

NORTHAMPTON TOWNSHIP

JAMES E. KINNEY

SENIOR CENTER



July—August 2022 Newsletter



Phone

215-357-8199

Address

165 Township Road, Richboro, PA 18954

Email

nhsc@nhtwp.org

Website

www.northamptonsc.com



Senior Center Hours

Monday, Wednesday, Friday
Tuesday and Thursday



9:00 AM—3:30 PM
9:00 AM—8:00 PM





NEED A SPECIAL TREAT FOR A SUMMER PICNIC, BBQ OR PARTY? FRITZ'S STICKY BUN VOUCHERS ARE AVAILABLE AT THE SENIOR CENTER!



Vouchers
For SIX
Sticky
Buns
\$10.00

You Can
FREEZE
Sticky
Buns.

Purchase your voucher at the senior center or mail in this order form. Take your voucher to the Fritz's Bakery location in Langhorne-Oxford Valley or Bensalem to choose your favorites: Whipped Cream Cheese Icing, Walnut, Walnut Raisin, Cinnamon, or Walnut Raisin Mix.

Number of Vouchers (\$10 each) _____ Total \$ _____
Each voucher is for SIX Fritz's Sticky Buns

Name: _____

Address: _____

Phone: _____ Email: _____



BILLION DOLLAR TRIO BUS TRIP Wednesday, August 17, 2022



REVEL TO THE MUSIC OF AMERICA'S
MOST FAMOUS ENTERTAINERS:
NEIL DIAMOND, PATSY CLINE
AND JUDY GARLAND



Join the James E. Kinney Senior Center on a bus trip to The Shore Club (formerly Doolan's) in Spring Lake, New Jersey. Lunch, dancing, laughter, singing and so much more all at an unbeatable price! Bring your friends and have a wonderful celebration!

\$105 MEMBERS— Trip includes a fun-filled show, one-hour open bar, fresh garden
\$110 NON-MEMBERS salad, soup and your choice of a delicious lunch entrée with dessert.
Round-trip transportation and driver tip is also included.

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

NOTEWORTHY 3

2022—2023 Membership

Stop in or mail your renewal membership dues for July 1—June 30, 2023.
Renewal Form: Page 12

Date to Create

**Thursday, July 14, July 28,
August 11 and August 25**
5:45 PM—8:00 PM

Make your own masterpiece.
View the upcoming projects at the front desk.
\$24.00 (supplies included)

JAG-ONE Physical Therapy Presentation

“Get Stronger, Live Longer”

Friday, July 15
9:30-10:30 AM

Details: Page 7



300th Anniversary

Fabric Spinning Demonstration

Tuesday, July 26 6—7 PM
Learn how 18th Century fabric was created. Demonstrations!

300th Festival Weekend

September 24—25
9:00 AM—2:30 PM

300th Details: Page 13

Bus Trip

Billion Dollar Trio

Wednesday, August 17
Sing and Dance to America’s beloved entertainers:
Neil Diamond, Patsy Cline and Judy Garland.



Fall Into FUN

A “note” about fall events!

September

◇ **Delaware Valley University CLR Virtual Classes**

Registration will begin.

◇ **Tap and Ballet Dance Class**

Returns on September 21
Tap at 11am, Ballet at 12pm

◇ **Tech Savvy Training**

Stay “tuned” for details.

October

Boscov’s Shopping Day

Wednesday, October 19

8 AM—11 PM

Details: Page 7

League Registration

Billiards, Darts and Shuffleboard

Christ's Home

Everything you need to heal.

We're your 5-Star* choice for post-hospital care, with skilled nursing rehab, plus onsite physical, occupational and speech therapies and hotel-like amenities.



Christ's Home

*As rated by the Center for Medicare/Medicaid



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HOLLAND VILLAGE



Schedule a Tour of our Newly Renovated Campus

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

280 Middle Holland Road
Holland, PA 18966



hollandvillagepa.com





BUCKS COUNTY 2022 SENIOR GAMES



The 39th Annual Senior Games was a celebration of healthy lifestyles, a variety of activities and friendly competition held at different Bucks County sites. The Kick-Off Event was held on May 25 at Bucks County Community College.

The participants were invited to join in the fun which included a Zumba class, a cornhole tournament, a walking and orienteering group, chess class, free health screenings, a Medicare workshop, a hydration station to sample flavored water, a photo booth and a free picnic style lunch! There were sponsor giveaways and lots of door prizes too!

The full schedule of Senior Games activities and events ran from June 1 to June 17. Our center was invited to host the Bocce tournaments on Friday, June 3 and the Billiards tournament on Wednesday, June 8. It was a perfect opportunity to meet new people and show off our impressive center!

Get ready for 40 YEARS of Senior Games in 2023!



Congratulations Lottery Winners

April 2022

Delores Ingram
Marianne Salvatore

Gladys Mendieta-White
Judie Wetherby

May 2022

Conal McBride
Bonnie Emilius

Margie Richards
Joshua Jobs



New Members

Rita Sumsky
Karen Schiffer
Wolfgang Schiffer
Sylvia Hawkins
Margery Prawdzik
Joyce Linder
Shantu Kalwani
Diane Ronan
Shirley Messina
Barbara Durkin
Diane Ledger
Sandra Bonner-Davis
Richard Fiorillo
Mary Puro
Joanna Ritenbaugh
Anita Morris
William Bermingham
Lisa Grass
Joseph Palommella
Millicent Neff
Ashok Dayal
Josephine Palommella
Dominic Palommella

Alan Brown
Kathleen Espieg
William Brucker
Donna Bruker
Kathleen Murtaugh
Claire Marshall
Paul Elinich
Shirley Roque
Arthur Weinstein
Louise Cannon
Douglas Hampson
Kathryn Hampson
Carol Bucher
Tom Bucher
JoAnn Gerhart
Bernard Singer
Dilia Maldonado
Diniel Maldonado
Phyllis Kelly
Gerard Funck
Arleen McCay
Barbara Kelly

*In order of registration
from April 8—June 6.*



Ross Birnbaum
(right) at the
Northampton
Township
Senior Center.

AWESOME JOB TO EVERYONE WHO PARTICIPATED IN THE 2022 SENIOR GAMES.

Pete Palestina (center), Vince Pucillo
(right) and Stephen Lakatos (left)



PROPER HYDRATION IS IMPORTANT FOR SENIORS



Seniors should consume 6-8 glasses of water a day. Proper hydration has many health benefits! Staying hydrated affects the flow of oxygen to the brain and tissues which leads to clear thinking and more energy.

- Water helps the stomach feel full which could help reduce caloric intake to encourage a healthy weight.
- Water with meals can help keep the digestive processes moving properly.
- Properly hydrated people have blood that is thinner which is easier for the heart to pump throughout the body.
- Staying hydrated can reduce the number of headaches as well as the chance of kidney stones.
- Hydration provides Improved brain performance. Even mild dehydration – as little as 2% fluid loss – can affect memory, mood, concentration, and reaction time.
- Proper hydration can help decrease joint pain.
- Drinking enough fluids throughout the day can help your body have better temperature regulation.



If drinking a lot of water doesn't appeal to you or fills you up too much, keep in mind that you don't have to drink it all at once. Instead, take sips throughout the day. Remember that sipping on 100% fruit juice, milk, clear broth, herbal tea, and other healthy liquids counts toward your requirements, so drink up!



THE MANOR
at York Town
Indulge IN THE POSSIBILITIES
& CELEBRATE NEW BEGINNINGS!

To schedule your in-person and virtual tours with Courtney,
Director of Sales and Marketing, please call (877) 242-0412
or go to TheManoratYorkTown.org/Lifestyle

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IS BEING OFFERED! FOR A *limited time!*

The Manor at York Town • 2010 York Road, Jamison, PA 18929

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215-322-5545

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



Activity News

BE BALANCED! WEDNESDAY 2:15 PM

\$2.00 for members / \$4.00 for non-members

Join Be Balanced! and meet out newest instructor, Rachel Ruel. Be Balanced! is a muscle conditioning class for seniors. This class will work on areas important to assist in everyday activities such as increasing muscular strength, endurance, range of motion, flexibility and balance.

All fitness levels are welcome, exercises can be performed standing (with a chair for support) or seated. Hand weights are recommended.



ABOUT RACHEL...

Rachel has had experience as a Fitness Instructor for 27 years. She is certified by AFAA (Athletics and Fitness Association of America) as a Group Fitness Instructor. Rachel is certified in Yoga, Indoor Cycling, Senior Fitness and Weight Room Training.

Rachel has attended many workshops and Fitness Conferences in order to maintain her certifications. In order to provide the best workout for each person, Rachel will stress body awareness and proper alignment.



AEROBICS AND ON YOUR FEET

Please be advised that there will be a substitute instructor for Aerobics (Tuesday/ Friday) and On Your Feet (Wednesday) from Friday, July 29—August 12.

Dates of NO Classes:

- ⇒ Aerobics Friday, August 5.
- ⇒ Aerobics Thursday evening (4:30 PM) from July 28—August 11.

Nancy will return the week of August 15.

2021-2022 League Results



2021-2022 DART LEAGUE

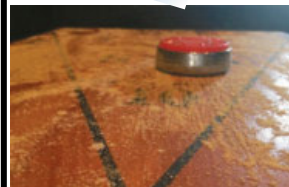
FIRST PLACE WINNERS
CONGRATULATIONS TEAM "C"
MARK SENIOR AND MARIA AMMANN

Team C had 52 WINS—
the **HIGHEST** number of wins!

SECOND PLACE WINNERS
CONGRATULATIONS TEAM "B"
**SHIRLEY TROXELL, FRAN STRATTON,
PAT FRITZ AND MARIE FEURIG**

Team B had 47 WINS

**A JOB WELL DONE BY
ALL OF THE DART
LEAGUE PLAYERS!**



2021-2022 TABLE SHUFFLEBOARD

FIRST PLACE WINNERS
CONGRATULATIONS TEAM 10
**CONCETTA PIONZIO, JIM MACMAIN,
TUAN LE AND VINCE JUDITH**

SECOND PLACE WINNERS
CONGRATULATIONS TEAM 2
**RALPH ROGERS, MARIE FEURIG,
PAT TUSTIN AND PAT FRITZ**

**GREAT JOB TO
ALL OF THE
SHUFFLEBOARD
PLAYERS!**





**"Get Stronger, Live Longer!"
Presentation**

Friday, July 15 9:30-10:30 AM

JAG-ONE Physical Therapy staff will present safe exercises you can do at home to strengthen key muscles that are helpful to prevent falls, and improve balance and walking.

- Learn facts about how falls are the leading cause of death in older adults.
- Learn how to prevent falls and how your environment can directly affect you.
- Question/answer session.
- Games and light refreshments.

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



WEDNESDAY, OCTOBER 19

Shop from

8:00AM – 11:00PM



\$5.00 for a 25% All-Day Shopping Pass



The senior center benefits from EACH ticket sold!

Take part in the "shop for a cause" fun, enjoy an afternoon or evening shopping with friends and start your holiday shopping early!

For tickets or information, please call the center at 215-357-8199 or email nhsc@nhtwp.org.

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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4-D-5-5

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14-1717

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JULY</p> 	<p>Lottery Drawing</p>  <p>Tuesday July 12 at 12pm</p>	<p>NOTES ABOUT ACTIVITIES</p> <p>There is a nominal fee for classes with an instructor. Fees are paid at the start of class.</p> <p>The center's computerized HVAC system cannot be adjusted by staff. Please dress in layers and bring a sweater or jacket.</p> <p>EVENING HOURS TUESDAY/THURSDAY</p> <p>"Open Play" Cards and Billiards 3:30 PM—7:30 PM</p>	<p>-1-</p> <p>8:00 Golf 9:15 Billiards 9:30 Bocce 10:30 Aerobics 12:00 Table Tennis</p>	
<p>The Center is Closed Today.</p> 	<p>9:15 Billiards, Tai Chi -5- 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</p>	<p>9:15 Billiards -6- 9:30 Bocce 10:30 Gentle Yoga 11:45 Chair Yoga 11:45 Pinochle Tournament 1:00 On Your Feet 1:00 Coloring Club 2:15 Be Balanced!</p>	<p>9:15 Billiards -7- 9:15+10:30 Seniorcise 9:30 Bocce 9:30 Wood Carving 10:00 Oh S*** & Bridge 11:30 Canasta 12:30 Poker Club 4:30 Aerobics</p>	<p>-8-</p> <p>8:00 Golf 9:15 Billiards 9:30 Bocce 10:30 Aerobics 12:00 Table Tennis</p>
<p>9:15 Billiards -11- 9:15 Mah Jongg 9:15 Seniorcise 9:30 Bocce 9:30 Stained Glass 10:30 Seniorcise 12:00 Billiard League 12:00 Scrabble 1:30 Table Tennis No Meditation Today</p>	<p>9:15 Billiards -12- 9:15 Tai Chi 9:30 Bocce, Watercolors 10:00 Oh S*** & Bridge 10:30 Aerobics 11:30 Canasta 12:00 LOTTERY  12:00 Luv 2 Dance 12:30 Poker Club 1:30 Vinyasa Yoga 3:00 Zumba Gold</p>	<p>9:15 Billiards -13- 9:30 Bocce 10:30 Gentle Yoga 11:45 Chair Yoga 11:45 Pinochle Tournament 1:00 On Your Feet 1:00 Coloring Club 2:15 Be Balanced!</p>	<p>9:15 Billiards -14- 9:15+10:30 Seniorcise 9:30 Bocce 9:30 Wood Carving 10:00 Oh S*** & Bridge 11:30 Canasta 12:30 Poker Club 4:30 Aerobics 5:45 Art Class</p>	<p>-15-</p> <p>8:00 Golf 9:15 Billiards 9:30 Bocce 10:30 Aerobics 12:00 Table Tennis</p>
<p>9:15 Billiards -18- 9:15 Mah Jongg 9:15 Seniorcise 9:30 Bocce 9:30 Stained Glass 10:30 Seniorcise 12:00 Billiard League 12:00 Meditation 12:00 Scrabble 1:30 Table Tennis</p>	<p>9:15 Billiards -19- 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</p>	<p>9:15 Billiards -20- 9:30 Bocce 10:30 Book Club 10:30 Gentle Yoga 11:45 Chair Yoga 11:45 Pinochle Tourn. 1:00 On Your Feet 1:00 Coloring Club 2:15 Be Balanced!</p>	<p>9:15 Billiards -21- 9:15+10:30 Seniorcise 9:30 Bocce 9:30 Wood Carving 10:00 Oh S*** & Bridge 11:30 Canasta 12:30 Poker Club 4:30 Aerobics</p>	<p>-22-</p> <p>8:00 Golf 9:15 Billiards 9:30 Bocce 10:30 Aerobics 12:00 Table Tennis</p>
<p>9:15 Billiards -25- 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</p>	<p>9:15 Billiards, Tai Chi -26- 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 </p> <p>6:00-7:00 300th Event</p>	<p>9:15 Billiards -27- 9:30 Bocce 10:30 Gentle Yoga 11:45 Chair Yoga 11:45 Pinochle Tournament 1:00 On Your Feet 1:00 Coloring Club</p> <p>No Be Balanced! Today</p>	<p>9:15 Billiards -28- 9:15+10:30 Seniorcise 9:30 Bocce 9:30 Wood Carving 10:00 Oh S*** & Bridge 11:30 Canasta 12:30 Poker Club 2:00 Book Club 2 5:45 Art Class</p> <p>No 4:30 Aerobics</p>	<p>-29-</p> <p>8:00 Golf 9:15 Billiards 9:30 Bocce 10:30 Aerobics 12:00 Table Tennis</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 9:15 Billiards -1- 9:15 Mah Jongg 9:15+10:30 Seniorcise 9:30 Stained Glass 9:30 Bocce 10:30 Seniorcise 12:00 Billiard League 12:00 Meditation 12:00 Scrabble 1:30 Table Tennis	9:15 Billiards, Tai Chi -2- 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 -3- 9:30 Bocce 10:30 Gentle Yoga 11:45 Chair Yoga 11:45 Pinochle Tourn. 1:00 On Your Feet 1:00 Coloring Club 2:15 Be Balanced!	9:15 Billiards -4- 9:15+10:30 Seniorcise 9:30 Bocce 9:30 Wood Carving 10:00 Oh S*** 10:00 Bridge 11:30 Canasta 12:30 Poker Club No 4:30 Aerobics	8:00 Golf -5- 9:15 Billiards 9:30 Bocce 12:00 Table Tennis  <div style="border: 1px solid black; padding: 2px; display: inline-block;">No Aerobics Today</div>
9:15 Billiards -8- 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, Tai Chi -9- 9:30 Bocce, Watercolors 10:00 Oh S*** & Bridge 10:30 Aerobics 11:30 Canasta 12:00 LOTTERY  12:00 Luv 2 Dance 12:30 Poker Club 1:30 Vinyasa Yoga 3:00 Zumba Gold	9:15 Billiards -10- 9:30 Bocce 10:30 Gentle Yoga 11:45 Chair Yoga 11:45 Pinochle Tourn. 1:00 On Your Feet 1:00 Coloring Club 2:15 Be Balanced!	9:15 Billiards -11- 9:15+10:30 Seniorcise 9:30 Bocce 9:30 Wood Carving 10:00 Oh S*** & Bridge 11:30 Canasta 12:30 Poker Club 5:45 Art Class No 4:30 Aerobics	8:00 Golf -12- 9:15 Billiards 9:30 Bocce 10:30 Aerobics 12:00 Table Tennis
9:15 Billiards -15- 9:15 Mah Jongg 9:15 Seniorcise 9:30 Bocce 9:30 Stained Glass 10:30 Seniorcise 12:00 Billiard League 12:00 Scrabble 1:30 Table Tennis No Meditation Today	9:15 Billiards -16- 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 -17- 9:30 Bocce TRIP 10:30 Book Club 10:30 Gentle Yoga 11:45 Chair Yoga 11:45 Pinochle Tournament 1:00 On Your Feet 1:00 Coloring Club No Be Balanced! Today	9:15 Billiards -18- 9:15+10:30 Seniorcise 9:30 Bocce 9:30 Wood Carving 10:00 Oh S*** & Bridge 11:30 Canasta 12:30 Poker Club 4:30 Aerobics	8:00 Golf -19- 9:15 Billiards 9:30 Bocce 10:30 Aerobics 12:00 Table Tennis
9:15 Billiards -22- 9:15 Mah Jongg 9:15 Seniorcise 9:30 Bocce 9:30 Stained Glass 10:30 Seniorcise 12:00 Billiard League 12:00 Meditation 12:00 Scrabble 1:30 Table Tennis	9:15 Billiards -23- 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 -24- 9:30 Bocce 10:30 Gentle Yoga 11:45 Chair Yoga 11:45 Pinochle Tourn. 1:00 On Your Feet 1:00 Coloring Club 2:15 Be Balanced!	9:15 Billiards -25- 9:15+10:30 Seniorcise 9:30 Bocce 9:30 Wood Carving 10:00 Oh S*** & Bridge 11:30 Canasta 12:30 Poker Club 2:00 Book Club 2 4:30 Aerobics 5:45 Art Class	8:00 Golf -26- 9:15 Billiards 9:30 Bocce 10:30 Aerobics 12:00 Table Tennis
9:15 Billiards -29- 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 -30- 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 -31- 9:30 Bocce 10:30 Gentle Yoga 11:45 Chair Yoga 11:45 Pinochle Tournament 1:00 On Your Feet 1:00 Coloring Club 2:15 Be Balanced!	 <h1 style="color: red; text-decoration: underline;">AUGUST</h1>	

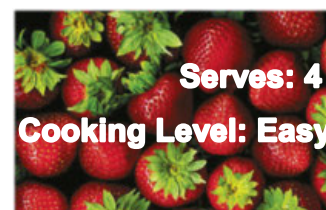


Summer Strawberry Spinach Salad

Ingredients

Strawberry Vinaigrette Salad Dressing (makes 1 ¼ cups total)

- | | |
|-----------------------------------|-----------------|
| 1 ½ cups sliced strawberries | ¼ cup olive oil |
| 2 tablespoons maple syrup | ¼ teaspoon salt |
| 2 tablespoons apple cider vinegar | |



Strawberry-Spinach Salad

- | | |
|--------------------------------|---|
| 1 cup sliced strawberries | ¼ cup chopped toasted pecans or almonds |
| 1 medium thin-sliced red onion | ¼ cup feta cheese crumbles (optional) |
| 5 cups baby spinach leaves | ½ cup Strawberry Vinaigrette Salad Dressing |
| 3 cups mixed greens | |




Directions

- 1. Make the strawberry salad dressing:** In an immersion, small or standard blender, blend all ingredients until smooth and fully combined. Dressing will be a lovely shade of pink!
- 2. Prepare the salad ingredients:** Slice the tops of the strawberries, then slice long-wise. Slice a red onion thinly. Wash the spinach and mixed greens. Pat Dry. Chop pecans or almond slices.
- 3. To serve:** Place the greens on plates, top with all ingredients and drizzle with the vinaigrette salad dressing (about 2 tablespoons per serving). Refrigerate dressing for up to 1 week.


Benefits of Strawberries...



It is recommended that individuals eat a serving of 8 strawberries a day. Clinical research has determined that this recommendation can have some hefty benefits, such as improved heart and brain health, reduced risk of some cancers, and better management of Type 2 Diabetes.


1. Maintains Eye Health: Strawberries are packed with antioxidants like flavonoids, ellagic acid, and phenolic phytochemicals. It helps block free radicals from damaging the body, including the eyes. The potassium found in strawberries can help prevent macular degeneration and vision defects. 


2. Aids in Weight Loss: One cup of strawberry halves is about 49 calories, has around a half gram of fat and over one gram of protein. The variety of nutrients in naturally sweet and delicious strawberries can help stimulate your metabolism for weight loss

3. Boosts Immunity: One serving of strawberries has about 150% of the daily recommended Vitamin C. This can increase your immune system to help fight common colds, and its antioxidants can help neutralize free radicals that turn healthy cells cancerous. 

4. Treats Inflammation: The antioxidants found in strawberries have been known to treat inflammation.

If you want a natural anti-inflammatory, add more strawberries to your diet, you may start to feel better.

5. Cures Symptoms of Gout and Arthritis: Gout and arthritis are two specific inflammatory diseases. Free radicals can cause tissues and muscles to degenerate, can dry the fluid that surrounds joints and cause the buildup of toxins. Strawberries can help detoxify your body and help with inflammation. 

6. Reduces Hypertension: Do you have high blood pressure because of sodium or some other risk factor? Magnesium and potassium found in strawberries, can help improve blood circulation and allow blood to flow easier. 

7. Improves Heart Health: In addition to high levels of Vitamin C and B, strawberries are rich in folate and fiber, to strengthen cardiac muscles and reduce cholesterol in the blood vessels and arteries.

2022 LOTTERY ~ TICKETS \$10.00



LOTTERY SCHEDULE

FOUR (4) \$25 WINNERS WILL BE PICKED ON THE SECOND TUESDAY OF EACH MONTH FROM APRIL–NOVEMBER.

IN DECEMBER, WE HAVE THE **BIG DRAWING**, ONE (1) \$250 WINNER AND FOUR (4) \$100 WINNERS.

HOW MANY TIMES CAN I WIN?
UNLIMITED—TICKETS RETURN TO THE POOL EACH MONTH!

WHO CAN PURCHASE TICKETS?
EVERYONE!!!

GREAT ODDS—GREAT GIFTS
ONLY 400 TICKETS AVAILABLE!

LOTTERY PAYMENT FORM

Number of Lottery Tickets # _____ (\$10 each)

Lottery Payment Total \$ _____

Full Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Home Phone: _____

Email Address: _____ Mobile Phone: _____

Exploring caregiving options.

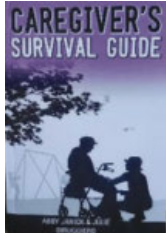
\$9.47

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SENIOR CENTER MEMBERSHIP



ANNUAL DUES \$25.00

**Renew Today!
The New
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Year Begins on
July 1, 2022**

MEMBERSHIP BENEFITS

- ★ Discounted class fees and bus trips
- ★ A bi-monthly newsletter delivered to your home
- ★ Members-Only Events
- ★ “In the Loop” emails for up-to-date center info
- ★ Exclusive Members-Only *Awesome Members Perks Packet* with discount offers from local businesses.

Use the coupons to support the businesses that support us!

HOW TO RENEW YOUR MEMBERSHIP

- ◆ Complete the form below.
- ◆ Dues are \$25.00 per member (cash or check).
- ◆ To mail your payment: Include the form below, payment and a business size, self-addressed stamped envelope.

Checks are payable to:
James E. Kinney Senior Center
165 Township Road, Richboro, PA 18954

- ◆ You can also visit the center to pay by cash or check.



A sincere **THANK YOU** to the following local businesses who support the Members-Only *Perks Packet* coupon booklet.

Gianni's Pizza	Great Clips
Jake's Eatery	Nothing Bundt Cakes
Pallante's Italian Deli	Philly Pretzel Factory
Rita's Water Ice	Russell Gardens Center
Steak & Hoagie Factory	
Tavern on TEN, Northampton Valley Country Club	

YES, I would like to become a member of the James E. Kinney Senior Center.

Full Name: _____
(Please print the first AND last name for each member)

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Home Phone: _____ Mobile Phone: _____

Emergency Contact Name: _____

Relationship: _____ Contact Phone: _____



NORTHAMPTON TOWNSHIP 300TH ANNIVERSARY CELEBRATION



All Township Departments are involved with planning activities to commemorate the 300th Anniversary of Northampton Township. Check the following sites for information on the activities planned this summer and fall: **Northampton Township website**— www.northamptontownship.com, **Facebook**— *Northampton Township's 300th Anniversary* and **Instagram**— *Northampton Township 300*.

The 300th Anniversary Programs at the senior center are **FREE** and open to the community! Please **RSVP** for the programs by phone 215-357-8199 or email nhsc@nhtwp.org.



FABRIC SPINNING DEMONSTRATION TUESDAY, JULY 26 6:00 PM-7:00 PM

This demonstration highlights how fabric spinning played a key role in the lives of women in the 18th Century. Fabric spinning is performed on a period Great Wheel ("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. If time permits, participants can try The Great Wheel for a better understanding of the story of cloth production.



FESTIVAL WEEKEND SEPTEMBER 24 AND SEPTEMBER 25 9:30 AM-2:30 PM



Saturday, September 24

9:00 am-10:30 am

POMANDER CRAFT

A pomander is a mixture of aromatic, sweet-smelling herbs and spices arranged on an orange or apple and often studded with cloves and ribbons.

Please pre-register to design your own decorative pomander at the center.

11:00 am-12:00 pm

MUSIC: THE TUCKER BAND

Enjoy music played on authentic period instruments by Tom and Marianne Tucker.

12:00 pm-1:30 pm

FASHION SHOW

View the evolution of fashion from 1723 through the American War for Independence with live models and mannequins. The show will encompass clothing for men, women and children across all socio-economic classes.

A question and answer session will follow the fashion show.

1:30 pm-2:30 pm

RENAISSANCE REFRESHMENTS AND THE TUCKER BAND

Ginger bread and sweet cider will be served while The Tucker Band performs.

Sunday, September 25

9:00 am-3:00 pm

SENIOR CENTER TOURS AND KEEPSAKE PHOTO PICK-UP

Thank you to **The Birches at Newtown**, our **GENEROUS Festival Weekend Refreshment and Entertainment Sponsor!**





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At Ambassador, we employ highly skilled caregivers who are committed to caring for those who require assistance, so that your loved one can live a happy and healthy life with dignity, in familiar surroundings.

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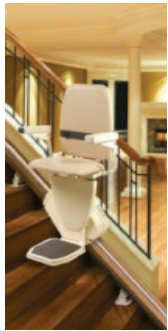


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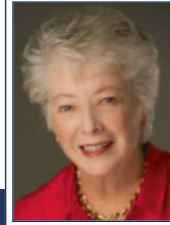
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