

November 2020

Hi-Lites of *Lutheran Manor*



Notes From the Office



To Our New Residents!

Sandra Krisanda 417
Carolyn White 810

New Office Hours

Monday –Thursday 8:30am -4:30 PM
Friday 8:30am-1:00PM

Daylight Savings

Sunday NOV 1, 2020

clocks are turned **back** 1 hour



COVID-19



Watch **Channel 99**

for protocols &
updates.

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

Always Sanitize your hands
upon entering the building .

NOTICE

**Use hand
sanitizer.**

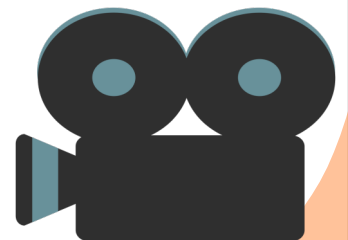
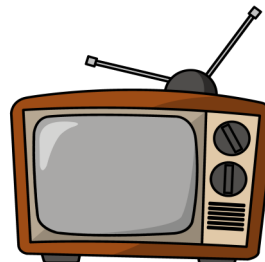


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LIVE-STREAMING

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.



Wednesday, November 25

MENU

- ◆ Sliced Roasted turkey with rich gravy
- ◆ Homemade potato filling with rich gravy
- ◆ Buttered carrots
- ◆ Cranberry sauce
- ◆ Homemade cornbread
- ◆ Homemade pumpkin cake with cream cheese frosting

***Staff will deliver dinner platters directly to apartments
between 11:30am-12:30pm***

*Eat, Drink,
Give Thanks!*

Give thanks for a little
and you will find a lot.

~ Hausa Proverb

***OPT-OUT of Thanksgiving Dinner
on Wednesday, November 25***

Name: _____

Apt#: _____

Phone: _____

*Please return slip to Main office no later than **Wednesday, Nov 11**

Return ONLY if you are declining dinner service



Lutheran Manor will be hosting BINGO

DATE: *Wednesday, November 4, 2020*

TIME: *2:15pm*

LOCATION: *Lounge*

***Space limited to 25 residents max *No Walk-ins**

***Sign up for only ONE bingo session permitted**



BINGO

Wednesday, November 4, 2020

2:15pm

Name: _____

Apt#: _____

Phone: _____

***Please return slip to Main office no later than Tuesday, November 3**



Lutheran Manor will be hosting BINGO

DATE: *Tuesday, November 16, 2020*

TIME: *1:30pm*

LOCATION: *Lounge*

***Space limited to 25 residents max *No Walk-ins**

***Sign up for only ONE bingo session permitted**



BINGO

Tuesday, November 16, 2020

1:30pm

Name: _____

Apt#: _____

Phone: _____

***Please return slip to Main office no later than Friday, November 13**

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.



Tuesday, November 3, 2020

**Nitschmann Middle School
1002 W. Union Blvd.
Bethlehem, PA 18018**



***Van Trips available
so you can cast
your vote in person.***

***Contact Brenda today to reserve
your place on the van.**



PNEUMONIA CLINIC

Monday, November 23

2:00pm-4:00pm (Lounge)

Items Needed for clinic:

- Driver's License or Identification card
- MEDICARE card
- Medical Insurance card



***Sign up with BRENDA today**



Van Trip Added



Shopping at **DOLLAR TREE**

Saturday, November 7

10:00am and 1:00pm



*Space is limited to
10 passengers per trip

***Sign up with Brenda today!**



Light exercise helps your body process sugar more efficiently. Learn about how you can manage your diabetes, prevent yourself from developing diabetes, and much more!

Wednesday, Nov. 18th 11:00 AM

(Channel 98)

Speaker from LVHN:

Strengthening your Lungs & Managing COPD



Wednesday Nov. 11th 11 AM

(Channel 98)



Of the Week Challenge

Pick up your “Exercise of the Week” card to do in the fitness center or at home. At the end of the month, submit the card into a raffle to win a gift!



Weekend Warrior



Brain Games

**Participate the weekends of
11/6 and 11/20 for a chance
to win prizes!**

- ◆ Receive a brain game packet on Friday, Complete it by Monday afternoon.
- ◆ Put it in your mailbox (outside of your apartment) by Tuesday morning.
- ◆ Kierra will let you know if you won and will return the answers upon request.

Call Kierra to sign up

610-866-6010 x208



ALL MOVIES WILL BE LIVE-STREAMED ON CHANNEL 98!

MOVIE 1: Phar Lap

Friday, November 6 @ 1:00 pm



Tommy works as a stable boy for horse trainer Harry Telford. Telford takes a risk in leasing a gaunt horse named Phar Lap from his boss, Dave Davis entrusting care of the animal to Tommy. But when Phar Lap begins an unexpected winning spree, Telford must fend off pressure from other racers and disgruntled gamblers, not to mention the boss and his wife who have both taken a keen interest in the horse and its earning potential.

MOVIE 2: Wonder Woman

Friday, November 13 @ 1:00 pm



Before she was Wonder Woman, she was Diana, princess of the Amazons, trained to be an unconquerable warrior. Raised on a sheltered island paradise, Diana meets an American pilot who tells her about the massive conflict that's raging in the outside world. Convinced she can stop the threat, Diana leaves her home for the first time. Fighting alongside men in a war to end all wars, she finally discovers her full powers and true destiny.

MOVIE 3: Instant Family

Monday, November 23 @ 1:00 pm



When Pete and Ellie decide to start a family, they stumble into the world of foster care adoption. They hope to take in one small child, but when they meet three siblings, including a rebellious 15-year-old girl, they find themselves speeding from zero to three kids overnight. Now, Pete and Ellie must try to learn the ropes of instant parenthood in the hope of becoming a family.

MOVIE 4: The Secret: Dare to Dream

Monday, November 30 @ 1:00pm



Miranda Wells is a hardworking young widow who's struggling to raise three children on her own. A powerful storm soon brings a devastating challenge and a mysterious man, Bray Johnson, into her life. In just a few short days, Bray's presence reignites the family's spirit -- but he carries a secret that could change everything.



From the Chaplain



AN ATTITUDE OF GRATITUDE

One of the very first lessons we're taught as a child is to say, "thank you." We even have an entire holiday set aside to remember to be thankful. However, sometimes it is so easy to forget. And then there are those times when we really feel like there isn't much for which to be thankful.

St. Paul reminds us to be thankful and grateful to God and to others. He tells to be thankful "in all circumstances." Think of it... always giving thanks for everything- no matter what the circumstances. He knew that an attitude of gratitude is the key that opens the door to real joy and happiness.

Thank you! Thank you, God! Thank you for this day! Thank you for the hard times, they help me appreciate the good times! Thank you for everything I take for granted! Thank you for all my blessings. Thank you for the people in my life- those I love and those I learn from. Thank you!

~With thanks for all of you, Pastor Clark

BIBLE STUDY every Wednesday at 12:30 pm live-streamed on Chanel 98.

CHAT ROOM every Thursday at 10 am in the lounge. Face Masks and social distancing required.

WORSHIP IN NOVEMBER- 2pm* on Channel 98

Tues. Nov. 3rd – Father Kevin Bobbin, Notre Dame RC Church, Bethlehem

Thurs. Nov. 5th – Spanish- Pastor Jonny Villamar, Crossroads Church, Easton

Thurs. Nov. 12th - Pastor Lisa Borrell, Frieden's Lutheran, Center Valley

Thurs. Nov. 19th – Pastor Larry Burd, Calvary Baptist, Easton

Thurs. Nov. 26th- THANKSGIVING 10am – Pastor Clark, Chaplain



From the Chaplain



CHARIOTS OF FIRE

Wednesday, November 11 @ 2pm

(Channel 98)

The inspiring true story of two runners from the United Kingdom, Harold Abrahams and Eric Liddell. Contrasting the spiritual motives of one man versus the more selfish goals of the other, their fierce, personal competition ends up uniting them in a great victory in the 1924 Olympics.

The heroes are an unlikely pair of young athletes: devout Protestant Eric Liddell (Ian Charleson), a divinity student whose running makes him feel closer to God, and Jewish Harold Abrahams (Ben Cross), a

highly competitive Cambridge student who has to surmount the institutional hurdles of class prejudice and anti-Semitism. *(Rated PG)*

Viewer Comments: + *This is one great movie and testimony. The lesson to be learned is to follow your conscience and do what is right and trust God with the results.* + *Great film. They don't make them like this anymore.*



AN OLD FASHIONED THANKSGIVING

Wednesday, November 25 @ 2pm

(Channel 98)

From a short story by the acclaimed author of "Little Women" (*Louisa May Alcott*) comes a holiday story of family and forgiveness. Recently widowed Mary Bassett (Helene Joy) and her 3 children have hit difficult times on their farm. Things are so bad this year that they cannot even afford a turkey for their Thanksgiving dinner. Suddenly, Mary's wealthy and estranged mother Isabella (Jacqueline Bisset) has come to visit. Mary resents her mother's attempts to help them out of their financial difficulties. In the

end, more than money will be needed to heal the emotional wounds that exist between mother and daughter in this moving period drama. *(Not Rated)*

Viewers' Comments: + *This movie is one of my holiday favorites. The mother is a wonderful actress in her role and what a treat to see Jacqueline Bisset. I love the settings, the characters and the reminder that God can draw good from tragedy.*

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	Lounge
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	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

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

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

****MASKS REQUIRED in waiting area and in salon****

*Schedule an appointment on any
Tuesday in November to be entered
into a raffle for a TABLET.*

****Winner to be announced at Dec 8 General Meeting****



DISCOUNT

***25% off all retail items
\$5 off perms***

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

****Bring your Punch card****



****Schedule your Manicure &
Pedicure NOW***

****No Massage appointments
until further Notice***



Our *NOVEMBER* 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, NOV 2</i></u>	<u><i>8:30AM</i></u>	<u><i>BRENDA'S OFFICE</i></u>
Candy / Ice Cream Sale	Monday, Nov 2	3:00pm	Lounge
VOTE	Tuesday, Nov 3	9:30am 11:30am 5:00pm	Van departure from Lounge
BINGO	Wednesday, Nov 4	2:15pm	Lounge
Second Harvest Food Bank	Thursday, Nov 5	12:30pm	Boxes will be distributed to resident apartments
Blood Pressure Checks	Thursday, Nov 5	6:00pm	Lounge
Movie #1: Phar Lap	Friday, Nov 6	1:00pm	Live-streamed Channel 98
<u><i>GENERAL MEETING</i></u>	<u><i>TUESDAY, NOV 10</i></u>	<u><i>2:00PM</i></u>	<u><i>LIVE STREAMED CHANNEL 98</i></u>
Pastor Clark Movie #1: <i>CHARIOTS OF FIRE</i>	Wednesday, Nov 11	2:00pm	Live-streamed Channel 98
Speaker: <i>Strengthen your lungs & Manage COPD</i>	Wednesday, Nov 11th	11:00am	Live-streamed Channel 98
Movie #2: Wonder Woman	Friday, Nov 13	2:00pm	Live-streamed Channel 98
BINGO	Monday, Nov 16	1:30pm	Lounge
Movie #3: Instant Family	Monday, Nov 23	1:00pm	Live-streamed Channel 98
Pneumonia Clinic-Walgreens	Monday, Nov 23	2pm-4pm	Lounge
Pastor Clark Movie #2: <i>AN OLD FASHIONED THANKSGIVING</i>	Wednesday, Nov 25	2:00pm	Live-streamed Channel 98
Thanksgiving Day Black Friday	Thursday, Nov 26th Friday., Nov 27th	—	OFFICE CLOSED
Movie #4– The Secret: Dare to Dream	Monday, Nov 30	1:00pm	Live-streamed Channel 98

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:30 Van trip Paper Drop off 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 3:00 Candy/IceCream	3 9:30 VOTE 10:00 Joyful Joints (98) 11:00 Yoga (98) 11:30 VOTE 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 2:00 Church (98) 5:00 VOTE	4 10:00 Shopping CVS 10:00 Fit For Life(98) 12:00 Post Office/ Shopping at Dollar Tree 12:30 Bible Study(98) 2:15 BINGO	5 9:30 Shopping at GIANT 10:00 Joyful Joints (98) 10:00 Chat Room 12:30 Second Harvest Food Bank 2:00 Church Spanish (98) 6:00 Blood Pressure Checks	6 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie: Phar Lap	7 10:00 Shopping at Dollar Tree 1:00 Shopping at Dollar Tree
8	9 10:00 Fit For Life (98) 11:00 Stand up for Strength (98)	10 9:30 Shopping at 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)	11 10:00 Fit For Life(98) 11:00 SPEAKER: Lung Health 12:30 Bible Study(98) 2:00 Pastor movie: Chariots of Fire 3:00 Candy/IceCream	12 10:00 Joyful Joints (98) 10:00 Chat Room 2:00 Church (98)	13 7:00-10:00 Lounge Closed for cleaning 9:30 Shopping at TARGET 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie: Wonder Woman	14
15	16 9:30 Shopping at PRICE RITE 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:30 BINGO	17 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98)	18 9:00 Shopping at WALMART 10:00 Fit For Life(98) 11:00 Speaker: Diabetes Awareness 12:30 Bible Study(98) 1:00 Shopping at WALMART 3:00 Candy/IceCream	19 10:00 Joyful Joints (98) 10:00 Chat Room 2:00 Church (98)	20 10:00 Tai Chi (98) 11:00 Yoga (98)	21
22	23 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie: Instant Family 2:00 Pneumonia Clinic-Walgreens	24 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98)	25 9:00 Shopping at VALLEY FARMS 10:00 Fit For Life(98) 11:30 Thanksgiving Dinner 12:30 Bible Study(98) 1:00 Shopping at VALLEY FARMS 2:00 Pastor Movie: An Old Fashioned Thanksgiving 3:00 Candy/IceCream	26 10:00 Church (98) OFFICE CLOSED  Thanksgiving	27 OFFICE CLOSED	28
29	30 9:30 Shopping at WEGMANS 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie: The Secret: Dare To Dream	<div> <div>Fitness</div> <div>Van Trips</div> <div>Resident Association</div> <div>Religious</div> <div>Lutheran Manor</div> <div>Holidays/Observances / Other</div> </div> <div>  </div>				

VAN TRIPS December 2020

DATE	DAY	TRIP	TIME
Dec 3	Thursday	Post Office / Shopping at CVS	9:30am_____
Dec 4	Friday	Shopping at GIANT	9:30am_____
Dec 8	Tuesday	Shopping at WEIS (Senior Discount Day)	9:30am_____
Dec 9	Wednesday	Shopping at DOLLAR TREE	10:00am_____
Dec 9	Wednesday	Shopping at DOLLAR TREE	1:00pm_____
Dec 16	Wednesday	Shopping at VALLEY FARMS	10:00am_____
Dec 16	Wednesday	Shopping at VALLEY FARMS	1:00pm_____
Dec 18	Friday	Shopping at TARGET	9:30am_____
Dec 21	Monday	Shopping at SHOPRITE	9:30am_____
Dec 23	Wednesday	Shopping at WALMART 248	10:00am_____
Dec 23	Wednesday	Shopping at WALMART 248	1:00pm_____
Dec 30	Wednesday	Shopping at WEGMANS	10:00am_____
Dec 30	Wednesday	Shopping at WEGMANS	1:00pm_____

Forms will be collected starting at 8:30 am on Monday, November 2nd.

Name:_____ Apt:_____

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