

## PENNRIDGE COMMUNITY CENTER

# NEWS and VIEWS

SEPTEMBER/ OCTOBER 2020

### From Your Center Manager

Hi Everyone,

I know everyone is getting anxious and wondering when our Center will reopen. I do not have an official date at this time. Once I do know we will post the date on our website, call each member, and send a special mailing with the date and guidelines for entering the Center.

I would like to thank the following people for their generous monetary donations to our Center - Pat Capaldi, and Susan (Beth) and Scott Mosser. Your support is really appreciated.

I would like to thank the many people who so far have donated to our bake less bake sale. We are continuing this fundraiser for two more months. Names of those who donated are listed on page 5.

In the last newsletter I mentioned giving out COVID Care Packages. See page 6 for information on when to pick up your package.

On Saturday, September 12th, our Center will be having a 50% off Outdoor Flea Market. See page 6 for information about this event.

On Friday, September 18th, our Center will be having a Shredding Event. See page 6 for more information on this event.

If you need anything please give us a call at 215-453-7027. Even if you just want to talk, we are here for you. Enjoy the sunshine and all the wonderful things that we do have and are thankful for.

*Peggy Lewis, Manager*

Some cool photos of all the places I visited in 2020



MANAGER: PEGGY LEWIS  
ASSISTANT MANAGER: CAROL KUHN

*Our Center is governed by  
BUCKS COUNTY ASSOCIATION FOR RETIRED  
AND SENIOR CITIZENS*

## TABLE OF CONTENTS

Manager's Report	Page 1
Table of Contents /In Memoriam	Page 2
President's Report / Nutrition	Page 3
Remember When/ Bake Sale, Can	Page 4
Donations from Bake-less Bake Sale	Page 5
Care Packages/Bake Sale/ Shredding	Page 6
About Us	Page 7
Ads	Pages 8 - 11
Center Information	Page 12

### Senior Moments by Hal Boyer

I don't mind wearing a mask to go into town, I don't have to put my teeth in.



## The Lockdown

### So, what did you do since mid-March?

When we're back in the Center, talk through your experiences with others. Everyone has a different story, and it'll be good to talk about them. Maybe these stories should be documented. Your children and grand-children need to hear them, and if documented, they can be part of their records in Ancestry or Family Heritage types of documentation for future generations.

You'll appreciate it now, and your families will appreciate it later.

## *IN MEMORIAM*

Brenda Matern

Shirley Slozer

Edward Warris

*Rest in Peace*



## From your President

Hi All -

It's been a rough five + months. Everyone misses the Center, and we hope everyone comes back. It will be different at the Center, so bear with us when we re-open.

**On another topic**, the Holiday Cash Raffle will again go on, on Nov. 22 (our 5th Annual !), but we will need to make changes in order to comply with the Covid-19 mandates. This year we will still sell our \$20 tickets, and we plan to have the 18 drawings of \$100 for each winner, and the Grand Prize of \$500. But, we cannot have the event as we did previously. This November 22 a few members of the Executive Board and of the Advisory Board will meet in the Legacy Room to draw the winning numbers, as we cannot host this as a normal event. YES, there will still be winners. NO, the Center will not be open for food, music, or comradery. It pains us to do this, but we have no choice. Also, note that the number of winners may need to be adjusted based on the number of tickets sold.

As an Advisory Board fundraiser, the Center desperately needs the money raised from this Raffle. You'll notice a Raffle ticket in an addressed envelope is included in this Newsletter. If you want to participate, you must return the filled-in ticket stub with \$20. Please use your postage to send this back, as this will save the Center a few more dollars. If you need more tickets, please call the Center and we will get tickets to you. We VERY MUCH APPRECIATE your participation, and we hope that for 2021 we will be back to 'normal.'

One last item — We have many, many members in the Center. From time to time a member passes away, but we're not made aware of this. If you know of a member who passes away, please let Peggy know, so that we can acknowledge this, and so we can keep our member list current. Thank you.

Take care and take advantage of our other plans, listed on Page 6.

*Ted Heimback, President*

## Nutrition: Meatless Monday

Jenny Koscho RDN LDN CDCES Outpatient Registered Dietician, GVH

Meatless Monday is not a new idea, it was developed during World War I to reduce consumption of key staples to aid the war efforts. In 2003 it was reintroduced as a public health awareness campaign to help decrease our consumption of meat to help become eco-friendly and help our planet. It's also a way to improve your health as well too! The idea of skipping meat for the day and replacing your protein with either dairy, eggs, or plant-based proteins can be helpful when you are trying to watch your weight as well as most of these protein sources are less calories and contain less fat than their meat counterparts. Here are some meatless meal ideas.

Black Bean Quesadillas or Burritos- Sauté onions, garlic, bell peppers and black beans along with a little salt, pepper, and cumin, and place into a whole grain wrap with a little cheese.

Chick pea pasta (ex: Banza) with marinara sauce

Quinoa made with chicken peas and sautéed zucchini, bell peppers, and mushrooms

Tofu stir fry - sauté any vegetables you like along with firm tofu that has been cubed up and add a little low sodium teriyaki sauce. Place over brown rice, quinoa, or riced cauliflower.

Veggie omelet

Black bean burgers on whole grain buns

Vegetable lasagna

Zucchini or Broccoli quiche

Lentil soup

### Remember When

When people said “thank you” and “please”?

When **Moms** called their kids in for supper at dusk?

You played **Hide-and-seek** and **climbed trees**?

Remember when “**downtown**” seemed so far away?

You caught **lightning bugs** in a jar? You drank **chocolate milk**?

When drugstores had **fountains**, most kids had a **bike**, and you had a **wish** for every **star**?

You read **comic books** by the ton? You bought **penny candy**?

If these bring a smile to your face whenever you hear them told, it means you were one of the lucky ones to have such good times.

Hallmark

### Bake-less Bake Sale

We are continuing our Bake-less Bake Sale Fundraiser for the next two months. Works this way, you give a monetary donation for what it would cost you to make a cake or buy a cake. Whatever you can give is needed and much appreciated. Thank You!

#### Send checks to:

Penridge Community Center (name on check to)

146 East Main Street

Perkasie, Pa. 18944

### Aluminum Cans

Did you know there is a dumpster for the Silverdale community and our Center for aluminum cans for recycling? This very long dumpster is in the back of the parking lot, where you can bring **only** your aluminum cans. Please don't bring anything else to put in the dumpster. It's **only** for aluminum cans.

The proceeds from recycling are then donated to the Center by the Silverdale Borough Council. **Thank You!**

**Donations:** I want to thank the following people for **donating to our Bake-less Bake Sale**. We will be running this fundraiser for the next two months.

**We appreciate any amount you can afford to donate. *Thank You!*** Peggy Lewis

Almonrode, Zelda

Bauman, Jean

Bitzer, June

Burkholder, Rose

Davis, Margaret

Denham, Lillian

Ehly, Nancy and Melvin

Foley, Peggy

Frank, Elaine and Robert (Bob)

Gombert, Dorothy Marie

Hiller, Lynn

Kain, Jim

Kenna, Diane and Gerard

Kuhns, Carol and Terry

Loring, Jane

Musselman, Gladys and Lowell (Skeeter)

Myers, Jean

Nyman, Sandy and David

Overbaugh, Sue

Preston, Joyce and Joe

Rissmann, Diane and Walter

Scheetz, Geraldine

Sharkey, Carol

Street, Dorothy

Taloricco, Lynn and Francis

Tyson, Carol

Werner, Margaret and Donald

Ziegler, Wilmer and Romaine

### COVID CARE PACKAGE

We are pleased to provide you with a COVID CARE PACKAGE. These are intended to help you stay safe during the COVID-19 pandemic—especially if you venture back into your usual routine in the public. Bucks County Area Agency on Aging donated 50 packages. The rest of the packages were donated by Pennridge Community Center, Life Quest (Kelly Bemelmans and Dee Jones), and Penn Community Bank. These packages are for MEMBERS only. **You can pick your package up at Pennridge Community Center on Saturday, September 5, 2020, from 9:00 - 11:00 am. Masks are required.**

### Outdoor Flea Market

Pennridge Community Center will be having an outdoor flea market. Everything is 50% off. Our Center is in dire need of financial support for the Center's daily operating expenses. Please tell your friends, family, and neighbors to come out and support our Center. Monetary donations will also be accepted. We will be providing disposal gloves for you to use but must be thrown away before leaving. **The Outdoor Flea Market will be held on Saturday, September, 12, 2020, from 9:00 am - 2:00 pm. Masks are required.**

### Shredding Event

Pennridge Community Center will be having a Shredding Event on Friday, September 18th, from 10:00 - Noon. You can bring up to 5 bags or boxes. No metal in folders, and no paper clips, *please*.

**This event is free. Donations are appreciated.**



I am exhausted from almost having to socialize!

### **EXECUTIVE BOARD**

Ted Heimbach - President  
Lowell Musselman - 1<sup>st</sup> VP  
Carol Shultz - 2<sup>nd</sup> VP  
Sandra Nyman - Treasurer  
Carol Tyson - Secretary  
Pat Siwert & Susan Vasquez -  
Members-at-Large

### **ADVISORY BOARD**

Dawn Baum	Lowell Musselman
John Greer, III	David Nyman
Patricia Guth	Elizabeth Schirmer
Ted Heimbach	Carol Shultz
Alice Kachline	Patricia Siwert
Peggy Lewis	James Steeley
Connie Moyer	Joel Steinman
Kristen Murphy	Raymond Weider

### **EMERITUS MEMBER**

Herman Slozer

## **DEVELOPMENT OF OUR MISSION STATEMENT**

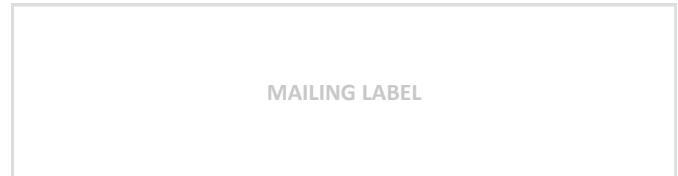
The core principles that guide us are compassion, volunteerism, fellowship, and action. We exist to provide services and support using fundraising to support our programs. We provide information and resources and activities in such areas as education, entertainment, and nutrition, health and travel. Our customers are adults 55+ in the broad community of Pennridge School District, as well as community businesses and groups that support our goals. We also provide a clean, healthy, and safe environment for all to enjoy, "This project is funded, in part, under a contract with the Pennsylvania Department and the County of Bucks."

# PENNRIDGE COMMUNITY CENTER

146 E. Main Street  
Perkasie, PA 18944  
(Located on Rt. 113, east of rt. 152)

Phone: 215-453-7027  
215-453-7028  
Fax: 215-453-7029

Email: [manager.pcsc@yahoo.com](mailto:manager.pcsc@yahoo.com)  
Website: [www.pennridgecenter.org](http://www.pennridgecenter.org)



## EMERGENCY CLOSING INFORMATION

Check Channel 69 WFMZ on your TV -  
or check the internet at  
[www.WFMZ.com](http://www.WFMZ.com).

Look for "Pennridge Community".

Local radio stations will announce  
closings by number - Pennridge School  
District is #757.

If the schools are closed, the Center is  
closed. If the schools open late, the  
Center will open late, and if the  
schools close early, the Center will  
close early.

## NEWSLETTER INFO

Our Newsletter is published 6 times a year,  
and is available to all members.

The Pennridge Community Center is one of the four full-service senior citizen centers operated by the Bucks County Association for Retired and Senior Citizens (BCARSC), a non-profit corporation. The BCARSC is funded through the PA Department on Aging, and through self-supporting projects. BCARSC is an equal opportunity employer.

All programs and services provided at the four Centers are offered without regard to race, religion, political affiliation, or personal background.

The Pennridge Community Center serves all citizens ages 55 and older who reside in the boroughs of Dublin, Perkasie, Sellersville, Silverdale, and Telford and the townships of Bedminster, East Rockhill, Hilltown, and West Rockhill.

The Pennridge Community Center is partially funded through the Bucks County Area Agency on Aging, the PA Department on Aging, the Federal Food program, and self-supported projects.

All operational expenses are the responsibility of the Center. The Executive Board, Advisory Board, Center Manager, and Assistant Manager are responsible to pursue all possible sources to generate income.

## 2020 HOLIDAYS

Monday, September 7 - Labor Day

Wednesday, November 11 - Veterans Day

Monday, October 12 - Columbus Day

Thursday, November 26 - Thanksgiving Day

Tuesday, November 3 - Election Day

Friday, November 27 - Day after Thanksgiving

Friday, December 25 - Christmas Day