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The Becoming Center

Editors & Contributors

Robyn Fine
Courtney Gawthrop
Chad Miller

Intro to Yoga Class

Occupational Therapist and certified Yoga instructor, Amy T. has begun her seated Yoga class for all registered residents. Participants stretched their muscles and practiced relaxing breathing techniques. This 8 week session runs until Friday, March 11. The current class is enjoying the benefits of Yoga, and we invite additional participants to sign up for the next session.



Director's Corner



We have been very busy refreshing the community over the past few months. The former game room on the first floor is now the new Manor Theater, with comfortable recliners, a 75" TV and a great sound system! Just make sure you drink some coffee

before you attend a movie because you are likely to fall asleep once you recline and the lights dim. Movie showing schedules are published on the calendar, but if you can't make one of those, and would like to see the movie, just ask the concierge and we will show it for you.

We also changed the second floor activity room to a new Gaming Lounge. Play billiards, cards or board games, work on a puzzle, or just relax with some friends and enjoy a game or show on the TV. It's a warm and welcoming gathering space for all to enjoy!

Choosing the correct paint colors for the walls and color/pattern selections for the carpet has been a challenging task for the first floor hallway project. We are getting closer to finalizing our selections, and I appreciate all of the feedback we have received throughout the process. I will share more with you as soon as the selections are finalized and drawings are received. It's going to be beautiful!

The refreshment projects aren't the only exciting news I have to share... This month, we have four new residents moving into our wonderful community! Be sure to check the coffee shop for details on their arrival dates so you can give them a warm Manor welcome!

Have a happy Valentine's Day!

Wendy Petro
Executive Director, The Manor at York Town



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hello
FEBRUARY

Upcoming Trips...

Becoming Center Gym

Neshaminy Mall

Men's Club & Ladies of
Leisure Lunch outings

Shopping Trip to
surrounding stores

Event Highlights

Feb 3 & 17 - Computer Lessons: Local computer "whiz" and volunteer, Dave R., will be here to help with your iPad, tablet, smartphone or laptop questions.

Every Friday - Seated Yoga Class: OT and certified chair Yoga instructor, Amy T., focuses on balance, strength and relaxing breathing techniques.

Feb 3 - Love is in the Air Trivia Fun: Test your knowledge of romance and history with Valentine's-themed questions and answers. All are welcome.

Feb 9 - Growing Up as a Philadelphia Italian: Local author and storyteller Josephine Pasquarello

will discuss her book and the good old days of Philadelphia.

Feb 10 - Liberty Updates Zoom Meeting: CEO Luanne Fisher and the Liberty management team will provide updates, plans, and answer questions regarding The Manor, and fellow Liberty communities.

Feb 14 - Valentines Day Balloon-a-Grams: Send a smile to your neighbors! Personalized balloon greetings will be delivered to your neighbors' doors.

Feb 14 - Piano Student Performance: Local high school student and pianist, Jack, will perform on the lobby piano for your entertainment.

Feb 16 - Ted Talks: Join us to watch a 15-20 minute informative presentation on various topics, and then hold our own discussion. February topic: Why we have too few women leaders.

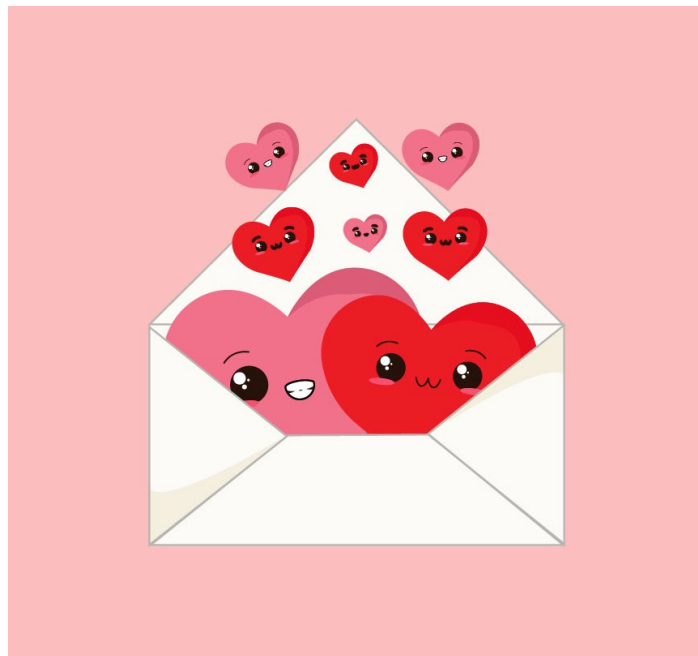
Feb 28 - Bingo: Have some fun and play with friends! Cash prizes – bring your dollars to play along!

Specialty Drinks for Happy Hour: In celebration of Valentines Day, we'll offer Champagne, and on Feb 28, let's dream about spring with refreshing Margaritas!

Send a Smile to a Neighbor for Valentine's Day

Want to say hello or thank you to a friendly neighbor? Thought about sending a unique greeting to your spouse? Balloon-a-grams are here for the holiday! Simply fill out the form in your mailbox, pay your \$3.00 per greeting, and submit it to the concierge desk. The recipient will receive a small bunch of balloons and a personalized tag, with your individualized greeting.

All balloon-a-grams will be placed on apartment doors on the afternoon of Monday, Feb 14. Please submit all order forms by Wednesday, Feb 9.



Future RESIDENT CLUB



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Updated Community Rooms!

The long awaited renovations are complete! The 1st floor Game Room has transformed into the *Manor Theater*, equipped with comfortable reclining chairs and an impressive 75" TV. All weekend and evening movies will be shown in style in the new Theater. Additionally, the 2nd floor Activity Room has become the *Gaming Lounge*, with a pool table, dart board, and game tables. All pool games, card games, and overall small group gatherings are welcome to make this room their new home. If you would like to start a new card club, or make any schedule changes to an existing weekly game club, please discuss it with your group, and see Robyn for all changes/additions to our monthly activity calendar.



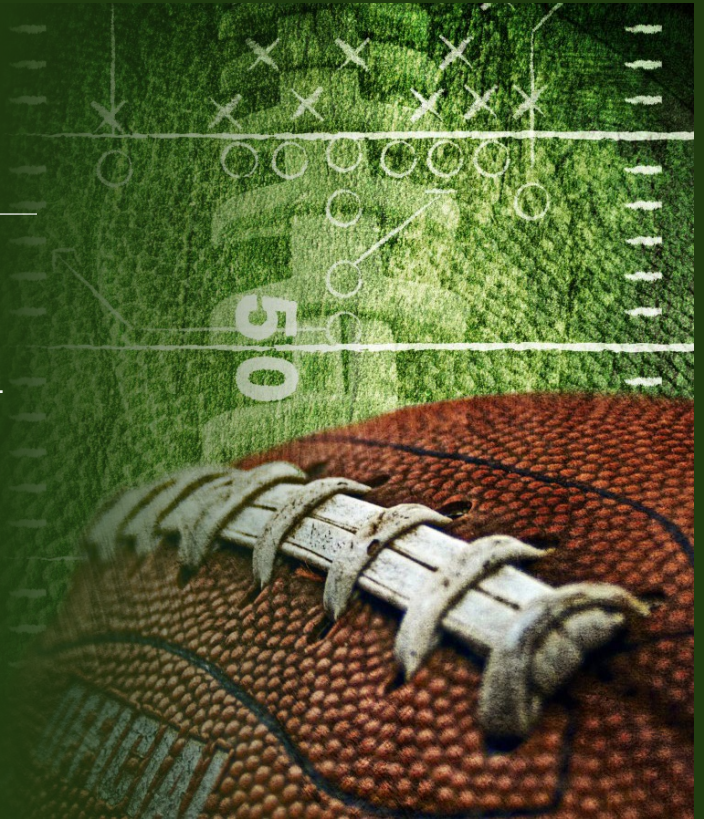
Social Media, Smartphone Apps and the Internet

Computer “whiz” Dave presented a program focused on the basics of popular smartphone applications. He explained the differences between various web browsers, email providers, search engines, and more. He also provided an overview of social media websites such as snapchat, twitter and instagram, and gave us a summary of various internet terms and programs. We all walked away feeling a little more confident in our use of current technology.



Super Bowl Pool

The Manor's resident "Gaming Commission" has organized another Super Bowl Pool for the big game on Sunday, February 13. Based on the scores each quarter, prizes will be awarded, along with a grand prize for the final score. Join the fun, and stop by the Club Room on Wednesdays or Saturdays at 3pm to get in on the action. Blocks are sold for \$5.00 on a first come first serve basis - no experience necessary!



Therapy Options for You

Physical therapist, Joe Nemcik, of Vitality Rehab visited our community to discuss the benefits of in-home PT, OT and Speech Therapy, the process for obtaining insurance approvals, and answered questions from the audience. If you have any additional questions or want to schedule a visit with a Vitality therapist, brochures and contact information can be found in the Community Life office.



Welcome New Residents



Gene & Anne Schiwall moved into The Manor in mid-December. They come to us from the nearby Heritage Creek community, where they lived for over 20 years. Prior to Heritage Creek, they lived in the Holmesburg section of Philadelphia (near Pennypack Park) for 38 years. Gene grew up in Mayfair, and attended Northeast High School (when it was located at 8th St. & Lehigh Ave). Anne grew up in Holmesburg, and attended St. Hubert's Catholic High School. After high school, Gene joined the Marines, then graduated from Temple University with a degree in electronics. Gene worked in the Aerospace Industry for over 20 years, and later became the Maintenance Manager, overseeing large manufacturing machinery for the American Packaging Company before retiring. Anne was home with the kids until she went back to school in her early 40s to become an RN. She worked at Jeanes Hospital in NE Philadelphia for over 25 years. The couple have been married for 64 years, and have 3 children, 8 grandchildren, and 1 great-grandson. As for hobbies, Gene enjoys woodworking, and has made several pieces of furniture for friends and family. Anne loves to write stories, learn new languages, and take walks through the neighborhood. The couple are happy to be here, enjoying their apartment, their dining options, making friends, and can't wait until they start socializing more and more. Welcome home, Anne and Gene, and their little dog, Lucy!

Food Collection Drive



The Manor collected a variety of greatly needed items for the Bucks County Food Pantry in Doylestown. On Martin Luther King Day, staff and residents worked together to sort and group all collected items for the pantry. We collected an impressive number of donations including cans of soup, cereals, pasta sauces, toothbrushes, and a large variety of other food and hygiene products totaling close to 200 lbs. A big thank you to everyone who contributed to the drive. The recipients and the Bucks County Housing Group truly appreciate your kindness and generosity.



Upcoming Weekend Movies

Please check the activity calendar for specific viewing dates. Please note: We will show the below films on Saturday at 7:45pm, and Sunday at 2:00pm and 7:45pm. Therefore, you have several options to view these popular Classic or New Release movies. You are also free to watch these or other movies anytime the Manor Theater is available. See the concierge for details.

August: Osage County: 2014, When their father disappears, 3 strong-willed women return to their childhood home and to their equally strong-willed mother. Starring Meryl Streep, Julia Roberts & Chris Cooper; R, 2h

Don't Look Up: 2021, A satire of two astronomers on a media tour to warn humankind of a planet-killing comet hurtling towards Earth, but the response is lukewarm. Starring Leonardo DiCaprio, Meryl Streep, & Jennifer Lawrence; R, 2h 18m

The Lost Daughter: 2021, A woman's quiet seaside vacation takes an unsettling turn when her fixation on a young mother staying at a nearby villa awakens memories of her past. R, 2h 2m

The Shack: 2017, After suffering a tragic loss, a man seeks answers from a mysterious letter urging him to visit a deserted shack in the Oregon wilderness. Starring Sam Worthington, Tim McGraw and Octavia Spencer. PG13, 2h 12m

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**To schedule a personal visit,
or to receive additional
information, please call
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