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Liberty at Home

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SOAKING IN THE SUN

In mid-July, a full van of adventurous residents traveled to Belmar, NJ, for a day of sun, sand and shore weather. We walked the boardwalk, enjoyed the ocean breeze, and watched the sun bathers lounging on the beach. After the boardwalk, we went to the Marina Grille, for a relaxing and enjoyable lunch on the patio by the bay. We all had a great time and are looking forward to our next adventure.



Making the News!

6 ABC's Art of Aging came to The Manor to interview members of our water volleyball team. After the interviews, a spirited game was held and fun was had by all.

If you're interested in joining our water volleyball team, please contact John Miller, The Manor's Fitness Director.

To view the news segment use the following url in your web browser: <http://bit.ly/2xRZNXe>



Come Sail Away!

Do you have any interest in a cruise vacation? A few residents have expressed an interest in traveling to the Caribbean and want to share their travels with their friends at The Manor. If you would like to explore options on a possible cruise vacation this fall, please see Robyn Fine.



Upcoming Trips...

Trip to the Movies – The Lion King

Neshaminy Mall & Parx Casino

Senior Expo at CB East High School

Middletown Grange Fair

Broadway Spectacular at the Bristol Riverside Theater

Ladies of Leisure & Men's Club Trips

Event Highlights

Play Croquet! Play this fun golf game in the field beyond the Courtyard.

Scarecrow Asembly Project: Help us design, decorate, and assemble our creation for the *Peddlers Village Scarecrow Festival*. Old, unwanted clothes needed!

Doylestown Conservatory of Music: Talented music students from this nearby school will perform classical music for your entertainment.

Ted Talks: Join us to watch a 15-20 minute informative presentation on various topics, and then hold our own discussion. This month's topic: What every person can learn from dog training.

Computer Lessons with Ben: Join our new computer helper as he provides an overview of various technology topics, answers questions and guides you along.

Wellness Wednesdays with Liberty: The nurses of Liberty at Home will be here every month to check blood pressures, and answer minor medical questions.

Bingo: Have some fun and play with friends! Cash prizes – bring your dollars to play along!

Armchair Traveler Club: Travel to popular destinations without leaving the community. This month, our focus is on Ireland.

Happy Hour and Live Entertainment: Join us on August 22 for drinks, snacks and live music by Broadway veteran, Jenny Lee Stern

Follow us on Facebook



Full Speed Ahead!

Our resident train enthusiast, Bob S. has been working diligently, to spruce up our Train Room. A fresh coat of paint and posters on the walls, 2 fully functional train tables, and hours of entertainment await all visitors!



New Computer Lessons Coming Soon!

Want to learn more about computers and iPads? Heard about social media sites like Facebook, Twitter, and Instagram, but not sure where to start? Do you have some computer knowledge, but want to learn more?

Beginning in August, we will hold regularly scheduled one-on-one computer lessons, with local computer “whiz,” Ben C. Ben will be here at 3 pm on Friday, August 16, in the Game Room. He will provide an overview of various technology topics, then answer your questions and guide you along. Depending on the number of attendees, he can provide individual or informal group lessons.

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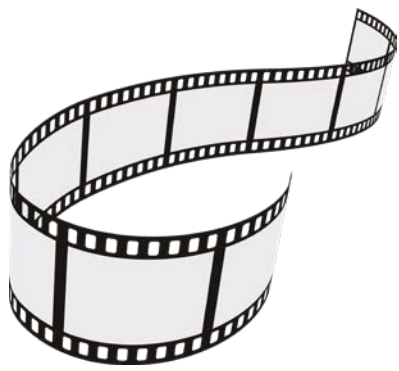


250 North Bethlehem Pike Ambler, PA 19002

www.BecomingCenter.org

215-643-9908

**Residents of The Manor at York Town enjoy membership at
The Becoming Center, located in Ambler, PA.**



Upcoming Weekend Movies

Specific viewing dates will be available each week. Please note: We will show the below films on **Saturday at 7:45 pm, and Sunday at 2 pm and 7:45 pm.** Therefore, you have several options to view these popular classic or new release movies.



Mary Poppins Returns *** 2018 The magic continues in Disney's classic as Mary Poppins helps the Banks family remember the joys of being a child. Together with her friend Jack the lamplighter, fun is brought back to the streets of London in a celebration revealing that everything is possible...even the impossible. Emily Blunt portrays Mary and Dick Van Dyke returns briefly.



Long Shot *** 2019 A romantic comedy. Frank, a gifted, free-spirited journalist who has a knack for getting into trouble, unexpectedly meets up with his former babysitter, Charlotte (Charlize Theron) a smart, sophisticated and accomplished politician and one of the most influential women in the world who is Secretary of State. With this contemporary background, who knows what unusual situations develop?



The Apartment **** 1960 The film, starring Jack Lemmon and Shirley MacLaine, claimed five Oscars at the 33rd Academy Awards, including for best picture. It uses the facade of a romantic comedy-melodrama – a big-city satire with a romantic heart of gold. It also features Fred MacMurray.



Can You Ever Forgive Me? *** 2018 Expect plenty of strong language and alcohol in this Oscar Award Nominee film. Melissa McCarthy and Richard E. Grant are a perfect pairing. When Lee (McCarthy) a bestselling author falls out of step with the marketplace and can't get published, she turns to deception with the help of her friend. Ultimately she changes from an unlikeable character to a woman of love and understanding.



Arctic *** 2019 The survivor of a plane crash is stranded in the vast whiteness of this inhospitable Icelandic world. Few words are needed to tell the story as viewers are immersed in the well-executed, heart-stopping tenseness of human survival. The actor, Mads Mikkelsen, offers an incredibly committed and determined performance.

A Puzzling Challenge

It took more than 2 years to complete, but dedicated Manor residents painstakingly put 3,000 small pieces together to form the puzzle on display in the second-floor activity room. Congratulations to Joe K. and Elisabeth R., and a handful of other residents who brought this puzzle to life. Feel free to stop by and take a look!



Scarecrow Time

The *Peddlers Village Scarecrow Festival* will be held this fall. That means, we need to start working on our Scarecrow! All residents are welcome to come out and help to create our “masterpiece.”

The dates and times of our scarecrow assembly project, are listed on the August calendar. You are welcome to participate in any or all of the project dates. **Old, unwanted clothes are needed** – please bring them with you. We will use the clothes to stuff the scarecrow. We look forward to creating a memorable scarecrow to display at Peddlers Village!



Welcome to The Manor



Jack & Rita Smyth moved into our community in late May. They come to us from nearby Horsham, where they lived for close to 60 years.

Both Jack & Rita grew up in Philadelphia. Jack lived in the Sommerdale section of Northeast Philly

and attended North Catholic High School. Rita grew up in Germantown and graduated from Little Flower High School. The couple has been married for almost 60 years, and have 5 children and 9 grandchildren.

Jack was in the Army Reserves in his early years. He trained to become a Master Plumber, and worked as a

union contractor and plumbing superintendent for many years, helping to build such landmarks as the Four Seasons Hotel, Merck Headquarters, and several other commercial buildings within the area. Rita worked as an inside sales rep for a manufacturing company for over 25 years before retiring.

Jack enjoys hunting, fishing, and served as a volunteer fireman in Horsham for close to 25 years. Rita enjoys reading, exercising and babysitting her grandkids.

Fun Fact: Rita volunteered at the Artman community and with the Liberty Lutheran organization for over 10 years, before deciding to move to The Manor. She also volunteered with her church's food pantry for several years.

Welcome to the community, Jack & Rita!

Upcoming

MARKETING
EVENTS



Taste
& TOUR

August 6 & 20

STARTING AT 12:30PM

RSVP by calling 267-488-0398

Enjoy the Sun Safely!



The Skin cancer is the most common form of cancer. Most cases occur in those ages 50 and older. Protect yourself and be alert to changes in your skin that can signal problems. If caught early, skin cancer is highly treatable.

Use a full-length mirror and hand-held mirror to get familiar with moles and other skin marks on your body. Check everywhere, including your scalp. Part your hair to get a better look. Perform this self-exam every month. Report any changes or irregularities to your doctor. **Be alert for:**

- A reddish patch of skin that doesn't go away after three weeks.
- Any sore that doesn't heal after three weeks.
- A scar-like patch of skin that looks yellowish and/or waxy.
- A smooth growth with a raised rim.
- A mole that changes in size, color, texture, shape, or sensation.

Your doctor should perform a skin cancer check at your regular exam.

Sun Safety Checklist:

- Limit your exposure to the sun. Stay indoors or in the shade if possible from 10 a.m. to 4 p.m.
- Use a broad-spectrum sunscreen with a sun protection factor (SPF) of 15 or higher on all exposed areas of skin, on both sunny and cloudy days. Apply 30 minutes before going out. Reapply every two hours, as well as after swimming or sweating heavily.
- Wear sun-protective clothing and a wide-brimmed hat
- Check with your doctor to find out if any medications you are taking make you more sensitive to the sun.

Liberty at Home wishes you a healthy and safe summer!

Liberty at Home is a Liberty Life Services offering healthcare options that help residents to maintain their independence, so they can enjoy the best retirement possible within their own home at The Manor at York Town.



THE MANOR
at York Town

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