

July 2019

Hi-Lites of Lutheran Manor





Notes From the Office

VAN TRIP PAPERS

Van Trip Paper/Event Signup sheets will be accepted beginning at 8:30 am in Brenda's office on Monday, July 1, 2019.

Van trip papers submitted prior to the scheduled day and time will be placed at the bottom of the pile.

Van Trips without a minimum of 5 people signed up will be cancelled 24 hours before the scheduled trip.

IMPORTANT NOTE:

We will enforce the \$5 penalty charge for
ALL NO-SHOWS or CANCELLATIONS
made less than 24 Hours prior to the scheduled trip.
This money MUST be paid before your next trip.

Eat Real Food Mobile Market

Every Friday from 12:15 - 1:45 pm in the Lounge

ACCEPTED METHODS OF PAYMENT

CASH

CREDIT CARD

SNAP

FARMER'S MARKET VOUCHERS

A **"Farm to Neighborhood"** initiative that is partnering with local farms, schools, municipalities, non-profits and community leaders bringing local farm food to neighborhoods in the Lehigh Valley.

Reasonably priced fresh fruits and vegetables from your local farms.

Resident's Associa-



Coffee, Donuts, Bagels, & Muffins

Saturday, July 6, 2019
@ 8:00 am to 10:00 am
in the Lounge

COFFEE: \$1.00

DONUTS, BAGELS, MUFFINS \$1.00

ADDITIONAL DONUTS,
BAGELS, MUFFINS: \$1.00



FRIENDS AND FAMI-
LY
ARE ALWAYS

ICE CREAM

Every Wednesday
5- 6 pm in the Lounge.



Pizza & Salad Party
Saturday, July 20, 2019
5:00 pm in the Lounge
COST: \$5.00



Pizza & Salad Party
Saturday, July 20, 2019

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

NAME: _____ Apt#: _____ # Attending _____

DEADLINE FOR RESERVATIONS: WEDNESDAY, JULY 10, 2019

Resident's Association



Breakfast open to all Residents & Guests!!

Saturday, July 13, 2019

8:30 am - 10:00 am

Cost: \$3.00

MENU

3 Pancakes

2 Sausage Links

Coffee and Orange Juice



BREAKFAST

Saturday, July 13, 2019

8:30 am—10:00 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, JULY 8, 2019.

Sandwich Sale

Cost: \$5

Orders available for pickup

Friday, July 26th from 11am-12pm in the Lounge



Sandwich Sale Order Sheet

Fill out and return slip, along with money, to Marge Bachemin in apartment 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, JULY 23RD, 2019

Bellezza Salon & Spa

NEW Hours of Operation

Wednesday 9am - 3pm

Thursday 9am - 3pm

For Appointments Call:

610-866-6010, then press 9

WALK-INS WELCOME

FAMILY WEEK

Wednesday, July 24th & Thursday, July 25th

The salon and spa will be open to the

Family, Friends, and OFF-DUTY Aides

of current residents!!

Residents will be responsible for making sure their visitor

signs into the office before making their way to the salon.

Future Dates

August 28 & 29

September 25 & 26

October 23 & 24



Kinsey Massage Therapy

is licensed in massage therapy by the state of PA and provides an adaptable blend of deep tissue, trigger point, mobilization, myofascial release and deep relaxation therapies uniquely tailored to each individual.

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

30 Minutes - \$20

60 Minutes - \$40

Book directly with Kinsey!

484-223-8816



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

MOVIE 1:

Mama Mia: Here We Go Again

Friday, July 12 @ 1:00 pm

Monday, July 22 @ 1:00 pm



**Join the
celebration, sing,
dance and
discover how it
all began!**

**You're invited back
to the magical Greek**

**island of Kalokairi in an all-new
musical sequel based on the
songs of ABBA!**

**Sophie is now pregnant,
and like her mother Donna,
she will need to take risks.**

PG-13 PARENTS STRONGLY CAUTIONED
SOME MATERIAL MAY BE INAPPROPRIATE FOR CHILDREN UNDER 13

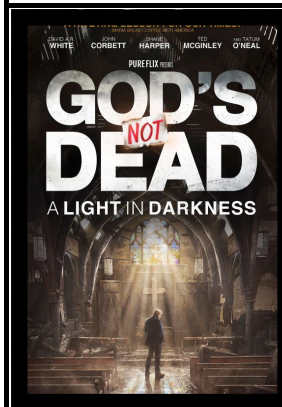
MOVIE 2:

God's Not Dead:

A Light in Darkness

Friday, July 19 @ 1:00 pm

Monday, July 29 @ 1:00 pm



**After a deadly fire
rips through
St. James Church,
Hadleigh University
leaders use the
tragedy to push the
congregation off**

**campus, forcing the church to
defend its rights and bringing
together estranged brothers for a
reunion that opens old wounds and
forces them to address the issues
that pulled them apart.**

PG PARENTAL GUIDANCE SUGGESTED
SOME MATERIAL MAY NOT BE SUITABLE FOR CHILDREN



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



Kierra's Kickstart to Fitness

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.

Speaker: Skin Health

The largest organ in your body is your skin!

Join our presentation from an LVHN doctor to learn how to take care of your skin properly.



Tuesday, July 23rd

2:00 PM

In the Community Room

Light refreshments will be served

ANNOUNCEMENTS!

Yoga is now on Mondays at 1:00 PM

Walker's Club is Monday & Wednesday at 9:00 AM, Friday at 2:00

Save the Date: Van Trip!

Neighborhood Memory Café

At the Allentown Art Museum

Monday August, 19th @ 10:00a-12:00p

(Van will leave at 9:15)

Are you concerned about your current memory loss problems?

In a judgement-free space, join new and old friends to talk, learn, and share. Join us in exploring the joy of the arts through all the senses as well as in rediscovering your hobbies and interests.

Please sign up on the van trip sheet

Kierra's Recipe of the Month

Chocolate Chip Protein Bites



Come to the fitness center to pick up a copy of the recipe!



From the Chaplain



**Marvelous
are thy works;
& that my soul
knoweth
right well.**
Psalm 139:14

It's summertime – and the livin' is easy! Well, may be not easy but certainly more enjoyable than 20 degree snowy weather.

I am reminded of what a gift it is to be alive. And while there inevitably will be suffering in life and suffering can help us grow, we were created to experience fun, peace, and joy. God created the world to share the goodness of existence with God's creatures, and invites us to experience the tremendous enjoyment it is to simply be alive.

When we're attentive to the simple pleasures of life, it deepens our spirituality and helps us grow closer to God.

So take time to enjoy the simple gifts God gives us...the warmth of the sun, the gentle summer breeze, a quiet walk, laughter with a friend, a sunset, favorite music or reading a book. Allow the peace of God to reach your depths no matter where you are. Even in times that aren't particularly fun, seek the pleasure and the joy hidden behind the mundane. Blessings to you this month as you let your enjoyment of life be your spiritual practice!

With peace and joy, Pastor Clark

WORSHIP AT LUTHERAN MANOR in the Community Room at 2 pm

Tuesday, July 2nd - Father Daniel Kravatz,
Notre Dame RC Church, Bethlehem

Thursday, July 11th – Pastor Richard Nahodil,
Christ E.C. Church, Allentown

Thursday, July 18th - Pastor Jay Wetzel, Lutheran, retired

Thursday, July 25th - Pastor Larry Burd, Calvary Baptist, Easton

(Please note: NO SPANISH WORSHIP IN JULY)



MOVIE: I CAN ONLY IMAGINE

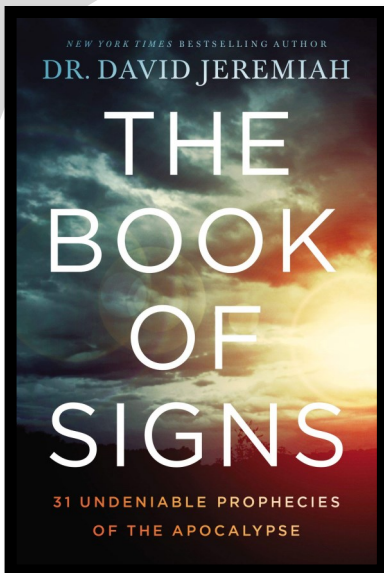
Wednesday, July 10 at 2pm in the Community Room

The inspiring true story behind Christian band MercyMe's beloved, chart-topping song that brings ultimate hope to so many with the power of true love and forgiveness.

"This movie was one of the best faith movies I have seen!!"

So inspiring, uplifting! Deals with forgiveness which is sometimes so hard to do, but with God's grace he makes it possible to forgive others that have wronged us!!





PROPHECIES BIBLE STUDY

BOOK:

**"THE BOOK OF SIGNS: 31 UNDENIABLE PROPHECIES
OF THE APOCALYPSE"**

BOOK BY: DR. DAVID JEREMIAH

STUDY TAUGHT BY: BEVERLY WESTWOOD

Drawing from decades of experience as one of the world's most-respected Bible teachers, Dr. David Jeremiah once again brings his signature wisdom, depth, and compassion to the discussion of biblical prophecy—a discussion that becomes more and more critical with each passing day.

Join us in the study as Dr. Jeremiah lays out the signs of the end of times and helps you prepare for the days ahead in thirty-one easy-to-understand chapters. Filled with engaging illustrations and practical application, *The Book of Signs* is a must-have resource for Christians seeking to navigate the uncertainties of the present and embrace God's promises for the future.

The cost for the class is \$15.

This will help cover a study guide that you will be able to use during the class.

Money and registration MUST BE turned in by July 15th.

**Classes will be held on Tuesday evenings,
beginning September 10, 2019 at 6:30 pm
in the Community Room.**

PROPHECIES BIBLE STUDY

BOOK:

"THE BOOK OF SIGNS: 31 UNDENIABLE PROPHECIES OF THE APOCALYPSE"

COST: \$15

**Place slip in a sealed envelope along with cash payment
and slide it under Beverly Westwood's door Apt #303.**

Name: _____

Apt# _____

Phone: _____

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 after the 1st Tuesday	2:00 pm	Community Room
Bible Study	Wednesday	12:30 pm	Community Room
Chat Room	Thursday	10:00 am	Community Room
Prayer Time	1st and 3rd Thursday of each month	7:00 pm	Community Room

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
Afternoon Meditation & Stretch	Tuesday & Thursday	1:00 pm	Exercise Room
Walkers Club	Mon, Wed Fri	9:00 am 2:00 pm	Outside/Fitness Center
Everybody's Yoga	Monday	1:00 pm	Exercise Room
Tai Chi	Friday	11:00 am	Exercise Room

Our Activities

Happening in July

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
<u>ICE CREAM</u>	<u>WEDNESDAYS</u>	<u>5:00 PM</u>	<u>LOUNGE</u>
<u>LOUNGE CLOSED FOR CLEANING</u>	<u>FRIDAYS</u>	<u>7:00-10:00 AM</u>	<u>LOUNGE</u>
<u>MOBILE MARKET</u>	<u>FRIDAYS</u>	<u>12:15-1:45 PM</u>	<u>LOUNGE</u>
<u>VAN TRIP PAPERS DROP-OFF</u>	<u>MONDAY, JULY 1</u>	<u>8:30 AM</u>	<u>BRENDA'S OFFICE</u>
OFFICE CLOSED-4TH OF JULY	Thursday, July 4		
OFFICE CLOSED-5TH OF JULY	Friday, July 5		
Donuts, Bagels, & Muffins	Saturday, July 6	8:00 am	Lounge
Pinochle	Saturday, July 6	12:30 pm	Lounge
Pastor Clark Movie: I Can Only Imagine	Wednesday, July 10	2:00 pm	Community Room
Blood Pressure Check	Thursday, July 11	6:00 pm	Lounge
Second Harvest	Thursday, July 11	12:30 pm	Lounge
MOVIE: Mama Mia 2	Friday, July 12	1:00 pm	Community Room
Breakfast	Saturday, July 13	8:30 am	Lounge
MOVIE: God's Not Dead 3	Friday, July 19	1:00 pm	Community Room
Pizza & Salad Party	Saturday, July 20	5:00 pm	Lounge
MOVIE: Mama Mia 2	Monday, July 22	1:00 pm	Community Room
Art with Pat Part 1	Tuesday, July 23	1:30 pm	Lounge
FAMILY WEEK @ THE SALON	Wednesday, July 24	9:00 am-4:00 pm	Bellezza Salon & Spa
LOUNGE CLOSED FOR CLEANING	Thursday, July 25	7-10 am	Lounge
FAMILY WEEK @ THE SALON	Thursday, July 25	9:00 am-4:00 pm	Bellezza Salon & Spa
Sandwich Sale Pick Up	Friday, July 26	11:00 am	Lounge
Computer Class	Friday, July 26	1:00 pm	Computer Room/Library
Social	Sunday, July 28	5:00 pm	Lounge
MOVIE: God's Not Dead 3	Monday, July 29	1:00 pm	Community Room
Art with Pat Part 2	Tuesday, July 30	1:30 pm	Lounge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 VAN TRIP PAPERS 9:00 Breakfast @ Palace/Walmart 9:00 Walker's Club 10:00 Fit For Life 11:30 Stand Up for Strength 1:00 Everybody's Yoga	2 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church	3 9:00 Banks/Post Ofc 9:00 Walkers Club 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 1:30 CVS/LV Shopping Center 5:00 Ice Cream Sale	4 OFFICE CLOSED 	5 OFFICE CLOSED 10:00 Quakertown Farmer's Market 12:15 Mobile Market	6 8:00 Donuts 12:30 Pinochle
7	8 9:30 ShopRite 9:00 Walkers Club 10:00 Fit For Life 11:30 Stand Up for Strength 1:00 Everybody's Yoga	9 9:30 Hamilton Crossings & BJs Brewhouse 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch	10 9:00 Walkers Club 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 2:00 Movie: I Can Only Imagine 5:00 Ice Cream Sale 5:15 BINGO @ LV Active Life	11 10:00 Joyful Joints 10:00 Chat Room 11:00 Basic Balance 12:30 Second Harvest Food Bank 1:00 Meditation & Stretch 2:00 Church 6:00 Blood Pressure Check	12 7:00-10:00 Lounge Closed 11:00 Cracker Barrel 11:00 Tai Chi 12:15 Mobile Market 1:00 MOVIE DAY: Mama Mia 2 2:00 Walkers Club	13 8:30 Breakfast
14	15 9:30 Valley Farms 9:00 Walkers Club 10:00 Fit For Life 11:30 Stand Up for Strength 1:00 Everybody's Yoga	16 9:00 Breakfast @ Borderline 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch	17 9:00 Walkers Club 10:00 Fit For Life 11:00 Red Lobster 11:30 Stand Up for Strength 12:00 Get Fit For Summer Party 12:30 Bible Study 5:00 Ice Cream Sale	18 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 7:00 Prayer Time	19 7:00-10:00 Lounge Closed 9:30 LV Zoo 11:00 Tai Chi 12:15 Mobile Market 1:00 MOVIE DAY: God's Not Dead 3 2:00 Walkers Club	20 5:00 Pizza & Salad Party
21 10:00 Blueberry Festival @ Burnside Plantation	22 9:00 Walkers Club 10:00 Fit For Life 11:30 Stand Up for Strength 1:00 Everybody's Yoga 1:00 MOVIE DAY: Mama Mia 2 4:00 Sewyco's Buffet	23 9:30 Weis 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:30 Art with Pat 2:00 SPEAKER: Skin Health	24 FAMILY WEEK @ THE SALON 9:00 Walkers Club 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 5:00 Ice Cream Sale	25 FAMILY WEEK @ THE SALON 7:00-10:00 Lounge Closed 10:00 Chat Room 10:00 Joyful Joints 11:00 Nazareth Diner 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church	26 11:00 Sandwich Sale Pick Up 11:00 Tai Chi 12:15 Mobile Market 1:00 Computer Class 2:00 Walkers Club	27
28 5:00 Social	29 9:00 Walkers Club 9:30 Giant 10:00 Fit For Life 11:30 Stand Up for Strength 1:00 MOVIE DAY: God's Not Dead 3 1:00 Everybody's Yoga	30 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:30 Art with Pat 4:00 Cracker Barrel	31 9:00 Walkers Club 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 5:00 Ice Cream Sale 5:15 BINGO @ LV Active Life	 <div> Fitness Events Van Trips Resident's Association Events Religious Events Lutheran Manor Events Holidays/Observances/Other </div>		

VAN TRIPS August 2019

DATE	DAY	TRIP	TIME
Aug 3	Saturday	Banks / Post Office	9:30am _____
Aug 3	Saturday	CVS / Lehigh Shopping Center	1:30pm _____
Aug 5	Monday	Dinner at SEWYCO (\$7.00)	4:00pm _____
Aug 6	Tuesday	Weis (Senior Discount Day)	11:00am _____
Aug 7	Wednesday	Shopping at CABELA'S / Leesport Farmer's Market	9:00am _____
Aug 12	Monday	Wegmans	9:30am _____
Aug 14	Wednesday	BINGO at Lehigh Valley Active Life	5:15pm _____
Aug 16	Friday	Lunch at CRACKER BARREL	11:00am _____
Aug 19	Monday	Aldi	1:00pm _____
Aug 21	Wednesday	Kitchen Kettle Village & Lunch at SHADY MAPLES	8:00am _____
Aug 22	Thursday	Lunch at TGIF	11:00am _____
Aug 26	Monday	Breakfast at THE PALACE & Shopping at Valley Farms	9:00am _____
Aug 29	Thursday	Knoebels Amusement Resort	8:30am _____
Aug 31	Saturday	Easton Farmer's Market / Lunch	9:00am _____

Forms will be collected starting at 8:30 am on Monday, July 1, 2019 in Brenda's Office.

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 July 2019

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

Mama Mia: Here We Go Again!

_____ Friday, July 12 at 1:00 pm

_____ Monday, July 22 at 1:00 pm

God's Not Dead: A Light In Darkness

_____ Friday, July 19 at 1:00 pm

_____ Monday, July 29 at 1:00 pm

Art with Pat - SPACE LIMITED, SIGN UP REQUIRED

_____ Tuesdays, July 23 & 30 @ 1:30 pm

Computer Class with Nancy - Topic: Navigating the Computer

_____ Friday, July 26 @ 1:00 pm

Forms will be collected starting at 8:30 am on Monday, July 1, 2019 in Brenda's Office.

NAME: _____ APT#: _____