JAMES E. KINNEY SENIOR CENTER

JULY/AUGUST 2021 Newsletter



WELCOME BACK SENIOR CENTER MEMBERS!!

We've waited a long time to be able to say the words "Welcome Back"! Welcome back to your home away from home! On Tuesday, May 11th the center reopened after 14 months of being closed due to COVID-19.

We've missed you - our senior center family! All of the fun, excitement and vitality of the center is making a comeback. It will be a slow process as we are still operating within the guidelines of the PA Department of Aging in order to keep us as healthy and safe as possible. These include wearing a mask the entire time you are in the building, maintaining a 6-foot social distance and following room capacity limits. Only 52 people are permitted in the building at any given time.

Due to these requirements, our activity calendar (pages 6-7) and a few procedures have changed. Please note that you need to bring your own exercise equipment and contact the front desk to <u>schedule a space</u> in the Seniorcise class and a time slot for Billiards. We are extremely hopeful that activities such as Cards, Scrabble, Canasta, and Mah-jongg will be able to start up shortly as soon as it's determined to be "safe."

We appreciate everyone's patience during this difficult time. Change is not always easy, but rest assured there are many awesome things in store for all of us! Take care, be safe. We can't wait to see you again!

The Staff (Sheila, Kathy, Kay, Nicole & Michele)





New Members

William J. Bannak Aurora Cavalieri Barbara Danapel Susan De Los Angeles Marianne Ferrara Eugene J. Fisher Nina Gotowchikov Mark Kempisty Edward Logan Olga Picarella Marianne Salvatore Joanne Vedral Evelyn Waddell



Hanging Basket Sale

The senior center is pleased to report that our Hanging Basket Fundraiser was very successful! Over 100 bright and colorful baskets were sold!

A big thanks to the members who participated and to Mike MacLachlin of Curbside Garden Center for his assistance in the purchase and delivery of the baskets.

You can visit the Curbside Garden Center at 6400 Frankford Ave., Philadelphia or call 215-332-0444 for your next holiday or "just because" gift.



Be on the lookout for our **Mum Plant Sale** this fall.

The Giving Garden

03

Please take time to visit *The Giving Garden* located in front of the Bocce courts. Taylor Smith, working toward her Girl Scout Gold Award, and her family recently planted beautiful spring flowers. Sit by the garden to watch the variety of pollinators and birds swooping around the plantings.

Taylor added a brochure stand so you can learn more about the garden and our pollinator friends. Thank you Taylor and her hard working family!!

Thank You Members

Thank you for continuing to support the James E. Kinney Senior Center with membership renewals, lottery and various fundraising efforts. Also, thanks for your patience with our new reopening guidelines.

Christ's Home

Everything you need to heal.

We're your 5-Star* choice for post-hospital care, with skilled nursing rehab, plus onsite physical, occupational and speech therapies and hotel-like amenities.



Christ's Home 'As rated by the Center for Medicare/Medicaid 1 Shepherd's Way, Warminster, PA 18974 - 215.956.2270 - www.christshome.org

HOLLAND VILLAGE





MEDITATION IS TAKING A BREAK!

Meditation class is taking a breather this summer and will return in the fall to a larger, more comfortable

space in the center.



04

Mark your calendars for September—keep your great ZEN until then!

Meet Our NEW Instructors

Welcome Mariellen Brinkley-Raab, our new Gentle Yoga instructor!

A message from Mariellen:

Yoga has been a part of my life for over 25 years, and my practice has helped me grow stronger, more flexible and confident, both on and off the mat. To me, yoga is the relationship between the body, mind and breath and it inspires us to live each moment mindfully.

I love to combine creative sequencing, a spirit of playfulness and a dose of thought provoking inspiration and meditation to help you deepen your practice. My passion is teaching beginner, gentle and gentleplus classes. My teaching style is compassion-centered and nonjudgmental. My hope is that you step off your mat feeling refreshed, nourished and balanced.

I completed my E-RYT 200 Certification at Yogasphere in Newtown, my Goddess Chair Yoga Certification training and Reiki 1&2.

I am thrilled for the opportunity to practice yoga at the James E. Kinney Senior Center and look forward to meeting everyone.

Welcome Renée Cook, our new Chair Yoga instructor!

We are thrilled to have Renée at the center on Wednesday mornings at 11:45 AM! Renée has been teaching yoga for over 6 years. Renée is excited to meet more of you and share the practice of yoga.

Chair Yoga is designed for students who may have difficulty getting to the floor and back up. The chair provides support and stability in standing and seated positions. This allows the student to experience a yoga class where gentle backbends, forward bends and twisting postures are easily accessible.

Participants will benefit by improving flexibility, strength, balance, posture and breathing. Suitable for people with limitations. Hope to see you in class!



LOTTERY SEASON IS HERE!!



The first 2021 lottery drawing was on Tuesday, June 8.

- 1. Judy Wetherby #207
- #091 2. Bitty Leo
- 3. Richard Boller #064
- 4. Chris Ramacciotti #044





Attend Our NEW Class

"On Your Feet"

Get ready to try a new exercise class! This will be a fun filled "standing" full body workout that includes intervals of easy dance, cardio & resistance training using light hand weights and of course, exercising to some great music!!

This class is perfect for anyone who is just starting an exercise program or those who want something a little less challenging than our regular aerobics class.

Please bring some hand weights, your water bottle and be ready for lots of fun!

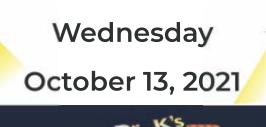




Join the James E. Kinney Senior Center on a trip to see Dr. K's Motown Review at the Hunterdon Hills Playhouse.

Dr. K's Motown Review combines the perfect blend of Motown era costumes with fantastic singers who complement this latter day "Funk Brothers" type band of musicians perfectly. The show is nothing short of a powerhouse performance!

This trip includes a "fun-filled" show, delicious lunch entrée with homemade breads, salad, an unlimited dessert buffet, coffee or tea, round-trip transportation and driver tip.





Bus Departs at 9:45 AM Returns at 5:00 PM

The Cost of Each Trip is \$99 for Members and \$104 for Non-Members

Please call the center at 215-357-8199 for additional information.



Join the James E. Kinney Senior Center for the holiday show, "*Winter Wonderland*," at the American Music Theatre followed by lunch at Shady Maple in Lancaster, PA. Once you step through the doors, you'll gaze upon the magical sights and sounds of the season. Be transported to a wonderland of music and enchantment, entertaining elves, dramatic dancing and sensational singing.

Trip includes the exciting holiday show, an authentic Pennsylvania Dutch luncheon at Shady Maple, roundtrip transportation and driver tip. Tuesday December 7, 2021



Bus Departs at 9:45 AM Returns at 5:00 PM

06 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
J U L Y		LOTTERY DRAWING Tuesday, July 13 12:00 PM	-O1- 9:15 Pool (Call to reserve a time) 9:15 Seniorcise 9:30 Bocce 10:00 Wood Carving 10:30 Seniorcise 12:00 Coloring Club	-O2- 8:20 Golf 9:15 Pool (Call to reserve a time) 9:30 Bocce 12:00 Table Tennis
-05- Independence Day Holiday CENTER CLOSED	-O6- 9:15 Pool (Call to reserve a time) 9:15 Tai Chi 9:30 Bocce 12:00 Luv 2 Dance 1:30 Social Time	-07- 9:15 Pool (Call to reserve a time) 9:30 Bocce 10:30 Gentle Yoga 11:45 Chair Yoga 1:30 Coloring Club-Outside	-O8-9:15Pool(Call to reserve a time)9:15Seniorcise9:30Bocce10:00Wood Carving10:30Seniorcise12:00Coloring Club	-09- 8:20 Golf 9:15 Pool (Call to reserve a time) 9:30 Bocce 12:00 Table Tennis
-12- 9:15 Pool (Call to reserve a time) 9:15 Seniorcise 9:30 Bocce 10:30 Seniorcise 1:30 Table Tennis	-13- 9:15 Pool (Call to reserve a time) 9:15 Tai Chi 9:30 Bocce 10:30 Aerobics 12:00 Luv 2 Dance 1:30 Social Time	-14- 9:15 Pool (Call to reserve a time) 9:30 Bocce 10:30 Gentle Yoga 11:45 Chair Yoga 1:00 "On Your Feet" 1:30 Coloring Club-Outside	-15- 9:15 Pool (Call to reserve a time) 9:15 Seniorcise 9:30 Bocce 10:00 Wood Carving 10:30 Seniorcise 12:00 Coloring Club	-16- 8:20 Golf 9:15 Pool (Call to reserve a time) 9:30 Bocce 10:30 Aerobics 12:00 Table Tennis
- 19- 9:15 Pool (Call to reserve a time) 9:30 Bocce 1:30 Table Tennis *No Seniorcise Class Today	-2O- 9:15 Pool (Call to reserve a time) 9:15 Tai Chi 9:30 Bocce 10:30 Aerobics 12:00 Luv 2 Dance 1:30 Social Time	-21- 9:15 Pool 9:30 Bocce 10:30 Book Club 10:30 Gentle Yoga 11:45 Chair Yoga 1:00 "On Your Feet" 1:30 Coloring Club-Outside	-22- 9:15 Pool (Call to reserve a time) 9:15 Seniorcise 9:30 Bocce 10:00 Wood Carving 10:30 Seniorcise 12:00 Coloring Club	-23- 8:20 Golf 9:15 Pool (Call to reserve a time) 9:30 Bocce 10:30 Aerobics 12:00 Table Tennis
-26- 9:15 Pool (Call to reserve a time) 9:15 Seniorcise 9:30 Bocce 10:30 Seniorcise 1:30 Table Tennis	-27- 9:15 Pool (Call to reserve a time) 9:15 Tai Chi 9:30 Bocce 10:30 Aerobics 12:00 Luv 2 Dance 1:30 Social Time	-28- 9:15 Pool (Call to reserve a time) 9:30 Bocce 10:30 Gentle Yoga 11:45 Chair Yoga 1:00 "On Your Feet" 1:30 Coloring Club-Outside	-29- 9:15 Pool (Call to reserve a time) 9:15 Seniorcise 9:30 Bocce 10:00 Wood Carving 10:30 Seniorcise 12:00 Coloring Club	-3O- 8:20 Golf 9:15 Pool (Call to reserve a time) 9:30 Bocce 10:30 Aerobics 12:00 Table Tennis



06

There is a nominal fee for all classes with an instructor. Fees are paid directly to the instructor at the beginning of class.



Members must bring their own exercise equipment to class (mats, weights, bands etc.).



Pool players must reserve a one-hour time slot by contacting the center receptionist. Only two tables are available in the pool room with a maximum of two players per table (no doubles). Please bring your own pool stick and chalk.

For questions, please call the senior center at 215-357-8199 or email nhsc@nhtwp. Thank you and enjoy!

August Calendar 07				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-O2- 9:15 Pool (Call to reserve a time) 9:30 Bocce 1:30 Table Tennis	-O3- 9:15 Pool (Call to reserve a time) 9:15 Tai Chi 9:30 Bocce 10:30 Aerobics 12:00 Luv 2 Dance 1:30 Social Time	-04- 9:15 Pool (Call to reserve a time) 9:30 Bocce 10:30 Gentle Yoga 11:45 Chair Yoga 1:00 "On Your Feet" 1:30 Coloring Club-Outside	-05- 9:15 Pool (Call to reserve a time) 9:15 Seniorcise 9:30 Bocce 10:00 Wood Carving 10:30 Seniorcise 12:00 Coloring Club	-06- 8:20 Golf 9:15 Pool (Call to reserve a time) 9:30 Bocce 12:00 Table Tennis
-O9- 9:15 Pool (Call to reserve a time) 9:15 Seniorcise 9:30 Bocce 10:30 Seniorcise 1:30 Table Tennis	-1O- 9:15 Pool (Call to reserve a time) 9:15 Tai Chi 9:30 Bocce 10:30 Aerobics 12:00 Luv 2 Dance 1:30 Social Time	-II- DOG CIRCUS 9:15 Pool 10:30 Gentle Yoga 11:45 Chair Yoga 1:00 "On Your Feet" 1:30 Coloring Club-Outside *No Bocce Today	-12 9:15 Pool (Call to reserve a time) 9:15 Seniorcise 9:30 Bocce 10:00 Wood Carving 10:30 Seniorcise 12:00 Coloring Club	-13- 8:20 Golf 9:15 Pool (Call to reserve a time) 9:30 Bocce 12:00 Table Tennis
-16- 9:15 Pool (Call to reserve a time) 9:15 Seniorcise 9:30 Bocce 10:30 Seniorcise 1:30 Table Tennis	-17- 9:15 Pool (Call to reserve a time) 9:15 Tai Chi 9:30 Bocce 10:30 Aerobics 12:00 Luv 2 Dance 1:30 Social Time	-18- 9:15 Pool 9:30 Bocce 10:30 Book Club 10:30 Gentle Yoga 11:45 Chair Yoga 1:00 "On Your Feet" 1:30 Coloring Club-Outside	-19- 9:15 Pool (Call to reserve a time) 9:15 Seniorcise 9:30 Bocce 10:00 Wood Carving 10:30 Seniorcise 12:00 Coloring Club	-20- 8:20 Golf 9:15 Pool (Call to reserve a time) 9:30 Bocce 10:30 Aerobics 12:00 Table Tennis
-23- 9:15 Pool (Call to reserve a time) 9:15 Seniorcise 9:30 Bocce 10:30 Seniorcise 1:30 Table Tennis	-24- 9:15 Pool (Call to reserve a time) 9:15 Tai Chi 9:30 Bocce 10:30 Aerobics 12:00 Luv 2 Dance 1:30 Social Time	-25- 9:15 Pool (Call to reserve a time) 9:30 Bocce 10:30 Gentle Yoga 11:45 Chair Yoga 1:00 "On Your Feet" 1:30 Coloring Club-Outside	-26- 9:15 Pool (Call to reserve a time) 9:15 Seniorcise 9:30 Bocce 10:00 Wood Carving 10:30 Seniorcise 12:00 Coloring Club	-27- 8:20 Golf 9:15 Pool (Call to reserve a time) 9:30 Bocce 10:30 Aerobics 12:00 Table Tennis
-3O- 9:15 Pool (Call to reserve a time) 9:15 Seniorcise 9:30 Bocce 10:30 Seniorcise 1:30 Table Tennis	-31- 9:15 Pool (Call to reserve a time) 9:15 Tai Chi 9:30 Bocce 10:30 Aerobics 12:00 Luv 2 Dance 1:30 Social Time	Lottery Drawing Tuesday, August 10 12:00 PM	Canine Fun-Time Dog Circus Wednesday, August 11 10:00 AM	AUGUST

There is a nominal fee for all classes with an instructor.

Fees are paid directly to the instructor at the beginning of class.



Members must bring their own exercise equipment to class (mats, weights, bands etc.).



Pool players must reserve a one-hour time slot by contacting the center receptionist. Only two tables are available in the pool room with a maximum of two players per table (no doubles). Please bring your own pool stick and chalk.

For questions, please call the senior center at 215-357-8199 or email nhsc@nhtwp. Thank you and enjoy!



THE CANINE CIRCUS IS COMING TO TOWN!

Come One, Come All A Show for All Ages

Wednesday, August 11th 10:00 AM

The Circus is for Senior Center Members and their Families. Join us under the pavilion as the James E. Kinney Senior Center proudly presents Angel on a Leash "Canine Circus!"

Performances will include: *Agility *Costume Parade *Tricks *Rallv *Nose Work *Performers Meet and Greet

Limited

Seating

Tickets: \$4.00 each **Ticket Sale Begins:** Wednesday, July 14. Ticket sale proceeds will be donated to "Angel on a Leash."



Purchase

Tickets

MEMBERSHIP DUES AND LOTTERY TICKETS

Annual Membership ~ \$25.00 Per Member July 1, 2021 – June 30, 2022

Membership Perks

- Discounted class fees and bus trips
- Exclusive members-only *Awesome Members Perks Packet* with discount offers from local businesses
- Members Only Events
- A bi-monthly newsletter delivered to your home

How to Renew Your Membership

By Mail: Complete and mail the form below with a \$25 check per member. Please also enclose a self-addressed stamped business envelope so we can mail your membership card and *Awesome Members Perks Packet*.

At the Center: Visit us at the front desk with your completed membership form and a \$25 check or cash per member. We will provide you with your membership card and the *Awesome Members Perks Packet*.

Checks are payable to: James E. Kinney Senior Center Mailing Address: 165 Township Road Richboro, PA 18954

2021 Lottery Tickets ~ \$10.00

Lottery Schedule

Tickets will be pulled at 12:00 PM on the second Tuesday of each month.

What Will I Win?

From June—November, we will choose **FOUR \$25 winners** each month.

In December, the BIG drawing, we will choose ONE \$250 winner, ONE \$200 winner and FOUR \$100 winners

Who Can Win?

Members <u>and</u> non-members who purchase a lottery ticket/s for \$10.00. You can win MORE THAN ONCE!

Lottery Tickets, as a Gift?

Yes, you can purchase lottery tickets for a gift. A GREAT idea for a little (or BIG) something extra.

Remember to include a self-addressed stamped business envelope with your mailed membership and/or lottery payment.

MEMBERSHIP AND LOTTERY PAYMENT FORM

I enclosed #_____ membership dues (@ \$25) and #_____ lottery tickets (@ \$10). Total payment: \$_____

Full Name:	ber)
Address:	
City:	State: Zip:
Email Address:	
Home Phone:	Mobile Phone:
Emergency Contact Name:	
Relationship:	_Contact Phone:

SLEEPING MAT PROJECT FOR THE HOMELESS

Senior Center member Sue Roemer continues to create sleeping mats for the area homeless even through the pandemic. According to Carol Rostucher, founder and president of Angels in Motion, the pandemic has impacted the homeless severely. Facilities have had to close and volunteers were unable to help. However, this didn't interrupt the distribution of sleeping mats and Blessing Bags (which contain snacks, travel-size toiletries, socks, water, grooming supplies and other useful items). Although the quantity of both have diminished greatly, the items were still very much appreciated by the homeless. Sometimes these are their only possession and provide a barrier between them and the concrete.



Sleeping mat in progress while on the loom.

Sue would like to give a "special" thank you to our senior center member Helene Cohen for her wonderful work creating several amazing mats. She would also like to thank John Hagman and Charles Jobs who are instrumental in supplying plastic bags for the project. John also made a loom for Sue to use for mat making.

If you would like to donate plastic grocery bags for this worthwhile project, please drop them off on the bench outside the front doors of the senior center. Please contact Sue at marykaysuperior@yahoo.com if you would like to learn more about this special project. She can get you started today!





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

RETURN SERVICE REQUESTED

[POSTAL CUSTOMER]

NORTHAMPTON TOWNSHIP JAMES E. KINNEY SENIOR CENTER

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A GREAT BIG THANK YOU TO OUR AWESOME MEMBERS PERKS PACKET BUSINESS SUPPORTERS

Bocco Centro	Gianni's Pizza
Great Clips	Jake's Eatery
Manhattan Bagel	Nothing Bundt Cakes
Pallante's Italian Deli	Rita's Water Ice
Russell Gardens Center	Steak and Hoagie Factory
Tavern on TEN, Northampton Co	ountry Club
Time After Time	

Please use your coupons and support these local businesses.

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

165 Township Road, Richboro, PA 18954Office: (215) 357-8199Email: nhsc@nhtwp.orgMonday – Friday 9:00 am—3:30 pm