October 2019

Hi-Lites of Lutheran Manor









Notes From the Office





New Residents

Sandra Twiss 414

DRIVER/ VEHICLE INFO

Copies of the following valid documents are required:

- Driver's License
- Vehicle Registration
- Vehicle Insurance



You may qualify for reduced Fee for Registration. Eligible applicants, regardless of age, must be retired and receiving Social Security, SSI payments, retirement benefits or other pensions and annuities. Also required is your car's date of inspection. It is the responsibility of each tenant to ensure that the office has the most up to date information.

Notices are handed out monthly by Zenia to alert those with items due to expire soon or that have already expired.

VEHICLE REGISTRATION

You may qualify for **Reduced Registration** fee. Eligible applicants, regardless of age, must be retired and receiving Social Security, SSI payments, retirement benefits or other pensions and annuities. The total income from all sources named above must not exceed \$19,200. Retired persons may apply for the \$10 processing fee at the time of registration renewal.

Please see Brenda for more information

SMOKE ALARM TESTING

Simplex/Grinnell Alarm Company will be here on:

MONDAY & TUESDAY OCTOBER 14 & 15, 2019 STARTING AT 8:00 AM



To check the alarms in your apartments.
You do not have to do anything for this test
and you do not need to be home. You may
periodically hear the alarms go off
throughout the day.



"I loved autumn, the one season of the year that God seemed to have put there just for the beauty of it."

Resident's Association (

Breakfast open to all Residents & Guests!!

Saturday, October 12, 2019

8:30 am - 9:30 am

Cost: \$3.00

MENU

3 Pancakes
2 Sausage Links
Coffee & Orange Juice



BREAKFAST

Saturday, October 12, 2019

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 WEDNESDAY, October 9, 2019.

Sandwich Sale

Cost: \$5

Orders available for pickup

Friday, October 25th from 11am-12pm in the Lounge



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, OCTOBER 22, 2019

You are Invited to



Lutheran Manor's



Anniversary Party

Thursday, October 10, 2019
6:00 pm in the Lounge
Entertainment:
6:30pm - 7:45 pm



Come join us to celebrate our 41st year!!

41st Anniversary Party

Thursday, October 10, 2019 @ 6:00 pm

Name:	Apt#:
-------	-------

RSVP BY RETURNING THIS SLIP TO THE MAIN OFFICE BY:

FRIDAY, OCTOBER 4, 2019.

SEATS ARE LIMITED - RESIDENTS ONLY!

Resident's Association







Sunday, October 27th at 5:00pm in the Lounge

Entertainment: Lori & Jim

Menu: sloppy joes





Really Terrible Orchestra

Thursday, October 3
At 7:00pm in the lounge

HOLIDAY BAZAAR Donations

Accepting only Christmas items
October 29th at 1pm
in the Lounge



Resident's Association



Soup & Hot Dogs



Saturday, October 19th @ 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: Glen Faul



Friends and Family are Welcome!

Coffee, Donuts, Bagels & Muffins

Saturday, October 5th

NEW 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.





Wednesday October 16, 2019



The staff at Lutheran Manor would like to say

HAPPY BOSS'S DAY

to our great, amazing, wonderful boss!!!

We appreciate all you do for the residents and staff.



Brenda's Bulletin





FLU CLINIC

Wednesday, October 9th 9am-11am (in the lounge)

BALANCE CLINIC

Wednesday, October 16 1:30pm (in the Lounge)



GUEST SPEAKER

Estate Planning with Fred P. Rooney, Esquire

Wednesday, October 2 3pm in the community room

There are two basic documents that allow you to set out your wishes for medical care:

A *Living Will* and a durable *Power Of Attorney* for health care. It's wise to prepare both. In some states, the living will and the power of attorney are combined into a single form often called an *Advance Directive*.

A Last Will & Testament is a legal document which allows you to control how your estate will be distributed after you pass away.

Bring peace of mind to you & your loved ones!

GUEST SPEAKER

Home Health Care Services
AETNA, Kristy Akus



Wednesday, October 9 12pm In the Lounge

Plans that provide you with a dedicated care team that listens to your needs, concerns & health goals.

For the support to help make the most out of life, you can count on AETNA!

*Refreshments will be provided

GUEST SPEAKER



Home Health Care Services RED LION, Jennifer Serretti

TUESDAY, OCTOBER, 15 1:30pm in the Community Room

ATTENTION ALL MEDICARE & MEDICAID

RECIPIENTS OF LUTHERAN MANOR..

Presentation and Q&A to help you understand your new options, as you must select your new coverage plan by 11/13/19.

*Refreshments will be provided



Per Capita Tax Exemption Applications

Age Exemption:

Under age 18 or over age 65 on July 1 of the subject tax year.

(Provide copy of birth certificate or valid ID)

Income Exemption:

May not exceed \$10,000 from all sources, which includes (but is not limited to): combined income from wages, salary, fees, pensions, Social Security, public assistance, commissions, gross business income, rents, royalties, dividends, alimony or separate maintenance payments, annuities, income from estates or trusts, deferred compensation. Provide documentation.

Forms Available in my office



PLEASE BE SEATED 15 MINUTES BEFORE START OF THE MOVIE.

LOCATED IN THE COMMUNITY ROOM!!!

MOVIE 1:

Mia and The White Lion

Friday, October 11 @ 1:00 pm Monday, October 21 @ 1:00 pm



Young Mia's life gets turned upside down when her family decides to leave London to manage a lion farm in South Africa. When a

beautiful white lion named Charlie is born, the 10-year-old finds happiness once again as she develops a special bond with the growing cub.

When Mia uncovers a secret that puts
Charlie in danger, she sets out on an
incredible journey across the wild plains to
find a sanctuary for her beloved friend.

PG PARENTAL GUIDANCE SUGGESTED

SOME MATERIAL MAY NOT BE SUITABLE FOR CHILDREN

MOVIE 2:

A Dog's Journey

Friday, October 18 @ 1:00 pm Monday, October 28 @ 1:00 pm



Picking up where A
Dog's Purpose left
off, Ethan's beloved
dog Bailey finds a
new destiny;
protect Ethan's
granddaughter CJ at
any cost.

Bailey's adventure through multiple lives is filled with love, friendship and devotion as he and CJ experience joy and heartbreak, music and laughter, and a few good belly rubs.

PG PARENTAL GUIDANCE SUGGESTED SOME MATERIAL MAY NOT BE SUITABLE FOR CHILDREN



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

Since *October* is breast cancer month, we are giving out a pink breast cancer bracelet to each person that comes into the salon. We are also offering pink streaks in anyone's hair for \$5.00.



We are pleased to announce we will be offering a punch card starting in October. Every time you come in for a service we will mark your card. For every 4th service that you receive at the sa-

lon, you will receive the 5th service *free*!





We will have a drawing for anyone who has an appointment in the month of *October*.

Refer a friend to the Salon and receive a free Gift!

Effective Immediately and from now on

Belleza Salon welcomes all Family, Friends, and OFF-DUTY Aides of current residents.





Residents will be responsible for making sure their visitor(s)

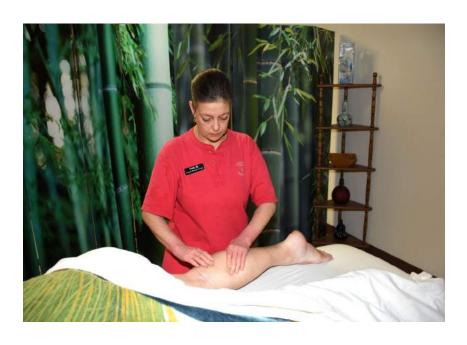
<u>signs into the office</u> before making their way to the salon.

Coming in October! Introducing our new Massage Therapist Kelly Boyles of Boyles Massage & Energy Therapy, llc

Massage Menu

Swedish massage with your choice of scalp, face, hand and foot

Relaxing away your pain and stress!





Therapeutic massages are available Mondays in the salon by <u>APPOINTMENT ONLY</u>.

30 Minutes - \$20

60 Minutes - \$40

Book directly with Boyles Massage & Energy Therapy! 570-807-8426



From the Chaplain



For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

As I walk Charlie, our spaniel, each morning around the neighborhood, I am amazed at how many acorns are on the road. I read that one full-grown oak tree can produce 5000-10,000 acorns in one year!

All those acorns remind me of a children's book by Max Lucado titled "The Oak inside the Acorn." It is a heartwarming parable that reveals that there is a miracle inside each of us. Little Acorn sees himself as very small and he's unsure of what he's supposed to do in life. Eventually, he

grows into Big Oak, but he still wonders about his purpose. Though he tries as hard as he can, he can't grow oranges like his friends the orange trees, or produce beautiful flowers like his friends Pink Petunia or Rosie. But finally, he discovers that his mighty branches were created for a very special purpose!

For within every child is the special person God created, just waiting to grow. God uses the circumstances we face in life - even when we don't understand them —to work for our good and the good of others...and, to help us become the person God made us to be...If we let Him.

Blessings, Pastor Clark

WORSHIP IN THE COMMUNITY ROOM AT 2PM

Tuesday, Oct. 1 - Father Daniel Kravatz, Notre Dame RC Church, Bethlehem

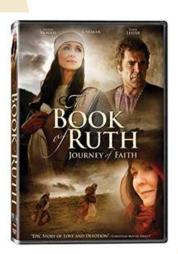
Thurs. Oct 3 – (Spanish) Pastor Jonny Villamar, Cornerstone Church, Easton

Thurs. Oct 10- Pastor Lisa Borrell, Friedens Lutheran, Center Valley

Thurs. Oct 17 – Pastor Rick Sergi, Emmanuel EC Church, Bethlehem

Thurs. Oct 24 – Pastor Dan Brettell, St. Paul's III Lutheran Easton

Thurs. Oct 31- Pastor Larry Humberd, LV Grace Brethren, Bethlehem



THE BOOK OF RUTH- DVD

Wednesday, October 9th at 2pm in the Community Room

Zenia Browne, our Administrative Assistant, saw that we were studying The Book of Ruth in Bible Study and offered this DVD to help us better understand the beautiful Biblical story of Ruth. All are invited to view this full-length movie (91 minutes) on Wednesday, October 9th at 2pm in the community room.



Kierra's Kickstart to Fitness

IMPORTANT REMINDER

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.





Active Aging Week 2019

Tuesday, Oct 1st - Monday, Oct 7th

From Tuesday October 1st to Monday

October 7th, we will celebrate with

special classes, games, free gifts, healthy snacks, and a grand prize!

Grand prize will be a tablet, and winner will Drawn on 10/7 at 2:30 PM

Stop into the fitness center and pick up a schedule for the week's fun

WALKERS CLUB now on Mondays, Wednesdays, and Fridays at 2:00PM

SAVE THE DATE: VAN TRIP

World Diabetes Day at the YMCA



Thursday, Nov. 14th 2:00 PM

Come to the Bethlehem YMCA to learn about diabetes and how to manage it!

Please sign up on the van trip sheet

Sciatic Pain Workshop



If you have sciatic nerve pain, or even low back pain, come learn what kind of stretches and exercise might help.

Wednesday Oct. 2nd

2:30 PM

Exercise Room

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	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	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 & Stretch	Tuesday & Thursday	1:00 pm	Exercise Room
Walkers Club	Monday, Wednesday Friday	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 October **ICE CREAM WEDNESDAYS** 5:00 PM **LOUNGE BINGO MONDAYS** 6:00PM **LOUNGE** SHUFFLE BOARD **THURSDAYS** 6:00PM **GAME ROOM** LOUNGE CLOSED FOR CLEANING **FRIDAYS** 7:00-10:00 AM LOUNGE **MOBILE MARKET FRIDAYS** 12:15-1:45 PM LOUNGE **MONDAY & WEDNESDAY** 3:00PM-6:00PM **SNACK STAND LOBBY** 9:00 am-3:00 pm *Family & Friends @ THE SALON **WEDNESDAY & THURSDAY Bellezza Salon & Spa VAN TRIP PAPERS DROP-OFF** Tuesday, October 1 8:30 AM **BRENDA'S OFFICE** 11:00am Hello Neighbor Resident Social Wednesday, October 2 Lounge SPEAKER: Fred P. Rooney, Esq. Wednesday, October 2 3:00pm **Community Room Second Harvest Food Bank Distribution** Thursday, October 3 12:30 pm Lounge **Blood Pressure Check** Thursday, October 3 6:00 pm **Conference Room Really Terrible Orchestra** Thursday, October 3 7:00pm Lounge Donuts, Bagels, & Muffins Saturday, October 5 9:00 am Lounge **Pinochle** Saturday, October 5 12:30 pm Lounge **Board Meeting** Monday, October 7 **Conference Room** 1:30 pm **Tuesday, October 8 General Meeting** 2:00 pm Lounge Flu Clinic Wednesday, October 9 9:00am-11:00am Lounge SPEAKER: AETNA, Kristy Akus Wednesday, October 9 12:00pm Lounge **MOVIE: Book of Ruth** Wednesday, October 9 2:00pm **Community Room** LM 41st Anniversary Party Thursday, October 10 6:00pm Lounge **MOVIE: Mia and The White Lion** Friday, October 11 1:00 pm **Community Room Breakfast** Saturday, October 12 8:30 am Lounge **SPEAKER: Red Lion Home Care** Tuesday, October 15 1:30 pm **Community Room On-site Dermatology Visit** Tuesday, October 15 2:00 pm *By appointment only **Balance Clinic** Wednesday, October 16 1:30pm Lounge **Computer Class with Nancy** Friday, October 18 **Computer Room** 1:00pm **MOVIE:** A Dog's Journey Friday, October 18 1:00 pm **Community Room Hot Dog Social** Saturday, October 19 5:00 pm Lounge MOVIE: Mia and The White Lion Monday, October 21 1:00 pm **Community Room** Watercolor with David Tuesday, October 22 1:30pm Lounge Sandwich Sale Pick-Up Friday, October 25 11:00am Lounge Halloween Social w/Entertainment Sunday, October 27 5:00 pm Lounge **Community Room MOVIE: A Dog's Journey** Monday, October 28 1:00 pm 1:00Pm-3:00Pm **Holiday Bazar Donations** Tuesday, October 29 Lounge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fitness Events VanTrips Resident's Association Events Religious Events	Lutheran Manor Events s Holidays/	1 VAN TRIP PAPERS 9:00 Weis 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:30 Prophecy Bible study 8 10:00 Wegmans 10:00 Joyful Joints 11:00 Basic Balance	2 10:00 Fit For Life 11:00 Hello Neighbor Social 1:15 Bible Study 2:00 Walkers Club 2:30 Sciatic Pain Workshop 3:00 Speaker: Fred Rooney , Esq. 3:00 Snack Stand 5:00 Ice Cream Sale 9 9:00 Flu Clinic 10:00 Fit For Life 11:00 Everybody's Yoga 12:00 Speaker: AETNA (Lounge)	3 9:00 Banks/Post Office 10:00 Joyful Joints 10:00 Chat Room 11:00 Basic Balance 1:00 Meditation & Stretch 12:30 Second Harvest 1:00 CVS/Lehigh Ctr 2:00 Church (Spanish) 6:00 Blood Pressure Check 6:00Shuffle board 7:00 Prayer Time 7:00 Really Terrible Orchestra 10 10:00 Joyful Joints 10:00 Chat Room 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:00 Anniversary	4 7:00-10:00 Lounge Closed 9:00 Breakfast at Cracker Barrel Lounge Closed 11:00 Tai Chi 12:15 Mobile Market	5 9:00 Donuts 12:30 Pinochle
13 1:00 Sunday Praise with David	14 COLOMBUS DAY OFFICE CLOSED 9:00 Giant 3:00 Snack Stand 6:00 BINGO	15 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:30 Speaker: Red Lion Home Care 2:00 On-site Dermatology 4:00 Dinner at Doughboys 6:30 Prophecy Bible study	16 BOSS'S DAY 10:00 Fit For Life 11:00 Everybody's Yoga 12:30 Bible Study	17 10:00 Shopping at Kohl's & Hobby Lobby 10:00 Joyful Joints 10:00 Chat Room 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 7:00 Prayer Time 6:00Shuffle board	18 7:00-10:00 Lounge Closed 10:00 Shopping at Airport Road Center & Lunch at Miller Ale House 12:15 Mobile 11:00 Tai Chi Market 1:00 MOVIE DAY: A Dog's Journey 1:00 Computer Class 2:00 Walkers Club	19 5:00 Soup & Hot Dog Social
20	21 9:30 Allentown Art Museum 10:00 Fit For Life 11:30 Stand Up for Strength 1:00 MOVIE DAY: Mia & The White Lion 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	22 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:00 Shoprite 1:30 Watercolor with David 6:30 Prophecy Bible study	2:00 Walkers Club	24 7:00-10:00 Lounge Closed 10:00 Joyful Joints 10:00 Chat Room 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 4:00 Dinner at Cracker Barrel 6:00 Shuffle board	25 10:00 QMART 11:00 Sandwich Sale Pick Up 11:00 Tai Chi	26
27 5:00 Halloween Social	28 9:00 Breakfast at The Palace/Shopping at Valley Farms 10:00 Fit For Life 11:30 Stand Up for Strength 1:00 MOVIE DAY: A Dog's Journey 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	29 10:00 LV Zoo 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:00 Christmas Bazar donations 6:30 Prophecy Bible study	30 10:00 Fit For Life 11:00 Everybody's Yoga 11:00 Aldi 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand 5:00 Ice Cream Sale	31 HALLOWEEN 10:00 Joyful Joints	*Octob	er *

VAN TRIPS November 2019

	$ V \cap$	<u> V IIVII J NOVEIIIDEI ZU</u>	
DATE	DAY	TRIP	TIME
Nov 1	Friday	GIANT	10:00 am
Nov 2	Saturday	Steeples & Steel Tour, South Bethlehem (\$25 includes goulash lunch)	10:30 am
Nov 4	Monday	Banks / Post Office	8:45 am
Nov 4	Monday	Shopping at CVS / Lehigh Shopping Center	1:30 pm
Nov 5	Tuesday	WEIS (Senior Discount Day)	1:00 pm
Nov 7	Tuesday	Shopping at Lehigh Valley Mall / Lunch at Dunderbak's German Market Cafe	10:00 am
Nov 9	Saturday	Fall Craft Fair at Arthur Scott Spartan Center, Bethlehem (\$1.00 Admission)	8:30 am
Nov 9	Saturday	BINGO at St. John's Windish Lutheran Church (\$25 includes 20 games, 4 specials)	12:30 pm
Nov 11	Monday	Applebee's Dinner (FREE for Veterans)	3:00 pm
Nov 13	Wednesday	WEGMANS	9:00 am
Nov 14	Thursday	Diabetes Health Fair at The YMCA Bethlehem	1:30 pm
Nov 15	Friday	Lunch at Red Robin / Movies at The Promenade AMC Theatre	11:00 am
Nov 18	Monday	Dinner at SEWYCO (\$7.00)	4:00 pm
Nov 20	Wednesday	Breakfast at TIKTOK / Shopping at WalMart	9:00 am
Nov 21	Thursday	SHOPRITE	10:00 am
Nov 22	Friday	Lunch at Cracker Barrel	11:00 am

Nov 23 - Nov 30

No trips scheduled this week. The van is in for repairs.

Forms will be o	ollected starting at 8:30 am on Tu	esday , October 1st in Brenda's Office
Name:		Apt:

SPECIAL EVENTS October2019

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
Mia and The White Lion
Friday, October 11 at 1:00 pm
Monday, October 21 at 1:00 pm
A Dog's Journey
Friday, October 18 at 1:00 pm
Monday, October 28 at 1:00 pm
Computer Class with Nancy
Friday October 18 @ 1:00pm
Water color with David
Tuesday, October 22 @ 1:30pm
SPEAKER: Fred P. Rooney, Esq
Wednesday, October 2 @ 3:00pm
SPEAKER: aetna-Kristy Akus
Wednesday, October 9 @ 12:00pm
SPEAKER: Red Lion-Jennifer Serretti
Tuesday, October 15 @ 1:30pm
NAME: APT#:
Forms to be collected in Brands's office starting at 9,20cm on Tuesday October 10

Forms to be collected in Brenda's office starting at 8:30am on Tuesday, October 1st