

NORTHAMPTON TOWNSHIP

JAMES E. KINNEY

SENIOR CENTER

May—June 2022 Newsletter



165 Township Road, Richboro, PA 18954

Phone: 215-357-8199

Email: nhsc@nhtwp.org

Website: www.northamptonsc.com



STICKY BUN FUNDRAISER

Purchase a Voucher for SIX

Fritz's Sticky Buns for ONLY \$10.00!!



Vouchers are available at the front desk or mail this order form to the senior center. Visit Bensalem OR the Langhorne-Oxford Valley bakery locations to pick your favorite flavors: Walnut, Raisin, Cinnamon, Walnut Raisin Mix or Whipped Cream Cheese Icing. *Vouchers are valid until September 30, 2022.

Number of Vouchers (\$10 each) _____

Total \$ _____

Each voucher is for SIX Fritz's Sticky Buns

Name: _____

Address: _____

Phone: _____

Email: _____

WELCOME *New Members*

Mildred Stewart
Stacie Pansky
Merle Bibus
Katherine Sekula
Cheryl Adams
Larry Adams
John DiCaprio
Kathleen DiCaprio
Linda Burns
Kathy Gurevitch
Robert Pellegrino
Thomas Gari
Gladys Mendieta White
Anthony Migliorino
Xiomara Migliorino
Debra Marino
Joseph Antonelli
Margery Prawdzik
Jacqueline Murtaugh
Robin Deckard

Carol Caldarone
Arlene Cantor
Paul Cantor
Constance McBride
Conal McBride
Joy Horning
Setphen Hnatko
Phyllis Hnatko
Catherine Jampel
Geraldine E. Liberti
Sylvia Hamberg
Barbara DelVecchio
Sharon Meyer
Rosemarie Daly
Josephine Helmuth
Rita Sumsky
Barbara Kaufman
James Hart

New Members are in order of registration date from February 14—April 7



HUNTERDON HILLS PLAYHOUSE
Wednesday, September 28

One Slight Hitch is a comedic play that focuses on the Coleman family on the day of their oldest daughter's backyard wedding. The bride-to-be is set to marry a conservative all-American guy when an ex-boyfriend shows up. A series of zany, heartfelt events unfold with a surprise ending!

\$105 members / \$110 non-members

Trip includes a delicious lunch entrée with homemade breads, salad & unlimited dessert buffet, coffee or tea, along with round-trip transportation & driver tip.

Bus Departs from the center at 9:30 AM and returns at 5:00 PM. Questions? Please call the center at 215-357-8199 or visit the front desk.



SNIPPETS



IT'S TIME TO RENEW MEMBERSHIP DUES!

Details, membership form AND the list of *Perks Packet* Business Supporters are on page 12.

EVENING HOURS—We are open until 8:00 PM on Tuesday and Thursday!

Cards and Billiards Open Play 3:30—8:00 PM

Tuesday Zumba Gold 3:00 PM

Thursday Aerobics 4:30 PM

*Date to Create** 5:45 PM

**Date to Create painting class is held on the 2nd and 4th Thursday.*

NORTHAMPTON TOWNSHIP 300TH ANNIVERSARY CELEBRATION

Please see pages 6-7 for details about ongoing projects and special events at the senior center and in the Township.



2022 BUCKS COUNTY SENIOR GAMES

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. The registration date passed *BUT* you can still cheer for your friends! You can find the Senior Games event schedule posted in the senior center or visit the Bucks County Senior Games Facebook page at www.facebook.com/BCSeniorGames1/.

THE FOLLOWING GAMES WILL BE HOSTED AT OUR SENIOR CENTER

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

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Holland, PA 18966



hollandvillagepa.com



4-D-5-5

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

14-1717



LEAGUES AND CLASSES

GOLF

The *Senior Center Golf League* at the Neshaminy Valley Golf Club is in full swing! The league meets on Friday at tee times assigned by the Golf League Coordinator, Jerry Royal. If you have any questions about the league or your tee time, please contact Jerry Royal at 586-292-8858 or 215-355-4423 “FORE” more info.

Goal: Exercise, improve your swing and get fresh air.

How to Achieve: Contact the League Coordinator and practice, practice, practice.

Result: Feel better and enjoy the outdoors.



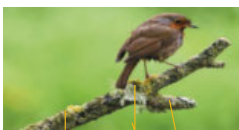
MEDITATION

Learn the benefits of *Mindfulness Meditation*. Meditation enables you to reach inside your center for what truly matters— what *truly* makes you happy. Learn how to turn-off the “frenzy or chatter” that creates stress and anxiety in our lives.

Goal: Improve your mood, gain a different perspective, expel the negative and embrace the positive.

How to Achieve: Join the Mindfulness Meditation class on Monday from 12:00— 1:00 PM.

Result: Feel better and more peaceful.



TAP

Tap Dance Class is held at 11:00am on Wednesday from April— June 15 at the Northampton Recreation Center.

Keep your tap shoes handy because classes will resume in September.

Get Those Toes Tapping!!!



PAINTING

A Date to Create classes are on the 2nd and 4th Thursday at 5:45pm. Upcoming projects will be on display at the front desk so see what you **CAN create** by following the instructor’s simple lesson!

Past Projects:



BOCCE

Bocce League registration will be posted in the lobby from April-May for a June start date. Staff will organize the schedule and then contact Team Captains when their team can pick-up the schedule.

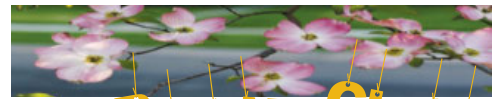
Please be patient, the process takes time.

When you register, please print your name, phone number and email address CLEARLY! Thanks!

Goal: Have fun and meet new people!

How to Achieve: Sign-up in the lobby.

Result: Fun, exercise and new friends!



BOOK CLUB

The **Book Club** meetings, held on the third Wednesday and the fourth Thursday of each month, will now take place in the Art Room.



DEL VAL CLR CLASSES

Delaware Valley Center for Learning in Retirement (CLR) virtual summer classes will be available at the end of May.

Goal: Learn something new!

How to Achieve: View the course list at the center or read our weekly e-blast for information.

Result: Knowledge & meet peers with similar interests.



EVENING CLASSES

The center is open until 8 PM on Tuesday and Thursday. We hope to expand the center’s evening activities, so if you know of an instructor or a class of interest, please let us know.

* Educational Classes * Exercise * Language Arts



To The Beach She Goes...



It is with mixed emotions that we announce the retirement of Kathy Gurevitch, our dear friend and beloved employee, on April 1, 2022. We have been very fortunate to have had Kathy as integral part of the senior center team for the last 17 years.

Kathy will always be remembered for her hard work, dedication, and commitment to seniors and the center. An Energizer bunny with amazing hula hooping skills also comes to mind when describing this special lady!

Best wishes to Kathy! It's now off to her next adventure in flip flops with sand between her toes, and a good dose of vitamin "sea."

One thing is for sure...Kathy will never retire from being **A WESOME!**



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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

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NORTHAMPTON TOWNSHIP 300th ANNIVERSARY CELEBRATION



All Township Departments are involved with planning activities to commemorate the 300th Anniversary. Check the following sites for up-to-date information on the activities planned in the spring, summer and fall: *Northampton Township's 300th Anniversary* on Facebook, *Northampton Township 300* on Instagram or www.northamptontownship.com.

The James E. Kinney Senior Center is Proud to Present the Following Programs

Women Soldiers and Spies of the Civil War *Thursday, May 12 2:00 PM - 3:30 PM*



This presentation, performed in period dress, 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.

Fabric Spinning Demonstration *Tuesday, July 26 6:00 PM - 7:00 PM*

This demonstration highlights the history of spinning in the 18th century, placing it in context of a woman's daily life and responsibility. Fabric spinning is performed on a period Great Wheel (aka 'wool or walking wheel') using hand-carded rolags of fabric. Attendees will have the opportunity to observe the various steps necessary to turn the raw material into yarn and to try some of it for themselves, under the guidance of the presenter. All will gain a better understanding of what is happening at the wheel and its part in the story of cloth production.



A Look Into the Life of a Colonist *Natural Dyes and Tape Loom Weaving* *Tuesday, June 21 6:00 - 7:00 PM*



This Textile Demonstration will dispel the misconception that the 18th century was a dull and drab time in clothing and textiles. Using many brilliant examples of hand-dyed fibers and actual raw dyestuffs, our presenter will take the audience through the different processes involved in natural dyeing and make it relevant to the colonists in our area.

The second portion of the presentation will begin with our presenter showing the most common colorways used for tape, a narrow band of woven threads used for decorative and functional purposes. She will demonstrate and explain the process, explore different styles of looms that are used to accomplish this task, and allow attendees the opportunity to try their hands at weaving tape, as time allows.



The Center's Anniversary Programs are FREE and Open to the Community!

Please RSVP to the senior center at 215-357-8199 or nhsc@nhtwp.org.

Festival Weekend!

September 24— September 25

Saturday: Performances, activities and workshops are planned through the Township.
Sunday: Celebrate the 300th at the Northampton Day Festival!!

HISTORY MYSTERY GALA

Friday, October 14 6:00 PM

A mystery with some history at the Northampton Valley Country Club.
November is All Things 300!
Contests and challenges will be scheduled throughout the month.

Historical Board of Supervisors Meeting

December 14

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



300 MARVELOUS MEMORIES



Take a step back in time to 300 years ago. Stop by the senior center to have a “vintage style” photo taken. See what you would look like as a female aristocrat or an 18th century gentleman. All you need to do is pop your face into a cardboard cutout to create the moment.

The center will be taking 300 vintage photos beginning Thursday, May 12th. The same date as the special program “*Women Soldiers & Spies of the Civil War*”. Pictures will be processed and on display at the center until the *Grand Celebration* on Saturday, September 24, 2022. On that day, you will be able to claim your vintage photo which will be affixed in a keepsake frame.

The community is invited to participate!

Vintage Photo Schedule

Starts on Thursday, May 12 until 300 pictures are collected.

Tuesday	4:30 PM—7:30 PM
Wednesday	1:00 PM—3:00 PM
Thursday	4:30 PM—7:30 PM
Friday	1:00 PM—3:00 PM



Maybe it's Time for a Second Opinion? *call me.*

Ameriprise has helped clients navigate challenging economic times for over 125 years. Now as always, I'm here to inform and support you with ongoing market updates, investment recommendations and personalized advise to help keep our plans on track and your goals clear. Together, we'll focus on what matters most to your financial life.

Call me today to discuss your goals.



Ryan D. Murray
APMA®, CRPC®, CLTC®, CFS®, CAS
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Managing Director

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ryan.d.murray@ampf.com
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4-D-5-5

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14-1717

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 Billiards -02- 9:15 Mah Jongg 9:15 Seniorcise 9:30 Stained Glass 10:30 Seniorcise 12:00 Billiard League 12:00 Meditation 12:00 Scrabble 1:30 Table Tennis	9:15 Billiards -03- 9:15 Tai Chi 9:30 Watercolors 10:00 Oh S*** & Bridge 10:30 Aerobics 11:30 Canasta 12:00 Luv 2 Dance 12:30 Poker Club 1:30 Vinyasa Yoga 3:00 Zumba Gold	9:15 Billiards -04- 10:30 Gentle Yoga 11:00 Tap Time 11:45 Pinochle Tournament 1:00 On Your Feet 1:00 Coloring Club No Chair Yoga Today	9:15 Billiards -05- 9:15+10:30 Seniorcise 9:30 Wood Carving 10:00 Oh S*** & Bridge 11:30 Canasta 12:30 Poker Club 3:30 Card Room Open 4:30 Aerobics	8:00 Golf -06- 9:15 Billiards 10:30 Aerobics 12:00 Table Tennis
9:15 Billiards -09- 9:15 Mah Jongg 9:15 Seniorcise 9:30 Stained Glass 10:30 Seniorcise 12:00 Billiard League 12:00 Meditation 12:00 Scrabble 1:30 Table Tennis	9:15 Billiards -10- 9:15 Tai Chi 9:30 Watercolors 10:00 Oh S*** & Bridge 10:30 Aerobics 11:30 Canasta 12:00 Luv 2 Dance 12:30 Poker Club 1:30 Vinyasa Yoga 3:00 Zumba Gold	9:15 Billiards -11- 10:30 Gentle Yoga 11:00 Tap Time 11:45 Chair Yoga 11:45 Pinochle Tournament 1:00 On Your Feet 1:00 Coloring Club	9:15 Billiards -12- 9:15+10:30 Seniorcise 9:30 Wood Carving 10:00 Oh S*** & Bridge 11:30 Canasta 12:30 Poker Club 3:30 Card Room Open 4:30 Aerobics 5:45 Art Class	8:00 Golf -13- 9:15 Billiards 10:30 Aerobics 12:00 Table Tennis
9:15 Billiards -16- 9:15 Mah Jongg 9:15 Seniorcise 9:30 Stained Glass 10:30 Seniorcise 12:00 Billiard League 12:00 Meditation 12:00 Scrabble 1:30 Table Tennis	PRIMARY ELECTION DAY The Center is a Polling Site. Day and evening exercise classes and cards are cancelled. 9:15—7:30pm Billiards 9:30 Watercolors	9:15 Billiards -18- 10:30 Book Club 10:30 Gentle Yoga 11:00 Tap Time 11:45 Chair Yoga 11:45 Pinochle Tournament 1:00 On Your Feet 1:00 Coloring Club	9:15 Billiards -19- 9:15+10:30 Seniorcise 9:30 Wood Carving 10:00 Oh S*** & Bridge 11:30 Canasta 12:30 Poker Club 3:30 Card Room Open 4:30 Aerobics	8:00 Golf -20- 9:15 Billiards 10:30 Aerobics 12:00 Table Tennis
9:15 Billiards -23- 9:15 Mah Jongg 9:15 Seniorcise 9:30 Stained Glass 10:30 Seniorcise 12:00 Billiard League 12:00 Meditation 12:00 Scrabble 1:30 Table Tennis	9:15 Billiards -24- 9:15 Tai Chi 9:30 Watercolors 10:00 Oh S*** & Bridge 10:30 Aerobics 11:30 Canasta 12:00 Luv 2 Dance 12:30 Poker Club 1:30 Vinyasa Yoga 3:00 Zumba Gold	9:15 Billiards -25- 11:00 Tap Time 11:45 Chair Yoga 11:45 Pinochle Tournament 1:00 On Your Feet 1:00 Coloring Club Gentle Yoga is on 5/27	9:15 Billiards -26- 9:15+10:30 Seniorcise 9:30 Wood Carving 10:00 Oh S*** & Bridge 11:30 Canasta 12:30 Poker Club 2:00 Book Club 2 3:30 Card Room Open 4:30 Aerobics 5:45 Art Class	8:00 Golf -27- 9:15 Billiards 10:30 Aerobics 12:00 Gentle Yoga 1:15 Table Tennis
The Center is Closed Today 	9:15 Billiards -31- 9:15 Tai Chi 9:30 Watercolors 10:00 Oh S*** & Bridge 10:30 Aerobics 11:30 Canasta 12:00 Luv 2 Dance 12:30 Poker Club 1:30 Vinyasa Yoga 3:00 Zumba Gold	NOTES ABOUT 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, stick, chalk). The center's computerized HVAC system cannot be adjusted by staff. Please remember to dress in layers and bring a sweater or jacket.		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	TUESDAY AND THURSDAY 3:30-7:30 PM OPEN PLAY FOR BILLIARDS AND CARDS	9:15 Billiards 11:00 Tap Time 11:45 Chair Yoga 11:45 Pinochle Tournament 1:00 On Your Feet 1:00 Coloring Club Gentle Yoga is on 6/3	9:15 Billiards 9:15+10:30 Seniorcise 9:30 Wood Carving 10:00 Oh S*** & Bridge 11:30 Canasta 12:30 Poker Club 3:30 Card Room Open 4:30 Aerobics	8:00 Golf 9:15 Billiards 10:00—2:00 SENIOR GAMES: BOCCE 10:30 Aerobics 12:00 Gentle Yoga 1:15 Table Tennis		
		9:15 Billiards -06- 9:15 Mah Jongg 9:15+10:30 Seniorcise 9:30 Bocce 9:30 Stained Glass 12:00 Billiard League 12:00 Meditation 12:00 Scrabble 1:30 Table Tennis	9:15 Billiards -07- 9:15 Tai Chi 9:30 Bocce 9:30 Watercolors 10:00 Oh S*** & Bridge 10:30 Aerobics 11:30 Canasta 12:00 Luv 2 Dance 12:30 Poker Club 1:30 Vinyasa Yoga 3:00 Zumba Gold	9:30—2:30 SENIOR GAMES: BILLIARDS 9:30 Bocce 10:30 Gentle Yoga 11:00 Tap Time 11:45 Chair Yoga 11:45 Pinochle Tournament 1:00 On Your Feet 1:00 Coloring Club	9:15 Billiards -09- 9:15+10:30 Seniorcise 9:30 Bocce 9:30 Wood Carving 10:00 Oh S*** & Bridge 11:30 Canasta 12:30 Poker Club 3:30 Card Room Open 4:30 Aerobics 5:45 Art Class	8:00 Golf 9:15 Billiards 9:30 Bocce 10:30 Aerobics 12:00 Table Tennis
		9:15 Billiards -13- 9:15 Mah Jongg 9:15+10:30 Seniorcise 9:30 Bocce 9:30 Stained Glass 12:00 Billiard League 12:00 Meditation 12:00 Scrabble 1:30 Table Tennis	9:15 Billiards -14- 9:15 Tai Chi 9:30 Bocce 9:30 Watercolors 10:00 Oh S*** & Bridge 10:30 Aerobics 11:30 Canasta 12:00 Luv 2 Dance 12:30 Poker Club 1:30 Vinyasa Yoga 3:00 Zumba Gold	9:15 Billiards -15- 9:30 Bocce 10:30 Book Club 10:30 Gentle Yoga 11:00 LAST Tap Class 11:45 Chair Yoga 11:45 Pinochle Tournament 1:00 On Your Feet 1:00 Coloring Club	9:15 Billiards -16- 9:15+10:30 Seniorcise 9:30 Bocce 9:30 Wood Carving 10:00 Oh S*** & Bridge 11:30 Canasta 12:30 Poker Club 3:30 Card Room Open 4:30 Aerobics	8:00 Golf 9:15 Billiards 9:30 Bocce 10:30 Aerobics 12:00 Table Tennis
		9:15 Billiards -20- 9:15 Mah Jongg 9:15+10:30 Seniorcise 9:30 Bocce 9:30 Stained Glass 12:00 Billiard League 12:00 Meditation 12:00 Scrabble 1:30 Table Tennis	9:15 Billiards -21- 9:15 Tai Chi 9:30 Bocce 9:30 Watercolors 10:00 Oh S*** & Bridge 10:30 Aerobics 11:30 Canasta 12:00 Luv 2 Dance 12:30 Poker Club 1:30 Vinyasa Yoga 3:00 Zumba Gold	9:15 Billiards -22- 9:15 Billiards 9:30 Bocce 10:30 Gentle Yoga 11:45 Chair Yoga 11:45 Pinochle Tournament 1:00 On Your Feet 1:00 Coloring Club	9:15 Billiards -23- 9:15+10:30 Seniorcise 9:30 Bocce, Wood Carving 10:00 Oh S*** & Bridge 11:30 Canasta 12:30 Poker Club 2:00 Book Club 2 3:30 Card Room Open 4:30 Aerobics 5:45 Art Class	8:00 Golf 9:15 Billiards 9:30 Bocce 10:30 Aerobics 12:00 Table Tennis
		9:15 Billiards -27- 9:15 Mah Jongg 9:15+10:30 Seniorcise 9:30 Bocce 9:30 Stained Glass 12:00 Billiard League 12:00 Meditation 12:00 Scrabble 1:30 Table Tennis	9:15 Billiards -28- 9:15 Tai Chi 9:30 Bocce, Watercolors 10:00 Oh S*** & Bridge 10:30 Aerobics 11:30 Canasta 12:00 Luv 2 Dance 12:30 Poker Club 1:30 Vinyasa Yoga 3:00 Zumba Gold	9:15 Billiards -29- 9:15 Billiards 9:30 Bocce 10:30 Gentle Yoga 11:45 Chair Yoga 11:45 Pinochle Tournament 1:00 On Your Feet 1:00 Coloring Club	9:15 Billiards -30- 9:15+10:30 Seniorcise 9:30 Bocce 9:30 Wood Carving 10:00 Oh S*** & Bridge 11:30 Canasta 12:30 Poker Club 3:30 Card Room Open 4:30 Aerobics	<p style="text-align: center;">NOTES</p> <p>There is a small fee for classes with an instructor. Fees are paid at the start of class.</p> <p>Bring your own exercise and billiards equipment to the center.</p>



IF YOU BUILD IT...




BUILD A GARDEN

By Ben Cornu

Participate in the many mental and physical benefits of gardening—even if you do not have a yard or if it is difficult to get outside—by making an indoor garden with potted plants or an extensive array of greenery and flowers.

FIND THE BEST LOCATION

Before investing in supplies or plants, decide on the best location for your new indoor garden.

-  Place a plant stand or table near a window, or utilize empty space on a bookshelf.
-  Choose the right plant or flowers for the amount sunlight in your garden area—full, or partial sun, or little to no light.
-  Make the most of your space. Use hanging plants to add color to a small room or a cascading plant on a shelf or mantle.

INVEST IN BASIC TOOLS



Your indoor garden will take little investment. Try to have (or borrow) a few basics tools:

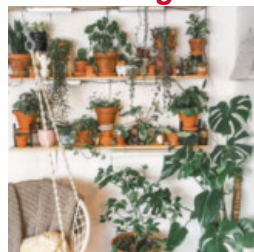
- ◆ Handheld shovel or spade*
- *Look for ergonomic hand tools to minimize hand and wrist stress.
- ◆ Small watering can
- ◆ Pruning shears
- ◆ Potting soil—for moisture or a specialty mix
- ◆ Planter boxes or pots that best fit your space, your plants, seeds or bulbs.



CHOOSE THE RIGHT PLANTS FOR YOUR INDOOR GARDEN

Full Sun: Tropical Hibiscus, Aloe Vera, Jade plants, Cactus/Succulents or Jasmine.

Indirect Light: Spider plants or African Violets.



Low Light: Evergreen, Ferns, Philodendron or Rubber plants.



BUILD A BETTER PLATE

Anna Taylor, R.D., Cleveland Clinic

“Your health is more than just a number on a scale—the types of food you eat can affect disease risk and longevity.” Here are a few tips for a balanced diet:

Aim for Color: The more vibrant produce colors on your plate, the more fiber, potassium and antioxidants.

Make Small Changes: Tweak your behavior such as increasing your water intake, building meals with fewer processed foods and eating only when you are physically hungry, can make a BIG difference.

Eat Real Food: The more processed the food, the fewer health-enhancing nutrients it has. Choose baked chicken over fried tenders, an apple instead of apple juice, roasted red skin potatoes instead of boxed mashed potatoes, or brown rice over instant rice mix.

Sneak in Veggies: Add shredded carrots and sliced mushrooms to marinara sauce, make cauliflower rice or zucchini noodles, bulk-up soups, stews or chili with vegetables from your fridge, or top sandwiches with spinach and tomato.

Parade, March 2022

RESEARCH PLANTS TO MATCH YOUR SKILLS

Novice Gardener: Easy care plants that can survive all kinds of conditions—Succulents, Snake Plants, Fiddle Fig Leaf, Money or Devil’s Ivy plants.

Attentive Nurturer: Orchids, African Violets, Begonia, Azalea or Gardenia plants.

Keep track of the watering schedule on a notepad.

USE YOUR IMAGINATION



Plant an herb garden



Plant bulbs

Experiment with planting an avocado pit (or other pits/seeds) or try to “root” a stem/branch for replanting.





Lemon Spaghetti with Shrimp

Serves: 4
Cooking Level: Easy
Prep Time: 20 Minutes
Cook Time: 15 Minutes

Ingredients:

- | | |
|--|-----------------------------------|
| 2/3 cup + 2 tablespoons Olive oil | 1 pound dried spaghetti |
| 2/3 cup Freshly grated Parmesan cheese | 1/3 cup chopped fresh basil |
| 1/2 cup Freshly squeezed lemon juice (from about 2 lemons) | 1 teaspoon garlic powder |
| 1 tablespoon grated lemon zest from 2 lemons | 1 lb. medium cleaned fresh shrimp |
| 1/2 teaspoon ground black pepper—more to taste | 3/4 teaspoon salt—more to taste |

Instructions:

In a large bowl, whisk the oil, parmesan cheese, lemon juice, 3/4 teaspoon of salt, and 1/2 teaspoon of pepper to blend. Set the lemon sauce aside.

Meanwhile, bring a large pot of salted water to boil. Add the spaghetti and cook, stirring occasionally until firm to the bite. About 8 minutes. Drain.

Heat 2 tablespoons of olive oil in a large frying pan. Add shrimp and season with garlic powder. Sauté until pink. Set aside.

Add the cooked pasta to the lemon sauce, and toss with the basil and lemon zest. Transfer to a serving bowl. Top with the cooked shrimp. Season with salt and pepper to taste. Serve.

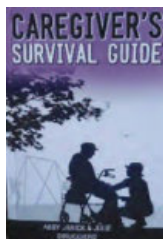
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- ★ A bi-monthly newsletter delivered to your home
- ★ “In the Loop” email alerts
- ★ Exclusive Members-Only *Awesome Members Perks Packet* with discount offers from local businesses. Use the coupons to support the businesses that support *YOUR* senior center.

HOW TO RENEW YOUR MEMBERSHIP

- ◆ Complete the form above.
- ◆ Provide a \$25.00 check per member.
- ◆ Include a business size, self-addressed stamped envelope with the form and payment.
- ◆ Membership dues are payable/mailed to:
James E. Kinney Senior Center
165 Township Road
Richboro, PA 18954
- ◆ Or complete the membership form and visit the center to make your payment.

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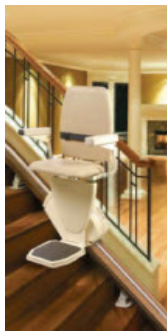
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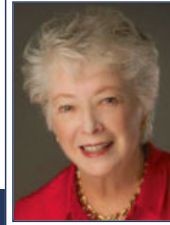
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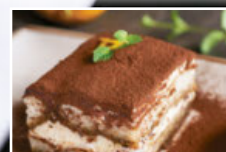
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