







#### **NEW RESIDENT** Eric Kerton 1101

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May 1 (Friday)	Green Dragon Flea Market,	8:30 a.m.	Van Trip
	Lancaster/Lunch		
-	Walkers Club	9:00 a.m.	Outside
	Yoga	10:00 a.m.	Patio
	Tai Chi	12:45 p.m.	Patio
May 2 (Saturday)	Spring Bazaar	10:00 a.m.	Lounge
May 4 (Monday)	Banks, CVS, \$ Store, Post Office	9:30 a.m.	Van Trip
	Exercise	10:00 a.m.	Lounge
	Movie-Belle	1:00 p.m.	Conf Room
	Speaker-Meet the Doctor	1:30 p.m.	Lounge
	Bingo	6:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
May 5 (Tuesday)	Breakfast/Valley Farms	9:00 a.m.	Van Trip
	Zumba	10:00 a.m.	Lounge
	Computer Class	1:00 p.m.	Comp Rm
	Rev. James Harper, Notre Dame	2:00 p.m.	Lounge
	RC Church, Bethlehem	•	0
May 6 (Wednesday)	Penn's Peak-Branson Fever	10:00 a.m.	Van Trip
	Cost: \$45.00		
	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Patio
	Piano Playing	3:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
May 7 (Thursday)	Mercer Museum Cost: \$9.00/	8:30 a.m.	Van Trip
	Lunch @ Doylestown		
	Chat Room	10:00 a.m.	Patio
	Speaker-Hearing Loss	2:00 p.m.	Lounge
	Blood Pressure Check	6:00 p.m.	Lounge
May 8 (Friday)	Walkers Club	9:00 a.m.	Outside
	Yoga	10:00 a.m.	Patio
	Second Harvest Food Delivery	11:00 a.m.	Patio
	, Movie/Lunch	11:00 a.m.	Van Trip
	Tai Chi	12:45 p.m.	Patio
	Speaker-Mona	2:00 p.m.	Lounge
May 9 (Saturday)	Coffee & Donuts	9:00 a.m.	Lounge
	Pinochle Party	12:30 p.m.	Lounge
May 10 (Sunday)	HAPPY MOTHERS DAY!		0-
May 11 (Monday)	Breakfast/Walmart	9:00 a.m.	Van Trip
	Exercise	10:00 a.m.	

May 11 (Monday)	Ear Scans & Hearing Test	10:00 a.m.	Patio
	Committee Meeting	1:30 p.m.	Conf Room
	Bingo	6:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
May 12 (Tuesday)	Zumba	10:00 a.m.	Lounge
	Ear Scans & Hearing Test	10:00 a.m.	Patio
	General Meeting	2:00 p.m.	Lounge
	(8th Floor responsible for snacks)		
May 13 (Wednesday)	Lunch @Villa Grande Pizzaria	11:30 a.m.	Van Trip
	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Patio
	Speaker-Lowe's	2:00 p.m.	Outside
	Massage by Appointments	2:00 p.m.	Conf Room
	Piano Playing	3:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
May 14 (Thursday)	Weis Market	9:30 a.m.	Van Trip
	DVD-André Rieu	10:00 a.m.	Lounge
	Rev. Tony Pompa, Cathedral	2:00 p.m.	Lounge
	Church of the Nativity, Episcopal,		
	Bethlehem		
May 15 (Friday)	Walkers Club	9:00 a.m.	Outside
	Yoga	10:00 a.m.	Patio
	Tai Chi	12:45 p.m.	Patio
May 16 (Saturday)	Soup & Hot Dogs( <i>Jim Loftus</i> )	11:00 am.	Lounge
May 18 (Monday)	Giant	9:30 a.m.	Van Trip
	Exercise	10:00 a.m.	Lounge
	Therapy Dog	11:00 a.m.	Lounge
	Movie-Belle	1:00 p.m.	Conf Room
	Bracelet Class	1:30 p.m.	Patio
	Bingo	6:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
May 19 (Tuesday)	Zumba	10:00 a.m.	Lounge
	Senior Bingo w/lunch (donations)	10:45 a.m.	Van Trip
	Computer Class	1:00 p.m.	Comp Rm
	Art with Pat	1:30 p.m.	Lounge
May 20 (Wednesday)	USO Stars and Stripes Extravaganze	a-   9:00 a.m.	Van Trip
	Staten Island, NY Cost: \$49.55		
	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Patio
	Speaker-Aging in your Home	2:00 p.m.	Lounge
	Piano Playing	3:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room

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May 21 (Thursday)	Chat Room	10:00 a.m.	Patio
	Frank Ginther	2:00 p.m.	Lounge
	Dinner @Prime Restaurant	4:30 p.m.	Van Trip
May 22 (Friday)	Walkers Club	9:00 a.m.	Outside
	VIA-Pick up donations	9:00 a.m.	
	Yoga	10:00 a.m.	Patio
	Lunch/Movie @the Promenade	10:45 a.m.	Van Trip
	Discipleship Class	11:30 a.m.	Conf Room
	Tai Chi	12:45 p.m.	Patio
	Deadline for reservations for <u>Pig Ro</u>	<u>ast</u>	
May 23 (Saturday)	Manicures by Appointment	9:30 a.m.	Lounge
May 24 (Sunday)	Social-Robin & Jim	5:00 p.m.	Lounge
May 25 (Monday)	MEMORIAL DAY (OFFICE CLOSED)		
May 26 (Tuesday)	Zumba	10:00 a.m.	Lounge
	Shopping @Hobby Lobby & Kohls/	11:30 a.m.	Van Trip
	Lunch @Franks		
	Art with Pat	1:30 p.m.	Lounge
May 27 (Wednesday)	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Patio
	Piano Playing	3:00 p.m.	Lounge
	Bingo at Lehigh Valley Active Life	5:15 p.m.	Van Trip
	Poker League	6:30 p.m.	Conf Room
May 28 (Thursday)	Chat Room	10:00 a.m.	Patio
	Rev. Clark Kuntz,	2:00 p.m.	Lounge
	Dinner @ Gregory's Steakhouse	4:00 p.m.	Van Trip
May 29 (Friday)	Walkers Club	9:00 a.m.	Outside
	Valley Farms	9:30 a.m.	Van Trip
	Yoga	10:00 a.m.	Patio
	Discipleship Class	11:30 a.m.	Conf Room
	Tai Chi	12:45 p.m.	Patio
May 31 (Sunday)	Memorial Day Picnic-Joe and Bob	1:00 p.m.	Lounge

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<u>Activity</u>	<u>Dates</u>	<u>Time</u>	<u>Place</u>
Bingo	Every Monday	6 p.m.	Lounge
Exercise	Every Monday & Wednesday	10 a.m.	Lounge
Poker League	Every Monday & Wednesday	6:30 p.m.	Conf Rm
Zumba	Every Tuesday	10 a.m.	Lounge
Bible Study	Every Wednesday	12:30 p.m.	Patio
Piano Playing	Every Wednesday	3:00 p.m.	Lounge
Chat Room	Every Thursday	10 a.m.	Patio
Yoga	Every Friday	10:00 a.m.	Patio
Tai Chi	Every Friday	12:45 p.m.	Patio
Walkers Club	Every Friday	9:00 a.m.	Outside



Senior



#### Meet the Doctor

Dr. Brent Nickischer will be here on Monday, May 4th at 1:30 pm

Come and meet the **Doctor** from **Senior Life**. He will be available to answer any questions that you might have about what Senior Life is all about.

#### **Refreshments will be served!**



Come One, Come ALL To hear about **Real-Life Discipleship!** 

Mona Finnigan will be coming by on Friday, May 8 @ 2pm In the Lounge

Step up and Stand Out! Be the change you want to see happen. You can make a difference **1 person at a time...1 day at** a time. Join us to see what this is all about! Look forward to seeing you all.

Refreshments will be served!

*Martin Sheetz*, Audioprosthologist Will be here on Thursday, May 7 2 pm in the Lounge

What's

Hearing Loss?

Are you having hearing loss? You don't want to miss this presentation. He will be doing FREE Ear Scans & Hearing Test, make sure you sign **up** for that. If you have a hearing aid, he will also check that for you.

**Dates for Ear Scans & Hearing Test** Monday, May 11 10-3 pm Tuesday, May 12 10-2 pm In the Patio Refreshments will be served!

## Aging in your Home Wednesday, May 20, 2 PM

In the Lounge

Karen from Seniors **Helping Seniors will be** here, to talk to you about ways to make vour home accessible. liveable and

most important safe.

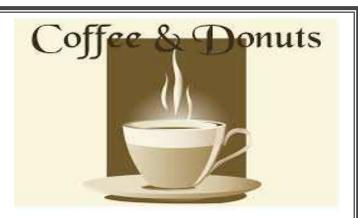




**Refreshments will be served!** 







Saturday, May 9 9:00 a.m. to 10:30 a.m. \$1.00 coffee \$1.00 donut \$1.00 additional donuts Friends and Family are Welcome.



Spring is here. Let's

take a walk. Join the

## WALKERS CLUB

**Every Friday** 

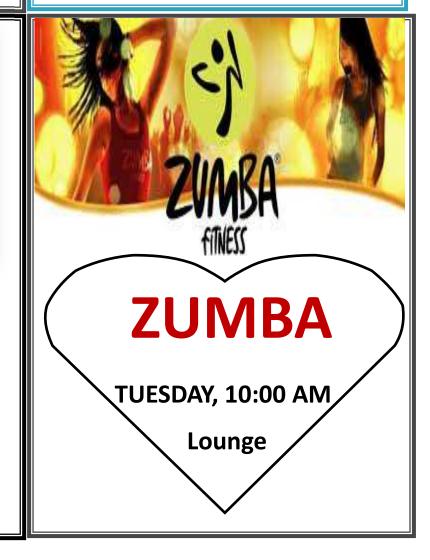
9 am



Come down and say hi to Mr. Peabody & Miz Daisy

## Monday, May 18. At 11:00 am in the lounge.



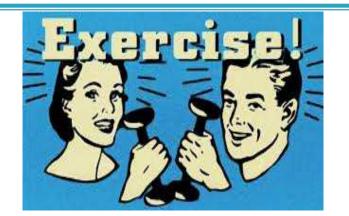




Blood Pressure Check

Thursday, May 7th

6:00 p.m.



EXERCISE CLASS Every Monday & Wednesday at 10:00 AM In the Lounge

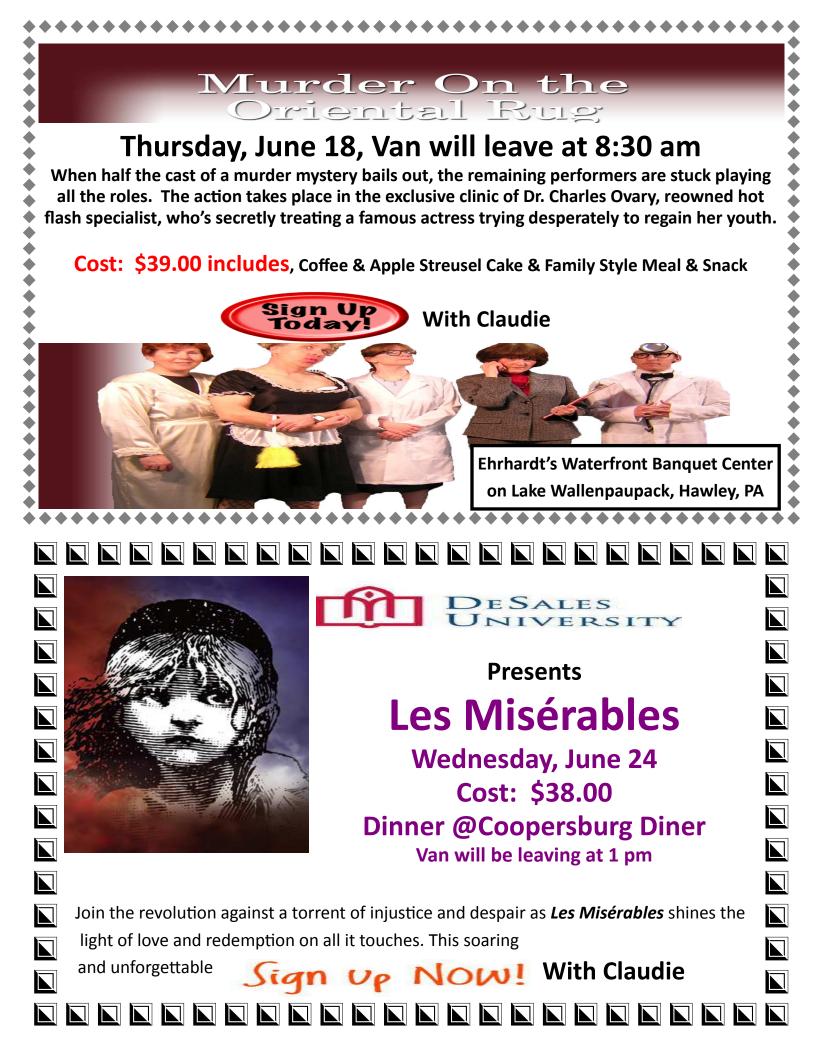


EVERY FRIDAY - 10:00 AM-PATIO



the project.

## **SIGN UP IS REQUIRED**





Grab the popcorn because its

MOVIE

MONDAY

#### **Based on the Inspiring True Story**

The illegitimate, mixed-race daughter (Gugu Mbatha-Raw) of a **British** admiral plays an important role in the campaign to abolish slavery in **England.** 



## DO YOU HAVE CONCERNS about falling?





Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

#### **YOU WILL LEARN TO:**

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- **Exercise to increase strength and balance**

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#### WHO SHOULD ATTEND?

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Anyone concerned about falls

CLEAN OUT THOSE CLOSETS

#### Classes start Monday, June 1@10:00 am

#### In the Patio.

If you want to attend class, you must sign up with Claudie.

- Participants should try to attend all 8 classes.
- Classes are held 1x per week for 8 weeks.
- Each class is approximately 2 hours.

Light refreshments will be served.

It's Spring time, perfect time to clean those closets and get rid of things you don't need. If you have

clothing, books or small items that you don't need please bag them up

and bring to Claudie's office. I will start collecting your donations

immediately. If you need bags I can supply them.

VIA will be picking up donations on,

## May 22nd.

## *00000000000000000* 9 **Bracelet Class**

Sharon Solt Will be here on Monday, May 18 at 1:30 pm (Patio) To teach you how to make these beautiful bracelets. Cost: \$5.00



Come down and have some fun making these beautiful bracelets. You can enjoy wearing them or give them away as a Gift.

# Sign up is required.

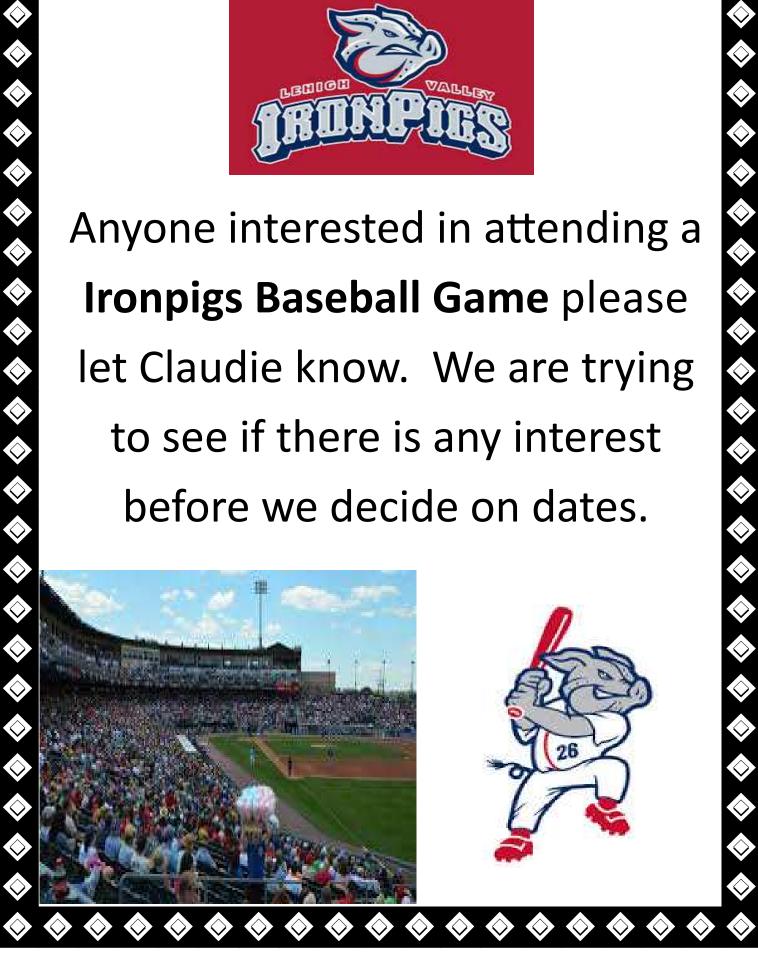
# **IAPPY MOTHER'S DAY**







Anyone interested in attending a Ironpigs Baseball Game please let Claudie know. We are trying to see if there is any interest before we decide on dates.



## \* RIAL DAY PICN Honoring Our Veterans Sunday, May 31, 2015

1 pm in the Lounge (Doors open at 12 noon)

**Platter Served** Menu: Hamburger BBQ **Turkey BBQ in natural sauce Baked Beans Potato Salad Macaroni Salad** Chips, Fruit Salad Dessert Coffee or Ice Tea Soda available for \$1.00

Dinner & Entertainment COST: \$10 Per Person **\$12** for Guest (limit 2)

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**Entertainment by: Joe and Bob** 

Variety of Music on different Instruments.



Coordinator: Ronnie Clifford

DEADLINE FOR RESERVATIONS IS WEDNESDAY, May 20th.

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ALL GAVE SOME, SOME GAVE ALL

## **Memorial Day Picnic** Sunday, May 31, 2015

Place slip in a sealed envelope with cash payment and slide it under

Marge Bachemin's door Apt #705.

Apt# Phone:

# Of Guests

Name:

If you are a Veteran, write your name and Branch that you served.

Name:

Branch:



It is May, the month we honor our Mothers and on Memorial Day remember and honor the men and women who served in the Armed Forces and gave their lives for the cause of peace.

The month of May feels like a gateway to summer. Thank God for our seasons here in the Northeast. I know, we're all tired from this past Winter's cold and snow, and happy to see the shift to warmer weather. Of course when it

gets really hot I'll be looking forward to the Fall and a break from the heat.

This doesn't mean, however, that I can't be happy and fulfilled in the moment. After all, this present moment, is the only moment we can be sure of. Past moments are gone, and the next moment isn't here yet. So here we are!

This present moment is the one we can use to say, "I love you," to a friend or family member. This present moment is the one we can use to call up a friend to say hello or invite them to lunch. This present moment is one in which we can pause to pray, write a letter, memorize a poem, read a good book, or take a walk in the sun.

This month I am especially grateful for spring and the signs of rebirth all around me. Such a time of hope! For me it is all God's gift, so that we can be gift for each other. We <u>are</u> God's blessing, a blessing to be shared in this world. So, may the blessings of spring and God's gift of rebirth be with you! *Blessings, Pastor Clark* 

#### MAY WORSHIP- 2pm every week in the Lounge

<u>Tuesday</u>, May 5<sup>th</sup>. **Rev. James Harper** Notre Dame RC Church, Bethlehem Thursday, May 14<sup>th</sup> **Rev Tony Pompa**, Cathedral Church of the Nativity, Episcopal, Bethlehem Thursday, May 21<sup>st</sup> **Frank Ginther**, WJCS, Station Manager Thursday, May 28<sup>th</sup> **Chaplain Clark Kuntz** 

YOU ARE WELCOME TO....BIBLE STUDY every Wednesday from 12:30-1:30 pm and CHAT ROOM every Thursday from 10-11:30am. Both in the Patio!

<u>"LIFE IS BEAUTIFUL" - AN ANDRÉ RIEU DVD</u> on Thursday May 14<sup>th</sup> from 10-11:15am in the Lounge. Refreshments will be served. Sponsored by the Chat Room (Note: No Chat Room Meeting that day!)

**FRANK GINTHER** is our guest preacher at worship on Thurs, May 21<sup>st</sup>. Frank is the station manager at the Christian Radio Station, WJCS, 89.3 FM here in the Lehigh Valley. He was also in the US Navy and was a prisoner of war during the

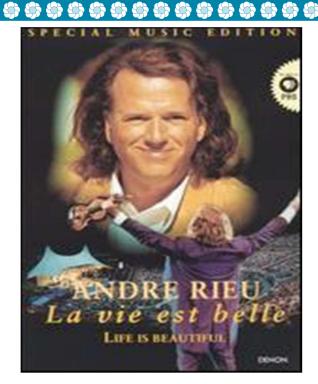


USS Pueblo Crisis in 1968. Come join us for worship on Thursday before Memorial Day to hear Frank's story and to remember and honor all the men and women who are serving or who served our country in the Armed Services.

# ANDRÉ RIEU "Life is Beautiful" DVD

Thurs, May 14<sup>th</sup> at 10 AM in the Lounge

Violinist Andre Rieu and his orchestra perform a program of



light classical favorites and beloved pop tunes in this concert video, recorded in the idyllic setting of the Waldbuhne Amphitheater, a beautiful open-air amphitheater in Berlin surrounded by gardens.

*Andre Rieu: La Vie Est Belle* includes the songs "Bolero," "Amazing Grace," "Lara's Theme," "You Are My Heart's Delight," and more.

It is always an enjoyable hour as we watch and listen to this splendid performer/musician and his talented orchestra.

---sponsored by the Chatroom



### Van Trips



DATE	DAY	TRIP	TIME
June 1	(Monday)	Breakfast/Walmart	9:00 a.m
June 2	(Tuesday)	Senior Bingo w/lunch (donations)	10:45 a.m
June 3	(Wednesday)	Banks, CVS, \$ Store, Post Office	9:30 a.m
June 8	(Monday)	Dinner @Sal's Pizza Wind Gap	4:00 p.m
June 9	(Tuesday)	Weis Market	9:30 a.m
June 10	(Wednesday)	Leesport Farmers Market/Lunch	8:30 a.m
June 11	(Thursday)	Dinner @Tri-Boro Spaghetti Night	4:45 p.m
June 12	(Friday)	Allentown Municipal Band West Park Concert- <b>FREE</b>	6:45 p.m
June 14	(Sunday)	Banana Factory Art Exhibitions- <b>FREE/</b> Lunch	10:00 a.m
June 15	(Monday)	Lunch @ Doughboys	11:00 a.m
June 16	(Tuesday)	Giant	9:30 a.m
June 18	(Thursday)	Ehrhardt's Waterfront-Murder on the Oriental Rug <b>Cost: \$39.00</b>	8:30 a.m
June 19	(Friday)	Lunch/Movie	11:00 a.m
June 22	(Monday)	Breakfast/Valley Farms	9:00 a.m
June 23	(Tuesday)	Wegmans	9:30 a.m
June 24	(Wednesday)	DeSales-Les Miserables <b>Cost: \$38.00/</b> Dinner @ Coopersburg Diner	1:00 p.m
June 26	(Friday)	Allentown Farmers Market/Lunch @The Ritz	9:30 a.m
June 29	(Monday)	Visit with the animals at Alpaca Farm/Lunch @ Oasis	10:30 a.m
June 30	(Tuesday)	Shopping @Philadelphia Premium Outlets- Limerick, PA	9:30 a.m



Please fill out the form and bring to my office, I will start collecting forms at 7 a.m. on the first day of the month.

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.







Sun	Mon	Tue	Wed	Thu	Fri	Sat
	rendered and the second s	CINCS PI AG		HEARING LOSS	I 9:00 Walkers Club 10:00 Yoga 12:45 Tai Chi	2 10:00 Spring Bazaar
3	4 10:00 Exercise 1:00 <b>Movie-Belle</b> 1:30 Speaker-Meet the Doctor	5 10:00 Zumba 1:00 Computer Class 2:00 Rev James Harper, Notre Dame RC	6 10:00 Exercise 12:30 Bible Study 3:00 Piano Playing 6:30 Poker League	7 10:00 Chat Room 2:00 <b>Speaker-</b> Hearing Loss 6:00 Blood Pressure	8 9:00 Walkers Club 10:00 Yoga 11:00 Second Harvest 2:00 <b>Speaker-</b> Mona	9 9:00 Coffee & Donuts 12:30 Pinochle Party
10 Happy Mothers	<ul><li>11 10:00 Exercise</li><li>10:00 Scans &amp; Hearing</li><li>Test</li><li>1:30 Committee Mtg</li></ul>	12 10:00 Zumba 10:00 Scans & Hearing Test 2:00 General Meeting	<ul><li>13 10:00 Exercise</li><li>12:30 Bible Study</li><li>2:00 <b>Speaker</b>-Lowe's</li><li>2:00 Massage by Appts</li></ul>	<ul><li>14 10:00 André Rieu</li><li>2:00 Rev Tony Pompa,</li><li>Cathedral Church of the</li><li>Nativity, Episcopal, Beth</li></ul>	15 9:00 Walkers Club 10:00 Yoga 12:45 Tai Chi	I6 II:00 Soup & Hog Dogs
17	<ul><li>18 10:00 Exercise</li><li>11:00 Therapy Dog</li><li>1:00 Movie-Belle</li><li>1:30 Bracelet Class</li></ul>	<ul><li>19 10:00 Zumba</li><li>1:00 Computer Class</li><li>1:30 Art with Pat</li></ul>	20 10:00 Exercise 12:30 Bible Study 2:00 <b>Speaker</b> -Aging in your Home	21 10:00 Chat Room 2:00 Frank Ginther	22 9:00 Walkers Club 10:00 Yoga 11:30 Discipleship Class 12:45 Tai Chi	23 9:30 Manicures by Appointment
24 5:00 <b>Social</b>	25 OFFICE CLOSED	26 10:00 Zumba 1:30 Art with Pat	<ul><li>27 10:00 Exercise</li><li>12:30 Bible Study</li><li>3:00 Piano Playing</li><li>6:30 Poker League</li></ul>	28 10:00 Chat Room 2:00 Rev Clark Kuntz	29 9:00 Walkers Club 10:00 Yoga 11:30 Discipleship Class 12:45 Tai Chi	30
31 1:00 Memorial Day Picnic MEMORIAL DAY PICNIC SUNDAY						