

# **February 2020**

---

Hi Lites  
of Lutheran Manor





# Notes From the Office



**To Our  
New Residents!**

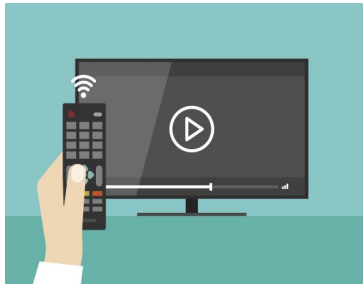
**Patricia Woolever-Apt. 809  
Ginette Davis Apt. 402**



## SNOW PARKING SPOT

Snow parking spots must remain **EMPTY**, during the winter months, especially when snow is expected in the weather forecast.

## **LIVE STREAMING**



**Not feeling well or just would  
rather stay in?**

**You don't have to miss out on any  
of our church services or speakers.**

**Tune to channel 98 to catch all the  
action during our Live Stream!**

## **Emergency Pull Cord**



**Emergency Pull Cords** are located in every apartment in the **bedroom** and the **bathroom**.

Anytime the cord is pulled, the office is notified and a staff member will come check on you.

This does not directly call 911.

**If you experiencing a life  
threatening situation,  
please call 911 immediately.**

# Resident's Association



## BINGO

**Every Monday**  
at 6:00 pm in the Lounge.

## SNACK STAND

Snacks available every  
**Monday & Wednesday**  
From 3:00 pm-6:00 pm  
in the Main Lobby

## Coffee, Donuts, Bagels, & Muffins

Saturday, February 1, 2019  
8:30 am to 9:30 am in the Lounge



\$1.00 coffee  
\$1.00 donuts, bagels, muffins  
**Friends and Family  
are always welcome!**



## SOCIAL

Sunday, February 23 at 5pm in the lounge

Menu: Meat Ball Sandwiches & Salad

Entertainment: Kevin Johnson & Music Roll

**\*Donations Appreciated**

## Sandwich Sale

**Cost: \$5**

Orders available for pickup: Our Goal is 48 orders  
Friday, February 28th from 11am-12pm in the Lounge



## Sandwich Sale Order Sheet

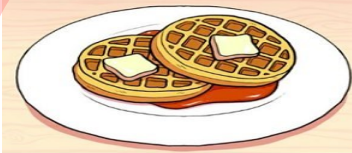
Fill out and return slip, along with money, to **Marge Bachemin, Apt #705**

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, FEBRUARY 25, 2019**

### BREAKFAST



Breakfast open to  
**all Residents & Guests!!**

**Saturday, February 8, 2019**

**8:30 am - 9:30 am**

**Cost: \$3.00**

### MENU

**3 Pancakes**

**2 Sausage Links**

**Coffee and Orange Juice**



### BREAKFAST

**Saturday, February 8, 2019**

**8:30 am—9:30 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 MONDAY, FEBRUARY 3, 2019.**



## *Valentine's Day Party*



**Saturday, February 15, 2019**  
**5pm in the Lounge (Doors open at 4pm)**

### Menu:

#### SOUP:

Chicken Noodle Soup \$3.00

#### HOT DOGS:

Plain, Sauerkraut, or Chili \$1.50

RED BEET EGGS: \$0.50

#### DESSERT:

Ice Cream & Strawberries \$2.50

### Entertainment



**Bill & Melody**  
**Reese**







# Brenda's Bulletin



## How to Boost Brain Health

Though most seniors are in good mental health, many are at risk of developing neurological & mental health disorders, especially dementia and depression. Regardless of age, there are proactive steps you can take to keep your brain healthy and reduce risk of developing dementia, depression or other conditions.

**Francis Ferrer, United Healthcare**

**Tuesday, February 4th**

**10:00am in the Community Room**

## A SAFER HOME FOR SENIORS

Due to increasing life expectancy combined with a multitude of positive factors for aging & wanting to stay in your loving home surrounded by friends, family and neighbors, more people are aging in place now more than ever.

While it may be intimidating to consider aging in your own home if it wasn't designed for long-term care, there are many options that can help you stay safely.

**Janice Friedman, Always Best Care**

**Tuesday, February 11th**

**10:00am in the Community Room**

## Treat & manage Urinary Incontinence

While it may happen to anyone, incontinence is more common than not in Seniors. Many are embarrassed and don't want to talk about it, without realizing that it can often be cured and/or controlled.

**Irene Killiri, Senior Solutions**

**Liz Hessinger, 1st Care**

**Tuesday, February 25th**

**1:00pm in the Conference Room**

## IMPORTANT:

**Having immediate access to information in an emergency situation is beneficial to residents, family, staff & medical personnel and could potentially save a life.**

Maintaining well-organized, *annually* updated files on each of our residents is crucial. Effective records' management helps us follow-up with residents on issues and referrals necessary to provide better assistance all around.

**Please call Brenda at (610)866-6010 ext 4, for an appointment to update this very important information.**

Emergency Information Report				
Name:	Apartment:			
Phone:	BirthDate:	Age:		
Primary Physician	Physician Phone			
Hospital Preference				
Emergency Contact	Phone	AlternatePhone	Relationship	
ContactName				
Medical Notes				
Oxygen:	Walker:	Wheelchair:	Scoter:	C-PAP:
Medications-Dosage				

# RENT REBATES

## Rent Rebate Packets

This Month you will be receiving an information packet including the paperwork to complete your annual rent rebate.

**Please hold on to these packets.**

See Brenda to schedule an appointment and any information on completing your rent rebates!

Come Enjoy **Pops Orchestra**

February 6th, 2020

10:00AM in the lounge



**\*Donations Appreciated**



# Bellezza Salon & Spa

## Hours of Operation

Tuesday 9:30am - 3pm

Thursday 9am - 3pm

## For Appointments Call:

610-866-6010, then press 9

**WALK-INS WELCOME**



## February Specials

The Beauty Salon Wishes all of you a  
Diane, Lorri, and MarciAnn.

*We love you all!*

♥ **HAPPY**  
*Valentine's*  
**DAY** ♥

**Be Sweet to your Feet!** \$6.00 off Pedicures



Free eyebrow wax with any Facial



**Boyles Massage & Energy Therapy LLC** is now providing massage therapy services at Lutheran Manor! Customize each Swedish massage session with your choice of scalp, face, hand or foot massage to feel better fast!



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

**30 Minutes - \$20**

**60 Minutes - \$40**

**Book directly with Kelly!**

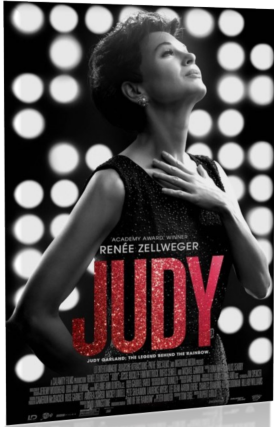
**570-807-8426**



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

### **MOVIE 1: JUDY**

**Monday, February 10 @ 1:00 pm**



A movie star by age 13 and an obit by age 47, she delivered timeless roles as Dorothy in “The Wizard of Oz” (1939), Esther Smith in “Meet Me in St. Louis” (1944) and Vicki Lester in “A Star is Born” (1954) with songs we know by heart, from “Over the Rainbow” to “The Trolley Song” to “The Man That Got Away.”

Now, her final days become the film “Judy,” adapted by Tom Edge from Peter Quilter’s play “End of the Rainbow,” which premiered in Sydney, Australia in 2005 before London’s West End in 2010 and Broadway in 2012. Don’t expect a comprehensive biopic.

This film follows the tragic twilight of Garland’s career. Rather than a star is born, it’s a star burns out, so get your hankies ready.

### **MOVIE 2: Disney’s : TOGO**

**Friday, February 21 @ 1:00 pm**



From Disney+, “Togo” is the untold true story set in the winter of 1925 that takes you across the treacherous terrain of the Alaskan tundra for an exhilarating and uplifting adventure that will test the strength, courage and determination of one man, Leonhard Seppala, and his lead sled dog, Togo.



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





# Kierra's Kickstart to Fitness

## Speaker

### Please Don't Pass the Salt: Help Your Heart with Your Diet

Tuesday, Feb. 18<sup>th</sup> 2:00 PM

Community Room



With Dr. Patel from  
LVH Heart Institute

## FEBRUARY IS AMERICAN HEART MONTH

*Heart Disease is the leading cause of death in the U.S.*

Causes of heart disease include: smoking, chronic high cholesterol, chronic high blood pressure, blockages, heart defects, and more.

You can live your best life and prevent suffering from diseases like heart disease by having a healthy diet and exercising.

If you are unsure how to start, visit Kierra in the Fitness Center! Or call x208

*Tired of Being Stuck in Your Apartment in the Winter?*



### Join the Walker's Club!

Monday, Wednesday & Fridays at 2:00PM

When you join, you will receive a free pedometer to count your steps, and a free T-shirt after your 3<sup>rd</sup> visit!

You may walk one lap, or a whole mile on our indoor track. It's up to you! See Kierra with any questions.

## Cardiac Rehabilitation Week

February 10<sup>th</sup> - 16<sup>th</sup>



**Have you had cardiac rehab in the past but didn't know what to do once you were released?**

Our fitness center is the perfect place to continue to improve your health.

Kierra has experience working in cardiac rehab offices and teaching cardiac post-rehab classes.





# From the Chaplain



## FORTY...

40! It's not my age – at least not anymore. (chuckle, chuckle).

But it is a significant number. It appears time and again in the Bible. Noah and the flood of 40 days, Moses and 40 days on the

Mountain (twice), the Israelites and 40 years in the Wilderness, Jonah warning Nineveh they had 40 days to repent, Jesus and 40 days in the wilderness being tempted, the risen Jesus spent 40 days on earth before his ascension and the season of Lent is 40 days long.

40! Lots of folks say that if you do something or refrain from something for 40 days

it becomes a new behavior. Lent, 40 days long, begins on Ash Wednesday, February 26<sup>th</sup>. I invite you to worship with me that day at 9am in the Community Room. I also challenge you for 40 days to eliminate something from your life that sucks the life out of you and then add a spiritual discipline (prayer, Bible Study, acts of kindness, fasting, quiet time listening to God, etc.) for 40 days that will be life-giving to you. Whatever it is – do it for 40 days during the season of Lent – focusing on your relationship with God and your life of faith.

*PS: Why wait for Lent...start now!!*

*Blessings, Pastor Clark*

## **FEBRUARY WORSHIP at 2pm\* in the Community Room**

Tues. Feb 4 – Father Kravatz, Notre Dame R.C Church, Bethlehem

Thurs. Feb 6<sup>th</sup> - SPANISH- Pastor Jonny Villimare, Cornerstone Church, Easton

Thurs. Feb 13<sup>th</sup> - Pastor Dan Brettel, St. Paul's Lutheran, Easton

Thurs. Feb 20<sup>th</sup> – Pastor Jack Tanis, retired Baptist pastor

Ash Wednesday, Feb 26<sup>th</sup> 9 am- Imposition of Ashes, Pastor Clark, Chaplain

Thurs, Feb 27<sup>th</sup> - Pastor Larry Humberd, LV Grace Brethren, Bethlehem

\*Ash Wednesday at 9am

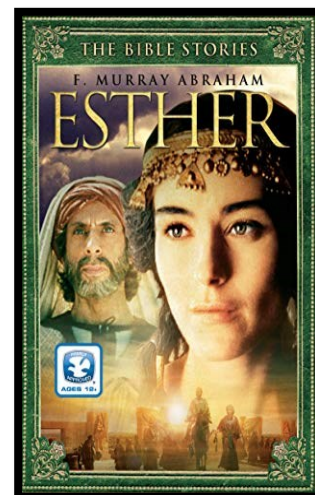


## **THE BIBLE: ESTHER – DVD**

**Wednesday, February 19<sup>th</sup> - 2pm -Community Room**

In the story of Esther, a courageous and beautiful young woman enchants the King of the Persians and becomes his Queen. Even though she carries a secret that threatens her very life, Esther's steadfast courage and devotion enables her to save the kingdom.

*Viewer Comments: Movies like this one help me understand the different books of the Bible...This movie is great ...true to the Bible. Fantastic! Very well done. Excellent acting and direction, too.*



# 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 of the month	2:00 pm	Community Room
Bible Study	Every Wednesday	12:30 pm	Community Room
Chat Room	Every Thursday	10:00 am	Community Room
Prayer Time	1st and 3rd Thursday of each month	7:00 pm	Community Room
Prophecy Bible Study	Tuesdays	6:30pm	Community Room
Sunday Praise	2nd Sunday of each month	1:00 pm	Lounge

## 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
Everybody's Yoga	Tuesday	11:30 am	Exercise Room
Walkers Club	Monday, Wednesday Friday	2:00 pm	Outside/Fitness Center
Tai Chi	Friday	10:30 am	Exercise Room

# Our Activities

## Happening in February

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
OFFICE CLOSED	Monday, February 17	Presidents Day	
BINGO	Every Monday	6:00 pm	Lounge
Snack Stand	Every Mon & Wed	3:00 pm	Lobby
Ice Cream	Every Wednesday	5:00 pm	Lounge
Shuffleboard League	Every Thursday	6:00 pm	Game Room
LOUNGE CLOSED FOR CLEANING	Every Friday	7-10:00 am	Lounge
<u>VAN TRIP PAPERS DROP-OFF</u>	<u>MONDAY, FEBRUARY 3</u>	<u>8:30 AM</u>	<u>BRENDA'S OFFICE</u>
Coffee, Donuts, Bagels & Muffins	Saturday, February 1	8:30 am	Lounge
Pinochle Party	Saturday, February 1	12:30 pm	Lounge
Speaker: Boost Brain Health	Tuesday, February 4	10:00 am	Community Room
Second Harvest	Thursday, February 6	12:30 pm	Lounge
Blood Pressure Check	Thursday, February 6	6:00 pm	Lounge
Lehigh Valley Pops Orchestra	Thursday, February 6	10:00 am	Lounge
Breakfast	Saturday, February 8	8:30 am	Lounge
RA Board Meeting	Monday, February 10	1:30 pm	Conference Room
Speaker: Safer Home for Seniors	Tuesday, February 11	10:00 am	Community Room
General Meeting	Tuesday, February 11	2:00 pm	Lounge
Valentine's Day Party	Saturday, February 15	5:00 pm	Lounge
Water Color with David	Tuesday, February 18	1:30 pm	Lounge
Speaker: Heart Health	Tuesday, February 18	2:00 pm	Community Room
Pastor Clark Movie: Esther	Wednesday, February 19	2:00 pm	Community Room
Computer Class: Using the internet	Friday, February 21	1:00pm	Computer Room
Social	Sunday, February 23	5:00 pm	Lounge
Speaker: Urinary incontinence	Tuesday, February 25	1:00 pm	Conference Room
<u>Movie Days:</u> Movie #1: JUDY Movie #2: "TOGO"	#1: Monday, February 10 #2: Friday, February 21	1:00 pm 1:00 pm	Community Room

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<div> <div>Fitness Events</div> <div>Van Trips</div> <div>Resident's Association Events</div> </div> <div> <div>Religious Events</div> <div>Lutheran Manor Events</div> <div>Holidays/ Observances, Other</div> </div>			<div> <div>8:30 Coffee, Donuts, Bagels &amp; Muffins</div> <div>10:00 Merchant Square Mall /Flea Market</div> <div>12:30 Pinochle</div> </div>
2	<div>3</div> <div>8:45 Banks/Post Office</div> <div>10:00 Fit For Life</div> <div>11:30 Stand Up for Strength</div> <div>1:30 Shopping at CVS/Lehigh Shopping Center</div> <div>2:00 Walkers Club</div> <div>3:00 Snack Stand</div> <div>6:00 BINGO</div>	<div>4</div> <div>Bellezza Salon Open</div> <div>10:00 Speaker:How to Boost Brain Health</div> <div>10:00 Joyful Joints</div> <div>11:00 Basic Balance</div> <div>11:30 Everybody's Yoga</div> <div>2:00 Church</div> <div>6:30 Prophecy Bible Study</div>	<div>5</div> <div>9:00 Breakfast at William Family Restaurant/Valley Farms</div> <div>10:00 Fit For Life</div> <div>11:30 Stand Up for Strength</div> <div>12:30 Bible Study</div> <div>2:00 Walkers Club</div> <div>3:00 Snack Stand</div> <div>5:00 Ice Cream Sale</div>	<div>6</div> <div>Bellezza Salon Open</div> <div>10:00 LV Pops Orchestra</div> <div>10:00 Chat Room</div> <div>10:00 Joyful Joints</div> <div>11:00 Basic Balance</div> <div>12:30 Second Harvest Food Bank</div> <div>2:00 Church (Spanish)</div> <div>6:00 Shuffleboard</div> <div>6:00 Blood Pressure Check</div> <div>7:00 Prayer Time</div>	<div>7</div> <div>7:00-10:00 Lounge Closed</div> <div>9:00 Lunch &amp; Shopping at Shady Maples</div> <div>10:30 Tai Chi</div> <div>2:00 Walkers Club</div>	<div>8</div> <div>8:30 Breakfast</div>
<div>9</div> <div>1:00 Sunday Praise with David</div>	<div>10</div> <div>10:00 Fit For Life</div> <div>11:30 Stand Up for Strength</div> <div>2:00 Walkers Club</div> <div>1:00 Movie: Judy</div> <div>1:30 RA Board Meeting</div> <div>3:00 Snack Stand</div> <div>6:00 BINGO</div>	<div>11</div> <div>Bellezza Salon Open</div> <div>10:00 Speaker: Safer Home for Seniors</div> <div>10:00 Joyful Joints</div> <div>11:00 Basic Balance</div> <div>11:30 Everybody's Yoga</div> <div>1:00 Shopping at Weis</div> <div>2:00 General MTG</div> <div>6:30 Prophecy Bible Study</div>	<div>12</div> <div>10:00 Fit For Life</div> <div>11:30 Stand Up for Strength</div> <div>12:30 Bible Study</div> <div>2:00 Walkers Club</div> <div>3:00 Snack Stand</div> <div>4:00 Dinner at Beck's Seafood</div> <div>5:00 Ice Cream Sale</div>	<div>13</div> <div>Bellezza Salon Open</div> <div>10:00 Chat Room</div> <div>10:00 Joyful Joints</div> <div>10:00 Shopping at Airport Road Shopping Center</div> <div>11:00 Basic Balance</div> <div>2:00 Church</div> <div>6:00 Shuffleboard</div> <div>7:00 Prayer Time</div>	<div>14</div> <div>7:00-10:00 Lounge Closed</div> <div>10:30 Tai Chi</div> <div>2:00 Walkers Club</div>	<div>15</div> <div>5:00 Valentine Day Soup &amp; Hot Dog Social</div>
<div>16</div> <div>2:00 Pa playhouse: Biloxi Blues</div>	<div>17</div> <div>Office Closed</div> <div>  </div> <div>3:00 Snack Stand</div> <div>6:00 BINGO</div>	<div>18</div> <div>Bellezza Salon Open</div> <div>10:00 Joyful Joints</div> <div>11:00 Basic Balance</div> <div>11:00 Lunch at Cracker Barrel</div> <div>11:30 Everybody's Yoga</div> <div>1:30 Water Color with David</div> <div>2:00 Speaker: Heart Health</div> <div>6:30 Prophecy Bible Study</div>	<div>19</div> <div>10:00 Fit For Life</div> <div>11:30 Stand Up for Strength</div> <div>12:30 Bible Study</div> <div>1:00 Shopping at Giant</div> <div>2:00 Walkers Club</div> <div>2:00 Pastor Clark Movie: Esther</div> <div>3:00 Snack Stand</div> <div>5:00 Ice Cream Sale</div>	<div>20</div> <div>Bellezza Salon Open</div> <div>10:00 Chat Room</div> <div>10:00 Joyful Joints</div> <div>11:00 Basic Balance</div> <div>2:00 Church</div> <div>6:00 Shuffleboard</div> <div>7:00 Prayer time</div>	<div>21</div> <div>7:00-10:00 Lounge Closed</div> <div>9:00 Breakfast at Borderline Restaurant</div> <div>10:30 Tai Chi</div> <div>1:00 Movie: "TOGO"</div> <div>1:00 Computer Class with Nancy</div> <div>2:00 Walkers Club</div>	<div>22</div>
<div>23</div> <div>5:00 Social</div>	<div>24</div> <div>10:00 Fit For Life</div> <div>11:00 Lunch at SEWYCO</div> <div>11:30 Stand Up for Strength</div> <div>2:00 Walkers Club</div> <div>3:00 Snack Stand</div> <div>6:00 BINGO</div>	<div>25</div> <div>Bellezza Salon Open</div> <div>10:00 Joyful Joints</div> <div>11:00 Basic Balance</div> <div>11:30 Everybody's Yoga</div> <div>1:00 Speaker: Urinary Incontinence</div> <div>6:30 Prophecy Bible Study</div>	<div>26</div> <div>9:00 Ash Wednesday Service</div> <div>9:00 Shopping at Leesport Market/</div> <div>10:00 Fit For Life</div> <div>11:30 Stand Up for Strength</div> <div>12:30 Bible Study</div> <div>2:00 Walkers Club</div> <div>3:00 Snack Stand</div> <div>5:00 Ice Cream Sale</div>	<div>27</div> <div>Bellezza Salon Open</div> <div>7:00-10:00 Lounge Closed</div> <div>10:00 Chat Room</div> <div>10:00 Joyful Joints</div> <div>10:00 Shopping at Wegmans</div> <div>11:00 Basic Balance</div> <div>2:00 Church</div> <div>6:00 Shuffleboard</div>	<div>28</div> <div>10:30 Tai Chi</div> <div>11:00 Sandwich Sale Pick up</div> <div>2:00 Walkers Club</div> <div>4:00 Dinner at Fiamma's</div>	<div>29</div>

# VAN TRIPS March 2020

DATE	DAY	TRIP	TIME
March 2	Monday	Bach Choir: <i>Benjamin Britten Noah's Flood</i> (\$18 due by Feb3)	2:00pm_____
March 3	Tuesday	Banks / Post Office	8:45am_____
March 3	Tuesday	Shopping at CVS & Lehigh Shopping Center	1:30pm_____
March 5	Thursday	Breakfast at The Whitehall Diner	9:00am_____
March 6	Friday	Shopping at WEGMANS	9:00am_____
March 8	Sunday	High School Jazz Band Showcase at SteelStack's (\$7.00 due at entrance)	1:00pm_____
March 9	Monday	Early Bird Dinner at SEWYCO (\$7.00)	3:30pm_____
March 11	Wednesday	Shopping at Airport Shopping Center	10:00am_____
March 13	Friday	Breakfast at The Palace / Shopping at VALLEY FARMS	9:00am_____
March 16	Monday	Lunch at Cracker Barrel	11:00am_____
March 18	Wednesday	Shopping at Care&Share Thrift Shoppes Souderton	9:00am_____
March 19	Thursday	Shopping at PRICERITE	12:00pm_____
March 20	Friday	Lunch at Applebee's / Movies at Carmike	12:00pm_____
March 23	Monday	Lunch at SEWYCO (\$7.00)	11:00am_____
March 24	Tuesday	Shopping at WEIS (Senior Discount Day)	9:00am_____
March 25	Wednesday	Pines Dinner Theatre: <i>Nunsensations</i> (\$52 to Brenda by Mar 3)	11:00am_____
March 27	Friday	Allentown Rubber Stamp & Paper Arts Festival (\$8 due at entrance)	10:00am_____
March 30	Monday	Shopping at GIANT	1:00pm_____
March 31	Tuesday	Dinner at Copperhead Grille	4:00pm_____

Forms will be collected starting at 8:30 am on Monday, February 3, 2019.

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.



# SPECIAL EVENTS February 2020

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**

\_\_\_\_\_ Monday , February 10 at 1:00 pm \_\_\_\_\_ Friday, February 21 at 1:00 pm

(Movie #1: ) JUDY

(Movie #2: ) Disney's "TOGO"

## **Speaker: How to Boost Brain health**

## **Water Color with David**

\_\_\_\_\_ Tuesday, February 4 @ 10:00 am

\_\_\_\_\_ Tuesday, February 18 at 1:30pm

## **Computer Class with Nancy**

## **SPEAKER: Heart Health**

\_\_\_\_\_ Friday, February 21 at 1:00 pm

\_\_\_\_\_ Tuesday, February 18 at 2:00 pm

## **Speaker: A Safer Home For Seniors**

## **Speaker: Treat & Manage Urinary Incontinence**

\_\_\_\_\_ Tuesday, February 11 @ 10:00 am

\_\_\_\_\_ Tuesday, February 25 @ 1:00 pm

**Forms will be collected starting at 8:30 am on Monday, February 3, 2019.**

**NAME:** \_\_\_\_\_

**APT#:** \_\_\_\_\_