

October 2014

Hi Lites of Lutheran Manor





Welcome New Resident

Cora Onuschak 406

October 1 (Wednesday)	Exercise	10:00 a.m.	Lounge
	Lunch @ The Willows Restaurant	11:00 a.m.	Van Trip
	Massage by Appointments	1:00 p.m.	Conf Room
	Computer Class	1:00 p.m.	Computer Rm
	Bible Study	1:00 p.m.	Patio
	Piano Playing	3:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
October 2 (Thursday)	Breakfast/Valley Farm Market	9:00 a.m.	Van Trip
	Chat Room	10:00 a.m.	Patio
	Rev Jay Wetzel, St. John Lutheran, Bath	2:00 p.m.	Lounge
	Blood Pressure Check	6:00 p.m.	Lounge
October 3 (Friday)	Walkers Club	9:00 a.m.	Outside
	Banks, CVS, \$ Store, Post Office	9:30 a.m.	Van Trip
	Yoga	10:00 a.m.	Patio
	Tai Chi	12:30 p.m.	Patio
	Wii Bowling	5:30 p.m.	Lounge
October 4 (Saturday)	Coffee & Donuts	9:00 a.m.	Lounge
	Pinochle Party	12:30 p.m.	Lounge
October 5 (Sunday)	Yarns Around	1:30 p.m.	Patio
October 6 (Monday)	Giant Food Store	9:30 a.m.	Van Trip
	Exercise	10:00 a.m.	Lounge
	Bingo	6:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
October 7 (Tuesday)	Zumba	10:00 a.m.	Lounge
	Senior Bingo w/lunch	10:45 a.m.	Van Trip
	Rev James Harper, Notre Dame RC Church Bethlehem	2:00 p.m.	Lounge
October 8 (Wednesday)	Exercise	10:00 a.m.	Lounge
	Bible Study	1:00 p.m.	Patio
	Piano Playing	3:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
October 9 (Thursday)	Chat Room	10:00 a.m.	Patio
	USO Dance Fearless Fire Co.	1:00 p.m.	Van Trip
October 10 (Friday)	Walkers Club	9:00 a.m.	Outside
	Flu Shots	9:00 a.m.	Lounge
	Yoga	10:00 a.m.	Patio
	Second Harvest-Food Delivery Box	11:00 a.m.	Patio
	Tai Chi	12:30 p.m.	Patio

October 10 (Friday)	Wii Bowling	5:30 p.m.	Lounge
October 11 (Saturday)	<i>Manicures by Appointment</i>	9:30 a.m.	Lounge
October 12 (Sunday)	Yarns Around	1:30 p.m.	Patio
October 13 (Monday)	Columbus Day	OFFICE CLOSED	
	Valley Farms	9:30 a.m.	Van Trip
October 14 (Tuesday)	Weis Market	9:30 a.m.	Van Trip
	Zumba	10:00 a.m.	Lounge
	General Meeting	2:00 p.m.	Lounge
	(5th Floor responsible for snacks)		
October 15 (Wednesday)	Leesport Farmers Market/Lunch	8:30 a.m.	Van Trip
	Exercise	10:00 a.m.	Lounge
	Bible Study	1:00 p.m.	Patio
	Piano Playing	3:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
October 16 (Thursday)	DVD-Andre Rieu	10:00 a.m.	Lounge
	Lunch @ DoughBoys	11:00 a.m.	Van Trip
	Rev Larry Burd, Calvary Baptist Church, Easton	2:00 p.m.	Lounge
October 17 (Friday)	Walkers Club	9:00 a.m.	Outside
	Yoga	10:00 a.m.	Patio
	Strawberry Acres & Lunch	10:00 a.m.	Van Trip
	Tai Chi	12:30 p.m.	Patio
	Wii Bowling	5:30 p.m.	Lounge
October 18 (Saturday)	<i>Soup & Hot Dogs-Steel City</i>	11:00 a.m.	Lounge
October 19 (Sunday)	Yarns Around	1:30 p.m.	Patio
October 20 (Monday)	Breakfast @ Hometown Diner/ Wal-Mart	9:00 a.m.	Van Trip
	Exercise	10:00 a.m.	Lounge
	Movie-Heaven is for Real	11:30 a.m.	Conf Room
	Bingo	6:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
October 21 (Tuesday)	Zumba	10:00 a.m.	Lounge
	Dinner @ The Willows Restaurant	4:00 p.m.	Van Trip
October 22 (Wednesday)	Exercise	10:00 a.m.	Lounge
	Computer Class	1:00 p.m.	Comp Rm
	Bible Study	1:00 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
October 23 (Thursday)	Wal-Mart	9:30 am.	Van Trip
	Chat Room	10:00 a.m.	Patio
	Rev Mark Culton, Ebenezer Bible Fellowship, Bethlehem	2:00 p.m.	Lounge

October 24 (Friday)	Walkers Club	9:00 a.m.	Outside
	Yoga	10:00 a.m.	Patio
	<i>Lunch/Movie at Carmike</i>	10:45 a.m.	Van Trip
	Tai Chi	12:30 p.m.	Patio
	Wii Bowling	5:30 p.m.	Lounge
October 26 (Sunday)	Yarns Around	1:30 p.m.	Patio
	<i>Halloween Party-Cindy</i>	5:00 p.m.	Lounge
October 27 (Monday)	Exercise	10:00 a.m.	Lounge
	Therapy Dog	11:00 a.m.	Lounge
	<i>Movie-Heaven is for Real</i>	11:30 a.m.	Conf Room
	<i>Speaker-Cold & Flu Prevention</i>	1:00 p.m.	Lounge
	Bingo	6:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Rm
October 28 (Tuesday)	<i>Wegmans</i>	9:30 a.m.	Van Trip
	Zumba	10:00 a.m.	Lounge
October 29 (Wednesday)	Exercise	10:00 a.m.	Lounge
	Bible Study	1:00 p.m.	Patio
	Piano Playing	3:00 p.m.	Lounge
	<i>Dinner @ The Hibachi Grill Buffet</i>	5:00 p.m.	Van Trip
	<i>Nazareth</i>		
October 30 (Thursday)	Poker League	6:30 p.m.	Conf Rm
	<i>Scenic ride to the Poconos</i>	9:30 a.m.	Van Trip
	<i>to see the Fall Foliage/lunch</i>		
	Chat Room	10:00 a.m.	Patio
October 31 (Friday)	Rev Elizabeth Mitchell, Emmanuel Lutheran, Bath	2:00 p.m.	Patio
	<i>36th Anniversary Party</i>	6:00 p.m.	Lounge
	Walkers Club	9:00 a.m.	Outside
	<i>Allentown Farmers Market/Lunch</i>	9:30 a.m.	Van Trip
	Yoga	10:00 a.m.	Patio
	Tai Chi	12:30 p.m.	Patio
	Wii Bowling	5:30 p.m.	Lounge

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	1 p.m.	Patio
Piano Playing	Every Wednesday	3:00 p.m.	Lounge
Chat Room	Every Thursday	10 a.m.	Patio
Walkers Club	Every Friday	9 a.m.	Outside
Yoga	Every Friday	10:00 a.m.	Patio
Tai Chi	Every Friday	12:30 p.m.	Patio
Wii Bowling	Every Friday	5:30 p.m.	Lounge
Yarns Around	Every Sunday	1:30 p.m.	Patio

Claudie's



Corner

FLU SHOT

FRIDAY, OCTOBER 10TH

From 9:00-11:00 AM

Please make sure to have your **Medicare Card** available to save time.



If you have Medicare and other insurance the **Flu Vaccine Cost** will be: **\$15.00**

Cash or Check **ONLY** (In the Lounge)

Sign up at the Main Office



Sue Jacobi will be here on **Monday, October 27** at **1:00 pm**, in the **Lounge** to inform you about tips on **Cold and Flu Prevention**. "There are no known cures for **colds and flu**, so **cold and flu prevention** should be your goal."

Refreshments will be served.

Soup & Hot Dogs



Saturday, October 18

11 a.m. to 2 p.m.



- SOUP: Clam Chowder \$2.50
- HOT DOGS: Plain, Sauerkraut, or Chili \$1.50
- RED BEET EGGS: .50
- DESSERT: Ice Cream & Strawberries \$2.50
- SODA OR COFFEE: \$1.00

Entertainment by:

Steel City

50/50 Drawing

Friends and Family Welcome!

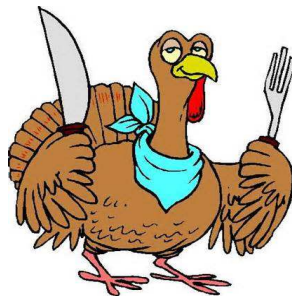
The Snack Stand

**Snacks available
every
Monday & Wednesday**

From 3-6 p.m. In the Main Lobby



November Events



Saturday	11/01	Coffee & Donuts		9:00 a.m.
Saturday	11/01	Pinochle Party		12:30 p.m.
Saturday	11/08	Holiday Bazaar		10:00 a.m.
Saturday	11/15	Soup & Hot Dogs	The Majestics	11:00 a.m.
Sunday	11/23	Pizza Party	Katos	5:00 p.m.

FREE Computer Classes

Wednesday, October 1 & 22

1-3 pm

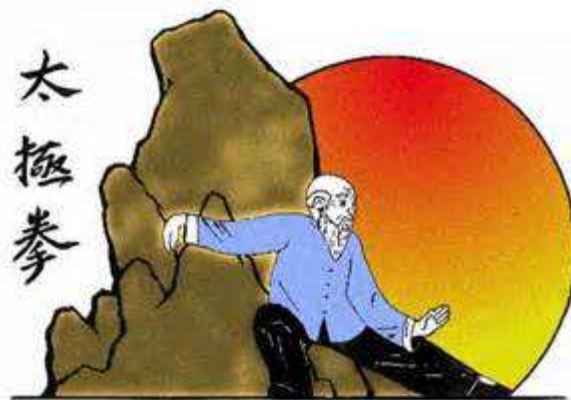


With Dolores.

TAI CHI

Every Friday, at 12:30 pm

In the Patio



Yarns Around Group

Meets every **Sunday**

at 1:30 pm

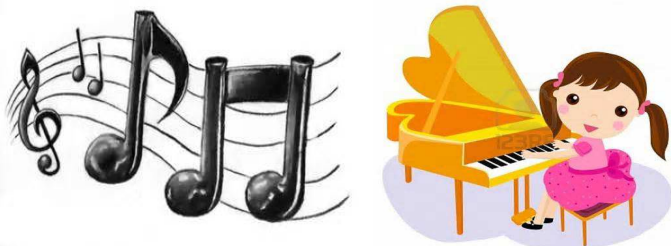
In the Patio.

Wednesday, October 1
1:00-4:30 pm



Come and Sing-A-Long
with *Gladys* playing the
piano.

Every Wednesday from 3-4 pm



If you are interested
in getting a massage,
please **sign-up**
with Dolores.

Price: \$20.00 1/2 hour
\$40.00 1 hour

Coffee & Donuts



Saturday, October 4

9:00 a.m. to 10:30 a.m.

\$1.00 coffee

\$1.00 donut

\$1.00 additional donut

Friends and Family

Are Welcome!

WALKERS CLUB



Every Friday

9:00 am

Join the fun.



Mr. Peabody or Miz Daisy

Will be coming by, we would
love to see you.

Monday, October 27th.

At 11:00 am in the lounge.

Join Darla for ZUMBA

Every Tuesday

10:00 a.m.

Lounge





Blood Pressure Check

1st Thursday
of every Month

6:00 pm/ In the Lounge



**Linda will be here
to do Manicures.
Saturday, October 11**



See Dolores for an appointment.

Join us for *YOGA*

*Every Friday at 10:00 AM
in the Patio*



EXERCISE CLASS

Join the class with *Robin*.
Every Monday & Wednesday
at 10:00 AM



ANNUAL SPRINKLER & PUMP TEST

Dear Residents,

Our Annual Sprinkler & Pump Test for the Fire System Test will be on

Thursday, October 2, 2014. 5:00 AM

You **DO NOT** have to do anything for the test. We will not be going in your apartments.

We do not anticipate dirty water problems; however, as a precaution you may want to store a bottle of clean drinking water in your refrigerator.

The **Laundry Room** will be **closed** during the test because of **brown** water.

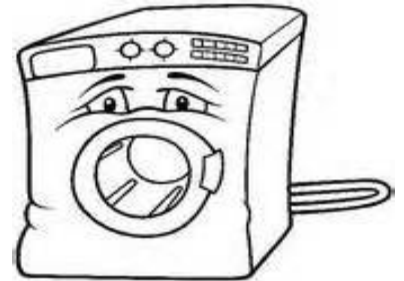
Any questions or comments please call me.

I thank each of you in advance for your cooperation and understanding.

Courtney Doheny
Property Manager

Laundry Room

CLOSED



SMOKE ALARM TESTING

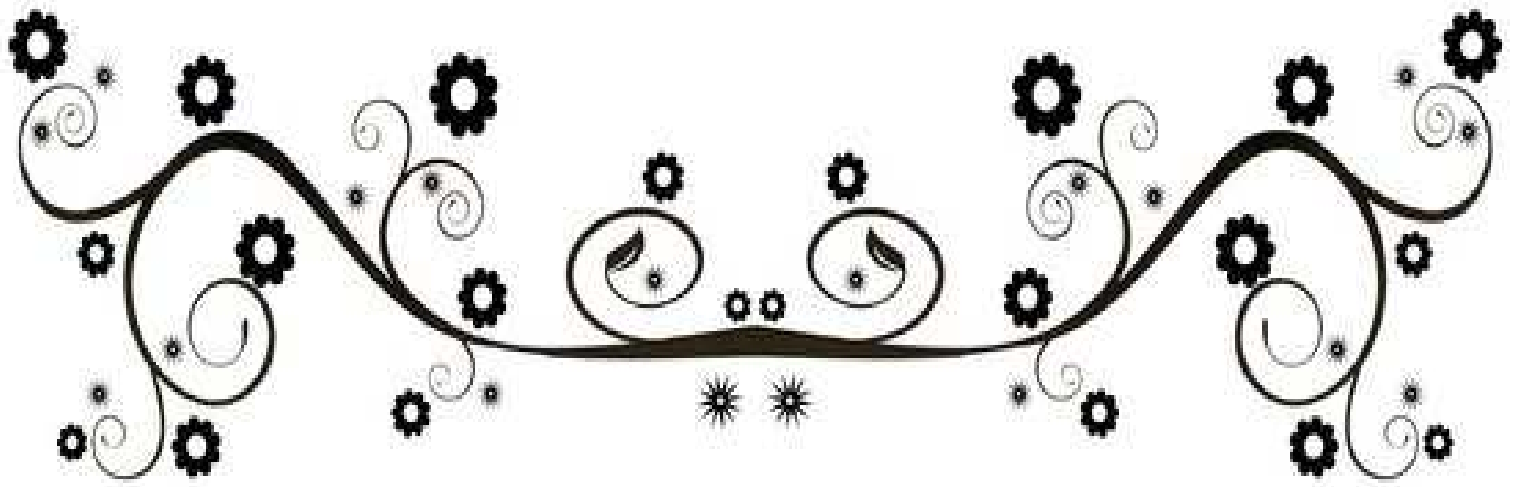
The men from Simplex/Grinnell Alarm Company will be here on:

Thursday, October 2nd

Starting at 8:00 AM to check the alarms in your apartments.

**FIRE ALARM
MAINTENANCE**





Happy **36th** Anniversary

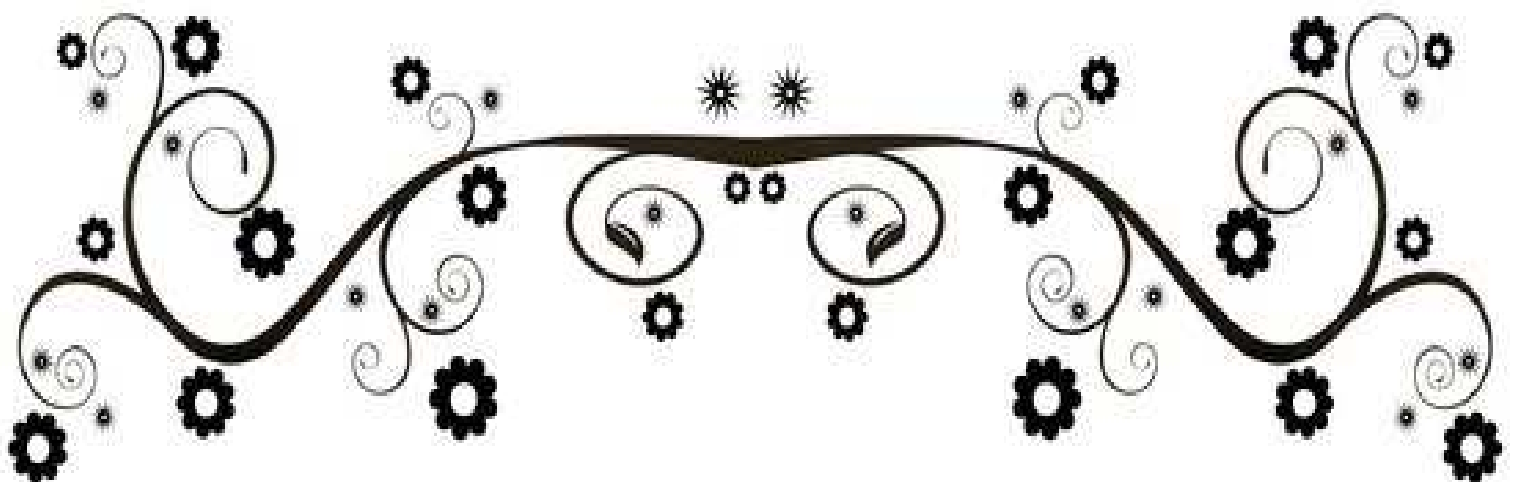
Lutheran Manor

Thursday, October 30th

6 PM

Entertainment by Robin & Jim

Please join us for the Celebration!





HALLOWEEN PARTY

SUNDAY, OCTOBER 26, 2014

5 PM in the lounge

Doors open at 4 pm

Cost:

\$10 per person

\$12 per guest (limit 2)

Platter Served at 5 pm

Menu

Salad w/Bacon Dressing

Roast Pork

Mashed Potatoes

Gravy

Peas

Rolls/Butter

Pumpkin Pie

Coffee/Tea

Soda \$1.00

Entertainment By: Cindy

Song-Styles



Costume Prizes:

Most Original

Prettiest

Funniest

Drawing 3 for \$1.00

50/50 Raffle

Coordinator: Ronnie Clifford

HALLOWEEN PARTY

Place slip in a sealed envelope along cash payment and slide it under Marge Bachemin's door Apt #705.

Name: _____ Apt# _____

Phone: _____ #of Guests _____

DEADLINE for Reservations, Wednesday, October 22nd

NOW PLAYING



"**Heaven is for Real**" brings to the screen the true story of a small-town father who must find the courage and conviction to share his son's extraordinary, life-changing experience with the world.

Monday, October 20 & 27 -11:30 AM

Conference Room



In the Main Office.



The President Speaks...

We are in need of **Volunteers** for the **November Bazaar.**

These are the areas that need your help.

Bake Sale, Crafts, Kitchen & Desserts.

See Ken Clifford if you are interested in helping out.

Thank you!

Ken Clifford, President of the Resident Association

PINES

DINNER THEATRE

DELICIOUSLY
ENTERTAINING

A CHRISTMAS TO REMEMBER

Discover the true meaning of the holiday season!

In a story that transcends generations, discover the true meaning of the holiday as you follow an over-worked toy maker who needs a miracle to remember what Christmas really means. With a sparkling original score by award winning writing team Oliver Blatt and Jason Michael, and some of your favorite traditional Christmas carols, *A Christmas to Remember* will fill the soul of even the most determined Scrooge with the spirit of Christmas. Order early, this show sells out fast!

THURSDAY, NOVEMBER 20

Dinner and Show

\$45.50

Please sign up with Dolores.



SHUFFLEBOARD LEAGUE

Thursday, October 9

6 pm in the Patio

All are welcome
to watch the league
players.



NOTE FROM MANAGER...

Thursday, October 16th from 9am through 5pm, we are scheduled to have a HUD REAC inspection. They will be inspecting the maintenance and operation of the entire property including the apartments, as well as Health and Safety hazards. A random sample of apartments will be selected by the inspector on that day. It is not necessary for you to be present if your apartment is selected.

Remember, that we have work-order slips available at all times in our Main Lobby- please submit any maintenance concerns in your apartment in a timely manner. Lastly, please ensure your apartment is free of health and safety hazards- this includes extreme clutter, unsanitary conditions, etc.

I am confident our inspection will go very smoothly and I hope everyone is enjoying the fall weather...

Courtney Doheny

Property Manager



☺ HOLY "HEALTHY" HUMOR ☺

In Proverbs 17:22, it says, "A cheerful heart is good medicine, but a broken spirit saps a person's strength."

Humor is infectious. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

So why *don't* we laugh more? Let's get started now...

✘ The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large tray of apples. A nun lettered a note and posted it on the apple tray: "Take only ONE. God is watching." Moving along the lunch line, at the other end was a large tray of chocolate chip cookies. A girl wrote a note, which she put next to the tray of cookies, "Take all you want. God is watching the apples."



✘ Why don't oysters give to charity? *Because they're shellfish.* ✘ The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible. ✘ A Sunday school teacher asked the children just before she dismissed them to go to church, "And why is it necessary to be quiet in church?" Annie replied, "Because people are sleeping." ✘ For our pastor's 50th birthday, the congregation decided to give him a new suit. He was so touched by the gift that the following Sunday he stood before everyone and, with tears in his eyes, announced, "Today I am preaching to you in my birthday suit."

Hopefully you're at least smiling by now. So go on—start laughing more!

Blessings, Pastor Clark

WORSHIP at LUTHERAN MANOR- 2 pm in the Lounge

Thurs. Oct 2 **Rev. Jay Wetzel**, St. John Lutheran, Bath.

Tues. Oct 7. **Rev James Harper**, Notre Dame RC Church, Bethlehem.

Thurs. Oct 16 **Rev. Larry Burd**, Calvary Baptist Church, Easton.

Thurs. Oct 23 **Rev. Mark Culton**, Ebenezer Bible Fellowship, Beth.

Thurs. Oct 30 **Rev. Elizabeth Mitchell**, Emmanuel Lutheran, Bath in the Patio.

BIBLE STUDY is every WEDNESDAY at 1 pm in the Patio. We continue our study of the Gospel of Luke.

LUTHERAN MANOR CHAT ROOM is every Thursday morning at 10 am in the Patio. All are invited to share, learn and laugh.



ANDRE RIEU --- NEW YORK MEMORIES- DVD

Thursday, October 16th at 10 AM in
the Lounge.

Andre Rieu, a Dutch violinist and conductor of the Johann Strauss orchestra, has turned classical and waltz music into a worldwide concert touring music act, as successful as some of the biggest global pop and rock music acts.

One reviewer wrote...

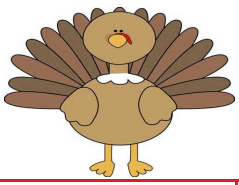
"An absolutely fantastic concert ... Andre Rieu and his orchestra never fail to deliver. Andre's enthusiasm, humour and talent are amazing. His performance is always first class and his ability to interact with his audience is exceptional. The set was very festive and the orchestra and singers were very entertaining. This was most definitely the highlight of my year - a truly uplifting performance. Andre Rieu is a true showman, very unassuming and knows exactly how to entertain his audiences."

On Thursday, October 16th at 10 am in the Lounge we will be entertained by an Andre Rieu DVD featuring a variety of musical styles including classical and popular tunes such as *Seventy Six Trombones, My Way, Dance of the Faires, Funiculi Funicula, I Will Follow Him, I'm Singing in the Rain, The Music of the Night, Don't Cry For Me Argentina, Amazing Grace, America the Beautiful, The Stars and Stripes Forever* and more.

"I laughed and I cried but at the end of it all felt like I witnessed something special" **Don't miss it!!**

-sponsored by the Chat Room





Van Trips



November 2014

DATE	DAY	TRIP	TIME
November 3	(Monday)	Banks, CVS, \$ Store, Post Office	9:30 a.m.____
November 4	(Tuesday)	Senior Bingo w/lunch (donations)/Voting at Church of the Manger	10:45 a.m.____
November 5	(Wednesday)	Giant	9:30 a.m.____
November 6	(Thursday)	Lunch @ Doughboys	11:00 a.m.____
November 7	(Friday)	Dinner @ Applebee's in Bethlehem	4:00 p.m.____
November 10	(Monday)	Breakfast/Wal-Mart	9:00 a.m.____
November 11	(Tuesday)	Kitchen Kettle/Lunch	8:30 a.m.____
November 12	(Wednesday)	Weis	9:30 a.m.____
November 13	(Thursday)	Tri-Boro Spaghetti Night	4:45 p.m.____
November 14	(Friday)	Kohl's/Hobby Lobby/Lunch	10:00 a.m.____
November 17	(Monday)	Valley Farms	9:30 a.m.____
November 18	(Tuesday)	Lunch/Movie	10:45 a.m.____
November 19	(Wednesday)	Bingo at Lehigh Valley Active Life	5:15 p.m.____
November 20	(Thursday)	Pines Theater- <i>A Christmas to Remember</i> \$45.50	11:15 a.m.____
November 21	(Friday)	Allentown Farmers Market/Lunch @ Ritz Barbecue	9:30 a.m.____
November 24	(Monday)	Wegmans	9:30 a.m.____
November 25	(Tuesday)	Hershey Sweet Lights/Stop for coffee	3:30 p.m.____
November 26	(Wednesday)	Breakfast/Valley Farms	9:00 a.m.____



Please fill out the form and go to the Main Office, **Ms. Courtney** will start collecting the forms at **7 AM** 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.



2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 Exercise 1:00 Bible Study 1:00 Massage by Appoint 1:00 Computer Class 3:00 Piano Playing	2 10:00 Chat Room 2:00 Rev Jay Wetzal, St. John Lutheran, Bath 6:00 Blood Pressure Check	3 9:00 Walkers Club 10:00 Yoga 12:30 Tai Chi 5:30 Wii Bowling	4 9:00 Coffee & Donuts 12:30 Pinochle Party 
5 1:30 Yarns Around	6 10:00 Exercise 6:00 Bingo 6:30 Poker League	7 10:00 Zumba 2:00 Rev James Harper, Notre Dame RC Church, Bethlehem	8 10:00 Exercise 1:00 Bible Study 3:00 Piano Playing 6:30 Poker League	9 10:00 Chat Room 	10 9:00 Walkers Club 9:00 Flu Shots 10:00 Yoga 11:00 Second Harvest 12:30 Tai Chi	11 9:30 Manicure by Appointments 
12 1:30 Yarns Around 	OFFICE CLOSED 	14 10:00 Zumba 2:00 General Meeting 	15 10:00 Exercise 1:00 Bible Study 3:00 Piano Playing 6:30 Poker League	16 10:00 DVD Andre Rieu 2:00 Rev Larry Burd, Calvary Baptist Church, Easton	17 9:00 Walkers Club 10:00 Yoga 12:30 Tai Chi 5:30 Wii Bowling	18 11:00 Soup & Hot Dogs 
19 1:30 Yarns Around	20 10:00 Exercise 11:30 Movie-Heaven is for Real 6:00 Bingo 6:30 Poker League	21 10:00 Zumba 	22 10:00 Exercise 1:00 Bible Study 1:00 Computer Class 3:00 Piano Playing 6:30 Poker League	23 10:00 Chat Room 2:00 Rev Mark Culton, Ebenezer Bible Fellowship, Bethlehem	24 9:00 Walkers Club 10:00 Yoga 12:30 Tai Chi 5:30 Wii Bowling	25
26 1:30 Yarns Around 5:00 Halloween Party 	27 10:00 Exercise 11:00 Therapy Dog 11:30 Movie-Heaven is for Real 1:00 Speaker-Cold	28 10:00 Zumba 	29 10:00 Exercise 1:00 Bible Study 3:00 Piano Playing 6:30 Poker League	30 10:00 Chat Room 2:00 Rev Elizabeth Mitchell, Emmanuel Lutheran, Bath 6:00 Anniversary Party	31 9:00 Walkers Club 10:00 Yoga 12:30 Tai Chi 5:30 Wii Bowling	