

September 2025

Eastern Upper Bucks Senior Center

8040 Easton Road PO Box 545 Ottsville, Pennsylvania 18942

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

Hours: Mon.-Thurs. 10-3 **E-mail:** eubseniors@epix.net

Website: easternupperbucksseniorcenter.com

The senior center will be CLOSED on Monday, September 1st for Labor Day.

Covered Dish Luncheon Tuesday, September 2nd at 12:00. Our Art Club and Knitting/Crocheting Club will give a presentation on their handiwork. Come enjoy and be inspired.

Einstein Nutrition: Tuesday, September 16th at 10:30

Movie: Tuesday, September 16th at 1:00. The movie will be "The Game Plan" a Walt Disney comedy starring Dwayne Johnson.

Bingo Sunday, September 14th Doors open at 12, Games begin at 1:00.

Tuesday Cash Bingo Dates: September 9 & 23, October 14 & 28, November 18 & 25 and December 16.

CPR/ First Aid Amber from Upper Bucks Regional EMS has offered to teach first aid and CPR to anyone who is interested.

A certification class will be held for CPR, AED, and first aid. The cost of this class will be \$25.

A general class without certification will be held for general first aid and CPR. There will be no charge for this class.

There will be a sign up sheet at the senior center and when we have enough interest we will contact her to schedule a class.

Camden Aquarium Monday, October 13th Cost is \$110. Reservations and payment due by September 10th. Includes bus fare, tip and admission to the aquarium. Lunch is on your own. Bus departs senior center at 10am and returns approximately 5:15pm. All ages are welcome.

Christmas Luncheon **SAVE THE DATE!** December 2nd More details to follow.

It's nice to be important, but it's more important to be nice.



*******VERY IMPORTANT PLEASE READ:**

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.

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.

CONGRATULATIONS LOTTERY WINNERS:

July 24th	Shirley Milligan	\$25
July 24th	Patty Traister	\$25
July 31st	JoAnn McNichol	\$200
July 31st	Stan Przyuski	\$100
July 31st	Senior Center	\$50

*We will miss our dear
friends who recently passed
away.
Nadine Pursell
Jan Grave*



Center Manager: Margie Jesiolowski

Board Members:

- Barbara Naska, President
- Janet Vanderlely, Vice President
- Cathy Lutz, 2nd Vice President
- Cindy Wiley, Secretary
- Marion Wolf, Treasurer
- Veronica McIntosh, Assistant Treasurer

Trustees:

- Lin Brown
- Linda Boss
- Terry Keogh

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)

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• Thank you to our members who donated money •

• to our senior center. Whether your donation is •

• large or small, time or money, we appreciate •

• your generosity. •

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DONAHUE FUNERAL HOME

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*Philip A. Donahue,
Owner/Director*

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*"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
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1218-20 Bethlehem Pike, Flourtown, PA 19031
P.O. Box 1556, Doylestown, PA 18901

DonahueFuneral@gmail.com



Senior Center Monthly Activities

- DVD Exercise—Mondays 10:30-11:30
- Game Days - Wednesdays & Thursdays 10:00
- Qigong—Tuesdays 10:00-11:00
- Tai Chi—Wednesdays 10:00-11:00
- 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

Pinocle Tournament - 2nd & 4th Thursday 1:00

Birthday Bingo - 3rd Monday 12:30

Membership Meeting - 4th Monday 1:00

Cash Bingo - Two Tuesdays a month 1:00

Movies—Check Calendar 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 30th)

*Classes are \$5 for members
\$7 for non members.

PLEASE NOTE:

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.



Barbara Sienkowski *	Sept 1
Marlyn Fitz	Sept 1
Bonnie Myers	Sept 2
Roseanne McCarty	Sept 6
Minerva Manship *	Sept 6
Bernie Boylan *	Sept 7
Jan Grave	Sept 7
Deb Johnson	Sept 12
Barbara Naska *	Sept 12
Brenda Fair	Sept 13
Robert Pursell *	Sept 14
Lisa Sandler *	Sept 14
Veronica McIntosh *	Sept 18
Kathy Darrow *	Sept 19
Geoffrey Slifer	Sept 19
Lynn Karr	Sept 21
Peggy Wildonger	Sept 22
Linda Angle	Sept 24
Mike Brent *	Sept 26
George Shaver	Sept 27
Theresa Collins	Sept 29
Mary Deckman *	Sept 30

Fresh Connect by BCOC Mobile Farmer’s Market

bcoc.org or 215-345-8175

UPDATED INFORMATION

On the first and third Thursdays from 10am to 12noon

at NEW LOCATION: 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 per household, please bring your own bags.

Welcome New Members:

- John Cahill
- Alma Thorpe
- Lou Brown

Congratulations Pinochle Winners

July 24, 2025

1st Bernie Boylan

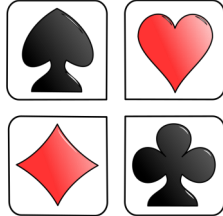
2nd Dolores Warmkessel

August 14, 2025

1st Dolores Warmkessel

2nd Doug Warmkessel

3rd Bernie Boylan



\$11 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

Pennsylvania 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

Bucks Chester Montgomery Link 800-753-8827

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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 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. Canned goods such as canned vegetables, tunafish and soup are appreciated.



Got Drugs?

Bucks County Medication Disposal

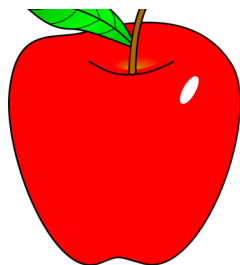
Free and anonymous. Permanent medication collection boxes are now available at the locations below to help reduce the growing statistics of people abusing prescription pain relievers who get them from friends or relatives. Please contact them directly for collection hours, rules, & regulations.

Bucks County Court House: 215-348-6000

Plumstead Township Police Department: 215-766-8741

Springfield Township: 610-346-6700

Quakertown Borough Police Department: 215-536-5002



September 2025 Menu

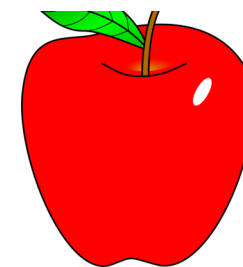
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Monday	Tuesday	Wednesday	Thursday
1 CLOSED LABOR DAY	2 Covered Dish Luncheon	3 Vegetarian Chef Salad Carrot Raisin Salad Whole Wheat Roll Fresh Orange	4 Tuna Salad Platter Broccoli Salad w Craisins Carrot Salad WW Roll Fresh Nectarine
8 Turkey Cobb Salad Summer Salad Macaroni Salad WW bread Fresh Fruit	9 Chicken Tomato Mozzarella Salad Bowtie Salad Ambrosia WW roll, Applesauce	10 Tuna Salad Pita Bean & Veggie Salad Cucumber & Onion Salad Sweet Muffin	11 Roast Beef Special Coleslaw Cucumber Salad Mandarin Oranges
15 Green Salad topped with Chicken Salad Three Bean Salad Whole Wheat Roll Pineapples	16 Turkey Swiss Sandwich Vegetable Pasta Salad Coleslaw Fresh Peach	17 Southwest Roast Beef Salad Corn Salad Tropical Fruit Salad WW roll, applesauce	18 Grilled Chicken Caesar Salad Chickpea Salad WW roll Fresh Fruit
22 Asian Chicken Salad Mandarin Oranges Sesame Cucumber Salad WW roll Pudding	23 Roast Beef Special Coleslaw Cucumber Salad Mandarin Oranges	24 Deli Sandwich Pineapples Potato Salad Fresh Orange	25 Turkey Hoagie Potato Salad Applesauce
29 Garden Salad with Grilled chicken Pasta Salad WW Bread Fruit Cocktail	30 Vegetarian Chef Salad Carrot Raisin Salad Whole Wheat Roll Fresh Orange	Remember to order By NOON the TUESDAY Before! Suggested donation is \$2 for those over 60.	LUNCH IS SERVED AT NOON

September 2025

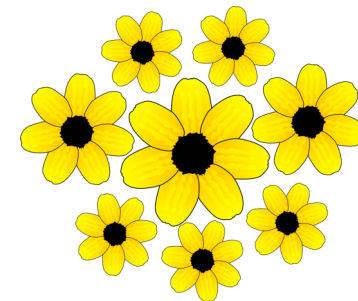
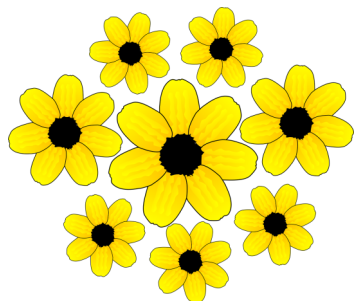
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Monday	Tuesday	Wednesday	Thursday
1 CLOSED LABOR DAY	2 Covered Dish Lunch 12:00 Presentation: Art Club & Knit/Crochet Group	3 Tai Chi 10-11 Practice Knitting & Crocheting Art Club Games	4 Game Day
8 DVD Exercise 10:30 Board Meeting 1:00	9 Bingo 1:00	10 Tai Chi 10-11 Practice Knitting & Crocheting Art Club Games	11 Game Day Pinochle 1:00
15 DVD Exercise 10:30 Birthday Bingo 12:30 Games	16 QiGong 10-11 Einstein Nutrition 10:30 Movie 1:00 "The Game Plan"	17 Tai Chi 10-11 Knitting & Crocheting Art Club Games	18 Game Day
22 DVD Exercise 10:30 Membership Meeting 1:00	23 QiGong 10-11 Bingo 1:00	24 Tai Chi 10-11 Knitting & Crocheting Art Club Games	25 Game Day Pinochle 1:00
29 DVD Exercise 10:30 Games	30 QiGong 10-11 Games		Cash Bingo Sunday September 14