

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.

*November ~ December 2018*

**HOLIDAY MARKETPLACE**

**FRIDAY, DECEMBER 7, 2018**  
**5:00 PM ~ 9:00 PM**

Hosted by the Northampton Township  
James E. Kinney Senior Center

One stop shopping for all of your holiday gift giving. With over 50 vendors, there will be something special for everyone on your list! Food & Drinks will be available for purchase from the Northampton Township Lions Club.

- |                      |                   |
|----------------------|-------------------|
| *Purses/Totes        | *Jewelry/Clothing |
| *Cards/Candles/Soaps | *Home Décor       |
| *Handcrafted Items   | *Gourmet Food     |
| *Local Honey         | *Cosmetics        |

***New Sponsors!***

This event is sponsored by: **The Birches of Newtown & Jim Luttrell of RE/MAX Properties**



**HOLIDAY CLOSINGS**

♪ The Center will be closed on the following dates: Monday, November 12<sup>th</sup> Thursday & Friday, November 22<sup>nd</sup> & 23<sup>rd</sup> Monday, December 24<sup>th</sup> - Wednesday, December 26<sup>th</sup> Monday, December 31<sup>st</sup> & Tuesday, January 1<sup>st</sup>  
Please mark your calendars.



**HOLIDAY LUNCHEON**

It's that time of year again.....

Get a jump start on your holiday spirit!

The Northampton James E. Kinney Senior Center will be hosting a delicious holiday luncheon at Maggio's  
400 2<sup>nd</sup> Street Pike, Southampton

**TUESDAY, DECEMBER 11<sup>TH</sup>**  
**11:30 AM – 2:00 PM**

You will enjoy a delicious meal, raffles for some great prizes along with some fun holiday music! Who knows, maybe even a special visit from the man with the white beard!

Tickets are on sale now! Last day of ticket sales is Monday, December 3<sup>rd</sup>.

**Tickets must be purchased in advance!**

**COST: \$24.00 PER PERSON** includes a garden salad, coffee, tea, soda, iced tea, delicious chocolate mousse for dessert and an entrée from the selections below:

- ~Chicken Francaise with wild rice and vegetable medley
- ~Roast Pork Tenderloin with wild rice and vegetable medley
- ~Eggplant Rollatini served in homemade marinara sauce

**JUST IN TIME FOR YOUR HOLIDAY SHOPPING!**

What is AmazonSmile? It's a simple, automatic way for you, your friends and family to help support our senior center, at no additional cost to you!

When you shop at smile.amazon.com you will find the same low prices, great selection and convenient shopping experience as Amazon.com. However, there's an extra added bonus – Amazon will donate a portion of the purchase price to your favorite charitable organization. In this case you have the option of selecting our senior center! **IMPORTANT NOTE:** Our center's official name will show as **Council Rock Senior Citizen Association.** There's no need to set up a new account if you already have one with Amazon. Just select the **Council Rock Senior Citizen Association** to receive donations when placing your order. Even easier, just use this link and it will take you directly to where you need to be:

<https://smile.amazon.com/ch/23-2411961>

If you know any shopaholics please share this awesome piece of information with them. It will directly benefit our center!

**SPECIAL NOTES:**

♪ **Attention: Aerobics & Chair Yoga:** These activities are cancelled on Election Day Tuesday, November 6<sup>th</sup> due to our center being used as a polling site.

♪ **All Center Activities** will be cancelled on Friday, December 7<sup>th</sup> due to the preparation for our Holiday Marketplace.

**~ Congratulations Lucky Lottery Winners ~**

**September:** Peggy Maksym #275, Linda Brewer #058, Bob Emery #203 & Elaine Fitt #101

**October:** Helen Iverson #096, Bonnie Emilius #059, Charles Bigler #124 & Michael Tomkins #092.

**~ELECTION DAY BAKE SALE~**

We are looking for volunteers to donate baked goods & to help sell on Election Day. If you can help us 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>.

**ACTIVITY UPDATE**

**GOLF** – The Golf League ended their season with a tournament & luncheon on Friday, September 14<sup>th</sup>. Congratulations to all who played this season. We hope to see you back next April for the start of the 2019 season. A “Special Thank You” to Jerry Royal for organizing our senior center golf league.

**BOCCE** – Wow- what a season! The competition was fierce but friendly, and a good time was had by all. Congratulations to 1<sup>st</sup> place winners – Bob Pavie, Janet Tomkins, Pete Palestina, Ray Valori & John Konstantis. A “job well done” to our 2<sup>nd</sup> place team – Jerry Schmid, Elaine Schmid, Bill Johnston, Barbara Buseman & Marilyn Bartchowsky. A “BIG” thank you to Bob Pavie for coordinating this league with over 100 players!!!

**BILLIARDS** – Congratulations Team “Mets” winners of the Spring-Summer Billiards League Championship held on September 17<sup>th</sup>. The Mets team members were Fred Brandkamp, Pat Brandkamp & Jim McGee. The Fall-Winter league began play on September 24<sup>th</sup>. Good Luck to all of the teams. A special “Thank You” to Pete Palestina for coordinating the billiards league.

**INDOOR SHUFFLEBOARD** – The shuffleboard season will begin on Monday, November 5<sup>th</sup>. The schedule will be available for pick up shortly. Good luck to all of our players! We are looking forward to a great season!! Thank You to Chuck Hagan for his hard work putting these teams together.

**DARTS** – Wednesdays & Fridays - 12:00 PM  
A new season of darts began on Wednesday, October 17<sup>th</sup>. We have a number of talented “sharp” shooting teams this season. Good luck to all!! A “Special Thank You” to Ralph Rogers for coordinating the dart league.

**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. We promise it will be the most relaxing hour of your day. **\*\*Please note the time change on the calendar for our Tuesday Chair Yoga Class.**

**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.



## ~WELCOME NEW MEMBERS~

**We would like to extend a warm welcome to each and every one of you!**

Jerry Wendt\*Anita Wilensky\*Veneta Lorraine  
Carol Cochran\*Richard Kupst\*George O'Connell  
Janice Mininberg\*Howard Berman\*Magda Paul  
Crystal Finn\*Jean Palumbo\*Annemarie Jannotta  
Donald Young\*Pam Kasa\*Kathleen Deem  
Jean Stevens\*Patricia Sappas\*Paula Napoleon  
Peter Rasmussen\*Dorothy O'Donnell  
Carolyn Casey\*Timothy Casey\*Donna Laing  
Sharon Blyskun\*Constance McDaid\*Carol Neiley  
Brian McEvelly\*Carmel McEvelly\*Joan Gussman  
Michael Blasco\*Maryann Blasco\*Gregory Hill  
Thomas Loughlin\*Dick Braun\*Linda Smith  
Christine Ferraro\*Ann Ilisco\*Gail Wiik  
James Musantry\*Carol Gerson\*Mitchell Gerson  
Dorothy Littell\*Shelly Quigley\*Lynda Milburne  
Eva Lancellotti\*John Ilisco\*Michael Freeman  
Anna Cannon\*Suzanne Maloney\*Ann Michalis  
June Tittelmayer\*Tom Polidori\*Linda Mehler  
Marilyn Lang\*Harvey Lang\*Carl Shoemaker



### TAP TIME...

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

Don't forget our weekly tap dance class at the Park & Rec Center on Newtown Richboro Road from 11 AM – 12 PM. This class is \$3 for members /\$6 non-members. Remember to bring your own tap shoes.

### DANCE THE DAY AWAY!

Age gracefully they say...well let's get started!! Join our Tap Instructor, Carol Bogdnoff, as she takes you movin' and groovin' to the songs of the 20's, 30's, 40's through today!! Imagine a complete workout of cardio, strength training, flexibility, balance and most important fun...all in a one hour workout. This new "Luv 2 Dance" class is going to meet at the senior center on Tuesdays from 12 – 1 PM beginning on January 8, 2019. For only \$3 per class/\$6 for non-members, what a great way to start the New Year!!

Not sure what to expect? Carol will be offering a **"free" introductory class on Tuesday, December 4<sup>th</sup> at 12:00 PM.** Come give it a try...you won't be disappointed!



## "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.

### CALLING ALL BALLERINA'S

We are now offering an adult Ballet Class. No experience necessary! Besides learning the basic techniques, you will enjoy the many benefits this exercise has to offer such as, better posture, improved balance, and muscle strength. Not to mention that you will also have lots of fun! You can start slow and advance to your own pace. And the tutu is optional!! The class will be held at the Park & Rec Center on Newtown Richboro Road from 12 PM – 1 PM starting on Wednesday, December 5<sup>th</sup>. Only \$3 for members/ \$6 non-members. Remember to bring your ballet slippers.



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>NORTHAMPTON JAMES E. KINNEY SENIOR CENTER</b></p> <p><b>NOVEMBER 2018</b></p>			<p><b>1</b></p> <p>9:00 MAH JONGG 10:00 OH S. GAME, CANASTA, WOOD CARVING 10:30 SENIORCISE 12:00 CARDS, POOL, YOGA 12:30 POKER CLUB 1:00 SPANISH 1:30 TABLE TENNIS 6:00 CARDS, POOL</p>	<p><b>2</b></p> <p>9:15 BASIC DRAWING 10:30 AEROBICS, ACRYLIC PAINTING 11:55 BRIDGE TOURNAMENT 12:00 BINGO, POOL, DARTS</p>
<p><b>5</b></p> <p>9:00 MAH JONGG 9:15 SHUFFLEBOARD 10:00 STAINED GLASS 10:30 SENIORCISE 11:45 YOGA 12:00 POOL, CARDS <b>BIRTHDAY CELEBRATION</b> 1:00 TABLE TENNIS, SCRABBLE</p>	<p><b>6</b></p> <p>9:15 SHUFFLEBOARD 9:30 WATERCOLORS 10:00 OH S. GAME 10:30 BRIDGE 11:00 SHUFFLEBOARD 11:30 CANASTA 12:00 BINGO, POOL, CARDS 12:30 CRIBBAGE, POKER CLUB 6:00 CARDS, POOL</p> <p><b>ELECTION DAY BAKE SALE</b></p>	<p><b>7</b></p> <p>9:15 GENTLE YOGA, SHUFFLEBOARD 9:30 ART STUDIO 10:30 YOGA 11:00 SHUFFLEBOARD, TAP TIME 11:45 PINOCHLE TOURNAMENT 12:00 POOL, DARTS 1:00 COLORING CLUB 1:30 TAI CHI</p>	<p><b>8</b></p> <p>9:00 MAH JONGG 9:15 SHUFFLEBOARD <b>APPRAISE PROGRAM 9:30 AM – 12:30 PM</b> 10:00 OH S. GAME, CANASTA, WOOD CARVING 10:30 SENIORCISE 11:00 SHUFFLEBOARD 12:00 CARDS, POOL, YOGA 12:30 POKER CLUB 1:00 SPANISH 1:30 TABLE TENNIS 6:00 CARDS, POOL</p>	<p><b>9</b></p> <p>9:15 SHUFFLEBOARD, BASIC DRAWING 10:30 AEROBICS, ACRYLIC PAINTING 11:00 SHUFFLEBOARD 11:55 BRIDGE TOURNAMENT 12:00 BINGO, POOL, DARTS</p>
<p><b>12</b></p> <p><b>CENTER CLOSED</b></p> <p><b>VETERANS DAY</b></p>	<p><b>13</b></p> <p>9:15 SHUFFLEBOARD 9:30 WATERCOLORS 10:00 OH S. GAME <b>BLOOD PRESSURE CHECKS</b> 10:30 BRIDGE, AEROBICS 11:00 SHUFFLEBOARD 11:30 CANASTA 12:00 BINGO, POOL, CARDS, <b>LOTTERY DRAWING</b> 12:30 CRIBBAGE, POKER CLUB 1:15 CHAIR YOGA 6:00 CARDS, POOL <b>“MILLION DOLLAR MOM” MOVIE 6:00 PM – 7:30 PM</b></p>	<p><b>14</b></p> <p>9:15 GENTLE YOGA, SHUFFLEBOARD 9:30 ART STUDIO 10:30 YOGA 11:00 SHUFFLEBOARD, TAP TIME 11:45 PINOCHLE TOURNAMENT 12:00 POOL, DARTS 1:00 COLORING CLUB 1:30 TAI CHI <b>SAND’S CASINO</b></p>	<p><b>15</b></p> <p>9:00 MAH JONGG 9:15 SHUFFLEBOARD 10:00 OH S. GAME, CANASTA, WOOD CARVING <b>PET THERAPY</b> 10:30 SENIORCISE 11:00 SHUFFLEBOARD 12:00 CARDS, POOL YOGA 12:30 POKER CLUB 1:00 SPANISH 1:30 TABLE TENNIS 2:30 <b>BEREAVEMENT</b> 6:00 CARDS, POOL</p>	<p><b>16</b></p> <p>9:15 SHUFFLEBOARD, BASIC DRAWING 10:30 AEROBICS, ACRYLIC PAINTING 11:00 SHUFFLEBOARD 11:55 BRIDGE TOURNAMENT 12:00 BINGO, POOL, DARTS</p>
<p><b>19</b></p> <p>9:00 MAH JONGG 9:15 SHUFFLEBOARD 10:00 STAINED GLASS 10:30 SENIORCISE 11:45 YOGA 12:00 POOL, CARDS 1:00 TABLE TENNIS, SCRABBLE</p>	<p><b>20</b></p> <p>9:15 SHUFFLEBOARD 9:30 WATERCOLORS 10:00 OH S. GAME 10:30 BRIDGE, AEROBICS 11:00 SHUFFLEBOARD 11:30 CANASTA 12:00 BINGO, POOL, CARDS 12:30 CRIBBAGE, POKER CLUB 1:15 CHAIR YOGA 6:00 CARDS, POOL</p>	<p><b>21</b></p> <p>9:15 GENTLE YOGA, SHUFFLEBOARD 10:30 YOGA, BOOK CLUB 11:00 SHUFFLEBOARD 11:45 PINOCHLE TOURNAMENT 12:00 POOL, DARTS 1:00 COLORING CLUB 1:30 TAI CHI</p>	<p><b>22</b></p> <p><b>CENTER CLOSED</b></p> <p><b>THANKSGIVING HOLIDAY</b></p>	<p><b>23</b></p> <p><b>CENTER CLOSED</b></p> <p><b>THANKSGIVING HOLIDAY</b></p>
<p><b>26</b></p> <p>9:00 MAH JONGG 9:15 SHUFFLEBOARD 10:00 STAINED GLASS 10:30 SENIORCISE 11:30 <b>BLOOD PRESSURE CHECKS</b> 11:45 YOGA 12:00 POOL, CARDS 1:00 TABLE TENNIS, SCRABBLE</p>	<p><b>27</b></p> <p>9:15 SHUFFLEBOARD 9:30 WATERCOLORS 10:00 OH S. GAME 10:30 BRIDGE, AEROBICS 11:00 SHUFFLEBOARD 11:30 CANASTA 12:00 BINGO, POOL, CARDS 12:30 CRIBBAGE, POKER CLUB 1:15 CHAIR YOGA 6:00 CARDS, POOL</p>	<p><b>28</b></p> <p>9:15 GENTLE YOGA, SHUFFLEBOARD 9:30 ART STUDIO 10:00 WOOD CARVING 10:30 YOGA 11:00 SHUFFLEBOARD, TAP TIME 11:45 PINOCHLE TOURNAMENT 12:00 POOL, DARTS, <b>MEDITATION WORKSHOP</b> 1:00 COLORING CLUB 1:30 TAI CHI</p>	<p><b>29</b></p> <p>9:00 MAH JONGG 9:15 SHUFFLEBOARD 10:00 OH S. GAME, CANASTA, WOOD CARVING 10:30 SENIORCISE 11:00 SHUFFLEBOARD 12:00 CARDS, POOL, YOGA 12:30 POKER CLUB 1:00 SPANISH 1:30 TABLE TENNIS 6:00 CARDS, POOL</p>	<p><b>30</b></p> <p>9:15 SHUFFLEBOARD, BASIC DRAWING 10:30 AEROBICS, ACRYLIC PAINTING 11:00 SHUFFLEBOARD 11:55 BRIDGE TOURNAMENT 12:00 BINGO, POOL, DARTS</p>

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<b>10</b> 9:00 MAH JONGG 9:15 SHUFFLEBOARD 10:00 STAINED GLASS 10:30 SENIORCISE 11:45 YOGA 12:00 POOL, CARDS 1:00 TABLE TENNIS, SCRABBLE	<b>11</b> 9:15 SHUFFLEBOARD 9:30 WATERCOLORS 10:00 OH S. GAME <b>BLOOD PRESSURE CHECKS</b> 10:30 BRIDGE, AEROBICS 11:00 SHUFFLEBOARD 11:30 CANASTA 12:00 BINGO, POOL, CARDS 12:30 CRIBBAGE, POKER CLUB 1:15 CHAIR YOGA 6:00 CARDS, POOL <b>HOLIDAY PARTY MAGGIO'S 11:30 AM FINAL LOTTERY DRAWING</b>	<b>12</b> 9:15 GENTLE YOGA, SHUFFLEBOARD 9:30 ART STUDIO 10:00 WOOD CARVING 10:30 YOGA 11:00 SHUFFLEBOARD, TAP TIME 11:45 PINOCHLE TOURNAMENT 12:00 POOL, DARTS, BALLET CLASS 1:00 COLORING CLUB 1:30 TAI CHI	<b>13</b> 9:00 MAH JONGG 9:15 SHUFFLEBOARD 10:00 OH S. GAME, CANASTA, WOOD CARVING 10:30 SENIORCISE 11:00 SHUFFLEBOARD 12:00 CARDS, POOL, YOGA 12:30 POKER CLUB 1:00 SPANISH 1:30 TABLE TENNIS 6:00 CARDS, POOL <b>AMERICAN MUSIC TRIP</b>	<b>14</b> 9:15 SHUFFLEBOARD 9:30 BASIC DRAWING 10:30 AEROBICS 11:00 SHUFFLEBOARD 11:55 BRIDGE TOURNAMENT 12:00 BINGO, POOL, DARTS
<b>17</b> 9:00 MAH JONGG 9:15 SHUFFLEBOARD 10:00 STAINED GLASS 10:30 SENIORCISE 11:45 YOGA 12:00 POOL, CARDS 1:00 TABLE TENNIS, SCRABBLE	<b>18</b> 9:15 SHUFFLEBOARD 9:30 WATERCOLORS 10:00 OH S. GAME 10:30 BRIDGE, AEROBICS 11:00 SHUFFLEBOARD 11:30 CANASTA 12:00 BINGO, POOL, CARDS 12:30 CRIBBAGE, POKER CLUB 1:15 CHAIR YOGA 6:00 CARDS, POOL	<b>19</b> 9:15 GENTLE YOGA, SHUFFLEBOARD 9:30 ART STUDIO 10:00 WOOD CARVING 10:30 YOGA 11:00 SHUFFLEBOARD, TAP TIME 11:45 PINOCHLE TOURNAMENT 12:00 POOL, DARTS, BALLET CLASS 1:00 COLORING CLUB 1:30 TAI CHI	<b>20</b> 9:00 MAH JONGG 9:15 SHUFFLEBOARD 10:00 OH S. GAME, CANASTA, WOOD CARVING <b>PET THERAPY</b> 10:30 SENIORCISE 11:00 SHUFFLEBOARD 12:00 CARDS, POOL YOGA 12:30 POKER CLUB 1:00 SPANISH 1:30 TABLE TENNIS 2:30 <b>BEREAVEMENT</b> 6:00 CARDS, POOL	<b>21</b> 9:15 SHUFFLEBOARD 9:30 BASIC DRAWING 10:30 AEROBICS 11:00 SHUFFLEBOARD 11:55 BRIDGE TOURNAMENT 12:00 BINGO, POOL, DARTS
<b>24</b>  <b>CENTER CLOSED</b>  <b>CHRISTMAS HOLIDAY</b>	<b>25</b>  <b>CENTER CLOSED</b>  <b>CHRISTMAS HOLIDAY</b>	<b>26</b>  <b>CENTER CLOSED</b>  <b>CHRISTMAS HOLIDAY</b>	<b>27</b> 9:00 MAH JONGG 9:15 SHUFFLEBOARD 10:00 OH S. GAME, CANASTA, WOOD CARVING 10:30 SENIORCISE 11:00 SHUFFLEBOARD 12:00 CARDS, POOL, YOGA 12:30 POKER CLUB 1:00 SPANISH 1:30 TABLE TENNIS 6:00 CARDS, POOL	<b>28</b> 9:15 SHUFFLEBOARD 10:30 AEROBICS 11:00 SHUFFLEBOARD 11:55 BRIDGE TOURNAMENT 12:00 BINGO, POOL, DARTS



**TRAVEL WITH THE  
JAMES E. KINNEY SENIOR CENTER**

**BETHLEHEM SANDS CASINO  
WEDNESDAY, NOVEMBER 14<sup>TH</sup>**

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

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



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**The staff is currently working on trip packages for 2019. So keep your eye out for trips to Atlantic City & Doolan's in the spring. We will also be hosting some wonderful fall & holiday trips!!**

**"FOR THE LOVE OF ART"!  
ART STUDIO**

Art instructor, Sibyl Weidner, will once again be offering an 8-week, 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 session will begin on Wednesday, December 5<sup>th</sup> at 9:30 AM. The cost for all eight weeks is \$96, 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.



**SPANISH CLASS**

Spanish instructor, Nancy DeCarvalho, will be offering an 8 week Spanish class starting on Thursday, November 15, 2018. Class begins at 1:00 PM in the art room. The cost of this class for members (higher rate for non-members) is \$56, to be paid in full on the first day of class. Please sign up on the center bulletin board if you are interested in joining this class. **Wondering what this class is all about and if the level is right for you? Come to the "free" introductory class on Thursday, Nov. 8<sup>th</sup> at 1:00 PM.** Please sign up on the center bulletin board.



**POKER CLUB...Players Wanted! They are playing Texas Hold'em at 12:30 PM in the card room on Tuesdays & Thursdays. Stop by & check out the fun!**

**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, November 2<sup>nd</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.

**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, November 28<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.

The next step....now that Dan has shared the numerous benefits of meditation, it is time to take it to the next level. Beginning on Wednesday, January 9<sup>th</sup>, Dan Surkin will return to the senior center for an 8-week, 2 hour session from 12:00 – 2:00 PM. This program will deepen your meditation practice, along with helping you cope with stress and allow you a happier, more productive life. The cost is only \$4.00 per 2-hour session for members.



**BRING A SMILE TO THE FACE OF A CHILD BY DONATING A SPECIAL GIFT THIS HOLIDAY SEASON!**

Look for our clothesline of "Wish Mittens" in the lobby this season. Each mitten will have an item that is needed by the children that Tabor Services assists. Monetary donations will also be accepted towards the purchase of the listed items.

Your donations will be greatly appreciated!



*Holiday Wish List: Please bring your donations to the center by Monday, December 3<sup>d</sup>*

**BABIES & TOTS:** Disposable Diapers, Bath Toys, Sleepers, Rattles, Soft Toys, Clothing, Blankets

**SCHOOL AGE CHILDREN:** Notebooks, Markers, Loose leaf paper, Pens/Pencils/Colored Pencils, Books, Games/Toys, Clothing, Gloves/Mittens/Scarves, Legos, Sports Equipment

**COLLEGE AGE (18-21 Years Old):** Bath Towels/Toiletries, Cleaning Supplies, Everyday Items, Snacks, Make-Up, Small Kitchen Appliances, Gift Cards

Tabor Children's Services is one of three separately incorporated divisions of the Tabor organization, providing foster care, special needs adoption, in-home services, adolescent life skills training and independent living services, parenting classes, community living homes, and such mental health services as an outpatient mental health clinic and supported living services. The agency is licensed by the Pennsylvania Department of Public Welfare, Division of Children, Youth and Families.

*Keeping Children Safe~Strengthening Families~Promoting Independence*

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Looking for that perfect gift for the holidays? Well look no further. It is just the right size, fits perfectly in a stocking or envelope and supports the Council Rock Senior Citizens. Yes, you guessed it, a **2019 Senior Center Lottery Ticket!**

Tickets are now available for only \$10 each. This is the gift that you can give all year (well beginning in April anyway)! There will be (4) \$25 winners selected every month beginning in April through November, with the final drawing in December at our holiday luncheon, with (1) \$250 winner & (4) \$100 winners.

Order your tickets today!



**MAKE CHECKS PAYABLE TO: James E. Kinney Senior Center**

**MAIL TO: 165 Township Road - Richboro, PA 18954**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE # \_\_\_\_\_

**PLEASE SEND A SELF-ADDRESSED STAMPED ENVELOPE WITH YOUR CHECK. SO THAT WE CAN RETURN YOUR LOTTERY TICKET TO YOU BY MAIL.**

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

**Non-Profit Org  
U.S. Postage  
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**RETURN SERVICE REQUESTED**

**POSTAL CUSTOMER**

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

**HAPPY HOLIDAYS!  
BEST WISHES FOR A SAFE & HEALTHY NEW YEAR!**

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