

THE UPPER BUCKS

ACTIVITY CENTER



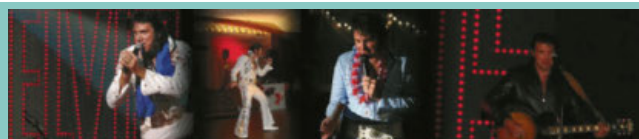
SEPTEMBER & OCTOBER 2022



APPLE DUMPLING FUNDRAISER \$7.00



Order by September 29th
Pick up will be Thursday
October 13th 1pm to 4pm



FUNDRAISER

October 7, 2022

Upper Bucks Senior Activity Center
"ELVIS" in CONCERT TRIBUTE featuring "JEFF KRICK"

Doors open at 6:30 PM

Show Time 7:00 PM

Tickets \$25.00 which includes light snacks, soda, water and coffee. For Tickets and information call Sara at 215-536-3066. Hope to see you there at this GREAT FUNDRAISER EVENT!



OUR EXECUTIVE BOARD FOR 2022-2023

Tom Neilson.....President

Lorraine Fox.....First Vice President

Sue Wismer2nd Vice President

Darla Block.....Secretary

Linda Stauffer.....Treasurer

Barbara Preston....Member at Large

Rati MadhooMember at Large .

Robert Beck.....Past President

Manager Sara Kelly

Assistant Manager Beverly Gillis

CENTER INFORMATION

Milford Township Fire Hall
2183 Milford Square Pike
Mailing Address: P.O. Box 182
Milford Square, PA 18935

E mail: upbucksar@yahoo.com
Phone: 215-536-3066
Fax: 215-536-7881
www.upperbucksar.org

Monday & Friday Closed
Tues-Wed 9am-1pm
Thurs 9am-3pm

Lunch is served only on Thursday
promptly at 11:30. Please be sure to
sign up at least one week in advance.

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SEPTEMBER OCTOBER

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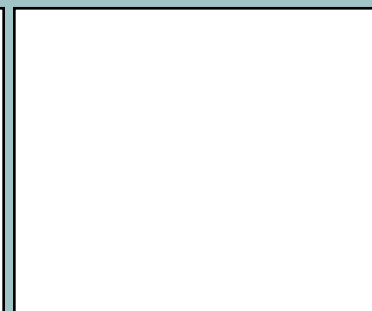
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TAKE A TRIP WITH US



A NIGHT WITH THE RAT PACK Wednesday October 26 \$95 per person

It's back to Vegas, the Sands Hotel, the Swingin' 60's, when Frank, Sammy, and Dino reigned supreme. This Tribute to the Rat Pack is marvelously enacted by three veteran performers who have perfected the voices, the mannerisms, and the banter that have kept the crowds enthralled .

9:55 am Depart near Starbucks Quakertown
3:30 depart for home from Penns Peak



CHRISTMAS SHOW Wednesday December 7, 2022 \$169.00 per person



Enjoy the world-class entertainment and sentimental tributes to the true meaning of Christmas at the American Music Theater's Christmas Show. Your package includes a Smorgasbord Lunch, the Christmas Show, Shopping as time allows, taxes and meal gratuities and motor coach transportation. Will depart from the center at 2183 Milford Square Pike. Departure time will be announced.



ACTIVITIES

KNITTING & CROCHETING

Tuesdays 9:00

Bring your own projects or learn new ones!

COMPUTER CLASS

Tuesdays 9:30am

Bring your laptop, smartphone, or tablet for some basic help using the internet, word processing, or phone apps.

\$3 members, \$5 non-members

LINE DANCING

Tuesdays 10:00am –11am

Join Tom (instructor) for a fabulous hour of exercise and fun with the greatest hits to get your dance on! It's tons of fun!

\$3 members \$5 non-members

BALLROOM DANCING

Tuesdays 11:00am-12:00pm

Come on out and Tom will teach you Some of his dance moves!

\$3 members, \$5 non-members

CARDS & GAMES

TUESDAYS 9:30AM

We play cards, games, all are welcome!

\$1 members, \$2 non-members

BAND PRACTICE

Wednesdays 10am-11am

Except our Party Day!

CHAIR YOGA

Will return at a later date.

Wednesdays 12:30-1:30pm

Except the 2nd Wednesday of the month. It is our Party day!

\$3 member \$5 non-member

CHORUS PRACTICE

Wednesdays 11:30am-12:30pm

Except the 2nd Wednesday of the month.

It is our Party day!

\$3 members \$5 non-member

BINGO

Thursdays 12:15pm-3:00pm

Come out and enjoy a fun afternoon of Bingo! \$50 Jackpot the first Thursday of the month! Call for details.

ART CLASS

Temporarily being held at Haycock Township Community Center. 1014 Old Bethlehem Rd.

Fridays 9:30-11:30am

Come and let your inner artist play!

Join Linda, a volunteer retired art teacher and work in watercolors, acrylics or pastels. Bring your own supplies-canvas, paints, brushes or purchase at cost from Linda.

\$3 members, \$5 non –members

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TAKE A TRIP WITH US



TRIP POLICY:

A \$75.00 deposit for our Multi-Day Trips 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.



WILDWOOD, NJ

September 11-15, 2022

\$581.00 per person double occupancy

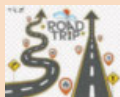
\$721.00 per person for a single

\$75.00 per person due at sign up

Price includes 4 nights lodging at Montego Bay Resort
4 Breakfasts at hotel, 4 dinners at local restaurants, Ice Cream social, Flag Ceremony at Sunset Beach, Trip to Atlantic City, a visit to Cape May and Smithville, 2 nights of spectacular entertainment and much more.



TRAVEL WITH US! IT'S FUN!



SAVANNAH, JEKYLL ISLAND AND BEAUFORT, SC

October 17-22, 2022

\$645.00 per person double occupancy

\$862.00 per person for a single occupancy

\$75.00 per person due at sign up

Price includes 5 nights lodging including 3 consecutive nights in the Savannah area. 8 Meals are included— 5 breakfasts and 3 dinners. A guided trolley tour of Savannah, guided tour of Beaufort, a visit to Parris Island, evening show at the Savannah Theater, Guided tour of St. Simons Island and a guided tram tour Jekyll Island. Come on in and get your brochure.



RIDING THE RAILS

WEST VIRGINIA

September 27-29, 2022

\$565.00 per person double occupancy

\$744.00 per person single occupancy

\$75.00 due at time of sign up

Price includes 2 nights lodging, 2 Breakfasts, 1 lunch and 2 Dinners including an evening of entertainment. Also included is the Cass Scenic Railroad, Seneca Caverns, Blackwater Falls State Park, a souvenir gift, luggage handling, taxes and meal gratuities and motor coach transportation.

Cancellation insurance is available.



BAND AND CHOIR

Your Band, "The Impossibles"

You have a band that you can, and should be, proud of!

We presently have eight active members; Robert E. Beck (accordion), Nancy Becker (Guitar), Martha Fisher (keyboard), John L. Gehman (saxophone), David Hallman (saxophone), Walter "Buddy" Janiszewski (bass guitar), Bruce Jordan (drums), and Jeff Miller (guitar). Only three are from Upper Bucks County, three from Montgomery County (one has a Berks County address), one from Lehigh County and one from North Hampton County.

Senior musicians (55+), any ability, and any instrument considered, are wanted for our band.

Pre-COVID we had four concert technicians (roadies) and now we have none. They are an important part of the band. They help load & unload vehicles, find the electric outlet, set up chairs, set up and run our amplifier, speakers, and mikes, and set up our sign, then take it all down afterwards. If you are interested in the job contact me at 215-538-8671 or leave your name, phone number, and address with the person at the desk.

We had several gigs scheduled, but they were all cancelled when there was a spike in COVID cases.

We practice Wednesday mornings from 10:00 to 11:00 whenever the center will allow. We will practice on Wed. 7, 21 & 28 September and Wed. 5, 19 & 26 October 2022. Note: We do not practice on the days that the center has their monthly parties.

DO YOU PLAY AN INSTRUMENT?

The Impossibles' Band is the Upper Bucks Senior Activity Center Band and they are looking for new members. They practice on Wednesday morning at 10:00 a.m.

DON'T PLAY AN INSTRUMENT?

They are looking for an Audio Tech and helpers to set up the sign, chairs to set up, power cords to run and many other non-musical and non-technical jobs to be filled.



YOUR CHORUS – OUR "SUNSHINE SINGERS"

I tried to restart the chorus inviting them to sing at the "Ring The Bell For Freedom" Program on 4 July 2022 and to come out for practice on Wed. 6 July. Only I came out. Frank Caputo came out for practice on Wed. 20 July. Then we lost a practice due to the party being postponed due to COVID. Frank & I practiced on Wed. 3 August and Beverly Gillis, Kitchen Manager, joined in part way thru, singing along to a Mitch Miller Record.

















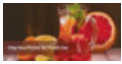






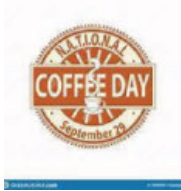

Practices are planned for Wed. 17, 24 & 31 August, Wed. 7, 21 & 28 September, and Wed. 5, 19 & 26 October 2022 at 11:30 to 12:30.

Martha Fisher, our long time director / accompanist resigned for failing health reasons. I recruited Richard Nice To be our accompanist, but he died in December. The Chorus has been inactive for 2 ½ years. During that time several additional members have died from COVID and other causes, and several more will not be back for reasons of failing health. So if we are going to have a chorus, it will be made up of new people. Please help us find them! We also need a director, accompanist (keyboard player), and someone to book our engagements, also.

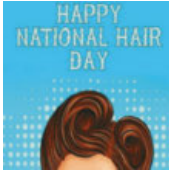























To look us over, and/or to join us, just show up on Wednesday Mornings at 11:30.



SEPTEMBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			-1- 	-2- CLOSED 	-3- 
- 5- CLOSED 	-6- Knitting 9:00 Games 9:00 Computer Class 9:30 Line Dancing 10:00 Ballroom Dancing 11:00 	-7- Band Practice 10am Choir Practice 11:30 	-8- Bingo 12:15 	- 9 - CLOSED 	- 10 - 
- 12- CLOSED 	- 13- Knitting 9:00 Games 9:00 Computer Class 9:30 Line Dancing 10:00 Ballroom Dancing 11:00 	- 14- End of Summer Party 11:30 	- 15 - Bingo 12:15 	-16- CLOSED 	- 17- 
-19- CLOSED 	-20- Knitting 9:00 Games 9:00 Computer Class 9:30 Line Dancing 10:00 Ballroom Dancing 11:00 	- 21- Band Practice 10am Choir Practice 11:30 	- 22- Bingo 12:15 	- 23- CLOSED 	- 24- 
-26- CLOSED 	-27- Knitting 9:00 Games 9:00 Computer Class 9:30 Line Dancing 10:00 Ballroom Dancing 11:00 Membership 1:00	-28- Band Practice 10am Choir Practice 11:30 	-29- Bingo 12:15 	-30- CLOSED 	

OCTOBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					-1- 
-3- CLOSED 	-4- Knitting 9:00 Games 9:00 Computer Class 9:30 Line Dancing 10:00 Ballroom Dancing 11:00 	-5- Band Practice 10:00 Choir Practice 11:30 	-6- Bingo 12:15 	-7- CLOSED 	-8- 
-10- CLOSED 	-11- Knitting 9:00 Games 9:00 Computer Class 9:30 Line Dancing 10:00 Ballroom Dancing 11:00 	-12- Halloween Party 11:30 	-13- Bingo 12:15 	-14- CLOSED 	-15- 
-17- CLOSED 	-18- Knitting 9:00 Games 9:00 Computer Class 9:30 Line Dancing 10:00 Ballroom Dancing 11:00 	-19- Band Practice 10:00 Choir Practice 11:30 	-20- Bingo 12:15 	-21- CLOSED 	-22- 
-24- CLOSED 	-25- Knitting 9:00 Games 9:00 Computer Class 9:30 Line Dancing 10:00 Ballroom Dancing 11:00 Membership 1:00	-26- Band Practice 10:00 Choir Practice 11:30 	-27- Bingo 12:15 	-28- CLOSED 	-29- 

Presidents report for September & October

Hello to everyone. My name is Tom Neilson and I have been given the honor of being your president for this fiscal year. I have been a member since December of 2018 and the 2nd vice president since April of 2019 when I was asked to fill a vacant post on the executive board. Since then, my involvement at the seems to grow more and more as each month passes by. I believe we have a very nice group of people on the board. A few new names and a couple returning folks. I am hoping we can continue to guide and steer the center in a positive way.

We have been holding our own over the past year as far as the treasury goes thanks to some well appreciated considerable donations along with a few profitable fund raisers and the thrift store. If you see Barb or Gloria and the other helpers for the store, make sure to give them a big THANKS. They deserve it. Also behind the scenes are our volunteers who keep the meals on wheels going. The kitchen help and the delivery drivers have earned a big thank you for the very important work they do. One day it may be you or I depending on them to keep us going.

At the last member meeting, after the new board was sworn in, I made a small speech about the importance of volunteerism and participation. These two items are what keep us going. From decorating, party and rental set-up and cleaning after to getting the word out about us by helping deliver newsletters, getting orders for apple dumplings, soup or just telling everyone you talk to about our classes or events will keep driving our growth in the future.

Please try to find a few moments of your time so that we can continue to grow and be a place where our friends want come and have a great time. If you have any ideas that may interest more people, please talk to a board member or Sara and share them so we keep becoming a better place.

Thank You Tom

MY LIFE, MY HEALTH WITH DIABETES

Upper Bucks Senior Center 2183 Milford Square Pike Quakertown, PA Every Thursday September 29, 2022 to November 3, 2022 9:00 am – 11:30 am Registration is required for this free workshop. Seats Are Limited! Register online at www.BucksCounty.gov/248. Questions, contact the Bucks County Area Agency on Aging at 267-880-5700.

You're not alone! Chronic illnesses cause fatigue, stress, worry, frustration and even feelings of helplessness at some point in everyone's life. Learn the tools you need to overcome these challenges. Learn techniques to deal with the symptoms of diabetes, appropriate exercise, how to manage sick days, meal planning, proper foot care, action planning and more! Physicians, Diabetes Educators, Dietitians, and other health professionals have reviewed all workshop materials. Each year the content is reviewed and updated to meet current American Diabetes Association's standards.

This program is a partnership between: The Pennsylvania Department of Aging and Bucks County Area Agency on Aging




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1st Vice Presidents Report for September & October

Hello Everyone;

This has been a very hot summer and hope everyone is keeping cool and getting to do more fun things this year! We are keeping busy at our senior center, trying to have more activities available and working on more fundraisers. Stop in and maybe you would like to join a class or even two. And also we need more ideas of what some things you might be interested in.

I want to thank everyone who voted for me, to serve another year on the Board, as the Vice President for my 6th year. Hoping to work on more fundraisers and work with the fund raising committee to make them a success! Any new ideas anyone would have, would be appreciated.

We are having 2 fundraiser coming up in September and October. The APPLE DUMPLING sale is \$7.00 a dumpling. The money and orders must be in by Thursday September 29th, and picked up Thursday October 13th, 1-4 pm.

Our second fundraiser is on Friday October 7th, which is "THE ELVIS TRIBUTE SHOW", with JEFF KRICK, which was very successful in May. The tickets are \$25.00 which include a light snack and water, soda and coffee. The tickets are now available for sale. The doors open at 6:30 PM and the show starts at 7:00 PM. Buy your tickets early!! When attending the show you must have your tickets with you to get in.

We also have Lunch Parties, the second Wednesday of every month, which includes a hot meal and entertainment for \$16.00 a person.

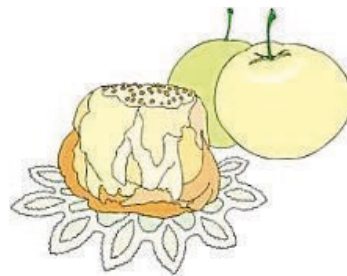
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You must have your ticket bought a week before the party and bring your ticket along to the party, when signing in for door prizes. The lunch is served at 11:30 AM and the entertainment starts at 12:30 PM. We usually have a raffle basket and 50/50 tickets. Come out and meet old and make new friends and dance. Bring a friend along too!

A big thank you to our previous Board members who served for several years and we look forward to the new Board members. We all need to work together to keep our senior center open and need new ideas and new members! Volunteer your time and you just might enjoy yourself and have fun!

Also keep checking out our Thrift Store, a lot of new and interesting items keep coming in weekly. The girls do a great job displaying the items. Hope to see all of you soon!

Lorraine Fox
Vice President



TRANSPORTATION SERVICES

A shared ride program for senior citizens and persons with disabilities. This program is through BCT and the link to read more about these discounted transportation services can be found here: www.bctransport.org or call [215-794-8360](tel:215-794-8360) or toll-free [888-795-0740](tel:888-795-0740).

SUPPORT OUR ADVERTISERS!



Heating Assistance Program

Residents who struggle with their home heating bills can apply for assistance from the Low-Income Home Energy Assistance Program (LIHEAP). LIHEAP is a federally funded program that helps individuals and families pay their heating bills through home heating energy assistance grants. It also provides crisis grants to help in the event of an emergency or if a resident is in danger of losing his or her heat due to broken equipment, lack of fuel or termination of utility service. The income eligibility guidelines for LIHEAP are set at 150% of the federal poverty income level. For example, the income limit for an individual is \$19,140; for a couple, the limit is \$25,860; and for a family of four, it is \$39,300. Residents may apply for LIHEAP online or by contacting the Bucks County Assistance Office. You may also call the Statewide LIHEAP Hotline at 1-866-857-7095 or call PA Relay at 711 for the hearing impaired.

VOLUNTEERS NEEDED

Volunteers are the work force of our Center. In order to have events, as well as our activities and classes, volunteers are needed. Each volunteer is valuable to our activities and programs. Regardless of the program or activity, volunteers are the unsung heroes that make these activities and fund raisers successful. Without their help, our Center might just be a great building with not much going on inside.

We always welcome new volunteers, and there are many different volunteer opportunities. These include:

Parties

Front desk receptionist

Fundraising

Newsletter production and delivery

Start and host a club of your own based on your special skills or interests



Low-cost lunches are served on Thursday only for a suggested donation of \$2.00 for ages 60 and over. Sign-ups are required one week in advance by Wednesday morning.

We deliver Home Delivered Meals to people who qualify. Please call the Bucks County Area Agency on Aging for more information at (267) 880-5700.



FLEA MARKET INDOORS

SATURDAY NOVEMBER 26th

8am-2pm

TABLES ARE \$15.00

KITCHEN WILL BE OPEN

CALL 215-536-3066 FOR TABLES



UPPER BUCKS ACTIVITY CENTER RENTAL

Upper Bucks Activity Center *HALL RENTAL* *Accommodations*

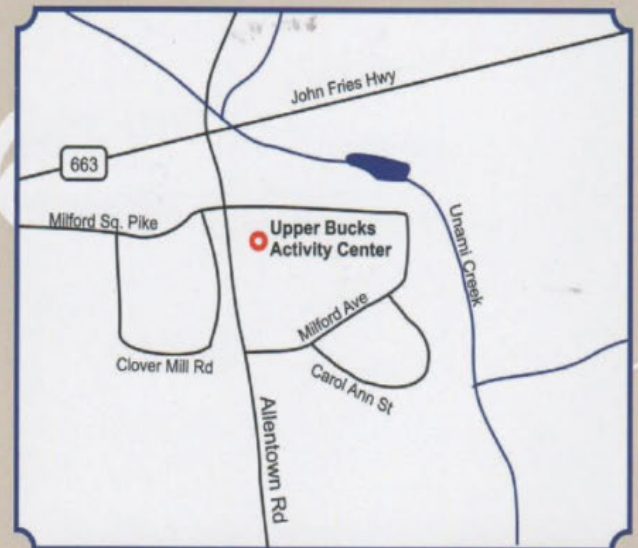


Member of the
Upper Bucks
Chamber of Commerce

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

upbucksr@yahoo.com

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

CENTER INFORMATION

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

THRIFT SHOP NEWS

Enjoy our Thrift Shop to shop and donate when you are able. Barb and Gloria have made such a professional presentation in our Thrift Shop that our shelves are getting full again. Our Center now needs a few things still. We need small appliances and household goods of all kinds. Please see what you have. Come by and take a peek, or donate or both. The income from our Thrift Shop is now a very strong source of support for our operating fund. Please, make sure the items you donate are items that you would resell. Please do not donate items that are opened, used and dirty.

Public Welcome

Tues.-Wed. 9am-1pm

Thurs. 9am-3pm



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed
to you at www.mycommunityonline.com



WHAT WE DO



THE IMPORTANCE OF WHAT WE DO

Being Part Of Our Community

1. Eyeglasses are still being collected and given to the Lion's Club.
2. Tabs from pop top cans (soda) 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.
3. 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.
4. Please bring in any post-marked stamps to the front desk. We collect cancelled stamps, and they are given to the Blind Association.
5. 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.
6. We are collecting pennies for Cancer Research. Please bring your pennies and loose change in to help.
7. Our Volunteers distribute our newsletter throughout the Upper Bucks Area.

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

HOLIDAYS
We are closed

Labor Day Sept. 5th
Columbus Day Oct. 10th



MEMBERSHIP MEETINGS

Tuesday September 27 – 1:00 Pm
Tuesday October 25– 1:00 Pm



**MEETING
NOTICE!**

Come on out!

MISSION STATEMENT

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. "This project is funded, in part, under a contract with the Pennsylvania Department of Aging and the County of Bucks."



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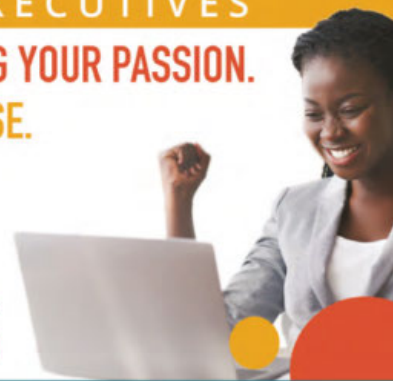


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06-5336

The Upper Bucks Senior Activity Center is supported in part by the Pennsylvania Department of Aging and the Bucks County Area Agency on Aging. Services are available to all older persons, regardless of race, color, sex, religious creed, ancestry, handicap/disability or national origin. BucksCounty.org

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 3 main goals:

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

Please do not hesitate to reach out to Sara at the Upper Bucks Senior Activity Center or use the contact info below if you would like more information about this program.

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

SPECIAL EVENTS



September 14th
END OF SUMMER PARTY
11:30 AM

\$16.00 PER PERSON
INCLUDES LUNCHEON AND MUSIC

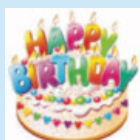


OCTOBER 12TH
HALLOWEEN PARTY
11:30 AM

\$16.00 PER PERSON
INCLUDES LUNCHEON AND MUSIC
Tickets to be purchased in advance.

WELCOME TO OUR NEW MEMBERS For 2022

Nancy Ackerman
Bernie Zeitler
Antoinette Hein
Fay Facht
Lillian Brader



HAPPY BIRTHDAY
To all who have birthdays in
September and October

