



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

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[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"



## MAY, JUNE & JULY

This is the weekly schedule for the activities at the senior center:

**Monday's** – Needlework @ 10am, Woodcarving @ 9am, Line Dancing @ 10am, Bingo @ 12pm.  
Blood pressure screenings, chair Yoga & chair Zumba at 9am by Gwynedd Nursing Clinical starting  
July 3<sup>rd</sup>.

**Tuesday's** – Tai Chi @ 10am, Computer Device help @ 10am to 2pm, Game Day @ 11am, Zumba @  
2pm. Chair Yoga & Mindfulness 6pm to 7pm (**No Yoga on July 4th**)

**Wednesday's** – Bowling at Pennel Lanes @ 12:30pm. 2 games - \$4.50 & 3 games - \$6.00, with  
shoes.

**Thursday's** – Woodcarving @ 9am, Line Dancing @ 10:00am. Computer Device help @ 10am-2pm

**Friday's** – Bingo @ 12pm. Board & membership meetings (1<sup>st</sup> & 3<sup>rd</sup> Fridays of the month.)

**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.



**Friday, May 19<sup>th</sup> – Einstein Nutrition Seminar at 10:30.** Topic- Nutrition for Life- Smart Shop, Eat  
Smart. Sampling – Peach Skillet Crisp.

**Thursday, May 25<sup>th</sup> – FULL - Memorial Day Picnic with the Students of the BCTHS 10<sup>th</sup> Grade  
Culinary Arts Program.** Serving from 11:00am to 12:15pm. **This event is now FULL.**

The Bristol Township Senior Center Presents:



We would like to say “Thank You” to the following sponsors of our cash bingo.

**Robin Kemmerer Associates**

**Highmark Wholecare**

**Christine Biemeller**

**State Representative – Tina Davis**

**Cigna Medicare**

**Galzerano Funeral Home**

**Platinum Family Home Care**

**THANK YOU**







# TAI CHI EXERCISES

Free Tai Chi event on Tuesday, May 23 at 10 am – 11 am. No registration needed. Just come and try it out.

**Monday, May 29<sup>th</sup> – Center Closed for Memorial Day.**

**Wednesday, June 7<sup>th</sup> – “Scam Jam”**  
**Presentation by Sen Steve Santarsiero**  
**and Tina Davis.** 2:00pm to 4:00pm. Ice Tea  
 and Snacks will be served.


**Friday, June 9<sup>th</sup> – Installation of new**  
**Board Officers and Directors.**

**Saturday, June 10<sup>th</sup> – Grounded for Life**  
**21<sup>st</sup> Annual One Day Slam Car Shoe.**  
 9:00am to 4:00pm. Variety for cars trucks  
 and lowrider bike classes. Over 20 Club  
 Choice Awards. Food and beverages for sale  
 inside the Senior Center, Rain date is  
 Sunday, June 11<sup>th</sup>.

**Monday, June 12<sup>th</sup> – Texas Roadhouse**  
**Dine to Donate.** 4:00pm to 10:00pm. See  
 Flyer for more information. Must bring copy  
 of flyer to restaurant. Please stop by the  
 center to pick one up.

**Monday, June 19<sup>th</sup> – Senior Center closed**  
**for “Juneteenth”**


## FUNDRAISING NIGHT!



*Join us on Monday, June 12<sup>th</sup>, 2023*  
**PROCEEDS GO TO**  
*Bristol Township Senior Center*  
**COME IN AND WIN SOME PRIZES!!!**  
*An additional 5% will also be donated on this night*

## 10% Donation Night

**Support this cause by**  
**presenting this invitation to**  
**the listed Texas Roadhouse®**  
**location and Texas Roadhouse®**  
**will donate 10% of your total food**  
**purchases to the fundraiser!**



**Bensalem, PA 19020**





Monday's, July 3<sup>rd</sup>, July 10<sup>th</sup>, July 24<sup>th</sup> & July 31<sup>st</sup>. the Gwynedd Mercy University Nursing Students will have the following schedule of events:

9:00 to 9:30 – Chair Yoga

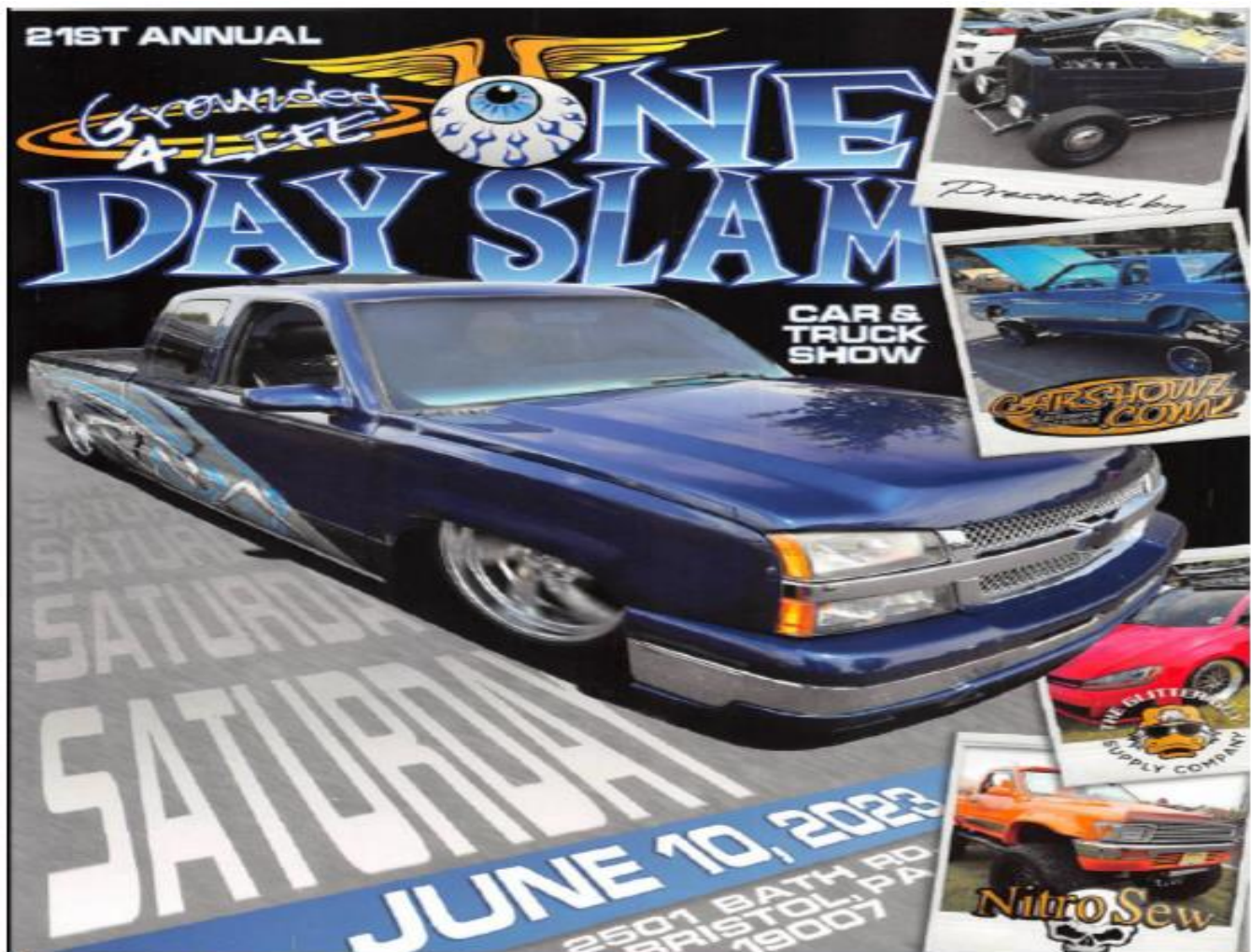
9:30 to 10:00 – Chair Zumba

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.

Tuesday, July 4<sup>th</sup> – Center Closed for Independence Day.



#### TRUCK CLASSES

GM Mini - 93	Full Size Other
GM Mini 94+ Mild	Classic Truck
GM Mini 94+ Wild	Mini SUV
Ford Mini	Full Size SUV
Foreign Mini Mild	Radical Truck
Foreign Mini Wild	4x4 Truck Mild
Mid-Size	4x4 Truck Wild
Dually	Van (All)
GM Full Size Mild	Jeep
GM Full Size Wild	Under Construction (50% Primer)

**LOWRIDER  
BIKE  
CLASSES**

Two-Wheel  
Three-Wheel

#### SPECIALTY AWARDS

Best Domestic Car	Club Participation
Best Import Car	Grounded Kids Choice
Best Classic car	JSM Productions Choice
Best Mopar	NJJP Invasion Choice
Best Low Rider	Modern Muscle Choice
Best Classic Truck	DC Custom Choice
Best Full Size Truck	Nitro Sew Choice
Best Mini Truck	CarShowz.com Choice
Best 4x4 Truck	The Glitter Guy Choice
Best Paint	Downtime Choice
Best Graphics	Street Trucks Choice

#### CAR CLASSES

Honda	Classic Car
Acura	Muscle Car
Subaru	Street Rod
Mitsubishi	Corvette
Scion (All)	Camaro/Firebird
European	Camaro - 2010+
VW Beetle	Mustang
Import Other	Mustang - 1999+
Lowrider	Dodge/Chrysler
Special Interest	Domestic Other

**PLUS OVER 40 CLUB CHOICE AWARDS!**

## Bristol Township Senior Center

# TRIPS

### WILDWOOD, NJ

#### Showtime By the Seaside

**Wednesday, July 12, 2023**

Sightseeing Dolphin Watch Cruise

Lunch at Joey M's La Piazza Cucina

Resorts Casino in Atlantic City, with \$5 in free slot play & \$15 meal voucher  
\$125.00/person. Full payment due at time of sign up.

Bus Leaves – TBA. Trip Cancellation Protection is available for \$19/person

#### Trenton Thunder vs State College Spikes



**Thursday, July 20<sup>th</sup> at 7:00pm**

\$30/person

Includes 90 minute All-You-Can-Eat Buffet

Irish Heritage Night

Thirsty Thursdays – enjoy beer specials and postgame fireworks.

**Transportation on your own,**

#### Boston, Salem and Cape Ann



July 27, 2023 to July 31, 2023

5 Days – 4 Nights with 8 Meals, 4 Breakfasts and 4 Dinners

Guided Tour of Boston

Famous Faneuil Hall – Quincy Market, JFK Library and Museum

Guided tour of Lexington & Concord, Minute Man National Historic Park

Guided tour of beautiful coastal Massachusetts visiting Salem, scenic Cape Ann and the seaside town of Gloucester “America’s Oldest Seaport” and then a visit to the coastal town of Rockport. Price: \$640.00/person. \$75 deposit due at sign

#### Pidgeon Forge and Smokey Mountains

Monday, Oct 9<sup>th</sup> to Saturday, Oct 14<sup>th</sup>

6 Days-5 Nights with 8 Meals – 5 Breakfasts and 3 Dinners

Guided tour of the Great Smokey Mountain National Park

Free time in Historic Downtown Gatlinburg

Admission to DOLLYWOOD

1 Morning Show–Smith Morning Variety Show

1 Afternoon Show – Magic of Terry Evanswood

3 Evening Shows – Soul of Motown, America’s Hit Parade and Country Tonite

Price: \$902.00/person, \$75 deposit due when you sign up



**Insurance is required for overnight trips through Travel Insured International and must be paid for when you sign up for the trip.**

***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***

