

March 2015
Hi Lites of
Lutheran Manor





NEW RESIDENTS
Emanuel & Benita Eckert 207
Nancy Hood 1117

March 1 (Sunday)	Shopping at Target/Lunch @ Panera Bread	10:00 a.m.	Van Trip
March 2 (Monday)	Exercise Movie-We Bought a Zoo Bingo Poker League	10:00 a.m. 1:00 p.m. 6:00 p.m. 6:30 p.m.	Lounge Conf Rm Lounge Conf Room
March 3 (Tuesday)	Banks, CVS, \$ Store, Post Office Zumba Computer Class Rev. James Harper, Notre Dame RC, Bethlehem	9:30 a.m. 10:00 a.m. 1:00 p.m. 2:00 p.m.	Van Trip Lounge Comp Room Lounge
March 4 (Wednesday)	Weis Market Exercise Bible Study Piano Playing Poker League	9:30 a.m. 10:00 a.m. 12:30 p.m. 3:00 p.m. 6:30 p.m.	Van Trip Lounge Patio Lounge Conf Room
March 5 (Thursday)	Chat Room Speaker-Aging in your Home Villa Grande-Catasaqua Blood Pressure Check	10:00 a.m. 2:00 p.m. 4:45 p.m. 6:00 p.m.	Patio Lounge Van Trip Lounge
March 6 (Friday)	Breakfast/Valley Farms Rent Rebates (Appointment) Yoga Tai Chi Wii Bowling	9:00 a.m. 9:00 a.m. 10:00 a.m. 12:30 p.m. 5:30 p.m.	Van Trip Lounge Patio Patio Lounge
March 7 (Saturday)	Coffee & Donuts Pinochle Party	9:00 a.m. 12:30 p.m.	Lounge Lounge
March 8 (Sunday)	Manicures by Appointment	9:30 a.m.	Lounge
March 9 (Monday)	Giant Exercise Committee Meeting Bingo Poker League	9:30 a.m. 10:00 a.m. 1:30 p.m. 6:00 p.m. 6:30 p.m.	Van Trip Lounge Conf Room Lounge Conf Room
March 10 (Tuesday)	Zumba General Meeting (10th Floor responsible for snacks)	10:00 a.m. 2:00 p.m.	Lounge Lounge
March 11 (Wednesday)	Exercise Shopping at TJ Maxx/Lunch @ Hibachi Grill	10:00 a.m. 11:00 a.m.	Lounge Van Trip

March 11 (Wednesday)	Bible Study	12:30 p.m.	Patio
	Massage by Appointments	2:00 p.m.	Conf Room
	Piano Playing	3:00 p.m.	Lounge
March 12 (Thursday)	Poker League	6:30 p.m.	Conf Room
	DVD-André Rieu	10:00 a.m.	Lounge
	Rev. Sharon Solt Harfman, Church of the Manger, UCC, Bethlehem	2:00 p.m.	Lounge
March 13 (Friday)	<i>Dinner @ Red Lobster</i>	<i>4:30 p.m.</i>	<i>Van Trip</i>
	Yoga	10:00 a.m.	Patio
	<i>Lehigh Valley Flower Show-AG Hall-\$8.00</i>	<i>10:00 a.m.</i>	<i>Van Trip</i>
March 14 (Saturday)	Second Harvest Food Delivery	11:00 a.m.	Patio
	Tai Chi	12:30 p.m.	Patio
	<i>Speaker-Latin Dancing</i>	1:30 p.m.	Lounge
	Wii Bowling	5:30 p.m.	Lounge
March 15 (Sunday)	FREE Breakfast	8:30 a.m.	Lounge
March 16 (Monday)	<i>DeSales-Dance Ensemble Concert</i>	<i>2:15 p.m.</i>	<i>Van Trip</i>
	<i>Cost \$11.00/Dinner @Coopersburg Diner</i>		
	St. Patty's Day Party	5:00 p.m.	Lounge
March 17 (Tuesday)	<i>Wegmans</i>	<i>9:30 a.m.</i>	<i>Van Trip</i>
	Exercise	10:00 a.m.	Lounge
	<i>Movie- We Bought a Zoo</i>	1:00 p.m.	Conf Rm
	Bingo	6:00 p.m.	Lounge
March 18 (Wednesday)	Poker League	6:30 p.m.	Conf Room
	Zumba	10:00 a.m.	Lounge
	Computer Class	1:00 p.m.	Comp Rm
March 19 (Thursday)	Art with Pat	1:30 p.m.	Lounge
	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Patio
	Piano Playing	3:00 p.m.	Lounge
March 20 (Friday)	Birthday Party —Ultimate Sound	5:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
	<i>Valley Farms</i>	<i>9:30 a.m.</i>	<i>Van Trip</i>
March 21 (Saturday)	Chat Room	10:00 a.m.	Patio
	Rev. Joy Wyler, Unity of the Lehigh Valley, Emmaus	2:00 p.m.	Lounge
	Yoga	10:00 a.m.	Patio
March 22 (Sunday)	<i>Movie/Lunch</i>	<i>11:00 a.m.</i>	<i>Van Trip</i>
	Tai Chi	12:30 p.m.	Patio
	Soup & Hot Dogs (Jim & Lorie)	11:00 am.	Lounge
	<i>Pig Stomach Dinner @ Jacob's Church-Cost \$13.00, New Tripoli</i>	<i>3:00 p.m.</i>	<i>Van Trip</i>

March 22 (Sunday)	Dinner @ DoughBoys	4:00 p.m.	Van Trip
March 23 (Monday)	Exercise	10:00 a.m.	Lounge
	Speaker-Ice Cream Social	1:00 p.m.	Lounge
	Town & Country Bowling Lanes- Bethlehem, \$1.25 a Game, \$3.50 Shoes	1:00 p.m.	Van Trip
	Bingo	6:00 p.m.	Lounge
March 24 (Tuesday)	Poker League	6:30 p.m.	Conf Room
	Zumba	10:00 a.m.	Lounge
March 25 (Wednesday)	AARP-Taxes (Appointment)	8:30 a.m.	Lounge
	Exercise	10:00 a.m.	Patio
	Bible Study	12:30 p.m.	Patio
	Piano Playing	3:00 p.m.	Lounge
	Bingo at Lehigh Valley Active Life	5:15 p.m.	Van Trip
	Poker League	6:30 p.m.	Conf Rm
March 26 (Thursday)	Walmart/Giant on Rt 191	9:30 a.m.	Van Trip
	Chat Room	10:00 a.m.	Patio
	Rev. David Wickmann, Schoeneck Moravian, Nazareth	2:00 p.m.	Lounge
	Yoga	10:00 a.m.	Patio
March 27 (Friday)	Lunch @ Marblehead Chowder	11:00 a.m.	Van Trip
	Tai Chi	12:30 p.m.	Patio
	Salsa Dancing with Aja	1:30 p.m.	Lounge
March 29 (Sunday)	Social—Steel City	5:00 p.m.	Lounge
March 30 (Monday)	Exercise	10:00 a.m.	Lounge
	Therapy Dog	11:00 a.m.	Lounge
	Speaker-A Matter of Balance	2:00 p.m.	Lounge
	Bingo	6:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
March 31 (Tuesday)	Zumba	10:00 a.m.	Lounge
	Senior Bingo w/lunch (donations)	10:45 a.m.	Lounge
	Speaker— Telephone Reassurance	2:00 p.m.	Lounge

<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	12:30 p.m.	Patio

Claudie's



Corner

Aging in your Home

Thursday, March 5th, 2 PM

In the Lounge

Karen from **Seniors Helping Seniors** will be here, to talk to you about ways to make your home accessible, liveable and most important safe.



Refreshments will be served!



SENIORS
Helping
SENIORS®



Dance with Aja

Aja is an Instructor & Choreographer of Rhythm & Soul Dancing. She will be teaching you how to dance Salsa, Bachata and much more.

Come down and have fun *learning how to dance and have some fun.*

Friday, March 13 @ 1:30 PM

In the Lounge



April Carl will be here on

Monday, March 30 at 2pm

In the Lounge

Many older adults experience concerns about falling and restrict their activities. A **Matter of Balance** is an award-winning program designed to manage falls and increase activity levels.

Who should attend? Anyone concerned about falls.

Refreshments will be served!



MaryAnn Pickell will be here on

Tuesday, March 31st at 2pm

in the Lounge

She will be talking to you about a **program** that can remind you when it is time to take your medication. **What is the cost of this program?**

No Cost to you.

You don't want to miss this important presentation!

Refreshments will be served!



Soup & Hot Dogs



Saturday, March 21st

11 a.m. to 2 p.m.

SOUP: Clam Chowder (**New England**) \$2.50

HOT DOGS: Plain, Sauerkraut, or Chili \$1.50

RED BEET EGGS: .50

DESSERT: Ice Cream & Strawberries \$2.50

SODA OR COFFEE: \$1.00

Entertainment by:

Jim & Lorie

50/50 Drawing

The Snack Stand

Snacks available
every

Monday & Wednesday

From 3-6 p.m. In the **Main Lobby**



April EVENTS

2015

Saturday	4/04	Coffee & Donuts		9:00 a.m.
Saturday	4/04	Pinochle Party		12:30 p.m.
Sunday	4/12	Spring Dinner	Elizabeth Knecht	5:00 p.m.
Saturday	4/18	Soup & Hot Dogs	Marty & Dee	11:00 a.m.
Sunday	4/26	Social	Rehrig Brothers	6:00 p.m.





Computer Classes

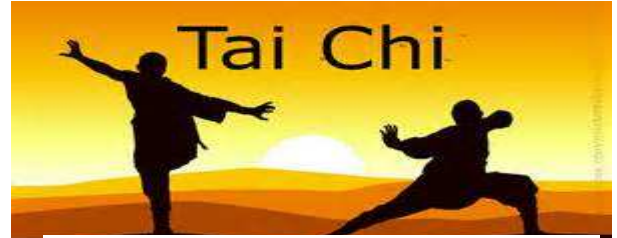
Tuesday
March 3 & 17
1-3 pm



TAI CHI

Every Friday

at 12:45 pm



In the Patio



Piano playing

&

Singing with

Gladys and Residents.



Every Wednesday
From 3-4 pm

Wednesday, March 11

2:00-4:30 pm



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

Price: \$20.00 1/2 hour
\$40.00 1 hour



Coffee & Donuts

Saturday, March 7th

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

\$1.00 coffee

\$1.00 donut

\$1.00 additional donuts

Friends and Family are Welcome.

WALKERS CLUB

**will be taking a Winter
Break.**



Mr. Peabody or Miz Daisy
will be coming by and they
would love to see you.

Monday, March 30.

At 11:00 am in the lounge.



Join Darla for ZUMBA

Every Tuesday

10:00 a.m.

Lounge



BIRTHDAY PARTY!

Wednesday, March 18th

Coordinator: Shirley Kern



Cake and Coffee at 5pm

Entertainment by:

Ultimate Sound 6pm



Saturday, March 14th

8:30 am -10:30 am

RSVP required.

FREE BREAKFAST



Note from the Manager...

With the snowy weather, parking is very difficult these days. Please remind your family, friends and nursing aides that our visitor parking is for 30 minutes only. It is essential that everyone follow this rule. Lutheran Manor appreciates everyone's cooperation and patience as we all get through this chilling winter season.

We are very excited about the medical emergency system recently being updated. These are the two emergency cords located in your bedroom and bathroom. This update should quicken our response time to provide assistance when needed. Thank you for your patience during the update period.

Remember if you have any concerns or questions, my office door is always open. We are here to make Lutheran Manor the best home possible for all of our residents!

It is very cold outside... Bundle up and stay warm!

Courtney Doheny

Property Manager





Blood Pressure Check
Thursday, March 5th
6:00 p.m.
In the Lounge

Linda will be here to do
Manicures.
Sunday, March 8th



See Claudie for an appointment.

Join us for *YOGA*

Every Friday
10:00 AM



EXERCISE CLASS

Join the class with *Robin*.
Every Monday & Wednesday
at 10:00 AM
In the Lounge



4 PM Doors Open
5 PM Refreshments
6 PM Entertainment



Esther's
Ice Cream Sales

\$1.00

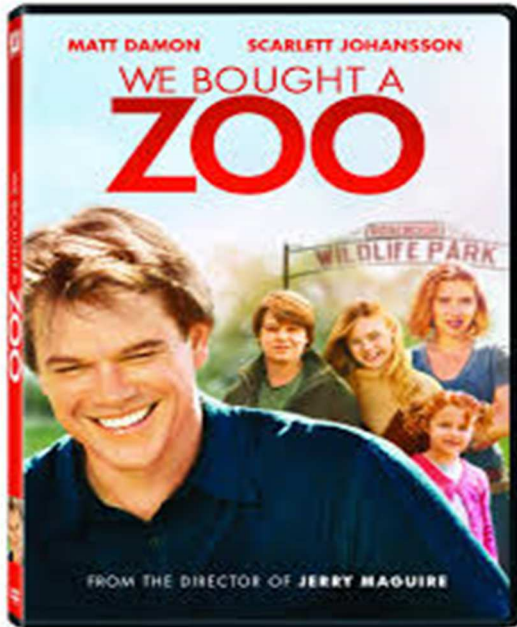


Donations
requested.

SOCIAL

Sunday, March 29th
Entertainment by:
Steel City

50/50
RAFFLE



NOW
PLAYING!

Monday, March 2 & 16
1:00 pm
Conference Room

We Bought A Zoo

A true story about a single dad who decides his family needs a fresh start, so he and his two children move to the most unlikely of places: a zoo. With the help of an eclectic staff, and with many misadventures along the way, the family works to return the dilapidated zoo to its former wonder and glory.

Grab the popcorn because its



MOVIE
MONDAY!!!

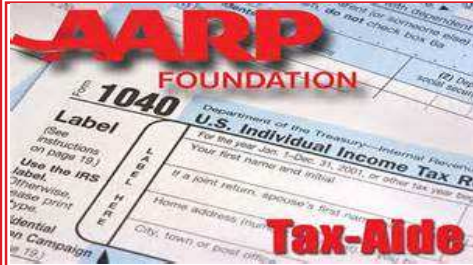
MATISSE
CUT-OUTS



Art with Pat
Tuesday, March 17
1:30 pm

Pat will be doing some collage pieces ala Henri Matisse's cut-outs which are now at the Museum of Modern Art.

Sign up with Claudie



AARP
TAX
PREPARATION

The **AARP** Income Tax Volunteers will be here to provide **FREE** income tax preparation and **Rent Rebates**.

Wednesday, March 25th
8:30 AM– 12:00 PM

If you are interested in getting your taxes done you must sign up for an appointment.

SIGN UP NOW



Sue Jacobi will be here on
Monday, March 23rd

At 1:00 pm
In the Lounge
For an



Sign up required.



TRADITIONS
of HANOVER
At Home



DAYLIGHT SAVING
TIME IS MARCH 8TH!

Don't Forget!



Set your clocks
forward one hour.



9/11 Memorial
&
Museum Guided Tour
NYC

Thursday, April 9th

Cost: \$36.00

Honoring the lives of those who were lost. The Memorial is a tribute to the past and a place of hope for the future.

The **9/11 Memorial Museum** includes a memorial exhibition dedicated to commemorating the unique life of each victim.

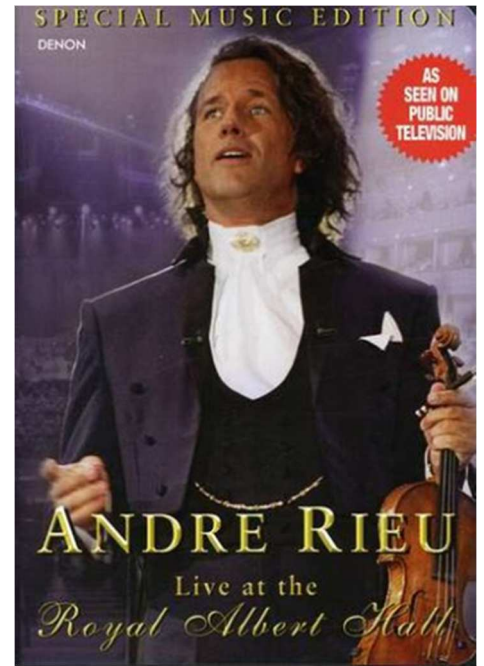
The van will be departing at **9:00 AM**, will stop for lunch before the Guided Tour.

ANDRÉ RIEU

LIVE AT ROYAL ALBERT HALL- DVD

THURSDAY, MARCH 12th

10 AM in the LOUNGE



We must be getting “hooked” on Andre Rieu. Every month we think that this is the last André DVD and then... **there’s another!!**

This one has some great pieces that we haven’t heard on the other DVDs. It includes ethnic classics like "**Hava Nagila,**" "**Salomé Sabredance,**" and "**Zorba's Dance.**" The mood swings from the lively and playful "**Finiculi Finicula,**" and the British "**Tea for Two,**" to the beautifully mournful "**Nun's Tale**" from 'Cassanova'. Waltzes are forefront with the unabashed "**The Blue Danube,**" as well as "**The Skater's Waltz**". There are marches including "**Radesky March**" and "**Stars and Stripes**". Jazz seems to finish the bill with some jazz-age sounding numbers, including "**Glen Miller Melody,**" "**The 'Andre' Sisters,**" and "**The Second Waltz**".

COME JOIN THE FUN ON THURSDAY, MARCH 12th at 10am IN THE LOUNGE.

-sponsored by the chat room



As I was growing up, the Church used to talk about “giving up something for Lent.” This was a way of reminding us that our life does not consist in the things we have (or do not have), but is rooted in our relationship with God. So people would fast during Lent or give up a particular food or practice they enjoyed, or give up some of their money to support good causes. These are still good practices *if* we use them to draw us closer to God.

Nowadays, you might hear a different suggestion – that instead of “giving something up” for Lent, we “take something up” for Lent. This might be a new spiritual practice, such as daily prayer, devotion, or Bible reading; a service activity such as volunteering in the community; additional worship – or some other way that we seek to turn ourselves outward toward God and neighbor, **in ways that may help us encounter Christ in our daily life.**

But remember, these practices ... “giving up” or “taking up” are not to gain favor with God, or earn points toward our salvation, but open our lives so that the Holy might be experienced. Life can get so full of stuff and nonsense that the things that really matter start to get squeezed out – time with God, time with family and friends, time spent in active love of neighbor, stranger, and enemy. Time to breathe. Time to think.

Blessings upon your soul as we journey through Lent, Pastor Clark

WORSHIP DURING LENT- 2 pm in the LOUNGE

Tues. Mar. 3rd - Rev. James Harper Notre Dame RC Church, Bethlehem

Thurs. Mar. 12th- Rev. Sharon Solt Harfman, Church of the Manger, UCC, Bethlehem

Thurs. Mar. 19th -Rev. Joy Wyler, Unity of the Lehigh Valley, Emmaus

Thurs. Mar. 26th -Rev. David Wickmann, Schoeneck Moravian, Nazareth.



BIBLE STUDY- Wednesdays at 12:30pm in the PATIO. We are studying the Gospel of St. Luke. Come and See! A wonderful Lenten opportunity for Spiritual Growth. It's FREE 😊 and all are welcome!

CHAT ROOM- Thursdays at 10 am in the PATIO. Join our fun and conversation.



ANDRE RIEU “Live at Royal Albert Hall” – DVD – will be enjoyed in the Lounge on Thursday, March 12th at 10 AM. (sponsored by the Chatroom!)



St. Patty's Day Party

Sunday, March 15, 2015

5 pm in the Lounge

Doors open at 4 pm



COST:

\$10 per person

\$12 for Guest (limit 2)

Platter Served

Menu:

Stuffed Chicken Breast

Parsley Potatoes

Peas & Carrots

Salad w/Assorted Dressings

Rolls w/Butter

Dessert

Coffee or Tea

Entertainment by:

Bob Miller

Lehigh Valley

Folk Society Band

Coordinator: Ronnie Clifford



St. Patty's Party Sunday, March 15, 2015



Place slip in a sealed envelope with cash payment and slide
it under Marge Bachemin's door Apt #705.

Name: _____ Apt# _____ Phone: _____

Of Guests _____

DEADLINE FOR RESERVATIONS IS WEDNESDAY, MARCH 11.



Van Trips



April 2015

DATE	DAY	TRIP	TIME
April 1	(Wednesday)	Weis Market	9:30 a.m.____
April 2	(Thursday)	Dinner @ Texas Road House	4:00 p.m.____
April 3	(Friday)	Banks, CVS, \$ Store, Post Office	9:30 a.m.____
April 6	(Monday)	Breakfast/Valley Farms	9:00 a.m.____
April 8	(Wednesday)	Giant	9:30 a.m.____
April 9	(Thursday)	911 Memorial & Guided Tour -NYC Cost: \$36.00	9:00 a.m.____
April 13	(Monday)	Walmart	9:30 a.m.____
April 15	(Wednesday)	Valley Farms	9:30 a.m.____
April 16	(Thursday)	Dinner @ The Willows Restaurant	4:30 p.m.____
April 18	(Saturday)	Fearless Fire Company- Elvis Tribute Show Cost: \$30.00/Cash & Food available for purchase	5:30 p.m.____
April 20	(Monday)	Dinner @ Texas Road House	4:30 p.m.____
April 21	(Tuesday)	Shopping at Lehigh Valley Mall	1:00 p.m.____
April 22	(Wednesday)	Bingo at Lehigh Valley Active Life	5:15 p.m.____
April 23	(Thursday)	Wegmans	9:30 a.m.____
April 24	(Friday)	Allentown Farmers Market/Lunch @ The Ritz	10:00 a.m.____
April 27	(Monday)	Walmart/Giant on Rt 191	9:30 a.m.____
April 28	(Tuesday)	Senior Bingo w/lunch (donations)	10:45 a.m.____
April 29	(Wednesday)	Lunch @ Applebee's in Bethlehem	11:00 a.m.____
April 30	(Thursday)	Movie/Lunch	11:00 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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p>  <p>2 10:00 Exercise 1:00 Movie-We Bought a Zoo 6:00 Bingo 6:30 Poker League</p>	<p>2 10:00 Exercise 1:00 Movie-We Bought a Zoo 6:00 Bingo 6:30 Poker League</p>	<p>3 10:00 Zumba 1:00 Computer Class 2:00 Rev. James Harper Notre Dame RC Church, Bethlehem</p>	<p>4 10:00 Exercise 12:30 Bible Study 3:00 Pinao Playing 6:30 Poker League</p>	<p>5 10:00 Chat Room 2:00 Speaker-Aging in your Home 6:00 Blood Pressure Check</p>	<p>6 9:00 Rent Rebates 10:00 Yoga 12:30 Tai Chi 5:30 Wii Bowling</p>	<p>7 9:00 Coffee & Donuts 12:30 Pinochle Party</p> 
<p>8 9:30 Manicures by Appointment</p> 	<p>9 10:00 Exercise 1:30 Committee Mtg 6:00 Bingo 6:30 Poker League</p>	<p>10 10:00 Zumba 2:00 General Meeting</p> 	<p>11 10:00 Exercise 12:30 Bible Study 2:00 Massage by Appts 3:00 Piano Playing 6:30 Poker League</p>	<p>12 10:00 DVD André R. 2:00 Rev. Sharon Solt Harfman, Church of the Manger, UCC, Bethlehem</p>	<p>13 10:00 Yoga 11:00 Second Harvest Food Delivery 12:30 Tai Chi 1:30 Speaker-Dancing</p>	<p>14 8:30 FREE Breakfast</p> <p><i>Free Breakfast Anyone???</i></p>
<p>15 5:00 St. Patty's Day Party</p> 	<p>16 10:00 Exercise 1:00 Movie—We Bought a Zoo 6:00 Bingo 6:30 Poker League</p>	<p>17 10:00 Zumba 1:00 Computer Class 1:30 Art with Pat</p> 	<p>18 10:00 Exercise 12:30 Bible Study 3:00 Piano Playing 5:00 Birthday Party 6:30 Poker League</p>	<p>19 10:00 Chat Room 2:00 Rev. Joy Wyler, Unity of the Lehigh Valley, Emmaus</p>	<p>20 10:00 Yoga 12:30 Tai Chi</p> <p>太極拳 TAI CHI CHUAN</p>	<p>21 11:00 Soup & Hot Dogs</p> 
<p>22</p>	<p>23 10:00 Exercise 1:00 Speaker- Ice Cream Social 6:00 Bingo 6:30 Poker League</p>	<p>24 10:00 Zumba</p> 	<p>25 8:30 AARP TAXES 10:00 Exercise (Patio) 12:30 Bible Study 3:00 Piano Playing 6:30 Poker League</p>	<p>26 10:00 Chat Room 2:00 Rev. David Wickmann, Schoeneck Moravian, Nazareth</p>	<p>27 10:00 Yoga 12:30 Tai Chi 1:30 Salsa Dancing with Aja</p>	<p>28</p>
<p>29 5:00 Social</p> 	<p>30 10:00 Exercise 11:00 Therapy Dog 2:00 Speaker-A Matter of Balance 6:00 Bingo</p>	<p>31 10:00 Zumba 2:00 Speaker-Telephone Reassurance</p>	<p>HAPPY St. Patrick's DAY</p> 	<p>SET YOUR CLOCKS AHEAD</p> 	<p>Spring Has Sprung!</p> 	