The mission of the Neshaminy Activity Center to promote independent and meaningful lives. We remain committed to providing resources, opportunities and services for an up to date, relevant program.

Our Membership Meetings are held on the first Tuesday of the month at 12:00. Our next meetings will be January 2nd and February 6th.

**DATES TO REMEMBER**

- **Mon. Jan. 1** - CLOSED - New Year's Day
- **Tues. Jan. 2** - Membership Meeting 12:00
- **Tues. Jan 2** - Red Cross Blood Drive 1:00 - 9:00
- **Sun. Jan. 7** - Special Sunday BINGO 1:00
- **Mon. Jan. 15** - CLOSED – Martin Luther King Day
- **Wed. Jan 17** - Babyless Baby Shower - Charity Benefit for BABY BUREAU 12:00
- **Sun. Jan. 28** - BINGO - 1:00
- **Wed. Jan 31** - Covered Dish/Super Bowl Party 12:00
- **Tues. Feb. 6** - Membership Meeting
- **Wed. Feb. 7** - Hearing Screenings 10:00 - 11:00
- **Tues. Feb. 13** - Valentine's Day Party 12:00
- **Sun. Feb. 25** BINGO 1:00
- All Tuesday and Wednesday in Feb. - Taxes 9:30 - 1:00

**SPEAKERS**

- **Mon. Jan. 8** - How To Stay Young 10:30
- **Academy Injury & Health Center**
- **Wed. Jan 10** - Christine Biemuller & Neighborhood Professionals Bringing Lunch 11:30/1:30, Info & Resources
- **Wed. Feb. 21** - Sue Urban Keeping Your Independence 10:30
- **Mon. Feb. 26** - Kirk & Nice 10:30 Dr. Barbeta Taking Care of Mind & Body

**Cold Weather Alert**

*Bucks County Area Agency on Aging (AAA)* advises older adults to use caution during extreme cold weather conditions, and would like to alert seniors and their families about a number of measures that can be taken:

- General safety precautions include keeping a 3-day supply of food and bottled water and to make sure your heat source is in good running order. It is also a good idea to have a plentiful supply of any medications you take.
- The AAA has applications for *Low Income Home Energy Assistance Program (LIHEAP)* that may provide assistance with heating bills for low-income persons.
- The public can help decrease the risk to seniors by checking on their older relatives, neighbors and friends. Persons who live alone may be especially at risk. A face to face visit is ideal, but if you cannot visit, a telephone call will help.
- The AAA offers variety of programs to help older adults remain independent at home. These services may be available for those who qualify.

For more information, contact the Bucks County Area Agency on Aging at 267-880-5700 and ask for the Information and Referral Department.

**THE BUCKS COUNTY AREA AGENCY ON AGING**

The AAA (Bucks County Area Agency on Aging) offers more than 20 programs to help older adults and their families in Bucks County. Services include:

- Information and Assistance
- Care Management
- Nursing Home Assessment
- In-Home Services
- Volunteer Opportunities
- Adult Day Service
- Employment Assistance
- Health Insurance Counseling
- Transportation
- Family Caregiver Support
- Senior Centers
- Ombudsman Services
- Protective Services
- Nutritional Services
- Legal Services

Toll-Free Numbers (when calling from within Bucks County)

- Lower & Upper Bucks: 1-888-942-8257
- Central Bucks: 215-348-6000
### Schedule of Activities

**Please read carefully since our menu has changed**

**Monday**
- Chair Exercise ............................... 9:30 AM  
- Book Club (last Monday of the month) .. 10:30 AM  
- Mah Jongg ..................................... 12:30 PM  
- Yoga (chair & floor) ......................... 1:00 PM  
- Fencing Lessons ............................. 7:30 - 10:30 PM  
- Instructor Bob Borton 215-919-2739

**Tuesday**
- 10 Cent Bingo .............................. 10:00 AM  
- Line Dancing ............................... 10:00 AM  
- Bunco ......................................... 12:30 PM  
- Wii Bowling ................................. 5:00 PM

**Wednesday**
- Chair Exercise ............................. 9:30 AM  
- Bingo (1st Wed. of the Month) .......... 12:00 PM  
  Cost - $4.00 - Refreshments included  
- **Covered Dish** (Last Wed. every other month) 12 PM  
- Shuffleboard ............................... 6:30 PM  
- Zumba ........................................ 7:00 - 8:00 PM  
- Instructor Tara 267-265-9846 $5.00

**Thursday**
- Wii Bowling ................................. 9:00 AM  
- Quilting ..................................... 10:00 AM  
- Bridge (Beginners Welcome) .......... 10:00 AM  
- Tai Chi ....................................... 10:30 AM  
- Craft Club 1st & 3rd Thurs. of the month 12:30 PM  
- Game Days - 2nd & 4th Thurs. of the month 12:30 PM

**Friday**
- Chair Exercise ............................. 9:30 AM  
- Line Dancing ............................... 10:00 AM  
- Pinochle ..................................... 12:00 PM  
- Bunco - 3rd Friday of the month ...... 6:30 PM

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### Day Programs and Activities

**Please note that all monies will be collected at the front desk when you arrive, prior to each class.**  
All classes are open to the public (all ages)

**Billiards** - Monday - Friday 9:00 am - 3:00 pm  
$1/day for Members / $2 Non-Members

**Chair Exercise** - Mon - Wed. - Fri 9:30 No Charge

**Mah Jongg** - Mon. - 12:30 - $1.00/Members  
$2.00/Non Members

**Chair Yoga** - Mondays 1:00 pm  
Instructor - Tracy Kushar  
$4 Members / $5 Non Members

**Book Club** - Last Mondays of the Month 10:30  
Facilitator - Joan Turner

**10 Cent Bingo** - Tuesdays 10:00 am  
Caller - Al Iobbi $1/card

**Line Dancing** - Tues & Fri - 10:00 am  
$3 Members/$4 Non Members

**Bunco** - Tues. 12:30  
$2 Members / $3 Non Members

**Wii Bowling** - Thurs. 9:00 am - No Charge

**Bingo** - First Wednesdays 12:00 pm  
Caller - Bill Ensley  
$4/1 card & 2 specials

**Bridge** - Thurs. 10:00 am  
$1 Members - $2 Non Members

**Tai Chi** - Thurs 10:30 am  
$2/Members $3/Non Members

**Pinochle** - Fridays 12 Noon  
$1 Members/$2 Non Members

---

**BINGO**

**LAST SUNDAY OF EVERY MONTH !!**  
1:00 PM DOORS OPEN AT 12:00

**BINGO**

**JANUARY - 7TH & 28TH**  
**FEBRUARY - 25TH**
ALBUQUERQUE
BALLOON FIESTA

6 Days - October 5, 2018

Tour Rates
Booking Discount* $2,325 p.p. double
Regular Rate $2,425 p.p. double
Single Supplement +$725

HIGHLIGHTS
Albuquerque Int’l Balloon Fiesta
Albuquerque City Tour
Old Town, Albuquerque
Indian Pueblo Cultural Center
Bandelier National Monument
Los Alamos Science Museum
Santa Fe City Tour
Taos Pueblo
Taos City Tour
High Road To Taos
3 Nights in Santa Fe

Inclusions
Round Trip Airfare-PHL
Tour Director
7 Meals: 5 Breakfasts & 2 Dinners
Motorcoach Transportation
Admissions per Itinerary
Sightseeing per Itinerary

MUSEUM OF THE AMERICAN REVOLUTION
Thursday, Feb. 8, 2018

Package includes:
Round trip deluxe motorcoach to Philadelphia, PA
Admission to the Museum of the American Revolution
Free time at Reading Terminal Market
$66.00 per person
Deposit of $25 pp due at sign up
Second deposit of $25 due by 1/10/18
Balance due by 1/25/18

Coach departs 8:45 from Trevose Shopping Center
   Behind the Family Dollar
Returns 5:00 PM

SOUTHERN RAIL & SAIL
Sunday April 8th to Friday, April 13th, 2018

Price Double or/Triple Occupancy $817.00 p.p.
Price Single Occupancy $1,058.00

Package includes:
* Round Trip Motorcoach Transportation
  5 Nights Accommodations
  2 Nights Accommodations in Wytheville, VA
  3 Nights Accommodations at the Staybridge Suites, Chattanooga, TN
  • 5 Deluxe Continental Breakfasts at Hotels
  • 5 Full Dinners Including
    (1) Dinner Cruise (1) at the Mt. Vernon Restaurant
    (1) At Sugar’s Ribs Restaurant (2) At Cracker Barrel
  *Cruise & Entertainment aboard the Southern Belle Riverboat
  *Enjoy the Missionary Ridge Local Ride aboard the Tennessee Valley Railroad
  *Enjoy a ride on Lookout Mountain Incline Railway for some spectacular views!
  *Blue Ridge Scenic Railway Excursion
  *Admission to the Beautiful Rock City Gardens
  *Admission to Ruby Falls
  *Baggage Handling in Chattanooga and all taxes and gratuities except Chambermaids.

St. Patrick’s Festival
Silver Birches Resort, Hawley, PA
Thursday, March 15, 2018

Coffee & Apple Streusel Cake served upon arrival
Artisan jewelry, gifts & local specialty food available
Music, dancing & audience participation with the Irish/American band,
Big Joe Brannigan & the Blarney Boys
Open bar w/ Draft Beer, Wine, Soda
Family Style Irish Meal
Irish show featuring Big Joe Brannigan & The Blarney Boys with the Kenny Cavanaugh Irish Step Dancers

$93.00 per person
Coach departs 7:15 AM–Trevose Shopping Center
   Behind the Family Dollar
Coach returns 7:00 PM

Everyone’s Irish On March 17th.
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**HAPPY NEW YEAR**

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| 4  | 5:00 Wii Bowling | 12:00 Members    |                   | 10:30 Tai Chi|                  |              |

| 5  |                  | 10:00 Quilting   |                  | 10:00 Bridge |                  |              |

| 6  |                  | 10:00 Line Dancing|              | 12:00 Pinochle|

| 7  | **BINGO** 1:00 PM| **OPEN**        | **CLOSED**      | **Martin Luther King** |

| 8  | 9:30 Exercise   | 12:30 Mah Jongg | 10:00 Line Dancing| 10:00 Bridge | 10:00 Line Dancing| 12:00 Pinochle |

| 9  | 12:30 Mah Jongg | 1:00 Yoga       | 6:30 Shuffle Board | 10:30 Tai Chi|                  |              |

| 10 |                  | 10:00 Line Dancing|              | 12:00 Pinochle|

| 11 | 9:30 Exercise   | 10:00 Bridge     |                  |              |                  |              |

| 12 | 10:00 Quilting  | 10:00 Bridge     |                  |              |                  |              |

| 13 | 9:30 Exercise   | 10:00 Line Dancing|              | 12:00 Pinochle|

| 14 | **CLOSED**      |                  |                  |              |                  |              |

| 15 | **Martin Luther King** |                  |                  |              |                  |              |

| 16 | 10:00 Line Dancing|              |                  |              |                  |              |

| 17 |                  | 6:30 Shuffle Board |              | 12:00 Pinochle|

| 18 | 9:30 Exercise   | 10:00 Bridge     |                  |              |                  |              |

| 19 |                  | 10:00 Line Dancing|              | 12:00 Pinochle|

| 20 | 9:30 Exercise   | 10:00 Bridge     |                  |              |                  |              |

| 21 | 9:30 Exercise   | 12:30 Mah Jongg | 1:00 Yoga         | 7:30 Fencing | 10:30 Book Club  | 12:00        |

| 22 |                  | 10:00 Line Dancing|              |              |                  |              |

| 23 | 12:30 Bunco      | 7:00 Zumba       |                  |              |                  |              |

| 24 | 9:30 Exercise   | 10:00 Bridge     |                  |              |                  |              |

| 25 |                  | 10:00 Bridge     |                  |              |                  |              |

| 26 | 9:30 Exercise   | 10:00 Bridge     |                  |              |                  |              |

| 27 |                  | 10:00 Bridge     |                  |              |                  |              |

| 28 | **BINGO** 1:00 PM| **OPEN** 12:00   |                  |              |                  |              |

| 29 | 9:30 Exercise   | 12:30 Mah Jongg | 1:00 Yoga         | 7:30 Fencing | 10:30 Book Club  | 12:00        |

| 30 |                  | 10:00 Line Dancing|              |              |                  |              |

| 31 | 10:00 Line Dancing|              |                  | 9:30 Exercise | 6:30 Shuffle Board | 7:00 Zumba |

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A tour bus driver is driving with a bus load of seniors down a highway when he is tapped on his shoulder by a little old lady. She offers him a handful of peanuts, which he gratefully munches up. After about 15 minutes she hands him another handful of peanuts.

She repeats this gesture about five more times…. When she is about to hand him another batch, he asks the little old lady, “Why don’t you eat the peanuts yourself?”

“We can’t chew them because we’ve got no teeth,” she replied.

“Why do you buy them then?” asked the puzzled driver.

The old lady replied, “We just love the chocolate around them.”

**VALENTINE’S DAY PARTY - TUESDAY, FEB. 13TH**

Serving.......  
Chicken Cordon Bleu  $10.00  
And “chocolate”

There will be other food too, but who cares as long as there is plenty of chocolate!

Seriously though, there will be fun and games, and plenty of food and good company. What more can we ask!

**HAPPY VALENTINE’S DAY**

**A New Year’s Prayer**

Dear Lord, please give me  
A few friends who understand me and remain my friends;  
A work to do which has real value,  
Without which the world would be the poorer;  
A mind unafraid to travel, even though the trail be not blazed;  
An understanding heart;  
A sense of humor;  
Time for quiet, silent meditation;  
A feeling of the presence of God;  
The patience to wait for the coming of these things,  
With the wisdom to recognize them when they come.  
Amen.  
(Anon.)

**AARP TAX CONSULTANTS** will be here again every Tuesday and Wednesday starting Feb.6th until April 14th from 9:30 until 1:00 PM to prepare our taxes. You must call our office to make an appointment (215-355-6967). There is no charge for this service. Once again, our sincere thanks to the ladies and gentlemen from AARP for their help.

**IN MEMORIUM**

Margaret Briegel
Our Winter Lottery is alive and well and you still have January, and February to win! Each number is $10 or three for $25. You can come to the Center to pick the number(s) of your choice and pay at that time. If you cannot come in person, call, select your number(s) and mail in your check. We will send the chances to you.

Winners to this date are:
Eileen Monaghan $25.00

Congratulations to all our winners.
Remember, you have to PLAY to WIN!

WE WELCOME THESE NEW MEMBERS
Larry Love
Mary Hannon
Wanda Randall
Bill Wunda
Pat Della Vecchia
Barbara Santner

We are happy to have you on our team!!

COVERED DISH/ SUPER BOWL PARTY
We have decided to combine these two events to make one exciting one. We are planning a menu with a lot of finger foods, so you will be free to join in the games and raffles. There will be a football pool and other chances to win money (that's always fun!)

Don’t forget to wear your EAGLES shirt.

Hopefully, the EAGLES will be in Super Bowl 2018
GO

Pres. Brewer 2018
Welcome “2018”!! We are starting out together in the New Year with old and new friends, ready to have fun every day and celebrate special events.

After many renovations and improvements, the Center is looking “spiffy’ and feels inviting. Let’s hope that the weather is kind to us for the next couple of months and there will be no snow days, so that all our events can go ahead as planned.

Although the lottery has been underway for a month it’s not too late to buy tickets. Also remember, it’s time to renew your membership!

Let’s have a good year!  Betty Heffron

Speaking of Diets…..oh, we weren’t??? Oh well, I’m sure we will before long.

I have a golden retriever. I was buying a large bag of Purina at Wal-Mart and was in line to check out. A woman behind me asked if I had a dog? (DUH!)

On impulse, I told her no, I didn’t have a dog and that I was starting the Purina diet again - although last time I woke up in intensive care with tubes coming out of most of my orifices and IV’s in both arms.

I told her that it was essentially a perfect diet, and the way it works is to load your pants pockets with Purina nuggets and simply eat one or two every time you feel hungry and that the food is nutritionally complete, so I was going to try it again. (I have to mention here that practically everyone in the line was, by now, enthralled with my story.)

Horrified, she asked if I ended up in intensive care because the dog food poisoned me. I told her no; I stepped off a curb to sniff an Irish Setter’s butt and a car hit us both.

I thought the guy behind her was going to have a

Report for 2017 Another year we are starting together, I hope your holidays were happy and contented. I know I was so glad to get through another year. I was fortunate that our members were either stronger this year or did not let me know when they were ill. This year that just passed, I only sent out our 63 Get Well cards and 16 Sympathy cards, So you can see I was not very busy. I pray we all have a happy and healthy year ahead. Your Sunshine Lady,

Elmira Zimmer
Rentals At The Center
Tell your friends about our beautiful accommodations, including full service kitchen and both our Heritage and Activity Rooms.
A very happy and healthy New Year to all! I hope you all enjoyed the festivities and warmth of the holiday season. It's a wonderful time of the year to look back and reflect, to pause and have gratitude, to celebrate and share happiness. We did lots of celebrating here at the Center and are gearing up to start having fun again. Just a few parties we have planned are the Super Bowl Party, a Baby Shower and Valentine's fun. So make sure you stop by the office to say hello and sign up.

It’s that time of year again when many of us feel compelled to make our yearly New Year’s resolutions. I’m a firm believer in fun resolutions - who wants to start the new year concentrating on the negative??? I mean do we really feel the need to swear off chocolate chip cookies again??? Pick something that makes you happy and your resolutions will surely be successful.

I recently read “Forbes Ten Habits of Incredibly Happy People”. The one that really stood out was: They Help Others. “Taking time to help people not only makes them happy, but it also makes you happy. Helping people gives you a surge of Oxytocin, Serotonin and Dopamine, all of which create good feelings. People who provide social support were the most likely to be happy have a positive influence on your mood.”

These endorphins are known as the “happiness hormones”. They are the same ones that make us feel better when we exercise - and isn’t this easier than running a mile?!! So start 2018 off joining us at the Center sharing fellowship, lending a hand or an ear, making a friend, enjoying a laugh. Who knows, you may just find a resolution that makes you happy. Happy New Year!

And now, drumroll please….as requested, the recipe for the delicious cranberry sauce I made for our Thanksgiving service. This recipe was graciously shared with us courtesy of one of our members, Ann Roder (who has a treasure trove of delicious recipes I enjoy making.

CRANBERRY PINEAPPLE CONSERVE

1 12oz. bag of cranberries
1 20 oz. can crushed pineapple in juice, undrained
1 cup sugar
1/2 cup raisins
1/2 cup chopped walnuts

In large saucepan over medium heat, combine cranberries, pineapple with juice from can, and sugar. Bring to a simmer, stirring to dissolve sugar. Cook 10-15 minutes. Stir in raisins and walnuts. Remove from heat and cool completely. Refrigerate until ready to serve.

Remember to use your Copilot to sign in for upcoming lunches. You must sign in by noon on Wednesday to order your lunch for the following week. Lunches are served Monday through Friday at 11:30 for Seniors 60 years of age and their spouses, Voluntary donation $2.00

Please call to let us know if you must cancel either regular or special party lunches. Thank you.

A friendly reminder - We love to see you at the Center as much as possible. However, with colds and flu so prevalent, we ask that if you are sick, stay home until you are feeling better. We are hoping for a Happy and Healthy New Year for all! We look forward to ALL of our members joining us whenever possible and thank you for your consideration.

HAPPY 2018
Robin’s Remarks

I wish you all a very Healthy and Happy New Year filled with Peace!

Thank you to all our Volunteers who helped make our 50th Anniversary Party a huge success. Special thanks to Chris Koch the Food Stylist who did a tremendous job on dinner.

A special word of thanks to Theresa Fisher for her dedication and service as President for the past two years. I appreciate your help and support.

I would also like to extend a warm welcome to Kathy Bennet the Agency’s new Director; we look forward to working with her to enhance the lives of our seniors in Bucks County.

Special thanks to The Christmas Gala who, under the direction of Cheryl Campbell, has provided many Meals on Wheels recipients with thoughtful and useful presents. She is a real live Angel!!

Please mark your calendars: Our Senior Savior Christine Biemuller and her Neighborhood Professionals will be out on January 10th to provide lunch and a lot of valuable information and resources. Sue Urban will be out on February 21st with a snack and a session on “Keeping Your Independence” highly recommended. Please make sure you sign up in the office to reserve a seat. We look forward to other new and exciting programs this year. Please inquire in the office or on the website for up and coming classes and events. (Dates were not set for computer and smart phone classes at time of printing, stay tuned.)

Stay Healthy!

Robin Schenk, Manager
Neshaminy Activity Center

THE NESHAMINY ACTIVITY CENTER IS SUPPORTED IN PART BY: THE PENNSYLVANIA DEPARTMENT OF AGING AND THE COUNTY OF BUCKS, AREA AGENCY ON AGING.

SERVICES ARE AVAILABLE TO ALL OLDER PERSONS, REGARDLESS OF RACE, COLOR, SEX, RELIGIOUS CREED, ANCESTRY, HANDICAP/DISABILITY OR NATIONAL ORIGIN.