



NEWSLETTER

YOUNG IN SPIRIT AND MIND

February, 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

Welcome to February, the month of love, the groundhog, and Presidents' Day!

The Ben Wilson Senior Center is buzzing with activities as usual this month, and we are so excited to share all the happenings with you. Whether you're a regular participant or just getting to know us, there is always something to look forward to here at the Center.

Ongoing Activities: We're proud to offer a variety of programs to keep everyone engaged, active, and connected. Here's just a taste of what's on this month's schedule:

Bingo - Bango - Line Dancing
Computer Education- Pinochle
Bereavement Group - Chess
Woodworking- Billiards
Mah Jongg - Computer Education
Knitting and Crochet - Aerobics
Monthly Crafts - Mini Crafts

We know how important it is to stay socially active and supported, and our programs are here to help you do just that!

Membership Reminder: Don't forget to renew your 2025 membership. This is the perfect opportunity to ensure you can enjoy all the Center has to offer throughout the year.

Special Events:

Free Blood Pressure Screening:

Thursday, February 27, from 10:00 AM to Noon. Stay on top of your health with this free service.

PA State Representative Brian

Munroe's Staff Visit: Wednesday, February 26. Representative Munroe's staff will be here to help you with any problems or questions you may have and will also assist you with getting your free senior Septa pass.

Travel Club: Calling all adventurers! The Travel Club is organizing a tour of our country's beautiful National Parks this September. For more details, speak with the

Travel Club representatives and start planning your journey.

Volunteer Opportunities: Our **Meals on Wheels** program is seeking volunteers to assist both in the kitchen and as drivers. If you're looking for a way to give back and support our community, this is a wonderful opportunity.

Holiday Closure: The Center will be closed on **Monday, February 17**, in observance of Presidents' Day. Plan accordingly and enjoy the holiday!

Go Eagles! Let's cheer on our Eagles as they compete for the Lombardi Trophy at **Super Bowl LIX** on Sunday, February 9. **Fly Eagles Fly!**

Thank you for being a part of the Ben Wilson Senior Center. We're looking forward to another fantastic month filled with connection, fun, and community spirit. See you around the Center!

OUR CENTER

FROM OUR BOARD PRESIDENT, Louise Dorsett

February is the shortest month of the year. Valentine's Day, Groundhog Day and American Heart month are all in this month. It is the only month that can pass without having a full moon.

Ground Hog Day is Sunday, February 2nd. Punxsutawney Phil emerges from his burrow and looks for his shadow. If he sees his shadow, it means there will be six more weeks of winter. If he doesn't see his shadow spring will come early. After the brutal weather that we have had so far this winter, an early spring would be nice.

Valentine's Day is on the 14th, nearly 250 million roses are grown in preparation of Valentine's Day each year. Over 8 billion candy hearts are produced for Valentine's Day each year, they have a shelf life of 5 years. Pets need love too! American households spend an estimated \$751.3 million on gifts for their pets on Valentine's Day last year.

Happy Valentine's Day to everyone and please remember to "Be Kind."

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



Members keep us growing

- Membership dues for 2025 are due now.
- Your \$25 membership allows you to participate in all the activities and special events.
- Membership supports the activities and upkeep of the Senior Center.

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

Happy Valentine's Day



From the Ben Wilson Senior Center Staff

EVENT INFORMATION

LUNCH & LEARN

Wednesday, February 19th

Presented by: Margaret Fitzpatrick, PT, DPT, OCS



Effectively Managing Dizziness and Imbalance As You Age - Falls are a leading cause of death and disability among seniors and this mini presentation will touch on ways to minimize the risk of a fall. We will also discuss dizziness and how physical therapy can help you strengthen your vestibular system.

Menu: turkey sandwich, cookie 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 2nd 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.

2nd Monday of the Month



Monthly Craft

St. Patrick's Day Candy Jar

Monday, February 24th



\$7.00 members/\$9.00 non-members

Must pre-register & pay at front desk by 2/20/25

VOLUNTEERS ARE NEEDED TO ASSIST WITH MEAL PREPARATION AND DELIVERIES THROUGHOUT BUCKS COUNTY!



Food insecurity affects so many Older Adults in our community, but together, we can help alleviate hunger

Volunteers are needed to deliver meals to homebound seniors living in Bucks County Communities. The greatest need is in Bensalem, Fairless Hills, Morrisville and Warminster

Qualified Individuals will:

- Be reliable.
- Have their own transportation (valid driver's license, registration, and auto insurance).
- Have a friendly disposition.
- Volunteers must be available between 10 am-12 noon on a weekday.
- Volunteer commitment is 2 hours per day and can vary from 1-5 days/week

Contact the Bucks County Area Agency on Aging volunteer program today!

Volunteer Coordinator:

Stephanie Schwartz

Phone:
267-850-5733

Email:
sschwartz@buckscounty.org

Mileage reimbursement for meal delivery is available.

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		WOOD CARVING	9:30am	L
HAIRCUTS: 4TH MONDAY	9:30am		BINGO	
MTHLY CRAFT: 4TH MONDAY	BANGO	9:30am		O
KNITTING & CROCHET		BINGO		S
				E
10:00				
AEROBICS				D
				
LUNCH AT 11:45	LUNCH AT 11:45	LUNCH AT 11:45	LUNCH AT 11:45	
12:00pm	12:00pm	12:00pm	12:30pm	
BILLIARDS	BILLIARDS	BILLIARDS	BILLIARDS	
PINOCHLE		COMPUTER HELP SESSION (BY APPT. ONLY)	AEROBICS	
	WOOD CARVING	1:00pm Scrabble & Board Games		
12:30pm			CORNHOLE	
MTHLY CRAFT: 4TH MONDAY	1:00pm	1:00-2:30pm		
BEREAVMENT GROUP 2nd Monday	MAH JONGG	INT/ADV LINE DANCING	CANASTA	
1:00pm				
Computer Education Class	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 th	Fulton Theater – “Jesus Christ Superstar” 
February	Sunday	23 rd	Act II Playhouse – “Grace & Glorie” 
February	Thursday	27 th	Hunterdon Hills – “Best of the Mahoney Brothers” 
March	Sunday	2 nd	American Music Theater – “Riverdance: 30 th Anniversary” 
March	Thursday	20 th	Dutch Apple – “Waitress” 
April	Tuesday	8 th	Hunterdon Hills – “Swing!” the Musical 
April	Saturday	26 th	Bristol Riverside Theater - “In the Heights” 
May	Thursday	8 th	Schaefer’s Canal House with Entertainment 
May	Tuesday	13 th	Magic and Wonder – “Jukebox Generations” 
June	Thursday	5 th	Dutch Apple – “We Will Rock You” 
June	Sunday	22 nd	Act II Playhouse – “Rogers & Hammerstein Tribute” 
June	Thursday	26 th	Hunterdon Hills – “Queens of Country” 
July	Friday	11 th	Sight and Sound – “Noah”  
August	Thursday	28 th	Tropicana – “Doo Wop Project” 
September	Thursday	4 th to 12 th	National Parks  
September	Tuesday	16 th	Surflight - “Calendar Girls” 
September	Tuesday	30 th	Penn’s Peak - “Buddy Holly Tribute” 
October	Tuesday	28 th	Penns Peak - “Barbra & Frank -The Concert That Never Was” 
November	Friday	21 nd	American Music Theater: “Christmas: Deck the Halls” 
December	Wednesday	31 st	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

215.672.8380
LUNCH MENU - 11:45am

SUGGESTED MEAL DONATION - \$2



February



1% MILK WILL BE INCLUDED WITH ALL MEALS

THE CENTER IS CLOSED ON FRIDAYS

Monday	Tuesday	Wednesday	Thursday
3 Salsa Chicken Brown Rice Corn and Red Peppers Wheat Roll Pineapples	4 Baked Tilapia w/ Italian Parsley cream sauce Italian Blend Veggies Buttered Orzo - Wheat Roll Fresh Orange	5 Tuna Nicoise Salad Tuna, egg, olives, Italian dressing Green Bean Salad Potato salad Wheat Roll, Applesauce	6 Pepper & Onion Omelette Cran/Apple compote Hash Browns Wheat Bread Sugar cookie
10 BBQ Chicken Thigh Mixed Veggies Baked Beans Wheat Roll Fresh Fruit	11 French Onion Meatloaf w/ gravy Green Beans Mashed potatoes Wheat Bread Sweet Muffin	12 Chicken Taco Salad Corn and Pepper Salsa Marinated Tomato Salad Wheat Roll Fresh Pear	13 Valentines Meal Spaghetti & Meatballs Carrots garden salad w/italian dressing Dinner roll Cheesecake w fruit topping
17 CLOSED President's Day	18 Chicken Marsala Butter and Herb Red Skinned Potatoes Green Beans Wheat Roll Fresh fruit	19 Lunch and Learn	20 Mild Chicken & Veg. Curry Peas Brown Rice Wheat Roll Fresh Orange
24 Baked Ziti Brussel Sprouts Spiced Peaches Fresh Fruit	25 Maple Glazed Chicken Mashed Sweet Potatoes Sugar Snap Peas Wheat Bread Fresh Apple	26 Grilled Chicken Salad w/Craisins Macaroni Salad Marinated Carrot Salad White Bread Sweet Muffin	27 Rice & spinach stuffed Tilapia w/dill sauce Broccoli, Herb Couscous Wheat Roll Fruit cocktail

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.

TECH CLASSES MONDAYS AT 1:00 P.M.

February 3	Finding Your Female Ancestors <small>taught by Dr. Dolores Fidishun</small>
February 10	Protect Your Facebook Account from Being Hacked or Cloned
February 17	CENTER IS CLOSED
February 24	How to Make a Shutterfly Book and More
March 3	How your Smartphone can save Your Life
March 10	What Marriage Records Can Tell Us About Your Ancestors - <small>taught by Dr. Dolores Fidishun</small>
March 17	Basic Tutorial on How to Use Google Calendar <small>Bring your phone and laptop.</small>
March 24	What Is Google, How Google Can Help You & How to Clear Google Search History
March 31	Learn About Library of Accessible Media for Pennsylvanians (LAMP) <small>It focuses on large print and audiobooks.</small> <small>Taught by Sabrina from the Warminster library</small>

PLEASE BE AWARE!!
 Wednesday's at 1PM, Adele's Tech Team has computer help sessions,
 BY APPOINTMENT. Write Adele for an appointment at roseadele@yahoo.com,
 or leave your name and phone number at the front desk.

TRAVEL

Ben Wilson Senior Center

Wyoming & South Dakota National Parks

Thursday, September 4 to Friday, September 12, 2025



Come and join us for a fun filled scenic trip. Fly to Jackson, WY where a Perkiomen bus will pick you up for your 9-day adventure, which includes 8 breakfasts and 8 dinners.

*2 Nights in Jackson, WY * 2 Nights in Yellowstone National Park
*1 Night in Cody, WY *1 Night in Deadwood, SD *2 Nights in Rapid City, SD
Moderate Walking Required

If you are interested in going on this awesome, scenic trip, come in or call the Travel Club at 215-672-8380. A \$350 deposit per person is due to hold your reservation. Final payment must be paid by May 21, 2025.

\$5,959 per person, double occupancy
\$7,299 Single occupancy
Additional \$25 fee for non-members

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

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

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

Ben Wilson Senior Center

Presents:

Schaefer's Canal House

Seafood Luncheon Buffet and Entertainment
by Johnny Seaton



Johnny Seaton is an artist in every sense of the word. He is an accomplished singer, songwriter, actor, musician and a fine-art artist. With jet black hair, a swivel in his hips and a flair for impersonations, he's been told he resembles the king of rock 'n' roll.

Johnny Seaton & Bad Behavior is a Rockabilly and Classic Rock band. They play hits from Elvis, Johnny Cash, Conway Twitty, Stray Cats, Jerry Lee Lewis and many more.

Thursday, May 8, 2025

Itinerary

9:00 am	Check-in
9:30 am (SHARP)	Depart BWSAC
11:00 am	Arrive at Schaefer's Canal House
11:30 am	Seafood Buffet Lunch
1:00 pm	Johnny Seaton Show
3:15 pm	Depart Schaefer's Canal House
5:00 pm	Approximate Arrival BWSAC

PRICE PER PERSON: \$150.00

(*Price includes taxes & 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 itinerary and times.

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

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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 26th, 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

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

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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

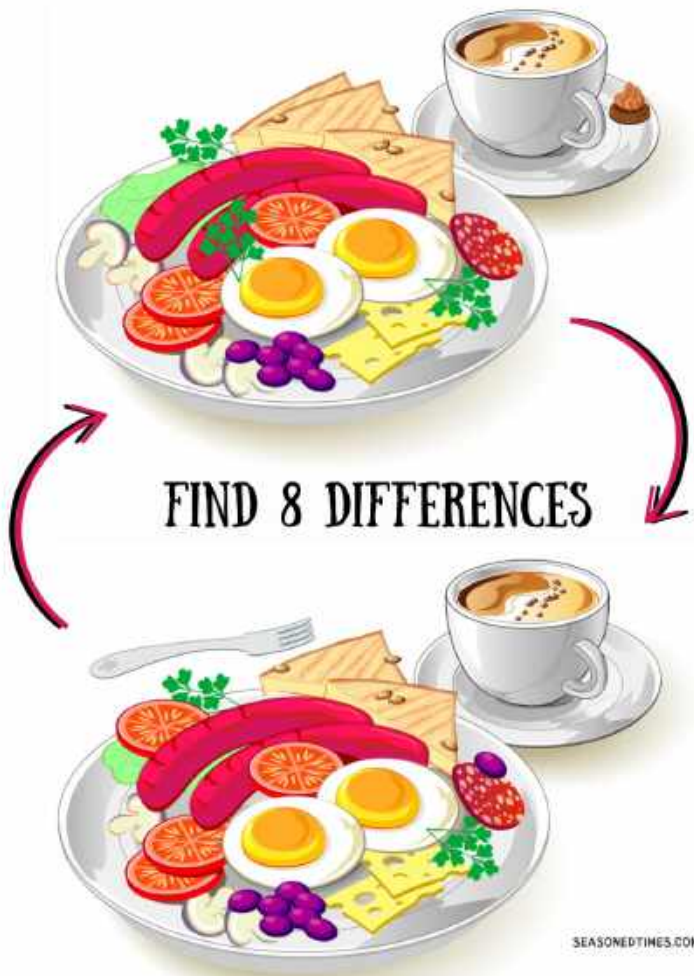
PRICE PER PERSON: \$135.00

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

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SOLUTION



LAUGH OF THE MONTH



POMEGRANATE FIZZ

INGREDIENTS

- 5 fresh basil leaves
- 1 tablespoon agave syrup or honey
- 1 fluid ounce fresh lime juice
- 3 fluid ounces pomegranate juice
- 4 fluid ounces club soda
- ice cubes, as needed
- 1 lime wedge

DIRECTIONS

1. In a shaker, add basil leaves with lime juice and agave syrup and mash with a cocktail muddler. Add pomegranate juice to the shaker and shake well.
2. Fill a glass with ice cubes and strain shaker contents into the glass. Top with club soda and garnish with lime wedge.



DID YOU KNOW...

Ketchup was once sold as medicine!

In the 1830s, tomato ketchup was sold to cure ailments like diarrhea, indigestion, and jaundice.



ADDITIONAL INFORMATION

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.
BWSAC Protocol: If you show signs of illness, you will be asked to wear a mask.
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Ben Wilson Senior Center
Presents:

Magic and Wonder Theater
Jukebox Generation



A wonder-filled musical journey awaits as we celebrate the transformative and uniting power of music with JUKEBOX GENERATION! Step into a time machine and experience the soundtrack of decades past. From the rock 'n' roll and classics of the 50s & 60s to the anthems and excitement of the 70s & 80s, this electrifying production brings four iconic decades to life with dazzling performances, stunning visuals and timeless hits that will leave you with a song in your heart!

Tuesday, May 13, 2025

Itinerary

8:30 am	Check-in
9:00 am (SHARP)	Depart BWSAC
10:30 am	Arrive at Hershey Farm Restaurant (Enjoy some shopping before lunch)
11:30 am	Buffet Lunch
2:00 pm	Show - "Jukebox Generation"
4:15 pm	Depart Magic and Wonder
6:00 pm	Approximate Arrival BWSAC

PRICE PER PERSON: \$133.00

(*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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EDUCATE YOURSELF ON RSV AND PNEUMONIA

WHEN: THURSDAY, FEBRUARY 13
TIME: 11:00 A.M. – AFTER BINGO
WHERE: WILSON HALL

Join us for information on how to protect yourself. Are you aware that the PA Department of Health reported 434 positive tests for RSV last week among people aged 65 and older? The total in the week ending November 30 was just 76. Some older adults can develop pneumonia when sick with RSV and the illness can stress existing conditions like asthma and heart failure.



COVID-19 vs. RSV vs. Flu

COVID-19	SYMPTOMS	RSV	SYMPTOMS	FLU	SYMPTOMS		
	<ul style="list-style-type: none"> ● Fever or chills ● Cough ● Shortness of breath or difficulty breathing ● New loss of taste or smell ● Sore throat ● Congestion or runny nose 		<ul style="list-style-type: none"> ● Muscle or body aches ● Headache ● Fatigue ● Nausea or vomiting ● Diarrhea 		<ul style="list-style-type: none"> ● Runny nose ● Coughing ● Fever ● Appetite decrease ● Dehydration 		<ul style="list-style-type: none"> ● Fever or chills ● Cough ● Sore throat ● Runny or stuffy nose ● Muscle or body aches ● Headaches ● Fatigue (tiredness) ● Vomiting and diarrhea

Ben Wilson Senior Center



Thursday, March 13, 2025
1pm-3pm

ADMISSION FREE

This is a great way to find out information about products & services offered to seniors in our area. We try to connect you to local businesses like transportation companies, continuing care retirement communities, legal services, insurance reps, in-home care services, independent living facilities, financial service providers, assisted living facilities, etc.

Over 40 Vendors!
GOODIE BAGS & DOOR PRIZES

580 Delmont Avenue
Warminster, PA 18974
215-672-8380

*****Sponsorships Available*****

THE FINAL WORD...

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

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

Monday, February 10th – Bereavement Support Group 12:30pm

Thursday, February 13th – RSV & Pneumonia Talk 11:00 am (immediately following Bingo)



Friday, February 14th – Valentine's Day



Monday, February 17th – Closed for President's Day

Wednesday, February 19th – Lunch & Learn – PT, Balance, Dizziness & Pain

Monday, February 24th – Haircuts (by Appointment only)

Monday, February 24th – Monthly Craft – Leprechaun

Wednesday, February 26th – Brian Munroe Staff at Bingo

Thursday, February 27th – Blood Pressure readings 10am-12pm



Ad Space, do not move or resize