

Bristol Township Active Life Center

for the **Young In Heart**

2501 Bath Road, Bristol, Pa. 19007

btscoffice@comcast.net

BTSC Center hours: Monday, Tuesday, Thursday and Friday, between 8:30 am and 3:30 pm.

215-785-6322

www.theyounginheart.com

August/September 2015

The Bristol Township Senior Center is handicap accessible and is a smoke free environment. Center membership is open to all persons 55 and over and is only \$15 per year. You can contact us at 215-785-6322 during business hours for information on any of the recreation programs, special events, trips and services we offer. Information about our center programs is also available at our website www.TheYoungInHeart.com plus we also post events, photos and more on our Facebook page. Search for Bristol Township Senior Center and click the "Like" button.

News from Director, Bonnie Worth:



Copilot System - It is now up and running. Please continue to sign in the blue binder until further notice.. Please remember to have you key fob when you come to the center to check in. It is the leading senior center touchscreen data collection system. The Copilot System will make is easier for the center to apply for grants and also make it easier for us to track attendance, congregate meals, exercises, programs, transportation and volunteer services.

St. Mary Medical Center Health Promotion Programs - Farm to Families - Provides access to healthy fresh



food at a low cost. Each week participants can order boxes of fresh fruits and vegetables for \$10 to \$15 each. Two convenient locations to pick up orders. Queen of the Universe Parish in Levittown and Our Lady of Fatima in Bensalem, Multiple payment methods, including cash, ACCESS Card, SNAP, EBT and credit/debit card. **Call 215-710-4163.**

Message from the President, Art Horner:

The Center had our annual elections for 3 Board Directors on Friday, April 17th. We want to thank all those who came out to vote. The 3 new Directors are Evelyn D'Aguanno, Peg Sodano and Thom Sodano. Installation for the new Board Directors was held on Friday, June 6th.

Don't forget that membership fees are now due. Our membership year runs from July 1st to June 30th. Please stop in the office and dues are still \$15.00 a year.



UPCOMING EVENTS

August Highlights

Monday, Aug 3rd and Aug 10th - Art Class/ Painting Party - 12:30pm to 2pm. \$8.00 for both classes for supplies. You will be doing one painting per class. Space is limited so please sign up in the office and check out the sample pictures.

Thursday, Aug 13th - Sloppy Joes - 11am. Sloppy Joe sandwiches, Salads, Dessert and Beverage. \$5.00 per person. Please pay when you sign up in the office.

Monday, Aug 17th - Texas Roadhouse Fundraiser - 4pm to 10pm. The center will received 15% (food only) off your total meal. So come out to support the center and have a great dinner. More details and flyer to follow.

Tuesday, Aug 18th - AARP Driving Class - 11am to 3pm. If you already took the course within the last 3 years, this 4 hour class is for you. Limited spaces available. Please sign up in the office/

Saturday, Aug 22nd - Bristol Township Community Day - 4pm to 9pm. The Senior Center will be BBQ at the Pavilion. More information to come.

Monday, Aug 24th - Spaghetti Dinner - , 11am. Spaghetti with sauce, salad, bread, dessert and beverage. \$5.00 per person, Please pay when you sign up in the office.

September Highlights

September is National Senior Center Month. Please join us for a variety of events aimed at healthier living.

Thursday, Sept 3rd - Labor Day BBQ - 11am - Hamburgers, Hot Dogs, Baked Beans, Salads, Dessert and Beverage. \$5.00 per person, Please pay when you sign up in the office.

Thursday, Sept 10th - Senior Expo with State Representative Tina Davis. 10am-1pm, All are welcome. Come get information, talk to vendors and enjoy refreshments. Flu shots from Rite Aid Pharmacy. More information to come.

Friday, Sept 11th - Western Night at Ballroom Dance - Wear your cowboy boots and hats and dance the night away with the Greg Albert Duo. \$10 per person includes snacks.

Tuesday, Sept 15th & Thursday, Sept 17th - 10 Keys to Healthier Aging - 10am to 11:30 am. It is an educational course to improve the health of adults as they age and to empower individuals in the community to become actively involved in promoting their own health. The class is held in small groups, please sign up in the office. Lunch will be provided.

Monday, Sept 21st - Shot Day with Acme with free lunch. 9am to Noon. Free if covered by Medicare, please bring your insurance card. Please sign up in the office Also, **Falls Prevention Day** at the center.

Tuesday, Sept 22nd - Home Safety Modifications and Repair with Habitat for Humanity and other businesses - 10am to 12pm. Resources and information will be given during this 2 hour presentation.

Tuesday's, Sept 15, Sept 29, Oct 6, and Oct 13 - Dining with Diabetes - 4 consecutive weeks with registered dietitians or certified diabetes educators. Class provides nutrition education, daily meal plans, interactive cooking demo, food sampling, Dining with Diabetes recipe book, A1C test, motivation and support, opportunities to connect with others who are living with diabetes. Space is limited. Please sign up in the office

Thursday, Sept 24th - Senator Tommy Tomlinson Senior Expo - 10am to 1pm at Falls Manor Catering (old King Caterer) 4010 New Falls Road.

Monday, Sept 28th - Shot Day with Acme with free continental breakfast. 9am to Noon, Free if covered by Medicare, please bring your insurance card Please sign up in the office.

Tuesday, Sept 29th - Respecting Healthcare Choices - 1 hour class starting at 10am. Refreshments will be served. Please sign up in the office.



Here is a list of our upcoming trips:

- **Wednesday, Sept 9th - Careme's Academy of Culinary Arts and Resorts Casino.** Enjoy a buffet lunch at Careme's followed by the Allen Edwards Show at Resorts Casino. Receive \$10 slot play. Bus leaves at 10am and returns at 8:45pm \$65.00 per person.
- **Oct 16 to Oct 18, 2015 - Wildwood Doo-Wop Trip.** 3 days-2 nights deluxe accommodations in Wildwood, 2 full breakfasts, 2 dinners, 2 concerts, Street Fair, visit to Victorian Cape May and Historic Smithville. \$305.00 per person/dbl
- **Sunday, Nov 8th - Renault Winery and Resorts Casino,** Enjoy a family style lunch at Renault Winery then head over to Resorts Casino for the "Broadway Holiday" Show. Receive \$10 slot play. Bus leaves at 10am and returns at 8:45pm \$66.00 per person.
- **Saturday, Dec 5th - American Music Theatre Holiday Show** - Lunch at Eden Resort at 12pm followed by 3pm Show. Bus leaves at 10am. \$80.00 per person

Please contact Kay at 215-785-6322 for more information

News from the Office:

If you need an important document notarized, please see Eddie Fluke in the office. Please give her a day notice so that she can bring in her notary seal.

If you know of a member who is in the hospital, is ill or had a loss, please let the office know and we will send them a card from the Center.

Message from the Computer Room:

Computer Classes - held on Mondays & Thursdays from 9am to 11am for 4 weeks. This is a basic computer class. Perfect for beginners. Please call the center for more information and to sign up.

Computer Lab, internet and help - Daily, 11:00am-2:00pm. Get on the Internet, surf the Web! If you have taken a computer class with us, there are 10 computers ready for use in our computer room (when computer classes are not conducted).

Genealogy Classes – Every Thursday from 12pm to 2pm. \$40. Call the office for more information

Greeting Cards by Evelyn D’Aguanno – Evelyn makes greeting cards, invitations, Thank You cards, candy bar wrappers and Award/Achievement Certificates, She can design your requests with photos as well as graphics that carry a theme. Remember that all the monies she collects are donated to the center.



- Canning jars - 8oz., 12oz. and 16oz. Also looking new lids and the metal rings that secure the lids.
- Trousers socks/knee highs to be used as heads for the scarecrow making kits at the Harvest Fair

SAVE THE DATE

- Christmas Party at Georgine’s Restaurant
- Saturday, Dec 19, 2015 – 3pm to 7pm
- Choice of Prime Rib, Stuffed Chicken Breast, Tilapia & Chicken Parmesan
- \$30.00 per person

Bristol Township Active Life Center—August 2015

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|--|--|---|-----|
| | | | | | | 1 |
| 2 | 3 Needlepoint—9am Woodcarving—9am Computer Class—9am Line Dancing—9:45am Bingo—12pm | 4 Medicare—10am Arthritis Class—10am Wii Bowling—11am Zumba—3:15pm | 5 Bowling @ Pennel Lanes— 11am | 6 Computer Class—9am Yoga—10:15am Tai Chi—12:30pm | 7 Board Meeting—9am General Meeting—10:30am Bingo 12pm Ballroom Dance—Kevin Kelton | 8 |
| 9 | 10 Needlepoint—9am Woodcarving—9am Computer Class—9am Line Dancing—9:45am Bingo—12pm | 11 Medicare—10am Arthritis Class—10am Wii Bowling—11am Zumba—3:15pm | 12 Bowling @ Pennel Lanes— 11am | 13 Computer Class—9am Yoga—10:15am Tai Chi—12:30pm Sloppy Joe Lunch— \$5/person | 14 Bingo 12pm Ballroom Dance—Greg Albert Duo | 15 |
| 16 | 17 Needlepoint—9am Woodcarving—9am Computer Class—9am Line Dancing—9:45am Bingo—12pm | 18 Medicare—10am Arthritis Class—10am Wii Bowling—11am Zumba—3:15pm | 19 Bowling @ Pennel Lanes— 11am | 20 Computer Class—9am Yoga—10:15am Tai Chi—12:30pm | 21 Board Meeting—9am General Meeting—10:30am Bingo 12pm Ballroom Dance—Greg Albert Duo | 22 |
| 23 | 24 Needlepoint—9am Woodcarving—9am Computer Class—9am Line Dancing—9:45am Bingo—12pm | 25 Medicare—10am Arthritis Class—10am Wii Bowling—11am Zumba—3:15pm | 26 Bowling @ Pennel Lanes— 11am | 27 Computer Class—9am Yoga—10:15am Tai Chi—12:30pm | 28 Bingo 12pm Ballroom Dance—Bobby Block | 29 |
| 30 | 31 Needlepoint—9am Woodcarving—9am Computer Class—9am Line Dancing—9:45am Bingo—12pm | | | | | |

Bristol Township Active Life-September 2015

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|---|---|--|---|---|---|-----|
| | | <p>1 Medicare—10am Arthritis Class—10am Wii Bowling—11am Zumba—3:15pm</p> | <p>2 Bowling @ Penndel Lanes— 11am</p> | <p>3 Computer Class—9am Yoga—10:15am Tai Chi—12:30pm</p> | <p>4 Board Meeting— 9am General Meeting – 10:30am Bingo 12pm Ballroom Dance— Kev- in Kelton</p> | 5 |
| 6 | <p>7 Closed - Labor Day</p> | <p>8 Medicare—10am Arthritis Class—10am Wii Bowling—11am Zumba—3:15pm</p> | <p>9 Bowling @ Penndel Lanes— 11am</p> | <p>10 Senior Expo With Tina Davis</p> | <p>11 Bingo 12pm Ballroom Dance—Greg Albert Duo—Western Theme</p> | 12 |
| <p>13 </p> | <p>14 Needlepoint—9am Woodcarving—9am Computer Class –9am Line Dancing-9:45am Bingo- 12pm</p> | <p>15 Medicare—10am Arthritis Class—10am Wii Bowling—11am Zumba—3:15pm</p> | <p>16 Bowling @ Penndel Lanes— 11am</p> | <p>17 Computer Class—9am Yoga—10:15am Tai Chi—12:30pm</p> | <p>18 Board Meeting— 9am General Meeting – 10:30am Bingo 12pm Ballroom Dance— TBA</p> | 19 |
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Arthritis Class - Classes held every Tuesday at 10am. Regular exercise can reduce some of the symptoms of arthritis and improve joint mobility and strength.

Bowling – The Wednesday bowling group bowls at Penndel Lanes on U.S. Rt. 1 in Penndel. The time is still 11am. Come join some other senior for the fun and coffee. The cost is currently only \$5.00 for (3) games, \$3.50 for (2) games and \$1.75 for (1) game. Shoe rental, coffee and cookies are all FREE. This is social, no league or competition. We now have over 20 people who participate, but we generally have about 15 each week. Why don't you give it a try? If you can walk, you can bowl. Score had not meaning to most of our group

Chair Yoga - Classes meet on Thursday morning at 10:15am. Chair yoga is a gentle form that is practiced sitting in a chair or using a chair for support. It is a way to achieve physical and mental fitness, not as a way of life.



Tai Chi - For seniors seeking a way to get low-impact exercise that improves health and requires no special equipment, Tai Chi is an excellent solution, Tai Chi benefits seniors in a number of ways: improves symptoms of arthritis, improves symptoms of Parkinson's disease, effectively reduces stress, provides overall pain relief, improves feeling of overall well-being, improves flexibility and lowers blood pressure Classes are held every Thursday at 12:30pm.

Paper Crafting Class with Dierdra Evans, If anyone is interested, the class will be on Thursday's from 11:00am to 12:30pm. Call the center of more information and fees. The class will teach you to make items out of paper, such as cards, notepads, etc.. Create very decorative items that you can use as gifts for party favors, for wedding and baby showers, birthdays and holiday.

Wood Carving - Carving meets every Monday at 9 am and continues until lunch. Each carver is working on a project of their own. Carving Cottonwood Bark is a current preferred project. It is easy to shape and the subject is up to the carver. It would be a good median for a beginner if you would care to try. Come join us or just observe.

Zumba Gold - Zumba Gold toning classes is dance fitness for older, active adults. Seated modifications are offered. Come join the party on Tuesday's at 3:15pm Our Instructor, Carol Mann is certified in Zumba

Senior Discounts -



Great Clips in Bristol Plaza (by the Walmart & Ollie's) offers \$10 haircuts to Senior's every Wednesday..

Kohl's - offer a special 15% discount every Wednesday in their stores. Special discount is valid in store only for customers aged 55 or better. Please bring identification to verify your age for

this offer.



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Enjoy our Newsletter?

Stay informed and keep receiving the latest News from your Center. Stop by the office or send your dues in by mail with \$15.00 and this form. If you are not yet a member, you will have to stop by the Center and fill out your membership forms.

Name _____

Address _____

Phone _____ E-Mail _____