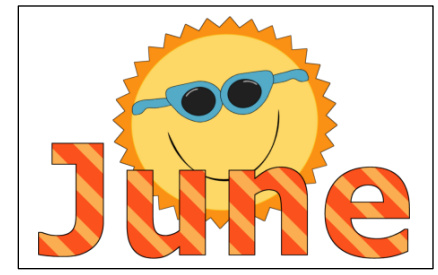


June 2026

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



Membership Dues are \$20. They will be due on July 1st. Your membership is for July 1, 2026 to June 30, 2027.

When you renew your membership you will need to fill out the Center Registrant Data Sheet from BCAA including the Nutrition Information on the back. Federal funding is concentrating on "Nutrition" now so this information must be sent to BCAA. Bucks County Area Agency on Aging requires that your information be updated annually. When you pay your dues, you will receive your membership card – this is your receipt that your dues are paid. You will not receive a new co-pilot card. If you have lost yours or it is otherwise unusable, you can look your name up in co-pilot to sign in.

Produce Vouchers Vouchers will be available to anyone who lives in Bucks County, will be 60 years old by December 31, 2026, meets the income requirements and does not live in a facility where meals are served. **Vouchers will be distributed at the senior center ONLY Tuesdays and Wednesdays from 10-12 beginning in early June.** Feel free to call to see if they are in yet before you come in.

Covered Dish Luncheon Tuesday, June 2nd at 12:00. After the luncheon Joan & Bill Foley will present a trivia on old tv shows and movies.

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.

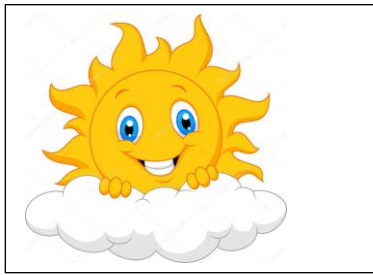
Einstein Nutrition Next class is Tuesday, June 16th at 10:30. Please sign up for this fun and informative class.

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.

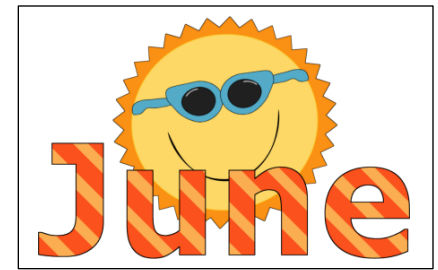
Comedy Show "Send Me No Flowers" at Hunterdon Hills Thursday, September 17th \$90.

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



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“Don’t let what you cannot do interfere with what you can do!”

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. 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.

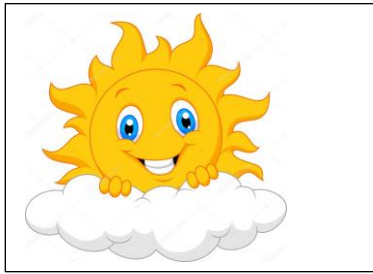
Bucks County Court House 215-348-6000

Plumstead Township Police Department 215-766-8741

Springfield Township 610-346-6700

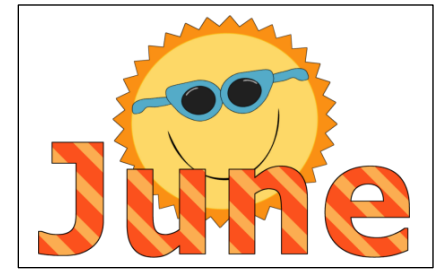
Lord’s Pantry at St John the Baptist Church in Ottsville 610-847-2402

A bin for food donations for the Lord’s Pantry is at the senior center.



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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. 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.

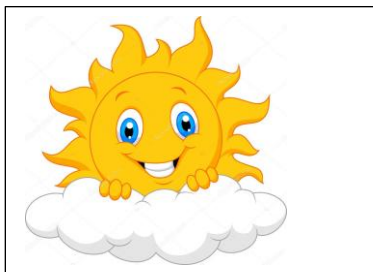
Stop Telemarketing Calls Register for the national list and the Pennsylvania list. Make sure to register all names in the household. You must call from the number you are registering.

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.



June 2026

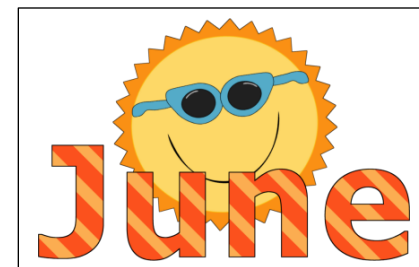
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Center Manager: Margie Jesiolowski

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

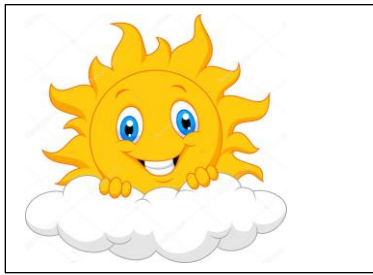
Eastern Upper Bucks Senior Center is funded, in part, under a contract with the Pennsylvania Department of Aging and The County of Bucks.

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

June Birthdays

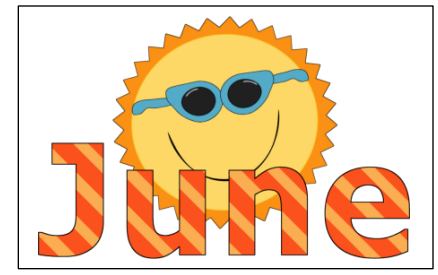
Please only bring in cards for those with a star* next to their name. If there is not a star, please mail their card. If you do not have their address, bring the card with a stamped envelope and we can mail it for you.

Irene Fleck	June 3
Ed Schwartz	June 5
Mary Ellen Itterly	June 9
Marilyn Anderson	June 9
Julia Fluck	June 11
Debbie Potter *	June 13
Harry Markley *	June 13
George Bowen	June 16
June Schwartz	June 18
Linda Szakacs-Nelson	June 18
Jo High	June 19
Judy Bowen	June 20
Terry Keogh *	June 30



June 2026

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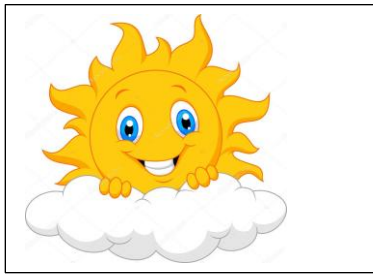
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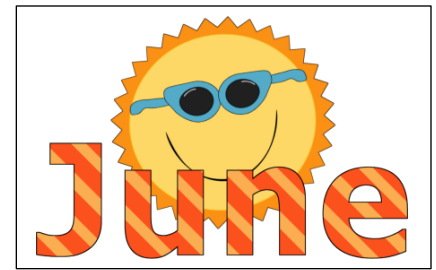
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Senior Center Monthly Activities

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

4-23-26

1st Marion Wolf

2nd Ruth Gruver

3rd Harry Markley

Healthy Eating on the Run (Academy of Nutrition & Dietetics)

Think ahead and plan where you will eat. Consider what meal options are available.

Look for places with a wide range of menu items.

Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for “healthier” choices.

Review and compare nutrition information if it’s available. Menu terms that may indicate and item is healthier include: baked, braised, broiled, grilled, poached, roasted or steamed.

Menu terms that usually mean a food is higher in saturated fat and calories include: batter-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.

Think about your food choices for the entire day. If you’re planning a special restaurant meal in the evening, have a light breakfast and lunch.

Hold the bread or chips until your meal is served. Hunger may drive you to fill up on these foods before the meal arrives.

Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides calories without any nutrients.

Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.

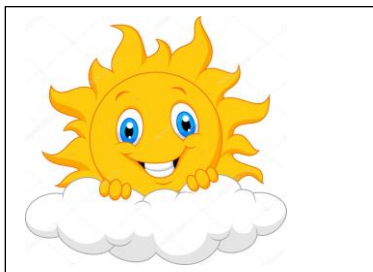
Begin with soup or a salad as a way to include more vegetables at mealtime. Follow up with a light main course.

Or choose a salad with grilled chicken or seafood as your main course.

It’s ok to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces on the side.

Ask for sauces, dressings and toppings to be served “on the side”. Then you can control how much you eat.

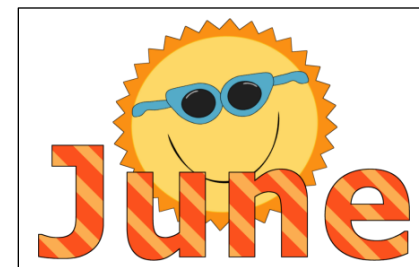
Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal. (Some restaurants may not permit this or will charge for an extra plate.)



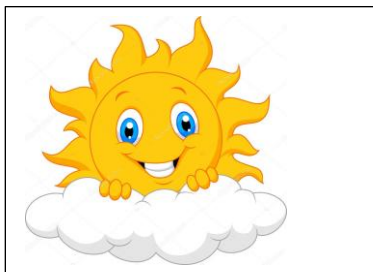
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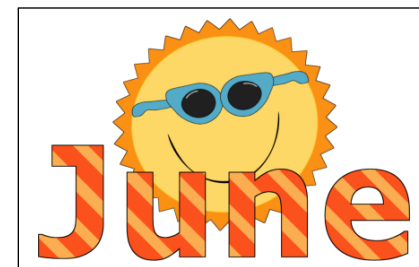
Monday	Tuesday	Wednesday	Thursday
1 Tuna Salad Platter Cold Couscous Salad Cucumber Dill Salad Mini Bagel, Fresh Orange	2 Covered Dish Luncheon	3 Chicken Salad, WW Pita Cucumber Tomato Onion Pepper Salad Macaroni Salad Fruit Cocktail	4 Rainbow Cobb Salad Summer Salad Macaroni Salad WW Bread, Pineapples
8 Cranberry Almond Chicken Spinach Salad Marinated Carrot Salad Cold Brown Rice Salad WW Roll, Applesauce	9 Seafood Salad & Cheese Green Bean Salad Pasta & Pepper Salad WW Roll, Peaches	10 Turkey Hoagie Potato Salad 3 Bean Salad Fresh Orange	11 Tuna & Cucumber Salad Broccoli Salad w Craisins Tri Color Pasta Salad, Saltines WW Roll, Mandarin Oranges
15 Tuna Salad Platter Cold Couscous Salad Cucumber Dill Salad Mini Bagel Fresh Orange	16 Chicken Salad, WW Pita Cucumber Tomato Onion Pepper Salad Macaroni Salad Fruit Cocktail	17 Seafood Salad & Cheese Dill Cucumber Salad Corn, Pepper & Black Bean Salad WW Roll Fresh Peach	18 Asian Chicken Salad Cucumbers & Carrots Asian Pasta Salad WW bread Chocolate Cake
22 Deli Salad Tomato Onion Salad Potato Salad WW Roll, Mandarin Oranges	23 Turkey Hoagie Potato Salad 3 Bean Salad Fresh Orange	24 Grilled Chicken Salad Corn, Black Beans, Tomato Salad Broccoli Salad WW bread, Sweet Muffin	25 Seafood Salad & Cheese Green Bean Salad Pasta & Pepper Salad WW Roll, Peaches
29 Chicken Caesar Salad Chickpea Salad, Bowtie Pasta Salad WW Bread, Applesauce	30 Chicken Salad, WW Pita Cucumber Tomato Onion Pepper Salad Macaroni Salad Fruit Cocktail		



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Monday	Tuesday	Wednesday	Thursday
1 DVD Exercise 10:30-11:30 Board Meeting 1:00	2 Qi Gong 10-11 Covered Dish Lunch 12:00 Old TV Shows & Movie Trivia Presented by Bill & Joan Foley	3 Tai Chi 10-11 Knit/Crochet Art Club Games	4 Games Active Living Everyday 10:00
8 DVD Exercise 10:30-11:30	9 QiGong 10-11 Bingo 1:00	10 Tai Chi 10-11 Knit/Crochet Art Club Games	11 Games Active Living Everyday 10:00 Pinochle 1:00
15 DVD Exercise 10:30-11:30 Birthday Bingo 12:30	16 QiGong 10-11 Nutrition Class 10:30	17 Tai Chi 10-11 Knit/Crochet Art Club Games	18 Games Active Living Everyday 10:00
22 DVD Exercise 10:30-11:30 Membership Meeting 1:00	23 Qi Gong 10-11 Bingo 1:00	24 Tai Chi 10-11 Knit/Crochet Art Club Games	25 Games Active Living Everyday 10:00 Pinochle 1:00
29 DVD Exercise 10:30-11:30	30 Qi Gong 10-11		"Johnny Cash Tribute" at Hunterdon Hills Friday, June 19th