

June 2020

Hi-Lites of Lutheran Manor



Notes From the Office



To Our New Residents!

211-Frank Dezzi

LIVE-STREAMING



ALL Educational Videos, Movies & Church services will be live-streamed on **Channel 98.**

Watch channel 99, the message board and bulletin board for times, dates & topics.

Salon, Game Room
& Fitness Room will be
CLOSED
until further notice

Announcement: Lehigh and Northampton County will be entering **Yellow Phase** beginning **June 5th**. Please be cautious, stay safe and be mindful in your travels. More information will follow at the General Meeting on June 9th at 2:00pm on CH 98.

COVID-19



Watch **Channel 99**
for precautions,
protocols & updates.



Don't forget
to come out
and VOTE on

Tuesday, June 2

Van leaving every two hours starting at 8am.

Sign up with Brenda

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 8:00am on the following dates (Keep in mind inspections start at 8:00am on top floors and will continue until the end of the work day)

Due to Covid-19 Restrictions, Our staff will be wearing masks and gloves when entering your apartment. Staff may ask you to wait in another room until the inspection is complete to comply with social distancing regulations.

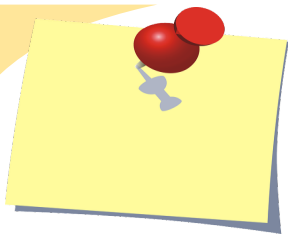
Monday, June 15	Floors 11,10,9,8,7
Tuesday, June 16	Floors 6,5,4
Wednesday, June 17	Floors 3,2,1

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 to complete their inspection.

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

Ken, Donny, Kevin





Brenda's Bulletin

KREMMER'S COMMUNITY KITCHEN

Meals on the Fly

Community Meal Kits are a multi-day meal solution that come ready to eat or ready to heat and serve.

BREAKFAST / LUNCH / SNACK KITS

3 Day-Breakfast/Lunch/Snacks \$12

4 Day-Breakfast/Lunch/Snacks \$16

5 Day-Breakfast/Lunch/Snacks \$20

LUNCH / DINNER KITS

3 Day-Lunch/Dinner \$12

4 Day-Lunch/Dinner \$16

5 Day-Lunch/Dinner \$20



No minimum purchase required

FREE delivery included

Delivery Monday – Friday prior to Noon each day

Call to order (610) 797-4901



ALL MOVIES WILL BE LIVE STREAMED ON CHANNEL 98!

MOVIE 1: Little Women

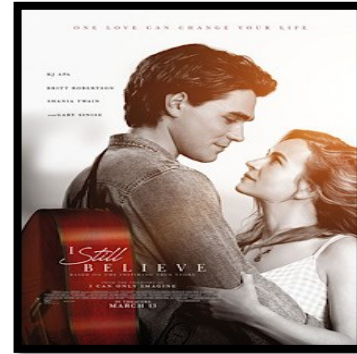
Friday, June 5 @ 1:00 pm



In the years after the Civil War, Jo March lives in New York City & makes her living as a writer, while her sister Amy March studies painting in Paris. Amy has a chance encounter with Theodore "Laurie" Laurence, a childhood crush who proposed to Jo, but was ultimately rejected.

MOVIE 2: I Still Believe

Monday, June 8th @ 1:00 pm



The true-life story of Christian music star Jeremy Camp and his journey of love and loss that looks to prove there is always hope.

MOVIE 3: Jumanji Welcome to the Jungle

Friday, June 19th @ 1:00 pm



Four teenagers in detention discover an old video game console with a game they've never heard of. When they decide to play, they are immediately sucked into the jungle world of Jumanji in the bodies of their avatars. They'll have to complete the adventure of their lives filled with fun, thrills and danger or be stuck in the game forever!

MOVIE 4: Jumanji: The Next Level

Monday, June 22nd @ 1:00pm



When Spencer goes back into the fantastical world of Jumanji, pals Martha, Fridge and Bethany re-enter the game to bring him home. But the game is now broken -- and fighting back. Everything the friends know about Jumanji is about to change, as they soon discover there's more obstacles and more danger to overcome.



From the Chaplain

God,
GRANT ME THE
serenity
TO ACCEPT THE THINGS
I CANNOT CHANGE,
courage
TO CHANGE THE
THINGS I CAN,
& THE **wisdom**
TO KNOW THE DIFFERENCE.

Keep The Faith...As I write this article, we are in our 8th week of the “Stay-at- Home” order in Pennsylvania. During this time at home, I have randomly called some residents each day. My conversations with you have reminded me that everyone is feeling some emotional crisis during this pandemic. It also brought to mind the Serenity Prayer, which says we need to focus on those things we can control. Besides, if we focus on those things we can't control we get anxious, depressed and even bitter.

This crisis allows us to focus on those things we can control. It gives us opportunities to find additional meaning in our lives. Little things all of a sudden become very important. Eating healthy is important during this time, as is getting enough sleep and exercise. It not only makes you feel great and improves your mood, but also helps to boost your immune system. Getting to do some of the things we've been putting off like that book we wanted to read, or puzzle or needle-work or organizing the closet. How about Bible Study, a more regular prayer time or reaching out to help our neighbor? We can use this crisis for cautious optimism by returning to the basics. Being grateful for the things we do have, and not focusing on the things we don't. As we continue to work toward a new normal and coming back together in person, please stay safe and feel free to call me at 610-866-6010, ext.206 to leave a message. I will call you back. Stay courageous, resilient, compassionate **and faithful** as we respond to this pandemic. **We are not alone in this—God is with us.**

~Blessings, Pastor Clark

PLEASE NOTE: No Bible Study or Chat Room in June. Worship & movies are streamed on Channel 98. Watch the Message Board for updates.

MAY LUTHERAN MANOR WORSHIP

2pm on Channel 98

Tues., June 2nd - Father Kravatz, Notre Dame RC Church, Bethlehem

Thurs., June 4th - (Spanish)- Pastor Jonny, Cornerstone Church, Easton

Thurs. June 11th - Pastor Lisa Borrell, Frieden's Lutheran, Center Valley

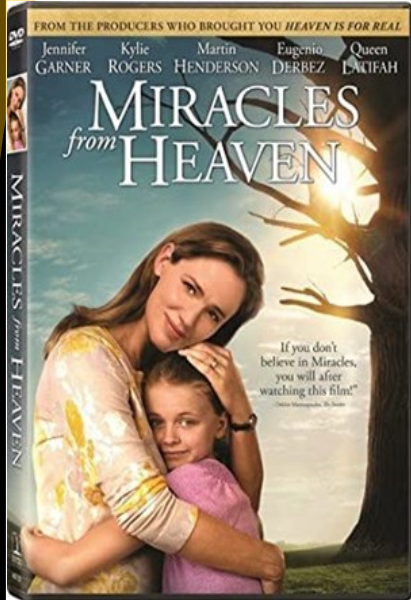
Thurs. June 18th - Pastor Beth Goudy, Metropolitan Community Church, Bethlehem

Thurs. June 25th - Pastor Rick Sergi, Emmanuel EC Church, Bethlehem





From the Chaplain



MIRACLES FROM HEAVEN

Wednesday, June 10th, 2pm

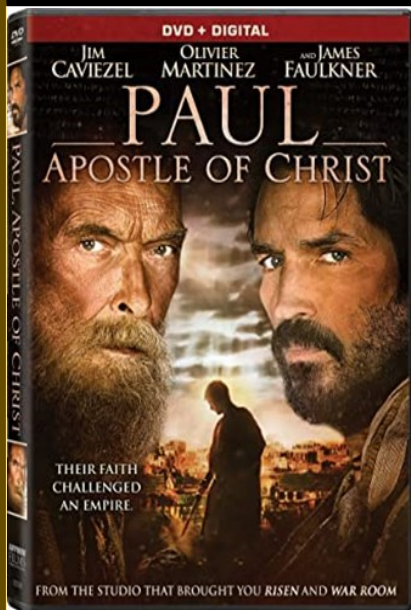
“Miracles From Heaven” is based on the incredible true story of the Beam family. When Christy (Jennifer Garner) discovers her 10yr old daughter Anna (Kylie Rogers) has a rare, incurable disease, she becomes a ferocious advocate for her daughter’s healing as she searches for a solution. After Anna has a freak accident, an extraordinary miracle unfolds in the wake of her dramatic rescue that leaves medical specialists mystified, her family restored and their community inspired.
(Rated – PG)

Viewer’s Comments:

-You don’t just watch Miracles from Heaven. You feel it.

-It is what I call a happy up lifting movie and in these days we can use this type of lifting up. By the way the actors who play the Beam family do a great job. They truly got this movie right

-A great family film about life, love, and God's everyday and not so everyday miracles.



PAUL, APOSTLE OF CHRIST

Wednesday, June 24th , 2 pm

Paul (James Faulkner) who goes from the most infamous Christians to Christ’s most influential apostle, is spending his last days in a dark and bleak prison cell awaiting execution by Emperor Nero. Luke (Jim Caviezel), his friend and physician, risks his life when he ventures into Rome to visit him. Paul is under the watchful eye of Mauritius (Olivier Martinez), the prison's prefect, who seeks to understand how this broken old man can pose such a threat. But before Paul's death sentence can be enacted, Luke resolves to write another book, one that details the beginnings of "The Way" and the birth of what will come to be known as the church. Their faith challenged an empire. But their words changed the world.

(Rated – PG 13 scenes of graphic brutality and Christian persecution.)

Viewers’ Comments:

-A thoughtful and inspiring and surprisingly contemporary chronicle of spiritual integrity during a time of oppression. “Paul, Apostle of Christ” is a fine picture whether viewed through doctrinal or secular eyes.

-A little slow at the start but hang in there it only gets better...

-A Must see film, from my heart it is a 10 Star !!!! This is a side of Paul I needed to see.



Kierra's Kickstart to Fitness

Kierra's Healthy Recipe of the Month



Refreshing Mango Salsa

**Call Kierra if you would like a copy delivered to your mailbox*

"The #1 fear among older adults as they age, is the thought of losing their minds."

-Dr. Ken Dychtwald, Psychologist/Gerontologist

June is Alzheimer's & Brain Awareness Month

Tune in to channel 98 on
Wednesday, June 10th at 11:00AM
for a presentation on *Tips for Keeping Alzheimer's Away*

JUNE is
MEN'S HEALTH MONTH



Have you been thinking of taking the next step to improving your health but not sure where to start?

**Contact Kierra for a confidential discussion about the steps you can take!*

Daily Fitness Challenge Calendar!

Even though this may not be a normal summer this year, you can still get fit with simple daily challenges!



**Call Kierra to receive the calendar for June and challenge yourself to something different each day !*

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	Live Streamed Channel 98
Church (Spanish)	1st Thursday of the month	2:00 pm	Live Streamed Channel 98
Bible Study	Every Wednesday	12:30 pm	Cancelled until further notice
Chat Room	Every Thursday	10:00 am	Cancelled until further notice

Exercise Classes

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Fit For Life	Monday & Wednesday	10:00 am	Live streamed Channel 98
Joyful Joints	Tuesday & Thursday	10:00 am	Live streamed Channel 98
Basic Balance	Tuesday & Thursday	11:00 am	To Be Announced
Stand Up for Strength	Monday	11:00 am	Live streamed Channel 98
Yoga	Friday	11:00 am	Live streamed Channel 98
Walkers Club	Monday, Wednesday Friday	2:00 pm	Cancelled until further notice
Tai Chi	Tuesday & Friday	12:00 pm 10:00 am	DVD- Channel 98

Our JUNE Activities

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
LOUNGE CLOSED FOR CLEANING	Every Friday	7-10:00 am	Lounge
<u><i>VAN TRIP PAPERS DROP-OFF</i></u>	<u><i>MONDAY , JUNE1</i></u>	<u><i>8:30 AM</i></u>	<u><i>BRENDA'S OFFICE</i></u>
Second Harvest	Thursday, June 4	12:30 pm	Boxes will be distributed to resident's apartments
Movie #1– Little Women	Friday, June 5	1:00 pm	Live streamed Channel 98
Movie #2-I still Believe	Monday, June 8	1:00 pm	Live streamed Channel 98
General Meeting	Tuesday, June 9	2:00 pm	Live streamed Channel 98
Pastor Clark Movie #1 - Miracles From Heaven	Wednesday, June 10	2:00pm	Live streamed Channel 98
Movie #3-Jumanji	Friday June 19	1:00 pm	Live streamed Channel 98
Movie #4– Jumanji:The Next Level	Monday, June 22	1:00 pm	Live streamed Channel 98
Pastor Clark Movie #2 - Paul, Apostle of Christ	Wednesday, June 24	2:00pm	Live streamed Channel 98

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8:30 Van trip Papers 10:00 Fit For Life (Live streamed Channel 98) 11:00 AM Stand up for Strength (98) 10:00 Shopping at ALDI	2 8:00 VOTING 10:00 VOTING 12:00 VOTING 2:00 VOTING 10:00 Joyful Joints (98) 12:00 Tai Chi (98) 2:00 Church	3 8:45 BANKS (if permitted) POST OFFICE / CVS (1pm trip merged with morning trip) 10:00 Fit For Life (Live streamed Channel 98)	4 10:00 Joyful Joints (Live Streamed Channel 98) 12:30 Second Harvest Food Bank (Boxes distributed to residents apts) 2:00 Church Spanish (98)	5 10:00 Tai Chi (Live Streamed Channel 98) 11:00 Yoga (Live streamed channel 98) 1:00 Movie: Little Women (Live Streamed channel 98)	6
7	8 10:00 Fit For Life (Live streamed Channel 98) 11:00 AM Stand up for Strength (98) 1:00 Movie: I Still Believe (Live Streamed channel 98)	9 10:00 Shopping at WEIS 10:00 Joyful Joints (Live streamed Channel 98) 12:00 Tai Chi (Live streamed Channel 98) 2:00 General MTG (channel 98)	10 10:00 Fit For Life (Live streamed Channel 98) 11:00 Speaker: Keeping Alzheimer's Away (Live Streamed channel 98) 2:00 Pastor Clark Movie: Miracles from Heaven (Live streamed Channel 98)	11 10:00 Joyful Joints (Live Streamed Channel 98) 2:00 Church (Live Streamed Channel 98)	12 10:00 Tai Chi (Live Streamed Channel 98) 11:00 Yoga (Live streamed channel 98)	13
14	15 Apartment Inspections 10:00 Fit For Life (Live Streamed Channel 98) 11:00 AM Stand up for Strength (Live Streamed Channel 98)	16 Apartment Inspections 10:00 Joyful Joints (Live Streamed Channel 98) 12:00 Tai Chi (Live streamed Channel 98)	17 Apartment Inspections 10:00 Fit For Life (Live Streamed Channel 98) 1:00 Shopping at VALLEY FARMS	18 10:00 Joyful Joints (Live Streamed Channel 98) 2:00 Church (Live Streamed Channel 98)	7:00-10:00 Lounge Closed 10:00 Tai Chi (Live Streamed Channel 98) 11:00 Yoga (Live streamed channel 98) 1:00 Movie: Jumanji (Live Streamed channel 98)	20
21	22 10:00 Fit For Life (Live Streamed Channel 98) 11:00 AM Stand up for Strength (Live Streamed Channel 98) 1:00 Jumanji: The Next Level (Live Streamed)	23 10:00 Joyful Joints (Live Streamed Channel 98) 12:00 Tai Chi (Live streamed Channel 98)	24 10:00 Fit For Life (Live Streamed Channel 98) 2:00 Pastor Clark Movie: Paul, apostle of Christ (Live streamed Channel 98)	25 10:00 Shopping at SHOPRITE 10:00 Joyful Joints (Live Streamed Channel 98) 2:00 Church (Live Streamed Channel 98)	26 10:00 Tai Chi (Live Streamed Channel 98) 11:00 Yoga (Live streamed channel 98)	27
28	29 9:00 Shopping at WEGMANS 10:00 Fit For Life (Live Streamed Channel 98) 11:00 AM Stand up for Strength (Live Streamed Channel 98)	30 10:00 Joyful Joints (Live Streamed Channel 98) 12:00 Tai Chi (Live streamed Channel 98)			Fitness Events <i>Van Trips</i> Resident's Association Events Religious Events Lutheran Manor Events <i>Holidays/ Observances</i>	

VAN TRIPS July 2020

DATE	DAY	TRIP	TIME
7/3/20	FRIDAY	Banks (if permitted) / Post Office / CVS	9:00am_____
7/7/20	TUESDAY	Shopping at WEIS (Senior Discount Day)	10:00am_____
7/15/20	WEDNESDAY	Shopping at VALLEY FARMS	1:00pm_____
7/20/20	MONDAY	Shopping at GIANT	10:00am_____
7/30/20	THURSDAY	Shopping at WEGMANS	1:00pm_____

EVERY DAY
MAY NOT BE
GOOD.
BUT THERE IS
SOMETHING
GOOD IN
EVERY DAY.

Forms will be collected starting at 8:30 am on Monday, June 1 2020.

Name:_____ Apt:_____