



October 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

The senior center is closed on Monday, October 14th for Columbus Day

If you are feeling sick, even if you just have a cold, please do not visit the senior center until you feel better.

Fall Raffle \$5 per ticket. Drawing at Cookie Walk on December 14th.

1st Prize: "Telephone Book Quilt", **2nd Prize:** Baby Blanket & Hat, **3rd Prize:** Baby Blanket.

Plus cash prizes: Two \$50 prizes, Six \$25 prizes. We will be mailing each member tickets. Please return the stubs and money to the senior center. If you would like more tickets to sell, contact Marion Wolf.

Covered Dish Luncheon Our next covered dish will be Tuesday, October 1st. Our speaker will be Mary Limbert of Bucks County Emergency Agency.

Chronic Disease Self Management Class Thursdays 9:30-12:00. October 3, 10, 24.

Einstein Nutrition The next class will be in November. Date to be announced.

Senator Jarrett Coleman Senior Expo at the Upper Bucks VoTech School on Thursday, October 17th from 10-12. Lunch will follow the event. Robert Arena from Senator Coleman's office will be at our September Membership Meeting to sign people up.

Medication Take Back Day Saturday October 26th

Christmas Luncheon Tuesday, December 10th at 12:00 at the Plumsteadville Inn. Cost is \$25 per person. Please sign up and choose your entrée by November 27th.

Vaccine Clinic sponsored by BCHIP. Wednesday October 2nd from 10-12. Flu and Covid vaccines available. Please bring your insurance information. Please sign up.

Co-Pilot Please remember to sign in to Co-Pilot **EVERY TIME** you visit the center. **ALWAYS** check **Center Visit** in addition to whatever you are here for. If you signed up for lunch on that day, don't forget to check **Lunch**. This information is important for any funding we receive so it is **VERY IMPORTANT** that it is accurate.

Chairs for Sale: Black chairs for sale \$5. Contact Marion Wolf.

UPCOMING EVENTS: More information to follow.

Early December Craft Table will be set up at the senior center, continuing throughout December. It's not too early to start working on your Christmas crafts. Thank you for your donations.

Tuesday, December 10th Christmas Luncheon (details on page 1 of newsletter)

Saturday, December 14th Cookie Walk & Raffle Drawing

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.

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

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

We will miss our dear friend,
Richard Bartman who recently passed
away.



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*Philip A. Donahue,
Owner/Director*

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James P. Donahue, Grandfather*

| | |
|--|--------|
| Traditional Funeral <i>(includes casket)</i> | \$4900 |
| Traditional Viewing followed by Cremation <i>(includes rental casket)</i> | \$3800 |
| 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

Knitting & Crocheting –Wednesdays 10:00

Board Meeting - 1st Monday 1:00 (Board Members ONLY please)

Covered Dish Luncheon—1st Tuesday 12:00

Pinocle 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.

*Thank you to Palisades Community Foundation
for their generous donation to our senior center.*

*Thank you to our members who donated money
to our senior center.*

*Whether your donation is
large or small, we appreciate
your generosity.*



- Sarah Chadwick 10/7
- Shirley Bonsall 10/11
- Sonja Mitchell 10/12
- Kathy Weiss 10/18
- Charles Isaac 10/21
- Cathy Snyder 10/23
- Hans Vanderlely 10/25
- Bill Foley 10/27
- Joanne Rush 10/27
- Kris Simmons 10/27

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.



Congratulations Pinochle Winners

8-22-24

1st Marion Wolf

2nd Cindy Wiley

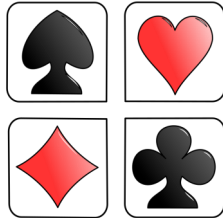
3rd Ruth Gruver

9-12-24

1st Harry Markley

2nd Bernie Boylan

3rd Doug Warmkessel



\$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 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 Department: 215-536-5002

Remember to order
By NOON the
TUESDAY Before!
Suggested donation is
\$2 for those over 60.

October 2024 Menu

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**LUNCH IS
SERVED
AT NOON**

| Monday | Tuesday | Wednesday | Thursday |
|---|---|--|--|
| | 1 Covered Dish Luncheon | 2 Seafood Salad Pita Veggie Bean Salad Carrot Salad Pineapples | 3 AnitPasto Salaa Tomato White Bean Salad WW Bread Pineapples Sweet Muffin |
| 7 Asian Chicken Salad Sesame Cold Noodle Salad Mandarin Oranges WW Roll Fruit Cocktail | 8 Chicken Salad Platter Dill Cucumber Salad Quinoa salad w bell peppers WW Roll Applesauce | 9 Turkey Club Salad Carrot Raisin Salad Vegetable Pasta Salad WW Bread Fresh Fruit | 10 Grilled Chicken Ranch Wrap Lima Bean, Corn, Red Pepper Salad Coleslaw Sweet Muffin |
| 14 CLOSED Columbus Day | 15 Spinach Salad with Sliced Chicken Carrot Salad WW Bread Sugar Cookie | 16 Egg Salad Platter Broccoli Salad Carrot Raisin Salad Whole Wheat Roll Pineapples | 17 Roast Beef & Provolone Pickled Beets Coleslaw WW Bread Fruit Cocktail |
| 21 Turkey Hoagie Health Salad Mandarin Oranges | 22 Turkey Ham & Swiss Macaroni Salad Green Bean Salad Fresh Fruit | 23 Roast Beef & Swiss Sandwich on ww roll Carrot Raisin Salad Fresh Fruit | 24 Grilled Chicken Caesar Salad Pasta Salad WW Bread Pears |
| 28 Greek Tuna Salad Chickpea & Pepper Salad Cucumber Tomato Salad WW Bread Fresh Fruit | 29 Seafood Salad Pita Veggie Bean Salad Carrot Salad Pineapples | 30 AnitPasto Salaa Tomato White Bean Salad WW Bread Pineapples Sweet Muffin | 31 Turkey Swiss Pita Broccoli Salad Macaroni Salad Fresh Fruit |



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| Monday | Tuesday | Wednesday | Thursday |
|--|--|--|--|
| <p>**Sign up for lunch and call your friends to meet for Game Day. Any game can be played. This is a great way to keep your mind sharp!</p> | <p>1 Chair Yoga 9:30-10:30 Covered Dish Lunch 12:00 Speaker: Mary Limbert Emergency Management</p> | <p>2 Game Day** Knitting & Crocheting Vaccine Clinic 10-12</p> | <p>3 Game Day** Chronic Disease Self Management 9:30-12</p> |
| <p>7 DVD Exercise 10:30 Walking DVD Exercise 11:30 Board Meeting 1:00</p> | <p>8 Chair Yoga 9:30-10:30 Beginner Chair Yoga 10:45 Bingo 1:00</p> | <p>9 Game Day** Knitting & Crocheting Art Club 10-12</p> | <p>10 Game Day** Pinochle 1:00 Chronic Disease Self Management 9:30-12</p> |
| <p>14 CLOSED Columbus Day</p> | <p>15 Chair Yoga 9:30-10:30 Movie 1:00 “Haunted Mansion”</p> | <p>16 Game Day** Knitting & Crocheting</p> | <p>17 Senator Coleman Senior Expo at Upper Bucks Tech School</p> |
| <p>21 DVD Exercise 10:30 Walking DVD 11:30-12 Birthday Bingo 12:30</p> | <p>22 Chair Yoga 9:30-10:30 Beginner Chair Yoga 10:45 Bingo 1:00</p> | <p>23 Game Day** Knitting & Crocheting Art Club 10-12</p> | <p>24 Game Day ** Pinochle 1:00 Chronic Disease Self Management 9:30-12</p> |
| <p>28 DVD Exercise 10:30 Walking DVD 11:30-12 Membership Meeting 1:00</p> | <p>29 Chair Yoga 9:30-10:30 Game Day**</p> | <p>30 Game Day** Knitting & Crocheting</p> | <p>31 Game Day**</p> |