

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.

March – April 2019
PURCHASE YOUR 2019 SENIOR CENTER LOTTERY TICKETS TODAY!



IT'S DUES TIME!

Your current senior center membership is due to expire on June 30th, 2019. For \$25, you can extend your membership thru June 30th, 2020. By maintaining a current membership it will provide you with these awesome opportunities at the center:

- Classes at discounted rates.
- Discounted rates for bus trips.
- Bi-monthly newsletter delivered to your home.
- Awesome Members Perks Packet filled with coupons and discount offers from local businesses. **This is an offer exclusive to the members of our center.**
- "Members Only" events.

You have two convenient options for paying your dues. You may pay in person at the front desk (cash or check) and receive your new 2019 version of the Awesome Members Perks Packet immediately, or you may send a check to the address at the top of the newsletter.

Remember to enclose a self-addressed stamped envelope so that we can return your new membership card and new perks packet to you.

Stay active, help support the operation of your center and maintain your awesomeness!



ST. PATRICK'S DAY
LUNCHEON

FRIDAY, MARCH 15TH
12:00 – 2:00 PM

LIVELY MUSIC WITH ENTERTAINER
BRUCE FAGAN!

Happy St. Patrick's Day!

Time is running out to purchase your St. Patrick's Day Luncheon tickets! You won't want to miss this...we invite you to join us for a delicious catered lunch of traditional ham & cabbage with all of the delicious side dishes including, roasted potatoes, green bean casserole, applesauce, dessert & beverage.

The cost for this delicious lunch
is only \$12.00!



Please purchase your tickets at the front desk!
Deadline for ticket sales is Friday, March 8th

A special "Thank You" to our sponsors:
BrightStar Care, The Birches of
Newtown & Richboro Rehabilitation

Dispensation has been given to us by
St Bede's for this luncheon.

~A Healthful Reminder~

Chandler Hall will be at the senior center at 10:00 AM on the 2nd Tuesday of the month and Brookdale Senior Living will be here at 11:30 AM on the 4th Monday to give complimentary blood pressure screenings for those members who are interested. Be sure to stop by the café.

WELCOME NEW MEMBERS~

Joan Marie Brown*Blair Rothermel
Katie Brady*Larry Lukas*Kathy Gibbons
Barbara Makas*Jackie James*Jim Bellina
Ben Mykijewycz*Marie Mykijewycz*Ira Hersh
Jackie Barnett*Rebecca Salzman*Nancy Beans
Curtis Stafford*Cheryl Pochik*Holly Lynn Ludlow

Tuesday, April 9th



3-2-1...Blast Off!! We are lifting off into a "New 2019 Lottery Year" with the first monthly lottery drawing!! It's not too late to purchase your tickets...you may use the mail-in form in the newsletter or stop by the receptionist desk at the senior center. Tickets are only \$10 each.

The lottery drawings will take place on the second Tuesday of each month at the front desk at noon! Best of luck & thank you for supporting our wonderful center!

"SPRING FLING" SHOPPING EVENT

FRIDAY, APRIL 26, 2019
5:00 - 9:00 PM

Northampton Township
James E. Kinney Senior Center

Join us for this great shopping event. Just in time for Mother's Day, teacher gifts or your favorite grad or special Dad! There will be over 50 vendors with a variety of handcrafted jewelry, scarves, totes, home décor, candles, baked goods and much, much more!

~Free Admission~ ~Raffles~
Food & Drinks available for purchase!

SPANISH CLASS

Spanish instructor, Nancy DeCarvalho, will be offering an 8 week Spanish class starting on Thursday, March 21, 2019 through Thursday, May 9, 2019. The Spanish class begins at 1:00 PM in the art room. 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 if you are interested in joining this fun, educational class.



SPECIAL NOTES:

♪ **All Activities in the exercise & card room are cancelled on Friday, March 15th** for our St. Patrick's Day Lunch. Bingo will begin at 2:00 PM
♪ **The Center will be closed on Friday, April 19th** for Good Friday.
♪ **All Center Activities will be cancelled on Friday, April 26th** due to the preparation for our "Spring Fling" Shopping Event.

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 for members; \$93.00 for non-members. Trip Package includes transportation, 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.

**BALLY'S CASINO
WEDNESDAY, MAY 1, 2019**

COST: \$34 per person for members; \$39 for non-members. Trip Package includes \$20 slot play, transportation & driver tip.

If you are interested in Poker, Bally's "World Series of Poker" room offers 42 tables with a variety of live action games.

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

**"OVATION" at AMERICAN MUSIC
THEATRE & SHADY MAPLE
THURSDAY, JULY 18, 2019**

The cast & orchestra from the American Music Theatre will take us on an unforgettable musical journey. Featuring classic tributes to music legends like Tony Bennett, Frank Sinatra & Ella Fitzgerald, coupled with modern pop greats like Adele, Josh Groban & Whitney Houston.

COST: \$84 per person for members; \$94 for non-members. Trip package includes a delicious luncheon at Shady Maple, a joy-filled show, transportation & driver tip.

Bus departs at 9:00 AM, returns at 8:00 PM.



ACTIVITY UPDATE

DARTS – The “sharp shooting” dart league will continue until the end of April. Rest up we will see you in the fall with another exciting season. A “huge” thank you to Ralph Rogers for organizing this league.

BOCCCE – We are getting excited about warmer temperatures & the upcoming bocce season. The sign-up sheet will be posted in the lobby the first week of April. Due to the complexity of organizing this many bocce teams, you must sign up **no later than Friday, May 3rd**. The season will begin on Monday, May 20th. There will be a bocce meeting prior to the start of the season, look for the date in the next newsletter. If you have any questions see Bob Pavia at the center.

SHUFFLEBOARD – The Shuffleboard League will soon be heading to the playoffs. This year’s playoff games will be held on Wednesday, May 1st at 10:00 AM. Watch for the winners of the playoffs in the next newsletter! This season the league had 14 teams & by the sounds of the cheering in that room, they were all having lots of fun. A special “thank-you” to Chuck Hagan for a job “well done” organizing this activity.

GOLF – The official start of the 2019 Senior Center Golf League will begin on Friday, April 5th at 8:30 AM at the Neshaminy Valley Golf Club. All Senior Center members are welcome to join the league. For more information please contact our coordinator Jerry Royal at 586-292-8858. Jerry will be contacting the current golf league members with additional information shortly.

TAI CHI – Wednesdays 1:30 PM

Tai Chi is a gentle form of exercise which is appropriate for all fitness levels. The 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.

**SPRING-SUMMER BILLIARDS SIGN-UP**

The Spring-Summer Billiards League will begin play on April 22nd. A signup sheet is in the billiards room. Please be sure to sign up prior to April 13th. Games will be played on a Monday unless otherwise noted. Any questions call Pete Palestina at 215-322-1153.

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!

AARP FREE TAX HELP

AARP provides free tax filing for seniors & low-moderate income families. This service will be available every Tuesday at the Northampton Township Library until April 16th. This service is by appointment only from 10:15 AM to 2:15 PM, so please call 215-357-3050 or sign up at the circulation desk in the library. The Southampton Library will also be offering this service on Thursdays from 10 AM – 1 PM.

**GAME DAY!!**

Introducing “Game Day Fridays!” Do you want an extra day to play canasta, scrabble, or maybe Mah Jongg? We are now offering an additional day to play your favorite game, or try something new. The card room will be open from 9:00 AM – 3:00 PM every Friday, so bring your favorite game and a friend too!



Volunteer Appreciation Breakfast
A special “Thank You” to our volunteers will take place in May. Keep an eye out for your personal invitation.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NORTHAMPTON JAMES E. KINNEY SENIOR CENTER</p> <p>MARCH 2019</p>				<p>1</p> <p>9:15 SHUFFLEBOARD 10:30 AEROBICS 11:00 SHUFFLEBOARD 12:00 "GAME DAY", BINGO, POOL, DARTS</p>
<p>4</p> <p>9:00 MAH JONGG 9:15 SHUFFLEBOARD 10:00 STAINED GLASS 10:30 SENIORCISE, 11:45 YOGA 12:00 POOL, CARDS BIRTHDAY CELEBRATION 1:00 TABLE TENNIS, SCRABBLE</p>	<p>5</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>6</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>7</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>8</p> <p>9:15 SHUFFLEBOARD 10:30 AEROBICS 11:00 SHUFFLEBOARD 12:00 "GAME DAY", BINGO, POOL, DARTS</p>
<p>11</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>12</p> <p>9:15 SHUFFLEBOARD 9:30 WATERCOLORS 10:00 OH S. GAME BLOOD PRESSURE CHECKS 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>13</p> <p>9:15 GENTLE YOGA, SHUFFLEBOARD 9:30 ART STUDIO, MEDITATION 10:30 YOGA 11:00 SHUFFLEBOARD, TAP TIME 11:45 PINOCHLE TOURNAMENT 12:00 POOL, DARTS, BALLET CLASS 12:30 DIABETES CLASS 1:00 COLORING CLUB 1:30 TAI CHI</p>	<p>14</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>15</p> <p>9:15 SHUFFLEBOARD 11:00 SHUFFLEBOARD</p> <p>ST. PAT'S LUNCHEON 12:00 – 2:00 PM</p> <p>12:00 POOL 2:00 BINGO</p>
<p>18</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>19</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>20</p> <p>9:15 GENTLE YOGA, SHUFFLEBOARD 9:30 ART STUDIO 10:30 YOGA, BOOK CLUB 11:00 SHUFFLEBOARD, TAP TIME 11:45 PINOCHLE TOURNAMENT 12:00 POOL, DARTS, BALLET CLASS 12:30 DIABETES CLASS 1:00 COLORING CLUB 1:30 TAI CHI</p>	<p>21</p> <p>9:00 MAH JONGG 9:15 SHUFFLEBOARD 10:00 OS GAME, CANASTA, WOOD CARVING, PET THERAPY 10:30 SENIORCISE 11:00 SHUFFLEBOARD 12:00 CARDS, POOL, YOGA 12:30 POKER CLUB 1:00 SPANISH 1:30 TABLE TENNIS 2:30 BEREAVEMENT SUPPORT GROUP 6:00 CARDS, POOL</p>	<p>22</p> <p>9:15 SHUFFLEBOARD 10:30 AEROBICS 11:00 SHUFFLEBOARD 12:00 "GAME DAY", BINGO, POOL, DARTS</p>
<p>25</p> <p>9:00 MAH JONGG 9:15 SHUFFLEBOARD 10:00 STAINED GLASS 10:30 SENIORCISE 11:30 BLOOD PRESSURE CHECKS 11:45 YOGA 12:00 POOL, CARDS 1:00 TABLE TENNIS, SCRABBLE</p>	<p>26</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>27</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, BALLET CLASS 12:30 DIABETES CLASS 1:00 COLORING CLUB 1:30 TAI CHI</p>	<p>28</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>DOOLAN'S TRIP</p>	<p>29</p> <p>9:15 SHUFFLEBOARD 10:30 AEROBICS 11:00 SHUFFLEBOARD 12:00 "GAME DAY", BINGO, POOL, DARTS</p>

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. 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 share experiences and help each other solve problems they encounter in controlling their diabetes. This class is also very beneficial for pre-diabetics as well.

Please sign up on the center bulletin board.

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 meets at the senior center on Tuesdays from 12 – 1 PM. For only \$3 per class/\$6 for non-members, what a great way to stay in shape!!



"FOR THE LOVE OF ART"! ART STUDIO

Art instructor, Sibyl Weidner, will 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, April 17th at 9:30 AM. The cost for all eight weeks is \$96, payment is due on the first day of class. Please sign up on the center bulletin board.



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!!

Well, with that being said...why not try a class? The classes are held at the Northampton Township Recreation Center on Newtown-Richboro Road on Wednesdays at 11 AM – 12 PM. This class is \$3 for members /\$6 non-members. Remember to bring your own tap shoes.



ARE YOU A JEWELRY LOVER??

Our Premier Designs jewelry consultant, Deborah Willson will be here on Tuesday, April 9th & Wednesday, April 10th from 9:30 AM – 2:00 PM to show us the latest in accessory fashion trends and the beautiful jewelry that Premier has to offer.

Any items purchased that day, Deborah will give a portion of the proceeds back to our center! The jewelry is affordable and it's a great way to support the center. So stop by the café to see some of her terrific jewelry items.



3-HOUR MINI MEDITATION RETREAT

For those students who will complete the 2-hour mindfulness meditation sessions, you are invited to continue your practice with Dan on Wednesday, March 13th from 9:30 AM – 12:30 PM. These mini retreats will be held on the 2nd Wednesday of every month, except April, when it will be held on Tuesday, April 9th from 9:30 AM – 12:30 PM.

The mini retreat is designed to deepen your meditation practice which will allow you a happier, more productive life. The cost is only \$4.00 per session for members.

Not sure what "mindfulness meditation" is all about? Dan Surkin will be offering a one-hour workshop in the near future. You will learn how meditation helps to relieve pain, improve mood and learn what truly matters in your life. Watch the coming newsletter for more information about this wonderful program. A sign-up sheet will be posted on the center bulletin board with a date and time for this upcoming workshop. Any questions, please see Kathy in the center office.

**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 2ND 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**

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**

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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.**