

# HUDSON ESTATES

## Gracious Retirement Living

651 Montgomery Glen Drive • Lansdale, PA 19446 • Phone (215) 855-1161 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

JULY 2021

### HUDSON ESTATES STAFF

Management Team .....LISA &  
LEE MCDOUGALD  
Executive Chef ..... DEVON JARMON  
Sous Chef ..... MIKE CRAIG  
Activity Coordinator .....OLIVIA KNISELY

HAWTHORN  
SENIOR LIVING

## Tokyo Summer Olympics

After a year's delay, the Tokyo Summer Olympics appear set to proceed. The world's best athletes will once again compete in the pool, on the track, around the velodrome and high above the trampoline. But the circumstances will be most unusual.

### Here's what we know about the Games ...

The Summer Games, scheduled for Tokyo in July and August 2020, were delayed for a year because of the pandemic. The Games are currently scheduled to proceed July 23rd to August 8, 2021.

### Will there be anyone in the stands?

Japanese fans can attend events, as of now. But most international visitors will not be allowed to come to Japan for the Olympics. Exceptions will be made for athletes, officials and some news media members.

### Where will future Games be held?

Beijing will host the Winter Games in 2022, becoming the first city to host the Summer and Winter Games. (The Summer Games were there in 2008.) The Summer Games will be in Paris in 2024 and Los Angeles in 2028. The 2026 Winter Games will be in Milan and Cortina d'Ampezzo, Italy. The host city for the 2030 Winter Games will be chosen in 2023.

### How many times has Tokyo hosted the Games?

Once before, in 1964. Japan also hosted the Winter Games in Sapporo in 1972 and Nagano in 1998.

### Have the Olympics been cancelled or postponed before?

The Olympics had never been postponed, but they were cancelled by two world wars. The 1916 Games were inconveniently scheduled for Berlin when World War I broke out. The 1940 Winter Games were scheduled for Sapporo, Japan. When that clearly wasn't going to work, they were rescheduled for Germany. Needless to say, those Games and the Summer Games, which were somehow scheduled for Tokyo, did not happen. The Winter and Summer Games in Italy and Britain in 1944 never happened either.

*(Continued on back.)*



*Summer Olympics!*

# JULY 2021

## Locations

- Activity Room, AR
- Billiard Room, BR
- Bistro, B
- Chapel, CH
- Dining Room, DR
- GYM, GYM
- Library, LIB
- Lobby, L
- Movie Theater, MT
- Out Back, OB
- Resident Kitchen, RK
- Resident Payment, \$
- Salon, S
- Screened In Porch, P
- TV Lounge, TV

We are so excited to be opening and cannot wait for everyone to move in and join the Hudson Estates' Family!

**“To be a champion you must act like one.”**

—Lou Ferrigno

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>INDEPENDENCE DAY</b> 4	5	6	7	8	9	10
10:00 Sunday Worship, CH 11:00 Coffee & Doughnuts, AR 2:00 Walking Club, AR 3:00 Group Crossword/ Other Types of Games, AR 7:00 Documentary, MT	10:00 Balance Class, AR <b>11:00 Shopping Outing, L</b> 11:00 Let's Paint, AR 2:00 Walking Club, AR 2:00 Bingo, AR 3:00 Beanbag Baseball, AR 7:00 Monday Movie Night, MT	10:00 Chair Drumming Class, AR 11:00 Creative Craft, AR 2:00 Walking Club, AR 2:30 Lifelong Learner Lectures, AR 3:30 Wii Fit, AR 7:00 Tuesday Trivia Shows, MT	10:00 Weightlifting Class, AR 11:00 Bingo, AR 2:00 Walking Club, AR 2:30 Garden Club, AR <b>3:00 Scenic Drive</b> 7:00 Wednesday Worship, MT	10:00 Cardio Class, AR 11:00 Virtual Traveling, MT <b>12:00 Juliet Lunch Outing</b> 2:00 Walking Club, AR 3:00 Hunting Game, AR 7:00 Movie Night, MT	10:00 Thera Band Class, AR 11:00 Baking, AR 2:00 Walking Club, AR 2:30 Game Time, BR 3:00 Happy Hour, AR 7:00 Movie Night, MT	10:00 Morning Social, AR 11:00 Reminiscing, AR 2:00 Walking Club, AR 3:00 Bingo, AR 7:00 Movie Night, MT
11	12	13	14	15	16	17
10:00 Sunday Worship, CH 11:00 Coffee & Doughnuts, AR 2:00 Walking Club, AR 3:00 Group Crossword/ Other Types of Games, AR 7:00 Documentary, MT	10:00 Balance Class, AR <b>11:00 Shopping Outing, L</b> 11:00 Let's Paint, AR 2:00 Walking Club, AR 2:00 Bingo, AR 3:00 Beanbag Baseball, AR 7:00 Monday Movie Night, MT	10:00 Chair Drumming Class, AR 11:00 Creative Craft, AR 2:00 Walking Club, AR 2:30 Lifelong Learner Lectures, AR 3:30 Wii Fit, AR 7:00 Tuesday Trivia Shows, MT	10:00 Weightlifting Class, AR 11:00 Bingo, AR 2:00 Walking Club, AR 2:30 Garden Club, AR <b>3:00 Scenic Drive</b> 7:00 Wednesday Worship, MT	10:00 Cardio Class, AR 11:00 Virtual Traveling, MT <b>12:00 Lunch Outing, L</b> 2:00 Walking Club, AR 3:00 Hunting Game, AR 7:00 Movie Night, MT	10:00 Thera Band Class, AR 11:00 Baking, AR 2:00 Walking Club, AR 2:30 Game Time, BR 3:00 Happy Hour, AR 7:00 Movie Night, MT	10:00 Morning Social, AR 11:00 Reminiscing, AR 2:00 Walking Club, AR 3:00 Bingo, AR 7:00 Movie Night, MT
18	19	20	21	22	23	24
10:00 Sunday Worship, CH 11:00 Coffee & Doughnuts, AR 2:00 Walking Club, AR 3:00 Group Crossword/ Other Types of Games, AR 7:00 Documentary, MT	10:00 Balance Class, AR <b>11:00 Shopping Outing, L</b> 11:00 Let's Paint, AR 2:00 Walking Club, AR 2:00 Bingo, AR 3:00 Beanbag Baseball, AR 7:00 Monday Movie Night, MT	10:00 Chair Drumming Class, AR 11:00 Creative Craft, AR 2:00 Walking Club, AR 2:30 Lifelong Learner Lectures, AR 3:30 Wii Fit, AR 7:00 Tuesday Trivia Shows, MT	10:00 Weightlifting Class, AR 11:00 Bingo, AR 2:00 Walking Club, AR 2:30 Garden Club, AR <b>3:00 Scenic Drive</b> 7:00 Wednesday Worship, MT	10:00 Cardio Class, AR 11:00 Virtual Traveling, MT <b>12:00 Lunch Outing, L</b> 2:00 Walking Club, AR 3:00 Craft, AR 7:00 Movie Night, MT	10:00 Thera Band Class, AR 11:00 Baking, AR 2:00 Walking Club, AR 2:30 Storytelling, AR 3:00 Happy Hour, AR 7:00 Movie Night, MT	10:00 Morning Social, AR 11:00 Reminiscing, AR 2:00 Walking Club, AR 3:00 Bingo, AR 7:00 Movie Night, MT
25	26	27	28	29	30	31
10:00 Sunday Worship, CH 11:00 Coffee & Doughnuts, AR 2:00 Walking Club, AR 3:00 Group Crossword/ Other Types of Games, AR 7:00 Documentary, MT	10:00 Balance Class, AR <b>11:00 Shopping Outing, L</b> 11:00 Let's Paint, AR <b>12:00 Outing</b> 2:00 Walking Club, AR 2:00 Bingo, AR 3:00 Beanbag Baseball, AR 7:00 Monday Movie Night, MT	10:00 Chair Drumming Class, AR 11:00 Creative Craft, AR 2:00 Walking Club, AR 2:30 Lifelong Learner Lectures, AR 3:30 Wii Fit, AR 7:00 Tuesday Trivia Shows, MT	10:00 Weightlifting Class, AR 11:00 Bingo, AR 2:00 Walking Club, AR 2:30 Garden Club, AR <b>3:00 Scenic Drive</b> 3:30 Community Support Group, LIB 7:00 Wednesday Worship, MT	10:00 Cardio Class, AR 11:00 Virtual Traveling, MT <b>12:00 Lunch Outing, L</b> 2:00 Walking Club, AR 3:00 Hunting Game, AR 7:00 Movie Night, MT	10:00 Thera Band Class, AR 11:00 Baking, AR 2:00 Walking Club, AR 3:00 Happy Hour, AR 7:00 Movie Night, MT	10:00 Morning Social, AR 11:00 Reminiscing, AR 2:00 Walking Club, AR 3:00 Bingo, AR 7:00 Movie Night, MT



## Tokyo Summer Olympics (Continued)

### What are the new sports and events?

Baseball and softball return after a 13-year absence. The new sports are karate, surfing, sport climbing and skateboarding. Some new events have been added to traditional sports, too, including three-on-three basketball and Madison cycling, a two-person team event. Several sports will be adding relays or other competitions for mixed gender teams, including track, swimming, triathlon, archery and table tennis. They are even starting a climbing sport, an event, in which athletes climb various types of walls. The disciplines are speed, bouldering and lead. Another is surfing, which will be held in the ocean off Shidashita Beach, about 40 miles from Tokyo. The waves will be significantly smaller than some of the most well-known waves in places like Tahiti, Hawaii and Australia. Surfers will be able to show off their acrobatics skills more than they would on larger waves.

## Grilling Time

Okay, so we all know summer is a spectacular time to grill! From the traditional burgers and hot dogs thrown on the grill, but what about some non-traditional foods? Vegetables come to mind, like corn, asparagus, potatoes, and some squashes or zucchinis, but have you even heard of grilling fruits? Apparently watermelon is the thing to grill! Also, pineapple and peaches are some of the sweetest things to grill. You could put them in your salads or add it to the meal of meat of your choosing. Or it's simply the dessert after a long and hot summer day. What do you think, are you brave enough to try these charcoal explosions of flavors? Let's get Chef Devon to cook us up some creative meals.



Yummy!

## Independence Day Fun Facts

It's the Fourth of July, better known as Independence Day! Most of us know the history and what our countrymen sacrificed to receive our rights to become a free country. While determining how to write a creative and historical article for this American holiday, my mind starts to wonder what are some other facts we might not know? Check out what we found!

1. Many intelligent men got together to create our Declaration of Independence, like Thomas Jefferson, who was considered the strongest and most eloquent writer, crafted the original draft document. A total of 86 changes were made to his draft and the Continental Congress officially adopted the final version on July 4, 1776.



Meet Mr. Robert G. Heft

The following day, copies of the Declaration of Independence were distributed, and on July 6th, The Pennsylvania Evening Post became the first newspaper to print the extraordinary document. The Declaration of Independence has since become our nation's most cherished symbol of liberty.

2. In 1958, a history teacher gave a class assignment to redesign the national flag as both Alaska and Hawaii neared statehood. Robert G. Heft, who was 16 at the time, designed a new flag using the old 48-star flag and \$2.87 worth of blue cloth and white iron-on material. His design earned him a B-minus which he challenged by sending it to Washington, D.C. to be considered by President Dwight D. Eisenhower. According to his obituary, Heft was one of thousands to submit a flag design but he was the only person who actually stitched together a flag and shipped it to D.C. Once the flag was selected, Heft's grade was rightfully changed to an A. His design became the official flag in 1960.
3. The Average Age of The Signers Was 45 Years. Of the 56 signers, the youngest signers, Thomas Lynch Jr. and Edward Rutledge of South Carolina, were only 26. However, Benjamin Franklin of Pennsylvania was the oldest signer at 70 years old.
4. The gold anniversary was a weird time. Thomas Jefferson, 82, and John Adams, 90, both died on July 4, 1826 within five hours of each other on the 50th anniversary of the signing of the Declaration of Independence.