

June 2015
Hi Lites of
Lutheran Manor



June



NEW RESIDENT
Lois Angelino 805

June 1 (Monday)	Breakfast/Walmart	9:00 a.m.	Van Trip
	Exercise	10:00 a.m.	Lounge
	A Matter of Balance Class	10:00 a.m.	Patio
	Bingo	6:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
June 2 (Tuesday)	Zumba	10:00 a.m.	Lounge
	Senior Bingo w/lunch (donations)	10:45 a.m.	Van Trip
June 3 (Wednesday)	Banks, CVS, \$ Store, Post Office	9:30 a.m.	Van Trip
	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Patio
	Computer Class	1:00 p.m.	Comp Rm
	Rev. James Harper, Notre Dame	2:00 p.m.	Lounge
	RC Church, Bethlehem		
	Piano Playing	3:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
June 4 (Thursday)	Chat Room	10:00 a.m.	Patio
	Speaker-Hot Weather Safety	2:00 p.m.	Lounge
	Blood Pressure Check	6:00 p.m.	Lounge
June 5 (Friday)	Annual Pig Roast Picnic	12:00 p.m.	Outside
June 6 (Saturday)	Coffee & Donuts	9:00 a.m.	Lounge
	Pinochle Party	12:30 p.m.	Lounge
June 8 (Monday)	Exercise	10:00 a.m.	Lounge
	A Matter of Balance Class	10:00 a.m.	Patio
	Committee Meeting	1:30 p.m.	Conf Room
	Dinner @Sal's Pizza, Wind Gap	4:00 p.m.	Van Trip
	Bingo	6:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
June 9 (Tuesday)	Weis Market	9:30 a.m.	Van Trip
	Zumba	10:00 a.m.	Lounge
	General Meeting	2:00 p.m.	Lounge
	(7th Floor responsible for snacks)		
June 10 (Wednesday)	Leesport Farmers Market/Lunch	8:30 a.m.	Van Trip
	Massage by Appointments	9:00 a.m.	Conf Room
	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Patio
	Piano Playing	3:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
June 11 (Thursday)	DVD Victor Borge	10:00 a.m.	Lounge



June 11 (Thursday)	Rev. Jay Wetzel, St John Lutheran, Bath	2:00 p.m.	Lounge
June 12 (Friday)	Dinner @Tri-Boro Spaghetti Night Walkers Club Second Harvest Food Delivery Discipleship Class Tai Chi	4:45 p.m. 9:00 a.m. 11:00 a.m. 11:30 a.m. 12:45 p.m.	Van Trip Outside Patio Conf Rm Patio
June 14 (Sunday)	Allentown Municipal Band West Park Concert-FREE Banana Factory Art Exhibitions-/Lunch	6:45 p.m. 10:00 a.m.	Van Trip Van Trip
June 15 (Monday)	A Matter of Balance Class Lunch @Doughboys Movie- Still Alice Bingo Poker League	10:00 a.m. 11:00 a.m. 1:00 p.m. 6:00 p.m. 6:30 p.m.	Patio Van Trip Conf Room Lounge Conf Room
June 16 (Tuesday)	Giant Zumba	9:30 a.m. 10:00 a.m.	Van Trip Lounge
June 17 (Wednesday)	Exercise Bible Study Computer Class Piano Playing Birthday Party-Marty & Dee Poker League	10:00 a.m. 12:30 p.m. 1:00 p.m. 3:00 p.m. 5:00 p.m. 6:30 p.m.	Lounge Patio Comp Rm Lounge Lounge Conf Room
June 18 (Thursday)	Ehrhardt's Waterfront-Murder On the Oriental Rug Cost: \$39.00 Chat Room Rev Mark Culton, Ebenezer Bible Fellowship, Bethlehem	8:30 a.m. 10:00 a.m. 2:00 p.m.	Van Trip Patio Lounge
June 19 (Friday)	Walkers Club Lunch/Movie Discipleship Class Tai Chi	9:00 a.m. 11:00 a.m. 11:30 a.m. 12:45 p.m.	Outside Van Trip Conf Room Patio
June 20 (Saturday)	Soup & Hot Dogs (Steel City)	11:00 am.	Lounge
June 21 (Sunday)	HAPPY FATHERS DAY!		
June 22 (Monday)	Breakfast/Valley Farms Exercise-(Video) A Matter of Balance Class Movie- Still Alice Bingo Poker League	9:00 a.m. 10:00 a.m. 10:00 a.m. 1:00 p.m. 6:00 p.m. 6:30 p.m.	Van Trip Lounge Patio Conf Room Lounge Conf Room
June 23 (Tuesday)	Wegmans	9:30 a.m.	Van Trip

June 23 (Tuesday)	Zumba	10:00 a.m.	Lounge
	Speaker-Medicare	2:00 p.m.	Lounge
June 24 (Wednesday)	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Patio
	DeSales-LesMiserables Cost: \$38.00	1:00 p.m.	Van Trip
	Dinner @ Coopersburg Diner		
	Piano Playing	3:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
June 25 (Thursday)	Chat Room	10:00 a.m.	Patio
	Rev. Jack Tanis, Calvary Baptist Church, Easton	2:00 p.m.	Lounge
June 26 (Friday)	Walkers Club	9:00 a.m.	Outside
	Allentown Farmers Market/ Lunch @The Ritz	9:30 a.m.	Van Trip
	Yoga	10:00 a.m.	Patio
	Discipleship Class	11:30 a.m.	Conf Room
	Tai Chi	12:45 p.m.	Patio
June 27 (Saturday)	Manicures by Appointment	9:30 a.m.	Lounge
June 28 (Sunday)	Social-Jack & Friends	5:00 p.m.	Lounge
June 29 (Monday)	Exercise	10:00 a.m.	Lounge
	A Matter of Balance Class	10:00 a.m.	Patio
	Visit with the animals at Alpaca Farm/Lunch @Oasis	10:30 a.m.	Van Trip
	Therapy Dog	11:00 a.m.	Lounge
	Farmers Market Vouchers	2:00 p.m.	Lounge
	Bingo	6:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
June 30 (Tuesday)	Zumba	10:00 a.m.	Lounge
	Shopping @Philadelphia Premium Outlets-Limerick, PA	9:30 a.m.	Van Trip

<u>Activity</u>	<u>Dates</u>	<u>Time</u>	<u>Place</u>
Bingo	Every Monday	6 p.m.	Lounge
Exercise	Every Monday & Wednesday	10 a.m.	Lounge
Poker League	Every Monday & Wednesday	6:30 p.m.	Conf Rm
Zumba	Every Tuesday	10 a.m.	Lounge
Bible Study	Every Wednesday	12:30 p.m.	Patio
Piano Playing	Every Wednesday	3:00 p.m.	Lounge
Chat Room	Every Thursday	10 a.m.	Patio
Yoga	Every Friday	10:00 a.m.	Patio
Tai Chi	Every Friday	12:45 p.m.	Patio
Walkers Club	Every Friday	9:00 a.m.	Outside

Claudie's Happy Father's Day Corner



HOT WEATHER SAFETY TIPS

Rachael Kapes from Manor Care
will be here on

Thursday, June 4th at 2pm /Lounge

- How to stay safe in the summer heat
- Protecting your skin from the sun
- Tips for staying hydrated and preventing dehydration

Refreshments will be served!

Medicare & You

Maria Laackman from Insurance Services
will be here on

Tuesday, June 23 at 2pm/Lounge

- What is Medicare?
- When can I enroll or update my Medicare plan?
- Recognize the different Parts of Medicare.
- Understand the 2 major coverages options:
Medicare Supplements, Medicare Advantage Plans
- How do Prescription Drug Plans fit into all of this?

Refreshments will be served!

IRONPIGS VS TOLEDO MUD HENS



MONDAY, JULY 20

Van leaves at 5:30pm

Deadline for tickets is Monday July 6

Sign up with Claudie



Soup & Hot Dogs



**Saturday,
June 20
11 - 2 p.m.**



<u>SOUP</u> : Pepper Pot	\$2.50
<u>HOT DOGS</u> : Plain, Sauerkraut, or Chili	\$1.50
<u>RED BEET EGGS</u> :	.50
<u>DESSERT</u> : Ice Cream & Strawberries	\$2.50
<u>SODA OR COFFEE</u> :	\$1.00

Entertainment by:

Steel City

50/50 Drawing

Friends and Family Welcome!



We are



**Monday & Wednesday
From 3-6pm
In the Main Lobby**



2015

Saturday	7/4	HAPPY 4th of July	
Saturday	7/11	Coffee & Donuts	9:00 a.m.
Saturday	7/11	Pinochle Party	12:30 p.m.
Sunday	7/19	Social - Majestics	5:00 p.m.



Computer Classes



**June 3 & 17
1-3 pm**

Sign up with Claudie



TAI CHI

Every Friday at 12:45pm

In the Patio



**Piano playing
&
Singing with
*Gladys and Residents.***

**Every Wednesday
From 3-4 pm**

MASSAGE THERAPY



**Wednesday, June 10th
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**



Saturday, June 6

9:00 a.m. to 10:30 a.m.

\$1.00 coffee

\$1.00 donut

\$1.00 additional donuts

**Friends and Family
are Welcome.**



Join the

WALKERS CLUB

Every Friday

9 am



Monday, June 29.

At 11:00 am in the lounge.



**Every
Tuesday**





Blood Pressure Check

Thursday, June 4th

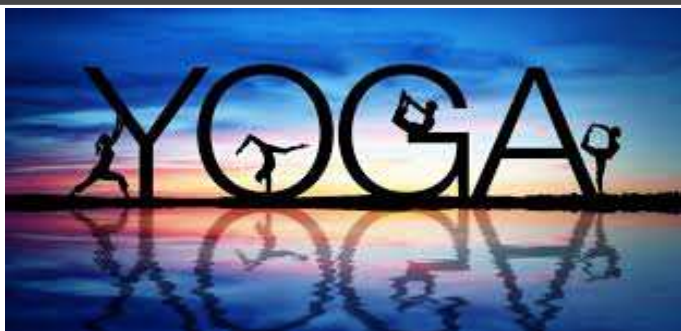
6:00 p.m.

In the Lounge

No Exercise Class

on

Monday June 15



No Yoga Class on

Friday, June 12 & 19

 love my nails



Linda will be
here to do
MANICURES

Saturday, June 27th

See Claudie for an appointment.

2015 Senior

Farmers Market

Vouchers

Lehigh County

Aging/Adult



Services will distribute vouchers that

are worth \$20 for the

Farmers Market.

Must be **60 years young** to receive
the vouchers.

Please bring proof of age.

Monday, June 29th

2:00 - 3:00 p.m.

in the Lounge



BIRTHDAY PARTY

Wednesday, June 17th

Coffee & Cake 5 pm

Entertainment 6 pm

Marty & Dee

RESIDENTS ONLY!

Coordinator: Shirley Kern

50/50
RAFFLE



SUMMER BREAK

For the Month of **July** and **August**.

NO Committee and General Meeting.



GENERAL MEETING



SUMMER BREAK

During the months of
JULY and **AUGUST**

The Snack Stand & Soup/Hot Dogs

will be **CLOSED.**

They will resume in **September.**



NO BINGO

For the Month of **JULY** and
AUGUST

will resume in **September.**



Happy Fathers Day



WE
LOVE
YOU
DAD



BRACELET CLASS



Beautiful

4 PM Doors Open
5 PM Refreshments
6 PM Entertainment



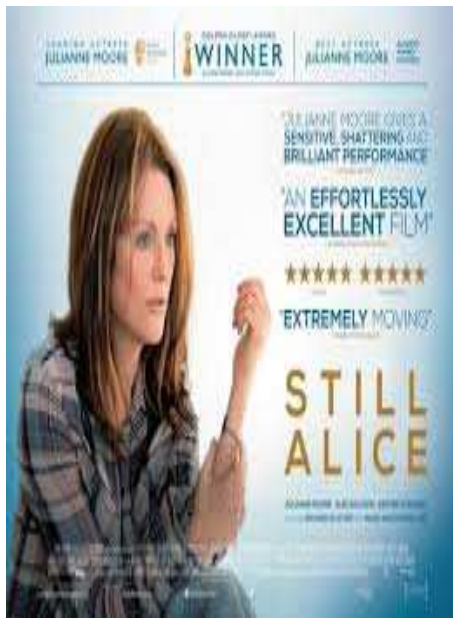
Esther's
Ice Cream Sales
\$1.00



Donations
requested.

SOCIAL

Sunday, June 28th
Entertainment by:
Jack & Friends



NOW SHOWING

Monday, June 15 & 22

1:00 pm

Conference Room

STILL ALICE

Dr. Alice Howland (Julianne Moore) is a renowned linguistics professor at Columbia University. When words begin to escape her and she starts becoming lost on her daily jogs, Alice must come face-to-face with a devastating diagnosis: early-onset Alzheimer's disease. As the once-vibrant woman struggles to hang on to her sense of self for as long as possible, Alice's three grown children must watch helplessly as their mother disappears more and more with each passing day.

Grab the popcorn because its



**MOVIE
MONDAY!!!**



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A Matter of **BALANCE** Class

Starts Monday, June 1st

10-12pm

Patio

Time for class!

PRIOR REGISTRATION REQUIRED



**TIME TO
PARTY!**

PIG ROAST



Friday, June 5th, 2015

Lunch Served at 12:00 to 2:00 pm

Entertainment by:

Main Street Cruisers

From 12:30 to 3:00 pm

All food will be served **OUTSIDE** behind the building. (Weather permitting).



Thyme to Plant Your Spiritual Garden

1. First we plant seven rows of PEAS: • Peace • Promptness • Patience • Perseverance • Politeness • Purity • Possibilities.

2. Plant seven rows of SQUASH: • Squash gossip • Squash indifference • Squash criticism • Squash negative thinking • Squash envy and jealousy • Squash grumbling • Squash hatred and prejudice.

3. Plant seven rows of LETTUCE: • Lettuce be unselfish and loyal • Lettuce be faithful • Lettuce be kind • Lettuce be happy • Lettuce be obedient • Lettuce be truthful • Lettuce love one another.

4. Plant seven rows of YAMS: • I yam hopeful, even when things are difficult • I yam determined • I yam eager to serve • I yam always trying my best • I yam a believer in prayer • I yam there when others need me • I yam joyful in spirit.

5. And last, but not least, plant seven rows of THYME: • Thyme for fun • Thyme for study • Thyme for self • Thyme for friends • Thyme for family • Thyme for rest • Thyme for love.



I was reminded of this little piece when I saw many of you outside the other day tending your garden plots. In our gardens, we plant seeds, watch over them as they sprout, pull weeds, and water regularly. Carefully tended gardens are able to thrive, whereas those that are neglected eventually wither and die. There is a great parallel between our gardens and our lives. A life that is well cared for is certain to grow and bloom, but one that is not will fail to reach its full potential.

Oh, and by the way, if you would like one of those tomatoes from someone else's garden...politely ask them FIRST...DON'T steal it!!

--Pastor Clark

WORSHIP IN JUNE – 2 pm in the Lounge

WED June 3rd Rev. James Harper Notre Dame RC Church, Bethlehem

THURS, June 11th Rev. Jay Wetzel, St. John Lutheran Church, Bath

THURS, June 18th Rev. Mark Culton, Ebenezer Bible Fellowship, Bethlehem

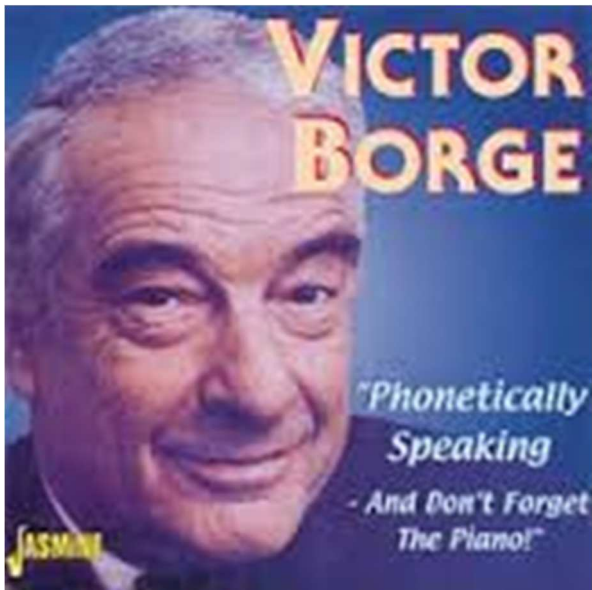
THURS, June 25th Rev. Jack Tanis, Calvary Baptist Church, Easton

BIBLE STUDY every Wednesday at 12:30pm in the Patio. All are welcome!

CHAT ROOM every Thursday at 10 am in the Patio. All are welcome!

VICTOR BORGE- DVD on Thursday, June 11th at 10 am in the Lounge. Refreshments will be served. Sponsored by the Chatroom. (More info elsewhere in this *HiLites*.)





**VICTOR BORGE
VIDEO – THURSDAY
JUNE 11th**

10 AM IN THE LOUNGE

Victor Borge, (1909-2000) was a Danish comedian, conductor and pianist who achieved great popularity in radio and television in the United States and Europe. His blend of music and comedy earned him the nickname "The Clown Prince of Denmark".

“Victor Borge is a very funny man. Not only are his facial expressions and body language humorous, but his witty remarks and play on words shows the true, spirited nature of his character. Even more, he is a very talented pianist. The live concert on this video contains many of his classic routines. Some of the musical comedies include the Salieri, the 2nd Rhapsody by "Fliszt", and his accompaniment to Marylyn Mulvey during an aria. Equally funny are Inflationary Language and Phonetic Punctuation [sput]. The video has enough routines to keep you in stitches

for at least an hour after it's over.”

***JOIN US FOR THIS VIDEO AND
REFRESHMENTS ON JUNE 11th
AT 10 AM.***

----Sponsored by the Chat Room



Van Trips



July 2015

DATE	DAY	TRIP	TIME
July 1	(Wednesday)	Weis Market	9:30 a.m.____
July 2	(Thursday)	Good Store/Lunch @ Good N Plenty Restaurant in Lancaster	8:30 a.m.____
July 3	(Friday)	Banks, CVS, \$ Store, Post Office	9:30 a.m.____
July 6	(Monday)	Giant	9:30 a.m.____
July 8	(Wednesday)	Bingo at Lehigh Valley Active Life	5:15 p.m.____
July 9	(Thursday)	Dinner @Long Horn Steakhouse	4:00 p.m.____
July 13	(Monday)	Lake Wallenpaupack Boat Cruise Cost:\$12.00/Lunch	9:00 a.m.____
July 14	(Tuesday)	Wegmans	9:30 a.m.____
July 15	(Wednesday)	Hometown Flea Market-Tamaqua	8:30 a.m.____
July 17	(Friday)	Movie at the Promenade/Lunch	11:00 a.m.____
July 20	(Monday)	Iron Pigs Game Cost:\$10.00	5:30 p.m.____
July 21	(Tuesday)	Breakfast/Walmart	9:00 a.m.____
July 24	(Friday)	Lunch @ Cracker Barrel	11:30 a.m.____
July 27	(Monday)	Breakfast/Valley Farms	9:00 a.m.____
July 28	(Tuesday)	Senior Bingo w/lunch (donations)	10:45 a.m.____
July 29	(Wednesday)	Lunch @DoughBoys	11:00 a.m.____
July 30	(Thursday)	Lehigh Valley Zoo Cost:\$12.00	9:30 a.m.____
July 31	(Friday)	Produce Junction Market/Lehigh Valley Mall	9:30 a.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.



2015

WE ♥ YOU DAD!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 Exercise 10:00 A Matter of Balance Class 6:00 Bingo 6:30 Poker League	2 10:00 Zumba 	3 10:00 Exercise 12:30 Bible Study 1:00 Computer Class 2:00 Rev James Harper Notre Dame RC	4 10:00 Chat Room 2:00 Speaker -Hot Weather Safety 6:00 Blood Pressure	5 12:00 Pig Roast 	6 9:00 Coffee & Donuts 12:30 Pinochle Party
7	8 10:00 Exercise 10:00 A Matter of Balance Class 1:30 Committee Mtg 6:00 Bingo	9 10:00 Zumba 2:00 General Meeting 	10 9:00 Massage by Appointments 10:00 Exercise 12:30 Bible Study 3:00 Piano Playing	11 10:00 DVD Victor Borge 2:00 Rev Jay Wetzel, St John Lutheran, Bath	12 9:00 Walkers Club 11:00 Second Harvest 11:30 Discipleship Class 12:45 Tai Chi	13
14	15 10:00 A Matter of Balance Class 1:00 Movie -Still Alice 6:00 Bingo 6:30 Poker League	16 10:00 Zumba	17 10:00 Exercise 12:30 Bible Study 1:00 Computer Class 3:00 Piano Playing 5:00 Birthday Party	18 10:00 Chat Room 2:00 Rev Mark Culton, Ebenezer Bible Fellowship, Bethlehem	19 9:00 Walkers Club 11:30 Discipleship Class 12:45 Tai Chi	20 11:00 Soup & Hot Dogs
21 FATHER'S DAY 	22 10:00 Exercise 10:00 A Matter of Balance Class 1:00 Movie -Still Alice 6:00 Bingo	23 10:00 Zumba 2:00 Speaker-Medicare 	24 10:00 Exercise 12:30 Bible Study 3:00 Piano Playing 6:30 Poker League	25 10:00 Chat Room 2:00 Rev Jack Tanis, Calvary Baptist Church, Easton	26 9:00 Walkers Club 10:00 Yoga 11:30 Discipleship Class 12:45 Tai Chi	27 9:30 Manicures by Appointment
28 5:00 SOCIAL 	29 10:00 Exercise 10:00 A Matter of Balance 2:00 Farmers Market Vouchers	30 10:00 Zumba 				