

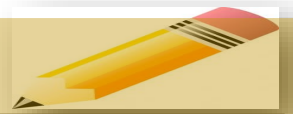
January 2021

Hi-Lites of *Lutheran Manor*

HAPPY
New Year



Notes From the Office



To Our New Residents!

Nancy Nagle- 1017

Berta Rabinovitch-704

New Office Hours

Monday –Thursday

8:30am-4:30pm

Friday 8:30am-1:00pm

THANK YOU!

The Staff at Lutheran Manor would like to send out a great big
THANK YOU to each and every one of you.

We appreciate all of your gifts, treats, cards and well wishes
during this wonderful Holiday Season.

Your generosity and thoughtfulness is greatly appreciated!

HAPPY NEW YEAR!!!

*Courtney, Michelle, Mona, Zenia, Brenda,
Ken L., Donny, Kevin, Pete, Judy, Chentelle,
Kierra, Pastor Clark, Joe & Ken C.*

Always Sanitize your hands
upon entering the building .

NOTICE

**Use hand
sanitizer.**



SmartSign.com • 800-952-1457 • 5-9888

LIVE-STREAMING

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

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



ALL residents &
guests
MUST wear
masks in
common areas.

If your guests are experiencing any cough or flu-like symptoms, **DO NOT** allow them to enter the building.

Only Two Visitors per apartment until further notice.

PA Travel Guidelines

A **negative** COVID test or a **14-day** home quarantine is required for **ANYONE** entering Pennsylvania from another state.



Watch the General Meeting for important updates & announcements from Lutheran Manor
Tuesday, January 12th

COVID-19

Watch **Channel 99** for protocols

SNOW PARKING SPOTS

During the winter months, especially when snow is expected in the weather forecast, snow parking spots must remain **EMPTY!**



APARTMENT INSPECTIONS

We are required by the Department of Housing and Urban Development to bi-annually inspect all equipment in Lutheran Manor's units.

This inspection will include plumbing, heating/AC, electrical, appliances, windows, carpeting and paint.

Due to our tight schedule, the maintenance department will start their inspections at 8:30 am on the following dates:

Tuesday, January 26	Floors 11, 10, 9
Wednesday, January 27	Floors 8, 7, 6
Thursday, January 28	Floors 5, 4, 3
Friday, January 29	Floors 2, 1

You **DO NOT** need to do anything for this inspection.

You **DO NOT NEED TO BE HOME**. If you are not home on these dates, maintenance will enter your apartment and do their inspection.

Thank you in advance for your cooperation. Should you have any concerns or conflicts, please visit the main office.

Ken , Donny, Kevin

Maintenance Department

Brenda's Bulletin

MILLIS EYE ASSOCIATES Clinic

Providing the same high quality exams you would expect in our office, in the comfort of your own home. Our state-of-the-art portable equipment allows us to perform a full, dilated eye exam evaluating cataracts, glaucoma, macular degeneration, diabetic retinopathy and many other conditions that are prevalent in seniors, as well as providing a new eyeglass prescription which can be used to choose glasses the same day.

Thursday, January 14th
9:00am-3:00pm (Lounge)

**Contact Brenda to sign up for an appointment*



TdAP SHOT Clinic

Tuesday, January 26th
2:00pm-4:00pm (Lounge)

Items Needed for clinic:

- COPAY may be required
- Driver's License or Identification card
- MEDICARE card
- Medical Insurance card



**Sign up with Brenda today*



Kierra's Kickstart to Fitness

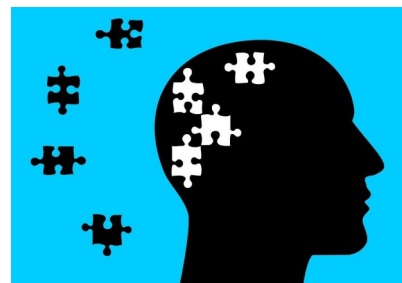
Boost Your Immune System



We all know how important it is to stay healthy this winter. Learn how to keep your body strong enough to fight the many viruses out there.

Wednesday the 6th @ 11am

Improve your Mental Health



A combination of dark and cold winter, post-holiday blues, and pandemic stress can take a toll this January. Tune in on ch.98 for tips on staying mentally and emotionally well.

Wednesday the 13th at 11 AM

Live-Stream



During the month of January, tune into channel 98 for any of Kierra's LIVE programming to play her own version of Bingo!

Starting Jan4, pick up your bingo card or call Kierra to have one delivered to you. Each day, a new Bingo number will be announced on channel 98. Turn in your card when you have BINGO!

Weekend Warrior

Brain Games



Keep your brain active this winter with this fun weekend activity!

Every Friday this month, Kierra will put a few packets of brain teasers & other activities in the fitness center and also in the lobby on each floor.

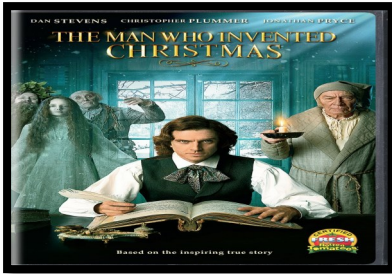
***Call Kierra 610-866-6010 x208**
to have one dropped off at your apartment.



ALL MOVIES WILL BE LIVE-STREAMED ON CHANNEL 98!

**MOVIE 1: The Man Who
Invented Christmas**

Monday, January 4 @ 1pm



In 1843 London, author Charles Dickens finds himself in financial trouble after writing three unsuccessful novels in a row. Desperate for a hit, Dickens relies on real-life inspiration and his vivid imagination to bring Ebenezer Scrooge, Tiny Tim and other classic characters to life in "A Christmas Carol," forever changing the holiday season into the celebration known today .

MOVIE 3: Honest Thief
Friday, January 22 @ 1pm



Hoping to cut a deal, a professional bank robber agrees to return all the money he stole in exchange for a reduced sentence. But when two FBI agents set him up for murder, he must now go on the run to clear his name and bring them to justice.

MOVIE 2: Soul

Monday , January 11 @ 1pm



Joe is a middle-school band teacher whose life hasn't quite gone the way he expected. His true passion is jazz -- and he's good. But when he travels to another realm to help someone find their passion, he soon discovers what it means to have soul.

MOVIE 4: The War with Grandpa
Friday, January 29 @ 1pm



Peter and his grandpa used to be very close, but when Grandpa Jack moves in with the family, Peter is forced to give up his most prized possession: his bedroom. Peter will stop at nothing to get his room back, scheming with friends to devise a series of pranks to drive him out. However, grandpa doesn't give up easily, and it turns into an all-out war between the two.

Bellezza Salon & Spa

YES...WE ARE
OPEN

Hours of Operation

Tuesday 9:30am - 3pm

Thursday 9am - 3pm

For Appointments

Call 610-866-6010

then press 9



SALON is OPEN

**MASKS REQUIRED in waiting area
and in salon at all times**

*Sign up for the gift basket raffle in the salon and you just may be a winner in January's drawing!

*After completing your 4th service, you will receive \$30 gift card to the salon!

*Refer a NEW RESIDENT and you will receive \$5.00 off of your next service

*50% off any retail products...your second purchase is 60% off

BINGO

to resume in February



From the Chaplain



SHINE ON...

Because of the recent increase with the covid 19 virus infections, our Church did not have "in person" worship this Christmas. We stayed in our cars as we worshipped at the Drive-in in Cherryville. It was a beautiful service. But one of the special moments I missed was passing the candlelight to another person as we sang *Silent Night*. One person gives the gift of light to another whose candle is dark and cold. The light is unlike a gift that when given leaves the giver with less. Instead, after the light is shared, both candles glow with equal brightness. The light multiplies exponentially as it is passed down each row.

Just as a single candle sheds light and illuminates an entire room, the life of one person, Jesus Christ, casts light on the darkness of the world. Jesus is the "Light of the World (John 8:12), and so are we, his people.

As Isaiah brought the message of God's light and salvation to dark times, so may you as God's people today, bear witness to Jesus, the holy child born within your hearts.

Make it your New Year's resolution to be light bearers to a dark and troubled world.

Keep your lights burning brightly so others can follow as you illuminate the path to a New life.

May others see Jesus, the light of the world, through you. **Go shine!!** ~Chaplain Clark

WORSHIP IN JANUARY – 2pm live streamed on Channel 98

Tuesday, Jan. 5th, Father Kevin Bobbin, Notre Dame RC Church, Bethlehem.

Thursday, Jan. 7th Pastor Jonny Villamar, (Spanish) Cornerstone Church, Easton

Thursday, Jan. 14th Pastor George Eckstein, St. Mark UCC, Allentown

Thursday, Jan. 21st Pastor Beth Goudy, Met. Community Church, Bethlehem

Thursday, Jan. 28th Memorial Worship, Holy Communion, Pastor Clark, Chaplain



BIBLE STUDY every Wednesday at 12:30 pm live stream on Channel 98.

CHAT ROOM every Thursday) at 10 am in the Game Room (2nd FL of Wellness Center)

Please watch Message Board for updates.

ANNUAL MEMORIAL WORSHIP

Thursday, Jan. 28th (Memorial Service)

2pm on Channel 98. Holy Communion (the Eucharist) will be celebrated at that worship.

You are welcome to request a sealed communion cup with juice and a wafer.

You are also encouraged to submit name(s) of loved ones who died during 2020 to be remembered at that worship.

Request slips for both Communion and Memorial Names are included elsewhere in this Newsletter.

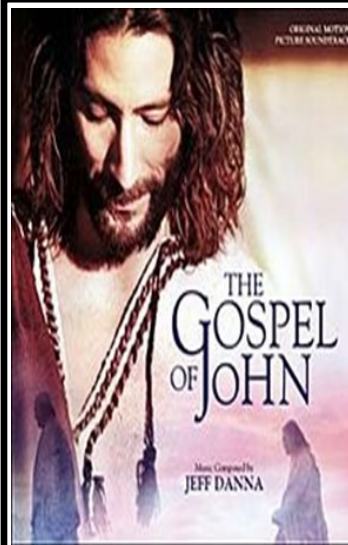




ANDRE RIEU: Live in Vienna

A concert with Andre Rieu on the square in front of the imperial Hofburg Palace in the heart of Vienna.

**Wednesday, January 6th
2pm on Channel 98**

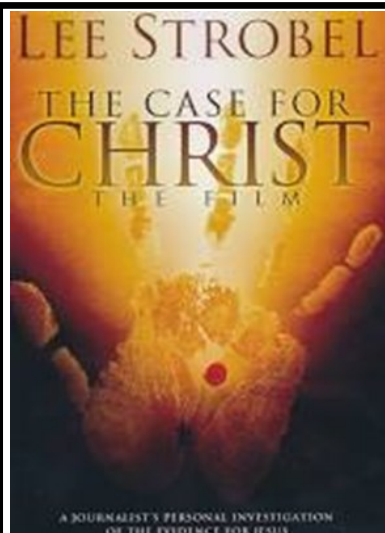


THE GOSPEL OF JOHN

Recounts the life of Jesus word for word

according to the Gospel of John (Good News Bible).

**Wednesday, January 13th
2pm on Channel 98.**



THE CASE FOR CHRIST

What does it take for a fiercely committed

almost militant atheist to place his faith in Christ? The *Case For Christ* answers that question.

**Wednesday, January 20th
2 pm on Channel 98.**



FRANK SINATRA: The Main Event

Live at
Madison Square
Garden/1974

**Wednesday, January 27th
2pm on Channel 98**



MEMORIAL SERVICE

January 28, 2021 @ 2 pm

Live stream on Channel 98

A time to remember all those friends and family who passed away DURING 2020

(You may include residents of Lutheran Manor and/or friends and family.)

Name: _____ Date/Death: _____

Name: _____ Date/Death: _____

Name: _____ Date/Death: _____

Your Name: _____ Phone#: _____

Apt#: _____

Please return this slip to the **MAIN OFFICE**
no later than Thursday, January 21st.

WORSHIP SERVICES 2021

Once again it is time to schedule **Clergy** for our **2021** Thursday Worship services. Your help is needed. Take this opportunity to talk to your pastor(s) and inquire if they would be interested in leading worship. Be sure to tell them that our Worship Services are held on Thursdays at 2:00pm

*If your pastor is interested, please complete the form and return it to **Pastor Clark** so he can contact your minister to set a date for the 2021 schedule.*



**Worship
Leaders**

Clergy's Name: _____ Phone#: _____

Church: _____ Spanish: Yes No

Your Name: _____ Apt#: _____

Please return this slip to **PASTOR CLARK**

**We will celebrate Holy Communion
(the Eucharist) at the Memorial Service on
Thursday, January 28th at 2 pm.**

A sealed communion cup with juice
and wafer is available for this service.
Please indicate below if you would like one
brought to your apartment prior to worship.

Thank you.
~Chaplin Clark



Live Streamed on Channel 98

HOLY COMMUNION AT MEMORIAL SERVICE WORSHIP

NAME: _____

APT#: _____ PHONE#: _____

_____ I would like a sealed Communion cup/juice and wafer
for worship on Thursday, January 28th @ 2pm

Please return this slip to the **MAIN OFFICE**
no later than Tuesday, January 26th.

Religious Activities

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Bible Study	Every Wednesday	12:30pm	Live Streamed Channel 98
Chat Room	Every Thursday	10:00am	Cancelled until further notice
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

Exercise Classes

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Afternoon Aerobics	Tuesday	1:00pm	Live streamed Channel 98
Basic Balance	Tuesday Thursday	1:00pm	Cancelled Until Further Notice
Fit For Life	Monday & Wednesday	10:00am	Live streamed Channel 98
Joyful Joints	Tuesday & Thursday	10:00am	Live streamed Channel 98
Stand Up for Strength	Monday	11:00am	Live streamed Channel 98
Tai Chi	Tuesday Friday	12:00pm 10:00am	DVD Tuesday, Live-Streamed Friday
Walkers Club	Monday, Wednesday Friday	2:00pm	Cancelled until further notice
Yoga	Tuesday and Friday	11:00am	Live Streamed Tuesday DVD Friday

Our *JANUARY* Activities

Activity	Day(s)	Time	Place
Candy / Ice Cream Sale	Every Wednesday	3:00pm	Lounge
New Years Day	Friday, Jan 1	8:00AM	OFFICE CLOSED
Van Trip Papers Drop off	Monday Jan 4	8:30am	Main Office
Movie #1– The Man Who invented Christmas	Monday, Jan 4	1:00pm	Live-streamed Channel 98
CLINIC: Blood Pressure Checks	Tuesday, Jan 5	2:00pm	Lounge
SPEAKER: Boost Immune System	Wednesday, Jan 6	11:00am	Live-streamed Channel 98
Pastor Clark Movie #1: Andre Rieu Live	Wednesday Jan 6	2:00pm	Live-streamed Channel 98
Second Harvest Food Bank	Thursday, Jan 7	12:30pm	Direct Apartment Delivery
Movie #2: SOUL	Monday Jan 11	1:00pm	Live-streamed Channel 98
General Meeting	Tuesday, Jan 12	2:00pm	Live-streamed Channel 98
SPEAKER: Improve Mental Health	Wednesday, Jan 13	11:00am	Live-streamed Channel 98
Pastor Clark Movie #2:The Gospel of John	Wednesday, Jan 13	2:00pm	Live-streamed Channel 98
CLINIC: Millis Eye Associates	Thursday, Jan 14	9:00am	Lounge
Martin Luther King Day	Monday, Jan 18	8:00am	OFFICE CLOSED
Pastor Clark Movie #3: The Case For Christ	Wednesday, Jan 20	2:00pm	Live-streamed Channel 98
Movie #3: Honest Thief	Friday, Jan 22	1:00pm	Live-streamed Channel 98
CLINIC: TDAP	Tuesday, Jan 26	2:00pm	Lounge
Pastor Clark Movie #4: Sinatra	Wednesday, Jan 27	2:00pm	Live-streamed Channel 98
Annual Memorial Worship /Holy Communion	Thursday, January 28	2:00pm	Live-streamed Channel 98
Movie #4 The War With Grandpa	Friday Jan 29	1:00pm	Live-streamed Channel 98

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>January</h1>			Fitness Van Trips Resident Association Religious	Lutheran Manor Holidays/Observances / Other	1 OFFICE CLOSED 	2
3	4 8:30 Van trip Paper Drop off 9:30 CVS 9:30 Weekly Update with Kierra (98) 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie #1- The Man Who invented Christmas 3:00 Surprise Episodes: Staff Choice (98)	5 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 2:00 Church (98) 2:00 CLINIC: Blood Pressure Checks 3:00 Surprise Episodes: Staff Choice (98)	6 9:00 VALLEY FARMS 10:00 Fit For Life(98) 11:00 Speaker: Boost Your Immune System (98) 12:30 Bible Study(98) 1:00 VALLEY FARMS 2:00 Pastor Movie: Andre Rieu(98) 3:00 Candy/IceCream	7 10:00 Joyful Joints(98) 11:00 DVD: Healthy Cooking (98) 12:30 Second Harvest Food Bank 1:00 Afternoon Meditation (98) 2:00 Church Spanish (98) 3:00 Surprise Episodes: Staff Choice (98)	8 9:00 Great News! (98) 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie: The Founder (98) 3:00 Surprise Episodes: Staff Choice (98)	9
10	11 9:30 Weekly Update with Kierra (98) 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00:Movie #2- SOUL (98) 3:00 Surprise Episodes: Staff Choice (98)	12 9:30 WEIS 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 2:00 General MTG (98)	13 10:00 Fit For Life(98) 11:00 Speaker: Improve your Mental Health (98) 12:30 Bible Study(98) 3:00 Candy/IceCream	14 9:00 CLINIC: Millis Eye Associates 10:00 Joyful Joints(98) 2:00 Church (98) 3:00 Surprise Episodes: Staff Choice (98)	15 9:30 GIANT 10:00 Tai Chi (98) 11:00 Yoga (98) 3:00 Surprise Episodes: Staff Choice (98)	16
17	18 OFFICE CLOSED 	19 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 3:00 Surprise Episodes: Staff Choice (98)	20 9:00 WALMART 10:00 Fit For Life(98) 12:30 Bible Study(98) 1:00 WALMART 3:00 Candy/IceCream	21 10:00 Joyful Joints(98) 2:00 Church (98) 3:00 Surprise Episodes: Staff Choice (98)	22 9:00 Great News! (98) 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie #3-The Honest Thief (98) 3:00 Surprise Episodes: Staff Choice (98)	23
24	25 9:30 GIANT 9:30 Weekly Update with Kierra (98) 10:00 Fit For Life(98) 11:00 Stand up for Strength (98) 3:00 Surprise Episodes: Staff Choice (98)	26 APT Inspections 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 2:00 TDAP Clinic 3:00 Surprise Episodes: Staff Choice (98)	27 APT Inspections 9:00 WEGMANS 10:00 Fit For Life(98) 12:30 Bible Study(98) 1:00 WEGMANS 3:00 Candy/IceCream	28 APT Inspections 10:00 Joyful Joints(98) 2:00 Church-Memorial service/Holy Communion (98) 3:00 Surprise Episodes: Staff Choice (98)	29 APT Inspections 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie #4- The War with Grandpa (98) 3:00 Surprise Episodes: Staff Choice (98)	30 31

VAN TRIPS February 2021

DATE	DAY	TRIP	TIME
Feb 3	Wednesday	Shopping at CVS	9:30am_____
Feb 5	Friday	Shopping at GIANT	9:30am_____
Feb 9	Tuesday	Shopping at WEIS (Senior Discount Day)	9:30am_____
Feb 10	Wednesday	Shopping at WALMART	9:00am_____
Feb 10	Wednesday	Shopping at WALMART	1:00pm_____
Feb 17	Wednesday	Shopping at VALLEY FARM	9:00am_____
Feb 17	Wednesday	Shopping at VALLEY FARM	1:00pm_____
Feb 19	Friday	Shopping at GIANT	9:30am_____
Feb 23	Tuesday	Shopping at WEIS (Senior Discount Day)	9:30am_____
Feb 24	Wednesday	Shopping at WEGMANS	9:00am_____
Feb 24	Wednesday	Shopping at WEGMANS	1:00pm_____

*Happy New Year
2021*

Forms will be collected starting at 8:30 am on Monday, January 4th

Name:_____ Apt:_____

*****List closes 24 hours prior to departure. Sign up with Brenda today!*****