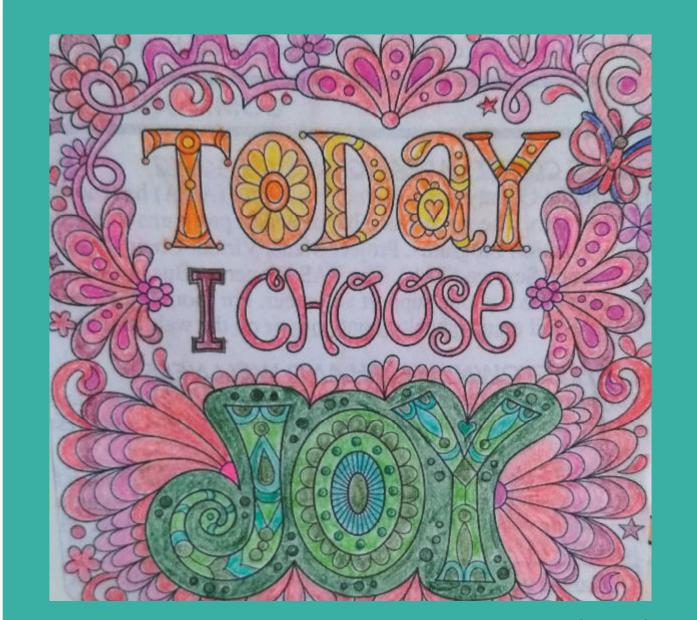
JAMES E. KINNEY

SENIOR CENTER

March/April 2021



Artist—Maria P.



Your Home Health Guardians

Ambassador Home Care Agency is a home care provider that is currently serving Philadelphia, Montgomery, Chester, Delaware, Bucks, Lehigh and Northampton counties through a network of highly experienced professionals, who coordinate and provide premium non-skilled services (pas & respite services) to clients who qualify for CHC (COMMUNITY HEALTH CHOICES) & OBRA WAIVER PROGRAM.

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CALL 215-486-1080

11880 Bustleton Ave., Ste. 301, Philadelphia, PA 19116

info@ambassadorhomeagency.com www.ambassadorhomeagency.com



ANNUAL ENROLLMENT October 15th to December 7th



Are you Turing 65, or Older? Do you have questions regarding Medicare? We can help. We provide Medicare solutions for seniors.

Magnolia Senior Benefits is a local independently owned insurance Bucks County insurance agency that specializes in Medicare insurance for seniors turning 65 and over.

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Phone **267-229-4790**

Email info@magnoliaseniorbenefits.com Visit us online at www.magnoliaseniorbenefits.com

FREE MEDICARE EDUCATIONAL EVENT

Northampton Senior Center, 165 Township Road, Richboro, PA 18954 Tuesday, November 10th & December 1st at 5:30pm **RSVP IS REQUIRED IN ADVANCE**

email info@magnoliaseniorbenefit.com or sign up on our website

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Love Through the Generations

In the past, our members have been able to enjoy the handmade Valentine's Day cards that were delivered to our center from a local elementary school. However, this year was a little different and we are bringing the cards to you!

In February, the senior center partnered with the Northampton Township Park & Recreation preschool to bring our members this beautiful collage of Valentine's Day cards created by the children. We hope your day was filled with love and happiness! A huge thank you to the Northampton Township Park and Recreation's preschoolers and their teachers.



About Our Cover

Spring makes us feel refreshed and energized. When it is cold and cloudy (throw in COVID-19), we may feel a bit down and perhaps, defeatist. One of our members decided to focus on the positive and create a *Gratitude* Board.

Our cover artist, Maria P, decided to take items she had, some she created and others that made her smile. She placed them onto her *Gratitude Board*. Perhaps, a personal "lemons into lemonade" billboard.

One item on her *Gratitude Board* is the coloring square from our Jan/Feb newsletter. Maria decided to turn a plain piece of paper into a bright colorful statement, *Today I Choose Joy*.





LOTTERY WINNERS

"BIG Lottery" Mystery Solved!

We are pleased to announce the WINNERS of our DECEMBER

LOTTERY DRAWING:

\$250 Winner: Bonnie Emilius #064

\$100 Winners: Richard Weaver #098 Ann Webster #048

Ellen Fischer #251 Rose Ortiz #353



Congratulations to all 2020 winners.

We can't wait to (hopefully) see you at the start of "lottery season" on June 8, 2021.

3/16 Michael Blasco

3/17 Kathleen Ganster

3/17 Loretta Tomasetti

3/18 Albert Panebianco

3/18 Marge Weiner

3/19 Donna Young

3/21 Pat Monahan

3/22 Lynn McGrory

3/22 Pablo Morales

3/23 Peter Maksymowicz

3/24 Diane Solonynka

3/25 Margaret Hartranft

3/26 Charles Hellwarth

3/26 Prabarkar Thatte

3/27 Kathleen Krajcer

3/27 Janet Chadrow

3/27 Mary Farrell

3/27 Terry Myer

3/29 Joanne Davis

3/29 Dolores Ingram

3/29 Lucille Karalus

3/31 Barbara Makas

3/31 Eileen Pardys

3/21 Joan Sciarra

3/23 Diane Ball

3/24 Nancy Lane

3/26 May Jansen

3/26 Carol Wiener

3/19 Jane Braun

3/17 Brigitte Koeberlein

3/16 Robert Rose



NEW MEMBER 2021-2022

Mary Joann Maguire

We extend a special **THANK YOU** to the members who continue to support the James E. Kinney Senior Center with membership renewals, lottery and various fundraising efforts.

HAPPY BIRTHDAY TO YOU! Have a GREAT day!

April



3/1 James Fitzgerald 3/3 Thomas Bomentre

3/4 Carole Bewley

3/4 Doris Brown 3/4 Edward Hengy

3/4 Blair Rothermel

3/6 Linda Caccavo

3/6 Terry Freemark

3/6 Joseph Bucci

3/7 Michael Mulkeen

3/7 Charles O'Neill

3/8 Phyllis Gaskill

3/8 Diana Luff

3/8 Benjamin Nutkowitz

3/9 Frances Arbogast

3/9 Eunice Axilrod

3/9 Rona Sarne

3/9 Marcy Swartz

3/9 Marcus Carr, JR.

3/9 Joseph Silva

3/10 Connie Gillis

3/10 Janice Kotofsky

3/10 Caroline Wilson

3/12 Claire Duffy

3/12 Jacqueline Piotrowicz

3/12 Bernice Silverman

3/13 Mary Lou Schweigert

3/13 Marjorie Vogel

3/14 Judith Ginther

3/14 Salvatore Forgione

3/15 Barbara Kilbane

3/16 Janet Garrett Did you know? There are two theories about who put the first candle on a birthday cake. Some think it was in Ancient Greece, smoke was believed to carry prayers

to the heavens, like when we make a wish before blowing out our birthday candles today.

Others believe it started in 1746 Germany. Count

4/1 Regina Storaska 4/2 Nancy Lomas 4/4 Rosemary Lawall 4/4 Gary Boni 4/4 Edward Rockel 4/5 William Jennings 4/6 Sieggy Koschewitz 4/7 Rhea Feldman 4/7 Fred Brimmer 4/7 Joseph Klimek 4/8 Dyanne Cullen 4/8 Magdalene Klimek 4/8 Betty Zelinsky 4/9 Gloria Saxton 4/10 JoAnn Amandeo 4/10 Marty Lombardo 4/10 Kave Paletz 4/11 Phyllis Ashcraft 4/11 Heather Strauss 4/11 Robert DiLoreto 4/12 Joan Luff 4/12 Louise Ruth 4/12 James DeVita 4/12 Gerard Wayburn 4/14 Sandra Strenge

Ludwig Von Zinzindorf had an elaborate birthday festival with a giant cake adorned with candles: "Holes were made in the cake according to his age, each hole had a candle stuck into it, and one in the middle.'

4/14 Donald Donofry

4/14 Frederick Mallory

4/14 Charles Link

- Mental Floss

4/1 Francine Silverman 4/15 Barbara Farrington

4/16 Eleanor Geisheimer 4/16 Joseph Dolinski

4/16 Tuan Le

4/16 Joseph Reifen

4/17 Terry Green

4/17 Fran Dougherty

4/17 Joseph Zador

4/18 Ann Lemmo 4/18 Margaret McCusker

4/18 Cheryl Pochik

4/20 Bohdan Mykietiuch

4/22 Eleanor Scott

4/23 Ann Birchler

4/23 Pat Fritz

4/23 William Brenner

4/23 Dino Cieri

4/24 Dorothy Littell

4/24 William Granville

4/25 Donald Wilson

4/27 Eva Lancellotti

4/28 Susan Murphy

4/28 Bernie Cullen

4/28 Andy Long

4/28 Bohdan Solonynka

4/29 Helen Iverson

4/30 Judith Rubin

4/30 Margaret Tustin



SENIOR CENTER ACTIVITIES

GOLF

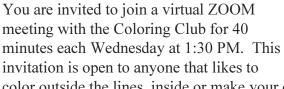


It has been a long winter, so leave the "winter blues" behind and join the James E. Kinney Senior Center Golf League. The official start of the 2021 season will be Friday, April 9th at 8:20 AM at the Neshaminy Valley Golf Club.

All Senior Center members are welcome to join the league. If your game is not up to PAR (no pun intended), don't worry we are all out to have a good time!

For more information, please contact the Golf League Coordinator, Jerry Royal, at 586-292-8858.

COLORING CLUB



color outside the lines, inside or make your own lines!

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, and markers, then download the free ZOOM app to your PC, tablet, or cell phone. Happy Coloring!



AEROBICS (a note from Nancy)

I can't believe it has been a year since I have seen you! I am still working on new routines for our next video. I would love to get your input.

Drop me an email on any suggestions you may have. I need ideas for songs you have heard and would like me to use.

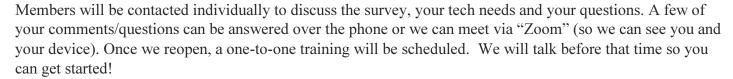
Also let me know if you want any more or less of certain things like abdominals, longer/shorter/harder/ easier aerobics, etc. In the meantime, stay healthy and keep exercising!

Please email nancyox5@gmail.com to let me know how you are doing!

"TECH TALK" — LET'S TALK TECH TOGETHER

We are pleased to report our "Tech Talk" survey was emailed in January and we received a VERY positive response. Thanks to those who participated!

We are in the process of compiling your data to create an individual program that fits your type of device, your comfort level and to accommodate the information your shared in the comments section.



If you have not received the senior center's "*Tech Talk*" survey or have questions about the program, please send your name, email and phone number to nhsc@nhtwp.org or call 215-357-8199.

We can't wait to make "Tech Talk" the talk of the town!!

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.



who decide to send us pictur	around town, at home and with or without photos. Those res, we can create a collage in our "IN the LOOP" e-blast Be creative, be silly and have fun!		
Find the following and take a p	icture of:		
A St. Patrick's Day Ob	A St. Patrick's Day Object (sign with a shamrock, leprechaun, pot of gold)		
A person wearing a "K	Kiss me, I'm Irish" shirt.		
You posing by an Irish	n pub. At home, a photo eating something green.		
A rainbow	A rainbow		
Something shiny gold	(or if you are lucky, a pot of gold!)		
You eating or drinking	g something green		
Someone with red hair	r, green hair or a green beard		
You or someone else v	wearing something green or perhaps a kilt		
A potato (cooked, unco	ooked or a box of potatoes)		
A green object in natur	re (clover, shamrock, grass, plant etc.)		
At home: Find "like" items, ma	ake a sign, draw, color or use food coloring.		
St. Patrick's Day MATCH UP Match the St. Patrick's clues to the answers. A. SHAMROCK B. GREEN C. 4 LEAF CLOVER D. HARP E. POT OF GOLD F. EMERALD G. SNAKES H. BLARNEY STONE	1. Ireland's flag is white, orange and 2. Good luck symbol 3. Irish symbol for Holy Trinity 4. Kiss this for the "gift of gab" 5. Tiny mischievous sprites 6. St. Patrick's birth country 7. Found after rain, if lucky 8. Green on March 17 9. Color in Ireland's nickname 10. If you don't wear green on March 17 11. St. Patrick patron saint of		



SPRING PREP FOR YOUR HOME

Spring will be here before we know it so it's time to trade the winter blahs for springtime ahhs! A few ideas to get you started toward a clean, happy and organized home. You can tackle the tasks yourself, barter with a friend for help or contact a licensed professional.

- ♦ Clean your Dryer Vent
- **♦** Wash your Windows
- Wash or Dry Mop the Walls, Baseboards and Outlet Covers with a sponge or brush and mild soap and water (dry covers before replacing).
- ♦ *Clean or Replace Water, Range Hood and Air Vent Filters* (best bet, every 3-6 months). This, with a little decluttering, will keep dust and other allergens away.
- ♦ Clean Your Grill and Inspect the Gas Tank (make sure your tank is safe and has enough fuel)
- *Prep Your Garden* Clean debris from the beds and get the soil ready for spring plantings (and your blubs to appear). For indoor plants, refresh the soil, use fertilizer sticks and perhaps, change the pot.
- ♦ *Test Smoke Alarms*—Test smoke alarms and CO detectors, and change out batteries as needed.

SPRING PREP FOR YOUR CAR

Inspect, Rotate And Align Your Tires—To get the most out of your tires, get them inspected. An inspection should include a check of the tire pressure and tread (balding tires and wet roads do not mix). You may also want your tires rotated and aligned.

Check your Brakes—Safety first, most national retailers offer free brake inspections.

Check your Oil, Cabin Filter, Fluids, Belts and Hoses

Have a technician change your oil and check/replace the following:

Fluids: Power Steering, Brake, Transmission,

Wiper Fluid, Antifreeze/Coolant

Check: Air Filters, Belts, Wires, Hoses,

Air Conditioner Unit, Battery, Wiper Blades

Check Your Vehicle's Battery—Most auto parts stores offer a free battery inspection. If you suspect your battery life is low, check the installation date and visit an auto parts retailer if it is older than four years.

Wash your Car, the Interior, Exterior and Underbody—Many of us take great pride in a car that gleams in the spring sunshine. Remember to clean the underbody to remove any gravel or salt build-up.

PRACTICING GRATITUDE ~ Create a Gratitude Board

(page 3 cont.)

A **Gratitude Board** is about the people, experiences, and things in your life that make you feel grateful and appreciative. Take photos, sentiments, magazine clippings—anything that makes you happy—and attach to a bulletin board, white board or organize items on a table. If it sounds simplistic, consider how easily we tend to focus on the negative or what we cannot control. Use your energy toward the things that make you happy.

If you do not have space for a board, make a gratitude box or jar. Write positive things that happen to you on a piece of paper, date it and place in the box or jar. Include whatever (or whomever) makes you smile and feel grateful. For example—a surprise gift, accomplished goals, happy memories, fun or touching moments.

For a digital option, try *Grateful* (it's free!). Each day, the app will send you a prompt to type what you are grateful for or just send a photo. The app will save your entries to create a digital gratitude journal. Try it!

The Senior Center has the PERFECT Rental Space for your Party or Business Meeting!

The James E. Kinney Senior Center can help make your business meeting, family party or community event a success! Our BRIGHT 3,000 sq. foot room has seating for up to 200 people.

If you need a small space, our retractable partitions will allow for several configurations to meet your needs.

For your convenience, your rental includes:

- *Chairs and six-foot tables
- *A separate entrance for the rental space
- *An attendant on-site

Questions? Please call Sheila Jobs, director, at 215-357-8199.





An Everlasting Sentiment, Brick by Brick

Stroll past the flag pole in front of the building to admire the *Senior Center Memorial Bricks*. The Memorial Bricks are a permanent way to express love, admiration and honor to a family member, friend or to a hobby, club or organization. If you need a gift for a birthday, graduation, anniversary, Mother's or Father's Day. Give a unique gift that is set in stone.

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, if needed, please call for additional forms.

Please ind	licate 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				
8"x8" \$150		4 lines	We cannot guarantee the exact brick placement.			
■ 8"x8	" \$165*	4 lines and add a logo	Please make your tax-deductible check payable to:			
☐ 12"x	12" \$225	5 lines	Council Rock Senior Citizens Association			
12"x	12" \$250*	5 lines and add a logo	165 Township Road, Richboro, PA 18954			
	rs to include cunctuation. a logo, the be clear, a black with exground for					
Name:						
Address						
Phone		Email	phone and/or email is required			
		my inscription(i				
For more information, please contact the senior center at 215-357-8199 or email nhsc@nhtwp.org.						

NORTHAMPTON TOWNSHIP -

JAMES E. KINNEY

SENIOR CENTER

2021/2022 ANNUAL MEMBERSHIP July 1, 2021—June 30, 2022

Dues—\$25.00 per person

New memberships and renewals can be submitted beginning April 1

MEMBERSHIP BENEFITS

- ⇒ Discounted class fees and bus trips (once we reopen)
- ⇒ Exclusive Members-Only *Awesome Members Perks Packet* with discount offers from local businesses. Use the coupons (practically pays for your membership!) and support the businesses that support YOUR senior center. Happy shopping and dining!
- ⇒ Members-Only Events
- ⇒ A bi-monthly newsletter delivered to your home
- ⇒ "In the Loop" virtual news alerts about the senior center and your local community

HOW TO JOIN OR RENEW YOUR MEMBERSHIP

Please complete the form below, enclose a \$25.00 check per member along with a business size self-addressed stamped envelope. Membership dues are payable to the James E. Kinney Senior Center 165 Township Road, Richboro, PA 18954

or hand delivered to our secure mailbox on the right side of the front door.

Full Name:	
(Please print the first AND last name for e	each member)
· •	
Address:	
City:	State: Zip:
, <u> </u>	
Email Address:	
II N	M I I DI
Home Phone:	Mobile Phone:
Emongonay Contact Name:	
Emergency Contact Name:	
Relationship:	Contact Phone:
Ttelationolipiip.	



Please remember to:

- Enclose a \$25 check for each member
- ♦ Enclose a self-addressed stamped business size envelope
- ♦ Complete your contact details



10

COUNCIL ROCK SENIOR CITIZENS ASSOCIATION **2021 LOTTERY**



Our 2021 lottery season will begin on Tuesday, June 8 at 12:00 PM.



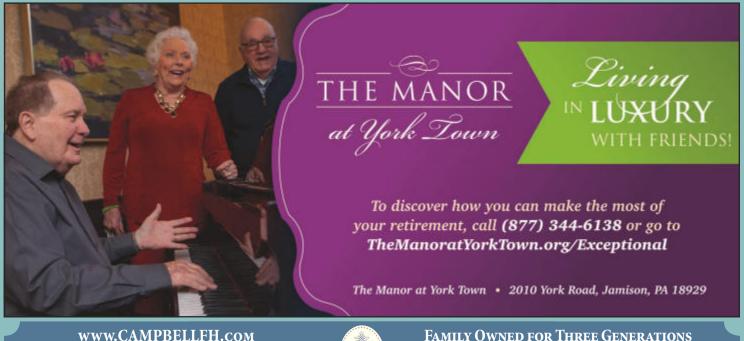
Tickets will be pulled at 12:00 PM on the second Tuesday of each month.

We will choose FOUR (4) \$25 winners from June—November and for our **BIGGER** and **BETTER December** drawing, ONE (1) \$250 winner, ONE (1) \$200 winner and FOUR (4) \$100 winners.

The lottery is open to members *and* non-members. Don't forget—you can win more than once and our lottery tickets make great gifts!

NAME:	
ADDRESS:	
EMAIL:	PHONE #:

Please mail your check payable to the James E. Kinney Senior Center to 165 Township Road, Richboro, PA 18954. Please enclose this form and a self-addressed stamped envelope so we can mail the lottery tickets to you. Thank you for your support!!



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