

# November 2019

## Hi-Lites of Lutheran Manor





# Notes From the Office



## New Residents

Diane Gugie Apt 211



## Window Candles

It is custom at **Lutheran Manor** to light a candle in every window during the holiday season.

A single **CLEAR** candle in each window looks lovely and is a warm welcome to all who are traveling on the highway.

This is our way of saying,  
"Welcome to Bethlehem, The Christmas City."  
Traditionally, candles are lit the first Sunday of Advent, so please light your candle on  
**Sunday, November 24**  
and enjoy the holidays.

## DAYLIGHT SAVINGS TIME

Daylight Savings Time ends  
**Sunday, November 3rd**

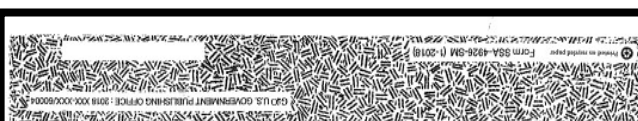


Remember to turn your clocks  
**BACK 1 HOUR**

## MAKE NOTE!

### 2020 Social Security

This is the time of year that we expect each resident to begin receiving their annual **Social Security award letter** in the mail. When you receive your award letter, please bring it to the **main office** right away so we can make a copy for your file.



#### Your New Benefit Amount

##### BENEFICIARY'S NAME

Your Social Security benefit will increase in 2018 because of a rise in the cost of living. You can use this letter to show the amount if you need to apply for food, rent, or energy assistance. You can also use it to apply for bank loans or for other business. Keep this letter with your important financial records.

##### How Much Will I Get And When?

- Your monthly amount (before deductions) is **\$680.00**
- The amount we deduct for Medicare medical insurance is **\$0.00**  
(If you did not have Medicare as of November 17, 2017, or if someone else pays your premium, we show \$0.00.)
- The amount we deduct for your Medicare prescription drug plan is **\$0.00**  
(We will notify you if the amount changes in 2018. If you did not elect withholding as of November 1, 2017, we show \$0.00.)
- The amount we deduct for voluntary Federal tax withholding is **\$0.00**  
(If you did not elect voluntary tax withholding as of November 17, 2017, we show \$0.00.)
- After we take any other deductions, you will receive **\$680.00** on or about January 3, 2018.

If you disagree with any of these amounts, you must write to us within 60 days from the date you receive this letter. We would be happy to review the amounts.

If you receive a paper check and want to switch to an electronic payment, please visit the Department of the Treasury's Go Direct website at [www.godirect.org](http://www.godirect.org) online.

##### What If I Have Questions?

- Visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov).
- Call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

# Resident's Association



## Sunday Social

Sunday, November 24th , 2019

5:00 pm in the Lounge



Menu: Sausage Sandwich & Cole Slaw

Entertainment: **Kittek Boys**

## Sandwich Sale

Cost: \$5

Orders available for pickup

Friday, November 22nd 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: \_\_\_\_\_

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

Kaiser Roll, Ham & Cheese # \_\_\_\_\_ Kaiser Roll, Turkey, Cheese # \_\_\_\_\_

**DEADLINE FOR ORDERS IS TUESDAY, NOVEMBER 19, 2019**

# Lutheran Manor's

3rd Annual

Friday, November 15, 2019  
at 12:00 pm in the Lounge



We will be judging in 3 categories:

*Best Traditional*  
*Most Original*

PRIZES will be awarded for each category.

ALL are welcome to attend and eat.

Please return form to main office by  
Nov 6th , 2019

## Lutheran Manor's 3rd Annual



### CHILI COOK OFF

Friday, November 15, 2019 at 12:00 pm

\_\_\_\_\_ I would like to participate in the Chili Cook Off Contest

The category that I will enter is: (Check ONLY 1 below)

\_\_\_\_\_ *Best Traditional*

\_\_\_\_\_ *Most Original*

\_\_\_\_\_ I will be attending, but NOT making Chili

Name: \_\_\_\_\_

Apt# \_\_\_\_\_



# Resident's Association



## Holiday Bazaar

**Saturday, November 9th, 2019**

**10:00 am—1:00 pm**

**Kitchen opens at 10:00 am**

### **Menu**

Chips	.50
Soda	\$1.00
Water	\$1.00
Coffee	\$1.00
Hot Dogs	\$1.50
Cream of Broccoli Soup	\$3.00
Ice Cream	\$2.50



# Resident's Association



## Soup & Hot Dogs



**Saturday, November 16th  
@ 5:00pm**

### SOUP:

Pepper Pot \$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: *Dick Roberts*



*Friends and Family are Welcome!*

## Coffee, Donuts, Bagels & Muffins

**Saturday, November 2nd**

**Hours 9:00am to 10:00am  
in the Lounge**

\$1.00 coffee

\$1.00 donuts, bagels, muffins

*\$1.00 each for  
additional donuts,  
bagels, muffins*



*Friends & Family  
always welcome!*

## BINGO

**Every Monday  
at 6:00 pm in the  
Lounge**



## SNACK STAND

Snacks available

**EVERY  
Monday & Wednesday  
From 3:00 pm-6:00 pm  
in the Main Lobby**



## ICE CREAM

**Every Wednesday  
From 5:00 - 6:00 pm  
in the Lounge.**





# Brenda's Bulletin



## GUEST SPEAKER:

Confused about choosing a new managed care plan with the new (CHC) **Community Health Choices Program**? Join us for a presentation and Q&A to help you better understand your new options.

*Jennifer Serretti, Red Lion*

**Tuesday, November 5th  
10:00am in the Community Room**

## Floral Arrangement Class



**Jannal Jarrah  
Country Rose Florist**

Learn how to make a beautiful floral arrangement to take home with you.

Only 20 residents may attend this class.

**Sign up required!**

**Wednesday, November 6th  
1:00 pm in the Lounge**



## GUEST SPEAKER:

### **STAY HYDRATED TO STAY HEALTHY**

Learn about infused water Hydration Stations, how to make water a habit and the importance of daily exercise

*MaryAnn Pickell, Care Patrol  
Sherri Bell Ogada, Fox Rehab*

**Tuesday, November 19th  
1:30p-2:30p in the Community Room**

## GUEST SPEAKER:

Confused about the **Waiver Enrollment** process, which provides home & community based services to seniors who elect in-home care?

Join us for **BINGO** with a Q&A to help you better understand.

*Stephanie Garcia, Maxim Healthcare*

**Monday, November 11th  
10:00am in the Community Room**

## GUEST SPEAKER:

### **SAFE MEDICATION USE FOR SENIORS**



Identify the most significant adverse effects in seniors caused by non-steroidal anti-inflammatory drugs & Understand the importance of gradual dose reduction of antipsychotics, anxiolytics, sedative-hypnotics and antidepressants in the senior population.

*Don Bastian, Geriatric Pharmacist*

**Tuesday, November 12th  
11:00am in the Community Room**





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

**MOVIE 1:**  
**POMS**

**Friday, November 8 @ 1:00 pm**



From the studio that brought you Bad Moms and the producer of Book Club comes an uplifting comedy about a woman who starts a cheerleading squad at a retirement community.

Starring Academy Award winner, Diane Keaton, Academy Award nominee, Jacki Weaver, Pam Grier, Celia Weston, and Rhea Perlman, Poms is a "heartfelt and hilarious story that proves its never too late to follow your dreams.

**PG-13** PARENTS STRONGLY CAUTIONED  
SOME MATERIAL MAY BE INAPPROPRIATE FOR CHILDREN UNDER 13

**MOVIE 2:**

**The Tomorrow Man**

**Monday, November 18 @ 1:00 pm**



Ed Hemsler spends his life preparing for a disaster that may never come.

Ronnie Meinsner spends her life shopping for things she may never use.

In a small town somewhere in America, these two people will try to find love while trying not to get lost in each other's stuff. Critics are hailing The Tomorrow Man as, "a radiant love story that will warm your heart".

**PG-13** PARENTS STRONGLY CAUTIONED  
SOME MATERIAL MAY BE INAPPROPRIATE FOR CHILDREN UNDER 13



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



# Bellezza Salon & Spa

## Hours of Operation

Wednesday 9am - 3pm  
Thursday 9am - 3pm

## For Appointments Call

610-866-6010, then press 9  
**WALK-INS WELCOME**



*November is the month to be thankful. We are so thankful for all of you! Your positive energy in the salon makes our day a pleasure.*

If your birthday is in the month of November, please let us know and we will give you a **free brow shaping** to celebrate.



**LET'S CONGRATULATE OUR STYLIST LAURIE WHO HAS A BIRTHDAY ON NOVEMBER 29TH!**

Allow us to take your picture after your hair or nails are done so we can share the joy of making you smile on Lutheran Manor's monitors



Every time you come in for a service we will mark your card. For every 4th service that you receive at the salon, you will receive the **5th service free!**



**Boyles Massage & Energy Therapy LLC** is now providing massage therapy services at Lutheran Manor! Customize each Swedish massage session with your choice of scalp, face, hand or foot massage to feel better fast!



### **About Kelly Boyles LMT**

Kelly began her massage training in 1997, and was licensed in 2011. A graduate of Moravian College with a BA in English, she also writes professionally on health and wellness topics.

Kelly loves teaching karate, and cooking organic, whole foods meals!

**Therapeutic massages are available Mondays in the salon by APPOINTMENT ONLY.**

**30 Minutes - \$20**

**60 Minutes - \$40**

**Book directly with Kelly!**

**570-807-8426**



# From the Chaplain



***"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."***  
***(1 Thessalonians 5:16)***

You don't have to look at the calendar to know what time of the year it is. The air has a certain crispness to it and you hear the sound of dry leaves rustling in the wind. November is here and just around the corner is Thanksgiving and Christmas.

As we prepare in so many ways for the holidays, I remind you of Paul's words to the church at Thessalonica.... **"Rejoice....Pray....Give Thanks.**

I need to follow his guidance and remember what's most important. I need to **rejoice** in all that I have and not compare to what others have. I need to share my joys and my worries with others in **prayer** and in person. We need to let others know we care by a warm touch of the hand, a hug, a smile, or a phone call. And, I need to **thank God** daily for the day and all that I have been given. First Things First! Let's remember what's most important!

*God's blessings to you, Pastor Clark*

## **WORSHIP DURING THE MONTH OF NOVEMBER- Community Room at 2 pm\***

**Tuesday, Nov 5<sup>th</sup>** – Father Daniel Kravatz, Notre Dame RC Church, Bethlehem

**Thursday, Nov 7<sup>th</sup>** - Pastor Jonny Villamar, Conerstone Church, Easton (**Spanish**)

**Thursday, Nov 14<sup>th</sup>** – Pastor Tony Pompa, Nativity Cathedral (Episcopal) Bethlehem

**Thursday, Nov 21<sup>st</sup>** - Pastor Jerel Gade, St. Peter's Union Church, Macungie

**Thursday, Nov 28<sup>th</sup>** – **THANKSGIVING at \*10am\***- Pastor Clark, chaplain



## **MR HOLLAND'S OPUS- DVD**

**Wednesday, November 13<sup>th</sup> -2pm -Community Room**

Acclaimed star Richard Dreyfuss gives the performance of a lifetime as Glenn Holland, a passionate musician, who dreams of composing one truly memorable piece of music. But reality intrudes when he reluctantly accepts a "day job" as a high school music teacher to support his family. In time, however, Mr. Holland realizes that his real passion is teaching, and his legacy is the generations of young people he inspires.

***You're sure to find this electrifying motion picture both entertaining ... and unforgettable!***



# Kierra's Kickstart to Fitness

## IMPORTANT REMINDERS

In order to use the fitness center or attend classes, you must enroll by completing required paperwork. Please stop by the Fitness Center or call Kierra at x208 to obtain the paperwork.

"Reminder, only one guest per resident is allowed in the Fitness Center and **MUST** be exercising with the resident."

## November is National Diabetes Awareness Month



*Exercising helps your body process sugar more efficiently. Come to the fitness center to also pick up a healthy recipe.*

## Speaker: Healthy Eating During the Holidays



**Friday, November 22**

*2:00 PM Community Room*

*Join Weis Dietician, Lyndi Wieand, in learning about the delicious and nutritious foods you can have during the holiday season.*

## Sciatic Pain Workshop



**Friday, November 8<sup>th</sup>**

**10:00 AM Exercise Room**

*If you have sciatic nerve pain, or even low back pain, come learn stretches and exercises that could help you.*

## Cornered

by Mike Baldwin

12-16 © 2016 Mike Baldwin/Dist. by Universal Uclick www.cornered.com  
ccornered@gmail.com



# 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 after the 1st Tuesday	2:00 pm	Community Room
Bible Study	Wednesday	12:30 pm	Community Room
Chat Room	Thursday	10:00 am	Community Room
Prophecy Bible Study	Tuesday	6:30 pm	Community Room
Prayer Time	1st and 3rd Thursday of each month	7:00 pm	Community Room
Sunday Praise	2nd Sunday of each month (3rd Sunday for November )	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	11:30 am	Exercise Room
Afternoon Meditation	Tuesday & Thursday	1:00 pm	Exercise Room
Walkers Club	Monday, Wednesday	2:00 pm	Outside/Fitness Center
Everybody's Yoga	Wednesday	11:00 am	Exercise Room
Tai Chi	Friday	11:00 am	Exercise Room



# Our Activities : Happening in November

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
<u>BINGO</u>	<u>MONDAYS</u>	<u>6:00PM</u>	<u>LOUNGE</u>
<u>SHUFFLE BOARD</u>	<u>THURSDAYS</u>	<u>6:00PM</u>	<u>GAME ROOM</u>
<u>LOUNGE CLOSED FOR CLEANING</u>	<u>FRIDAYS</u>	<u>7:00-10:00 AM</u>	<u>LOUNGE</u>
<u>SNACK STAND</u>	<u>MONDAY &amp; WEDNESDAY</u>	<u>3:00PM-6:00PM</u>	<u>LOBBY</u>
VAN TRIP PAPERS DROP-OFF	Friday , November 1	8:30 AM	BRENDA'S OFFICE
Donuts, Bagels, & Muffins	Saturday, November 2	9:00 am	Lounge
Pinochle	Saturday, November 2	12:30 pm	Lounge
Speaker: Red Lion Home Health Care	Tuesday, November 5	10:00am	Community Room
Holiday Bazaar Donations	Tuesday, November 5	1:00pm	Lounge
Flower arrangement Class	Wednesday, November 6	1:00pm	Lounge
Second Harvest Food Bank Distribution	Thursday, November 7	12:30 pm	Lounge
Blood Pressure Check	Thursday, November 7	6:00 pm	Conference Room
Sciatic Pain Workshop	Friday, November 8	10:00 am	Exercise Room
MOVIE: POMS	Friday, November 8	1:00 pm	Community Room
Holiday Bazar	Saturday, November 9	10:00 am	Lounge
Speaker: Maxim Healthcare Services	Monday, November 11	10:00 am	Community Room
Board Meeting	Monday, November 11	1:30 pm	Conference Room
Speaker: Geriatric Pharmacist	Tuesday, November 12	11:00 am	Community Room
General Meeting	Tuesday, November 12	2:00 pm	Lounge
Pastor Clark Movie: Mr Hollands Opus	Wednesday, November 13	2:00 pm	Community Room
3rd Annual Chili Cook off	Friday, November 15	12:00 pm	Lounge
Hot Dog Social	Saturday, November 16	5:00 pm	Lounge
MOVIE: The Tomorrow Man	Monday, November 18	1:00 pm	Community Room
Speaker: Care Patrol & Fox Rehab	Tuesday, November 19	1:30 pm	Community Room
Computer Class with Nancy	Friday, November 22	1:00 pm	Computer Room
Speaker: Healthy Eating During Holidays	Friday, November 22	2:00 pm	Community Room
Sandwich Sale Pick-Up	Friday, November 22	11:00 am	Lounge
Social w/Entertainment	Sunday, November 24	5:00 pm	Lounge
Office Closed	Thursday, November 27 Friday, November 28		

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Fitness</b> <b>Events</b> <b>VanTrips</b> <b>Resident's Association</b> <b>Events</b> <b>Religious Events</b>	<b>Lutheran</b> <b>Manor Events</b>  <b>Holidays</b> <b>Observances/Other</b>				<b>1</b> <b>VAN TRIP PAPERS</b> <b>7:00-10:00</b> <b>Lounge Closed</b> <b>10:00 Giant</b> <b>11:00 Tai Chi</b> <b>12:15 Mobile Market (Last day)</b> <b>2:00 Walkers Club</b>	<b>2</b> <b>9:00</b> <b>Donuts</b> <b>10:30</b> <b>Steeple &amp; Steel</b> <b>Tour</b> <b>12:30</b> <b>Pinochle</b>
<b>3</b> <b>DAYLIGHT Savings</b> <b>Time ENDS</b>	<b>4</b> <b>8:45 Banks &amp; Post Office</b> <b>10:00 Fit For Life</b> <b>11:30 Stand Up for Strength</b> <b>1:30 Shopping @ CVS &amp; Lehigh shopping center</b> <b>2:00 Walkers Club</b> <b>3:00 Snack Stand</b> <b>6:00 BINGO</b>	<b>5 ELECTION DAY</b> <b>10:00 Joyful Joints</b> <b>10:00 Speaker: Red Lion Home Care</b> <b>11:00 Basic Balance</b> <b>1:00 Meditation &amp; Stretch</b> <b>1:00 Weis</b> <b>1:00 Holiday Bazar Donations</b> <b>2:00 Church</b> <b>6:30 Prophecy Bible study</b>	<b>6</b> <b>10:00 Fit For Life</b> <b>11:00 Everybody's Yoga</b> <b>12:30 Bible Study</b> <b>1:00 Flowers with Jannal</b> <b>2:00 Walkers Club</b> <b>3:00 Snack Stand</b> <b>5:00 Ice Cream Sale</b>	<b>7</b> <b>10:00 Joyful Joints</b> <b>10:00 Chat Room</b> <b>10:00 Shopping @ Lehigh Valley Mall</b> <b>11:00 Basic Balance</b> <b>12:30 Second Harvest</b> <b>1:00 Meditation &amp; Stretch</b> <b>2:00 Church (Spanish)</b> <b>6:00 Blood Pressure Check</b> <b>6:00 Shuffle board</b> <b>7:00 Prayer Time</b>	<b>8</b> <b>7:00-10:00 Lounge Closed</b> <b>10:00 Sciatic Pain Workshop</b> <b>11:00 Tai Chi</b> <b>1:00 MOVIE DAY: POMS</b> <b>2:00 Walkers Club</b>	<b>9</b> <b>8:30 Fall Craft Fair</b> <b>12:30</b> <b>Bingo @ St. John's</b> <b>Windish</b> <b>10: 00</b> <b>Holiday Bazaar</b>
<b>10</b>	<b>11 VETERANS DAY</b> <b>10:00 Fit For Life</b> <b>10:00 Speaker: Maxim Healthcare</b> <b>11:30 Stand Up for Strength</b> <b>1:30 Board Meeting</b> <b>2:00 Walkers Club</b> <b>3:00 Snack Stand</b> <b>6:00 BINGO</b>	<b>12</b> <b>10:00 Joyful Joints</b> <b>11:00 Basic Balance</b> <b>11:00 Speaker: Senior Prescription Solutions</b> <b>1:00 Meditation &amp; Stretch</b> <b>2:00 General Mtg</b> <b>6:30 Prophecy Bible study</b>	<b>13</b> <b>10:00 Fit For Life</b> <b>11:00 Everybody's Yoga</b> <b>12:30 Bible Study</b> <b>2:00 MOVIE: Mr. Hollands Opus</b> <b>2:00 Walkers Club</b> <b>3:00 Snack Stand</b> <b>5:00 Ice Cream Sale</b>	<b>14</b> <b>10:00 Joyful Joints</b> <b>10:00 Chat Room</b> <b>11:00 Basic Balance</b> <b>1:00 Meditation &amp; Stretch</b> <b>2:00 Church</b> <b>6:00 Shuffle board</b>	<b>15</b> <b>7:00-10:00 Lounge Closed</b> <b>12:00 Chili Cook-off</b> <b>11:00 Tai Chi</b> <b>2:00 Walkers Club</b>	<b>16</b> <b>5:00</b> <b>Soup &amp; Hot Dog Social</b>
<b>17</b> <b>1:00 Sunday Praise with David</b>	<b>18</b> <b>10:00 Fit For Life</b> <b>11:30 Stand Up for Strength</b> <b>1:00 The tomorrow man</b> <b>2:00 Walkers Club</b> <b>3:00 Snack Stand</b> <b>4:00 Dinner @ SEWYCO</b> <b>6:00 BINGO</b>	<b>19</b> <b>10:00 Joyful Joints</b> <b>11:00 Basic Balance</b> <b>1:00 Meditation &amp; Stretch</b> <b>1:30 Speaker: Care Patrol &amp; Fox Rehab</b> <b>6:30 Prophecy Bible study</b>	<b>20</b> <b>9:00 Breakfast @ TIKTOK/ Shopping @ Walmart</b> <b>10:00 Fit For Life</b> <b>11:00 Everybody's Yoga</b> <b>12:30 Bible Study</b> <b>2:00 Walkers Club</b> <b>3:00 Snack Stand</b> <b>5:00 Ice Cream Sale</b>	<b>21</b> <b>7:00-10:00 Lounge Closed</b> <b>10:00 Joyful Joints</b> <b>10:00 Chat Room</b> <b>11:00 Basic Balance</b> <b>1:00 Meditation &amp; Stretch</b> <b>10:00 Shoprite</b> <b>2:00 Church</b> <b>6:00 Shuffle board</b> <b>7:00 Prayer Time</b>	<b>22</b> <b>11:00 Sandwich sale pickup</b> <b>11:00 Tai Chi</b> <b>11:00 Lunch @ Cracker Barrel</b> <b>1:30 Computer Class</b> <b>2:00 Walkers Club</b> <b>2: 00 Speaker: Healthy Eating During Holidays</b>	<b>23</b>
<b>24</b> <b>5:00 Social</b>	<b>25</b> <b>10:00 Fit For Life</b> <b>11:30 Stand Up for Strength</b> <b>2:00 Walkers Club</b> <b>3:00 Snack Stand</b> <b>6:00 BINGO</b>	<b>26</b> <b>10:00 Joyful Joints</b> <b>11:00 Basic Balance</b> <b>1:00 Meditation &amp; Stretch</b> <b>6:30 Prophecy Bible study</b>	<b>27</b> <b>OFFICE CLOSED 1/2 DAY</b> <b>10:00 Fit For Life</b> <b>11:00 Everybody's Yoga</b> <b>12:30 Bible Study</b> <b>2:00 Walkers Club</b> <b>3:00 Snack Stand</b> <b>5:00 Ice Cream Sale</b>	<b>28</b> <b>OFFICE CLOSED</b> <b>2:00 Church</b> 	<b>29</b> <b>OFFICE CLOSED</b>	<b>30</b>

# VAN TRIPS *December 2019*

DATE	DAY	TRIP	TIME
Dec 3	Tuesday	Banks / Post Office	8.:45am _____
Dec 3	Tuesday	Shopping at CVS / Lehigh Shopping Center	1:30pm _____
Dec 4	Wednesday	Holiday Shopping at WalMart & Hobby Lobby	11:00am _____
Dec 5	Thursday	America on Wheels Holiday Train Exhibit (FREE)	1:00pm _____
Dec 6	Friday	Freedom High School Holiday Concert (FREE)	7:00pm _____
Dec 7	Saturday	Bach Choir Christmas Concert (\$33.00)	8:00pm _____
Dec 8	Sunday	Calvary Family Christmas Carol Sing (FREE)	6:00pm _____
Dec 9	Monday	Holiday Shopping at Allentown Shopping Center	10:00am _____
Dec 11	Wednesday	Wegmans	10:00am _____
Dec 12	Thursday	Lunch at Cracker Barrel	11:00am _____
Dec 13	Friday	Liberty High School Christmas Concert (FREE and includes lunch)	9:30am _____
Dec 15	Sunday	Allentown Art Museum-Designing Hollywood Golden Age Costumes Exhibit (FREE)	11:30am _____
Dec 17	Tuesday	PriceRite	1:00pm _____
Dec 18	Wednesday	Breakfast at The Palace / Shopping at Valley Farms	9:00am _____
Dec 19	Thursday	Edgeboro Moravian Church Christmas Putz & Christmas Room (FREE)	10:00am _____
Dec 22	Sunday	PA Playhouse Musical: She Loves Me (\$22.00)	2:15pm _____
Dec 23	Monday	Lunch at SEWYCO (\$7.00)	11:00am _____
Dec 24	Tuesday	Weis (Senior Discount Day)	9:30am _____
Dec 27	Friday	Breakfast at TIKTOK / Shopping at WalMart	9:00pm _____
Dec 30	Monday	ShopRite	10:00am _____
Dec 31	Tuesday	Dinner at Doughboys	4:00pm _____

**Forms will be collected starting at 8:30 am on Friday , November 1st in Brenda's Office**

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.***

# SPECIAL EVENTS November 2019

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**

## **POMS**

\_\_\_\_\_ Friday, November 8 at 1:00 pm

## **The Tomorrow Man**

\_\_\_\_\_ Monday, November 18 at 1:00 pm

## **Speaker : Red Lion Home Health Care**

\_\_\_\_\_ Tuesday November 5 @ 10:00am

## **Flower Making with Jannal from Country Rose Florist**

\_\_\_\_\_ Wednesday November 6 @ 1:00pm

## **Speaker : Maxim Healthcare Services**

\_\_\_\_\_ Monday, November 11 @ 10:00am

## **Speaker : Senior Prescription Solutions -Don Bastian**

\_\_\_\_\_ Tuesday, November 12 @ 11:00am

## **Speaker : Care Patrol and Fox Rehab– Staying Hydrated**

\_\_\_\_\_ Tuesday , November 19 @ 1:30pm

## **Computer Class with Nancy**

\_\_\_\_\_ Friday , November 22 @ 1:00pm

## **Speaker : Healthy Eating During The Holidays**

\_\_\_\_\_ Friday, November 22 @ 2:00pm

**NAME:** \_\_\_\_\_ **APT#:** \_\_\_\_\_

**Forms to be collected in Brenda's office starting at 8:30am on Friday, November 1st**