April 2022
Eastern Upper Bucks Senior Center

8040 Easton Road PO Box 545 Ottsville, Pennsylvania 18942
Phone: 610-847-8178 **Fax:** 610-847-2036
Normal Hours: Mon.-Thurs. 10-3 **Visit us on Facebook**
E-mail: eubseniors@epix.net **Website:** easternupperbucksseniorcenter.com

Lottery Tickets $5 per ticket, Two weekly prizes of $25 from May 5 to June 16. Winning tickets go back into the draw. Grand Prize Drawing on June 23, 2022 of One $200, One $100, One $50 prize. We will be mailing each member 4 tickets. Please return the stubs and money to the senior center by May 2nd. If you would like more tickets to sell, please contact Marion Wolf.

Bingo Tuesdays April 12th & 26th at 1:00. Due to Covid precautions we will not be offering snacks. Water bottles will be available for purchase. In order to maintain social distance, please take a seat and wait for the purchasing line to be short before you come up to buy your Bingo tickets. Thank you for your understanding.

Birthday Bingo Please join us to celebrate our members birthdays on Monday, April 18th at 12:30. Cake and ice cream will be served. We will not have candles on the cake. Please only bring birthday cards for those who you know visit the center.

Einstein Nutrition: Thursday, May 5th at 10:00. Please sign up for this fun, informative class.

AARP Driver Safety Classes ***TENTATIVE DATES—PLEASE CALL ONE WEEK BEFORE TO CONFIRM.***
(AARP will only allow in person classes if Bucks County Covid transmission rate is moderate to low)
AARP Refresher Course** ***Tentative Date Wednesday, April 27th at 10:00.
This is the 4 hour refresher course, so you must have taken the 8 hour course prior.
AARP Driver Safety Full Course** ***Tentative Dates Monday May 2nd and Tuesday May 3rd at 10:00
This is the 8 hour course split into 2 days. MUST ATTEND BOTH DAYS FOR THIS CLASS.
Cost is $20 AARP member, $25 Non AARP Member CASH ONLY. Please call the senior center to sign up.

League of Women Voters Speakers Tuesday, April 19th at 10:30. Come and learn about changes and the impacts they have. This is a non-partisan presentation.

Senior Games June 1st to June 17th at various locations. Registration due by May 10th. Kick off May 25th at Bucks County Community College.

National Prescription Drug Take Back Day Saturday, April 30, 2022 | 10 am – 2 pm
Closest location is Wehrungs Home Center. See flyer at senior center for additional locations.

Lunch will be served at 12:00 noon Monday—Thursday.
Bucks County Area Agency on Aging is changing vendors for our lunch program. At this time menus are not yet available. Please check back soon.
Please check the calendar menu of sandwiches and salads.
Remember to sign up by Wednesday 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 congregate 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 or have any questions, talk to Lin Brown or Margie Jesiolowski.***

Thank you to Palisades Community Foundation *for offering free admission to our members to see Palisades High School Musical, "Mama Mia". It was a wonderful show with many talented students.*

Thank you to Lin Brown and her daughter, Dawn Baumgardner for donating supplies for our first aid kit.
Thank you to Terry Keogh for organizing and restocking our first aid kit and having our AED machine tested.

Congratulations
Pinochle Winners

1st Dolores Warmkessel
2nd Doug Warmkessel
3rd Harry Markley

Peg Petner	4/9
Kathi Dillon	4/12
Ben Naska	4/13
Judi Warren	4/13
Tony Townsend	4/13
Ray Pursell	4/15
Linda Boss	4/20
Evelyn Wentz	4/23
Tammy Sassaman	4/24
Howard Lammerding	4/26
Larry French	4/30

Board Members:
Betty Martin, President
Jane Paetzell, Vice President
Cathy Lutz, 2nd Vice President
Cindy Wiley, Secretary
Marion Wolf, Treasurer
Terry Keogh, Assistant Treasurer
Margie Jesiolowski, Center Manager
Terry & Jim Keogh - Trip Coordinators
Lin Brown—Kitchen Coordinator & Trustee
Alice Hilbert—Trustee
Janet Vanderlely—Trustee

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

Nockamixon Township applies for a yearly grant on our behalf that is approved by Bucks County and HUD (Housing and Urban Development). Please consider joining the center to help meet the increasing grant demands for our much needed community senior center. Thanks!

Please tell your friends and family 55+ to join our senior center. Dues are $15 per year. (July 1st to June 30th)

Penn Community Bank®
PennCommunityBank.com
215-788-1234
Member FDIC
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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 ***(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
1218-20 Bethlehem Pike, Flourtown, PA 19031
P.O. Box 1556, Doylestown, PA 18901

DonahueFuneral@gmail.com

Planting Your Spring Garden

For the garden of daily living:
Plant three rows of peas.
1. Peace of mind.
2. Peace of heart.
3. Peace of soul.

Plant four rows of squash.
1. Squash gossip.
2. Squash indifference.
3. Squash grumbling.
4. Squash selfishness.

Plant four rows of lettuce.
1. Lettuce be faithful.
2. Lettuce be kind.
3. Lettuce be patient.
4. Lettuce really love one another.

No garden is complete without turnips.
1. Turnip for meetings.
2. Turnip for service.
3. Turnip to help one another.

To conclude our garden we must have thyme.
1. Thyme for each other.
2. Thyme for family.
3. Thyme for friends.

Water freely with patience and cultivate with love.
There is much fruit in your garden because you reap what you sow.

$10 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
Pennyslvania 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

Senior Center Monthly Activities

Game Days - Mondays & Thursdays 10:00
***Yoga** Tuesdays 9:00 - 10:00
***Tai Chi** - Wednesdays 10:30-11:30
Knitting & Crocheting –Wednesdays 10:00
Board Meeting - 2nd Monday 1:00
Pinochle Tournament - 2nd Thursday 1:00
Birthday Bingo - 3rd Monday 12:30
Membership Meeting - 4th Monday 1:00
Cash Bingo - Two Tuesdays a month 1:00
Art Class—Two Wednesdays a month

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 only $3 for members
$5 for non members.

Fresh Connect by BCOC

bcoc.org or 215-345-8175
Mobile Farmer's Market
every Thursday at 10am
at the intersection of 611 & 412 Ottsville. 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.

LILHEAP/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 October 18, 2021 and May 6, 2022. Detailed information including income limits and applications are now available at the senior center.

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.

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 Janine Slabicki at the 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.

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 Dept: 215-536-5002

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Monday	Tuesday	Wednesday	Thursday
		Remember to order by noon on the Wednesday before.	Suggested Donation is $2 for those over 60.
4 Turkey & Cheese Sandwich Broccoli Salad Carrot Raisin Salad Fresh Apple	5 Turkey Ham & Swiss Pita Potato Salad 3 Bean Salad Applesauce	6 Grilled Chicken Salad With Craisins & Almonds Macaroni Salad Carrot Salad, Bread, Cranberry Muffin	7 Turkey on Whole Wheat Coleslaw Chickpea Salad Fruit Cocktail
11 Seafood Salad Platter with Cheese Tomato White Bean Salad Cucumber Onion Salad Roll, Orange	12 Honey Mustard Sliced Chicken Wrap Greek Orzo Salad Carrot Cauliflower Salad Pineapples	13 Tuna Nicoise Salad Green Bean Salad Potato Salad Roll, Fresh Apple	14 Garden Salad with Chicken Tomatoes & Cucumbers Cousous & Pepper, WW Bread Cinnamon Applesauce
18 Chicken Salad Wrap Potato Salad Health Salad Mandarin Oranges	19 Spinach Salad w Egg Salad Beet Salad Dill Cucumber Salad Roll, Peaches	20 Chicken Taco Salad Corn Pepper Salsa Tomato Salad Roll, Berry Applesauce	21 Turkey & Cheese Sandwich Broccoli Salad Carrot Raisin Salad Fresh Apple
25 Seafood Salad Platter with Cheese Tomato White Bean Salad Cucumber Onion Salad Roll, Orange	26 Tuna Salad Platter Lentil, Tomato, Onion Salad Broccoli Salad, Roll Carrot Raisin Muffin	27 Chef Salad Macaroni Salad Green Bean Salad Roll, Orange	28 Vegetable Pasta Salad With Chicken Summer Salad Pineapples, Bread, Berry Applesauce

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Monday	Tuesday	Wednesday	Thursday
4 Games & Cards	**5** Chair Yoga 9:00-10:00	**6** Tai Chi 10:30-11:30 Knitting & Crocheting Art Class 10-12	**7** Games & Cards
11 Games & Cards Board Meeting 1:00	**12** Chair Yoga 9:00-10:00 **Bingo 1:00**	**13** Tai Chi 10:30-11:30 Knitting & Crocheting	**14** Games & Cards Pinochle 1:00
18 Games & Cards Birthday Bingo 12:30	**19** Chair Yoga 9:00-10:00 **League Women Voters Speakers 10:30**	**20** Tai Chi 10:30-11:30 Knitting&Crocheting Art Class 10-12	**21** Games & Cards
25 Games & Cards Membership Meeting 1:00	**26** Chair Yoga 9:00-10:00 **Bingo 1:00**	**27** Tai Chi 10:30-11:30 Knitting & Crocheting **AARP Driver Training Refresher Course 10:00**	**28** Games & Cards