

BENJAMIN H. WILSON SENIOR COMMUNITY CENTER



580 DELMONT AVE. WARMINSTER, PA 18974

Phone: 215-672-8380 Fax: 215-672-4501 Email: benwilsoncenter@yahoo.com

Fall 2012 Issue

9:00 AM -3:30 PM

BANQUET HALL RENTALS

The Center is available for wedding receptions, fundraisers, and any other type of celebration. Please call 215-672-8380 for available dates and prices.

BINGO...BINGO...BINGO.... **EVERY WEDNESDAY NIGHT**

**DOORS OPEN 4:30 PM;
GAMES START 6:30**

**\$10.00 ADMISSION INCLUDE 4 LAP BOARDS
\$2.00 FOR BOOK OF SPECIALS & BONANZA
OTHER EXTRA SPECIALS AVAILABLE
BRING A FRIEND FOR FREE ADMISSION!**

HOLIDAY CLOSING DATES

**OCTOBER 8 – COLUMBUS DAY
NOVEMBER 6 – ELECTION DAY
NOVEMBER 22 & 23 –
THANKSGIVING DAY & FRIDAY
DECEMBER 25 – CHRISTMAS DAY
JANUARY 1, 2013 – NEW YEAR’S DAY
JANUARY 13, 2013 – MARTIN
LUTHER KING JR DAY**

SAVE THE DATE **FUNDRAISERS**

**SEPT 28 - SPAGHETTI DINNER 5 – 8
OCTOBER 5 -7 – GETTYSBURG (TRIP)
OCTOBER 20 – KRISTIN CORYELL,
PERFORMING & CATERED LUNCH 1 – 5
OCTOBER 25 – MT AIRY CASINO (TRIP)
OCTOBER 26 – FREE FLU SHOTS (10-2)
OCTOBER 28 – FASHION SHOW AT THE
ERZGEBIRGE VEREINIGEN – NOON - 4
OCTOBER 30 – COVERED DISH - 5:30 – 8
NOVEMBER 3 – GALA DANCE PARTY
NOVEMBER 6 – BAKE SALE
NOVEMBER 7 – 9 – WASHINGTON, DC
NOVEMBER 9 & 10 – CRAFT SHOW AND
FLEA MARKET
NOVEMBER 15 – “THANKSGIVING” AT
MT HAVEN (TRIP)
NOVEMBER 26 – MOHEGAN SUN CASINO
DECEMBER 1 & 2 – CHRISTMAS (TRIP)
DECEMBER 15 – NORRISTOWN THEATRE
WONDERETTES AND LUNCHEON (TRIP)
DECEMBER 20 – HUNTERDON HILLS
PLAYHOUSE – CHRISTMAS SHOW (TRIP)
DECEMBER 31 & JANUARY 1 –
NEW YEAR’S EVE AT ...PENDING**

BWSC MEMBER NEWS

**GENERAL MEMBERSHIP MEETINGS 2ND TUESDAY AT 10 AM
ATTEND FOR A CHANCE TO WIN A PRIZE**

PRESIDENT’S MESSAGE

Please join us in congratulating Wanda Kester, who has graciously accepted the position as Center Manager. We are now looking to fill the open position of part-time bookkeeper.

MANAGER’S MUSINGS

Back from my vacation and ready for a new task. Our General Meeting scheduled for Oct 9th at 10 am will feature Richard Manfredi, Warminster’s township manager, to talk about traffic and the center. We are pleased to say the ruts in the parking lot have been repaired. Please note that your membership dues for 2012 must be paid by Oct 1, 2012 to attend the Christmas luncheon, which is limited to 180 attendees. Please use the 2013 membership application on page 8; which is payable as of the first of the year. This is a yearly charge, not fiscal fee. Membership must be paid by March 1 to be eligible to vote in May.

FOOD FOR THOUGHT

Our Spaghetti Dinner fundraiser supporters include Hatboro Federal Savings; Conte Luna Foods, Mike’s York Street Bar & Grill; Warminster Guiseppe’s Pizza; Linton’s Managed Services; Warminster Steak and Hoagie Factory; Ann’s Choice; Little Leo’s Café; Red Lion Diner; Morabito Bakery; Altomonte’s Market & Deli.

Upcoming Halloween Party in October (date pending) with lots of candy, prizes; costume contest; special menu ...stay tuned for details.

Thanks again to all my dedicated hardworking kitchen volunteers as well as my MOW drivers.

NEED HELP PAYING YOUR UTILITY BILLS????

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

HELPFUL TELEPHONE NUMBERS

Aid for Friends	215-348-7505
Area Agency on Aging	215-348-0510
A.A.R.P.	717 -238-2277
BBB (Better Business Bureau)	215-985-9313
Bucks Co. Transport	215-794-5554
Elder Abuse	800-243-3767
Food Stamps	215-781-3300
Homeless Hotline	800-810-4434
Legal Service	215-781-1111
Military Affairs	215-345-3307
P.A.C.E.	215-348-0510
R.S.V.P.	215-340-1210
S.A.G.E.	215-357 -2332
Senior Employment	215-340-2020
Social Security	800-772-1213
Tax/Rent Rebate	215-443-2990

BWSC FASHION SHOW

Featuring DRESS BARN selections for the young @ heart and “mature” figures

OCTOBER, 28, 2012 – NOON – 4 PM
at

Erzgebirge Vereinigen
130 Davisville Rd, Warminster
Food Choices – Chicken Marsala or
Vegetarian Platter
Cost - \$30 – Show and Luncheon
For Tickets and Information
Sue Goldworthy – 215-672-8380

BASIC COMPUTER CLASSES

WEDNESDAY @ 1 PM THROUGH OCTOBER
NEW COURSE STARTING NOVEMBER

NEWSLETTER STAFF

Interim Editor.....Betty Sim
Assistants.....Pat Murphy, Mary Bell,
Delores Diamond, Adele Weremeychik; Carole
Monkers,

SPECIAL ATTRACTION

KRISTIN CORYELL at the keyboard
Cold Buffet Luncheon from Nick’s Deli, Hatboro
BYOB & setup
Sat, Oct 20th, 2012 from 1 – 5 pm
\$30.00 per person payable at Travel Office

SEPTEMBER IS SENIOR HEALTH MONTH

CENTER CHATTER

Now that fall is approaching, the Ben Wilson Senior 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 vibrant.

BWSC 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.

MONTHLY 50/50 DRAWINGS

Tickets are \$1 and on sale daily
At the front desk.
Drawing on last Friday of each month

BAYADA NURSES

Give free Blood Pressure Screenings
Every First Tuesday of the Month
No Registration Needed
Stop In and have your b/p checked

GALA DANCE PARTY

NOVEMBER 3, 2012 from 7 to 11
FOOD CATERED BY BISTRO - BYOB
Tickets at front desk \$35 includes chance for
Grand Prizes \$50, \$100, \$500 as well as
Weekly Wed. night drawings for \$25 thru Oct.
Juke Box music from 40's to present

CRAFT SHOW & FLEA MARKET

NOVEMBER 9 – 5 TO 8 pm
AND NOVEMBER 10 – 9 am – 1 pm

Please come and join us. Sign up at the front desk or see Pat Murphy to reserve a table. Many of your favorites will be here. Our kitchen is also open.

VOLUNTEER OPPORTUNITIES

Have some time on your hands? Have a talent you want to share? Just a few hours a week to get out and meet and greet, play cards, pool, WI bowling, read, learn a new language, practice your (or learn) dancing skills, serve a hot meal.

FALL COVERED DISH DINNER

October 30, 2012

“Our last planned group dinner of the year.”
Costumes encouraged. Sign up at the front desk with your contribution and how many guests will be attend.

POCKET BILLIARD POOL GAME SCHEDULE

Pennridge	Tuesday, Oct 16, 2012	Away
Skippack	Friday, Oct 26, 2012	Home
Meadowood	Friday, Nov 9, 2012	Home
Pennridge	Tuesday, Nov 13, 2012	Home
Sannondell	Tuesday, Dec 4, 2012	Away
Meadowood	Friday, Dec 14, 2012	Away
Pennridge	Tuesday, Dec 18, 2012	Away

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 \$12.00 for AARP members and \$14.00 for non-members. CHECKS ONLY are payable to AARP. Classes are scheduled for:

Refresher course: 1 day – September 14, 2012
Full course: 2 days – October 18 & 19, 2012

Additional courses yet to be named. Registrations taken at front desk.

HOT OR COLD LUNCHEONS

The Area Agency on Aging (AAA) pays \$3.89 a meal and suggests a \$2.00 contribution to be reimbursed to them for your meal. Please sign up at BWSC 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 serve others on our wait list.

Richard L. Newman

Elder Law Attorney

P.O. Box 1260
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HEALTHY LIFESTYLES

With the cooler weather upon us and the holidays ahead, we will all be doing more baking and eating sweet baked goods. Sugar is ok in small amounts; but American consumption is much too high. What happens to sugar when it is not burned as calories? It is converted into fat and stored in the body.

If you are going to use sugar when you bake you can always take out a small amount from the recipe and most times you won't even miss it. I suggest buying natural plants and grains that are sugar substitutes from a health food store, such as Brown Rice Syrup, Raw Pure Agave and Raw Pure Stevia. These natural sweeteners are great to cook with; and are healthier choices compared to sucrose (processed white table sugar), dextrose and high fructose corn syrup. Avoid using artificial sugar substitutes such as saccharin, aspartame, and sucralose because these chemicals are not the healthiest choice for your body. Buy the "No sugar added" products when purchasing baked goods at a store.

You will keep your weight stable plus feel and look great if you do!

Yours, in good health, *Carolyn*

Carolyn Horner has been a volunteer in the kitchen of the BWSC for years. What you may not be aware of is, she has a long career (30 plus yrs) in health care.



She is a licensed Respiratory Therapist, a Registered Pulmonary Function Technologist, and a Certified Meditation Instructor

DAILY ACTIVITIES

Breakfast Club meets every day at 9 am Assorted cereals, pastries, juices, bagels, and more!

MON 9:00 AM PINOCHLE - POOL PLAYERS
10:00 AM AEROBICS*

NOON-LUNCH

12:30 PM PINOCHLE - POOL PLAYERS
1:00 PM YOGA
6:30 PM POKER *

TUE 9:00 AM PINOCHLE - POOL PLAYERS
9:30 AM GENEALOGY* SIGN UP
10:00 AM GENERAL MEETING (WIN A PRIZE) 2ND TUES. OF THE MONTH

NOON-LUNCH

12:15 PM BRIDGE*
1:00 PM CROCHET/KNITTING AND POOL PLAYERS
6:30 PM PINOCHLE

WED 9:00 AM PINOCHLE - POOL PLAYERS
9:30 AM PENNY BINGO
10:00 AM WOOD CARVING*
NOON -LUNCH
12:30 PM BEGINNERS BRIDGE
1:00 PM COMPUTER * POOL PLAYERS AND NATIVITY KNITTERS
4:00 PM DOORS OPEN FOR BINGO 6:30 PM BINGO STARTS

THUR 9:00 AM PINOCHLE - POOL PLAYERS
9:30 AM PENNY BINGO - ART CLASS*
NOON-LUNCH
12:15 PM BRIDGE*
12:30 PM Wii BOWLING
1:00 PM POOL PLAYERS

FRI 9:00 AM PINOCHLE - POOL PLAYERS
ZUMBA*
9:30 AM MAH JONGG*
NOON-LUNCH
11:30 AM BEGINNERS LINE DANCING
12:30 PM LINE DANCING*
1:00 PM POOL PLAYERS

*Donations accepted for the BWSC
\$3.00 member
\$5.00 non member

FREE FLU SHOTS - OCTOBER 26TH 10 AM TO 2 PM

MEMBERSHIP IS NOW DUE! THE COST IS \$20.00

If you have not paid for 2013, please submit your \$20.00 payment to:

BEN WILSON SENIOR CENTER
580 Delmont Avenue
Warminster, PA 18974

(New members will need to complete a full application)

Thanks for Supporting Your Center with Your Dues Payment.

Print Last Name

Print First Name

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-----CUT ALONG HERE AND MAIL-----

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