



# HUDSON ESTATES

## Gracious Retirement Living

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

JANUARY 2021

### HUDSON ESTATES STAFF

Management Team...LISA & LEE MCDOUGALD

Community Sales .....DENISE BRINKLEY

Administrative Assistant .....ALLISON RAY

### Kick-Start Your Day

How you start your day affects how you feel and act the rest of the day. These simple habits can get you ready to take on whatever comes your way.

**Wake up to music:** Groggy when you first get up? Using an upbeat song instead of a harsh beeping sound as your alarm can help you feel more awake and alert. Scientists say a melody eases the brain into waking up, while alarms seem to confuse it.

**Stay offline:** If you use your phone as an alarm, resist the urge to stay on your device and scroll through your social media, check your email or read the news. Use the time to make a plan for the day ahead, journal or just think.

**Make your bed:** This small task can have a big impact on the rest of your day. High achievers agree that completing small actions, such as straightening your bed, will give you a sense of pride and provide momentum to accomplish other tasks.



HAWTHORN  
SENIOR LIVING



## Great New Movies to Start Off 2021

The new movie releases this month do not disappoint! You will definitely want to start the new year with these great films. We hope you get to see them at our neighbor's, Water Tower Cinema.

### January 2021 Movies:

**Batman: Soul of the Dragon**, an animated action/crime/adventure flick premieres January 12, 2021. It is voiced by Michael Jai White, Kelly Hu, James Hong, David Giuntoli and more! **Batman: Soul of the Dragon** is an upcoming American animated direct-to-video superhero film produced by Warner Bros. Animation and DC Entertainment. It is the fortieth film in the DC Universe Animated Original Movies.

**Chaos Walking** premieres on January 22, 2021 and is an action, science fiction thriller. This new film stars Daisy Ridley, Tom Holland and Mads Mikkelsen. The movie is about two unlikely companions who embark on a perilous adventure through the badlands of an unexplored planet as they try to escape a dangerous and disorienting reality, where all inner thoughts are seen and heard by everyone.

**The Sound of Philadelphia** (also known as **Brothers by Blood**) comes to theatres on January 22, 2021. What an interesting film for us Pennsylvanians! Set in Philadelphia, the movie is based on Pete Dexter's 1991 novel **Brotherly Love**. The plot to this crime/action/drama film is about Peter and Michael, raised on the streets of Philadelphia, who are the children of Irish mob members, forever linked by the crimes of their fathers. 30 years later, Michael now runs the criminal organization and lusts for more power, his dangerous antics frequently held in check by his cautious cousin Peter. Haunted by the death of his sister, whose passing destroyed both his parents, Peter is caught between the dreams of childhood and the realities of his life as an enforcer. His only reprieve is a local boxing gym, a sanctuary that is quickly threatened as Michael's desire for control escalates.

We hope you found this helpful in choosing some great new films to see with friends and family this January!



*Chaos Walking starring Tom Holland and Daisy Ridley*

## App Adventures

From phone calls and video chats to text messaging and social media, smartphones and tablets help us keep in touch with family and friends. And with apps available for nearly every interest, they can also keep you busy! Explore your device's app store by searching some of these topics:

**Games and puzzles:** Brainteasers, crosswords, jigsaw puzzles, hidden objects ... Today's mobile games provide a variety of engaging options. You can also play with loved ones, helping you stay connected.

**Nature hobbies:** Are you a bird-watcher? You can download apps with bird guides and a spot to log your sightings. Love to take outdoor walks? Find out the name of a shrub or flower by using a nature identification app.

**Books:** Literary apps let you manage your to-read list, browse and write reviews, and find new titles. If you want to read on your device, you'll find apps with e-books you can buy, rent or download for free. There are also apps for audiobooks.

**Foreign languages:** Multiple apps make learning a language fun with daily challenges and interactive games. Developing this new skill can benefit your brain.

**Mindfulness:** Apps aimed at relaxing are popular. Featuring guided meditations and soothing sounds, these programs can help you rest physically and mentally.





## Fun Things to Do on New Year's Day

With a year like 2020, you are going to want to enjoy and relax the first day of 2021. Below are some fun and mostly free activities to do on New Year's Day.

### **Go to the Movies!**

When all you want to do is chill out and sit around, consider getting cozy on the couch or head to the theater (Water Tower Cinema or the amazing theatre in the community). Make a day of it with a full movie marathon and prioritize all the Oscar nominees you want to see before award show season is in full swing!

### **Set Your Intentions!**

Setting goals on January 1st might sound cliché, but it really can be a good opportunity to sit down and check in with yourself. Whether you want to take the traditional approach of setting goals or you just want to write freely, this day is always a great excuse to get back in touch with yourself. If you need a prompt, write down five things you want to leave in 2019 and five things you want to take with you in 2020.

### **Start a New Book!**

January first is all about re calibrating and relaxing. A great way to do so? Pick up a new book you've been meaning to read. If you need any suggestions, consider some of 2020's bestsellers, like *Caste: The Origins of Our Discontents* by Isabel Wilkerson or *Daddy* by Emma Cline.

### **Hang Out by the Fire!**

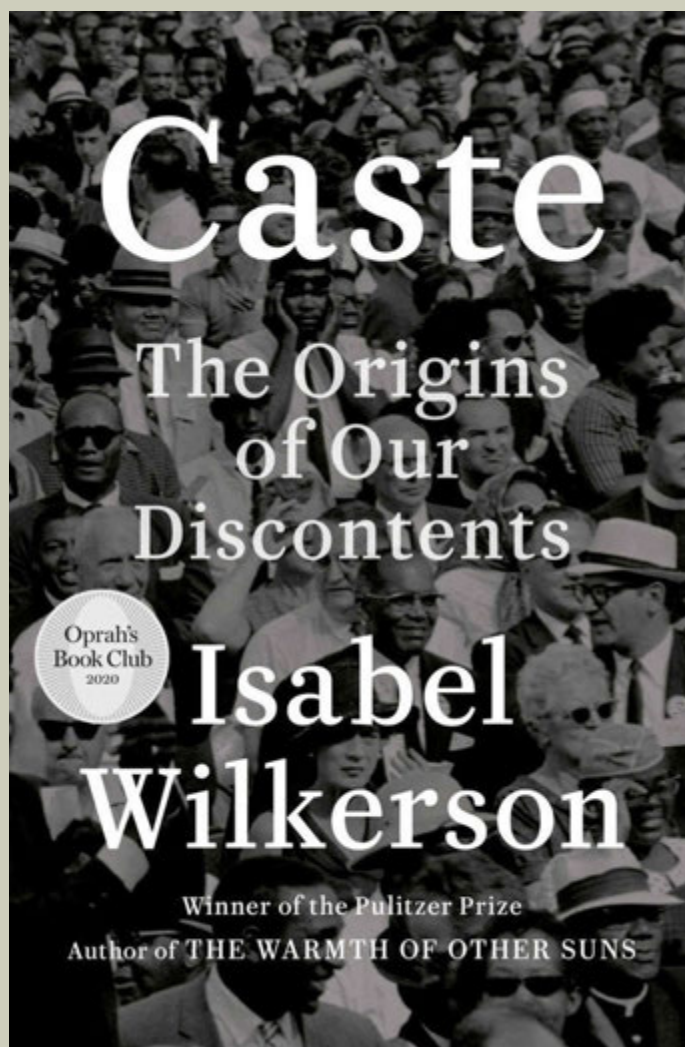
Now is a great time to check out Hudson Estate's fire pit if you have not already. Gather and invite some friends over to the fire pit for a midwinter hangout and huddle around the fire to stay warm.

### **Start a club!**

With this new year, you will all be meeting each other and making great new friendships. Maybe you all love reading and want to start a Hudson Estates book club, or you love bocce ball and start creating teams to get a little competitive! There are plenty of possibilities for different types of clubs, and it is a great way to start off 2021.

### **Learn a New Skill or Game!**

Teach yourself a new game or skill, like chess or solitaire. Once you know the rules and study up on some of the strategies, hold a mini tournament with other residents and friends.



*Check out this great book — Caste (Oprah's Book Club): The Origins of Our Discontents*



JAN 2021

“It’s a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient.”  
—Daniel Kahneman

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>NEW YEAR'S DAY1</div> <div>9:00 Chair Dancing Exercise, F 10:00 <b>Outing: Red Hawk Casino, LB</b> 10:00 Selfie Session #1, ACT 11:00 Ring Toss for Funny Money, A 2:00 Selfie Session #2, ACT 2:00 <b>Social Security and Medicare Info, ACT</b> 3:00 True or False Game for Funny Money, ACT 6:45 Movie, T</div>	<div>2</div> <div>9:00 Group Exercise and Simple Stretches, F 10:00 Bean Bag Baseball Team Practice, A 10:30 <b>Atlas Hearing Aid Service, ACT</b> 12:30 <b>Sock Hop Dinner, ACT</b> 1:45 Mexican Train, G 2:00 Bridge Group, G 2:00 1950s Trivia, ACT 3:00 1950s Picture Show and Music, ACT 6:45 Nickel Bingo, ACT</div>
<div>3</div> <div>9:00 <b>“Chairing Along” Drumming Exercise, ACT</b> 10:00 Catholic Communion, C 11:00 Hangman for Funny Money, ACT 2:00 <b>Exercise Your Brain with Brain Games, ACT</b> 3:00 Online Games with Chelsea, ACT 6:45 Movie &amp; Popcorn, T</div>	<div>4</div> <div>9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 6:45 Movie, T 7:00 Poker Night, G</div>	<div>5</div> <div>9:00 Beach Ball Volleyball, A 2:00 Light of the Valley Church Service, T 2:00 <b>Wii Bowling with David, ACT</b> 3:00 <b>Ice Cream Social, ACT</b> 6:45 Movie, T</div>	<div>6</div> <div>9:00 Beach Ball Volleyball, A 10:00 Shopping at Walmart and Target, LB 10:00 Memories Discussion Group, New! 11:00 <b>Bean Bag Baseball Tournament: Game #1, A</b> 11:30 <b>Avon with Barbara, ACT</b> 1:45 <b>Musical Guest: Alvin, A</b> 1:45 Mexican Train, G 2:00 Banking Outings, LB 3:00 Trivia for Funny Money, ACT 6:45 Funny Money Free Bingo, ACT</div>	<div>7</div> <div>9:00 Exercise with Jake, ACT 10:00 <b>Bible Study Class, C</b> 11:00 <b>Bean Bag Baseball Tournament: Game #2, A</b> 11:15 <b>Library Bookmobile, LB</b> 1:45 Rummikub, ACT 2:00 Book Club Meeting, ACT 3:00 <b>Iced Tea Tasting, ACT</b> 6:45 Traveling Movie Tuesday, T</div>	<div>8</div> <div>9:00 Chair Dancing Exercise, F 10:00 <b>Outing: Arden Fair Mall and Lunch, LB</b> 11:00 <b>Bean Bag Baseball Tournament, A</b> 12:00 <b>Resident/Manager Meeting, D</b> 2:00 Painting with Samantha, ACT 3:00 <b>Art Class with Cindy, ACT</b> 6:45 Movie, T</div>	<div>9</div> <div>9:00 Group Exercise and Simple Stretches, F 10:00 Bean Bag Baseball Team Practice, A 10:30 <b>Atlas Hearing Aid Service, ACT</b> 12:30 <b>Sock Hop Dinner, ACT</b> 1:45 Mexican Train, G 2:00 Bridge Group, G 2:00 1950s Trivia, ACT 3:00 1950s Picture Show and Music, ACT 6:45 Nickel Bingo, ACT</div>
<div>10</div> <div>9:00 <b>“Chairing Along” Drumming Exercise, ACT</b> 10:00 Catholic Communion, C 11:00 Hangman for Funny Money, ACT 2:00 <b>Exercise Your Brain with Brain Games, ACT</b> 3:00 Online Games with Chelsea, ACT 6:45 Movie &amp; Popcorn, T</div>	<div>11</div> <div>9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 2:00 <b>New York Life Insurance Presentation, ACT</b> 6:45 Movie, T 7:00 Poker Night, G</div>	<div>12</div> <div>9:00 Beach Ball Volleyball, A 10:00 Shopping at Walmart and Target, LB 10:00 Memories Discussion Group, New! 11:00 <b>Bean Bag Baseball Tournament: Game #1, A</b> 11:30 <b>Avon with Barbara, ACT</b> 1:45 <b>Musical Guest: Alvin, A</b> 1:45 Mexican Train, G 2:00 Banking Outings, LB 3:00 Trivia for Funny Money, ACT 6:45 Funny Money Free Bingo, ACT</div>	<div>13</div> <div>9:00 Beach Ball Volleyball, A 10:00 Shopping at Walmart and Target, LB 10:00 Memories Discussion Group, New! 11:00 <b>Bean Bag Baseball Tournament: Game #1, A</b> 11:30 <b>Avon with Barbara, ACT</b> 1:45 <b>Musical Guest: Alvin, A</b> 1:45 Mexican Train, G 2:00 Banking Outings, LB 3:00 Trivia for Funny Money, ACT 6:45 Funny Money Free Bingo, ACT</div>	<div>14</div> <div>9:00 Exercise with Jake, ACT 10:00 <b>Bible Study Class, C</b> 11:00 <b>Bean Bag Baseball Tournament: Game #2, A</b> 11:15 <b>Library Bookmobile, LB</b> 1:45 Rummikub, ACT 2:00 Book Club Meeting, ACT 3:00 <b>Iced Tea Tasting, ACT</b> 6:45 Traveling Movie Tuesday, T</div>	<div>15</div> <div>9:00 Chair Dancing Exercise, F 10:00 <b>Outing: Red Hawk Casino, LB</b> 10:00 Selfie Session #1, ACT 11:00 Ring Toss for Funny Money, A 2:00 Selfie Session #2, ACT 2:00 <b>Social Security and Medicare Info, ACT</b> 3:00 True or False Game for Funny Money, ACT 6:45 Movie, T</div>	<div>16</div> <div>9:00 Group Exercise and Simple Stretches, F 10:00 Movie Matinee, T 1:45 Mexican Train, G 2:00 Bridge Group, G 3:00 <b>Stone Cold Ice Cream Demonstration, ACT</b> 6:45 Nickel Bingo, ACT</div>
<div>17</div> <div>9:00 <b>“Chairing Along” Drumming Exercise, ACT</b> 10:00 Catholic Communion, C 11:00 Hangman for Funny Money, ACT 2:00 <b>Exercise Your Brain with Brain Games, ACT</b> 6:45 Movie &amp; Popcorn, T</div>	<div>18</div> <div>MARTIN LUTHER KING JR. DAY 9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 6:45 Movie, T 7:00 Poker Night, G</div>	<div>19</div> <div>9:00 Beach Ball Volleyball, A 2:00 Light of the Valley Church Service, T 2:00 <b>Wii Bowling with David, ACT</b> 3:00 <b>Ice Cream Social, ACT</b> 6:45 Movie, T</div>	<div>20</div> <div>9:00 Beach Ball Volleyball, A 10:00 Shopping at Walmart and Target, LB 10:00 Memories Discussion Group, New! 11:00 <b>Bean Bag Baseball Tournament: Game #1, A</b> 11:30 <b>Avon with Barbara, ACT</b> 1:45 <b>Musical Guest: Alvin, A</b> 1:45 Mexican Train, G 2:00 Banking Outings, LB 3:00 Trivia for Funny Money, ACT 6:45 Funny Money Free Bingo, ACT</div>	<div>21</div> <div>9:00 Exercise with Jake, ACT 10:00 <b>Bible Study Class, C</b> 10:30 Crafting Together, ACT 11:00 <b>Bean Bag Baseball Tournament: Game #2, A</b> 11:15 <b>Library Bookmobile, LB</b> 1:45 Rummikub, ACT 2:00 Book Club Meeting, ACT 3:00 <b>New Resident Welcome Party, ACT</b> 6:45 Traveling Movie Tuesday, T</div>	<div>22</div> <div>9:00 Chair Dancing Exercise, F 10:00 Movie Critic’s Corner: Movie Selection, T 11:00 <b>Bus Outing: Adventure, LB</b> 12:00 <b>Outing: Red Hawk Casino, LB</b> 3:00 True or False Game for Funny Money, ACT 6:45 Movie, T</div>	<div>23</div> <div>9:00 Group Exercise and Simple Stretches, F 10:00 Movie Matinee, T 1:45 Mexican Train, G 2:00 Bridge Group, G 3:00 <b>Stone Cold Ice Cream Demonstration, ACT</b> 6:45 Nickel Bingo, ACT</div>
<div>24</div> <div>9:00 Exercise with Jake, ACT 10:00 <b>Bible Study Class, C</b> 11:00 Bean Bag Baseball Team Practice, A 1:45 Rummikub, ACT 2:00 <b>Cell Phone Q and a Session with Chelsea, ACT</b> 3:30 <b>Candy Craze Giveaway, ACT</b> 6:45 Traveling Movie Tuesday, T</div>	<div>25</div> <div>9:00 Group Exercise, F 11:00 Bean Bag Baseball, A 2:00 Rummikub, ACT 2:00 <b>New York Life Insurance Presentation, ACT</b> 6:45 Movie, T 7:00 Poker Night, G</div>	<div>26</div> <div>9:00 Beach Ball Volleyball, A 12:30 <b>Light of the Valley Church Service, T</b> 3:00 Big Band Tunes in the Atrium, A 6:45 Movie, T</div>	<div>27</div> <div>9:00 <b>Brain and Fitness Training, New!</b> 10:00 Shopping at Walmart and Target, LB 10:00 Giant Crossword Puzzle, ACT 11:00 Horse Racing for Funny Money, A 1:30-3:30 <b>See’s Candy Sales Booth, A</b> 1:45 Mexican Train, G 2:00 Banking Outings, LB 2:00 Giant Pictionary, ACT 3:00 Trivia, ACT 3:30 <b>Activity Meeting with Chelsea, ACT</b> 6:45 Funny Money Free Bingo, ACT</div>	<div>28</div> <div>9:00 Exercise with Jake, ACT 10:00 <b>Bible Study Class, C</b> 11:00 Bean Bag Baseball Team Practice, A 1:45 Rummikub, ACT 2:00 <b>Talent Show Meeting and Discussion, ACT</b> 3:00 <b>Camden Springs Video Marathon, ACT</b> 6:45 Traveling Movie Tuesday, T</div>	<div>29</div> <div>9:00 Chair Dancing Exercise, F 10:00 <b>Outing: Arden Fair Mall and Lunch, LB</b> 11:00 <b>Bean Bag Baseball Tournament: Game #3, A</b> 12:00 <b>Resident/Manager Meeting, D</b> 2:00 Father’s Day Centerpiece Creation, ACT 3:00 <b>Art Class with Cindy, ACT</b> 6:45 Movie, T</div>	<div>30</div> <div>9:00 Group Exercise and Simple Stretches, F 10:00 Bean Bag Baseball Team Practice, A 10:30 <b>Atlas Hearing Aid Service, ACT</b> 12:30 <b>Sock Hop Dinner, ACT</b> 1:45 Mexican Train, G 2:00 Bridge Group, G 2:00 1950s Trivia, ACT 3:00 1950s Picture Show and Music, ACT 6:45 Nickel Bingo, ACT</div>
<div>31</div> <div>9:00 <b>“Chairing Along” Drumming Exercise, ACT</b> 10:00 Catholic Communion, C 11:00 Hangman for Funny Money, ACT 2:00 <b>Exercise Your Brain with Brain Games, ACT</b> 3:00 Online Games with Chelsea, ACT 6:45 Movie &amp; Popcorn, T</div>						



## The Words of MLK

In honor of Martin Luther King Jr. Day on January 18th, here are some of his most enduring speeches.

**Montgomery bus boycott speech** — One of King's first public speeches took place on December 5, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

**"I Have a Dream"** — King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on August 28, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

**Nobel Peace Prize speech** — In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on December 10, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

**"How Long, Not Long"** — On March 25, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one. ... But we must keep going."

**"I've Been to the Mountaintop"** — King gave his final address in Memphis, Tennessee, on April 3, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.



*MLK, the civil rights leader, at one of his incredible speeches*

## Winter Wonders

It's winter here in the Northern Hemisphere, bringing cooler temperatures. Keep warm with this bundle of cold-weather facts:

- While it may not snow in every city, about 1,200 cubic miles of the fluffy stuff falls on North America every year.
- The Great Lakes region is known as the snow belt of the U.S.
- Fairbanks, Alaska, gets the title of America's coldest city in winter. Its average low temperature is a frosty 16 below zero.
- Residents of Bethel, Maine, built a record-breaking snowperson in 2008. Named Olympia, she stood 122 feet high — almost as tall as the Statue of Liberty — and was made of 13 million pounds of snow!
- You don't have to wait for spring to see beautiful blossoms. Pansies, snowdrops and English primroses are some common flowers that bloom during the chilly months.





## How You Can Support Small Businesses in Lansdale

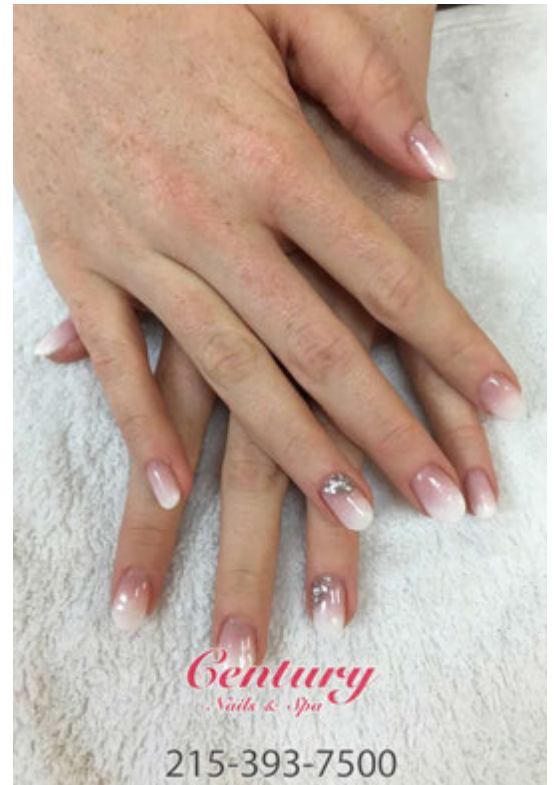
Even though the holiday season has wound down, we can all still continue to support small businesses in many ways. Whether you can buy from local small businesses or just spread the word by promoting your favorite small business in town, you are supporting them by doing the little things!

In Lansdale and Montgomeryville, we have a plethora of small business nail salons that are amazing at what they do. Right by Hudson Estates is the nail salon called Century Nail Spa. They offer many services to anyone in or near Montgomeryville that is looking to enhance their nails, offering all of the leading services, including:

- Manicures
- Pedicures

They also have Waxing, Pink & White, Silk Wrap and so much more. The entire range of services guarantees they have the skills and experience necessary for your nail and spa needs!

Century Nail Spa is located across the street from Hudson Estates at 411 Doylestown Rd, Montgomeryville, PA 18936. Check it out and let us know how much you love your nails!



*Check out this beautiful manicure by Century Nails*

## Seize Your New Year!

2020 has been an uphill battle, but that does not mean 2021 has to be as well! In just January alone, there are plenty of holidays and events to look forward to.

For instance, the month of January is full of national holidays you know of like New Year's Day and Martin Luther King, Jr. Day. However, many people don't know about lesser-known days and events in January. Some of these days include...

National Bloody Mary Day is on Friday, January 1, 2021.

National Science Fiction Day is on Saturday, January 2, 2021.

National Hat Day is on Friday, January 15, 2021.

Let us know if you celebrated any of these holidays and events, we'd love to hear all about it!

We also have some fun facts to enjoy about January!

On average, it is the coldest month of the year in the Northern Hemisphere. It is the second month of winter. In the Southern Hemisphere, January is a summer month, the equivalent of July.

January was named after the Roman god Janus. Janus is also the Roman word for door. The god Janus had two faces which allowed him to look forwards into the coming year and backwards into the past year.



*Time to get ready for January — bring out your scarves and hats!*

**HUDSON ESTATES**  
Gracious Retirement Living

651 Montgomery Glen Drive  
Lansdale, PA 19446



*It's always Warm at*

**HUDSON ESTATES**  
Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

**215-855-1161**