

THE UPPER BUCKS ACTIVITY CENTER



(215) 536 - 3066

November & December 2015



Our crafters, Helen Chew, Aliko Slattery, Arlene Coleman and Gizella Marcinko show off the afghans and pillow that they have knitted and crocheted. The dark afghan will be raffled on November 24th at our membership meeting and the lap blanket with pillow will be raffled on December 22nd. Thank you Ladies 😊



**FLEA MARKET
BAKE SALE
DECEMBER 5TH
8AM-2PM
\$10.00 PER TABLE**

Donate Bake Sale items Friday & Saturday early. Kitchen will be open for breakfast and lunch. Breakfast sandwiches, hot dogs, Sloppy Joes, sodas, chips and of course desserts.

Mark your Calendars! Volunteer Luncheon November 17th 12:00 noon

The Manager and Assistant Manager would like to thank everyone that donates their talents and time to the center. Please sign up at the front desk by Nov. 10th for this luncheon in your honor.

DON'T FORGET!

Our Thanksgiving Party with Dale Sine has been changed to the 1st Wednesday November 4th at 11:30. We are closed the 2nd Wednesday as it is Veterans Day.



Need more room?
Wanna keep your house clean?
Check out page 14.

Our Information Tables

Check out our resource tables. We have forms for Pace, Home Energy Assistance Program, Medicare and we have the most comprehensive resource booklets available for our members. The flyers are on the counter by the back door. Don't miss our scheduled trips to your favorite scenic & entertaining spots. Page 4 lists our trips.



WE INVITE ALL TO CHECK OUT OUR MONTHLY PARTY PROGRAMS

Please see Page 13 for the delightful details on our popular Monthly Parties

A Warm Welcome To All Our New Members!

We hope to see you often at all of our events. You have a lot of new friends waiting to meet you!

Our Executive Board For 2015

- President
- John Kelso..... First Vice President**
- Fran Baker.....Second Vice President**
- Linda Smith.....Secretary**
- Kit Galluppi.....Treasurer**
- Ruth O'Toole..... Member at Large**
- Member at Large
- Ratti MadhooMember at Large**

Best Wishes To All Our 2015 Board Members

Upper Bucks Senior Activity Center
We Are Located At
Milford Township Fire Hall
2183 Milford Square Pike
Mailing Address: P.O. Box 46
Quakertown, PA 18951

Take Rt. 663 toward the Turnpike. Turn left onto Allentown Road., then left onto Milford Square Pike. Travel 1/2 Block.

We are on the right.

215-536-3066 Fax 215-536-7881

Monday-Friday 9:00 AM to 3:00 PM

Lunch is served *promptly* at 11:30

Please be sure to sign up at least one week in advance.

Sara Kelly, Center Manager
E mail: upbuckssr@yahoo.com

Would you like to advertise in the newsletter

Items for sale Special Events
 \$8.00 for 20 words....
 additional words \$.10 each
 Next newsletter will be Jan/Feb.
 3000 copies distributed

Looking For An Afternoon Of Fun And Friendship?

Come on out to our Center on Thursdays, sign up for lunch and then join us for 20 exciting games of bingo! The playing starts at 12:15. The afternoon



includes snacks, special games and a jackpot. Our bingo games are open to all ages, so bring your family, friends and neighbors.

Bridge Players Wanted



The Senior Center Bridge Club has several openings for local players. The group is very cordial and the game is very friendly. Games are Mondays, 11:00 am to 3:00 pm at the Upper Bucks Senior Activity Center, located at 2183 Milford Square Pike, Quakertown.

If interested, call Rose at 215-529-1629 and you are welcome to stop by any Monday and visit us.

Storm Closing Information



The Center opens according to what the Quakertown School District operates by.

Please check Channel 69 WFMZ News to see if they are closed or just opening late. If the schools are opening late, the center will open at 9 am.

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 400 Commerce Blvd., Milford Square
 Quakertown Area Insurance Offices
 1318 W. Broad St., Quakertown (215-536-3340)

TAKE A TRIP WITH US!

Trip Policy:

A deposit must be paid at the time of sign-up or you may pay the full amount at that time. We would appreciate it if you would pay by check as it makes bookkeeping easier. Please remember to book your trip as soon as you decide to go. All trips have to be paid 1 to 1&1/2 months before trip date unless otherwise stated. This will cause less cancelling of trips for not enough interest. We recommend that you take out insurance at the time of deposit for full coverage on longer trips. If we cancel a trip or the tour company cancels, you will receive a refund. There will be no refunds from us once we have paid the travel company its first payment when the trip is a go. We will be glad to arrange monthly payments for you. So, come on and travel with us.



There will be no trips in the winter months of January, February and March.

Branson Show Extravaganza

May 14-22, 2016 8 Nights \$770.00 per person

Included in this Motor Coach trip are 8 nights lodging with 4 consecutive nights in Branson, 8 breakfasts, 4 dinners, admission to 7 shows (3 morning shows, 3 evening shows and the Showboat Branson Belle), visit to Downtown Branson, Gateway Arch in St. Louis, Indianapolis Museum of Art, bus driver gratuities and more. \$75.00 deposit due at time of sign up.

Final payment due before March 7, 2016



Boston, Salem & Cape Ann

June 9-13, 2016 4 Nights \$490.00 per person

Included in this Motor coach trip are 4 nights lodging, 4 breakfasts, 4 dinners, guided tour of Boston, Faneull Hall, Quincy Marketplace, guided tour of Scenic Coastal Massachusetts, Guided tour of Lexington and Concord, Salem, Gloucester, Rockport and bus driver gratuities. \$75.00 due at time of sign up. Final due before April 2, 2016.



Mount Rushmore, the Badlands & the Black Hills of South Dakota
September 23-October 3, 2016 11 Days—10 Nights \$950.00 per person



Included in this Motor coach trip is 10 nights lodging including 4 consecutive nights in South Dakota, 10 breakfasts, 8 dinners with visits to Badlands National Park, Mount Rushmore National Memorial, Tour of Wildlife Loop Rd at Custer State Park, Admission to the Unique Journey Museum, guided tour of Deadwood, and a visit to the Crazy Horse Memorial and much more. \$ 75.00 per person due at sign up.

Final payment due by July 14th.

Wildwood

September 5-9, 2016 \$450.00 per person 4 Nights

Included in this Motor Coach Trip are 4 nights Lodging at Montego Bay Resort, 4 full breakfasts, 4 dinners, at local restaurants including a Gala night with dinner, dancing and prizes, a day in Atlantic City with bonus package and Dinner,

Cape May, Flag Ceremony at Sunset Beach, Ice Cream social, pizza party, a dolphin watch ride, paid dinner gratuities, bus driver grautuities and much more. \$75.00 due at time of sign up.



Happy Holidays To Everyone !

Can you believe it's almost Thanksgiving and Christmas is right around the corner? We have gotten many new members. If you see someone new, please take a few minutes of your time, to introduce yourself and make them feel welcome. I want to say thank you to all my teams of volunteers for all you do. It's been a busy year and you all have done a great job! I would name you individually but I could miss someone and wouldn't want to hurt anyone's feelings. Without you this center could not be successful. My wish for you and your families is to have a very Merry Christmas and healthy and happy New Year. Let's get ready, 2016 is going to be great!

Sara Kelly *Manager*

2016 ELECTIONS



Get out and vote for the 2016 Executive Board. The elections will run from November 4th Party Day to November 24th our Covered Dish/ Membership Meeting. Votes will then be counted at end of the day. Your new Board will be announced and introduced at the December 22nd Membership Meeting.



Thanksgiving Delights

On Thanksgiving Day we're thankful for
Our blessings all year through,
For family we dearly love,
For good friends, old and new.

For sun to light and warm our days,
For stars that glow at night,
For trees of green and skies of blue,
And puffy clouds of white.

We're grateful for our eyes that see
The beauty all around,
For arms to hug and legs to walk,
And ears to hear each sound.

The list of all we're grateful for
Would fill a great big book;
Our thankful hearts find new delights
Everywhere we look!

VETERANS DAY

By Cheryl Dyson

On Veterans Day we honor all,
Who answered to a service call.
Soldiers young, and soldiers old,
Fought for freedom, brave and bold.
Some have lived, while others died,
And all of them deserve our pride.
We're proud of all the soldiers who,
Kept thinking of red, white and blue.
They fought for us and all our rights,
They fought through many days and nights.
And though we may not know each name,
We thank ALL veterans just the same.



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Fresh Vegetables From Phil And June !

A warm **Thank You** from our members to Phil and June for a summer's worth of garden fresh zucchini, corn, tomatoes, squash, all donated to us!

Thank you!!



Phil And June Grida

A Friend

To Jack Miller a man I met in life
Loved baseball, golf and Lee his darling wife
Grandchildren always brought that twinkle to his eye
Above us he is watching from the sweet bye and bye.

A backwards sports cap over a bald head
A shot no quietly, I'll just have a beer instead
Laughing and happy while sometimes glib of tongue
Surely he was a real terror when he was young.

I knew him only for eleven years
And today we all shed a few tears
To his family he was that shining star
As he drove a white Lincoln his choice of car.

He has gone to a better place
But still has that wry smile on his face
Remember it is a new beginning not the end
So till we meet again Jack, my very good friend.

Blair Thompson 2015

Help Us - Help Others

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Volunteer
Contact Sue at
215-723-0315 x113

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215.723.0315
careandshareshops.org

A little girl climbed on Santa's lap, and Santa asked his usual question of her: "And what would you like for Christmas?" The child stared at him open mouthed and horrified for a minute and then gasped, "Didn't you get my E-mail?"

Don't assume you're always going to be understood. I wrote in a column that one should put a cup of liquid in the cavity of a turkey when roasting it. Someone wrote to me that, "The turkey tasted great, but the plastic cup melted." By: Heloise

Apprise Helps Cut Your Health Care Costs!

Do you have questions about Medicare and Medicare Prescription drug benefits? Do you need to sign up for Medicare? Are you on PACE and still need help paying the deductible or co-pays? There is an "Extra Help" program that will minimize your out-of-pocket expenses. Call Janine (267) 880-5707



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or call 267-371-4512

Don't forget to sign up for lunch a week ahead by Wednesday before 12:00 noon. You have a choice of either a hot meal or a cold meal. Come on out and sign up for our lunch! It is a suggested donation of \$2.00.

Important Reminder !!

Please sign in to the CoPilot every time that you visit our center! These sign-in numbers help our budget.



Motor Vehicle Registration Discounts

Retired state residents whose total annual income from all sources does not exceed \$19,200 are eligible to register their motor vehicles with the state for only \$10.00, instead of \$36.00. We have forms at the center or call 1-800-932-4600, and the Pennsylvania Department of Transportation will mail you form MV-371. Use this form to get your reduced registration.

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Veterans Day



Happy Thanksgiving



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ENJOY OUR GREAT THRIFT SHOP

And donate when you are able. Barb, Fran, Ruth and Bill have made such a professional presentation in our Thrift Shop that our shelves are getting bare. Our Center now needs your help to restock our shelves. We need books, clothing, small appliances and household goods of all kinds. Please see what you have and ask your friends and neighbors if they have items that they would like to donate. The income from our Thrift Shop is now a very strong source of support for our operating fund.



Public Welcome 9am-3pm Mon.- Fri.
Please remember us!



Best Wishes To All Our Friends
With Birthdays And Anniversaries
in November and December.

Center will be closed:

- Election Day– November 3rd
- Veterans Day– November 11th
- Thanksgiving November 26th & 27th
- Christmas– December 24th & 25th
- New Years– December 31st & January 1st



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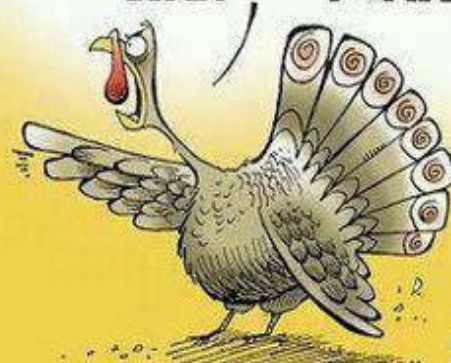
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DECEMBER, FAT BOY!
THIS MONTH IS FOR *MY* HOLIDAY!
NOW HOP IN THAT SLEIGH
AND **WAIT YOUR TURN!**



COME IN, GET ACTIVE !



Crafts Class: Come In, Learn A New Craft, And Make Some New Friends. Arlene Coleman holds her classes on Monday at 9:00 am. Stop by and see some of our knitting and sewing projects.

Tai Chi Class: Give Your Body A Workout! Mondays at 9:30

Medical research has found evidence that Tai Chi is helpful for improving balance and for general psychological health and that it is associated with general health benefits in older people. - - - Only \$3.00 for members and \$5.00 non members per class! Your mind, your body, your spirit will thank you!



Line Dancing Class: Stop By And See What's Happening!

We now have line dancing on Tuesday. Lynn teaches the class at 10:00 am . The workouts are fun. \$3.00 for members and \$5.00 for non-members. You will enjoy moving to a wide variety of tunes.



Games: Dominos, 313, Bunko and Hand & Foot Tuesdays at 12:30 will be the time for cards & games. There will be different ones to play. Come on out and try it. It will be fun. \$1.00 to play, with snacks. The 4th Tuesday we will not have cards as that is our Covered Dish/ Membership Meeting.

Chair Exercise

We now have chair exercise on the 1st & 3rd Wednesdays at 12:30. The class is taught by staff from Belle Haven. It is very relaxing and great for your muscles. \$3.00 for members and \$5.00 for non-members.



Bingo: You Must Play To Win! The First Thursday Of Each Month We Have A \$50 Jackpot!

Every Thursday we have Bingo here at the Center. Linda Smith is our professional caller. We would like to thank Julie Karcher and Jack Kelly for helping to sell Bingo cards and run the money.. Bingo starts at 12:15 and continues until 3:00.



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To Schedule An Appointment,
Or For More Information.

Development of our Mission Statement: The *core principles* that guide us are compassion, volunteerism, fellowship and action. *We exist* to provide services and support, using fundraising to support our programs. *We provide* Information and Resources and activities in such areas as Entertainment, Education, Nutrition, Health and Travel.

Our customers are adults 55+ in the broad community of Upper Bucks County, as well as community business and groups that support our goals. We also provide a clean, safe and healthy environment for all to enjoy.

“Democracy is the government of the people, by the people, for the people.”

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Monday	Tuesday	Wednesday	Thursday	Friday
2 8:00 Breakfast Powderbourne 2071 Baus Road East Greenville 9:00 Crafts 9:30 Tai Chi 9:30 Board Meeting 11:00 Bridge 11:30 Lunch	3 CLOSED ELECTION DAY 	4 10:00 Quilting 10:00 Band Practice 11:30 Thanksgiving Party w/ Dale Sine	5 10:30 Einstein Healthy Eating 11:30 Lunch 12:15 Bingo With \$ 50.00 Jackpot	6 9:30 Open Enrollment with the County 11:30 Lunch 12:30 Pinochle
9 9:00 Crafts 9:30 Tai Chi 11:00 Bridge 11:30 Lunch	10 10:00 Quilting 10:00 Line Dancing 11:30 Lunch 12:30 Cards&Games Art Class	11 CLOSED VETERANS DAY 	12 11:30 Lunch 12:15 Bingo	13 11:30 Lunch 12:30 Pinochle
16 9:00 Crafts 9:30 Tai Chi 11:00 Bridge 11:30 Lunch	17 10:00 Quilting 10:00 Line Dancing 12:00 Volunteer Luncheon	18 10:00 Quilting 10:00 Band Practice 11:30 Lunch 12:30 Chair Exercise	19 11:30 Lunch 12:15 Bingo	20 11:30 Lunch 12:30 Pinochle
23 9:00 Crafts 9:30 Tai Chi 11:00 Bridge 11:30 Lunch	24 10:00 Quilting 10:00 Line Dancing 11:30 Covered Dish 12:45 Membership Meeting	25 10:00 Quilting 10:00 Band Practice 11:30 Lunch	26 CLOSED THANKSGIVING 	27 CLOSED THANKSGIVING HOLIDAY
30 9:00 Crafts 9:30 Tai Chi 11:00 Bridge 11:30 Lunch	NOVEMBER   2015			


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Aid To Our Men And Women Overseas
Helping Local Veterans In Need
Please Come In And Volunteer !
41 Belmont Avenue, Quakertown 18951

Monday	Tuesday	Wednesday	Thursday	Friday
DECEMBER 2015	1 10:00 Quilting 10:00 Line Dancing 11:30 Lunch 12:30 Cards&Games Art Class	2 10:00 Quilting 10:00 Band Practice 11:30 Lunch 12:30 Chair Exercise	3 10:30 Einstein Healthy Eating 11:30 Lunch 12:15 Bingo With \$ 50.00 Jackpot	4 11:30 Lunch 12:30 Pinochle Sat December 5th Flea Market 8am-2pm
	7 8:00 Breakfast Caitlin & Cody's 1907 John Fries Highway 9:00 Crafts 9:30 Tai Chi 9:30 Board Meeting 11:00 Bridge 11:30 Lunch	8 10:00 Quilting 10:00 Line Dancing 11:30 Lunch 12:30 Cards&Games Art Class	9 10:00 Quilting 10:00 Band Practice 11:30 Christmas Party w/ Joe Vitale 	10 8:00 Coffee with Senator Mensch 11:30 Lunch 12:15 Bingo
14 9:00 Crafts 9:30 Tai Chi 11:00 Bridge 11:30 Lunch	15 10:00 Quilting 10:00 Line Dancing 11:30 Lunch 12:30 Cards&Games Art Class	16 10:00 Quilting 10:00 Band Practice 11:30 Lunch and Christmas Sing-a-long	17 11:30 Lunch 12:15 Bingo	18 11:30 Lunch 12:30 Pinochle
21 9:00 Crafts 9:30 Tai Chi 11:00 Bridge 11:30 Lunch	22 10:00 Quilting 10:00 Line Dancing 11:30 Covered Dish 12:45 Membership Meeting	23 10:00 Quilting 10:00 Band Practice 11:30 Lunch	24 CLOSED CHRISTMAS EVE 	25 CLOSED CHRISTMAS DAY 
28 9:00 Crafts 9:30 Tai Chi 11:00 Bridge 11:30 Lunch	29 10:00 Quilting 10:00 Line Dancing 11:30 Lunch 12:30 Cards&Games Art Class	30 10:00 Quilting 10:00 Band Practice 11:30 Lunch	31 CLOSED NEW YEAR'S EVE 	1 CLOSED NEW YEAR'S DAY 


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The Importance of What We Do *Being Part Of Our Community*

1. We are still a collection site for the **Food Pantry**. At this time, pasta and sauces are needed. Please buy a second something on sale and drop it off here. They also need canned and packaged goods that won't spoil.
2. Eyeglasses are still being collected and given to the **Lion's Club**.
3. Tabs from pop top cans (soda, tuna, cat food, etc.) are being collected for the **Ronald McDonald House**, which shelters families of children who are seriously ill or injured. We give them to the **Women's Club** who takes them to a McDonald's repository.
4. Both our choral group "**The Sunshine Singers**" and our band "**The Impossibles**" go to different nursing homes and assisted living facilities to entertain those residents every month.
5. Please bring in any post-marked stamps to the front desk. We collect cancelled stamps, and they are given to the **Blind Association**.
6. The **V.A. Clinic in Allentown** has a little coffee room available to patients while they wait for their appointments. They need sugar, tea bags, artificial sweeteners and stirrers.
7. We are now recycling our used papers and newspapers at our Center. The Milford **Volunteer Fire Dept.** has a dumpster in our parking lot. Please feel free to use it.
8. We are collecting pennies for **Cancer Research**. Please bring your pennies and loose change in to help.
9. We are sending gift boxes to our **Troops in Iraq and Afghanistan**. We need more donations to fill our boxes.
10. We help support **Quakertown's Fourth Of July Fireworks Display** with our **Bingo-In-The-Park and selling Pulled Pork Sandwiches** at these 2 fundraising booths.
11. Our **Volunteers** distribute our newsletter throughout the **Upper Bucks Area**.

Find Out What's Going On In Your Community . . . And Then Get Involved !



Our Lunch time is from 11:30 to 12:00, Monday thru Friday.

Please sign up a week ahead by 12:00 noon on Wednesday. Thank you for your patience and understanding.
Thanks, Jim



Blood Pressure Check and Glucose Testing

Bayada Nurses will be available to check your blood pressure and glucose levels at our Center on January 26th, April 26th, July 26th & October 25th. A nurse will be here from 11:00 am until 12:00 pm. This is the same day we hold our monthly Membership Meeting. Come out and enjoy our Covered Dish and chat with your friends!
Thanks, Bayada, for caring about our members!



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You Can Catch Our Band, "The Impossibles"

Rehearsals at our Center on Wed. at 10:00 am
 Rehearsals In Nov.– 4th, 18th, 25th
 Rehearsals in Dec– 2nd, 9th, 16th, 23rd, 30th

The Impossibles' Entertainment Schedule For November & December

Hidden Meadows-November 5th at 2:00 pm
 Lifequest– November 12th at 2:30 pm
 Hidden Meadows– December 3rd at 2:00pm
 Presbyterian Deep Run– December 10th at 12:00

You can Catch our Choir, "The Sunshine Singers"

Rehearsals are at Belle Haven on
 Wednesdays at 1:00 pm
 Rehearsals in November– 11th, 18th, 23rd
 Rehearsals in December– 23rd
The Sunshine Singers' Entertainment Schedule
 For November & December
 Lifequest– November 4th at 2:00 pm
 Hidden Meadows – December 2nd at 2:00 pm
 Our Center – December 16th at 12:30 pm
 Lunch is at 11:30 am

BREAKFAST CLUB

Come out and enjoy breakfast each month!
 This will be a good time to just get to know
 each other and have fun.

November 2nd - 8am

Powderbourne

2071 Baus Road East Greenville

December 7th – 8am

Caitlin and Codys

1907 John Fries Highway, Quakertown



Healthy Eating Program



Einstein Medical will be here to present
 their program of Eating Healthy,
 November 5th and December 3rd at
 10:30 am with a demonstration of a
 healthy food that is very easy to
 make. They always give us a healthy
 recipe that we can make at home.
 The recipes are so good!



VOLUNTEER LUNCHEON

Tuesday November 17, 2015
12:00 noon Doors open at 11:30 am

I would like to thank all our Volunteers with a free luncheon. You all give so much time to our center. There would be no Upper Bucks Senior Center without each and everyone of you! A Volunteer gives of themselves the gift of their time and talents to Upper Bucks Activity Center in it's goal to enrich the lives of older adults in our community. Without them we cannot provide the programs that we offer. This luncheon is by sign up only. Please sign up at the front desk for this luncheon by Wednesday November 11th.

Thank you,
 Sara and Jim



Where do I begin
 planning for her
 future?

She helped me plan for my
 future. Now, I'm planning hers.



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Calendar of Events for November and December

November 2015

Monday Nov. 2nd	8:00 am <i>Breakfast Club</i> at Powderbourne 9:30 am. <i>Executive Board Meeting</i>
Tuesday Nov. 3rd	Closed Election Day
Wednesday Nov. 4th	11:30 am <i>Thanksgiving Party</i> with <i>Dale Sine</i>
Thursday Nov. 5th	10:30 Einstein Medical <i>Healthy Eating Program</i> 12:15 pm \$50 JACKPOT BINGO
Wednesday Nov. 11th	Closed Veterans Day
Tuesday Nov. 17th	12:00 Volunteer Luncheon
Tuesday Nov. 24th	11:30 am <i>Covered Dish Luncheon</i> 12:45 pm <i>Membership Meeting</i>
Thursday Nov. 26th	Closed Thanksgiving
Friday Nov. 27th	Closed Thanksgiving Holiday

December 2015

Thursday Dec. 3rd	10:30 Einstein Medical <i>Healthy Eating Program</i> 12:15 pm \$50 JACKPOT BINGO
Monday Dec. 7th	8:00 am <i>Breakfast Club</i> at Caitlin and Cody's 9:30 am <i>Executive Board Meeting</i>
Wednesday Dec. 9th	11:30 am <i>Christmas Party</i> with <i>Joe Vitale</i>
Wednesday Dec. 16th	11:30 am <i>Christmas Sing-a-long Lunch</i>
Tuesday Dec. 22nd	11:30 am <i>Covered Dish Luncheon</i> 12:45 pm <i>Membership Meeting</i>
Thursday Dec. 24th	Closed Christmas Eve
Friday Dec. 25th	Closed Christmas Day
Thursday Dec. 31st	Closed New Year' Eve
Friday Jan. 1st	Closed New Year's Day

Upper Bucks
Senior Activity Center
P.O. Box 46

Quakertown, PA 18951

Hours of Operation:

9:00 am to 3:00 pm

Email- upbuckssr@yahoo.com

(215) 536-3066

Fax (215) 536-7881

Lunch served at 11:30 am

The Upper Bucks Senior
Activity Newsletter

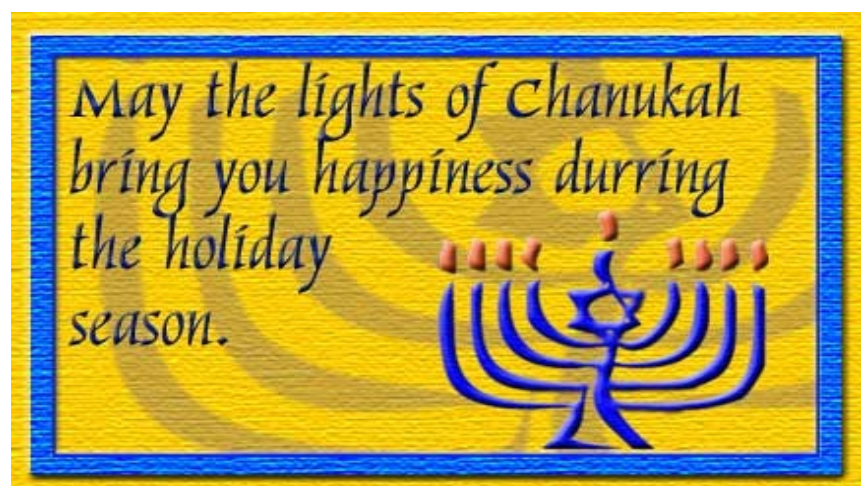
Editorial, Composing and Proofing:

Sara Kelly Fran Baker

Ruth O'Toole Linda Smith



We continuously collect items to box and send to our troops overseas. Examples would be toothpaste, toothbrushes. Travel and hotel sized items are nice. You can drop off your items at the center. If you need a list of things, call (215) 536-3066 or come in for a visit.



OUR PARTIES IN NOV AND DEC

THANKSGIVING PARTY W/ DALE SINE

November 4th



Dale Sine will be playing his music for us on Wednesday November 4th. Everyone should enjoy our Turkey Day Feast at 11:30 am. We will be having Turkey, stuffing, all the fixings and of course.... Pumpkin Pie for dessert. Buy your tickets early.....This will be a great party. I'm asking everyone to bring in can goods or box of food. We will be taking all that we collect to Quakertown's Food Panty. If you have something to be Thankful for, we would love to hear your story. Looking forward to see at our Thanksgiving Luncheon ! Tickets are \$12.00 each. Please sign up by October 28th so we know how many we have coming. If coming just to the party, it is \$6.00 at the door.

CHRISTMAS PARTY WITH JOE VITALE

December 9th



On Wednesday, December 9th, come out for our Christmas Party with the Joe Vitale Duo. Lunch starts at 11:30 am followed by great music and dancing! Buy your tickets early, this party will be a sellout!

Maybe we can even sing some Christmas Carols! Everyone is welcome to bring in some of your special Christmas cookies. I'm sure everyone has a special cookie recipe; why not share it with your friends at our party ! Hope to see a lot of our Members for this special party. Tickets are \$12.00 each. Please sign up by December 4th so we know how many we have coming. If coming just to the party, it is \$6.00 at the door.

Christmas Sing-a-Long Wednesday December 16th With Upper Bucks Senior Center Choir and Band



Come join us for a \$ 2.00 Lunch at 11:30 am and then an afternoon of Christmas Carols and songs that you all know and love. Sign up at front desk by Wednesday December 10th.

Members We Have Lost



Our sympathy goes to our friends and their families whose family members have passed away. Our prayers and thoughts are with you. Members Of The Upper Bucks Senior Center.

Support your Senior Center



If you would like to become a member the dues are \$16.00 for the year 2016.. You can either mail them in or stop by the front desk .



Time Is yours

For Sports, For Work, For Life

When you need to make time in your everyday count, count on the decades of experience from the professionals at PTW to help you get more out of our physical performance, today, and everyday that you want to count!



Brenda Will Be Here Every Month

We are lucky to have Brenda Happ from Senator Bob Mensch's office here the 4th Tuesday of each month from 1-2 pm. Brenda will have a display of information to help with any problems you might have. This is the day we have our Covered Dish and Membership Meeting. Stop in and have a meal with us and Brenda will be here if you have any questions for her. Thank You Brenda

Four locations * 10 Physical Therapists * 6 am to 8 pm and Sat hours

Lansdale * Montgomeryville * Quakertown * West Norriton/Trooper

(215) 538-9911

(Experienced PTs, no referral needed)

Upper Bucks Activity Center

HALL RENTAL

Accommodations

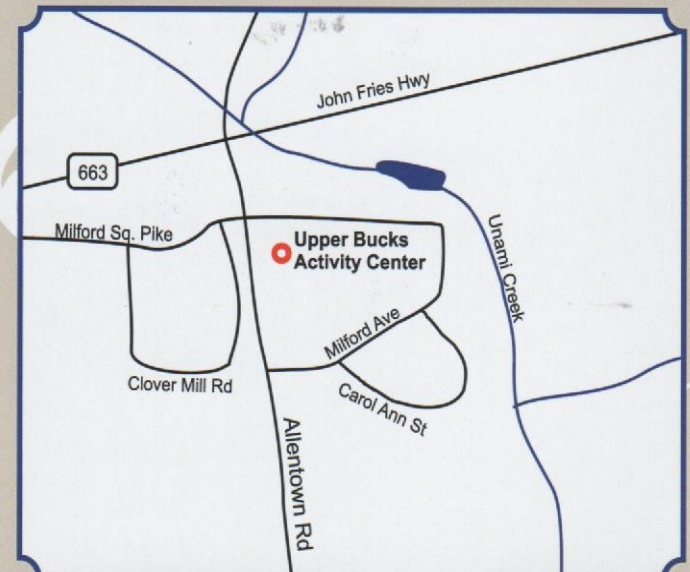


Member of the
Upper Bucks
Chamber of Commerce

Our banquet hall accommodations are available for any gathering you can imagine at an affordable price. We are one of the few venues in the Quakertown area that permits outside catering in an effort to keep your costs at a minimum. Tables and chairs included free as well. The hall will seat 160 guests for dining and has a maximum capacity of 200 people for an auditorium type setting. The hall features one bar, a dance area, a kitchen for catered food and on-site parking.

It is a perfect location for...

- ◇ Corporate Training
- ◇ Seminars / Promos
- ◇ Trade Shows
- ◇ Cultural Groups
- ◇ Meeting Place
- ◇ Private Parties
- ◇ Weddings
- ◇ Retirements
- ◇ Auctions
- ◇ Baby Showers
- ◇ Bar and Bat Mitzvahs
- ◇ Sweet Sixteens
- ◇ Dances & Mixers
- ◇ Concerts
- ◇ Church Meetings
- ◇ Funeral Gatherings
- ◇ Fund Raisers
- ◇ Other Gatherings



CONTACT INFORMATION:

215-536-3066

upbuckssr@yahoo.com

Milford Township Fire Hall
2183 Milford Square Pike
P.O. Box 46
Quakertown, PA 18951

RENT ME!

HELP WANTED

Volunteer– UBAC Website Manager
Volunteer– UBAC Marketing Team Leader
Call Upper Bucks Activity Center for details
215-536-3066



THANK YOU SO MUCH.....

for all the donations that have come both in monetary and supplies. Your support is very much appreciated. We couldn't do it without you.

Sara



I came across a humorous, light-hearted story about how texting acronyms aren't just for kids anymore. It talked about how the older we get, more and more seniors are texting on cell phones; therefore they suggested a need for an STC (Senior Texting Code). Here are a few humorous text code examples:

ATD – At The Doctor
BFF – Best Friend Fell
BTW – Bring The Wheelchair
BYOT – Bring Your Own Teeth
CBM – Covered By Medicare
CUATSC – See You At The Senior Center
DWI – Driving While Incontinent
FWBB – Friend With Beta Blockers
FWIW – Forgot Where I Was
FYI – Found Your Insulin
GGPBL – Gotta Go, Pacemaker Battery Low
GHA – Got Heartburn Again
IMHO – Is My Hearing-Aid On?
LWMDO – Laughing With My Dentures Out
LOL – Living On Lipitor
OMMR – On My Massage Recliner
OMSG – Oh My! Sorry, Gas.
ROFL – CGU – Rolling On Floor Laughing... but Can't Get Up
TTYL – Talk To You Louder
WAITT – Who Am I Talking To?
WTP – Where's The Prunes?
WWNO – Walker Wheels Need Oil
GGLKI – Gotta Go, Laxative Kicking In



Recipe for Christmas All Year Long

Take a heap of child-like wonder
That opens up our eyes
To the unexpected gifts in life—
Each day a sweet surprise.

Mix in fond appreciation
For the people whom we know;
Like festive Christmas candles,
Each one has a special glow.

Add some giggles and some laughter,
A dash of Christmas food,
(Amazing how a piece of pie
improves our attitude!)

Stir it all with human kindness;
Wrap it up in love and peace,
Decorate with optimism, and
Our joy will never cease.

If we use this healthy recipe,
We know we will remember
To be in the Christmas spirit,
Even when it's not December.



The Upper Bucks Activity Center Serves citizens aged 55 and over. Members live in Quakertown, Richlandtown and Trumbauersville Boroughs, and in Richland, Milford, Haycock, Springfield, Tincum, Nockamixon, Durham and Bridgetown Townships. We also welcome members and guests from other areas.

If you would like to support the Center by being a Member dues are \$16.00 A Year for 2016.

The Center is governed by the Center Manager and the Assistant Manager in charge of food service. We have an Executive Board which meets monthly. We also have monthly membership meetings. At these times, we plan events, present financial reports, listen to the report from the President of the Board, and hold a general discussion with our members. The Upper Bucks Activity Center is one of four full-service senior activity centers operated by the BUCKS COUNTY ASSOCIATION OF RETIRED AND SENIOR CITIZENS, a Nonprofit Corporation. Funding is provided by The Pennsylvania Department of Aging, by the Bucks County Commissioners via the Area Agency on Aging and from self-supporting activities and projects.

Thanks To Bucks County Transport!



Thanks to all the drivers.
They do an excellent job bringing our members safely to our Center every day!
They are all friendly and they show our seniors the respect they deserve.

Thank You, Sara

Shop At Redner's Supermarket And Save Your Register Tapes!



Redner's Supermarkets are donating a penny to our Center for every dollar that you spend at their store. If you would like to help us this way, pick up a Redner's Pump Perks Card. Our receptionist can give you a card, or you can pick one up at the store. As you check out, the card will be activated. The words Save A Tape will be printed on your register receipt. Save all of your register tapes and bring them in to us. We send them in and then receive our 1% donation

Important Numbers

Social Security (National)	1-800-772-1213
7AM-7PM	Monday-Friday
Social Security (Allentown)	877-405-6748
Area Agency on Aging	267-880-5700
8:30 AM-4:30 PM	Monday-Friday
Bucks County Transport	215-536-2522
	1-888-795-0740
RSVP	215-340-1210
BCARSC-John Greer 111	215-355-4766
Bucks County Info. Line	215-529-7250
Property Tax & Rent Rebate	
	1-888-222-9190
or	www.revenue.state.pa.us
To check status of claim:	1-888-728-2937
Craig Staats, Pa Rep.	215- 536-1434
Bob Mensch, Pa. Senator.	215-541-2388
Pa Dept. of Aging	1-800-783-7607
Bucks County Health Dept	215-529-7000

The pace of life was a bit slower if you remember.... Thoughts that Thanksgiving and Christmas Holidays would never come...Wooden Goal Posts torn down and rebuilt so Jim Nunnemaker could kick the delayed extra point to give Sell-Perk a 7-7 Thanksgiving tie on Alumni Field to disappoint the Quakertown fans...Smith's Furniture Store's Christmas Toyland...Luminaries lining almost the length of Broad Street on Christmas Eve...Gimbel Brothers sponsoring Philadelphia's annual Thanksgiving Day Parade ending with Santa Claus climbing an aerial ladder to the store's Toyland..Debut of the Chipmunk Song...Servicemen hitch hiking home for the Holidays...anxiously waiting for the "Sears Christmas Toy Wish Book"and the "Billy and Ruth Christmas Toy Catalog"...a cranky old Belsnickel (usually a neighbor) carrying a switch in one hand and a bag of goodies in the other, visiting children...boots called Artics...Sine's Store selling a Tuna Sandwich and a Coke for \$.30, BLT sandwich with a Coke for \$.40 and Roast Beef Sandwich and a Coke for \$.45...annual Christmas Radio Programs Fibber McGee & Molly, Amos & Andy, The Great Gildersleeve, First Nighter, Grand Central Station and Lux Radio Theater...new playthings (1940) Slinky, Tonka Toys, Scrabble (1950) Silly Putty, Mr. Potato Head, Frisbee, Hula Hoop (1960) Etch & Sketch, Easy Bake Oven, Lego Blocks...Cold War, Berlin Airlift... Blizzard starting on Christmas Eve in 1966 cancelling Church services and many Holiday get-togethers...festive fake cardboard fireplaces, Aluminum Christmas Trees, windup toys...debut of American Flyer Trains with smoke and choo-choo on a two-rail track...President Franklin D. Roosevelt elected to an unprecedented fourth term...movie ushers, railroad gatemen, telephone operators, behind counter butchers, delivery milkmen, breadmen and icemen....Penny Post Cards, Marshall Plan, Opa (Office of Price Adjustment)...Pocket Watches....the start of Rock and Roll with Bill Haley and the Comets playing "Rock around the clock tonight"...organists Bill Andrews, Bob Pierce and George Stahl entertaining diners at Trainer's Restaurant on a daily basis...Bazooka Bubble Gum...Sunday home delivery of Christmas mail.

Quiz Time

1. What is song's next line; "Up on the house top reindeer pause"?
2. Who said, "Happy Christmas to all and to all a good night"?
3. Name the group that outlawed Christmas in 1644
4. Name the main ingredient in eggnog
5. What color are Mistletoe Berries?
6. Name three of Santa's Reindeer with names that start with the letter "D"
7. The tradition of decorating an indoor Christmas Tree started in what Country?
8. Who wrote "A visit from St. Nicholas"?
9. In the song "12 Days of Christmas", how many Swans are swimming?
10. What color are Holly Berries?
11. Who said 'Bah! Humbug'?
12. What is a Tannenbaum?

Answers: 1.Out jumps good old Santa Claus 2.St Nicholas (Santa Claus) 3.Puritans 4. Milk 5. White 6. Dasher, Dancer, Donner 7. Germany 8. Clement Clarke Moore 9. Seven 10. Red 11. Ebenezer Scrooge 12. Christmas Tree in Germany

I hope some of the above Trivia stirred the memories of bygone days and gained the interest of those people who didn't experience the sights and sounds of the 20th Century. **Have a Happy Thanksgiving along with a Merry Christmas and good New Year.**

Jim Rosch