

NORTHAMPTON TOWNSHIP

JAMES E. KINNEY

SENIOR CENTER

March—April 2022 Newsletter



165 Township Road, Richboro, PA 18954

Phone: (215) 357-8199

Email: nhsc@nhtwp.org

Website: www.northamptonsc.com

WOW!
NEW 16-PAGE
FORMAT



**Friday, April 29
5:00 PM – 9:00 PM**

**Free Admission
Raffle Baskets**

The senior center will host vendors whom offer a variety of handcrafted and unique items such as jewelry and accessories, bath and beauty, home décor, and foodie delights.

This event is just in time for spring holidays and end of year gifts for a teacher, coach or volunteer. Don't forget the special moms, dads and scholarly grads!

If you would like to be a vendor for the Spring Marketplace, please contact the senior center at 215-357-8199 or email nhsc@nhtwp.org.



CAESARS CASINO ATLANTIC CITY BUS TRIP

WEDNESDAY, JUNE 22

COST OF TRIP

\$40.00 for members and
\$45.00 non-members

PACKAGE INCLUDES

\$20 Free Slot Money, Transportation
and Driver's Tip

Bus Departs from the center
at 9:15 AM and
returns at 7:15 PM.

For more information call the
center at 215-357-8199 or
visit the front desk.

Philadelphia Animal Welfare Society (PAWS) Senior Foster Program

PAWS is looking for people over 65 who live independently and would like the companionship of a pet but may not have the finances to stretch into pet ownership.

The Senior Foster Program is a perfect opportunity to become a permanent foster for a healthy, older dog or cat! PAWS would retain ownership and pay for food, litter and vet visits.

This program is a "win-win" for cats and dogs not likely to be adopted due to their age AND for seniors who would enjoy the companionship of a pet.



Phone: 215-545-9600

Email: neclinic@phillypaws.org

PAWS is a 501(c)3 non-profit agency dedicated to saving Philadelphia's homeless and at-risk pets.



THE BUZZ...



Love the Night Life? We Have Evening Hours!

On Tuesday and Thursday, the center will be open from 9:00 AM—8:00 PM. Please see page 4 for details and information about the evening classes.

Delaware Valley University Center for Learning in Retirement (CLR)

The center is now a CLR hub of virtual learning! Please see page 5 for course information. Class size is limited so visit the front desk to register!



“Tech Savvy” Program

We haven’t forgotten about those who submitted technology surveys. Once we review the surveys (again) and group skill levels, we will contact you. For information, please contact Nicole Armani at the center.

Northampton Township 300th Anniversary

Please see page 10 for the latest details about Northampton’s 300th Anniversary Celebration. Visit the front desk or our website for the most up-to-date information!



2022 Bucks County Senior Games

Stay physically and socially active at every stage and age of life.



The Bucks County Area Agency on Aging will host the 2022 Annual Senior Games at various venues across the county starting on June 1, 2022. If you want to participate, you can request an application by calling the Area Agency on Aging at 267-880-5700 or visit the Bucks County Senior Games Facebook page at www.facebook.com/BCSeniorGames1/.

Those who participated in the past should receive a registration packet by mail in March/April. If you do not receive your packet by mid-April, contact the Area Agency on Aging.



Senior Games Hosted by our Senior Center

Bocce Friday, June 3 10:00 AM-2:00 PM

Billiards Wednesday, June 8 9:30 AM-2:30 PM

Christ's Home

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Christ's Home *As rated by the Center for Medicare/Medicaid 
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HOLLAND VILLAGE



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We offer Independent Living, Personal Care, and Memory Care Apartments. We also have a rehabilitation center for those that need rehabilitation services or skilled nursing care.



Call today 215-322-6100 and we will be happy to assist you

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hollandvillagepa.com



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

14-1717

THE EVENING NEWS

. . . . ART CLASS. . . EXERCISE CLASSES. . . .
 . . . DELAWARE VALLEY VIRTUAL CLASSES. . . .



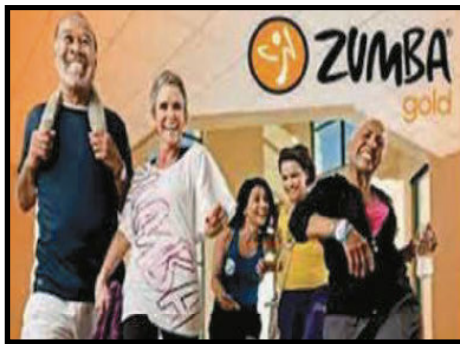
We cannot WAIT for you to enjoy a little *extra time* at the senior center! On Tuesdays and Thursdays, keep on going until 8:00 PM. Stop in and join us for a few extra hours of fun!!

Art ~ "A Date to Create"

Billiards ~ Continuous play from 9:00 AM—8:00 PM

Education ~ Delaware Valley University—Center for Learning in Retirement (CLR) Classes

Exercise ~ "On Your Feet" and Zumba Gold



Instructor: Sibyl Weidner
2nd and 4th Thursday
5:45 PM – 7:45 PM
\$24.00 per Class/Project

A "Date To Create" is FUN ART, not fine art that will connect you with friends in a supportive and positive environment. Artists have a 2-hour space to be free, creative and unwind while creating a fun make-and-take project that is not too complicated!

Please sign-up for each class in advance. For an upcoming project "sneak peak," check out the front desk.

A Note From Our "New" Instructor

"Hi, I'm Sibyl, a working artist, teaching art to both children and adults in group settings for 17 years. I am passionate to help students discover and awaken new, positive, and exciting expressions through art experiences."

Instructor: Sylvia Hamberg
Tuesday 3:00 PM—3:45 PM
\$3.00 / \$5.00 per Class

Zumba Gold is a fun, fat-burning dance workout that is a lower intensity version of the typical Zumba class. All levels are welcome to join the Latin rhythms and aerobic dance moves. It's never too late to get your groove on!!

A Note From Our New Instructor

"Hi everyone. I have been a certified Zumba instructor for 10 years. I am licensed in both basic Zumba and Zumba Gold. During most of my life I have never enjoyed traditional exercise.

Then, in my late 50's, I discovered Zumba. It truly is exercise in disguise.

The great music and the fun dance moves really spoke to me. Zumba has truly changed my life. I was always battling my weight (still do), but I am able now to do things that I was unable to do in my 30's and 40's. Ditch the 'workout' and come join the party!"

Instructor:
Nancy Oxenberg
Thursday
4:30 PM—5:30 PM
\$2.00 / \$4.00 per Class

On Your Feet is a popular class during the day—now—you can get your feet moving in the evening!!

This is a fun filled "standing" full body workout that includes intervals of easy dance, cardio & resistance training using light hand weights and of course, exercising to some great music!! This class is perfect for anyone who is just starting an exercise program or those who want something a little less challenging than our regular aerobics class. Please bring hand weights, a water bottle and get ready for lots of fun!



Note: Our COVID mask and capacity policies still apply during the evening hours. Masks are required regardless of vaccination status. Cards, tile and board games are not available at this time.

Delaware Valley University Center for Learning in Retirement (CLR)



Delaware Valley University Center for Learning in Retirement (CLR) has partnered with the Bucks County Area Agency on Aging and Bucks senior centers to offer FREE courses to center members. Attend interesting and exciting education classes in the center's cozy conference room!

Gardening Fundamentals *Tuesday, March 15—April 25* *1:40 PM—2:55 PM* *6 Sessions*
An introduction to the art of gardening for beginners. Topics will include plant selection and placement, deer-resistant plants, plant maintenance and the basics of soil, water and sun for a successful garden.

Music as Medicine *Tuesday, March 15 and 22* *3:05 PM—4:20 PM* *2 Sessions*
Topics will include neurological aspects and concerns about neuroscience and the brain, such as but not limited to, neurological illnesses of musicians and composers and the neuroscience of jazz improvisation.

Great Decisions in Foreign Policy *Thursday, March 3-April 21* *10:50 AM—12:05 PM* *8 Sessions*
Produced by the non-partisan Foreign Policy Association, this class will highlight foreign policy challenges facing us today. Topics: "Changing Global Demographics," "Outer Space," "Drug Policy in Latin America."

Typhoid Mary: An Irish Immigrant *Thursday, March 17* *1:40 PM—2:55 PM* *1 Session*
Learn about Mary Mallon and how her case started a few social policies that are still in effect today.

Participatory Plant Breeding: Improving Quality *Thursday, March 31* *1:30 PM—2:30 PM* *1 Session*
Learn how home gardeners can help improve the quality and resilience of breeding locally adapted vegetables.

Women Military Nurses of Vietnam *Thursday, April 7 and 14* *9:25 AM—10:40 AM* *2 Sessions*
Discuss the histories of eight military nurses who were casualties in the Vietnam War.

To enroll in the CLR Program, participants must be a member of the senior center and pre-register for each class/seminar at the front desk. Hurry, only SIX STUDENTS per class.



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Dianne Campbell Thomas, F.D., Supervisor

JAMES M. CAMPBELL FUNERAL HOME Inc.

500 E. Benner St., Lawndale

215-745-9009

Danielle Adrienne Thomas, F.D., Supervisor



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

14-1717



**SPRING
LEAGUES**

GOLF
Register in March
League Starts in
April

BOCCE
Register in April
League Starts in
May

*Don't forget
to stretch
your muscles,
use sun block
and hydrate.*

Golf League In-FORE-mation



The official start of the 2022 Senior Center Golf League will be Friday, April 1 at the Neshaminy Valley Golf Club. Former league members will have the same tee times as last year. NEW members should arrive at 8:00 AM for a tee time. Please contact Jerry Royal, golf league coordinator, at 586-292-8858 or 215-355-4423 "FORE" more information.

Rollin' with the Bocce League

Bocce sign-ups will begin in April with the league starting in May. This is a great opportunity to participate in a senior center league with the goal of having fun, meeting new people and joining the loud cheers and good-natured jeers, while getting some exercise too! Watch for the sign-up board in the lobby. You can be part of this popular senior center league! No experience necessary, anyone can join!!



Flexibility and Cool-Down Exercises for Seniors

Getting ready to exercise or cooling down after a workout plays an important role in any well-rounded physical fitness routine. The Mayo Clinic emphasizes that both a pre/post routine may help reduce the risk of muscular injuries. Seniors frequently struggle with reduced mobility due to aging muscles and chronic conditions such as arthritis, but a focus on flexibility can improve range of motion and may even reduce muscle pain.

Dynamic Stretches: Dynamic stretches move your muscles through their range of motion, potentially increasing joint mobility. Try rolling your shoulders forward and backward, moving your neck from side to side and rolling your neck. Rolling your ankles and wrists can help loosen up tense muscles and improve range of motion. To loosen muscles in your trunk, try standing with your spine straight and then leaning from side to side using only your torso while keeping your legs and spine straight.

Static Stretches: Static "hold" stretches improve the flexibility in an individual or group of muscles. The stretches should not hurt but you should feel the stretch. Most static stretches should be held for 20 to 30 seconds. Try sitting on the ground with your legs straight, reach for your toes to stretch your hamstrings, then using a towel or exercise band to pull your feet in toward your torso to stretch your calves. Stretch your back and shoulders by sitting up straight, bending your elbows and then pushing them back toward your spine.

Stretching Recommendations: No matter what stretching routine you use, you shouldn't experience pain during a stretch. Stretch at least once a day and use stretching as a cool-down because it's risky to stretch cold muscles. Avoid forcing yourself into a stretch or holding stretches longer than a minute or so; most stretches should only be held for 30 seconds. Slow, deep breathing can help you deepen your stretch without experiencing pain. If you suffer from joint pain, ensure that your joints are properly supported as you stretch.

WELCOME

NEW MEMBERS

Marie Clarke	Carolyn Krystek	Debra Scarpati
Teri Governa	Denise McCaffery	Pat Schmitt
Tina Hanson	Carol Moore	Donna Staffieri
Paul Kasa	Barry Ratmansky	Joe Ursino
Ginny Kownurko	Lynn Ratmansky	

WEATHER RELATED CLOSURES

The center follows the **Council Rock School District inclement weather related closures**. If the District closes the schools for **weather related issues**, the center will be closed for day and night activities. If there is a delayed opening, we will be delayed by the same number of hours. All activities prior to the opening time will be cancelled. To check if the senior center is open, please

listen to WKYW Radio 1060AM (Council Rock Schools #756), view local news stations or visit the following websites: **Council Rock District** www.crsd.org, **6ABC** www.6abc.com/community/schoolclosings or **NBC10** at www.nbcphiladelphia.com/weather/school-closings. Please do not call the center, thanks!

LOTTERY DRAWING DECEMBER 2021 CONGRATULATIONS B.I.G WINNERS

Helen Iverson	#031
Cheryl Pochik	#161
Eleanor Cataldo	#056
Lucille Karalus	#035
Dolores Kent	#130
Barbara Makas	#151

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- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-01- 9:15 Billiards 9:15+11 Shuffleboard 9:15 Tai Chi 9:30 Watercolors 10:30 Aerobics 12:00 Luv 2 Dance 1:30 Vinyasa Yoga 3:00 Zumba Gold	-02- 9:15 Billiards 9:15+11 Shuffleboard 9:30 Wood Carving 10:30 Gentle Yoga 11:45 Chair Yoga 1:00 On Your Feet 1:00 Coloring Club	-03- 9:15 Billiards 9:15+11 Shuffleboard 9:15 Seniorcise 9:30 Watercolors 10:30 Seniorcise 10:50 CLR—Foreign 12:00 Dart League 4:30 On Your Feet	-04- 9:15 Billiards 9:15 Shuffleboard 10:30 Aerobics 11:00 Shuffleboard 12:00 Dart League 12:00 Table Tennis
	-07- 9:15 Billiards 9:15 Seniorcise 9:30 Stained Glass 10:30 Seniorcise 12:00 Meditation 1:30 Table Tennis	-08- 9:15 Billiards 9:15+11 Shuffleboard 9:15 Tai Chi 9:30 Watercolors 10:30 Aerobics 12:00 Luv 2 Dance 1:30 Vinyasa Yoga 3:00 Zumba Gold	-09- 9:15 Billiards 9:15 Shuffleboard 10:30 Gentle Yoga 11:00 Shuffleboard 11:45 Chair Yoga 1:00 "On Your Feet" 1:00 Coloring Club	-10- 9:15 Billiards 9:15+11 Shuffleboard 9:15 Seniorcise 9:30 Watercolors 10:30 Seniorcise 10:50 CLR—Foreign 12:00 Dart League 4:30 On Your Feet 5:45 Art Class
-14- 9:15 Billiards 9:15 Seniorcise 9:30 Stained Glass 10:30 Seniorcise 12:00 Meditation 1:30 Table Tennis Daylight Savings Sunday, 3/13 2:00 AM	-15- 9:15 Billiards 9:15+11 Shuffleboard 9:15 Tai Chi 9:30 Watercolors 10:30 Aerobics 12:00 Luv 2 Dance 1:30 Vinyasa Yoga 1:40 CLR-Garden 3:00 Zumba Gold 3:05 CLR-Music	-16- 9:15 Billiards 9:15+11 Shuffleboard 9:30 Wood Carving 10:30 Gentle Yoga 10:30 Book Club 11:45 Chair Yoga 1:00 On Your Feet 1:00 Coloring Club	-17- 9:15 Billiards 9:15+11 Shuffleboard 9:15 Seniorcise 9:30 Watercolors 10:30 Seniorcise 10:50 CLR—Foreign 12:00 Dart League 1:40 CLR—Mary 4:30 On Your Feet	-18- 9:15 Billiards 9:15 Shuffleboard 10:30 Aerobics 11:00 Shuffleboard 12:00 Dart League 12:00 Table Tennis
-21- 9:15 Billiards 9:15 Seniorcise 9:30 Stained Glass 10:30 Seniorcise 12:00 Meditation 1:30 Table Tennis	-22- 9:15 Billiards 9:15+11 Shuffleboard 9:15 Tai Chi 9:30 Watercolors 10:30 Aerobics 12:00 Luv 2 Dance 1:30 Vinyasa Yoga 1:40 CLR-Garden 3:00 Zumba Gold 3:05 CLR-Music	-23- 9:15 Billiards 9:15 Shuffleboard 10:30 Gentle Yoga 11:00 Shuffleboard 11:45 Chair Yoga 1:00 "On Your Feet" 1:00 Coloring Club	-24- 9:15 Billiards 9:15+11 Shuffleboard 9:15+10:30 Seniorcise 9:30 Watercolors 10:50 CLR—Foreign 12:00 Dart League 1:00 Spanish 2:00 Book Club 2 4:30 On Your Feet 5:45 Art Class	-25- 9:15 Billiards 9:15 Shuffleboard 10:30 Aerobics 11:00 Shuffleboard 12:00 Dart League 12:00 Table Tennis
-28- 9:15 Billiards 9:15 Seniorcise 9:30 Stained Glass 10:30 Seniorcise 12:00 Meditation 1:30 Table Tennis	-29- 9:15 Billiards 9:15+11 Shuffleboard 9:15 Tai Chi 9:30 Watercolors 10:30 Aerobics 12:00 Luv 2 Dance 1:30 Vinyasa Yoga 1:40 CLR-Garden 3:00 Zumba Gold	-30- 9:15 Billiards 9:15+11 Shuffleboard 9:30 Wood Carving 10:30 Gentle Yoga 11:45 Chair Yoga 1:00 On Your Feet 1:00 Coloring Club	-31- 9:15 Billiards 9:15+11 Shuffleboard 9:15 Seniorcise 9:30 Watercolors 10:30 Seniorcise 10:50 CLR—Foreign 12:00 Dart League 1:30 CLR—Plants 4:30 On Your Feet	CLR Classes Foreign = Decisions in Foreign Policy Garden = Gardening Fundamentals Music = Music as Medicine Mary = Typhoid Mary Plants=Plant Breeding

APRIL



A FEW NOTES ABOUT DAY/EVENING ACTIVITIES

There is a nominal fee for classes with an instructor. Fees are paid to the instructor at the beginning of class.
 Please bring your own exercise and billiards equipment (bands, mat, weights, cue stick, chalk etc.) to the center.
 We are unable to have cards, board or tile games at this time.

CLR CLASSES


Garden = Gardening Fundamentals, Vietnam = Women Military Nurses in Vietnam, Foreign = Decisions in Foreign Policy

-01-
 9:15 Billiards
 9:15 Shuffleboard
 10:30 Aerobics
 11:00 Shuffleboard
 12:00 Dart League
 12:00 Table Tennis

<p>-04- 9:15 Billiards 9:15 Seniorcise 9:30 Stained Glass 10:30 Seniorcise 12:00 Meditation 1:30 Table Tennis</p>	<p>-05- 9:15 Billiards 9:15+11 Shuffleboard 9:15 Tai Chi 9:30 Watercolors 10:30 Aerobics 12:00 Luv 2 Dance 1:30 Vinyasa Yoga 1:40 CLR-Garden 3:00 Zumba Gold</p>	<p>-06- 9:15 Billiards 9:15+11 Shuffleboard 9:30 Wood Carving 10:30 Gentle Yoga 11:45 Chair Yoga 1:00 On Your Feet 1:00 Coloring Club</p>	<p>-07- 9:15 Billiards 9:15+11 Shuffleboard 9:15+10:30 Seniorcise 9:25 CLR—Vietnam 9:30 Watercolors 10:50 CLR—Foreign 12:00 Dart League 4:30 On Your Feet</p>	<p>-08- 9:15 Billiards 9:15 Shuffleboard 10:30 Aerobics 11:00 Shuffleboard 12:00 Dart League 12:00 Table Tennis</p>
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<p>-11- 9:15 Billiards 9:15 Seniorcise 9:30 Stained Glass 10:30 Seniorcise 12:00 Meditation 1:30 Table Tennis</p>	<p>-12- 9:15 Billiards 9:15+11 Shuffleboard 9:15 Tai Chi 9:30 Watercolors 10:30 Aerobics 12:00 LOTTERY!!! 12:00 Luv 2 Dance 1:30 Vinyasa Yoga 1:40 CLR-Garden 3:00 Zumba Gold</p>	<p>-13- 9:15 Billiards 9:15+11 Shuffleboard 10:30 Gentle Yoga 11:45 Chair Yoga 1:00 On Your Feet 1:00 Coloring Club</p>	<p>-14- Bus Trip 9:15 Billiards 9:15+11 Shuffleboard 9:15+10:30 Seniorcise 9:25 CLR—Vietnam 9:30 Watercolors 10:50 CLR—Foreign 12:00 Dart League 4:30 On Your Feet 5:45 Art Class</p>	<p>-15-  The Center is Closed - Good Friday</p>
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<p>-18- 9:15 Billiards 9:15 Seniorcise 9:30 Stained Glass 10:30 Seniorcise 12:00 Meditation 1:30 Table Tennis</p>	<p>-19- 9:15 Billiards 9:15+11 Shuffleboard 9:15 Tai Chi 9:30 Watercolors 10:30 Aerobics 12:00 Luv 2 Dance 1:30 Vinyasa Yoga 1:40 CLR-Garden 3:00 Zumba Gold</p>	<p>-20- 9:15 Billiards 9:15+11 Shuffleboard 9:30 Wood Carving 10:30 Book Club 10:30 Gentle Yoga 11:45 Chair Yoga 1:00 On Your Feet 1:00 Coloring Club</p>	<p>-21- 9:15 Billiards 9:15+11 Shuffleboard 9:15+10:30 Seniorcise 9:30 Watercolors 10:50 CLR—Foreign 12:00 Dart League 1:00 Spanish 4:30 On Your Feet</p>	<p>-22- 9:15 Billiards 9:15 Shuffleboard 10:30 Aerobics 11:00 Shuffleboard 12:00 Dart League 12:00 Table Tennis</p>
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<p>-25- 9:15 Billiards 9:15 Seniorcise 9:30 Stained Glass 10:30 Seniorcise 12:00 Meditation 1:30 Table Tennis</p>	<p>-26- 9:15 Billiards 9:15+11 Shuffleboard 9:15 Tai Chi 9:30 Watercolors 10:30 Aerobics 12:00 Luv 2 Dance 1:30 Vinyasa Yoga 3:00 Zumba Gold</p>	<p>-27- 9:15 Billiards 9:15+11 Shuffleboard 10:30 Gentle Yoga 11:45 Chair Yoga 1:00 On Your Feet 1:00 Coloring Club</p>	<p>-28- 9:15 Billiards 9:15+11 Shuffleboard 9:15 Seniorcise 9:30 Watercolors 10:30 Seniorcise 12:00 Dart League 2:00 Book Club 2 4:30 On Your Feet 5:45 Art Class</p>	<p>-29-  The Center is Closed - Spring Fling Vendor Event</p>
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10 NORTHAMPTON TOWNSHIP 300TH CELEBRATION



December 14, 2022 will mark the 300th Anniversary of the incorporation of Northampton Township which was originally settled by English colonists who came with William Penn on his voyage to Pennsylvania. They named it Northampton after the county town of Northamptonshire, England. And on December 14, 1722 it officially became a Township. Knowing that the community would want to commemorate the Anniversary the Township organized a committee to plan the celebration. It is the goal of the committee to have programs and events that will focus on the Township's history and provide opportunity for residents of all ages to learn about the past, embrace the community spirit and participate in some good ole' fashioned fun!

Interesting facts about the Township are being shared weekly through Facebook and on the 300th Anniversary page found on the Township website. All Township Departments including the James E. Kinney Senior Center are involved planning activities to commemorate the 300th Anniversary. You will want to watch for activities scheduled for the spring and summer that will embrace the 300th Anniversary theme.

For up to date information on the activities planned or to learn about the history follow Northampton Township's 300th Anniversary on Facebook or visit the Township website at www.Northamptontownship.com.

Women Soldiers and Spies of the Civil War

**Thursday, May 12
1:00 PM – 2:30 PM**

This presentation addresses those women who chose to become soldiers and spies during the Civil War. See how their ingenuity and society's perception of them allowed them to perform successfully in both these endeavors. Learn why they selected the path they did and how they were able to function effectively as soldiers and influence history as spies. Discover how their will to survive the war and to create a future for themselves and their families drove them from their traditional roles and into a new world for women. Performed in period costume.

Everyone is welcome to attend! Free admission!

MARK YOUR CALENDAR!

Thursday, May 12

1:00 PM—2:30 PM

Women Soldiers and Spies of the Civil War

This program is scheduled at the James E. Kinney Senior Center. Please see the event information below.

Saturday, September 24

Festival weekend! A variety of activities, workshops and performances are planned throughout the Township on Saturday.

Sunday, September 25

The 300th Anniversary will be celebrated at the *Northampton Day Festival!*

Friday, October 14

There's more to come with a **History Mystery Dinner** and celebration on at the Northampton Valley Country Club.

November 2022

Keep an eye out for ALL things 300! Contests and challenges are being scheduled throughout the month.

December 14, 2022

The 300th Anniversary celebration will conclude at the regularly scheduled Board of Supervisors meeting **exactly 300 years to the day** when Northampton became a Township!





Smoked Turkey and Lentil Vegetable Soup

11

Ingredients

- 1 tablespoon olive or canola oil
- 1 small onion, chopped (1/2 cup)
- 2 medium carrots, thinly sliced (1 cup)
- 2 medium stalks celery, sliced (1 cup)
- 32oz reduced-sodium chicken broth (4 cups)
- 1.5 cups water
- 1 cup dried lentils, sorted, rinsed
- 1 teaspoon dried basil leaves
- 1/2 teaspoon garlic salt
- 1/4 teaspoon pepper
- 8oz smoked turkey, cut into 1/2-inch cubes (1 1/2 cups)
- 9oz frozen spinach, thawed, squeezed to drain



Vegetarian Option
Omit the smoked turkey and use vegetable broth.
*Substitutions: Add beans, tofu or other vegetables.

Need a Dutch Oven?
You can use an oven-safe casserole dish, stockpot or a slow cooker. Make sure it has a tight-fitting lid.

Step 1 In a 4-quart Dutch oven, heat oil over medium-high heat. Cook onion in oil 2 minutes, stirring occasionally. Add carrots and celery; cook 2 minutes longer, stirring occasionally. Stir in all remaining ingredients except turkey and spinach.

Step 2 Heat to boiling; reduce heat. Cover and simmer 15 to 20 minutes, stirring occasionally, until lentils are tender. Stir in turkey and spinach; simmer 2 to 3 minutes longer or until turkey is hot.

NEVER MISS A NEWSLETTER!

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





What is the most underrated form of exercise? Winter, Spring, Summer or Fall... Walking is the Best Exercise of All!

Did you know that walking for just 30-minutes a day can improve your overall health, increase your cardiovascular health, reduce body fat, and improve muscle and bone strength. If you are a person who says “no” to high-intensity workouts but “yes” to fee-free beneficial workouts —walking is for you!



Lose Excess Weight: The number of pounds and inches from your waistline will depend on factors such as walking speed, current weight, terrain and the distance traveled. A 30-minute walk can help shed 200 calories, it all adds up!!



Improve Circulation: Several chronic diseases, such as heart disease and high blood pressure, stem from poor blood circulation. Walking increases heart rate and lowers blood pressure, two outcomes for increased heart health.



Boost Your Immune System: In a time where viruses are common, improved immunity is a benefit you can't ignore.

www.boldage.com

**Walk toward an active mind, increased energy, improved mood and a more restful sleep.
Fast or slow, indoor or outdoor, discover your pace and your place.**



Mall Walking: Montgomery Mall, Neshaminy Mall, Oxford Valley, Plymouth Meeting or the Willow Grove Park Mall. Contact the mall directly for the most up to date “walk schedule” and COVID policies. Sites: search “mall walking sites near me,” www.bestmallwalking.com or www.local.aarp.org/richboro-pa/mall-walking.

There are lovely parks and canal loops in our area for a brisk (weather or pace) walk. Just because there is still a chill in the air, it doesn't mean your step count should take a hit. Brisk walking (about 3 mph) is one of the best ways to improve heart health, blood pressure, increase metabolism and maintain mobility. Plus, exposure to sunlight can help ward off Seasonal Affective Disorder. How to make the most of your cold-weather-steps:

1. Warm up properly—muscles need pre/post stretching to avoid injury (see page 6).
2. Try to walk 30-60 minutes. For better sleep, walk at the same time each day.
3. Pick up the intensity with intervals: walk at your normal pace for 3 minutes, then walk fast enough for your heart rate to increase and then go back to your regular pace. Repeat this cycle four times. www.parade.com

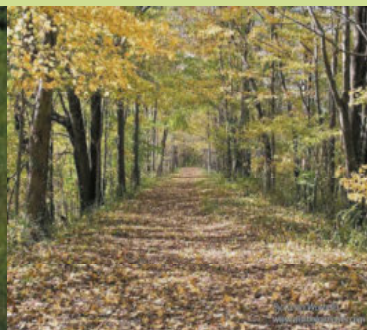
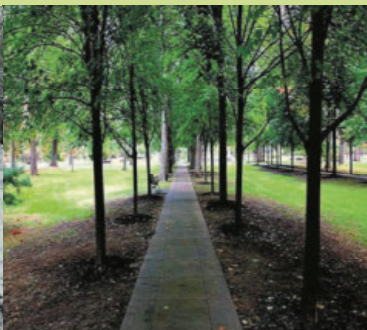
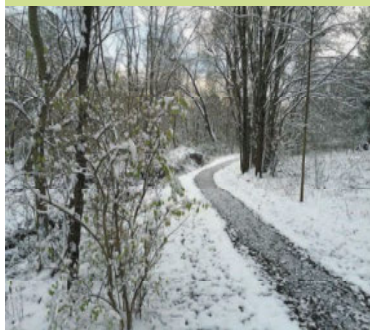
Friends of the Delaware Canal did the work FOR you, visit their website for details about towpath walks or “loop trails.” The site maps out points of entry, distance, landmarks and possible wildlife visitors along the path.



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Free Medicare Educational Events

Where - James E. Kinney Senior Center
Located at 165 Township Road, Richboro, PA 18954

Thursday, October 7, 2021

Thursday, October 21, 2021

Thursday, November 4, 2021

Note All three dates will have two sessions each day.

One in the afternoon at 1:00pm and one in the evening at 6:00pm

Topics Will Include

What is Medicare? • How and when to enroll?

Medicare 101: Know your A, B, C's (and D's)

Medicare Advantage vs Medigap/Supplement:

What are the differences and how do I choose which one is best for me?

How to save money on your prescription drug costs.

I'm still working but thinking of retiring?

What are my options when it comes to Medicare?

What are the penalties if I do not enroll, and how do I avoid them?

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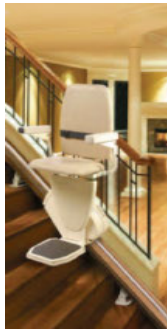


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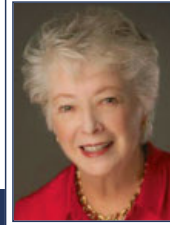
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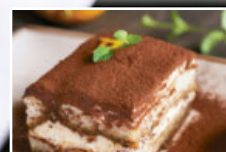
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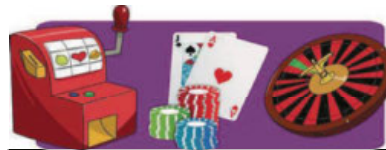
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**IT'S BACK!!
CAESAR'S CASINO
BUS TRIP!
Details are on
Page 2!**



**Sunday, March 13
2:00 AM**

This project is funded in part by the County Commissioners, the Bucks County Area Agency on Aging and Pennsylvania Department of Aging. The Council Rock Senior Citizens Association of Northampton James E. Kinney Senior Center does not endorse or recommend any commercial products, processes or services advertised in this newsletter. Therefore, any mention of the above cannot be construed as an endorsement or recommendation by the Association.