

# 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](http://www.theyounginheart.com)

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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](http://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:



American Red Cross

**RESPECT (Reaching Elders & Seniors with Preparedness Education, Concepts and Tools)** presented by the **American Red Cross of Southeastern Pennsylvania**. A multi-session disaster preparedness education program designed to address the needs of seniors. Each session starts at 2:00pm and last about an hour/ Sessions are Monday, May 4<sup>th</sup>, May 11<sup>th</sup> and May 18<sup>th</sup>. Participants are strongly encouraged to attend all 3 sessions. Caregivers are also invited to attend the program. Please call the office to sign up. You will receive an emergency preparedness kit upon completion of all 3 session.

**Copilot System** - It is the leading senior center touchscreen data collection system. It will make it easier for us to track attendance, congregate meals, home delivered meals, exercises, programs, transportation and volunteer services. You will be seeing it soon at the front desk. Each senior will be issued a barcode key-tag and when you come to the center you simple scan your key tag to sign in, than select your activities of choice on the touchscreen.

## Message from the President, Art Horner:

We want to welcome back the Director, Bonnie, after her fall that broke her arm. I would like to "Thank" everyone for making sure that the center was running smoothly.

It is election time again for 3 Directors on the Board that will expire in June. A nominating Committee is in place and will be asking members to run for the open positions. If you are asked please consider being on the ballot. If you have any questions about the Director position ask for a copy of the By-Laws or talk to the incumbent.



# UPCOMING EVENTS

## March Highlights:

**Monday, March 2<sup>nd</sup> - Meatloaf Lunch** - 11:15am, \$4.00 per person. Meatloaf, red roasted potatoes, green beans, dessert and beverage. Please pay when you sign up in the office.

**Sunday, March 8<sup>th</sup> - Charter Day** - Free admission to many historic sites and museums along the Pennsylvania Trails of History®. Participating SE PA museums and historic sites include: Pennsbury Manor, Morrisville, Washington Crossing Historic Park, Washington Crossing, Graeme Park, Horsham, Hope Lodge, Ft. Washington, Brandywine Battlefield Park, Chadds Ford, Cornwall Iron Furnace, Cornwall, Ephrata Cloister, Ephrata, Landis Valley Village and Farm Museum, Lancaster, Railroad Museum of Pennsylvania, Strasburg

**Friday, March 13<sup>th</sup> - St. Patty's Day Party - 10:30am.** Food being catered by Bucks County Technical High School. \$7.00 per person. Menu to follow. Please pay when you sign up in the office.

**Friday, March 20<sup>th</sup> - Einstein Nutrition Program - "My Plate".** Understanding nutrition guidelines. You will be sampling cucumber salad.

**Saturday, March 21<sup>st</sup> - Breakfast with the Easter Bunny – 9am to 12pm.** Come meet the Easter Bunny. We will have eggs, pancakes, sausage and beverages. There will also be a variety of Easter crafts for the children to enjoy. We need volunteers for both the craft tables and in the kitchen so please let the office know if you can help.

**Monday, March 23<sup>rd</sup> - Texas Roadhouse Fundraiser and Party** - The center will received 15% (food only) off your total meal. So come out to support the center and have a great dinner. Pick up a flyer at the center.

**Tuesday, March 31<sup>st</sup>** - Our kitchen volunteers will have **Chicken Lunch at the Center** - \$5.00/person, More information to come.

## April Highlights:

**Friday, April 10<sup>th</sup> - Welcome Spring Party - 10:30am.** Food being catered by Bucks County Technical High School. \$7.00 per person. Menu to follow. Please pay when you sign up in the office.

**Friday, April 10<sup>th</sup> - FREE - Senior Ball** - Neshaminy High School Gym One, 4:00pm to 7:00pm. Dinner, dancing and plenty of fun. Please contact Kelly @ 215-809-6100 or 215-499-7474 for more information.

**Thursday, April 16<sup>th</sup> - Community Social with Headstart.** 9am to 11am

**Friday, April 17<sup>th</sup> - Einstein Nutrition Program - Fiber Rich Fruits and Vegetables.** There will be a sampling of Sesame Broccoli

**Thursday, April 23<sup>rd</sup> - Health Fair with Lower Bucks and Roxborough Hospitals.** 9am to 12pm.

**Friday, April 24<sup>th</sup>** - Our kitchen volunteers will have **Roast Beef Lunch at the Center** - \$5.00/person. More information to come.

**Monday, April 27<sup>th</sup> and Tuesday, April 28<sup>th</sup> - Plant Sale** at the center (any plants left will be offered the 2nd week of May). We will have tomato & pepper plants, various herbs, etc.



Here is a list of our upcoming trips:

- **Sunday – Friday, April 26 – May 1, 2015: Pinegrove Dude Ranch** in the beautiful Catskill Mountains. Cost \$419. Daily cocktail party with hors d'oeuvres, Bloody Mary's each morning. Entertainment each night with dinner, dancing, top shows and square dancing., free snack bar with burgers, hot dogs and ice cream, milk & cookies each night after the show, social programs to keep you busy day & night, horse photo of you on or off the horse and variety of indoor facilities.
- **Wednesday, June 17, 2015 - Doolan's Shore Club - Caribbean Beach Party:** Includes 1 hour open bar upon arrival, plus complimentary wine and soda during lunch. Entrée choice of Sirloin of Beef (roast beef) Caribbean Chicken or Herb Crusted Fillet of Scrod. Lunch is followed by the Jersey Shore Caribbean Beach and Cruise Party Show. Leave the center 9 AM. \$85.00
- **Sunday - Saturday, July 5 to July 11, 2015 - Savannah, Jekyll Island and Beaufort** - Cost \$540. 6 breakfasts and 4 dinners. Tours of Savannah, Jekyll Island, St. Simon's Island, Beaufort, SC, and Parrish Island.
- **Save the Date - Oct 15 to Oct 18, 2015 - Wildwood Doo-Wop Trip** with Senior Excursions.

**Do you like baseball?** We are thinking of planning a trip to see the Trenton Thunder at Arm & Hammer Stadium in Trenton. We are looking for possibly a Saturday night in May. Price will be \$26 per person which includes ticket and all-you-can-eat-buffet. Transportation will not be provided but car pools will be available. If you are interested, please call the center for more details.

Please contact Kay or Lois at 215-785-6322 for more information.

### **News from the Office:**

Just a reminder that membership dues are now due. Please stop by the office to renew your membership and to make sure that your information is up to date.

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.**

The Center is looking for volunteers to help keep our program and event information up-to-date on our website. All data entry will be done at the Center; we are looking for a commitment of two hours each week, with a flexible work schedule. Specific training is provided, but some computer experience is required.

## Message from the Computer Room:



**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. Feel free to talk to her about any needs you may have. Remember that all the monies she collects are donated to the center.



**Arthritis Class** - Classes held every Thursday 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



**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.

**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 and Friday’s 2:15pm. Our Instructor, Carol Mann is certified in Zumba




### **Senior Discounts** -

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

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

# Bristol Township Active Life Center—March 2015

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

# Bristol Township Active Life Center-April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Bowling @ Penn del Lanes—11am</i>	2 <i>Computer Class—9am Line Dancing— 9:45a,m Arthritis Class—10am</i>	3 <i>Good Friday Closed</i>	4
5 <i>Happy Easter</i>	6 <i>Needlepoint—9am Woodcarving—9am Computer Class —9am Line Dancing-9:45am Bingo- 12pm</i>	7 <i>Medicare—10am Wii Bowling—11am Zumba—3:15pm</i>	8 <i>Bowling @ Penn del Lanes—11am</i>	9 <i>Computer Class—9am Line Dancing— 9:45a,m Arthritis Class—10am Tai Chi—12:30pm</i>	10 <i>Bingo 12pm Zumba—2:15pm Ballroom Dance—Greg Albert Duo</i>	11
12	13 <i>Needlepoint—9am Woodcarving—9am Computer Class —9am Line Dancing-9:45am Bingo- 12pm</i>	14 <i>Medicare—10am Wii Bowling—11am Zumba—3:15pm</i>	15 <i>Bowling @ Penn del Lanes—11am</i>	16 <i>Computer Class—9am Line Dancing— 9:45a,m Arthritis Class—10am Tai Chi—12:30pm</i>	17 <i>Board Meeting- 9am General Meeting -10:30am Bingo 12pm Zumba—2:15pm Ballroom Dance—Greg Albert Duo</i>	18
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# HARVEST FAIR AND AUCTION 2014

Held on Friday, October 24<sup>th</sup> and Saturday, October 25<sup>th</sup>

We like to say “**Thank You**” to our sponsor - Independence Blue Cross.

We like to say “**Thank You**” to the following who have made monetary donations for this event:

Citadel Security Systems  
First Federal of Bucks County  
James Dougherty Funeral Home  
Harry Epting

Molden Funeral Home  
Pistol Pete’s Seafood  
Road House Inn  
Stream\$Line Payroll

As we go to press, we would also like to say “**Thank You**” to the following businesses who have donated items for the auction: \*\*\*Please see the complete list of donors in the January/February newsletter.

Aaron’s Fresh Country Meats  
Adventure Aquarium  
AMC Theatre Neshaminy Mall  
AMF Bristol Pike Lanes  
Amish Furniture of Bristol  
Apollo’s Family Pizzeria  
Applebee’s  
Bar Louie  
Barbie’s Soft Pretzels  
Beaches Hardware  
Bensalem Muscle Therapy  
Best Darn Kettle Corn  
Black Horse Tavern  
Bowen Automotive  
Bristol Amish Market  
Bristol Riverside Theatre  
Brunswick Zone  
Buckingham Valley Vineyards  
Café Riviera  
Camila’s Pizzeria  
Carrabba’s Italian Grill  
Cesare’s Ristorante  
Country Homestead LLC  
Croydon Pizza  
Dallas Diner  
Dean Casmirri’s Colonial Inn  
Dianna’s Pizzeria  
Dog N’ Bull Brew & Music  
Duck Sauce  
Eddington House  
Fink’s Florist  
Florentino’s Restaurant

Flower’s by Jennie Lynn  
Gabe’s Candy & Nut House  
Gallo’s Seafood  
Garden of Eatin’  
Georgine’s Restaurant  
Golden Corral  
Golden Dawn Diner  
Got Wine?  
Green Parrot Restaurant  
Hulmeville Inn  
Irish Rover Station House  
Jack’s Cold Cuts  
John’s Auto Body  
Jones of New York  
Jules Thin Crust Pizza  
Just Loaf’N  
Kelly’s Kitchen  
La Hacienda Mexican Rest.  
La Stalla Restaurant  
Langhorne Millers Ale House  
Longhorn Steakhouse  
Madara’s Seafood  
Mam’Zelle Salon  
Mealey’s Furniture  
Michael’s Restaurant  
Middletown Country Club  
Mignoni Jewelry  
Modern Edge Hair & Nails  
Newportville Inn  
Newtown Dutch Farmers’ Mkt  
Northtec  
On the Border

Outback Steak House  
Outerwall/Verizon Redbox  
Panera Bread  
Pat’s Colonial Kitchen  
Pat’s Pizza & Bistro  
Penndel Pizza  
Philadelphia 76er’s  
Philadelphia Phillies  
Piccolo Trattoris  
Pizza Pie  
Riehl’s Bakery  
Riverview Outdoor Products  
Road House Inn  
Rose Bank Winery  
Saladworks  
Sandy’s Nail III  
Shady Brook Farm  
Sonic  
State Road Deli  
Texas Roadhouse  
Tire City  
Tony’s King of Pizza  
Trenton Thunder  
Uno Pizzeria & Grill  
Walmart  
Wellness Solutions Center  
Wycombe Winery  
Zebra Striped Whale  
Zoe’s Kitchen  
Zook’s BBQ Barn  
Zook’s Fresh Poultry



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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 \_\_\_\_\_