

News from THE MANOR

WENDY PETRO *Celebrating* — 25 YEARS —



On August 28, staff & residents celebrated our executive director, Wendy Petro's, 25 years of service to The Manor at York Town. Beginning in 2000, Wendy was hired as the project coordinator, overseeing the construction, contractors and eventual opening of Buck Country's premier retirement community, *The Manor at York Town*. She has held several different positions over the years, becoming the executive director in 2006. During the event we honored Wendy for her commitment and dedication to The Manor over the years and all she does for our wonderful community every day!



DIRECTOR'S CORNER



September is Healthy Aging Month, and in one of our recent weekly employee messages from Luanne Fisher, President and CEO of Liberty Lutheran, she encouraged us to focus on this topic by celebrating the positive aspects of growing older and recommitting to improving our physical, mental, and emotional well-being. She explained how research shows that many factors affect the way we age, and that even small daily changes can improve the quality of our lives and help us to live longer. Some of the things that we can do to support and improve our health as we get older include: staying active; choosing healthy and nutritious foods; getting enough sleep; connecting with family and friends; and getting regular medical care.

Fortunately, at The Manor (and all Liberty communities), we offer a variety of classes, activities and services to assist residents on this healthful journey. To enhance their physical health, residents can attend a daily fitness or aqua exercise class, go on a group walk in the park, or request a personal training session. To support their nutritional health, our residents can choose from a selection of seasonal fruits, vegetables and fresh fish on our daily menu in the dining room. The comraderie of our wonderful community, also allows residents to regularly connect with others to support their emotional and mental well-being at one of our many upcoming trips or events. This month we have many fun trips and events planned! On September 1, we'll enjoy a Labor Day BBQ and resident organized fun and games. We'll travel to the beaches of Belmar for lunch with friends on September 3, and dance and sing with the band at our Cruise into Fall event on September 11. Finally, our residents can stay on top of their medical health with blood pressure checks by Bayada on the 18th, and flu and other vaccines from Small Town Pharmacy on September 25.

We're excited for these and all the activities we offer that help our residents improve their mind, body and spirit this month and always.

hello September

Upcoming Trips...



- **Trip to the Beach!** Residents will hop on the van for a day trip to Belmar beach. We'll walk on the boardwalk, enjoy the feel of our toes in the sand and enjoy lunch on the water!
- **The Becoming Center Gym**
- **Warrington Garden Club Flower Show** at St. Cyril's
- **Neshaminy Mall**
- **Stroll through Peddler's Village**
- **Men's Club & Ladies of Leisure Lunch outings**
- **Shopping at the Limerick Outlets**



Event Highlights



- Wednesdays: **Computer Lessons**: Local technology “whizzes” will help residents with iPad, tablet, smartphone or laptop questions.
- Sept 1: **Labor Day BBQ** 12-2pm: A traditional barbeque meal with friends.
- Sept 1: **Fun and Games with the Events Committee**: Resident will gather for hoagies and an assortment of party games to celebrate the holiday!
- Sept 3: **Scarecrow Assembly Project**: We will complete our “Mummy of The Manor” creation for the Peddler’s Village Scarecrow Festival.
- Sept 10: **Socrates Cafe**: Residents will gather with friends to exchange thoughtful ideas and experiences and discuss new topics each week.
- Sept 11: **Cruise Into Fall**: Residents, future residents and guests will enjoy fine wine, delicious hors d’oeuvres & desserts, and fabulous live entertainment outdoors.
- Sept 17: **Scattergories Game**
- Sept 18: **Blood Pressure Checks** A Bayada nurse will be on hand for any residents wishing to have their blood pressure checked
- Sept 25: **Vaccine Clinic**: Small Town Pharmacy will be here to administer Flu, Covid, Shingles, and other vaccines to all interested residents and staff.

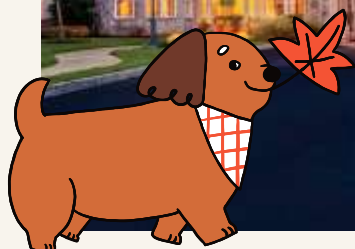
Future RESIDENT CLUB

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





Representatives from BAYADA Senior Living Solutions led a discussion on home healthcare, PT, OT, the benefits of therapy, how to request services through your insurance, and other informative topics.



SCARECROW TIME!

Our creative juices are flowing once again! Over the past few weeks, staff and residents have come together to work on our scarecrow for the Peddler's Village Festival. This year, they creatively designed their "Mummy of The Manor" themed scarecrow. The Peddler's Village Scarecrow Festival will be held September through October. Be sure to visit and vote for the "Mummy of The Manor"!





Join us for the festivities!

Cruise into Fall with an exquisite afternoon of hors d'oeuvres, beverages and lively musical entertainment.

See some of our beautiful apartment homes, learn about The Manor at York Town, and get a taste of the smooth-sailing lifestyle our residents enjoy every day.

Thursday, September 11th
From 3PM to 5:30PM



Please RSVP by September 5th to secure your spot. Call Courtney at 267-488-0398, scan the QR Code or visit:
TheManorAtYorkTown.org/Events



RSVP Today! Seating is limited.

Happy Hour with *Amelia Earhart*

Residents were entertained and educated by local actress, Monica Hoffman. Dressed as Amelia Earhart, Monica described the life and times of this American aviation pioneer.



Stay Healthy This Flu Season!

Pharmacists from *Small Town Pharmacy* will be here at The Manor once again this September to administer flu and several other available vaccines to our residents upon request. We're so pleased to partner with them to offer this convenient service!



Lobster Dinner



Back by popular demand!

In August, residents enjoyed a delicious Lobster dinner expertly prepared by our talented chefs!





The Mercer

Discover Comfort and Elegance in our Luxury Mercer Style Apartment!

Don't miss out on this rare chance to move to The Manor at York Town this Fall.

This spacious, beautifully designed, one-bedroom, one-bathroom with a den apartment won't last long! This newly updated Mercer offers the perfect blend of comfort, style, and convenience with an oversized patio, elegant finishes, a modern kitchen, bright & spacious living areas, and *included* upgrades.

Schedule your tour today before it's gone!

THE MANOR
at York Town

Contact Us!

cgawthrop@themanoratyorktown.org | 267-488-0398



Taste & TOUR

AN EDUCATIONAL
LUNCHEON

Join us for a delicious chef prepared luncheon, followed by a tour of our welcoming community and beautiful apartment homes. This small-group event provides information on The Manor's lifestyle, apartment homes choices, pricing packages and introduces you to one of the region's premier independent communities.

Tuesday, September 9th

Seating is limited.

12:00pm

FOR ADDITIONAL INFORMATION, PLEASE CONTACT

Courtney Gawthrop at 267-488-0398 or

cgawthrop@themanoratyorktown.org



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

*Becoming
Better
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250 North Bethlehem Pike Ambler, PA 19002

www.BecomingCenter.org

**To schedule a personal visit,
or to receive additional
information, please call
215-643-9908**

UPCOMING WEEKEND MOVIES



Each month, a selection of popular Classic or New Release movies are shown in The Manor Theater. Movie times are Saturday at 7:45pm, and Sunday at 2pm and 7:45pm.

Wicked Little Letters 2023, A riotous “Poison-Pen” mystery comedy about a close-knit English town plagued by anonymous letters. R, 1h 40m

Hit Man, 2024, A mild mannered professor moonlights as a fake hit man in this offbeat romantic comedy. R, 1h 55min

Carry On 2024, A crowded airport, a dangerous suitcase, and a security officer that faces the ultimate travel nightmare. Starring Jason Bateman & Sofia Carson. PG-13, 1h 59m

My Oxford Year 2025, A driven American grad student falls in love at Oxford in this warm & witty love story based on a bestselling novel. Starring Sofia Carson. PG13, 1h 52m

