

August 2011

Hi Lites of Lutheran Manor





Mark Your Calendar

Welcome New Residents

207- Kathryn Ortwein
218- Elsie Morgan
601 - Leslie Bolan-Hicks
1019 Linda Martz

Aug. 4 (Thursday)	Speaker "Bed bugs"	2 p.m.	Lounge
Aug. 6 (Saturday)	Coffee & Donuts	8 a.m.	Lounge
Aug. 6 (Saturday)	Pinochle Party	12:30 p.m.	Lounge
Aug. 9 (Tuesday)	Health Fair	10 a.m.	Lounge
Aug.12 (Friday)	Food Box Delivery	11:30 a.m.	Patio
Aug.14 (Sunday)	Pizza Party	5 p.m.	Lounge
Aug.17 (Wednesday)	Speaker "Birds"	2 p.m.	Lounge
Aug.17 (Wednesday)	Book Club	2 p.m.	Patio
Aug.23 (Tuesday)	Shuffleboard Meeting	2 p.m.	Lounge
Aug.24 (Wednesday)	Speaker "Home Care"	2 p.m.	Lounge
Aug.26 (Friday)	Movie "Walk the Line"	7 p.m.	Lounge
Aug.31 (Wednesday)	Speaker "SteelStacks"	2 p.m.	Lounge
Exercise	Every Monday & Wednesday	10 a.m.	Lounge
Bible Study	Every Monday	1 p.m.	Patio
Bingo	Every Monday	6 p.m.	Lounge
Woodcarving	Every Thursday	8 a.m.	Shed
Life Biography	Every Thursday	10 a.m.	Patio
Yoga	Every Friday	1 p.m.	Patio

Looking Ahead...

SEPTEMBER

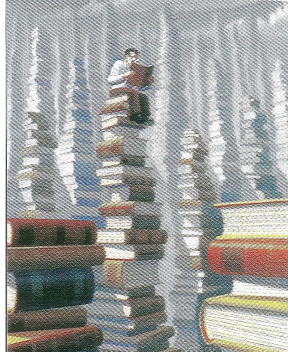
Saturday	9/3	Coffee & Donuts	8 a.m.
Saturday	9/3	Pinochle Party	12:30 p.m.
Monday	9/5	Labor Day Picnic	Dan Yads 1 p.m.
Wednesday	9/21	Birthday Party	Debi Wahl 5 p.m.

SAVE THE DATE: Thursday, October 27 is our Anniversary Party!

The Lutheran Manor

Book Club will meet in the patio at 2 p.m. on Wednesday, August 17.

We're all for books—and the folks who read 'em! Come join us!



Computer Lab

“Solving Your Problems”...Nancy will teach you how to troubleshoot your computer questions.

Weds., Aug. 10, 6:30 to 8:30 p.m.

Weds., Aug. 24, 6:30 to 8:30 p.m.

Movie Night

“Walk the Line”

Friday, August 26, 7 p.m.

Pre-show—“Ireland” 6:30 p.m.

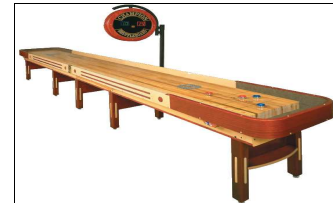


Singer, Rebel, Outlaw, Hero. The legendary “Man in Black”, Johnny Cash, revolutionized music. Joaquin Phoenix plays Cash and Reese Witherspoon is June Carter in this inspiring true story. Prior to the film, we will see “Ireland” a fascinating travelogue.

SHUFFLEBOARD MEETING

Tuesday, August 23, 2 p.m.

There will be a shuffleboard meeting for anyone interested in joining a league in September. Come down to let us know if you are interested in playing on a league.



BATTER UP!

Join us for some Baseball! We will be going to see the Iron Pigs on the date below. If you would like to attend, please see Don, Apt. #106. Cost per game is \$9 per person.

Friday, August 12

Coffee & Donuts

Saturday, August 6
8 to 10 a.m.

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



Reminder...

The general meeting, committee meeting, candy/snack table, and soup and hot dog luncheons will be taking a break in July and August. They will all return in September. Bingo on Monday nights will continue throughout the summer.

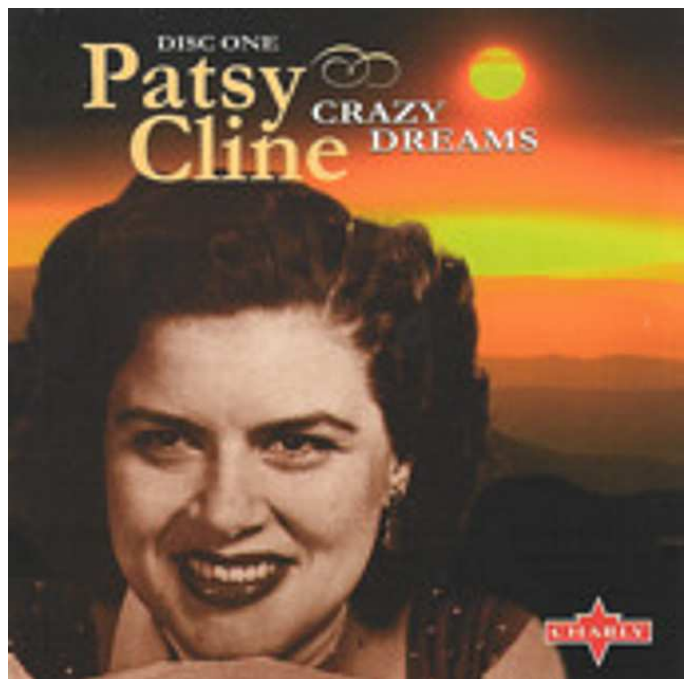
PINES DINNER THEATER

“Always Patsy Cline”

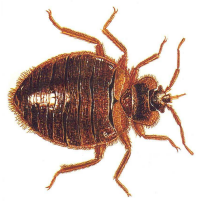
Wednesday, September 28
COST: \$45.20 per person

Based on a true story, this show features some of Patsy’s unforgettable hits such as “Crazy”, “I Fall to Pieces”, “Sweet Dreams” and “Walking After Midnight”.

Please indicate your interest on the September Van Trip sheet at the end of the newsletter. A \$20 deposit is required to reserve your seat. Final payment must be made by September 1.



Miki's Corner



Bed Bugs - Oh My!

Thurs., Aug. 4, 2 p.m.

Creepy, crawly little critters are wreaking havoc across the Lehigh Valley! They are bed bugs! Fortunately, they have not moved into Lutheran Manor and we want to keep it that way. A representative from Ehrlich Pest Control will be with us to tell us all about the dangers of bed bugs. Learn how to recognize them, what to do if you find them and how to avoid them. Don't miss this VERY important presentation!

Therapy Dog Visit

Miz Daisy's owner will not be able to be here in August. Alice and Miz Daisy will return on Monday, Sept. 19 at 2:30 p.m.

Chief's owner Howard is still recuperating from an accident, and if his recovery continues they will be back with us on Friday, September 9 at 11 a.m.



The Birds in our Back Yard

Weds., Aug. 17, 2 p.m.

Do you know how many species of birds can be found right outside your window? David Charrier, of The Birdhouse in Bethlehem, will present a wonderful slide show, depicting the variety of birds to look for right outside our building. Join us for this fun and informative presentation.

Home Care

Weds., Aug. 24, 2 p.m.

What is home care? When is it necessary? What is the cost? These and many more questions will be answered by Lisa Bachman, of Griswold Special Care. Lisa will share with us all you need to know about home care in order to make an informed decision when you need extra help. Refreshments will be served.

What's Going on at SteelStacks?

Weds., Aug. 31, 2 p.m.



We have all seen the demise of the Bethlehem Steel and watched as the buildings crumbled and the weeds grew bigger and bigger. Now, the land that was formerly the Bethlehem Steel is taking on new life. Julie Benjamin of Artsquest will be here to tell us what is going on at the former Steel site. She will talk about SteelStacks and the other new buildings that will be going up in the near future.



Exercise Classes

Mondays &
Wednesdays
10:00 a.m.

Did you know that twice a week we have a fun, healthy exercise class in the lounge? Every Monday and Wednesday, Robin comes in to lead a senior friendly class using light weights and stretch bands. Join us for this FREE class. Keeping active keeps you healthy!

A cheerful heart is good medicine, but a crushed spirit dries up the bones."

--Proverbs 17:22

How long has it been since you've had a good laugh? I mean a really good laugh that was so hard it made your sides ache?

In the last 10 to 15 years, researchers have discovered that laughter is a natural **stress** reliever. It improves circulation and muscle tone, and it increases your heart rate and certain hormones and endorphins so that you feel better. Laughing usually leads to a brighter outlook on life and is good for the body and the soul.



Isn't it interesting that science has validated what wise King Solomon told us thousands of years ago? In Proverbs 15:13 and 15 he wrote, "*A merry heart makes a cheerful countenance . . . he that is of a merry heart hath a continual feast.*"

If laughter is that good for you, shouldn't you make it a point to do it? Spend some time with friend(s) who have a good sense of humor. Make it a habit to share funny stories with your family from time to time. It may be hard to laugh when things aren't going well, but in those very moments something light and humorous may be just what you need to pick up your spirits and help you handle your stress.

God wants us to be happy and joyful. Let's look for something to laugh about. We will feel better.

....Chaplain Clark ☺



WORSHIP IN AUGUST, 2011 -2 pm in the Lounge

Tuesday, Aug. 2 Rev. Pat Lamb, Notre Dame RC Church, Bethlehem

Thursday, Aug. 11 Rev. Barry Mitchell, Emmanuel Lutheran Church, Bath

Thursday, Aug. 18 Richard Kuhn, resident

Thursday, Aug. 25 Rev Anthony Pompa, Cathedral Church of the Nativity

WEEKLY BIBLE STUDY-Mondays in the Patio-You are always welcome at our weekly Bible Study (now studying the Gospel of Luke) on Mondays from 1-2pm in the patio.

IT'S TIME TO TELL YOUR LIFE STORY...AND HAVE FUN SHARING YOUR MEMORIES!

Regardless of your age or background, you have an interesting and unique life story to share. Only you can preserve your memories. Only you can share a lifetime of wisdom. Only you can create a lasting record for generations to come. You have accomplished much!



Beginning Thurs. Sept 8th at 10:30 am we will meet for 8 weeks in the Patio to reminisce about our lives... the people, places and adventures we've experienced. Sign up now ☞

✂ Cut and slide under the Chaplan's door or sign up at his office

☺ **Yes, I'd like to take part in the REMINISCING & SHARING TIME on THURSDAYS. Name _____ Apt # _____**

HEALTH AND INFORMATION FAIR

**TUESDAY, AUGUST 9
10 A.M. TO 2 P.M.**

Join us for our first Health and Information Fair exclusively for you, our residents. We will have vendors from various health care agencies here to provide information, free screenings and more.

Hot dogs and soda will be sold from
Noon to 1:30 p.m.

We will have a free raffle with prizes donated by the participating vendors.

Note from the Property Manager...

WOW! What a fabulous job everyone did to prepare for our HUD inspection!! I personally want to **thank** ALL the residents, staff and sub-contractors that worked so hard to get everything complete by our deadline. I appreciate everyone's patience and cooperation during the preparation and construction time. The hallways and floors look wonderful!

I know we have a lot going on and sometimes it feels like an inconvenience, however, your daily compliments make everything worthwhile!! THANK YOU 😊 We still have some upcoming projects planned, so if you can continue your patience that would be greatly appreciated!

Stay Cool,

Courtney Donohue
Property Manager

Photo Release Form

With the launch of our new website and increased marketing efforts, we are asking that each resident please fill out this Photo Release form. Should your picture be taken by one of our resident photographers, it may be used on the website, on the picture viewer in the lobby or on other marketing materials. Please be patient as we go through the hundreds of pictures we have in order to eliminate those who do not want to be in photos.

If you have NOT already signed the form, please sign and return to Miki by Aug. 15. If we do not get a form from you, we will assume you are giving your permission for your photo to be used.



Photo Release Form

I hereby grant unrestricted permission to Lutheran Manor of the Lehigh Valley, Inc. to use any photographs taken of me or in which I may be included with others, to publish and republish the same in whole or in part in conjunction with any printed matter, websites, or other media now or in the future. I waive any right I may have to inspect or approve finished products. I understand all photographs will be included into stock files, are the property of Lutheran Manor and can be used at any time for promotional purposes.

Name: _____ **Apt. #:** _____

If you do not want your photo used, check here _____

PIZZA PARTY



Sunday, August 14, 2011

5 p.m. in the Lounge

Doors open at 4 p.m.

ENTERTAINMENT

Song Styles by "Cindy"
Plays keyboard
Lots of Fun!!

Coordinator: Ronnie Clifford

50/50 drawing: 3 for \$1.00

\$4 per person
\$6 per guest (limit 2)

Menu

2 slices of pizza (cheese topping)
Lettuce (assorted dressing)
Ice cream
Coffee or tea
(Soda - \$1.00)

You may reserve a table of **6 or 12 people only** before the deadline date



Pizza Party



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

Write names on back

of Guests _____

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

NAME: _____ APT.#: _____

PHONE: _____

Deadline for Reservations: Weds., August 10



Labor Day Picnic

Monday, September 5, 2011

1 p.m. in the Lounge

Doors open at Noon

Catered Buffet - 1 p.m.

COST:

\$8 per person

\$10 per guest (limit 2)

MENU

- Sausage on roll
- Peppers & Onions
- Hamburger Barbeque
- Baked Beans
- Potato Salad
- Macaroni Salad
- Potato Chips
- Fruit Salad
- Dessert
- Coffee & Iced Tea
- Soda - \$1.00
- (Bring a tray)

ENTERTAINMENT:

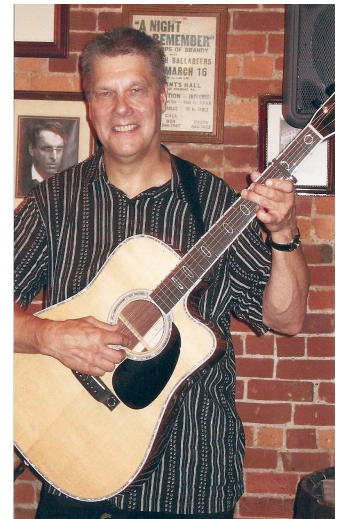
2 p.m.

Dan Yads

Vocalist with his guitar

Swing, Sway or
Dance!

Coordinator:
Ronnie Clifford



50/50 Drawing: 3 for \$1.00



Labor Day Picnic



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

Write names on back

of Guests : _____

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

NAME: _____ APT.#: _____

PHONE: _____

Deadline for Reservations: Weds., August 31



Weds., Nov. 30
COST: \$75 per person

We are going to see the Radio City Christmas Spectacular in New York City! Don't miss this awesome production with all new visual effects incorporated into the well-loved classic production.

We are taking the Lutheran Manor Bus. We will leave here at 8 a.m. The show starts at 11 a.m. After the show you will head out of city, with a stop for lunch on the way home.

The cost includes a FREE popcorn and soda at the show OR a souvenir Christmas Ornament. **A \$20 deposit will reserve your seat.** Final payment by October 1. Sign up with Miki.

Van Trips



September 2011

DATE	TRIP	TIME
Sept. 3 (Saturday)	West End Fair	9:00 a.m. _____
Sept. 6 (Tuesday)	Banks; CVS; \$\$ Store; PO	9:30 a.m. _____
Sept. 7 (Wednesday)	Kings	9:30 a.m. _____
Sept. 8 (Thursday)	Breakfast/Valley Farms	8:30 a.m. _____
Sept. 9 (Friday)	Red Lobster	11:00 a.m. _____
Sept.10(Saturday)	Sigal Museum (\$7)/Circle Farm Market	9:00 a.m. _____
Sept.11(Sunday)	Palace Diner	3:00 p.m. _____
Sept.12(Monday)	Lunch/Carmike Movies	11:00 a.m. _____
Sept.13(Tuesday)	Lunch/Senior Bingo	10:45 a.m. _____
Sept.14(Wednesday)	Hometown Flea Market	8:30 a.m. _____
Sept.17(Saturday)	Gilbertsville Flea Market	8:30 a.m. _____
Sept.18(Sunday)	Jack Creek Steakhouse	3:00 p.m. _____
Sept.20(Tuesday)	Giant	10:00 a.m. _____
Sept.21(Wednesday)	Senior Dance "King Henry"	12:15 p.m. _____
Sept.23(Friday)	Price Rite	10:00 a.m. _____
Sept.26(Monday)	Kmart	9:30 a.m. _____
Sept.28(Wednesday)	Pines Theater "Always Patsy Cline"	11:30 a.m. _____
Sept.29(Thursday)	Breakfast/Walmart	8:30 a.m. _____

Reservation forms may be obtained from and returned to Cathy from 9:00 a.m. to 1:00 p.m. in the main office on the first working day of the month. Afterward, sign up in Miki's office.



AUGUST
SEPTEMBER
OCTOBER
NOVEMBER
DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat																																										
	1 10:00 Exercise 1:00 Bible Study 6:00 Bingo	2 11:00 Schwann 2:00 Notre Dame Catholic Church	3 10:00 Exercise 6:30 Poker League	4 10:30 Life Bio 2:00 Speaker 6:00 Blood Pressure	5 1:00 Yoga	6 8:00 Coffee & Donuts 12:30 Pinochle Party																																										
7 5:00 Pizza Party	8 10:00 Exercise 1:00 Bible Study 6:00 Bingo	9 10:00 Health Fair	10 10:00 Exercise 6:30 Poker League 6:30 Computer	11 10:30 Life Bio 2:00 Emmanuel Lutheran Rev. Mitchell	12 11:30 Food Box Deliver 1:00 Yoga	13																																										
14 5:00 Pizza Party	15 10:00 Exercise 1:00 Bible Study 6:00 Bingo	16 11:00 Schwann	17 10:00 Exercise 2:00 Speaker 2:00 Book Club 6:30 Poker League	18 10:30 Life Bio 2:00 Lutheran Manor Richard Kuhn	19 1:00 Yoga	20																																										
21	22 10:00 Exercise 1:00 Bible Study 6:00 Bingo	23 2:00 Shuffle- board Meeting	24 10:00 Exercise 2:00 Speaker 6:30 Poker League 6:30 Computer	25 10:30 Life Bio 2:00 Cathedral Church of the Nativity Rev. Pompa	26 1:00 Yoga 7:00 Movie	27																																										
28	29 10:00 Exercise 1:00 Bible Study 6:00 Bingo	30	31 10:00 Exercise 2:00 Speaker 6:30 Poker League	September 2011 <table border="1"> <thead> <tr> <th>Sun</th> <th>Mon</th> <th>Tue</th> <th>Wed</th> <th>Thu</th> <th>Fri</th> <th>Sat</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> <tr> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> </tr> <tr> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> </tr> <tr> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> </tr> </tbody> </table>			Sun	Mon	Tue	Wed	Thu	Fri	Sat					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Sun	Mon	Tue	Wed	Thu	Fri	Sat																																										
				1	2	3																																										
4	5	6	7	8	9	10																																										
11	12	13	14	15	16	17																																										
18	19	20	21	22	23	24																																										
25	26	27	28	29	30																																											