



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*
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"

Message from Director Bonnie Worth:

Welcome Fall!!! The summer brought a new partner to the center: Temple University and that partnership is growing this fall. We just completed our first 3 groups in their "Making the Connection" program/study on September 27 and we are starting a new 10 week "Making the Connection" program on Wednesday, October 4. The 10 week program meeting from 10 am – 11:30 am on Wednesdays helps to enhance your connections with others through team gameplay and group discussions. Participants who fill out the survey the first and last day receive a \$20 gift card each time, plus you each member of winning teams win a smaller gift card each week. **Over 40 people took the 1st session and gave it excellent reviews.** If you want more information or would like to take the 2nd 10 week class starting October 4, call the center at 215-785-6322 by Monday, October 2. We also just started a "Stay Well" exercise class with Temple. While this class is full through the end of this year, we are working with Temple to bring another exercise class to the Center in 2024.

We are also partnering with Temple University to offer our seniors the opportunity to take part in a study on connections with others and social isolation for 30 minutes each on October 4, December 13 and March 12. You just need to commit 30 minutes each date for the survey and you will receive a \$20 gift card each of those days for your participation. Call us at 215-785-6322 by Tuesday, October 3 to register.

September saw nearly daily special events to celebrate National Senior Center Month and we plan to offer many events in October. **Gwynedd University nurses and nursing students** will be here Mondays and Fridays to provide blood pressures, wellness checks and tech device help. Plus they will be offering Chair Yoga 9:00 am - 9:30 am and Chair Zumba 9:30 am - 10:00 am on Mondays and Fridays.

We will have several more vaccination clinics, including **Monday, October 2 with Walmart** for the NEW Covid shot, Flu, Pneumonia, Shingles and TDAP. They will be accepting walk-ins for that event. Mat's Pharmacy & Medical Supply. October 10 Matt's Pharmacy will be here offering flu shots and possibly the new Covid shots. We are planning even more vaccination clinics for October, so stay tuned.

We will host a Halloween Party on October 31st and a costume contest with great prizes, fun activities and a luncheon provided by Bucks County Technical High School. Sign up early to reserve you spot. We our also planning our annual Veterans breakfast, Thanksgiving meals pick up, Giving Tuesday and other holiday events. More on all that in our mid-October newsletter.

Our 2024 trip schedule will be released and we will start taking reservations on October 5. Come travel with us to so many fun destinations in 2024.



OCTOBER NEWS

Monday, Oct 2nd - Needlework @ 10am, Woodcarving @ 9am, Line Dancing @ 10am, Bingo @ 12pm and Pickleball will resume in the spring. Gwynedd Mercy Nursing 9am to 2pm. Chair yoga @ 9am, chair Zumba @ 9:30am, Will also be offering blood pressure screenings, pulse checks & medicine help. Will also have a different healthy promotion every week

Monday, Oct 2nd – Walmart Pharmacy will be here from 9am to 12pm offering Flu, Covid-19. Pneumonia, TDAP and Shingle Shots at the center.

Tuesday, Oct 3rd - . Stay Well Exercise Wellness program via Temple University 1pm to 2pm. Tai Chi @ 10am (**No Tai Chi until 10/17**), Computer Device help @ 10am to 2pm, Zumba @ 2pm (**No Zumba**), Chair Yoga & Mindfulness 6pm to 7pm

Wednesday, Oct 4th - Bowling at Penndel Lanes @ 12:30pm. 2 games - \$4.50 & 3 games - \$6.00, with shoes. Making the Connection program via Temple University 10am and 12pm. Please see flyer on page 6. Space still available, please call the Center to register

Thursday, Oct 5th – Stay Well Exercise/Wellness program via Temple University 1pm to 2pm. Woodcarving @ 9am, Line Dancing @ 10:00am. Computer Device help @ 10am-2pm

Friday, Oct 6th – Bingo @ 12pm. Board & membership meetings (1st & 3rd Fridays of the month. Fresh Connect in the parking lot from 11am to 1pm (weather permitting) Gwynedd Mercy Nursing 9am to 2pm. Chair yoga @ 9am, chair Zumba @ 9:30am, Will also be offering blood pressure screenings, pulse checks & medicine help. Will also have a different healthy promotion every week with flyers and a raffle.

Monday, Oct 9th - Center Closed for Columbus Day

Tuesday, Oct 10th – Stay Well Exercise Wellness program via Temple University 1pm to 2pm. Tai Chi @ 10am (**No Tai Chi until 10/17**), Computer Device help @ 10am to 2pm, Zumba @ 2pm, Chair Yoga & Mindfulness 6pm to 7pm. (**No Yoga**)

Tuesday, Oct 10th – Mat's Pharmacy will be here from 9am to 12pm for a Flu Shot Clinic.

Wednesday, Oct 11th - Bowling at Penndel Lanes @ 12:30pm. 2 games - \$4.50 & 3 games - \$6.00, with shoes. Making the Connection program via Temple University 10am to 12pm.

Thursday, Oct 12th – Stay Well Exercise/Wellness program via Temple University 1pm to 2pm. Woodcarving @ 9am, Line Dancing @ 10:00am. Computer Device help @ 10am-2pm

Friday, Oct 13th – Gwynedd Mercy Nursing 9am to 2pm. Chair yoga @ 9am, chair Zumba @ 9:30am, Will also be offering blood pressure screenings, pulse checks & medicine help. Will also have a different healthy promotion every week with flyers and a raffle. Bingo @ 12pm. Fresh Connect in the parking lot from 11am to 1pm (weather permitting)

Saturday, Oct 14th – Fall Festival – 11am to 4pm. Come volunteer to help us at this event. Rain date is Sunday, Oct 15th,

Monday, Oct 16th - Needlework @ 10am, Woodcarving @ 9am, Line Dancing @ 10am, Bingo @ 12pm and Pickleball will resume in the spring.

Tuesday, Oct 17th - Stay Well Exercise Wellness program via Temple University 1pm to 2pm. Tai Chi @ 10am, Computer Device help @ 10am to 2pm, Zumba @ 2pm, Chair Yoga & Mindfulness 6pm to 7pm

Wednesday, Oct 18th - Bowling at Penndel Lanes @ 12:30pm. 2 games - \$4.50 & 3 games - \$6.00, with shoes. Making the Connection program via Temple University 10am and 12pm,



Wednesday, Oct 18th Friends Helping Friends Day from 8 a.m. to 11 p.m. at the Boscov's Neshaminy Mall location. Come to Bristol Twp. Senior Center 2501 Bath Road, Bristol, PA. Donate \$5 and enjoy a 25% discount shopping pass (valid in-store only and cannot be used in conjunction with other discounts and promotions). Select list of merchandise receive 15% and 10% off. At the store you can also register to win a \$100 Boscov's Gift Card

Thursday, Oct 19th - Stay Well Exercise/Wellness program via Temple University 1pm to 2pm. Woodcarving @ 9am, Line Dancing @ 10:00am. Computer Device help @ 10am-2pm

Friday, Oct 20th - Gwynedd Mercy Nursing 9am to 2pm. Chair yoga @9am, chair Zumba @ 9:30am, Will also be offering blood pressure screenings, pulse checks & medicine help. Will also have a different healthy promotion every week with flyers and a raffle. Bingo @ 12pm. Board & membership meetings (1st & 3rd Fridays of the month. Fresh Connect in the parking lot from 11am to 1pm (weather permitting)

Monday, Oct 23rd - Gwynedd Mercy Nursing 9am to 2pm. Chair yoga @9am, chair Zumba @ 9:30am, Will also be offering blood pressure screenings, pulse checks & medicine help. Will also have a different healthy promotion every week and a raffle. Needlework @ 10am, Woodcarving @ 9am, Line Dancing @ 10am, Bingo @ 12pm and Pickleball will resume in the spring.

Tuesday, Oct 24th - Stay Well Exercise Wellness program via Temple University 1pm to 2pm. Tai Chi @ 10am, Computer Device help @ 10am to 2pm, Zumba @ 2pm, Chair Yoga & Mindfulness 6pm to 7pm

Wednesday, Oct 25th - Bowling at Penndel Lanes @ 12:30pm. 2 games - \$4.50 & 3 games - \$6.00, with shoes. Making the Connection program via Temple University 10am and 12pm,

Thursday, Oct 26th - Stay Well Exercise/Wellness program via Temple University 1pm to 2pm. Woodcarving @ 9am, Line Dancing @ 10:00am. Computer Device help @ 10am-2pm

Friday, Oct 27th - Gwynedd Mercy Nursing 9am to 2pm. Chair yoga @9am, chair Zumba @ 9:30am, Will also be offering blood pressure screenings, pulse checks & medicine help. Will also have a

different healthy promotion every week with flyers and a raffle. Bingo @ 12pm. Fresh Connect in the parking lot from 11am to 1pm (weather permitting)

Monday, Oct 30th - Gwynedd Mercy Nursing 9am to 2pm. Chair yoga @9am, chair Zumba @ 9:30am, Will also be offering blood pressure screenings, pulse checks & medicine help. Will also have a different healthy promotion every week and a raffle. Needlework @ 10am, Woodcarving @ 9am, Line Dancing @ 10am, Bingo @ 12pm and Pickleball will resume in the spring.

Tuesday, Oct 31st – Halloween Lunch and Costume Party 10am to 12pm, Lunch with Bucks County Technical High School. Price and more information to come.

Tuesday, Oct 31st -- Stay Well Exercise Wellness program via Temple University 1pm to 2pm. Tai Chi @ 10am, Computer Device help @ 10am to 2pm, Zumba @ 2pm, Chair Yoga & Mindfulness 6pm to 7pm (No Yoga)

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, Nov 3rd – Galzerano Funeral Home will be offering a talk during our membership meeting on **Preplanning**. Followed by Hoagies and Pizza luncheon by Cesare's Ristoranti (Bristol).. Starts at 10:30am. Please call the center to sign up



Membership dues for 2023-2024 remain at only \$15 a year. The dues year runs July 1, 2023 through June 30, 2024. Dues are now payable. You can renew your membership for our 2023 - 2024 membership year at the center or via mail to: Bristol Township Senior Center, 2501 Bath Rd., Bristol, PA 19007



Book Club – we have received the next book from Grundy Library. It is called **"The Rose Code" by Kate Quinn**. We have 10 copies of the book here at the center. If you are interested in participating in the book club, please come into the center and sign a book out. The book discussion will be held on Tuesday, November 14th at 10:00am. Please bring back the book when you come for the discussion.



Wednesday, Dec 20th – Christmas Party

Georgine's Restaurant. 1pm to 5pm.

\$22.00 per person. Buffet style meal.

Please see Lois Conaway to purchase a ticket.

Bristol Township Senior Center Presents

FALL CASH BINGO



Sunday, November 5, 2023
Bristol Township Senior Center
2501 Bath Rd., Bristol, PA
Run by Suzanne Murphy

Doors open: 12 noon
Games start: 2 pm

Cost: \$30 in advance or \$35 at the door

50/50 Raffle, Lottery Tree Raffle, Basket Raffle
Snacks and Beverages for Sale

Sponsored by Independence Blue Cross

Independence 



MORE ABOUT THE Making the Connection Program

Coming to **Bristol Township Senior Center** in **Fall of 2023**

Wednesdays, 10-11:30 AM* from **October 4th – December 13th**

- Making the Connection is a fun and interactive workshop that includes educational content, team gameplay, group discussions, and at-home “practice,” to help you to enhance your connections with others in ways that are meaningful and support personal and community wellness.
- The program will meet for 10 weeks, once weekly, totaling **10 sessions**. Each session is **90 minutes**.
- Through discussions and “family feud” style gameplay, the workshop will rely on your experiences and will enhance your knowledge and skills with things like:
 - Choosing and using the right technology to connect with family and friends and learning how technology can create new opportunities to engage in new ways and with new people.
 - Managing worst case thinking that can get in the way of relationship building and joy in your life.
 - Finding your creative energy and using it to support your goals.
 - Managing life transitions and loss.
 - Strategies to deal with sensory changes.
 - Managing fears about memory loss, cognitive decline, and your future.
 - Finding the best fit volunteer opportunities for your lifestyle and skills, and why this matters.
 - Enhancing and developing problem solving skills for use in relationships and management of your health and wellness.
- Each week, the group will play games focused on that week’s topic. Weekly prizes will be awarded to winning teams, with the chance to win a grand prize at the conclusion of the program!

*The class is scheduled for 10-11:30 AM. A second class **may** open from 12-1:30 pm

Brought to you in partnership by the School of Social Work at Temple University
and the Bristol Township Senior Center.



Register by calling Bonnie
at the Senior Center:
215-785-6322

SEEKING STUDY PARTICIPANTS

- We are seeking Pennsylvania residents ages 60 and older to participate in a study being conducted by the School of Social Work at Temple University.
- The purpose of this research is to gather data on the effectiveness of a psychoeducational program, Making the Connection, on (1) reducing feelings of loneliness and/or isolation for people participating in this program and (2) changing people's perceptions of their health and quality of life. **The participants recruited for this part of the study cannot have taken part in or be taking part in the Making the Connection Program for the duration of this study.**
- Taking part in this research is voluntary. Whether you take part is up to you. If you don't take part, it won't be held against you.
- You will be asked to complete a short questionnaire about your relationships, social supports, and social activities. We expect that completing the questionnaire will take approximately 30 minutes and we are asking you to complete the questionnaire on three separate occasions. You will receive a \$20 gift card upon the completion of each questionnaire. You can decide to leave the study at any point.
- You do not need to provide your name on the questionnaire. All identifying information will be separate from the questionnaire you complete and will be kept in a HIPAA compliant database owned and managed by Temple University. Only the Principal Investigator and authorized personnel have access to the data.
- We may develop reports and publish the results of this research. However, we will keep any identifying information confidential. We protect your information from disclosure to others to the extent required by law. We cannot promise complete secrecy.
- **Data Collection Events*:**
 - Survey 1: **Wednesday, October 4th, 2023** from **2-3 PM**
 - Survey 2: **Wednesday, December 13th, 2023** from **2-3 PM**
 - Survey 3: **Tuesday March 12th, 2024** **subject to change** from **10-11 AM**

*If you are unable to make it to a certain data collection time or date, we may be able to accommodate you with a different time at the center, a survey done via phone, or an online survey. Please reach out if you expect you will be unable to make any of the dates.

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Bristol Township Senior Center

TRIPS

SIGHT & SOUND THEATRES®



Wednesday,
December 13,
2023

3:00pm Show



Miller's Smorgasbord
for lunch at 12:15pm

Price: \$170.00/person

Bus Leaves: 10:00am

Bus Returns Approx: 7:30pm