

July 2017

Hi Lites of Lutheran Manor





w e l c o m e

NEW RESIDENTS

Karen Ondrechen #207

Joseph Parker #918

Lucy Bartkiewicz #315

July 1 (Saturday)

Coffee & Donuts

8:00 a.m.

Lounge

July 2 (Sunday)

Pinochle Party

12:30 p.m.

Lounge

July Picnic-Music Memories

1:00 p.m.

Lounge

**West Park Marine Band of
Allentown**

6:30 p.m.

Van Trip

July 3 (Monday)

Banks, CVS, \$ Store, Post Office

9:30 a.m.

Van Trip

July 4 (Tuesday)

HAPPY 4th OF JULY!!!

(OFFICE CLOSED)

July 5 (Wednesday)

Van Trip Paper drop off

7:00 a.m.

Lounge

Giant

9:30 a.m.

Van Trip

Exercise

10:00 a.m.

Lounge

Piano Playing

3:00 p.m.

Lounge

July 6 (Thursday)

Zumba Gold

9:00 a.m.

Lounge

Massage

9:00 a.m.

Conf Rm

Chat Room

10:00 a.m.

Lounge

**Shopping @Burlington/Lunch
@Bonefish Grill**

10:30 a.m.

Van Trip

Speaker-Balance Class

2:00 p.m.

Lounge

Blood Pressure

6:00 p.m.

Lounge

Prayer Time

7:00 p.m.

Lounge

July 7 (Friday)

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

Walkers Club

9:00 a.m.

Outside

Yoga

10:00 a.m.

Lounge

Mobile Market

10:30 a.m.

Lounge

Tai Chi

12:45 p.m.

Lounge

Second Harvest

1:00 p.m.

Lounge

Dinner @Copperhead Grille

4:00 p.m.

Van Trip

July 9 (Sunday)

Sunday Praise

1:00 p.m.

Lounge

July 10 (Monday)

Weis Market

9:30 a.m.

Van Trip

Exercise

10:00 a.m.

Lounge

Movie-The Shack

1:00 p.m.

Conf Rm

July 11 (Tuesday)

New Hope Rice's Market/Lunch

8:30 a.m.

Van Trip

Walkers Club

9:00 a.m.

Outside

Speaker-Melanoma

2:00 p.m.

Lounge

July 12 (Wednesday)

Breakfast @Perkins Restaurant

9:00 a.m.

Van Trip

Exercise

10:00 a.m.

Lounge

July 12 (Wednesday)

Bible Study

12:30 p.m.

Lounge

Computer Class

1:00 p.m.

Comp Rm

Line Dancing

2:00 p.m.

Lounge

Piano Playing

3:00 p.m.

Lounge

July 13 (Thursday)

Zumba Gold

9:00 a.m.

Lounge

Chat Room

10:00 a.m.

Lounge

Rev. Donald Schwartz,

2:00 p.m.

Lounge

Lutheran, retired

Dinner @Tri-Boro Spaghetti Night

4:45 p.m.

Van Trip

July 14 (Friday)

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

Walkers Club

9:00 a.m.

Outside

CarFit Event

9:00 a.m.

Outside

Yoga

10:00 a.m.

Lounge

Mobile Market

10:30 a.m.

Lounge

Wert's Café for Lunch/Allentown

10:45 a.m.

Van Trip

Farmer's Market

Tai Chi

12:45 p.m.

Lounge

July 17 (Monday)

Breakfast @Tic Toc Diner/

9:00 a.m.

Van Trip

Walmart in Easton

Exercise

10:00 a.m.

Lounge

Watercolor Class

1:30 p.m.

Lounge

July 18 (Tuesday)

Walkers Club

9:00 a.m.

Outside

Speaker-Fire Prevention Safety

12:00 p.m.

Lounge

July 19 (Wednesday)

Exercise

10:00 a.m.

Lounge

Heisler's Dairy Bar/Mini Golf

10:30 a.m.

Van Trip

Bible Study

12:30 p.m.

Lounge

Piano Playing

3:00 p.m.

Lounge

July 20 (Thursday)

Zumba Gold

9:00 a.m.

Lounge

Chat Room

10:00 a.m.

Lounge

Rev. Lisa Borrell,

2:00 p.m.

Lounge

Friedens Lutheran, Center Valley

Good Shepherd Aquatic Pool

4:00 p.m.

Van Trip

Program, Cost: \$8.00 (Physician Waiver required)

Prayer Time

7:00 p.m.

Lounge

July 21 (Friday)

Lounge Cleaning

6:00 a.m.

Lounge

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

Walkers Club

9:00 a.m.

Outside

Yoga

10:00 a.m.

Lounge

Mobile Market

10:30 a.m.

Outside

Tai Chi

12:45 p.m.

Lounge

Dinner @Carrabba's Italian Grill

4:00 p.m.

Van Trip

July 24 (Monday)

Philadelphia Zoo

8:30 a.m.

Van Trip

Exercise

10:00 a.m.

Lounge

Movie-The Shack

1:00 p.m.

Conf Rm

July 25 (Tuesday)

Walkers Club

9:00 a.m.

Outside

**Movie @The Promenade/
Lunch @Red Robins**

11:00 a.m.

Van Trip

July 26 (Wednesday)

Speaker-Diabetis

2:00 p.m.

Lounge

Wegmans

9:30 a.m.

Van Trip

Exercise

10:00 a.m.

Lounge

Bible Study

12:30 p.m.

Lounge

Computer Class

1:00 p.m.

Comp Rm

Line Dancing

2:00 p.m.

Lounge

Piano Playing

3:00 p.m.

Lounge

July 27 (Thursday)

Zumba Gold

9:00 a.m.

Lounge

Chat Room

10:00 a.m.

Lounge

**Rev. Tony Pompa, Church
of the Nativity, Episcopal**

2:00 p.m.

Lounge

Good Shepherd Aquatic Pool

4:00 p.m.

Van Trip

Program, Cost: \$8.00 (Physician Waiver required)

July 28 (Friday)

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

Walkers Club

9:00 a.m.

Outside

Yoga

10:00 a.m.

Lounge

Mobile Market

10:30 a.m.

Lounge

Tai Chi

12:45 p.m.

Lounge

July 29 (Saturday)

Manicures by Appointment

9:30 a.m.

Lounge

July 30 (Sunday)

Social-Steel City

5:00 p.m.

Lounge

July 31 (Monday)

Breakfast @The Palace/Valley Farms

9:00 a.m.

Van Trip

Exercise

10:00 a.m.

Lounge

Ice Cream Social

1:30 p.m.

Lounge

Enjoy the Summer!



Our Activities

<u>Activity</u>	<u>Dates</u>	<u>Time</u>	<u>Place</u>
Exercise	Every Monday & Wednesday	10 a.m.	Lounge
Walkers Club	Every Tuesday & Friday	9 a.m.	Outside
Church	1st Tuesday & 2nd, 3rd, 4th Thursday	2:00 p.m.	Lounge
Bible Study	Every Wednesday	12:30 p.m.	Lounge
Line Dancing	Every other Wednesday	2:00 p.m.	Lounge
Piano Playing	Every Wednesday	3:00 p.m.	Lounge
Zumba Gold	Every Thursday	9:00 a.m.	Lounge
Chat Room	Every Thursday	10 a.m.	Lounge
Prayer Time	1st & 3rd Thursday of each month	7:00 p.m.	Lounge
Yoga	Every Friday	10:00 a.m.	Lounge
Tai Chi	Every Friday	12:45 p.m.	Lounge
Sunday Praise	Every 2nd Sunday	1:00 p.m.	Lounge



2017

Saturday	8/5	Coffee & Donuts	8:00 a.m.
Saturday	8/5	Pinochle Party	12:30 p.m.
Sunday	8/27	Social-Rehrig Brothers	1:00 p.m.



Claudie's Corner



Balance Clinic



OMNI Home Care's
Physical Therapist will be
hosting a

Balance Clinic

July 6, 2017

2 pm in the Lounge

- ♦ Find out what makes you a fall risk
- ♦ Find out how to reduce that risk
- ♦ Learn tips to keep you safe in your home

Refreshments and Raffle.

Signs And Symptoms of Skin Cancer

Inge Mattei, BSN, RN

Clinical Nurse Liaison

Southeastern Home Health Services

will be here on

Tuesday, July 11, 2017

2pm in the Lounge

Find out:

- * The different types of skin cancer
- * The causes of skin cancer
- * Ways to prevent skin cancer

Refreshments will be served!



FIRE PREVENTION SAFETY

*Captain Kevin Landis,
Training Captain
From the City of Bethlehem*

Will be here on

Tuesday, July 18

Noon **(lunch will be provided)**

CPT Landis will be here to talk to you about
the importance of Fire Prevention Safety.

**Did you know that if a fire starts in your
home you may have as little as two
minutes to escape?**

Sign up required!



Jennifer Bonaventura

From Geisinger

will be here on

Tuesday, July 25, 2017

2pm

in the Lounge

How Does Diabetes Affect The Body?

Knowing how diabetes affects your body can
help you look after your body and prevent
diabetic complications from developing.

Healthy snacks will be served!



Computer Class

Wednesday,
July 12 & 26
1-3 pm

Sign up required.



Tai Chi
Exercises 



Friday
at 12:45 pm
in the Lounge

YOGA

Every Friday
10:00 am
in the Lounge



Yoga



Piano Playing & Singing

with Gladys
Every Wednesday
3pm
in the Lounge



Walkers Club

Every Tuesday &
Every Friday @ 9:00 am

ZUMBA GOLD

Every Thursday
9:00 am
In the Lounge



MASSAGE

Thursday, July 6

9:00-2:00 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.



Coffee & Donuts

Saturday, July 1st

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

\$1.00 coffee

\$1.00 donut

\$1.00 additional donuts

Friends and Family

Blood Pressure Check

Thursday, July 6
6:00 p.m.
in the Lounge.



EXERCISE

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



Linda will be here to do

MANICURES

Saturday, July 29th



Set up an appointment with Claudie.

NOW SHOWING

THE SHACK

Monday
&

July 10th & 24th

1pm in the Conference Room



The film takes us on a father's uplifting spiritual journey. After suffering a family tragedy, Mack Phillips spirals into a deep depression causing him to question his innermost beliefs. Facing a crisis of faith, he receives a mysterious letter urging him to an abandoned shack deep in the Oregon wilderness. Despite his doubts, Mack journeys to the shack and encounters an enigmatic trio of strangers led by a woman named Papa. Through this meeting, Mack finds important truths that will transform his understanding of his tragedy and change his life forever.

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

Watercolor Class

Monday, July 17, 2017

1:30 pm in the Lounge



sign
up
now



July Picnic

Sunday, July 2, 2017

1pm in the Lounge
Doors open at noon

Entertainment by:
Music Memories



Sunday Praise

Sunday, July 9th
1pm in the Lounge

Join *David Garcia* for a time of
reflection and praise to God with
Christian Songs, Scripture and
Prayer.
Everyone is welcome!

LINE DANCING

Peggy Sue Tobias
will be here on
Wednesday,
July 12 & 26
2pm
In the Lounge



Sunday Social

The Resident's Association
Sunday, July 30, 2017

4pm Doors open
5pm Refreshments
6pm Entertainment



Donations requested!

*please
join us*

2017 Annual Pig Roast



Welcome
To the Team!



Please welcome **Pete Rivera** who
has joined the Lutheran Manor staff.
He is our new
Custodial/Maintenance Person.



Ice Cream Social

Monday, July 31, 2017

1:30 pm

in the Lounge

Come down and meet & mingle
and have a delicious ice cream,
with all the toppings.



Line Dancing





PIZZA PARTY

Saturday, August 12, 2017

5pm in the lounge

Doors open at 4pm

COST:

\$5 per person

\$6 per guest (limit 2)

Entertainment by:

Marty The Country Jade



Menu:

2 slices of pizza (with *cheese* or *pepperoni* topping) **Lettuce** with **assorted dressing**, Ice Cream, Coffee or tea

Soda \$1.00

Drawing 3 for \$1.00 **50/50**

Coordinator: Ken Clifford

PIZZA PARTY



Place slip in a sealed envelope along with cash payment and slide it under

Marge Bachemin's door Apt #705.

Name: _____ Apt# _____ Phone: _____

Choice of 2 slices of Pizza: _____ (2) Cheese, or _____ (2) Pepperoni

(Both slices must be the same kind) # of Guests _____

DEADLINE FOR RESERVATIONS IS WEDNESDAY, August 9th.

"IN THE GOOD OLD SUMMERTIME..."



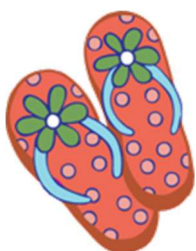
I love Summer...the balmy nights great for sitting outside and looking up at the night sky. Yards are ablaze with red and purple and pink and coral and yellow petunias and pansies and impatiens and roses and marigolds. Summer slows us down a bit to allow more time for recreation and re-creation.

As most of you know, I'm spending more time this summer in doctors' offices and at a chemo infusion room after a diagnosis of cancer back in May. So you can bet I'm slowing down this summer and I am taking more time on quiet contemplation, prayer and appreciating God's gift of abundant life.

Yes, God promises us abundant life. If we aren't making time for talks with God, for reading our Bibles, for quieting our minds and allowing God's truth to affect and inform the rest of our day, then we've lost out on the abundant lives God wants for us. Abundant doesn't mean jam packed with trivial pursuits. It means experiencing God's joy and peace and love in the midst of our often hectic, weary lives.



This summer let's make a special effort to re-evaluate how we use



God's gift of time. Are we wasting our days with poor planning and prioritizing? Do we need to cut out some of the activities that once seemed so important? **Do we need to allow more time for listening to God, to our loved ones, to the wind singing in the trees? Let's take a deep cleansing sigh and ask our Lord to guide us through each day.** *+Blessings for a renewing summer, Pastor Clark*

WORSHIP AT LUTHERAN MANOR- 2pm in the LOUNGE

No worship Week of July 4th

Thursday, July 13th - Rev. Donald Schwartz, Lutheran retired

Thursday, July 20th - Rev. Lisa Borrell, Friedens Lutheran,
Center Valley

Thursday, July 27th - Rev. Tony Pompa, Church of the
Nativity-Episcopal, Bethlehem



BIBLE STUDY- Every Wednesday at 12:30pm in the Lounge. **(NO BIBLE STUDY on Wednesday, July 5th.**

Presently studying the Letter of James

CHAT ROOM- Every Thursday at 10 AM in the Lounge. You are always welcome for a fun and educating conversation with your neighbors.

PRAYER TIME- - at 7pm the 1st and 3rd Thursday in the Lounge.

SUNDAY PRAISE... a time of Song, Scripture and Prayer- July 9th @ 1pm.





AARP Driver Safety's CarFit Event

Friday, July 14, 2017

9:00-12:00

CarFit is a FREE, interactive and educational program that teaches participants how to make their personal vehicle “fit” them to increase safety and mobility when they hit the road.

- > Review 12 key areas of your fit to your car such as adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints.
- > Learn how to use and adjust your safety devices.
- > Each checkup takes about 20 minutes—this is not a driving test or mechanical inspection.


**To schedule your 20-minute appointment, please sign up
with Claudie.**

**Appointment spaces are
limited, so don't wait!**



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 SHACK (Pick one time only!)

_____ Monday, July 10 at 1pm-Be in your seat by 12:45pm.

_____ Monday, July 24 at 1pm-Be in your seat by 12:45pm.

Computer Class with Nancy

_____ Wednesday, July 12 at 1:00 pm

_____ Wednesday, July 26 at 1:00 pm

Line Dancing

_____ Wednesday, July 12 at 2:00 pm

_____ Wednesday, July 26 at 2:00 pm

Speakers/Events

_____ **Balance Clinic**, Thursday, July 6 at 2:00 pm

_____ **Melanoma**, Tuesday, July 11 at 2:00 pm

_____ **CarFit Event**, Friday, July 14 starting at 9:00 am

_____ **Fire Prevention Safety**-(Lunch provided), Tuesday, July 18 at 12:00 pm

_____ **Diabetes**, Tuesday, July 25 at 2:00 pm

_____ **Ice Cream Social**, Tuesday, July 31 at 1:30 pm

Massage with Jenn (An appointment time will be assigned to you!)

_____ Thursday, July 6 starting at 9:00am

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

_____ Saturday, July 29 between 9:30am-5:00pm

Watercolor Class

_____ Monday, July 17 at 1:30 pm

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

NAME: _____ APT# _____



Van Trips



August 2017

DATE	DAY	TRIP	TIME
August 1	Tuesday	Weis Market	11:00 a.m.____
August 3	Thursday	Banks, CVS, \$ Store, Post Office	9:30 a.m.____
August 4	Friday	Lunch @Taste of Italy Bar & Grill/Movie @Carmike	11:00 a.m.____
August 7	Monday	Giant	12:00 a.m.____
August 8	Tuesday	Dinner @Doughboys	4:00 p.m.____
August 10	Thursday	Sussex County Fairgrounds NJ-Senior Day-Cost: \$4.00	9:00 a.m.____
August 11	Friday	Iron Pigs Game-Cost: \$10.00	4:45 p.m.____
August 14	Monday	Dinner @Red Lobster Restaurant	4:00 p.m.____
August 15	Tuesday	Lunch @Roma Ristorante & Shopping @Ross/Christmas Shop	11:00 a.m.____
August 16	Wednesday	Wegmans	12:00 a.m.____
August 17	Thursday	Muhlenberg Festival	6:30 p.m.____
August 19	Saturday	Easton Farmers Market	9:00 a.m.____
August 21	Monday	Breakfast @Tic Toc/Walmart	9:00 a.m.____
August 22	Tuesday	Senior Bingo w/lunch (donations)	10:45 a.m.____
August 23	Wednesday	Lunch @Applebee's/Shopping at Burlington in Nazareth	10:30 a.m.____
August 24	Thursday	Good Shepherd Aquatic Pool Program, Cost:\$8.00 (Physician waiver required)	4:00 p.m.____
August 28	Monday	Knoebels Park-Elysburg, PA	8:30 a.m.____
August 29	Tuesday	Aldi	11:00 a.m.____
August 30	Wednesday	Dinner @Blue Monkey Sports Restaurant	3:30 p.m.____
August 31	Thursday	Good Shepherd Aquatic Pool Program, Cost:\$8.00 (Physician waiver required)	4:00 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

2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 8:00 Coffee & Donuts 12:30 Pinochle Party
2 1:00 July Picnic 	3 NO EXERCISE TODAY!	4 OFFICE CLOSED 	5 7:00 Van Trip Papers 10:00 Exercise 3:00 Piano Playing	6 9:00 Zumba Gold 9:00 Massage 10:00 Chat Room 2:00 Speaker-Balance 6:00 Blood Pressure 7:00 Prayer Time	7 9:00 Walkers Club 10:00 Yoga 10:30 Mobile Market 12:45 Tai Chi 1:00 Second Harvest	8
9 1:00 Sunday Praise 	10 10:00 Exercise 1:00 Movie -The Shack	11 9:00 Walkers Club 2:00 Speaker-Melanoma	12 10:00 Exercise 12:30 Bible Study 1:00 Computer Class 2:00 Line Dancing 3:00 Piano Playing	13 9:00 Zumba Gold 10:00 Chat Room 2:00 Rev Donald Schwartz, Lutheran	14 9:00 Walkers Club 9:00 CarFit Event 10:00 Yoga 10:30 Mobile Market 12:45 Tai Chi	15
16	17 10:00 Exercise 1:30 Watercolor Class	18 9:00 Walkers Club 12:00 Speaker -Fire Prevention Safety	19 10:00 Exercise 12:30 Bible Study 3:00 Piano Playing	20 9:00 Zumba Gold 10:00 Chat Room 2:00 Rev Lisa Borrell, Friedens Lutheran 7:00 Prayer Time	21 9:00 Walkers Club 10:00 Yoga 10:30 Mobile Market 12:45 Tai Chi	22
23	24 10:00 Exercise 1:00 Movie -The Shack	25 9:00 Walkers Club 2:00 Speaker -Diabetes	26 10:00 Exercise 12:30 Bible Study 1:00 Computer Class 2:00 Line Dancing 3:00 Piano Playing	27 9:00 Zumba Gold 10:00 Chat Room 2:00 Rev Tony Pompa, Church of the Nativity	28 9:00 Walkers Club 10:00 Yoga 10:30 Mobile Market 12:45 Tai Chi	29 9:30 Manicure by Appointments 
30 5:00 Social 	31 10:00 Exercise 1:30 Ice Cream Social	