



October 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 Website: easternupperbucksseniorcenter.com



The senior center will be CLOSED on Monday, October 11th for Columbus Day.

Septa Senior Fare Card Tuesday, September 29th from 10-1, Daniel Mainieri from Senator Jarrett Coleman's office will be at the senior center to issue Septa Senior Fare Cards. Please sign up.

Vaccine Clinic Thursday, October 1st from 10:30-12:00. BCHIP and Giant will be at the senior center for a vaccine clinic. See Margie to sign up.

Covered Dish Luncheon Tuesday, October 6th at 12:00. Following lunch, Linda Frey from Code Blue and Joanne Cramer from Outreach Care will share information about how their programs help people facing homelessness.

Fall Raffle: \$5 per ticket. Two \$25 winners every Thursdays from October 29th to December 10th. Grand Prize of One \$200, One \$100, and One \$50 Winner will be drawn on December 17th. Please return the tickets with the money to the senior center by October 26th. If you would like more tickets, they are available at the senior center.

Drug Take Back Day: Saturday, October 24th from 10-2. Nearest location is Wehrungs. There is a list of locations on the bulletin board.

Christmas Show at Hunterdon Hills Friday, December 4th \$85. Drive yourself or carpool. Arrive by 11am. Reservations and payment due November 4th.

Cookie Walk SAVE THE DATE: Saturday, December 12th.

Christmas Luncheon SAVE THE DATE: Tuesday, December 15th.

FOR SALE: We have **two** O-Cedar Rinse Clean Spin Mop & Bucket Systems for sale. Paid \$50 each in 2025. The mop does not work well on our cement floors, so we are selling them. One is brand new, the other is slightly used. Please make an offer. Speak to Marion Wolf or Barbara Naska.

“Act as if what you do makes a difference. It does.” William James



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THANK YOU to Palisades Community Foundation for their generous donation to the senior center.

THANK YOU to Snipes Farm for delivering fresh vegetables to the senior center this summer.

THANK YOU to all our members who donated to our senior center.

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

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. 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 1st.

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



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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

Fresh Connect 215-345-8175, website: 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.

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, 3rd 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 Drive Friday, October 2nd Deep Run Presbyterian 12noon-5pm



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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)

We will miss our dear friends who recently passed away:

Harold Rick

Daniel Eck

October 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.

Sarah Chadwick	10-7
Betty Monroe	10-10
Shirley Bonsall *	10-11
Sonja Mitchell	10-12
Sheree Cote *	10-14
Sally Hetrick *	10-17
Edythe McPeck *	10-17
Kathy Weiss	10-18
James Farley	10-21
Cathy Snyder	10-23
Bruce Hellerick	10-26
Marianne Scott	10-26
Theresa Derstine	10-27
Bill Foley *	10-27
Joanne Rush	10-27
Kris Simmons *	10-27



Ryan Witte

Dublin Financial Center Manager

Penn Community Bank
142 North Main Street
Dublin, PA 18917

e: rwitte@penncommunitybank.com
o: 215.257.5035 Ext. 2501

PennCommunityBank.com
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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



Easy Ways to Boost Fiber in Your Daily Diet

Fiber is an essential nutrient. However, many Americans fall short of the recommended daily amount in their diets. Women should aim for about 25 grams of fiber per day, while men should target about 38 grams, or 14 grams for every 1,000 calories.

Dietary fiber contributes to health and wellness in a number of ways. First, it aids in providing fullness after meals, which helps promote a healthy weight. Second, adequate fiber intake can help to lower cholesterol. Third, it helps prevent constipation and diverticulosis. And fourth, adequate fiber from food helps keep blood sugar levels within a healthy range.

Fiber is found in plant foods. Eating the skin or peel of fruits and vegetables provides a greater dose of fiber, which is found naturally in these sources. Fiber also is found in beans and lentils, whole grains, nuts and seeds. Typically, the more refined or processed a food is, the lower its fiber content. For example, one medium apple with the peel contains 4.4 grams of fiber, while $\frac{1}{2}$ cup applesauce contains 1.4 grams, and 4 oz of apple juice contains no fiber.

For breakfast, choose steel cut oats with nuts and berries instead of a low fiber, refined cereal. At lunch, have a sandwich or wrap on a whole grain tortilla or whole grain bread and add veggies, such as lettuce and tomato or serve with veggie soup. For a snack, have fresh veggies or whole-grain crackers with hummus. With dinner, try brown rice or whole grain noodles instead of white rice or pasta made with white flour.

1 large pear with skin (7 grams), 1 cup fresh raspberries (8grams)
 $\frac{1}{2}$ medium avocado (5 grams), 1 ounce almonds (3.5 grams)
 $\frac{1}{2}$ cup cooked black beans (7.5 grams) 3 cups air-popped popcorn (3.6 grams)
1 cup cooked pearled barley (6 grams)

When increasing fiber. Be sure to do it gradually and drink plenty of fluids. As dietary fiber travels through the digestive track, it is similar to a new sponge. It needs water to plump up and pass smoothly. If you consume more than your usual intake of fiber but not enough fluid, you may experience nausea or constipation. Studies have found that fiber supplements may not have the same benefits, so try to get your fiber from real foods.



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Senior Center Monthly Activities Check the monthly calendar for exact dates.

DVD Exercise – Mondays 10:30-11:30
Game Days – Wednesdays & Thursdays
QiGong – Tuesdays 10-11 (\$5 member/\$7 non member)
Tai Chi – Wednesdays 10-11 (\$5 member/\$7 non member)
Knitting & Crocheting – Wednesdays 10:00
Art Club – Wednesdays 10:00
Board Meeting – 1st Monday 1:00 (Board Members ONLY please)
Covered Dish Luncheon – 1st Tuesday 12:00
Pinochle Tournament – 2nd & 4th Thursday 1:00 (\$2)
Birthday Bingo – 3rd Monday 12:30
Membership Meeting - 4th Monday 1:00
Cash Bingo – Two Tuesdays a month 1:00
Chair Volleyball - Check calendar for dates (\$2)
Cornhole - Check calendar for dates (\$2)
Mah Jong – Check calendar for dates

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

Congratulations Pinochle Tournament Winners

August 27, 2026

1st Doug Warmkessel
2nd Harry Markley
3rd Cindy Wiley

September 10, 2026

1st Dolores Warmkessel
2nd Howard Lammerding
3rd Marion Wolf



Larry F. Rakowsky, D.M.D., P.C.
Nina Rakowsky, D.M.D.

7601 Easton Road
Ottsville, PA 18942
610-847-2433
info.rfdentistry@gmail.com
rakowskyfamilydentistry.com

We are accepting new patients!

**Guess the
Number of
Seashells Winner:
Ben Naska**





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Monday	Tuesday	Wednesday	Thursday
Orders due by noon on Tuesday for the following week.	Lunch is served at 12 except Bingo days at 11:30. Suggested donation of \$2 for those 60 and older.		1 Honey BBQ Chicken Ranch Salad Corn, Green Bean, Pepper, Onion Salad Whole Wheat Roll, Mandarins
5 Crunchy Chinese Chicken Salad Mandarin Oranges Asian Pasta Salad WW Roll	6 Covered Dish Luncheon	7 Chicken Salad Plate Health Salad Tropical Fruit Salad WW Roll, Peaches	8 Turkey Ham & Cheese Hoagie Potato Salad 3 Bean Salad Fresh Orange
12 CLOSED Columbus Day	13 Pesto Chicken Wrap Tri Color Pasta Salad Basil Tomato & White Bean Salad Fresh Fruit	14 Roast Beef Caesar Salad Chickpea Salad Marinated Carrot Salad WW roll, Fresh fruit	15 Honey Dijon Salad with Grilled Chicken & Sweet Potato Pickled Beet Salad WW Roll, Applesauce
19 Deli Sandwich Coleslaw 3 Bean Salad Sweet Muffin	20 Rainbow Cobb Salad Summer Salad Macaroni Salad WW Bread, Pears	21 Crunchy Chinese Chicken Salad Mandarin Oranges Asian Pasta Salad WW Roll, Fresh Orange	22 Pasta Salad with Chicken Chickpea Salad Whole Wheat Bread Fruit Cocktail
26 Tuna Cucumber Salad Plate Broccoli Salad w Craisins Tri Color Pasta Salad WW Roll, Saltines, Applesauce	27 Egg Salad Plate Summer Salad Potato Salad WW Roll, Fresh Fruit	28 Honey BBQ Chicken Ranch Salad Corn, Green Bean, Pepper, Onion Salad Whole Wheat Roll, Mandarins	29 Dijon Turkey & Swiss Wrap Coleslaw Pineapples Graham Crackers



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Monday	Tuesday	Wednesday	Thursday
			1 Vaccine Clinic 10:30-12 Games Cornhole 1:00-2:30
5 DVD Exercise 10:30 Board Meeting 1:00	6 QiGong 10-11 Covered Dish 12:00 Speakers: Linda Frey (Code Blue) & Joanne Cramer (Outreach Care)	7 Tai Chi 10-11 Knit/Crochet Art Club Games	8 Games Mah Jong 10:00 Pinochle 1:00
12 CLOSED Columbus Day	13 Bingo 1:00	14 Tai Chi 10-11 (Practice ONLY) Knit/Crochet Art Club Games	15 Games Chair Volleyball 1:00-2:30
19 DVD Exercise 10:30-11:30 Birthday Bingo 12:30	20 QiGong 10-11 Cornhole 1:00-2:30 Nutrition Class 10:30	21 Tai Chi 10-11 Knit/Crochet Art Club Games	22 Games Mah Jong 10:00 Pinochle 1:00
26 DVD Exercise 10:30-11:30 Membership Meeting 1:00	27 QiGong 10-11 Bingo 1:00	28 Tai Chi 10-11 Knit/Crochet Art Club Games	29 Games Chair Volleyball 1:00-2:30