

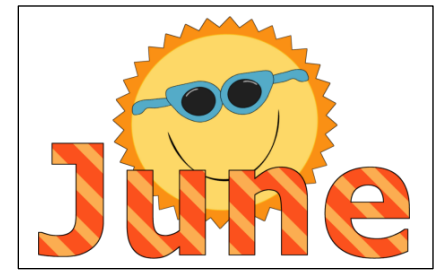
# June 2026

Eastern Upper Bucks Senior Center

8040 Easton Road (Route 611) PO Box 545 Ottsville, PA 18942

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

Email: [eubseniors@epix.net](mailto:eubseniors@epix.net) Website: [easternupperbucksseniorcenter.com](http://easternupperbucksseniorcenter.com)



**Membership Dues** are \$20. They will be due on July 1<sup>st</sup>. Your membership is for July 1, 2026 to June 30, 2027.

**When you renew your membership you will need to fill out the Center Registrant Data Sheet from BCAA including the Nutrition Information on the back.** Federal funding is concentrating on "Nutrition" now so this information must be sent to BCAA. Bucks County Area Agency on Aging requires that your information be updated annually. When you pay your dues, you will receive your membership card – this is your receipt that your dues are paid. You will not receive a new co-pilot card. If you have lost yours or it is otherwise unusable, you can look your name up in co-pilot to sign in.

**Produce Vouchers** Vouchers will be available to anyone who lives in Bucks County, will be 60 years old by December 31, 2026, meets the income requirements and does not live in a facility where meals are served. **Vouchers will be distributed at the senior center ONLY Tuesdays and Wednesdays from 10-12 beginning in early June.** Feel free to call to see if they are in yet before you come in.

**Covered Dish Luncheon** Tuesday, June 2<sup>nd</sup> at 12:00. After the luncheon Joan & Bill Foley will present a trivia on old tv shows and movies.

**Spring Lottery:** \$5 per ticket. Two \$25 winners every Thursday from May 21<sup>st</sup> to July 2<sup>nd</sup>. Grand Prize of One \$200, One \$100, and One \$50 winner will be drawn on July 9<sup>th</sup>. Please return the tickets with the money to the senior center by May 20<sup>th</sup>. If you would like more tickets, they are available at the senior center.

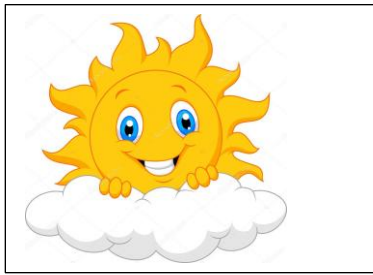
**Einstein Nutrition** Next class is Tuesday, June 16<sup>th</sup> at 10:30. Please sign up for this fun and informative class.

**Johnny Cash Tribute** at Hunterdon Hills Friday, June 19<sup>th</sup>. Cost is \$95 per person. Reservations and payment due May 19<sup>th</sup>. Drive yourself or carpool. Arrive by 11am.

**Tom's River Cruise** Thursday, August 20<sup>th</sup> Cost \$120.

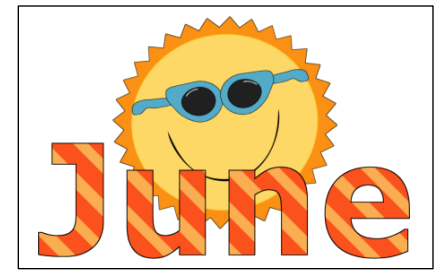
**Comedy Show "Send Me No Flowers" at Hunterdon Hills** Thursday, September 17<sup>th</sup> \$90.

**Christmas Show at Hunterdon Hills** Friday, December 4<sup>th</sup> \$85.



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***“Don’t let what you cannot do interfere with what you can do!”***

**Co-Pilot** Please remember to sign in to Co-Pilot EVERY TIME you visit the center. **ALWAYS check Center Visit in addition to whatever activity 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.

**Lunch** will be served at 12:00 noon Monday—Thursday. (except Bingo days 11:30) 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. 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 or contact your state representative.

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

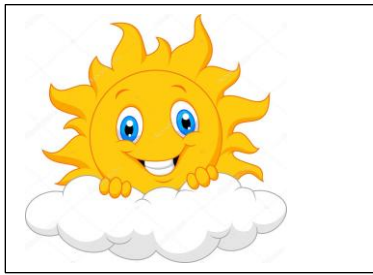
Bucks County Court House 215-348-6000

Plumstead Township Police Department 215-766-8741

Springfield Township 610-346-6700

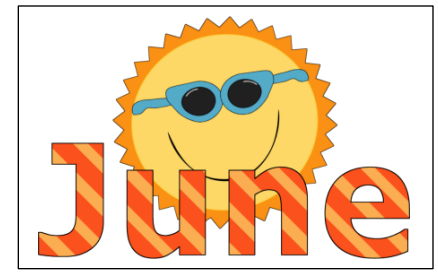
**Lord’s Pantry** at St John the Baptist Church in Ottsville 610-847-2402

A bin for food donations for the Lord’s Pantry is at the senior center.



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If you are in need of food, the pantry is open Mondays 2-5, Tuesdays 9:30-11:30 and Thursdays 9:30-1:30

**Fresh Connect** 215-345-8175, website: [bcoc.org](http://bcoc.org)

First and Third Thursdays from 11-12 at 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 bag per household. Please bring your own bags.

**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.

**Auto Registration Form Applications for Retired Persons** at a discount are available at the senior center. Eligibility requirements are listed on the bottom of the form.

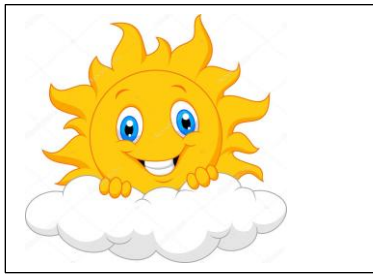
**Stop Telemarketing Calls** Register for the national list and the Pennsylvania list. Make sure to register all names in the household. You must call from the number you are registering.

**National Do Not Call** 888-382-1222

**Pennsylvania Do Not Call** 888-777-3406

**Bucks County Area Agency on Aging** 55 East Court Street, 3<sup>rd</sup> Floor, Doylestown, PA 18901 Phone #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.



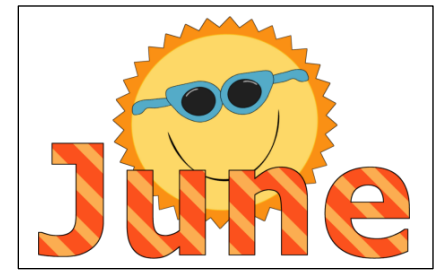
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**Center Manager:** Margie Jesiolowski

**Board Members:**

Barbara Naska, President

Janet Vanderlely, Vice President

Cathy Lutz, 2nd Vice President

Linda Boss, Secretary

Marion Wolf, Treasurer

Veronica McIntosh, Assistant Treasurer

**Trustees:**

Terry Keogh

Kim Rivera

Shirley Anderson

**Food Service Coordinator:** Veronica McIntosh

**Trip Coordinators:** Jim & Terry Keogh

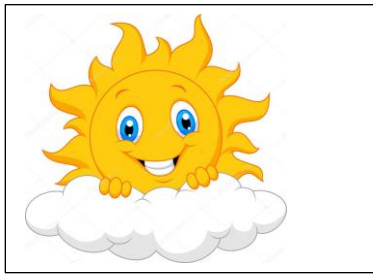
Eastern Upper Bucks Senior Center is funded, in part, under a contract with the Pennsylvania Department of Aging and The County of Bucks.

Please tell your friends and family 55+ to join our senior center. Dues are \$20 per year. (July 1st to June 30th)

**June Birthdays**

Please only bring in cards for those with a star\* next to their name. If there is not a star, please mail their card. If you do not have their address, bring the card with a stamped envelope and we can mail it for you.

Irene Fleck	June 3
Ed Schwartz	June 5
Mary Ellen Itterly	June 9
Marilyn Anderson	June 9
Julia Fluck	June 11
Debbie Potter *	June 13
Harry Markley *	June 13
George Bowen	June 16
June Schwartz	June 18
Linda Szakacs-Nelson	June 18
Jo High	June 19
Judy Bowen	June 20
Terry Keogh *	June 30



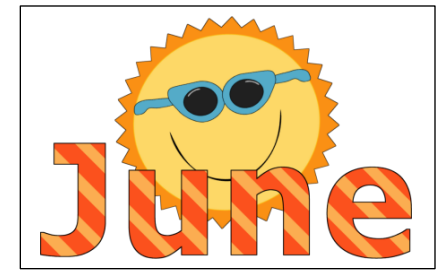
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We are four generations of professionalism dedicated to offering an alternative to the escalating costs of funerals without sacrificing quality and service.

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

[www.DonahueFuneral.com](http://www.DonahueFuneral.com)  
1218-20 Bethlehem Pike, Flourtown, PA 19031  
P.O. Box 1556, Doylestown, PA 18901

[DonahueFuneral@gmail.com](mailto:DonahueFuneral@gmail.com)



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## Banking for Greater Growth.

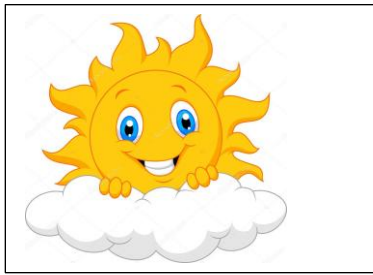
Start Here. Grow Here. Stay Here.

Let's talk about your growth strategy today.

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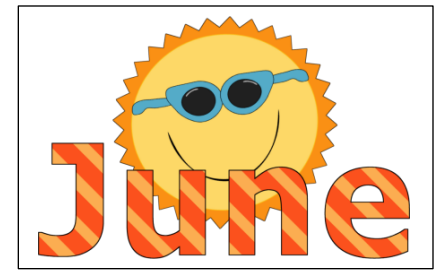
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## Senior Center Monthly Activities

**DVD Exercise** – Mondays 10:30-11:30

**Game Days** – Wednesdays & Thursdays

**QiGong** – Tuesdays 10-11

**Tai Chi** – Wednesdays 10-11

**Knitting & Crocheting** – Wednesdays 10:00

**Art Club** – Wednesdays 10:00

**Board Meeting** – 1<sup>st</sup> Monday 1:00 (Board Members ONLY please)

**Covered Dish Luncheon** – 1<sup>st</sup> Tuesday 12:00

**Pinochle Tournament** – 2<sup>nd</sup> & 4<sup>th</sup> Thursday 1:00

**Birthday Bingo** – 3<sup>rd</sup> Monday 12:30

**Membership Meeting** - 4<sup>th</sup> Monday 1:00

**Cash Bingo** – Two Tuesdays a month 1:00

**Check the monthly calendar for exact dates.**

Please tell your friends and family 55+ to come join our friendly senior center. Dues are \$20 per year (July 1st to June 30<sup>th</sup>)  
Classes are \$5 for members, \$7 for non-members.

## **Congratulations Pinochle Tournament Winners**

**4-23-26**

**1<sup>st</sup> Marion Wolf**

**2<sup>nd</sup> Ruth Gruver**

**3<sup>rd</sup> Harry Markley**

## Healthy Eating on the Run (Academy of Nutrition & Dietetics)

Think ahead and plan where you will eat. Consider what meal options are available. Look for places with a wide range of menu items.

Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for “healthier” choices.

Review and compare nutrition information if it’s available. Menu terms that may indicate and item is healthier include: baked, braised, broiled, grilled, poached, roasted or steamed.

Menu terms that usually mean a food is higher in saturated fat and calories include: batter-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.

Think about your food choices for the entire day. If you’re planning a special restaurant meal in the evening, have a light breakfast and lunch.

Hold the bread or chips until your meal is served. Hunger may drive you to fill up on these foods before the meal arrives.

Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides calories without any nutrients.

Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.

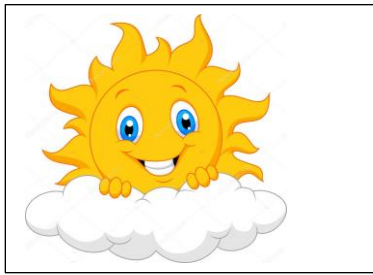
Begin with soup or a salad as a way to include more vegetables at mealtime. Follow up with a light main course.

Or choose a salad with grilled chicken or seafood as your main course.

It’s ok to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces on the side.

Ask for sauces, dressings and toppings to be served “on the side”. Then you can control how much you eat.

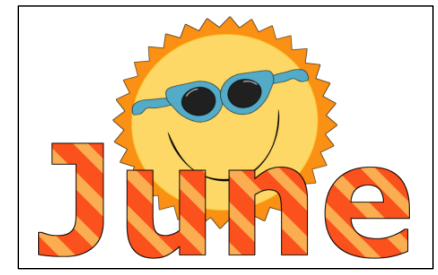
Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal. (Some restaurants may not permit this or will charge for an extra plate.)



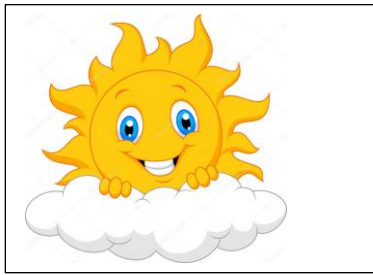
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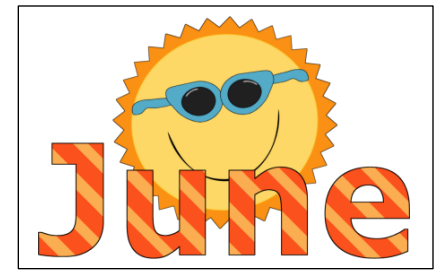
Monday	Tuesday	Wednesday	Thursday
<b>1 Tuna Salad Platter</b> Cold Couscous Salad Cucumber Dill Salad Mini Bagel, Fresh Orange	<b>2 Covered Dish Luncheon</b>	<b>3 Chicken Salad, WW Pita</b> Cucumber Tomato Onion Pepper Salad Macaroni Salad Fruit Cocktail	<b>4 Rainbow Cobb Salad</b> Summer Salad Macaroni Salad WW Bread, Pineapples
<b>8 Cranberry Almond Chicken</b> <b>Spinach Salad</b> Marinated Carrot Salad Cold Brown Rice Salad WW Roll, Applesauce	<b>9 Seafood Salad &amp; Cheese</b> Green Bean Salad Pasta & Pepper Salad WW Roll, Peaches	<b>10 Turkey Hoagie</b> Potato Salad 3 Bean Salad Fresh Orange	<b>11 Tuna &amp; Cucumber Salad</b> Broccoli Salad w Craisins Tri Color Pasta Salad, Saltines WW Roll, Mandarin Oranges
<b>15 Tuna Salad Platter</b> Cold Couscous Salad Cucumber Dill Salad Mini Bagel Fresh Orange	<b>16 Chicken Salad, WW Pita</b> Cucumber Tomato Onion Pepper Salad Macaroni Salad Fruit Cocktail	<b>17 Seafood Salad &amp; Cheese</b> Dill Cucumber Salad Corn, Pepper & Black Bean Salad WW Roll Fresh Peach	<b>18 Asian Chicken Salad</b> Cucumbers & Carrots Asian Pasta Salad WW bread Chocolate Cake
<b>22 Deli Salad</b> Tomato Onion Salad Potato Salad WW Roll, Mandarin Oranges	<b>23 Turkey Hoagie</b> Potato Salad 3 Bean Salad Fresh Orange	<b>24 Grilled Chicken Salad</b> Corn, Black Beans, Tomato Salad Broccoli Salad WW bread, Sweet Muffin	<b>25 Seafood Salad &amp; Cheese</b> Green Bean Salad Pasta & Pepper Salad WW Roll, Peaches
<b>29 Chicken Caesar Salad</b> Chickpea Salad, Bowtie Pasta Salad WW Bread, Applesauce	<b>30 Chicken Salad, WW Pita</b> Cucumber Tomato Onion Pepper Salad Macaroni Salad Fruit Cocktail		



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Monday	Tuesday	Wednesday	Thursday
<b>1</b> DVD Exercise 10:30-11:30 <b>Board Meeting 1:00</b>	<b>2</b> Qi Gong 10-11 <b>Covered Dish Lunch 12:00</b> <b>Old TV Shows &amp; Movie Trivia</b> <b>Presented by Bill &amp; Joan Foley</b>	<b>3</b> Tai Chi 10-11 Knit/Crochet Art Club Games	<b>4</b> Games <b>Active Living Everyday 10:00</b>
<b>8</b> DVD Exercise 10:30-11:30	<b>9</b> QiGong 10-11 <b>Bingo 1:00</b>	<b>10</b> Tai Chi 10-11 Knit/Crochet Art Club Games	<b>11</b> Games <b>Active Living Everyday 10:00</b> Pinochle 1:00
<b>15</b> DVD Exercise 10:30-11:30 <b>Birthday Bingo 12:30</b>	<b>16</b> QiGong 10-11 <b>Nutrition Class 10:30</b>	<b>17</b> Tai Chi 10-11 Knit/Crochet Art Club Games	<b>18</b> Games <b>Active Living Everyday 10:00</b>
<b>22</b> DVD Exercise 10:30-11:30 <b>Membership Meeting 1:00</b>	<b>23</b> Qi Gong 10-11 <b>Bingo 1:00</b>	<b>24</b> Tai Chi 10-11 Knit/Crochet Art Club Games	<b>25</b> Games <b>Active Living Everyday 10:00</b> Pinochle 1:00
<b>29</b> DVD Exercise 10:30-11:30	<b>30</b> Qi Gong 10-11		<b>"Johnny Cash Tribute" at Hunterdon Hills</b> <b>Friday, June 19th</b>