

May 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, May 19th for Election Day and Monday, May 25th for Memorial Day.

Covered Dish Luncheon Tuesday, May 5th at 12:00. Libby Anderson from Visiting Angels and Jennifer Wood from Amedisys Hospice will bring a craft for everyone to make.

Active Living Everyday 10:30 to 12:00 Thursdays from May 7th to July 23rd. Amanda Mayer from Bucks County Area Agency will teach this class about simple, fun, effective ways to stay active everyday. Limit of 12 people. Please be available for most of the classes.

Spring Lottery: \$5 per ticket. Two \$25 winners every Thursday from May 21st to July 2nd. Grand Prize of One \$200, One \$100, and One \$50 winner will be drawn on July 9th. Please return the tickets with the money to the senior center by May 20th. If you would like more tickets, they are available at the senior center.

Johnny Cash Tribute at Hunterdon Hills Friday, June 19th. Cost is \$95 per person. Reservations and payment due May 19th. Drive yourself or carpool. Arrive by 11am.

Tom's River Cruise Thursday, August 20th Cost \$120.

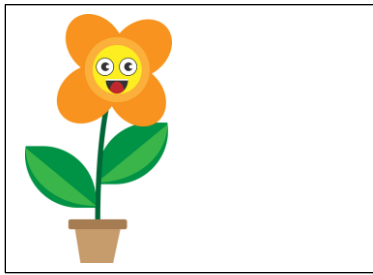
Comedy Show "Send Me No Flowers" at Hunterdon Hills Thursday, September 17th \$90.

Christmas Show at Hunterdon Hills Friday, December 4th \$85.

Einstein Nutrition Next class is Tuesday, June 16th at 10:30. Please sign up for this fun and informative class.

Snacks Due to rising costs, we will no longer be selling crackers and chips as snacks at the center. Remember, for only a \$2 donation, you can order lunch. Menus are on the second to the last page of this newsletter. Lunch orders must be in by noon on Tuesday for the following week. On Bingo days, we serve lunch at 11:30 instead of 12. The number of lunches we serve affects the amount of funding we receive.

Thank you to everyone who participated, donated and helped with the Basket Bingo. This is a great money maker for the senior center.



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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.

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

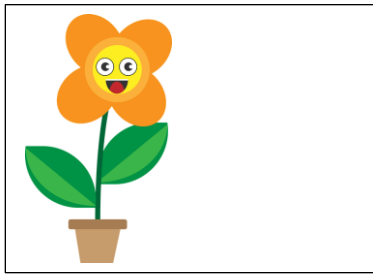
Plumstead Township Police Department 215-766-8741

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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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. 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.

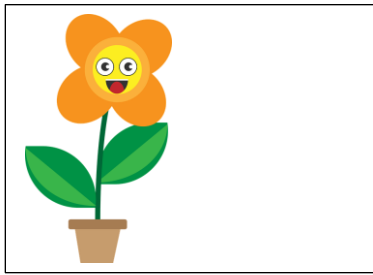
Stop Telemarketing Calls Register for the national list and the Pennsylvania list. Make sure to register all names in the household. You must call from the number you are registering.

National Do Not Call 888-382-1222

Pennsylvania Do Not Call 888-777-3406

Bucks County Area Agency on Aging 55 East Court Street, 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.



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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)

May 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.

Barbara Boscoe	May 1
Arlene Eichlin *	May 1
Yvonne Sanders	May 2
Elizabethlyn Lush	May 4
Linda Segletes	May 4
Harold Rick *	May 5
Betty Fleck *	May 6
Maureen Smith	May 6
Lin Brown	May 8
Nancy Schaefer *	May 8
Kathryn Reilly	May 9
Sandy Rizzo	May 9
Ellen Clemens	May 10
Colleen Donnelly	May 10
Barbara King	May 11
Francis Balbirer	May 12
Diana Roberts	May 13
Eric Nelson	May 15
Jane Paetzell *	May 16
Idaleen Hasenauer	May 22
Sophie McComb *	May 26
Evelyn Hart	May 26
Cylon Gayle	May 27
Deborah Goff	May 31



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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.

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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



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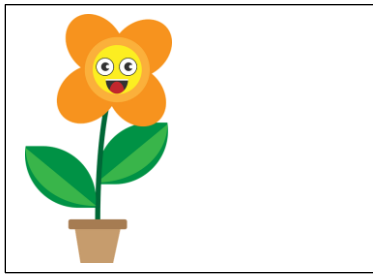
Start Here. Grow Here. Stay Here.

Let's talk about your growth strategy today.

215.788.1234
PennCommunityBank.com

Here We Grow.

Member FDIC. Equal Housing Lender.



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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 – 1st Monday 1:00 (Board Members ONLY please)

Covered Dish Luncheon – 1st Tuesday 12:00

Pinochle 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

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.

Congratulations Pinochle Tournament Winners

3-26-26

1st Mike Barbaro

2nd Doug Warmkessel

3rd Cindy Wiley

4-9-26

1st Dolores Warmkessel

2nd Doug Warmkessel

3rd Cindy Wiley

Make Half Your Grains Whole Grains (USDA Food & Nutrition Service)

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods and dairy or fortified soy alternatives. When deciding what grains to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium.

Have whole grains at breakfast: Enjoy a whole-grain hot cereal. Oatmeal is a favorite, but consider trying a grain that's new to you, like buckwheat or millet. You might find a new breakfast favorite.

Enjoy a multigrain bowl: Create a one-dish meal by layering a mixture of grains like barley or wild rice with some colorful veggies and some low-fat cheese. Add your favorite protein and a dash of hot pepper sauce.

Swap your sandwich bread: Look for sandwich-type breads made with whole grains. Pita, tortillas, naan, sliced breads and rolls are all available as whole grains.

Choose whole-grain takeout: Ask about whole grain options when dining out or ordering take-out food. For example, make a switch to whole wheat pasta or brown or wild rice.

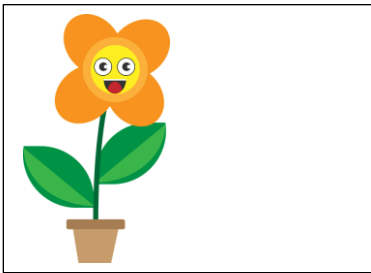
Experiment with a new grain: Cook a new grain like quinoa, amaranth, or millet. You can find cooking tips and recipes online. Grains are pretty versatile and also have lots of important nutrients.

Switch up pizza night: Create individual, homemade pizzas on whole wheat English muffins or tortillas. Or, make a traditional pizza using a premade whole-wheat flour crust. Don't forget the veggie toppings.

Go to **MyPlate.gov** for more information

**We will miss our dear friend who
recently passed away:**

Charles Isaac



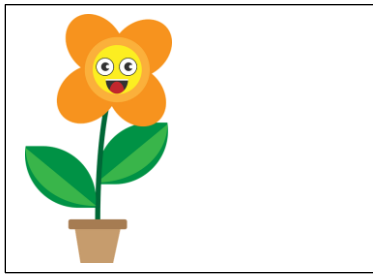
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Monday	Tuesday	Wednesday	Thursday
4 Boiled Egg & Cheese Platter Broccoli Craisin Salad Macaroni Salad WW Roll, Plum	5 Covered Dish Luncheon	6 Chicken Caesar Salad Chickpea Salad Bowtie Pasta Salad WW Bread, Applesauce	7 Chicken Salad Cucumber Tomato Onion Pepper Salad Macaroni Salad Fruit Cocktail Strawberry Shortcake
11 Roast Beef & Provolone Coleslaw Fresh Peach	12 Cranberry Almond Chicken Spinach Salad Marinated Carrot Salad Cold Brown Rice Salad WW Roll, Applesauce	13 Seafood Salad & American Cheese Green Bean Salad Pasta & Pepper Salad WW Roll, Peaches	14 Turkey Hoagie Potato Salad 3 Bean Salad Fresh Orange
18 Asian Chicken Salad Cucumber Carrot Salad Asian Pasta Salad WW Bread, Pineapples	19 CLOSED Election Day	20 Tuna Salad Platter Cold Couscous Salad Cucumber Dill Salad Mini Bagel Fresh Orange	21 Chicken Salad Cucumber Tomato Onion Pepper Salad Macaroni Salad Fruit Cocktail
25 CLOSED Memorial Day	26 Deli Salad Tomato Onion Salad Potato Salad WW Roll, Mandarin Oranges	27 Turkey Hoagie Potato Salad 3 Bean Salad Fresh Orange	28 Grilled Chicken Salad Corn, Black Beans, Tomato Salad Broccoli Salad WW bread, Sweet Muffin



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Monday	Tuesday	Wednesday	Thursday
4 DVD Exercise 10:30-11:30 Board Meeting 1:00	5 Qi Gong 10-11 Covered Dish Lunch 12:00 Craft from Visiting Angels And Amedisys Hospice	6 Tai Chi 10-11 Knit/Crochet Art Club Games	7 Games Active Living Everyday 10:30
11 DVD Exercise 10:30-11:30 Birthday Bingo 12:30	12 QiGong 10-11 Bingo 1:00	13 Tai Chi 10-11 Knit/Crochet Art Club Games	14 Games Active Living Everyday 10:30 Pinochle 1:00
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