

**BRISTOL TOWNSHIP SENIOR CENTER**  
**2501 BATH ROAD BRISTOL, PENNA. 19007**  
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[www.theyounginheart.com](http://www.theyounginheart.com)

UPCOMING EVENTS:

**Valentines Day Party and Spaghetti Lunch** on Tuesday, February 13, 2018. Come enjoy musical entertainment, fun and a Spaghetti luncheon, starting 10:30 AM on Tuesday February 13, 2018.

**Healthy Steps workshop** - Did you know that 1 in every 3 persons 50+ has a fall each year? It just takes one bad fall to cause serious injury that can affect your mobility and quality of life. BUT you can DO something to better your chances of NOT having a fall! Our Healthy Steps workshop is totally FREE Get the information you need, plus a workbook, extra goodies & FREE lunch. Learn how to prevent falls, your risk of falling, what to do if you do fall and learn exercises you can do to help prevent a fall. You will receive a free lunch and healthy snacks during the event. Spend just one morning in our Healthy Steps Workshop to protect yourself. Choose your date: The workshops are scheduled for Tuesday, February. 13, or Monday, February. 19, or choose one of the following Tuesdays: February 27, March 6, or April 3.

**Friday, March 9, 2018: 10:30 AM – Noon** David Shallcross from the PA Attorney General's office will present **information on the Opioid Crisis and it's impact on our community**, including how it is affecting older adults and the Bucks County community in particular. David will also provide **information on your new Medicare cards arriving in April and how to avoid fraud**. A free lunch will be provided to all who attend, but you must register for the talk and luncheon by calling 215-785-6322. The talk and lunch are being sponsored by Galzerano Funeral Home.

**Saturday, March 17, 2018 from 9 to Noon - Our Easter Bunny Breakfast and the Bristol Township Easter Egg Hunt** The Breakfast runs 9 AM - Noon and the egg hunt is at noon. Pancakes, Eggs, sausage, beverages and treats will be served during the breakfast. Also during the Breakfast, children can get their pictures taken with the Easter Bunny, dye Easter Eggs, play our Bunny Bingo, paint a pot and add a plant, win a prize with our duck pond, and much more. Each activity has a small fee. Then head outdoors for the Easter Egg hunt at noon. Bring a basket for your eggs and boots if the ground is wet. For more information, contact Bristol Township Senior Center at 215-785-6322.

**Spring Open House and Luncheon – Tuesday, March 20 – From 9 AM – Noon:** Bucks County Technical High School Cosmetology students will join us to provide manicures (\$2) featuring spring colors and decals and also Facials (\$5).. Culinary staff and students will provide the luncheon for the day. Call for the special menu we are offering. We will also have information and be taking sign ups for special programs, events, trips and more.

**HEALTH SERIES:**

Monday, February 19 – Information on Diabetes: Signs and Symptoms and free blood pressure checks.  
Monday, February 26 – Information on Managing Caregiver Stress and free blood pressure checks.

For more information, call 215-785-6322 or email us at [btscoffice@comcast.net](mailto:btscoffice@comcast.net)