

***November 2013***  
***Hi Lites of***  
***Lutheran Manor***





**Judith Rosado 1105**

November 2	(Saturday)	Coffee & Donuts	9:00 a.m.	Patio
November 2	(Saturday)	Pinochle Party	12:30 p.m.	Lounge
November 5	(Tuesday)	Massage by appointments	9:00 a.m.	Conf Room
November 6	(Wednesday)	Computer Class	1:00 p.m.	Comp Room
November 6	(Wednesday)	A Matter of Balance Class (6th)	1:00 p.m.	Patio
November 6	(Wednesday)	<b>Speaker-Alzheimer's/Dementia</b>	2:30 p.m.	Lounge
November 7	(Thursday)	Health Fair	10:00 a.m.	Lounge
November 8	(Friday)	Second Harvest-Food Delivery Box	11:00 a.m.	Patio
November 11	(Monday)	Committee Meeting	1:30 p.m.	Conf Room
November 12	(Tuesday)	General Meeting (4th floor responsible for snacks)	2:00 p.m.	Lounge
November 13	(Wednesday)	A Matter of Balance Class (7th)	1:00 p.m.	Patio
November 16	(Saturday)	Soup & Hot Dogs	11:00 a.m.	Lounge
November 18	(Monday)	<b>Speaker—Physical Therapy</b>	2:00 p.m.	Lounge
November 19	(Tuesday)	<b>Speaker—Paint the Sounds of Music</b>	2:00 p.m.	Lounge
November 20	(Wednesday)	Computer Class	1:00 p.m.	Comp Room
November 20	(Wednesday)	A Matter of Balance Class (8th)	1:00 p.m.	Patio
November 24	(Sunday)	Pizza Party	5:00 p.m.	Lounge
November 25	(Monday)	Therapy Dog	11:00 a.m.	Lounge
November 25	(Monday)	<b>Speaker-Holiday Blues</b>	2:00 p.m.	Lounge
November 28	(Thursday)	<b>Happy Thanksgiving/Worship</b>	<b>10:00 a.m.</b>	<b>Lounge</b>
November 29	(Friday)	<b>Thanksgiving Holiday</b>	<b>OFFICE CLOSED</b>	

**HAVE A SAFE AND HAPPY THANKSGIVING!**



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 Monday	1 p.m.	Patio
Chat Room	Every Thursday	10 a.m.	Patio
Walkers Club	Every Friday	9 a.m.	Outside
Yoga	Every Friday	10:00 a.m.	Patio
Tai Chi	Every Friday	12:30 p.m.	Patio
Wii Bowling	Every Friday	5:30 p.m.	Lounge
Yarns Around	Every Sunday	2 p.m.	Patio



Saturday	12/07	Coffee & Donuts		9:00 a.m.
Saturday	12/07	Pinochle Party		12:30 p.m.
Saturday	12/14	Winter Bazaar		10:00 a.m.
Sunday	12/15	Holiday Dinner	Joseph & Bob	5:00 p.m.
Wednesday	12/18	Birthday Party	Emmauelville Church	5:00 p.m.
Saturday	12/21	Soup & Hot Dogs	Bill Murray	11:00 a.m.
Tuesday	12/31	New Years Eve Party	Steel City Band	9:30 p.m.



**Remember to turn your  
clocks back 1 hr. Daylight  
Savings Time ends, Sunday  
November 3rd at 2 a.m.**

*Dear Residents,*

*As you know, for your recertification each year I ask you to provide a copy of your Social Security Award Letter. This information is vital to the process of determining your change in rent payment.*

*Soon the 2014 award letters will be mailed to each of you by the Social Security Administration. Please take a minute and stop in the office so I can make a copy of this letter. I will keep it on file until we need it for your recertification. This will avoid any unfortunate loss of the letter containing the new information.*

*I thank you in advance for your cooperation.*

*Sincerely,  
Jennifer Snead  
Occupancy Specialist*





**Thursday, November 7th**

**10 A.M. TO 1 P.M.**



Join us for our **Health Fair** exclusively for you, our residents. We will have vendors from various health care organizations to provide information, free screenings and more.

**We will have screenings and more in the Patio.**

\*flu shots

\*blood pressure screening

\*depression screening

*If you are getting a flu shot please make sure to stop by Claudie's office to get your form, and see list of accepted insurances. Price varies depending on insurance. Residents with **medicare part B are free.***



Everyone will receive a complimentary hot dog, chips and drink.





# Claudie's



# Corner



**November** is National Alzheimer's Awareness Month.

**"Understanding Dementia"** - Learn the background information regarding dementia, warning signs, stages of the disease and caring techniques. Don't miss an opportunity to gain insight about **dementia** and topics that every caregiver should know!

**Tina Zanetti from Arden Courts will be here on Wednesday, November 6 at 2:30 pm**

**Refreshments will be served!**



Physical therapy is very important in enhancing primary health care & improving the quality of life.

**Dr. Steven Super PT**, will be here to talk to you on the importance and benefits of physical therapy.

**Monday, November 18th at 2pm**

**Refreshments will be served!**



**Paint the Sounds of Music**

**You do not need to have experi-**

**ence in art or painting to attend this class. You will have fun painting to your favorite tunes. If you are interested in attending this class, you must sign up with Claudie. Only 10 people can participate in this class. All others are welcome to watch.**

**Pat Delluva will be here on Tuesday, November 19th at 2pm, Lounge**

## How to Handle the Holiday Blues?

Many people feel sad and lonely during the holiday season. In fact, many people experience the holidays as a very stressful time of year.

So what is one to do?

*Traditions of Hanover at Home* will be here on:

**Monday, November 25th at 2pm**

To give you some good tips to handle the Holiday **Blues**.

**Refreshments will be served!**



HOLIDAY  
BLUES

# The Snack Stand

Snacks available  
every  
Monday & Wednesday  
From 3-6 p.m. In the Main Lobby



## Computer Class

If you are new to Lutheran Manor, and would like to use our computer lab, **you must attend an initial computer class** with Nancy.

**Wednesday, November 6**

Topic: New Tenants Class

**Wednesday, November 20**

Topic: Making Greeting Cards

**1-3 pm**

## Soup & Hot Dogs

Saturday,

November 16th

11 a.m. to 2 p.m.



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

**Entertainment:**

**Bill Murray**

50/50 Drawing

## MASSAGE THERAPY

Tuesday, Nov 5th  
9:00-12:30

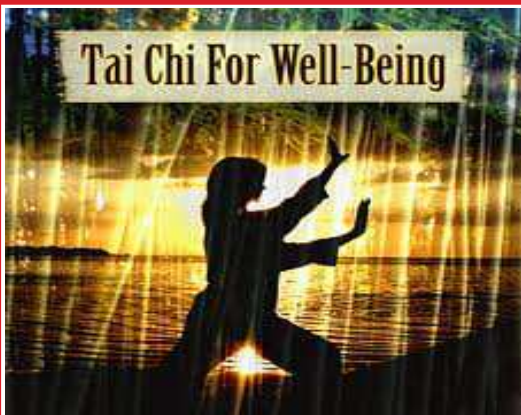


“Massage is generally considered part of a complementary and alternative medicine.”

If you are interested in getting a massage, please sign up in Claudie's office.

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

## Tai Chi For Well-Being



## TAI CHI

If you're looking for a way to **reduce stress**, consider tai chi (TIE-CHEE). Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for **stress reduction** and a variety of other health conditions. Often described as **meditation in motion**, tai chi promotes serenity through gentle, flowing movements.

Every Friday, 12:30 p.m. **Patio**

## Coffee & Donuts

Saturday November 2nd

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

\$1.75 coffee & donut

.75 additional donut

Friends and Family

Welcome



## Walkers Club



**Senior Stars Let's Go!**

The Walkers Club are always looking for new members to join.

Every Friday @ **9:00 AM**

Come join the Walkers Club.



## Therapy Dog Visit

Monday

November 25th

11 a.m.

Lounge

You need some **cheering up**? Come down to the lounge and visit with Miz Daisy. She will cheer you up.



## Zumba Fitness

Come have fun, get in shape, & move to the music. You can participate **sitting and/or standing in place**. You decide. Stop by and check it out for yourself. Wear your sneakers if you want to participate.

**Every Tuesday @10:00 AM Lounge**





## HARVEST HOME

Help us stamp out hunger in our community. We will hold our annual “Harvest Home” celebration at the weekly worship service on **Thursday, November 21st**.

As we offer our thanks during this holiday time, we turn our thoughts to those less fortunate. Each year, we hold this “Harvest Home” event so that we could share our blessings with others. We ask that you bring **non-perishable** foods such as canned soups, vegetables, cereal, pasta, etc.



Any items will be truly appreciated. Please only bring unopened items and check expiration dates. **Do not bring outdated items, they will be thrown out.** Cash donations will also be accepted. You can bring your donations to the lounge from **10 a.m. to 2 p.m.**

After the worship service, these items will be packed and taken to a local food bank to be distributed to those in need.

Please share the joy of **Thanksgiving** with those in need. Your generosity will not only be a blessing to others but you will be blessed as well.

## Window Candles



It is a custom at Lutheran Manor to

light a candle in every window during the holiday season. A single **CLEAR** candle in each window looks lovely and is a warm welcome to all who are traveling on the highway.

This is our way of saying “Welcome to **Bethlehem, The Christmas City**”.

Traditionally, candles are lit the first Sunday in Advent. So, please **light your candles on Sunday, December 1st** and enjoy the holidays.

## CHRISTMAS BAZAAR DONATIONS

**Please bring Christmas items *only* to the lounge for the Christmas Bazaar. On the following dates:**

**November 8  
And  
November 22  
1-3 pm**





## *Security speaks out...*

It is so difficult to believe that 1 ½ years have passed since Krissy & I came to live here at Lutheran Manor as the Security Team. It has been an amazing time for us, and we have made many new friends. **Thank-you** to everyone for welcoming us with open arms!

We just want to remind everyone of a few things so we can help serve you better:

### 1st- Lockouts

\*Please stay in the main lobby area or at least on YOUR floor lobby. If you do not feel comfortable waiting in the lobby area let the answering service know where you will be (the lounge, a neighbor's apartment, etc...) This will help us get you into your apartment much quicker.

### 2nd- Trash Room

\*Please do not put cardboard, metal (hangers, appliances, etc...) in the trash cans.  
\*Cardboard should be piled on top of the trash compactor.  
\*Metal, appliances, and any non-trash items should be piled to one side of the trash room.



If everyone keeps these things in mind, it will really help us serve you better.

THANK YOU,

*Dave & Krissy*

Lutheran Manor does not own any shopping carts.  
Please **DO NOT** bring them here and leave them in  
the entrance area!



*Thank You!*





# PIZZA PARTY

Sunday, November 24, 2013

5 p.m. in the Lounge

Doors open at 4 p.m.



## COST:

\$5 per person

\$6 per guest (limit 2)

**Entertainment by:**

**The Katos**

## Menu:

2 slices of pizza (with cheese or pepperoni topping) Lettuce with assorted dressing, Ice Cream, Coffee or tea  
Soda \$1.00



Drawing 3 for \$1.00

**Coordinator: Ronnie Clifford**

**50/50**



## PIZZA PARTY

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

Name: \_\_\_\_\_ Apt# \_\_\_\_\_ Phone: \_\_\_\_\_

Choice of 2 slices of Pizza: \_\_\_\_\_ (2) Cheese, or \_\_\_\_\_ (2) Pepperoni

(Both slices must be the same kind) # of Guests \_\_\_\_\_

**DEADLINE FOR RESERVATIONS IS WEDNESDAY, NOVEMBER 20.**



SIGHT & SOUND  
PRESENTS



Go back in time and witness the greatest birth in history. Be surrounded by the bustling village of Bethlehem as camels, horses, donkeys and villagers pass by. Be transported to the hillside where legions of angels descend upon the shepherds to proclaim, "The Savior is born!"

**THE MIRACLE OF CHRISTMAS**

**THURSDAY, DECEMBER 19TH**

**TIME: 1 pm**

**COST: \$46.55**

**The cost includes gratuity and show only.**

**A \$20.00 deposit will reserve your seat.**

**Sign up with Claudie**



# CHRISTMAS BAZAAR



*Saturday, December 14*

*10 am– 2pm*

*Kitchen Opens at 11 am*

*Hamburger BBQ, Soup, Ice Cream*

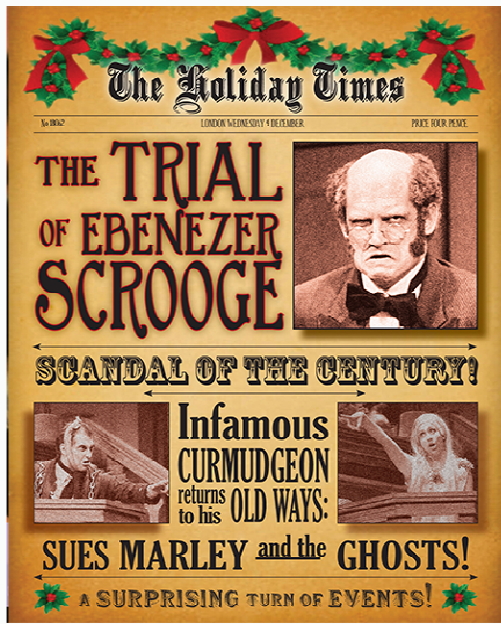
*Sundaes, Bake Sale, Crafts, 50/50,*

*Chances for Gift Certificates*

*(3 chances for \$1 each)*

*Open to Everyone*





# DeSales University

Presents:

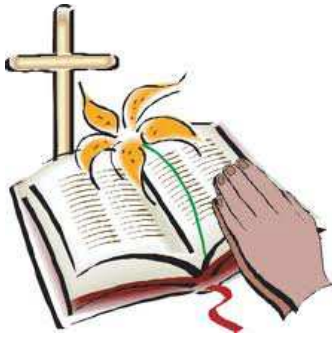
## The Trial of Ebenezer Scrooge

Back by popular demand, a holiday classic-spun on its head. One year after Dickens' classic tale, Ebenezer's epiphany has waned and he's returned to his curmudgeonly ways. He files suit against Jacob Marley and the Christmas ghosts for kidnapping, slander, and emotional distress. All of Dickens' classic characters take the stand in this heartwarming family comedy that ends once again (surprise, surprise!) in triumphant redemption.

Wednesday, December 11th at 7:15 pm

Cost: \$21.00

Sign up with Claudie



## Worship Service

Once again it is time to schedule **Clergy** for our **2014** Thursday Worship services. Your help is needed. Take this opportunity to talk to your pastors and inquire if they would be interested in worshipping with us. Be sure to tell them that all our Worship Services are held on Thursdays at 2 p.m. If your pastor is interested, please complete the bottom of this notice and return it to **Pastor Clark** so he can contact your minister to set a date for next year's schedule.

Thank you.

PLEASE RETURN THIS SLIP TO **PASTOR CLARK**

Clergy's Name \_\_\_\_\_ Phone \_\_\_\_\_

Church \_\_\_\_\_

Your Name \_\_\_\_\_ Phone \_\_\_\_\_



## True Thanksgiving

One of my favorite Peanuts comic strips is about Lucy's feeling sorry for herself and she laments, "My life is a drag. I'm completely fed up. I've never felt so low in my life."

Her little brother Linus tries to console her and he says, "Lucy, when you're in a mood like this, you should try to think of things you have to be thankful for; in other words, count your blessings."

To that, Lucy says, "Ha! That's a good one! I could count my blessings on one finger! I've never had anything and I never will have anything. I don't get half the breaks that other people do. Nothing ever goes right for me! And you talk about counting blessings! You talk about being thankful! What do I have to be thankful for?"

Linus says, "Well, for one thing, you have a little brother who loves you."

With that, Lucy runs and hugs little brother Linus as she cries tears of joy, and while she's hugging him tightly, Linus says, "Every now and then, I say the right thing."

**Well, people, we have a God who loves us, and that's reason enough for us to be incredibly thankful...every day!**

A Blessed Thanksgiving! *Chaplain Clark*

### **WORSHIP- 2pm in the Lounge** **(Thanksgiving Service is at 10am)**

- **Tuesday, Nov. 5**- Rev. Jason Stokes-  
Notre Dame R.C.
- **Thursday, Nov. 14** – Rev. Tony Pompa,  
Episcopal Church of the Nativity.
- **Thursday, Nov 21 (Harvest Home)**



Thanksgiving Day  
Worship

Rev. Werner Koch, St.  
Stephen's Lutheran

• **Thursday, Nov 28**  
**(Thanksgiving- 10 am)**

Rev. Clark Kuntz,  
Chaplain

### **LUTHERAN MANOR CHAT ROOM**

every Thurs at 10am in the patio. A fun, interesting, educational "chat" time for residents who enjoy meeting their neighbors.

**BIBLE STUDY-** every Monday at 1pm in the Patio.

### **DON'T MISS** **THESE VAN TRIPS**

*Sign Up Today in  
Claudie's office!*



**VAN TRIPS**

**+Hackman's Bible Book Store,**  
Whitehall, PA; followed by lunch @ a nearby diner.. Thursday, December 5<sup>th</sup> 10:00 am in the lounge.



**+Saturday December 6<sup>th</sup>**  
**- Calvary Baptist**  
**Christmas Concert.** Meet at 6:45pm in the lounge

**+The LOVE OF GOD at**  
**CHRISTMAS at Calvary Wesleyan**  
**Church, Bethlehem, PA**  
Friday, December 13<sup>th</sup> - 6:30 pm in the lounge.





# Van Trips



# December 2013



DATE		TRIP	TIME
December 2	(Monday)	Weis	9:30 a.m._____
December 3	(Tuesday)	Senior Bingo w/ lunch (donations)	10:45 a.m._____
December 4	(Wednesday)	Banks, CVS, \$ Store, Post Office	9:30 a.m._____
December 5	(Thursday)	Hackman's Bible Book Store/Lunch	10:00 a.m._____
December 6	(Friday)	Calvary Baptist Church Christmas Concert in Easton	6:45 p.m._____
December 8	(Sunday)	Moravian College Christmas Vespers 2013	3:45 p.m._____
December 9	(Monday)	Giant	9:30 a.m._____
December 10	(Tuesday)	Hershey Festival of Lights	4:00 p.m._____
December 11	(Wednesday)	DeSales -The Trial of Ebenezer Scrooge \$21.00	7:00 p.m._____
December 13	(Friday)	Liberty High School Concert & Luncheon	8:45 a.m._____
December 13	(Friday)	Calvary Wesleyan Church—The Love of God at Christmas Choir	6:30 p.m._____
December 16	(Monday)	Dinner@ The Paprikas Hungarian Restaurant in Hellertown	5:00 p.m._____
December 17	(Tuesday)	Valley Farms Market	9:00 a.m._____
December 19	(Thursday)	Sight & Sound-The Miracle of Christmas \$46.55	10:30 a.m._____
December 20	(Friday)	Allentown Farmer's Market	9:30 a.m._____
December 22	(Sunday)	Dinner at Logan's Roadhouse Restaurant in Allentown	3:00 p.m._____
December 23	(Monday)	Breakfast/Wal-Mart	9:00 a.m._____
December 27	(Friday)	Dinner @ Applebee's in Bethlehem	3:30 p.m._____
December 30	(Monday)	Wegmans	9:30 a.m._____

Please fill out the form and I will meet you at the Lounge after 9 a.m. on the first day of the month to collect.

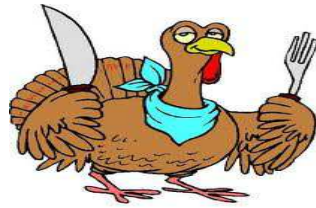
Thank you!

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.**

# NOVEMBER 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:00 Walkers Club 10:00 Yoga	2 9:00 Coffee & Donuts 12:30 Pinochle Party 
3 <b>Set Clock back one Hour</b> 	4 10:00 Exercise 1:00 Bible Study 6:00 Bingo 	5 9:00 Massage by Appointments 10:00 Zumba 2:00 Rev Jason Stokes-Notre Dame RC	6 10:00 Exercise 1:00 Computer Class 1:00 A Matter of Balance <b>2:30 Speaker-Alzheimers/Dementia</b>	7 10:00 Health Fair 	8 9:00 Walkers Club 10:00 Yoga 11:00 Second Harvest Food Delivery 12:30 Tai Chi	9
10 2:00 Yarns Around	11 10:00 Exercise 1:00 Bible Study 1:30 Committee Mtg 6:00 Bingo	12 10:00 Zumba 2:00 General Meeting	13 10:00 Exercise 1:00 A Matter of Balance (7th)	14 10:00 Chat Room 2:00 Rev Tony Pompa-Church of Nativity	15 9:00 Walkers Club 10:00 Yoga 12:30 Tai Chi 5:30 Wii Bowling	16 11:00 Soup & Hot Dogs 
17 2:00 Yarns Around 	18 10:00 Exercise 1:00 Bible Study <b>2:00 Speaker-Physical Therapy</b> 6:00 Bingo	19 10:00 Zumba <b>2:00 Speaker-Paint the Sounds of Music</b>	20 10:00 Exercise 1:00 A Matter of Balance (8th) 1:00 Computer Class	21 10:00 Chat Room (Harvest Home) 2:00 Rev Werner Koch, St Stephen Lutheran	22 9:00 Walkers Club 10:00 Yoga 12:30 Tai Chi 5:30 Wii Bowling	23
24 5:00 Pizza Party 	25 10:00 Exercise 11:00 Therapy Dog 1:00 Bible Study <b>2:00 Speaker-Holiday Blues</b>	26 10:00 Zumba 	27 10:00 Exercise <b>EXERCISE CLASS</b> 	28 10:00 Worship <b>HAPPY THANKSGIVING</b> 	29 	30