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The Becoming Center

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Staff vs Residents Tournament

Who doesn't love a little competition amongst friends? During the week-long tournament, the staff and residents gave it their all, but for the first time ever, the staff triumphed to win the Gold Medal! Regardless of the scores, the staff, residents, and spectators had a great time cheering (and jeering) for the teams. Congratulations to the staff and a big thank you to everyone for joining the fun!



Director's Corner



Sometimes life gets so hectic, that it's nice to finally stop, sit back and enjoy the things and people around us. I recently went to the Jersey shore with my family and did just that. We had a lovely time and I felt refreshed and reconnected when we returned.

When I came back to work, I was happy to learn that others had done the same. I heard about the wonderful vacations some of The Manor staff and residents had taken while I was away, including jaunts to the shore, a cruise to Bermuda, a trip to Ireland, and even one to Peru! It was great to hear their excitement as they told me stories about their journeys. No matter our age, we all need to set aside time to see the places, do the things, and be with the people that make us happy. It truly is refreshing and leaves us with a feeling of contentment.

Speaking of exciting journeys, many of our young dining servers and dishwashers have headed off to college. While I can't wait to hear about their college experiences when they return for the holidays, their leaving has left us with some open positions, and we have been actively recruiting to fill them. I am happy to say that over the past few months, most of the shifts have been filled, and we've had the pleasure of welcoming John, Geoffrey, Xavier, Noah, Rachel, Lily, Cydney and Susanah to our Manor dining team. Please introduce yourselves (they have a lot of names to learn), and welcome them to our wonderful community.

Have a happy Labor Day and be sure to spend time through the month doing something fun, experiencing something exciting, or connecting with someone you love.

Have a safe and wonderful Labor Day holiday!

Wendy Petro

Executive Director, The Manor at York Town



Upcoming Trips...

- Belmar Beach and Lunch**
- Neshaminy Mall**
- Peddler's Village**
- Trip to the Movies**
- Parx Casino**
- Shopping at the Limerick Premium Outlets**

Event Highlights

Be sure to sign up on Connected Living for All Events & Trips you plan to attend.

Scarecrow Assembly Project: Help us complete our "Wearing Hope" creation for the Peddlers Village Scarecrow Festival.

Ladies Club: Join your neighbors as we chat in the Living Room on Saturday afternoons. Enjoy coffee, bring your favorite snacks, or just come by to socialize with friends.

Labor Day BBQ: A traditional barbeque meal with friends. Reservations required.

Labor Day, Mon, Sept 4: Fun and Games with the Games Committee: Join fellow residents for an assortment of party games to celebrate the holiday!

Thurs, Sept 7: Barbie/Oppenheimer-Themed Happy Hour: Dress in your best pink Barbie or Ken clothing or a suit and fedora for Oppenheimer,

while enjoying trivia and a complementary glass of wine with friends.

Fri, Sept 8: Ted Talks: Join us to watch a 15-20 minute informative presentation on various topics, and then hold our own discussion. September topic: *Living in a Man's and a Woman's World*

Sept 13 & 27: Kitchen Tours: Join Dining Services Director Steve on a behind the scenes small group tour of our kitchen. Signup on Connected Living Required.

Mon, Sept 11: Prize Bingo, Food and Doctor Talk: Begin with an hour of Bingo (prizes awarded!), then a 30minute discussion on healthy lifestyles with Dr. Michelle Lu, PCP at Patina Health. *Signup Required.*

Thurs, Sept 14: Cruise Into Fall: Enjoy fine wine, delicious hors d'oeuvres, and fabulous live entertainment on the outdoor patio.

Fri, Sept 15: Hearing Loss and its Effects Presentation: Join Dr. Linda Wayne of Cadence Hearing Services for a discussion on the effects of hearing loss on the brain.

Mon, Sept 18: Medicare Options Presentation: Join American Senior Health Advisers, for an informative presentation on Medicare plans the upcoming enrollment period. Snacks and Trivia questions included! Signup Required.

Thurs, Sept 28: Shopping with Cultivated Closet: The clothing store that comes to you! Peruse hundreds of items that fit your style. Cash, checks and credit cards accepted.



Billiards with Bill

Residents are invited each month to spend time with our Facilities Director and Billiards enthusiast, Bill. Bill is happy to share his skills and instructions with you, or simply play a fun round of 8 ball. Sign up on Connected Living for the 3rd Wednesday of each month, in the 2nd Floor Gaming Lounge.



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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The Manor at York Town
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Open Mic Afternoon with Young at Heart

We enjoyed an interactive Happy Hour with Jan Mohan of Young at Heart Entertainment. One by one, residents passed the mic as they sang and danced, and filled the great room with lively music we all know and love.



Scarecrow Time

Our creative juices are flowing once again! Over the past few weeks, staff and residents have come together to design our scarecrow for the *Peddlers Village Scarecrow Festival*. This year, they creatively designed their “Wearing Hope” themed scarecrow in honor of Breast Cancer Awareness month. The *Peddlers Village Scarecrow Festival* will be held Sept through October, and our van will take interested residents to the festival on Tuesday, Sept 26. Sign up on Connected Living if you would like to come along.



Manor Q&A Meeting

During the August Manor Q&A Meeting, directors of each department provided updates on past, present and future plans for the community. Staff answered resident questions, and offered details on upcoming projects.



Healthcare Talks

The Stroke Outreach Coordinator at Doylestown Hospital presented a discussion on the signs and symptoms of a Stroke. We all learned a great deal about this life saving topic.



Powerback Physical Therapist Joe N, provided a discussion on avoiding falls. He talked about improving your gait, strengthening your muscles and improving balance, and what to do if you experience a fall. Joe plans to come back to The Manor to offer individual fall risk assessments to any interested residents.



A Beautiful Balcony!

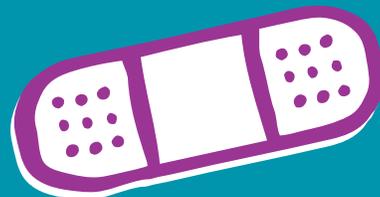
Have you seen Fred's beautiful balcony? Gardening enthusiast, Fred P. takes pride in his plants lining the perimeter of his charming and inviting balcony. Feel free to take a peek out the window by the grand staircase to see all of his flowers in bloom.



Flu Shots Coming Soon!

**Small Town Pharmacy
will be here on
Tuesday, September 26,
from 9:00am-12:00pm
to administer vaccines
for any interested staff
and residents.**

If you would like to receive a flu shot, Shingrix, Prevnar, covid or other vaccine at our community, please complete the form that will be placed in your mailbox in the coming week. Most insurance companies, including Medicare cover many of these shots at 100% (At no cost to you).



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.



Memento (DVD) 2000, A man with short-term memory loss attempts to track down his wife's murderer. Starring Guy Pierce. 1h 53min; R

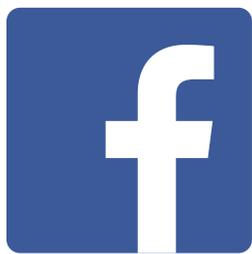
Inception (DVD) 2010, A sci-fi action thriller about a thief with the rare ability to enter people's dreams and steal their secrets from their subconscious. Starring Leonardo DiCaprio & Joseph Gordon Levitt. 2h 28min; PG13

A Beautiful Life 2023, A romantic drama about a young fisherman with a hidden talent who gets discovered by a music producer, but he must decide if he's ready to open himself up to stardom and love. 1h 39min; TV-MA (Originally in Dutch, dubbed in English with subtitles)

Burnt 2015, A chef who destroyed his career through recklessness and bad behavior comes to London to redeem himself. Starring Bradley Cooper. 1h 40min; R

How Do You Know 2010, Romantic comedy about a newly single softball player who finds herself in a heated love triangle. Starring Reese Witherspoon, Paul Rudd & Owen Wilson. 2h; PG13

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or to receive additional
information, please call
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