

April 2020

Hi Lites of Lutheran Manor

Spring is Coming! 





Notes From the Office



To Our New Residents!

Eve Bournias-#709

Yvonne Boykoff-#902

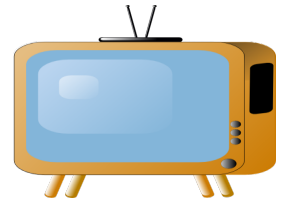
Grace Tertusek-#617

Jean & Richard Garza- #305

LIVE STREAMING

For The month Of April all Educational Videos, Movies and Church services will be live streamed. Watch the message board and bulletin board for times, dates and topics.

Tune to channel 98 to catch all the action during our Live Stream!



Smoke Shed Cleaning

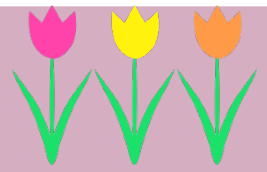
**Tentatively Tuesday
April 28th, 2020**



Please make sure to
Sanitize your hands
before entering the
building



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

Tuesday, June 2nd

8am, 10am, 12pm

Contact Brenda for Absentee Ballot Applications

******RESCHEDULED******

CORONAVIRUS

Presentation

What you should know...

- What is it?
- Steps to prevent illness
- What to do if you experience symptoms or when diagnosed
- Senior & persons with chronic diseases at higher risk



Stephanie Oakley

Joe Yeshur

******CANCELLED******

**DEADLINE
*EXTENDED***

RENT REBATE

Deadline
extended to
Dec 31st

*Rebate appointments with the State office
to be rescheduled at a later date

Contact Brenda for further information

TAXES

Deadline
extended to
July 15th



*Tax appointments with the Tax office
to be rescheduled at a later date

Contact Brenda for further information


**KEEP
CALM
AND
STAY
HEALTHY**

Bellezza Salon & Spa

Hours of Operation

Tuesday 9:30am - 3pm

For Appointments Call:

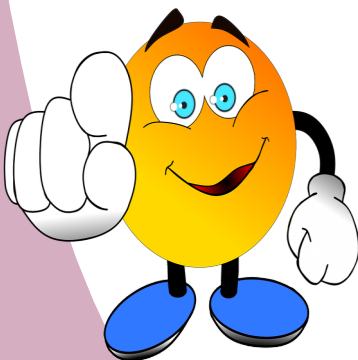
610-866-6010, then press 9



**In efforts to keep everyone safe
the salon will be closed until
further notice.**



To safeguard the health of residents, Kelly is suspending massage therapy services for the time being. Your health and safety are her priority. She will be in to relieve stress, aches, and pains as soon as it is safe to do so. She misses you already!



We are all working hard to ensure safety and cleanliness of our building. Are you doing your part to keep Lutheran Manor safe ?

- Sanitize your hands when entering the building

Stay home if you are not feeling well and
contact your doctors office

Any questions call our office 610-866-6010 Option 0

LUTHERAN MANOR CINEMAS PRESENTS

ALL MOVIES WILL BE LIVE STREAMED ON CHANNEL 98!

MOVIE 1: Midway

Friday, April 3rd @ 1:00 pm



Midway centers on a battle of Midway, a clash between the American Fleet and the imperial Japanese Navy which marked a pivotal point in the Pacific Theater during WWII. The film, based on the real-life events of the Heroic feat, tells the story of the leaders and soldiers who used their instincts fortitude, and bravery to overcome odds.

MOVIE 3: Wonder

Friday, April 17th @ 1:00 pm



Born with facial differences that, up until now, have prevented him from going to a mainstream school, Auggie Pullman becomes the most unlikely of heroes when he enters the local fifth grade. As his family, his new classmates, and the larger community all struggle to discover their compassion and acceptance, Auggie's extraordinary journey will unite them and prove you can't blend in when you were born to stand out.

MOVIE 2: I'll See You In My Dreams

Monday, April 13th @ 1:00 pm



In this vibrant, funny, and heartfelt film, a widow and former songstress discovers that life can begin anew at any age. With the support of three loyal girlfriends Carol decides to embrace the world, embarking on an unlikely friendship with her pool maintenance man, pursuing a new love interest, and reconnecting with her daughter

MOVIE 4: Going In Style

Friday, April 24th @ 1:00pm



Lifelong buddies Willie, Joe, and Albert decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money.



Kierra's Kickstart to Fitness

Fitness and Nutrition Tips to Boost your Immune System

While practicing social distancing and staying in your apartment, it can be difficult to keep up your normal fitness routine. Now more than ever, you want to make sure your immune system is working its hardest!



- Try your best to stay active: pick up one of Kierra's at-home exercise routines, go for a walk, or just do some stretches while you're watching TV. All of these things will help keep the white blood cells (disease fighters) moving through your body.
- Get some fresh air and sunshine: if it isn't too cold out, you can still benefit from getting outside and going for a short walk or just sitting outside to read.
- Be sure to choose healthier foods: it might be tempting to stock up on frozen pizza or to pick up non-perishable snacks like chips. But if possible, continue to buy fresh produce and lean meats to keep a variety of healthy foods in your diet.

Important Exercise of the Month



A Squat is one of the most important exercises you can do in life for your leg strength. You can start with a sit-to-stand in a chair, then try doing it by holding onto a counter or railing.

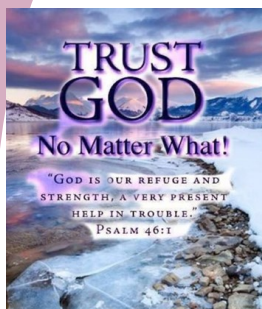
"Change your life today. Don't gamble on the future, act now, without delay."

-Simone de Beauvoir





From the Chaplain



A VERY PRESENT HELP...

I write this on the 15th of March. All the news is about the coronavirus. It is a time of uncertainty and fear. Hopefully, by the time you read this there will be an end in sight. We don't know. However, there is something that we do know. God is "a very present help in time of trouble." Do not underestimate the power of prayer.

Pray for the families of those who are sick or who have loved ones who have died, for all health-care providers and researchers, the leaders of all nations, and for each of us that we may know God's peace and healing.

When the world is afraid, we are called to be strong and courageous because Jesus is our courage and strength. When the world is hopeless, we are to be a hope-filled people because our hope is in the One who defeated sin and death.

- Blessings, Pastor Clark

APRIL WORSHIP AT 2 PM* IN THE COMMUNITY ROOM

will be live streamed on channel 98 until further notice

Thurs. April 2nd – (Spanish) Pastor Jonny Villamar, Cornerstone Church, Easton

Tues. April 7th – Father Dan Kravatz, Notre Dame RC Church, Bethlehem

Thurs. April 9th – Pastor Marian Johnson, Church of the Manger UCC, Bethlehem

Easter Sunday, April 12th at *6:30 AM– Pastor Werner Koch, St. Stephen Lutheran, Bethlehem

Thurs. April 16th – Pastor Jay Wetzel, Lutheran retired

Thurs. April 23rd – Pastor Larry Humberd, Lehigh Valley Grace Brethren, Bethlehem

Thurs. April 30th – Pastor Rick Sergi, Emmanuel EC Church, Bethlehem

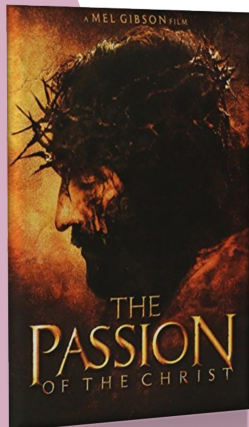


PALMS from Palm Sunday Worship will be available on Monday morning, April 6th at 9 am on the counter in the Lounge. If you desire, join us to make palm crosses on Wednesday, April 8th at 4:15 pm in the Community Room.

THE PASSION OF THE CHRIST- DVD

WEDNESDAY, APRIL 8th 2:00 PM (Live Streamed channel 98)

The film focuses on the last 12 hours of Jesus' life and begins in the Garden of Olives where Jesus has gone to pray after the Last Supper. Betrayed by Judas, He is then arrested and taken within the walls of Jerusalem where the leaders confront Jesus and his trial results in condemnation to death. **Rated R for sequences of graphic violence.**



Our Activities

Religious Activities

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Church (English)	1st Tuesday & 2nd, 3rd, 4th Thursdays of each month	2:00 pm	Live Streamed
Church (Spanish)	1st Thursday of the month	2:00 pm	Live Streamed
Bible Study	Every Wednesday	12:30 pm	Cancelled until further notice
Chat Room	Every Thursday	10:00 am	Cancelled until further notice



Exercise Classes

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Fit For Life	Monday & Wednesday Friday	10:00 am	Live streamed Channel 98
Joyful Joints	Tuesday & Thursday	10:00 am	Live streamed Channel 98
Basic Balance	Tuesday & Thursday	11:00 am	To Be Announced
Stand Up for Strength	Monday & Wednesday	11:30 am	To Be Announced
Everybody's Yoga	Tuesday	11:30 am	Cancelled until further notice
Walkers Club	Monday, Wednesday Friday	2:00 pm	Cancelled until further notice
Tai Chi	Friday	10:30 am	Cancelled until further notice

Our Activities

Happening in April

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
LOUNGE CLOSED FOR CLEANING	Every Friday	7-10:00 am	Lounge
<u>VAN TRIP PAPERS</u> <u>DROP-OFF</u>	<u>WEDNESDAY, APRIL 1</u>	<u>8:30 AM</u>	<u>MAIN OFFICE</u>
Second Harvest	Thursday, April 2	12:30 pm	Boxes will be distributed to resident's apartments
Movie #1– Midway	Friday, April 3	1:00 pm	Live streamed Channel 98
Pastor Clark Movie: The Passion Of The Christ	Wednesday, April 8	2:00 pm	Live streamed Channel 98
Movie #2-III See you in my dreams	Friday, April 3	1:00 pm	Live streamed Channel 98
RA Board Meeting	Monday, April 13	1:30 pm	Community Room
General Meeting	Tuesday, April 14	2:00 pm	Live streamed Channel 98
Movie #3- Wonder	Friday April 17	1:00 pm	Live streamed Channel 98
<i>Movie #4– Going in Style</i>	Friday April 24	1:00 pm	Live streamed Channel 98

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 Fit For Life (Live Streamed Channel 98) 1:00 Shopping at SHOPRITE	2 10:00 Joyful Joints(Live Streamed Channel 98) 12:30 Second Harvest Food Bank (Boxes will distributed to residents apartments) 2:00 Church Spanish (Live Streamed Channel 98)	3 7:00-10:00 Lounge Closed 8:45 Shopping at CVS 10:00 Fit For Life (Live streamed Channel 98) 1:00 Movie Midway (Live Streamed Channel 98)	4
5 Palm Sunday	6 10:00 Fit For Life (Live Streamed Channel 98)	7 10:00 Joyful Joints(Live Streamed Channel 98) 2:00 Church (Live Streamed channel 98)	8 10:00 Fit For Life (Live Streamed Channel 98) 2:00 Pastor Clark Movie: The Passion of The Christ (Live Streamed channel 98)	9 7:00-10:00 Lounge Closed 9:00 Shopping at GIANT 10:00 Joyful Joints (Live Streamed Channel 98) 2:00 Church (Live Streamed Channel 98)	10 OFFICE CLOSED Good Friday 	11
12 Easter Sunday 6:30 Easter Service	13 10:00 Fit For Life (Live Streamed Channel 98) 1:00 Movie: I'll see You In My Dreams (Live Streamed Channel 98) 1:30 RA Board Meeting	14 10:00 Joyful Joints (Live Streamed Channel 98) 2:00 General MTG (Live Streamed channel 98)	15 10:00 Fit For Life (Live Streamed Channel 98)	16 10:00 Joyful Joints(Live Streamed Channel 98) 1:00 Shopping at ALDI 2:00 Church (Live Streamed Channel 98)	17 7:00-10:00 Lounge Closed 10:00 Fit For Life (Live Streamed Channel 98) 1:00 Movie: Wonder(Live Streamed Channel 98)	18
19	20 10:00 Fit For Life (Live Streamed Channel 98)	21 9:00 Shopping at WEIS 10:00 Joyful Joints (Live Streamed Channel 98)	22 Administrative Professionals Day 10:00 Fit For Life (Live Streamed Channel 98)	23 10:00 Joyful Joints (Live Streamed Channel 98) 2:00 Church (Live Streamed Channel 98)	24 7:00-10:00 Lounge Closed 10:00 Fit For Life (Live Streamed Channel 98) 1:00 Movie: Going in Style (Live Streamed Channel 98)	25
26	27 10:00 Shopping at WEGMANS 10:00 Fit For Life (Live Streamed Channel 98)	28 10:00 Joyful Joints(Live Streamed Channel 98)	29 10:00 Fit For Life (Live Streamed Channel 98)	30 10:00 Joyful Joints (Live Streamed Channel 98) 2:00 Church (Live Streamed Channel 98)	Fitness Events Van Trips Resident's Association Events	Religious Events Lutheran Manor Events Holidays/ Observances,

VAN TRIPS May 2020

DATE	DAY	TRIP	TIME
May 4	Monday	Shopping at CVS & Lehigh Shopping Center	9:00am_____
May 6	Wednesday	Shopping at Valley Farms Market	9:00am_____
May 12	Tuesday	Shopping at WEIS (Senior Discount Day)	1:00pm_____
May 20	Wednesday	Shopping at GIANT	9:00am_____
May 28	Thursday	Shopping at WEGMANS	10:00am_____

Forms will be collected starting at 8:30 am on Wednesday, April 1, 2020.

Name: _____

Apt: _____