

August 2020

Hi-Lites of Lutheran Manor



Notes From the Office



To Our New Residents!



Paul Belfort-1010
JoEllen LaPrade-603
Celeste Roney-1107

ALL residents & guests



MUST wear
masks in
common areas.

Always Sanitize
your hands upon
entering the
building



Eat Real Food Mobile Market

Every Friday from 12:15-1:45pm

(Outside near the pond)

ACCEPTED METHODS OF PAYMENT

CASH
CREDIT CARD
SNAP
FARMER'S MARKET
VOUCHERS

A "Farm to Neighborhood" initiative that is partnering with local farms, schools, municipalities, non-profits & community leaders bringing local farm food to neighborhoods in the Lehigh Valley. Reasonably priced fresh fruits & veggies from your local farms.

COVID-19

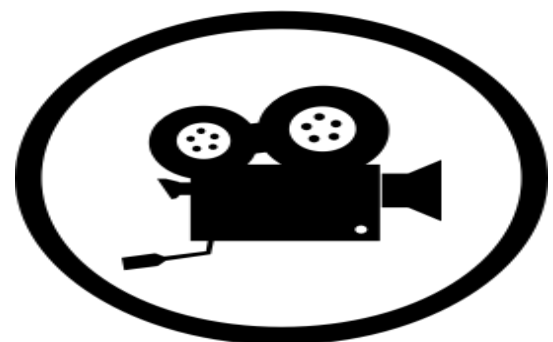
Watch **Channel 99**
for protocols &
updates.



LIVE-STREAMING

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

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



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*

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

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



*Tuesdays Only...\$10.00 Haircut
for New Clients

***No Massage appointments
until further Notice**



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.

RENT REBATES

Brenda will be providing her services to get them done!

Please bring **ALL** of the following documentation to your scheduled appointment:

RENT CERTIFICATE: The completed form will be provided by Brenda on the day of your confirmed appointment. It is NOT necessary for this form to be notarized, as it is completed by Michelle and signed by Courtney.

NOTE: If you are new to the building and rented elsewhere for part of last year, you will need a Rent Certificate from your previous landlord. Should you be unable to obtain your former landlord's signature, notarization is then required.

PROOF OF INCOME: ALL 2019 year-end statements (1099, W2's) – Social Security, SSI, SSD, SSP, Railroad Retirement, Pension, Annuity, IRA, Interest, Dividends, Salaries, Wages, Cash Public Assistance, Alimony, Unemployment Compensation, Worker's Compensation, Lottery Winnings, etc.

DIRECT DEPOSIT: If you would like your Rent Rebate check to be direct deposited into your bank account, you must bring your Bank Account and Routing information (checkbook accepted; ATM/VISA/DEBIT cards NOT ACCEPTABLE)

FIRST TIME APPLICANTS: PA Identification Card or Driver's License, Medicare Card or Medical Insurance Card and Proof of Disability (Letter from Social Security Administration)

The State Office will NOT be available in August to complete rebates.

****Please contact Brenda at ext.4 to get on the list for an appointment****

Farmers' Market Vouchers

Lehigh County Office of Aging & Adult Services will distribute Farmers' Market Nutrition Program vouchers to eligible senior citizens through the mail. The vouchers are available to Lehigh County residents 60 years or older whose total gross household income is within the income guidelines: \$23,606 for a one-person household and \$31,894 for a two-person household. To qualify you must be 60 or older (or turn 60 by 12/31/20) and meet the household income guidelines. **while supplies last**

****Contact BRENDA to request an application***

Fall Detection & Prevention

With the demand for Balance & Fall Risk Assessments growing rapidly, using a state of the art Balance Tracker with highly accurate sensors to determine the center of pressure & postural sway, can prevent an accident.

Join us to see where you stand!

Janice Friedman


Always Best Care
senior services®

Tuesday, August 11 @ 10am

(Channel 98)



ALL MOVIES WILL BE LIVE-STREAMED ON CHANNEL 98!

MOVIE 1: The First Wives Club

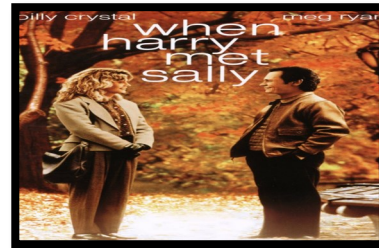
Monday, August 3rd @ 1:00 pm



Despondent over the marriage of her ex-husband to a younger woman, a middle-aged divorcée plunges to her death from her penthouse. At the woman's funeral, her former college friends reunite for the first time in nearly 30 years. When the three discover the reason for their friend's suicide, they realize that all of their ex-husbands have taken them for granted and deciding it's time for revenge, they make a pact to get back at their exes.

MOVIE 2: When Harry Met Sally

Monday, August 10th @ 1:00 pm



In 1977, college graduates Harry Burns and Sally Albright share a contentious car ride from Chicago to New York during which they argue about whether men and women can ever truly be strictly platonic friends. Ten years later, Harry and Sally meet again at a bookstore and in the company of their respective best friends Jess and Marie attempt to stay friends without sex becoming an issue between them.

MOVIE 3: Mona Lisa Smile

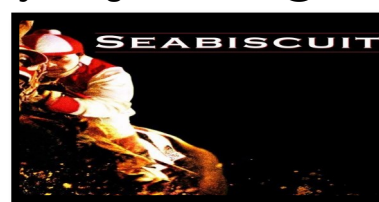
Friday, August 21st @ 1:00 pm



Katherine Watson is a recent UCLA graduate hired to teach art history at the prestigious all-female Wellesley College, in 1953. Determined to confront the outdated mores of society and the institution that embraces them, Katherine inspires her traditional students including Betty and Joan to challenge the lives they are expected to lead.

MOVIE 4: Sea Biscuit

Friday, August 28th @ 1:00pm



In the midst of the Great Depression, a businessman coping with the tragic death of his son, a jockey with a history of brutal injuries and a down-and-out horse trainer team up to help Seabiscuit, a temperamental, undersized racehorse. At first the horse struggles to win, but eventually Seabiscuit becomes one of the most successful thoroughbreds of all time and inspires a nation at a time when it needs it most.



From the Chaplain



The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they display knowledge. There is no speech or language where their voice is not heard. Their voice goes out into all the earth, their words to the ends of the world. Psalm 19:1-4

THE WONDERS OF GOD!!

Each and every day is a miracle from God. Each day of our lives we walk through a world filled with the wonders and glory of the Lord. This morning I opened the side garage door to take Charlie (our dog) for a walk and noticed something new outside. Overnight, a large spider had woven a web that stretched across the corner of the door near the outdoor light. The intricate design captured my attention and brought home a reminder that I don't have to look far to see the creative brilliance of an incredible God.

I see His artistry in the bright colors of flowers, every blossom different and unique. I notice the texture in the rough bark of trees, and the perfectly blue sky above. Nobody paints the sky better than God.

It doesn't matter what you are looking at... whether it is the heavens, the animals, the birds of the air, trees or seeds... it doesn't matter what you look at - there is a wonder and majesty in all of it. There is a design and there is a designer!

But we, too, can become dull and lose the wonder of all that He has done and provided for us, even our very salvation. We need to awaken to the daily miracles of life, and to the never-ending opportunities the Lord is opening, to pour His love into us, and through us. As we do, may we always be saying to ourselves, "Wow -- what amazing love is this that's been given to me!"

I'm so grateful for a God who—in the midst of creating all this perfection—still has us on His mind. That, dear friends, is what's truly incredible.

~Blessings, Pastor Clark

BIBLE STUDY at 12:30pm on Wednesdays. We are presently studying Colossians.

CHAT ROOM- Not scheduled for August.

Watch the Message Board for updates

WORSHIP- EVERY WEEK @ 2pm on Channel 98

Tues. August 4th –Father Kevin Bobbin, Notre Dame RC Church, Bethlehem

Thurs. August 6th- (Spanish) Pastor Jonny Villamar, Cornerstone Church, Easton

Thurs. August 13th – Pastor Richard Nahodil, Christ EC , Allentown

Thurs August 20th – Pastor Beth Goudy, Metro Community Church, Bethlehem

Thurs. August 27th- Pastor Clark, Chaplain, Lutheran Manor.



From the Chaplain



THE SHACK

WEDNESDAY, AUGUST 12, 2020 @ 2pm

(Channel 98)

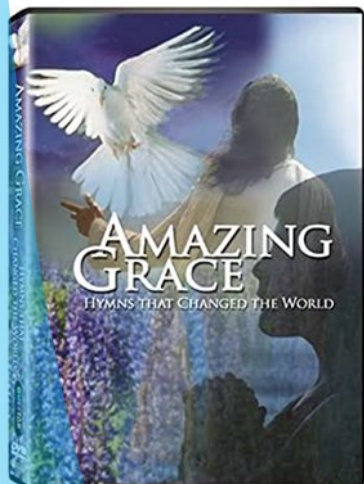
After the abduction and presumed death of Mack Phillips' youngest daughter, Missy, Mack receives a letter and suspects it is from God, asking him to return to The Shack where Missy may have been murdered. After contemplating it, he leaves his home to go to The Shack for the first time since Missy's abduction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

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: 5 HYMNS THAT CHANGED THE WORLD

WEDNESDAY, AUGUST 26TH @ 2pm

(Channel 98)

This is the story behind 5 hymns and the sound of the 5 hymns. The hymns are:

- Amazing Grace
- It Is Well With My Soul
- What A Friend We Have In Jesus
- Silent Night
- How Great Thou Art.

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 gorgeous scenery and interesting info on writers of words and music.*



Summer Strawberry Salad



***Call *Kierra* if you would like a copy delivered to your mailbox!**



Fitness Center is Open

***There are limited hours & limited space available in the fitness center.**

***Please CALL for a timeslot to exercise.**

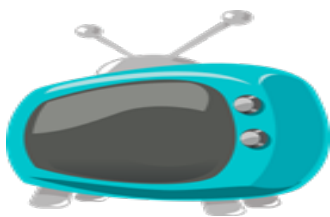
*If you cannot make your scheduled time, please contact me immediately.

All classes live-streamed!

August Health Topics

(Channel 98)

stay tuned...



-Wed. Aug. 5th 11:00am

'Healthy Sleep'

-Wed. Aug. 19th 11:00am

'Managing Inflammation'

-Wed. Aug. 26th 11:00am

'How to Fix Your Posture'

August is

National Immunization Awareness Month



The Vaccine War

With a global pandemic going on, it is definitely the perfect climate to discuss the facts about immunizations.

Monday, August 17th @ 1:00 PM

(Channel 98)

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	2:00pm	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	Cancelled until further notice

Exercise Classes

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
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	11:00am	To Be Announced
Stand Up for Strength	Monday	11:00am	Live streamed Channel 98
Yoga	Friday	11:00am	DVD- Channel 98
Walkers Club	Monday, Wednesday Friday	2:00pm	Cancelled until further notice
Tai Chi	Tuesday Friday	12:00pm 10:00am	DVD- Channel 98

Our *AUGUST* Activities

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Lounge CLOSED for Cleaning	Every other Friday	7am-10am	Lounge
<u><i>VAN TRIP PAPERS DROP-OFF</i></u>	<u><i>MONDAY, AUGUST 3</i></u>	<u><i>8:30AM</i></u>	<u><i>BRENDA'S OFFICE</i></u>
Movie #1-The First Wives Club	Monday August 3	1:00pm	Live streamed Channel 98
Second Harvest Food Bank	Thursday, August 6	12:30pm	Boxes will be distributed to resident's apartments
Pastor Clark Movie #1 - THE SHACK	Wednesday, August 12	2:00pm	Live streamed Channel 98
Movie #2-When Harry Met Sally	Monday, August 10	1:00pm	Live streamed Channel 98
SPEAKER: Always Best Care	Tuesday, August 11	10:00am	Live streamed Channel 98
<u><i>GENERAL MEETING</i></u>	<u><i>TUESDAY, AUGUST 11</i></u>	<u><i>2:00PM</i></u>	<u><i>LIVE STREAMED CHANNEL 98</i></u>
Pastor Clark Movie #2 - AMAZING GRACE	Wednesday, August 19	2:00pm	Live streamed Channel 98
Movie #3-Mona Lisa Smile	Friday August 21	1:00pm	Live streamed Channel 98
Movie #4- Sea Biscuit	Friday August 28	1:00pm	Live streamed Channel 98

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Fitness <i>Van Trips</i> Resident Association Religious Lutheran Manor Holidays/ Observances/Other		I
2	3 8:30 Van trip Papers DROPOFF 9:00 Banks/Post Office/CVS 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie:(First Wives Club 98)	4 10:00 Shopping at WEIS 10:00 Joyful Joints (98) 12:00 Tai Chi (98) 2:00 Church (98)	5 10:00 Fit For Life(98) 11:00 SPEAKER: Healthy Sleep 12:30 Bible Study(98) 12:30 Shopping at WALMART 3:00 Candy/IceCream	6 10:00 Joyful Joints (98) 12:30 Second Harvest Food Bank (Boxes distributed to residents apts) 2:00 Church Spanish (98)	7 7:00-10:00 Lounge Closed for cleaning 10:00 Tai Chi (98) 11:00 Yoga (98) 12:00 Mobile Mkt	8
9	10 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie: When Harry Met Sally (98)	11 10:00 Joyful Joints (98) 10:00 SPEAKER: Always Best Care 12:00 Tai Chi (98) 2:00 General MTG (98)	12 10:00 Fit For Life(98) 12:30 Bible Study(98) 1:00 Shopping at GIANT 2:00 Pastor Clark Movie:TheShack (98) 3:00 Candy/IceCream	13 10:00 Joyful Joints (98) 2:00 Church (98)	14 10:00 Tai Chi (98) 11:00 Yoga (98) 12:00 Mobile Mkt	15
16	17 10:00 Shopping at TARGET 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie: The Vaccine War (98)	18 10:00 Joyful Joints (98) 12:00 Tai Chi (98)	19 10:00 Fit For Life(98) 11:00 SPEAKER Managing inflammation (98) 12:30 Bible Study(98) 3:00 Candy/IceCream	20 10:00 Joyful Joints (98) 2:00 Church (98)	21 10:00 Shopping at VALLEY FARMS 10:00 Tai Chi (98) 11:00 Yoga (98) 12:00 Mobile Mkt 1:00 Movie: Mona Lisa Smile (98)	22
23	24 10:00 Fit For Life (98) 11:00 Stand up for Strength (98)	25 10:00 Joyful Joints (98) 12:00 Tai Chi (98)	26 10:00 Fit For Life(98) 11:00 How to Fix Your Posture (98) 12:30 Bible Study(98) 2:00 Pastor Clark Movie: Amazing Grace(98) 3:00 Candy/IceCream	27 10:00 Joyful Joints (98) 1:00 Shopping at WEGMANS 2:00 Church (98)	28 10:00 Tai Chi (98) 11:00 Yoga (98) 12:00 Mobile Mkt 1:00 Movie: SeaBiscuit 98)	29
30	31 10:00 Shopping at WALMART 10:00 Fit For Life (98) 11:00 Stand up for Strength (98)					

VAN TRIPS September 2020

DATE	DAY	TRIP	TIME
Sept 3	Thursday	Banks (if permitted), Post Office, CVS	9:00am_____
Sept 4	Friday	Shopping at VALLEY FARMS	1:00pm_____
Sept 8	Tuesday	Shopping at TARGET	1:00pm_____
Sept 10	Thursday	Shopping at GIANT	10:00am_____
Sept 15	Tuesday	Shopping at WEIS (Senior Discount Day)	11:00am_____
Sept 18	Friday	Shopping at SHOPRITE	1:00pm_____
Sept 23	Wednesday	Shopping at VALLEY FARMS	10:00am_____
Sept 25	Friday	Shopping at WALMART	12:00pm_____
Sept 28	Monday	Shopping at WEGMANS	10:00am_____



Forms will be collected starting at 8:30 am on Monday, August 3rd .

Name: _____ Apt: _____