

# August 2026

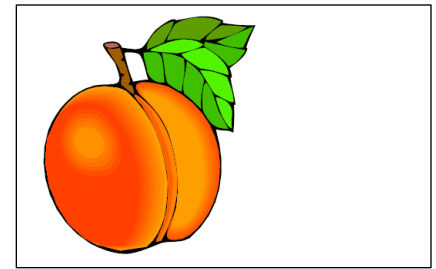
Eastern Upper Bucks Senior Center

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.

**Covered Dish Luncheon** Tuesday, August 4<sup>th</sup> at 12:00. Our speaker will be Dr Jake Yerkes, DPT from Total Performance Physical Therapy in Dublin. He will speak on elbow, wrist and hand pain, what you should know and exercises you can do at home.

**NEW ACTIVITIES** We are starting several new activities based on your feedback from the surveys. Thanks for the ideas and donations!

**Chair Volleyball:** Thursday August 6<sup>th</sup> and August 20<sup>th</sup>. Time is 1:00 to 2:30. Cost is \$2 per member.

**Cornhole:** Thursday, August 31<sup>st</sup>. Time is 1:00-2:30 Cost is \$2 per member.

**Guessing Game:** \$1 guess. Guess the number of specific items in the jar. Guess correctly and win half the money collected. The other half goes to the senior center. The jar is for display only. Cash prize. New game every month. If you have questions, see Patti Vasey.

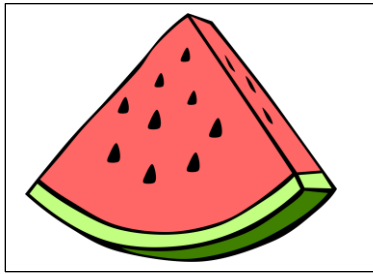
**Scavenger Hunt:** Free to Play. To participate, get a list from the senior center, then gather all items from the list. Bring items to the senior center in a gallon ziploc bag with the checklist and your name. The first person to bring all correct items wins a \$10 Giant Gift card. New game every three months. If you have questions, see Patti Vasey.

**Comedy Show "Send Me No Flowers" at Hunterdon Hills** Thursday, September 17<sup>th</sup> Cost is \$90. Drive yourself or carpool. Arrive by 11am. Reservations and Payment due 8-13-26.

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

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

***No act of kindness, no matter how small is ever wasted. - Aesop***



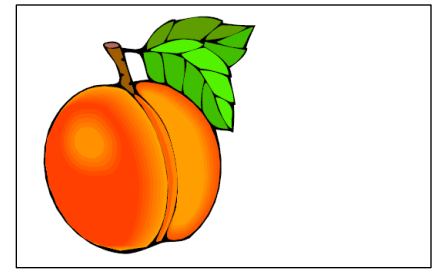
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**Co-Pilot** Please remember to sign in to Co-Pilot EVERY TIME you visit the center. **ALWAYS check Center Visit in addition to whatever activity you are here for.** If you signed up for lunch on that day, don't forget to check Lunch. This information 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. Checks will be mailed beginning July 1<sup>st</sup>.

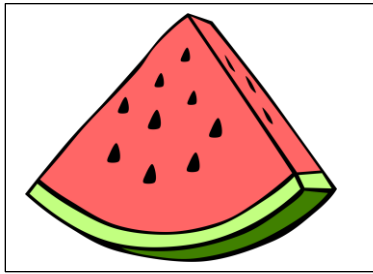
**Got Drugs?** Bucks County Medication Disposal, free and anonymous. Permanent medication collection boxes are now available at the locations below to help reduce growing statistics of people abusing prescription pain relievers who get them from friends or relatives. Please contact them directly for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



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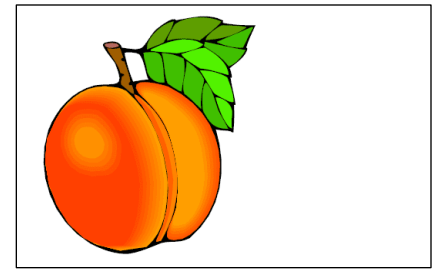
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**Fresh Connect** 215-345-8175, website: [bcoc.org](http://bcoc.org)

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

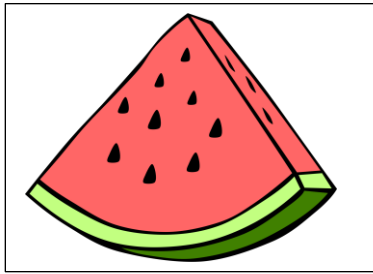
The broad goal of the agency is to develop and provide comprehensive services to help persons aged 60+ maintain independence in their homes and communities. Bucks County Area Agency on Aging offers more than 20 programs to help older adults and their families and is an advocate for all older persons 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.

**Blood Drives:** Thursday, August 20<sup>th</sup> Frenchtown Presbyterian 1-6pm

Tuesday, September 8<sup>th</sup> Deep Run Mennonite 1-6pm

Wednesday, September 30<sup>th</sup> St Johns UCC Riegelsville 2-7pm

Friday, October 2<sup>nd</sup> Deep Run Presbyterian 12noon-5pm



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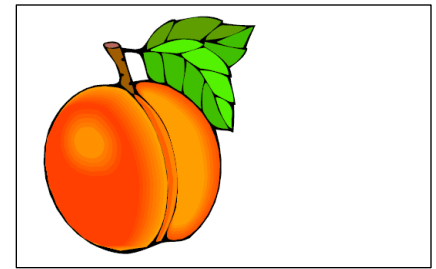
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**Center Manager:** Margie Jesiolowski

**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)

**Welcome New Members**

Cheryl Harrison

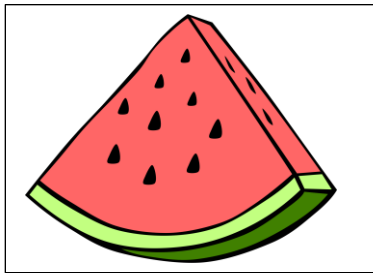
Ann Stimmell

Edythe McPeck

**August 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.

|                    |        |
|--------------------|--------|
| Carol Jane Ott *   | Aug 5  |
| Patricia Donnelly  | Aug 6  |
| Joan Foley *       | Aug 7  |
| Candy Traven       | Aug 9  |
| Doug Warmkessel *  | Aug 10 |
| Janet Reidler      | Aug 12 |
| Ken Sassaman *     | Aug 12 |
| Erma Trauger       | Aug 13 |
| Elva Guttman       | Aug 17 |
| Anne Morey         | Aug 18 |
| Virginia Weaver *  | Aug 18 |
| Doug Braeuer *     | Aug 20 |
| Matthew Wadas      | Aug 21 |
| Susan French       | Aug 22 |
| Nancy Seidenberger | Aug 22 |
| Shirley Anderson * | Aug 25 |
| Hilda Thran        | Aug 25 |
| Elizabeth McHugh   | Aug 30 |
| Fran Lutz          | Aug 30 |
| Helen Dungan *     | Aug 31 |



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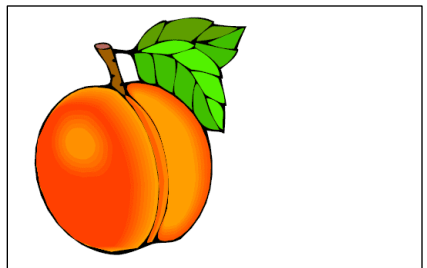
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## DONAHUE FUNERAL HOME

215-429-4964

*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 (includes casket)                                 | \$4900 |
| Traditional Viewing followed by Cremation<br>(includes rental casket) | \$3800 |
| Cremation with Memorial Mass                                          | \$2000 |
| Direct Cremation                                                      | \$1200 |

*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)



## 2025 Spring Lottery Winners

|         |                 |       |                        |
|---------|-----------------|-------|------------------------|
| 6-18-26 | Brent Morris    | \$25  | Seller Cornelia Morris |
| 6-18-26 | Benjamin Naska  | \$25  | Seller Barb Naska      |
| 6-25-26 | Janet Cantono   | \$25  |                        |
| 6-25-26 | Jessica Womack  | \$25  | Seller Terry Keogh     |
| 7-2-26  | Nina Harkins    | \$25  | Seller Kathy Darrow    |
| 7-2-26  | Mackenzie Naska | \$25  | Seller Barb Naska      |
| 7-9-26  | Frank Balbirer  | \$200 |                        |
| 7-9-26  | Mary Lindsay    | \$100 |                        |
| 7-9-26  | Barry Snyder    | \$50  | Seller Ida Bowlby      |



### Ryan Witte

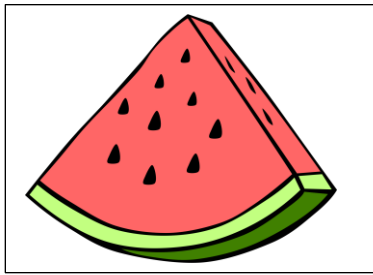
Dublin Financial Center Manager

Penn Community Bank  
142 North Main Street  
Dublin, PA 18917

e: [rwitte@penncommunitybank.com](mailto:rwitte@penncommunitybank.com)  
o: 215.257.5035 Ext. 2501

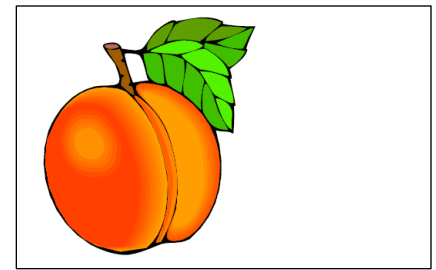
[PennCommunityBank.com](http://PennCommunityBank.com)  
Member FDIC





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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**

**6-25-26**

**1<sup>st</sup>** Harry Markley  
**2<sup>nd</sup>** Ruth Gruver  
**3<sup>rd</sup>** Marion Wolf

**7-9-26**

**1<sup>st</sup>** Harry Markley  
**2<sup>nd</sup>** Cindy Wiley  
**3<sup>rd</sup>** Doug Warmkessel

## **Get Ready to Grill Safely**

[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

**Separate:** When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.

**Chill:** Keep meat, poultry and seafood refrigerated until ready to grill. When transporting, keep at 40° or below in an insulated cooler.

**Clean:** Wash your hands with soap before and after handling raw meat, poultry and seafood. Wash work surfaces, utensils and the grill before and after cooking.

**Cook:** Use a food thermometer to ensure meat is cooked until hot enough to kill harmful germs. When smoking, keep temperatures inside the smoker to **225°F** to **300°F** to keep meat at a safe temperature while it cooks.

**145°F** beef, pork, lamb, veal (then let rest 3 minutes before serving)

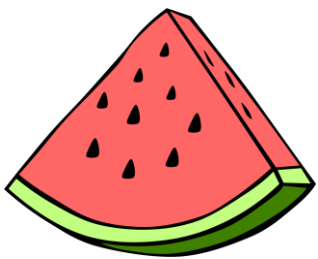
**145°F** fish

**160°F** hamburgers and other ground meat

**165°F** poultry

**Don't cross-contaminate:** Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.

**Refrigerate:** Divide leftovers into small portions and place in covered shallow containers. Put in freezer or fridge within two hours of cooking. (One hour if above 90° outside.)



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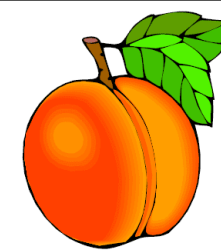
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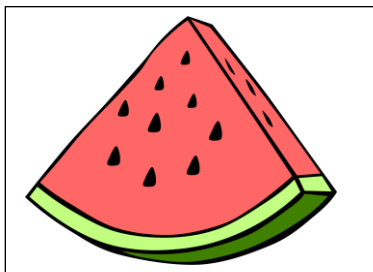
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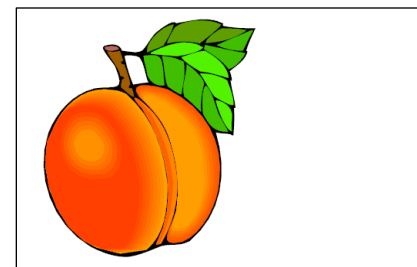
| Monday                                                                                                                     | Tuesday                                                                                              | Wednesday                                                                                                                                               | Thursday                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| <b>3 Honey BBQ Chicken Ranch Salad</b><br>Southern Garden Medley<br>Mandarin Oranges<br>Whole Wheat Roll                   | <b>4 Covered Dish Luncheon</b>                                                                       | <b>5 Roast Beef Caesar Salad</b><br>Chickpea Salad<br>Carrot Salad<br>WW roll, Fresh Fruit                                                              | <b>6 Tuna Cucumber Salad Plate</b><br>Broccoli Salad w Craisins<br>Tri Color Pasta Salad<br>WW Roll, Saltines, Applesauce |
| <b>10 Turkey Hoagie</b><br>Potato Salad<br>3 Bean Salad<br>Fresh Orange                                                    | <b>11 Roast Beef Special Wrap</b><br>Coleslaw<br>Cucumber Salad<br>Pudding                           | <b>12 Crunchy Chinese Chicken Salad</b><br>Mandarin Oranges<br>Asian Pasta Salad<br>WW Roll                                                             | <b>13 Seafood Salad &amp; Cheese</b><br>Dill Cucumber Salad<br>Corn, Pepper, Black Bean Salad<br>WW Roll, Fresh Fruit     |
| <b>17 Greek Salad w Chicken</b><br>Tomato Onion Salad<br>Lemon Oregano Salad<br>WW roll, Applesauce                        | <b>18 Spinach Salad with Turkey</b><br>Carrot Raisin Salad<br>Pineapples, Oatmeal Cookie<br>WW Bread | <b>19 Egg Salad Plate</b><br>Summer Salad<br>Potato Salad<br>WW Roll, Pineapples                                                                        | <b>20 Pesto Chicken Wrap</b><br>Tri Color Pasta Salad<br>Basil Tomato & White Bean Salad<br>Fresh Fruit                   |
| <b>24 Italian Chopped Salad</b><br>Mediterranean Chickpea Salad<br>Lemon Herb Brown Rice Salad<br>WW Bread, Fruit Cocktail | <b>25 Chicken Salad Plate</b><br>Health Salad<br>Tropical Fruit Salad<br>WW Roll, Fresh Fruit        | <b>26 Deli Salad</b><br>Coleslaw<br>Three Bean Salad<br>Sweet Muffin                                                                                    | <b>27 Rainbow Cobb Salad</b><br>Summer Salad<br>Macaroni Salad<br>WW Bread, Pears                                         |
| <b>31 Dijon Turkey &amp; Swiss Wrap</b><br>Coleslaw<br>Pineapples<br>Graham Crackers                                       |                                                                                                      | <b>Lunch is served at 12 except<br/>           Bingo days at 11:30.<br/>           Suggested donation of \$2 for<br/>           those 60 and older.</b> | <b>Orders due by noon on<br/>           Tuesday for the following<br/>           week.</b>                                |



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| Monday                                                               | Tuesday                                                                  | Wednesday                                                                    | Thursday                                                                            |
|----------------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>3</b> DVD Exercise 10:30-11:30<br><b>Board Meeting 1:00</b>       | <b>4</b> Covered Dish Lunch 12:00<br><b>Speaker: Dr. Jake Yerkes DPT</b> | <b>5</b> Tai Chi 10-11(Practice ONLY)<br>Knit/Crochet<br>Art Club<br>Games   | <b>6</b> Games<br><b>Active Living Everyday 10:00</b><br>Chair Volleyball 1:00-2:30 |
| <b>10</b> DVD Exercise 10:30-11:30                                   | <b>11</b> Bingo 1:00                                                     | <b>12</b> Tai Chi 10-11 (Practice ONLY)<br>Knit/Crochet<br>Art Club<br>Games | <b>13</b> Games<br><b>Active Living Everyday 10:00</b><br>Pinochle 1:00             |
| <b>17</b> DVD Exercise 10:30-11:30<br><b>Birthday Bingo 12:30</b>    | <b>18</b> Nutrition Class 10:30                                          | <b>19</b> Tai Chi 10-11 (Practice ONLY)<br>Knit/Crochet<br>Art Club<br>Games | <b>20</b> Games<br>Chair Volleyball 1:00-2:30                                       |
| <b>24</b> DVD Exercise 10:30-11:30<br><b>Membership Meeting 1:00</b> | <b>25</b> Bingo 1:00                                                     | <b>26</b> Tai Chi 10-11 (Practice ONLY)<br>Knit/Crochet<br>Art Club<br>Games | <b>27</b> Games<br>Pinochle 1:00                                                    |
| <b>31</b> DVD Exercise 10:30-11:30<br>Cornhole 1:00-2:30             |                                                                          |                                                                              |                                                                                     |