

**Northampton Township**  
**JAMES E. KINNEY SENIOR CENTER**  
**165 Township Road**  
**Richboro, PA 18954**  
**(215) 357-8199**

Monday through Friday 9:00 A.M. to 3:30 P.M.  
Tuesday and Thursday 5:30 P.M. to 8:30 P.M.

*September – October 2018*

~WELCOME NEW MEMBERS~

*WOW!! Look at the number of new members who have recently joined the center. Welcome...*

Estelle Miller\*Theresa Ryan\*Barbara Vigilante  
Minna Kramer\*Bobbi Bortz\*Marcus Carr Jr.  
Madeline Moritz\*Karen Gerace\*Donna Rhodes  
Catherine Carcaci\*Barry Lang\*Harry Armstrong  
Jan Litten\*Kathleen Rue\*Frank Brulenski  
Kathleen Mould\*Rochelle Jacobs\*Nancy Ferraro  
Estee Solar\*Jeff Solar\*John Cocca\*Josie Helmuth  
Terry Luttrell\*Jim Luttrell\*Robin Deckard  
James Fitzgerald\*Robert Patz\*Stella DeSantis  
Marcy Anderson\*Catherine MacDonald\*Mary Patz  
Brigitte Koeberlein\*Maria Hand\*Joyce Ruggero  
Alan Doering\*Deborah Doering\*Deborah Heere  
Bernice Pinkerton\*Frances Pitcavage\*Ellen Herrick  
Ellen Cahill\*James Cahill\*Burton Forman  
Nancy Giammarco\*Joseph Vettori\*Linus Shores  
Lisa Melchor\*Charles Swartz\*Tom Stewart  
Ronald Larson\*Stephen Span\*James Brennan  
Joseph Bottino\*Bina Bottino\*Marilyn Pitts  
Jan Belsky\*Fred Hohnhorst\*Carol Hohnhorst  
Debra Opie \*David LeTourneau\*Edward Hengy  
Robert Marasco\*Linda Marasco\*Rita Salvatore  
Dorothy Fennen\*Barry Moore\*Sylvia Stern  
Judith Silverman\*June Rabin\*Ellen Rosenfeld  
Judy Bonn\*Faith Cohen\*Roz Warren  
Colleen McCormick\*Margie McCurdy\*  
Charles Bloom\*Harriet Bloom\*Diane Winokur  
Patricia Festa\*Janet Lucidi\*Lori Gibson  
Monia Pitra\*James Pitra\*Robert Brownlee  
Cindy Little\*David Little\*Eileen Patrick  
Kathleen Buckley\*Joan Cordek\*Patricia Gillis  
Blanche Ferguson\*Kathleen Sperry\*Jill Voegelé  
Geri Grossi\*Bonnie Zuckerman\*Pat Verone  
Carmen Marzullo\*Doris Niederriter\*  
Mary Jane Stretch\*John Laub, Sr.\*Frank Lorenzo  
Carol Polotti\*Bill Fariss\*ElaineFariss



UPCOMING EVENTS

*Hosted by the Northampton Township  
James E. Kinney Senior Center*

FLU & PNEUMONIA SHOTS  
WEDNESDAY, OCTOBER 3<sup>RD</sup>

Walgreens will be at the center giving free shots from 10 AM – 2 PM.

BOSCOV'S SHOPPING DAY  
TUESDAY, OCTOBER 16<sup>TH</sup>

Tell your family & friends – Only \$5.00 and you will receive a 25% off Shopping Pass.

BAGS n' BLING BINGO  
FRIDAY, OCTOBER 26<sup>TH</sup>

Join us for our “New” Bags n’ Bling Bingo. This year we will be featuring Fun, Fashionable Bags along with Premier Designs Jewelry.

HOLIDAY MARKETPLACE  
FRIDAY, DECEMBER 7<sup>TH</sup>

Mark your calendars for our upcoming Marketplace. One stop shopping for all of your holiday gift giving. More details coming in the next newsletter.

**\*\*See inside pages for more details\*\***

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**\*\*SPECIAL NOTES\*\***

♪ The Center **will be closed** on Monday, September 3<sup>rd</sup> for Labor Day and Monday, October 8<sup>th</sup> for Columbus Day.

♪ **All Center Activities** will be cancelled & the Center will be closed on **Friday, October 26<sup>th</sup>** due to the preparation of our Bags n’ Bling Bingo fundraiser. Thank you for your cooperation.

## ACTIVITY UPDATE

### GOLF - Fridays 8:30 AM

The CRSC Golf Tournament is scheduled for Friday, September 14<sup>th</sup>. The tournament will be a Best Ball-format held at the Neshaminy Valley Golf Club in Jamison. A luncheon will follow the tournament at the golf club. For more information, call Jerry Royal at 215-355-4423.

### BOCCE – Monday thru Friday – 9:30 AM

The bocce league has 19 teams participating this season. The players have had great fun, good company and challenging competition. A “Special Thank You” to Bob Pavie for coordinating this league of over 100 players!! Not an easy job...but well done!!

BILLIARDS – The Fall-Winter 2018 Billiards League will begin play on September 24<sup>th</sup>. Please make sure you sign up on the sheet posted in the billiards room no later than September 17<sup>th</sup> if you wish to participate. There will once again be a prize awarded to the league championship team compliments of our billiards boss, Pete Palestina.

INDOOR SHUFFLEBOARD – Looking to improve your hand/eye coordination? Why not join a shuffleboard team. It is a great way to meet new people and it offers wonderful health benefits as well. The season will begin on Monday, November 5<sup>th</sup>. The sign up sheet is in the pool room, please sign up by Friday, October 12<sup>th</sup>.

DARTS – The 2017/2018 dart league came to an end with Team D in first place. Congratulations to Bill Brenner, Lois & Mario Lionette & Pat Fritz. Team A took second place with members Dana Winslow, Bonnie Emilius, Chick Hellwarth & Bill Bartholomew. Congratulations to all of our dart players for their fine shooting! A “Special” thank you to Ralph Rogers for coordinating this league. A sign-up sheet for the upcoming season will be posted shortly.

YOGA – Check out our (4) levels of yoga classes that are offered on a weekly basis. There is a class for every level & ability. Give your body the attention it needs through breathing and gentle movements.

### TAI CHI – Wednesdays 1:30 PM

We invite you to take part in this gentle form of exercise which is appropriate for all levels of wellness. Tai Chi movements are performed in a slow, graceful manner with smooth even transitions between movements. Come enjoy the many benefits of this popular practice.

## FLU & PNEUMONIA SHOTS



Walgreens of Richboro will be at the senior center on Wednesday, October 3<sup>rd</sup> from 10 - 2 PM offering free flu & pneumonia shots. Please see the receptionist at the center office to make an appointment. You must bring your Medicare card & fill out a consent form prior to your appointment. Any questions, you can call Walgreens at 215-355-4102.



## NEW SPANISH SESSION STARTING IN SEPTEMBER

Our Spanish instructor, Nancy DeCarvalho, will be offering a new session of beginner Spanish starting on Thursday, September 6<sup>th</sup> at 1:00 PM for an 8 week session. She will take you through the basics of conversational Spanish. The cost of this class for members is \$56 (higher rate for non-members), to be paid in full on the first day of class. **Please sign up on the center bulletin board as soon as possible, a minimum number of students is required for the class to be held.**

## DRAWING...BACK TO BASICS & ACRYLIC PAINTING



Learn about basic drawing as well as the fundamental aspects of art. Each class will start with a lesson and then segway into a step-by-step, guided piece. Each week, you will go home with a finished drawing. This is a 6-week, 1 hour class for only \$84 (member rate). The next session will begin on **Friday, September 14<sup>th</sup> at 9:30 AM.** Payment is due on the first day of class, along with a \$2 materials fee.

Following the Basic Drawing class, Sibyl will also be offering an **Acrylic Painting Class** at 10:30 AM on Friday mornings. Learn about basic techniques of acrylic painting such as layering & blending and their relationships, when to use them, how to apply highlights & more. This is a 6-Week, 1 hour class for \$90. If you sign up for both classes the fee for the acrylic class will be \$84. Please sign up on the center bulletin board if you are interested in participating in one or both of these classes.

**Congratulations!**

**SPRING & SUMMER LOTTERY  
WINNERS.....**

**May:** Dolores Kent #063, Cecilia Dombrowski #202, Ed Ekenstam #325 & Rita Chmielewski #208

**June:** Kay Gentile #400, Janice Kruopas #173, Marilyn Zeitz #268 & Margaret Mulroony #303

**July:** Rita Mastroni #056, Maria Fleetwood #307, Charles Jobs #184 & Helen Winslow #245

**August:** Peg Bauman #381, Ginny Hill #337, Mary Hughes #260 & Laura Zielinski #229

**~Reminder~**

The monthly lottery drawing will take place at the front desk on the 2<sup>nd</sup> Tuesday of the month at 12 noon!

We still have a few tickets left, so don't delay you too can be a winner!!

**BAGS n' BLING BINGO**  
BENEFITING THE  
NORTHAMPTON TOWNSHIP  
JAMES E. KINNEY SENIOR CENTER

**FRIDAY, OCTOBER 26, 2018**

**DOORS OPEN AT 6 PM  
GAMES BEGIN AT 7 PM**

**\$30 In Advance ~ \$35 At the Door**

**\*\*Order your tickets early\*\*  
Limited number of tickets  
will be sold!**

**\*Must be 18 years of age or older\***

**SPECIAL GAMES! RAFFLE BASKETS!  
DELICIOUS FOOD!  
50/50!**

**\*\* Featuring Fashionable, Fun Bags &  
Premier Designs Jewelry\*\***

**Sponsored By:**

**BrightStar Care, Bucks Physical Therapy,  
Joe Saracino State Farm  
Insurance Agency,  
Marge Weiner - Realtor  
Rita's Water Ice &  
Manhattan Bagel of Richboro,  
The Birches of  
Newtown**

**GREAT UPCOMING SHOPPING EVENT!**

**Boscov's "Friends Helping Friends"**

**Our Shopping Day will be  
Tuesday, October 16, 2018**

Purchase the tickets in advance at the center for only **\$5.00 & you will get a 25% Off All-Day Shopping Pass** – Get started on your Holiday Shopping!

Our Center will benefit from every ticket sold, so make this event a special outing and sell the tickets to your family members, friends & neighbors.

*See Kathy in the office to purchase your ticket!*

**CHAIR YOGA**

Looking for a slower pace practice? Chair yoga is a wonderful option for those with balance issues or certain limitations. It not only has the benefits of regular yoga, such as helping with stress & pain, but it can also help with joint lubrication, balance and specific issues like arthritis. Chair yoga is a beautiful practice that provides support to the body, mind and spirit. We offer this class twice a week. Anthony will be teaching on Tuesdays at 2 PM, and Marcy teaches on Thursdays at 9:15 AM. Take the opportunity to enjoy one or both of these classes.

**TAP TIME...IS BACK!!!**

Did you know that tap dancing is a full-body workout, improves balance & posture, exercises your mind, adds grace, and is fun & social!!

With that being said, why not try a class? The classes are held at the Northampton Recreation Center on Newtown-Richboro Road on Wednesday mornings from 11 AM - 12 PM. The new class session will begin on Wednesday, September 12<sup>th</sup>. The class fee is only \$3 for members /\$6 non-members.

**\*\*Bring your own tap shoes!**



| Monday                                                                                                                                                                                                                                               | Tuesday                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                                  | Thursday                                                                                                                                                                                                                                                                                                                                                                                 | Friday                                                                                                                                                                                                                                                           |
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| <p align="center"><b>NORTHAMPTON<br/>JAMES E.<br/>KINNEY<br/>SENIOR CENTER</b></p> <p align="center"><b>SEPTEMBER 2018</b></p>                                                                                                                       |                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                  |
| <p><b>3</b></p> <p align="center"><b>CENTER CLOSED<br/>HAPPY LABOR<br/>DAY!</b></p>                                                                                                                                                                  | <p><b>4</b></p> <p>9:30 WATERCOLORS,<br/>BOCCE</p> <p>10:00 OH S. GAME</p> <p>10:30 BRIDGE, AEROBICS</p> <p>11:30 CANASTA</p> <p>12:00 BINGO, POOL, CARDS</p> <p>12:30 CRIBBAGE,<br/>POKER CLUB</p> <p>2:00 CHAIR YOGA</p> <p>6:00 CARDS, POOL</p>                                               | <p><b>5</b></p> <p>9:15 GENTLE YOGA</p> <p>9:30 ART STUDIO,<br/>BOCCE</p> <p>10:30 YOGA</p> <p>11:45 PINOCHLE<br/>TOURNAMENT</p> <p>12:00 POOL</p> <p>1:00 COLORING CLUB</p> <p>1:30 TAI CHI</p>                                                                           | <p><b>6</b></p> <p>9:00 MAH JONGG</p> <p>9:15 CHAIR YOGA</p> <p>9:30 BOCCE</p> <p>10:00 OS GAME,<br/>CANASTA,<br/>WOOD CARVING</p> <p>10:30 SENIORCISE</p> <p>12:00 CARDS, POOL,<br/>YOGA</p> <p>12:30 POKER CLUB</p> <p>1:00 SPANISH</p> <p>1:30 TABLE TENNIS</p> <p>6:00 CARDS, POOL</p>                                                                                               | <p><b>7</b></p> <p>8:30 GOLF</p> <p>9:30 BOCCE</p> <p>10:30 AEROBICS</p> <p>11:55 BRIDGE<br/>TOURNAMENT</p> <p>12:00 BINGO, POOL</p>                                                                                                                             |
| <p><b>10</b></p> <p>9:00 MAH JONGG</p> <p>9:30 BOCCE</p> <p>10:00 STAINED GLASS</p> <p>10:30 SENIORCISE</p> <p>11:45 YOGA</p> <p>12:00 POOL, CARDS</p> <p align="center"><b>BIRTHDAY<br/>CELEBRATION</b></p> <p>1:00 TABLE TENNIS,<br/>SCRABBLE</p>  | <p><b>11</b></p> <p>9:30 WATERCOLORS,<br/>BOCCE</p> <p>10:00 OH S. GAME</p> <p>10:30 BRIDGE, AEROBICS</p> <p>11:30 CANASTA</p> <p>12:00 BINGO, POOL, CARDS</p> <p align="center"><b>LOTTERY DRAWING</b></p> <p>12:30 CRIBBAGE,<br/>POKER CLUB</p> <p>2:00 CHAIR YOGA</p> <p>6:00 CARDS, POOL</p> | <p><b>12</b></p> <p>9:15 GENTLE YOGA</p> <p>9:30 ART STUDIO,<br/>BOCCE</p> <p>10:30 YOGA, BOOK<br/>CLUB</p> <p>11:00 TAP TIME</p> <p>11:45 PINOCHLE<br/>TOURNAMENT</p> <p>12:00 <b>MEDITATION<br/>WORKSHOP,</b><br/>POOL</p> <p>1:00 COLORING CLUB</p> <p>1:30 TAI CHI</p> | <p><b>13</b></p> <p>9:00 MAH JONGG</p> <p>9:15 CHAIR YOGA</p> <p>9:30 BOCCE</p> <p>10:00 OS GAME,<br/>CANASTA,<br/>WOOD CARVING</p> <p>10:30 SENIORCISE</p> <p>12:00 CARDS, POOL,<br/>YOGA</p> <p>12:30 POKER CLUB</p> <p>1:00 SPANISH</p> <p>1:30 TABLE TENNIS</p> <p>6:00 CARDS, POOL</p> <p align="center"><b>TROPICANA CASINO</b></p>                                                | <p><b>14</b></p> <p>8:30 GOLF</p> <p>9:15 BASIC DRAWING</p> <p>9:30 BOCCE</p> <p>10:30 AEROBICS,<br/>ACRYLIC<br/>PAINTING</p> <p>11:55 BRIDGE<br/>TOURNAMENT</p> <p>12:00 BINGO, POOL</p>                                                                        |
| <p><b>17</b></p> <p>9:00 MAH JONGG</p> <p>9:30 BOCCE</p> <p>10:00 STAINED GLASS</p> <p>10:30 SENIORCISE</p> <p>11:45 YOGA</p> <p>12:00 POOL, CARDS</p> <p>1:00 TABLE TENNIS,<br/>SCRABBLE</p>                                                        | <p><b>18</b></p> <p>9:30 WATERCOLORS,<br/>BOCCE</p> <p>10:00 OH S. GAME</p> <p>10:30 BRIDGE, AEROBICS</p> <p>11:30 CANASTA</p> <p>12:00 BINGO, POOL, CARDS</p> <p>12:30 CRIBBAGE,<br/>POKER CLUB</p> <p>2:00 CHAIR YOGA</p> <p>6:00 CARDS, POOL</p>                                              | <p><b>19</b></p> <p>9:15 GENTLE YOGA</p> <p>9:30 BOCCE</p> <p>10:30 YOGA</p> <p>11:00 TAP TIME</p> <p>11:45 PINOCHLE<br/>TOURNAMENT</p> <p>12:00 POOL</p> <p>1:00 COLORING CLUB</p> <p>1:30 TAI CHI</p>                                                                    | <p><b>20</b></p> <p>9:00 MAH JONGG</p> <p>9:15 CHAIR YOGA</p> <p>9:30 BOCCE</p> <p>10:00 OH S. GAME,<br/>CANASTA,<br/>WOOD CARVING</p> <p align="center"><b>PET THERAPY</b></p> <p>10:30 SENIORCISE</p> <p>12:00 CARDS, POOL,<br/>YOGA</p> <p>12:30 POKER CLUB</p> <p>1:00 SPANISH</p> <p>1:30 TABLE TENNIS</p> <p>2:30 <b>BEREAVEMENT<br/>SUPPORT GROUP</b></p> <p>6:00 CARDS, POOL</p> | <p><b>21</b></p> <p>8:30 GOLF</p> <p>9:15 BASIC DRAWING</p> <p>9:30 BOCCE</p> <p>10:30 AEROBICS,<br/>ACRYLIC<br/>PAINTING</p> <p>11:55 BRIDGE<br/>TOURNAMENT</p> <p>12:00 BINGO, POOL</p> <p align="center"><b>POWER OF PAINT<br/>WORKSHOP<br/>12 – 2 PM</b></p> |
| <p><b>24</b></p> <p>9:00 MAH JONGG</p> <p>9:30 BOCCE</p> <p>10:00 STAINED GLASS</p> <p align="center"><b>BLOOD PRESSURE<br/>CHECKS</b></p> <p>10:30 SENIORCISE</p> <p>11:45 YOGA</p> <p>12:00 POOL, CARDS</p> <p>1:00 TABLE TENNIS,<br/>SCRABBLE</p> | <p><b>25</b></p> <p>9:30 WATERCOLORS,<br/>BOCCE</p> <p>10:00 OH S. GAME</p> <p>10:30 BRIDGE, AEROBICS</p> <p>11:30 CANASTA</p> <p>12:00 BINGO, POOL, CARDS</p> <p>12:30 CRIBBAGE,<br/>POKER CLUB</p> <p>2:00 CHAIR YOGA</p> <p>6:00 CARDS, POOL</p>                                              | <p><b>26</b></p> <p>9:15 GENTLE YOGA</p> <p>9:30 ART STUDIO,<br/>BOCCE</p> <p>10:30 YOGA</p> <p>11:00 TAP TIME</p> <p>11:45 PINOCHLE<br/>TOURNAMENT</p> <p>12:00 POOL</p> <p>1:00 COLORING CLUB</p> <p>1:30 TAI CHI</p>                                                    | <p><b>27</b></p> <p>9:00 MAH JONGG</p> <p>9:15 CHAIR YOGA</p> <p>9:30 BOCCE</p> <p>10:00 OS GAME,<br/>CANASTA,<br/>WOOD CARVING</p> <p>10:30 SENIORCISE</p> <p>12:00 CARDS, POOL,<br/>YOGA</p> <p>12:30 POKER CLUB</p> <p>1:00 SPANISH</p> <p>1:30 TABLE TENNIS</p> <p>6:00 CARDS, POOL</p>                                                                                              | <p><b>28</b></p> <p>8:30 GOLF</p> <p>9:15 BASIC DRAWING</p> <p>9:30 BOCCE</p> <p>10:30 AEROBICS,<br/>ACRYLIC<br/>PAINTING</p> <p>11:55 BRIDGE<br/>TOURNAMENT</p> <p>12:00 BINGO, POOL</p>                                                                        |

| Monday                                                                                                                                                                   | Tuesday                                                                                                                                                                                                                           | Wednesday                                                                                                                                                                                                         | Thursday                                                                                                                                                                                                                                                                                           | Friday                                                                                                                                                              |
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| <b>1</b><br>9:00 MAH JONGG<br>10:00 STAINED GLASS<br>10:30 SENIORCISE<br>11:45 YOGA<br>12:00 POOL, CARDS<br><b>BIRTHDAY CELEBRATION</b><br>1:00 TABLE TENNIS, SCRABBLE   | <b>2</b><br>9:30 WATERCOLORS<br>10:00 OH S. GAME<br>10:30 BRIDGE, AEROBICS<br>11:30 CANASTA<br>12:00 BINGO, POOL, CARDS<br>12:30 CRIBBAGE, POKER CLUB<br>2:00 CHAIR YOGA<br>6:00 CARDS, POOL                                      | <b>3</b><br>9:15 GENTLE YOGA<br>9:30 ART STUDIO<br>10:30 YOGA<br>11:00 TAP TIME<br>11:45 PINOCHLE TOURNAMENT<br>12:00 POOL<br>1:00 COLORING CLUB<br>1:30 TAI CHI<br><b>FLU &amp; PNEUMONIA SHOTS 10 AM – 2 PM</b> | <b>4</b><br>9:00 MAH JONGG<br>9:15 CHAIR YOGA<br>9:30 BOCCE<br>10:00 OS GAME, CANASTA, WOOD CARVING<br>10:30 SENIORCISE<br>12:00 CARDS, POOL, YOGA<br>12:30 POKER CLUB<br>1:00 SPANISH<br>1:30 TABLE TENNIS<br>6:00 CARDS, POOL                                                                    | <b>5</b><br>9:15 BASIC DRAWING<br>10:30 AEROBICS, ACRYLIC PAINTING<br>11:55 BRIDGE TOURNAMENT<br>12:00 BINGO, POOL                                                  |
| <b>8</b><br><br><b>CENTER CLOSED</b><br><br><b>COLUMBUS DAY</b>                                                                                                          | <b>9</b><br>9:30 WATERCOLORS<br>10:00 OH S. GAME<br>10:30 BRIDGE, AEROBICS<br>11:30 CANASTA<br>12:00 BINGO, POOL, CARDS<br><b>LOTTERY DRAWING</b><br>12:30 CRIBBAGE, POKER CLUB<br>2:00 CHAIR YOGA<br>6:00 CARDS, POOL            | <b>10</b><br>9:15 GENTLE YOGA<br>9:30 ART STUDIO<br>10:30 YOGA<br>11:00 TAP TIME<br>11:45 PINOCHLE TOURNAMENT<br>12:00 POOL<br>1:00 COLORING CLUB<br>1:30 TAI CHI                                                 | <b>11</b><br>9:00 MAH JONGG<br>9:15 CHAIR YOGA<br>9:30 BOCCE<br>10:00 OS GAME, CANASTA, WOOD CARVING<br>10:30 SENIORCISE<br>12:00 CARDS, POOL, YOGA<br>12:30 POKER CLUB<br>1:00 SPANISH<br>1:30 TABLE TENNIS<br>6:00 CARDS, POOL                                                                   | <b>12</b><br>9:15 BASIC DRAWING<br>10:30 AEROBICS, ACRYLIC PAINTING<br>11:55 BRIDGE TOURNAMENT<br>12:00 BINGO, POOL                                                 |
| <b>15</b><br>9:00 MAH JONGG<br>10:00 STAINED GLASS<br>10:30 SENIORCISE<br>11:45 YOGA<br>12:00 POOL, CARDS<br>1:00 TABLE TENNIS, SCRABBLE                                 | <b>16</b><br>9:30 WATERCOLORS<br>10:00 OH S. GAME<br>10:30 BRIDGE, AEROBICS<br>11:30 CANASTA<br>12:00 BINGO, POOL, CARDS<br>12:30 CRIBBAGE, POKER CLUB<br>2:00 CHAIR YOGA<br>6:00 CARDS, POOL<br><br><b>BOSCOV'S SHOPPING DAY</b> | <b>17</b><br>9:15 GENTLE YOGA<br>9:30 ART STUDIO<br>10:30 YOGA, BOOK CLUB<br>11:00 TAP TIME<br>11:45 PINOCHLE TOURNAMENT<br>12:00 POOL<br>1:00 COLORING CLUB<br>1:30 TAI CHI                                      | <b>18</b><br>9:00 MAH JONGG<br>9:15 CHAIR YOGA<br>9:30 BOCCE<br>10:00 OH S. GAME, CANASTA, WOOD CARVING<br><b>PET THERAPY</b><br>10:30 SENIORCISE<br>12:00 CARDS, POOL, YOGA<br>12:30 POKER CLUB<br>1:00 SPANISH<br>1:30 TABLE TENNIS<br>2:30 <b>BEREAVEMENT SUPPORT GROUP</b><br>6:00 CARDS, POOL | <b>19</b><br>9:15 BASIC DRAWING<br>10:30 AEROBICS, ACRYLIC PAINTING<br>11:55 BRIDGE TOURNAMENT<br>12:00 BINGO, POOL<br><br><b>POWER OF PAINT WORKSHOP 12 – 2 PM</b> |
| <b>22</b><br>9:00 MAH JONGG<br>10:00 STAINED GLASS<br><b>BLOOD PRESSURE CHECKS</b><br>10:30 SENIORCISE<br>11:45 YOGA<br>12:00 POOL, CARDS<br>1:00 TABLE TENNIS, SCRABBLE | <b>23</b><br>9:30 WATERCOLORS<br>10:00 OH S. GAME<br>10:30 BRIDGE, AEROBICS<br>11:30 CANASTA<br>12:00 BINGO, POOL, CARDS<br>12:30 CRIBBAGE, POKER CLUB<br>2:00 CHAIR YOGA<br>6:00 CARDS, POOL<br><br><b>DOOLAN'S TRIP</b>         | <b>24</b><br>9:15 GENTLE YOGA<br>9:30 ART STUDIO<br>10:30 YOGA<br>11:00 TAP TIME<br>11:45 PINOCHLE TOURNAMENT<br>12:00 POOL<br>1:00 COLORING CLUB<br>1:30 TAI CHI                                                 | <b>25</b><br>9:00 MAH JONGG<br>9:15 CHAIR YOGA<br>9:30 BOCCE<br>10:00 OS GAME, CANASTA, WOOD CARVING<br>10:30 SENIORCISE<br>12:00 CARDS, POOL, YOGA<br>12:30 POKER CLUB<br>1:00 SPANISH<br>1:30 TABLE TENNIS<br>6:00 CARDS, POOL                                                                   | <b>26</b><br><b>ALL ACTIVITES ARE CANCELLED &amp; THE CENTER IS CLOSED</b><br>*****<br><b>BAGS n' BLING BINGO</b><br>DOORS OPEN AT 6 PM<br><br>GAMES BEGIN AT 7 PM  |
| <b>29</b><br>9:00 MAH JONGG<br>10:00 STAINED GLASS<br>10:30 SENIORCISE<br>11:45 YOGA<br>12:00 POOL, CARDS<br>1:00 TABLE TENNIS, SCRABBLE                                 | <b>30</b><br>9:30 WATERCOLORS<br>10:00 OH S. GAME<br>10:30 BRIDGE, AEROBICS<br>11:30 CANASTA<br>12:00 BINGO, POOL, CARDS<br>12:30 CRIBBAGE, POKER CLUB<br>2:00 CHAIR YOGA<br>6:00 CARDS, POOL                                     | <b>31</b><br>9:15 GENTLE YOGA<br>9:30 ART STUDIO<br>10:30 YOGA<br>11:00 TAP TIME<br>11:45 PINOCHLE TOURNAMENT<br>12:00 POOL<br>1:00 COLORING CLUB<br>1:30 TAI CHI                                                 | <b>NORTHAMPTON JAMES E. KINNEY SENIOR CENTER</b><br><br><b>OCTOBER 2018</b>                                                                                                                                                                                                                        |                                                                                                                                                                     |



**~ELECTION DAY BAKE SALE~**

We are looking for volunteers to donate "delicious" baked goods and to help sell the baked goods on Election Day. If you can help us with either or both of these jobs, please sign up on the bulletin board or call the office.

The items may be brought into the center anytime Monday, November 5<sup>th</sup> between 9:00 AM and 3:00 PM, or by 8 AM on Tuesday, November 6<sup>th</sup>.

**The Power of Paint!!**

**Friday, September 21<sup>st</sup> & October 19<sup>th</sup>**  
**12 – 2PM**

Have you noticed the beautiful painting on the side counter of the front desk? Did you think WOW...I wish I could paint that? Well think no more....you can do it!! On **September 21<sup>st</sup> & October 19<sup>th</sup>**, we will be offering these fun painting workshops. Only \$20 per workshop will buy you the "exciting" chance to create the same painting, including all materials, and take home a beautiful piece of art. You will be guided with easy, step-by-step directions by our art instructor Sibyl Weidner. You will enjoy a wonderful afternoon with friends, while exploring your creative side!

Light refreshments will be served! See Kathy in the center office to sign-up for one or both of these fun afternoons. Payment is due at the time of sign-up. Space is limited to 12 participants, so don't delay...Sign up today!

**Bereavement Support Group**

Losing someone or something you love or care deeply about is very painful. You may experience all kinds of difficult emotions and it may feel like the pain and sadness you're experiencing will never let up. These are normal reactions to a significant loss. But while there is no right or wrong way to grieve, there are healthy ways to cope with the pain. Allison Rosenbaum, MSW from Bayada Hospice will be leading a Bereavement Support Group at the Senior Center on Thursday, September 20<sup>th</sup> at 2:30 PM in the Café. The support group will meet every third Thursday of the month.

**TRAVEL WITH THE**

**JAMES E. KINNEY SENIOR CENTER**

**TROPICANA CASINO – ATLANTIC CITY**

**THURSDAY, SEPTEMBER 13, 2018**

COST: \$35 per person – Package includes \$25 slot play, transportation & driver tip.

Bus departs at 9:15 AM, returns at 7:15 PM.

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**BETHLEHEM SANDS CASINO**

**WEDNESDAY, NOVEMBER 14, 2018**

\$35 PER PERSON – Package includes \$20 slot play, \$5 food voucher, transportation & driver tip.

The bus departs at 9:15 AM and will return at 7:15 PM. Not a gambler, why not do some

shopping at one of the newest outlets in Pennsylvania? Attached to the casino, the outlets at Sands offers brand name shopping like Coach,

Chico's, Talbots & many more!

\*\*\*\*\*

**AMERICAN MUSIC THEATRE  
& SHADY MAPLE**

**THURSDAY, DECEMBER 13, 2018**

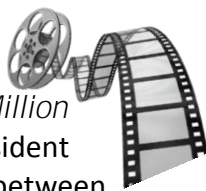
It's the most wonderful time of the year – we will be delighted with musical merriment, live on stage! **DON'T DELAY, ALMOST SOLD OUT...ONLY A FEW SEATS LEFT!** will be a holiday eve wonder, celebrating the magic of the holidays.

On our way to the theatre, we will stop at the famous Shady Maple where you will take pleasure in indulging yourself with some delicious authentic Pennsylvania Dutch cooking. You will also have time to check out their market as well. All of this for only \$88 per person, includes transportation & driver tip. The motor coach will leave the center at 9 AM and return at 8 PM. Get ready for a day of indulging & lots of fun!!

**MINDFULNESS MEDITATION**

Mindfulness is a popular catchword these days, however despite the hype, research clearly indicates that "mindfulness meditation" has a positive impact on well-being. **Join Dan Surkin on Wednesday, September 12<sup>th</sup> at 12:00 PM** for a one hour free meditation workshop. You will learn how meditation helps to relieve pain, improve mood & learn what truly matters in your life. Please sign up on the center bulletin board if you are interested in attending this free workshop.

### "MY MILLION DOLLAR MOM"



Join us for this special viewing of *My Million Dollar Mom* (A real life film by a local resident Ross Schriftman about having to decide between fulfilling a life-long dream or keeping his promise to his mother during her time with Alzheimer's Disease)

**When:** Tuesday, November 13, 2018

6:00pm - 7:30pm

**Where:** James E. Kinney Senior Center

165 Township Road, Richboro, PA 18954

With both pre and post viewing discussions about Alzheimer's disease led by BrightStar Care owner Eric Sierka, this offers the opportunity to learn more about this disease, how it impacts both those living with it and those caring for them, as well as a chance to connect with other families and caregivers who are facing these challenges today for support.

**Cost: FREE!** Thanks to **BrightStar Care** - the area's premier home care agency who helps individuals with Alzheimer's and their families every day Light Refreshments will be served.

The event is open to the community, however you must RSVP at the front desk or call: 215-357-8199.

Ross Schriftman is a local resident who wrote a book and produced a 30 minute feature film called *My Million Dollar Mom*. They tell the real life story of Ross and his beloved mother Shirley Schriftman who experienced Alzheimer's disease later in life. The movie beautifully and tragically shows the impact of Alzheimer's on those who have the disease and those caring for them. Don't miss this special opportunity to learn more about this disease that is increasingly impacting more people and those around them.

\*\*\*\*\*

### "FOR THE LOVE OF ART"!

#### ART STUDIO



Our art instructor, Sibyl Weidner, will once again be offering a weekly, 3 hour studio session. This will be a self-guided studio session where artists new and seasoned can work in their desired medium and at their individual skill level. The new session will begin on Wednesday, October 3rd at 9:30 AM. The cost for all eight weeks is \$20.00. Payment is due on the first day of class. If you are interested in joining the creativity and fun, please sign up on the center bulletin board.



### APPRISE PROGRAM

The APPRISE Program is a service of the Pennsylvania Department of Aging and your local county Area Agency on Aging. The APPRISE Program offers free and impartial information and assistance with Medicare benefits, Medicare Advantage Plans, Medigap policies, Medicare prescription benefits, long-term care insurance and programs that can save you money with your health care expenses.

The center will be hosting an **"Open Enrollment Event" on Thursday, November 8th from 9:30 - 12:30 PM.** We will be scheduling 20 minute appointments with an Apprise Counselor. Please see the receptionist to sign up or you can schedule an appointment by calling 215-357-8199. Please bring your Medicare card, other insurance cards (i.e. VA, PACE, ACCESS etc.) and a complete list of your medications and dosage.

### A SPECIAL THANK YOU!

WOW...if you were one of our lucky members who attended the "Elvis Rocks the Senior Center" event what a show it was! Our performers energy was unbeatable!! Mr. Jeff Krick captured every detail of Elvis' performances...his look, stage presence, charisma & voice that sounds just like Elvis. By the way...we were "All Shook Up" at the end of his performance!! In addition to a terrific show, our members enjoyed a delicious catered lunch as well.

A special thank you to our sponsors for this "members only" event: Jim Luttrell - Keller Williams Real Estate, Newtown, Juniper Communities - Bensalem & Home Helpers. A Special "thank you" to Rita's Water Ice of Richboro for the delicious cherry water ice. Also, many thanks to all of our volunteers, we could not have done this special event without you!!

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

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**NORTHAMPTON TOWNSHIP  
JAMES E. KINNEY  
SENIOR CENTER NEWSLETTER**

**This project is funded in part by the County Commissioners,  
through the AAA & the PA Department of Aging.**