

September 2026

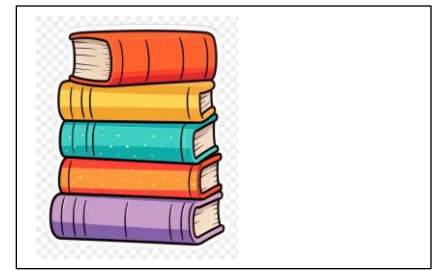
Eastern Upper Bucks Senior Center

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



Covered Dish Luncheon Tuesday, September 1st at 12:00. Veronica McIntosh will present a “250 Trivia” following the luncheon.

Fall Raffle: \$5 per ticket. Two \$25 winners every Thursdays from October 29th to December 10th. Grand Prize of One \$200, One \$100, and One \$50 Winner will be drawn on December 17th. Please return the tickets with the money to the senior center by October 26th. If you would like more tickets, they are available at the senior center.

Septa Senior Fare Card Tuesday, September 29th from 10-1, Daniel Mainieri from Senator Jarrett Coleman’s office will be at the senior center to issue Septa Senior Fare Cards. Please sign up.

Vaccine Clinic Thursday, October 1st from 10:30-12:00. BCHIP and Giant will be at the senior center for a vaccine clinic. See Margie to sign up.

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

Chair Volleyball: Thursday, September 3rd and Tuesday September 29th. Time is 1:00. Cost is \$2 per member.

Cornhole: Tuesday, September 15th. Time is 1:00. Cost is \$2 per member.

Mah Jong: Thursdays September 10th and 24th at 10am. Come learn how to play this fun game. No charge.

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.

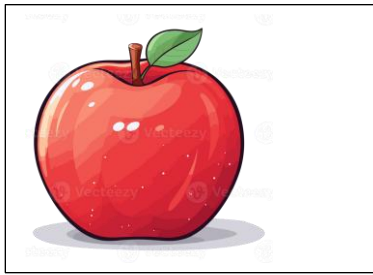
Scavenger Hunt: Free to Play. To participate, get a list from the senior center, then gather all items from the list. Bring items to the senior center in a gallon ziploc bag with the checklist and your name. The first person to bring all correct items wins a \$10 Giant Gift card. New game every three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

Comedy Show “Send Me No Flowers” at Hunterdon Hills Thursday, September 17th Cost is \$90. Payment due now. Drive yourself or carpool. Arrive by 11am.

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

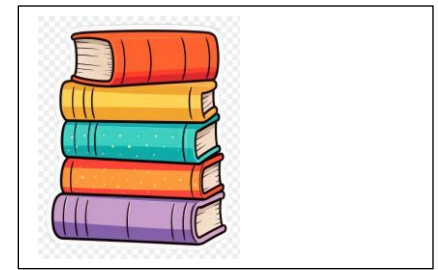
Christmas Luncheon **SAVE THE DATE:** Tuesday, December 15th.

“Don’t count the days. Make the days count!” Muhammed Ali



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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.

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.

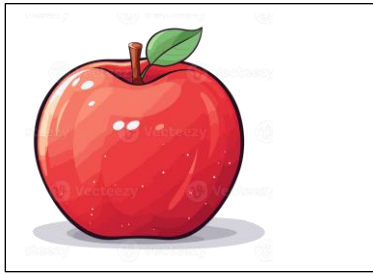
Lunch will be served at 12:00 noon Monday—Thursday. (except Bingo days 11:30) Please check the calendar menu of sandwiches and salads. ****Remember to sign up by Tuesday at noon for the following week.** You must be registered with the senior center. We need a minimum of 5 people to order for any given 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. 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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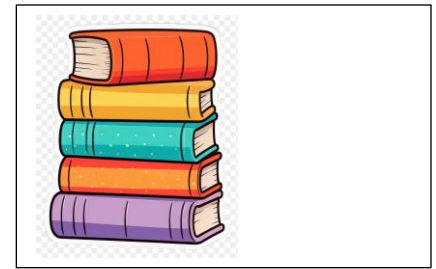
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Fresh Connect 215-345-8175, website: bcoc.org

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.

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

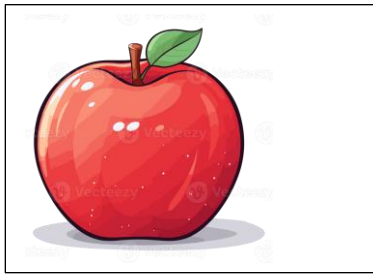
The broad goal of the agency is to develop and provide comprehensive services to help persons aged 60+ maintain independence in their homes and communities. Bucks County Area Agency on Aging offers more than 20 programs to help older adults and their families and is an advocate for all older persons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

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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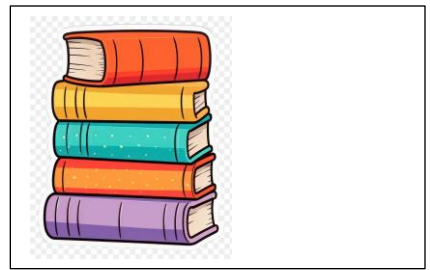
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Center Manager: Margie Jesiolowski

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

Bernie App

Glynis Littlewood

Anne Snyder

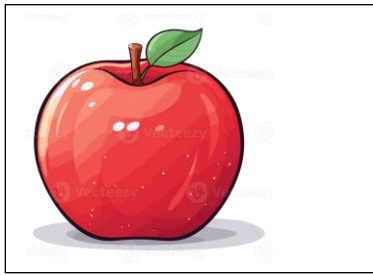
Sandy Hunara

Peggy Bernd

September Birthdays

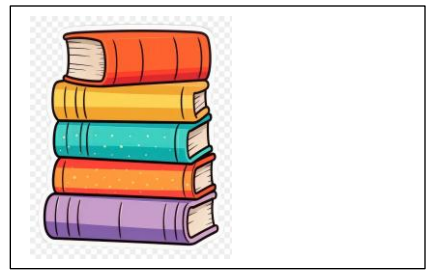
Please only bring in cards for those with a star* next to their name. If there is not a star, please mail their card. If you do not have their address, bring the card with a stamped envelope and we can mail it for you.

Barbara Sienkowski*	9-1
Marlyn Fitz	9-1
Bonnie Myers	9-2
Rosanne McCarty	9-6
Minerva Manship *	9-6
Bernie Boylan	9-7
Deborah Johnson	9-12
Barbara Naska *	9-12
Brenda Fair	9-13
George Armbruster	9-13
Robert Pursell *	9-14
Lisa Sandler *	9-14
Barbara Zitzow*	9-16
Veronica McIntosh *	9-18
Kathy Darrow *	9-19
Geoffrey Slifer	9-19
Lynne Karr	9-21
Peggy Wildonger	9-22
Lynda Angle	9-24
Mike Brent *	9-26
George Shaver	9-27
Theresa Collins	9-29
Mary Deckman *	9-30



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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 (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



Foods with Hidden Sugar

National Center for Chronic Disease Prevention and Health Promotion

Condiments and sauces: Ketchup, jarred pasta sauce, barbeque sauce and bottled salad dressings.

Protein Bars or Yogurt: These foods can contain added sugars. Look for options that have more protein than sugar.

Milk and Coffee Creamers: Pay attention to the sugar content in versions that come in chocolate, vanilla or strawberry flavor.

Granola, Instant Oatmeal and Breakfast cereals: These foods are often sweetened with sugar, honey or other added sugars. Look for low sugar options and add your own fruit.

Nut Butters (Peanut, Almond, Cashew): May contain added sugars for flavor and texture. Try versions with nuts as the only ingredient.

Bottled Drinks: Sodas, sports drinks, energy drinks, coffee drinks. Look for unsweetened alternatives like black coffee, tea, water and sparkling flavored water.



Ryan Witte

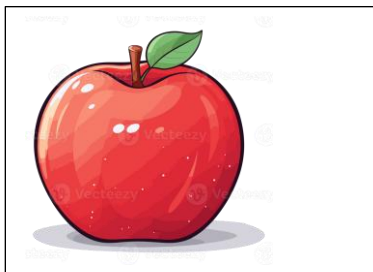
Dublin Financial Center Manager

Penn Community Bank
142 North Main Street
Dublin, PA 18917

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

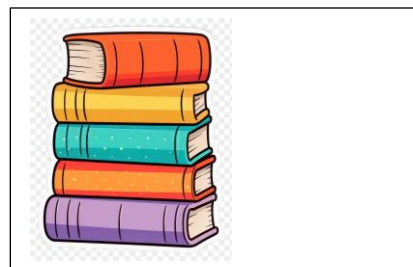
PennCommunityBank.com
Member FDIC





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Senior Center Monthly Activities Check the monthly calendar for exact dates.

DVD Exercise – Mondays 10:30-11:30
Game Days – Wednesdays & Thursdays
QiGong – Tuesdays 10-11 (\$5 member/\$7 non member)
Tai Chi – Wednesdays 10-11 (\$5 member/\$7 non member)
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 (\$2)
Birthday Bingo – 3rd Monday 12:30
Membership Meeting - 4th Monday 1:00
Cash Bingo – Two Tuesdays a month 1:00
Chair Volleyball - Check calendar for dates (\$2)
Cornhole - Check calendar for dates (\$2)
Mah Jong – Check calendar for 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)

Congratulations Pinochle Tournament Winners

7-23-26

1st Cindy Wiley
2nd Marion Wolf
3rd Dolores Warmkessel

8-13-26

1st Dolores Warmkessel
2nd Howard Lammerding
3rd Cindy Wiley

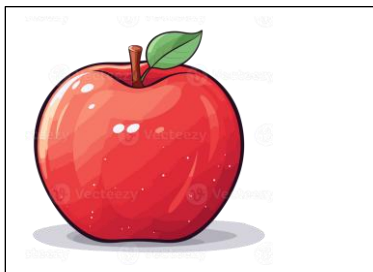
Guess the Number of Flags Winner: Kim Rivera



Larry F. Rakowsky, D.M.D., P.C.
Nina Rakowsky, D.M.D.

7601 Easton Road
Ottsville, PA 18942
610-847-2433
info.rfdentistry@gmail.com
rakowskyfamilydentistry.com

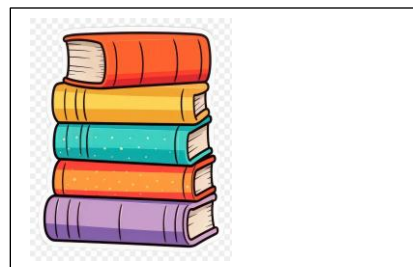
We are accepting new patients!



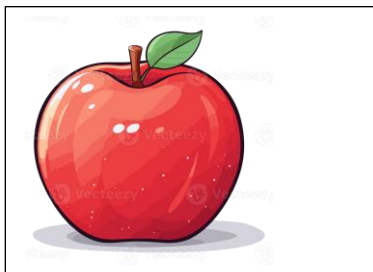
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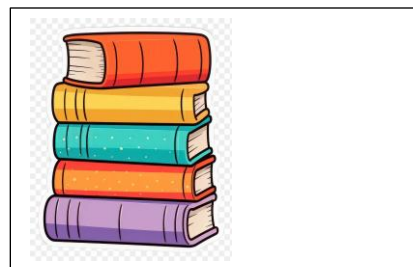
Monday	Tuesday	Wednesday	Thursday
Orders due by noon on Tuesday for the following week.	1 Covered Dish Luncheon	2 Tuna Cucumber Salad Plate Broccoli Salad w Craisins Tri Color Pasta Salad WW Roll, Saltines, Applesauce	3 Egg Salad Plate Summer Salad Potato Salad WW Roll, Fresh Fruit
7 CLOSED Labor Day	8 Crunchy Chinese Chicken Salad Mandarin Oranges Asian Pasta Salad WW Roll	9 Seafood Salad & Cheese Dill Cucumber Salad Corn, Pepper, Black Bean Salad WW Roll, Fresh Fruit	10 Chicken Salad Plate Health Salad Tropical Fruit Salad WW Roll, Peaches
14 Spinach Salad with Turkey Carrot Raisin Salad Pineapples, Oatmeal Cookie WW Bread	15 Egg Salad Plate Summer Salad Potato Salad WW Roll, Pineapples	16 Pesto Chicken Wrap Tri Color Pasta Salad Basil Tomato & White Bean Salad Fresh Fruit	17 NO Lunch Served
21 Chicken Salad Plate Health Salad Tropical Fruit Salad WW Roll, Fresh Fruit	22 Deli Salad Coleslaw Three Bean Salad Sweet Muffin	23 Rainbow Cobb Salad Summer Salad Macaroni Salad WW Bread, Pears	24 Crunchy Chinese Chicken Salad Mandarin Oranges Asian Pasta Salad WW Roll, Fresh Orange
28 Roast Beef Caesar Salad Chickpea Salad Marinated Carrot Salad WW roll, Fresh fruit	29 Tuna Cucumber Salad Plate Broccoli Salad w Craisins Tri Color Pasta Salad WW Roll, Saltines, Applesauce	30 Egg Salad Plate Summer Salad Potato Salad WW Roll, Fresh Fruit	Lunch is served at 12 except Bingo days at 11:30. Suggested donation of \$2 for those 60 and older.



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Monday	Tuesday	Wednesday	Thursday
	1 Covered Dish Lunch 12:00 "250 Trivia" following lunch	2 Tai Chi 10-11(Practice ONLY) Knit/Crochet Art Club Games	3 Games Chair Volleyball 1:00
7 CLOSED Happy Labor Day	8 Bingo 1:00	9 Tai Chi 10-11 (Practice ONLY) Knit/Crochet Art Club Games	10 Games Mah Jong 10:00 Pinochle 1:00
14 DVD Exercise 10:30-11:30 Board Meeting 1:00	15 QiGong 10-11 Nutrition Class 10:30 Cornhole 1:00	16 Tai Chi 10-11 Knit/Crochet Art Club Games	17 "Send Me No Flowers" Hunterdon Hills 11am
21 DVD Exercise 10:30-11:30 Birthday Bingo 12:30	22 QiGong 10-11 Bingo 1:00	23 Tai Chi 10-11 Knit/Crochet Art Club Games	24 Games Mah Jong 10:00 Pinochle 1:00
28 DVD Exercise 10:30-11:30 Membership Meeting 1:00	29 QiGong 10-11 Septa Senior Fare Card 10-1 (Daniel from Rep Coleman's office) Chair Volleyball 1:00	30 Tai Chi 10-11 Knit/Crochet Art Club Games	