

**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 2019*

~WELCOME NEW MEMBERS~

*The staff would like to welcome our new members  
who have recently joined the center.*

Barbara Elson\*Mark Elson\*Gary Boni  
John Fisco\*Barbara Kilbane\*Irene Mosca.  
Arthur Mahan\*Terri Bromberg\*Anne McManimon  
Bobbi Podolsky\*Alan Carlen\*Pat Sudac  
Patricia Newman\*Mary Rentz\*William Granville  
Patricia Esposito\*Christine Szymczak  
Jill Schiavone\*Tony Schiavone\*Pat Witlicki  
Richard Enwright\*Debra Schlosser\*Lyn Palmer  
Joyce Goldberg\*John (Bud) Johnson  
Maria Porambo\*Al Elinow\*Stephen DiLizio  
Stephen Pizzini\*Frank Garofalo\*Dorothy Neri  
Marcia Hershman\*Bruce Heller\*Robert Blattner  
Diane Ball\*Rosemarie Sherman\*Jane Myers

**Congratulations!**

**SUMMER LOTTERY WINNERS.....**

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

**August:** Rebecca Shepherd #025, Jim Tomasetti  
#113, Ellen McDonough #386 & Harvey Sugarman  
#313

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!!

**IMPORTANT REMINDER:**

Please remember to sign-in on the CoPilot  
system every time you enter the Senior Center.  
This directly impacts our funding from the State.  
Thank you for your cooperation!



UPCOMING FALL EVENTS:

FLU SHOT CLINIC & SENIOR  
INFORMATION FAIR  
THURSDAY, OCTOBER 17<sup>TH</sup>

Rite Aid will be at the center giving  
free shots from 10 AM – 1 PM.

BOSCOV'S SHOPPING DAY  
WEDNESDAY, 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 25<sup>TH</sup>

Help us celebrate our 15<sup>th</sup> year of bingo!  
Our Bags n' Bling Bingo will be featuring  
fun, fashionable bags along with  
Premier Designs Jewelry.

HOLIDAY MARKETPLACE  
FRIDAY, DECEMBER 6<sup>TH</sup>

One stop shopping for all of  
your holiday gift giving. More details  
coming in the next newsletter.

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

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

♪ The Center **will be closed** on Monday,  
September 2<sup>nd</sup> for Labor Day and Monday,  
October 14<sup>th</sup> for Columbus Day.

♪ **All Center Activities** will be cancelled &  
the Center will be closed on **Friday, October  
25<sup>th</sup>** due to the preparation of our Bags n'  
Bling Bingo fundraiser.

♪ **The Card Room will be closed** to all  
activities on Thursday, October 17<sup>th</sup> due to  
the flu shot clinic & information fair.

## ACTIVITY UPDATE

### GOLF - Fridays 8:30 AM

The CRSC Golf Tournament is scheduled for Friday, September 13<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 586-292-8858.

### 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, along with his administrative assistant Janet Tomkins! Not an easy job...but well done!!

**BILLIARDS** – The Fall-Winter 2019 Billiards League will begin play on September 23<sup>rd</sup>. Please make sure you sign up on the sheet posted in the billiards room no later than September 10<sup>th</sup> if you wish to participate. All games are played on Mondays at noon unless noted due to senior center closures. There will once again be a prize awarded to the league championship team compliments of our billiards boss, Pete Palestina. Any questions, call Pete at 215-322-1153.

**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 2019/2020 season will begin on Monday, November 4<sup>th</sup>. The sign up sheet is in the pool room, please sign up by Friday, October 11<sup>th</sup>.

**DARTS** – 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 & movement.

### **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.

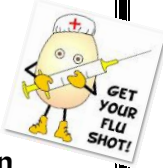
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**BRIDGE INSTRUCTOR WANTED:** Do you love the game of bridge and are willing to teach other members of the center? If so, please see Kathy or Sheila in the center office.

## FLU SHOT CLINIC & SENIOR INFORMATION FAIR

Hosted by:

James E. Kinney Senior Center &  
The Birches of Newtown



**Rite Aid will be at the senior center on Thursday, October 17<sup>th</sup> from 10 - 1 PM, offering free flu & pneumonia shots. *Please see the receptionist at the center office to make an appointment and pick up your necessary forms.* You must bring your Medicare and supplemental insurance cards, along with the completed consent form to your appointment.**

**There will be free give-a-ways, light refreshments & door prizes, along with some valuable information from local businesses: BrightStar Care, Richboro Rehabilitation & Nursing Center, Friends Home, Area Agency on Aging & The Birches of Newtown.**



## NEW SPANISH SESSION STARTING IN SEPTEMBER

Our Spanish instructor, Nancy DeCarvalho, will be offering a new session of beginner Spanish starting on Thursday, September 12<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.**

## ARE YOU A JEWELRY LOVER??



Our Premier Designs jewelry consultant, Deborah Willson will be here on Tuesday, September 10<sup>th</sup> 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.



## 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 11<sup>th</sup> and October 18<sup>th</sup> 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 4<sup>th</sup> at 1:00 PM. They will be happy to answer any questions you may have about this beautiful healing art.

## BAGS n' BLING BINGO

BENEFITING THE  
NORTHAMPTON TOWNSHIP  
JAMES E. KINNEY SENIOR CENTER

**FRIDAY, OCTOBER 25, 2019**

**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!  
BYOB (Beer or Wine)! 50/50!**

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

**For questions or to purchase your ticket,  
please see Kathy in the center office.**



## 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, but it can also help with specific issues like arthritis. Join Mary Kay on Tuesdays at 1:15 PM for this gentle practice.

## TAP TIME & BALLET...ARE BACK!!!

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

With that being said, why not try a class? These classes are held at the Northampton Recreation Center on Newtown-Richboro Road on Wednesday mornings. The tap class runs from 11 AM - 12 PM, ballet from 12 - 1 PM. The new sessions will begin on Wednesday, September 4<sup>th</sup>. The class fee is only \$3 for members /\$6 non-members.



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

## GREAT UPCOMING SHOPPING EVENT!

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

**Our Shopping Day will be  
Wednesday, October 16, 2019**

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!*

## CURRENT EVENTS DISCUSSION GROUP

Join members of the center for a lively discussion on local & global topics.

This current events group will give you an opportunity to discuss the events of the day & to share your insights. Participants are asked to read their favorite periodical & select stories to share. The group will meet every Friday in the Lion's Den at 10 AM beginning on September 13<sup>th</sup>. Come check it out!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>CENTER CLOSED</b> <b>HAPPY LABOR</b> <b>DAY!</b>	<b>3</b> 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	<b>4</b> 9:15 GENTLE YOGA 9:30 BOCCE 10:30 YOGA 11:00 TAP TIME 11:45 PINOCHLE TOURNAMENT 12:00 POOL, BALLET CLASS 1:00 COLORING CLUB 1:30 TAI CHI	<b>5</b> 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	<b>6</b> 8:30 GOLF 9:30 BOCCE 10:00 MAT PROJECT 10:30 AEROBICS 12:00 "GAME DAY", BINGO, POOL
<b>9</b> 9:00 MAH JONGG 9:30 BOCCE 10:00 STAINED GLASS 10:30 SENIORCISE 11:45 YOGA 12:00 POOL, CARDS <b>BIRTHDAY</b> <b>CELEBRATION</b> 1:00 TABLE TENNIS, SCRABBLE	<b>10</b> 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 <b>LOTTERY DRAWING</b> 12:30 CRIBBAGE, POKER CLUB 1:15 CHAIR YOGA 6:00 CARDS, POOL  <b>PREMIER JEWELRY SHOW</b> <b>9:30 AM – 2 PM</b>	<b>11</b> 9:15 GENTLE YOGA 9:30 BOCCE 10:30 YOGA 11:00 TAP TIME 11:45 PINOCHLE TOURNAMENT 12:00 POOL, BALLET CLASS 1:00 COLORING CLUB 1:30 TAI CHI	<b>12</b> 9:00 MAH JONGG 9:30 BOCCE 10:00 OS 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	<b>13</b> 8:30 GOLF 9:30 BOCCE 10:00 CURRENT EVENTS, MAT PROJECT 10:30 AEROBICS 12:00 "GAME DAY", JAZZ / LINE DANCE, BINGO, POOL
<b>16</b> 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	<b>17</b> 7:00 GOLF - NVCC 9:30 WATERCOLORS, BOCCE 10:00 OH S. GAME <b>BEREAVEMENT SUPPORT</b> 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	<b>18</b> 9:15 GENTLE YOGA 9:30 BOCCE 10:30 YOGA, BOOK CLUB 11:00 TAP TIME 11:45 PINOCHLE TOURNAMENT 12:00 POOL, BALLET CLASS 1:00 COLORING CLUB 1:30 TAI CHI	<b>19</b> 9:00 MAH JONGG 9:30 BOCCE 10:00 OS GAME, CANASTA, WOOD CARVING, <b>PET THERAPY</b> 10:30 SENIORCISE 12:00 CARDS, POOL, YOGA 12:30 POKER CLUB 1:00 SPANISH 1:30 TABLE TENNIS 6:00 CARDS, POOL	<b>20</b> 8:30 GOLF 9:30 BOCCE 10:00 CURRENT EVENTS, MAT PROJECT 10:30 AEROBICS 12:00 "GAME DAY", JAZZ / LINE DANCE, BINGO, POOL
<b>23</b> 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	<b>24</b> 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  <b>DOOLAN'S TRIP</b>	<b>25</b> 9:15 GENTLE YOGA 9:30 ART STUDIO, BOCCE 10:30 YOGA 11:00 TAP TIME 11:45 PINOCHLE TOURNAMENT 12:00 POOL, BALLET CLASS 1:00 COLORING CLUB 1:30 TAI CHI	<b>26</b> 9:00 MAH JONGG 9:30 BOCCE 10:00 OS 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	<b>27</b> 8:30 GOLF 9:30 BOCCE 10:00 CURRENT EVENTS, MAT PROJECT 10:30 AEROBICS 12:00 "GAME DAY", JAZZ / LINE DANCE, BINGO, POOL
<b>30</b> 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				<b>NORTHAMPTON</b> <b>JAMES E.</b> <b>KINNEY</b> <b>SENIOR CENTER</b>  <b>SEPTEMBER 2019</b>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>NORTHAMPTON JAMES E. KINNEY SENIOR CENTER</b>  <b>OCTOBER 2019</b>	<b>1</b> 9:30 WATERCOLORS 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	<b>2</b> 9:15 GENTLE YOGA 9:30 ART STUDIO 10:30 YOGA 11:00 TAP TIME 11:45 PINOCHLE TOURNAMENT 12:00 POOL, BALLET CLASS 1:00 COLORING CLUB 1:30 TAI CHI	<b>3</b> 9:00 MAH JONGG 10:00 OS GAME, CANASTA, WOOD CARVING 10:30 SENIORCISE 12:00 CARDS, POOL, YOGA, MEDITATION 12:30 POKER CLUB 1:00 SPANISH 1:30 TABLE TENNIS 6:00 CARDS, POOL	<b>4</b> 10:00 CURRENT EVENTS, MAT PROJECT 10:30 AEROBICS 12:00 "GAME DAY", JAZZ / LINE DANCE, BINGO, POOL 1:00 INTRO REIKI
	<b>7</b> 9:00 MAH JONGG 10:00 STAINED GLASS 10:30 SENIORCISE 11:45 YOGA 12:00 POOL, CARDS <b>BIRTHDAY CELEBRATION</b> 1:00 TABLE TENNIS, SCRABBLE	<b>8</b> 9:30 WATERCOLORS 10:00 OH S. GAME <b>BLOOD PRESSURE CHECKS</b> 10:30 BRIDGE, AEROBICS 11:30 CANASTA 12:00 BINGO, POOL, CARDS, LUV 2 DANCE <b>LOTTERY DRAWING</b> 12:30 CRIBBAGE, POKER CLUB 1:15 CHAIR YOGA 6:00 CARDS, POOL	<b>9</b> 9:15 GENTLE YOGA 9:30 ART STUDIO 10:30 YOGA 11:00 TAP TIME 11:45 PINOCHLE TOURNAMENT 12:00 POOL, BALLET CLASS 1:00 COLORING CLUB 1:30 TAI CHI	<b>10</b> 9:00 MAH JONGG 10:00 OS GAME, CANASTA, WOOD CARVING 10:30 SENIORCISE 12:00 CARDS, POOL, YOGA, MEDITATION 12:30 POKER CLUB 1:00 SPANISH 1:30 TABLE TENNIS 6:00 CARDS, POOL
<b>CENTER CLOSED</b>  <b>COLUMBUS DAY</b>	<b>15</b> 9:30 WATERCOLORS 10:00 OH S. GAME <b>BEREAVEMENT SUPPORT</b> 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	<b>16</b> 9:15 GENTLE YOGA 9:30 ART STUDIO 10:30 YOGA 11:00 TAP TIME 11:45 PINOCHLE TOURNAMENT 12:00 POOL, BALLET CLASS 1:00 COLORING CLUB 1:30 TAI CHI  <b>BOSCOV'S SHOPPING DAY</b>	<b>17</b> 10:00 WOOD CARVING, <b>PET THERAPY</b> 10:30 SENIORCISE 12:00 POOL, YOGA, MEDITATION 1:00 SPANISH 1:30 TABLE TENNIS 6:00 CARDS, POOL  <b>FLU SHOT &amp; SENIOR INFORMATION FAIR 10 AM – 1 PM</b>	<b>18</b> 10:00 CURRENT EVENTS, MAT PROJECT 10:30 AEROBICS 12:00 "GAME DAY", JAZZ / LINE DANCE, BINGO, POOL 1:00 REIKI 1 TRAINING
	<b>21</b> 9:00 MAH JONGG 10:00 STAINED GLASS 10:30 SENIORCISE 11:45 YOGA 12:00 POOL, CARDS 1:00 TABLE TENNIS, SCRABBLE	<b>22</b> 9:30 WATERCOLORS 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	<b>23</b> 9:15 GENTLE YOGA 9:30 ART STUDIO 10:30 YOGA 11:00 TAP TIME 11:45 PINOCHLE TOURNAMENT 12:00 POOL, BALLET CLASS 1:00 COLORING CLUB 1:30 TAI CHI	<b>24</b> 9:00 MAH JONGG 9:15 AEROBICS 10:00 OS GAME, CANASTA, WOOD CARVING 10:30 SENIORCISE 12:00 CARDS, POOL, YOGA, MEDITATION 12:30 POKER CLUB 1:00 SPANISH 1:30 TABLE TENNIS 6:00 CARDS, POOL
<b>28</b> 9:00 MAH JONGG 10:00 STAINED GLASS 10:30 SENIORCISE 11:45 YOGA 12:00 POOL, CARDS 1:00 TABLE TENNIS, SCRABBLE	<b>29</b> 9:30 WATERCOLORS 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	<b>30</b> 9:15 GENTLE YOGA 9:30 ART STUDIO 10:30 YOGA 11:00 TAP TIME 11:45 PINOCHLE TOURNAMENT 12:00 POOL, BALLET CLASS 1:00 COLORING CLUB 1:30 TAI CHI	<b>31</b> 9:00 MAH JONGG 10:00 OS GAME, CANASTA, WOOD CARVING 10:30 SENIORCISE 12:00 CARDS, POOL, YOGA, MEDITATION 12:30 POKER CLUB 1:00 SPANISH 1:30 TABLE TENNIS 6:00 CARDS, POOL	



**~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 4<sup>th</sup> between 9:00 AM and 3:00 PM, or by 8 AM on Tuesday, November 5<sup>th</sup>.

**STEP N' TIME ON FRIDAYS AT THE SENIOR CENTER...COME JAZZ IT UP!**

Join us for a new dance class starting Friday, September 13<sup>th</sup> from 12 – 1 PM. Our dance instructor Carol Bogdnoff will lead the class with some "smooth" jazz moves to warm up and then get ready to learn some of the most popular lines dances! This promises to be one hour of pure fun! For only \$3.00 for members (\$6 for non-members) why not add this class to your exercise routine? This class will be offered every Friday afternoon 12 – 1 PM.



**WANTED: PLASTIC GROCERY BAGS!!**

The Senior Center will happily accept your plastic grocery bags. Northampton resident and senior center member Sue Roemer creates sleeping mats for area homeless veterans and those battling addiction. She can turn an ordinary plastic bag into a beautiful sleeping mat! As she creates a mat, Sue prays and makes a wish that the person who will receive her gift of love and support "will find their way to a safer life."

Please help support this special project by donating your plastic bags! There is a drop off can in the senior center lobby.

**VOLUNTEER OPPORTUNITY...**If you have extra time and would like to help Sue with this special project, she will be in the card room on Friday mornings at 10 AM, beginning on September 6<sup>th</sup>. So put your talents to a great cause...you can help Sue sort, cut, loom or loop. She will be happy to show you everything you need to know to create one of these beautiful mats. You can even take a project home!

*Thank you so much for your help!*



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

**DOOLAN'S IN SPRING LAKE, NJ FIESTA DE SAN GENARO**

**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!

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**BETHLEHEM SANDS CASINO WEDNESDAY, NOVEMBER 6, 2019**

**\$35 per person for members; \$40 for non-members.** Package includes \$25 slot play, 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 best outlets in Pennsylvania? Attached to the casino, the outlets at Sands offers brand name shopping like Coach, Chico's, Talbots & many more!

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**AMERICAN MUSIC THEATRE & SHADY MAPLE**

**FRIDAY, DECEMBER 13, 2019**

It's the most wonderful time of the year – we will be delighted with musical merriment, live on stage! "Joy to the World" will bring you to a small-town winter carnival, featuring scenes filled with entertaining elves, dramatic dancing & sensational singing. 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 \$94 per person for members; \$104 for non-members, includes transportation & driver tip. The motor coach will leave the center at 9 AM and return at 7:30 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. We invite you to continue your meditation practice with **Dan Surkin on Thursday, October 3<sup>rd</sup> from 12:00 – 1 PM. This is a 6-week, 1 hour series beginning on October 3<sup>rd</sup> thru November 7<sup>th</sup>.** The cost is only \$4 for members/\$6 for non-members. Please sign up on the center bulletin board if you are interested in attending this weekly workshop.



**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!



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**“FOR THE LOVE OF ART”... ART STUDIO**

Our 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 new session will begin on Wednesday September 25<sup>th</sup> at 9:30 AM. The cost for all eight weeks is \$96 (member’s rate), 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 7<sup>th</sup> 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 our “Sizzlin’ Summer Party” event what a day it was! Our performers’ energy was amazing!! Mr. Kirk Maurer was awesome and got everyone moving on the dance floor! It was an afternoon of summer fun. 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” party... Jim Luttrell – RE/MAX, Friends Home & Village in Newtown & Addisville Dental. Also, many thanks to all of our volunteers, we could not have done this special event without you!! You all were truly amazing!! Thank you!!

**Bereavement Support Group – New Day & Time**

**Allison Rosenbaum, MSW from Bayada Hospice will be leading a Bereavement Support Group at the Senior Center on Tuesday mornings at 10 AM beginning on September 17<sup>th</sup> in the Lion’s Den. The support group will meet every third Tuesday of the month.**

**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.**