

THE UPPER BUCKS

ACTIVITY CENTER

SEPTEMBER & OCTOBER

Greetings to you from the Upper Bucks Activity Center outside of Quakertown in Milford Square, PA. We are excited about our Fall schedule, and we hope that you can make time to come and participate with us in some of life's adventures. The summer was filled with a trip to the Finger Lakes, a summer party, a luau, line dancing, knitting, widow's group, corn hole, ballroom dancing, band, choir, chair yoga, membership lunches and bingo. We had a nutrition lecture, distributed produce coupons, groceries, and Home Meals. We upgraded the computer software and changed the decorations. Also, our thrift shop is full of low-cost goodies for everyone. September and October promise to be even better as we are adding new members, planning more of the same; adding more informational lectures and activities; and having a Hoagie fund raiser and more trips (see trips). We are having a September party with Tammy G as a singer to dance to her old-time country music, and a dress up Halloween party with plenty of dancing and pranks. We have Carine from a Memory Care facility coming to speak and Rachel from the County Registrar of Wills coming in September. October will bring us Jessica from Senior Living for enrichment ideas, and Beverly (our kitchen manager) will teach us some more nutritional cooking. Our members are engaged, patriotic and friendly so come on out and enhance your future, join the fun!

Suzanne Mauer, Manager



SPECIAL LUNCH PARTY

Wednesday, September 13th

Entertainment By:
TAMMY G



Back by Popular Demand
Patsy Cline Impersonator

Lunch being served at 11:30
Music to follow from 12:30 to 2:30

Tickets must be purchased by
Thursday, September 7th



APPLE DUMPLING INFO ON PAGE 9



CENTER INFORMATION

Milford Township Fire Hall
2183 Milford Square Pike
Mailing Address: P.O. Box 182
Milford Square, PA 18935

E mail: upbucks@yaho.com
Phone: 215-536-3066
Fax: 215-536-7881
www.upperbucksac.org

Monday 9am-1pm
Tues-Wed 9am-1pm
Thurs 9am-3pm
Friday - Closed

Lunch is served only on Thursday promptly at 11:30. Please be sure to sign up by Tuesday of the week prior..

OUR EXECUTIVE BOARD FOR 2023


Tom Neilson.....President	Barbara Preston....Member at Large
Lorraine Fox.....First Vice President	Rati MadhooMember at Large .
Sue Wismer2nd Vice President	Robert Beck.....Past President
Darla Block.....Secretary	Manager Suzanne Mauer
Linda Stauffer.....Treasurer	Assistant Manager Beverly Gillis

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NEEDED**

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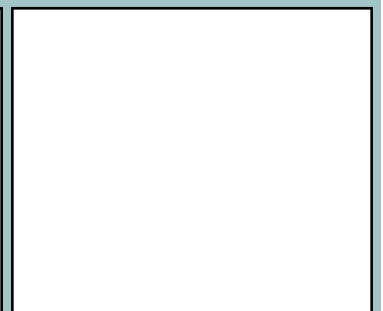
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BUS TRIPS DAY TRIPS

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OCTOBER 4, 2023

\$ 105.00 Per Person



SOLD OUT!

A CHRISTMAS CAROL
DECEMBER 13, 2023
\$110.00 per person



A season favorite! With his "Bah, Humbug!," Ebenezer Scrooge reveals his feelings about the holiday. But even for a grumpy old miser like him, it's never too late to change.

Tour Includes

- Transportation
- Luncheon and show

With the help of Tiny Tim and the ghosts of Christmas Past, Present, and Future, Scrooge discovers the true spirit of the holidays - greeting Christmas morning with a newfound happiness and by spreading cheer.

For Your Information

Run Time: 2 hours 15 minutes

Pick up Point– Trainers Corner near Starbucks at 9:15 am

Call 215-536-3066 for information

Nordic Lodge Lobster Buffet

2 Days/1 Night Trip

October 10-11, 2023

\$399.00 per person

Price includes Round Trip Motorcoach Transportation, Overnight accommodations in Rhode Island, Fantastic Buffet at the Nordic Lodge, Rhode Island Harbor Cruise, Visit to Foxwoods, Taxes, Baggage Handling, and Meal Gratuities.

Call 215-536-3066 or Kit 267-374-5627



SOLD OUT!



"The world is a book, and those who don't travel only read one page."

— St Augustine

ACTIVITIES

MONDAY

CORNHOLE

Mondays 10:00 am
\$1 Members \$2 Non-members

TUESDAY

KNITTING & CROCHETING

Tuesdays 9:00am
Bring your own projects or learn new ones! \$1 Members

COMPUTER CLASS

Tuesdays 9:30am
Bring your laptop, smartphone, or tablet for some basic help using the internet, word processing, or phone apps.
\$3 members, \$5 non-members

CARDS & GAMES

Tuesdays 9:30am
We play cards, games, All are welcome!
\$1 members, \$2 non-members

LINE DANCING

Tuesdays 10:00am –11am
Join Tom (instructor) for a fabulous hour of exercise and fun with the greatest hits to get your dance on! It's tons of fun!

\$3 members \$5 non-members

BALLROOM DANCING

Tuesdays 11:00am-12:00pm
Come on out and Tom will teach you Some of his dance moves!
\$3 members, \$5 non-embers

WEDNESDAY

BAND PRACTICE

Wednesdays 10am-11am
Except our Party Day!

CHAIR YOGA

Wednesdays 11:30—12:30
Except our Party Day!
\$3 Members \$5 Non- members

CHOIR PRACTICE

Wednesdays 12:30-1:30
Except our Party Day!

THURSDAY

Quilting

Thursdays 9:00 am-11:am.
1st Thursday of each month.

MERRY WIDOWS

Thursday 10-11
\$1 Member \$2 Non-member

BINGO

Thursdays 12:15pm-3:00pm
Come out and enjoy a fun afternoon of Bingo! \$50 Jackpot the first Thursday of the month! Call for details.

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TAKE A TRIP WITH US



TRIP POLICY:

A \$75.00 deposit for our Multi-Day Trips must be paid at the time of sign-up or you may pay the full amount at that time. We would appreciate it if you would pay by check as it makes bookkeeping easier. Please remember to book your trip as soon as you decide to go. All trips have to be paid 1 to 1&1/2 months before trip date unless otherwise stated. This will cause less cancelling of trips for not enough interest. We recommend that you take out insurance at the time of deposit for full coverage on longer trips. If we cancel a trip or the tour company cancels, you will receive a refund. There will be no refunds from us once we have paid the travel company its first payment when the trip is a go. We will be glad to arrange monthly payments for you. So, come on and travel with us.

Smoky Mountains Show Trip



6 Days 5 Nights

September 23-28, 2024

\$899.00 Double Occupancy

\$1745 Single Occupancy

Price includes 5 nights lodging, 5 Breakfasts. 3 Dinners, 2 Morning Shows- Smith Morning Variety Show, Patty Waszak Show, 1 Afternoon Show- Magic of Terry Evanswood, 3 Evening Shows- Soul of Motown, America's Hit Parade and Country Tonite, Guided Tour of the Great Smoky Mountains National Park and free time in Historic Downtown Gatlinburg.

Call Suzanne or Kit at 215-536-3066

Grand Canyon of Pa

3 Days 2 Nights

July 17-17, 2024

\$554.00 per person double occupancy

\$713.00 single occupancy

Price includes 2 nights lodging, 2 breakfasts, 2 dinners including the historic Peter Herdic House, Susquehanna River Cruise, Pa Grand Canyon Covered Wagon Tour, Grand Canyon Overlook, Millionaires Row Tour, historic Rowley House, Thomas Tabor Museum, Shempp Model Train Exhibit, Souvenir Gift, Luggage handling, taxes, and meal gratuities. Trip Insurance is available and highly recommended.

Call 215-536-3066 or Lois at 215-529-6840.



TRAVEL WITH US! IT'S FUN!



BAND AND CHOIR

OUR BAND- "THE IMPOSSIBLES"

As I write this, the band is well into it's Summer Playlist for 2023. We recently played for the residents, and staff, at Belle Terrace Nursing Home. After our program a lady came and thanked us. She was there visiting her brother, who is a resident there. He seldom takes an interest in his surroundings, but he joined in, singing and clapping enjoying our music. His sister was "amazed that he new the words to (almost) every song". Things like this keep us wanting to continue this community outreach. We were also informed that Belle Terrace is going to repurpose the rehab room to a classroom. They informed us that that is where we will be playing the next time we play there. It will be larger and easier to get to, and has better acoustics.

On Thursday 10 August 2023 we are booked to play for LifeQuest at 2:00 P.M.. They have enlarged the room where we will be playing when they added the Assisted Living Wing. We have already played for the Assisted Living folks twice this year. Both venues are comfortable places to play.

You are always welcome to visit the center and listen to us practice on Wednesday Mornings at 10:00 P.M. We will be practicing September 6, 20, & 27 and October 4, 18, & 25. We are booked to play on Thursday 14 September 2023 at 2:30 P.M. for The Village At LifeQuest. The rest of October and November are open and I will be taking bookings from venues that have already had us, as well as other venues.

by Robert E. Beck, Chair of the Music Committee

DO YOU PLAY AN INSTRUMENT?

The Impossibles' Band is the Upper Bucks Senior Activity Center Band and they are looking for new members. They practice on Wednesday morning at 10:00 a.m.

DON'T PLAY AN INSTRUMENT?

They are looking for an Audio Tech and helpers to set up the sign, chairs to set up, power cords to run and many other non-musical and non-technical jobs to be filled.



Our Chorus, "The Sunshine Singers".

We are practicing and trying to build up our chorus. We are still looking for some volunteers to sing with us, and a Director, and an Accompanist. Attendance has been sparse, with from 1 to 3 people showing up at practice on non-party Wednesdays at 12:30 to 1:30 P.M. In July we sang songs from Mel Bay's "Folk Songs For Schools And Camps", which used to be our August Program. In August we will sing our old September Program, which is from Fred Waring's "Olden Goldies" Songbook. In September, we will sing the old October Program, which includes the Halloween Carols and folk songs. October's Songs are from the old November Program which includes songs from the "Mitch Miller Community Songbook", the "All American Songbook" and some loose song sheets. On Wednesday 26 July I had a singer take an application, and also gave me the name of a possible accompanist. I'll follow thru on this and do the paper-work and introduce them in the next issue.

Respectfully submitted,
Robert E. Beck, Chairperson
UBSAC Music Committee



SEPTEMBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				-1- CLOSED	-2-
-4- CLOSED 	-5- Knitting 9:00 Games 9:00 Computer Class 9:30 Line Dancing 10:00 Ballroom Dancing 11:00	-6- Band Practice 10:00 Chair Yoga 11:30 Choir Practice 12:30	-7- Merry Widows 10:00 Bingo 12:15	-8- CLOSED	-9-
-11- Cornhole- 10:00	-12- Knitting 9:00 Games 9:00 Computer Class 9:30 Line Dancing 10:00 Ballroom Dancing 11:00	-13- Party with Tammy G  Lunch being served at 11:30 Music to follow from 12:30 to 2:30	-14- Merry Widows 10:00 Bingo 12:15	-15- CLOSED	-16-
-18- Cornhole- 10:00	-19- Knitting 9:00 Games 9:00 Computer Class 9:30 Line Dancing 10:00 Ballroom Dancing 11:00	-20- Band Practice 10:00 Chair Yoga 11:30 Choir Practice 12:30	-21- Merry Widows 10:00 Bingo 12:15	-22- CLOSED	-23-
-25- Cornhole- 10:00	-26- Knitting 9:00 Games 9:00 Computer Class 9:30 Line Dancing 10:00 Ballroom Dancing 11:00 Membership 12:30	-27- Band Practice 10:00 Chair Yoga 11:30 Choir Practice 12:30	-28- Merry Widows 10:00 Bingo 12:15	-29-	-30-

OCTOBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
-2- Cornhole– 10:00	-3- Knitting 9:00 Games 9:00 Computer Class 9:30 Line Dancing 10:00 Ballroom Dancing 11:00	-4- Band Practice 10am Chair Yoga 11:30 Choir Practice 11:30	-5- Merry Widows 10.00 Bingo 12:15	-6- CLOSED	-7-
-9- CLOSED 	- 10- Knitting 9:00 Games 9:00 Computer Class 9:30 Line Dancing 10:00 Ballroom Dancing 11:00	- 11-  Lunch being served at 11:30 Music to follow from 12:30 to 2:30	- 12- Merry Widows 10.00 Bingo 12:15	-13 - CLOSED	- 14 -
-16- Cornhole– 10:00	- 17- Knitting 9:00 Games 9:00 Computer Class 9:30 Line Dancing 10:00 Ballroom Dancing 11:00	- 18- Band Practice 10am Chair Yoga 11:30 Choir Practice 11:30	- 19- Merry Widows 10.00 Bingo 12:15	-20- CLOSED	- 21-
-23- Cornhole– 10:00	-24- Knitting 9:00 Games 9:00 Computer Class 9:30 Line Dancing 10:00 Ballroom Dancing 11:00	- 25- Band Practice 10am Chair Yoga 11:30 Choir Practice 11:30	- 26- Merry Widows 10.00 Bingo 12:15	- 27- CLOSED	- 28-
-30- Cornhole– 10:00	-31- Knitting 9:00 Games 9:00 Computer Class 9:30 Line Dancing 10:00 Ballroom Dancing 11:00 Membership 12:30				

Presidents Report for September and October

Hello to everyone, I am happy to let you know that we have found a baker for the apple dumpling sale. The price will remain the same at \$7.00 each. The final order date is Thursday, October 5th and pick up will be Thursday, October 12th from 1 -4 pm at the center. Lorraine put in a considerable amount of work to make this event happen so when you see her, make sure to say thank you. Also, we have a special guest entertainer set for our September 13th lunch party. Many of you may remember Tammy G. from before the Covid shut down. She will perform her Patsy Cline show for us from 12:30 till 2:30. I expect it will be a great music day. Ticket price will remain at \$16.00 for lunch and her show. What a bargain. Get your tickets early as we will most likely limit ticket sales so as to have a nice dance floor that day. Lorraine and I are also working on a hoagie sale for late Sep. or early Oct. Check in often for the dates at the center on our Facebook page. As soon as we finalize the info, we will get it out through Facebook, Newspaper ads will be placed and flyers will be posted at local businesses. I have just arrived home from our Luau party. George again played a nice selection of tunes and many had the opportunity to get some dancing in. The island themed food that Beverly and Sue came up with was fantastic. These girls put much hard work and thought into coming up with a menu for the parties. The meatballs were great and the desserts that were donated topped off the meal. Carol, Linda and Sally did a very nice Hula demonstration today which was very entertaining. Great Job. Thank you. I will close now, check in often to stay abreast of the events coming up and on behalf of the Executive Board, I thank you for your participation, making the events worthwhile. Hope you had a nice summer and I look forward to seeing you often. Tom

Upper Bucks Activity Center APPLE DUMPLING FUNDRAISER



**Order by Thursday, October 5th
Pick up Thursday, October 12th
1pm to 4pm**

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1st Vice Presidents Report for September and October

Hello Everyone,
Now that summer is behind us, fall is just around the corner. We are working on having special day parties and the first one is on Wednesday September 13 th. featuring "TAMMY G " who impersonates, "PATSY CLINE". I'm sure a lot of you remember her from years ago. We are also planning an "APPLE DUMPLING" Fundraiser for October and maybe a HOAGIE SALE in November. We also usually have a FLEA MARKET and BAKE SALE in December. We are also inquiring about getting another supplier for our Apple Dumplings, due to our previous baker, who has health issues and will not be able to make them for us this year.

Please keep checking our Senior Activity Center Web site or newspapers for more information about what is available at our center. Stop in or call our Center for more information 215-536-3066.

Hope to see more members and friends at our Membership Meetings and Functions offered at our Activity Center. Pick up a newsletter and read about the classes we have to offer and all our functions are advertised online and in 4 different newspapers.

Thank you to all our volunteers who help keep our center functioning!

Keep Healthy, Smile and be Happy, Keep Dancing!

Thank You,
Lorraine Fox
1st. Vice President

September and October Lecture Series

Per the request of the county, we are scheduling short educational lectures on Bingo days. We are still shuffling times for this, so we ask for your patience until we get a permanent slot.

September 14 @ 1:15 brief discussion from Carine with South Mountain Memory Care on that subject.
September 28 @ 1:15 Rachael from the Register of Wills for a brief discussion.

October 12 Jessica from Senior Living on Enrichment of our lives @ 11:45.

October 26 1:15 Our Beverly will be giving us information on nutrition.

Suzanne Mauer

Manager: Upper Bucks Activity Center

The Upper Bucks Senior Activity Center (UBSAC) is one of four, full-service senior centers operated by Bucks County Association for Retired and Senior Citizens, a not-for-profit corporation on Aging. This project is funded, in part, under a contract with the Pennsylvania Department of Aging and The County of Bucks The BCARSC is an equal-opportunity employer.

The Association was incorporated 8 July, 1965 as "Bucks County Association for Retired and Senior Citizens" (B.C.A.R.S.C.) and is the (501) (C) (3) Non-for-Profit Corporation representing four (4) Activity Center's throughout the County of Bucks.

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"You can make a difference! Join our Home Delivered Meals Team by being a substitute driver. On that occasion you will donate about two hours one morning and make 10 shut-in people so happy to see your smiling face and meals for the week. There is mileage reimbursement. Thanks for considering being someone's Angel!

Thank you,
Beverly.
Call 215-536-3066



You can read our Newsletter along with many other interesting information on our website:

www.upperbucksac.org

Snipes Produce Boxes

Produce boxes will be available on August 23rd, September 6th & 20th, October 4th & 18th between 9:00AM and 1:00AM. ONE (1) box per Family.



VOLUNTEERS NEEDED

Volunteers are the work force of our Center. In order to have events, as well as our activities and classes, volunteers are needed. Each volunteer is valuable to our activities and programs. Regardless of the program or activity, volunteers are the unsung heroes that make these activities and fund raisers successful. Without their help, our Center might just be a great building with not much going on inside.

We always welcome new volunteers, and there are many different volunteer opportunities. These include:

Parties
Front desk receptionist
Fundraising
Newsletter production and delivery
Start and host a club of your own based on your special skills or interests



Low-cost lunches are served on Thursday only for a suggested donation of \$2.00 for ages 60 and over. Sign-ups are required one week in advance by Wednesday afternoon.

We deliver Home Delivered Meals to people who qualify. Please call the Bucks County Area Agency on Aging for more information at (267) 880-5700.



Fall Jokes

1. What do farmers wear under their shirt when they're cold? - A har-vest.
2. How do trees get on the Internet? - They just log on.
3. What can a whole apple do that half an apple can't do? - It can look round.
4. What did the leaf say to the other leaf? - I'm falling for you.
5. Why did the scarecrow win a Nobel Prize? - He was outstanding in his field.
6. What room are ghosts not allowed to enter? - The living room.



UPPER BUCKS ACTIVITY CENTER RENTAL

Upper Bucks Activity Center *HALL RENTAL* *Accommodations*

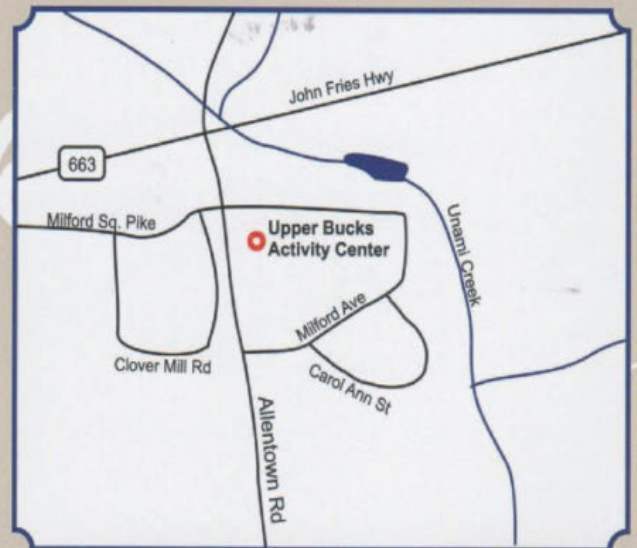


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Our banquet hall accommodations are available for any gathering you can imagine at an affordable price. We are one of the few venues in the Quakertown area that permits outside catering in an effort to keep your costs at a minimum. Tables and chairs included free as well. The hall will seat 160 guests for dining and has a maximum capacity of 200 people for an auditorium type setting. The hall features one bar, a dance area, a kitchen for catered food and on-site parking.

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- ✧ Dances & Mixers
- ✧ Concerts
- ✧ Church Meetings
- ✧ Funeral Gatherings
- ✧ Fund Raisers
- ✧ Other Gatherings



CONTACT INFORMATION:

215-536-3066

upbucksr@yahoo.com

Milford Township Fire Hall
2183 Milford Square Pike
P.O. Box 46
Quakertown, PA 18951

CENTER INFORMATION

IMPORTANT NUMBERS

Social Security (National) 1-800-772-1213
7AM-7PM Monday-Friday
Social Security (Allentown) 877-405-6748
Area Agency on Aging 267-880-5700
8:30 AM-4:30 PM Monday-Friday
Bucks County Transport 215-536-2522
1-888-795-0740
RSVP 215-340-1210
BCARSC-John Greer 111 215-355-4766
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www.revenue.state.pa.us
To check status of claim: 1-888-728-2937
Craig Staats, Pa Rep. 215- 536-1434
Bob Mensch, Pa. Senator. 215-541-2388
Pa Dept. of Aging 1-800-783-7607
Bucks County Health Dept. 215-529-7000

THRIFT SHOP NEWS

Enjoy our Thrift Shop to shop and donate when you are able. Barb and Gloria have made such a professional presentation in our Thrift Shop that our shelves are getting full again. Our Center now needs a few things still. We need small appliances and household goods of all kinds. Please see what you have. Come by and take a peek, or donate or both. The income from our Thrift Shop is now a very strong source of support for our operating fund. Please, make sure the items you donate are items that you would resell. Please do not donate items that are opened, used and dirty.

Public Welcome
Tues.-Wed. 9am-1pm
Thurs. 9am-3pm



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WHAT WE DO



THE IMPORTANCE OF WHAT WE DO

Being Part Of Our Community

1. Eyeglasses are still being collected and given to the Lion's Club.
2. Tabs from pop top cans (soda) are being collected for the Ronald McDonald House, which shelters families of children who are seriously ill or injured. We give them to the Women's Club who takes them to a McDonald's repository.
3. Both our choral group "The Sunshine Singers" and our band "The Impossibles" go to different nursing homes and assisted living facilities to entertain those residents every month.
4. Please bring in any post-marked stamps to the front desk. We collect cancelled stamps, and they are given to the Blind Association.
5. The V.A. Clinic in Allentown has a little coffee room available to patients while they wait for their appointments. They need sugar, tea bags, artificial sweeteners and stirrers.
6. We are collecting pennies for Cancer Research. Please bring your pennies and loose change in to help.
7. Our Volunteers distribute our newsletter throughout the Upper Bucks Area.

Find Out What's Going On In Your Community . . . And Then Get Involved !

HOLIDAYS

We are closed

Labor Day September 4th

Columbus Day

October 9th



MEMBERSHIP MEETINGS

Tuesday September 26th 12:30 Pm

Tuesday October 31st- 12:30 Pm

Lunch can be served at 11:30.

Sign up for lunch

Come on out!



MISSION STATEMENT

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 Entertainment, Education, Nutrition, Health and Travel. Our customers are adults 55+ in the broad community of Upper Bucks County, as well as community business and groups that support our goals. We also provide a clean, safe and healthy environment for all to enjoy. "This project is funded, in part, under a contract with the Pennsylvania Department of Aging and the County of Bucks."



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- Work-life balance
- Full-Time with benefits
- Serve your community



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careers@4lpi.com or
www.4lpi.com/careers

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Community!



The Upper Bucks Senior Activity Center is supported in part by the Pennsylvania Department of Aging and the Bucks County Area Agency on Aging. Services are available to all older persons, regardless of race, color, sex, religious creed, ancestry, handicap/disability or national origin. BucksCounty.org

F-Y-I

If you are a member and need additional income, this program may be helpful!

The Senior Community Service and Employment Program serves persons who are low income and age 55 years of age or older by placing them in part-time community service positions where they can gain skills and work experience to transition to employment.

The program has 3 main goals:

- Upgrade Job skills to help participants obtain job Placement
- Help the participants get involved in his/her community
- Provide participants with added income during training

Please do not hesitate to reach out to Suzanne at the Upper Bucks Senior Activity Center or use the contact info below if you would like more information about this program.

Linda Kahlert, T&E SCSEP
Pathstone Corporation
1200 Veterans Highway Suite C-13
Bristol, Pa
Office 215-826-0150
E-Mail— lkahlert@pathstone.org

SPECIAL EVENTS



Tammy G
September 13th
11:30 AM

\$16.00 PER PERSON
INCLUDES LUNCHEON AND MUSIC

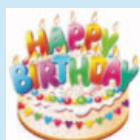


OCTOBER 11th
11:30 AM

\$16.00 PER PERSON
INCLUDES LUNCHEON AND MUSIC
Tickets to be purchased in advance.



Lunch will be served on Membership Meeting Days—September 26th and October 31st at 11:30. Please sign up for Lunch on Tuesday the week before for a Hot Meal or a Cold Meal.



HAPPY BIRTHDAY
To all who have birthdays in
September and October

