

April 2012

Hi Lites of Lutheran Manor



Mark Your Calendar

Welcome New Residents

508 Don Byington Sr.
514 Dorothy Achey
715 Ilse Goedtel

Apr. 2 (Monday)	Rent Rebates	9 a.m.	Lounge
Apr. 2 (Monday)	Palms Distribution	9:30 a.m.	Patio
Apr. 4 (Wednesday)	Rent Rebates	9 a.m.	Lounge
Apr. 4 (Wednesday)	Speaker "Feel Good Bingo"	2 p.m.	Lounge
Apr. 5 (Thursday)	Movie "Passion of Christ"	2 p.m.	Lounge
Apr. 5 (Thursday)	Blood Pressure	6 p.m.	Lounge
Apr. 6 (Friday)	Good Friday - Office Closed		
Apr. 6 (Friday)	Bazaar Item Drop off	2 p.m.	Lounge
Apr. 7 (Saturday)	Coffee & Donuts	8 a.m.	Lounge
Apr. 7 (Saturday)	Pinochle Party	12:30 p.m.	Lounge
Apr. 8 (Sunday)	Sunrise Easter Service	6:30 a.m.	Lounge
Apr. 9 (Monday)	Tenant Council Meeting	1:30 p.m.	Ceramics
Apr.10 (Tuesday)	General Meeting (9th Floor responsible for snacks)	2 p.m.	Lounge
Apr.11 (Wednesday)	Balance Class Begins	2 p.m.	Ceramics
Apr.13 (Friday)	Craft Class	10 a.m.	Lounge
Apr.13 (Friday)	Sing-a-Long	2 p.m.	Lounge
Apr.15 (Sunday)	Spring Dinner	5 p.m.	Lounge
Apr.17 (Tuesday)	Immunization Clinic	1 p.m.	Lounge
Apr.18 (Wednesday)	Book Club	2 p.m.	Patio
Apr.21 (Saturday)	Soup & Hot Dogs	11 a.m.	Lounge
Apr.23 (Monday)	Therapy Dog	11 a.m.	Lounge
Apr.23 (Monday)	Speaker "Memory Wellness"	2 p.m.	Lounge
Apr.27 (Friday)	Bazaar Item Drop off	2 p.m.	Lounge
Apr.28 (Saturday)	Concert	6 p.m.	Lounge



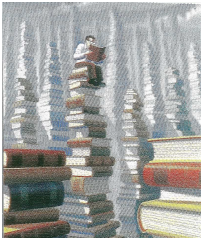
Coming events

MAY

Saturday	5/5	Spring Bazaar		10 a.m.
Saturday	5/12	Coffee & Donuts		8 a.m.
Saturday	5/12	Pinochle Party		12:30 p.m.
Saturday	5/19	Soup & Hot Dogs	Bill Murray	11 a.m.
Monday	5/28	Memorial Day Picnic	Frank D.	1 p.m.

The Lutheran Manor Book Club

will meet
Wednesday, April 18 at 2 p.m. in
the Patio. April is Poetry Month.
Besides our regular "book talk",
we will read and talk
about our favorite po-
ems or poets.



Computer Lab

**Making Cards & Signs on the
Computer using Publisher**

Mondays, April 2 & 16; 10 a.m. to noon

Please sign up with Miki.

**Eight Wednesdays
April 11 through May 30
2 to 4 p.m.**



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

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

Space is limited. Sign up with Miki to reserve your seat.

Coffee & Donuts

Saturday, April 7
8 to 10 a.m.

\$1.75 coffee & donut
.75 additional donut
Friends and Family
Welcome



The Snack Stand

Snacks available

Mondays from 4 to 8 p.m.
Wednesdays from 4 to 7 p.m.
In the Main Lobby



Soup & Hot Dogs

Saturday, April 21
11 a.m. to 1 p.m.

SOUP: Vegetable Beef \$2.00

HOT DOGS: Plain, Sauerkraut, or Chili \$1.50

PICKLED BEETS \$.50

DESSERT: Ice Cream & Strawberries
\$2.50

SODA OR COFFEE: \$1.00

Entertainment:
Marty & His Wife

50/50 Drawing
Candy will be sold too!

Friends and Family Welcome!



Concert

Saturday, April 28
6 p.m.

Entertainment by:
Jack & his Friends

50/50 drawing
Good Will Offering
Light Refreshments



MIKI'S CORNER



Feel Good Bingo

Weds., April 4, 2 p.m.

Millie Santiago, of New Eastwood Nursing Center, will be here to play Feel Good Bingo. Learn the signs of depression while playing! Afterwards, Millie will also do depression screenings and blood pressure checks.

April Craft Class

Fri., April 13, 10 a.m.
COST: \$3

Due to illness last month, Emilie and Krisi will make an ornamental plate with us, that was supposed to be last month's craft. This is a fun class and not only do you make a craft, you are helping a student develop social skills. **Sign up with Miki for the class.**

Sing-a-Long

Fri., April 13, 2 p.m.



It has been a few months since we had a Sing-a-long, so we will usher in the warmth of Spring with some rollicking tunes. Join us for a fun time of singing!



Get Vaccinated!

Tues., April 17, 1 p.m.

Vaccination is the best defense! Prevent the spread of whooping cough with a TDAP vaccine. **The Tetanus-Diphtheria and Pertussis vaccine will be given FREE by the Bethlehem Health Bureau.** This vaccine prevents some life threatening illnesses and will provide the booster you need to stay healthy.

Memory Wellness

Mon., April 23, 2 p.m.

Do you find yourself forgetting simple things? Did you know there are some things you can do to strengthen your memory? Dawn Schier of Homewatch Caregivers, will be here to talk about memory wellness and give us some tips and ideas to keep our memories from fading.



Therapy Dog
Mon., April 23, 11 a.m.
Miz Daisy and
Alice Romberger



Massage Therapy....

Weds., April 18, 10 a.m. to 2 p.m.

If you are interested in massage, please sign up in Miki's office.

NOT ALPHABETICALLY

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

That is and must be one of the simplest lessons we have ever learned in school. Just about everyone can recite the alphabet beginning at A and proceeding through the 26 letters to Z.

But what happens if we change the order? Can you recite the alphabet backwards? Or begin with the letter "M" and then jump at random until you have named all 26 letters? It gets pretty confusing, doesn't it?

It seems that the world we live in today is just like that. Just as if someone has switched the order of the alphabet...but not only the alphabet but everything we have learned seems to be reversed.

It doesn't seem as if anything is going alphabetically anymore. It began for some of us with the Viet Nam War, continued through Watergate, Three Mile Island, the energy crisis, 911, the floundering economy, Middle-East crises.

I could go on and so could you, but I would not mention any of this, except that there was another day, event, that changed the "alphabet" in such a way that it was never recited in the same way again: **EASTER SUNDAY**. On that day a man named Jesus was resurrected from the dead, and lives on to this day and for all eternity. Mark records the words of the angel to the women who came to the tomb, *"Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him. But go, tell his disciples and Peter, 'He is going ahead of you' into Galilee. There you will see him, just as he told you."*(Mark 16:6, 7)

And since then, and for all time, Jesus goes before us along the road, and we follow. **THE EASTER GOOD NEWS**...Regardless of how we may feel, at this moment or any other moment, Jesus Christ has gone before us and will continue to lead the way. We are not in this world alone because Christ rose from the dead, and lives and reigns for all eternity.

-Chaplain Clark +

WORSHIP SCHEDULE-APRIL, 2012 in the Lounge at 2pm*

Tuesday, Apr 3- Father Pat Lamb- Notre Dame RC Church

Easter Sunday, Apr 8- 6:30 AM- Rev. Werner Koch, St. Stephen's Lutheran, Bethlehem

Thurs Apr 12 – Rev. Donald Esslinger, UCC pastor

Thurs Apr 19 Rev. Kevin Fetterhoff, Bethany Wesleyan Church, Cherryville

Thurs, Apr 26 Chaplain Clark Kuntz & Don Byington, Jr. , Lutheran Manor

***except Easter Sunday (@6:30am)**

PRAYERS AND BLESSING OF PALMS (and making palm crosses)
at 9:30am in the Patio on Monday, April 2nd.



THE PASSION OF THE CHRIST- We will view this movie on Maundy Thursday, April 5th at 2 pm in the lounge. This is the one directed by Mel Gibson and is very graphic.

BIBLE STUDY - Monday afternoon at 1 pm in the Patio. Studying JONAH!

"LET'S TALK ABOUT IT" (LifeBio) every Thursday morning at 10 am in the Patio. It's not only fun...it's educational and interesting!! Come join us!!



Note from the Manager...

First and foremost I would like to thank our residents, the Officers of the Residents Association, Lutheran Manor staff and the Board Members for the kind expressions of sympathy. All the cards, donations to the Cancer Society and flowers made a sad situation a little easier knowing how much everyone cares... THANK YOU!! My father was a great person and I will miss him deeply.

Remember we have only 5 months until Lutheran Manor goes SMOKE FREE!! August 15th is the official day. Please take advantage of the smoking cessation classes by contacting our Service Coordinator, Miki. Lehigh Valley Hospital is conducting the classes with no cost to you. It is a lease violation if you smoke anywhere IN the building on or after August 15th.

Friday June 1st, we will be having our 2nd annual Lutheran Manor cookout. It will be held in the back area of the building and all residents, staff and Board Members are invited. This year's menu includes roasted pig, hot dogs, hamburgers, potato salad, macaroni salad, pasta salad, baked beans, deviled eggs and more. We will have the "Bill Murray Band" to entertain us during this social event. I hope to see everyone there!!
☺

Please be patient during the renovation!! We ask you to be flexible and understanding during this time. We have the contractors very busy, however there are times they run into unexpected delays. PLEASE take that into consideration.

The Wii bowling is a huge hit!! If you haven't tried it yet, give it shot. I promise you will have a wonderful time! We also have other Wii games that I hope to get started soon—Family feud, Trivia Pursuit, Pictionary, and Yard Games. There are many other activities at Lutheran Manor that you should check out—exercise class, bible study, book club, Life Bio, Therapy dogs, shuffle board, billiards, cards, bingo and more.

☺ Get involved- have some fun with us!!! ☺

Our virtual tour video turned out perfectly. I would like to thank all the volunteers that helped make the video possible- THANK YOU!! If you haven't seen the video, check it out on our website- LutheranManor.com

The weather is getting nicer and the flowers are blooming. Sit outside, relax and enjoy the beautiful landscaping....

Courtney
Property Manager

Trips to Notice...

May 25 - May Fair - Join us for an afternoon at the Fair! We will spend the afternoon at Allentown's May Fair celebration. Admission on this day is FREE. Enjoy crafts, music and great food.



May 27 - Rose Garden Concert - It's that time of year again! The outdoor concerts in Bethlehem's Rose Garden open with the Bethlehem Municipal Band. Enjoy this evening of free music.

May 30 - Philadelphia Zoo - Visit the Zoo! We will go to the beautiful Philadelphia Zoo. Enjoy a leisurely stroll through exotic and native animals in beautiful habitats. There are various presentations throughout the day at different exhibits. You can enjoy lunch at one of the zoo restaurants. COST: \$18 per person. If we have 15 or more sign up, we can get a group discount of \$13 per person.

Jonah

Sight & Sound Theater

Weds., May 23

There are a limited number of seats still available

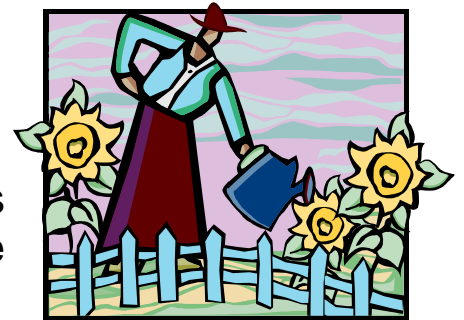
Van leaves at 9 a.m.

COST: \$46.55

This energetic adventure will have you on the edge of your seat! From the enormous whale swimming over your head to the thunderous effects of the powerful storm, the story of Jonah will come alive and astound you. We will stop for lunch prior to the show at Shady Maple.

Sign up with Miki. \$20 deposit is required at sign up.

GARDEN PLOTS



If you are interested in having a garden plot this year, please fill out the form below and bring it to the office by Tuesday, May 1.



I would like to reserve a garden plot.

NAME: _____ APT.#: _____

PHONE: _____

I would like to keep the same spot I had last year: _____ yes _____ no



Spring Dinner

Sunday, April 15, 2012

5 p.m. in the Lounge

Doors open at 4 p.m.

MENU:

Platter Served:

Breaded Veal Patty w/sauce or gravy

Mashed potatoes

Mixed vegetables

Salad w/bacon dressing

Rolls w/butter

Dessert

Coffee or Tea

Soda available for \$1.00

Coordinator: Ronnie Clifford

Dinner and Entertainment

\$10 per person

\$12 per guest (limit two)

**Entertainment by
The Musical Stylings of
Dan Yads, Vocalist**

You'll enjoy him!



**50/50 Chances
3 for \$1.00**

You may reserve a table for 6 or 12 people before the deadline date



Spring Dinner

(I am reserving a table for 6 or 12 _____)

Write names on back #guests _____

Put slip under Marge Bachemin's door #705 with cash in envelope

NAME: _____ Apt.# _____

PHONE: _____

Deadline for Reservations, Weds., April 11



Spring Bazaar

*Sat., May 5, 2011
10 a.m. to 2 p.m.*

Arts & Crafts



Baked Goods



Luncheon

Kitchen opens at 11 a.m.



50/50 chances



Plants

White Elephant

*Lutheran Manor Apartments
2085 Westgate Drive, Bethlehem, PA*





Spring Bazaar

Doors open at 10 a.m.

Kitchen will open at 11 a.m.

Arts & Crafts: Bring items to the lounge on Saturday, May 5 at 8 a.m.

Bake Sale: Doors will open at 10 a.m. (no earlier). We will take donations for the bake sale-cookies, cupcakes, candy etc., Please bring these items to the lounge by 8 a.m.

White Elephant: Bring your items down to the lounge on the following Fridays: **April 6 & April 27; 2 to 4 p.m.** No clothing please.

Remember this will be our primary fund raiser for the year

Thank you,
Coordinator, Ken Clifford

**The Lutheran Manor Residents Association will be selling Raffle tickets.
The drawing will be on Sat., May 5 at 1:30 p.m.
You do not need to be present to win.**

Cash Prizes

- 1st - \$100
- 2nd - \$ 50
- 3rd - \$ 50
- 4th - \$ 50
- 5th - \$ 25
- 6th - \$ 25
- 7th - \$ 25
- 8th - \$ 25

Tickets:

**\$1.00 each or
6 for \$5.00**



Ticket Sellers 2011

Floor

- 1 & 2: Eleanor Smith, #219 &
- 3: Elaine Groller, #319
- 4: Mary Sheaffer, #408
- 5: Joan Bobich, 516
- 6: Ken Clifford, # 610
- 7: Joanne Azsli, #714
- 8: Jennie Kuhns, #813
- 9: Herb Dorrow, #902
- 10 & 11: Bill Venzni, #1014

Thanks to our Committees:

Kitchen: Grace Fella

Arts & Crafts: Kathy Miller

Plants: Mary Sheaffer

White Elephant: Marge Bachemin

Bake Sale: Lillian Yanzsa

Ice Cream & Coffee: Elaine Groller

50/50 Stand: Joanne Azsli





Spring Bazaar

Doors open at 10 a.m.;

Kitchen opens at 11 a.m.

Lunch Order	Cost	Quantity	Total
Turkey BBQ	\$2.00	_____	_____
Hot Dog	\$1.50	_____	_____
Circle: onions kraut chili cheese catsup mustard			
Soup: Chicken Noodle	\$2.00	_____	_____
Creamed Cabbage	\$.75	_____	_____
Chips	\$.50	_____	_____
Ice Cream Sundae	\$2.50	_____	_____
Coffee or Hot Tea	\$1.00	_____	_____
Soda	\$1.00	_____	_____
	Order Total:		_____

NAME: _____

Take to Kitchen (Lounge) on May 5. Thank you



Van Trips



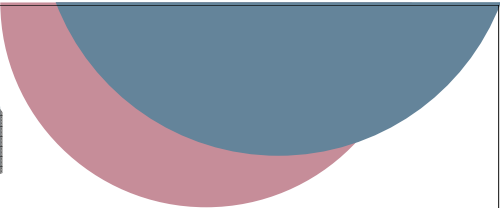
May 2012

DATE	TRIP	TIME
May 2 (Wednesday)	Leesport Flea Market/lunch	8:30 a.m. _____
May 3 (Thursday)	Banks, P.O., CVS, \$ Store	9:30 a.m. _____
May 7 (Monday)	Weis	9:30 a.m. _____
May10 (Thursday)	All you can eat Spaghetti Night	4:15 p.m. _____
May11 (Friday)	Quakertown Farm Market	9:30 a.m. _____
May14 (Monday)	Valley Farms	9:30 a.m. _____
May15 (Tuesday)	Breakfast/Blue Mountain Diner	8:30 a.m. _____
May16 (Wednesday)	Senior Dance	12:30 p.m. _____
May21 (Monday)	Giant	9:30 a.m. _____
May22 (Tuesday)	Lunch/Senior Bingo	10:45 a.m. _____
May23 (Wednesday)	Sight & Sound "Jonah"	9:00 a.m. _____
May25 (Friday)	May Fair	11:30 a.m. _____
May27 (Sunday)	Rose Garden Concert	6:30 p.m. _____
May29 (Tuesday)	Breakfast/Walmart	8:30 a.m. _____
May30 (Wednesday)	Philadelphia Zoo	8:30 a.m. _____
May31 (Thursday)	Logan's Steakhouse	11:00 a.m. _____

Bring this completed sheet to Miki's office after 9 a.m. the first morning the office is open after you receive your newsletter.

NAME: _____ APT.: _____

Please note: There are no unscheduled stops on any trip. The van will only go to the places listed on the schedule. Do not ask the driver to deviate from the schedule.



A P R I L M A Y

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 6:30 Easter St. Stephens Rev. Koch	2 9:00 Rebates 9:30 Palms 1:00 Bible Study 6:00 Bingo No Exercise	3 2:00 Notre Dame Catholic Church	4 9:00 Rebates 2:00 Speaker 6:30 Poker League No Exercise	5 10:00 Life Bio 2:00 Passion Movie 6:00 Blood Pressure 6:00 Shuffleboard League	6 Office Closed 2:00 Bazaar Drop Off 6:00 Wii Bowling League	7 8:00 Coffee & Donuts 12:30 Pinochle Party 6:00 Wii Bowling League
8 5:00 Spring Dinner	9 10:00 Exercise 1:00 Bible Study 1:30 Comm. Mtg. 6:00 Bingo	10 2:00 General Mtg.	11 10:00 Exercise 2:00 Balance Class 6:30 Poker League	12 10:00 Life Bio 2:00 UCC Rev. Esslinger 6:00 Shuffleboard League	13 10:00 Craft Class 11:00 Food Boxes 1:00 Yoga 2:00 Singalong 6:00 Wii Bowling League	14 6:00 Wii Bowling League
15	16 10:00 Exercise 10:00 Computers 1:00 Bible Study 6:00 Bingo	17 1:00 Shot Clinic	18 10:00 Exercise 10:00 Massage 2:00 Balance 2:00 Book Club 6:30 Poker League	19 10:00 Life Bio 2:00 Bethany Wesleyan Rev. Fetterhoff 6:00 Shuffleboard League	20 1:00 Yoga 6:00 Wii Bowling League	21 11:00 Soup & Hot Dogs 6:00 Wii Bowling League
22	23 10:00 Exercise 11:00 Therapy Dog 1:00 Bible Study 2:00 Speaker No Bingo	24	25 10:00 Exercise 2:00 Balance 6:30 Poker League	26 10:00 Life Bio 2:00 Rev. Kuntz & Don Byington Jr.	27 1:00 Yoga 2:00 Bazaar Drop Off 6:00 Wii Bowling League	28 6:00 Concert
29	30 10:00 Exercise 1:00 Bible Study 6:00 Bingo					

May 2012						
Sun	Mon	Tue	Wed	Thu	Fr <i>i</i>	Sat
6	7	1	2	3	4	5
13	14	8	9	10	11	12
20	21	15	16	17	18	19
27	28	22	23	24	25	26
		29	30	31		