

November 2024

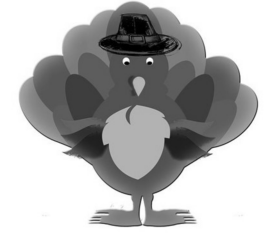
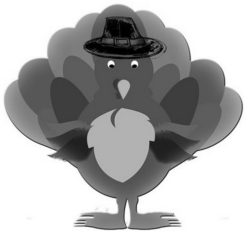
Eastern Upper Bucks Senior Center

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



Senior Center will be CLOSED: Tuesday November 5th for Election Day
Monday, November 11th for Veteran's Day
Thursday, November 28th for Thanksgiving

In the event of bad weather, the senior center is closed when Palisades School District is closed or having a virtual learning day due to inclement weather. If there is a 2 hour delay, we will open at 10:00. If Palisades dismisses early, the senior center will close early. Call the senior center to hear a recording after 8AM. Please use your own best judgement if you decide to venture out if we are open. If the senior center is without power for more than 30 minutes, we will close the center. 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:** Laprobe **3rd Prize:** Baby Blanket & Hat, **4th 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.

Cookie Walk Saturday December 14th. Doors open at 9:00am. Come out and buy a variety of cookies for \$10 a pound. All donated cookies must be homemade and in an air tight container please. Marion Wolf and Terry Keogh will be here at the center on Friday, December 13th between 10-12 so you can drop off your cookies. All cookies should be here by Friday at 12:00. Please mark your cookies if they contain nuts or are gluten free. Put your name on your container so that we can return it to you. The craft table will be set up on December 12th. Craft items can be donated anytime before then. Please price your items.

Einstein Nutrition The next class will be Tuesday, November 19th at 10:30. Please sign up.

Movie: Tuesday, November 19th at 1:00. The movie will be "Love Punch" PG-13 starring Pierce Bronsan & Emma Thompson

Christmas Luncheon Tuesday, December 10th at 12:00 at the Plumsteadville Inn. Cost is \$25 per person. Please sign up and choose your entrée. **Payment is due by November 27th.** The senior center will be closed that day. Instead of sending individual Christmas cards, we ask that you write ONE card to the senior center and we will decorate the center with them. We will not be distributing individual cards at the luncheon.

Qigong/TaiChi Class We have a new instructor, Kate Kane who will lead this 2 part class. First is 20 minutes of Qigong which is an easy warmup that can be done sitting or standing. Second is 50 minutes of Tai Chi. The cost is \$5 for members, \$7 for non-members

Covered Dish Luncheon There will NOT be a covered dish luncheon in November or December. Our next luncheon will be Tuesday, January 7th. The theme will be “Soup”.

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 congregate 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.

LIHEAP/Low Income Home Energy Assistance Program If you need help paying your heating bills, or have a heating emergency, LIHEAP may be able to help you. This program helps low income families pay their heating bills. LIHEAP is a grant. You do not have to repay it. To receive help, apply between November 4, 2024 and April 4, 2025. Detailed information including income limits and applications are available at the senior center.

Red Cross Blood Drives:

Frenchtown Presbyterian Church Wednesday, November 20th. 1p - 6p.

Riegelsville St John UCC Church. Friday November 29th. 12p - 5p.

St. Matthew's Lutheran Church Ridge Rd. Tuesday December 3rd. 2p - 7p

COVID Test Kits The government is again offering 4 free COVID tests to households. The link is <https://covidtests.gov/> or call 1-800-232-0233 (TTY 1-888-720-7489).

I'm looking for used or new spools of thread in any size or color that may hiding in a sewing kit. I make knotted patchwork quilts for Lutheran World Relief. Last year, I made 14 patchwork quilts for the organization. Thank you, Linda Strykowski

Volunteers Needed! As many of you know, we are no longer receiving our rent grant. The board has already reached out to the local townships in the Palisades School District to ask for financial assistance. We are looking for volunteers to attend the township's meeting (in the township you live in) to express your support for the township's financial assistance for our senior center. If you are interested, please contact Barbara Naska.

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.

Welcome New Members:

Mary Capobianco
Kate Kane
Dan Tuck

**We will miss our dear friends
who recently passed away:**

Kathryn Shive
Darlene Bittenmaster
Ruth Beauseigneur
James Jenkins

***PLEASE NOTE:
ONLY BRING IN
CARDS FOR
THOSE WITH A
STAR * NEXT TO
THEIR NAME. IF
THERE IS NOT A
STAR, PLEASE
MAIL THEIR
CARD.***

Marianne	Scott	10/26
Adele	Przybylski	11/1
Gladys	Lear	11/4
Janice	Weidmann	11/5
Lynn	Gaun	11/9
Daniel	Eck	11/11
Diane	Kirk	11/11
Alice	* Hilbert	11/12
Edna	* Still	11/12
Kim	* Rivera	11/15
Alvina	Ives	11/16
Linda	Dellmyer	11/18
Carla	Grover	11/19
Tom	Putney	11/21
Eileen	Hilt	11/22
Donna	Klesh	11/22
Lou Ann	* Timochenko	11/28
Marian	* Meyer	11/29



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)



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.

We are four generations of professionalism dedicated to offering an alternative to the escalating costs of funerals without sacrificing quality and service.

*"The purpose of a funeral should never cause a financial burden on the family or those left behind."—
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.

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.

Gratitude Tips from National Institutes of Health, part of the U.S. Department of Health and Human Services

How often do you feel thankful for the good things in your life? Studies suggest that making a habit of noticing what's going well in your life could have health benefits. Taking the time to feel gratitude may improve your emotional well-being by helping you cope with stress. Early research suggests that a daily practice of gratitude could affect the body, too. For example, one study found that gratitude was linked to fewer signs of heart disease.

The first step in any gratitude practice is to reflect on the good things that have happened in your life. These can be big or little things. It can be as simple as scoring a good parking space that day or enjoying a hot mug of coffee. Or, perhaps you feel grateful for a close friend's compassionate support.

Next, allow yourself a moment to enjoy that you had the positive experience, no matter what negatives may exist in your life. Let positive feelings of gratitude bubble up.

Create positive emotions by being thankful every day:

- **Take a moment.** Think about the positive things that happened during the day.
- **Journal.** Make a habit of writing down things you're grateful for. Try listing several things.
- **Savor your experiences.** Try to notice positive moments as they are happening.
- **Relive the good times.** Relive positive moments later by thinking about them or sharing them with others.
- **Write to someone.** Write a letter to someone you feel thankful toward. You don't have to send it.
- **Make a visit.** Tell someone you're grateful for them in person.



Election of 2025 Board Members

At our membership meeting on Monday, November 25th, we will be holding an election for the following board positions. All positions must be filled in order for us to operate. Please consider stepping up and volunteering for a position. Our nominating committee is in the process of contacting members.

President: Job focus—To communicate with the other Board members, manager and members to promote our center and to seek new health programs and provide entertainment for seniors in the community.

Vice President: Job focus—To assist the president in duties of that office including attending all meetings, serving on committees when assigned by the president, and serving in the absence of the president.

Second Vice President: Job focus—To assume the job of Vice President should the actual Vice President need to fulfill the duties of the President.

Secretary: Job focus—To keep board members informed of decisions as well as to keep accurate and up to date records of all meetings and to write thank you notes and other correspondence as necessary.

Treasurer: Job focus— To maintain correct, current account of all monies received and disbursed by the organization and present a report of such at each monthly meeting, to sign all checks, to receive and bank all monies received, and payment of all outstanding bills.

Assistant Treasurer: Job focus—To assist the treasurer with the duties of that office.

*Thank you to Durham Township
and Springfield Township for
their generous donations to our
senior center.*

*Thank you to our members who
donated money to our senior
center. Whether your donation is
large or small, time or money, we appreciate
your generosity.*



Congratulations Pinochle Winners

September 26, 2024

1st Doug Warmkessel

2nd Bernie Boylan

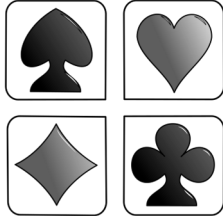
3rd Marion Wolf

October 10, 2024

1st Marion Wolf

2nd Dolores Warmkessel

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

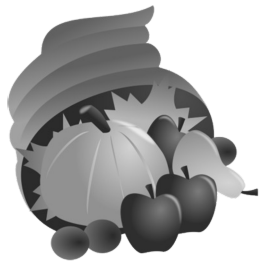
Free and anonymous. Permanent medication collection boxes are now available at the locations below to help reduce the growing statistics of people abusing prescription pain relievers who get them from friends or relatives. Please contact them directly for collection hours, rules, & regulations.

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



November 2024 Menu

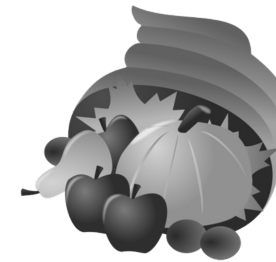
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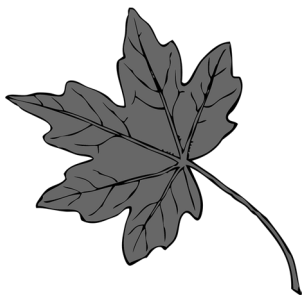
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Monday	Tuesday	Wednesday	Thursday
4 Chicken Salad Platter Dill Cucumber Salad Quinoa salad w bell peppers WW Roll Applesauce	5 CLOSED Election Day	6 Grilled Chicken Ranch Wrap Lima Bean, Corn, Red Pepper Salad Coleslaw Sweet Muffin	7 Seafood Salad Platter Summertime Salad Macaroni Salad WW Roll Fresh Fruit
11 CLOSED Veterans' Day	12 Egg Salad Platter Broccoli Salad Carrot Raisin Salad Whole Wheat Roll Pineapples	13 Roast Beef & Provolone Pickled Beets Coleslaw WW Bread Fruit Cocktail	14 Turkey Salad w Craisins Green Bean Salad Cold Brown Rice Salad Whole Wheat Bread Fresh Fruit
18 Turkey Ham & Swiss Macaroni Salad Green Bean Salad Fresh Fruit	19 Roast Beef & Swiss Sandwich on ww roll Carrot Raisin Salad Fresh Fruit	20 Grilled Chicken Caesar Salad Pasta Salad WW Bread Pears	21 Garden Salad w Chicken Corn & Black Bean Salad WW Bread Chocolate Chip Cookie
25 Seafood Salad Pita Veggie Bean Salad Carrot Salad Pineapples	26 AnitPasto Salaa Tomato White Bean Salad WW Bread Pineapples Sweet Muffin	27 Turkey Swiss Pita Broccoli Salad Macaroni Salad Fresh Fruit	28 CLOSED Thanksgiving
Remember to order By NOON the TUESDAY Before! Suggested donation is \$2 for those over 60.			LUNCH IS SERVED AT NOON



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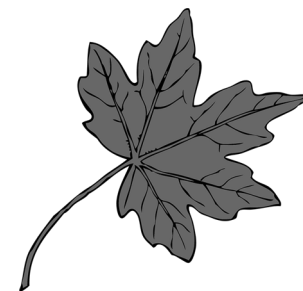
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Monday	Tuesday	Wednesday	Thursday
4 DVD Exercise 10:30 Walking DVD Exercise 11:30 Board Meeting 1:00	5 CLOSED Election Day	6 Tai Chi 10-11:15 Game Day Knitting & Crocheting	7 Game Day Chronic Disease Self Management 9:30-12
11 CLOSED Veteran's Day	12 Chair Yoga 9:30-10:30 Beginner Chair Yoga 10:45 Bingo 1:00	13 Tai Chi 10-11:15 Game Day Knitting & Crocheting Art Club	14 Game Day Pinochle 1:00
18 DVD Exercise 10:30 Walking DVD 11:30-12 Birthday Bingo 12:30	19 Chair Yoga 9:30-10:30 Einstein Nutrition 10:30 Movie 1:00 "Love Punch"	20 Tai Chi 10-11:15 Game Day Knitting & Crocheting	21 Game Day
25 DVD Exercise 10:30 Walking DVD 11:30-12 Membership Meeting 1:00 Vote for 2025 Board	26 Chair Yoga 9:30-10:30 Beginner Chair Yoga 10:45 Bingo 1:00	27 Game Day Knitting & Crocheting Art Club	28 CLOSED Thanksgiving