

January 2025

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: Monday, January 20th for Martin Luther King Jr Day

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.

2025 Board Members: Our new board for 2025 will remain the same with the exception of our assistant treasurer who will now be Veronica McIntosh. Terry Keogh will be a trustee. We thank all for their dedicated service.

Movie: Tuesday, January 21st 1:00 The movie will be “Lemon Drop Kid” starring Bob Hope.

Lunches: There will not be lunches from December 23rd until January 9th. Lunch orders for January 13th are due by noon on Tuesday, January 7th.

Covered Dish Luncheon Tuesday, January 7th. The theme will be “Soup”. There is a sign up sheet at the center. Please let us know if you are bringing soup, salad, bread/crackers, or dessert. Our speaker will be “Friends of the Delaware Canal.”

Einstein Nutrition: Tuesday, January 21st at 10:30. Join us for this informative class which includes learning and sampling a healthy dish.

Library: In addition to books and magazines, our library also has puzzles, DVDs and movies to borrow. Come in and borrow what you want and return it when you are finished.

Games: Games are a great way to keep your mind active, socialize with friends, and generally lift your mood, especially during the dreary days of winter. Arrange to meet with your friends, sign up for lunch, and have a relaxing day at the center among friends.

Exercise Classes: Keep those New Year’s Resolutions. Join our DVD Exercise class on Mondays, our Yoga class on Tuesdays, or our Tai Chi/Qigong class on Wednesdays. Also a great way to make friends while improving your health.

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.

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:

Monday, January 20th 9a-2p at Palisades Middle School

Wednesday February 5th 11a-4p at St. John UCC in Riegelsville Pa

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).

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.

Center Manager: Margie Jesiolowski

Board Members:

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

Trustees:

Lin Brown
Linda Boss
Terry Keogh

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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Owner/Director*

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James P. Donahue, Grandfather*

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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.

.....
 • *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.*

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



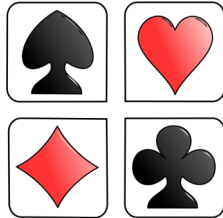
PLEASE NOTE:
ONLY BRING IN CARDS FOR THOSE WITH A STAR * NEXT TO THEIR NAME. IF THERE IS NOT A STAR, PLEASE MAIL THEIR CARD.



Margy Breiner*	1/6
Shirley Milligan	1/8
Paul Gruver*	1/10
Elsie Healy	1/10
Cindy Wiley*	1/11
Sheila Collins	1/12
Joan Apple	1/19
Alfred Sautner	1/22
Peggy Cook	1/25
Edna Mae Nagle*	1/26
Jane Saddington*	1/26
Betty Martin	1/31

Congratulations Pinochle Winners

Will be listed next month



\$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



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Monday	Tuesday	Wednesday	Thursday
Remember to order By NOON the TUESDAY Before! Suggested donation is \$2 for those over 60.	LUNCH IS SERVED AT NOON	1 CLOSED 	2 NO Lunch Served
6 NO Lunch Served	7 Covered Dish Lunch "Soup" Theme	8 NO Lunch Served	9 NO Lunch Served
13 Asian Chicken Salad Cold Sesame Noodle Salad Cucumber & Carrot Salad Whole Wheat Roll Berry Applesauce	14 Spinach Salad Topped with Egg Salad Marinated Beet Salad Dill Cucumber Salad Whole Wheat Bread Fresh Fruit	15 Turkey & Cheese Sandwich Broccoli Salad Carrot & Raisin Salad Sweet Muffin	16 Chicken Taco Salad Corn & Pepper Salsa Marinated Tomato Salad Whole Wheat Roll Fresh Pear
20 CLOSED Martin Luther King Jr Day	21 Tuna Salad Platter Lentil, Tomato & Onion Salad Marinated Broccoli Salad Whole Wheat Bread Chocolate Chip Cookie	22 Chef Salad Macaroni Salad Green Bean Salad Whole Wheat Roll Fresh Orange	23 Vegetable Pasta Salad with Chicken Summer Salad Pineapples Whole Wheat Roll Cinnamon Applesauce
27 Turkey & Cheese Sandwich Broccoli Salad Carrot Raisin Salad Mandarin Oranges	28 Turkey Ham & Swiss Pita Marinated Broccoli Salad Three Bean Salad Fresh Fruit	29 Turkey Wrap Carrot Raisin Salad Fresh Apple	30 Grilled Chicken Salad With Craisins & Almonds Macaroni Salad Carrot Salad Bread Sweet Muffin



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Monday	Tuesday	Wednesday	Thursday
		1 CLOSED 	2 Game Day
6 DVD Exercise 10:30 Board Meeting 1:00	7 Chair Yoga 9:30-10:30 Covered Dish Lunch 12:00 Speaker: Friends of the Delaware Canal	8 Tai Chi Qigong 10-11 Knitting & Crocheting Art Club Games	9 Game Day Pinochle 1:00
13 DVD Exercise 10:30 Birthday Bingo 12:30	14 Chair Yoga 9:30-10:30 Beginner Chair Yoga 10:45 Bingo 1:00	15 Tai Chi Qigong 10-11 Knitting & Crocheting Art Club Games	16 Game Day
20 CLOSED Martin Luther King Jr day	21 Chair Yoga 9:30-10:30 Movie 1:00 Einstein Nutrition 10:30	22 Tai Chi Qigong 10-11 Knitting & Crocheting Art Club Games	23 Game Day Pinochle 1:00
27 DVD Exercise 10:30 Membership Meeting 1:00	28 Chair Yoga 9:30-10:30 Beginner Chair Yoga 10:45 Bingo 1:00	29 Tai Chi Qigong 10-11 Knitting & Crocheting Art Club Games	30 Game Day