

**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.

*January ~ February 2019*

**~WELCOME NEW MEMBERS~**

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

Pearl Wayne\*Olga Delfini\*Karen Hontz  
Steven Oxenberg\*Stella Pahides  
Michael Mulkeen\*Terry Freemark  
Bonnie McGrainer\*Garry Warlow\* Renee Zissios  
Marcia Burns\*James Pat O'Mara  
Victoria Guest\*Denise Titus\*Patricia Keely  
Hana Gershman\*Tom Gefri\*Linda Sorensen  
Matt Korecki\*Nancy Korecki  
Barbara Edwards\*Linda Cramer

**CONGRATULATIONS**  
**LUCKY LOTTERY WINNERS!**

**November:** Lucille Karalus #035  
Robert Pavie #003  
Ruth Vail #030  
Kellie Hagan #150



**December: Congratulations!! Big Winners**

\$250 – Margaret Heebner #107  
\$100 – Jan Litten #384  
\$100 – Bobbie Lichtey #131  
\$100 – Alice Bohmler #177  
\$100 – Anita McKown #205

**Use the form on the back page to order your  
2019 Lottery Tickets today!**

**YOU TOO CAN BE A WINNER!**



**ST. PATRICK'S DAY**  
**LUNCHEON**

**FRIDAY, MARCH 15<sup>TH</sup>**  
**STARTING AT 12:00 PM**

**MUSIC – FOOD – FUN**

Ham & Cabbage, Roasted Potatoes, Green  
Beans, Applesauce, Dessert & Beverage

**TICKETS - \$12.00**

Tickets go on sale Monday, February 4<sup>th</sup>  
Deadline for sales is Friday, March 8<sup>th</sup>

**The event is sponsored by:**  
**The Birches of Newtown, Juniper**  
**Communities & BrightStare Care**

**ALL ARE WELCOME TO ATTEND**



**Tabor Children's Services &**  
**Northampton Township**  
**James E. Kinney Senior Center**

**Send a "Big" Thank You...**

Together we donated two carloads of  
children's books, games, puzzles, school  
supplies, hats, gloves, two new bicycles and  
the list goes on! The staff would like to  
thank our members who participated & the  
community for helping to make our special  
"Mitten" project a huge success! Your  
generosity is greatly appreciated!

**AGE STRONG ~ LIVE LONG**  
**ENERGIZE YOUR LIFE WITH SOME OF**  
**THESE AWESOME ACTIVITIES!**

**AEROBICS** – Tuesdays & Fridays at 10:30 AM  
Jump-start the New Year and improve your balance, flexibility & cardiovascular strength.

**TAP TIME** – Wednesdays 11:00 AM  
Did you know that tap dancing is a full-body workout, improves balance & posture, exercises your mind, adds grace, and is fun & social?

Give this terrific Tap class a try on Wednesday mornings. Classes are held at the Northampton Township Recreation Center on Newtown-Richboro Road. Cost is \$3 for members, \$6 for non-members...and don't forget your tap shoes!

**SENIORCISE** – Mondays & Thursdays 10:30 AM  
Now that the holidays are over are you looking for a new exercise program that is good for all fitness levels? Why not join Dr. Kim Rose for an hour of fun exercises and great music?

**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.

**ADULT BALLET CLASS** – Wednesdays 12:00  
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. This class is held at the Park & Rec center on Newtown Richboro Road. Only \$3 for members / \$6 for non-members. Remember to bring your ballet slippers.



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**DANCE THE DAY AWAY!**

Age gracefully they say...well let's get started!! Join our Tap & Ballet 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!!

**DAYS TO REMEMBER IN:**

**JANUARY**

- 1 - Happy New Year! Center Closed
- 7 - January Birthday Celebration - 12:00 PM. The birthday celebrations are compliments of Jim Luttrell Re/Max Properties. Come join us for a "Happy Birthday" song and some delicious cake.
- 21 -Martin Luther King Jr.'s Birthday – Center Closed

**FEBRUARY**

- 2 - Groundhog Day – will we have six more weeks of winter?
- 4 - February Birthday Celebration – 12:00 PM.
- 14 - Happy Valentine's Day!
- 18 -Presidents' Day – Center Closed

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

**~DOO WOP TO DISCO~**  
**OLD TIME ROCK & ROLL AT DOOLAN'S**  
**THURSDAY, MARCH 28, 2019**

**COST: \$88.00 Per Person for members; \$93.00 for non-members – Trip Package includes transportation, driver tip, delicious luncheon including one hour open bar & waitress gratuity. Your choice of meals include: sirloin of beef, chicken marsala or herb crusted salmon.**

**The bus departs at 9:30 AM and will return to the center at 5:00 PM.**

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



**A SPECIAL THANK YOU!**

Wow!! What a wonderful holiday party we had at Maggio's in Southampton. Thank you to all who attended. We had a delicious lunch, some fun holiday give-a-ways, along with a special visit from the "big" guy in the red suit & elf Michelle!!

**FRIDAY BRIDGE PLAYERS...Wanted!**

**Non-competitive style play in a relaxed, casual atmosphere. Stop by the card room on Fridays at noon and check out the fun!**



**You shop. Amazon gives.**

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!

### **SNOW – ICE...IS THE CENTER OPEN?**

The Center's policy is that if the Council Rock schools are closed **due to inclement weather**, the Center will be closed for activities both day & night. **If Council Rock schools have a delayed opening, we will delay our opening by the same number of hours, & all activities prior to the opening time will be cancelled.** Even if the roads seem to be clear & passable later in the day, the Center will remain closed. We never know the conditions of our sidewalks & parking lot.

**Please do not call the Center to see if it is open.**



### **SPANISH CLASS**

Spanish instructor, Nancy DeCarvalho, will be offering an 8 week Spanish class starting on Thursday, January 17, 2019 and run through Thursday, March 7, 2019. The Spanish 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 fun, educational class.



### **THANK YOU! THANK YOU!**

Council Rock Seniors thank the sponsors of our Bags n' Bling Bingo for their generous support:

BrightStar Care, Bucks Physical Therapy & Sports Rehabilitation, Joe Saracino State Farm Insurance Agency, Marge Weiner Realtor, Scott Duret – Local Businessman of Richboro, The Birches of Newtown

*A "Special" thank you to the many local businesses for their generous donations to our raffle baskets, and to the Northampton Township Lions Club for giving their time to sell the delicious food & beverages for our fundraiser. .*

A+ Nail, Acme Markets – Richboro, Aldo's Pizza – Southampton, Angelo's, Applebee's Restaurant, Athletic Shoe Shop, Ben & Irv's, Bucks County River Country, Bunn's Natural Foods, Burpee Co., Café Con Leche, Carriage Stop, Cheryl Broad R.N. RAC., Cornerstone Club, Coyle's Music, Cramer Bakery – Yardley, Dairy Queen – Southampton, Dairy Queen – Richboro, David Witchell Salon, DeJames Hair Salon, Dominick's Pizza, Don Giovanni's, Eagle Diner, Edible Arrangements - Trevose, Flip City Shakes, Florentino's, Gasper Landscape Design, Gianni's Pizza, Giant Food Store – Jamison, Guy's Bicycles, Healthy Massage – Southampton, Hot Foot Shoes, Jamison Pour House, Jake's Eatery – Richboro, Jersey Tomatoes – Holland, John Cryan Jewelers, Learning Express – Richboro, Lee's Hoagies, Lovely Nail – Holland, Luca Ristorante, Maggio's, Manhattan Bagel – Richboro, McCaffrey's Market, Meglio's Pizza, Mens Trendz Barber, Millenium Salon, Mission Barbecue, Moish & Itzy's, Neshaminy Valley Golf Club, NAC – Newtown, Nothing Bundt Cakes – Newtown, Oskar Huber, Oven Brothers – Warminster, Panera Bread, Paradigm Salon, Party Fair, Pikes Pub & Grub, Red Lion Diner, Richboro Car Wash, Robin Hood – Southampton, Rose Bank Winery, Select Jewelers – Feasterville, Sesame Place, Shady Brook, Shirley & Co., ShopRite of Yardley, Sky Zone – Levittown, Southampton Beverage, Southampton Wellness Center, Steam Restaurant, Strathmann Home Center - Southampton, Stuart Tanenbaum Jewelry – Huntingdon Valley, Studio 545 – Southampton, Stutz Candies, Suburban Diner, Susan Matthew Salon – Ivyland, Taormina's Restaurant- Richboro & Warminster, The Barber House, The Buck Hotel, The Caketeria, The Grey Stone – Newtown, The New Hope Winery, The Tap House Station, The Zebra-Striped Whale, Thomas Adkins Salon, Time after Time, Tony's Place, Trendz & Frendz – Huntingdon Valley, Trenton Thunder, U Take the Cake – Southampton, UVA – Richboro, Warminster West Diner, Wegmans – Warminster, Weis Markets, York Diner

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<p><b>NORTHAMPTON JAMES E. KINNEY SENIOR CENTER</b></p> <p><b>JANUARY 2019</b></p>	<p><b>1</b></p> <p><b>CENTER CLOSED</b></p> <p><b>NEW YEAR'S HOLIDAY</b></p>	<p><b>2</b></p> <p>9:15 GENTLE YOGA, SHUFFLEBOARD</p> <p>10:30 YOGA</p> <p>11:00 SHUFFLEBOARD, TAP TIME</p> <p>11:45 PINOCHLE TOURNAMENT</p> <p>12:00 POOL, DARTS, BALLET CLASS</p> <p>1:00 COLORING CLUB</p> <p>1:30 TAI CHI</p>	<p><b>3</b></p> <p>9:00 MAH JONGG</p> <p>9:15 SHUFFLEBOARD</p> <p>10:00 OH S. GAME, CANASTA, WOOD CARVING</p> <p>10:30 SENIORCISE</p> <p>11:00 SHUFFLEBOARD</p> <p>12:00 CARDS, POOL, 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>4</b></p> <p>9:15 SHUFFLEBOARD</p> <p>10:30 AEROBICS</p> <p>11:00 SHUFFLEBOARD</p> <p>12:00 BRIDGE, BINGO, POOL, DARTS</p>
<p><b>7</b></p> <p>9:00 MAH JONGG</p> <p>9:15 SHUFFLEBOARD</p> <p>10:00 STAINED GLASS</p> <p>10:30 SENIORCISE,</p> <p>11:45 YOGA</p> <p>12:00 POOL, CARDS</p> <p><b>BIRTHDAY CELEBRATION</b></p> <p>1:00 TABLE TENNIS, SCRABBLE</p>	<p><b>8</b></p> <p>9:15 SHUFFLEBOARD</p> <p>9:30 WATERCOLORS</p> <p>10:00 OH S. GAME</p> <p><b>BLOOD PRESSURE CHECKS</b></p> <p>10:30 BRIDGE, AEROBICS</p> <p>11:00 SHUFFLEBOARD</p> <p>11:30 CANASTA</p> <p>12:00 BINGO, POOL, CARDS, LUV 2 DANCE</p> <p>12:30 CRIBBAGE, POKER CLUB</p> <p>1:15 CHAIR YOGA</p> <p>6:00 CARDS, POOL</p>	<p><b>9</b></p> <p>9:15 GENTLE YOGA, SHUFFLEBOARD</p> <p>9:30 ART STUDIO</p> <p>10:30 YOGA</p> <p>11:00 SHUFFLEBOARD, TAP TIME</p> <p>11:45 PINOCHLE TOURNAMENT</p> <p>12:00 POOL, DARTS, MEDITATION CLASS, BALLET CLASS</p> <p>1:00 COLORING CLUB</p> <p>1:30 TAI CHI</p>	<p><b>10</b></p> <p>9:00 MAH JONGG</p> <p>9:15 SHUFFLEBOARD</p> <p>10:00 OH S. GAME, CANASTA, WOOD CARVING</p> <p>10:30 SENIORCISE</p> <p>11:00 SHUFFLEBOARD</p> <p>12:00 CARDS, POOL, 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>11</b></p> <p>9:15 SHUFFLEBOARD</p> <p>9:30 BASIC DRAWING</p> <p>10:30 AEROBICS, ACRYLIC PAINTING</p> <p>11:00 SHUFFLEBOARD</p> <p>12:00 BRIDGE, BINGO, POOL, DARTS</p>
<p><b>14</b></p> <p>9:00 MAH JONGG</p> <p>9:15 SHUFFLEBOARD</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, SCRABBLE</p>	<p><b>15</b></p> <p>9:15 SHUFFLEBOARD</p> <p>9:30 WATERCOLORS</p> <p>10:00 OH S. GAME</p> <p>10:30 BRIDGE, AEROBICS</p> <p>11:00 SHUFFLEBOARD</p> <p>11:30 CANASTA</p> <p>12:00 BINGO, POOL, CARDS, LUV 2 DANCE</p> <p>12:30 CRIBBAGE, POKER CLUB</p> <p>1:15 CHAIR YOGA</p> <p>6:00 CARDS, POOL</p>	<p><b>16</b></p> <p>9:15 GENTLE YOGA, SHUFFLEBOARD</p> <p>9:30 ART STUDIO</p> <p>10:30 YOGA</p> <p>11:00 SHUFFLEBOARD, TAP TIME</p> <p>11:45 PINOCHLE TOURNAMENT</p> <p>12:00 POOL, DARTS, MEDITATION CLASS, BALLET CLASS</p> <p>1:00 COLORING CLUB</p> <p>1:30 TAI CHI</p>	<p><b>17</b></p> <p>9:00 MAH JONGG</p> <p>9:15 SHUFFLEBOARD</p> <p>10:00 OS GAME, CANASTA, WOOD CARVING, <b>PET THERAPY</b></p> <p>10:30 SENIORCISE</p> <p>11:00 SHUFFLEBOARD</p> <p>12:00 CARDS, POOL, YOGA</p> <p>12:30 POKER CLUB</p> <p>1:00 SPANISH</p> <p>1:30 TABLE TENNIS</p> <p>2:30 <b>BEREAVEMENT SUPPORT GROUP</b></p> <p>6:00 CARDS, POOL</p>	<p><b>18</b></p> <p>9:15 SHUFFLEBOARD</p> <p>9:30 BASIC DRAWING</p> <p>10:30 AEROBICS, ACRYLIC PAINTING</p> <p>11:00 SHUFFLEBOARD</p> <p>12:00 BRIDGE, BINGO, POOL, DARTS</p>
<p><b>21</b></p> <p><b>CENTER CLOSED</b></p> <p><b>MARTIN LUTHER KING JR. HOLIDAY</b></p>	<p><b>22</b></p> <p>9:15 SHUFFLEBOARD</p> <p>9:30 WATERCOLORS</p> <p>10:00 OH S. GAME</p> <p>10:30 BRIDGE, AEROBICS</p> <p>11:00 SHUFFLEBOARD</p> <p>11:30 CANASTA</p> <p>12:00 BINGO, POOL, CARDS, LUV 2 DANCE</p> <p>12:30 CRIBBAGE, POKER CLUB</p> <p>1:15 CHAIR YOGA</p> <p>6:00 CARDS, POOL</p>	<p><b>23</b></p> <p>9:15 GENTLE YOGA, SHUFFLEBOARD</p> <p>9:30 ART STUDIO</p> <p>10:30 YOGA</p> <p>11:00 SHUFFLEBOARD, TAP TIME</p> <p>11:45 PINOCHLE TOURNAMENT</p> <p>12:00 POOL, DARTS, MEDITATION CLASS, BALLET CLASS</p> <p>1:00 COLORING CLUB</p> <p>1:30 TAI CHI</p>	<p><b>24</b></p> <p>9:00 MAH JONGG</p> <p>9:15 SHUFFLEBOARD</p> <p>10:00 OH S. GAME, CANASTA, WOOD CARVING</p> <p>10:30 SENIORCISE</p> <p>11:00 SHUFFLEBOARD</p> <p>12:00 CARDS, POOL, 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>25</b></p> <p>9:15 SHUFFLEBOARD</p> <p>9:30 BASIC DRAWING</p> <p>10:30 AEROBICS, ACRYLIC PAINTING</p> <p>11:00 SHUFFLEBOARD</p> <p>12:00 BRIDGE, BINGO, POOL, DARTS</p>
<p><b>28</b></p> <p>9:00 MAH JONGG</p> <p>9:15 SHUFFLEBOARD</p> <p>10:00 STAINED GLASS</p> <p>10:30 SENIORCISE</p> <p>11:30 <b>BLOOD PRESSURE CHECKS</b></p> <p>11:45 YOGA</p> <p>12:00 POOL, CARDS</p> <p>1:00 TABLE TENNIS, SCRABBLE</p>	<p><b>29</b></p> <p>9:15 SHUFFLEBOARD</p> <p>9:30 WATERCOLORS</p> <p>10:00 OH S. GAME</p> <p>10:30 BRIDGE, AEROBICS</p> <p>11:00 SHUFFLEBOARD</p> <p>11:30 CANASTA</p> <p>12:00 BINGO, POOL, CARDS, LUV 2 DANCE</p> <p>12:30 CRIBBAGE, POKER CLUB</p> <p>1:15 CHAIR YOGA</p> <p>6:00 CARDS, POOL</p>	<p><b>30</b></p> <p>9:15 GENTLE YOGA, SHUFFLEBOARD</p> <p>9:30 ART STUDIO</p> <p>10:30 YOGA</p> <p>11:00 SHUFFLEBOARD, TAP TIME</p> <p>11:45 PINOCHLE TOURNAMENT</p> <p>12:00 POOL, DARTS, MEDITATION CLASS, BALLET CLASS</p> <p>1:00 COLORING CLUB</p> <p>1:30 TAI CHI</p>	<p><b>31</b></p> <p>9:00 MAH JONGG</p> <p>9:15 SHUFFLEBOARD</p> <p>10:00 OH S. GAME, CANASTA, WOOD CARVING</p> <p>10:30 SENIORCISE</p> <p>11:00 SHUFFLEBOARD</p> <p>12:00 CARDS, POOL, 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>	

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<p><b>4</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>5</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, LUV 2 DANCE 12:30 CRIBBAGE, POKER CLUB 1:15 CHAIR YOGA 6:00 CARDS, POOL</p>	<p><b>6</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, MEDITATION CLASS, BALLET CLASS 1:00 COLORING CLUB 1:30 TAI CHI</p>	<p><b>7</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>8</b></p> <p>9:15 SHUFFLEBOARD 9:30 BASIC DRAWING 10:30 AEROBICS, ACRYLIC PAINTING 11:00 SHUFFLEBOARD 12:00 BRIDGE, BINGO, POOL, DARTS</p>
<p><b>11</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>12</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, LUV 2 DANCE 12:30 CRIBBAGE, POKER CLUB 1:15 CHAIR YOGA 6:00 CARDS, POOL</p>	<p><b>13</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, MEDITATION CLASS, BALLET CLASS 1:00 COLORING CLUB 1:30 TAI CHI</p>	<p><b>14</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>15</b></p> <p>9:15 SHUFFLEBOARD 9:30 BASIC DRAWING 10:30 AEROBICS, ACRYLIC PAINTING 11:00 SHUFFLEBOARD 12:00 BRIDGE, BINGO, POOL, DARTS</p>
<p><b>18</b></p> <p><b>CENTER CLOSED</b></p> <p><b>PRESIDENTS' DAY</b></p>	<p><b>19</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, LUV 2 DANCE 12:30 CRIBBAGE, POKER CLUB 1:15 CHAIR YOGA 6:00 CARDS, POOL</p>	<p><b>20</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, MEDITATION CLASS, BALLET CLASS 1:00 COLORING CLUB 1:30 TAI CHI</p>	<p><b>21</b></p> <p>9:00 MAH JONGG 9:15 SHUFFLEBOARD 10:00 OS 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 SUPPORT GROUP</b> 6:00 CARDS, POOL</p>	<p><b>22</b></p> <p>9:15 SHUFFLEBOARD 9:30 BASIC DRAWING 10:30 AEROBICS, ACRYLIC PAINTING 11:00 SHUFFLEBOARD 12:00 BRIDGE, BINGO, POOL, DARTS</p>
<p><b>25</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>26</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, LUV 2 DANCE 12:30 CRIBBAGE, POKER CLUB 1:15 CHAIR YOGA 6:00 CARDS, POOL</p>	<p><b>27</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, MEDITATION CLASS, BALLET CLASS 1:00 COLORING CLUB 1:30 TAI CHI</p>	<p><b>28</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>	



**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, January 11<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.

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**DIABETES SELF-MANAGEMENT  
PROGRAM**

Diabetes can strike anyone, from any walk of life. And it does, in numbers that are dramatically increasing. In the last decade, the cases of people living with diabetes jumped almost 50 percent, to more than 30 million Americans. Every day, millions of people with diabetes struggle to manage their symptoms. Living with diabetes places an enormous emotional, physical and financial burden on the entire family. The good news is that people with diabetes who learn how to manage their symptoms can improve their quality of life and reduce their health care costs.

We will be offering a *6-week Diabetes Self-Management Program at our center on Wednesday afternoons beginning March 13, 2019 – April 17, 2019 from 12:30 to 3:00 PM in the art room.* This free program is designed to help people gain self-confidence with their ability to control their symptoms and maintain active and fulfilling lives. Participants will make weekly action plans, share experiences and help each other solve problems they encounter in controlling their diabetes.

If you are interested in attending this very informative program, please sign up on the center bulletin board.

**2019 LOTTERY**

The Senior Center Lottery is an annual fund raising event for our Center. Tickets cost only \$10 each and only 400 tickets will be sold. Beginning in April, there will be 9 monthly drawings with four \$25 winners. At the final drawing in December, there will be one \$250 winner & four \$100 winners.

You do not need to be a member of the Center to purchase a ticket. Tell your family & friends about our Senior Center Lottery.

You could be one of our lucky winners in 2019!



**“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, February 13<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.

**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, beginning on Wednesday, January 9<sup>th</sup>**, for an 8-week, 2 hour session from 12:00 – 2:00 PM. You will learn how meditation helps to relieve pain, improve mood & learn what truly matters in your life. Dan has shared the numerous benefits of meditation during past workshops, now it is time to take it to the next level. 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.**

A “Special Thank You” to Richboro Coffee in Mallard Creek Village Shopping Center for supplying our delicious coffee!! Stop by and visit them to purchase a special baked treat as well! Let them know you are from the center.



**YES – I WANT TO SUPPORT THE  
COUNCIL ROCK SENIOR  
CITIZENS ASSOCIATION LOTTERY  
AND BE A WINNER!**



**COUNCIL ROCK SENIOR CITIZENS ASSOCIATION  
LOTTERY FOR 2019**



***400 TICKETS AVAILABLE FOR SALE  
EACH TICKET IS \$10***

**9 MONTHLY DRAWINGS WILL BEGIN ON THE 2<sup>ND</sup> TUESDAY  
IN APRIL WITH (4) \$25 WINNERS.  
THE FINAL DRAWING WILL BE HELD AT THE  
HOLIDAY LUNCHEON IN DECEMBER WITH  
(1) \$250 WINNER & (4) \$100 WINNERS.**

**ALL TICKETS ARE ELIGIBLE FOR ALL DRAWINGS  
YOU CAN WIN MORE THAN ONE TIME!**

***BUY AS MANY TICKETS AS YOU LIKE***

**YOU DO NOT NEED TO BE A MEMBER IN  
ORDER TO BUY A TICKET**

**MAKE CHECKS PAYABLE TO:  
James E. Kinney Senior Center  
165 Township Road  
Richboro, PA 18954**

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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  
PAID  
Southampton, PA  
Permit No. 153**

**RETURN SERVICE REQUESTED**

**POSTAL CUSTOMER**

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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.**