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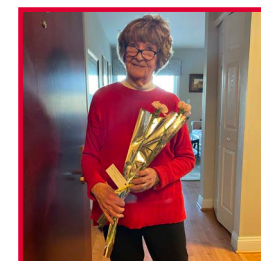
The Becoming Center

### Editors & Contributors

Robyn Fine  
Courtney Gawthrop  
Chad Miller

# Valentine's Day FlowerGrams

Dozens of residents received a Valentine's surprise on their door, in time for the holiday. Residents sent individually wrapped flowers and a friendly greeting to their neighbors, to let them know they were thinking of them this winter. Happy Valentine's Day to all of the couples and good friends at The Manor!



# Director's Corner



March is certainly coming in like a "lion". We saw more snow this week than we have most of the season (which isn't saying much since we've enjoyed such a mild winter). Let's hope the weather continues to improve and we see March end like a "lamb".

This month we will start our St. Patrick's week festivities with the Fitzpatrick Irish Dancers on the evening of Monday, March 13th, and end with a lively happy hour on Friday, March 17th in the lobby. Sing along to Irish tunes played by Trudy, while sipping Bailey's hot chocolate or wine, and enjoying Irish potatoes. Be sure to join us for the fun!

The hallways look great with the new carpet and paint, but there is more to come! As we await the arrival of the furniture and artwork, we have been actively working in the Club Room. New carpet was installed in February, and on March 7th, the bar will receive a new quartz top. I can't wait to see how beautiful it looks!

We have held several training classes on our new community communication system, Connected Living, which officially goes live March 1st. I was so impressed with how easily you learned how to navigate the new system on your iPads. Refresher classes are being offered on the 1st and 2nd so please sign up if you have any additional questions. We've also installed two new kiosks in the hallways with digital signage so you always have the information you need. Be sure to take a look!

Have a wonderful month. Enjoy the celebrations as well as the mild weather, and may the luck of the Irish be with you!

Wendy Petro

*Executive Director, The Manor at York Town*



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## Upcoming Trips...

**CB East High School:**  
**Oklahoma! Performance**

**The Becoming Center Gym**  
**Neshaminy Mall**

**Men's Club & Ladies of**  
**Leisure Lunch outings**

**Shopping Trip to Walmart**

**Select Tuesdays: Computer Lessons:** Local high school student and computer "whiz" Aidan, will be here to help with your iPad, tablet, smartphone or laptop questions.

**Billiards with Bill:** Shoot pool with facilities director and avid pool enthusiast Bill. Beginners to advanced players are welcome.

**Spring Craft with Sharon:** Join Sharon to create a spring craft for your apartment door. Limit 10, sign up required.

**St. Patts Day Happy Hour:** Celebrate in the Lobby with Hot Cocoa, Baileys, and Irish Potatoes. Sing along with Trudy as she plays classic Irish tunes on the piano.

**Ted Talks:** Watch a 15-20 minute informative presentation on various topics, and then hold our own discussion. This month's topic: *Jane Fonda: Life's third act.*

**Scattergories Game:** Play along with this quick thinking word game. Fun for all!

**Origami Class:** Paper Airplane Fun! Create your own airplane design. Then we'll fly them to see whose airplane flies the farthest!

## Event Highlights

**Wednesdays & Fridays at 11am:** The new Functional Fitness class will be offered for those who are seeking a mild, low impact fitness program.

**Liberty Lutheran Annual Resident Meeting:** Join CEO, Luanne Fisher, CFO, John Barnum, & COO, Joan Myers for an update on current and future plans for Liberty communities.

**Fitzpatrick Irish Dancers:** Enjoy a lively performance in celebration of the upcoming holiday.

**Fridays: Line Dancing Fun:** put on your dancing feet and learn a new Line Dance. No experience necessary, just a desire to dance and have a little fun!



# Bingo Time!

A group of Bingo enthusiasts gather in the Great Room twice a month to press their luck and compete to win! Who will be our big winner of the day? Come by on select Monday afternoons to find out – it could be you!



## Future RESIDENT CLUB



## THE MANOR *at York Town*

Secure your future with THE MANOR's Future Resident Club, as you don't want to miss out on the

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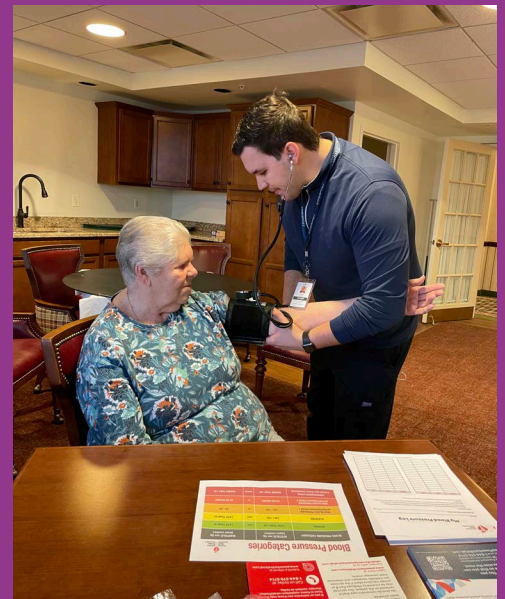
# Fraud Prevention

Representatives from Peoples Bank held an informative presentation on avoiding common scams and bank fraud. They provided tips and techniques on how to protect yourself from falling victim to these clever criminals. For more information, please see Robyn in the Community Life office to receive an info packet.



## Blood Pressure Screenings

Physical Therapist Joe N. of Powerback Rehab, comes to The Manor at 9:30am on the 3rd Thursday of every month. Stop by to utilize this free service to track your blood pressure numbers each month.





## Billiards with Bill

Shoot pool with Facilities Director and avid pool enthusiast, Bill. Beginners to advanced players are welcome. Bill is happy to provide tips and lessons to all interested players.



## New Fitness Class for 2023!

Fitness Director John has begun his new class in January, geared towards those looking for a slower-paced, low impact class. Residents who may have low muscle tone, mobility concerns, or just need a more mild class, are encouraged to attend. You can join this class on a temporary basis during a recovery period, or as a long term strengthening routine. All are welcome to get fit with John at his new **Functional Fitness Class** on **Wednesdays and Fridays at 11am!**



## Connected Living is Here!

Residents got their first glimpse of the new communication tool, *Connected Living*, this past month. Several training classes were held, and residents are already utilizing the new system. Please note that your event calendars, newsletters, resident directories, menus, and community announcements are all posted to Connected Living. Use your new iPad, the monitor in the lobby area, the kiosks through the building, or download the app to your personal smartphone, computer or tablet to view this information - anytime, anywhere. Enjoy the technology!





# Getting' Crafty

A group of residents created colorful canvases to celebrate the Valentine's holiday. A big thank you to housekeeper Sharon, who lends her time, supplies and creative talents to guide these festive projects through the year. The next project will occur on March 15 at 3pm. Sign up on Connected Living to create a colorful spring craft.



## A visit from the Bank

American Heritage Federal Credit Union stopped by to offer information and prizes for staff and residents. Congratulations to Lonnie and Housekeeper Beverly, for winning the 2 raffle baskets!

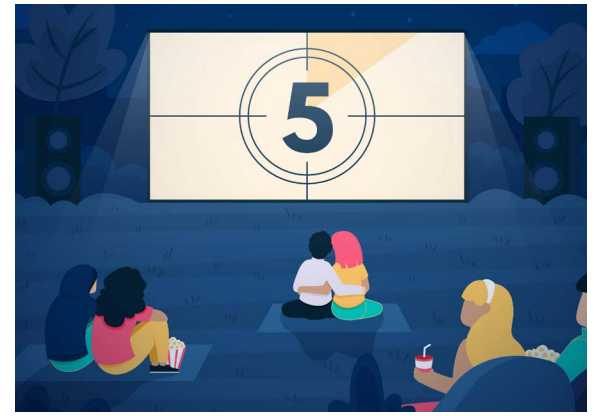




# Upcoming Weekend Movies

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 2pm 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.



**Enough** 2002, To escape an abusive marriage, a mother goes into hiding with her child, and must fight for her life. Starring Jennifer Lopez & Billy Campbell. PG13, 1h 55min

**The Land of Steady Habits** 2018, After leaving his wife and job to find happiness, a man begins a clumsy, heartbreaking quest to reassemble the pieces of his fractured life. Dramedy starring Edie Falco, Connie Britton, and Ben Mendelsohn. TVMA, 1h 38m

**Wonder Boys** (DVD) 2000, An English Professor tries to deal with his wife leaving him, the arrival of his editor who has been waiting for his book for seven years, and the various problems that his friends and associates involve him in. Starring Michael Douglas, Toby Maguire, & Frances McDormand. R, 1h 47m

**Michael Clayton** (DVD) 2007, A law firm brings in its "fixer" to remedy the situation after a lawyer has a breakdown while representing a chemical company that he knows is guilty in a multi billion-dollar class action suit. Starring George Clooney. R, 1h 59m

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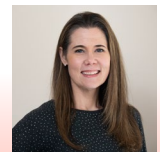


## IT'S *just* BETTER HERE!

Our Fonthill style apartment home offers luxury, unique styling and spaciousness like no other two-bedroom apartment in the market area. The master bedroom boasts vast space with dimensions of 15.5' by 17' with a oversized walk-in closet for great convenience.

Schedule a personal visit today, as this apartment home won't last long!

Call (877) 242-0412 or go to [TheManorAtYorkTown.org/Lifestyle](https://TheManorAtYorkTown.org/Lifestyle) to arrange your visit with Courtney.



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