



# NEWSLETTER

YOUNG IN SPIRIT AND MIND

January, 2025

## Location

580 Delmont Avenue  
Warminster, PA 18974  
p: 215-672-8380  
e: info@bwsac.org  
www.bwsac.org

## Hours

9:00 am—3:00 pm—Monday thru Thursday



Like us on Facebook

*The BWSAC is funded in part by the County Commissioners, through the AAA & the PA Department of Aging.*



## From our Manager...NANCY STEINKE

Happy New Year! I hope everyone had a wonderful holiday season and I hope you have a Happy and Healthy New Year! We are hoping that you continue to participate in our activities and continue to be a part of the Ben Wilson "family."

We are continuing to look for an Aerobics instructor and someone to assist with our craft program, especially someone that would be interested in teaching plastic

canvas needlepoint. If interested please see the front desk.

Please notice that we will be having blood pressure screenings the third Thursday of each month from 10am to 12pm. Also, staff from Brian Munroe's office will be coming the last Wednesday of each month to assist you with Septa pass sign-up, energy assistance, reduced auto

registration, prescription assistance, property tax/rent rebate, etc.

Make sure your membership is up-to-date for 2025 and don't forget, if you pay for your year of activities in January you will only pay half price (see front desk for information). The Special is only good in the month of January!



# OUR CENTER

FROM OUR BOARD PRESIDENT, Louise Dorsett



Goodbye to 2024, it was a busy year at the Center. It is a time for new beginnings, I'm sure we will all make New Years Resolutions, but will we be keeping them? The one resolution everyone needs to keep is to be kind to each other.

Our holiday luncheon was a huge success, thanks to the Board Members and volunteers. A big thank you to Santa for making an appearance.

Hope everyone has a happy and healthy New Year!



## Members keep us growing

- Membership fees due starting in December for 2025.
- Your \$25 membership allows you to participate in all the activities and special events.
- That is only \$2.08 per month.
- If you go on trips with the Travel Club, you also pay less per trip than non-members.
- Membership supports the activities and upkeep of the Senior Center.

**\*When you renew your membership, please update your emergency contact information\***

**Half Price Special: if you Pay for your Activities in January for the whole year (see front desk)**



## Board Members

PRESIDENT: Louise Dorsett  
VICE PRESIDENT: Jim Furlong  
TREASURER: John Rafa  
SECRETARY: Susan Curtis  
TRUSTEE: Carol Davis  
TRUSTEE: Conrad Muth  
TRUSTEE: Ed Glover  
TRUSTEE: Hazel Wood

## BWSAC Staff

MANAGER: Nancy Steinke  
manager@bwsac.org  
NUTRITION and COMMUNITY SERVICE  
COORDINATOR: Amanda Gershanick  
amanda@bwsac.org  
ASSISTANT MANAGER: Jackie Tamaro  
Hall Rental Coordinator  
info@bwsac.org  
RECEPTION DESK: Karen Dorsett

## Volunteer Activity Leaders

Chess: Tom McGee  
Computer Classes: Adele Weremeychik  
DIY: Karen Dorsett  
Mah Jongg: Mary Threlfall  
Orientation: Diane Shiminske  
Travel Club: Carol Davis

## Important Phone Numbers

AARP 717-238-2277  
Bucks County Area Agency on Aging  
267-880-5700  
Bucks County Transport 215-794-8360  
Elder Abuse 800-243-3767  
Legal Aid of Southeastern PA/  
Doylestown Office 215-340-1818  
Pennsylvania Department of Aging  
717-783-1550  
Social Security 800-772-1213  
Tax/Rent Rebate 888-222-9190  
Warminster Township 215-443-5414

# EVENT INFORMATION

## **LUNCH & LEARN**

Wednesday, January 22nd



**Active Day Health Services**

Presented by: **Dera Shaw**

### What Are Adult Day Services?

Active Day provides an engaging environment that offers socialization, activities, meals, care, and compassion to all adults and aging seniors with various physical and cognitive needs.

We staff our Centers with healthcare professionals who assist our members with daily living activities while ensuring proper and personalized care.

Menu: hoagie, chips, brownie and water

**JUST PRE-REGISTER AT FRONT DESK**  
**\$1.00 MEMBERS / \$2.00 NON-MEMBERS**



## Bereavement Support Group

*In a safe and supportive setting our BWSAC Bereavement Support Group will meet the 2<sup>nd</sup> Monday of each month beginning at 12:30pm*

*Our Facilitator will help with things like understanding the stages of grief, strategies to help with anxiety, stress and loneliness as well as explaining your feelings of denial, anger, guilt, and depression.*

*Please see front desk if you have any questions.*

**2<sup>nd</sup> Monday of the Month**



## Monthly Craft

### Decorate Lighted Bottle

### Monday, January 27<sup>th</sup>



\$7.00 members/\$9.00 non-members

Must pre-register & pay at front desk by 1/23/25



### The 5 Pillars to Health

Join us for a discussion on the 5 Pillars of Health

- Nutrition
- Exercise
- Sleep
- Stress
- Enjoyment & Inspiration

And the 42 factors that affect blood sugar and carbs.

## January 7<sup>th</sup> 10am

Presented by Kirsten Puskar MS, RDN, LDN, CDGES

Sponsored By Body By Blueprint

# DAILY ACTIVITIES

## ***Everyone is Required to pay Activity Fees***

### Activity Fees

\$1.00 per activity per day per member    \$2.00 per activity per day per non-member

Bingo \$5.00 - Bango Pay as you play

Computer Class - \$3.00 per member - \$5.00 per non-member

**\*Line Dancing \$1 member/\$2 non member@ Front Desk - \$5.00 to Dance Teacher\***

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
9:30am BILLIARDS	9:00am BILLIARDS	9:00am BILLIARDS	9:00am BILLIARDS	
MAH JONGG		CHESS CLUB 		C
CHESS CLUB				
MINI CRAFT: 2ND MONDAY				
HAIRCUTS: 4TH MONDAY				
MTHLY CRAFT: 4TH MONDAY				
KNITTING & CROCHET 		WOOD CARVING 	9:30am BINGO 	L
10:00 AEROBICS 	9:30am BANGO 	9:30am BINGO 		O
LUNCH AT 11:45	LUNCH AT 11:45	LUNCH AT 11:45	LUNCH AT 11:45	S
12:00pm BILLIARDS	12:00pm BILLIARDS	12:00pm BILLIARDS	12:30pm BILLIARDS	E
PINOCHLE 	WOOD CARVING 	COMPUTER HELP SESSION (BY APPT. ONLY)	AEROBICS 	D
12:30pm MTHLY CRAFT: 4TH MONDAY		1:00pm Scrabble & Board Games	CORNHOLE 	
BEREAVMENT GROUP 2nd Monday			CANASTA 	
1:00pm Computer Education Class 	1:00pm MAH JONGG	1:00-2:30pm INT/ADV LINE DANCING 		
	6:30pm TUESDAY NITE CARDS 			

\*Disclaimer: The BWSAC Board reserves the right to amend these fees when necessary

# BUS TRIP INFORMATION

## BWSAC TRAVEL CLUB 2025 TRIP SCHEDULE







<u>Month</u>	<u>Day</u>	<u>Date</u>	<u>Destination</u>
February	Thursday	20 <sup>th</sup>	Fulton Theater – “Jesus Christ Superstar” 
February	Sunday	23 <sup>rd</sup>	Act II Playhouse – “Grace & Glorie” 
February	Thursday	27 <sup>th</sup>	Hunterdon Hills – “Best of the Mahoney Brothers” 
March	Sunday	2 <sup>nd</sup>	American Music Theater – “Riverdance: 30 <sup>th</sup> Anniversary” 
March	Thursday	20 <sup>th</sup>	Dutch Apple – “Waitress” 
April	Tuesday	8 <sup>th</sup>	Hunterdon Hills – “Swing!” the Musical 
April	Saturday	26 <sup>th</sup>	Bristol Riverside Theater - “In the Heights” 
June	Thursday	5 <sup>th</sup>	Dutch Apple – “We Will Rock You” 
June	Sunday	22 <sup>nd</sup>	Act II Playhouse – “Rogers & Hammerstein Tribute” 
June	Thursday	26 <sup>th</sup>	Hunter Hills – “Queens of Country” 
July	Friday	11 <sup>th</sup>	Sight and Sound – “Noah”  
August	Thursday	28 <sup>th</sup>	Tropicana – “Doo Wop Project” 
September	Tuesday	16 <sup>th</sup>	Surflight - “Calendar Girls” 
September	Tuesday	30 <sup>th</sup>	Penn’s Peak - “Buddy Holly Tribute” 
October	Tuesday	28 <sup>th</sup>	Penns Peak - “Barbra & Frank -The Concert That Never Was” 
November	Friday	21 <sup>nd</sup>	American Music Theater: “Christmas: Deck the Halls” 
December	Wednesday	31 <sup>st</sup>	Doolan’s New Year’s Eve at Noon 

(TRIPS SUBJECT TO CHANGE OR CANCELLATION / For Further Information Contact 215-672-8380)

### TRIP DIFFICULTY RATINGS

 \*Very Easy to Navigate  
\*Little Walking Involved

  \*Fairly Easy to Navigate  
\*Some Walking Involved

   \*Can be Difficult to Navigate  
\*Much Walking Involved

**BWSAC Protocol: If you show signs of illness, you will be asked to wear a mask.**

#### **Ben Wilson Senior Activity Center Mission Statement**

As the largest senior center in Bucks County, the Ben Wilson Senior Center’s mission is to promote the social welfare of persons aged 55 and older by encouraging good fellowship and companionship among members through interactive events, social activities, and community improvements projects.

## Keep Space Blank For Ads

Ads are placed during the uploading process—Please delete after training

# MENU AND ACTIVITIES

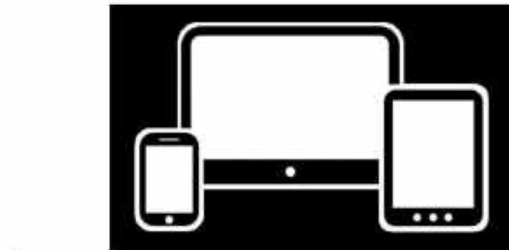
BENJAMIN H. WILSON SENIOR ACTIVITY CENTER  
215.672.8380  
LUNCH MENU - 11:45am

SUGGESTED MEAL DONATION - \$2				1% MILK WILL BE INCLUDED WITH ALL MEALS	
THE CENTER IS CLOSED ON FRIDAYS		Monday	Tuesday	Wednesday	Thursday
				1 Closed - New Year's Day	2 Stuffed Chicken Breast garlic mashed potatoes 1/2 cup collard greens dinner roll Chocolate cake
6 Manicotti w meat sauce 1/2 cup broccoli 1/2 cup pears w oat topping WW bread fresh fruit	7 Salsa Chicken 1/2 cup brown rice 1/2 cup corn and red peppers 2oz WW roll 1/2 cup pineapples			8 Honey Mustard Chicken Wrap 1/2 cup carrot and cauliflower salad 1/2 cup greek orzo salad ww tortilla Fresh orange	9 Baked Chicken w gravy 1/2 cup traditional stuffing 1/2 cup peas and carrots WW bread 1/2 cup applesauce
13 Philly Cheeseburger 1/2 cup peas and carrots 1/2 cup potato wedges whole wheat hamburger roll 1/2 cup berry applesauce	14 BBQ Chicken Thigh 1/2 cup mix veggies 1/2 baked beans 1 oz. WW bread Fresh Fruit			15 Turkey and cheese sandwich lettuce and tomato 1/2 cup marinated broccoli salad 1/2 cup carrot raisin salad sweet muffin	16 Roasted Rosemary Turkey W Gravy 1/2 cup brussel sprouts 1/2 cup cornbread stuffing WW roll Fresh Pear
20 Closed Martin Luther King, Jr Day	21 Beef and Bean Chili mix 1/2 cup sweet corn WW bread chocolate chip cookie			22 Lunch and Learn	23 Sliced Roast Beef Merlot Whipped sweet potatoes 1/2 cup roasted beets WW roll 1/2 cup cinnamon applesauce
27 Asian Garlic Chicken 1/2 cup fried brown rice 1/2 cup stirfry veggies WW roll mandarin oranges	28 Baked Ziti 1/2 cup Brussel sprouts 1/2 cup spiced peaches Fresh Fruit			29 Turkey Wrap w lettuce and tomato 1/2 cup coleslaw 1/2 cup carrot raisin salad WW tortilla Fresh Apple	30 Italian Pulled Pork 1/2 cup Mashed potatoes 1/2 cup green beans white bread sweet muffin

## NEW MEMBER ORIENTATION



Join us for new member orientation, Monday's at 10am.  
Great way to learn more about BWSAC and the activities, programs and events taking place.  
Reservations required.  
Stop by front desk or call 215-672-8380 to reserve a spot.  
Free lunch is included on orientation day.



There will **not** be any computer classes or tech support during the month of **January**.

See you in

**February.**

# TRAVEL

**Ben Wilson Senior Activity Center  
PRESENTS:**

A Hunterdon Hills Playhouse Dinner Theatre Show

## “Swing!”



Swing! is a musical conceived by Paul Kelly with music by various artists. It celebrates the music of the Swing era of jazz (1930s–1946), including many well-known tunes by artists like Duke Ellington, William “Count” Basie, Benny Goodman and others. It received a nomination for the 2000 Tony Award for Best Musical and other Tony awards. Swing! combines high energy dancing, singing and acrobatics. The show recreates the swing style of jazz, which used large bands, fixed musical arrangements and solo-driven improvisations. Together with the development of the music, various forms of swing dancing emerged, varying by geographic regions, such as the Lindyhop or Jitterbug in Harlem or the Whip in Houston.

**Tuesday, April 8, 2025**

Itinerary	
9:00 am	Check in
9:30 am (SHARP)	Depart BWSAC
11:00 am	Lunch and Shopping
1:00 pm	Showtime – “Swing!”
3:30 pm	Depart Hunterdon Hills Playhouse
5:00 pm	Approximate arrival BWSAC

**PRICE PER PERSON: \$135.00**

(\*Price includes taxes & tip for driver/\*Add \$5 PP for non-members)  
For further information contact the BWSAC Travel Club at 215-672-8380

Disclaimer: We reserve the right to make changes to printed itinerary and times.

**BWSAC Protocol: If you show signs of illness, you will be asked to wear a mask.**  
\*Please Park your car along the tree line of the parking lot while on the trip\*

**Ben Wilson Senior Activity Center  
PRESENTS:**

Bristol Riverside Theater

## “In the Heights”



Winner of the 2008 Tony Award for Best Musical, *In the Heights* tells the story of a vibrant community in New York’s Washington Heights neighborhood – a place where the coffee from the corner bodega is light and sweet, the windows are always open, and the breeze carries the rhythm of three generations of music. From the creator of *Hamilton*, this hip musical will win you over with its sweet story and hot tunes.

**Saturday, April 26<sup>th</sup>, 2025**

**Trip Itinerary:**

10:00am	Check-in
10:30am (SHARP)	Depart BWSAC
11:15 am	Lunch Buffet at Georgine’s
1:15 pm	Depart Georgine’s
2:00 pm	Bristol Riverside Theater: “In the Heights”
4:15 pm	Depart Theater
5:00 pm	Approximate arrival BWSAC

**PRICE PER PERSON: \$115.00**

(\*Price includes taxes & tip for driver/\*Add \$5 PP for non-members)

For further information contact the BWSAC Travel Club 215-672-8380

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**Ben Wilson Senior Activity Center  
PRESENTS:**



Based on the 2007 film, Jenna is unhappy, stuck in a loveless marriage and living in a small town. An expert pie-maker, she enters a pie making contest in the hopes that its grand prize will be her chance to leave. Hear the music of Grammy Award-winner Sara Bareilles and celebrate the power of friendship, dreams, chosen families, and the beauty of the well baked pie.

**Thursday, March 20, 2025**

Trip Itinerary	
8:45 am	Check-in
9:15 am (SHARP)	Depart BWSAC
11:30 am:	Buffet Lunch at Dutch Apple Theater
1:00 pm:	Showtime: “Waitress”
3:30 pm:	Depart Dutch Apple
5:30 pm:	Approximate Arrival BWSAC

**PRICE PER PERSON: \$130.00**

(\*Price includes tip for driver/\*Add \$5 PP for non-members)  
For further information contact the BWSAC Travel Club  
215-672-8380

Disclaimer: We reserve the right to make changes to printed times. Confirm departure times before traveling.

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**Ben Wilson Senior Activity Center  
PRESENTS:**



Grace is a 90-year-old spitfire who has checked herself out of the hospital to return to her home in the Blue Ridge Mountains. Glorie is her volunteer hospice worker, a recent transplant from New York City and a Harvard MBA. This mismatched pair seemingly have nothing in common but will soon find new perspectives on all of life’s challenges in this heartwarming and uplifting odd couple comedy that is sure to inspire laughter, tears, and hope.

**Sunday, February 23, 2025**


Trip Itinerary	
10:00 am	Check-in
10:30 am (SHARP)	Depart BWSAC
11:00 am	Sunday Brunch at Plumsteadville Inn
2:00 pm	Showtime – “Grace and Glorie”
4:15 pm	Depart Act II Playhouse
5:00 pm	Approximate Arrival BWSAC

**PRICE PER PERSON: \$123.00**

(\*Price includes tip for driver/\*Add \$5 PP for non-members)  
For further information contact the BWSAC Travel Club  
215-672-8380

Disclaimer: We reserve right to make changes to printed times. Confirm departure times before traveling.

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## Winter Word Scramble

Can you figure out the winter vocabulary words by unscrambling the letters? Watch out! Some of the scrambled terms are made up of two words.

<p>CPRDEPAILE _____</p> <p>AANHKKHU _____</p> <p>IILECC _____</p> <p>HLGSIE _____</p> <p>TSNMITE _____</p> <p>WDYAONS _____</p> <p>ARBEIEDGRNG _____</p> <p>SGTNKEIACI _____</p> <p>OGANBOTG _____</p> <p>INETWR _____</p> <p>EHTCOLOAC _____</p> <p>KIGNSI _____</p>	<p>SRADOOWBN _____</p> <p>NCEPOEIN _____</p> <p>AINERDG _____</p> <p>SMSAICTHR _____</p> <p>SLOLABNW _____</p> <p>SWANNOM _____</p> <p>ANLSNWEGO _____</p> <p>TESEARW _____</p> <p>AWOFNKLES _____</p> <p>OYHIALD _____</p> <p>FPLERIEAC _____</p> <p>DLSE _____</p>
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## SOLUTION

(IN ALPHABETICAL ORDER)

Apple Cider, Christmas, Fireplace, Gingerbread, Hanukkah, Holiday, Hot Chocolate, Ice Skating, Icicle, Mittens, Pinecone, Reading, Skiing, Sled, Sleigh, Snow Angel, Snow Day, Snowball, Snowboard, Snowflake, Snowman, Sweater, Toboggan, and Winter.

## LAUGH OF THE MONTH

Why is a sled always discouraged?



It's continuously on a downward slide.



## 5-INGREDIENT TORTILLA SOUP

### INGREDIENTS

- 1 pound ground beef
- 1 (24-ounce) jar thick and chunky salsa
- 2 (15.5-ounce) cans reduced-sodium black beans, rinsed and drained
- 12 ounces fire roasted frozen corn
- 2 1/2 cups beef broth



### DIRECTIONS

1. Heat a large pot over medium-high heat. Cook and stir ground beef until browned and crumbly, 7 to 10 minutes. Drain and discard any excess grease.
2. Combine one can of black beans and 1/2 jar salsa in a blender; blend until smooth. Add the black bean mixture, remaining can of black beans, frozen corn, remaining salsa, and beef broth into the pot; reduce heat to medium.
3. Heat soup until warm, about 10 minutes. Serve with your favorite toppings.

## DID YOU KNOW...

A fun fact about snow is that despite appearing white, snow is actually not white; it's clear, and the white color comes from the reflection of light off the ice crystals in each snowflake.





# ADDITIONAL INFORMATION

**Ben Wilson Senior Activity Center  
PRESENTS:**

**A Hunterdon Hills Playhouse Dinner Theatre Show  
The Best of the Mahoney Brothers**



The Best of the Mahoney Brothers is the latest production from America's most versatile tribute act. Brothers Brian, Mike and Tim, along with their accomplished live band, have handpicked the most iconic and crowd-pleasing musical legends from their many previous shows. The greatest hits of the Bee Gees, Neil Diamond, the Beatles, the California Sound, Billy Joel and Willie Nelson are just some of the musical legends presented in this exciting and uplifting musical tribute. "You won't believe your eyes and ears!"

**Thursday, February 27, 2025**

Itinerary	
9:00 am	Check in
9:30 am (SHARP)	Depart BWSAC
11:00 am	Lunch and Shopping
1:00 pm	Showtime – "The Best of the Mahoney Brothers"
3:15 pm	Depart Hunterdon Hills Playhouse
5:00 pm	Approximate arrival BWSAC

**PRICE PER PERSON: \$135.00**  
 (\*Price includes taxes & tip for driver/\*\*Add \$5 PP for non-members)  
 For further information contact the BWSAC Travel Club:  
 215-672-8388

Disclaimer: We reserve the right to make changes to printed itinerary and times.

**BWSAC Protocol: If you show signs of illness, you will be asked to wear a mask.**  
 \*Please Park your car along the tree line of the parking lot while on the trip\*

**Ben Wilson Senior Activity Center  
PRESENTS:**

**Fulton Theater**



A timeless work, the edgy rock opera is set against the backdrop of an extraordinary and universally known series of events but seen, unusually, through the eyes of Judas Iscariot.

**Thursday, February 20, 2025**

Itinerary:	
9:00 am	Check in
9:30 am (SHARP)	Depart BWSAC
11:30 am	Lunch: Fulton Steamboat Inn (Family style)
2:00 pm	Showtime – "Jesus Christ Superstar"
4:15 pm	Depart Fulton Theater
6:15 pm	Approximate arrival BWSAC

**PRICE PER PERSON: \$ 145.00**  
 \*Price includes taxes & tip for driver/\*\*Add \$5 PP for non-members  
 For further information contact the BWSAC Travel Club:  
 215-672-8388

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 \*Please Park your car along the tree line of the parking lot while on the trip\*

The **3<sup>rd</sup> Thursday** of every month we will be having **Blood Pressure Screenings** from 10am to 12pm



Stay on top of your health!

The **last Wednesday** of each month someone from **State Representative Brian Munroe's** office will be here from 10am-12pm, to help you get a Septa pass and to assist you with any other questions or problems that you may have.



**We had a Great Year – Thank you for being a part of it-**

- Many Lunch and Learns
- Many, many Trips
- Bereavement meetings
- Fall Food Truck Festival
- Volunteer Appreciation
- Billiard Tournaments
- Woodworking
- Holiday Luncheon
- Computer Classes
- Mah Jongg
- Knitting/Crochet
- Nutrition Classes
- Lunch everyday
- Bread Donations
- Wednesday and Thursday Bingo
- and many, many more...
- Tuesday Bango
- Designer Bag Bingo
- Blood Drives
- Chess Club
- Arts and Barks
- Senior Games
- Kris Kringle Market
- Line Dancing
- Craft Show
- Monthly Crafts
- Pinochle
- Aerobics
- Meals-on-Wheels
- Wawa sandwiches

**We hope you will join in our events of 2025!**

# THE FINAL WORD...

## Keep an eye out for information on upcoming 2025 BWSAC Events:

Every Monday, New Member Orientation 10am (Reservations Only)

**Wednesday, January 1<sup>st</sup> – Closed for New Year's Day**

Tuesday, January 7<sup>th</sup> – Nutrition Class 10:00am

Monday, January 13<sup>th</sup> – Bereavement Support Group 12:30 pm

**\*\*Thursday, January 16<sup>th</sup> – Blood Pressure readings 10-12am\*\***

Monday, January 20<sup>th</sup> – Closed for Martin Luther King, Jr Day

Monday, January 27<sup>rd</sup> – Haircuts (by Appointment only)

**Monday, January 27<sup>th</sup> – Monthly Craft**

Wednesday, January 29<sup>th</sup> – Brian Munroe Staff at Bingo



**Ad Space, do not move or resize**