

HUDSON ESTATES

Gracious Retirement Living



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

AUGUST 2021

HUDSON ESTATES STAFF

Management TeamLISA &
LEE MCDOUGALD
Executive Chef DEVON JARMON
Sous Chef MIKE CRAIG
Activity CoordinatorOLIVIA KNISELY

Welcoming You Home!

The Hudson Estates' team is ready to welcome you home! From ceiling to floor, everything has been prepared with our residents in mind. Our fabulous designer, Kevin and his team have personally



selected every detail for your comfort. The goal of your Hudson Estates' staff is to create the perfect home for you! We welcome you to Hudson Estates Gracious Retirement Living in Lansdale!

Summer Scorchers

As summer days and nights are scorching hot this month, what are some fun and safe ways to stay cool? Surprisingly, there is still lots to do. We can go fishing in the sun room, walk in the air conditioned mall, or travel down the road to do some indoor golfing. Whether we are here at the community or going out and about, there are a few things you should always be doing to prepare for these hot days.

1. DRINK lots of WATER! We all understand some folks just don't like the taste of water. Well, there are some things you can do to jazz it up. Add some of your favorite fruits, veggies, or herbs to your water. Take a glass of water and add a splash of cranberry juice, a little seltzer and you have a tasty and still hydrating drink for yourself. At best, you can add some electrolytes like a sports drink to keep you energized!
2. Keep sunscreen on and reapply when needed. Traveling with some is never a bad idea. You can carry some in your purse, bag, walker or a small tube in your car in a resealable bag.

(Continued on back.)

HAWTHORN
SENIOR LIVING



AUGUST 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!

“It’s important to enjoy yourself and embrace whatever comes your way.”

—Miranda Kerr

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:00 Sunday Worship, CH 2:00 Walking Club, AR 3:00 Brain Group Games, AR 7:00 Documentary, MT	2 9:30 Balance Class, AR 11:00 Creative Crafts, AR 2:00 Walking Club, AR 3:00 Bingo, AR 7:00 Musical Movie, MT	3 9:30 Chair Drumming Class, AR 11:00 Lifelong Learners, AR 2:00 Walking Club, AR 3:00 Beanbag Baseball, AR 7:00 Movie Night, MT	4 9:30 Weightlifting Class, AR 11:00 Bingo, AR 12:00 Juliet Lunch Outing, \$ 2:00 Walking Club, AR 3:00 Classic Games, AR 7:00 Wednesday Worship, MT	5 9:30 Thera Band Class, AR 10:00 Tasty Treats, RK 2:00 Walking Club, AR 3:00 Hunting Game, AR 7:00 Thursday Trivia, MT	6 9:30 Cardio Class, AR 11:00 Friday Games, AR 2:00 Walking Club, AR 3:00 Happy Hour, AR 7:00 Friday Night Movie, MT	7 10:00 Current Events, AR 2:00 Walking Club, AR 3:00 Bingo, AR 7:00 Movie Night, MT
8 10:00 Sunday Worship, CH 11:00 Word Games, AR 2:00 Walking Club, AR 7:00 Documentary, MT	9 9:30 Balance Class, AR 11:00 Let’s Paint, AR 2:00 Walking Club, AR 3:00 Bingo, AR 7:00 Musical Movie, MT	10 9:30 Chair Drumming Class, AR 11:00 Current Events, AR 2:00 Walking Club, AR 3:00 Beanbag Baseball, AR 7:00 Movie Night, MT	11 9:30 Weightlifting Class, AR 11:00 Bingo, AR 12:00 Romeo Lunch Outing, \$ 2:00 Walking Club, AR 3:00 Wood Working, AR 7:00 Wednesday Worship, MT	12 9:30 Thera Band Class, AR 11:00 Food Art, RK 2:00 Walking Club, AR 3:00 Name That Song, AR 7:00 Thursday Trivia, MT	13 9:30 Cardio Class, AR 11:00 Garden Club, AR 2:00 Walking Club, AR 3:00 Happy Hour, AR 7:00 Friday Night Movie, MT	14 10:00 Morning Social, AR 2:00 Walking Club, AR 3:00 Bingo, AR 7:00 Movie Night, MT
15 10:00 Sunday Worship, CH 2:00 Walking Club, AR 3:00 Brain Group Games, AR 7:00 Documentary, MT	16 9:30 Balance Class, AR 11:00 Stone Art, AR 2:00 Walking Club, AR 3:00 Bingo, AR 7:00 Musical Movie, MT	17 9:30 Chair Drumming Class, AR 11:00 Creative Crafts, AR 2:00 Walking Club, AR 3:00 Beanbag Baseball, AR 7:00 Movie Night, MT	18 9:30 Weightlifting Class, AR 11:00 Bingo, AR 12:00 Lunch Outing, \$ 2:00 Walking Club, AR 3:00 What’s That Song, AR 7:00 Wednesday Worship, MT	19 9:30 Thera Band Class, AR 11:00 Jewelry Making, AR 2:00 Walking Club, AR 3:00 Virtual Traveling, MT 7:00 Thursday Trivia, MT	20 9:30 Cardio Class, AR 11:00 L R C, AR 2:00 Walking Club, AR 3:00 Happy Hour, AR 7:00 Friday Night Movie, MT	21 11:00 Reminiscing Cards, AR 2:00 Walking Club, AR 3:00 Bingo, AR 7:00 Movie Night, MT
22 10:00 Sunday Worship, CH 11:00 Word Games, AR 2:00 Walking Club, AR 7:00 Documentary, MT	23 9:30 Balance Class, AR 11:00 Creative Crafts, AR 2:00 Walking Club, AR 3:00 Bingo, AR 7:00 Musical Movie, MT	24 9:30 Chair Drumming Class, AR 11:00 Lifelong Learners, AR 2:00 Walking Club, AR 3:00 Beanbag Baseball, AR 7:00 Movie Night, MT	25 9:30 Weightlifting Class, AR 11:00 Bingo, AR 12:00 Lunch Outing, \$ 2:00 Walking Club, AR 3:30 Community Support Group, LIB 7:00 Wednesday Worship, MT	26 9:30 Thera Band Class, AR 11:00 Fairy Workshop, AR 2:00 Walking Club, AR 3:00 Current Events, AR 7:00 Thursday Trivia, MT	27 9:30 Cardio Class, AR 11:00 Friday Games, AR 2:00 Walking Club, AR 3:00 Happy Hour, AR 7:00 Friday Night Movie, MT	28 10:00 Paint by the Number, AR 2:00 Walking Club, AR 3:00 Bingo, AR 7:00 Movie Night, MT
29 3:00 Brain Group Games, AR 10:00 Sunday Worship, CH 2:00 Walking Club, AR 7:00 Documentary, MT	30 9:30 Balance Class, AR 10:00 Let’s Paint, AR 2:00 Walking Club, AR 3:00 Bingo, AR 7:00 Musical Movie, MT	31 9:30 Chair Drumming Class, AR 10:00 Current Events, AR 2:00 Walking Club, AR 3:00 Beanbag Baseball, AR 7:00 Movie Night, MT				



Summer Scorchers

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3. What can you wear to keep yourself cool? Wear loose-fitting clothing, preferably of a light color. Certain fabrics like cotton clothing will keep you cooler than many synthetics.

4. Early in the morning you could take a HOT shower. Once you are done, take the last 60 seconds to gradually turn the water cold. This will help keep the inside of your body warm. Matching the hot weather outside, this will surprisingly keep you cool. Drinking a hot beverage in the morning can also be just as effective.

5. Keep a wet cloth in the freezer. While resting in the shade, place the cool cloth on the back of your neck. This will help cool you down if you are feeling any kind of heat exhaustion.

Hope you find these tips helpful in finding a cooler summer's day!



Starting Up With Some Activity LOVE!

Counting down the days as we pull up to our porte-cochère. We are so excited to welcome all of our new staff members and most importantly, you our residents! While moving in, our staff wants to get to know you and what you like to do. Some of you might be into some of the traditional games like Bingo, Scrabble, Crosswords and maybe that math game Sudoku? Or maybe some of you might not like to sit because you are an active busy bee. Well watch out busy bees, Miss Olivia will have you gardening, daily exercise classes, morning walks to collect the misplaced golf balls, and lots of trips to go have adventures together. What adventures could we possibly do while still fading out of this pandemic? Let's go back to basics real quick. Where would you go for a Saturday morning to get some fresh air? State Park, we can go and have a cookout, with all of our friends in the community. We can also travel into the city and go see some historical places, maybe go west and see some of the Amish farmers, go south and wander around LongWood Gardens. If there are other places you would like to go and see, let us know and we would love to try and make it happen! Maybe some of you are homebodies and would rather stay in the community. No problem! Let's start up a club that you are interested in and would like to run. Maybe you are an excellent cook and want to present something with our Chef Devon to show off your skills. Whatever your likes and dislikes are, we want to know what they are so we can make this community the place you want to be and stay within our family!

Do You Know Our Staff at Hudson Estates?

Our home here at Hudson Estates is truly special. Each employee has been hand selected all the way from the beginning. Lee and Lisa were chosen out of many candidates to open a new community in a new location. Once they moved to the area, they went through many applicants. They first selected Devon, who is our Head Chef. He has been working with seniors for many years, and knows how to create a beautiful and healthy meal for our residents. During the month of November, they met Mike. He has not only been a great painter, thanks to working many summers with his father whose career was a painter, but he also is a wonderful Sous Chef and makes some of the best dinner rolls. Then Lee and Lisa met Olivia. During the interview, both parties felt the same connection for the other. They wanted to work with each other. Olivia is our Activities Director. During the time of all of our cleaning months and even now while we are unpacking boxes and doing many loads of laundry, you can hear her singing down the hallway. Think of activities like a grand cruise ship where there is lots to do and lots to see. Once in a while you will hear ALL ABOARD! Bus Driver Mac is the newest member of our crew. I have no doubt that all of you will feel extremely safe when traveling in his hands. He is a retired Army first class Sergeant and he is a super extra tall man. Let's start getting ready and excited to gather onto the bus and head to our first adventure together! Need any help changing a light bulb, or maybe need someone to fix a leak in your bathroom? Ben is your guy! Ben is our Maintenance Man who gets the job done. Not only is he quick and efficient, but when he finishes the job, he has one of the best smiles on his face knowing that he has once again helped us all out and made the community happy and beautiful. While on the topic of beauty, we have a mother and daughter team who are our lovely Housekeepers. This team is like no other, because they have a strong and loving connection. Denise and Brianna are always willing to learn and work hard to make sure your lifestyle is clean and comfortable.

