



May 2024

Eastern Upper Bucks Senior Center

8040 Easton Road PO Box 545 Ottsville, Pennsylvania 18942

Phone: 610-847-8178 Fax: 610-847-2036

Hours: Mon.-Thurs. 10-3 E-mail: eubseniors@epix.net

Website: easternupperbucksseniorcenter.com



*****A friendly reminder....If you are feeling sick, even if you just have a cold, please do not visit the senior center until you feel better.
***If there is no electrical power at the senior center for more than 30 minutes, the senior center will be closed.**

The senior center is closed on Monday, May 27th for Memorial Day.

Covered Dish Luncheon Our next covered dish will be Tuesday, May 7th at 12:00. Our speaker will be Alex Stiverson from St Luke's Physical Therapy in Ottsville, He will speak about back pain.

Movie: Tuesday, May 21st at 1:00. The movie will be "Redeeming Love" a western romance that takes place during the gold rush era. PG13, 2hr14min

NEW ACTIVITIES

DVD Aerobic Walking Exercise Mondays 11:30-12:00

Beginner Chair Yoga Tuesdays 10:45-11:45 (Second and Fourth Tuesdays ONLY)

Art Club Wednesdays 10:00-12:00 (Second & Fourth Tuesdays ONLY) Please bring your supplies to work on your own project.

Book Club We would like to start a Book Club. If you would be interested in volunteering to coordinate this club, talk to Barbara Naska

Craft Day We would like to have a Craft Day once a month. If you would be interested in volunteering to coordinate this club, talk to Barbara Naska.

Senior Games June 5-11 Do you like fun friendly competition? Are you over 50? Registration ends May 15th Kick-off Event May 29th 11:00-1:00

Trips: For more information contact the senior center or Jim Keogh 610-847-2305. Check or EXACT cash only please.

Hunterdon Hills Playhouse "Weekend Comedy" Thursday, June 6th Cost is \$80 per person. Reservations and payment due May 2nd. Drive yourself or carpool. Arrive by 11:00am.

Resorts Casino Wednesday, June 19th Cost is \$60 per person (if 30 people sign up), or \$50 per person (if 40 or more people sign up) \$18 Slot Play Check or Exact Payment please. Reservations and payment due May 15th. Bus leaves senior center 7:45am and returns approximately 7:30pm. Must be 21 years or older. (Please note that the senior center will be closed for Juneteenth.)

Lancaster Trip Friday, August 2, 2024, Cost is \$108 per person includes Kitchen Kettle, Lunch at Hershey Farms Restaurant and Turkey Hill Experience including ice cream. Bus picks up at senior center 8:30am, Returns approximately 6:30pm Reservations and Payment due July 1st.

Spirit of Philadelphia Lunch Cruise Friday, September 6th Cost is \$135 includes bus, all tips, buffet lunch, and cruise. Bus picks up at senior center at 9:45am. Reservations and payment due August 1st.

Lunch will be served at 12:00 noon Monday—Thursday. Please check the calendar menu of sandwiches and salads.

****Remember to sign up by Tuesday at noon for the following week.** You must be registered with the senior center. We need a minimum of 5 people to order for any given day. A voluntary contribution of \$2 is suggested for anyone over the age of 60. Please put the money in the box in the kitchen marked “Congregate Meals”. Please remember that a large portion of our funding from Bucks County Area Agency on Aging is determined by the number of congregated meals that we serve. Consider ordering lunch even if there is not an activity that you plan to attend that day. One of the purposes of serving the meals here is to socialize. Talk to your friends, maybe they would order lunch if they knew someone else was also interested. Remember, games, puzzles, and the library are always open. Please consider volunteering to serve the meals. If you need help ordering a meal, would like to volunteer to serve the lunches or have any questions, talk to Veronica McIntosh or Margie Jesiolowski.

Property Tax/Rent Rebate Program The income requirements have expanded so more Pennsylvanians will be eligible to receive the Property Tax/Rent Rebate in 2024. The majority of past claimants may see increased rebates as well. AARP Tax counselors are able to help you fill out your forms at your appointment to get your taxes done.

Bucks County Opportunity Council Weatherization Program If you are a resident of Bucks County, meet the income limits and qualify for this program, an energy auditor will inspect your home and recommend certain measures such as caulking windows, weather-stripping doors or insulating the attic. Information is also available for this program at the senior center.

******PLEASE READ THIS VERY IMPORTANT INFORMATION:**

Nockamixon Township applies for a rent grant on our behalf every year. We are very grateful for the township’s support in this important funding. This federal grant is approved by Bucks County and HUD (Housing & Urban Development). As part of the approval, the senior center is required to have on file an updated “County of Bucks Community Development Block Grant (CDBG) Self Certification of Annual Income by Beneficiary” for every person who uses the senior center. We are required to be able to prove that 51% of those we serve are low to moderate income.

All persons who receive services from the senior center are required to fill out and annually update this form in its entirety including household annual income and signatures of all adult members of the household. Services include all senior center activities, AARP taxes and Produce Vouchers.

Please update your form the next time you visit the senior center and annually after that. In the event of a change in income, your form will need to be updated. Going forward, when you pay your dues in July each year, please update your form.

Because of our rent grant, we are required to prove that 51% of the people we serve are low to moderate income. If people choose not to fill out the form, we may not get our rent grant. Without the rent grant we cannot afford to keep our doors open. So if you want to be able to use the senior center, it is very important that you complete the form.

We appreciate your cooperation.

Center Manager: Margie Jesiolowski

Board Members:

Barbara Naska, President
Janet Vanderlely, Vice President
Cathy Lutz, 2nd Vice President
Cindy Wiley, Secretary
Marion Wolf, Treasurer
Terry Keogh, Assistant Treasurer

Trustees:

Lin Brown
Veronica McIntosh
Linda Boss

Food Service Coordinator: Veronica McIntosh

Trip Coordinators: Jim & Terry Keogh

Eastern Upper Bucks Senior Center is funded, in part, under a contract with the Pennsylvania Department of Aging and The County of Bucks

Nockamixon Township applies for a yearly grant on our behalf that is approved by Bucks County and HUD (Housing and Urban Development). Please consider joining the center to help meet the increasing grant demands for our much needed community senior center. Thanks!

Please tell your friends and family 55+ to join our senior center. Dues are \$15 per year. (July 1st to June 30th)

Welcome New Members:

Wesley Simmons
Diane Kirk
Tammy Scheetz
Dorothy Cochran



DONAHUE FUNERAL HOME

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*Philip A. Donahue,
Owner/Director*

The **DONAHUE FUNERAL HOME** specializes in church viewings followed by funeral services. Therefore, YOUR choice of a Funeral Home need not be based on location. Arrangements can be made in one of our offices or in the comfort of your home setting. We service Bucks County, Montgomery County, Philadelphia and Delaware Counties in Pennsylvania.

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James P. Donahue, Grandfather*

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Cremation with Memorial Mass	\$2000
Direct Cremation	\$1200

Call for a free no obligation brochure detailing the above...

www.DonahueFuneral.com

1218-20 Bethlehem Pike, Flourtown, PA 19031
P.O. Box 1556, Doylestown, PA 18901

DonahueFuneral@gmail.com



Senior Center Monthly Activities

DVD Exercise—Mondays 10:30-11:30

Walking DVD Exercise—Mondays 11:30-12:00

Game Days - Wednesdays & Thursdays 10:00

***Chair Yoga** Tuesdays 9:30-10:30

***Beginner Chair Yoga**-2nd & 4th Tuesdays 10:45-11:45

***Tai Chi** - Wednesdays 10:00-11:00

Knitting & Crocheting –Wednesdays 10:00

Board Meeting - 1st Monday 1:00

Covered Dish Luncheon—1st Tuesday 12:00

Pinochle Tournament - 2nd & 4th Thursday 1:00

Birthday Bingo - 3rd Monday 12:30

Membership Meeting - 4th Monday 1:00

Cash Bingo - Two Tuesdays a month 1:00

Movies—Check Calendar 1:00

Art Club-2nd & 4th Wednesdays 10:00-12:00

Check the monthly calendar for exact dates

Please tell your friends and family 55+ to come join our friendly senior center.

Dues are \$15 per year (July 1st to June 30th)

*Classes are \$5 for members
\$7 for non members.

Red Cross Blood Drives

For more information contact Patty Traister 610-982-5763

Thursday May 16th 2-7pm

St John UCC 651 Easton Road, Riegelsville

Tuesday, June 4th 2-7pm

Deep Run Mennonite Church East, 350 Kellers Church Rd, Perkasio

Thursday, July 11th 2-7pm

St Matthew's Luthern Church, 3668 Ridge Road, Perkasio

Fresh Connect by BCOC Mobile Farmer's Market

bcoc.org or 215-345-8175

UPDATED INFORMATION

On the first and third Thursdays from 10am to 12noon

at NEW LOCATION: Palisades Middle School

4710 Durham Road, Kintnersville

Fresh produce at no cost for those in need, rain/shine except severe weather (temperatures below 32°, heat advisories, excessive heat warnings, heavy rain or snow, and thunder and lightning storms.) Registration on site, limit one per household, please bring your own bags.

Thank you to the Tinicum Civic Association for their generous donation to our senior center.



Barbara Boscoe	May 1
Arlene Eichlin	May 1
Linda Segletes	May 4
Harold Rick	May 5
Betty Fleck	May 6
Maureen Smith	May 6
Lin Brown	May 8
Nancy Schaefer	May 8
Barbara King	May 11
Jane Paetzell	May 16
Sophie McComb	May 26



Congratulations Pinochle Winners

3-28-24

1st Harry Markley

2nd Doug Warmkessel

3rd Dolores Warmkessel

4-11-24

1st Doug Warmkessel

2nd Marion Wolf

3rd Bernie Boylan

\$11 Auto Registration Form Applications for

Retired Persons are available at the senior center.

Eligibility requirements are listed on the bottom of the form.

Stop Telemarketing calls

Register for the national list and the Pennsylvania list.

Make sure to register all names in the household. You must call from the number you are registering.

National Do Not Call 1-888-382-1222

Pennsylvania Do Not Call 1-888-777-3406

Helpful Phone Numbers

AARP (717) 238-2277

Area Agency on Aging (267) 880-5700

Aid for Friends (215) 348-7505

Better Business Bureau (215) 985-9313

Bucks Co. Consumer Protection (215) 348-7442

Bucks County Transport (215) 794-5554 or (888)795-0740

Elder Abuse (800) 243-3767

Food Stamps (800) 362-1291

Homeless Hotline (800) 810-4434

Legal Info (800) 262-LAWS

Legal Service (215) 781-1111

Medicare Service Center (800) 633-4227

or TTY: (877)-486-2048

Military Affairs (215) 345-3307

P.A.C.E. (800)-225-7223 or (267)-880-5700

Philabundance Food (800)-319-3663

Report Medical Fraud & Abuse (800)-447-8477

Social Security, Disability Issues, or

Supplemental Security Income (800) 772-1213

Senior Employment (267) 880-5700

24/7 Crisis Services (800)499-7455

Kinconnector Helpline (866)KIN-2111

Bucks Chester Montgomery Link 800-753-8827

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Bucks County Area Agency on Aging
55 East Court Street, 3rd Floor, Doylestown, PA 18901
267-880-5700

The broad goal of the agency is to develop and provide comprehensive services to help persons aged 60+ maintain independence in their homes and communities.

Bucks County Area Agency on Aging offers more than 20 programs to help older adults and their families and is an advocate for all older persons in Bucks County.

They also directly provide information and referral, outreach, assessment and care management, as well as a county-wide volunteer program.

Additional services and projects are by agreement or contract with other community agencies.

A brochure is available at Eastern Upper Bucks Senior Center with more details.

Would you like to Volunteer?

Bucks County Area Agency on Aging continues to offer volunteer opportunities. Your help is needed to deliver meals, tutor or mentor in school based programs, Lunch Bunch Program, Literacy/ESL Programs, Benefits Assistance Program, My Life My Health, Project MEDS, Helping Seniors Age in Place, and Apprise Insurance counselors. For more information about these and other volunteer opportunities, please contact the Volunteer Coordinator at 267-880-5725.

PA MEDI Program (formerly APPRISE)

The **PA MEDI Program** wants to make sure you and your loved ones who have Medicare know about the Extra Help and Medicare Savings Programs.

Extra Help can help lower your prescription co-payments and premiums and cover the cost of the coverage gap (“donut hole”)

Medicare Savings Program can help you with the payment of your Part B premium and possibly with the payment of your Medicare Part A and Part B cost sharing.

There is **NO COST** for the PA MEDI Program’s help or for enrollment into these programs. Income guidelines do apply.

Contact Janine Slabicki at the Bucks County Area Agency on Aging at 267-880-5700.

Senior Boxes Available Monthly at the Lord’s Pantry
at St. John the Baptist Church in Ottsville 610-847-2402

Requirements:

- 1) Must live in Bucks County
- 2) Must be at least 60 years old
- 3) Must meet income requirements which are:

Family size	Annual	Monthly	Weekly
1	\$16,744	\$1,396	\$322
2	\$22,646	\$1,888	\$436
3	\$28,548	\$2,379	\$549
4	\$34,450	\$2,871	\$663

Packages include: 4 packages **vegetables**, 1 meat, 2 cereals, cheese, 2 packages fruit, 1 non-meat protein, 1 carbohydrate, 2 bottles juice instant & evaporated milk.

Usually the 3rd Friday of the month, but call the Lord’s Pantry to confirm.

Lord’s Pantry Hours

Mondays 2-5, Tuesdays 9:30-11:30, Thursdays 9:30-1:30

A bin for food donations for the Lord's Pantry is at the Senior center. Canned goods such as canned vegetables, tunafish and soup are appreciated.

Got Drugs?

Bucks County Medication Disposal

Free and anonymous. Permanent medication collection boxes are now available at the locations below to help reduce the growing statistics of people abusing prescription pain relievers who get them from friends or relatives. Please contact them directly for collection hours, rules, & regulations.

Bucks County Court House: 215-348-6000

Plumstead Township Police Department: 215-766-8741

Springfield Township: 610-346-6700

Quakertown Borough Police Dept: 215-536-5002



May 2024 Menu

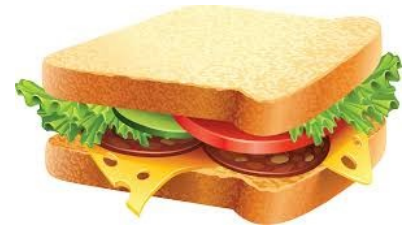
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Monday	Tuesday	Wednesday	Thursday
LUNCH IS SERVED AT NOON.	Remember to order By NOON the TUESDAY Before! Suggested donation is \$2 for those over 60.	1 Deli Sandwich Coleslaw White Bean & Tomato Salad Seasonal Fresh Fruit	2 Boiled Egg & Cheese Platter Broccoli Craisin Salad Macaroni Salad Whole Wheat Bread Mandarin Oranges
6 Turkey & Cheese Sandwich Three Bean Salad Pineapples Corn Muffin	7 Covered Dish Luncheon	8 Garden Salad w Chicken Macaroni Salad Whole Wheat roll Sweet Muffin	9 Cranberry Almond Chicken Salad Cold Brown Rice Salad Marinated Carrot Salad Dinner Roll Strawberry Shortcake
13 Chicken Cobb Salad Marinated Cucumber Salad Corn & Bean Salad WW Roll, Pears	14 Chef Salad Marinated Summer Salad Potato Salad Whole wheat bread Seasonal Fresh Fruit	15 Asian Chicken Salad Marinated Cucumbers Carrots Whole Wheat Bread Pineapples	16 Corned Beef Special Peaches Fresh Orange
20 Tuna Salad Pocket Tomato & White Bean Salad Broccoli & Cauliflower Seasonal Fresh Fruit	21 Roast Beef & Cheddar Coleslaw Peaches Apple Crisp Topping	22 Seafood Salad Penne Pasta Pepper & Broccoli Salad Dill Cucumber Salad, WW Roll, Mandarin Oranges	23 Salad with Roast Turkey & Cheese Broccoli Salad Macaroni Salad WW Bread, Fruit Cocktail
27 CLOSED Memorial Day	28 Southwest Grilled Chicken Salad Corn, Black Bean, Red Peppers Vegetable Pasta Salad WW Roll, Fresh Orange	29 Deli Sandwich Coleslaw White Bean & Tomato Salad Seasonal Fresh Fruit	30 Boiled Egg & Cheese Platter Broccoli Craisin Salad Macaroni Salad WW Bread, Pineapples



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Monday	Tuesday	Wednesday	Thursday
		1 Game Day Knitting & Crocheting	2 Game Day
6 DVD Exercise 10:30 Walking DVD Exercise 11:30 Board Meeting 1:00	7 Chair Yoga 9:30-10:30 Covered Dish Luncheon 12:00 Speaker: Alex Stiverson St Lukes Physical Therapy	8 Tai Chi 10-11 Knitting & Crocheting Game Day Art Club 10-12	9 Game Day Pinochle 1:00
13 DVD Exercise 10:30 Walking DVD Exercise 11:30 Birthday Bingo 12:30	14 Chair Yoga 9:30-10:30 Beginner Chair Yoga 10:45 Bingo 1:00	15 Tai Chi 10-11 Knitting & Crocheting Game Day	16 Game Day
20 DVD Exercise 10:30 Walking DVD Exercise 11:30 Membership Meeting 1:00	21 Chair Yoga 9:30-10:30 Movie 1:00	22 Tai Chi 10-11 Knitting & Crocheting Game Day Art Club 10-12	23 Game Day Pinochle 1:00
27 CLOSED Memorial Day	28 Chair Yoga 9:30-10:30 Beginner Chair Yoga 10:45 Bingo 1:00	29 Tai Chi 10-11 Knit & Crochet Game Day	30 Game Day