

September 2014
Hi Lites of
Lutheran Manor





New Residents
 Larry & Janet Hartzell 211
 Frances Cramer 904
 Sandra Lynch & Luke Eck 912

September 1 (Monday)	Labor Day	OFFICE CLOSED	
September 2 (Tuesday)	Weis Market Zumba Rev James Harper, Notre Dame RC Church, Bethlehem	9:30 a.m. 10:00 a.m. 2:00 pm.	Van Trip Lounge Lounge
September 3 (Wednesday)	Dinner/Doughboys Banks, CVS, \$ Store, Post Office Exercise <i>Massage by Appointments</i> Computer Class Bible Study Piano Playing Dinner at Matey's Poker League	4:00 p.m. 9:30 a.m. 10:00 a.m. 1:00 p.m. 1:00 p.m. 1:00 p.m. 3:00 p.m. 4:00 p.m. 6:30 p.m.	Van Trip Van Trip Lounge Conf Room Computer Rm Patio Lounge Van Trip Conf Room
September 4 (Thursday)	Chat Room Lunch/Movie at Promenade Blood Pressure Check	10:00 a.m. 10:45 a.m. 6:00 p.m.	Patio Van Trip Lounge
September 5 (Friday)	Walkers Club Yoga Allentown Art Museum (Free Admission) lunch at Café Tai Chi	9:00 a.m. 10:00 a.m. 10:30 a.m. 12:30 p.m.	Outside Patio Van Trip Patio
September 6 (Saturday)	Coffee & Donuts Pinochle Party	9:00 a.m. 12:30 p.m.	Lounge Lounge
September 7 (Sunday)	Labor Day Picnic Yarns Around	12:00 p.m. 1:30 p.m.	Lounge Patio
September 8 (Monday)	Exercise Twice As Nice-Women's Consignment Store, Allentown Committee Meeting Bingo Poker League	10:00 a.m. 1:30 pm. 6:00 p.m. 6:30 p.m.	Lounge Van Trip Conf Room Lounge Conf Room
September 9 (Tuesday)	Zumba General Meeting (6th Floor responsible for snacks)	10:00 a.m. 2:00 p.m.	Lounge Lounge
September 10 (Wednesday)	Giant Exercise Bible Study Piano Playing	9:30 a.m. 10:00 a.m. 1:00 p.m. 3:00 p.m.	Van Trip Lounge Patio Lounge

September 10 (Wednesday)	<i>Bingo at Lehigh Valley Active-Life</i>	5:15 p.m.	Van Trip
	Poker League	6:30 p.m.	Conf Room
September 11 (Thursday)	Chat Room	10:00 a.m.	Patio
	Rev Jack Tanis, Calvary Baptist Church, Easton	2:00 p.m.	Lounge
	<i>Tri-Boro Spaghetti Night</i>	4:45 p.m.	Van Trip
September 12 (Friday)	Walkers Club	9:00 a.m.	Outside
	Yoga	10:00 a.m.	Patio
	Second Harvest-Food Delivery Box	11:00 a.m.	Patio
	Tai Chi	12:30 p.m.	Patio
	<i>Dinner at Outback Steakhouse Restaurant in Bethlehem</i>	4:45 p.m.	Van Trip
	Wii Bowling	5:30 p.m.	Lounge
September 13 (Saturday)	<i>Manicures by Appointment</i>	9:30 a.m.	Lounge
September 14 (Sunday)	Yarns Around	1:30 p.m.	Patio
	<i>West Park-Marine Band</i>	3:00 p.m.	Van Trip
September 15 (Monday)	<i>Wegmans</i>	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
September 16 (Tuesday)	Zumba	10:00 a.m.	Lounge
	<i>Senior Bingo w/lunch (donations)</i>	10:45 a.m.	Van Trip
	Paint to the Sounds of Music	1:30 p.m.	Lounge
September 17 (Wednesday)	<i>Leesport Farmers Market/Lunch</i>	8:30 a.m.	Van Trip
	Exercise	10:00 a.m.	Lounge
	Computer Class	1:00 p.m.	Comp Rm
	Bible Study	1:00 p.m.	Patio
	<i>Birthday Party</i>	5:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Room
September 18 (Thursday)	<i>Ehrhardt's Waterfront-Legally Gray</i>	8:15 am.	Van Trip
	Chat Room	10:00 a.m.	Patio
	Rev Tony Pompa, Cathedral Church of the Nativity, Episcopal, of Bethlehem	2:00 p.m.	Lounge
September 19 (Friday)	<i>Green Dragon Flee Market, Lancaster/Lunch</i>	8:30 a.m.	Van Trip
	Walkers Club	9:00 a.m.	Outside
	Yoga	10:00 a.m.	Patio
	Tai Chi	12:30 p.m.	Patio
	Wii Bowling	5:30 p.m.	Lounge
September 20 (Saturday)	Soup & Hot Dogs	11:00 a.m.	Lounge
September 21 (Sunday)	Yarns Around	1:30 p.m.	Patio
September 22 (Monday)	<i>Circle Line Sightseeing Cruise</i>	8:30 a.m.	Van Trip
	Exercise	10:00 a.m.	Lounge

September 22 (Monday)	Bingo	6:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Rm
September 23 (Tuesday)	<i>Bloomsburg Fair (All day)</i>	8:00 a.m.	Van Trip
	Zumba	10:00 a.m.	Lounge
September 24 (Wednesday)	<i>Shopping at Kmart/Burlington Coat Factory/Ross Department Store</i>	9:30 a.m.	Van Trip
	Exercise	10:00 a.m.	Lounge
	Bible Study	1:00 p.m.	Patio
	Poker League	6:30 p.m.	Conf Rm
September 25 (Thursday)	<i>Breakfast/Valley Farms</i>	9:30 a.m.	Van Trip
	Chat Room	10:00 a.m.	Patio
	Rev Betty Langensiepen, St Peter Lutheran, Allentown	2:00 p.m.	Lounge
September 26 (Friday)	Walkers Club	9:00 a.m.	Outside
	Yoga	10:00 a.m.	Patio
	Tai Chi	12:30 p.m.	Patio
	Wii Bowling	5:30 p.m.	Lounge
September 27 (Saturday)	<i>Celtic Parade Festival in Bethlehem</i>	10:30 a.m.	Van Trip
September 28 (Sunday)	Yarns Around	1:30 p.m.	Patio
	Social— <i>Rehrig Brothers</i>	5:00 p.m.	Lounge
September 29 (Monday)	Exercise	10:00 a.m.	Lounge
	Therapy Dog	11:00 a.m.	Lounge
	<i>Lunch/Doughboys</i>	11:00 a.m.	Van Trip
	Bingo	6:00 p.m.	Lounge
	Poker League	6:30 p.m.	Conf Rm
September 30 (Tuesday)	<i>Breakfast/Wal-Mart</i>	9:00 a.m.	Van Trip
	Zumba	10:00 a.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

Our Activities.



out of office

Claudie will be getting **foot surgery** on **Tuesday, September 9th** and will be **out of the office** for a while. If you need assistance please go to the **Main Office**, they will be glad to assist you.



PAINT TO THE SOUNDS OF MUSIC



Color can set the **mood** and have magical effects in painting. Did you ever wonder how artists **mix colors** to achieve the results they are after? Come down and see how its done.



Pat will be here on **Tuesday, September 16 at 1:30 pm**
In the Lounge

Soup & Hot Dogs

Saturday, September 20



11 a.m. to 2 p.m.



SOUP: Pepper Pot \$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:

Marty & Dee

Country Jades

50/50 Drawing

Friends and Family Welcome!

The Snack Stand

Snacks available
every

Monday & Wednesday

Will reopen on Wednesday, September 3

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



Saturday	10/04	Coffee & Donuts		9:00 a.m.
Saturday	10/04	Pinochle Party		12:30 p.m.
Friday	10/10	Flu Shots		9:00 a.m.
Saturday	10/18	Soup & Hot Dogs	Steel City	12:00 p.m.
Sunday	10/26	Halloween Party	Cindy	5:00 p.m.
Thursday	10/30	36th Anniversary Party	Robin & Jim	6:00 p.m.

FREE Computer Classes

Wednesday, September 3 & 17

1-3 pm



Tai Chi

Every Friday, at 12:30 pm

In the Patio



Tai Chi For Seniors

Yarns Around Group

Meets every **Sunday**

at 1:30 pm

In the Patio.



Massage Therapy



Come and **Sing-A-Long**
with *Glady's* playing the
piano.

Every Wednesday from 3-4 pm



Wednesday, September 3
1:00-4:30 pm

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

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

Coffee & Donuts

Saturday, September 6

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

\$1.00 coffee

\$1.00 donut

\$1.00 additional donut

Friends and Family

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, September 29th.

At 11:00 am in the lounge.



Join Darla for ZUMBA

Every Tuesday

10:00 a.m.

Lounge



Apartment Keys



NOTE FROM THE MAIN OFFICE

As of **September 15, 2014** the apartment keys are going back to **\$5.00** each. If you are interested in another key you have until **September 14th** to get one at **\$2.50**.

CLUSTER FLY SPRAYING



Our **Annual Spraying For Cluster Flies** will be:

The week of September 8th 2014

(weather permitting)

Although we have not experienced any over spraying problem in the past and do not expect a problem this year, depending on the weather conditions, it is always a possibility.

Weather permitting, exterior **window washing** will be done the week of September 16th.

Make sure your **windows are closed** and **you are dressed** .



Blood Pressure Check

**1st Thursday
of every Month**

6:00 pm/ In the Lounge



**Linda will be here
to do Manicures.
Saturday, September 13**



See Claudie for an appointment.



**Join us for
YOGA**

**Every Friday
10:00 AM**



BIRTHDAY PARTY



50/50 Raffle

WEDNESDAY, SEPTEMBER 17TH

Cake & Coffee 5 pm

Entertainment 6 pm

Lehigh Valley Folk Society

Coordinator: Shirley Kern

GUESS WHO'S BACK?



MONDAY NIGHT **BINGO** IS BACK!
September 8th at 6 pm

get
your
flu shot

Flu Shots will be given next month, **Friday, October 10** from **9-11 am**.

More information will be included in the **October** Newsletter.



EXERCISE CLASS

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



The President Speaks...

IMPORTANT !

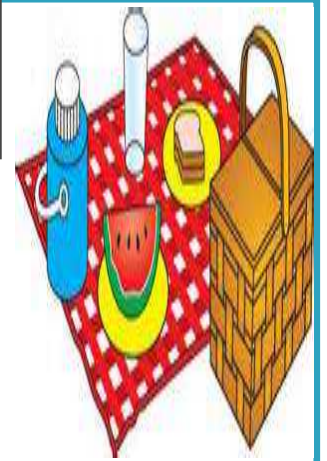
At our September 9th General Meeting we would like to have a

vote on having Entertainment for Soup & Hot Dogs or eliminating it. Details at the meeting.



Ken Clifford,
President of the Resident's Association

SUNDAY, September 7th



Come out and have some **FUN, relax** and eat lunch with your Lutheran Manor neighbors.



Doors open at Noon

Food served from **1:00 –1:30 pm**

In the Lounge



SOCIAL

Sunday, September 28th

Entertainment by:

The Rehrig Brothers



4 pm Doors open

5 pm Refreshments

6 pm Entertainment



36th Anniversary

Lutheran Manor WILL BE CELEBRATING ITS

36TH ANNIVERSARY

THURSDAY, OCTOBER 30, 2014

COME JOIN US FOR A SIT DOWN BUFFET DINNER.

6:00 PM DINNER

6:45-8:15 PM ENTERTAINMENT BY:

ROBIN & JIM

Seating is limited to the first 95 Residents.

RSVP required



Additional Details will be given in October's Newsletter

PLEASE RETURN THIS SLIP TO THE **Main Office**

36th Anniversary Party

Name: _____

Apt#: _____ Attending _____ (Residents Only)

DEADLINE FOR RESERVATIONS, FRIDAY, October 10th

A SHORT COURSE IN GODLINESS

-Micah 6:8



God has three expectations of those who claim to be a part of his family...

DO JUSTICE: Micah says here that's there too much talk and not enough action. Justice begins in

a person's heart. God desires we treat people with compassion that goes beyond the letter of the law.

LOVE KINDNESS: We are urged to go beyond a sense of expectation or obligation, to go beyond the rules of etiquette---to express kindness with such lavishness that our hearts cannot help but be aglow with love.

WALK HUMBLY WITH YOUR GOD: We owe everything to God. In no sense can we claim God's special favor because of our faithfulness. We can only stand in awe and gratitude that God gave everything for us, even his Son, to be our Savior.

-Chaplain Clark

WORSHIP IN SEPTEMBER- 2 pm in the Lounge

Tuesday, Sept 2- Rev. James Harper, Notre Dame RC Church, Bethlehem.

Thursday, Sept. 11 - Rev. Jack Tanis, Calvary Baptist Church, Easton.

Thursday, Sept. 18 - Rev. Tony Pompa, Cathedral Church of the Nativity, Episcopal, Bethlehem.

Thursday, Sept. 25 -Rev. Betty Langensiepen, St. Peter Lutheran, Allentown.



BIBLE STUDY- Every Wednesday at 1 pm in the Patio. We continue to study the Gospel of St. Luke.

CHAT ROOM- A weekly gathering of our neighbors on Thursday at 10 am in the Patio. All are invited.





Van Trips



October 2014

DATE	DAY	TRIP	TIME
October 1	(Wednesday)	Lunch @ The Willows Restaurant	11:00 a.m.____
October 2	(Thursday)	Breakfast/Valley Farm Market	9:00 a.m.____
October 3	(Friday)	Banks, CVS, \$ Store, Post Office	9:30 a.m.____
October 6	(Monday)	Giant Food Store	9:30 a.m.____
October 7	(Tuesday)	Senior Bingo w/lunch (donations)	10:45 a.m.____
October 9	(Thursday)	USO Dance Fearless Fire Company (FREE)	1:00 p.m.____
October 13	(Monday)	Valley Farms	9:30 a.m.____
October 14	(Tuesday)	Weis Market	9:30 a.m.____
October 15	(Wednesday)	Leesport Farmers Market/Lunch	8:30 a.m.____
October 16	(Thursday)	Lunch @ DoughBoys	11:00 a.m.____
October 17	(Friday)	Strawberry Acres & Lunch	10:00 a.m.____
October 20	(Monday)	Breakfast @ Hometown Diner/Wal-Mart	9:00 a.m.____
October 21	(Tuesday)	Dinner @ The Willows Restaurant	4:00 p.m.____
October 22	(Wednesday)	Bingo at Lehigh Valley Active Life	5:15 p.m.____
October 23	(Thursday)	Wal-Mart	9:30 a.m.____
October 24	(Friday)	Lunch/Movie at Carmike	10:45 a.m.____
October 28	(Tuesday)	Wegmans	9:30 a.m.____
October 29	(Wednesday)	Dinner @ The Hibachi Grill Buffet Nazareth	5:00 p.m.____
October 30	(Thursday)	Take a beautiful scenic ride up to the Poconos to see the Fall Foliage /lunch	9:30 a.m.____
October 31	(Friday)	Allentown Farmers Market/Lunch @Ritz Barbecue	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.

September

2014

Sun

Mon

Tue

Wed

Thu

Fri

Sat

 <p>HAPPY GRANDPARENTS DAY!</p>	<p>1 OFFICE CLOSED</p> <p>LABOR DAY</p> 	<p>2 10:00 Zumba 2:00 Rev Notre Dame RC Church, Bethlehem</p>	<p>3 10:00 Exercise 1:00 Massage by Appointments 1:00 Bible Study 1:00 Computer Class</p>	<p>4 10:00 Chat Room 6:00 Blood Pressure Check</p> 	<p>5 9:00 Walkers Club 10:00 Yoga 12:30 Tai Chi</p>	<p>6 9:00 Coffee & Donuts 12:30 Pinochle Party</p> 
<p>7 12:00 Labor Day Picnic 1:30 Yarns Around</p>	<p>8 10:00 Exercise 1:30 Committee Mtg 6:00 Bingo 6:30 Poker League</p>	<p>9 10:00 Zumba 2:00 General Meeting</p> 	<p>10 10:00 Exercise 1:00 Bible Study 6:30 Poker League</p>	<p>11 10:00 Chat Room 2:00 Rev Jack Tanis, Calvary Baptist Church, Easton</p>	<p>12 9:00 Walkers Club 10:00 Yoga 11:00 Second Harvest Food Delivery 5:30 Wii Bowling</p>	<p>13 9:30 Manicure by Appointments</p> 
<p>14 1:30 Yarns Around</p> 	<p>15 10:00 Exercise 6:00 Bingo 6:30 Poker League</p>	<p>16 10:00 Zumba 1:30 Paint to the Sounds of Music</p>	<p>17 10:00 Exercise 1:00 Computer Class 1:00 Bible Study 5:00 Birthday Party 6:30 Poker League</p>	<p>18 10:00 Chat Room 2:00 Rev Tony Pompa, Cathedral Church of the Nativity, Episcopal, Bethlehem</p>	<p>19 9:00 Walkers Club 10:00 Yoga 12:30 Tai Chi 5:30 Wii Bowling</p>	<p>20 11:00 Soup & Hot Dogs</p> 
<p>21 1:30 Yarns Around</p>	<p>22 10:00 Exercise 6:00 Bingo 6:30 Poker League</p>	<p>23 10:00 Zumba</p> 	<p>24 10:00 Exercise 11:00 Bible Study 6:30 Poker League</p>	<p>25 10:00 Chat Room 2:00 Rev Betty Langensiepen, St Peter Lutheran, Allentown</p>	<p>26 9:00 Walkers Club 10:00 Yoga 12:30 Tai Chi 5:30 Wii Bowling</p>	<p>27</p>
<p>28 1:30 Yarns Around 5:00 Social</p> 	<p>29 10:00 Exercise 11:00 Therapy Dog 6:00 Bingo 6:30 Poker League</p>	<p>30 10:00 Zumba</p>			<p>Wii Bowling</p> 	