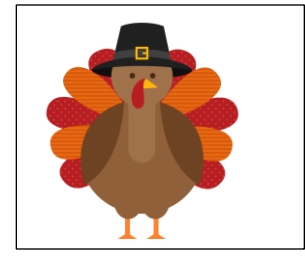


November 2026

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 Tuesday, November 3rd for Election Day
Wednesday, November 11th for Veterans' Day
Thursday, November 26th for Thanksgiving 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.

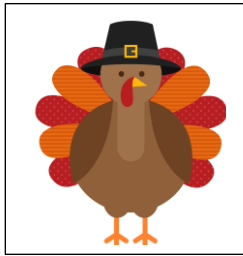
Fall Raffle: \$5 per ticket. Two \$25 winners every Thursdays from October 29th to December 10th. Grand Prize of One \$200, One \$100, and One \$50 Winner will be drawn on December 17th. Please return the tickets with the money to the senior center by October 26th. If you would like more tickets, they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

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

Cookie Walk Saturday, December 12th Doors open at 9am. Come out and buy a variety of homemade cookies for \$10 a pound. All donated cookies must be homemade and in an air tight container please. Marion Wolf will be at the center on Friday, December 11th between 10-12 so you can drop off your cookies. All cookies should be in 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 10th. Craft items can be donated anytime before then. Please price your items.

Christmas Luncheon Tuesday, December 15th at 12:00 at The Plumsteadville Inn. Cost is \$25 per member. Please sign up and choose your entrée. Payment is due November 30th. 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.

"The happiness of your life depends on the quality of your thoughts." Marcus Aurelius



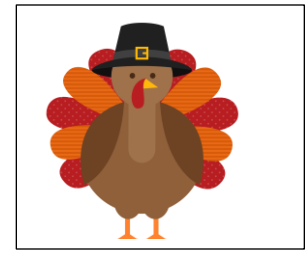
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FOR SALE: We have two O-Cedar Rinse Clean Spin Mop & Bucket Systems for sale. Paid \$50 each in 2025. The mop does not work well on our cement floors, so we are selling them. One is brand new, the other slightly used. make an offer. Speak to Marion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

THANK YOU to Nockamixon Township for their generous donation to our senior center.

THANK YOU to Springfield Township for their generous donation to our senior center.

THANK YOU to Durham Township for their generous donation to our senior center.

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

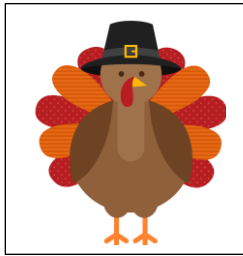
Whether your donation is large or small, time or money, we appreciate your generosity.

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 congregare 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.

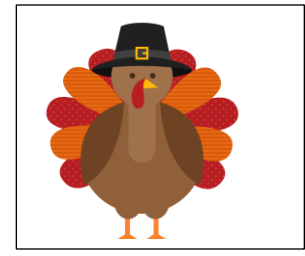
Property Tax/Rent Rebate Program The income requirements have expanded so more Pennsylvanians will be eligible to receive the Property Tax/Rent Rebate. The majority of past claimants may see increased rebates as well. AARP Tax counselors are able to help you fill out your forms at your appointment to 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 (*WINTER PAUSE: 12-17 is the last date before the pause, 4-15-27 is the reopening date*)

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.

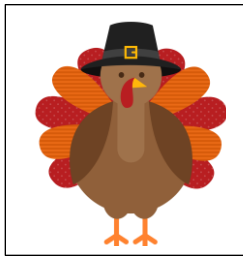
National Do Not Call 888-382-1222

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.

LIHEAP Apply between Nov 2, 2026 and Apr 23, 2027. The Low-Income Home Energy Assistance Program helps income eligible families pay their heating bills. LIHEAP is a grant. You do not have to repay it. Applications and information flyers available at the senior center.

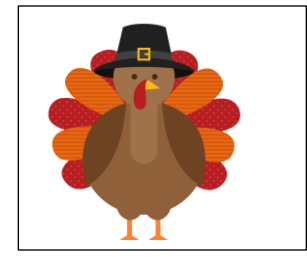


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Center Manager: Margie Jesiolowski

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:

Carol Martelli
Colette Kirk
Debra Raio
Peter Munden
Cynthia Gallagher
Nancy Brown
Addie Lou Willis
Mike Thomer

November 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.

Adele Przybylski	Nov 1
Cheryl Harrison	Nov 2
Lisa Beasley	Nov 2
Gladys Lear	Nov 4
Janice Weidmann	Nov 5
Lynn Gaun	Nov 9
Diane Kirk	Nov 11
Pepper Anderson	Nov 11
Kim Rivera *	Nov 15
Corky Morris	Nov 18
Bernie App	Nov 19
Carla Grover *	Nov 19
Tom Putney	Nov 21
Ann Stimmell *	Nov 21
Eileen Hilt	Nov 22
Donna Klesh	Nov 22
LouAnn Timochenko	Nov 28
Marian Meyer *	Nov 29



Ryan Witte

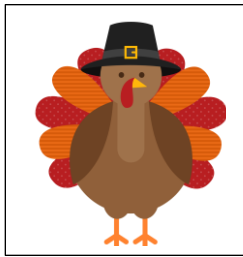
Dublin Financial Center Manager

Penn Community Bank
142 North Main Street
Dublin, PA 18917

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

PennCommunityBank.com
Member FDIC





November 2026

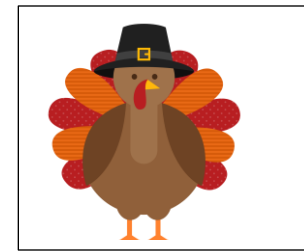
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DONAHUE FUNERAL HOME

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 <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



Sodium in Your Diet (US Food & Drug Administration)

Your body needs a small amount of sodium to work properly, but too much sodium can be bad for your health. Despite what many people think, most dietary sodium (over 70%) comes from eating packaged and prepared foods – not from table salt added to food when cooking or eating. As a general guide: 5% Daily Value or less of sodium per serving is considered low, and 20% DV or more of sodium per serving is considered high. If you follow these tips to reduce the amount of sodium you consume, your "taste" for sodium will gradually decrease over time – eventually, you may not even miss it!

Surprisingly, some foods that don't taste salty can still be high in sodium, which is why using taste alone is not an accurate way to judge a food's sodium content. Some foods like pickles and soy sauce taste salty, but cereals and pastries that contain sodium do not taste salty. Also some foods that you may eat several times a day (such as breads) can add up to a lot of sodium over the course of a day, even though an individual serving may not be high in sodium.

"Table salt" and "sodium" are often used interchangeably, but they do not mean the same thing. Table salt (sodium chloride) is a crystal-like compound that is abundant in nature. Sodium is a mineral and one of the chemical elements found in salt.

According to the CDC, about 40% of the sodium consumed by Americans comes from the following foods: Deli Meat Sandwiches, Pizza, Burritos and Nachos, Soups, Savory snacks like Chips, Crackers and Popcorn, Poultry, Pasta Mix Dishes, Burgers, Egg dishes and Omelets.

Diets high in sodium are associated with an increased risk of developing high blood pressure, which is a major cause of stroke and heart disease.

Americans eat on average about 3,400 mg of sodium per day. However, the Dietary Guidelines for Americans recommends adults limit sodium intake to less than 2,300 mg per day – that's equal to about 1 teaspoon of table salt. For children under 14, recommended limits are even lower.

Prepare your own food – limit packaged sauces, mixes and "instant" packages

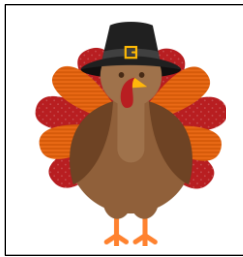
Add flavor without adding sodium – Limit table salt, use no-salt seasoning blends and herbs and spices to add flavor to your food.

Buy fresh meat, poultry & seafood and check the label to see if salt water or saline has been added.

Buy fresh or frozen vegetables with no salt or seasoning, or low sodium or no salt added canned vegetables.

Instead of pretzels or chips, choose carrot or celery sticks as a snack.

Use oil & vinegar on salads instead of bottled dressings. Use low sodium condiments.



November 2026

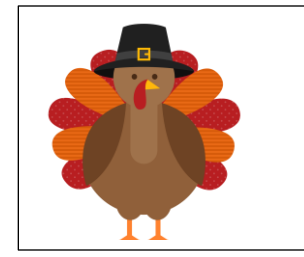
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Senior Center Monthly Activities Check the monthly calendar for exact dates.

DVD Exercise – Mondays 10:30-11:30 (\$2)

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

9-24-26

1st Dolores Warmkessel

2nd Harry Markley

3rd Mike Barbaro

10-8-26

1st Mike Barbaro

2nd Dolores Warmkessel

3rd Doug Warmkessel



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

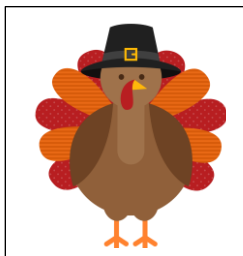
We are accepting new patients!

Guess the Number of Apples Winner:

Kris Simmons



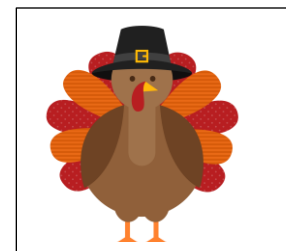
*We will miss our dear friends,
Paul Gruver
Peggy Cook
who recently passed away.*



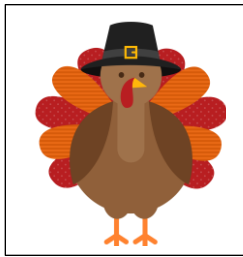
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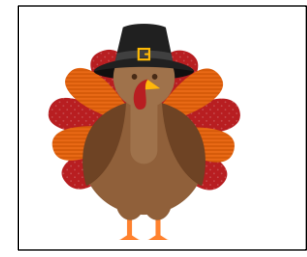
Monday	Tuesday	Wednesday	Thursday
2 Seafood Salad & Cheese Plate Dill Cucumber Salad Pepper Corn Black Bean Salad WW Roll, Fresh Fruit	3 CLOSED Election Day	4 Turkey Ham & Cheese Hoagie Potato Salad 3 Bean Salad Fresh Orange	5 Roast Beef Special Wrap Coleslaw Dill Marinated Cucumber Salad Pudding
9 Pesto Chicken Wrap Tri Color Pasta Salad Basil Tomato & White Bean Salad Fresh Fruit	10 Roast Beef Caesar Salad Chickpea Salad Marinated Carrot Salad WW roll, Fresh fruit	11 CLOSED Veterans' Day	12 Spinach Salad w Turkey Carrot Raisin Salad Pineapples WW Bread. Oatmeal Cookie
16 Rainbow Cobb Salad Summer Salad Macaroni Salad WW Bread, Pears	17 Crunchy Chinese Chicken Salad Mandarin Oranges Asian Pasta Salad WW Roll, Fresh Orange	18 Pasta Salad with Chicken Chickpea Salad Whole Wheat Bread Fruit Cocktail	19 Chicken Salad Plate Health Salad Tropical Fruit Salad WW Roll Holiday Sweet Treat
23 Egg Salad Plate Summer Salad Potato Salad WW roll, Fresh Fruit	24 Honey BBQ Chicken RanchSalad Southern Garden Medley Mandarins, WW Roll	25 Dijon Turkey Swiss Wrap Coleslaw Pineapples Graham Crackers	26 CLOSED Thanksgiving
30 Chicken Salad Plate Health Salad Tropical Fruit Salad WW Roll Fresh Fruit		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.



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Monday	Tuesday	Wednesday	Thursday
2 DVD Exercise 10:30 Board Meeting 1:00	3 CLOSED Election Day	4 Tai Chi 10-11 Knit/Crochet Art Club Games	5 Games Cornhole 1:00-2:30
9 DVD Exercise 10:30-11:30 Chair Volleyball 1:00	10 QiGong 10-11 Bingo 1:00	11 CLOSED Veterans' Day	12 Games Mah Jong 10:00 Pinochle 1:00
16 DVD Exercise 10:30-11:30 Birthday Bingo 12:30	17 QiGong 10-11 Cornhole 1:00-2:30	18 Tai Chi 10-11 Knit/Crochet Art Club Games	19 Games Chair Volleyball 1:00-2:30
23 DVD Exercise 10:30-11:30 Membership Meeting 1:00 ELECTION OF OFFICERS	24 Bingo 1:00	25 Knit/Crochet Art Club Games	26 CLOSED Thanksgiving Day
30 DVD Exercise 10:30-11:30 Cornhole 1:00			