

March 2020

Hi Lites
of Lutheran Manor





Notes From the Office

Lutheran Manor does not own any shopping carts.
Please **DO NOT** bring them here and leave them in
the entrance area!

Please return them to the store!



SHOPPING CARTS



Wear Green Day



Tuesday March 17th, 2020

In celebration of *St Patty's Day*, Staff will be **wearing green**
Residents if you want to join us in **wearing green**, you are
welcome too!!

Resident's Association



Shuffleboard

Every Thursday
at 6:00 pm in the Game
Room.



Every Monday
at 6:00 pm in the Lounge.

Ice Cream Sale

Every Wednesday
at 5:00 pm in the
Lounge.



SNACK STAND



Snacks available every
Monday & Wednesday
From 3:00 pm-6:00 pm
in the Main Lobby

Coffee, Donuts, Bagels, & Muffins

Saturday, March 7th, 2020
8:30 am to 9:30 am in the Lounge



\$1.00 coffee
\$1.00 donuts, bagels, muffins
**Friends and Family
are always welcome!**

Soup & Hot Dogs

Saturday, March 21st ,2020 @ 5:00pm

SOUP:

Cream of Broccoli \$3.00

HOT DOGS:

Plain, Sauerkraut, or Chili \$1.50

RED BEET EGGS: \$0.50

DESSERT:

Ice Cream & Strawberries \$2.50

SODA OR COFFEE: \$1.00



Entertainment by:
The Kittek Boys
50/50 Drawing



Friends and Family are Welcome!

SUNDAY SOCIAL

Sunday March 29th at 5pm in the lounge

Menu: Chili

Entertainment: Robin & Jim

***Donations Appreciated**



IRISH BLESSING

May the blessing of light be upon you,
Light on the outside,
Light on the inside.

With God's sunlight shining on you,
May your heart glow with warmth,
Like a turf fire
that welcomes friends and strangers alike.

May the light of the Lord shine from your eyes,
Like a candle in the window,
Welcoming the weary traveler.



Illuminated Living

Sandwich Sale

Cost: \$5

Orders available for pickup: Our Goal is 48 orders
Friday, March 27th from 11am-12pm in the Lounge



Sandwich Sale Order Sheet

Fill out and return slip, along with money, to **Marge Bachemin, Apt #705**

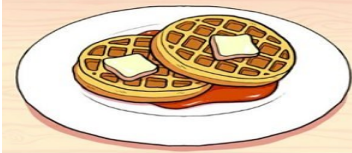
Name: _____ Apt: _____

Kaiser Roll, Ham & Cheese # _____ Kaiser Roll, Turkey, Cheese # _____

Write the number of sandwiches you'd like to order next to the type.

DEADLINE FOR ORDERS IS TUESDAY, MARCH 24TH, 2020

BREAKFAST



Breakfast open to
all Residents & Guests!!

Saturday, March 14th, 2020

8:30 am - 9:30 am

Cost: \$3.00

MENU

3 Pancakes

2 Sausage Links

Coffee and Orange Juice

BREAKFAST

Saturday, March 14th 2020

8:30 am—9:30 am

Place slip in a sealed envelope along with cash payment
and slide it under the door of Marjorie Bachemin Apt #705.

Name: _____ Apt#: _____ Phone: _____

of Guests _____

DEADLINE FOR RESERVATIONS IS MONDAY, MARCH 2nd, 2020.



If you are interested in having a
garden plot this year, please fill out
the form below and bring it to the
Main Office starting March 9th.

Please do not leave slip in Mailbox

Garden Plot

We will begin accepting slips on March 9th until March 13th.

Plots will be assigned March 20th, 2020!!!

Name: _____ Apt#: _____

If you had a space last year, would you like the same one? CIRCLE Yes or No

DUE TO LIMITED SPACE, REQUESTS ARE ON A FIRST COME FIRST SERVE BASIS.



Brenda's Bulletin



Spring Floral Arrangement Class



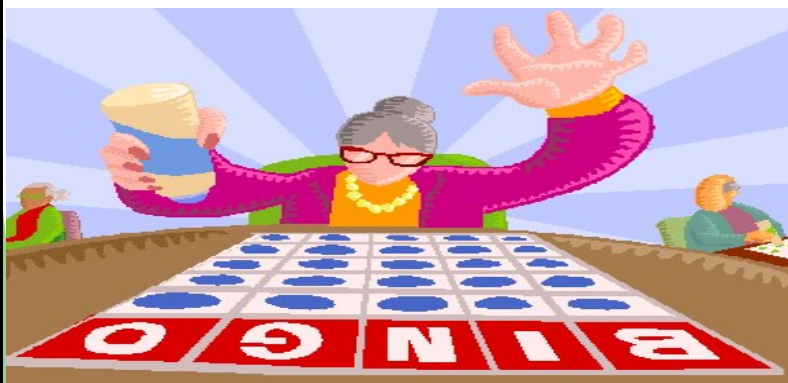
Jannal Jarrah
Country Rose Florist

Create & take home a beautiful
spring flower arrangement.

*Only **20** residents may attend this class.*

Wednesday, March 25th
1pm in the Lounge

Join *Cherie* for



Friday, March 13th
1:30pm in Lounge

Coming in April

State Rep. Jeanne McNeill
& Senator Lisa Boscola's
Annual *Spring* Senior Fair

See what various community organizations have
to offer seniors along with free blood pressure
checks, vision screenings, stress management,
fall risk assessments & much much more.

Understanding Drug Interactions

*Do you take two or more
prescription drugs and/or
over the counter
drugs together?*

If so, it is now more important than ever
to know about the interaction risks.
If you take several different medications,
see more than one doctor or have certain
health conditions, you & your doctors
need to be aware. Doing so will help you
avoid potential problems.

*Find out what you can do to avoid
unwanted interactions between your
medications, food & drink.*

Don Bastian,
Senior Prescription Solutions

Tuesday, March 10th
11am in the Community Room

Be Aware: Senior Scams

Scams targeting seniors considered
"the crime of the 21st century." Some
committed by strangers, but over 90% of
reported scams committed by family.
Prevent this from happening to you.

David Shallcross,
Attorney General's Office

Monday, March 9th
10am in the Community Room

RENT REBATES & TAX



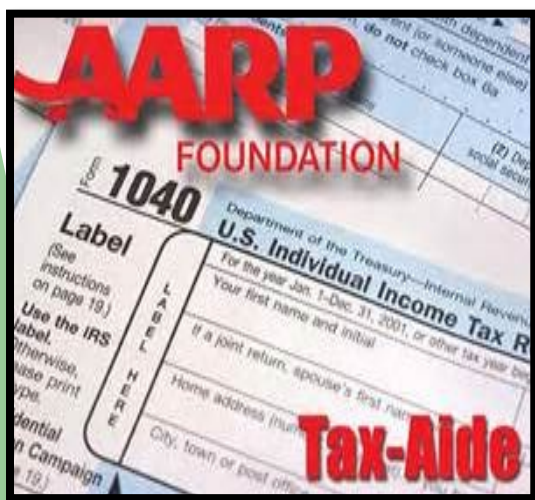
APARTMENT RENT
REBATE

*We will be completing **RENT REBATES:***

**Every Thursday and Friday
in March, April & May**

If interested in getting your Rent Rebate done,
please set up an appointment with Brenda

AARP TAX PREPARATION



The AARP Income Tax Volunteers
will be here to provide
FREE income tax preparation ONLY.

They will not be completing Rent Rebates

Saturday, March 28th

9:00 AM– 12:00 PM

If you're interested in getting your Taxes done,
please set up an appointment with Brenda.

Bellezza Salon & Spa

Hours of Operation

Tuesday 9:30am - 3pm

Thursday 9am - 3pm

For Appointments Call:

610-866-6010, then press 9

WALK-INS WELCOME

March Specials



Tuesdays— Free Eyebrow wax or lip wax with any service!



Thursdays- Get a personalized facial and receive a **Free Manicure** on us!



+



=



Stiff limbs? Sore back? Tired feet and hands?

Try a soothing massage!

Enjoy a full-body Swedish relaxation massage, or focus on your scalp, face, hands or feet. Sessions scheduled at your convenience on **Mondays only**.

Therapeutic massages are available Mondays in the salon by APPOINTMENT ONLY

30 Minutes - \$20 45 Minutes-\$30 60 Minutes - \$40

Book directly with Kelly! 570-807-8426





**PLEASE BE SEATED 15 MINUTES BEFORE START OF THE MOVIE.
LOCATED IN THE COMMUNITY ROOM!!!**

MOVIE 1:

Friday, March 6th @ 1:00 pm



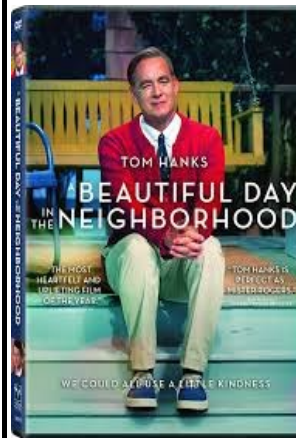
The worldwide phenomenon, Downton Abbey, returns in a spectacular motion picture, as the beloved Crawley's and their lives.

A royal visit from the King and Queen of England unleashes scandals, romance & intrigue that leave the future of Downton hanging in the balance.

Written by Series Creator Julian Fellowes & starring the original cast, this grand cinematic experience will have you cheering for your favorite characters all over again.

MOVIE 2: :

Monday, March 23rd @ 1:00 pm



Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred Rogers, aka Mr. Rogers.

He approaches the interview with skepticism, as he finds it hard to believe that anyone can have such a good nature. Roger's empathy, kindness and decency soon chips away at Vogel's jaded outlook on life, forcing the reporter to reconcile with his own painful past.

**FEEL FREE TO BRING YOUR
FAVORITE SNACKS TO ENJOY
DURING THE MOVIE!**





Kierra's Kickstart to Fitness

March is National Nutrition Month



A healthy lifestyle isn't just about exercise. Every month Kierra shares her own easy, healthy, and delicious recipe of the month. Come to the fitness center to pick one up!

Speaker:

Nutrition for Healthy Aging

Monday March 16th

2:00 PM

Community room



Weis Dietician, Lyndi Wieand, will join us again to discuss ways to eat healthy as you get older!

Save the Date: Van



*Senior Monday Educational
Presentation: "Why Can't I Lose
Weight?"*

Monday April 13th

12:30 PM

Cost is \$5 for entry to the science center ad presentation. The presentation is from 1-2 PM and includes light refreshments. You may explore the center afterwards until 4 PM. Please sign up on van trip sheet by
March 16th!



Test Your luck!



During the week of March 16th, attend any fitness class, spin the wheel and try to win prizes!





From the Chaplain

LENTEN REFLECTIONS...



In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly. — Psalm 5:3

C.S. Lewis suggests in his book *Mere Christianity* that each morning starts the same way for everyone. When we wake up, thoughts about what we hope to accomplish that day flood our mind. Lewis writes that our plans for the day resemble wild animals that rush toward us.

But Lewis goes on describing something that everyone should be experiencing each

morning. Instead of fretting over the concerns of a new day, we should allow God's peace to flow into us.

Morning prayer... It's what Psalm 5 describes as being a two-way conversation between us and God. We begin the day with God. It sets the tone for the day that follows. There's no better way to begin the day than with prayer.

MARCH WORSHIP AT 2 PM in the Community Room

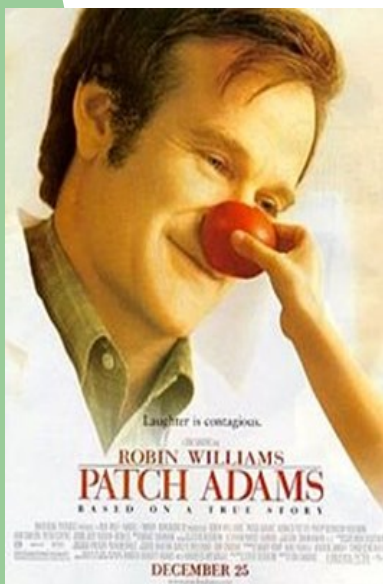
Tues., March 3rd – Father Dan Kravatz, Notre Dame RC Church, Bethlehem

Thurs, March 5th – **(Spanish)** Pastor Jonny Villamar, Cornerstone Church, Easton

Thurs., March 12th – Pastor Tony Pompa, Cathedral Church of the Nativity (Episcopal) Bethlehem.

Thurs., March 19th – Pastor Beth Goudy, Metropolitan Community Church of the Lehigh Valley, Bethlehem

Thurs., March 26th – Pastor Rick Sergi, Emmanuel EC Church, Bethlehem



PATCH ADAMS- DVD

Wednesday, March 11th at 2 pm in the Community Room

Patch Adams is a 1998 American semi-biographical comedy film starring Robin Williams. It is based on the life story of Dr. Hunter "Patch" Adams. Patch Adams is determined to become a medical doctor because he enjoys helping people. He knew in his heart that all the patients needed to laugh. Laughter is after all the best medicine anyone could ask for. But Patch knew how to be serious and when to be. *"His way of life is one that I recommend for anyone. I have to applaud both the real Patch Adams and the late Robin Williams for bringing his story to the screen for us."*

The movie has a PG-13 rating for some crude humor.

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	Community Room
Church (Spanish)	1st Thursday of the month	2:00 pm	Community Room
Bible Study	Every Wednesday	12:30 pm	Community Room
Chat Room	Every Thursday	10:00 am	Community Room
Prayer Time	1st and 3rd Thursday of each	7:00 pm	Community Room
Prophecy Bible	Tuesdays	6:30pm	Community Room
Sunday Praise	2nd Sunday of each month	1:00 pm	Lounge

Exercise Classes

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Fit For Life	Monday & Wednesday	10:00 am	Exercise Room
Joyful Joints	Tuesday & Thursday	10:00 am	Exercise Room
Basic Balance	Tuesday & Thursday	11:00 am	Exercise Room
Stand Up for Strength	Monday & Wednesday	11:30 am	Exercise Room
Everybody's Yoga	Tuesday	11:30 am	Exercise Room
Walkers Club	Monday, Wednesday Friday	2:00 pm	Outside/Fitness Center
Tai Chi	Friday	10:30 am	Exercise Room

Our Activities

Happening in *March*

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
BINGO	Every Monday	6:00 pm	Lounge
Snack Stand	Every Mon & Wed	3:00 pm	Lobby
Ice Cream	Every Wednesday	5:00 pm	Lounge
Shuffleboard League	Every Thursday	6:00 pm	Game Room
LOUNGE CLOSED FOR CLEANING	Every Friday	7-10:00 am	Lounge
<u>VAN TRIP PAPERS DROP-OFF</u>	<u>MONDAY, MARCH 2</u>	<u>8:30 AM</u>	<u>BRENDA'S OFFICE</u>
Second Harvest	Thursday, March 5	12:30 pm	Lounge
Blood Pressure Check	Thursday, March 5	6:00 pm	Lounge
Movie #1– <i>Downton Abby</i>	Friday, March 6	1:00 pm	Community Room
Coffee, Donuts, Bagels & Muffins	Saturday, March 7	8:30 am	Lounge
Pinochle Party	Saturday, March 7	12:30 pm	Lounge
SPEAKER: <i>Beware Senior Scams</i>	Monday, March 9	10:00 am	Community Room
RA Board Meeting	Monday, March 9	1:30 pm	Conference Room
SPEAKER: <i>Drug Interactions</i>	Tuesday, March 10	11:00 am	Community Room
General Meeting	Tuesday, March 10	2:00 pm	Lounge
Pastor Clark Movie: Patch Adams	Wednesday March 11	2:00 pm	Community Room
BINGO with Cherie	Friday, March 13	1:30 pm	Lounge
Breakfast	Saturday, March 14	8:30 am	Lounge
SPEAKER: <i>Nutrition for Healthy Aging</i>	Monday, March 16	2:00 pm	Community Room
Soup and Hot Dog Social	Saturday, March 21	5:00 pm	Lounge
Movie #2– <i>A Beautiful Day in the Neighborhood</i>	Monday, March 23	1:00 pm	Community Room
Art with Pat	Monday March 23 and Tuesday March 24	1:00 pm	Lounge
<i>Spring</i> Flowers with Jannal	Wednesday, March 25	1:00 pm	Lounge
Computer Class with Nancy: Creating Facebook Account	Friday, March 27	1:00pm	Computer Room
AARP Tax Preparations	Saturday, March 28	9:00am	Conference Room
Social	Sunday, March 29	5:00 pm	Lounge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:00 Fit For Life 11:30 Stand up for Strength 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	3 Bellezza Salon Open 8:45 Banks/Post Office 10:00 Joyful Joints 11:00 Basic Balance 11:30 Everybody's Yoga 1:30 Shopping at CVS/Lehigh Shopping Center 2:00 Church 6:30 Prophecy Bible Study	4 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand 5:00 Ice Cream Sale	5 Bellezza Salon Open 9:00 Breakfast at Whitehall Diner 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 12:30 Second Harvest Food Bank 2:00 Church (Spanish) 6:00 Shuffleboard 6:00 Blood Pressure Check 7:00 Prayer Time	6 7:00-10:00 Lounge Closed 9:00 Shopping at Wegmans 10:30 Tai Chi 1:00 Movie: Downton Abbey 2:00 Walkers Club	7 8:30 Coffee, Donuts, Bagels & Muffins 12:30 Pinochle
8 Daylight Saving Time Begins 1:00 High school Jazz Band Showcase at Steel Stacks 1:00 Sunday Praise with David	9 10:00 Speaker: Senior Scams 10:00 Fit For Life 1:30 RA Board Meeting 2:00 Walkers Club 3:00 Snack Stand 3:30 Early Bird Dinner at SEWYCO 6:00 BINGO	10 Bellezza Salon Open 10:00 Joyful Joints 11:00 Basic Balance 11:00 Speaker: Drug Interactions 11:30 Everybody's Yoga 2:00 General MTG 6:30 Prophecy Bible Study	11 10:00 Fit For Life 10:00 Shopping at Airport Road Shopping Center 11:30 Stand Up for Strength 12:30 Bible Study 2:00 Pastor Clark Adams 2:00 Walkers Club 3:00 Snack Stand 5:00 Ice Cream Sale	12 Bellezza Salon Open 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 2:00 Church 6:00 Shuffleboard	13 7:00-10:00 Lounge Closed 9:00 Breakfast at The Palace/ Shopping at Valley Farms 10:30 Tai Chi 1:30 Bingo with Cherie 2:00 Walkers Club	14 8:30 Breakfast
15	16 10:00 Fit For Life 11:00 Lunch at Cracker Barrel 11:30 Stand up for Strength 2:00 Walkers Club 2:00 Speaker: Nutrition for Healthy Aging 3:00 Snack Stand 6:00 BINGO	17 St. Patrick's Day Bellezza Salon Open 10:00 Joyful Joints 11:00 Basic Balance 11:30 Everybody's Yoga 6:30 Prophecy Bible Study	18 9:00 Shopping at Share Care Thrift Shoppes Souderton 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand 5:00 Ice Cream Sale	19 Bellezza Salon Open 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 12:00 Shopping at PRICERITE 2:00 Church 6:00 Shuffleboard 7:00 Prayer time	20 7:00-10:00 Lounge Closed 10:30 Tai Chi 12:00 Lunch at Applebee's/ Movies at Carmike 2:00 Walkers Club	21 5:00 Soup & Hot Dog Social
22	23 10:00 Fit For Life 11:00 Lunch at SEWYCO 11:30 Stand up for Strength 1:00 Art with Pat 1:00 Movie: A Beautiful Day In the Neighborhood 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	24 Bellezza Salon Open 9:00 Shopping at Weis 10:00 Joyful Joints 11:00 Basic Balance 11:30 Everybody's Yoga 1:00 Art with Pat 6:30 Prophecy Bible Study	25 10:00 Fit For Life 11:00 Pines Dinner Theatre 11:30 Stand Up for Strength 1:00 Floral Class 2:00 Walkers Club 3:00 Snack Stand 5:00 Ice Cream Sale	26 Bellezza Salon Open 7:00-10:00 Lounge Closed 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 2:00 Church 6:00 Shuffleboard	27 10:00 Allentown Rubber Stamp & Paper Arts Festival 10:30 Tai Chi 11:00 Sandwich Sale Pick up 1:00 Computer Class Nancy-Facebook 2:00 Walkers Club	28 9:00 AARP-Tax Preparation
29 5:00 Social	30 10:00 Fit For Life 11:30 Stand Up for Strength 1:00 Shopping at GIANT 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	31 Bellezza Salon Open 10:00 Joyful Joints 11:00 Basic Balance 11:30 Everybody's Yoga 4:00 Dinner at Copperhead Grille 6:30 Prophecy Bible Study			Fitness Events Van Trips Resident's Association Events	Religious Events Lutheran Manor Events <i>Holidays/ Observances, Other</i>

VAN TRIPS April 2020

DATE	DAY	TRIP	TIME
April 1	Wednesday	Shopping at SHOPRITE	1:00pm_____
April 3	Friday	Banks / Post Office	8:45am_____
April 3	Friday	Shopping at CVS / Lehigh Shopping Center	1:30pm_____
April 6	Monday	Lunch at SEWYCO (\$7.00)	12:00pm_____
April 7	Tuesday	Dan Schantz Greenhouse's Cut Flower Outlet	10:30am_____
April 8	Wednesday	Shopping at Boscov / Lunch at Olive Garden	10:00am_____
April 9	Thursday	Shopping at GIANT	9:00am_____
April 12	Sunday	Easter Buffett Lunch at The Waterfront at Silver Birches (\$39 due to Brenda by Mar 3)	11:00am_____
April 13	Monday	DaVinci Center with Kierra	12:30pm_____
April 15	Wednesday	Community Music School: Women in Music (BYO lunch)	12:00pm_____
April 16	Thursday	Shopping at ALDI	1:00pm_____
April 17	Friday	State Rep. McNeill & Senator Boscola Annual Spring Senior Fair	9:00am_____
April 20	Monday	Dinner at Prime Steak House	3:00pm_____
April 21	Tuesday	Shopping at WEIS (Senior Discount Day)	9:00am_____
April 22	Wednesday	Shopping at Marshalls & Home Goods Union Blvd, Bethlehem	11:00am_____
April 24	Friday	Breakfast at Cracker Barrel	9:00am_____
April 26	Sunday	Memories of All Country Legends at the Roxy with Bill Reese & Friends (\$15 due to Brenda by Mar 11)	12:30pm_____
April 27	Monday	Shopping at WEGMANS	10:00am_____
April 28	Tuesday	VOTE	8:00am_____
April 28	Tuesday	VOTE	10:00am_____
April 28	Tuesday	VOTE	12:00pm_____
April 29	Wednesday	Lunch at the Smile Cafe	11:00am_____
April 30	Thursday	Shopping at the Allentown Farmers Market	10:00 am_____

Forms will be collected starting at 8:30 am on Monday, March 2, 2020.

Name: _____

Apt: _____

SPECIAL EVENTS March 2020

I want to sign up to attend the following special events and speakers.....

(check off ☒ what you want to attend)

Movie Days - Please be in your seat 15 minutes before the start of the movie

_____ Friday, March 6th at 1:00pm (Movie 1) Downton Abbey

_____ Monday, March 23rd at 1:00pm (Movie 2) A Beautiful Day In The
Neighborhood

BINGO with Cherie: Friday, March 13th at 1:30pm _____

Art With Pat: Monday, March 23rd & Tuesday, March 24th at 1:00pm _____

Flowers with Jannal: Wednesday, March 25th at 1:00pm _____

Computer Class with Nancy-FACEBOOK: Friday, March 27th at 1:00pm _____

SPEAKER (Brenda): Be Aware of Senior Scams

_____ Monday, March 9th @ 10:00am

SPEAKER (Brenda): Understanding Drug Interactions

_____ Tuesday, March 10th @ 11:00am

SPEAKER (Kierra): Nutrition for Healthy Aging

_____ Monday, March 16th @ 2:00pm

Forms will be collected starting at 8:30 am on Monday, March 2, 2020.

NAME: _____ APT#: _____

PLEASE CANCEL WITHIN 24 HOURS OF YOUR REQUESTED TRIP SO WE CAN CALL THE NEXT RESIDENT ON OUR WAITING LIST.

A \$5 FEE will be required for NO SHOWS without cancelations.