NORTHAMPTON TOWNSHIP

JAMES E. KINNEY

SENIOR CENTER

WE ARE THANKFUL FOR OUR MEMBERS AND LOOK FORWARD TO A BRIGHT, HAPPY AND HEALTHY 2021!



02

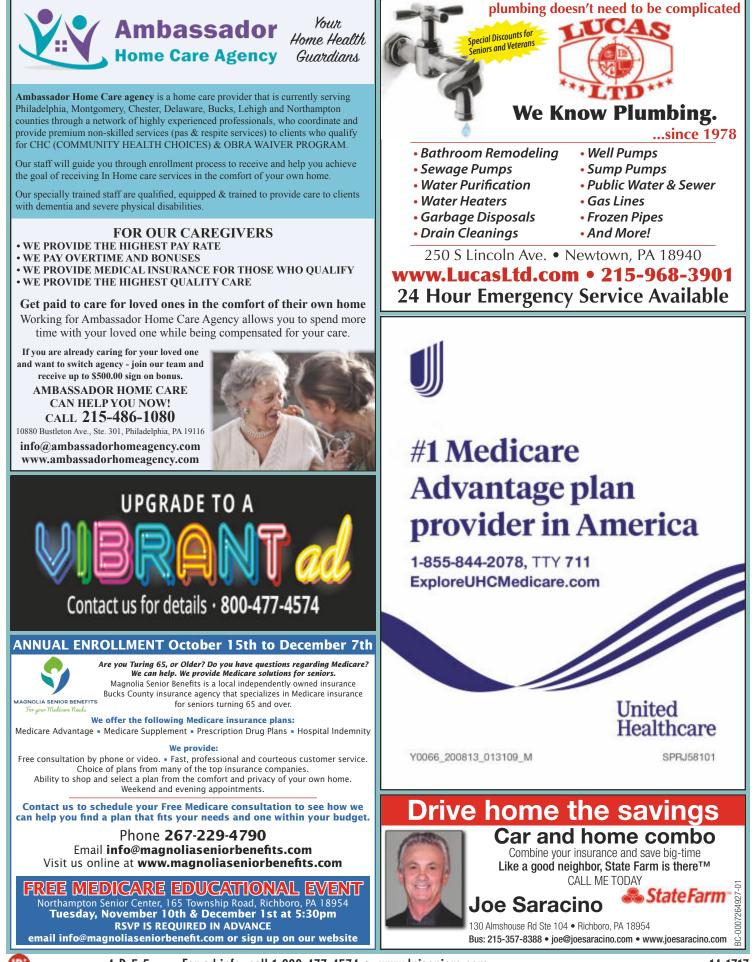
What's Inside Center News......3 Fundraising......7

Address: 165 Township Road Richboro, PA 18954 Activities.....5 Membership....9

Phone: (215) 357-8199 Community.....6, 8 Lottery.....10

Email: nhsc@nhtwp.org

This project is funded in part by the Bucks County Commissioners, the Bucks County Area Agency on Aging and the Pennsylvania Department of Aging.



Happenings Since we Last "Spoke"

On September 24th the senior center hosted it's first outdoor Flu Shot Clinic. The event was sponsored by Walmart, our new community partner. THANK YOU to Walmart, Steve Devane (Health & Wellness Director), the pharmacists and the many brave flu shot recipients. All of the participants that day received a bag filled with lots of goodies thanks to Nichole and Rick Meyers of AAA Insurance in Richboro, Chris Vedral of Magnolia Senior Benefits, Marlane Graphics, Inc., Jim Luttrell of Re/max Properties in Newtown, Richboro Rehabilitation and Nursing Center, The Birches of Newtown and Walmart. The day was a huge success due to the kindness and support from our business community!

While we are thanking people, we give a **BIG THANKS** to our members for supporting the center during this time. By renewing your membership and purchasing lottery tickets, you are helping to sustain the center.

The staff continues to make "well check" calls to our members. If you have not heard from us, we may not have your correct telephone number. Please call or email the center to provide updated contact information. In addition to the calls, we have sent several news items about the senior center and local community events via email messaging. If you would like to receive our "e-blast happenings," please send your email address to nhsc@nhtwp.org (add us to your contact list). For those who do not have a computer or use email, please call the center at 215-357-8199 with any questions or concerns.

The one question everyone is asking, "when is the center going to reopen?" We understand your frustration and desire to return, everyone wants things to go back to normal. Unfortunately, we do not have a date at this time. As much as we can't wait to see you and to get back to the awesome activities and programs, we must remain closed until the timing is right. When it is completely safe for everyone to return, we will be sure to get the word out to everyone! Please be prepared for changes in our hours and the activities we are able to offer. Until then please stay safe and stay healthy!



Metcome NEW MEMBERS 04 LOTTERY WINNERS September 8 #20 Aaron Cane #50 Kay Gentile #248 Helen Winslow #244 Elizabeth Avery **Bobbie Lichtey** #34 Alan Levine WINNER **Stephanie Paget** September 22 George Roberts Nancie Ceniccola #115 Patricia Schmidt Kay Gentile #400 Scott Jobs #270 Edward Shapiro Margie Richards Cecilia Dombrowski #250 #001 Christopher Vedral

HAPPY BIRTHDAY TO YOU! Have a happy, healthy and safe birthday!

12/1

12/1

12/2

Dennis Monahan

Barbara Hayman

Samita Ranade

November Birthday Greetings

11/1Virginia Edmonds 11/1**Bonnie McGrainer** 11/1**Dolores** Saba 11/2William Betlejewski 11/2John Fedorko 11/3Marie Wallace 11/3Swapan Banerjee 11/4Anne Kushner 11/4Daksha Mull 11/5Leona Ward 11/5Elizabeth White 11/7Annemarie Jannotta 11/7**Richard Bohlauder** 11/8 Gail McKenna 11/8 Carole Zeitz 11/8 Mary Ann Johnston 11/8 Daniel McCaffrey 11/8 **Richard Weaver** 11/9Stephen DiLizio 11/9 Mark Elson 11/9 Frank Lorenzo 11/9 Stephen Wolk 11/10Annamarie Kaminski **Elisabeth Robbins** 11/1011/11 Esther Lissansky 11/12 Cynthia Hart 11/13 **Dolores Mitchell** Nancy Poekert 11/1311/13 Sue Roemer 11/13 David Rolewicz Helenec Burns 11/14 11/14 Pam Fishgold Roberta Bruestle 11/1511/15Marcia Burns Dorothy Granville 11/15

11/15

Hedy Kling

11/15 Jim O'Connell Stephen Krajcer 11/15 11/16 **Bobbie Lichtey** 11/16 Helene Martin 11/17Maryann Blasco Carol Corcoran 11/18 Ellen Rudolf 11/18 11/19 Ruth Houser 11/19 Kathleen Kelly 11/19 Joseph Kelly 11/19 Frank O'Donnell 11/20Anna Cannon 11/21Joan Butler 11/21Judith Hetrick 11/21Kathleen Tierney 11/21W. Barry Collin **Caesar Primus** 11/2111/22 **Dolores** Falco 11/22 Peg Kenna 11/22**Richard Boller** 11/22 Edward Sabo 11/24 Mary Hughes 11/25Ellen Bergmann 11/25 Janet Schuch 11/25Tom Stewart 11/26 Janet Betzner 11/26 **Teresa** Meistering 11/26 Sue Saddlemire Larry Weiner 11/26 Josephine Schultz 11/2711/28 **Bonnie Emilius** 11/28 Bridget Gallagher-Gross

- 11/28Beth Mulkeen11/28Joan Stevens
- 11/29 Wolfgang Fischer 11/29 Donald Gleiter
- 11/29 Dana Winslow
- ang Fischer 12 d Gleiter 12 Winslow 12

12/2**Rebecca** Shepherd 12/3Ally Varin-Hommen 12/4Maryann Bucci 12/5Paul Strenge 12/5Marie Mykijewycz 12/5Anne Schiwall 12/6 James Musantry 12/6Cindy Little 12/7Pat Cosenza 12/7Janet Steffa-Leo 12/8Murray Zuckerman 12/9 Harold Pochik 12/9Jean Gallagher 12/9Irene Herbe 12/10Bina Bottino 12/10Anna Weber 12/11Joseph O'Kane, Sr.

- 12/11 Marcena Coleman
- 12/12 Mary Byrne12/12 Barbara Goppold
- 12/13 Betty Novobilski
- 12/14 Ralph Rogers
- 12/14 Linda Blumberg
- 12/14 Letsa Hadgimallis
- 12/14 Marcy Pollak
- 12/14 Judy Stock
- 12/15 Frank Garofalo 12/15 Cristina Relova-
- Emmons 12/16 Charles Brown
- 12/16 Angelo Perna
- 12/16 Jeffrey Pevar 12/16 Linus Shores
- 12/16 Minnette Hughes
- 12/16 Mary Nejberger-Rose
- 12/16 Kimberly Rose
- 12/16 Gale Wiik 12/16Marilyn Winig Esther Frame 12/1712/18 **Tony Schiavone** 12/18 Elizabeth Avery 12/18Theresa Beveridge Jacqueline Bonasch 12/18 12/18 Carol Kasser 12/18 Lauretta Klein 12/20Debra Heagy Marilyn Snider 12/2012/22Carol Chirik 12/22 Chris Civatte 12/22 Helen Mercer 12/22Linda Smith 12/23Marian Erwin 12/23 **Phylis Lewis** 12/24 Frank Colantuono 12/24Anthony Orlando 12/24 Eleanor Cataldo 12/24Jim Goodbody 12/24 Colleen Harrison 12/24 **Rita Jobs** 12/26Susan Elinow 12/26Joan Gussman 12/26 Marie O'Brien 12/27John Laub, Sr. 12/27 **Dolores Holden** 12/28Charlie Cosenza 12/28Reid Campbell 12/28 Mitzi De Blasis 12/28 Paula Patti 12/29Patricia Esposito 12/29Judy O'Brien 12/29Joan Remshifski 12/30 Marie Orzechowski

Joanne Watkins

December Birthday Greetings

12/16

- 12/31 Thomas Hughes
- 12/31 Anna Cristinzio
- 12/31 Debra Schlosser



ACTIVITY UPDATES

<u>STRESS MANAGEMENT/</u> <u>MINDFULNESS MEDITATION</u>

Take part in the benefits of Mindfulness Meditation to help improve your health, your mood,

feelings of connectedness and protect your brain against anxiety and stress.

Virtual classes will be held for one-hour each week, participants can chose to take a class beginning on either Tuesday, 11/17 from 10:30 AM to 11:30 AM <u>or</u> on Thursday, 11/19 from 1:30 PM to 2:30 PM. Please contact the instructor, Dan Surkin, at Dan@ComForCare.com.

<u>AEROBICS</u>

I now have SIX YouTube videos available for you to work out at home. The videos include, cardio workouts, weights, resistance, balance and interval that incorporates all three. Since March, these videos have been played over 1,660 times.



Please send an email to <u>nancyox5@gmail.com</u> if you would like to try the videos or get pointers. Stay healthy! Nancy

COLORING CLUB

The Coloring Club invites those who want to color inside the lines, outside the lines or make their own lines to their virtual ZOOM meeting for 40-minutes each Wednesday at 1:30 PM.



To join this colorful group, please send an email to Arlene at robbi654@msn.com. The next step is to gather your colored pencils, gel pens, markers and download the free Zoom application to your PC, tablet or mobile phone.

<u>SENIORCISE</u>

Dr. Rose, our Seniorcise instructor, has been offering weekly exercise videos to get your weekly routine back on track. If you would like to be added to the class list, please send Dr. Rose an email at <u>drkimrose@gmail.com</u>.



We are more creative with virtual activities but until we can resume class in person, let's embrace our new "normal" and strive for good health. Stay healthy, be safe.

NEW YORK TIMES BESTSELLERS

HARDCOVER FICTION

- 1. *The Return* By Nicholas Sparks
- 2. *Battle Ground* By Jim Butcher
- 3. *Violet Bent Backwards Over the Grass* By Lana Del Rey
- 4. *The Evening And The Morning* By Ken Follett
- 5. *The Book of Two Ways* By Jodi Picoult

HARDCOVER NONFICTION

- 1. *The Meaning of Mariah Carey* By Mariah Carey with Michaela Angela Davis
- 2. Rage
 - By Bob Woodward
- 3. Caste
 - By Isabel Wilkerson
- 4. *Trumpty Dumpty Wanted a Crown* By John Lithgow
- 5. *Killing Crazy Horse* By Bill O'Reilly and Martin Dugard

PAPERBACK TRADE FICTION

- 1. *The Institute* By Stephen King
- 2. Swimming Lessons By Lili Reinhart
- 3. *Then She Was Gone* By Lisa Jewell
- 4. *Cilka's Journey* By Heather Morris
- 5. *The Handmaid's Tale* By Margaret Atwood

PAPERBACK NONFICTION

- 1. My Own Words By Ruth Bader Ginsburg with Mary Hartnett and Wendy W. Williams
- 2. *White Fragility* By Robin Diangelo
- 3. *The Body Keeps the Score* By Bessel Van Der Kolk
- 4. So You Want to Talk About Race By Ijeoma Oluo
- 5. *Stamped From the Beginning* By Ibram X. Kendi



A book is a magical

thing that lets you travel

to far-away places

without ever leaving

your chair.



<u>25</u>

'05

COMMUNITY UPDATES

Bucks County Area Agency on Aging APPRISE Medicare Services



The annual Medicare Open Enrollment

period is from October 15 through December 7, 2020. If you need help navigating the system of Medicare, contact the Bucks County Area Agency on Aging—APPRISE Medicare Services. You can view an online recorded program, *Medicare Basics*, beginning October 2 at www/bucks.county/apprise.

To make a day or evening appointment with a free, unbiased and confidential APPRISE counselor, certified by the Pennsylvania Department of Aging, call 267-880-5700 or visit online www.bucks.county/apprise.



Pen Pals Wanted

New IOWN, PA Mentod Core and themey Core Newtown have partnered to form a *pew pal* program that will connect THEIR residents to OUR members. If you like to write notes, or lengthy letters, this would be a wonderful program for you!

If you are interested in participating, please call the center at 215-357-8199 or e-mail NHSC@nhtwp.org and provide the following <u>information so we can find the "perfect"</u> *pew pale* Name, Address, E-mail Address, List of your Hobbies/Interests and a Cell/Home Phone Number.



Free Library of Northampton Township

Reopening October 1st

Masks are REQUIRED at All Times

Masks must be properly worn, fully covering both the mouth and nose. If you are unable to wear a mask for any reasons, staff will accommodate your needs while you wait outside the library.

Hours

<u>Monday - Thursday</u> Seniors & High Risk Patrons: 10:00 AM - 12:00 PM General Public & Curbside Pickup: 1:00 - 7:00 PM <u>Saturday</u> General Public & Curbside Pickup: 1:00 - 5:00 PM

Capacity Limits

<u>General Browsing</u>; 10 individuals limited to 30 minutes each <u>Computer Use</u>; 14 individuals limited to 60 minutes each

The library hours and capacity limits are subject to change.

<u>Walmart Introduces</u> Walmart+ (Walmart Plus)

Walmart :

Walmart has launched a new

membership program that brings together in-store and online benefits to save customers money and time. Walmart Plus costs \$98/year or \$12.95/month.

The following list describes the perks of Walmart+ and according to the company, additional benefits will be available as the holiday season approaches.

- Unlimited free delivery: In-store prices as fast as same-day on more than 160,000 items from tech and toys to household essentials and groceries. Current subscribers will automatically become Walmart+ members.
- Scan & Go: Unlock Scan & Go in the Walmart app — a fast way to shop in-store. Using the Walmart app, customers can scan their items as they shop and pay using Walmart Pay for a quick, easy, touch-free payment experience.
- Fuel discounts: Fill up and save up to 5 cents a gallon at nearly 2,000 Walmart, Murphy USA and Murphy Express fuel stations. Sam's Club fuel stations will soon be added to this lineup.

Sign-up at www.walmart.com for a <u>free</u> 15-day trial!

Doylestown Health and Wellness

Doylestown Health and Wellness offers lectures and awareness programs online.

<u>"Advances in Heart Disease"</u> (Webinar) November 18 1:00 PM—1:45 PM Discussion will cover heart disease prevention and the newest treatments available.

"Diabetes: All You Need to Know" (Webinar) November 19 12:00 PM—12:45 PM Learn what the diagnosis means, how it affects your body and what you can do to live better.

"Holiday Fire Safety" (Webinar) December 3 12:00 PM—12:45 PM A discussion about fire safety and how to decorate safely for the holidays.

For more information and to register, visit their website at <u>www.doylestownhealth.org/events</u> or call 215-345-2121.

Disclaimer of Endorsement: The Council Rock Senior Citizens Association, Northampton Township James E. Kinney Senior Center, does not endorse or recommend any commercial products or services in this publication and therefore, cannot be construed as an endorsement or recommendation by the Association.

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'Tis the Season for GIFT GIVING and FUNDRAISING AmazonSmile ~ Shop AND Donate

07

How can you shop online with the same low prices, selection and convenience of Amazon AND support the James E. Kinney Senior Center? Why, with AmazonSmile of course! If you already use Amazon, simply register with AmazonSmile to have a percentage of your purchase donated FROM Amazon TO the senior center!

The program is free and steps are simple:

- 1. Type **smile.amazon.com** in your browser
- 2. Type your Amazon username and password for the home screen and AmazonSmile logo.
- 3. Designate *Council Rock Senior Citizen Association* (our official name) as your charity.

How to add/change a charity on **smile.amazon.com**:

- 1. Go to Your Account
- 2. Choose Change your Charity, find/select Council Rock Senior Citizen Association.

You do not need to set up a new account, if you already have an Amazon account, your Amazon details i.e. shopping cart, wish list, order history and payment options are automatically transferred to AmazonSmile. Shoppers can bookmark or "favorite" AmazonSmile for direct access to the website,

https://smile.amazon.com. You can also download the free AmazonSmile app on your mobile device. Please inform your family, friends and neighbors to use AmazonSmile and designate the

Council Rock Senior Citizen Association as their charity for shopping and gift giving needs.

An Everlasting Sentiment. Brick by Brick

IDEA The next time you visit the senior center, stroll to the flag pole in front of the building to admire the Senior Center Memorial Brick Program. The brick program is a permanent way to express your love, honor or a fond memorial of a loved one. You can also spotlight a business or an organization (like us!).

James E. Kinney Senior Center ~ Memorial Brick Program Order Form

The Council Rock Senior Citizen Association invites you to become part of the Northampton James E. Kinney Senior Center Memorial Brick Campaign. Your engraved brick will become a permanent part of the senior center. Please complete one order form for each brick.

Please indicate the size of your brick:			The number of engraved bricks is limited and will	
Size	Cost	Lines of Inscription	be submitted in the order received.	
□ 4"x8"	\$75	3 lines	We cannot guarantee the exact placement of your	
□ 8"x8"	\$150	4 lines	brick.	
8 "x8"	\$165*	4 lines and add a logo	Please make your tax-deductible check payable to	
□ 12"x12"	\$225	5 lines	Council Rock Senior Citizens Association	
□ 12"x12"	\$250*	5 lines <u>and</u> add a logo	165 Township Road, Richboro, PA 18954	

Each inscription line is	
14 characters to include	
spaces and punctuation.	
If you want a logo, the	
photo must be clear,	
sharp and in black with	
a white background for	 L
best reproduction.	

Name:_____

Address_____

 Phone
 Email
 phone and/or email is required.

 I proofread and approve my inscription
 (initial)
 For more information and/or to request

additional brick order forms, please contact the senior center at 215-357-8199 or email nhsc@nhtwp.org.



GIFT



<u>Girls Scouts of America Gold Award</u> <u>"Giving Garden</u>" Project at the James E. Kinney Senior Center

In our last newsletter, we announced our senior center was the beneficiary of Taylor Smith's Girl Scout Gold Award Beautification Project called the "*Giving Garden*." The *Giving Garden* was researched and designed by Taylor Smith, with construction and planting assistance by her family and fellow girl scouts. If you visited our bocce court area, you may have spotted a few flying friends in our pollinator garden, a hummingbird feeder, a solar fountain, a bee house, solar lantern and a ceramic garden sphere. The recipe for our *Giving Garden*: sit, watch, enjoy and relax.





The senior center would like to thank the following individuals and businesses who donated their time, goods and services for the summer phase of the *Giving Garden*:

• Girl Scouts of America: Director and Gold Award Sponsor, Ms. Maggi Miller

•Initial construction: Chaile Capewell, Nandini Dasaka, Kiersten Lanshe, Ian Saca, Mrs. Kelly Smith, Mr. Kenneth Smith, Taylor Smith and Mr. Edward Wittenberg

•Garden Supplies: Marrazzo's Manor Lane Landscaping and Hardscaping, Feeney's

Wholesale Nursery and Gaspers Landscape Design and Construction



Watch for NEW spring plantings in 2021!





<u>Our Fur Therapist, Jackson, is an Angel on a Leash</u>

You may remember Jackson, our furry therapist, who has visited the senior center once a month for several years. Jackson hasn't visited since February due to COVID-19 but he and his owner Bob Wharton have been busy winning **TWO prestigious awards** and starting a non-profit organization, *Angel on a Leash*.

Congratulations to Jackson and Bob for winning the prestigious **American Kennel Club** (AKC) 2020 PAWS OF COURAGE. The AKC Paws of Courage is an award to show appreciation for the work that dogs do in the service of humankind. There were <u>only 3</u> <u>dogs</u> throughout the country who received this award!!

Jackson and Bob also received a **Congressional Certificate of Recognition** and a United States flag that flew over the U.S. Capitol from Congressman Brian Fitzpatrick for Jackson's Therapy Work.



Jackson and Bob Wharton



Jackson, the cowboy!

The non-profit organization, *Angel on a Leash*, keeps Jackson busy by providing support and tail wags to people in schools, nursing homes, senior centers and hospitals.

For more information about *Angel on a Leash* and to support or participate in their *Virtual Dog Walk Fundraiser between November 7—15*, please visit www.angelonaleash.net or contact Bob Wharton at 215-478-6762.



Congratulations Jackson & good luck with your first fundraiser!

2020/2021 ANNUAL MEMBERSHIP PLEASE COMPLETE THE MEMBERSHIP FORM BELOW AND ENCLOSE A \$25.00 CHECK (per member) PAYABLE TO:

James E. Kinney Senior Center **165 Township Road** Richboro, PA 18954

HOW TO RENEW YOUR MEMBERSHIP

At this time, we can only renew your membership through the mail *or* if you hand deliver it to our secure mailbox (right side of the front door). Please complete the form below, enclose a check for each member and include a self-addressed stamped business-size envelope so we can mail your membership card and an Awesome Members Perks Packet.

MEMBERSHIP INCLUDES

- A bi-monthly newsletter delivered to your home WITH online access *
- Members-Only Events *

GIFT IDEA

- Discounted class fees and bus trips (once we reopen!) *
- The Members-Only Exclusive Awesome Members Perks Packet



Take advantage of the 14 Perks Packet coupons for discount offers from local businesses, coupons that practically pay for your membership!

The Carriage Stop Cards & Gifts	Kevin's Auto	Philly Pretzel Factory, Richboro
Desserts by Design	Manhattan Bagel, Richboro	Rita's Water Ice, Richboro
Gianni's Pizza	Northampton Country Club Grille Re	oom
Great Clips, Richboro	Nothing Bundt Cakes	Soulutions for Daily Living
Jake's Restaurant, Richboro	Pallante's Italian Deli	Twining Village

Full Name:

(Please print the first AND last name for each member)

Address:_____

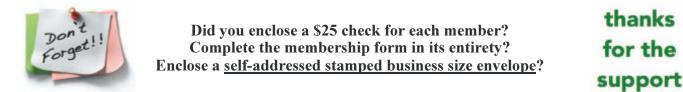
City:_____State:____Zip:____

Email Address:

Home Phone: Mobile Phone:

Emergency Contact Name:

Relationship: Contact Phone:



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10 THE 2020 COUNCIL ROCK SENIOR CITIZENS ASSOCIATION LOTTERY EACH TICKET IS \$10.00 — 400 TICKETS AVAILABLE It's NOT

Lottery Schedule

too late! The remaining 2020 lottery schedule is: FOUR \$25.00 Winners on 11/10, 11/24, 12/8, FOUR \$100 Winners and ONE \$250 winner on 12/22.

At 12:00 PM, on the dates listed above, one staff person and two witnesses will pick the winning tickets.



4-D-5-5 For ad info. call 1-800-477-4574 • www.lpiseniors.com



Northampton James E. Kinney Senior Center 165 Township Road Richboro, PA 18954

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NORTHAMPTON TOWNSHIP JAMES E. KINNEY SENIOR CENTER

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Have a Happy Thanksgiving, a Wonderful Holiday Season and a Happy Healthy New Year! CHEERS TO 2021!