



BRISTOL TOWNSHIP SENIOR CENTER  
ACTIVE LIFE CENTER  
2501 BATH ROAD  
BRISTOL, PA 19007  
215-785-6322

[BTSCOFFICE@COMCAST.NET](mailto:BTSCOFFICE@COMCAST.NET)  
[WWW.THEYOUNGINHEART.COM](http://WWW.THEYOUNGINHEART.COM)

Center hours: Monday, Tuesday, Thursday  
and Friday between 8:30am and 3:30 pm  
Bonnie Worth - Director

“Bristol Township Senior Center is funded,  
in part, under a contract with the Pennsylvania Department of Aging and the County of Bucks”



### The Gwynedd Mercy Nurses are back!

Monday's – 3/18, 3/25, 4/8 & 4/15

They will have the following schedule of events:

9:00 to 9:30 – Chair Yoga

9:30 to 10:00 – Chair Zumba

9:00 to 2:00 – Blood Pressure, Pulse checks & Medicine help

12:00 to 2:00 – Technology & Computer Assistance

Also please stop by the Student Nursing Corner for Health

Promotion Information, Flyers and Raffle.



**Independence Blue Cross presents Weekday Wellness Classes.** These classes are virtual, all the classes are FREE but you must register with Independence Blue Cross, Classes limited to 100 participants. To register, go to [www.events.ibx.com](http://www.events.ibx.com). Click on Find an Event, then click on All Events in the drop down list. That will bring up the calendar. Please change the month to April or May, then click on the day of the class you are interested in taking. Scroll down to RSVP. **For the list of classes, please see the information on pages**

4 and 5



# APRIL



**Monday, April 1<sup>st</sup>** - - Needlework @ 10am, Woodcarving @ 9am, Line Dancing @ 10am, Bingo @ 11:30am.

**Tuesday, April 2<sup>nd</sup>** - Special Volunteer Luncheon during National Volunteer Month for all volunteers who have logged & reported at least 100 hours of service to Bristol Township Senior Center

**Tuesday, April 2<sup>nd</sup>** - Stay Well class at 9:30am to 10:30am. This is a fun exercise class, so come check it out. Call us at 215-785-6322 to register. Computer Device help @ 10am to 2pm, Tai Chi @ 10am, NO Zumba and NO Chair Yoga & Mindfulness

**Wednesday, April 3<sup>rd</sup>** - Bowling at Penndel Lanes @ 12:30pm. 2 games - \$4.50 & 3 games - \$6.00, with shoes. Temple University Making the Connection classes at the center are FULL.

**Thursday, April 4<sup>th</sup>** - Woodcarving @ 9am, Line Dancing @ 10:00am. Computer Device help @ 10am-2pm

**Thursday, April 4<sup>th</sup>** - at 1 pm, Independence Blue Cross will be bringing a special Medicare Savings session to Bristol Township Senior Center - 2501 Bath Road Bristol, PA 19007. See the attached flyer on page 7 for all the information.

**Friday, April 5<sup>th</sup>** - – Stay Well class. This is a fun exercise class, so come check it out. Bingo begins promptly at 12 noon. Board & membership meetings (1<sup>st</sup> & 3<sup>rd</sup> Fridays of the month. Fresh Connect in the parking lot from 11am to 1pm (weather permitting)

**Monday, April 8<sup>th</sup>** - Needlework @ 10am, Woodcarving @ 9am, Line Dancing @ 10am, Bingo begins promptly at 12 noon.

**Tuesday, April 9<sup>th</sup>** - Stay Well class at 9:30am to 10:30am. This is a fun exercise class, so come check it out. Call us at 215-785-6322 to register. Computer Device help @ 10am to 2pm, Tai Chi @ 10am, Zumba @ 2pm and Chair Yoga & Mindfulness 6pm to 7pm.

**Wednesday, April 10<sup>th</sup>** - Bowling at Penndel Lanes @ 12:30pm. 2 games - \$4.50 & 3 games - \$6.00, with shoes. Temple University Making the Connection classes at the center are FULL.

**Thursday, April 11<sup>th</sup>** - Woodcarving @ 9am, Line Dancing @ 10:00am. Computer Device help @ 10am-2pm.

**Friday, April 12<sup>th</sup>** - Stay Well class @ 9:30 am. This is a fun exercise class, so come check it out. Bingo begins promptly at 12 noon. Board & membership meetings (1<sup>st</sup> & 3<sup>rd</sup> Fridays of the month. Fresh Connect in the parking lot from 11am to 1pm (weather permitting)

**Friday, April 12<sup>th</sup>** – **Nutrition Education with Einstein Medical Center.** Starts at 10:30am. Topic will be “Food Safety” and a tasting of Chicken Salad Remix.

**Monday, April 15<sup>th</sup>** - Needlework @ 10am, Woodcarving @ 9am, Line Dancing @ 10am, Bingo @ 11:30am.

**Tuesday, April 16<sup>th</sup>** - **Stay Well class** at 9:30am to 10:30am. This is a fun exercise class, so come check it out. Call us at 215-785-6322 to register. Computer Device help @ 10am to 2pm, Tai Chi @ 10am, Zumba @ 2pm and Chair Yoga & Mindfulness 6pm to 7pm.

**Tuesday, April 16<sup>th</sup>** - **Flower Arranging Class** with Kim Ngyen at 1:00pm– Materials Cost \$10. Class is **Full**.

**Wednesday, April 17<sup>th</sup>** - Bowling at Penndel Lanes @ 12:30pm. 2 games - \$4.50 & 3 games - \$6.00, with shoes. Temple University Making the Connection classes at the center are FULL. This is the last class for Making the Connection. 2AARP Tax Meeting and Luncheon.

**Thursday, April 18<sup>th</sup>** - Woodcarving @ 9am, Line Dancing @ 10:00am. Computer Device help @ 10am-2pm

**Friday, April 19<sup>th</sup>** - Stay Well class at 9:30am. This is a fun exercise class, so come check it out. Bingo begins promptly at 12 noon. Board & membership meetings (1<sup>st</sup> & 3<sup>rd</sup> Fridays of the month. Fresh Connect in the parking lot from 11am to 1pm (weather permitting)

**Friday, April 19<sup>th</sup> – Fraud Against Seniors Presentation** – at 10:30am. Presented by the FBI and Dave Shallcross, Director of Senior Protection Unit Education and Outreach Specialist in the Office of Public Engagement. See flyer on page 5 for more information.

**Monday, April 22<sup>nd</sup>** - Needlework @ 10am, Woodcarving @ 9am, Line Dancing @ 10am, Bingo @ 11:30am.

**Monday, April 22<sup>nd</sup>** - Earth Day event – Plant Sale prep. More information to follow.

**Tuesday, April 23<sup>rd</sup> – Center Closed for Primary Election Day**

**Wednesday, April 24<sup>th</sup>** - Bowling at Penndel Lanes @ 12:30pm. 2 games - \$4.50 & 3 games - \$6.00, with shoes.

**Thursday, April 25<sup>th</sup>** - Woodcarving @ 9am, Line Dancing @ 10:00am. Computer Device help @ 10am-2pm

**Thursday, April 25<sup>th</sup>** – Lower Bucks Hospital and Roxborough Memorial Senior Health Fair More information to come. See page 9 for more information. (We will not cancel Line Dance).

**@Friday, April 26<sup>th</sup>** - Stay Well class. @ 9:30am. This is a fun exercise class, so come check it out. Bingo begins promptly at 12 noon. Board & membership meetings (1<sup>st</sup> & 3<sup>rd</sup> Fridays of the month. Fresh Connect in the parking lot from 11am to 1pm (weather permitting)

**Friday, April 26<sup>th</sup> – Nutrition Education with Einstein Medical Center.** Starts at 10:30am. Topic will be “Portion Sizes” and the tasting will be Cucumber Dill Salad.

**Saturday, April 27<sup>th</sup>** – Bucks County Drug and Alcohol Commission is holding a Medication Take Back Day on **Saturday, April 27, 2024 from 10 am – 2 pm!** This year's Take Back event will feature 47 public collection sites throughout the county. Simply walk or drive up and drop in any unused, unneeded or expired medications for safe disposal. Bristol Township will be participating. See flyer on page 6 for more information.

**Monday, April 29<sup>th</sup>** - Needlework @ 10am, Woodcarving @ 9am, Line Dancing @ 10am, Bingo begins promptly at 12 noon.

**Monday, April 29<sup>th</sup>** - BTSC Plant sale through Mothers’ Day or until sold out

**Tuesday, April 30<sup>th</sup>** – NO Stay Well class at 9:30am to 10:30am. Computer Device help @ 10am to 2pm, Tai Chi @ 10am, Zumba @ 2pm and Chair Yoga & Mindfulness 6pm to 7pm.



**Tuesday, April 30<sup>th</sup>** - 9:30 am – 12:30 Bristol Township Police present “**Safety for Seniors – What To Do To Protect Yourself Until Help Arrives**”. The session will cover tips for: - Inside your home, In/around your car, Public situations, Community events, Active Shooter awareness and Cyber Crime. The event will also touch on Fraud Awareness. Please sign up for this event.

**Monday, Tuesday, Thursday & Friday** – Pool/Billiards from 9am to 3pm

**Monday, Tuesday, Thursday & Friday** – Lunch @ 11am, **Pre-registration required**, see menus at the CoPilot machine. Hot and cold options available.

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Presents Virtual  
Weekday Wellness Classes  
Wellness Tuesday's  
Nutrition Wednesday's

**Please see information on the 1<sup>st</sup> page on how to RSVP for these events**

## **June 2024**

Tuesday, April 2 @ 1:00 pm – 2:00 pm - [Weekday Wellness – Mindful Habits for Better Health](#) – Virtual - Habits are formed and can be re-created. Learn how mindfully welcome change and adapt habits to live a healthy lifestyle. A Zoom link will be sent to all attendees prior...[RSVP Now](#) Free

Weds, April 3 @ 12:00 pm – 1:00 pm [Weekday Wellness – Nutrition Seminar](#) **Virtual** Join Chef Veronica as she explores the ins and outs of nutrition and the impact that it has on physical and emotional wellbeing. A Zoom link will be sent to you after you register. [RSVP Now](#) Free

Tuesday, April 9 @ 1:00 pm – 2:00 pm [Weekday Wellness – Top 10 Tips for Daily Wellbeing](#) Virtual Practical, sustainable habits for optimal health effortlessly easy to implement. A Zoom link will be sent to all attendees prior to the event. These are free, virtual events open to. [RSVP Now](#) Free

Tuesday, April 16 @ 1:00 pm – 2:00 pm [Weekday Wellness – Sleep Better](#) Virtual Practical tips to improve sleep and feel refreshed and productive during our busy days. A Zoom link will be sent to all attendees prior to the event. These are free. [RSVP Now](#) Free

Tuesday, April 23 @ 1:00 pm – 2:00 pm [Weekday Wellness – Wake Up Better](#) Virtual Get-up Routines that create a better day, more energy and increased immunity. A Zoom link will be sent to all attendees prior to the event. These are free, virtual events. [RSVP Now](#) Free

Weds, April 24 @ 12:00 pm – 1:00 pm [Weekday Wellness – Healthy Cooking](#) **Virtual** Join Chef Veronica for a live cooking demonstration! Featuring new recipes, and insights into how to increase your nutrition without sacrificing flavor. A Zoom link will be sent to you after you register. [RSVP Now](#) Free

Tuesday, April 30 @ 1:00 pm – 2:00 pm [Weekday Wellness – Creating Intuitively](#) Virtual - Part one of the Art and Wellness series! What will you create that inspires your state of being? A Zoom link will be sent to all attendees prior to the...[RSVP Now](#) Free

## May 2024

Weds, May 1 @ 12:00 pm – 1:00 pm [Weekday Wellness – Nutrition Seminar](#) Virtual - Join Chef Veronica as she explores the ins and outs of nutrition and the impact that it has on physical and emotional wellbeing. A Zoom link will be sent to. A Zoom link will be sent to you after you register. [RSVP Now](#) Free

Tuesday, May 7 @ 1:00 pm – 2:00 pm [Weekday Wellness - How to Develop Optimism](#) Virtual - Cognitive Learning techniques to develop pleasant positivity, and a meaningful, engaging, living. A Zoom link will be sent to all attendees prior to the event. These are free, virtual events. [RSVP Now](#) Free

Tuesday, May 14 @ 1:00 pm – 2:00 pm [Weekday Wellness - Emotional Agility](#) Virtual Beyond Emotional Intelligence alone, how to better understand and manage our behavior to manage our emotions with agility and develop resilience. A Zoom link will be sent to all attendees. [RSVP Now](#) Free

Weds, May 15 @ 12:00 pm – 1:00 pm [Weekday Wellness – Healthy Cooking](#) Virtual - Join Chef Veronica for a live cooking demonstration! Featuring new recipes, and insights into how to increase your nutrition without sacrificing flavor. A Zoom link will be sent to you after you register. [RSVP Now](#) Free

Tuesday, May 21 @ 1:00 pm – 2:00 pm [Weekday Wellness - Positivity and Affirmations](#) Virtual Exercises to Re-train our Brain to introduce Positivity and eliminate Negativity; and creating our very own Positive Affirmation Cards. A Zoom link will be sent to all attendees prior to. [RSVP Now](#) Free

If you have any questions for any of these classes, please reach out to Samantha Mueller at [samantha.mueller@ibx.com](mailto:samantha.mueller@ibx.com)

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# UPCOMING EVENTS

**Friday, May 3<sup>rd</sup>** - The Bucks County Senior Services show on scams at 10:00am Presented by Michael Bannon, Director for Bucks County Consumer Protection/Weights & Measures. The program will also include the DA, Consumer Protection, Area Agency on Aging and the Senior Law Center, among others.

**Tuesday, May 7<sup>th</sup>** – **Mother’s Day Tea** – More information to come.

**Thursday, May 9<sup>th</sup>** – **Mother’s Day Lunch sponsored by BTS Nutrition Group.** This event will offer both a hot meal and cold meal. For this event you will need to sign in to CoPilot. More information to come in upcoming newsletters.

**Friday, May 10<sup>th</sup>** – **Einstein Nutrition Education Program** at 10:30am. Topic will be “Physical Activity” and tasting will be Cucumber Mint Water and Pineapple Salsa.

**Thursday, May 16<sup>th</sup>** - **Keystone First Community Event - from 12:00pm to 3:00pm.** Questions on Medicare. You must please sign up for this event.

**Friday, May 17<sup>th</sup>** – **at 10:30am Robin Kemmerer** will be here to discuss Estate, Taxes, Trusts, etc for seniors.

**Monday, May 20<sup>th</sup>** – **Shredding Event** sponsored by the Bucks County Area Agency on Aging from 10am to 12pm here at Bristol Township Senior Center, 2501 Bath Road, Bristol PA 19007. Community shredding events are an ideal platform for educating the public that identity theft begins with personal data like bank account information, social security numbers, insurance records, etc., getting into the hands of fraudsters. Document shredding is a simple way to push back on the growing fraud epidemic. Call 215-785-6322 if you need more information on this event.

**Thursday, May 23<sup>rd</sup>.** **Bucks County Technical High School Luncheon.** More information to come.

**Friday, May 24<sup>th</sup>** – **Book Club Meeting** – at 9:30am. Will be discussing the latest book. Please bring book back when you come to the meeting.

**Monday, May 27<sup>th</sup>** – **Center Closed for Memorial Day.**

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Ellen Miller (one of the senior center gardeners) is purchasing veggie seeds and herb seeds to start in the greenhouse She would like assistance in planting seeds and transplanting small starts into pots, then larger pots as necessary Please contact her on Facebook Ellen Miller or 267-496-1085 Plants will be for sale in April and May to

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# Reduce your costs with a money-saving program



**Keeping up with the high cost of living isn't always easy. Doctor visits, prescriptions, and other health expenses can add up. When you add the price of transportation, food, and utilities, you may really struggle to make ends meet.**

If you're eligible for Medicare or already enrolled in a Medicare health plan, you may qualify for programs that can help you overcome many of these financial challenges. Attend a FREE local meeting in your area!

- Cut down on drug costs
- Reduce your medical costs
- Save money on transportation
- Lower phone and internet bills
- Gain access to groceries and meals
- Save on housing and energy services

We can tell you all about the programs available to help you pay your expenses, explain how to apply, and answer your questions.

**Join us today for an educational seminar!**

Bristol Township Senior Center  
2501 Bath Road  
Bristol, PA 19007

04/04/2024 1 p.m.



**Call today!**  
**833-758-2869**  
**(TTY/TDD: 711)**

seven days a week,  
8 a.m. to 8 p.m. Or visit  
[ibxmedicare.com/savings](https://ibxmedicare.com/savings)

**Independence** 

**IBX**



TOP **10** SCAMS AGAINST  
**Seniors**



**SCAM ALERT!**



**BRISTOL TOWNSHIP SENIOR CENTER**

**APRIL 19, 2024 at 10:30 am**

Come and learn to avoid scams with the  
FBI & PA Attorney General


Scammers and fraudsters target Pennsylvanians every day in an effort to gain access to our money or personal information. They target our emotions in hopes that we will let our guard down and believe the scams they are perpetrating. From robocalls to social media messages, texts to emails, Pennsylvanians must be on the lookout for these "too good to be true" hoaxes. This presentation will break down the top 10 scams currently being used in PA.

 **833-OAG-4YOU**  
833-624-4968

 [www.attorneygeneral.gov](http://www.attorneygeneral.gov)

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# Health & Wellness Fair



**Thursday, April 25, 2024**  
**9:00 a.m. - 12:00 p.m.**

Join us for the Roxborough School of Nursing annual Health & Wellness Fair.

## About the Event

*FREE health screenings and information booths*

*No pre-registration is required.*

*Grab & Go Healthy Snacks*

*Seniors aged 55 and over are welcome.*

*Free giveaways and door prizes*



Lower Bucks  
Hospital



*Food provided by Lower Bucks Hospital*

The event will be held at the  
Bristol Township Active Life Center, 2501 Bath Road, Bristol, PA 19007.  
Questions call (215) 785-6322

### Topics:

- Stroke group. "Fast and Furious"
- Wellness group. "Wellness Warriors"
- Vaccines. Infection prevention. "Catch Friends, not Infections."
- Cardiac. Depression is associated with CV disease in women and heart disease. "Let's have a heart-to-heart about women's health."
- Environmental Safety (Disaster Planning): "When Things Go South."
- Personal Safety. Summer Care. "It's Always Sunny in Philadelphia."

# SAVE *the* DATE



**Medication Take Back Day is**  
**SATURDAY, APRIL 27, 2024**  
**10 am - 2 pm**



If you have unused or expired medications, vitamins, sharps, vaping products or pet meds at home, this event is for **YOU!**

Visit [bcdac.org](https://bcdac.org) for details and collection sites!



Bucks County  
Children & Youth  
Social Services  
Agency





**Monday, April 22, 2024 – Tropicana Atlantic City – “Bette, Bab’s and Beyond” Show at 3:00pm \$25.00 Slot Play. \$100.00 per person Sold Out – Waiting List Only!**

**Monday, May 6<sup>th</sup> to Friday, May 10<sup>th</sup>, 2024 – Virginia Beach, Colonial Williamsburg & Historic Norfolk – 5 Days & 4 Nights. 4 Breakfasts & 4 Dinners \$875.00 per person double occupancy. \$1,070 for single occupancy.**

***Tuesday < May 21<sup>st</sup> – River Lady Paddleboat Lunch Cruise and LIVE Casino. Price - \$143.00***

**Monday, June 10<sup>th</sup> to Friday, June 14<sup>th</sup>, 2024 – Niagara Falls & Toronto, Canada – 5 Days & 4 Nights. 4 Breakfasts & 4 Dinners. \$900.00 per person double occupancy. \$1,050.00 for single occupancy. WAITING LIST ONLY!**

**Sunday, July 14<sup>th</sup> to Saturday, July 20<sup>th</sup>, 2024 – Nashville Show Trip – 7 Days & 6 Nights. 6 Breakfasts & 4 Dinners. \$1,205.00 per person double occupancy. \$1,460 for single occupancy**

**Monday, Aug 12<sup>th</sup> to Friday, Aug 16<sup>th</sup> – New Hampshire – 5 Days & 4 Nights. 4 Breakfasts, 1 Lunch and 4 Dinners. \$995.00 per person double Occupancy, \$1344.00 for single occupancy**

**Wednesday, September 18, 2024 -Dutch Apple Dinner Theatre – “Jersey Boys”. Lunch at 11:30am and Show at 1:00pm.\$139.00 per person**

**Monday, Oct 7<sup>th</sup> to Saturday, Oct 12<sup>th</sup>, 2024 – Charleston, South Carolina. 6 Days & 5 Nights. 5 Breakfasts & 3 Dinners. \$900.00 per person double occupancy. \$1,155 for single occupancy.**

**Sunday, Nov 17<sup>th</sup> to Saturday, Nov 23<sup>rd</sup>, 2024 – Amelia Island, St, Augustine & Jacksonville Florida. 7 Days & 6 Nights, 6 Breakfasts & 4 Dinners. \$915.00 per person double occupancy. \$1,1169 for single occupancy.**

**Wednesday, Dec 4, 2024 – American Music Theatre – Christmas Show “Joy to the World” Lunch at Shady Maple Smorgasbord followed by 3PM show.\$137.00 per person**

***If you would like to sign up for any trips, the trip coordinators are available on Tuesday’s and Thursday’s from 10:00am to Noon***