

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.

July – August 2019

**WE'RE HAVING A HEAT WAVE...A
SIZZLIN' TROPICAL HEAT WAVE!!**



Yes...the senior center is going tropical for its "Member's Only" party this year!

Join us, "Surfer Girl" & boys on **Friday, August 16th from 11:30 AM – 2 PM** as we celebrate "Those Lazy-Hazy-Crazy Days of Summer" at our **members only party of the year!** Mr. Kirk Maurer promises to "Rock the House" with some fun and lively music! He is sure to bring some "Hot Fun in the Summertime" with his sizzlin' performance.

Our summertime menu will consist of pulled pork sandwiches, hamburgers, hotdogs, baked beans, coleslaw, potato & pasta salad, dessert & beverages.

Tickets will go on sale to center members only beginning Monday, July 8th for \$10 per person.

So don't hide "Under the Boardwalk" or sit at home that day, pull out those grass skirts & tropical shirts and help us rock the center on **Friday, August 16th.**

Tickets must be purchased no later than Wednesday, August 7th.

Tropical or beach attire would be festive and fun to wear, but definitely optional!

This AWESOME MEMBERS ONLY EVENT IS BEING SPONSORED BY OUR AWESOME SPONSORS – Jim Luttrell of RE/MAX Properties and Friends Home & Village - Newtown

LUCKY MAY & JUNE LOTTERY WINNERS!

May: Sally Fedirko #164, Frank & Bitty Leo #184, Linda Blumberg #251 & Mary Taylor #014.

June: Chip Hagan #071, Jane Glynn #339, Andrea Lamberth #218 & Frank Lorenzo #009.

The monthly lottery drawings take place at the front desk at noon! We still have tickets available for only \$10....you too can be a winner!!

DUES REMINDER!



Your current Senior Center membership will expire on June 30th, 2019. For only \$25, you can extend your membership thru June 30, 2020.

For the third year we are kicking off our "Awesome Project." The purpose of the project is to reinforce the meaning of awesome, and how each and every one of you is awesome in your own way. The benefits of being a member of our awesome center are as follows – the opportunity to participate in classes at discounted rates, every two months our entertaining and informative center newsletter is delivered to your home, invitations to special "Members Only" parties and let's not forget the "Awesome Members Perk Packet." A coupon booklet filled with discount offers for area businesses. This year's Perk Packet offers coupons from 12 local businesses who were excited to participate in our "Awesome" project. You will find a few new coupons this year...Carriage Stop Cards & Gifts, DQ & Northampton Valley Country Club, just to name a few!

This is an offer exclusive only to the members of our center! All of these benefits of being a member of our senior center for just \$25 a year! Now that's a bargain!

Don't Delay....Pay your dues today!

You have two options for paying your dues. You may pay in person at the front desk and receive your new "Awesome Perks" immediately or you may complete the form on the back page and mail a check to the address listed. Remember to enclose a *self-addressed stamped envelope* so that we can return your membership card & new perks packet to you.

Stay active & be a part of our awesome center!!!

SPECIAL NOTES:

♪ The Center will be closed on Thursday, July 4th & Friday, July 5th for Independence Day.

♪ Aerobics class will be cancelled on Friday, July 19th due to our Ice Cream Social.

♪ All activities are **cancelled in the exercise & card room on Friday, August 16th** for our "Members Only" Awesome Summer event!!

See you there!

♪ **Special notice to all Tap & Ballet class participants.** There will be no summer classes. Both classes will resume in September.

~WELCOME NEW MEMBERS~

- Joseph Bucci* Maryann Bucci*Diane Gatley
- Christine Gatter *Janice Vollmer*John Stefany
- Sandee Nisenfeld*Jerry Nisenfeld*Gloria Saxton
- Liselotte Ballmann*Tom Bomentre
- Janet Chadrow*Kay Simon*Ross Birnbaum
- Kathleen Tierney*Andrea Fein*John Hand
- Conway Shields*Geri Prendergast*John Schmidt
- Carol Lyons*Fran Chiodo-Gross*Kathleen Klaus
- John Kapertowski* Douglas Miller

FREE MEDITATION WORKSHOP

Not sure what "mindfulness meditation" is all about? Dan Surkin will be offering a **free one-hour meditation workshop** on Wednesday, June 26th from 12:00 – 1:00 PM in the exercise room. You will learn how meditation helps to relieve pain, improve mood and learn what truly matters in your life. A sign-up sheet is posted on the center bulletin board for this upcoming workshop.

SENIOR CENTER GIFT CERTIFICATES AVAILABLE

Did you know that the Northampton Township James E. Kinney Senior Center has gift certificates available for purchase? They make a wonderful gift for members or for any senior 55 years or older, who would like to join us on one of our many trips, or used to renew their membership. Please see Kathy in the center office to purchase a certificate or for more information!

TRAVEL WITH THE JAMES E. KINNEY SENIOR CENTER

"OVATION" at AMERICAN MUSIC THEATRE & SHADY MAPLE

THURSDAY, JULY 18, 2019

The cast & orchestra from the American Music Theatre will take you on a musical journey. Featuring musical legends like Tony Bennett, Billie Holiday, Fitzgerald, coupled with modern pop greats like Adele, Josh Groban & Whitney Houston.

DON'T DELAY, ALMOST SOLD OUT...ONLY A FEW SEATS LEFT!

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.



TROPICANA CASINO

THURSDAY, AUGUST 15, 2019

COST: \$35 per person for members; \$40 for non-members. Trip Package includes \$25 slot play, transportation & driver tip.

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

DOOLAN'S IN SPRING LAKE, NJ FIESTA DE SAN GENNARO

TUESDAY, SEPTEMBER 24, 2019

COST: \$88 per person for members; \$93 for non-members. Package includes transportation, driver tip, waitress gratuity, a wonderful show with a delicious luncheon. Bus departs at 9:30 AM; returns at 5:30 PM.

You will enjoy Las Vegas & Atlantic City famed comedy team of Andre & Cirell...this famous team is back by popular demand along with the Gondolier Show Band. In addition to the side splitting comedic skits & impressions, you will be feasting, dancing & singing along with the tunes! Sign up today for this fun-filled trip!

****A NOVEMBER SANDS CASINO TRIP & DECEMBER AMERICAN MUSIC HOLIDAY SHOW WILL BE AVAILABLE FOR SIGN UP SHORTLY.....WATCH FOR FLYERS AT THE FRONT DESK!**



WEEKLY TAI CHI CLASS

Join our Tai Chi instructor Mr. Clyde Beury every Wednesday at 1:30 PM for this gentle form of exercise which is appropriate for all levels of wellness. Tai Chi, as practiced in the U.S. today, can best be thought of as a moving form of yoga & meditation combined. These movements are performed in a slow and graceful manner, with smooth even transitions between movements. Whether you are new at Tai Chi or have been practicing for many years, we invite you to take part in this class.

"I scream, You scream for Ice Cream"



Ice Cream Sundae Party

Friday, July 19th at 12:30 PM

No matter what the occasion ice cream is a wonderful treat that adds to any celebration. Help us celebrate summer with some "delicious & refreshing" ice cream. You will have the opportunity to "make your own sundae" with all the toppings, including a cherry on the top!! **Only \$5!**

Tickets on sale now!! Don't miss out on this refreshing treat!

Deadline for tickets is Friday, July 12th.

This event is sponsored by Richboro Rehabilitation & Nursing Center & Brookdale Northampton

SPECIAL ANNOUNCEMENTS:

~Are you interested in a discussion of national and international current events? If so, please sign up on the center bulletin board. A day & time will be determined if there are enough members signed up for this weekly discussion.

~Nancy DeCarvalho, will be offering a new session of Spanish beginning in September. A sign-up sheet will be posted on the bulletin board as soon as a start date is confirmed. 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.

ACTIVITY UPDATE

BILLIARDS - Keep those cue sticks polished, the sign-up sheet for our fall league will be posted shortly.

BOCCE – Monday thru Friday - 9:30 AM
The season is "rolling along" with some keen competition. **Important Reminder** – Please remember to come into the **Center and sign in** either before or after your match. It's also important to remember to notify your team members if you are unable to play.

DARTS – The 2018/2019 dart league came to an end with Team B in first place. Congratulations to Ralph Rogers, Bobbie Lichtey, Bonnie Emilius & Joe Klimek. Team B had the highest number of wins with 39, followed by Team A with 37 wins, Team D with 35 wins and Team C with 29 wins. Congratulations to all of our dart players for their fine shooting! A "Special" thank you to Ralph Rogers for coordinating this league.

GOLF – The golf season is well underway at the Neshaminy Valley Golf Club, but there is still time to join the league. They tee off every Friday morning at 8:30 AM. For those golf enthusiast who would like to add an extra morning, you can now play at the Northampton Valley Country Club on Tuesday mornings, tee off is at 7:00 AM. For more information on either of these locations, please call our golf coordinator, Jerry Royal at 586-292-8858.

COLORING CLUB - Wednesdays 1 PM
Come relax, unwind and de-stress with our coloring group. The group offers an extensive collection of coloring books that participants can select pictures from, or you can bring your own coloring book. You are welcome to share supplies, or bring your own pencils or crayons. While coloring, enjoy the sounds of the oldies, relax with some classical music, or bring some music that you enjoy. Singing along, good conversation and camaraderie is always abundant!

SHUFFLEBOARD – Congratulations to team #4 winners of the playoff: Ralph Rogers, Bobbie Lichtey, Peg Tustin, Pat Fritz & Marie Feurig. Congratulations to all of our shuffleboard players! See you in the fall when we begin the next season.

YOGA – Check out our (4) levels of yoga classes that are offered on a weekly basis. There is a class for every level & ability.

Breath, Stretch, Relax!

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 MAH JONGG 9:30 BOCCE 10:00 STAINED GLASS 10:30 SENIORCISE, 11:45 YOGA 12:00 POOL, CARDS BIRTHDAY CELEBRATION 1:00 TABLE TENNIS, SCRABBLE	2 7:00 GOLF - NVCC 9:30 WATERCOLORS, BOCCE 10:00 OH S. GAME 10:30 BRIDGE, AEROBICS 11:30 CANASTA 12:00 BINGO, POOL, CARDS, LUV 2 DANCE 12:30 CRIBBAGE, POKER CLUB 1:15 CHAIR YOGA 6:00 CARDS, POOL	3 9:15 GENTLE YOGA 9:30 ART STUDIO, BOCCE 10:30 YOGA 11:45 PINOCHLE TOURNAMENT 12:00 POOL 1:00 COLORING CLUB 1:30 TAI CHI	4 CENTER CLOSED HAPPY INDEPENDENCE DAY!	5 CENTER CLOSED HAPPY INDEPENDENCE DAY!
8 9:00 MAH JONGG 9:30 BOCCE 10:00 STAINED GLASS 10:30 SENIORCISE 11:45 YOGA 12:00 POOL, CARDS 1:00 TABLE TENNIS, SCRABBLE	9 7:00 GOLF - NVCC 9:30 WATERCOLORS, BOCCE 10:00 OH S. GAME BLOOD PRESSURE CHECKS 10:30 BRIDGE, AEROBICS 11:30 CANASTA 12:00 BINGO, POOL, CARDS, LUV 2 DANCE LOTTERY DRAWING 12:30 CRIBBAGE, POKER CLUB 1:15 CHAIR YOGA 6:00 CARDS, POOL	10 9:15 GENTLE YOGA 9:30 ART STUDIO, MEDITATION, BOCCE 10:30 YOGA 11:45 PINOCHLE TOURNAMENT 12:00 POOL 1:00 COLORING CLUB 1:30 TAI CHI	11 9:00 MAH JONGG 9:30 BOCCE 10:00 OH S. GAME, CANASTA, WOOD CARVING 10:30 SENIORCISE 12:00 CARDS, POOL, YOGA 12:30 POKER CLUB 1:30 TABLE TENNIS 6:00 CARDS, POOL	12 8:30 GOLF 9:30 BOCCE 10:30 AEROBICS 12:00 "GAME DAY", BINGO, POOL
15 9:00 MAH JONGG 9:30 BOCCE 10:00 STAINED GLASS 10:30 SENIORCISE 11:45 YOGA 12:00 POOL, CARDS 1:00 TABLE TENNIS, SCRABBLE	16 7:00 GOLF - NVCC 9:30 WATERCOLORS, BOCCE 10:00 OH S. GAME 10:30 BRIDGE, AEROBICS 11:30 CANASTA 12:00 BINGO, POOL, CARDS, LUV 2 DANCE 12:30 CRIBBAGE, POKER CLUB 1:15 CHAIR YOGA 6:00 CARDS, POOL	17 9:15 GENTLE YOGA 9:30 ART STUDIO, BOCCE 10:30 YOGA, BOOK CLUB 11:45 PINOCHLE TOURNAMENT 12:00 POOL 1:00 COLORING CLUB 1:30 TAI CHI	18 9:00 MAH JONGG 9:30 BOCCE 10:00 OH S. GAME, CANASTA, WOOD CARVING, PET THERAPY 10:30 SENIORCISE 12:00 CARDS, POOL, YOGA 12:30 POKER CLUB 1:30 TABLE TENNIS 2:30 BEREAVEMENT SUPPORT GROUP 6:00 CARDS, POOL *AMERICAN MUSIC*	19 8:30 GOLF 9:30 BOCCE 12:00 "GAME DAY", BINGO, POOL ***** ICE CREAM PARTY 12:30 PM *****
22 9:00 MAH JONGG 9:30 BOCCE 10:00 STAINED GLASS BLOOD PRESSURE CHECKS 10:30 SENIORCISE 11:45 YOGA 12:00 POOL, CARDS 1:00 TABLE TENNIS, SCRABBLE	23 7:00 GOLF - NVCC 9:30 WATERCOLORS, BOCCE 10:00 OH S. GAME 10:30 BRIDGE, AEROBICS 11:30 CANASTA 12:00 BINGO, POOL, CARDS, LUV 2 DANCE 12:30 CRIBBAGE, POKER CLUB 1:15 CHAIR YOGA 6:00 CARDS, POOL	24 9:15 GENTLE YOGA 9:30 ART STUDIO, BOCCE 10:30 YOGA 11:45 PINOCHLE TOURNAMENT 12:00 POOL 1:00 COLORING CLUB 1:30 TAI CHI	25 9:00 MAH JONGG 9:30 BOCCE 10:00 OH S. GAME, CANASTA, WOOD CARVING 10:30 SENIORCISE 12:00 CARDS, POOL, YOGA 12:30 POKER CLUB 1:30 TABLE TENNIS 6:00 CARDS, POOL	26 8:30 GOLF 9:30 BOCCE 10:30 AEROBICS 12:00 "GAME DAY", BINGO, POOL
29 9:00 MAH JONGG 9:30 BOCCE 10:00 STAINED GLASS 10:30 SENIORCISE 11:45 YOGA 12:00 POOL, CARDS 1:00 TABLE TENNIS, SCRABBLE	30 7:00 GOLF - NVCC 9:30 WATERCOLORS, BOCCE 10:00 OH S. GAME 10:30 BRIDGE, AEROBICS 11:30 CANASTA 12:00 BINGO, POOL, CARDS, LUV 2 DANCE 12:30 CRIBBAGE, POKER CLUB 1:15 CHAIR YOGA 6:00 CARDS, POOL	31 9:15 GENTLE YOGA 9:30 ART STUDIO, BOCCE 10:30 YOGA 11:45 PINOCHLE TOURNAMENT 12:00 POOL 1:00 COLORING CLUB 1:30 TAI CHI	NORTHAMPTON JAMES E. KINNEY SENIOR CENTER JULY 2019	

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NORTHAMPTON JAMES E. KINNEY SENIOR CENTER AUGUST 2019			1 9:00 MAH JONGG 9:30 BOCCE 10:00 OH S. GAME, CANASTA, WOOD CARVING 10:30 SENIORCISE 12:00 CARDS, POOL, YOGA 12:30 POKER CLUB 1:30 TABLE TENNIS 6:00 CARDS, POOL	2 8:30 GOLF 9:30 BOCCE 10:30 AEROBICS 12:00 "GAME DAY", BINGO, POOL
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19 9:00 MAH JONGG 9:30 BOCCE 10:00 STAINED GLASS 10:30 SENIORCISE 11:45 YOGA 12:00 POOL, CARDS 1:00 TABLE TENNIS, SCRABBLE	20 7:00 GOLF - NVCC 9:30 WATERCOLORS, BOCCE 10:00 OH S. GAME 10:30 BRIDGE, AEROBICS 11:30 CANASTA 12:00 BINGO, POOL, CARDS, LUV 2 DANCE 12:30 CRIBBAGE, POKER CLUB 1:15 CHAIR YOGA 6:00 CARDS, POOL	21 9:15 GENTLE YOGA 9:30 ART STUDIO, BOCCE 10:30 YOGA, BOOK CLUB 11:45 PINOCHLE TOURNAMENT 12:00 POOL 1:00 COLORING CLUB 1:30 TAI CHI	22 9:00 MAH JONGG 9:30 BOCCE 10:00 OH S. GAME, CANASTA, WOOD CARVING 10:30 SENIORCISE 12:00 CARDS, POOL, YOGA 12:30 POKER CLUB 1:30 TABLE TENNIS 6:00 CARDS, POOL	23 8:30 GOLF 9:30 BOCCE 10:30 AEROBICS 12:00 "GAME DAY", BINGO, POOL
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"FOR THE LOVE OF ART"!
ART STUDIO SUMMER FUN

Art instructor, Sibyl Weidner, will be offering 10 – weeks of summer “Art Studio” fun. Come out for a fun & enlightening morning...meet new people...share common interest...learn something new. 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 summer session will begin on Wednesday, July 10th – September 11th from 9:30 AM – 12:45 PM. The cost for all ten weeks is \$96 (same price as the usual 8-week class). If you are interested in joining the creativity and fun, please see Kathy in the office.

What is Reiki.....



Reiki is a beautiful healing art offering beneficial, calming, balancing and stress-reducing effects. With its roots in Japanese origin, the word Reiki comes from the Japanese word Rei, which means “Universal Life” and Ki, which means “Energy”. Reiki is a safe, hands on non-invasive energy technique that can be “learned” by anyone. This is a form of self-healing or to help others. We are so privileged to be able to offer this healing technique to our members. Our yoga instructor Darla Lux, along with her friend Debbie Wenclawiak will be offering (2) 2-hour Reiki Training Level 1 sessions at the center on Friday, October 11th and October 18th from 1 – 3 PM. The cost of the two sessions is \$90 for members, \$100 for non-members, manuals included. This is a senior rate, regular price elsewhere is \$150. Please see Kathy in the center office to register.

Darla and Debbie will be offering a free 20 minute introductory class on October 4th at 1:00 PM. They will be happy to answer any questions you may have about this beautiful healing art.

CHESS PLAYERS WANTED...

Any skill level.

Call Mark Rabin 267-847-4078

ARE YOU A JEWELRY LOVER??



Our Premier Designs jewelry consultant, Deborah Willson will be here on Tuesday, September 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.

For any items purchased that day, Deborah will donate a portion of the proceeds back to our center! It will be fun, the jewelry is affordable and it’s a great way to support the center by purchasing the items you see that day. You can even start your holiday shopping! So stop by the café and let Deborah show you some of her terrific jewelry items.

amazonsmile

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!

DART PRACTICE

Extra time on your hands...come to the center and practice some dart throwing. You are welcome to practice on Friday afternoons all summer long. Just ask the receptionist for the dart equipment. This will help you prepare for the fall dart league beginning in October. Watch for a sign-up sheet.



**DISCOUNTED POOL CLASSES FOR SENIOR CENTER MEMBERS AT
BUCKS PHYSICAL THERAPY & SPORTS REHABILITATION**

Hydrotone Pool Class

This is a full body workout designed to improve muscle tone, aerobic capacity & reduce body fat while using both deep and shallow water exercises. A variety of water equipment is used to add fun and energy to the class.

Tuesday & Thursday at 5:00 PM

Friday at 11:00 AM

Gentle Water Pool Class

For individuals with arthritis. Gentle exercises that concentrate on strengthening the healing process. Perfect for participants of all ages diagnosed with any type of arthritis, fibromyalgia or have limited or painful joint movements.

Tuesday & Thursday at 12:00 PM

Monday & Wednesday at 7:00 PM

Shark Attack Pool Class

This is an exhilarating water workout without the impact. Get your heart rate up with this combination of shallow & deep water cardio in the pool.

Monday & Wednesday at 11:00 AM

Senior Center Membership Rate:

\$12 per class / \$8 per class for a 15 class package (\$120)

Call or visit Bucks Physical Therapy today to learn more about these classes.

Bucks Physical Therapy & Sports Rehabilitation & Aquatics

100 Almshouse Road - Richboro, PA 215-357-2000

-----CUT HERE & MAIL BELOW FOR MEMBERSHIP RENEWAL-----

YOUR 2019/2020 ANNUAL MEMBERSHIP IS NOW DUE. THE COST IS \$25.00

PLEASE COMPLETE THE FORM BELOW AND MAIL IT TO:

Northampton Township James E. Kinney Senior Center

165 Township Road

Richboro, PA 18954

Enclose your check for \$25.00 per member and make payable to:

James E. Kinney Senior Center

Please send a self-addressed stamped envelope with your check so that we can return your new membership card to you by mail.

Print Last Name(s)

First Name(s)

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____

Emergency Contact: _____ **Phone Number:** _____

**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.**