

January 2020

Hi Lites
of Lutheran Manor





Notes From the Office



New Residents

Linda Emili Apt 417

THANK YOU!

**The Staff at Lutheran Manor would like to send out a great big
THANK YOU to each and every one of you.**

**We appreciate all of your gifts, treats, cards and well wishes
during this wonderful Holiday Season.**

Your generosity and thoughtfulness are greatly appreciated.

From us to you:

HAPPY NEW YEAR!!!

*Courtney, Michelle, Mona, Zenia, Brenda
Ken L., Donny, Kevin, Pete, Judy, Chentelle, Carmen
Kierra, Pastor Clark, Dave, & Ken C.*



SNOW PARKING SPOT

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

VAN TRIP PAPERS



Van Trip Paper/Event Signup sheets
will be accepted beginning at **8:30 am**
in Brenda's Office.

REMINDER

PAYMENTS FOR TRIPS
ARE DUE WHEN YOU SUBMIT
YOUR VAN TRIP PAPERS.

APARTMENT INSPECTIONS

Dear Residents,

We are required by the Department of Housing and Urban Development to bi-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 the following dates:

Tuesday, January 28	Floors 11, 10, 9
Wednesday, January 29	Floors 8, 7, 6
Thursday, January 30	Floors 5, 4, 3
Friday, January 31	Floors 2, 1

You **DO NOT** have to do anything for this inspection.
You **DO NOT HAVE TO BE HOME**, but if you are not home on these dates, maintenance will enter your apartment and do their inspection.

We thank you in advance for your cooperation in this matter. If you have any concerns or conflicts, please visit the main office.

Ken , Donny, Kevin
Maintenance Department



Brenda's Bulletin



GUEST SPEAKER:

Do you need more help at home?

The **Waiver Enrollment** process provides home & community based services to seniors who elect **IN-HOME CARE**.

Join us for a Q&A to better understand.

Aimee Miele, All American Care

Tuesday, January 21

1:00pm in the Community Room

GUEST SPEAKER:

Beating Winter Woes

Now that the Christmas tree is gone & radio stations have shelved that cheery holiday music until next winter, let's get real with some rewriting: 'Tis the season to be *melancholy*.' Learn how you can ease that seasonal slump.

Lisa Engler, Bayada

Monday, January 6th

10:00am in the Community Room

GUEST SPEAKER:

Family or friends can become your caregiver & get paid to help!

COME JOIN US if you or someone you know is disabled with low-income, older than 18 and needs home care

Antonio Castro, Patriot Home Care

Monday, January 13th

1:00pm in the Community Room

NOTICE:

- Please arrive 20 minutes prior to the scheduled van trip departure time in order to leave Lutheran Manor and arrive at our destination in a timely fashion.
- Please be considerate & complete your shopping and transactions in the allotted timeframe given by the van driver.

SING FOR AMERICA
The Art of Truth and Light PRESENTS...

IN SPECIAL COOPERATION WITH
SONY PICTURES ENTERTAINMENT

ANNIE

"You're Never Fully Dressed Without a Smile!"

MAUGH CHUNK
OPERA HOUSE
Jim Thorpe, PA
WWW.SINGFORAMERICA.COM
610-417-2189

DECEMBER 22ND (7:30PM) - OPENING NIGHT
WITH EVERY OPENING NIGHT TICKET RECEIVE
A FREE TICKET FOR ANOTHER PERFORMANCE!
DECEMBER 22ND, 26TH, 27TH, 28TH - 7:30PM
DECEMBER 22ND, 28TH, 29TH - 2PM
DECEMBER 27TH - 1PM
JANUARY 1ST - 2PM
SPECIAL NYE BALL DROP AND KIDS TOAST!
JANUARY 2ND - 11AM
JANUARY 2ND, 3RD, 4TH - 7:30PM
JANUARY 4TH, 5TH - 2PM

Saturday, January 4th

**12:30pm departure from LM
(\$9.00 due by 12p on Jan 3)**

Resident's Association



Soup & Hot Dogs

Saturday, January 18, 2020
@ 5:00pm

SOUP:

Pepper Pot Soup
\$3.00

HOT DOGS:

Plain, Sauerkraut, or Chili \$1.50

RED BEET EGGS: \$0.50

DESSERT:

Ice Cream & Strawberries \$2.50

SODA OR COFFEE: \$1.00

Entertainment by:
Michael Evans



Coffee, Donuts, Bagels, & Muffins

Saturday, January 4, 2020
8:30 am to 10:00 am in the Lounge

\$1.00 coffee

\$1.00 donuts, bagels, muffins

*\$1.00 each for additional donuts,
bagels, muffins*



**Friends and Family
are always welcome!**

BINGO

Every Monday
at 6:00 pm in the Lounge.

ICE CREAM

Every Wednesday
at 5 pm in the Lounge.

SNACK STAND

Monday & Wednesday
From 3:00 pm-6:00 pm



Pizza & Salad Party
Sunday January 26, 2019
5:00 pm in the Lounge
COST: \$4.00



Pizza & Salad Party
Sunday, January 26, 2019



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

NAME: _____ Apt#: _____ # Attending _____

DEADLINE FOR RESERVATIONS: WEDNESDAY, JANUARY 22, 2019

Resident's Association



Breakfast open to all Residents & Guests!!

Saturday, January 11, 2019

8:30 am - 9:30 am

Cost: \$3.00

MENU

3 Pancakes

2 Sausage Links

Coffee & Orange



BREAKFAST

Saturday, January 11, 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 WEDNESDAY, January 8 2019.

Sandwich Sale

Cost: \$5

Orders available for pickup: Our Goal is 48 orders

Friday, January 24th from 11am-12pm in the Lounge



Sandwich Sale Order Sheet

Fill out and return slip, along with money, to **Marge Bachemin, Apt #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, JANUARY 22, 2019

Bellezza Salon & Spa

Change

Hours of Operation

Tuesday 9:30am - 3pm

Thursday 9am - 3pm

For Appointments Call:

610-866-6010, then press 9

WALK-INS WELCOME

January Specials

Every Tuesday In January, First time guest will
receive ANY service **FREE!**

Any Retail Buy 1 get the 2nd product 50% off



Refer a friend to Bellezza Salon and receive a Free gift



For every 4th service that you receive at the salon, you
will receive the 5th service Free!



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!

About Kelly Boyles LMT

Kelly began her massage training in 1997, and was licensed in 2011. A graduate of Moravian College with a BA in English, she also writes professionally on health and wellness topics. Kelly loves teaching karate, and cooking organic, whole foods meals!

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:

The Art of Racing in the Rain

Friday, January 10 1:00 pm



Denny Swift is a Formula One race car driver who understands that the techniques needed on the racetrack can also be used to

successfully navigate everyday life. Besides his career, Denny has three loves of his life -- his beautiful wife, their young daughter and his best friend, which is a dog that wants to be reincarnated into a human.

MOVIE 2:

Overcomer

Monday, January 27 @ 1:00 pm



Life changes overnight for coach John Harrison when his high school basketball team's state championship dreams are crushed under the weight of unexpected news. When the largest

manufacturing plant in town suddenly shuts down and hundreds of families begin moving away, John must come to grips with the challenges facing his family and his team. Urged by the school's principal to fill-in and coach a sport he doesn't know or like, John is frustrated and questioning his worth... until he crosses paths with a student struggling with her own journey.



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

Valley Community Orchestra

Come enjoy the beautiful sound of live orchestra music while the **Valley Community Orchestra** comes to perform for us!



Thursday, January 16th 7:00 pm in the Lounge

***For more information, please see Richard Harding Apt# 601**

MEMORIAL SERVICE

January 23rd, 2020 @ 2pm

A time to remember all those friends and family **who passed away during 2019**
(not only Lutheran Manor Residents)

Person(s) to be remembered at Memorial Worship Service in the Community Room.
(You may include residents of Lutheran Manor or other friends and family who passed in 2019).

Memorial Service

January 23, 2020 @ 2pm

Name: _____

Date/Death _____

Name: _____

Date/Death _____

Name: _____

Date/Death _____

Your Name: _____ Phone# _____ Apt# _____

Please give completed form to Pastor Clark or under his door no later than Tuesday, January 21st. **THANK YOU!**



Kierra's Kickstart to Fitness

**Speaker: New Year,
New You!**

Live.Life.Healthy

Learn how to create new healthy
habits for a happier life.

2:30 PM Wednesday January 15th

In the Community Room

Exercise of the Week

During the whole month of January,
stop in and learn an easy, new
exercise!



There will be a different exercise of the
week that will help with posture,
balance, flexibility, or strength. Use this
as an opportunity to learn something
new or get started in a fitness routine!



Chair Yoga is Back!

Every Tuesday from 11:30AM to 12:15

WITH DANA!!!



Healthy Weight Week

January 21st - January 24th

Come to the fitness center Tuesday through Friday to get your weight,
BMI, and Body Fat % checked, learn what range you should be in, and receive a healthy treat!



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.



Description of Classes



Fit for Life	<u>Level- Easy/Medium</u> This class includes all the basics to stay strong and healthy! It is primarily done seated using light weights, bands, and more!	Mondays and Wednesdays 10:00 AM 45 Min
Stand Up for Strength	<u>Level- Medium/Hard</u> Join this standing class to get a more challenging workout. It will include cardio, strength, core work and balance.	Mondays and Wednesdays 11:30 AM 40 Min
Joyful Joints	<u>Level- Easy/Medium</u> Help your arthritis! This class is taught seated, but incorporates a fun cardiovascular workout. We also focus on hands and wrists, and work on coordination.	Tuesdays and Thursdays 10:00 AM 40 Min
Basic Balance	<u>Level- Easy/Medium</u> We first sit while working on posture and core strength, then stand the rest of the class for a variety of balance exercises.	Tuesdays and Thursdays 11:00 AM 30 Min
Everybody's Yoga	<u>Level- Easy/Medium</u> Dana includes everyone in this stretching class. She mostly does yoga in the chair, but offers standing exercises as well. You may do what works best for you in this class. It is modified for everyone's needs.	Tuesdays 11:30 AM 45 Min
Qigong Tai Chi	<u>Level- Easy/Medium</u> Joanne incorporates the healing powers of Qigong in this gentle, slow moving class. It is done standing, but you may sit when necessary.	Fridays 10:30 AM 45 Min
Walker's Club	<u>Level- Very Easy</u> This is a great way to get out of the apartment and come for a nice walk with the other members! Walker's club is all season long, since we have an indoor track!	Mondays, Wed. Fridays 2:00 PM (changes each season)



From the Chaplain

*love
each other
as I have
loved you.*
John 15:12

Happy New Year!! What will the new year bring... another year older... a presidential election...and sadly, more threats of terrorist attacks around the world... as well as,
new ways to live our lives.

Years ago, a motivational speaker Zig Ziglar wrote *"When you choose to be pleasant and positive in the way you treat others, you have also chosen, in most cases, how you are going to be treated by them."*

Sounds a bit like what Jesus said in the Sermon on the Mount (Mathew 7:12) which we refer to as the Golden Rule. In many ways, this concept of doing for others what we would want done for us summarizes Jesus' teaching to his disciples about how to live for others. We are not here to live for ourselves, but to be a blessing to others. This kind of life is transformational. God can use it in ways we would never anticipate to touch the lives of others. May you be blessed with this 20/20 spiritual vision in 2020!
- **Pastor Clark**

JANUARY WORSHIP at 2pm in the Community Room

Thurs. Jan 2nd - (Spanish) Pastor Jonny Villamar, Cornerstone Church, Easton

Tues. Jan 7th – Father Daniel Kravatz, Notre Dame R.C. Church, Bethlehem

Thurs. Jan 9th- Pastor Rick Sergi, Emmanuel's E.C. Church, Bethlehem

Thurs. Jan 16th - Pastor Jay Wetzel, Lutheran, Retired

Thurs. Jan 23rd - (Memorial Worship-see more info in this Newsletter)- Chaplain Clark

Thurs. Jan 30th – Pastor Larry Burd, Calvary Baptist, Easton



ALL ARE WELCOME

Bible Study: Wednesday, 12:30pm

Chat Room: Thursday, 10 am

Prayer Time: 1st & 3rd Thursdays of each month at 7pm

All events located in the Community Room

Prayer, Praise and Scripture: Sunday, January 12 at 1 pm
IN THE LOUNGE

OTHER ANNOUNCEMENTS.

•**ANNUAL MEMORIAL SERVICE-** January 23, 2020
Mark your calendars. Please submit the form (found in this Newsletter) with names of those family and friends you wish to remember at that worship.

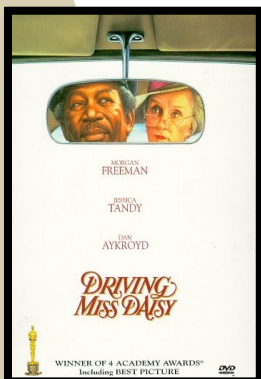
BIBLE STUDY- Beginning a new study on The Book of Esther- January 8th 12:30pm)

DRIVING MISS DAISY – DVD

Wednesday, January 22nd at 2 pm - Community Room

Winner of the Academy Award for best picture of 1989, this gracefully moving drama chronicles the 25-year friendship between a stubborn, aging Southern widow (Jessica Tandy) and her loyal chauffeur (Morgan Freeman).

Terrific movie... there's never a boring moment. One of the all-time great movies. It is funny, it is oh so human, and it touches your heart. Near the end of the movie the now senile Miss Daisy says to Holt, her driver, "You are my best friend." And so he was to the very end. If you have not seen it before, you need to. If you did see it if you did see it 25 years ago, watch it again. It is worth your time.



Our Activities

Religious Activities

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Church (English)	1st Tuesday & 2nd, 3rd,	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 January

Activity	Day(s)	Time	Place
OFFICE CLOSED	Tuesday, January 1 Monday, January 20	Happy New Year 2020! Martin Luther King Jr. Day	
BINGO	Every Monday	6:00 pm	Lounge
Snack Stand	Every Mon & Wed	3:00 pm	Lobby
Shuffleboard League	Every Thursday	6:00 pm	Game Room
LOUNGE CLOSED FOR CLEANING	Every Friday	7-10 am	Lounge
<u>VAN TRIP PAPERS DROP-OFF</u>	<u>THURSDAY, JANUARY 2</u>	<u>8:30 AM</u>	<u>BRENDA'S OFFICE</u>
Second Harvest	Thursday, January 2	12:30 pm	Lounge
Blood Pressure Check	Thursday, January 2	6:00 pm	Lounge
Coffee, Donuts, Bagels & Muffins	Saturday, January 4	8:30 am	Lounge
Pinochle Party	Saturday, January 4	12:30 pm	Lounge
Speaker: Beating Winter Woes	Monday, January 6	10:00 am	Community Room
Breakfast	Saturday January 11	8:30 am	Lounge
Resident Association Board Mtg	Monday, January 13	1:30 pm	Conference Room
Speaker: Home Health Care Info	Monday, January 13	1:00 pm	Community Room
General Meeting	Tuesday, January 14	2:00 pm	Lounge
Speaker: New Year, New You	Wednesday, January 15	2:30 pm	Community Room
Valley Community Orchestra	Thursday, January 16	7:00 pm	Lounge
Computer Class: <i>How to Open an Email Account</i>	Friday, January 17	1:00pm	Computer Room
<u>Movie #1:</u> <i>The Art of Racing in The Rain</i> <u>Movie #2: Overcomer</u>	<u>#1:</u> Friday, January 10 <u>#2:</u> Monday, January 27	1:00 pm	Community Room
Soup & Hot Dogs	Saturday, January 18	5:00 pm	Lounge
Speaker: Waiver Enrollment	Tuesday, January 21	1:00 pm	Community Room
Movie: Driving Miss Daisy	Wednesday, January 22	2:00 pm	Community Room
Sandwich Sale Pick up	Friday, January 24	11:00 am	Lounge
Pizza and Salad Social	Sunday, January 26	5:00 pm	Lounge
Art with Pat	Monday, January 27 Tuesday, January 28	1:00 pm	Lounge
Apartment Inspections	Tuesday, January 28 Wednesday, January 29 Thursday, January 30 and Friday, January 31	8:30 am	Floors 11, 10, 9 Floors 8, 7, 6 Floors 5, 4, 3 Floors 2, 1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <div> <div>Fitness Events</div> <div>Van Trips</div> <div>Resident's Assoc. Events</div> <div>Religious Events</div> <div>Lutheran Manor Events</div> </div>			<div>1 NEW YEAR'S DAY OFFICE CLOSED</div> 	<div>2 Bellezza Salon Open</div> <div>Van Trip Papers</div> <div>9:00 Breakfast at The Palace /Shops</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 Blood Pressure Check</div> <div>6:00 Shuffleboard</div> <div>7:00 Prayer Time</div>	<div>3 7:00-10:00 Lounge Closed</div> <div>8:45-Banks & Post Office</div> <div>1:30 Shopping at CVS & Lehigh shopping Center</div> <div>2:00 Walkers Club</div>	<div>4 8:30 Coffee, Donuts, Bagels & Muffins</div> <div>12:30 Pinochle</div> <div>12:30 Sing for America: Annie</div>
5	<div>6 10:00 Fit For Life</div> <div>10:00 Speaker: Beating Winter Woes</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>7 Bellezza Salon Open</div> <div>9:00 Shopping at Weis</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>8 9:00 Breakfast at Hellertown Diner</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>9 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>10 7:00-10:00 Lounge Closed</div> <div>10:30 Tai Chi</div> <div>12:00 Lunch @Bethlehem Diner/Movies at Carmike</div> <div>1:00 Movie: The Art of Racing in the Rain</div> <div>2:00 Walkers Club</div>	<div>11 8:30 Breakfast</div>
12	<div>13 10:00 Fit For Life</div> <div>11:30 Stand Up for Strength</div> <div>2:00 Walkers Club</div> <div>1:00 Speaker: Home Health Care Info</div> <div>1:30 RA Board Meeting</div> <div>3:00 Snack Stand</div> <div>6:00 BINGO</div>	<div>14 Bellezza Salon Open</div> <div>10:00 Joyful Joints</div> <div>11:00 Basic Balance</div> <div>11:30 Everybody's Yoga</div> <div>11:30 Bach Choir Trip</div> <div>2:00 General Meeting</div> <div>6:30 Prophecy Bible Study</div>	<div>15 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>2:30 Speaker: New Year, New You</div> <div>3:00 Snack Stand</div> <div>5:00 Ice Cream Sale</div>	<div>16 Bellezza Salon Open</div> <div>10:00 Chat Room</div> <div>10:00 Joyful Joints</div> <div>11:00 Basic Balance</div> <div>1:00 Shopping at Giant</div> <div>2:00 Church</div> <div>6:00 Shuffleboard</div> <div>7:00 Prayer Time</div> <div>7:00 Valley Community Orchestra</div>	<div>17 7:00-10:00 Lounge Closed</div> <div>9:00 Shopping at SINES 5/10 and Lunch</div> <div>10:30 Tai Chi</div> <div>1:00 Computer Class with Nancy</div> <div>2:00 Walkers Club</div>	<div>18 5:00 Soup & Hot Dogs</div>
19	<div>20 MARTIN LUTHER KING JR. DAY OFFICE CLOSED</div> <div>11:00 Lunch at SEWYCO</div> <div>3:00 Snack Stand</div> <div>6:00 BINGO</div>	<div>21 Bellezza Salon Open</div> <div>10:00 Shopping at Wegmans</div> <div>10:00 Joyful Joints</div> <div>11:00 Basic Balance</div> <div>11:30 Everybody's Yoga</div> <div>1:00 Speaker: Waiver Enrollment Program</div> <div>6:30 Prophecy Bible Study</div>	<div>22 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>2:00 Movie: Driving Miss Daisy</div> <div>3:00 Snack Stand</div> <div>5:00 Ice Cream Sale</div>	<div>23 Bellezza Salon Open</div> <div>7:00-10:00 Lounge Closed</div> <div>10:00 Chat Room</div> <div>10:00 Shopping at Boscov's at LV Mall/ Lunch at Red Lobster</div> <div>10:00 Joyful Joints</div> <div>11:00 Basic Balance</div> <div>2:00 Church (Memorial Service)</div> <div>6:00 Shuffleboard</div>	<div>24 10:30 Tai Chi</div> <div>11:00 Sandwich Sale Pick up</div> <div>2:00 Walkers Club</div>	<div>25 5:00 Pines Dinner Theater : Mission Impossible Murder Mystery</div>
26	<div>27 9:00 Breakfast at Oasis</div> <div>10:00 Fit For Life</div> <div>11:30 Stand Up for Strength</div> <div>1:00 Movie: Overcomer</div> <div>1:00 Art With Pat</div> <div>2:00 Walkers Club</div> <div>3:00 Snack Stand</div> <div>6:00 BINGO</div>	<div>28 Bellezza Salon Open</div> <div>APARTMENT INSPECTIONS</div> <div>10:00 Joyful Joints</div> <div>11:00 Basic Balance</div> <div>11:30 Everybody's Yoga</div> <div>1:00 Art With Pat</div> <div>6:30 Prophecy Bible Study</div>	<div>29 APARTMENT INSPECTIONS</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 Texas Roadhouse</div> <div>5:00 Ice Cream Sale</div>	<div>30 Bellezza Salon Open</div> <div>APARTMENT INSPECTIONS</div> <div>10:00 Chat Room</div> <div>10:00 Joyful Joints</div> <div>10:30 Shopping at Allentown Farmers Market</div> <div>11:00 Basic Balance</div> <div>2:00 Church</div> <div>6:00 Shuffleboard</div>	<div>31 7:00-10:00 Lounge Closed</div> <div>APARTMENT INSPECTIONS</div> <div>10:30 Tai Chi</div> <div>1:00 Shopping at Shoprite</div> <div>2:00 Walkers Club</div>	

VAN TRIPS February 2020

DATE	DAY	TRIP	TIME
Feb 1	Saturday	Shopping at Merchant's Square Mall Indoor Flea Market	10:00am_____
Feb 3	Monday	Banks / Post Office	8:45am_____
Feb 3	Monday	Shopping at CVS & Lehigh Shopping Center	1:30pm_____
Feb 5	Wednesday	Breakfast at Williams Family Restaurant / Shopping at Valley Farms Market	9:00am_____
Feb 7	Friday	Lunch & Shopping at Shady Maples	9:00am_____
Feb 11	Tuesday	Shopping at WEIS (Senior Discount Day)	1:00pm_____
Feb 12	Wednesday	Dinner at Beck's Seafood Restaurant	4:00pm_____
Feb 13	Thursday	Shopping at Airport Shopping Center	10:00am_____
Feb 16	Sunday	PA Playhouse: Biloxi Blues *\$22.00 due to Brenda by Feb5*	2:00pm_____
Feb 18	Tuesday	Lunch at Cracker Barrel	11:00am_____
Feb 19	Wednesday	Shopping at GIANT	1:00pm_____
Feb 21	Friday	Breakfast at Borderline Restaurant	9:00am_____
Feb 24	Monday	Lunch at SEWYCO (\$7.00)	11:00am_____
Feb 26	Wednesday	Shopping at Leesport Market / Lunch at Hoss's Steak & Sea House	9:00am_____
Feb 27	Thursday	Shopping at WEGMANS	10:00am_____
Feb 28	Friday	Dinner at Fiamma's Italian Restaurant	4:00pm_____

Forms will be collected starting at 8:30 am on January 2, 2020.

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 January 2020

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

(check off ☒ what you want to attend)

Movie: The Art of Racing in The Rain

_____ Friday, January 10 at 1:00 pm

Movie: Over Comer

_____ Monday, January 27 at 1:00 pm

(Please be in your seat 15 minutes prior to the start of the movie)

SPEAKER: Beating Winter Woes

_____ Monday, January 6 at 10:00 am

SPEAKER: Need a Caregiver?

_____ Monday, January 13 at 1:00 pm

SPEAKER: Waver Enrollment Program

_____ Tuesday, January 21 at 1:00 pm

Computer Class with Nancy: How to Open an Email Account

_____ Friday, January 17 at 1:00 pm

Art with Pat

_____ Monday, January 27 and Tuesday, January 28 at 1:00pm

SPEAKER: New Year, New You

_____ Wednesday, January 15 at 2:30 pm *Ask Kierra for details*

Forms will be collected starting on Thursday, January 2 at 8:30am

NAME: _____ APT#: _____