

September 2020

Hi-Lites of *Lutheran Manor*



Notes From the Office



To Our New Residents!



Steve Doyle-404
Sabad- Torres-Perez- 908
Susan Polizzotto-1113

New Office Hours

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

Always Sanitize your hands
upon entering the building .



ALL residents
& guests
MUST wear
masks in
common areas.

Eat Real Food Mobile Market

Every Friday from 12:15-1:45pm

(Outside near the pond)

ACCEPTED METHODS OF PAYMENT

CASH
CREDIT CARD
SNAP
FARMER'S MARKET
VOUCHERS

A "Farm to Neighborhood"
initiative that is partnering
with local farms, schools,
municipalities, non-profits &
community leaders
bringing local farm food
to neighborhoods in
the Lehigh Valley.
Reasonably priced fresh
fruits & veggies

COVID-19

Watch Channel 99
for protocols &
updates.



IMPORTANT

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.





CLUSTERFLY SPRAYING

(weather permitting)

**Scheduled for the
Week of Sept 14th**

Keep a lookout for more information!

WINDOW WASHING

(weather permitting)

**Scheduled for the
Week of Sept 21st**

Keep a lookout for more information!

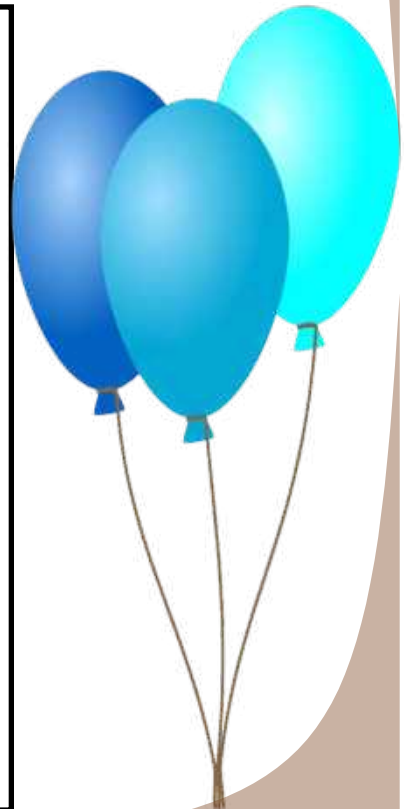


Welcome

New Van Driver



Joe Russo



FLU CLINIC 1



***Tuesday, September 1
9:00am-12:00pm (Lounge)***

FLU CLINIC 2



***Tuesday, September 15
1:00pm-4:00pm (Lounge)***

Items Needed for clinics:

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



***Sign up with BRENDA today**

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.

Better Together

While staying physically distant is extremely important, maintaining social connection is more important than ever. Daily activities increase self-esteem & improve cognitive abilities. Our program is tailored to stimulate each individual's capabilities, emphasizing independence and specifically to meet the needs of reasonably healthy and medically frail seniors.

Join us to learn how to combat loneliness during these trying times.



Miguel Rodriguez



Friday, September 25 @ 11am
(Channel 98)

GO GO Grandparent

Need transportation? Call 1 (855) 464-6872
www.gogograndparent.com



***Open 24 hours a day 7 days a week *No pre-scheduling required**

***Request up to 15min in advance *25% less expensive than a regular cab**



How it works...

- Call and press 1 to request a trip from your location to a destination**
- Once you are done, call and press 2 to request a trip back**
- Or call and press 0 to speak with an operator**

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.

Voting by Mail-in or Absentee Ballot

Mail-in and absentee ballot applications for the November 3, 2020, general election must be received by your county election office by 5 p.m. on Tuesday, October 27, 2020.



****Contact BRENDA to complete your Mail-In Ballot application TODAY***



RENT REBATES

Brenda will be providing her services to get them done!

The State Office will **NOT** be available in September to complete rebates.

****Contact Brenda to get on the list for an appointment***





ALL MOVIES WILL BE LIVE-STREAMED ON CHANNEL 98!

MOVIE 1: THE HIGH NOTE

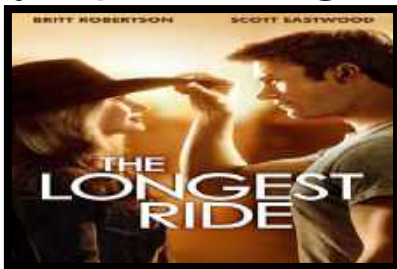
Friday, September 4 @ 1:00 pm



Set in the dazzling world of the LA music scene comes the story of Grace Davis, a superstar whose talent, and ego, have reached unbelievable heights. Maggie is Grace's overworked personal assistant who's stuck running errands, but still aspires to her childhood dream of becoming a music producer. When Grace's manager presents her with a choice that could alter the course of her career, Maggie and Grace come up with a plan that could change their lives forever.

MOVIE 3: The Longest Ride

Monday, September 21 @ 1:00 pm



Former bull-riding champion Luke and college student Sophia are in love, but conflicting paths and ideals threaten to tear them apart: Luke hopes to make a comeback on the rodeo circuit, and Sophia is about to embark on her dream job in New York's art world. As the couple ponder their romantic future, they find inspiration in Ira an elderly man whose decades-long romance with his beloved wife withstood the test of time.

MOVIE 2: JOY

Friday, September 11 @ 1:00 pm



A story of a family across four generations, centered on the girl who becomes the woman who founds a business dynasty and becomes a matriarch in her own right. Facing betrayal, treachery, the loss of innocence and the scars of love, Joy becomes a true boss of family and enterprise in a world of unforgiving commerce. Allies become adversaries and adversaries become allies, both inside and outside the family, as Joy's inner life and fierce imagination carry her through the storm she faces.

MOVIE 4: Staff Surprise

Monday, September 28 @ 1:00pm





From the Chaplain

LOVE

IS PATIENT & KIND
IT DOES NOT ENVY, IT DOES NOT BOAST

IT IS NOT PROUD
IT DOES NOT DISHONOR OTHERS

IT IS NOT SELF-SEEKING
IT DOES NOT EASILY ANGERED

IT KEEPS NO RECORD OF WRONGS
LOVE DOES NOT DELIGHT IN EVIL

BUT REJOICES WITH THE TRUTH
ALWAYS PROTECTS, ALWAYS TRUSTS

ALWAYS HOPES, ALWAYS PERSEVERES
LOVE NEVER FAILS

1 CORINTHIANS 13:4-8

HOW LONG, O LORD?

How long, will this virus last? How long, O Lord until we can gather together again for worship, speakers, parties, movies, and more? How long, O Lord? "How Long, O Lord" is a biblical plea from Psalm 13:1, and elsewhere in the Old Testament. In every one of these verses the writer is calling out to God during time of distress where God feels absent – or at least not responding in a way the petitioner desires.

Does it sound familiar? I mean, don't we just want God to come down here make this virus disappear and clean up the other messes in our lives and in our world? Of course we'd say "YES" to that.

But, here's the thing, God does not work that way, like a genie in a bottle.

Instead, God is expecting us to partner with Him to clean up these messes – to

fix the world. God gives us the ability to find the vaccine for the virus as well as to break down the walls that are dividing us as a country and world. The question is: are we willing to embrace these challenges and do the will of God?

How long, O Lord? It is a common plea when we are in the midst of despair, distress and uncertainty. With God's help and direction, we can find a cure and build bridges between all people and look out for each other and put our own needs aside. There are many ways each and every day that you and I can be the people of God bringing healing and peace to this broken world. (see 1 Corinthians 13) How long, O Lord? I'm not sure but in the meantime take the time to learn and grow – to appreciate the simple things in your life – to embrace God wherever we encounter God – to give thanks in all circumstances.

~Blessings, *Pastor Clark*

BIBLE STUDY at 12:30 pm every Wednesday on Channel 98. We are studying Colossians.

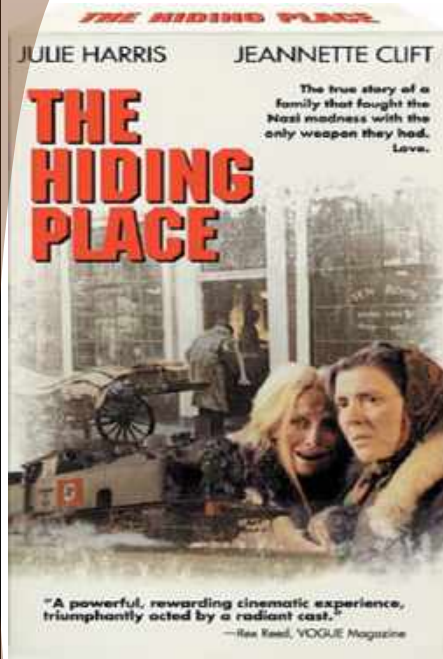
CHAT ROOM will resume meetings in-person outside (weather permitting) in the Pavilion every Thursday at 10 am beginning September 3rd with masks and social distancing. Please call and/or leave a message with Chaplain Clark 610-866-6010 ext 206 if you wish to attend so we can prepare for a safe meeting.

WORSHIP-EVERY WEEK @ 2pm on Channel 98

Tues. Sept. 1st Father Kevin J. Bobbin, Notre Dame RC Church, Bethlehem
Thurs. Sept 3rd (Spanish) Pastor Jonny Villamar, Cornerstone Church, Easton
Thurs. Sept 10th Pastor Suzanne Trump, St. John Lutheran, Bethlehem
Thurs. Sept 17th Pastor Werner Koch, St. Stephen Lutheran, Bethlehem
Thurs. Sept 24th Pastor Lisa Borrell, Friedens Lutheran, Center Valley



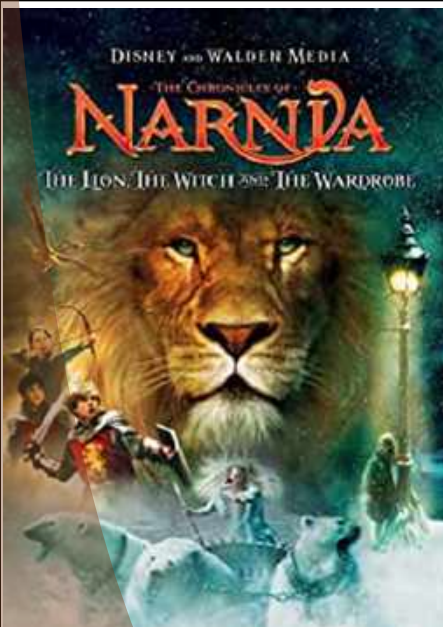
From the Chaplain



THE HIDING PLACE

WEDNESDAY, SEPTEMBER 9th @ 2p
(Channel 98)

This is a riveting account of a well-off family who became convicted because of deep faith in Christ to hide Jewish people and families from the Nazis. They were eventually discovered and imprisoned. The movie is enacted extremely well - very excellent cinema. There are quotes and images from the movie which will echo in your brain for days. This is a true story and there is no sugar-coating of the pain or sorrow in this movie, and yet it is one of the most singularly uplifting & inspiring stories you will ever hear or watch.



THE CHRONICLES OF NARNIA

The Lion, the Witch & the Wardrobe

WEDNESDAY, SEPTEMBER 23rd @ 2pm
(Channel 98)

The Chronicles of Narnia is a series of 7 fantasy novels for children written by C. S. Lewis. Lewis was an adult convert to Christianity & had previously authored some works on Christian apologetics and fiction with Christian themes.

However, he did not originally set out to incorporate Christian theological concepts into his Narnia stories; it is something that occurred as he wrote them.

Four English children are sent during World War II bombings of London to a country house where they will be safe. One day Lucy finds a wardrobe that transports her to a magical world called Narnia. After coming back, she soon returns to Narnia with her brothers, Peter & Edmund, and her sister, Susan. There they join the magical lion, Aslan, in the fight against the evil White Witch, Jadis.

Viewer's Comments: *One of our favorite all time movies. Wonderful and exciting full of mystery and suspense! Tenderly written illustrating how a loving and noble King would give up his life for others. An epic battle between good and evil, betrayal and forgiveness. *This movie has had a place in my heart for many years, as has the book. Everything is here: action, adventure, love, loss, betrayal, evil, and goodness.



Kierra's Kickstart to Fitness

**Speaker: Tips for Keeping
Alzheimer's Away**

**Wednesday Sept 23rd
11 AM**

Live-Streamed Channel 98



**Time Slots still
required in the
Fitness Center!**

JOANNE IS BACK for Tai Chi
on Fridays at 10 AM

DANA IS BACK for Yoga
on Tuesdays at 11 AM

Live-Streamed Channel 98



**BALANCE
AWARENESS
WEEK**
SEPT 13-19, 2020

Basic Balance Class

Tuesday 9/15 @ 1:00 PM
Thursday 9/17 @ 1:00 PM

**Speaker: How to Prevent
& Get Up from a Fall**

Wednesday 9/16 @11:00 AM

Live-Streamed Channel 98

**September is National
Cholesterol Education Month**

Join Lyndi from
Weis Dietician Services to hear
her speak about eating for
healthy cholesterol and heart!

Wednesday 9/2 at 11:00 AM

Live-Streamed Channel 98



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	2:00pm	Live Streamed Channel 98
Church (Spanish)	1st Thursday of the month	2:00pm	Live Streamed Channel 98
Bible Study	Every Wednesday	12:30pm	Live Streamed Channel 98
Chat Room	Every Thursday	10:00am	Pavilion (weather permitting)

Exercise Classes

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Fit For Life	Monday & Wednesday	10:00am	Live streamed Channel 98
Joyful Joints	Tuesday & Thursday	10:00am	Live streamed Channel 98
Basic Balance	Tues 9/15 & Thur 9/17	1:00pm	Live streamed Channel 98
Stand Up for Strength	Monday	11:00am	Live streamed Channel 98
Yoga	Tuesday and Friday	11:00am	Live Streamed Tuesday DVD Friday
Walkers Club	Monday, Wednesday Friday	2:00pm	Cancelled until further notice
Tai Chi	Tuesday Friday	12:00pm 10:00am	DVD Tuesday, Live- Streamed Friday

Bellezza Salon & Spa



Hours of Operation

Tuesday 9:30am - 3pm

Thursday 9am - 3pm

For Appointments, Call

610-866-6010

then press 9

SALON *is OPEN*

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

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

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



.DISCOUNT

If you wear Red, White and Blue the day of your service, you will receive \$3.00 off.

***Manicures & Pedicures now being scheduled**



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

Our *SEPTEMBER* 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>TUESDAY, SEPT 1</i></u>	<u><i>8:30AM</i></u>	<u><i>BRENDA'S OFFICE</i></u>
FLU CLINIC 1-RiteAid	Tuesday, Sept 1	9:00am-12:00pm	Lounge
SPEAKER: Cholesterol WEIS Dietician Services	Wednesday, September 2	11:00am	Live streamed Channel 98
Movie #1– THE HIGH NOTE	Friday, September 4	1:00pm	Live streamed Channel 98
Second Harvest Food Bank	Thursday, September 3	12:30pm	Boxes will be distributed to resident's apartments
Pastor Clark Movie #1 - THE HIDING PLACE	Wednesday, September 9	2:00pm	Live streamed Channel 98
Movie #2– JOY	Friday, September 11	1:00pm	Live streamed Channel 98
<u><i>GENERAL MEETING</i></u>	<u><i>TUESDAY, SEPT 8</i></u>	<u><i>2:00PM</i></u>	<u><i>LIVE STREAMED CHANNEL 98</i></u>
FLU CLINIC 2-Walgreens	Tuesday, Sept 15	1:00pm-4:00pm	Lounge
Pastor Clark Movie #2— CHRONICLES OF NARNIA	Wednesday, September 23	2:00pm	Live streamed Channel 98
Movie #3– THE LONGEST RIDE	Monday, September 21	1:00pm	Live streamed Channel 98
SPEAKER: DEVI Adult Day Care	Friday, September 25	11:00am	Live streamed Channel 98
Movie #4– Staff Surprise	Monday, September 28	1:00pm	Live streamed Channel 98

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30 Van trip Papers DROPOFF 9:00 FLU CLINIC 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 2:00 Church (98)	2 10:00 Fit For Life(98) 11:00 SPEAKER: Cholesterol (98) 12:30 Bible Study(98) 3:00 Candy/IceCream	3 10:00 Banks/Post Office/CVS 10:00 Joyful Joints (98) 12:30 Second Harvest Food Bank (Boxes distributed to residents apts) 2:00 Church Spanish (98)	4 10:00 Shopping at VALLEY FARMS 10:00 Tai Chi (98) 11:00 Yoga (98) 12:00 Mobile Mkt 1:00 Movie: The High Note	5 9:00 Shop- ping at VALLEY FARMS
	6 10:00 Fit For Life (98) 11:00 Stand up for Strength (98)	7 10:00 Shopping at TARGET 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 2:00 General MTG (98)	8 10:00 Fit For Life(98) 12:30 Bible Study(98) 2:00 Pastor Clark Movie: The Hiding Place (98) 3:00 Candy/IceCream	9 10:00 Joyful Joints (98) 10:00 Shopping at GIANT 12:30 Second Harvest Food Bank (Boxes distributed to residents apts) 2:00 Church (98)	10 7:00-10:00 Lounge Closed for cleaning 10:00 Tai Chi (98) 11:00 Yoga (98) 12:00 Mobile Mkt 1:00 Movie:Joy	11
12 	13 BALANCE AWARENESS WEEK 10:00 Fit For Life (98) 11:00 Stand up for Strength (98)	14 10:00 Shopping at WEIS 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Balance (98) 1:00 FLU CLINIC 2	15 10:00 Fit For Life(98) 11:00 Speaker: Pre-vent & Get Up from a Fall 12:30 Bible Study(98) 3:00 Candy/IceCream	16 10:00 Joyful Joints (98) 1:00 Balance (98) 2:00 Church (98)	17 10:00 Shopping at SHOPRITE 10:00 Tai Chi (98) 11:00 Yoga (98) 12:00 Mobile Mkt	18
19 	20 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie: The Longest Ride	21 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98)	22 10:00 Shopping at VALLEY FARMS 10:00 Fit For Life(98) 11:00 SPEAKER: Alzheimers (98) 12:30 Bible Study(98) 1:00 Shopping at VALLEY FARMS 2:00 Pastor Clark Movie:Chronicles of Narnia (98) 3:00 Candy/IceCream	23 10:00 Joyful Joints (98) 2:00 Church (98)	24 10:00 Shopping at WALMART 10:00 Tai Chi (98) 11:00 Yoga (98) 11:00 SPEAKER: DEVI Adult Day Care (98) 12:00 Mobile Mkt	25
26 	27 10:00 Shopping at WEGMANS 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie: Staff Surprise	28 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98)	29 10:00 Fit For Life(98) 12:30 Bible Study(98) 3:00 Candy/IceCream	<div> <div> Fitness Van Trips Resident Association Religious </div> <div> Lutheran Manor Holidays/ Observances Other </div> </div>		



Updated VAN TRIPS

September 2020

DATE	DAY	TRIP	TIME
Sept 3	Thursday	Banks (if permitted), Post Office, CVS	10:00am_____
Sept 4	Friday	Shopping at VALLEY FARMS	10:00am_____
Sept 5	Saturday	Shopping at VALLEY FARMS	9:00am_____
Sept 8	Tuesday	Shopping at TARGET	10:00am_____
Sept 10	Thursday	Shopping at GIANT	10:00am_____
Sept 15	Tuesday	Shopping at WEIS (Senior Discount Day)	10:00am_____
Sept 18	Friday	Shopping at SHOPRITE	10:00am_____
Sept 23	Wednesday	Shopping at VALLEY FARMS	10:00am_____
Sept 23	Wednesday	Shopping at VALLEY FARMS	1:00pm_____
Sept 25	Friday	Shopping at WALMART	10:00am_____
Sept 28	Monday	Shopping at WEGMANS	10:00am_____

Due to recent changes, our September van trip schedule has been updated.

List closes 24 hours prior to departure.

****Sign up with Brenda today!**

Name: _____ Apt: _____

VAN TRIPS October 2020

DATE	DAY	TRIP	TIME
Oct 5	Monday	Banks (if permitted), Post Office, CVS	10:00am_____
Oct 8	Thursday	Shopping at GIANT	10:00am_____
Oct 13	Tuesday	Shopping at WEIS (Senior Discount Day)	10:00am_____
Oct 14	Wednesday	Shopping at WALMART	11:00am_____
Oct 21	Wednesday	Shopping at VALLEY FARMS	9:00am_____
Oct 21	Wednesday	Shopping at VALLEY FARMS	1:00pm_____
Oct 22	Thursday	Shopping at TARGET	10:00am_____
Oct 23	Friday	Shopping at WEGMANS	9:00am_____
Oct 30	Friday	Shopping at WALMART	10:00am_____



Forms will be collected starting at 8:30 am on Tuesday September 1st.

Name: _____ Apt: _____

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