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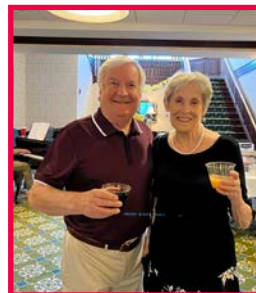
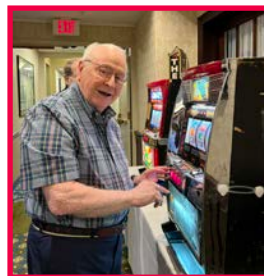
The Becoming Center

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Robyn Fine
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Happy Anniversary

Sounds of table games, slot machines, and the piano music of Sean filled the lobby as we celebrated the 23rd anniversary of The Manor at York Town. We enjoyed champagne punch, wine, and a delicious cake, as we played blackjack, roulette, poker, and the big money wheel. Congratulations to our luckiest residents of the night: Harford, new resident Sharon B., & Peter. Our door prize winners included: Aylis, Margo, Suzanne & Bruce, Lonnie, Jillian, new resident Sharon B, Eileen, Mary M. and future resident, Velga. What a fun & fabulous night at The Manor!



Director's Corner



It's hard to believe we are already half way through the year, and that last month we celebrated our 23rd Anniversary as Bucks County's premier retirement community! Residents and Future

Resident Club members enjoyed a fabulous casino party on June 10th. The cake and punch were delicious, the entertainment was second to none, and the door prizes were phenomenal thanks to our local businesses. Congratulations to all of our big winners!

If you are here on the 4th of July, be sure to look out your windows that evening, especially if you live on the 2nd or 3rd floor. Several towns surrounding The Manor have wonderful fireworks displays, which can be viewed from many of our apartments. Enjoy the show!

Finally, I would like to welcome our newest residents, Ed & Lorraine B., who join us from Lansdale. They moved into The Manor on June 25th and are excited to be here. Please be sure to introduce yourselves, and to help them as they get acclimated to the community and life at The Manor.

Have a safe and happy 4th!

Wendy Petro
Executive Director, The Manor at York Town



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Upcoming Trips...

**The Becoming Center Gym
Grocery Shopping at Giant
Shopping at Marshalls &
Neshaminy Mall
Ice Cream at Owowcow
Walmart & Surrounding
Stores
Parx Casino**

July 8-12: Theme Days! Show your community spirit and wear your favorite attire as follows:

- Mon, July 8: Bright Colors Day
- Tues, July 9: Disney Day
- Wed, July 10: Hawaiian Shirt Day
- Thurs, July 11: Crazy Socks Day
- Fri, July 12: Sports Teams Day

July 11: Resident Association Quarterly Meeting:

All resident association members are invited to attend the meeting to discuss community updates and answer questions.

July 15: Live Entertainment & Happy Hour: Enjoy wine, snacks and the smooth sounds of the Jazz Sanctuary trio.

July 24: Charades Game: See if you can guess familiar phrases, things or characters with this fun gestures game.

July 31: History of Peace Valley Park presentation: Join author Kathryn McKenna for a glimpse into the history, businesses, and the lives of those who worked and lived there before the man-made lake was created. Books will be available for sale if interested.

Event Highlights

Signup in advance for all activities on CONNECTED LIVING.

July 4: Independence Day BBQ Buffet: Join us in the dining room for traditional, delicious barbecue foods.

July 4: Bingo with the Events Committee: Join us for snacks, water and cash prizes. All participants must be pre-registered and pay \$5 at the door to enter. Have fun and good luck!

July 5: Ted Talks: Join us to watch a 15-20 minute informative presentation on various topics, then hold our own discussion. July topic: The world's largest family reunion ... we're all invited!

Computer Help

Do you have questions about your tablet, computer, phone or laptop? Our friendly, knowledgeable and tech savvy students are here to help! Check the calendar for specific dates and times our students will be here at the community. Sign up at the front desk to reserve your spot to seek their computer advice.



Cheers to the Graduate!

Congratulations to our current Manor dining staff and recent CB South High School graduate, Tyler F. Tyler will be attending Bloomsburg University in the fall and majoring in Digital Forensics and Cybersecurity. He plans to remain working at The Manor on holidays and summer break. Tyler said that he has truly enjoyed his job at The Manor over the last 4 years. He extends his gratitude and appreciation to all of the residents who contributed towards his generous gift, and plans to use it towards his college expenses.



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

Exceptional
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The Manor at York Town
2010 York Road, Jamison, PA 18929
(267) 488-0398

Exercise with John!

Certified fitness instructor, John Miller, has been teaching classes at The Manor for close to 20 years. His popular classes are held every weekday, and you are all invited to get fit with John! Be sure to sign up in advance on Connected Living to ensure we have seating for all.



- 1. Strength and Stretch Class: Every Monday, Wednesday & Friday at 8am & 10am:** Improve your balance and flexibility with this fun and friendly class for all levels of mobility.
- 2. Balance and Conditioning Class: Every Tuesday & Thursday at 8am & 10am:** Get your body moving and ready to take on the day! This class is open to all levels of mobility.
- 3. Water Aerobics Class: Every Thursday at 11am:** Join us in the pool for an aquatic class for all levels. Improve your strength and balance while enjoying a dip in the indoor pool. All are welcome!
- 4. Walk with John: Tuesday & Thursday at 8:45am:** Get some fresh air and walk along with friends. Depending on the weather we'll walk through the courtyard and around the soccer fields, or through the community hallways.

Class dates and times are subject to change as needed. Please be aware of your physical limits and talk to your doctor and John to determine which classes are right for you.

Crafty Residents

Several residents created jewelry & change holders out of seashells. These colorful and creative creations were uniquely designed by each resident, adding a touch of pizzazz and personality to each one.



Employee Appreciation

As you may be aware, The Manor has adopted the employee incentive program, the Fish Philosophy. This program was derived from a successful Seattle Fish Market, whose employees' energy, passion, and positive culture inspired a nationwide program. If you "catch" an employee going above and beyond their duties, or exhibiting an extreme act of kindness, compassion or positive behavior, give them a **Fish Card!** Fish Cards are located at the concierge desk. Just fill out their name and a few words describing their actions. Employees will drop off their collected fish cards into the fish bowl. Each staff member will be recognized for their cards and quarterly prize drawings will occur. At this quarter's staff pizza and recognition party, the Fish Card Gift Card winners were: Bryan (Maintenance), Gail (Concierge), Debbie (Community Life), and Kaleigh (Dining). Congratulations!



Brain Games



Residents worked together and individually to decipher clues and crack the codes on various puzzle, word, and math games. Kudos to these

quick thinking intellectuals who came up with several correct answers!

Library Catalog

As you may be aware, the master library catalog is found in the Community Resources section of Connected Living, under Manor Library. You can also find a printout in the Coffee Shop. This master catalog lists every book by title, author, and location within The Manor libraries. You are all welcome and encouraged to peruse the Master List printout.



The featured books this month include:

1st Floor: Brooks: Horse (A novel about the remarkable true story of a record-breaking thoroughbred, exploring themes of slavery, racism, and pursuing passion.)

2nd Floor: Hannah: The Women (A tribute to all the women who served in the Vietnam War.)

3rd Floor: Scottoline: Eternal (Highly recommended to fans of historical fiction and WWII novels.)

If you have any questions, please see our dedicated & knowledgeable librarian, Mary S.

From Hands to Feet!

Last month we learned from several healthcare providers regarding the importance of taking care of all facets of your body, including your upper and lower extremities. Occupational Therapist Courtney, of IvyRehab and PT Joe Ware of IvyRehab discussed types of treatments for your hands, and how to obtain coverage from your insurance provider. Additionally, Elizabeth of Apos Shoes, presented how special sneakers can relieve back and knee pain.



Blood Pressure Screenings

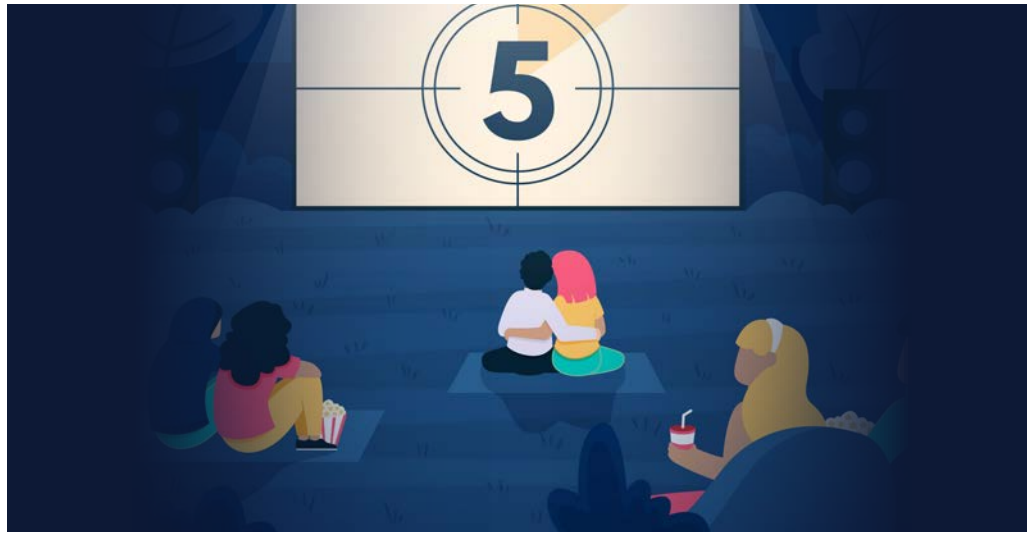
Every month, Joe N. of *Powerback Rehabilitation* comes to our community to provide free blood pressure screenings for all interested residents. Stop by the 2nd floor gaming lounge the 3rd Thursday of each month, if you would like to have your pressure checked.

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.

Missing 2023, A mystery thriller about a daughter's search for her missing mother while on vacation. 1h 51min, PG-13

Made in Italy 2020, A widower artist and his estranged son try to



mend their broken relationship as they work together to restore an old house in Italy. Starring Liam Neeson. 1h 33min, R

Atlas 2024, A sci-fi thriller about a brilliant counterterrorism analyst (Jennifer Lopez) who discovers the dangerous technology that may be her only hope to save humanity. 2hours, PG13

The Guilt Trip 2012, A mother and son with emotional baggage endure a funny and endearing impromptu cross-country road trip. Starring Barbara Streisand and Seth Rogan. 1h 36min, PG13

THE MANOR
at York Town



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THE MANOR

at York Town

2010 YORK ROAD
JAMISON, PA 18929



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*Residents of
The Manor at York Town
enjoy Membership
and*

*Becoming
Better
Than Ever!*

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or to receive additional
information, please call
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