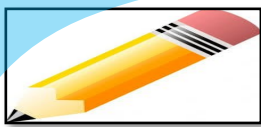


May 2020

Hi Lites of Lutheran Manor





Notes From the Office



To Our New Residents!

104-Zoraida Santos

416– Enid Giuffre

909– Diane Berger



LIVE-STREAMING

For The month of May all Educational Videos, Movies and Church services will be live-streamed on channel 98 .

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

Please make sure to
Sanitize your hands
before entering
the building!



Office Closed

Memorial Day

Monday 5/25/2020



Fitness Room,
Game Room, and
Salon will be
closed until further notice



Notes From the Office

Announcements can be made daily regarding COVID-19.
Watch Channel 99 daily for updates,
precautions, and protocols.

IMPORTANT UPDATE:

Primary Election rescheduled to
Tuesday, June 2nd
Voting Van Trips to depart at
8am, 10am and 12pm



****Contact Brenda to reserve your space
or to apply for an Absentee Ballot**



RENT REBATES and
AARP Tax Preparation



***CANCELLED* until further notice**

***New date/time will be posted at a later date**

****Contact Brenda for more information**



Brenda's Bulletin

Strategies for Staying Healthy & Maintaining your Physical & Mental Health During Quarantine

Unhealthy Self-Soothing: Alcohol or junk food may help your mental health in the short term, but in the long term, it will affect your physical health, and therefore your body's resistance to infection.

Healthy Self-Soothing: Epsom salt baths, listening to music, doing yoga, exercise, meditation are all healthy self-soothing options. Relieving stress in healthy ways is key to ensuring your stress does not exceed your body's ability to recover from it.

Manage your environment: Keep your groceries (and things that you take outside your home) in a specific area so as not to create unnecessary exposure within your home. Put clothing worn outside directly into the hamper. Disinfect grocery packaging, wallet, etc.

Maintain your sleep routine: Practicing good sleep hygiene helps with getting a better night's rest which is essential for a person's physical and mental well-being as it improves energy levels, performance & safety.

Get sun: Vitamin D is important in the immune response. Getting sun will increase your vitamin D reserves. Opening shades and windows, sitting in sunny areas of your apartment, and even getting outside when social distancing is possible

Maintain 6+ feet between yourself and others while wearing masks

Get exercise: Even if it's raining or too crowded outside to practice social distancing, exercise in your apartment tuning into Channel 98 to follow Kierra's routines.

Enjoy your in-home "hydrotherapy machine.": Use your shower or bath for the therapeutic and toxin-flushing impact it can have. Hot showers/baths ease muscle tension relieving stress. Steam from hot showers hydrates the nasal passageways making you more COVID-resistant. Cold showers/baths have a plethora of benefits. Most relevant to COVID-19 resistance, cold showers/baths may lessen the intensity of illness symptoms and alleviate depression caused by social isolation.

STAY HOME STAY HEALTHY STAY HAPPY

LUTHERAN MANOR CINEMAS

PRESENTS

ALL MOVIES WILL BE LIVE STREAMED ON CHANNEL 98!

MOVIE 1: Richard Jewell

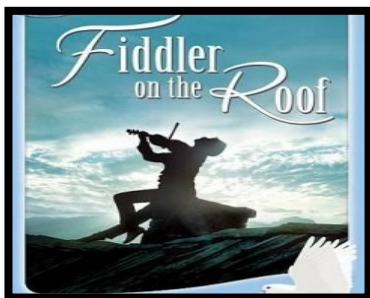
Monday, May 4 @ 1:00 pm



Directed by Clint Eastwood and based on True Events, Richard Jewell tells the story of the security guard who discovers a bomb at the 1996 Atlanta games and takes swift, heroic action, saving countless lives. But in a turn of events, he becomes the FBI's number one suspect, vilified by the press and public alike.

MOVIE 3: Fiddler on the Roof

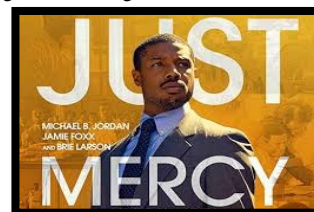
Friday, May 22nd @ 1:00 pm



An outstanding accomplishment in every category, this lavishly produced and critically acclaimed screen adaptation of the internal stage sensation tells the life-affirming story of Tevye, a poor milkman, whose love, pride and faith help him face the oppression of the turn-of-the-century czarist Russia.

MOVIE 2: Just Mercy

Monday, May 11th @ 1:00 pm



In this powerful, thought-provoking true story recent Harvard grad Bryan Stevenson passes up lucrative jobs to defend those wrongfully condemned in Alabama. Supported by local advocate Eva Ansley, he quickly picks up the incendiary case of Walter McMillian, a death row inmate convicted of a notorious murder. Facing a legal and political labyrinth and unabashed racism, Bryan fights for Walter and others like him in a system stacked against them.

MOVIE 4:

Friday, May 29th @ 1:00pm



From the Author of the Phenomenal #1 NY Times best seller comes the original screen adaptation of Mitch Albom's The Five People you meet in heaven,. This NY Times best seller is brought to life by an award-winning cast, including Jon Voight, Ellen Burstyn and Jeff Daniels. The NY times praised it for its "Genuine power to stir and comfort."



From the Chaplain



COMPASSION FOR OTHERS...

It is my hope that you are well and healthy. This

certainly can be a scary time for all of us. The unknowns around this COVID-19, the chance of infection for ourselves or those we love might fill us with a level of anxiety we have never known before. We have choices— choices as to how we will react as people of faith. It is critical to remember that in times of crisis, we need to hold on to our faith and reach out to others - in whatever ways we can - with support and compassion.

Lift each other up in prayer. Make a phone call

to those you love and those who may be vulnerable physically, emotionally or spiritually. Practice patience whenever you find yourself waiting in a line or being held up from your normal routines. Give thanks in your prayers for those in the medical profession. Compassion, gratitude and faithfulness are contagious – as contagious as this insipid virus – so spread them around.

There is no unknown that is too big for God to handle. Remember that God is our Shield, our Healer, our Comforter. We can trust in the God of all who loves all people.

Know that you are all in my prayers in this difficult and challenging time.

Please note: Until further notice, there is no Bible Study or Chat Room. Worship and movies are streamed on Channel 98. Watch the Message Board for updates.

LUTHERAN MANOR WORSHIP IN MAY

at 2pm on Channel 98

Tues., May 5th - Father Daniel Kravatz, Notre Dame RC Church, Bethlehem

Thurs. May 7 – (Spanish) – Pastor Jonny, Cornerstone Church, Easton

Thurs. May 14th – Pastor Larry Burd, Calvary Baptist, Easton

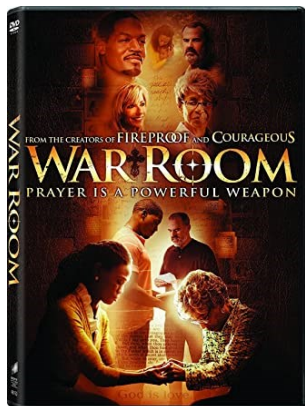
Thurs. May 21st – Pastor Dan Bretell, St Paul Lutheran, Easton

Thurs. May 28th – Pastor Tony Pompa, Cathedral Church of the Nativity (Episcopal) Bethlehem





From the Chaplain



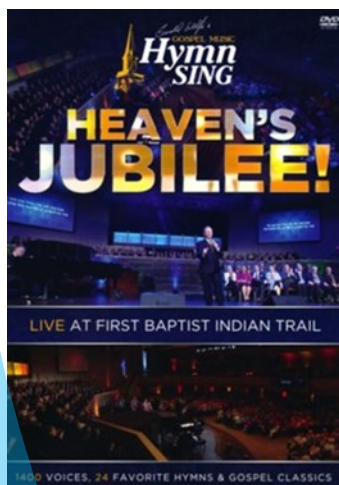
WAR ROOM - DVD

**Wednesday, May 13th at 2pm on
Channel 98**

A Spirit-filled elderly woman named Miss Clara (Karen Abercrombie) helps save a marriage through her prayers and her mentoring of the wife, Elizabeth (Priscilla Shirer). Miss Clara does much of her praying in her prayer closet – her “war room.”

Viewer's comments.....*A compelling drama with humor and heart that explores the power that prayer can have on marriages, parenting, careers, friendships, and every other area of our lives.*

...I'm not a Christian, but it was so unbelievably refreshing to watch a film with a storyline about good morals and being a decent human being for a change.



Because you enjoyed the Gospel Hymn Sing on Easter here is another...

**HEAVEN'S JUBILEE! LIVE AT INDIAN HILLS, DVD
on Channel 98 - Sunday, May 24th - 1 pm**

Heaven's Jubilee! ...features almost 2 hours of the music you love to sing... 24 of your all-time favorite Hymns and Classic Gospel songs, 1400 Voices, and the amazing Choir of First Baptist Indian Trail. You're not just watching a concert...you can actually get involved in the experience! Crank up the volume and sing along!



Kierra's Kickstart to Fitness



National Senior Health & Fitness Day!

Join us for a virtual celebration
of senior health & fitness!

Wednesday May 27th

Starting at 10am

Stay tuned for a schedule of:
Specialty classes, demos, educational
presentations, and more!

*Event will be live-streamed due to the need
for social distancing

Handout Resources Available to you this month:

Recipe of the month

At-home exercise programs

Chair Yoga

Brain teasers

Adult coloring pages

Osteoporosis Education

Daily activity challenge calendar



Call Kierra at x208 to obtain
any resources you're interested in!

May is National Osteoporosis Month



"31 Ways to Stay Bone Strong"

Obtain a copy of the National
Osteoporosis Foundation's calendar of
ways you can keep your bones healthy.

Call Kierra at x208

**"Challenges are
what make life
interesting, and
overcoming
them is what
makes life
meaningful"**

-Joshua Marine

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	Live Streamed
Church (Spanish)	1st Thursday of the month	2:00 pm	Live Streamed
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 Friday	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 & Wednesday	11:30 am	To Be Announced
Everybody's Yoga	Tuesday	11:30 am	Cancelled until further notice
Walkers Club	Monday, Wednesday Friday	2:00 pm	Cancelled until further notice
Tai Chi	Friday	10:30 am	Cancelled until further notice

Our Activities

Happening in May

<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>VAN TRIP PAPERS</u> <u>DROP-OFF</u>	<u>FRIDAY , MAY 1</u>	<u>8:30 AM</u>	<u>BRENDA OFFICE</u>
Movie #1– Richard Jewell	Monday, May 4	1:00 pm	Live streamed Channel 98
Second Harvest	Thursday, May 7	12:30 pm	Boxes will be distributed to resident's apartments
General Meeting	Tuesday, May 12	2:00 pm	Live streamed Channel 98
Movie #2-Just Mercy	Monday , May 11	1:00 pm	Live streamed Channel 98
Pastor Clark Movie: War Room	Wednesday, May 13	1:00 pm	Live streamed Channel 98
Movie #3-Fiddler on the Roof	Friday May 22	1:00 pm	Live streamed Channel 98
Pastor Clark Video– Heaven's Jubilee	Sunday , May 24	1:00 pm	Live streamed Channel 98
<i>Movie #4– Five People you meet in Heaven</i>	Friday May 29	1:00 pm	Live streamed Channel 98

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Fitness Events Van Trips Resident's Association Events Religious Events Lutheran Manor Events <i>Holidays/Observances</i>		1 8:30 Van trip Papers 9:00 Shopping at CVS 10:00 Tai Chi (Live streamed Channel 98)	2
3	4 10:00 Fit For Life (Live Streamed Channel 98) 11:00 AM Stand up for Strength (Live Streamed Channel 98) 1:00 Movie-Richard Jewell (Live Streamed channel 98)	5 10:00 Joyful Joints(Live Streamed Channel 98 2:00 Church (Live Streamed channel 98)	6 10:00 Fit For Life (Live Streamed Channel 98) 9:00 Shopping at VALLEY FARMS	10:00 Joyful Joints (Live Streamed Channel 98) 12:30 Second Harvest Food Bank (Boxes distributed to residents apts) 2:00 Church Spanish (Live Streamed Channel 98)	8 10:00 Tai Chi (Live streamed Channel 98)	9
10	11 10:00 Fit For Life (Live Streamed Channel 98) 11:00 AM Stand up for Strength (Live Streamed Channel 98) 1:00 Movie-Just Mercy (Live Streamed channel 98)	12 10:00 Joyful Joints(Live Streamed Channel 98 1:00 Shopping at WEIS 2:00 General MTG (Live Streamed channel 98)	13 10:00 Fit For Life (Live Streamed Channel 98) 2:00 MOVIE: War Room (Live Streamed Channel 98)	14 10:00 Joyful Joints(Live Streamed Channel 98) 2:00 Church (Live Streamed Channel 98)	15 7:00-10:00 Lounge Closed 10:00 Tai Chi (Live Streamed Channel 98)	16
17	18 10:00 Fit For Life (Live Streamed Channel 98) 11:00 AM Stand up for Strength (Live Streamed Channel 98)	19 10:00 Joyful Joints(Live Streamed Channel 98)	20 10:00 Fit For Life (Live Streamed Channel 98) 9:00 Shopping at GIANT	21 10:00 Joyful Joints (Live Streamed Channel 98) 2:00 Church (Live Streamed Channel 98)	22 10:00 Tai Chi (Live Streamed Channel 98) 1:00 Movie-Fiddler on the Roof (Live Streamed channel 98)	23
24 2:00 MOVIE: Heaven's Jubilee (Live Streamed Channel 98)	25 Office Closed 	26 10:00 Joyful Joints(Live Streamed Channel 98)	27 National Senior Health and Fitness Day! 10:00 Fit For Life (Live Streamed Channel 98)	28 10:00 Joyful Joints (Live Streamed Channel 98) 10:00 Shopping at WEGMANS 2:00 Church (Live Streamed Channel 98)	29 10:00 Tai chi (Live Streamed Channel 98) 1:00 Movie-Five People you meet in Heaven(Live Streamed channel 98)	30

VAN TRIPS June 2020

DATE	DAY	TRIP	TIME
June 1	Monday	Shopping at ALDI	10:00am_____
June 3	Wednesday	Banks if permitted / Post Office	8:45am_____
June 3	Wednesday	Shopping at CVS	1:00pm_____
June 9	Tuesday	Shopping at WEIS (Senior Discount Day)	10:00am_____
June 17	Wednesday	Shopping at VALLEY FARMS	1:00pm_____
June 25	Thursday	Shopping at SHOPRITE	10:00am_____
June 29	Monday	Shopping at WEGMANS	9:00am_____

Forms will be collected starting at 8:30 am on Friday, May 1 2020.

Name: _____

Apt: _____