



# HUDSON ESTATES

## Gracious Retirement Living

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

### NOVEMBER 2020

### HUDSON ESTATES STAFF

## November Means Thanksgiving Is Here

Thanksgiving often means to most people a massive feast and a big nap! What most people don't realize is all the history that comes with the holiday Thanksgiving. Below is a list of fun and basic facts about the beloved holiday that most Americans enjoy with lots of family.

- Where the first Thanksgiving was held can be debated ...

Colonists and Wampanoag Indians shared an autumn harvest feast in 1621 in Plymouth, Massachusetts, that is widely acknowledged as one of the first Thanksgiving celebrations. But some historians argue that Florida, not Massachusetts, may have been the true site of the first Thanksgiving in North America. In 1565, nearly 60 years before Plymouth, a Spanish fleet came ashore and planted a cross in the sandy beach to christen the new settlement of St. Augustine. To celebrate the arrival and give thanks for God's providence, the 800 Spanish settlers shared a festive meal with the native Timucuan people.

- Today a staple of Thanksgiving is a big turkey and/or ham, but the original Thanksgiving featured deer and lots of local seafood (mussels, lobster, bass) plus the fruits of the first Pilgrim harvest, including pumpkin. No mashed potatoes, though. Potatoes had only been recently shipped back to Europe from South America.
- The first Thanksgiving was celebrated in 1621 over a three-day harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days. It is believed by historians that only five women were present.



HAWTHORN  
SENIOR LIVING





## Before It Gets Too Cold, Enjoy November!

Even though November is past pumpkin and apple-picking season, there are still plenty of fun activities available this month! There are even fun, and productive things you can do without leaving the comfort and safety of your home.



- If your wardrobe is bursting with old, clunky coats and sweaters that take up way too much room, it's time to set aside the pieces you no longer wear and donate them to someone who'll give them a second life. While organizations appreciate clothing donations year-round, there's never more of a need for warm layers (and socks!) than at the end of fall/start of winter.
- Start a journal! Feeling cooped up inside on a rainy November day? Spend 10 or 15 minutes writing down your thoughts, feelings, observations or goals. What else do you have to do?
- Deck the halls — with gourds and foliage! Spruce up your home for Thanksgiving with festive, autumnal finds. Look for turkey-themed accents, plentiful cornucopias, dried floral garlands, and colorful fall wreaths.
- It's never too early to start watching your favorite Christmas and holiday movies. Stream them with Netflix, Amazon Prime, Hulu and more, or catch whatever's on live TV. Invite over some friends, make hot chocolate or fall cocktails and spend a cozy night in with classic seasonal flicks.
- Nothing will get you more psyched for November's big holiday than re-watching the best Thanksgiving episodes from your favorite TV shows.
- Bundle up and enjoy a scenic hike on a local trail. Breathe in the crisp, fall-almost-winter air and enjoy any last remnants of the changing leaves.

## Our Bus Is Here!

Hudson Estates has your transportation needs ready to be met with our brand new, fun and safe bus. Our bus arrived at the end of September or early October and is waiting to take you all over Montgomery County! A few reminders about our bus are ...

Our bus drivers are the best and are so glad to be getting you from A to B!

Generally, we can drive you within 10 miles of Hudson Estates. We ask you to schedule your doctor appointments on Tuesday and Thursday as that is the majority of where the bus will be driving those days.

We love taking you to fun and exciting places and activities. Feel free to ask the activity director of places you can go to around Lansdale.



*Look how cute she is!*





## Lansdale Has All Your Shopping Needs!

It is incredible how Lansdale is constantly building new and exciting shopping centers and stores; It's like there is always time for shopping here!

For instance, just five minutes down the road from Hudson Estates is the Montgomery Mall — it truly has all your shopping needs. You can find department stores like Macy's and JCPenney, along with an awesome food court. Every shopper can get a little hungry so why not stop by Chick-Fil-A, Charley's Philly Steaks, China Max, or one of many others to satisfy your hunger? There is even a store in the mall called Hudson Leather & Accessories — what a coincidence! On top of the multitude of stores in the mall, it sits adjacent to a Wegmans. You can grab all your groceries and a new outfit in just one short trip! Plus, this Wegmans has a pharmacy and they have specific hours for Senior Flu Shots; it is so convenient! Another great thing about shopping in Lansdale is that most shopping is all in the same area. Five minutes past the mall is a Target, a Giant, a Michaels crafts store, and much more. There truly is a shop/store for everyone and for all your needs.

## November 2020 Movie Releases You Will Love

Once again, there are some great brand new movies to enjoy this month. Thankfully, if you are looking to head out and do something fun, we are just minutes from Water Tower Cinema. Of course, you don't have to leave Hudson Estates to see a movie since we have a great theater. However, if you want some fresh air, you can take a one-minute bus trip or even a five-minute walk to our local theater.

Debuting in November are some great movies, let us know if you get a chance to see any!

- Looking for an action or a comedy flick? Well, look no further, out November 13th is "The Comeback Trail." The cast alone will spark your interest — it stars Robert De Niro, Morgan Freeman, Tommy Lee Jones and Emilie Hirsch. This movie is about two movie producers who owe money to the mob and set up their aging movie star for an insurance scam to try to save themselves. But they wind up getting more than they ever imagined.
- November has a great movie to take your grandchildren to! "The Croods: A New Age" is an animated fantasy/adventure/family-friendly movie for all ages. Starring voice acting from Nicolas Cage, Emma Stone, Kat Dennings, and Catherine Keener, this is one your friends and family will love. It is all about the Croods and their need for a new place to live. So, the first prehistoric family sets off into the world in search of a safer place to call home. When they discover an idyllic walled-in paradise that meets all their needs, they think their problems are solved ... except for one thing. Another family already lives there: the Bettermans. The Bettermans (emphasis on the "better") — with their elaborate tree house, amazing inventions and irrigated acres of fresh produce — are a couple of steps above the Croods on the evolutionary ladder. When they take the Croods in as the world's first houseguests, it isn't long before tensions escalate between the cave family and the modern family.
- Just because October is over it doesn't mean we can't enjoy this awesome crime thriller! "Let Him Go" stars Kevin Costner, Diane Lane and Jeffrey Donovan. A retired sheriff and his wife fight to rescue their grandson from a dangerous off-grid family upon the death of their son.

**THE FUTURE AIN'T  
WHAT IT USED TO BE**



**THE CROODS  
A NEW AGE**

*A great movie for all ages!*

NOV 2020

“Thanksgiving just gets me all warm and tingly and all kinds of wonderful inside.”  
—Willard Scott

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>DAYLIGHT SAVING TIME ENDS</div> <div>1</div> <div>9:00 Beach Ball Volleyball, A</div> <div>2:00 Light of the Valley Church Service, T</div> <div>2:00 Wii Bowling with David, ACT</div> <div>3:00 Ice Cream Social, ACT</div> <div>6:45 Movie, T</div>	<div>2</div> <div>9:00 Beach Ball Volleyball, A</div> <div>10:00 Shopping at Walmart and Target, LB</div> <div>10:00 Memories Discussion Group, New!</div> <div>11:00 Bean Bag Baseball Tournament: Game #1, A</div> <div>11:30 Avon with Barbara, ACT</div> <div>1:45 Musical Guest: Alvin, A</div> <div>1:45 Mexican Train, G</div> <div>2:00 Banking Outings, LB</div> <div>3:00 Trivia for Funny Money, ACT</div> <div>6:45 Funny Money Free Bingo, ACT</div>	<div>ELECTION DAY</div> <div>3</div> <div>9:00 Exercise with Jake, ACT</div> <div>10:00 Bible Study Class, C</div> <div>11:00 Bean Bag Baseball Tournament: Game #2, A</div> <div>11:15-11:45 Library Bookmobile, LB</div> <div>1:45 Rummikub, ACT</div> <div>2:00 Book Club Meeting, ACT</div> <div>3:00 Iced Tea Tasting, ACT</div> <div>6:45 Traveling Movie Tuesday, T</div>	<div>4</div> <div>9:00 Chair Dancing Exercise, F</div> <div>10:00 Outing: Arden Fair Mall and Lunch, LB</div> <div>11:00 Bean Bag Baseball Tournament, A</div> <div>12:00 Resident/Manager Meeting, D</div> <div>2:00 Painting with Samantha, ACT</div> <div>3:00 Art Class with Cindy, ACT</div> <div>6:45 Movie, T</div>	<div>5</div> <div>9:00 Group Exercise and Simple Stretches, F</div> <div>10:00 Bean Bag Baseball Team Practice, A</div> <div>10:30 Atlas Hearing Aid Service, ACT</div> <div>12:30 Sock Hop Dinner, ACT</div> <div>1:45 Mexican Train, G</div> <div>2:00 Bridge Group, G</div> <div>2:00 1950s Trivia, ACT</div> <div>3:00 1950s Picture Show and Music, ACT</div> <div>6:45 Nickel Bingo, ACT</div>	<div>6</div> <div>9:00 “Chairing Along” Drumming Exercise, ACT</div> <div>10:00 Catholic Communion, C</div> <div>11:00 Hangman for Funny Money, ACT</div> <div>2:00 Exercise Your Brain with Brain Games, ACT</div> <div>3:00 Online Games with Chelsea, ACT</div> <div>6:45 Movie &amp; Popcorn, T</div>	<div>7</div> <div>9:00 Group Exercise, F</div> <div>11:00 Bean Bag Baseball, A</div> <div>2:00 Rummikub, ACT</div> <div>2:00 New York Life Insurance Presentation, ACT</div> <div>6:45 Movie, T</div> <div>7:00 Poker Night, G</div>
<div>8</div> <div>9:00 Beach Ball Volleyball, A</div> <div>12:30 Light of the Valley Church Service, T</div> <div>3:00 Big Band Tunes in the Atrium, A</div> <div>6:45 Movie, T</div>	<div>9</div> <div>9:00 Brain and Fitness Training, New!</div> <div>10:00 Shopping at Walmart and Target, LB</div> <div>10:00 Giant Crossword Puzzle, ACT</div> <div>11:00 Bean Bag Baseball Tournament Game #5, A</div> <div>1:45 Mexican Train, G</div> <div>2:00 Banking Outings, LB</div> <div>3:00 Trivia, ACT</div> <div>6:45 Funny Money Free Bingo, ACT</div>	<div>10</div> <div>9:00 Exercise with Jake, ACT</div> <div>10:00 Bible Study Class, C</div> <div>10:30 Crafting Together, ACT</div> <div>11:00 Bean Bag Baseball, A</div> <div>1:45 Rummikub, ACT</div> <div>1:45 Musical Guest: Don Terra, A</div> <div>2:00 Annual Overnight Trip Meeting, ACT</div> <div>6:45 Traveling Movie Tuesday, T</div>	<div>VETERANS DAY</div> <div>11</div> <div>9:00 Chair Dancing Exercise, F</div> <div>10:00 Outing: Red Hawk Casino, LB</div> <div>10:00 Selfie Session #1, ACT</div> <div>11:00 Ring Toss for Funny Money, A</div> <div>2:00 Selfie Session #2, ACT</div> <div>2:00 Social Security and Medicare Info, ACT</div> <div>3:00 True or False Game for Funny Money, ACT</div> <div>6:45 Movie, T</div>	<div>12</div> <div>9:00 Group Exercise and Simple Stretches, F</div> <div>10:00 Movie Matinee, T</div> <div>1:45 Mexican Train, G</div> <div>2:00 Bridge Group, G</div> <div>3:00 Stone Cold Ice Cream Demonstration, ACT</div> <div>6:45 Nickel Bingo, ACT</div>	<div>13</div> <div>9:00 “Chairing Along” Drumming Exercise, ACT</div> <div>10:00 Catholic Communion, C</div> <div>11:00 Hangman for Funny Money, ACT</div> <div>2:00 Exercise Your Brain with Brain Games, ACT</div> <div>6:45 Movie &amp; Popcorn, T</div>	<div>14</div> <div>9:00 Group Exercise, F</div> <div>11:00 Bean Bag Baseball, A</div> <div>2:00 Rummikub, ACT</div> <div>6:45 Movie, T</div> <div>7:00 Poker Night, G</div>
<div>15</div> <div>9:00 Beach Ball Volleyball, A</div> <div>2:00 Light of the Valley Church Service, T</div> <div>2:00 Wii Bowling with David, ACT</div> <div>3:00 Ice Cream Social, ACT</div> <div>6:45 Movie, T</div>	<div>16</div> <div>9:00 Beach Ball Volleyball, A</div> <div>10:00 Shopping at Walmart and Target, LB</div> <div>10:00 Memories Discussion Group, New!</div> <div>1:45 Mexican Train, G</div> <div>1:45 Musical Guest: Mike Jasper, A</div> <div>2:00 Banking Outings, LB</div> <div>3:00 Trivia for Funny Money, ACT</div> <div>6:45 Funny Money Free Bingo, ACT</div>	<div>17</div> <div>9:00 Exercise with Jake, ACT</div> <div>10:00 Bible Study Class, C</div> <div>10:30 Crafting Together, ACT</div> <div>11:00 Bean Bag Baseball, A</div> <div>1:45 Rummikub, ACT</div> <div>2:00 Book Club Meeting, ACT</div> <div>3:00 New Resident Welcome Party, ACT</div> <div>6:45 Traveling Movie Tuesday, T</div>	<div>18</div> <div>9:00 Chair Dancing Exercise, F</div> <div>10:00 Movie Matinee, T</div> <div>11:00 Bus Outing</div> <div>2:30 Outing: Eco Thrift, LB</div> <div>3:00 True or False Game for Funny Money, ACT</div> <div>6:45 Movie, T</div>	<div>19</div> <div>9:00 Group Exercise and Simple Stretches, F</div> <div>10:00 Movie Matinee, T</div> <div>1:45 Mexican Train, G</div> <div>2:00 Bridge Group, G</div> <div>3:00 Stone Cold Ice Cream Demonstration, ACT</div> <div>6:45 Nickel Bingo, ACT</div>	<div>20</div> <div>9:00 Exercise with Jake, ACT</div> <div>10:00 Bible Study Class, C</div> <div>11:00 Bean Bag Baseball Team Practice, A</div> <div>1:45 Rummikub, ACT</div> <div>2:00 Cell Phone Q and a Session with Chelsea, ACT</div> <div>3:30 Candy Craze Giveaway, ACT</div> <div>6:45 Traveling Movie Tuesday, T</div>	<div>21</div> <div>9:00 Group Exercise, F</div> <div>11:00 Bean Bag Baseball, A</div> <div>2:00 Rummikub, ACT</div> <div>6:45 Movie, T</div> <div>7:00 Poker Night, G</div>
<div>22</div> <div>9:00 Beach Ball Volleyball, A</div> <div>12:30 Light of the Valley Church Service, T</div> <div>3:00 Big Band Tunes in the Atrium, A</div> <div>6:45 Movie, T</div>	<div>23</div> <div>9:00 Brain and Fitness Training, New!</div> <div>10:00 Shopping at Walmart and Target, LB</div> <div>10:00 Giant Crossword Puzzle, ACT</div> <div>11:00 Horse Racing for Funny Money, A</div> <div>1:30-3:30 See's Candy Sales Booth, A</div> <div>1:45 Mexican Train, G</div> <div>2:00 Banking Outings, LB</div> <div>2:00 Giant Pictionary, ACT</div> <div>3:00 Trivia, ACT</div> <div>3:30 Activity Meeting with Chelsea, ACT</div> <div>6:45 Funny Money Free Bingo, ACT</div>	<div>24</div> <div>9:00 Exercise with Jake, ACT</div> <div>10:00 Bible Study Class, C</div> <div>11:00 Bean Bag Baseball Team Practice, A</div> <div>1:45 Rummikub, ACT</div> <div>2:00 Talent Show Meeting and Discussion, ACT</div> <div>3:00 Camden Springs Video Marathon, ACT</div> <div>6:45 Traveling Movie Tuesday, T</div>	<div>25</div> <div>9:00 Chair Dancing Exercise, F</div> <div>10:00 Outing: Red Hawk Casino, LB</div> <div>10:00 Selfie Session #1, ACT</div> <div>11:00 Ring Toss for Funny Money, A</div> <div>2:00 Selfie Session #2, ACT</div> <div>2:00 Social Security and Medicare Info, ACT</div> <div>3:00 True or False Game for Funny Money, ACT</div> <div>6:45 Movie, T</div>	<div>THANKSGIVING</div> <div>26</div> <div>9:00 Group Exercise and Simple Stretches, F</div> <div>10:00 Bean Bag Baseball Team Practice, A</div> <div>10:30 Atlas Hearing Aid Service, ACT</div> <div>12:30 Sock Hop Dinner, ACT</div> <div>1:45 Mexican Train, G</div> <div>2:00 Bridge Group, G</div> <div>2:00 1950s Trivia, ACT</div> <div>3:00 1950s Picture Show and Music, ACT</div> <div>6:45 Nickel Bingo, ACT</div>	<div>27</div> <div>9:00 Chair Dancing Exercise, F</div> <div>10:00 Outing: Red Hawk Casino, LB</div> <div>10:00 Selfie Session #1, ACT</div> <div>11:00 Ring Toss for Funny Money, A</div> <div>2:00 Selfie Session #2, ACT</div> <div>2:00 Social Security and Medicare Info, ACT</div> <div>3:00 True or False Game for Funny Money, ACT</div> <div>6:45 Movie, T</div>	<div>28</div> <div>9:00 Group Exercise, F</div> <div>11:00 Bean Bag Baseball, A</div> <div>2:00 Rummikub, ACT</div> <div>2:00 New York Life Insurance Presentation, ACT</div> <div>6:45 Movie, T</div> <div>7:00 Poker Night, G</div>
<div>29</div> <div>9:00 Beach Ball Volleyball, A</div> <div>12:30 Light of the Valley Church Service, T</div> <div>3:00 Big Band Tunes in the Atrium, A</div> <div>6:45 Movie, T</div>	<div>30</div> <div>9:00 Brain and Fitness Training, New!</div> <div>10:00 Shopping at Walmart and Target, LB</div> <div>10:00 Giant Crossword Puzzle, ACT</div> <div>11:00 Horse Racing for Funny Money, A</div> <div>1:30-3:30 See's Candy Sales Booth, A</div> <div>1:45 Mexican Train, G</div> <div>2:00 Banking Outings, LB</div> <div>2:00 Giant Pictionary, ACT</div> <div>3:00 Trivia, ACT</div> <div>3:30 Activity Meeting with Chelsea, ACT</div> <div>6:45 Funny Money Free Bingo, ACT</div>					





## November Holidays and Important Dates

We all know November means Thanksgiving, but did you realize there are plenty of other fun days and holidays throughout the month of November? Below is a list with dates of the important and exciting things to keep track of in November along with Lansdale November fun.

- **Sunday, November 1st:** All Saints' Day, daylight saving time ends, National Authors Day and World Vegan Day
- **Monday, November 2nd:** All Souls' Day
- **Tuesday, November 3rd:** Election Day and National Sandwich Day
- **Wednesday, November 11th:** Veterans Day
- **Friday, November 20th:** Jason Gray in Concert (American contemporary Christian singer-songwriter)
- **Thursday, November 26th:** Thanksgiving Day— Gobble, gobble!
- **Sunday, November 29th:** Advent begins



*You can vote on November 3rd!*

## Have You Met Allison?

Hudson Estates' newest marketing assistant, Allison, is here to help in any and every way possible! She was born and raised in Lansdale, Pennsylvania, and knows her way around the town if you have any questions at all. She attended the local high school, North Penn, and continued her education at Bloomsburg University of Pennsylvania. She works with and beside the lovely Denise, Hudson Estates' Sales Manager. They are a great and fun pair that wants to help the residents and future residents of Hudson Estates in any and every way possible! Allison has been working for Hudson Estates since August and has loved learning from her superiors, Denise and Clint. She said she has learned all the ins and outs of sales and retirement living and is learning more and more every day! If you need to get in touch with Denise, need restaurant/ activity recommendations, or if you just want to chat, Allison is happy to be of assistance for all Hudson Estates residents. We hope you get a chance to meet her since she is so excited to meet you all!





## Preserving Veterans' Stories

With thousands of stories of service and sacrifice, the Veterans History Project preserves and shares the firsthand accounts of America's war veterans.

Created in 2000 by the U.S. Congress, the ongoing program is part of the American Folklife Center at the Library of Congress. The personal narratives of men and women who served in all branches of the military from World War I to present-day conflicts are being collected. Their memories help document history and provide a better understanding of the realities of war for future generations.

Veterans are encouraged to share their experiences by submitting video or audio interviews, written memoirs, letters, photos and other historical documents. Families of deceased veterans can also contribute.

To date, the project has collected 108,000 stories, making it the nation's largest archive of oral history of its kind. Some accounts have been digitized and are available for viewing online.

To learn more about the Veterans History Project and how to participate, visit [LOC.gov/vets](https://www.loc.gov/vets).

## Stay Active in Autumn

As the calendar changes to a new month, let it inspire you to change up your exercise and activities routine. Turn over a new leaf with these options:

**Go for a stroll:** Take in the fall scenery where you live with a walk outdoors. Savor the fresh air, cooler temperatures and views of nature.

**Take your pick:** Get some exercise while walking through a farmers' market or local farm or orchard to pick fresh produce.

**Warm up to a new workout:** If the weather keeps you inside, try a new workout. Tai chi, yoga, dancing, and chair exercises are low-impact and don't require a lot of equipment or space.

**Go digital:** Older adults are growing fans of video games. Whether it's playing a virtual sport, an arcade game or word puzzles, digital gaming has been shown to provide cognitive and emotional benefits.

**Get hands-on:** Knitting, painting, woodcarving and other crafts can be both relaxing and engaging. Taking pride in your handiwork boosts self-confidence.



**HUDSON ESTATES**  
Gracious Retirement Living

651 Montgomery Glen Drive  
Lansdale, PA 19446

A detailed still life photograph of autumn harvest items, including several pumpkins in orange and white, ears of corn, and gourds, arranged on a dark, textured surface.

# Fall in love...

## With Our Gracious Lifestyle

Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

**HUDSON ESTATES**  
Gracious Retirement Living

**215-855-1161**