

# Newsletter



## BEN WILSON SENIOR ACTIVITY CENTER



580 Delmont Avenue  
Warminster, PA 18974

*Young in Spirit and Mind*

Phone: 215-672-8380  
Fax: 215-672-4501

Email: [benwilsoncenter@yahoo.com](mailto:benwilsoncenter@yahoo.com)

APRIL 1, 2015 Issue

Hours – Monday – Friday; 9:00 AM -3:30 PM

### WILSON BOARD MEMBERS

#### OFFICERS

President, Carol Strack  
Vice President, Jerry Weslosky  
Treasurer, Dolores Diamond  
Recording Secretary, Peg Scullion  
Corresponding Secretary, Mary Bell

#### TOWNSHIP REPRESENTATIVE

Dan McPhillips

### STAFF

Director & Bookkeeper – Karen Forster  
Food Service Manager – Amanda Gershanick

### TRUSTEES

Claire Kreuter,  
Rita Porcelli,  
Nancy Scary,  
Pat Murphy,  
Nancy Weslosky

### COMMITTEES

Community Outreach – Claire Kreuter  
Elections – Loretta Shugart  
Facilities – Jerry Weslosky  
Finance – Dolores Diamond  
Grievance – Peg Scullion  
Newsletter Editor – Karen Forster  
Nominating – Rita Porcelli  
Travel Coordinator – Earl Baxter  
Wilson Observer Editor – Peg Kaiser

Aid for Friends	215-348-7505
Area Agency on Aging	215-348-0510
AARP	717-238-2277
BBB(Better Business Bureau)	215-448-6100
Bucks Co. Transport	215-985-9313
Elder Abuse	800-243-3767
Food Stamps	215-781-3300
Homeless Hotline	800-810-4434
Legal Services	215-781-1111
LIHEAP	866-857-7095
Military Affairs	215-345-3307
PACE	215-348-0510
RSVP	215-340-1210
SAGE	215-357-2332
Senior Employment	215-340-2020
Social Security	800-772-1213
Tax/Rent Rebate	215-443-2990

### FUNDRAISERS

Collection of Used Shoes  
Shop Rite & Giant Gift Card Sale  
Shop Rite Receipt Redemption  
Ben Wilson Discount Cards  
Antique Doll Collection Sale  
Jewelry Sale

### SAVE THE DATE

Bingo...Every Wednesday Night...6:30 pm  
Doors Open at 4 pm;

### BWSAC MISSION STATEMENT

The purpose of the Association is to promote the social welfare of persons 55 years of age and older by encouraging good fellowship and companionship among its members, through participation in outreach social activities, community improvement projects, and other non-profit activities conducive to the physical, mental and social well-being of its members.



# GREETINGS



## **From the President –**

New beginnings come with Spring. Themed luncheons will again make an entrance, watch for the dates and the sign-up sheets. We are looking for interested people who will run for office and then the members to come to vote. Absentee ballots will be available for those who cannot be here on May 15, Election Day. Your input is important. We hope to see you at all the functions we prepare. Join the fun.

Carol

## **From the Director-**

Well Spring has finally arrived! It's always such a beautiful time of the year. Sunnier skies and lots of greenery. When we can say we successfully made it through another **Winter**, - life is good!

We hosted our Senior Expo in March which was a big hit. Lots of valuable senior information was handed out that day to our members and the general public. The Designer Bag Bingo was a great fund raiser and lots of fun too! Beautiful bags were given out and a good time was had by all. I would like to thank all the volunteers who made both of these March events a success. Have a nice Spring everyone and keep an eye out for all the Center happenings for the next few months. You can check out the newsletter, our new website, Facebook, and general postings within the Center.

Take care, Karen

## **From the Food Manager -**

Hi Everyone. We are glad to see all our volunteers back again from their winter hiatus. Our annual Volunteer Luncheon is coming this month so we can thank you all for all that you do. We will need volunteers to help out for the summer months; both drivers and kitchen help. Please see me to volunteer. We need some men as well as women.

Amanda.

## **NEWSLETTER STAFF**

Design – Karen Forster, Maryanne Momorella, Adele Weremeychik

Typing – Betty Sim

Proofreading – Mary Bell, Nick Weremeychik

Distribution – Joann Porter, Marge Szymanski, Gail and Rich Sullivan

# **BEN WILSON SENIOR ACTIVITY CENTER**





## **DAILY ACTIVITIES**

**215-672-8380**

**REVISED 1/30/2015**

*Breakfast Club meets every day 9:00 am*

*Enjoy assorted cereals, pastries, juices, bagels, coffee, and More!*

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>9:05am</b>	<b>9:05am</b>	<b>9:05am</b>	<b>9:05am</b>	<b>9:05am</b>
POOL PLAYERS	PINOCHLE POOL PLAYERS 	POOL PLAYERS	POOL PLAYERS	PINOCHLE POOL PLAYERS
		<b>9:30am</b>	<b>9:30 am</b>	<b>9:30 am</b>
<b>10:00am</b>	<b>9:30am</b>	PENNY BINGO	PENNY BINGO	MAH JONGG LESSONS BY APPOINTMENT CALL THE CENTER
AEROBICS*		WOOD CARVING	ART CLASS* 	<b>10:00 AM</b> AEROBICS*
LUNCH AT NOON	LUNCH AT NOON	LUNCH AT NOON	LUNCH AT NOON	LUNCH AT NOON
<b>12:30 pm</b>	<b>12:00pm</b>	<b>12:00 pm</b>	<b>12:00 pm</b>	<b>12:30 pm</b>
PINOCHLE	PARTY BRIDGE	BEGINNERS BRIDGE	PARTY BRIDGE	LINE DANCING *
<b>1:00 pm</b>	CROCHET/ KNITTING <b>1:00pm</b>	<b>1:00 pm</b>	<b>12:30 pm</b>	
POOL PLAYERS	POOL PLAYERS	POOL PLAYERS	Wii BOWLING	
BEGINNERS COMPUTER EDUCATION *		ST. JOE/ ST. ROBERTS KNITTERS (2nd Wed. of month)	<b>1:00 pm</b>	
<b>6:30pm</b>	<b>6:30pm</b>		POOL PLAYERS	<b>1:00pm</b>
POKER* 	PINOCHLE 	<b>4:00 pm</b> DOORS OPEN FOR BINGO		POOL PLAYERS
		<b>6:30 pm</b>		* - FEE CHARGED
		BINGO STARTS		

PLEASE CALL THE FRONT DESK AT THE CENTER WITH ANY QUESTIONS

# Center Chatter

## **BEN WILSON DISCOUNT CARDS**

REDUCED PRICE -  
NOW ONLY \$5  
MAKE GREAT GIFTS  
AVAILABLE AT FRONT DESK

## **HEALTHY STEPS PROGRAM**

MONDAY, APRIL 20  
9:30 AM – 1:00 PM  
INCLUDES FREE LUNCH  
PLEASE SIGN UP IN ADVANCE AT  
FRONT DESK.  
CALL FOR INFORMATION

## **26 WEEK LOTTERY** **TICKETS**

are now on sale and selling fast.  
Don't miss out on your chance to win  
each of the 26 weeks and at the party  
in November as well.

## **VOLUNTEER LUNCHEON**

Friday, April 24  
Doors Open at 11 am

To Honor all of our fine members who  
tirelessly volunteer their time, energy and  
talents to enhance the lives of their fellow  
members and members of the community

We celebrate you!  
Watch for your invitation

## **"A DAY AT THE RACES"** **FUNDRAISER**

SATURDAY, MAY 2  
GET YOUR TICKETS NOW!  
JOIN THE FUN  
PICK YOUR WINNERS  
SUPPORT THE CENTER



## **Ben Wilson Craft Show/Flea Market**

Friday, May 8 -- 5 pm to 8 pm  
Saturday, May 9 -- 9 am to 2 pm

## **Ben Wilson Board Elections**

Will be held on May 15, 2015

Positions available:-

President

Vice President

Treasurer

Recording Secretary

Corresponding Secretary

(2) Trustees

## **SENIOR GAMES**

**JUNE, 2015**

Competition between the  
13 Bucks County Senior Centers  
will include many of the activities that  
we all enjoy. Watch for the signup sheet  
so you can be a part of the fun.

## **SMART DRIVER (formerly known as 55 Alive)**

This course is approved by the PA Dept. of  
Transportation. If you take this course you  
may be eligible for a discount on your  
automobile insurance. The cost of the course  
is \$15.00 for AARP members and \$20.00 for  
non-members. CHECKS ONLY, made payable  
to AARP. Classes are scheduled for:

Refresher course – 1 day –Friday, April 10

1 day –Friday, May 15

1 day-Friday, June 26

Full course – 2 days – Thursday, July 16

Friday, July 17

Refresher course – 1 day-Friday, August 7

# More Center Chatter

## BILLIARD POOL SCHEDULE

Wilson 1 vs Normandy Farms	Friday, April 3	Home
Wilson 1 vs Pennridge	Tues, April 21	Away
Wilson 2 vs Wilson 1	Tues, April 28	In-house
Wilson 2 vs Souderton	Tues, May 5	Home
Wilson 1 vs Pennridge	Tues, May 19	Home
Wilson 1 vs Wilson 2	Tues, May 26	In-house
Wilson 2 vs Britney Pointe	Friday, June 5	Home
Wilson 1 vs Traditions	Friday, June 12	Away
Wilson 2 vs Pennridge	Friday, June 19	Away
Wilson 2 vs Wilson 1	Tues, June 30	In-house
Wilson 2 vs Wilson 1	Tues, July 28	In-house
Wilson 1 vs Traditions	Mon, Aug 10	Home

We encourage you to update your **MEMBERSHIP** status to get full benefits. You can stop in and pay your \$20 at the front desk to receive your new membership card on the spot. New members will need to complete a full application form.

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 Themed Luncheons  
 Are Again Scheduled  
 For this Season  
 Watch for Postings  
 Sign Up Early to Attend  
 .....

DO YOU HAVE NEED OF A WALKER,  
 A WHEEL CHAIR OR ANY OTHER  
 MEDICAL PIECE OF EQUIPMENT? WE  
 HAVE THEM AVAILABLE AT THE  
 CENTER. PLEASE CONTACT US  
 .....

Please let the Corresponding Secretary know when you have a change of address. This will ensure mailings come to the correct address.

To keep our membership list up to date, please let the center know when a member passes away. Thank you. Mary

### NEED HELP PAYING YOUR UTILITY BILLS?

Contact the PA Low Income Energy Assistance Program (LIHEAP) at 1-866-857-7095. Forms are available in the Office. Ask at the front desk.

.....  
**Nominations of Board Members** are now being taken. Positions available include President, Vice President, Treasurer, Recording Secretary, Corresponding Secretary, Trustees (2 seats open). You are encouraged to become an active member and help us to keep the center a valuable place for seniors to spend time, meet friends, share experiences and be comfortable.  
 .....

### 25<sup>th</sup> Annual Charity Golf Tournament

Sponsored by Warrington Lions Club  
 Accepting Registrations for participants  
 Contact 215-491-4180  
 For times and date  
 .....

### PARTY ROOM NEEDED?

Our dining room is available for rentals on some evenings and on weekends. Have your next occasion here. Rates are reasonable and our modern kitchen is available for your use. Contact our Director for details.

## **POSTAL REGULATIONS**

The Post Office has informed us that their regulations do not allow non-profits to utilize advertisers in mailings. Should we wish to continue to print ads we will be charged a more expensive rate, like regular mail. We are also limited to the amount of pages we can include in our mailings. This issue will fall into the newly enforced regulations. It is now more important than ever for us to utilize email and our internet posting. You can find the same information in the newsletter by accessing [benwilsoncenter@yahoo.com](mailto:benwilsoncenter@yahoo.com). Get the most current info daily. You can still get a hard copy of the newsletter in the lobby of the center.

### **2<sup>nd</sup> Home Adult Day Care**

**Offers peace of mind and compassionate, caring attention for your loved one while they are with us. For more information you can reach us at 215-366-5955**

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### **Senior Helpers Sitter Services**

**Is there for you, when you need us  
the most.**

**Our caring in-home companions strive to ensure a better quality of life for our clients and their families, by providing dependable and affordable care. Our caregivers can monitor your loved one for a few hours daily or around the clock to give you peace of mind and respite.**

**We are local and available for you, only a phone call away at 215-782-8500 or visit us online at [www.seniorhelpers.com](http://www.seniorhelpers.com) for more information.**

### **A CAR THAT FITS**

Driving a car with senior-friendly features can make a big difference. The American Automobile Association (AAA) and the National Driver Research and Training Center at the University of Florida in Gainesville recommend cars that have such features as adjustable pedals, power-operated seats, a tilt and telescoping steering wheel, four doors and an accommodating entry height, large or wide-angle mirrors, brake assist, lumbar support, adjustable seatbelts, keyless entry and start, and stability control.

A program called CarFit® provides seniors free 15 minute car “fittings” to determine whether they can be comfortable and safely seated in their car in relations to mirrors, the steering wheel, headrest, pedals and controls. The program was developed by the American Society on Aging in collaboration with AAA, AARP and the American Occupational Therapy Association.

Information compliments of Comfort Keepers, Jessica Smith, Director of Marketing.

### **CAPITAL IMPROVEMENT FUND**

Our capital improvement fund is ongoing. We will continue in this year so that we may continue to update and enhance the center. Our 5 restrooms are in need of tile flooring, new fixtures and plumbing upgrades. Your safety and comfort are our goal.

**For more information or reservations,  
call Earl Baxter at 215-672-8380. Please  
remember to bring proper ID for all trips.  
Please park on upper level of our lot.**

**Monday, April 13  
TROPICANA CASINO TRIP**

Our taxes are done, we're ready for fun. Come join us for a fun filled trip and try your luck. Don't miss out.

**Sunday-Thursday, April 19-23  
VILLA ROMA RESORT CENTER**

4 nights' accommodations in the Catskills which include full breakfasts, luncheons, and dinners (one being a gala Caesars Night Dinner). Conducted activities include Indoor Golf, Bocce & Shuffleboard; Indoor Tennis, Fitness Center; Water Aerobics, Walking Classes; Cosmetic Demonstrations, Arts & Crafts Classes; Bingo; Bowling, Dance Lessons; Ping Pong & Pool. Or leisurely enjoy the grounds, cocktail lounge, and piano bar. It's your choice.

**Sunday-Thursday, May 17-21  
CAPE COD TRIP**

2 nights' accommodations at Harbor Hotel in Provincetown, MA and 2 nights at Heritage House Hotel in Hyannis, MA which includes 4 breakfasts and 4 full dinners with entertainment. Events include a Whale Watch excursion; Cape Cod Dune Ride; R/T Ferry to Storybook Island of Martha's Vineyard; guided Hyannis Tour; Falmouth Tour; guided Tour of Plymouth; a visit to Sparrow House; and Sandwich Village Tour. Walking shoes and sun gear recommended.

**Thursday, June 4  
MOSHULU, PHILA.**

After a great Sit-down Luncheon on a beautifully renovated sailing ship we will tour the Bryn Athyn Cathedral. Do experience a fine outing.

**Thursday, June 25  
AMERICAN MUSIC THEATER, PA**

After lunch and time for guided tours, wagon rides, & shopping at Landis Valley Farm we'll see *Inspire*.

**Thursday, July 9  
SANDS CASINO, BETHLEHEM, PA**

A trip back to a local casino with slot money to play & lunch.

**Thursday, July 23  
RAIL AND PADDLE WHEELER**  
Luncheon and cruise.



**Thursday, August 6  
CASINO AND TOMASELLO  
WINERY**

Casino TBA, lunch and wine tasting experience.

**Thursday, August 20  
HUNTERDON HILLS**

A Musical Celebration of "The Sensational Sixties": from Burt Bacharach to the Beatles; from The Four Seasons to The Four Tops! – entitled *Twist & Shout*. All this and a full course meal and a major selection of desserts.

**Thursday, September 3  
Ehrhardts**  
Lunch and Show

**Tuesday, September 15  
TROPICANA CASINO, Atlantic City NJ**

Includes a Luncheon Buffet, Ticket to the fab show "Voices of Legends" featuring Eric Kearns and receive \$15 Slot Play.

**Thursday, October 1  
WOODLOCK PINES**

Lunch and Show

**Thursday, October 29  
PENNS PEAK**

Lunch and Show

**Sunday-Friday, November 29-December 4  
GRAND OLE OPRY, NASHVILLE, TN TRIP**

2 Nites accommodations at Best Western, Wytheville, VA, 3 Nites at Gaylord Opryland Hotel, Nashville, TN. 5 breakfasts, 5 full dinners with Delta River Flatboat Ride; Grand Ole Opry Show; Tour of Nashville; admission to ICE in Nashville and more.

**Thursday, December 17**

Christmas Show-etc

## LOL LOTS OF LEVITY



I tried to catch some fog, but I mist.

They told me I had type-A blood, but it was a type-O.

I changed my iPod's name to Titanic. It's syncing now.



Jokes about German sausage are the wurst.

I know a guy who's addicted to brake fluid, but he says he can stop any time

### FUNDING – THE FINAL FIFTH

Our staff, the Board and you the members are responsible for funding the balance needed to run our center. And it's KUDOS to us!

Our dues actually cover one month's expenses (when everyone pays their dues). Our special events are a necessity of life; both for funding and social gathering. Events have included the Wilson Tea in February, Mardi Gras in March, weekly Wednesday night Bingo; the Spaghetti Dinner in September; 26 Week Lottery (May thru Oct) and Dinner/Party in November; Craft Show in Spring; Fashion Show in Spring (or Fall); Designer Bag Bingo and are all geared to supplementing our needed funding. These endeavors require a lot of work. Our members volunteer to keep the cost nominal. Your attendance has a dual purpose.

And yes, the donations each time a group meets help to defray the cost of lighting and heat or air conditioning. Those donations (fees) are especially needed for group meets when our center is normally closed.

Sales of items such as jewelry, gift cards, peanut brittle, etc. are nominal but added together help.

Our special luncheons held during the day are supplemented by sponsors who are willing to pay for the extras to make these functions special. They also bring us information about their services and man the extra activities or games we play. A true bonus!

#### Healthy Lifestyles

What is your ideal weight? Is it a number based on a scale of your age and the height that you were when you were younger? Or is it based on your age and current height where you may have shrunk an inch or two? Or how you feel and look in your clothing? Or what your doctor tells you your weight should be to maintain good health?

I find that being conscious of what I eat and how much I ingest each day helps me keep at a weight I am comfortable with. As we age we must adjust our diets. Our metabolism decreases and we are less active. A good idea is to decrease the amount of calories you eat at each meal; which will decrease your total caloric intake for each day. When a gram of fat is metabolized in your body it produces nine calories of energy to burn. A carbohydrate or protein produces less at four calories per gram. But remember that if you eat too much carbohydrate or sugar your body will store it as fat if it is not utilized for energy.

Watch what you eat for optimal weight. You can eat as many vegetables as you like because there are few calories in vegetables. But pay attention to what you put on them because that will add extra calories. Drink the proper amount of water. Optimal is eight glasses of eight ounces every day. It will fill you up and decrease your appetite.

Eat lighter on particular days that you know you will be having one large meal, such as holidays. You do not need to finish a meal feeling totally stuffed! During large, special meals eat just a little of everything. This way you will get a balance of nutrients while not depriving yourself of tasting all of the different foods. Going to a restaurant presents a challenge because the portions served are usually larger than what you would normally eat. When I am served my dish I sometimes cut the meal in half, to take home, ensuring I won't over eat. Knowledge, focus, and discipline about your eating habits are the keys. Know something about the things you are putting into your body. Focus on eating lean, healthy foods.

Don't snack in between meals. Have a limit to the amount of calories you ingest. Think when you eat and drink about what you are doing! Your body is a temple so it should be treated as such.

Yours in good health,  
Carolyn Horner

**This issue printed compliments of Abington Health.**

# ABINGTON HEALTH CENTER WARMINSTER

## OUTPATIENT and SPECIALTY CARE SERVICES in one convenient location

### SERVICES INCLUDE:

Radiology	Wound care
Laboratory	Physical therapy
Cardiology	Respiratory testing
Physical therapy	Community education
Headache Center	Multiple Sclerosis Center
Sleep studies	Movement Disorders Center
Balance Center	Behavioral Health

### PRIMARY CARE PHYSICIANS and SPECIALISTS IN:

Bariatrics	Gynecology
Cardiology	Orthopaedics
Gastroenterology	Psychiatry
General surgery	Urology

### ABINGTON HOSPICE at WARMINSTER

Please call 215.441.6600 for more information.



*Abington* Memorial Hospital

Abington Health Center – Warminster

225 Newtown Road | Warminster, PA 18974

[www.abingtonhealth.org/find-a-location/ahc-warminster](http://www.abingtonhealth.org/find-a-location/ahc-warminster)

### *Grateful Acknowledgement for our Library*

Having spent 6 weeks recuperating recently, I want to say how grateful I was to be able to utilize the Center's Library. The books are of a variety including Adventure, Mystery, Love Story, Art, Travel, and Textbook content. There are current magazines of many subjects supplied to us by Hatboro Federal Savings Bank. There are jigsaw puzzles of a wide variety including difficulty, number of pieces, color, and subjects.



There is no fee for usage, you can use the facility or you can take the items home and return when you are done.

Corinne Albright is a volunteer who organizes the donations and returns and restocks them. She would appreciate someone volunteering and meeting with her on a Monday, then help with other days of the week. The center is always happy to receive

your no longer used items.

### **ITS THE DOOR'S Fault!**

Ever walk into a room with some purpose in mind, only to completely forget what that purpose is?

Turns out doors themselves are to blame for these lapses. Psychologists at the University of Notre Dame have discovered that passing through a doorway triggers what's known as event boundary in the mind, separating one set of thoughts and memories from the next. Your brain files away the thoughts you had in the previous room and prepares a blank slate for the new locale.

**It's not aging, it's the door!**

**Thank goodness for studies this!!!**

**Benjamin Wilson Senior Activity Center  
580 Delmont Avenue  
Warminster, PA 18974**

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### **HOLIDAY CLOSING DATES**

**April 3 – Good Friday**

**May 25 – Memorial Day**

**July 4 – Independence Day**