

August 2026

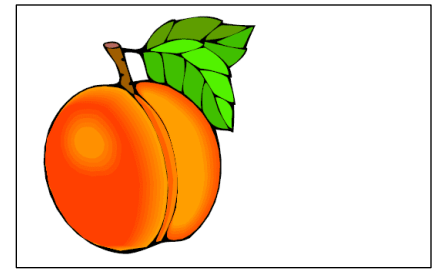
Eastern Upper Bucks Senior Center

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.

Covered Dish Luncheon Tuesday, August 4th at 12:00. Our speaker will be Dr Jake Yerkes, DPT from Total Performance Physical Therapy in Dublin. He will speak on elbow, wrist and hand pain, what you should know and exercises you can do at home.

NEW ACTIVITIES We are starting several new activities based on your feedback from the surveys. Thanks for the ideas and donations!

Chair Volleyball: Thursday August 6th and August 20th. Time is 1:00 to 2:30. Cost is \$2 per member.

Cornhole: Thursday, August 31st. Time is 1:00-2:30 Cost is \$2 per member.

Guessing Game: \$1 guess. Guess the number of specific items in the jar. Guess correctly and win half the money collected. The other half goes to the senior center. The jar is for display only. Cash prize. New game every month. If you have questions, see Patti Vasey.

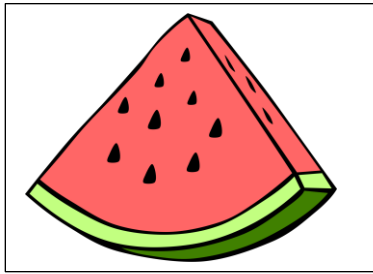
Scavenger Hunt: Free to Play. To participate, get a list from the senior center, then gather all items from the list. Bring items to the senior center in a gallon ziploc bag with the checklist and your name. The first person to bring all correct items wins a \$10 Giant Gift card. New game every three months. If you have questions, see Patti Vasey.

Comedy Show "Send Me No Flowers" at Hunterdon Hills Thursday, September 17th Cost is \$90. Drive yourself or carpool. Arrive by 11am. Reservations and Payment due 8-13-26.

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

Thanks to all our members who donated to our senior center. Whether your donation is large or small, time or money, we appreciate your generosity.

No act of kindness, no matter how small is ever wasted. - Aesop



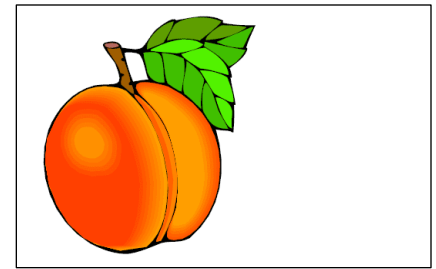
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Co-Pilot Please remember to sign in to Co-Pilot EVERY TIME you visit the center. **ALWAYS check Center Visit in addition to whatever activity you are here for.** If you signed up for lunch on that day, don't forget to check Lunch. This information 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 1st.

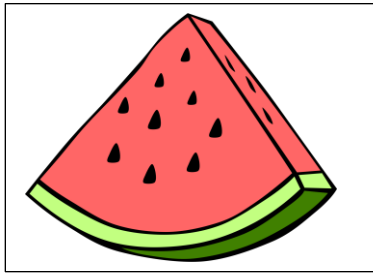
Got Drugs? Bucks County Medication Disposal, free and anonymous. Permanent medication collection boxes are now available at the locations below to help reduce growing statistics of people abusing prescription pain relievers who get them from friends or relatives. Please contact them directly for collection 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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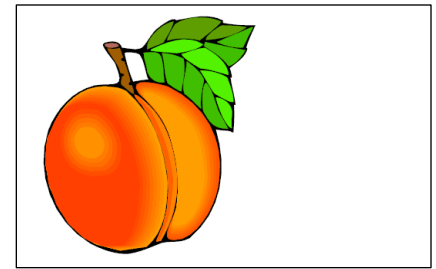
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Fresh Connect 215-345-8175, website: bcoc.org

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

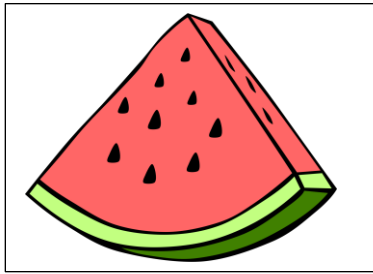
The broad goal of the agency is to develop and provide comprehensive services to help persons aged 60+ maintain independence in their homes and communities. Bucks County Area Agency on Aging offers more than 20 programs to help older adults and their families and is an advocate for all older persons 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.

Blood Drives: Thursday, August 20th Frenchtown Presbyterian 1-6pm

Tuesday, September 8th Deep Run Mennonite 1-6pm

Wednesday, September 30th St Johns UCC Riegelsville 2-7pm

Friday, October 2nd Deep Run Presbyterian 12noon-5pm



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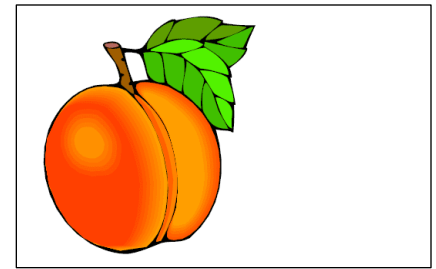
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Center Manager: Margie Jesiolowski

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 Members

Cheryl Harrison

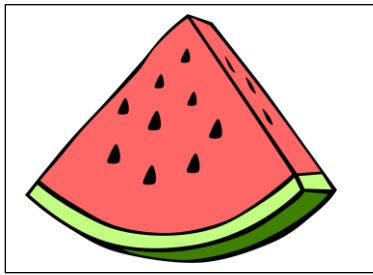
Ann Stimmell

Edythe McPeck

August 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.

Carol Jane Ott *	Aug 5
Patricia Donnelly	Aug 6
Joan Foley *	Aug 7
Candy Traven	Aug 9
Doug Warmkessel *	Aug 10
Janet Reidler	Aug 12
Ken Sassaman *	Aug 12
Erma Trauger	Aug 13
Elva Guttman	Aug 17
Anne Morey	Aug 18
Virginia Weaver *	Aug 18
Doug Braeuer *	Aug 20
Matthew Wadas	Aug 21
Susan French	Aug 22
Nancy Seidenberger	Aug 22
Shirley Anderson *	Aug 25
Hilda Thran	Aug 25
Elizabeth McHugh	Aug 30
Fran Lutz	Aug 30
Helen Dungan *	Aug 31

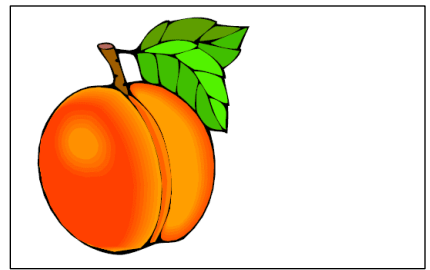


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DONAHUE FUNERAL HOME 215-429-4964

*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



2025 Spring Lottery Winners

6-18-26	Brent Morris	\$25	Seller Cornelia Morris
6-18-26	Benjamin Naska	\$25	Seller Barb Naska
6-25-26	Janet Cantono	\$25	
6-25-26	Jessica Womack	\$25	Seller Terry Keogh
7-2-26	Nina Harkins	\$25	Seller Kathy Darrow
7-2-26	Mackenzie Naska	\$25	Seller Barb Naska
7-9-26	Frank Balbirer	\$200	
7-9-26	Mary Lindsay	\$100	
7-9-26	Barry Snyder	\$50	Seller Ida Bowlby



Ryan Witte

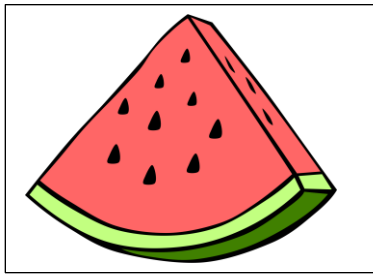
Dublin Financial Center Manager

Penn Community Bank
142 North Main Street
Dublin, PA 18917

e: rwitte@penncommunitybank.com
o: 215.257.5035 Ext. 2501

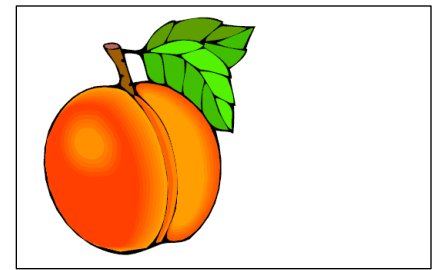
PennCommunityBank.com
Member FDIC





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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 – 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

6-25-26

1st Harry Markley
2nd Ruth Gruver
3rd Marion Wolf

7-9-26

1st Harry Markley
2nd Cindy Wiley
3rd Doug Warmkessel

Get Ready to Grill Safely

www.cdc.gov/foodsafety

Separate: When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.

Chill: Keep meat, poultry and seafood refrigerated until ready to grill. When transporting, keep at 40° or below in an insulated cooler.

Clean: Wash your hands with soap before and after handling raw meat, poultry and seafood. Wash work surfaces, utensils and the grill before and after cooking.

Cook: Use a food thermometer to ensure meat is cooked until hot enough to kill harmful germs. When smoking, keep temperatures inside the smoker to **225°F** to **300°F** to keep meat at a safe temperature while it cooks.

145°F beef, pork, lamb, veal (then let rest 3 minutes before serving)

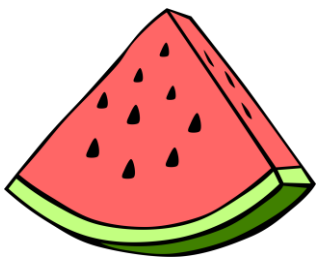
145°F fish

160°F hamburgers and other ground meat

165°F poultry

Don't cross-contaminate: Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.

Refrigerate: Divide leftovers into small portions and place in covered shallow containers. Put in freezer or fridge within two hours of cooking. (One hour if above 90° outside.)



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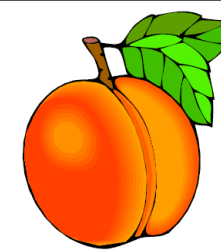
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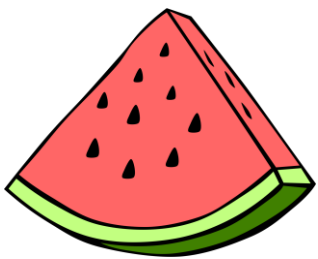
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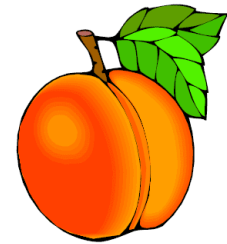
Monday	Tuesday	Wednesday	Thursday
3 Honey BBQ Chicken Ranch Salad Southern Garden Medley Mandarin Oranges Whole Wheat Roll	4 Covered Dish Luncheon	5 Roast Beef Caesar Salad Chickpea Salad Carrot Salad WW roll, Fresh Fruit	6 Tuna Cucumber Salad Plate Broccoli Salad w Craisins Tri Color Pasta Salad WW Roll, Saltines, Applesauce
10 Turkey Hoagie Potato Salad 3 Bean Salad Fresh Orange	11 Roast Beef Special Wrap Coleslaw Cucumber Salad Pudding	12 Crunchy Chinese Chicken Salad Mandarin Oranges Asian Pasta Salad WW Roll	13 Seafood Salad & Cheese Dill Cucumber Salad Corn, Pepper, Black Bean Salad WW Roll, Fresh Fruit
17 Greek Salad w Chicken Tomato Onion Salad Lemon Oregano Salad WW roll, Applesauce	18 Spinach Salad with Turkey Carrot Raisin Salad Pineapples, Oatmeal Cookie WW Bread	19 Egg Salad Plate Summer Salad Potato Salad WW Roll, Pineapples	20 Pesto Chicken Wrap Tri Color Pasta Salad Basil Tomato & White Bean Salad Fresh Fruit
24 Italian Chopped Salad Mediterranean Chickpea Salad Lemon Herb Brown Rice Salad WW Bread, Fruit Cocktail	25 Chicken Salad Plate Health Salad Tropical Fruit Salad WW Roll, Fresh Fruit	26 Deli Salad Coleslaw Three Bean Salad Sweet Muffin	27 Rainbow Cobb Salad Summer Salad Macaroni Salad WW Bread, Pears
31 Dijon Turkey & Swiss Wrap Coleslaw Pineapples Graham Crackers		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.



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Monday	Tuesday	Wednesday	Thursday
3 DVD Exercise 10:30-11:30 Board Meeting 1:00	4 Covered Dish Lunch 12:00 Speaker: Dr. Jake Yerkes DPT	5 Tai Chi 10-11(Practice ONLY) Knit/Crochet Art Club Games	6 Games Active Living Everyday 10:00 Chair Volleyball 1:00-2:30
10 DVD Exercise 10:30-11:30	11 Bingo 1:00	12 Tai Chi 10-11 (Practice ONLY) Knit/Crochet Art Club Games	13 Games Active Living Everyday 10:00 Pinochle 1:00
17 DVD Exercise 10:30-11:30 Birthday Bingo 12:30	18 Nutrition Class 10:30	19 Tai Chi 10-11 (Practice ONLY) Knit/Crochet Art Club Games	20 Games Chair Volleyball 1:00-2:30
24 DVD Exercise 10:30-11:30 Membership Meeting 1:00	25 Bingo 1:00	26 Tai Chi 10-11 (Practice ONLY) Knit/Crochet Art Club Games	27 Games Pinochle 1:00
31 DVD Exercise 10:30-11:30 Cornhole 1:00-2:30			