

# HUDSON ESTATES

## Gracious Retirement Living



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

SEPTEMBER 2021

### HUDSON ESTATES STAFF

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

## Grandparents Day

Every day we should be celebrating life and in doing so, what better way to celebrate than by spending time with your family? Join us this month while we celebrate Grandparents Day. Stop by sometime and enjoy a hot cup of tea or grab a seat at one of our game tables. There, you can start up a puzzle or start a game of your liking – there are so many to choose from such as: Janga, Backgammon, Checkers, and some puzzle tables. While you are making memories with your family, you might be unaware of making new friendships with other residents.

## Enjoying Our Surroundings

Did someone say ice cream? Whatever time it might be, head into the Activity Room and help yourself to some soft-serve ice cream. Some of us find the best time is after lunch, grabbing that cool treat and heading on outside to get some vitamin D while enjoying a chilly snack. Who knows what you might find out there. Watch out though for those golf balls! If you happen to find any, be sure to pick them up and turn them into Ms. Olivia. She has been collecting them since December! These coming winter months, we will be holding a contest to see who can guess how many golf balls we have gathered throughout our first year. The hope is that we can continue this every year! So keep a sharp eye out there!



*Keep them coming; will count all of them here soon!*

HAWTHORN  
SENIOR LIVING





# SEPTEMBER 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!

“The beautiful thing about learning is that nobody can take it away from you.”

—B.B. King

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:30 Weightlifting Class, AR 11:00 Bingo, AR <b>12:00 Juliet Lunch Outing, \$</b> 2:00 Walking Club, AR 3:00 Live without?, AR 7:00 Spiritual Movie, MT	9:30 Thera Band Class, AR <b>10:00 Chef Chat, DR</b> 2:00 Walking Club, AR 3:00 Name that Rock & Roll Tune, AR 7:00 Thursday Trivia, MT	9:30 Cardio Class, AR 11:00 Penmanship Challenge, AR 2:00 Walking Club, AR 3:00 Happy Hour, AR 7:00 Friday Night Movie, MT	10:00 Penny Press, AR 2:00 Walking Club, AR 3:00 Bingo, AR 7:00 Movie Night, MT
5 10:00 Sunday Worship, CH 11:00 Word Games, AR 2:00 Walking Club, AR 7:00 Historical Movie, MT	<b>LABOR DAY</b> <b>ROSH HASHANAH BEGINS AT SUNSET</b> 6 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	7 9:30 Chair Drumming Class, AR 11:00 Current Events, AR 2:00 Walking Club, AR 3:00 Apple Scavenger Hunt, AR 7:00 Movie Night, MT	8 9:30 Weightlifting Class, AR 11:00 Bingo, AR <b>12:00 Romeo Lunch Outing, \$</b> 2:00 Walking Club, AR 3:00 Fashion through the years, AR 7:00 Star Trek 55 Year Anniversary, MT	9 9:30 Thera Band Class, AR <b>11:00 Chef Demo, RK</b> 1:45 Kick Off Trivia, AR 2:00 Walking Club, AR 3:00 Skip-Bo, AR 7:00 Thursday Trivia, MT	10 9:30 Cardio Class, AR 11:00 Sew bee it, AR 2:00 Walking Club, AR 3:00 Happy Hour, AR 7:00 Friday Night Movie, MT	<b>PATRIOT DAY</b> 11 10:30 Taste of Honey, AR 2:00 Walking Club, AR 3:00 Bingo, AR 7:00 Movie Night, MT
12 10:00 Sunday Worship, CH 11:00 Riddles and Trivia, AR 2:00 Walking Club, AR 3:00 Brain Group Games, AR 7:00 Historical Movie, MT	13 9:30 Balance Class, AR 11:00 Chocolate Kisses, AR 2:00 Walking Club, AR 3:00 Bingo, AR 7:00 Musical Movie, MT	14 9:30 Chair Drumming Class, AR 11:00 Lighthouse Craft, AR 2:00 Walking Club, AR 3:00 Pictionary, AR 7:00 Movie Night, MT	<b>YOM KIPPUR BEGINS AT SUNSET</b> 15 9:30 Weightlifting Class, AR 11:00 Bingo, AR <b>12:00 Lunch Outing, \$</b> 2:00 Walking Club, AR 3:00 What's That Song USA, AR 7:00 Wednesday Worship, CH	16 9:30 Thera Band Class, AR 11:00 Lavender Body Butter, RK 2:00 Walking Club, AR 3:00 Virtual Traveling, MT 7:00 Thursday Trivia, MT	17 9:30 Cardio Class, AR 11:00 Bottle Water, AR 2:00 Walking Club, AR 3:00 Happy Hour, AR 7:00 Friday Night Movie, MT	18 11:00 L R C, AR 2:00 Walking Club, AR 3:00 Bingo, AR 7:00 Movie Night, MT
19 10:00 Sunday Worship, CH 11:00 Word Games, AR 2:00 Walking Club, AR 3:00 Mary Tyler Moore, MT 7:00 Historical Movie, MT	20 9:30 Balance Class, AR 11:00 Chocolate Milk Treat, AR 2:00 Walking Club, AR 3:00 Bingo, AR 7:00 Breakfast Club, MT	21 9:30 Chair Drumming Class, AR 11:00 Nature Walk, OB 2:00 Walking Club, AR 3:00 Let's Paint, AR 7:00 Movie Night, MT	<b>AUTUMN BEGINS</b> 22 9:30 Weightlifting Class, AR 11:00 Bingo, AR <b>12:00 Lunch Outing, \$</b> 2:00 Walking Club, AR 3:00 Community Support, AR 7:00 Spiritual Movie, MT	23 9:30 Thera Band Class, AR 11:00 Cranberry Craft, AR 2:00 Walking Club, AR 3:00 Current Events, AR 7:00 Thursday Trivia, MT	24 9:30 Cardio Class, AR 11:00 Lifelong Learners Honda, AR 2:00 Walking Club, AR 3:00 Happy Hour, AR 7:00 60 Min Anniversary, MT	25 10:00 Paint by the Number, AR 2:00 Walking Club, AR 3:00 Bingo, AR 7:00 Movie Night, MT
26 10:00 Sunday Worship, CH 11:00 Riddles and Trivia, AR 2:00 Walking Club, AR 7:00 West Side Story, MT	27 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	28 9:30 Chair Drumming Class, AR 11:00 Virtual Traveling, AR 2:00 Walking Club, AR 3:00 Name That Song, AR 7:00 Movie Night, MT	29 9:30 Weightlifting Class, AR 11:00 Bingo, AR <b>12:00 Lunch Outing, \$</b> 2:00 Walking Club, AR 3:00 Afternoon Tea, AR 7:00 Spiritual Movie, MT	30 9:30 Thera Band Class, AR 11:00 Apple Taste Test, AR 2:00 Walking Club, AR 3:00 Garden Club, AR 7:00 Thursday Trivia, MT		



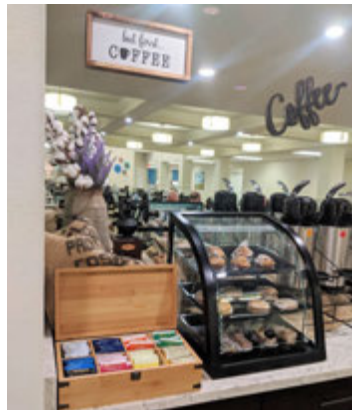


## Who Is Who

While our doors are open, many new faces are rolling in. We first want to welcome all of our new residents and their families; also a big hello to any potential new residents who will also be joining us. We welcome you to our big and beautiful building here in Lansdale, Pa. When you walk through our doors, you will not only see the interior beauty but all of our warm and smiling faces eager to welcome you. While residents are getting their rooms set up, measuring walls and furniture, we are all hard at work also getting our spaces put together and ready for use. We can already see many people enjoying each other's company when residents are sitting for meals, exchanging in conversation and learning about one another; it's a wonderful sight to see. During this time, residents are talking about what their interests are. One gentleman here is taking this downtime and practicing pool. He says he's practicing for when someone wants to play, he will look like he has played for a long time. Other residents are finding an interest that they have in common. It just goes to show that no matter where you are in life, there is always an opportunity to create new friendships.

## Why Not Indulge

While you are all busy bees working hard getting all of your personal items organized in your new apartment, don't forget to eat and hydrate. At any time you find yourself thirsty or hear your belly rumbling, stroll downstairs to our coffee bar and you can find lots of goodies. Chef Devon and his Sous Chef Mike make some of the best treats. The first week in the kitchen they are making blueberry muffins, banana bread, and mouth-watering brownies. While you're enjoying your tasty treats, don't forget to also grab some refreshing water that has some type of flavoring in it. In our first week here we experienced strawberry, cucumber, peach, and apple water. Or feel free to grab yourself a hot cup of coffee or tea to your liking.



*Help yourself!*

## Animal Loving

We are so lucky to have such a beautiful piece of land, filled with not just walls and bedrooms, TVs and games. We are fortunate to have lots of different kinds of wildlife here. Have you seen the family of foxes out back? Or maybe the abundant herd of deer, lots of squirrels, birds, and sometimes even turkeys and cranes? We will have to keep an eye out for some future animals like bats, hawks, maybe even an eagle. Who knows what else? Ms. Olivia will bring in one or two of her chickens. One thing is for sure we have lots of resident pets. Dogs, cats, they are all welcome! Hopefully, sometime in the future, we can put together a best-in-show, Hawthorn style!

## Things to Enjoy

We are welcoming all to come and check us out! While our doors are open we still have to follow some guidelines. Before we can take you on a tour, be sure to stop at the first table you see and take your temperature, and pull your mask up.



*Hudson Estates' home grown tomatoes*

After that, we will be happy to show you our heartfelt home. We have all of the basic amenities like a Dining Room, a TV Lounge, and Activity Space, but we also have some extra fun things here in the building. Our state-of-the-art Theater with surround sound, very comfortable theater seats and more is a great example. Another great area to relax is our backyard space. We have nine raised garden beds filled with tomatoes, including a shed to put all of our gardening tools in. We also have a large, square fire pit with lots of optional seating and a botchy court! Inside we have what's called our Billiard Room. This room has a pool table, poker table, other great table games, and a massive TV to watch all of the baseball, football, and basketball games on! What a great room to kick off the new football season! Mark your calendars because on Thursday, September 9th, we are wearing our favorite jersey to support our favorite teams! Can't wait to see all of the different colors and teams everyone roots for!



*Anyone up for a Game Night?*