# September 2019

# Hi-Lites of Lutheran Manor









### Notes From the Office





#### **New Residents**

Marlene Troxell 1116
Magdalene Valentin 1106

#### **CLUSTERFLY SPRAYING**

**Annual Spraying For Cluster Flies** 

Scheduled for the Week of Sept 9th

Keep a lookout for more information!



#### WINDOW WASHING

**Window Washing** 

Scheduled for the Week of Sept 23rd

Keep a lookout for more information!



Exterior Window Painting will begin first week of October **DATE & TIME:** To be posted on bulletin board and lobby floors very soon.

#### New Van Driver



**Dave Herbert** 

#### New Housekeeper



**Carmen Nieves** 

# Resident's Association

Breakfast open to all Residents & Guests!!

Saturday, September 14, 2019

8:30 am - 9:30 am

Cost: \$3.00

#### **MENU**

3 Pancakes
2 Sausage Links
Coffee & Orange Juice



Saturday, September 14, 2019

8:30 am—9:30 am

Place slip in a sealed envelope along with cash payment and slide it under the door of Marjorie Bachemin, Apt #705

Name:	Apt#:	Phone:	
# 0	f Guests		

DEADLINE FOR RESERVATIONS IS <u>WEDNESDAY</u>, September 11, 2019.

#### Sandwich Sale

**Cost: \$5** 

Orders available for pickup

Friday, September 27th from 11am-12pm in the Lounge

#### Sandwich Sale Order Sheet

Fill out and return slip, along with money, to Marge Bachemin, Apt #705

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

Write the number of sandwiches you'd like to order next to the type.

Kaiser Roll, Ham & Cheese # \_\_\_\_\_ Kaiser Roll, Turkey, Cheese # \_\_\_\_\_

**DEADLINE FOR ORDERS IS TUESDAY, SEPTEMBER 24TH, 2019** 

# Hello Neighbor Resident Social

Meeting your fellow neighbors & celebrating one another's cultures and cuisine is what its all about!









**Empanadas** 

**Cabbage & Noodles** 

**Spanish Rice** 

**Pierogis** 







**Latin Desserts** 

**Pumpkin Desserts** 

**Entertainment Music: Latin & Oldies** 

Hello Neighbor Resident Social open to all Residents!!



Wednesday, October 2nd 11:00am-1:00pm



### Hello Neighbor Resident Social

Wednesday, October 2nd 11:00am-1:00pm

Name:	Apt#:	Phone:

Please return slip to Brenda's Office

DEADLINE FOR RESERVATIONS IS Monday, September 16th

## Resident's Association



#### SOGIAL

Sunday, September 29th at 5:00 pm in the Lounge

**Cabbage with Kielbasa** 



Entertainment: Kato

Shuffle Board League Sign up

Thursday, September 5th at 6:00 pm in Game Room





The Birthday Party is for RESIDENTS ONLY!
Wednesday, September 18, 2019

5:00 pm in the Lounge **Entertainment: Dale Sine** 

<b>BIRT</b>	HC	PΑΥ	<b>PAR</b>	TY	
	_		_		

Wednesday, September 18, 2019

PLEASE RETURN THIS SLIP TO Sandy Borger, Apt #404

**DEADLINE FOR RESERVATIONS, SUNDAY, SEPTEMBER 15, 2019** 

# Resident's Association

#### Soup & Hot Dogs



Saturday, September 21st @ 5:00pm

SOUP:

\$3.00 **Chicken Noodle Soup** 

**HOT DOGS:** 

Plain, Sauerkraut, or Chili \$1.50

\$0.50 **RED BEET EGGS**:

**DESSERT:** 

Ice Cream & Strawberries \$2.50

\$1.00 **SODA OR COFFEE:** 

> **Entertainment by:** Bill Reese

> **Country Oldies**



### Coffee, Donuts, Bagels, & Muffins

Saturday, September 7th 8:00 am to 9:30 am in the Lounge

\$1.00 coffee

\$1.00 donuts, bagels, muffins \$1.00 each for additional donuts, bagels, muffins



Friends and Family are always welcome!

**Every Monday** at 6:00 pm in the Lounge.



#### SNACK

STAND

**Snacks available EVERY** Monday & Wednesday

From 3:00 pm-6:00 pm in the Main Lobby





#### ICE CREAM

lce cream will be sold **Every Wednesday** From 5:00 - 6:00 pm in the Lounge.





### Brenda's Bulletin



#### Sunday Praise

Sunday, September 15th @ 1:00pm in the lounge

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

Everyone is welcome!!

### Speaker: BAYADA Home Health Services

Tuesday, September 24th @ 1:30pm in the Community Room

Come join us and learn how BAYADA has been able to provide the highest quality home health care services since 1975 and how their services may be of benefit to you!

\*Games/Trivia with prizes

### **Dermatology**

Convenient Skin Care and Treatment Service

Do you suffer from: Rashes, Dry skin, Growths, Cysts, Psoriasis, Sun Damage, Skin Tags, Skin Cancer?

On-Site Dermatology provides convenient mobile dermatology services to seniors in independent, assisted living & skilled nursing communities nationwide.

Specializing in the prevention and detection of pre-cancerous/cancerous growths of the skin.

Sign up on bulletin boards

September 17th @ 2:00pm

### Computer Class

Friday, September 20th
@ 1:00pm
Computer Room

LEARN THE BASICS



#### **Blood Pressure Check**

Thursday, September 5th @ 6:00 pm (in the lounge)

Sharon will be here to check your BP

#### Mark Your Calendars



FLU CLINIC
Wednesday, October 9th
9am-11am (in the lounge)

BALANCE CLINIC
Wednesday, October 16
1:30pm
(in the Lounge)





PLEASE BE SEATED 15 MINUTES BEFORE START OF THE MOVIE.

LOCATED IN THE COMMUNITY ROOM!!!

#### **MOVIE 1:**

#### **Breakthrough**

Friday, September 13 @ 1:00 pm Monday, September 23 @ 1:00 pm



BREAKTHROUGH is based on the inspirational true story of one mother's unfaltering love in the face of Impossible odds. When Joyce Smith's adopted son John falls through an icy Missouri lake, all

hope seems lost. But as John lies lifeless,
Joyce refuses to give up. Her steadfast belief
Inspires those around her to continue to pray
for John's recovery, even in the face of every
case history and scientific prediction.

PG PARENTAL GUIDANCE SUGGESTED

SOME MATERIAL MAY NOT BE SUITABLE FOR CHILDREN

#### **MOVIE 2:**

#### **Murder Mystery**

Friday, September 20 @ 1:00 pm Monday, September 30 @ 1:00 pm



When a NYC cop
(Adam Sandler)
finally takes his
wife (Jennifer
Aniston) on a long
promised European
trip, a chance
meeting on the
flight gets them

invited to an intimate family gathering on the super yacht of elderly billionaire Malcolm Quince.

When Quince is murdered, they become the prime suspects in a modern day whodunit.

PG-13 PARENTS STRONGLY CAUTIONED

SOME MATERIAL MAY BE INAPPROPRIATE FOR CHILDREN UNDER 13



FEEL FREE TO BRING YOUR FAVORITE SNACKS
TO ENJOY DURING THE MOVIE!

# Bellezza Salon & Spa

#### **NEW Hours of Operation**

<u>Wednesday</u> 9am - 3pm Thursday 9am - 3pm

#### For Appointments Call

610-866-6010, then press 9
WALK-INS WELCOME



Congrats to Doreen Jennings, our August prize drawing winner!





### FAMILY WEEK

Wednesday September 25th & Thursday, September 26th

The salon and spa will be open to the Family, Friends, and OFF-DUTY Aides

of current residents!!

Residents will be responsible for making sure their visitor

<u>Signs into the office</u> before making their way to the salon.

Future Dates

October 23 & 24

November 27 & 28

**December 18 & 19** 



# From the Chaplain



#### **JUST IMAGINE...**

Imagine that you had won the following prize in a contest:

Each morning your bank would

deposit \$86,400.00 in your private account for your use. However, this prize has rules: 1. Whatever you didn't spend in a day would be taken from you. 2. No transfer of money to another account. 3. It must be spent by only you. 4. The bank can end the game at any time and close the account.

So... what would you do with all the money in your bank account? Would you buy anything and everything you've ever wanted? Not only for yourself, but for all people you love? Even for people you don't know, because you couldn't possibly spend it all on yourself? IF you were smart – you would try to spend every cent, and use it all, right?

THIS GAME IS REALITY!! Each of us is in possession of such a "magical" bank. We just can't seem to see it. THE MAGICAL BANK IS **TIME!** Each morning when we wake up, we receive 86,400 seconds as a gift of life – and when we go to sleep at night, any remaining time is NOT credited to us. What we haven't lived up that day is forever lost. Yesterday is forever gone. Each morning the account is refilled, but the bank can dissolve your account at any time ... WITHOUT WARNING.

So... what are you doing with your 86,400 seconds that are deposited in your "time bank" each morning? Are you spending it all on yourself? Spending it with others? Using it to serve others? What would God have to say about the way you use your time? 86,400 seconds. Aren't they worth so much more than the same amount in dollars? Blessings, Pastor Clark

#### WORSHIP AT LUTHERAN MANOR in the Community Room at 2 pm

#### **WORSHIP IN THE COMMUNITY ROOM AT 2 pm**

Tues. Sept. 3- Father Dan Kravatz, Notre Dame RC Church, Bethlehem

Thurs. Sept 5- (Spanish) Pastor Jonny Villamar, Cornerstone Church, Easton

Thurs. Sept. 12- Pastor Larry Burd, Calvary Baptist Church, Easton

Thurs. Sept. 19 – Pastor Jay Wetzel, Lutheran retired

Thurs. Sept. 26- Pastor George Eckstein, Church of the Manger UCC, Bethlehem



#### **HEAVEN IS FOR REAL- DVD**

#### Wednesday, September 11<sup>th</sup> at 2 pm in the Community Room.

Heaven Is for Real is the true story of the four-year old son of a small town Nebraska pastor who during emergency surgery slips from consciousness and enters heaven. He survives and begins talking about being able to look down and see the doctor operating and his dad praying in the waiting room. The family didn't know what to believe but soon the evidence was clear. "Best movie ever!" "I've seen the movie twice!" "This movie speaks volumes in only a short 1 hour and 39 minutes.!" "Wow! An A+++++"



### Kierra's Kickstart to Fitness

#### **IMPORTANT REMINDER**

In order to use the fitness center or attend classes, you must enroll by completing required paperwork. Please stop by the Fitness Center or call Kierra at x208 to obtain the paperwork.

#### Speaker: Healthy Living- 70's, 80's, 90's and Beyond!

Wednesday Sept. 25<sup>th</sup>

2:30 PM



In the Community Room

Health advocate, Melissa Hakim will be here on National Women's Health and Fitness Day to discuss how to be healthy and successful navigating the healthcare system as a senior citizen.

Men and Women are welcome!

(light refreshments provided)

#### DID YOU KNOW?

Only 90 minutes of physical activity *per week* can help lower your cholesterol!



September is National Cholesterol
Education Month

Come to the fitness center to receive an exercise program, and don't forget to pick up one of my healthy recipes of the month! This month will be a cholesterol friendly recipe!

#### Improve your Balance



We have a 30 minute Balance Class every Tuesday and Thursday at 11 AM

Attend a class on either 9/17 or 9/19 and receive a gift!

# **Our Activities**

### Religious Activities

<u>Activity</u>	Day(s)	<u>Time</u>	<u>Place</u>
Church (English)	1st Tuesday & 2nd, 3rd, 4th Thursdays of each month	2:00 pm	Community Room
Church (Spanish)	1st Thursday after the 1st Tuesday	2:00 pm	Community Room
Bible Study	Wednesday	12:30 pm	Community Room
Chat Room	Thursday	10:00 am	Community Room
Prayer Time	1st and 3rd Thursday of each month	7:00 pm	Community Room
Sunday Praise	2nd Sunday of each month ( For Sept on third Sunday the 15th)	1:00 pm	Lounge

### **Exercise Classes**

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Fit For Life	Monday & Wednesday	10:00 am	Exercise Room
Joyful Joints	Tuesday & Thursday	10:00 am	Exercise Room
Basic Balance	Tuesday & Thursday	11:00 am	Exercise Room
Stand Up for Strength	Monday	11:30 am	Exercise Room
Afternoon Meditation & Stretch	Tuesday & Thursday	1:00 pm	Exercise Room
Walkers Club	Mon, Wed Fri	9:00 am 2:00 pm	Outside/Fitness Center
Everybody's Yoga	Wednesday	11:00 am	Exercise Room
Tai Chi	Friday	11:00 am	Exercise Room

Our Activities: Happening in September

ICE CREAM   WEDNESDAYS   5:00 PM	Activity	<u>Day(s)</u>	Time	<u>Place</u>
SHUFFLE BOARD   THURSDAYS   5:00FM   GAME ROOM	ICE CREAM	WEDNESDAYS	5:00 PM	LOUNGE
MOBILE MARKET   FRIDAYS   12:15-1:45 PM   LOUNGE	<u>BINGO</u>	<u>MONDAYS</u>	<u>6:00PM</u>	LOUNGE
MOBILE MARKET  SNACK STAND  MONDAY & WEDNESDAY  3:00PM-6:00PM  LOBBY  OFFICE CLOSED  Monday, September 2  VAN TRIP PAPERS DROP-OFF  Tuesday, September 3  8:30 AM  BRENDA'S OFFICE  Second Harvest  Thursday, September 5  12:30 pm  Lounge  Blood Pressure Check  Thursday, September 5  Shuffle Board Sign up  Thursday, September 5  Shuffle Board Sign up  Thursday, September 7  Bonuts, Bagels, & Muffins  Saturday, September 7  Bonuts, Bagels, & Muffins  Saturday, September 7  Board Meeting  Monday, September 9  Welcome Back General Meeting  MOVIE: Heaven is For Real  Wednesday, September 10  Wednesday, September 11  2:00 pm  Community Room  MOVIE: Breakthrough  Friday, September 14  8:30 am  Lounge  Onsite Dermatology Visit  Tuesday, September 17  2:00 pm  *By appointment only  Birthday Party  Wednesday, September 18  5:00 pm  Lounge  MOVIE: Murder Mystery  Friday, September 20  1:00 pm  Community Room  Computer Class  Friday, September 21  Si00 pm  Community Room  Computer Class  Friday, September 21  Si00 pm  Community Room  Computer Room/Library  Hot Dog Social  Saturday, September 21  Si00 pm  Community Room  Community Room  Art with PAT  Tue, Sep24 & Wed, Sep25  1:30 pm  Community Room  FAMILY WEEK @ THE SALON  Thursday, September 25  Si00 pm  Bellezza Salon & Spa  FAMILY WEEK @ THE SALON  Thursday, September 26  Si00 am-3:00 pm  Bellezza Salon & Spa  FAMILY WEEK @ THE SALON  Thursday, September 29  Si00 am-3:00 pm  Bellezza Salon & Spa  Sandwich Sale Pick Up  Friday, September 29  Si00 am-3:00 pm  Lounge  Social W/Entertainment  Sunday, September 29  Si00 pm  Lounge	SHUFFLE BOARD	<u>THURSDAYS</u>	<u>6:00PM</u>	GAME ROOM
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OFFICE CLOSED Monday, September 2  VAN TRIP PAPERS DROP-OFF Tuesday , September 3  Second Harvest Thursday, September 5  Second Harvest Thursday, September 5  Blood Pressure Check Thursday, September 5  Shuffle Board Sign up Thursday, September 5  Cong me Room Lounge  Shuffle Board Sign up Thursday, September 7  Donuts, Bagels, & Muffins Saturday, September 7  Pinochle Saturday, September 7  Board Meeting Monday, September 9  Board Meeting Monday, September 9  Welcome Back General Meeting Tuesday, September 10  Welcome Back General Meeting Tuesday, September 11  Congmunity Room Community Room  MOVIE: Heaven is For Real Wednesday, September 11  Breakfast Saturday, September 13  Community Room Community Room  Breakfast Saturday, September 14  Birthday Party Wednesday, September 17  Computer Class Friday, September 18  Sicol pm Lounge  MOVIE: Murder Mystery Friday, September 20  Computer Class Friday, September 20  Computer Class Friday, September 21  Speaker: Bayada Home Care Tuesday, September 23  Art with PAT Tue, Sep24 & Wed, Sep25  Speaker: Bayada Home Care Tuesday, September 25  Speaker: Healthy Living Wednesday, September 25  Speaker: Bayada For Community Room  FAMILY WEEK @ THE SALON Thursday, September 27  Speaker: Bayada Poor Community Room  FAMILY WEEK @ THE SALON Thursday, September 27  Speaker: Bayada Poor Community Room  Speaker: Bayada Poor Community Room  FAMILY WEEK @ THE SALON Thursday, September 25  Social w/Entertainment Sunday, September 29  Social w/Entertainment Sunday, September 29  Social w/Entertainment Sunday, September 29  Social w/Entertainment	MOBILE MARKET	<u>FRIDAYS</u>	12:15-1:45 PM	<u>LOUNGE</u>
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	Sandwich Sale Pick Up	Friday, September 27	11:00 am	Lounge
MOVIE: Murder Mystery Monday, September 30 1:00 pm Community Room	Social w/Entertainment	Sunday, September 29	5:00 pm	Lounge
	MOVIE: Murder Mystery	Monday, September 30	1:00 pm	Community Room

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Fitness Events	Resid	ent's Association Eve	nts Li	utheran Manor Event	:s
	Van Trips		Religious Events	Holi	idays/Observances/O	ther
1	Labor Day OFFICE CLOSED 6:00 BINGO 6:30 Ice Cream at OASIS	9:30 Banks/Post office 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:30 CVS/Lehigh Shopping Center 2:00 Church	9:00 Walkers Club 10:00 Fit For Life 11:00 Shop Rite	10:00 Joyful Joints 10:00 Chat Room 11:00 Basic Balance 1:00 Meditation & Stretch 12:30 Second Harvest Food Bank 2:00 Church (Spanish) 6:00 Blood Pressure Check 7:00 Prayer Time 6:00 Shuffle board sign up	12·15 Mobile	7 8:00 Donuts 12:30 Pinochle
8	9 9:00 Walkers Club 10:00 Fit For Life 11:00 Lunch at Cracker Barrel 11:30 Stand Up for Strength 1:30 Board Meeting 6:00 BINGO	10 10:00 Joyful Joints 11:00 Basic Balance 12:00 Weis 1:00 Meditation & Stretch 2:00 General Mtg 6:30 Prophecy Bible study	10:00 Fit For Life		13 7:00-10:00 Lounge Closed 11:00 Tai Chi 12:15 Mobile Market 1:00 MOVIE DAY: Breakthrough 2:00 Walkers Club 4:00 Dinner at Dough Boys	14 8:30 Breakfast
15 1:00 Sunday Praise with David	16 9:00 Walkers Club 10:00 Fit For Life 11:30 Stand Up for Strength 4:00 Dinner at SEWYCO 6:00 BINGO	17 10:00 Shopping at Walmart/Lunch at Applebee's 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Dermatology Visit 6:30 Prophecy Bible study	9:00 Walkers Club 9:30 Breakfast at the Palace/ Shopping at Valley Farms 10:00 Fit For Life 11:00 Everybody's Yoga 12:30 Bible Study 5:00 Ice Cream Sale 5:00 Birthday Party	19 10:00 Joyful Joints 10:00 Chat Room 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 7:00 Prayer Time 6:00Shuffle board	7:00-10:00 Lounge Closed 10:00 Shopping at Airport Road Shopping Center/ Lunch at Panera Bread 12:15 Mobile Market 1:00 MOVIE DAY: Murder Mystery 1:00 Computer Class 2:00 Walkers Club	21 5:00 Social
22	23 9:00 Walkers Club 10:00 Fit For Life 10:00 Sine's 5/10 & Lunch 11:30 Stand Up for Strength 1:00 MOVIE DAY: Breakthrough 6:00 BINGO	24 10:00 Joyful Joints 11:00 Basic Balance 12:00 Wegmans 1:00 Meditation & Stretch 1:30 Art with PAT 1:30 Speaker: Bayada Home Care 6:30 Prophecy Bible study	Yoga	Lounge Closed 10:00 Joyful Joints 10:00 Chat Room 11:00 Basic Balance	27 10:00 Easton Canal boat Ride/ Ice Cream 11:00 Sandwich Sale Pick Up 11:00 Tai Chi 12:15 Mobile Market 2:00 Walkers Club	28
29 <b>5:00 Social</b>	30 9:00 Walkers Club 9:30 Giant 10:00 Fit For Life 11:30 Stand Up for Strength 1:00 MOVIE DAY: Murder Mystery 6:00 BINGO	S	ept	tew	ıbe	2/t

### VAN TRIPS October 2019

DATE	DAY	TRIP	TIME		
Oct 1	Tuesday	WEIS (Senior Discount Day)	9:00am		
Oct 3	Thursday	Banks/Post Office	9:00am		
Oct 3	Thursday	CVS/Lehigh Shopping Center	1:00pm		
Oct 4	Friday	Breakfast @ CRACKER BARREL	9:00am		
Oct 7	Monday	Dinner @ SEWYCO \$7.00	4:00pm		
Oct 8	Tuesday	WEGMANS	10:00am		
Oct 11	Friday	Lunch @ CRACKER BARREL/ Shopping at Target	11:00am		
Oct 12	Saturday	Camel's Hump Farm (tour & wreath making) \$8.00 per person	1:30pm		
Oct 14	Monday	GIANT	9:00am		
Oct 15	Tuesday	Dinner @ DOUGHBOYS	4:00pm		
Oct 17	Thursday	Shopping @ KOHL's & Hobby Lobby	10:00am		
Oct 18	Friday	Shopping @ Airport Shopping Center/ Lunch at Miller Ale House	10:00am		
Oct 21	Monday	Allentown Art Museum Memory Café	9:30am		
Oct 22	Tuesday	SHOPRITE	1:00pm		
Oct 24	Thursday	Dinner @ CRACKER BARREL	4:00pm		
Oct 25	Friday	QMART	10:00am		
Oct 28	Monday	Breakfast @ THE PALACE/ Shopping @ Valley Farms	9:00am		
Oct 29	Tuesday	Lehigh Valley ZOO	10:00am		
Oct 30	Wednesday	ALDI	11:00am		
Oct 31	Thursday	Lunch @ Hellertown Diner	11:00am		
Forms	Forms will be collected starting at 8:30 am on Tuesday, September 3, 2019 in Brenda's Office				

Forms will be collected starting at 8:30 am on Tuesday , September 3, 2019 in Brenda's Office

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

# SPECIAL EVENTS September2019

I want to <u>sign up</u> to attend the following special events and speakers		
(check off what you want to attend)		
Movie Days - Please be in your seat 15 minutes before the start of the movie		
<u>Breakthrough</u>		
Friday, September 13 at 1:00 pm		
Monday, September 23 at 1:00 pm		
<u>Murder Mystery</u>		
Friday, September 20 at 1:00 pm		
Monday, September 30 at 1:00 pm		
Computer Class with Nancy - Topic: Navigating the Computer		
Friday, September 20 @ 1:00 pm		
Art with PAT		
Tuesday, September 24 and Wednesday, September 25 @ 1:30pm		
SPEAKER –Bayada Home Health Care		
Tuesday, September 24 @ 1:30 pm		
SPEAKER –Healthy Living 70's, 80's, 90's and Beyond!		
Wednesday, September 25 @ 2:30 pm		
Forms to be collected in Brenda's office <u>starting at 8:30am</u> on		
Tuesday, September 3rd , 2019		

NAME:	APT#:
147-1VI E .	Ai ini