinner @Miller's Ale House</i> Apartment Inspections (Floors, 3, 2, 1) Zumba Gold Chat Room Speaker-Clear Captions Phone <i>Good Shepherd Aquatic Pool</i> <i>Program Cost: \$8.00 (Physician Waiver program)</i>	<i>4:00 pm</i> 8:30 am 9:00 am 10:00 am 12:00 pm <i>4:00 pm</i>	<i>Van Trip</i> Floors Lounge Lounge Lounge <i>Van Trip</i>
February 9 (Friday)	Lounge Cleaning (Lounge & Laundry Rm CLOSED till 9:45 am) <i>Shopping @Ross/Christmas</i> <i>Shop/Lunch @Roma Ristorante</i> Yoga Tai Chi Crafts-Valentine Cards Wii Bowling	7:00 am <i>10:00 am</i> 10:00 am 12:45 pm 1:30 pm 5:30 pm	Lounge <i>Van Trip</i> Conf Rm Conf Rm Lounge Lounge
February 10 (Saturday)	<i>Zern's Farmers Market/Lunch</i>	<i>10:00 am</i>	<i>Van Trip</i>
February 11 (Sunday)	Valentine's Day Party-KATO	5:00 pm	Lounge
February 12 (Monday)	Exercise <i>Lunch @Sewyco's Fire Company</i> <i>in Hellertown, Cost: \$7.00</i> Committee Meeting Snack Stand BINGO	10:00 am <i>11:00 am</i> 1:30 pm 3:00 pm 6:00 pm	Lounge <i>Van Trip</i> Conf Rm Lobby Lounge
February 13 (Tuesday)	Fastnacht Day DEMO Classes with Kierra <i>Weis</i> DEMO Classes with Kierra General Meeting (11th Floor responsible for snacks)	8:30 am 9:00 am <i>9:30 am</i> 12:30 pm 2:00 pm	Lounge Lounge <i>Van Trip</i> Lounge Lounge
February 14 (Wednesday)	Ash Wednesday-Pastor Clark <i>Leesport Flea Market/Lunch</i> Exercise Bible Study Line Dancing Snack Stand	9:00 am <i>9:30 am</i> 10:00 am 12:30 pm 2:00 pm 3:00 pm	Lounge <i>Van Trip</i> Lounge Lounge Lounge Lobby
February 15 (Thursday)	Zumba Gold	9:00 am	Lounge

February 15 (Thursday)	DVD-It Happened one Night	10:00 am	Lounge
	Rev. Lisa Borrell, Friedens Lutheran, Center Valley	2:00 pm	Lounge
	<i>Dinner @Samuel Owens Restaurant in Coplay</i>	<i>4:00 pm</i>	<i>Van Trip</i>
	Prayer Time	7:00 pm	Lounge
	Lounge Cleaning	7:00 am	Lounge
February 16 (Friday)	(Lounge & Laundry Rm CLOSED till 9:45 am)		
	<i>Breakfast @Tic Toc/Walmart</i>	<i>9:00 am</i>	<i>Van Trip</i>
	Yoga	10:00 am	Conf Rm
	Tai Chi	12:45 pm	Conf Rm
	Watercolor with David	1:30 pm	Lounge
February 17 (Saturday)	Wii Bowling	5:30 pm	Lounge
	Soup & Hotdogs-Grand Ole Opry	5:00 pm	Lounge
	PRESIDENTS DAY! (OFFICE CLOSED)		
	<i>Shopping @Lehigh Valley Mall/ Lunch @Friendly's Restaurant</i>	<i>10:00 am</i>	<i>Van Trip</i>
	Snack Stand	3:00 pm	Lobby
February 20 (Tuesday)	BINGO	6:00 pm	Lounge
	DEMO Classes with Kierra	9:00 am	Lounge
	<i>Giant</i>	<i>9:30 am</i>	<i>Van Trip</i>
	DEMO Classes with Kierra	12:30 pm	Lounge
	Computer Class	1:00 pm	Comp Rm
February 21 (Wednesday)	Valentine's BINGO	1:30 pm	Lounge
	Exercise	10:00 am	Lounge
	<i>Shopping @Kmart/Lunch @Sal's Restaurant</i>	<i>10:00 am</i>	<i>Van Trip</i>
	Bible Study	12:30 pm	Lounge
	Snack Stand	3:00 pm	Lobby
February 22 (Thursday)	Zumba Gold	9:00 am	Lounge
	Chat Room	10:00 am	Lounge
	Rev. Rick Sergi, Emmanuel's EC, Bethlehem	2:00 pm	Lounge
	<i>Good Sherpherd Aquatic Pool Program Cost: \$8.00 (Physician waiver required)</i>	<i>4:00 pm</i>	<i>Van Trip</i>
	Lounge Cleaning	7:00 am	Lounge
February 23 (Friday)	(Lounge & Laundry Rm CLOSED till 9:45 am)		
	Yoga	10:00 am	Conf Rm
	Tai Chi	12:45 pm	Conf Rm
	<i>Dinner @Outback Restaurant</i>	<i>4:00 pm</i>	<i>Van Trip</i>
	Wii Bowling	5:30 pm	Lounge

February 24 (Saturday)	Manicures/Haircuts by Appointment	9:00 am	Lounge
February 25 (Sunday)	Social-Majestics	5:00 pm	Lounge
February 26 (Monday)	Exercise	10:00 am	Lounge
	Redner's Market	12:00 pm	Van Trip
	Speaker -Meals on Wheels	1:30 pm	Lounge
	BINGO	6:00 pm	Lounge
February 27 (Tuesday)	DEMO Classes with Kierra	9:00 am	Lounge
	Lunch @Bethlehem Diner/	11:00 am	Van Trip
	Movie @Carmike		
	Movie -The Guardian	11:00 am	Conf Rm
	DEMO Classes with Kierra	12:30 pm	Lounge
	Speaker -Gluten Free Eating	2:30 pm	Lounge
February 28 (Wednesday)	Exercise	10:00 am	Lounge
	Bible Study	12:30 pm	Lounge
	Line Dancing	2:00 pm	Lounge
	Snack Stand	3:00 pm	Lobby
	Dinner @Old Country Buffet	4:00 pm	Van Trip



Our Activities

<u>Activity</u>	<u>Dates</u>	<u>Time</u>	<u>Place</u>
Exercise	Every Monday & Wednesday	10:00 am	Lounge
Snack Stand	Every Monday & Wednesday	3:00 pm	Lobby
Worship Service	1st Tuesday & 2nd, 3rd, 4th Thursday	2:00 pm	Lounge
Bible Study	Every Wednesday	12:30 pm	Lounge
Line Dancing	Every other Wednesday	2:00 pm	Lounge
Zumba Gold	Every Thursday	9:00 am	Lounge
Chat Room	Every Thursday	10:00 am	Lounge
Prayer Time	1st & 3rd Thursday of each month	7:00 pm	Lounge
Yoga	Every Friday	10:00 am	Conf Rm
Tai Chi	Every Friday	12:45 pm	Conf Rm
Wii Bowling	Every Friday	5:30 pm	Lounge

Join us!



2018

Saturday	3/3	Coffee & Donuts	8:00 am
Saturday	3/3	Pinochle Party	12:30 pm
Saturday	3/17	Soup & Hotdogs-Cottons	5:00 pm
Wednesday	3/21	Birthday Party-Sandy, Andy & Friends	5:00 pm
Sunday	3/25	Social-Robin & Jim	5:00 pm



Claudie's



Corner

Clear Captions Phone, Lunch & Learn
Joe Natiello from **Clear Captions**
will be here on

Thursday, February 8, 2018

12:00 pm (**PIZZA will be provided**)

In the Lounge

A representative from Clear Captions Phone will be here to talk about a **FREE Phone** that will make your life so much easier. Are you struggling with any form of hearing loss? If you are, this is the phone for you.

SIGN UP REQUIRED!!!



Valentine's



Cherie will be here on

Tuesday, February 20, 2018

1:30 pm in the Lounge



Valentine BINGO, make sure you come down and win some prizes. Great time to meet your neighbors and socialize.

Refreshments Provided



Monica from **Meals on Wheels**
will be here on

Monday, February 26, 2018

1:30 pm in the Lounge

Our services include meal delivery, well-being checks, friendly visits, grocery shopping, emergency meals for when we can't deliver, pet food for clients with pets and linking clients to other services to help them live independently and stay healthy in their own homes.



Inge Mattei, BSN, RN
will be here on

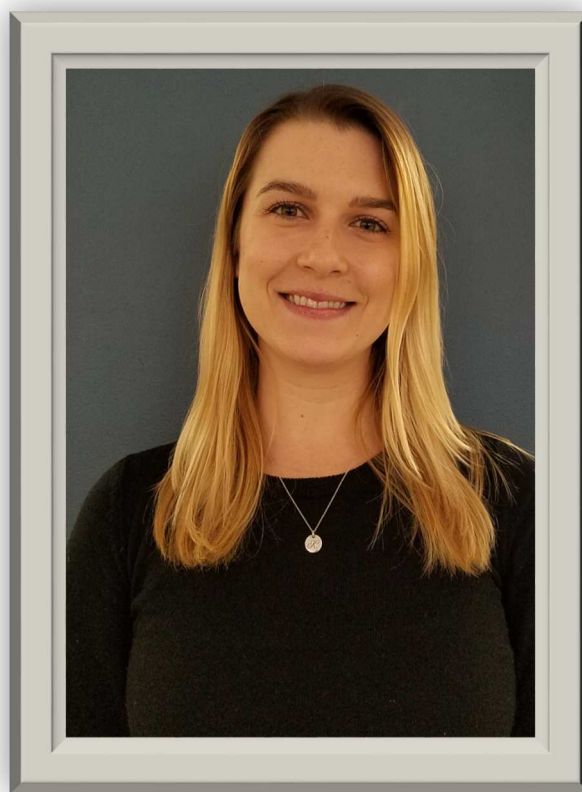
Tuesday, February 27, 2018

2:30 pm in the Lounge

A gluten-free diet is essential for managing signs and symptoms of celiac disease and other medical conditions associated with gluten. The claimed benefits of the diet are improved health, weight loss and and increased energy.



KIERRA VARCOS
Fitness Specialist



Our Fitness Specialist is here!!! Please make sure to stop by and meet *Kierra*. She has great classes that will be available soon.

Sign up and take advantage of getting fit for the New Year 2018.





Kierra's Kick-Start to Fitness



Hello everyone! I am so excited to be a new addition to the Lutheran Manor family, and to be the one to get you started on your health and fitness goals!

Below, you will find important dates, such as a time you will get to meet me, an education session and even some sample classes you can expect to see in the new Wellness Center.

If you plan on doing any one-on-one sessions, attending classes or using the equipment on your own, I will need some paperwork to be filled out. Instructions on that can be found on the next page.

For those of you I have already met, thank you for your warm welcome; and for everyone else I look forward to meeting you!

Meet and Greet

Friday Feb. 2, 2018

In the Lounge

10 AM- 12 PM

Stop by my table to ask me any questions you might have. **Fill out** your **pre-registration paperwork** and **schedule an assessment** to get you ready for opening day of the **Wellness Center!**

Education Session

New Year, New You, Active Aging

Wednesday Feb. 7, 2018

In the Lounge

2:00 PM

I will be your "guest" speaker this day to give you some insight to the benefits of your new wellness center.

General Meeting

I will be available for any questions that you may have.

Tuesday Feb. 13, 2018

In the Lounge

2:00 PM

DEMO CLASSES

These will be 15 minutes in length,
on **Tuesdays 9:00 AM & 12:30 PM**

In the Lounge

- ♦ **Feb 13** Basic Balance
- ♦ **Feb 20** Fit for Life
- ♦ **Feb 27** Joyful Joints and Healthy Hands

Wellness Center Pre-Registration

Instructions



In order to ensure your safety and well-being in using the new **Wellness Center**, we will need some forms on file. This will also give Kierra the confidence to design a proper, individualized program for you if you choose to receive one.

This process can be done at any time, but if you would like to get a jump- start on it so you can use the fitness center ASAP, you are welcome to stop by during Kierra's **Meet-and-Greet** (see previous page) or sign up below for a preferred time in the conference room.



*I want to sign up to see Kierra and fill out my Wellness Center Pre-Registration
Paperwork (Place just one ✓ next to the day & time you prefer)*

	9:00 am	9:30 am	10:00 am	10:30 am	11:00 am	11:30 am
Mon 2/5						
Tues 2/6						
Thurs 2/8						
Mon 2/12						
Thurs 2/15						

Complete and return this form to Claudie by February 2.

NAME: _____

APT. # _____



EXERCISE CLASS

Every Monday & Wednesday
10:00 am
In the Lounge



WALKERS CLUB

Is taking a *Winter break*. We will be back real soon.



ZUMBA GOLD

Every Thursday

9:00 am

In the Lounge



TAI CHI

Every Friday
12:45 pm
in the Conference Room.



YOGA

Every Friday
10:00 am



in the Conference Room.

BLOOD PRESSURE CHECK

First Thursday of every month. *Sharon* will be here to check your blood pressure.

Thursday, February 1
6:00 pm
In the Lounge



Linda will be here to do Manicures & Haircuts

Saturday, February 24
9:00 am in the Lounge



Set up an
appointment
with Claudie.

NOW SHOWING

Monday, February 5 - 1:00 pm
Tuesday, February 27- 11:00 am
in the Conference Room

The Guardian



A Coast Guard rescue swimmer (Kevin Costner), who still mourns losing his crew in a fatal accident, copes by dedicating his life to training new recruits, so when he meets swimming champion Jake Fischer (Ashton Kutcher), he molds the cocky young man into his protege and takes him on a mission in the dangerous waters of the Bering Strait

Sign up required!

AN INVITATION TO PRAYER

Prayer Time

1st & 3rd Thursday
of each month

In the Lounge

7:00 pm-8:00 pm

Everyone is Welcome!

Coordinators: Bev Westwood &
Loretta Mollo

LINE DANCING

Peggy Sue Tobias
will be here on

Wednesday,
February 14 & 28
2:00 pm
In the Lounge



Coffee & Donuts

Saturday, February 3

8:00 am to 10:00 am

In the Lounge

\$1.00 coffee

\$1.00 donut

\$1.00 additional donuts



**Friends and Family
are always welcome!**

Computer Class

**Tuesday
February 6 & 20**

1:00 pm—3:00 pm



Soup & Hot Dogs



Saturday, February 17

5:00 pm

In the Lounge

SOUP: Veggie \$3.00

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:
Grand Ole Opry
50/50 Drawing
Friends and Family



**Watercolor Class
with *David***

**Friday, February 16
1:30 pm in the Lounge**



Sign up required!

SNACK STAND

Snacks available every
Monday & Wednesday

From 3:00 pm-6:00 pm
in the Main Lobby



BINGO

Every Monday
at 6:00 pm



Wii BOWLING

Every Friday
5:30 pm

In the Lounge

What a better way to get active, socialize
and more important have fun.



SUNDAY SOCIAL

The Resident's Association
Sunday, February 25, 2018



4:00 pm Doors open
5:00 pm Refreshments
6:00 pm Entertainment



Donations requested!

Entertainment by: Majestics



"Be my Valentine." Lots of images come to mind when we think about Valentine's Day. There are cards with hearts and little poems. Candy and flowers given to someone you love. Young and old alike express their affection for their sweethearts.

What we call Valentine's Day was a religious holiday to remember and celebrate the life and death of a Christian martyr, St. Valentine, a priest near Rome in about the year 270 AD.

God sent us the **biggest and best** Valentine when He gave His son, Jesus, as Savior for our fallen world. "Be my Valentine!" We all want to hear that phrase. It simply means "you are loved." I am here to tell you that

YOU ARE LOVED.

And that is the **best** Valentine ever!!

For God so loVed the world
thAt He gave His
onLy
begottEN
SoN,
thaT whoever
belIEves
iN Him should not perish
but havE everlasting life.

(John 3:16, NKJV)

Live in His love, Pastor Clark

WORSHIP IN FEBRUARY (Lounge)- 2 pm(except *)

Thurs. Feb. 1st Pastor Brian Riedy, Holy Trinity Lutheran, Catasauqua

Tues. Feb. 6th Father James Harper, Notre Dame R.C. , Bethlehem

Wed. Feb. 14th Ash Wednesday, ***9:00 am**, Chaplain Clark

Thurs. Feb. 15th Pastor Lisa Borrell, Friedens Lutheran, Center Valley

Thurs. Feb. 22nd Pastor Rick Sergi, Emmanuel's EC, Bethlehem



BIBLE STUDY —Wednesdays at 12:30pm- Studying Isaiah (Lounge)

CHAT ROOM- Thursdays at 10 am (Lounge)

PRAYER TIME- 1st and 3rd Thursdays at 7pm (Feb 1st & 15th; Lounge)

SUNDAY PRAISE- (for the month of February **NO SUNDAY PRAISE**)

IMPOSITION OF ASHES- Wednesday Feb 14th at 9 am in the Lounge

"IT HAPPENED ONE NIGHT" (lounge)- **Thurs. Feb 15th at 10am** -DVD starring Clark Gable;. Refreshments. Sponsored by the Chat Room. (more info in this *HiLites*)

IT HAPPENED ONE NIGHT- DVD

FEBRUARY 15th -10 am

Lutheran Manor Lounge



It Happened One Night is a 1934 American romantic comedy film with elements of screwball comedy directed and co-produced by Frank Capra, in collaboration with Harry Cohn, in which a pampered socialite (Claudette Colbert) tries to get out from under her father's thumb and falls in love with a roguish reporter (Clark Gable).

It Happened One Night was the first movie to win all five major Academy Awards (Best Picture, Director, Actor, Actress, and Screenplay).

"Awesome classic! Have watched it many times! Great movie to watch on Valentine's Day, or when you're in the mood for a good romantic movie!"

"Claudette Colbert at her finest! Very humorous love story. Ending was a little predictable but getting there was great!"

"This sweet comedy never loses its appeal. This is a must-see for every one who loves old movies, and entertaining for all".

Sponsored by the Chat Room- Refreshments!

Valentine Party

Sunday, February 11, 2018

**Don't
Forget!**

Make sure you sign up before the deadline.



Deadline for Reservations is

Wednesday, February 7.



Crafts: Valentine Cards

Eileen will be here to make
Valentine Cards on
Friday, February 9, 2018
1:30 pm in the Lounge

Let someone know how much
they mean to you, with a
special card. You will be
making 3 cards in this class.



Only "10" residents
may attend this class.

Sign-up required!!!

FASTNACHT DAY

Tuesday, February 13, 2018

8:30—10:00 am

In the Lounge

\$1.00 Coffee

\$1.00 for Fastnacht

6 for \$5.00

Join us as we enjoy a tasty Fastnacht
before the start of Lent.



Apartment Inspections

Dear Residents,

We are required by the Department of Housing and Urban Development to semi-annually 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 start their inspections at 8:30 AM on:

Monday, February 5, floors **11, 10, 9**

Tuesday, February 6, floors **8, 7, 6**

Wednesday, February 7, floors **5, 4,**

Thursday, February 8, floors **3, 2, 1**

You **DO NOT** have to do anything for this inspection.

You **do not have to be home**. If you are not home on these days, maintenance will enter your apartment and do their maintenance inspection. We thank you in advance for your cooperation in this matter. If you have any concerns or conflicts please visit the rental office.



Ken, Donny, Kevin

Maintenance Department



Crimes against the elderly continue to skyrocket each year, as criminals continue to find more ways to carry out both new and old scams.

In fact, seniors lose billions of dollars a year to home repair scams, investment scams, IRS scams and various other cons targeting older people.

Phone scams

Scammers use several types of phone scams to prey on seniors.

Here are a few to watch out for:

IRS phone scam

Caller ID spoofing: Criminals make the name of your bank pop up on the caller ID

Calling back an unknown number

SOLUTION: Here are a few ways to avoid phone scams:

- **Never** call back an unknown number.

Know the **IRS will never contact you by phone** or email, only by U.S. mail.





Special Events & Speakers

I want to **sign up** to attend the following special events and speakers.....

(check ☒ off what you want to attend)

Movie– The Guardian (Pick one time only!)

_____ Monday, February 5 at 1:00 pm-Be in your seat by 12:45 pm.

_____ Tuesday, February 27 at 11:00 am-Be in your seat by 12:45 pm.

Computer Class with Nancy

_____ Tuesday, February 6 at 1:00 pm

_____ Tuesday, February 20 at 1:00 pm

Line Dancing with Peggy Sue

_____ Wednesday, February 14 at 2:00 pm

_____ Wednesday, February 28 at 2:00 pm

Watercolor with David

_____ Friday, February 16 at 1:30 pm

Speakers/Events

_____ Clear Captions Phone, **PIZZA FOR LUNCH**, Thursday, February 8 at 12:00 pm

_____ Valentine BINGO, Tuesday, February 20 at 1:30 pm

_____ Meals on Wheels, Monday, February 26 at 1:30 pm

_____ Gluten Free Eating, Tuesday, February 27 at 2:30 pm

Manicures/Haircuts with Linda (An appointment time will be assigned to you!)

_____ Saturday, February 24 between 9:00 am-5:00 pm

Complete and return this form when you turn in your van trip sign up sheet!

NAME: _____ APT# _____



VAN TRIPS



March 2018

DATE	DAY	TRIP	TIME
March 1	Thursday	Dinner @Williams Family Restaurant in Easton	4:00 pm ____
March 2	Friday	Breakfast @The Palace/Valley Farms	9:00 am ____
March 5	Monday	Banks, Post Office	9:00 am ____
March 5	Monday	CVS, \$ Store	1:30 pm ____
March 6	Tuesday	Giant	9:30 am ____
March 7	Wednesday	Philadelphia Flower Show/Lunch Cost: \$28.00	9:00 am ____
March 8	Thursday	Tri-Boro Spaghetti Night Dinner	4:45 pm ____
March 10	Saturday	Singing in the Rain-Catasaugua Area High School Cost:\$8.00	6:15 pm ____
March 12	Monday	Wegmans	12:00 pm ____
March 13	Tuesday	Shopping @Kmart/Dinner @Doughboys	3:30 pm ____
March 14	Wednesday	Staten Island NY-St. Patrick's Fest Cost: \$50.00	9:00 am ____
March 15	Thursday	Good Shepherd Aquatic Pool Program Cost: \$8.00 (physician waiver program)	4:00 pm ____
March 16	Friday	Lunch @Red Robins/Movie @The Promenade	11:00 am ____
March 19	Monday	Lunch @Sewyco's Fire Company in Hellertown, Cost: \$7.00	11:00 am ____
March 20	Tuesday	Breakfast @ Perkins/Walmart	9:00 am ____
March 21	Wednesday	Shopping @Palmer Mall/Lunch @Carrabba's Italian Grill	10:30 am ____
March 23	Friday	Dinner @Outback Steakhouse Restaurant	4:00 pm ____
March 26	Monday	Shopping @Christmas Shop/Ross/Lunch @Roma Ristorante	10:30 am ____
March 27	Tuesday	Shop-Rite Freemansburg	9:30 am ____
March 29	Thursday	Good Shepherd Aquatic Pool Program Cost: \$8.00 (Physician waiver program)	4:00 pm ____
March 30	Friday	Quakertown Farmers Market/Lunch @Boova Haus	9:30 am ____

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: _____



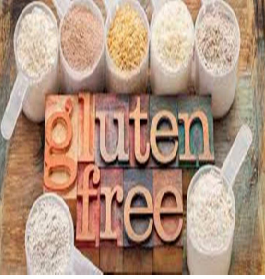







PLEASE CANCEL WITHIN 24 HOURS OF YOUR REQUESTED TRIP SO WE CAN CALL THE NEXT RESIDENT ON OUR WAITING LIST.

A \$5 FEE will be required for NO SHOWS without cancelations.



2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 7:00 Van trip papers 9:00 Zumba Gold 10:00 Chat Room 2:00 Rev Brian Riedy, Holy Trinity Lutheran 6:00 Blood Pressure 7:00 Prayer Time	2 10:00 Meet & Greet with Kierra 10:00 Yoga 12:45 Tai Chi 1:00 Second Harvest 5:30 Wii Bowling	3 8:00 Coffee & Donuts 12:30 Pinochle Party 
4	5 Apt Inspections 10:00 Exercise 1:00 Movie -The Guardian 6:00 BINGO	6 Apt Inspections 1:00 Computer Class 2:00 Father James Har- per, Notre Dame R.C. Church, Bethlehem	7 Apt Inspections 10:00 Exercise 12:30 Bible Study 2:00 Speaker-New Year, New You, Active Aging	8 Apt Inspections 9:00 Zumba Gold 10:00 Chat Room 12:00 Speaker -Clear Captions Phone	9 10:00 Yoga 12:45 Tai Chi 1:30 Crafts -Valentine Cards 5:30 Wii Bowling	10
11 5:00 Valentine's Day Party 	12 10:00 Exercise 1:30 Committee Mtg 6:00 BINGO	13 8:30 Fastnacht Day 9:00 DEMO Classes 12:30 DEMO Classes 2:00 General Mtg	14 9:00 Ash Wed- Pastor Clark 10:00 Exercise 12:30 Bible Study 2:00 Line Dancing	15 9:00 Zumba Gold 10:00 DVD 2:00 Rev Lisa Borrell, Friedens Lutheran 7:00 Prayer Time	16 10:00 Yoga 12:45 Tai Chi 1:30 Watercolor Class 5:30 Wii Bowling	17 5:00 Soup & Hotdogs 
18	19 OFFICE CLOSED 6:00 BINGO 	20 9:00 DEMO Classes 12:30 DEMO Classes 1:00 Computer Class 1:30 Valentine BINGO	21 10:00 Exercise 12:30 Bible Study	22 9:00 Zumba Gold 10:00 Chat Room 2:00 Rev Rick Sergi, Emmanuel's EC, Bethlehem	23 10:00 Yoga 12:45 Tai Chi 5:30 Wii Bowling	24 9:00 Manicures/ Haircuts by Appointment 
25 5:00 Social 	26 10:00 Exercise 1:30 Speaker -Meals on Wheels 6:00 BINGO	27 9:00 DEMO Classes 12:30 DEMO Classes 11:00 Movie -The Guardian 2:30 Speaker -Gluten	28 10:00 Exercise 12:30 Bible Study 2:00 Line Dancing	