

July 2016

Hi Lites of

Lutheran Manor





July 1 (Friday)

Walkers Club

9:00 a.m.

Outside

Banks, CVS, \$ Store, Post Office

9:30 a.m.

Van Trip

Yoga

10:00 a.m.

Patio

Tai Chi

12:45 p.m.

Patio

July 2 (Saturday)

Coffee & Donuts

8:00 a.m.

Lounge

Pinochle Party

12:30 p.m.

Lounge

July 3 (Sunday)

July Picnic– The Majestics

1:00 p.m.

Lounge

July 4 (Monday)

OFFICE CLOSED

July 5 (Tuesday)

Walkers Club

9:00 a.m.

Outside

Weis

9:00 a.m.

Van Trip

Zumba

10:00 a.m.

Lounge

Rev. James Harper, Notre Dame RC Church, Bethlehem

2:00 p.m.

Lounge

July 6 (Wednesday)

Exercise

10:00 a.m.

Lounge

Lunch @Samuel Owens Restaurant in Coplay

11:30 a.m.

Van Trip

Bible Study

12:30 p.m.

Patio

July 7 (Thursday)

Chat Room

10:00 a.m.

Patio

Lunch @ Red Lobster Restaurant

11:30 a.m.

Van Trip

Speaker-Stress Management

2:00 p.m.

Lounge

Blood Pressure Check

6:00 p.m.

Lounge

July 8 (Friday)

Walkers Club

9:00 a.m.

Outside

Yoga

10:00 a.m.

Patio

Lunch/Movie @The Promenade

10:45 a.m.

Van Trip

Second Harvest

11:00 a.m.

Patio

Tai Chi

12:45 p.m.

Patio

July 9 (Saturday)

Main Street Concert (Bethlehem Brass) FREE

1:30 p.m.

Van Trip

July 11 (Monday)

Giant

9:30 a.m.

Van Trip

Exercise

10:00 a.m.

Lounge

Movie-Brooklyn

1:00 p.m.

Conf Rm

July 12 (Tuesday)

Walkers Club

9:00 a.m.

Outside

Zumba

10:00 a.m.

Lounge

Speaker-Senior Scams Prevention

2:00 p.m.

Lounge

July 13 (Wednesday)

Leesport Flea Market/Lunch

8:30 a.m.

Van Trip

Exercise

10:00 a.m.

"Patio"

Books are Fun Fair

10:00 a.m.

Lounge

July 13 (Wednesday)	Bible Study	12:30 p.m.	Patio
	Computer Class	1:00 p.m.	Comp Rm
July 14 (Thursday)	Chat Room	10:00 a.m.	Lounge
	Rev. Sharon Solt, Harfman,	2:00 p.m.	Lounge
	Church of the Manger UCC, Beth		
	<i>Dinner @Tri-Boro Spaghetti Night</i>	<i>4:45 p.m.</i>	<i>Van Trip</i>
	Prayer Time	6:30 p.m.	Conf Rm
July 15 (Friday)	Health Fair	10:00 a.m.	Lounge
	Yoga	10:00 a.m.	Patio
	Tai Chi	12:45 p.m.	Patio
July 16 (Saturday)	<i>Peach Festival in Northampton-</i>	<i>11:30 a.m.</i>	<i>Van Trip</i>
	<i>Music, Antique/Classic Car &</i>		
	<i>Tractor Show, Food, Games, Prizes</i>		
	Social—Jack & Friends	5:00 p.m.	Lounge
July 17 (Sunday)	<i>Bethlehem Rose Garden Concert</i>	<i>6:30 p.m.</i>	<i>Van Trip</i>
	<i>(Dave Neith Orchestra) FREE</i>		
July 18 (Monday)	<i>Shop-Rite Freemansburg Ave</i>	<i>9:30 a.m.</i>	<i>Van Trip</i>
	<i>Easton</i>		
	Exercise	10:00 a.m.	Lounge
	Watercolor Class	1:00 p.m.	Lounge
July 19 (Tuesday)	<i>Lake Hopatcong Lunch Cruise in</i>	<i>8:45 a.m.</i>	<i>Van Trip</i>
	<i>New Jersey Cost: \$43.34</i>		
	Walkers Club	9:00 a.m.	Outside
	Zumba	10:00 a.m.	Lounge
July 20 (Wednesday)	Massage by Appointments	9:00 a.m.	Conf Rm
	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Patio
July 21 (Thursday)	Chat Room	10:00 p.m.	Patio
	Rev. John Hart, Holy	2:00 p.m.	Lounge
	Trinity Lutheran, Catasaqua		
	<i>Dinner @Blue Monkey Sports</i>	<i>3:30 p.m.</i>	<i>Van Trip</i>
	<i>Restaurant-Catasaqua</i>		
July 22 (Friday)	Walkers Club	9:00 a.m.	Outside
	<i>Allentown Farmers Market/Lunch</i>	<i>9:30 a.m.</i>	<i>Van Trip</i>
	<i>@Ritz Barbecue</i>		
	Yoga	10:00 a.m.	Patio
	Tai Chi	12:45 p.m.	Patio
July 23 (Saturday)	Manicures by Appointment	9:30 a.m.	Lounge
July 24 (Sunday)	Social-Rehrig Brothers	5:00 p.m.	Lounge
	<i>Allentown Pioneer Band @West</i>	<i>6:30 p.m.</i>	<i>Van Trip</i>
	<i>Park</i>		

July 25 (Monday)

Breakfast/Walmart

9:00 a.m.

Van Trip

Exercise

10:00 a.m.

Lounge

Movie-Brooklyn

1:00 p.m.

Conf Rm

July 26 (Tuesday)

Walkers Club

9:00 a.m.

Outside

Zumba

10:00 a.m.

Lounge

July 27 (Wednesday)

Exercise

10:00 a.m.

Lounge

Bible Study

12:30 p.m.

Patio

Computer Class

1:00 p.m.

Comp Rm

July 28 (Thursday)

Chat Room

10:00 a.m.

Patio

Country Ride and Lunch

10:30 a.m.

Van Trip

Rev. Richard Nahadil, St John

2:00 p.m.

Lounge

EC, Allentown

Prayer Time

6:30 p.m.

Conf Rm

July 29 (Friday)

Walkers Club

9:00 a.m.

Outside

Yoga

10:00 a.m.

Patio

Tai Chi

12:45 p.m.

Patio

July 3rd Picnic

**Entertainment
by:**

The Majestics

Sunday, July 3, 2016

1pm in the Lounge

Doors open at noon

**50/50
Raffle**

**Lots
Of
Fun**



<u>Activity</u>	<u>Dates</u>	<u>Time</u>	<u>Place</u>
Exercise	Every Monday & Wednesday	10 a.m.	Lounge
Zumba	Every Tuesday	10 a.m.	Lounge
Bible Study	Every Wednesday	12:30 p.m.	Patio
Chat Room	Every Thursday	10 a.m.	Patio
Prayer Time	2nd & 4th Thursday of each month	6:30 p.m.	Conf Rm
Yoga	Every Friday	10:00 a.m.	Patio
Tai Chi	Every Friday	12:45 p.m.	Patio
Walkers Club	Every Tuesday & Friday	9:00 a.m.	Outside

Our Activities.

4pm Doors Open

5pm Refreshments

6pm Entertainment

Esther's Ice Cream

Sales \$1.00



Saturday, July 16, 2016

**Entertainment
By:
Jack & Friends**



Claudie's Corner



Inge Allen, RN

Southeastern Home Health Services
will be here on Thursday, July 7, 2016
2pm in the Lounge

She will be talking to you about STRESS.

- ♦ What is STRESS?
- ♦ Good stress vs. harmful stress
- ♦ What effects does stress have on the body?
- ♦ Stress relieving techniques.

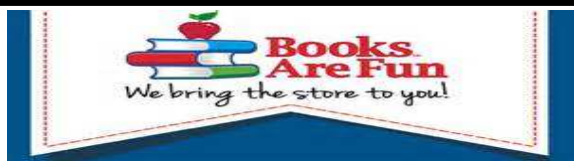
You will make lavender sachets, make sure
you come down for the presentation.



David Shallcross will be here on

Tuesday, July 12th at 2:00 pm

To provide seniors with the
awareness and knowledge of the
most current types of **scams** and
fraud that are out there. He will go
over the “**Dos & Don'ts**” that will
protect our Seniors.



BOOKS ARE FUN FAIR

Wednesday, July 13, 2016
10:00-4:00 pm
In the lounge

Come down and buy your books,
gifts, toys & Games and so much
more on **SALE.**



Friday, July 15, 2016
10 am to 1pm
In the Lounge

Join us for our
HEALTH FAIR exclusively for you, our
residents. We will have vendors from various
health care organizations to provide
information, free screenings and more.

We will have screenings and more in the Conference Room.

- *blood pressure screening
- *BMI screening and more....

Everyone will receive a complimentary hot dog, chips and
drink. Families are WELCOME.



4 PM DOORS OPEN
5 PM REFRESHMENTS
6 PM ENTERTAINMENT

SOCIAL

Sunday, July 24, 2016
Entertainment by:
Rehrig Brothers



Donations requested!

Esther's
Ice Cream Sales
\$1.00



2016

Saturday	8/6	Coffee & Donuts	8:00 a.m.
Saturday	8/6	Pinochle Party	12:30 p.m.
Saturday	8/27	Social –Steel City	5:00 p.m.





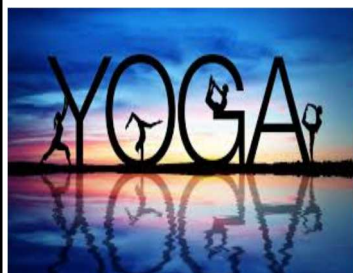
Computer Class

Wednesday,
July 13 & 27
1-3 pm

Sign up with Claudie

TAI CHI

Every
Friday
at **12:45 pm**
in the
Patio



YOGA
Every Friday
10:00 am
In the Patio

NO Piano Playing & Singing

FOR THE MONTHS OF **JULY & AUGUST**



WILL RESUME
IN SEPTEMBER

ZUMBA

Tuesday

10 am

in the Lounge.



Therapy Dog

No Therapy Dog for
the month of July.

Coffee & Donuts

Saturday, July 2

8:00 a.m. to 10:30 a.m.

\$1.00 coffee

\$1.00 donut

\$1.00 additional donuts

Friends and Family

are welcome!



MASSAGE

Wednesday, July 20th
9:00-1:00 pm

If you are interested
in getting a massage
please **sign-up**
with Claudie.

Price: **\$20.00** 1/2 hour
\$40.00 1 hour
Conference Room

Chair Massage
also available.

Blood Pressure Check

Thursday, July 7th

6:00 p.m.

in the Lounge.



Linda will be here to do

MANICURES

Saturday, July 23rd

See Claudie for an appointment.



EXERCISE

Every Mon & Wed 10:00 am
in the Lounge.

Wed, July 13 exercise will be in
the Patio.

WATERCOLOR CLASS

David Michael Donnangelo

Will be here on **Tuesday, July 18th**
at **1:00 pm** in the Lounge.

Please sign up with Claudie.



WALKERS CLUB



Tuesday & Friday @ 9am

Looking for New Members!



NOW SHOWING

Monday, July 11 & July 25

1pm

In the Conference Room

BROOKLYN



Eilis Lacey is a young Irish immigrant navigating her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. The initial shackles of homesickness quickly diminish as a fresh romance sweeps Eilis into the intoxicating charm of love. But soon, her new vivacity is disrupted by her past, and she must choose between two countries and the lives that exist within.



Prayer Time

2nd & 4th Thursday of each
month

In the conference room

6:30-7:30 pm

Everyone is Welcome!

Coordinators: Bev Westwood &
Loretta Mollo

Annual Pig Roast 2016



Good time



“RELIGION...good for our health and well-being!”

That headline appeared in a recent edition of our national church magazine.

Think about it. Worship, prayer, Bible Study, meditation, service, witness, and all that we do as we live in a faith community can not only benefit our spiritual development but also our physical and emotional well-being.

-Faith encourages healthy behavior by exercising some healthy influence on the habits you form and the activities you undertake.

-Faith reduces stress-Prayer, in particular, can reduce high blood pressure due to stress.

Faith gives people a sense of meaning and purpose in life, which is linked to better health.

-Community improves emotional health-Having friends is good for you. Having religious friends is even better. One study found that “church membership was the only type of social involvement that predicted greater life satisfaction and happiness,” (Harold Koenig, the Director of the Center for Spirituality at Duke University).

-Helping others improves life satisfaction –You know how it is when you reach out to help others in need. Faith's health benefit comes to those who help.

-Space for the Miraculous -Whether through prayer, laying on of hands, or some other miraculous intervention, those who claim faith can find in God health for both body and soul.

Hold on! Faith in God is not a magic pill or insurance policy against illness. Christians DO get sick and are plagued by disease and physical ailments. However, if we believe that God's authority stretches to the physical as well as the spiritual, then we can accept that He can manifest that authority in our physical health as well as our spiritual health.

In His Care, --- Pastor Clark



WORSHIP IN JULY -2 pm in the Lounge

Tues, July 5th Rev James Harper, Notre Dame RC Church, Bethlehem

Thurs, July 14th Rev Sharon Solt Harfman, Church of the Manger UCC, Bethlehem

Thurs. July 21st Rev John Hart, Holy Trinity Lutheran, Catasauqua

Thurs. July 28th Rev Richard Nahadil, St. John EC, Allentown

BIBLE STUDY every Wednesday at 12:30pm in the Patio.

CHAT ROOM- every Thursday at 10 am in the Patio.

PRAYER TIME – Opportunity to pray together sponsored by the residents, 2nd and 4th Thursdays at 6:30 pm in the Conference Room.



Note from the Manager...

I hope everyone is enjoying the warm weather! It is nice to sit outside on the benches surrounded by the beautiful landscaping, *please take a few minutes to stop and smell the flowers!!!*. There are a few areas under construction and I want to express my appreciation to all the residents for your patience while we complete them.

Some items that we are waiting for materials or waiting to complete include: the new permanent benches under the canopy, the landscaping around the garden plots, the smoking shelter area was intended to be completed in phases however the entire area should be completed any day, WIFI installation is expected to be complete in August, and the new fob system is expected to be installed around the end of July. As always, we will post notices around the building if any areas will be closed or detoured. Staff will continue to keep any inconveniences to a minimum. Thank you for always being cooperative during our projects.

If you are a dog owner- Please be sure you are following the pet rules of Lutheran Manor. Some important topics are as follows: keeping all dogs on a leash, picking up their waste inside or outside the building, and keeping control of your pet at all times. Please do not assume every resident or guest is an animal lover. Be considerate please.

Apartment inspections went very well. Thank you for your support. I am always pleased to hear how well-kept the apartments are. Please continue to submit maintenance work orders when you have a concern. Your participation in this procedure is why inspections go so smoothly. I am also happy to announce we continue to be bed bug free. Our dedication to preventive measures continues to pay off.

If you have any questions about the upcoming Wellness Center or any of the projects currently underway, please come see me. I am very excited to answer any questions. My door is always open for all residents and their family.

Stay cool...

Courtney L. Doherty

Property Manager



Van Trips



August 2016

DATE	DAY	TRIP	TIME
August 1	Monday	Breakfast/Valley Farms	9:00 a.m.____
August 2	Tuesday	Lunch @ Cracker Barrel	10:30 a.m.____
August 3	Wednesday	Banks, CVS, \$ Store, Post Office	9:30 a.m.____
August 4	Thursday	New Hope PA Rice's Market/Peddler's Village/Lunch	8:00 a.m.____
August 5	Friday	Das Awkscht Fescht Macungie-Antique & Classic Car Shows, Flea Market, Arts & Crafts, Entertainment, Food	5:45 p.m.____
August 8	Monday	Shop –Rite Freemansburg Ave Easton	9:30 a.m.____
August 11	Thursday	Sussex County Fairgrounds NJ- <i>Senior Day</i> \$4.00	10:30 a.m.____
August 12	Friday	Lunch/Movie @Carmike	11:00 a.m.____
August 15	Monday	Breakfast/Walmart	9:00 a.m.____
August 15	Monday	Iron Pigs Game—Cost:\$10.00	5:15 p.m.____
August 17	Wednesday	Sight & Sounds Theatres in Lancaster-Samson Cost: \$54.00 /Lunch @Hershey	8:00 a.m.____
August 18	Thursday	Muhlenberg Festival	6:30 p.m.____
August 19	Friday	Fiore's Italian Restaurant in Fleetwood, PA	10:30 a.m.____
August 22	Monday	West End Fair-Large Flowerheads 60's Band	10:15 a.m.____
August 23	Tuesday	Senior Bingo w/lunch (donations)	10:45 a.m.____
August 24	Wednesday	Heisler's Dairy Bar/\$4.00 Mini Golf	10:30 a.m.____
August 25	Thursday	Wegmans	9:30 a.m.____
August 29	Monday	Knoebels Park-Elysburg, PA	8:30 a.m.____
August 30	Tuesday	Weis Market	9:30 a.m.____
August 31	Wednesday	Bingo @The Lehigh Valley Active Life	5:15 p.m.____

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.

JULY

2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		FREE Walking Club! 			1 9:00 Walkers Club 10:00 Yoga 12:45 Tai Chi	2 8:00 Coffee & Donuts 12:30 Pinochle Party
3 1:00 JULY PICNIC 	4 OFFICE CLOSED 	5 9:00 Walkers Club 10:00 Zumba 2:00 Rev James Harper, Notre Dame RC	6 10:00 Exercise 12:30 Bible Study	7 10:00 Chat Room 2:00 Speaker -Stress Management 6:00 Blood Pressure	8 9:00 Walkers Club 10:00 Yoga 11:00 Second Harvest 12:45 Tai Chi	9
10	11 10:00 Exercise 1:00 Movie –Brooklyn	12 9:00 Walkers Club 10:00 Zumba 2:00 Speaker -Senior Scams Prevention	13 10:00 Exercise 10:00 Books are Fun 12:30 Bible Study 1:00 Computer Class	14 10:00 Chat Room 2:00 Rev Sharon Solt Harfman, Church of the 6:30 PRAYER TIME	15 10:00 Health Fair 10:00 Yoga 12:45 Tai Chi	16 5:00 Social
17	18 10:00 Exercise 1:00 Watercolor Class	19 9:00 Walkers Club 10:00 Zumba	20 9:00 Massage 10:00 Exercise 12:30 Bible Study	21 10:00 Chat Room 2:00 Rev John Hart, Holy Trinity Lutheran, Catasauqua	22 9:00 Walkers Club 10:00 Yoga 12:45 Tai Chi	23 Manicure by Appointment
24 5:00 Social 	25 10:00 Exercise 1:00 Movie -Brooklyn	26 9:00 Walkers Club 10:00 Zumba	27 10:00 Exercise 12:30 Bible Study 1:00 Computer Class	28 10:00 Chat Room 2:00 Rev Richard Nahadil, St John EC 6:30 PRAYER TIME	29 9:00 Walkers Club 10:00 Yoga 12:45 Tai Chi	30
31						