

# **BEN WILSON ACTIVITIES CENTER**

## **A VERY VIBRANT CENTER**



**580 DELMONT AVE. WARMINSTER, PA 18974**

**Phone: 215-672-8380 Fax: 215-672-4501 Email: [benwilsoncenter@yahoo.com](mailto:benwilsoncenter@yahoo.com)**

**AUGUST 1, 2014 Issue**

**9:00 AM - 3:30 PM**

**YOU CAN NOW LIKE BEN WILSON ACTIVITIES CENTER ON FACEBOOK**

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### **HOLIDAY CLOSING DATES**

Labor Day - Monday, September 1  
 Columbus Day - Monday, October 13  
 Veterans Day - Tuesday, November 11  
 Thanksgiving - Thursday, November 27  
 (Day After) - Friday, November 28  
 Christmas Eve - Wednesday, December 24  
 Christmas Day - Thursday, December 25  
 (Day After) - Friday, December 26

### **FUND RAISERS**

Collection of Used Shoes  
 Shop Rite and Giant Gift Cards For Sale  
 Shop Rite Receipt Refunding  
 Antique Doll Collection & Jewelry Sale  
 Ben Wilson Discount Cards



### **SAVE THE DATE**

BINGO .. Every Wed Nite .. 6:30 pm  
 Doors Open 4 pm; Kitchen Opens 5 pm  
 \*\*\*\*\*

2014 Branson Show Trip – Fri, Aug 22<sup>nd</sup>  
 Beach Haven Trip – Thurs, Aug. 28<sup>th</sup>  
 Spaghetti Dinner – Fri, Sept. 19<sup>th</sup>  
 Wildwood Trip – Mon-Fri, Sept. 22-26<sup>th</sup>  
 Tomasello Winery & Casino Trip – Thurs, Oct. 9<sup>th</sup>  
 Designer Bag Bingo – Fri, Oct. 17<sup>th</sup>  
 26 week Lottery Party – Sat, Nov. 1<sup>st</sup>  
 Fashion Show – Sun, Nov. 16<sup>th</sup>  
 Christmas Craft Fair – Fri, Dec. 5<sup>th</sup>  
 and Sat., Dec. 6<sup>th</sup>  
 Huntington Hills Trip – Thurs, Dec 11<sup>th</sup>

### **BWAC MEMBER NEWS**

**GENERAL MEMBERSHIP MEETINGS – 3<sup>rd</sup> TUESDAY AT 10 AM**  
**ATTEND FOR A CHANCE TO WIN A PRIZE**

### President's Message

*A big welcome to our new members, may you find your niche easily.*

Our best wishes to Pat Murphy for winning the Trustee's seat; and thank you to outgoing Trustee, Betty Sim for her service the last three years. Thanks to our fundraiser chairpersons who successfully run/ran:- Ruth Raab (Bingo); Pat Murphy (kitchen for bingo, covered dish dinners, 50/50 drawings; Claire Kreuter (Wilson Tea). Our special thanks to Amanda and Karen and Wanda for keeping the Center running so smoothly as well as the daily functions we plan. With summer almost over (whew) we look forward to a busy fall at the Center. Watch for posted events.

*Carol Strack*

### Manager's Musings

Wow...the end of summer is in sight! Let's hope we will enjoy a beautiful fall. We have many activities coming up, so please watch the board over the reception desk; you don't want to miss out. Many of our upcoming outings are noted in this newsletter.

In the New Year (2015) we will be asking everyone to let us email you our newsletter. If you still want it mailed we will be charging an additional fee to cover the rising cost of postage and printing. Another option is picking up the newsletter at the Center. A signup sheet is at the front desk to give us your email address.

We have started 2 new projects for our members' participation. One is *Flat Benjamin*. If you don't know the story, visit the bulletin board in the entrance to see what you have been missing and join in the FUN!

Our other project is collecting school supplies for kids. Like the socks, we are collecting new school supplies, hats, scarves and gloves for the Food Bank. All donations can be dropped off at the front desk.

*Wanda Kester*

### Food for Thought

#### **Hydration for Seniors - a Key to Health & Longevity!!!!!!**

Hydration is key to staying and feeling healthy. Your body has an intricate system of keeping fluids and electrolytes balanced. Drinking 6 bottles or glasses of water daily helps this process. If this system is not functioning properly, you may suffer from dehydration. In the senior population, this regulatory system may no longer function properly on its own, making dehydration more common – making adequate hydration even more important.

Lack of awareness of being thirsty has been noted in seniors. Illness such as fever, diarrhea and vomiting accelerate water loss. Loss of mental clarity and attentiveness to personal needs with aging is another factor. Our thirst sensation declines with age. Fear of embarrassment and inconvenience due to urinary incontinence becomes prevalent. An increase of medications and caffeine consumption fool our sensory for thirst. A high price is paid for neglecting to drink enough – *a more rapid aging and a less than healthy life. Remember to drink more water during the day as well as with meals.*

*Amanda Gershanick*

**This issue is being printed courtesy of Abington Health.**

#### **Better to Give Than to Receive**

Bring your donation of canned and paper goods to help our less fortunate neighbors. Our local Food Bank needs our generosity. Remember: There but for the Grace of God, go I.

#### **NEED HELP PAYING YOUR UTILITY BILLS????**

**Contact the PA Low Income Home Energy Assistance Program (LIHEAP) at 1-866-857-7095**

**Forms are available in the Office, Ask at the front desk**

# CENTER CHATTER

Now that Fall is here, the Ben Wilson Activity Center has some exciting events lined up for you. Come out and participate. Get your monies worth from your membership. We need your support to keep the center running.

<p><b><u>Covered Dish Dinner</u></b>  Tuesday, August 5<sup>th</sup>  Doors Open for Set Up– 5 pm  Dinner Served – 6 pm  Sign Up at Front Desk  w/# of persons attending  and what dish you will bring</p>	<p><b><u>Chuck wagon Luncheon</u></b>  Tuesday, August 19<sup>th</sup>  9:30 til 1 pm  Sign Up at Front Desk  \$3 Payable at Sign Up  Hoedown Attire Recommended  No Chewing Tobacco  No Pistol Packing Mamas  (or Papas)</p>	<p><b><u>Tai Chi</u></b>  8 Week Class  Tuesdays at 1 PM  Starting September 9th  Members \$30  Non-Members - \$35  Sign Up at Front Desk</p>
<p><b><u>Mini Health Day</u></b>  Friday, September 19<sup>th</sup>  9:30 til Noon  Rite Aid Pharmacists  will give Flu Shots  Advanced Hearing Specialists  will give Hearing Tests, Etc.  11:30 til ?  Bayada Nurses will give  Blood Pressure Readings  Association of Blind  will present a Talk &amp; Info</p>	<p><b><u>Spaghetti Dinner</u></b>  Friday, September 19<sup>th</sup>  From 5 pm til 8 pm  Bring Out the Whole Family  Serving Della's Delicious  Meatballs!!!!  Also - Buying for Gold</p>	<p><b>NOTE</b>  <b>2014 DUES MUST BE PAID</b>  <b>BY OCTOBER 1, 2014</b>  <b>TO ATTEND</b>  <b>CHRISTMAS PARTY</b>  <b>ON DECEMBER 16TH</b></p>
<p><b><u>Designer Bag Bingo</u></b>  Benefiting BWAC  Friday, October 17<sup>th</sup>  Doors Open 6 pm  \$30  Food and Beverages Available  Door Prizes</p>	<p><b><u>Halloween Luncheon</u></b>  Friday, October 31<sup>st</sup>  11am til 1 pm  Come in Costume  Join in the Fun  Sign Up at the Front Desk  \$3 Payable at Sign Up</p>	<p><b><u>26 Week Lottery Party</u></b>  Saturday, November 1  Doors Open – 6 pm    Your Ticket admits 2 people for  A Buffet Style Dinner  Followed by Dancing to Jukebox  Music  Door Prizes include  (2) \$250 - (1) \$100 - (1) \$50  BYOB – Setups Provided</p>
<p><b><u>Veterans Day Luncheon</u></b>  Monday, November 10<sup>th</sup>  (Due to Closure on 11<sup>th</sup>)  Help to Honor Our Veterans  Sign Up at Front Desk  \$3 Payable at Sign Up  Music and décor appropriate  Wear Your Colors</p>	<p><b><u>Fashion Show</u></b>  Held at Ann's Choice  Sunday, November 16<sup>th</sup>  Noon til 4 pm  Tickets - \$30  Dinner  Fashions by Chico's</p>	<p><b><u>BWAC MISSION</u></b>  <b><u>STATEMENT</u></b>  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.</p>
<p><b><u>Christmas Craft Fair</u></b>  Friday, December 5 (5 – 8 pm)  Saturday, December 6 (8a – 1p)  Gift Shopping Opportunity  Food Available  Sample Christmas Cookies  Buyers of Gold</p>	<p><b><u>Christmas Luncheon</u></b>  Tuesday, December 16<sup>th</sup>  Games start at 9:30 am  Lunch Served Noon  Sign Up at Front Desk  \$3 Payable at Sign Up</p>	



# BEN WILSON SENIOR COMMUNITY CENTER





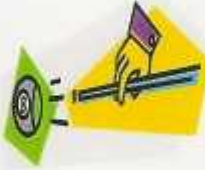

## DAILY ACTIVITIES

215-672-8380

REVISED 6/16/14

Breakfast Club meets every day 9:00 am

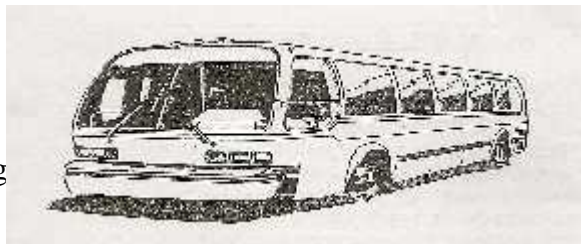
Enjoy assorted cereals, pastries, juices, bagels, coffee, and More!

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>9:05am</u>	<u>9:05am</u>	<u>9:05am</u>	<u>9:05am</u>	<u>9:05am</u>
PINOCHLE POOL PLAYERS SPANISH FOR FUN	PINOCHLE POOL PLAYERS 	PINOCHLE POOL PLAYERS	PINOCHLE POOL PLAYERS	PINOCHLE POOL PLAYERS ZUMBA*
<u>10:00am</u>	<u>9:30am</u>	<u>9:30am</u>	<u>9:30 am</u>	<u>9:30 am</u>
AEROBICS*		PENNY BINGO	PENNY BINGO ART CLASS* 	MAH JONGG
LUNCH AT NOON	LUNCH AT NOON	LUNCH AT NOON	LUNCH AT NOON	LUNCH AT NOON
<u>12:30 pm</u>	<u>12:00pm</u>	<u>12:00 pm</u>	<u>12:00 pm</u>	<u>12:30 pm</u>
PINOCHLE	BRIDGE	BEGINNERS BRIDGE	BRIDGE	BEGINNING LINE DANCING
<u>1:00 pm</u>	<u>1:00pm</u>	<u>1:00 pm</u>	<u>12:30 pm</u>	<u>1:00pm</u>
POOL PLAYERS BEGINNERS COMPUTER EDUCATION *	CROCHET/KNITTING POOL PLAYERS TAI CHI*	POOL PLAYERS ST. JOE/ ST. ROBERTS KNITTERS (2nd Wed. of month)	Wii BOWLING	POOL PLAYERS
<u>6:30pm</u>	<u>6:30pm</u>	<u>4:00 pm</u>	<u>1:00 pm</u>	<u>1:30pm</u>
POKER* 	PINOCHLE 	DOORS OPEN FOR BINGO	POOL PLAYERS 	LINE DANCING 
		<u>6:30 pm</u> BINGO STARTS		* - FEE CHARGED

PLEASE CALL THE FRONT DESK AT THE CENTER WITH ANY QUESTIONS

Watch for additional trips via the webpage and flyers posted on the board. We thank you for your cooperation by progressing to the library for seating assignments on the bus. PLEASE remember that lower level parking is reserved for those members visiting the center but not on our trips. We ask you to park on the far side upper level when travelling with us.

Earl



**Hunterton Hills, NJ**

**Fri, August 22, 2014**

A new Country Music Show starring the Tim Gillis Band & Crazy Elmer featuring a Special Tribute to Country Legends Ray Price and George Jones called "*Beer & Broken Hearts*". Price includes full course meal, tips, show and transportation.

**Surflight Theatre, NJ**

**Thurs, August 28, 2014**

Lunch at Stafford Restaurant; followed by the acclaimed "*A Chorus Line*" performed in refurbished theatre at Beach Haven; a visit to "Show Place Ice Cream Parlour" (nostalgia and ice cream). Trip includes all of the above, transportation and tips. And it's only 2 blocks to the beach! 2<sup>nd</sup> BUS ADDED.

**911 Memorial Museum, NYC**

**Monday, September 8, 2014**

Trip includes admission to the Museum; a dinner buffet at Hometown Buffet; free time at 911 Memorial Park and Reflection Pool.

**Wildwood, NJ**

**Mon – Fri, September 22 – 26, 2014**

5 days and 4 Nights at the Matador Hotel which includes 4 full breakfasts; 4 superb dinners at fine local restaurants; a cocktail party; Dolphin Watch Cruise; afternoon hoagie party; revue show at the Performing Arts Center and a gala evening of dinner and dancing not to mention a side trip to Atlantic City. Optional visits to Woodland Village and Teaberry Antiques and Winterwood Christmas Shop; Sunset Beach and Victorian Cape May are available.

**Rail & Sail New England Tour**

**Sun – Thurs, October 19 – 23, 2014**

Stops in Connecticut, Massachusetts, New Hampshire, Vermont and Maine include Boston Harbour Cruise, guided Boston City Tour, Downeaster (train) from Boston to New Hampshire; Stone Falls Stoneware; Kellerhaus Candy Demo; Golden Pond Cruise and Squam Lake Nature Center; Maine Narrow Gauge Railroad and Museum; Tour & Tasting at Shipyard Brewery; Lighthouse Lover's Cruise; Essex Village on the Waterfront and Essex Steam Train Excursion.

**Tomasello Winery, NJ**

**Thurs, October 9, 2014**

Lunch at the Winery and a tour with tasting (yum). 5 hour stay at (TBA) casino. ID A MUST.

**Mt. Haven Resort, Milford, PA**

**Thurs, November 13, 2014**

All You Can Eat Breakfast Buffet on arrival; choice of bingo game or First Run Movie in the Lounge; bar is open (again ID a MUST); Live Musical Entertainment with dancing; All You Can Eat Thanksgiving Buffet and Desserts before we depart for home.

**American Music Theatre, Lancaster, PA**

**Sat, November 29, 2014**

Following a luncheon at a Kettle Village Restaurant we will enjoy a "*2014 Christmas Show*" in front center balcony seats. A delightful outing opening a joyous Season.

**Hunterton Hills, NJ**

**Thurs, December 11, 2014**

A festive Holiday Musical Revue entitled "*A Playhouse Christmas*" after a full course meal and desserts. To keep us in the Christmas mood we will also see the light show at Shady Brook Farms in Newtown, PA.

For more information and reservations, call Earl Baxter at 215-672-8380, extension 304 for trips. Additional trips are being scheduled, check online or the flyers in the BWAC lobby.



## Soap Box

### 100 ACES

Recently I stopped in the Ben Wilson Activity Center to see how the pinochle group was doing. They meet on Tuesday nights around 6:00 pm and start their pinochle games about 6:30. Well, I met a few of the players, and they were all very social. It seemed that Lou was the spokeswoman for the group. She introduced me to Rita and Dolores who are also on the board at the Center. Also, I had the pleasure of meeting Lorraine, Ray, Ed, Frank and last but not least Pat. There are about 16 members in this group and they are looking for more members to join them. You do not have to be a good pinochle player, because they will help you learn. By the way, they did not have a name for their group, so after a short deliberation they came up with the name of **“The 100 ACES.”** See you at the 100 Aces Pinochle games *Budd Brindisi*

### THE VETERANS CORNER

Many of our members, both men and women, have at one time or another served in the armed forces of our country. The Wilson Center would like to honor and recognize the veterans of World War 2, Korean conflict, Vietnam, and the Middle East. Too many people forget what these people have done to protect our way of life and the freedoms we enjoy. During the upcoming holiday there will be a luncheon in reference to our Veteran sacrifices. What is a veteran? “A veteran is someone who at one point of his, or her, life wrote a blank check to the *United States of America* for the amount of **“UP TO AND INCLUDING MY LIFE.”** There are too many people in our country who no longer understand this, but those who care do understand this principal.  
*Budd Brindisi*

Remember that a bad day for the ego is a good day for the soul.  
*Mike Robbins*

Our days are happiest when we give people a bit of our heart rather than a piece of our mind.  
*Zig Zigler*

Always  
Energized  
Really fun  
Old  
Buddies are  
In sync, so  
Come on in and  
Stay – do try

**“Aerobics we are”** - As usual the aerobics class is fun and at the same time it helps your health, regardless of age. We meet on Mondays and Fridays from 10 – 11 am. It consists of 3 parts: aerobics; weight lifting (we supply the weights); and band stretching (we supply the bands). Anyone can participate and we all find it very rewarding. We are looking for volunteers to lead the sessions and be committed for only 2 hours per week. It is not complicated. You will be shown what to do, and at the same time you are helping the Center. (The proceeds from the class go to the Wilson Activity Center.) See Wanda Kester to volunteer.  
*Dan Goldsmith*

### NOTICE

**TO KEEP OUR MEMBERSHIP LIST UP TO DATE, PLEASE LET THE CENTER KNOW WHEN A MEMBER PASSES AWAY.**

**NAME** \_\_\_\_\_

**DATE OF DEATH** \_\_\_\_\_

**CALL MARY AT 215-672-8380 OR MAIL IN NOTICE TO:  
BEN WILSON SENIOR CENTER, 580 DELMONT AVE, WARMINSTER, PA 18974**

## **STRESS AND SENIORS: KNOWING THE SIGNS AND SOLUTIONS**

The realities of senior living often do not match up with the carefree images on glossy retirement community sales brochures and magazine advertisements. Life is not always a straight shot down the fairway or a day at the beach. For many seniors today, the “golden years” can be incredibly stressful times. What causes seniors so much stress? Change is a major trigger, and seniors experience plenty of change ... declining health, death of friends and loved ones, moving, the loss of retirement savings due to the downturn in the market, the cost of living increases, caring for a loved one, caring for grandchildren.

Seniors can control stress and counteract its harmful effects in a variety of healthful ways:

**Daily exercise:** Any type of aerobic activity that gets your heart beating a bit faster can be a great stress reliever. This includes walking, swimming, biking, shopping, and dancing. Yard and house work are other great healthful options for reducing stress. **Pets:** Studies show that older people who have pets are less stressed. Perhaps it is because pets make great companions and help their owners focus attention toward their care. **Prayer:** For those who believe, prayer empowers and lifts burdens. Worshiping with others and sharing concerns also ease feelings of stress.

**Eating well:** Eating a nutritionally-balanced diet gives the body fuel it needs to get through each day. **Talking it out:** Seniors should not allow stress to build up inside of them. Talking troubles over with friends and family may not get a solution, at least not immediately, but it will give them a release. **Volunteering:** Giving your time and talents to a worthy cause and those in need can help you feel good about yourself and can give your life focus. Working with others less fortunate than you can help put your life – *and what is really important* – into perspective.

**Thinking positively:** As often as possible, focus on the positive and talk with positive people. Try to find happiness in whatever you do.

Presented by Jessica Smith, Director of Marketing, Comfort Keepers

### **BEN WILSON ACTIVITY CENTER 2013-2014 FISCAL BUDGET**

We feel it is important that you know and understand what it takes to keep your center going.

The figures shown reflect what we have received and where it has gone.

Next year's budget remains much the same, although our maintenance will increase.

Your help in participating will help make it happen.

#### **INCOME**

AAA	(12%)	\$39,132.00
Donations	( 5%)	16,742.00
Fund Raising	(24%)	74,995.00
Trips	(40%)	175,000.00
Hall Rentals	(18%)	58,000.00
Programs	( 1%)	3,575.00
Int./Div.		280.00

Totals \$ 367,724.00

#### **EXPENSES**

Payroll	\$98,032.00
Purchased Services	54,071.00
Operating Expenses	215,621.00
(Equipment Repairs,	
Fundraising Expenses	
Trips, Rental Expenses,	
Supplies)	

\$ 367,724.00

### **HOUSE CLEANING? / DON'T NEED GIFTS YOU RECEIVED?**

If you have any **new or unused** items you don't want, please remember us.

We do NOT accept articles of clothing, but we can reuse most other items.

Present the articles at the front desk for *raffle baskets*.

Recycle those items and help us too!



**PA TAX/RENT REBATE PROGRAM**

**EXTENSION**

The deadline to apply for PA's Property Tax/Rent Rebate program has been extended from June 30 to Dec 31. Eligible participants can receive a rebate of up to \$650 based on their rent or property taxes paid in 2013.

The program benefits eligible Pennsylvanians who are 65 or older; widows and widowers 50 years or older, and those 18 or older with permanent disabilities.

To apply, details about income, property tax, or rent must be supplied. For more information, call 888-222-9190 or go to [www.revenue.state.pa.us](http://www.revenue.state.pa.us).

**NEWSPAPER RECYCLING**

As you may have heard we have discontinued the usage of the newspaper recycling bins. Abitii has informed us that they will no longer be paying for used paper. We are relieved that we have regained 3 parking spaces in our parking lot. This will relieve tight parking during trips and hall rentals. We thank you for your assistance in fund raising with the newspapers but suggest that you leave the papers for your township to dispose.

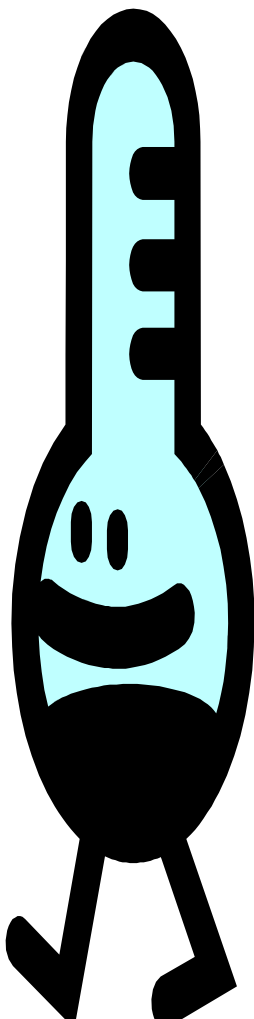
**AVAILABLE JEWELRY**

Our display case in the lobby is stocked with items donated by members. They are sold for a nominal cost and benefit the center. Don't hesitate to ask if you see something you like. A rare collection of dolls has been added and are for sale. Stop by to admire and buy.

**GOAL**

**\$20,000**

**CAPITAL IMPROVEMENT FUND**



We thank the many people and organizations who have so generously helped us to meet our goal for 2013. Major contributors (to date in 2014) include Jerry and Nancy Weslosky, Betty and Emil Sim, PARX and the Warrington Lions Club. We have accomplished Goal #3, new computers for the staff, since the old system kept crashing and we kept losing vital information. Goal #4, 10 new long tables for the dining hall have replaced the broken ones. Goal #5, a new freezer and a refrigerator are in operation with the help of Area Agency of Aging. By the time you read this, we anticipate the new roof having been completed by the township. Goal #6, a new vacuum cleaner as the old one 'bit the dust and was put to rest.' Goal #7, 96 large ceiling lights and 7 2x2 lights (at a cost of \$4,000) are needed. Upgraded electrical wiring is required. We need an electrician to update wiring and install the lights and this requires additional funding. We have increased the fund goal to \$20,000 for 2014. The next goal on our list is 'Plumbing.' Fixtures including hardware, toilets and sinks need to be replaced (estimates run @ \$4,000 not including labor). Please be generous. Thank you.





## **BEN WILSON ACTIVITY CENTER**

Did you know that the BWSC is a great place to host your next big event??????

# **WELL IT IS!!!!**

**WEDDINGS**

**BIRTHDAYS**

**FUNDRAISERS**

**GRADUATIONS**

**COMMUNIONS**

**BABY SHOWERS**

**ANNIVERSARIES**

**FAMILY REUNIONS**

**CONFERENCES**

**SALES PRESENTATIONS**

**SEMINARS**

### **BWSC HALL RENTAL FACTS:**

- Size: 40'x80'
- Capacity: 225
- Banquet Tables: 50+
- Table Covers Available
- Sunny & Bright with Large Picture Windows
- Complete Commercial Kitchen
- Ice Machine
- Giant Screen TV/DVD Player
- Large Pull Down Projection Screen
- Audio System with over 14 speakers in Hall
- Preferred List of Caterer's & DJ's available upon request
- Professionally cleaned before and after Event

Visit our web site at [www.wilsonseniorcenter.com](http://www.wilsonseniorcenter.com) to learn more or call the center at 215-672-8380.

Summer/fall season is the perfect time to increase your vegetable and fruit consumption. Make yourself a delicious smoothie which is a powerhouse of nutrients that your body requires and is flavorful.

A blender will do nicely. You can use apples and pears, peeled or not. But do cut them first and remove the core. Bananas add sweetness while oranges and pineapple adds lots of sweet juice. Squeeze half a lemon into the drink to act as a cleanser and add blueberries to help lower blood pressure.

Proper proportions are attained by adding more vegetables than fruit. Best veggies to use include carrots, spinach, sprouts, broccoli and kale. Flax seeds (one tablespoon) can be ground in a coffee grinder giving you the Omega 3 fats needed. You can try using a ¼ teaspoon of raw, virgin cold pressed coconut oil instead to enhance the citrus flavors. To get the right consistency use a variety of ingredients. Almond milk as calcium is low in fat and sugar; while cow's milk will make the smoothie creamier. You can add water to thin the smoothie if it is too thick. Yogurt (1 cup per drink) adds live active yeast cultures and thickness. Drink as a meal replacement or after a workout.

Yours in good health,

*Carolyn*

Carolyn Horner has been a volunteer in the kitchen of the BWAC for years. What you may not be aware of is, she has a long career (30 yrs plus) in health care. She is a licensed Respiratory Therapist, a Registered Pulmonary Function Technologist, and a Certified Meditation Instructor.

### **Social Security Association**

Beginning August 2014 SSA will no longer issue SS# printouts in their field offices. You must apply for a replacement card.

Beginning October 2014 SS offices will only provide benefit verification letters for emergencies. Call 1-800-772-1213 or print your own at [www.socialsecurity.gov.myaccount](http://www.socialsecurity.gov.myaccount).

### **AARP 55 ALIVE – DRIVING CLASSES**

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 – Fri, August 1

Refresher Course – 1 Day – Fri, September 12

Full Course – 2 Days – Thurs, October 23 and  
Fri, October 24

Refresher Course – 1 Day – November 14

Refresher Course – 1 Day - December 2

Class hours are 9:30 to 2:30 with a lunch break.

Class Seating is limited to 20 persons. Registrations for classes are taken at the front desk.



**LOL**

A vulture carrying two dead raccoons boards an airplane. The stewardess looks at him and says, 'I'm sorry, sir, only one carrion allowed per passenger.'

Two fish swim into a concrete wall. One turns to the other and says, 'Dam!'

Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.

Did you hear about the Buddhist who refused Novocain during a root-canal? His goal: transcend dental medication.

Two hydrogen atoms meet. One says, 'I've lost my electron.' The other says, 'Are you sure?' The first replies, 'Yes, I'm positive.'

There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did.

## Billiard Pool Schedule

Wilson I vs Wilson II	Fri, Aug 01	In-House
Wilson II vs Pennridge	Tu, Aug 19	Away
Wilson I vs Souderton	Tu, Aug 26	Home
Wilson II vs Ambler	Th, Sept 11	Home
Wilson I vs Pennridge	Tu, Sept 16	Home
Wilson II vs Brittney Pt	Tu, Oct 7	Home
Wilson I vs Wilson II	Fri, Oct 17	In-House
Wilson I vs Pennridge	Tu, Oct 21	Away
Wilson II vs Souderton	Tu, Oct 28	Away
Wilson I vs Skippack	Fri, Nov 07	Home
Wilson II vs Ambler	Wed, Nov 12	Home
Wilson I vs Pennridge	Tu, Nov 18	Home
Wilson II vs Normandy	Fri, Dec 05	Away
Wilson I vs Brittney Pt	Tu, Dec 9	Away
Wilson II vs Pennridge	Tu, Dec 16	Away

## MEALS DURING HOLIDAY CLOSINGS

Box Lunches or Frozen Meals  
Are Available for Purchase for \$2  
On the Monday prior to the Closing Date  
Place your Orders with Amanda  
One Week Preceding the Holiday

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<b>SAGE</b>	<b>215-357-2332</b>
<b>Senior Employment</b>	<b>215-340-2020</b>
<b>Seniors Helping Seniors</b>	<b>215-675-6402</b>
<b>Social Security</b>	<b>800-772-1213</b>
<b>Tax/Rent Rebate</b>	<b>215-443-2990</b>

We want to welcome a "New Member" named FLAT BENJAMIN. He is fashioned after the character in a children's book entitled Flat Stanley. A copy of the book is located in the library. He is available to accompany you on any and all excursions a member may make this year. All you need do is pick Benjamin up from the front desk, sign up and get the camera, take him with you and take a picture of Ben showing where he is, then return Benjamin and the camera for his next trip. You can even make a 'selfie' picture with him. Pictures will be on display, telling a great story. Who says seniors sit in a rocking chair all day? Maybe Benjamin will need one at the end of his adventure!!

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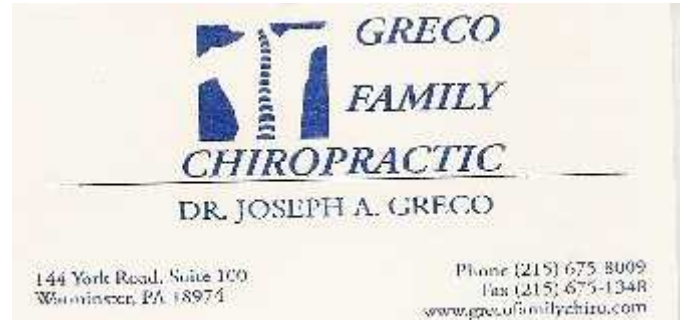
We encourage you to personally thank our many sponsors. They partner with the Ben Wilson Activity Center in so many ways. The advertisers offer you their services and products, many companies come to the Center and sponsor the activities that are planned for your entertainment. Some companies come to explain their services and shower us with gifts. The staff is grateful for their support but we members need to show our appreciation. Few of us want to need outside help, but being aware of the opportunities and services available can be a life-saver for a spouse or a child who may be your caregiver.

### **Shoes Are Made For Walking**

Are there excess shoes cluttering your closet floor? Out of date or season, not fitting as well as before? Don't match your new outfits? Donate them to us; drop them into the SHOEBOX RECYCLING box in our lobby. We are compensated for forwarding them to Shoebox Recycling.

### **HOT OR COLD LUNCHEONS**

The Area Agency of Aging (AAA) pays \$3.89 a meal and suggests a \$2.00 contribution to be reimbursed for your meal. Please sign up at BWAC Dining Hall for meals by Wednesday for the following week. Please call in to let us know if you are unable to partake on any reserved meal so we can utilize the food not being eaten. Ordered food must be paid by us regardless if eaten, please reimburse us if you cannot partake of your meal.



### **BINGO UPDATE**

Please note, we will hold Bingo on Monday of the Thanksgiving week holiday. We will not hold Bingo on Christmas or New Year's Eve Wednesdays.

**VOLUNTEER OPPORTUNITIES** are boundless at our Center. We are looking for persons to assemble, and/or deliver Meals on Wheels; Leading an aerobics class; helping with filing and typing; answering the telephone. List goes on and on. Whatever you feel is your passion, we have or can start a group to satisfy your desire. Stop in and ask how you can fit into any program.

Know someone who has everything; and you still have to find a gift?

We have Giant and Shop Rite gift cards available for sale.

Less running for you; your friend gets something they can use;  
the Wilson Center benefits.

Win! Win!

Win!

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