



# July 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](mailto:eubseniors@epix.net) Website: [easternupperbucksseiorcenter.com](http://easternupperbucksseiorcenter.com)



**Membership Dues** are \$20. They will be due on July 1<sup>st</sup>. 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 Mondays and Tuesdays from 10-12.

**Covered Dish Luncheon** Tuesday, July 7<sup>th</sup> at 12:00. Barbeque theme – bring a dish that is served at a barbeque. Libby Anderson from Visiting Angels and Jennifer Wood from Amedisys Hospice will host a karaoke sing-a-long.

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

**Comedy Show “Send Me No Flowers” at Hunterdon Hills** Thursday, September 17<sup>th</sup> \$90.

**Christmas Show at Hunterdon Hills** Friday, December 4<sup>th</sup> \$85.

**Congratulations** to Cathy Lutz who won a silver medal in Senior Games Bowling. Way to go Cathy!

**Thank you** to Veronica McIntosh for volunteering at Senior Games. We appreciate you representing our center!

**Thank you** to Ben Naska, his grandson and friend, Doug Warmkessel and Robert Pursell for painting the floor at the senior center. It looks great!

**Donations Needed:** In order to keep our operating costs down, the board is requesting donations of toilet paper and paper towels to be used at the senior center. Donations are greatly appreciated.

***Tell yourself everyday: “Today is going to be a great day!”***



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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. Checks will be mailed beginning July 1<sup>st</sup>.

**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](http://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, 3<sup>rd</sup> 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)

**Welcome New Member:**

Mim Scheckler

**July 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.

Peg Glancey	7-1
Janice Schroeder	7-6
Pat Brokaw	7-7
Marion Wolf *	7-9
Margaret Hendry *	7-9
Patty Traister *	7-10
Tammy Scheetz	7-14
Cathy Lutz *	7-15
JoAnn Burmeister	7-19
Mike Barbaro *	7-20
Pat Parker	7-20
Dolly Rutherford	7-21
Marvin Eichlin *	7-24
Susan Mauer *	7-24
James Keogh *	7-25
Ginny Morningstern *	7-27
Cheryl Lehr	7-30
Sally Tye	7-30



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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](http://www.DonahueFuneral.com)  
1218-20 Bethlehem Pike, Flourtown, PA 19031  
P.O. Box 1556, Doylestown, PA 18901

[DonahueFuneral@gmail.com](mailto:DonahueFuneral@gmail.com)



## 2025 Spring Lottery Winners

5-21-26	Sonja Mitchell	\$25
5-21-26	Shawn Talkach (Seller Janet Vanderlely)	\$25
5-28-26	Kris Simmons	\$25
5-28-26	Peggy Wildonger	\$25
6-4-26	Bud Marshall (Donated \$)	\$25
6-4-26	Shirley Milligan	\$25
6-11-26	Nina Harkins (Seller Kathy Darrow)	\$25
6-11-26	Ruth Isaac (Donated \$ in memory of Charles Isaac)	\$25



### Ryan Witte

Dublin Financial Center Manager

Penn Community Bank  
142 North Main Street  
Dublin, PA 18917

e: [rwitte@penncommunitybank.com](mailto:rwitte@penncommunitybank.com)  
o: 215.257.5035 Ext. 2501

[PennCommunityBank.com](http://PennCommunityBank.com)  
Member FDIC





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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** – 1<sup>st</sup> Monday 1:00 (Board Members ONLY please)

**Covered Dish Luncheon** – 1<sup>st</sup> Tuesday 12:00

**Pinochle Tournament** – 2<sup>nd</sup> & 4<sup>th</sup> Thursday 1:00

**Birthday Bingo** – 3<sup>rd</sup> Monday 12:30

**Membership Meeting** - 4<sup>th</sup> 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 30<sup>th</sup>)  
Classes are \$5 for members, \$7 for non-members.

## **Congratulations Pinochle Tournament Winners**

### **5-14-26**

**1<sup>st</sup>** Doug Warmkessel

**2<sup>nd</sup>** Harry Markley

**3<sup>rd</sup>** Mike Barbaro

### **5-28-26**

**1<sup>st</sup>** Mike Barbaro

**2<sup>nd</sup>** Pat Demilio

**3<sup>rd</sup>** Marion Wolf

### **6-11-26**

**1<sup>st</sup>** Howard Lammerding

**2<sup>nd</sup>** Mike Barbaro

**3<sup>rd</sup>** Dolores Warmkessel

## **Healthy Eating on the Run** (Academy of Nutrition & Dietetics)Part 2

Refrigerate carry-out or leftovers if the food won't be eaten right away. Toss foods kept at room temperature for more than two hours (one hour if warmer than 90 degrees). All-you-can-eat specials, buffets and unlimited salad bars make it difficult to follow recommended serving sizes. Pass these up if you find it difficult to listen to your hunger cues.

If you do choose the buffet, fill up on salads and vegetables first. Use small plates, to encourage smaller portions, and limit your trips up to the buffet line.

At the salad bar, pile on the leafy greens, carrots, peppers and other fresh vegetables. Lighten up on mayonnaise-based salads and high fat toppings. Enjoy fresh fruit as your dessert.

Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken or shrimp.

Enjoy a variety of healthy foods from different cultures. Focus on dishes that emphasize vegetables and lean meats, seafood or beans.

Tempted by sweet, creamy desserts? Order a small portion or ask if it can be divided and shared with members of your party.

At the sandwich shop, choose lean beef, ham, turkey or chicken on whole grain bread. Ask for mustard, ketchup, salsa or low-fat spreads. And don't forget the veggies.

Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.

Look for a sandwich wrap in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables can be healthier options.

In place of fries or chips, choose a side salad, fruit or baked potato. Or, share a regular order of fries with a friend.

Build a better breakfast sandwich: replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or bagel.

Be size-wise about muffins, bagels, croissants and biscuits. A jumbo muffin has more than twice the calories of the regular size.

Try a smoothie made with 100% juice, fruit, and low-fat yogurt for a light meal or snack. Keep single-serve packages of whole grain crackers, peanut butter, granola bars or trail mix in your purse for a healthy snack on the go.

Keep all snacks out of sight to avoid the temptation to eat when you are not hungry. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad in a bag and freshly baked bread. Or lean roast beef, salad and fresh fruit.



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Monday	Tuesday	Wednesday	Thursday
Lunch is served at 12 except Bingo days at 11:30. Suggested donation of \$2 for those 60 and older.	Orders due by noon on Tuesday for the following week.	<b>1</b> Rainbow Cobb Salad Summer Salad Macaroni Salad WW Bread, Pineapples	<b>2</b> Boiled Egg & Cheese Broccoli Craisin Salad Macaroni Salad WW Roll, Fresh Fruit
<b>6</b> Egg Salad Plate Potato Salad WW Roll, Fresh Fruit	<b>7</b> Covered Dish Luncheon Theme is BBQ	<b>8</b> Dijon Turkey & Swiss Coleslaw Pineapples Graham Crackers	<b>9</b> Roast Beef Caesar Salad Chickpea Salad Carrot Salad WW roll, Fresh Fruit
<b>13</b> Chicken Salad Plate Health Salad Tropical Fruit Salad WW Roll, Peaches	<b>14</b> Turkey Hoagie Potato Salad 3 Bean Salad Fresh Orange	<b>15</b> Roast Beef Special Wrap Coleslaw Cucumber Salad Pudding	<b>16</b> Crunchy Chinese Chicken Salad Mandarin Oranges Asian Pasta Salad WW Roll
<b>20</b> Roast Beef Caesar Salad Chickpea Salad Carrot Salad WW roll, Fresh Fruit	<b>21</b> Greek Salad w Chicken Tomato Onion Salad Lemon Oregano Salad WW roll, Applesauce	<b>22</b> Spinach Salad with Turkey Carrot Raisin Salad Pineapples, Oatmeal Cookie WW Bread	<b>23</b> Egg Salad Plate Summer Salad Potato Salad WW Roll, Pineapples
<b>27</b> Crunchy Chinese Chicken Salad Mandarin Oranges Asian Pasta Salad WW Roll, Fresh Orange	<b>28</b> Italian Chopped Salad Mediterranean Chickpea Salad Lemon Herb Brown Rice Salad WW Bread, Fruit Cocktail	<b>29</b> Chicken Salad Plate Health Salad Tropical Fruit Salad WW Roll, Fresh Fruit	<b>30</b> Deli Sandwich Coleslaw Three Bean Salad Sweet Muffin



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Monday	Tuesday	Wednesday	Thursday
		<b>1</b> Tai Chi 10-11 Knit/Crochet Art Club Games	<b>2</b> Games <b>Active Living Everyday 10:00</b>
<b>6</b> DVD Exercise 10:30-11:30 <b>Board Meeting 1:00</b>	<b>7</b> QiGong 10-11 <b>Covered Dish Luncheon 12:00</b> <b>(BBQ Theme)</b> <b>Karaoke with Jen &amp; Libby</b>	<b>8</b> Tai Chi 10-11 Knit/Crochet Art Club Games	<b>9</b> Games Pinochle 1:00
<b>13</b> DVD Exercise 10:30-11:30	<b>14</b> QiGong 10-11 <b>Bingo 1:00</b>	<b>15</b> Tai Chi 10-11 Knit/Crochet Art Club Games	<b>16</b> Games <b>Active Living Everyday 10:00</b>
<b>20</b> DVD Exercise 10:30-11:30 <b>Birthday Bingo 12:30</b>	<b>21</b> Qi Gong 10-11 <b>Nutrition Class 10:30</b>	<b>22</b> Tai Chi 10-11 Knit/Crochet Art Club Games	<b>23</b> Games <b>Active Living Everyday 10:00</b> Pinochle 1:00
<b>27</b> DVD Exercise 10:30-11:30 <b>Membership Meeting 1:00</b>	<b>28</b> Qi Gong 10-11 <b>Bingo 1:00</b>	<b>29</b> Tai Chi 10-11 Knit/Crochet Art Club Games	<b>30</b> Games <b>Active Living Everyday 10:00</b>