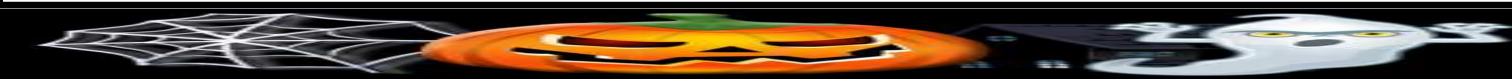


***October 2013***  
***Hi Lites of***  
***Lutheran Manor***





October 2 (Wednesday)	A Matter of Balance Class begins	1:00 p.m.	Patio
October 3 (Thursday)	<b>Speaker –Breast Cancer</b>	2:00 p.m.	Lounge
October 5 (Saturday)	Coffee & Donuts	9:00 a.m.	Lounge
October 5 (Saturday)	Pinochle Party	12:30 p.m.	Lounge
October 7 (Monday)	Committee Meeting	1:30 p.m.	Conf Room
October 8 (Tuesday)	Massage by Appointments	9:00 a.m.	Conf Room
October 8 (Tuesday)	General Meeting (5th floor responsible for snacks)	2:00 p.m.	Lounge
October 9 (Wednesday)	<b>Speaker—Dietitian</b>	2:00 p.m.	Lounge
October 10 (Thursday)	Flu Shots	9:00 a.m.	Lounge
October 11 (Friday)	Second Harvest-Food Delivery Box	11:00 a.m.	Patio
October 13 (Sunday)	“Rudy The Harmonica Man”	1:30 p.m.	Lounge
October 14 (Monday)	Columbus Day		
October 15 (Tuesday)	<b>Speaker– Hypertension</b>	2:00 p.m.	Lounge
October 19 (Saturday)	Soup & Hot Dogs	11:00 a.m.	Lounge
October 21 (Monday)	<b>Speaker-VA Benefits</b>	3:00 p.m.	Lounge
October 24 (Thursday)	Anniversary Dinner	6:00 p.m.	Lounge
October 27 (Sunday)	Halloween Party	5:00 p.m.	Lounge



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	9:30 a.m.	Patio
Tai Chi	Every Friday	12:30 p.m.	Lounge
Wii Bowling	Every Friday	5:30 p.m.	Lounge
Yarns Around	Every Sunday	2 p.m.	Patio



Saturday	11/2	Coffee & Donuts		9:00 a.m.
Saturday	11/2	Pinochle Party		12:30 p.m.
Thursday	11/7	Health Fair		10:00 a.m.
Saturday	11/16	Soup & Hot Dogs	Bill Murray	11:00 a.m.
Sunday	11/24	Pizza Party	Katos	5:00 p.m.



**Thursday, November 7th**

**10 a.m.—1 p.m.**

**Stayed tuned for more details in the  
November Newsletter....**



*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*



# Claudie's



# Corner



## "Breast Cancer Awareness Month: An Overview of Breast Cancer"

Lauren Everett, from Home Helpers will be here on **October 3rd at 2 p.m.** to speak to us about the different types of **breast cancer**. She will highlight the causes and risk factors of **breast cancer**. Participants will learn how to identify the symptoms of **breast cancer** and also learn the importance of prevention through screenings, self-exam and clinical exams. She will also discuss treatment, prognosis, myths and facts.

**Refreshments will be served!**

Have you been wanting to make good healthy food choices?

Melissa Savino, Clinical Dietitian from Manor Care will be here on **October 9th at 2 pm.**

To help you make wise decisions on eating the right foods, reading food labels and so much more.

You don't want to miss this nutritional presentation!

**Refreshments will be served!**

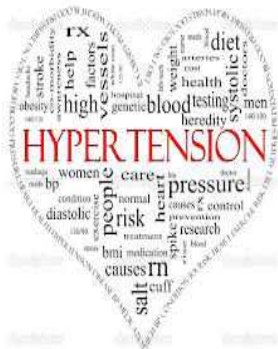


**everyday LIFE**  
a service of Presbyterian Senior Living

"Join us for a presentation by the everyday LIFE program. Amy Angelo will be here to explain their services and eligibility for the program. And everyday LIFE's Nurse Practitioner, Lori Billiard, CRNP will speak about blood pressure management with diet and lifestyle tips.

Tuesday, October 15th  
2:00 p.m. Lounge

**Refreshments will be served!**



## TRADITIONS of HANOVER At Home

Mr. Al Thompson – Veterans Affairs (VA) Accredited Claims Agent will explain an eldercare benefit offered by the VA that can reduce the cost of senior care for veterans and their spouses.



Monday, October 21st  
3:00 p.m. Lounge

**Refreshments will be served!**



# The Snack Stand

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



# Computer Classes

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, October 16**

Topic: How to use a computer

**Wednesday, October 30**

Topic: Exploring the Internet

**New hours 1-3 pm**

**See Claudie to sign up for classes**

## Soup & Hot Dogs

Saturday,

October 19th

11 a.m. to 2 p.m.



<u>SOUP</u> : Lobster Bisque	\$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, Oct 8th  
9:00-12:30



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

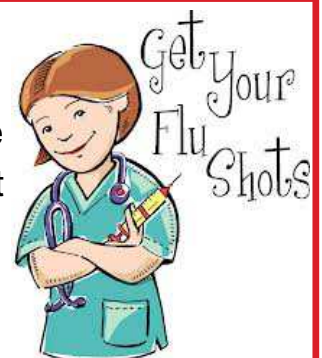
**If you are interested in getting a massage, please sign up in Claudie's office.**

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

## Flu Shots Thursday, October 10th, 9:00 a.m.

The Bethlehem Health Bureau will be here to offer flu shots. To save time, please fill out the influenza form in this newsletter and bring it along with your Medicare card when you come for the shot.

Flu Vaccine Cost is \$10.00 Cash or Check only.



## Coffee & Donuts

Saturday October 5th

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!**

Every Friday @ **9:00 AM**

Come join the Walkers Club.



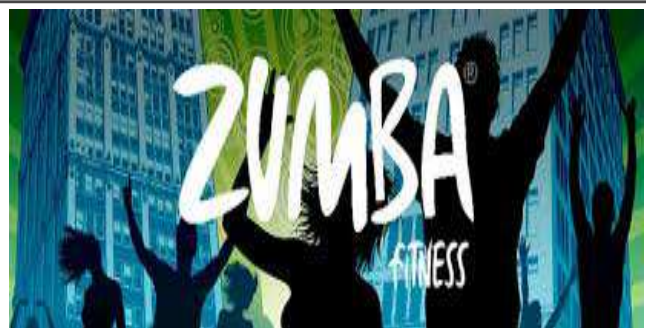
## Therapy Dog Visit

Monday  
October 28

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

Interested in trying out Zumba? You will have a great time exercising to the music. Once you go a few times, you start to recognize the repetitions in the dances, you'll start to get it, and you'll be hooked!"

Every Tuesday  
@10:00 AM Lounge





## **Rudy Garcia** **“The Harmonica** **Man”**



**Will be here on**  
**Sunday, October 13 at 1:30**

He will be playing old melodies, polka, and sing-a-long. Come out and have some fun!

Light Refreshments



### **What is Tai Chi?**

“Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.”

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. Lounge



**When we have the signs outside the entrance doors to the lounge, please be courteous and DO NOT walk through the lounge area.**

The sounds from the **laundry room and recycling room**, as well as out in the lobby travel into the lounge and are very distracting. Please be quiet and courteous. Remember to **close the Laundry Room door during these events.** **Thank You!**





**HAPPY 35TH ANNIVERSARY**  
**LUTHERAN MANOR**

*Anniversary Party*

*Thursday, October 24th*

*6 p.m.*

*Entertainment by Tamar & Katrina*



*Please join us for our annual celebration!*

*Seating is limited, RSVP by Friday, October 4th*



*Dear Residents,*

*Our Annual Sprinkler & Pump Test for the Fire System Test will be on **Tuesday, October 8, 2013.***

*The Technicians will begin the sprinkler test at **5:00 A.M.***

*You DO NOT have to do anything for this Test. We will not be going in your apartments.*

*We do not anticipate dirty water problems; however, as a precaution you may want to store a bottle of clean drinking water in your refrigerator.*

*The **Laundry Room will be closed** during the test because of brown water.*

*Any questions or comments please call me.*

*I thank each of you in advance for your cooperation and understanding.*

*Courtney*



### **SMOKE ALARM TESTING**

The men from Simplex/Grinnell Alarm Company will be here on:

**MONDAY, OCTOBER 7, 2013**

**TUESDAY, OCTOBER 8, 2013**

**WEDNESDAY, OCTOBER 9, 2013**

**STARTING AT 8:30 AM**

to check the alarms in your apartments.





# Halloween Party



**Sunday, October 27, 2013**

5 p.m. in the Lounge

Doors open at 4 p.m.

**COST:**

\$10 per person

\$12 per guest (limit 2)

*Entertainment by Dick & Betty Gor*



**Platter Served:**

**Menu:**

Salad w/Bacon Dressing

Roast Pork

Mashed Potatoes

Gravy

Peas

Rolls/Butter

Pumpkin Pie

**Costume Prizes:**

Most Original

Prettiest

Funniest

Drawing 3 for \$1.00

**50/50**

**Coordinator: Ronnie Clifford**

**Halloween Party**

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

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

Phone: \_\_\_\_\_ # of Guests \_\_\_\_\_

**Deadline for Reservations, Wednesday, October 23rd**

# JUST A FRIENDLY REMINDER

RENT AND HOUSEKEEPING CHECKS ARE SENT  
THRU A BANK MACHINE IN MY OFFICE.

When you write your rent or  
housekeeping checks please remember to:

- Write your check in black or blue ink only.
- Write or print legibly so it can be read by the Bank Machine.
- Check to see that the printed dollar amount is the same as the written dollar amount. All check amounts will end with .00's (no cents).
- Make sure checks have your apartment number on them. If not in your address then on the memo line.
- Make sure all checks are signed and dated.

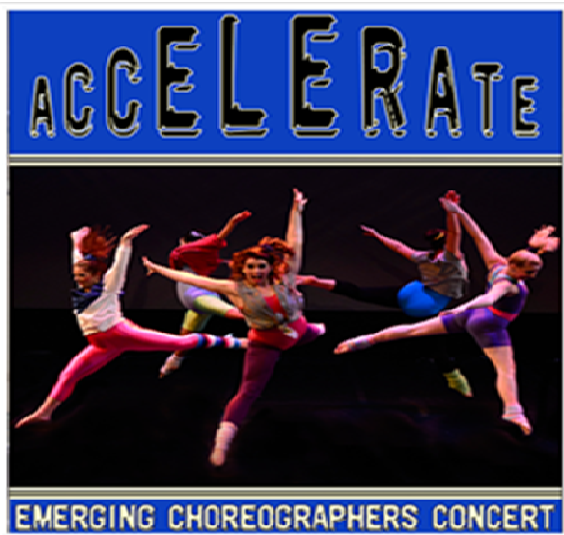


This information speeds up the processing time and your checks will be deposited in a timely manner. Thank-you for your cooperation! *Dolores*

**DESALES UNIVERSITY** presents...

**Emerging Choreographers Concert**

**Saturday, November 9<sup>th</sup> - 1 PM**



A matinee performance of the choreographic expressions of DeSales talented dance majors. This entirely student-run concert celebrates the beauty of human movement as a select group of our student dancers premiere a program of new dance works. This year, the choreographers are examining the concept of "acceleration" as it relates to movement, rhythm, and momentum.

**The cost is \$8.00 for the show.**

**Dinner at the Copperhead Grille, following the performance, is an additional expense at your discretion.**

**Sign up with Claudie with your payment of \$8.00 by October 18<sup>th</sup>.**

# DO YOU HAVE **Concerns** about falling?



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

**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.**

**This program emphasizes practical strategies to manage falls.**

## **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

## **WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**Classes start on Wednesday,  
October 2nd@1p.m.**

**In the Patio.**

**If you want to attend class, you must sign up with Claudie.**

- Participants should try to attend all 8 classes.

- Classes are held 2 x per week for 4 weeks or 1x per week for 8 weeks.

-Each class is approximately 2 hours.

**Light refreshments will be served.**

**For more information please  
call**

**Claudia Richan**



### **A Matter of Balance: Managing Concerns About Falls**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

### **A Matter of Balance Lay Leader Model**

*Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.*

*A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).*



**BETHLEHEM HEALTH BUREAU**

**Seasonal Influenza Vaccination Consent Form**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: M \_\_\_\_\_ F \_\_\_\_\_  
Address: \_\_\_\_\_ Telephone: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Please circle YES or NO to the questions below:

- |   |     |    |
|---|-----|----|
| 1. Does the patient have a severe allergy to eggs?  | Yes | No |
| 2. Has the patient ever had a severe reaction to an influenza vaccine?  | Yes | No |
| 3. Has the patient ever had Gullian-Barre syndrome?   | Yes | No |
| 4. Does the patient have any other allergies? _____   | Yes | No |
| 5. Does the patient have asthma or recurrent or active wheezing?  | Yes | No |
| 6. Is the patient under 18 years of age and currently receiving aspirin or aspirin containing therapy?  | Yes | No |
| 7. Has the patient received either the MMR, Varicella, Yellow Fever or FluMist Vaccination in the past 30 days?      Date: _____  | Yes | No |
| 8. Does the patient have any of the following long-term health problems?<br>(Please Circle)   | Yes | No |
| Heart Disease      Lung Disease      Kidney Disease      Metabolic Diseases (eg. Diabetes)  |     |    |
| Other: _____  |     |    |
| 9. If applicable, is the patient pregnant or nursing?   | Yes | No |
| 10. Does the patient have close contact with anyone who has a severely weakened immune system that must be in a protective environment (e.g. An individual who has had a bone marrow transplant)? | Yes | No |
| Please describe: _____  |     |    |
| 11. Does the patient have medical insurance that covers vaccinations?   | Yes | No |

I have received and read the Centers for Disease Control and Prevention Vaccine Information Sheets dated 7/26/2013. I have no further questions at this time. I request and voluntarily consent that the seasonal influenza vaccine be given to person named above of whom I am or am the parent or legal guardian.

I want myself/my child to receive:

Flu injectable    Flu mist(2 yrs-49 yrs old)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**OFFICE USE ONLY**

Influenza Vaccine Given	Lot Number: _____	Injection Site: <u>L/R arm</u>
Dosage Volume: .25ml   .5ml	Pre-filled      Intranasal	<u>L/R deltoid</u>
Signature of vaccine administrator	Date	

DEPARTAMENTO DE SALUD DE BETHLEHEM

Hoja De Consentimiento Informado Para La Vacuna De La Gripe

Nombre: \_\_\_\_\_ Fecha de Nacimiento: \_\_\_\_\_ Sexo: H \_\_\_\_\_ M \_\_\_\_\_

Dirección: \_\_\_\_\_ Teléfono: \_\_\_\_\_

Ciudad: \_\_\_\_\_ Estado: \_\_\_\_\_ Código Postal: \_\_\_\_\_

Por favor marque si o no a las siguientes preguntas:

1. El/la paciente tiene alergias severas a los huevos? Si \_\_\_\_\_ No \_\_\_\_\_

2. El/la paciente alguna vez ha tenido una reacción mala a la vacuna de la gripe? Si \_\_\_\_\_ No \_\_\_\_\_

3. El/la paciente alguna vez ha tenido el síndrome de Guillian-Barre? Si \_\_\_\_\_ No \_\_\_\_\_

4. El/la paciente sufre de otras alergias? \_\_\_\_\_ Si \_\_\_\_\_ No \_\_\_\_\_

5. El/la paciente sufre de asma o ataques de asma frecuentes? Si \_\_\_\_\_ No \_\_\_\_\_

6. El/la paciente se encuentra bajo algún tratamiento de aspirina? Si \_\_\_\_\_ No \_\_\_\_\_

7. El/la paciente ha recibido alguna de las siguientes vacunas MMR, Varicella, Yellow Fever, o FluMist en los últimos 30 días? Fecha \_\_\_\_\_ Si \_\_\_\_\_ No \_\_\_\_\_

8. El/la paciente sufre de algunos de los siguientes problemas de salud? Si \_\_\_\_\_ No \_\_\_\_\_ (Por favor marque)

Complicaciones Cardiacas                      Complicaciones de los pulmones                      Complicaciones de los riñones

Complicaciones metabólicas (ex. Diabetes) Otras: \_\_\_\_\_

9. La paciente se encuentra embarazada o lactando? Si \_\_\_\_\_ No \_\_\_\_\_

10. El/la paciente ha tenido contacto cercano con una persona que tenga problemas con el sistema inmune (ej., una persona que haiga tenido un trasplante de médula ósea). Si \_\_\_\_\_ No \_\_\_\_\_

Por favor describa: \_\_\_\_\_

He declarado y he leído la hoja de Centros para el Control de la Enfermedad hojas informativas de la vacuna de prevención con la fecha 7/26/13. No tengo preguntas adicionales en este momento. Solicito y consiento voluntariamente que la vacuna del gripe sea administrada a la persona nombrada arriba de quien yo soy o soy el padre o apoderado legal.

Deseo que yo o mi niño/a reciba (por favor escoge):

La vacuna de gripe     Arreó nasal de la gripe (Edades desde 2 años a 49 años)

Firma: \_\_\_\_\_ Fecha: \_\_\_\_\_

OFFICE USE ONLY

Influenza Vaccine Given                      Lot Number: \_\_\_\_\_                      Injection Site: L/R arm  
Dosage Volume: .25ml                      .5ml                      Pre-filled                      Intranasal  
\_\_\_\_\_  
Signature of vaccine administrator                      Date



## PRAISING THE LORD...

*"Let them exult him in the assembly of the people and praise him in the council of the elders." Psalm 107:32*

A most neglected exercise in the Christian life is praise and thanksgiving. We are much more prone to complain and grumble. Instead of being thankful for what we have, we deplore a multitude of things: high prices, the weather, physical ailments, family members, our church, our leaders, the pressures of life.

The psalmist lists just a few things for which we should be thankful. First, as Christians we should be thankful for our salvation in Christ. It is the most precious gift and so often taken for granted. Daily safety from known and unknown dangers is another. And when did you last thank God for His love and for the love of family and friends?

Do it now! *Chaplain Clark*

## **OCTOBER WORSHIP SCHEDULE**- *in the Lounge at 2 pm*

\***Tuesday**, Oct. 1, Rev. Msgr. Joseph Sobiesiak, St. Elizabeth RC, Whitehall

Thursday, Oct. 10, Rev Lisa Borrell- Christ Lutheran, Lower Saucon

Thursday, Oct. 17, Rev. Jay Wetzel-St. John Lutheran, Bath

\***Tuesday**, Oct. 22, Rev Larry Burd, Calvary Baptist, Easton

Thursday, Oct. 31, Rev Jack Tanis- Calvary Baptist, Easton

*\*Please note the **Tuesday** worship days!*



**BIBLE STUDY**- Every Monday at 1 pm in the Patio. All are welcome!

**SPECIAL VIDEO ABOUT ST. PAUL** on Monday, Oct. 28<sup>th</sup> at 2pm in the Conference Room.

**LUTHERAN MANOR CHATROOM**- Every Thursday at 10 am in the Patio. All are welcome!

**VAN TRIP TO DESALES**-Emerging Choreographers Concert followed by dinner - Sat. Nov 9<sup>th</sup> (see article in this *HiLites* and register with *Claudie* by October 18<sup>th</sup> )

**WANNA BE A PUMPKIN?** A woman was asked by a co-worker, "What is it like to be a Christian?" The co-worker replied, "It is like being a pumpkin. God picks you from the patch, brings you in, and washes all the dirt off of you. Then he cuts off the top and scoops out all the yucky stuff. He removes the seeds of doubt, hate, greed, etc., and then He carves you a new smiling face and puts His light inside of you to shine for the entire world to see."



# Van Trips



# November 2013

DATE		TRIP	TIME
November 4	(Monday)	Banks, CVS, \$ Store, Post Office	9:30 a.m. _____
November 6	(Wednesday)	Giant	9:30 a.m. _____
November 7	(Thursday)	Lehigh Valley Mall	9:30 a.m. _____
November 8	(Friday)	Fearless Fire Co-King Henry and his Showmen (\$10.00)	6:30 p.m. _____
November 9	(Saturday)	DeSales Univ - Emerging Choreographers Concert (\$8.00) & Dinner	1:00 p.m. _____
November 10	(Sunday)	Jim Thorpe- Train Ride (\$12.00) & Lunch	12:00 p.m. _____
November 11	(Monday)	Weis	9:30 a.m. _____
November 12	(Tuesday)	Senior Bingo w/ lunch (donations)	10:45 a.m. _____
November 13	(Wednesday)	Leesport Flea Market & Lunch	9:00 a.m. _____
November 15	(Friday)	Valley Farm Market & Breakfast	9:00 a.m. _____
November 18	(Monday)	Wegmans	9:30 a.m. _____
November 20	(Wednesday)	Palmer Park Mall	9:30 a.m. _____
November 21	(Thursday)	Dinner at Marblehead Grill	4:00 p.m. _____
November 22	(Friday)	Allentown Farmers Market & Ritz	9:30 a.m. _____
November 25	(Monday)	Lunch at Doughboys	11:00 a.m. _____
November 26	(Tuesday)	Movies at Regal Northampton Crossings (Easton) & Lunch	10:45 a.m. _____
November 30	(Saturday)	Pines Dinner Theatre "Walking in a Wonderland"	11:30 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.**



# October 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 10:00 Zumba Class <b>2:00</b> Rev Sobiesiak, St. Elizabeth RC, White-hall	<b>2</b> 10:00 Exercise <b>1:00</b> A Matter of Balance Class (1st) <b>6:30</b> Poker League	<b>3</b> 10:00 Chat Room <b>2:00</b> <i>Speaker-Breast Cancer</i> 	<b>4</b> 9:00 Walkers Club <b>9:30</b> Yoga <b>12:30</b> Tai Chi <b>5:30</b> Wii Bowling	<b>5</b> <b>9:00</b> Coffee & Donuts <b>12:30</b> Pinochle Party 
<b>6</b> <b>2:00</b> Yarns Around	<b>7</b> 10:00 Exercise <b>1:00</b> Bible Study <b>1:30</b> Committee Mtg <b>6:00</b> Bingo <b>6:30</b> Poker League	<b>8</b> 9:00 Massage by Appointments <b>10:00</b> Zumba Class <b>2:00</b> General Meeting	<b>9</b> 10:00 Exercise <b>1:00</b> A Matter of Balance Class (2nd) <b>2:00</b> <i>Speaker-Dietitian</i> <b>6:30</b> Poker League	<b>10</b> 9:00 Flu Shots <b>10:00</b> Chat Room <b>2:00</b> Rev Lisa Borrell-Christ Lutheran	<b>11</b> 9:00 Walkers Club <b>9:30</b> Yoga <b>11:00</b> Second Harvest Food Box Delivery <b>12:30</b> Tai Chi 5:30 Wii	<b>12</b>
<b>13</b> <b>1:30</b> Rudy Garcia "The Harmonica Man" <b>2:00</b> Yarns Around	<b>14</b> 	<b>15</b> 10:00 Zumba Class <b>2:00</b> <i>Speaker-Hypertension</i>	<b>16</b> 10:00 Exercise <b>1:00</b> A Matter of Balance Class (3rd) <b>1:00</b> Computer Class <b>6:30</b> Poker League	<b>17</b> 10:00 Chat Room <b>2:00</b> Rev Jay Wetzel-St John Lutheran	<b>18</b> 9:00 Walkers Club <b>9:30</b> Yoga <b>12:30</b> Tai Chi <b>5:30</b> Wii Bowling	<b>19</b> <b>11:00</b> Soup & Hot Dogs 
<b>20</b> <b>2:00</b> Yarns Around 	<b>21</b> 10:00 Exercise <b>1:00</b> Bible Study <b>3:00</b> <i>Speaker-VA Benefits</i> <b>6:30</b> Poker League	<b>22</b> 10:00 Zumba Class <b>2:00</b> Rev Larry Burd, Calvary Baptist	<b>23</b> 10:00 Exercise <b>1:00</b> A Matter of Balance Class (4th) <b>6:30</b> Poker League	<b>24</b> 10:00 Chat Room <b>6:00</b> Anniversary Dinner 	<b>25</b> 9:00 Walkers Club <b>9:30</b> Yoga <b>12:30</b> Tai Chi <b>5:30</b> Wii Bowling	<b>26</b>
<b>27</b> <b>2:00</b> Yarns Around <b>5:00</b> Halloween Party 	<b>28</b> 10:00 Exercise <b>11:00</b> Therapy Dog <b>1:00</b> Bible Study <b>2:00</b> St Paul Video <b>6:00</b> Bingo	<b>29</b> 10:00 Zumba Class 	<b>30</b> 10:00 Exercise <b>1:00</b> A Matter of Balance Class (5th) <b>1:00</b> Computer Class <b>6:30</b> Poker League	<b>31</b> 10:00 Chat Room <b>2:00</b> Rev Jack Tanis-Calvary Baptist 		<b>Wii Bowling</b> 