MAY 2018

HI LITES OF LUTHERAN MANOR











NEW RESIDENT

Hilda Vasquez-Rivera Apt #318 Eleanor Greene Apt #617 Angelika Santoleri Apt #610

May 1 (Tuesday)	Van Trip Paper Drop Off	7:00 am	Lounge		
	Breakfast/Shopping @ Target	9:00 am	Van Trip		
	Church: Father James Harper	2:00 pm	Lounge		
	Notre Dame RC Church				
May 2 (Wednesday)	Exercise	10:00 am	Lounge		
	Pines Dinner Theater Presents:	11:15 am	Van Trip		
	A Second Helping: The Church Base	ement Ladies Se	quel		
	Cost: \$50				
	Bible Study	12:30 pm	Lounge		
	Walkers Club	2:00 pm	Lounge		
	Snack Stand	3:00 pm	Lobby		
May 3 (Thursday)	Banks/Post Office	9:00 am	Van Trip		
	Zumba Gold	9:00 am	Lounge		
	Chat Room	10:00 am	Lounge		
	CVS/\$Store	1:30 pm	Van Trip		
	Prayer Time	7:00 pm	Conf Rm		
May 4 (Friday)	Lounge Cleaning	7:00 am	Lounge		
	Lounge & Laundry Rm CLOSED till 9:45 am				
	Yoga	10:00 am	Conf Rm		
	Lunch @ BJ's Brewhouse/	11:00 am	Van Trip		
	Segan's Bloomin Haus Greenhouse	-See the Goats	& Chickens		
	Tai Chi	12:45 pm	Conf Rm		
	Second Harvest	1:00 pm	Lounge		
	Walkers Club	2:00 pm	Lounge		
	Latin Dancing Class	5:30 pm	Lounge		
May 5 (Saturday)	Coffee & Donuts	8:00 am	Lounge		
	Pinochle Party	12:30 pm	Lounge		
May 6 (Sunday)	NATIONAL NURSES DAY				
May 7 (Monday)	Joyful Joints	9:00 am	Lounge		
	Weis	9:30 am	Van Trip		
	Exercise	10:00 am	Lounge		
	Advanced Senior Fitness	1:00 pm	Lounge		
	Committee Meeting	1:30 pm	Lounge		
	Walkers Club	2:00 pm	Lounge		
	Snack Stand	3:00 pm	Lobby		
	BINGO	6:00 pm	Lounge		

May 8 (Tuesday)	NATIONAL TEACHERS DAY		
	General Meeting	2:00 pm	Lounge
	Dinner @ Crossroads Hotel	4:00 pm	Van Trip
	in Hellertown		
	Blood Pressure Check	6:00 pm	Lounge
May 9 (Wednesday)	Joyful Joints	9:00 am	Lounge
	Exercise	10:00 am	Lounge
	Basic Balance	11:00am	Lounge
	Bible Study	12:30 pm	Lounge
	Computer Class	1:00 pm	Comp Rm
	Walkers Club	2:00 pm	Lounge
	Line Dancing	2:00 pm	Lounge
	Snack Stand	3:00 pm	Lobby
May 10 (Thursday)	Zumba Gold	9:00 am	Lounge
, ,	Chat Room	10:00 am	Lounge
	Church: Pastor Larry Burd	2:00 pm	Lounge
	Calvary Baptist Church	-	_
	Good Shepherd Aquatic Pool	4:00 pm	Van Trip
	Program, Cost: \$8.00 (Physician V	Vaiver Program)	
May 11 (Friday)	Lounge Cleaning	7:00 am	Lounge
	Lounge & Laundry Rm CLOSED till	l 9:45 am	
	Yoga	10:00 am	Conf Rm
	Allentown Farmer's Market/	10:30 am	Van Trip
	Lunch @ Wert's Cafe		
	Tai Chi	12:45 pm	Conf Rm
	Crafts: Mother's Day Cards	1:00 pm	Lounge
	Walkers Club	2:00 pm	Lounge
	Latin Dancing Class	5:30 pm	Lounge
May 12 (Saturday)	Spring Bazaar	10:00 am	Lounge
May 13 (Sunday)	MOTHER'S DAY		
	Sunday Praise	1:00 pm	
May 14 (Monday)	Joyful Joints	9:00 am	Lounge
	Giant	9:30 am	Van Trip
	Walkers Club	10:00 am	Lounge
	Exercise	10:00 am	Lounge
	Movie: Unbroken	1:00 pm	Conf Rm
	Snack Stand	3:00 pm	Lobby
	BINGO	6:00 pm	Lounge
May 15 (Tuesday)	Speaker—LOWE'S	1:30 pm	Lounge
	Dinner @ Miller's Ale House	4:00 pm	Van Trip

May 16 (Wednesday)	Joyful Joints	9:00 am	Lounge
	Walkers Club	10:00 am	Lounge
	Exercise	10:00 am	Lounge
	Basic Balance	11:00 am	Lounge
	Bible Study	12:30 pm	Lounge
	Snack Stand	3:00 pm	Lobby
	BINGO @ Lehigh Valley Active Life	5:15 pm	Van Trip
May 17 (Thursday)	Zumba Gold	9:00 am	Lounge
	Chat Room	10:00 am	Lounge
	Church: Richard Kuhn, Resident	2:00 pm	Lounge
	Prayer Time	7:00 pm	Conf Rm
May 18 (Friday)	Lounge Cleaning	7:00 am	Lounge
	Lounge & Laundry Rm CLOSED till 9:	45 am	J
	Walkers Club	10:00 am	Lounge
	Yoga	10:00 am	Conf Rm
	Lunch @ Doughboys	11:00 am	Van Trip
	Tai Chi	12:45 pm	Conf Rm
	Latin Dancing Class	5:30 pm	Lounge
May 19 (Saturday)	ARMED FORCES DAY	-	_
	Soup & Hot Dogs – Body & Soul	5:00 pm	Lounge
May 21 (Monday)	Valley Farmer's Market	9:30 am	Van Trip
	Walkers Club	10:00 am	Lounge
	Exercise	10:00 am	Lounge
	Snack Stand	3:00 pm	Lobby
	BINGO	6:00 pm	Lounge
May 22 (Tuesday)	Lunch @ Copperhead Grill/	11:00 am	Van Trip
	Movie @ AMC		
	Art with Pat	1:30 pm	Lounge
	Speaker: Brain Awareness-	2:30 pm	Lounge
	Benefits of Mind Body Exercise		
May 23 (Wednesday)	Walkers Club	10:00 am	Lounge
	Exercise	10:00 am	Lounge
	Bible Study	12:30 pm	Lounge
	Computer Class	1:00 pm	Comp Rm
	Line Dancing	2:00 pm	Lounge
	Snack Stand	3:00 pm	Lobby
May 24 (Thursday)	Zumba Gold	9:00 am	Lounge
	Chat Room	10:00 am	Lounge
	Church: Pastor Tony Pompa,	2:00 pm	Lounge
	Church of the Nativity, Bethlehem		
	Good Shepherd Aquatic Pool	4:00 pm	Van Trip
	Program, Cost: \$8.00 (Physician Wal	iver Program)	

May 25 (Friday)	RSVP DEADLINE FOR PIG ROAST		
	Lounge Cleaning	7:00 am	Lounge
	Lounge & Laundry Rm CLOSED till 9:	45 am	
	Quakertown Farmer's Market	9:30 am	Van Trip
	Walkers Club	10:00 am	Lounge
	Yoga	10:00 am	Conf Rm
	Tai Chi	12:45 pm	Conf Rm
	Latin Dancing Class	5:30 pm	Lounge
May 27 (Sunday)	Social - Gary Dee Country	5:00 pm	Lounge
May 28 (Monday)	MEMORIAL DAY—OFFICE CLOSED		
	BINGO	6:00 pm	Lounge
May 29 (Tuesday)	Shopping / Walking @ Promenade	10:00 am	Van Trip
	Movie: Unbroken	1:00 pm	Conf Rm
	Art with Pat	1:30 pm	Lounge
May 30 (Wednesday)	Hometown Flea Market	8:30 am	Van Trip
	Walkers Club	10:00 am	Lounge
	Exercise	10:00 am	Lounge
	Bible Study	12:30 pm	Lounge
	Snack Stand	3:00 pm	Lobby
May 31 (Thursday)	Zumba Gold	9:00 am	Lounge
	Chat Room	10:00 am	Lounge
	Speaker: Symbria Motivational	12:00 pm	Lounge
	Presentation		
	Church: Pastor Donald Schwartz Lutheran Retired	2:00 pm	Lounge
	Dinner @ DiMaio's Ristorante in Hellertown	4:00 pm	Van Trip



	ur Activ	vitio	3
<u>Activity</u>	<u>Dates</u>	<u>Time</u>	<u>Place</u>
Bingo	Every Monday	6:00 pm	Lounge
Church	1st Tuesday &	2:00 pm	Lounge
	2nd, 3rd, 4th Thursday		
Bible Study	Every Wednesday	12:30 pm	Lounge
Line Dancing	Every other Wednesday	2:00 pm	Lounge
Chat Room	Every Thursday	10:00 am	Lounge
Prayer Time	1st & 3rd Thursday of each month	7:00 pm	Conf Rm
Sunday Praise	Every 2nd Sunday	1:00 pm	Lounge



Saturday	6/2	Coffee & Donuts	8:00 am
Saturday	6/2	Pinochle Party	12:30 pm
Saturday	6/16	Magic Show - Phil Crosson	6:00 pm
Thursday	6/21	Valley Community Orchestra	6:00 pm
Saturday	6/24	Social-Joe Mixon	5:00 pm



SATURDAY MAY 12, 2018

Doors open at 10:00 am to 2:00 pm Kitchen opens at 10:00 am

OPEN TO THE PUBLIC INVITE ALL YOUR FRIENDS!!!

Latin Dance Class

with
Instructor Dalma Rohena



Fridays
in the Lounge
at 5:30 pm





LOWE'S

Live Nursery Specialist will be here on

Tuesday, May 15, 2018

1:30 pm In the Lounge

You'll get recommendations, tips and tricks on how to take care of your **plants/flowers** and the proper soil to use.

You will also be taking a beautiful plant home with you!!!



Computer Class



Wednesday May 9 & 23

1-3 pm

Sign up required.



Every Monday
6 pm

In the Lounge

BINGO

Art With Pat

May 22 & 29

At 1:30 pm in the Lounge

Sign-Up Required!



Ling Pancing

Wednesday, May 9 & 23 From: 2-3 pm in the lounge



Peggy Sue Tobias will be here to teach you how to line dance.
Wear comfortable clothes & leather sole shoes.
No sneakers.
No partner needed.
Dancing is a stress reliever.

Let's have fun!

Coffee, Donuts, Bagels, Muffins



Saturday, May 5th

8:00 am to 10:30 am \$1.00 coffee

\$1.00 donut

\$1.00 additional donuts
Friends and Family are welcome!



Prayer Time

1st & 3rd Thursday

of each month

In the Conference Room

7:00 pm-8:00 pm

Everyone is Welcome!

Coordinators:
Bev Westwood & Loretta Mollo

Mother's Day Craft

Card Making
May 11 @ 1:30 pm
in the lounge

Sign-Up Required!





Soup & Hot Dogs Saturday, May 19 5 pm

SOUP: Chicken Bowtie \$3.00

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: Body & Soul



50/50 Drawing Friends and Family are Welcome!

Sunday Praise



Sunday May 13
1 pm in the Lounge

for a time of reflection and praise to God with Christian Songs, Scripture and Prayer.



Everyone is welcome.

singing



SNACK STAND

Snacks available every
Monday & Wednesday
From 3-6 pm in the

Main Lobby

Blood Pressure Check



Tuesday, May 8
6 pm
in the Lounge

4 pm Doors Open
5 pm Refreshments
6 pm Entertainment

The Resident's Association

Sunday Social

Join Fun

Sunday, May 27, 2018

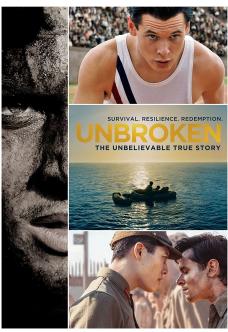






Donations requested.





Monday May 14 & Tuesday May 29
At 1 pm in the Conference Room

Academy Award winner Angelina Jolie directs and produces this epic drama that follows the incredible life of Olympian and war hero Louis "Louie" Zamperini, who, along with two other crewmen, survived on a raft for 47 days after a near-fatal plane crash in WWII - only to be caught by the Japanese navy and sent to a prisoner-of-war camp. It's an inspiring true story about the resilient power of the human spirit.



Salon & spa Now Scheduling Appointments

Bellezza Salon & Spa

will be open for business beginning

Tuesday, May 15, 2018!

First (25) people to schedule an appointment either Tuesday, May 15 or Thursday, May 17

WILL BE ENTERED INTO A SPECIAL DRAWING WITH CHANCES AT ADDITIONAL PRIZES!

Make your appointment today! 610-390-9676

Update from Claudie

Thank you to everyone for the cards, flowers, and gifts! It has meant a lot to me to have reminders that you are all thinking and praying for me.

I am very anxious to return to work and be able to see all your smiling faces again!

I ask that you continue to pray for me and my family as I continue progressing through the stages of my treatment.

I MISS YOU ALL!



EXERCISE CLASS



Every Monday & Wednesday

10:00 am

In the Lounge

WALKERS' CLUB

Mondays, Wednesdays & Fridays at 10 am

Meet in the lounge

ZUMBA GOLD



Every Thursday

9:00 am

In the Lounge

TAI CHI

Every Friday 12:45 pm in the <u>Conference Room</u>.





YOGA

Every Friday 10:00 am

in the Conference Room



Kierra's Kickstart



To Fitness

May is National Senior Health and Fitness Month!

Join us for a motivational speaker, prizes and giveaways as well as healthy treats!

May 31st at 12:00 PM



"Active Today...Healthier Tomorrow!"

ATTENTION:

If you plan to use the new fitness center or classes, <u>PLEASE SEE ME TO</u>
<u>FILL OUT PAPERWORK FIRST</u>



NEW CLASS SCHEDULE!

See the back of this page for the description of new classes that will be offered in the fitness center.



Brain Awareness and the

Benefits of Mind Body Exercise

Tuesday May 22 at 2:00 PM
In the Lounge



Join Kierra to learn how to stay fit mentally, and so much more!



Fitness Center Classes



ones still being offered. Be sure to check the dates at the bottom to have a chance This is a list of the new classes that will be available to you as well as the current to observe or try out the class before we open!

You are always welcome to try them at any time!	Sample Class: Monday 5/7 and 5/14 1:00 PM in the Lounge	Sample Class: Monday 5/7 and 5/14 Wednesday 5/9 and 5/16 9:00 AM in the Lounge	Sample Class: See current "Exercise Class" on Mondays and Wednesdays at 10:00 AM in the lounge	Sample Class: Monday 5/7 and 5/14 Wednesday 5/9 and 5/16 11:00 AM in the Lounge
These classes are on the current calendar in the lounge or conf. room	45-60 minutes in length, Twice a week	45 minutes in length, Twice a week	45 minutes in length, twice a week	30 minutes in length, twice a week
Walker's Club Mon. Wed. Fri 10:00 AM Exercise Mon. & Wed. 10:00 AM Line Dancing Every other Wed. 2:00 PM Zumba Gold Thursdays 9:00 AM Chair Yoga Fridays 10:00 AM Tai Chi Fridays 12:45 PM	Advanced Senior Fitness Are you looking for a more challenging workout? Join this standing class to get the most out of your exercise session. It will include cardio, strength, and core work.	Get ready to ease that arthritis! This class is taught primarily seated, but incorporates a fun and exciting cardiovascular workout with some strength. It ends with an emphasis on the joints in the hands and wrists.	This class was previously called "Exercise" on the Lutheran Manor Schedule. It includes all the basics to stay strong and healthy! It is primarily done seated. New instructor Tammy will be leading you through this engaged class!	Basic Balance This class is primarily done standing (with chair or bar nearby). Objects such as balls, cones, and discs may be used to enhance the fun!

ANNUAL PIG ROAST

FRIDAY, JUNE 8, 2018

FREE LUNCH SERVED 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.

MENU

Roasted Pig

Hot dogs, Hamburgers

Potato Salad, Pasta Salad

Deviled Eggs

Assorted Desserts

Soda and Water







Friday, June 8, 2018

PLEASE RETURN THIS SLIP TO THE MAIN OFFICE

NAME:		
APT:	# Attending	(RESIDENTS ONLY)

DEADLINE FOR RESERVATIONS, FRIDAY, MAY 25th

"EASTER SHOWERS AND FAITH FLOWERS"



We've all heard the saying, "April showers bring May flowers." It's a little saying that summarizes the rhythm of springtime that we look forward to each year (especially THIS year!). The month of April brings with it moisture, which in turn nourishes the earth enabling it to bring forth new life. The dead of winter gives way to the Our Faith growth of summer.

Our spiritual lives have a rhythm much like that of nature. Out of sin comes the good news of Easter, "Christ is Risen!" Often we're tempted to think that the story of God's love and power ends with Easter, but that isn't the case at all. The Easter story "showers" upon our lives, bringing death to sin, just as April showers announce the end of winter. Out of that repentance comes a "new person." In other words, the Easter message brings spiritual moisture that feeds faith so that it can grow. You might say that Easter showers bring "faith flowers".

> Wishing you a springtime of warmth and growth! -Pastor Clark

WORSHIP IN MAY (2 pm in the Lounge)

Tuesday, May 1-Father James Harper, Notre Dame RC Church, Bethlehem

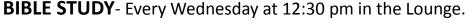
Thursday, May 10th – Pastor Larry Burd, Calvalry Baptist Church, Easton

Thursday, May 17th – Richard Kuhn, resident

Thursday, May 24th – Pastor Tony Pompa, Church of the Nativity, Episcopal, Bethlehem

Thursday, May 31st – Pastor Donald Schwartz, Lutheran retired





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

(May 3rd and 17th)

CHAT ROOM- Every Thursday at 10 am in the Lounge.

SUNDAY PRAISE- Song, Scripture & Prayer at 1 pm on the 2nd Sunday of the Month. (May 13th in the Lounge)





Special Events & Speakers

I want to <u>sign up</u> to attend the following special events and speakers
(check off what you want to attend)
Movie - UNBROKEN (Pick one time only!)
Monday, May 14 at 1:00 pm –Be in your seat by 12:45 pm
Tuesday, May 29 at 1:00 pm-Be in your seat by 12:45 pm
Computer Class with Nancy
Wednesday, May 9 at 1:00 pm
Wednesday, May 23 at 1:00 pm
<u>Line Dancing with Peggy Sue</u>
Wednesday, May 9 at 2:00 pm
Wednesday, May 23 at 2:00 pm
<u>Art with Pat</u>
Tuesday, May 22 at 1:30 pm
Tuesday, May 29 at 1:30 pm
Mother's Day Crafts - Card Making
Friday, May 11 at 1:30 pm
SPEAKER - Lowe's Live Nursery Specialist
Tuesday, May 15, 2018 at 1:30 pm
Complete and return this form when you turn in your van trip sign up sheet!
NAME: APT#



Van Trips



June 2017

DATE	DAY	TRIP	TIME
June 1	Friday	Lunch @ Red Robin & Movie @ New Vision Theater	11:00 am
June 4	Monday	Banks, Post Office	1:00 pm
June 5	Tuesday	CVS, \$ Store	1:30 pm
June 6	Wednesday	Weis	9:00 am
June 7	Thursday	Dinner @ Red Lobster	4:30 pm
Jun 11	Monday	Lunch @ Sewyco Fireman's Buffet	11:00 am
Jun 12	Tuesday	Giant	9:00 am
June 14	Thursday	Banks	9:00 am
June 14	Thursday	Good Shepherd Aquatic Pool Program Cost: \$8.00 (physician waiver program)	4:00 pm
June 16	Saturday	BINGO @ St. John Windish	11:30 am
June 18	Monday	Wegmans	9:30 am
June 19	Tuesday	Kitchen Kettle Village	8:30 am
June 13	Wednesday	Leesport Flea Market	8:30 am
June 22	Friday	Lunch and Ice Cream @ Crystal Spring Farms	11:30 am
June 23	Saturday	Shopping @ Hobby Lobby/Northampton Crossing II	10:30 am
June 25	Monday	Shopping @ Airport Road Center	10:00 am
June 26	Tuesday	Valley Farm Market	9:30 am
June 27	Wednesday	Lunch @ 1774 Grille and Tap in Hellertown Price: \$15 (includes meal, soup or salad, and non-alcoholic beverage)	11:00 am
June 28	Thursday	Good Shepherd Aquatic Pool Program Cost: \$8.00 (physician waiver program)	4:00 pm
June 29	Friday	Green Dragon Market/Lunch	9:00 am

Please fill out the form and bring to the main of	fice, I will start collecting forms at 7 a.m. on the
first day of	the month.
Name:	Apt:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2018	1 7:00 Van Trip Papers 2:00 Church, Father James Harper, Notre Dame RC Church	2 10:00 Exercise 12:30 Bible Study 2:00 Walkers Club	3 9:00 Zumba Gold 10:00 Chat Room 7:00 Prayer Time	4 10:00 Yoga 12:45 Tai Chi 1:00 Second Harvest 2:00 Walkers Club 5:30 Latin Dancing Class	5 8:00 Coffee & Donuts/ Bagels 12:30 Pinochle Party
6 National Nurses Day	7 9:00 Joyful Joints 10:00 Exercise 11:00 Basic Balance 1:30 Committee Meeting 1:00 Adv. Senior Fitness 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	8 National Teachers Day 2:00 General Meeting 6:00 Blood Pressure Check	9 9:00 Joyful Joints 10:00 Exercise 11:00 Basic Balance 12:30 Bible Study 1:00 Computer Class 2:00 Walkers Club 2:00 Line Dancing 3:00 Snack Stand	10 9:00 Zumba Gold 10:00 Chat Room 2:00 Church, Pastor Larry Burd, Calvary Baptist Church	11 10:00 Yoga 12:45 Tai Chi 1:30 Crafts: Card Making 2:00 Walkers Club 5:30 Latin Dancing Class	2 10:00 Spring Bazaar
13 MOTHER'S DAY 1:00 Sunday Praise	14 9:00 Joyful Joints 10:00 Walkers Club 10:00 Exercise 11:00 Basic Balance 1:00 Adv. Senior Fitness 1:00 Movie: Unbroken 3:00 Snack Stand 6:00 BINGO	15 1:30 Speaker - LOWES	16 9:00 Joyful Joints 10:00 Walkers Club 10:00 Exercise 11:00 Basic Balance 12:30 Bible Study 3:00 Snack Stand	17 9:00 Zumba Gold 10:00 Chat Room 2:00 Church, Richard Kuhn, Resident 7:00 Prayer Time	18 10:00 Walkers Club 10:00 Yoga 12:45 Tai Chi 5:30 Latin Dancing Class	19 Armed Forces Day
20	21 10:00 Walkers Club 10:00 Exercise 3:00 Snack Stand 6:00 BINGO	22 1:30 Art with Pat 2:30 Speaker: Brain Awareness- Benefits of Mind/Body Exercise	23 10:00 Walkers Club 10:00 Exercise 12:30 Bible Study 1:00 Computer Class 2:00 Line Dancing 3:00 Snack Stand	24 9:00 Zumba Gold 10:00 Chat Room 2:00 Church, Pastor Tony Pompa, Church of the Nativity, Bethlehem	25 RSVP Deadline for Pig Roast! 10:00 Walkers Club 10:00 Yoga 12:45 Tai Chi 5:30 Latin Dancing Class	26
27 5:00 Social - Gary Dee Col	28 OFFICE CLOSED MEMORIAL DAY 6:00 BINGO	29 I:00 Movie: Unbroken I:30 Art with Pat	30 10:00 Walkers Club 10:00 Exercise 12:30 Bible Study 3:00 Snack Stand	31 9:00 Zumba Gold 10:00 Chat Room 12:00 Speaker: Symbria Motivational Presentation 2:00 Church,Pastor Donald Schwartz, Lutheran Retired		