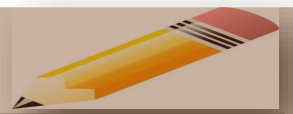


# October 2020

## **Hi-Lites of *Lutheran Manor***



# Notes From the Office



**To Our New Residents!**

**New Office Hours**



Carmen M. Cruz #502

Monday –Thursday 8:30am -4:30 PM

Friday 8:30am-1:00PM

## welcome

Edalis 'Edie' Bermudez



Housekeeper

## COVID-19



Watch **Channel 99**  
for protocols &  
updates.

If your guests are experiencing  
any cough or flu-like  
symptoms, **DO NOT** allow  
them to enter the building.

**Always Sanitize your hands  
upon entering the building .**

**NOTICE**

**Use hand  
sanitizer.**



SmartSign.com • 800-952-1457 • 5-9888

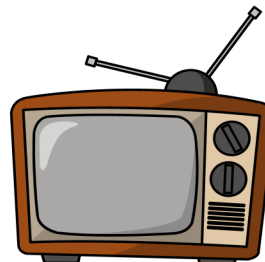
## LIVE-STREAMING

**ALL Educational Videos, Movies  
& Church Services will be  
live-streamed on  
**Channel 98.****

Watch Channel 99, the message  
board & bulletin boards for times,  
dates & topics.



**ALL residents  
& guests  
MUST wear  
masks in  
common areas.**



# Lutheran Manor

To reach the desired person, dial the main number, then press the **Selection #** or press the **Extension #**.

Main Phone Number:	Selection	Extension
Courtney	1	200
Michelle	3	201
Brenda	4	202
Ken L. (Maintenance)	5	203
Mona	6	204
Zenia	7	205
Kierra (Fitness Center)	8	208
Bellezza Salon	9	209
Pastor Clark	—	206
Ken C. (Security)	—	207

## OFFICE HOURS

Monday, Tuesday, Wednesday, Thursday	8:30 am - 4:30 pm
Friday	8:30 am - 1:00 pm

For all after hours emergencies: please call main number  
**610-866-6010**



# **Lutheran Manor will be hosting BINGO**

**DATE:** *Wednesday, October 7, 2020*

**TIME:** *2:00pm*

**LOCATION:** *Lounge*

**Please note: space is limited to 20 residents**



# **BINGO**

***Wednesday, October 7, 2020***

***2:00pm***

**Name:** \_\_\_\_\_

**Apt#:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**\*Please return slip to Main office no later than Tuesday, October 6**





# **Lutheran Manor will be hosting BINGO**

**DATE:** *Monday, October 19, 2020*

**TIME:** *1:00pm*

**LOCATION:** *Lounge*

**Please note: space is limited to 20 residents**



# **BINGO**

***Monday, October 19, 2020***

***1:00pm***

**Name:** \_\_\_\_\_

**Apt#:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**\*Please return slip to Main office no later than Friday, October 16**

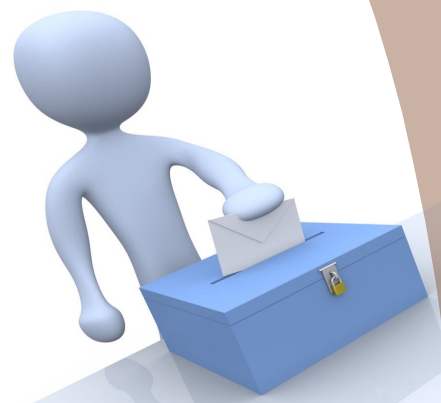
# **Brenda's Bulletin**

Due to Corona Virus Restrictions, dates and times are subject to change.

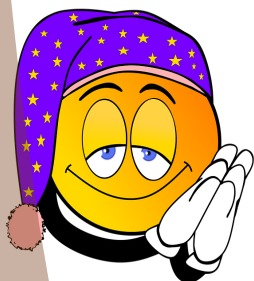
Please look for notices and check message board for updates.

## **Voting by Mail-in or Absentee Ballot**

Mail-in and absentee ballot applications  
for the November 3, 2020  
general election **MUST** be received by  
Lehigh County Elections Office by 5 p.m.  
on Tuesday, October 27, 2020.



***\*Contact BRENDA to complete your  
Ballot application TODAY***



## **Better Sleep**

Sleep is critical to physical health and effective functioning of the immune system. It's also a key promoter of emotional wellness & mental health, helping to beat back stress, depression and anxiety. Whether you've had sleeping problems before COVID-19 or if they've only come on recently, there are concrete steps that you can take to improve your sleep during this global pandemic.



Join us to learn how to catch some Zzzzzzzzzzzzzzz!!

The first 50 residents  
to sign up, will  
receive a free gift.

***\*Contact Brenda Today\****

**Kristy Akus, Aetna**

**Tuesday, October 27 @ 1pm**  
(Channel 98)

*Join us to enjoy the sounds of brilliance...*



## **'Baroque and Beyond'**

Solo flute performance by **Meredith Twardowski**

*Presenting entertaining & educational solo flute music  
from three decades of composition.*

*Listen to Three Centuries of Melodies & learn fun facts about each piece:*

- \* A Little Jazz
- \* Patriotic Pride
- \* Folk Tunes



- \* Classical
- \* Opera Favorites
- \* Music from Movies

***Tuesday, Oct 20 @ 2pm (Channel 98)***

## **SMOKE ALARM TESTING**

**Simplex/Grinnell Alarm Company** will be here  
to check the smoke alarms in each apartment.

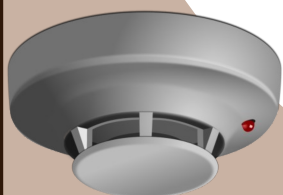
**You do not have to do anything for this test.**

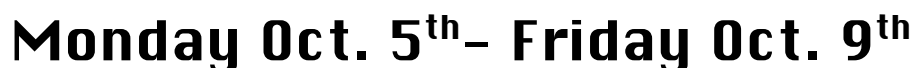
**You do not need to be home for this test.**

***\*Please be aware that you may periodically hear  
the alarms go off throughout the testing period.***

***Thursday, October 15 starting at 8:00am***

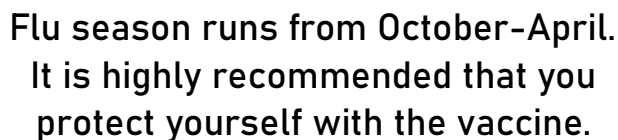
***Friday, October 16 starting at 8:00am***





**Call the fitness center to make an appointment to exercise, receive informational handouts and recipe of the month!**

***(610-866-6010 option 8)***



***You CANNOT get sick from the vaccine as it is an inactive strain meant to help reduce your chances of contracting the deadly virus.***

*Let's be proactive!*

# Fitness Center Updates

Mon., Tues., Wed., Thurs. 8AM- 4PM  
Friday 8AM-3PM

*\*These hours may occasionally vary depending on staff availability or holidays\**

**PLEASE CALL** to sign-up for a time slot to exercise.

Temperature will be taken upon entry to the fitness center.

**PLEASE DO NOT** let anyone in while you are already in the fitness center. Only a staff member will let residents in and take their temperature.





**ALL MOVIES WILL BE LIVE-STREAMED ON CHANNEL 98!**

**MOVIE 1: TOGO**

***Friday, October 9 @ 1:00 pm***



"Togo" is the untold true story set in the winter of 1925 that takes you across the treacherous terrain of the Alaskan tundra for an exhilarating and uplifting adventure that will test the strength, courage and determination of one man, Leonhard Seppala, and his lead sled dog, Togo. When a deadly epidemic strikes the town of Nome, Alaska and the only cure is more than 600 miles away, the town looks to champion dogsled trainer Leonhard Seppala (Willem Dafoe) to help transport an antitoxin serum. Seppala turns to Togo, an unassuming, undersized and aging Siberian husky, to be his lead.

**MOVIE 3: Call Of The Wild**

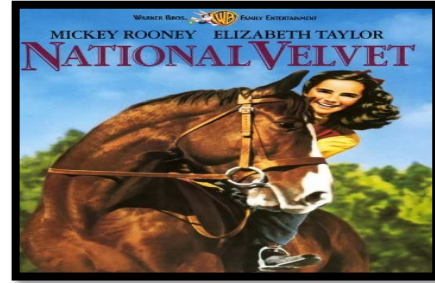
***Monday, October 19 @ 3:00 pm***



Buck is a big-hearted dog whose blissful domestic life gets turned upside down when he is suddenly uprooted from his California home and transplanted to the exotic wilds of the Alaskan Yukon in the 1890s. As the newest rookie on a mail-delivery dog sled team, Buck experiences the adventure of a lifetime as he ultimately finds his true place in the world.

**MOVIE 2: National Velvet**

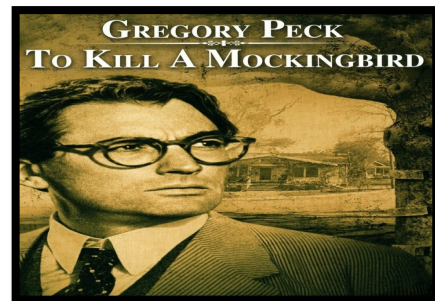
***Friday, October 16 @ 1:00 pm***



When Velvet Brown, an equine-loving 12-year-old living in rural Sussex, becomes the owner of a rambunctious horse, she decides to train it for England's Grand National race. Aided by former jockey Mi Taylor and encouraged by her family, the determined Velvet gets her steed, affectionately called "The Pie," ready for the big day. However, a last-minute problem arises with the jockey and an unexpected rider must step in as a replacement.

**MOVIE 4: To Kill Mocking Bird**

***Monday, October 26 @ 1:00pm***



Scout Finch, and her older brother, Jem live in sleepy Maycomb, Ala., spending much of their time with their friend Dill and spying on their reclusive and mysterious neighbor, Boo Radley. When Atticus, their widowed father and a respected lawyer, defends a black man named Tom Robinson against fabricated rape charges, the trial and tangent events expose the children to evils of racism and stereotyping.



# From the Chaplain



## A New Beginning

*Isaiah 43: 18-19 "Forget the former things;  
do not dwell on the past.*

*<sup>19</sup> See, I am doing a new thing!*

*Now it springs up; do you not perceive it?*

*I am making a way in the wilderness  
and streams in the wasteland.*

***I love fall!!*** The colors change, the weather changes with cool crisp mornings. But to change means that something must go. What was once a tree deep in rich green, then vibrant with leaves of red and orange, now is soon becoming a tree that will be empty. Nothing left but the branches. A season of change...an end and a new beginning!

***This*** is a picture of our lives. We go through all kinds of seasons. Some are seasons of hard times, some loneliness, seasons of loss or other seasons that are bright and beautiful and rich in life. But through all those seasons God is telling us let go and let me show you what I can do. Let go and let me show you what I can teach you. Let go to grow a new perspective.

***God*** wants us to let go of the things that are holding us. When we do, new life comes from it. Change happens in us and through us. He says let go of it and I will hold you....let go & let GOD!

*Letting go is much like the leaves that will fall this autumn....it is a sign of what is to come. Letting go, surrendering to God, means to give up oneself into the power of another. So today ...whatever part you're still holding on to .... surrender it...and allow God to bring newness of life.*

*New Blessings this day, Pastor Clark*

**BIBLE STUDY** at 12:30 PM every Wednesday streamed live on Channel 98.

**CHAT ROOM-** gathers 10:00am every Thursday under the Pavilion (near the fishpond).

*PLEASE NOTE: If you were not at the previous week's Chat Room, please let Pastor Clark know that you plan on attending. Face masks and social distancing **REQUIRED**.*

## WORSHIP AT 2 PM live streamed weekly on Channel 98

Thursday, Oct. 1- (Spanish) Pastor Jonny Villamar, Cornerstone Church, Easton

Tuesday, Oct. 6- Father Kevin Bobbin, Notre Dame RC Church, Bethlehem

Thursday, Oct. 8 -Pastor Larry Burd, Calvary Baptist, Easton

Thursday, Oct. 15- Pastor Beth Goudy, Metro. Community, Bethlehem

Thursday, Oct. 22 – Pastor Brian Riedy, Holy Trinity Lutheran, Catasauqua

Thursday, Oct. 29- Pastor Dan Miller, Edgeboro Moravian Church, Bethlehem



# From the Chaplain



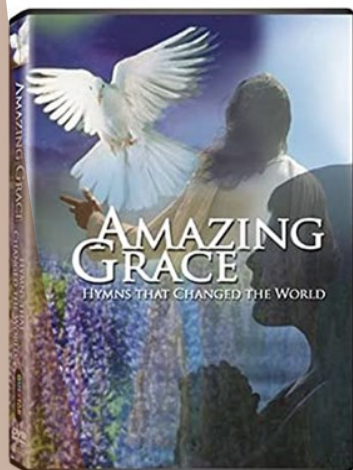
## THE SHACK- DVD

**WEDNESDAY, October 14, 2020 @ 2PM**

(CHANNEL 98)

After the abduction and presumed death of Mack Phillips' youngest daughter, Missy, Mack receives a letter and suspects it is from God, asking him to return to The Shack where Missy may have been murdered. After contemplating it, he leaves his home to go to The Shack for the first time since Missy's abduction and an encounter that will change his life forever. **Rated: PG**

**Viewers Comments:** *\*I don't rate movies this high but this one surpasses 5 stars. Why so high? If you ever wondered why God allowed bad things to happen, you'll have an answer. Or what is forgiveness really like? You'll have your answer. \*I often question God and why things happened but eventually I see the big picture of "it all" and things just simply fall into place. \*A fictitious story with a heart of gold, well worth seeing. It poses some great thought's on how God may look at suffering - a kind of present-day Job, but with a few more answers than the poetical book reveals. It doesn't claim to be biblically accurate in it's theology, but it's meant to show God's love for man and how God is affected by suffering...which it does very well.*



## AMAZING GRACE: 4 HYMNS THAT CHANGED THE WORLD

**WEDNESDAY, October 28, 2020 @ 2 PM**

(CHANNEL 98)

This is the story behind 4 hymns and the sound of the 4 hymns. The 4 hymns are: Be Thou My Vision, O Sacred Head Now Wounded, All Creatures of Our God and King and A Mighty Fortress Is Our God. **Rated: G**

### Viewer's Comments:

*+This is a video that I will be able to watch over and over again. The stories behind the hymns are mind boggling. Only the Lord could inspire these beautiful words and music that speak of the Awesomeness of God!*

*+A beautiful collection on Hymns and Scripture verses with interesting info on the writers of words and music.*

*This is the second disc of the "Amazing Grace DVD" set. You expressed great appreciation for the original. Hope you enjoy this one as well.*

*~Pastor Clark*



# **Religious Activities**

<b><u>Activity</u></b>	<b><u>Day(s)</u></b>	<b><u>Time</u></b>	<b><u>Place</u></b>
Church (English)	1st Tuesday & 2nd, 3rd, 4th Thursdays of each month	2:00pm	Live Streamed Channel 98
Church (Spanish)	1st Thursday of the month	2:00pm	Live Streamed Channel 98
Bible Study	Every Wednesday	12:30pm	Live Streamed Channel 98
Chat Room	Every Thursday	10:00am	Pavilion near pond (weather permitting)

# **Exercise Classes**

<b><u>Activity</u></b>	<b><u>Day(s)</u></b>	<b><u>Time</u></b>	<b><u>Place</u></b>
Fit For Life	Monday & Wednesday	10:00am	Live streamed Channel 98
Joyful Joints	Tuesday & Thursday	10:00am	Live streamed Channel 98
Basic Balance	Tuesday Thursday	1:00pm	Cancelled Until Further Notice
Stand Up for Strength	Monday	11:00am	Live streamed Channel 98
Yoga	Tuesday and Friday	11:00am	Live Streamed Tuesday DVD Friday
Walkers Club	Monday, Wednesday Friday	2:00pm	Cancelled until further notice
Tai Chi	Tuesday Friday	12:00pm 10:00am	DVD Tuesday, Live-Streamed Friday



# Bellezza Salon & Spa



## Hours of Operation

Tuesday 9:30am - 3pm  
Thursday 9am - 3pm

## For Appointments

Call 610-866-6010  
then press 9

## **SALON *is OPEN***

***\*MASKS REQUIRED in waiting area and in salon\****

To schedule an appointment, please call and leave a voicemail with your **FULL NAME ,PHONE NUMBER and APARTMENT NUMBER** (No walk-ins).



***\$5.00 off any color or perm treatment***

For every 4th service that you receive, you will receive the 5th service **FREE!**





***\*Schedule your Manicure & Pedicure NOW***

***\*No Massage appointments until further Notice***



# **Our OCTOBER Activities**

<b><u>Activity</u></b>	<b><u>Day(s)</u></b>	<b><u>Time</u></b>	<b><u>Place</u></b>
Lounge CLOSED for Cleaning	Every other Friday	7am-10am	Lounge
<b><u><i>VAN TRIP PAPERS DROP-OFF</i></u></b>	<b><u><i>THURSDAY, OCT 1</i></u></b>	<b><u><i>8:30AM</i></u></b>	<b><u><i>BRENDA'S OFFICE</i></u></b>
Second Harvest Food Bank	Thursday, October 1	12:30pm	Boxes will be distributed to resident apartments
Blood Pressure Checks	Thursday, October 1	6:00pm	Lounge
	Wednesday, October 7	2:00pm	Lounge
Movie #1: <b><i>TOGO</i></b>	Friday, October 9	1:00pm	Live streamed Channel 98
<b><u><i>GENERAL MEETING</i></u></b>	<b><u><i>TUESDAY, OCT 13</i></u></b>	<b><u><i>2:00PM</i></u></b>	<b><u><i>LIVE STREAMED CHANNEL 98</i></u></b>
Pastor Clark Movie #1: <b><i>THE SHACK</i></b>	Wednesday, October 14	2:00pm	Live streamed Channel 98
Smoke Alarm Testing	Thursday, October 15 Friday, October 16	8:00am Start	Resident Apartments
Movie #2: <b><i>National Velvet</i></b>	Friday, October 16	1:00pm	Live streamed Channel 98
	Monday, October 19	1:00pm	Lounge
Movie #3: <b><i>THE CALL OF THE WILD</i></b>	Monday, October 19	3:00pm	Live streamed Channel 98
Solo Flute Performance: <b><i>Meredith Twardowski</i></b>	Tuesday, October 20	2:00pm	Live streamed Channel 98
Movie #4– To Kill Mocking Bird	Monday, October 26	1:00pm	Live streamed Channel 98
SPEAKER: Aetna <b><i>Better Sleep</i></b>	Tuesday, October 27	1:00pm	Live streamed Channel 98
Pastor Clark Movie #2: <b><i>AMAZING GRACE</i></b>	Wednesday, October 28	2:00pm	Live streamed Channel 98

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fitness <b>Van Trips</b> Resident Association Religious <b>Lutheran Manor</b> Holidays/ Observances Other				1 8:30 Van trip Paper Drop off 10:00 Joyful Joints (98) 10:00 Chat Room 12:30 Second Harvest Food Bank 2:00 Church Spanish (98) 6:00 Blood Pressure Checks	2 10:00 Tai Chi (98) 11:00 Yoga (98) 12:00 Mobile Mkt	3
4	5 10:00 Post Office/ <b>CVS</b> 10:00 Fit For Life (98) 11:00 Stand up for Strength (98)	6 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 2:00 Church (98) 3:00 Candy/IceCream	7 10:00 Fit For Life(98) 12:30 Bible Study(98) 2:00 BINGO	8 10:00 Shopping at <b>GIANT</b> 10:00 Joyful Joints (98) 10:00 Chat Room 2:00 Church (98)	9 7:00-10:00 Lounge Closed for cleaning 10:00 Tai Chi (98) 11:00 Yoga (98) 12:00 Mobile Mkt 1:00 Movie: TOGO	10
11	12 <b>OFFICE CLOSED</b>  <b>Columbus Day</b>	13 10:00 Shopping at <b>WEIS</b> 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 2:00 General MTG (98)	14 11:00 Shopping at <b>WALMART</b> 10:00 Fit For Life(98) 12:30 Bible Study(98) 2:00 Pastor Movie: The Shack (98) 3:00 Candy/IceCream	15 8:00 Smoke Alarm Testing 10:00 Joyful Joints (98 ) 10:00 Chat Room 2:00 Church (98)	16 8:00 Smoke Alarm Testing 10:00 Tai Chi (98) 11:00 Yoga (98) 12:00 Mobile Mkt 1:00 Movie: National Velvet	17
18	19 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 BINGO 3:00 Movie: The Call of the Wild	20 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 2:00 Baroque & Beyond Flute Performance	21 9:00 Shopping at <b>VALLEY FARMS</b> 10:00 Fit For Life(98) 12:30 Bible Study(98) 1:00 Shopping at <b>VALLEY FARMS</b> 3:00 Candy/IceCream	22 10:00 Shopping at <b>Target</b> 10:00 Joyful Joints (98) 10:00 Chat Room 2:00 Church (98)	23 10:00 Tai Chi (98) 11:00 Yoga (98) 12:00 Mobile Mkt	24
25	26 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie: To Kill a Mocking Bird	27 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Speaker: Aetna Better Sleep	28 9:00 Shopping at <b>WEGMANS</b> 10:00 Fit For Life(98) 12:30 Bible Study(98) 2:00 Pastor Movie: Amazing Grace (98) 3:00 Candy/IceCream	29 10:00 Chat Room 2:00 Church (98)	30 10:00 Shopping at <b>WALMART</b> 10:00 Tai Chi (98) 11:00 Yoga (98)	31

# VAN TRIPS November 2020

DATE	DAY	TRIP	TIME
11/03/20	TUESDAY	VOTE	9:30am_____
11/03/20	TUESDAY	VOTE	11:30am_____
11/03/20	TUESDAY	VOTE	5:00pm_____
11/04/20	Wednesday	Shopping at CVS	10:00am_____
11/04/20	Wednesday	Post Office/ Shopping at DOLLAR TREE	12:00pm_____
11/05/20	Thursday	Shopping at GIANT	9:30am_____
11/10/20	Tuesday	Shopping at WEIS (Senior Discount Day)	9:30am_____
11/13/20	Friday	Shopping at TARGET	9:30am_____
11/16/20	Monday	Shopping at PRICE RITE	9:30am_____
11/18/20	Wednesday	Shopping at WALMART 248	9:00am_____
11/18/20	Wednesday	Shopping at WALMART 248	1:00pm_____
11/25/20	Wednesday	Shopping at VALLEY FARMS	9:00am_____
11/25/20	Wednesday	Shopping at VALLEY FARMS	1:00pm_____
11/30/20	Monday	Shopping at WEGMANS	9:30am_____

**Forms will be collected starting at 8:30 am on Thursday October 1st.**

**Name:** \_\_\_\_\_ **Apt:** \_\_\_\_\_