



Bristol Township Senior Center
 Active Life Center
 2501 Bath Road
 Bristol, PA 19007
 215-785-6322

btscoffice@comcast.net
www.theyounginheart.com

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

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



Holiday Party at Georgine’s Restaurant. Saturday, Dec 15th from 3pm to 7pm. Choice of Entrée includes – Prime Rib, Stuffed Chicken Breast, Chicken Parmesan and Talipia stuffed w/Crabmeat. \$30.00 per person. Please see Lois Conaway to purchase your ticket.





Congratulations to our latest winners of the Lucky 26 Drawing – John Darlington (10/12) and Peg Sodano (10/19). The next drawing will be on Friday, Oct 26, 2018. For a complete list of winners please see the “More Information” section.



OCTOBER



- Monday, Oct 15th Bingo @ 12pm, Line Dancing @ 9:45am, Needle Work @ 9am, Woodcarving @ 9am and **No Tai Chi**
- Tuesday, Oct 16th Wii Bowling @ 10:30am and Zumba @ 2pm
- Tuesday, Oct 16th **Medicare Open Medicare Enrollment** – 11am -2pm. Appointments being made every 20 minutes. Please call center to make an appointment.
- Tuesday, Oct 16th **Boscov’s Friends Helping Friends Day** – 8am to 11pm. Pick up your shopping passes at the center. A \$5 donation to the center buys you a full day of 25% off discount shopping pass, refreshments, entertainment and register a chance to win fabulous prizes.
- Wednesday, Oct 17th Bowling at Penn del Lanes @ 11am

Thursday, Oct 18 th	Line Dancing @ 9:45am
Thursday, Oct 18 th	Mindfulness Meditation 8 week program from 1pm to 3pm. The 8 week program runs on Oct 11 th , Oct 18 th , Oct 25 th , Nov 1 st , Nov 9, Nov 29 th , Dec 13 th and Dec 20 th . It helps relieve pain, reduces stress, improves mood, reduce risk for heart disease, improve longevity, slows Alzheimer's, minimizes shrinkage of the brain that normally occurs with aging, lead to better cognitive functions and reduce healthcare costs. Attendees should attend all 8 weeks to get the maximum benefit.
Friday, Oct 19 th	Bingo @ 12pm, Board Meeting @ 9am, General Membership Meeting @ 10:30am and Friday Night Dance Social with Kevin Kelton @ 7:30pm.
Monday, Oct 22 nd	Bingo @ 12pm, Line Dancing @ 9:45am, Needle Work @ 9am, Tai Chi @ 2:15pm and Woodcarving @ 9am
Tuesday, Oct 23 rd	Wii Bowling @ 10:30am, Zumba @ 2pm and APPRISE Medicare by appointment
Wednesday, Oct 24 th	Bowling at Pennel Lanes @ 11am
Thursday, Oct 25 th	Line Dancing @ 9:45am
Thursday, Oct 25 th	Mindfulness Meditation 8 week program from 1pm to 3pm. The 8 week program runs on Oct 11 th , Oct 18 th , Oct 25 th , Nov 1 st , Nov 9, Nov 29 th , Dec 13 th and Dec 20 th . It helps relieve pain, reduces stress, improves mood, reduce risk for heart disease, improve longevity, slows Alzheimer's, minimizes shrinkage of the brain that normally occurs with aging, lead to better cognitive functions and reduce healthcare costs. Attendees should attend all 8 weeks to get the maximum benefit.
Friday, Oct 26 th	Bingo @ 12pm and Friday Night Dance Social with Bobby Block @ 7:30pm
Monday, Oct 29 th	Bingo @ 12pm, Line Dancing @ 9:45am, Needle Work @ 9am, Tai Chi @ 2:15pm and Woodcarving @ 9am
Tuesday, Oct 30 th	Wii Bowling @ 10:30am, Zumba @ 2pm and APPRISE Medicare by appointment
Wednesday, Oct 31 st	Bowling at Pennel Lanes @ 11am
Wednesday, Oct 31 st	 HAPPY HALLOWEEN 



NOVEMBER



- Thursday, Nov 1st Line Dancing @ 9:45am
- Thursday, Nov 1st **Mindfulness Meditation 8 week program from 1pm to 3pm.** The 8 week program runs on Oct 11th, Oct 18th, Oct 25th, Nov 1st, Nov 9, Nov 29th, Dec 13th and Dec 20th. It helps relieve pain, reduces stress, improves mood, reduce risk for heart disease, improve longevity, slows Alzheimer's, minimizes shrinkage of the brain that normally occurs with aging, lead to better cognitive functions and reduce healthcare costs. Attendees should attend all 8 weeks to get the maximum benefit.
- Friday, Nov 2nd Bingo @ 12pm, Board Meeting @ 9am. General Membership Meeting @ 10:30am, Friday Night Dance Social with Kevin Kelton @ 7:30pm
- Friday, Nov 2nd **Collette Tours** – will be here during the general membership meeting to do a presentation on a Canadian Rockies Trip.
- Sunday, Nov 4th Daylight Savings Time Ends @ 2am, make sure you turn your clocks back
- Sunday Nov 4th **Rededication of the Bristol Township Veterans Memorial** – 2pm at the Township Municipal Complex. To Honor All Who Have Served and Paid The Ultimate Sacrifice.
- Monday, Nov 5th Bingo @ 12pm, Line Dancing @ 9:45am, Needlework @ 9am, Tai Chi @ 2:15pm and Woodcarving @ 9am
- Monday, Nov 5th **Healthy Steps of Aging** – more information to come
- Tuesday, Nov 6th **Center Closed for Election Day.**
- Wednesday, Nov 7th Bowling at Pennel Lanes @ 11am
- Thursday, Nov 8th Line Dancing @ 9:45am
- Thursday, Nov 8th **Mindfulness Meditation 8 week program from 1pm to 3pm.** The 8 week program runs on Oct 11th, Oct 18th, Oct 25th, Nov 1st, Nov 9, Nov 29th, Dec 13th and Dec 20th. It helps relieve pain, reduces stress, improves mood, reduce risk for heart disease, improve longevity, slows Alzheimer's, minimizes shrinkage of the brain that normally occurs with aging, lead to better cognitive functions and reduce healthcare costs. Attendees should attend all 8 weeks to get the maximum benefit.
- Friday, Nov 9th Bingo @ 12pm and Friday Night Dance Social with Greg Albert @ 7:30pm
- Friday, Nov 9th **Veteran's Day Breakfast – FREE for Veterans and \$5.00 for Non-Veterans.** Serving at 10am. Menu includes Scrambled Eggs, Sausage,

Potatoes, Bagels/Toast, Juice/Coffee/Tea and Fruit Cup. Please pay when you sign up in the office. **Must sign up and pay by Monday, Nov 5th.**

- Monday, Nov 12th **Veteran's Day – Center Closed**
- Tuesday, Nov 13th Wii Bowling @ 10:30am, Zumba @ 2pm and APPRISE Medicare by appointment
- Wednesday, Nov 14th Bowling at Penndel Lanes @ 11am
- Thursday, Nov 15th Line Dancing @ 9:45am and AETNA Medicare Presentation @ 1pm
- Thursday, Nov 15th **Mindfulness Meditation 8 week program from 1pm to 3pm.** The 8 week program runs on Oct 11th, Oct 18th, Oct 25th, Nov 1st, Nov 9, Nov 29th, Dec 13th and Dec 20th. It helps relieve pain, reduces stress, improves mood, reduce risk for heart disease, improve longevity, slows Alzheimer's, minimizes shrinkage of the brain that normally occurs with aging, lead to better cognitive functions and reduce healthcare costs. Attendees should attend all 8 weeks to get the maximum benefit.
- Friday, Nov 16th Bingo @ 12pm, Board Meeting @ 9am, General Membership Meeting @ 10:30am and Friday Night Dance Social with Bobby Block @ 7:30pm
- Monday, Nov 19th Bingo @ 12pm, Line Dancing @ 9:45am, Needle Work @ 9am, Tai Chi @ 2:15pm and Woodcarving @ 9am
- Tuesday, Nov 20th Wii Bowling @ 10:30am, Zumba @ 2pm and APPRISE Medicare by appointment
- Wednesday, Nov 21st Bowling at Penndel Lanes @ 11am
- Thursday, Nov 22nd **Center Closed**  **Happy Thanksgiving**
- Friday, Nov 23rd **Center closed for the holiday**
- Monday, Nov 26th Bingo @ 12pm, Line Dancing @ 9:45am, Needle Work @ 9am, Tai Chi @ 2:15pm and Woodcarving @ 9am
- Monday, Nov 26th **Healthy Step of Aging Workshop** – more information to come
- Monday, Nov 26th **Texas Roadhouse Fundraiser** – 4pm to 10pm. The Center will receive 15% of your total bill (excluding alcohol)
- Tuesday, Nov 27th Wii Bowling @ 10:30am, Zumba @ 2pm and APPRISE Medicare by appointment
- Tuesday, Nov 27th  **#GIVINGTUESDAY** More information to come
- Wednesday, Nov 28th Bowling at Penndel Lanes @ 11am
- Thursday, Nov 29th Line Dancing @ 9:45am
- Thursday, Nov 29th **Mindfulness Meditation 8 week program from 1pm to 3pm.** The 8 week program runs on Oct 11th, Oct 18th, Oct 25th, Nov 1st, Nov 9, Nov 29th, Dec

13th and Dec 20th. It helps relieve pain, reduces stress, improves mood, reduce risk for heart disease, improve longevity, slows Alzheimer's, minimizes shrinkage of the brain that normally occurs with aging, lead to better cognitive functions and reduce healthcare costs. Attendees should attend all 8 weeks to get the maximum benefit.

Friday, Nov 30th

Bingo @ 12pm and Friday Night Dance Social with Fred Hall at 7:30pm

MORE INFORMATION

Do you have any worn torn American Flags? The flags can be placed in the handmade container. The container can be found in the front of the main hall.

ShopRite Receipts – We are still collecting ShopRite receipts here at the center. Please place your receipts in the container by the bookkeepers office

“Every Penny Counts” Penny Drive – What is just a penny? Do you have any extra pennies in your pockets, wallets or the bottom of your handbag? If you do, please bring them to the senior center and drop them in our penny bottle. The bottle can be found on the credenza outside the bookkeeper's office. Pennies turn into dollars which will help run the center.

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. Also, if you have empty ink cartridges, please bring them to the center for recycling.

Scarecrow Clothes Needed - If anyone has used girl or boy bib jeans in sizes 6 months to toddler size 5 you can donate to the center, please bring them in. Karren Cherrington is collecting the bib jeans for our annual Fall Festival scarecrow making event. Karren works all year to secure these bib jeans for the scarecrows and she is finding less of them in the thrift stores now. The scarecrow making activity is a favorite event during the fall festival, so please help if you can.

Lucky 26 Drawing Winners:

Week 1 - Ann Abers	Week 11 –	Week 21 –
Week 2 - Eddie Fluke	Week 12 –	Week 22 –
Week 3 - Helen Hoover	Week 13 –	Week 23 –
Week 4 – Liz Raddi	Week 14 –	Week 24 –
Week 5 – Marie Halvorson	Week 15 –	Week 25 –
Week 6 – John Darlington	Week 16 –	Week 26 -
Week 7 – Peg Sodano	Week 17 –	\$150 Winner –
Week 8 –	Week 18 –	\$100 Winner –
Week 9 –	Week 19 –	\$50 – Winner -
Week 10 –	Week 20 –	

Bristol Township Fall Festival/Auction 2018

We would like to say “Thank You” to the following sponsors and donors for making our Fall Festival/Auction such a success!

Sponsors:

Alpha Kappa Alpha Sorority, Inc
Cigna HealthSpring

Citadel Security Systems
James J. Dougherty Funeral Home

Kitchen, Baking and Crafts Donors:

ACME of LEVITTOWN
AMERICAN RED CROSS
AMOROSO'S
ANN ABERS
BENSALEM FARM MARKET
COMFORCARE
DURHAM DELI
EDWINA (EDDIE) FLUKE
GALZERANO FUNERAL HOME
GIANT FOOD STORES
IKE'S GARDEN
KEVIN CULP
KING'S PRETZELS

LOU'S FARM MARKET
M & J MEATS
THE MEAT STORE
PENN THRIFT BEVERAGES
RUGER BEVERAGES
SAM'S CLUB
SANDY KANE
SHOPRITE
STYER'S ORCHARDS
SUNSET SERVICES, INC.
(dba Touching Hearts at Home)
TOADALLY SNACKS
WENDY'S

AUCTION DONORS

Aaron's Meat
Adriatic Pizza
Applebee's
Barbie's Soft Pretzels
Beach's Hardware
Ben's Morrisville Deli & Café
Bensalem Muscle Therapy
Bertucci's Italian Restaurant
Best Darn Kettlecorn
Bethanne Curran
Bob's Furniture
Bowen Automotive

Bristol BBQ & Poultry
BTSC Member Floyd Conaway
BTSC Member Janice Hennessy
BTSC Member Pat Kelly
BTSC Member C Raupp & R Grabowski
BTSC Member Betty Ritter
BTSC Member Sherry Summers
BTSC Members The Sleppy Family
Bristol Riverside Theatre
Buck Hotel
Buckingham Valley Vineyards
Buffalo Wild Wings

Bristol Township Fall Festival/Auction 2018

AUCTION DONORS (con't)

Bullseye Recruiting	Mam'Zelle Hair Salon
Café Antonio	Mannino's Restaurant
California Tortilla	Mercer Museum/Fonthill Castle
Canal Street Grille	Michael's Restaurant
Carrabba's Restaurant	Mignoni Jewelry
Cesare's Restaurant	Moish & Itzy's Deli Restaurant
Cheryl Schoell	Newportville Inn
Chick-fil-A	Northtec
Christine's Restaurant	Omni Janitorial
Continental Tavern	On the Border
De Lorenzo's The Burg	Original Golden Eagle Diner
DeLorenzo's Pizza	Panera Bread
Design for Vision	Parx Casino
Dog N' Bull Brew & Music House	Pat's Colonial Kitchen
Fink's Florist	Philadelphia Eagles
Florentino's Restaurant	Philadelphia Flyers
Flowers by Jennie Lynne	Philadelphia Soul
Gabe's Candy & Nut House	Pistol Pete's Seafood
Garden of Eatin	Red Lobster
Georgine's Restaurant	Riehl's Bakery
Golden Corral	Rob's Automotive
Goodyear Service Center	Rose Bank Winery
Got Wine?	Sesame Place
Harvest Seasonal Grill & Wine Bar	Smoke'n Dudes
Hong Kong Pearl Chinese Restaurant	St. Ephrem Bingo
Hong Kong Restaurant	State Rep Tina Davis
Hulmeville Inn	State Road Deli & Market
Jack's Cold Cuts	Sunrise Diner
John's Auto Body	Texas Roadhouse
Just Born Inc	The Borough Pub
Just Loaf'n	Tire City
La Stalla Restaurant	Trenton Thunder
La Vera Pizza	Two Sisters Canning
Langhorne Speedway Diner	Under the Pier
Levittown Beauty Academy	Warner's Candies
Little Rocky's Pizza	Wyncombe Vineyards & Winery
Lykon Automotive	Zebra Striped Whale
Madera's Seafood	Zook's BBQ Barn

Bristol Township Senior Center

TRIPS

Trips for 2018 and 2019

- **Wednesday, November 7, 2018**
American Music Theatre – Christmas Show, “The First Noel”
Lunch at Eden Resort at 11:45am followed by the 3pm show.
Cost: \$99.00 per person
Bus leaves at 9:30am
- **Tuesday, December 4, 2018**
Bingo Bus to Resorts Casino
Play bingo on the way to Resorts Casino. Donuts with coffee, tea or juice will be provided on the way down and ham & cheese finger sandwiches provided on the way back with cheese, crackers and pepperoni.
Cost: \$55.00 per person plus \$5.00/person if you would like to play bingo
Bus leaves at 9:30am
- **Wednesday, January 16, 2019**
Dutch Apple Dinner Theatre – “Stand By Your Man” The Tammy Wynette Story
Buffet Lunch at 11:45
Cost - \$94.00 per person, Bus leaves at 9:00am
- **Sunday, June 2, 2019 to Saturday, June 8, 2019**
Michigan – Mackinac Island – Northern Michigan
7 days and 6 nights with 4 consecutive nights in Northern Michigan
10 meals = 6 breakfasts and 4 dinners
Guided Tour of Mackinaw City, Visit to Mackinaw Island, including a guided Carriage Tour
Boat ride through to Soo Locks and free time and sight-seeing in Sault Sainte Marie
Visit to Mackinaw Crossings, Admission to Colonial Michilimackinac, Gaming excitement at Kewadin Sault Casino
Cost: \$645.00 per person, Bus leaves at 8am, \$75 Deposit due at sign up.
Final Payment must be made by March 15, 2019

For more information, please contact the Bristol Township Senior Center at 215-785-6322 or stop by the center to pick up a flyer.

FRIDAY NIGHT BALLROOM DANCING

Bristol Township Active Life Center

Live Music

7:30 - 10:30

\$10 per person



Includes coffee, soda and snacks



Call 215 785 6322

for schedule and weather updates

Not just ballroom but other style dances too.

October 2018

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
1-Oct	2-Oct	3-Oct	4-Oct	5-Oct
Meatloaf Mashed Potato Carrots & Broccoli Dinner Roll Margarine Cottage Cheese & Berries	Glazed Pork Loin Mashed Sweet Potato Green Beans Dinner Roll Margarine Cinnamon Baked Apples	BBQ Chicken Roasted Red Potato Broccoli Biscuit Margarine Rice Pudding	Beef Pot Roast Carrots & Peas Boiled New Potato Dinner Roll Ambrosia	Open Face Turkey Sandwich Vegetable Barley Soup Crackers Orange
8-Oct	9-Oct	10-Oct	11-Oct	12-Oct
Beef Teriyaki Broccoli & Red Peppers Brown Rice Pineapple Crisp	Chicken Pot Pie Parsley Potatoes Biscuit Fruit Salad	<u><i>Taste of Germany</i></u> Bratwurst Braised Sauerkraut German Potato Salad WW Club Roll Apple Streusel	Pork Chop w/ Country Gravy Mashed Potatoes Sweet Peas Dinner Roll Margarine Mixed Berries	Rotisserie Turkey Salad Pumpkin Soup Sliced Beets Crackers Yogurt Parfait
15-Oct	16-Oct	17-Oct	18-Oct	19-Oct
Turkey Burger French Onion Soup Carrot Raisin Salad WW Sandwich Roll Tropical Fruit	Salisbury Steak Green Beans & Carrots Mashed Potatoes Dinner Roll Margarine Apple Slices	Tuscan Pork Broccoli & Cauliflower Boiled New Potatoes Dinner Roll Margarine Sugar Cookie	Roast Turkey Sweet Potato Green Bean Casserole Stuffing Margarine Pumpkin Squares	Spaghetti w/ Meat Sauce Tossed Salad Zucchini & Peppers WW Spaghetti Chocolate Brownie
22-Oct	23-Oct	24-Oct	25-Oct	26-Oct
Baked Pork Chop Parslied Carrots Cabbage w/ Noodles Margarine Black Forest Pudding	Chicken a la King Lemon Pepper Broccoli Herbed Brown Rice Margarine Scalloped Pears	Waldorf Salad Chicken Wild Rice Soup Marinated Bean Salad Dinner Roll Margarine Rice Krispie Treat	Shepherd's Pie Peas & Carrots Mashed Potatoes Dinner Roll Margarine Orange	Baked Fish Florentine Scalloped Potatoes Broccoli & Cauliflower Dinner Roll Margarine Chocolate Chip Cookie
29-Oct	30-Oct	31-Oct		
Chicken Alfredo Garlic Spinach Minestrone Soup Sorbet	Meatloaf Mashed Potato Carrots & Broccoli Dinner Roll Margarine Cottage Cheese & Berries	<u><i>Happy Halloween</i></u> Glazed Porkloin Mashed Sweet Potato Green Beans Dinner Roll Cinnamon Baked Apples		



