

- the - BRIDGE

CENTRAL BUCKS SENIOR ACTIVITY CENTER



- CALENDAR OF EVENTS -

Covid again is affecting our activities... CALL AHEAD!

January

- 3 . Blood Pressure Screening
- 5 . Executive & Members Meetings
- 6 . Representative Shelby Labs Q&A
- 17 . CLOSED -(MLK Day)
- 27 . Lunch & Learn, Presentation on Wound Care

- Bingo ~ Tentatively 10, 17, 24, 31

February

- 2 . Executive & Members Meetings
- 7 . Blood Pressure Screening
- 10 . Representative Shelby Labs Consumer Protection Forum
- 21 . CLOSED (Presidents Day)

- Bingo ~ Tentatively 7, 14, 21, 28

- AARP -
Tax Prep ~ 4, 7, 11, 14, 18, 21, 28 *

** See inside for additional details*

March

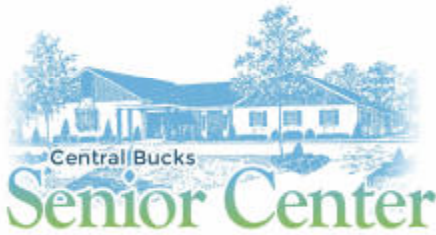
- 2 . Executive & Members Meetings
- 7 . Blood Pressure Screening

- Bingo ~ Tentatively 7, 14, 21, 28

- AARP -
Tax Prep ~ 4, 7, 11, 14, 18, 21, 28 *

1st Quarter 2022 – January through March

-WELCOME-



700 N Shady Retreat Road
Doylestown, PA 18901

Phone: 215-348-0565

Fax: 215-348-7580

website: cbseniors.net

E mail: cbsenior@comcast.net

Like us on Facebook:
Central Bucks Senior Center 700
Shady

Senior Center Open

Monday-Friday 9:00 am-3:00 pm
Center available for Rentals

Manager (Pending)

Darlene Fell, Assistant Manager

OFFICERS

President—Linda Currie

Secretary—Christine Sablich

Past President—Nancy Fratrick

1st VP— Jerry Fox

2nd VP—Steve Danatzko

Treasurer - Rick Gaver

Members at Large

Marilyn Tori Arlene Fox

BRIDGE STAFF VOLUNTEERS -

Linda Currie - Steve Danatzko

Custodian—Steve Helm

THE CENTRAL BUCKS SENIOR ACTIVITY CENTER

The Central Bucks Senior Activity Center (CBSAC) is one of four, full-service senior centers operated by Bucks County Association for Retired and Senior Citizens, a not-for-profit corporation on Aging. This project is funded, in part, under a contract with the Pennsylvania Department of Aging and The County of Bucks. The BCARSC is an equal opportunity employer.

All programs and services provided at the four Senior Centers through the Area Agency on Aging are offered without regard to race, religion, political affiliation, income level, or personal background. The Central Bucks Senior Activity Center serves all senior citizens, aged 55 and over in the Central Bucks area including Doylestown Borough, Doylestown Township, New Britain Borough, New Britain Township, Chalfont Borough, Buckingham Township, Plumstead Township, Warrington Borough, and Warwick Borough, as well as neighboring communities. Geographic locations are not criteria for membership, and the Center draws members from as far as Perkasie, Warminster, Lansdale, New Hope and Solebury.

CBSAC is an activity Center, helping members to lead richer, fuller lives by providing a variety of programs to both entertain and stimulate. It has an elected executive board. There are monthly meetings at which members may express their support and concerns. This Center has been providing services to the Bucks area for over 30 years.

In case of inclement weather, the CBSAC follows the closing status as that of CB School District. Please watch channel 28 for updates.

We will also post the information on our Facebook page which is accessible from our center's website cbseniors.net.

AARP 2020 Driver Safety Course

Continues to be delayed due to the Pandemic

MESSAGES

MANAGER'S MESSAGE

When I became a manager I was excited for the opportunities to continue to advance my position and increase my knowledge and experience.

I enjoyed working with all of you over the years and have learned a lot. I really appreciate all the guidance, support and encouragement that some of you have rendered me.

While I have learned much at this job, and honed my skills and experience, I feel it is time for me to resign and go in a different direction and start a new chapter in my life.

You will soon be directed by my replacement. I will surely miss you all

Goodbye and Happy New Year to all of you and your family.

Sheila Rodney, Manager

ASSISTANT MANAGER'S MESSAGE

Well, Hello to all, and Welcome back! It's been 5 months already that you have been back and you are getting used to the changes. ..well, some of you are anyway.

You know by now, our manager, Sheila is leaving us after being here for 8 years. It is a sad day for me... she has been a great friend and coworker and I will miss her very much.

Anyway, people have been asking me if I am leaving. Not yet... but who knows when? I will be the first to let you know.

THANK YOU for the kind words you have said to me.

There will be fund raising meals in the first quarter of 2022. Not sure at the moment what they will be, but STAY TUNED!

I hope you all had a nice Christmas and a Happy New Year.

Take care!

Hope to see you all soon!

Darlene Fell, Assistant Manager

CO-PILOT NEWS

The CoPilot system is being re-evaluated. For safety reasons, members will temporarily no longer use the computer to check in. There will be a CBSAC volunteer to check members in as they enter the building through the front door. You may still swipe your CoPilot card if you have one.

You will be asked which activities you will be attending and if you would like to preregister for both lunch, Bingo and other activities.

We will have more than one CoPilot check in station at the front desk when needed so the process should go more smoothly.

In addition to checking in on CoPilot we will still maintain a check in list which is a safety requirement from the County. Before you leave the building please check out at the front desk to have your name crossed off the list.

Home PRE-registration: If you are comfortable with using a computer at home, you can now PreRegister from home for Bingo, Applegate distribution (when it's available), and even for lunch. Go to www.copilotcommunity.com, supply an email address, and have the number on the back of your CoPilot bar code card handy instead of a password. If you do not see the Centtral Bucks Senior Center at top, use the CHANGE CENTER box to get there. You can then use the menu at the top of the page to select PREREGISTRATION to do so for Bingo, Applegate and Lunch. Use the NEXT button top/right to move through the weeks available. It's pretty intuitive, so explore as necessary. You can't do any damage to your account, so, please, CHECK IT OUT.

CENTER NEWS



AARP Tax Preparation (Free)

AARP Foundation Tax-Aide offers free tax preparation help to anyone and if you're 50 and older, and can't afford a tax preparation service, we were made especially for you. We understand that retirement or other life changes may mean your taxes are a little more complicated now. With the help of our team of IRS certified volunteers we make it easy for you.

Applegate Food Distribution

Applegate Distributions, when available, have returned as in-person pickup. You no longer have to wait in your car in the parking lot.

Preregistration is required so we can properly allocate appropriate portions for all interested member. This can be accomplished by notifying CBSAC by calling 215-348-0565 and the CoPilot clerk will Pre-Register those who want Applegate. ****It is the consumer's responsibility to call to see if we are having an Applegate distribution, and to make sure they are pre-registered. Darlene will no longer make telephone calls, unless the Applegate distribution is cancelled.**

**Call Representative Shelby Labs office to make an appointment for your taxes!
Mondays & Fridays - 2/4/20 thru 4/11/20
215-489-2126**

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MORE CENTER NEWS AND UPDATES

Welcome Back, Our new(?) Treasurer, Rick Gaver

Just a short note to let everyone know that while Sheila is starting a new aspect of her life, Rick Gaver has returned as our Treasurer for the center. We WELCOME Rick back as an active member of the Board.



Featured Volunteer Barb Metwally

Joined the center 2015, Served on Board 2018 through 2021

Served as Secretary, then 1st Vice President

Other support includes Holly Fair, Kitchen Volunteer and Gardener

When Barb first joined the center she carried with her an enthusiasm for which she has become well known. She initiates personal participation in many of the events, activities and procedures here at the center with a cheerful, helpful attitude. She brings the same happy and smiling face to activities she is then asked to add to her list of support activities for the center. She has a talent for knowing just when to “break the monotony” with her entertaining stories and anecdotes. She is constantly donating time, supplies and plant life to enhance every aspect of the goings on here at the CBSAC.

So, it is with great honor, and appropriate admiration that she be recognized as our initial **Featured Volunteer**. Please say a quick, extra “Thank You” when you see her... serving lunch, helping with other activities or sweating in the garden.

CBSAC Gift Shop

Our newest addition at the center is our Gift Shop. It is open Mondays and Thursdays from 11:00AM to 1:00PM.

We have a sizable inventory including decorative items, recipe books, jewelry, card holders, greeting cards, framed paintings, and more. Some items are new, some gently used, but all are clean and safe.

Besides buying some of our items, if you have usable donations, we'll take 'em.



MESSAGES

FLAG RETIREMENT

Like many of us, United States Flags are also destined for retirement. Doylestown's Albert R. Atkinson, Jr. American Legion Post 210, performs a ceremony several times during the year to create tired, torn and worn Flags. As a convenience for Central Bucks Senior Center and its members, the Post has placed a smaller receptacle in the lobby of the CBSC to deposit flags for retirement. If the flag is a smaller one with an attached stick, please remove the stick and deposit in the trash. Members of the Post will remove the flags for proper retirement.



United States Flag Code, Title 4, Section 8k states-“The flag, when it is in such condition that it is no longer a fitting emblem of display, should be destroyed in a dignified way, preferably by burning.”

This past Fall, over 2300 flags from local cemeteries were “retired” along with flags from community residents. Post members were assisted by Cadets of the Doylestown Composite Squadron of the Civil Air Patrol.

CBSAC Book Club

Our book club meets in the Library on the second Thursday of the month at 10:30. First quarter meetings are January 6, February 10 and March 19.

We are currently reading *The Bully of Order* by Brian Hart. Our new book will be *Mostly Sunny: How I Learned to Keep Smiling Through the Rainiest Days* by Janice Dean



The January meeting will be held on the 6th at The Plumsteadville Inn. Luncheon details will be posted at the front desk.

WE ARE SADDENED

BY THE LOSS OF SEVERAL OF OUR MEMBERS, THEIR FAMILY OR FRIENDS, NEIGHBORS AND ASSOCIATES WHO MAY BECOME ILL, OR WORSE, DURING THIS Covid-19 CRISIS.

Members who have recently passed away:



Ann Fraser Betty Reiter Lois Lentine Rose Fusco
Margaret Czerniak Richard Martin Lois Trauger Chung Lee

Pandemic Information

Help Us to Maintain a Safe and Healthy Return to Indoor Activities at the CBSAC

In-person activities will follow PA Department of Health & Area Agency on Aging recommendations.

- Please only come to the center when healthy. Stay home if you have had any COVID symptoms or have been in contact with anyone testing positive for COVID.
- No gathering or congregating IN THE BUILDING prior to or after activities.
- Face masks must be worn appropriately at all times and temperatures will be checked upon arrival at the center.
- Frequent hand washing is encouraged.
- Pre-registrations must be made for meals, activities & programs.

Activity Instructors will be contacting their group(s). Participants will be required to register in this manner.

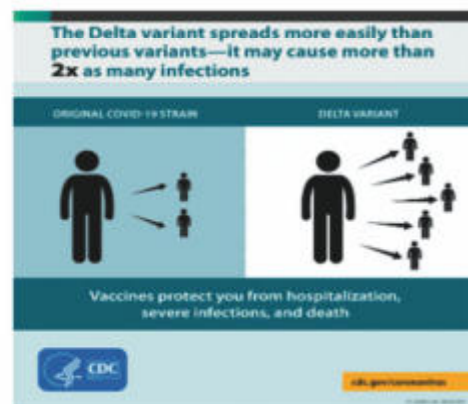
- Plan to arrive and depart promptly for activities.
- Sanitize your space prior to leaving and make it just as clean for the next person. Look for the sanitizers that are placed in each room.
- Please maintain 6 feet of distance from others.

The Center will maintain a check list which is a safety requirement from the County. Before you leave the building, please check out at the front desk to have your name crossed off the list.

Infections and Spread

The Delta variant causes more infections and spreads faster than early forms of SARS-CoV-2, the virus that causes COVID-19

- **The Delta variant is more contagious:** The Delta variant is highly contagious, more than 2x as contagious as previous variants.
- **Some data suggest the Delta variant might cause more severe illness than previous variants in unvaccinated people.** In two different studies from Canada and Scotland, patients infected with the Delta variant were more likely to be hospitalized than patients infected with Alpha or the original virus that causes COVID-19. Even so, the vast majority of hospitalization and death caused by COVID-19 are in unvaccinated people.
- **Unvaccinated people remain the greatest concern:** The greatest risk of transmission is among unvaccinated people who are much more likely to get infected, and therefore transmit the virus. Fully vaccinated people get COVID-19 (known as [breakthrough infections](#)) less often than unvaccinated people. People infected with the Delta variant, including fully vaccinated people with symptomatic breakthrough infections, can transmit the virus to others. CDC is continuing to assess data on whether fully vaccinated people with asymptomatic breakthrough infections can transmit the virus.
- **Fully vaccinated people with Delta variant breakthrough infections can spread the virus to others. However, vaccinated people appear to spread the virus for a shorter time:** For prior variants, lower amounts of viral genetic material were found in samples taken from fully vaccinated people who had breakthrough infections than from unvaccinated people with COVID-19. For people infected with the Delta variant, similar amounts of viral genetic material have been found among both unvaccinated and fully vaccinated people. However, like prior variants, the amount of viral genetic material may go down faster in fully vaccinated people when compared to unvaccinated people. This means fully vaccinated people will likely spread the virus for less time than unvaccinated people.



[View Larger](#)

HAPPY NEW YEAR FROM THE CRAFTER'S GROUP!

Since our return to the Senior Center, we have had 3 new members join our group: Dianna Dell Angelo, Dianne Lecco, and Cristina D'Onofrio. They were very helpful in getting ready for the Holly Fair.



Also regarding the Holly Fair, I would like to thank Linda, Martha, Susan, Dolores, Maria, Gay, Karen, Ann and Shirley. With all their hard work, after the two day fair, we made a \$401 donation The Center.

We also have some exciting news that 4 new people will be joining us on Thursdays.

We look forward to an exciting 2022... hope you can join us!

Winners of the Holly Fair Gift Baskets



Mary Ann Aust

Mary Beth Otto

Sue Haas

Anne McGinnis

Chris Meyers



RENTALS

The Plumstead Room is a beautiful hall that provides seating for up to 175 people. This room has been rented for weddings, banquets, parties, showers, sweet 16 parties, graduations, business meetings, and other events. We have a full commercial kitchen available. Our restrooms are conveniently located near the hall.

For smaller affairs or meetings we have the Bucks County Room which can accommodate up to 40 people.

Please contact the center for further information at Phone 215-348-0565 or 215-348-0566



VETERANS DAY

On November 12, 2021, CBSC hosted a Veterans Day Program and luncheon for Veterans. In attendance were Korea, Vietnam and Vietnam-Era and War on Terrorism Veterans. The program began with the presentation of the colors by SSgt Carl Byington from the Doylestown US Army Recruiting office and CBSC member Jerry Fox (Vietnam-era Vet). A video of the 2019 Bucks County Tour of Honor trip was shown. Several Veterans in attendance had been on that trip. A luncheon following the video was sponsored by American Legion Post 210 as part of their Veterans Outreach program.



The next Bucks County Tour of Honor trip for WWII, Korea and Vietnam And Vietnam-Era Veterans is scheduled for April, 2022.

For Your Information

Legacy Donations

Please consider a gift to the CBSAC. It can be as simple as “I give the sum of \$__ Or __%of the residual of my estate to the Central Bucks Senior Center, a non-profit corporation on aging, located in Doylestown, PA, for general charitable purposes.

You can also name the Central Bucks Senior Center as the beneficiary of an insurance policy or retirement account.

A little planning today can make a big difference for the future.

If you are of a generous mind, and have the idea to make such an offering, please contact Sheila Rodney, Manager, at 215-348-0565.



You can earn FREE money for the CBSAC every time you purchase something from Amazon!! You'll find the exact same low prices and selections, and Amazon will donate 0.5% of the price for your eligible purchases to our Center.

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1. Go to www.smile.amazon.com.
2. Click “Create an Account” or “Sign In” using your existing account.
3. Scroll down when the page opens.
4. Type Bucks County Association for Retired and Senior Citizens” and click search.
5. Select Bucks County Association for Senior and Retired Senior Citizens
6. When you start shopping, make sure to go to smile.amazon.com for it to count.

Fundraisers

Monthly Lunches

With Covid rising, and health concerns for prepared foods, at this time we do not have any fundraiser lunches scheduled. Check the web site or make a center visit to see if we've determined we can be safe and healthy with future possibilities.

THANK YOU for your patience!

F-Y-I ~ If you are a member and need additional income, this program may be helpful!

The Senior Community Service and Employment Program serves persons who are low income and age 55 years of age or older by placing them in part-time community service positions where they can gain skills and work experience to transition to employment.

The program has three main goals:

- Upgrade Job skills to help participants obtain job Placement
- Help the participant get involved in his/her community
- Provide participants with added income during training

Please do not hesitate to reach out to Sheila at the CBSAC or use the contact info below if you would like more information about the SCSEP

Linda Kahlert, T&E SCSEP
1200 Veterans Highway, Suite C-13
Office: 215-826-0150
E-Mail: lkahlert@pathstone.org

Pathstone Corporation
Bristol, PA 19007
Fax:215-826-0151

WE NEED VOLUNTEERS!

We need volunteers to support our daily activities... Helping with food distribution, general chores like flyers, CoPilot recording and future program planning.

If you have a few hours a week and you would like to support the CBSAC please call 215-348-0566 to let us know of your interest.

Knitting Group

Hand knitted garments are available for sale in our lobby. We are looking for new members for our group. If you like to knit and would like to knit at home and donate your work to the Center, it would be very much appreciated.

Bun Bake - Still Being Researched

Yes, we are having problems with both the ingredients and volunteers. Because of the popularity and demand for our Buns, we have not given up yet. We THANK YOU for your patience as this process moves forward. Please continue to check the web site, Facebook page or visit the center to check out the latest status of our Buns!



- IMPORTANT INFORMATION -

Meals on Wheels (a private organization) now at CBSAC

Since 1972, Meals on Wheels (MoW) of Central Bucks County has been delivering fresh, nutritious meals to home-bound people throughout our local community. To date, we have delivered over 1.3 millions meals.

Our meals are prepared fresh each day by a commercial catering service and delivered to the MoW facility within the CB Senior Activity Center in Doylestown. Each day, our volunteers package the prepared fresh food, individually sealing each one for extra safety, and put the meals in thermal bags for delivery. Our friendly volunteers deliver meals 5 days a week, Monday through Friday, providing far more than just food. They provide a kind word and a quick check in on those who live on their own.

There is lot of flexibility in the service we offer. You can sign up to receive meals 2-3 days a week if you don't need a 5 day per week plan. If you are recovering from an illness or surgery, we offer meal delivery for a limited time such as 4 -6 weeks. We'll work with you to meet your needs.

We deliver to the communities of Buckingham, Chalfont, Doylestown, Dublin,, New Britain, New Hope, Nockamixon, Plumstead, Solebury, Tincum, Warrington and Warrick.

If you are interested in Meal delivery, please call our office at 215-345-6065. STAY SAFE!!

FYI—This is not sponsored by the Area Agency of Aging, This is a private organization!

From the Board

The Board members of the Central Bucks Senior Activity Center would like to THANK Sheila for her contributions to the center over her 8 year tenure as Manager. Her diligence, hard work and dedication has been evident throughout all that time and the center has prospered under her management.

It is with a sad heart that we say "Good Bye" to Sheila, but it is with a sincere hope for happiness and success that we wish her as she starts this new chapter to her life!! THANKS, Sheila, and best of luck!

Bucks County Area Agency on Aging
55 E Court St 3rd flr
Doylestown, PA 18901
267-880-5700 www.buckscounty.org

Commonwealth of Pennsylvania Department of Aging
555 Walnut Street, 5th Floor
Harrisburg, PA 17101-1919
717-783-1550 www.aging.pa.gov

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New LifeStyles/Southeastern Pennsylvania
www.NewLifeStyles.com

Doylestown Township
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Doylestown, PA 18901 215-348-9915
Doylestown Borough 215-345-4140

Bucks County Transport (BCT)
1-888-794-0740
215-794-8360

TransNet
980 Harvest Drive, Ste 100
Blue Bell, PA
215-542-7433 www.suburbantransit.org

Senior Directory
www.SeniorDirectory.com

IMPORTANT ANNOUNCEMENT

Casino Trips

Casino Trips are currently on hold due to Covid-19



CBSAC 2021 Trips

Mystic, Foxwoods & the Newport Mansions trip was CANCELLED!

We hope Covid will let us plan some trips for 2022, STAY TUNED!

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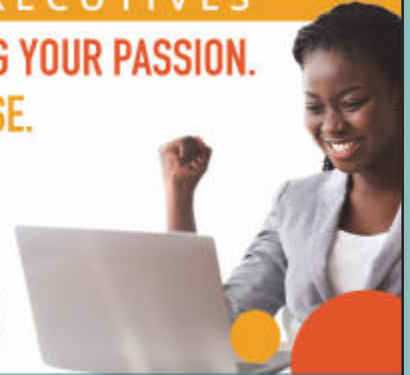
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CLASSES AND ACTIVITIES



Art > hopefully returning soon

Bingo > Mondays , 1:00PM, Snacks - \$1.00 per card

Board Game Day > Wednesday, 1:00PM to 3:00pm

Bridge > Mondays and Fridays 9:00 AM to 12:00PM

Canasta > Every Tuesday, 12:00PM
Every Thursday 12:00PM \$2

Chair Yoga > Mondays, 10:30AM

Chorus > hopefully returning soon

Crafts > Thursday 10:00 AM to 3:00PM No Charge

Dance Exercise > \$3.00
Tuesday & Thursday 9:30 AM to 10:30AM

Double Deck Pinochle > \$2.00
Wednesday & Friday 12:00PM to 3:00PM

Fitness Fiesta > \$4.00
Monday & Wednesday 9:15AM to 10:15AM

Knitting > Wednesday 12:45PM to 3:00PM
No Charge

Library > Monday thru Friday 9:00AM to 3:00PM

Line Dancing > \$4.00
Wednesday 10:45AM to 11:30AM

Mah Jongg > Tuesday & Thursday , Noon to 2:30PM
\$2.00

Poker > hopefully returning soon

Pool (Billiards) > Daily 9:00AM to 3:00PM \$1.00

Seated Exercise > Tuesday & Thursday \$3.00 10:30
AM to 11:30AM

Seated Fitness Fiesta > Monday \$3.50
10:30AM to 11:30AM

Single Deck Pinochle > Wednesday \$2.00
12:30PM to 3:00PM

Table Tennis > Daily 9:00AM to 3:00PM \$1.00

Tai Chi > hopefully returning soon

Tap Dancing > Tuesday 12:45PM to 3:00PM
Intermediate/Advanced \$3.00

Toe Tappers > Wednesday 12:45PM to 3:00PM
Beginners \$3.00

Yoga > hopefully returning soon

NEVER MISS A NEWSLETTER!

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