

Village of Buckingham Springs

Newsletter

February-March 2025

Volume 36 Number 2



LETTER FROM THE EDITOR: **The History of St. Patrick's Day**

• **Religious origins**

St. Patrick's Day was originally a religious holiday in Ireland, celebrated with feasts and services to honor the life of St. Patrick, the patron saint of Ireland.

• **Irish immigrants bring the holiday to the United States**

In the 18th century, Irish immigrants brought St. Patrick's Day to the United States, where it became a secular celebration of Irish culture. The first St. Patrick's Day parade in the United States was held in Boston in 1737, and in New York City in 1762.

• **The shamrock becomes a symbol**

St. Patrick is said to have used the shamrock to explain the Holy Trinity to the Irish, which has become an iconic symbol of St. Patrick's Day.

• **Green becomes a traditional color**

Green is now the conventional color of St. Patrick's Day, symbolizing Ireland's landscapes and representing luck and prosperity. Blue was originally associated with the day, as it was the color of the Anglo-Irish Order of Saint Patrick.

• **Chicago dyes its river green**

In 1962, Chicago began dyeing its river green for St. Patrick's Day, a tradition that continues today.

• **St. Patrick's Day becomes a global celebration**

St. Patrick's Day has spread beyond Ireland to become a global celebration of Irish culture and heritage.

Other facts about St. Patrick's Day include:

- St. Patrick's original name was Maewyn Succat and he was born to Christian parents in Roman Britain. His father was a deacon and his grandfather was a priest. But St. Patrick (according to his own account) was not religious as a child.
- Why did St. Patrick change his name? Saint Patrick changed his name to "Patricius", after becoming a priest.
- St. Patrick was born in Kilpatrick, near Dumbarton, in Scotland, in the year 387; died at Saul, Downpatrick, Ireland, on 17 March, 461.
- St. Patrick was kidnapped at age 16 by Irish raiders who tore him from the villa of his father, Calpornius, a deacon, and minor local official, and carried Patrick into slavery in Ireland. He spent six bleak years there as a herdsman, during which time he turned with fervor to his faith.
- St. Patrick was never canonized by the Catholic Church, having lived before the current laws it established for such matters.
- The tradition of parades to mark St. Patrick's Day didn't begin in Ireland until the 1930s.

Joe Gervase
Social Director

THIS 'N HAT: SCHEDULE OF ACTIVITIES

If you have changes, corrections, or additions to the activities in the clubhouse, please provide them to Joe Gervase at jgervase@mckeegroup.net

BEAD SOCIETY1st Wed. 7 pm
 BEREAVEMENT GROUP 1st Tues. 11 am
 BIBLE STUDYWednesday 1pm
 BINGO 1st Friday 6:30 pm
 BLOOD PRESSURE CHECK . 3rd Wed. 10 am
 BOOK CLUB3rd Mon. 7 pm
 BOWLING..... 12 noon Start
 BRIDGEWednesday 1 pm
 CANASTAMonday 6:30 pm
 CARDMAKING..... 3rd Tues. 10 am
 CAREGIVERS 2nd Thursday. noon
 CHAIR YOGA Mon. 2pm; Fri. 11am
 CHORUS Tues. 4:00 pm
 CIRCLE OF FRIENDS Last Wed. 10 am
 COFFEE KLATCH Tues. & Thurs. 8:00 am
 CORNHOLE Saturday 10am (Starts 10/12)
 CRAFT GROUP 1st Sunday 1 pm
 DANCE CLASS Tues. noon
 DARTS (Men's) Wednesday 6:30 pm
 ELECTRONICS2nd and 4th Thurs. 7 pm

FITNESS FIESTA Mon. 1 pm; Fri. 10 am
 FITNESS 40/YOGA 40 Wed. 5:00 pm
 GARDENING CLUB 2nd Tuesday 7:00 pm
 GERONIMO Last Sunday 7:00 pm
 GOLF Mon. Gather 9:00 am;
 Tee off 9:20 am weather permitting
 GIRLS NIGHT OUT! Last Friday 7:00 pm
 GREETING CARD GROUP 3rd Tues. 10:00 am
 HORSESHOES (Ladies) Tues. 5:00 pm
 KNIT & CROCHET 2nd Wednesday 10:00 am
 MAHJONG Tuesday 1:00 pm
 PHASE 10 Thursday 7 pm
 PICKLEBALL Wed. 11:30 am / Fri. 1:00 pm
 PINOCHLE Thursday 7:00 pm
 POKER Wednesday 6:30 pm
 POOL(Men's) Tues & Thurs 6:30 pm
 POOL (Ladies) Sun. 5:30 pm
 SHUFFLEBOARD Wed. 3:00 pm
 TEXAS HOLD-EM Tues. 6:30 pm
 WALK AWAY M – F 9:00 am; Sat. 8:00 am
 WALK AWAY Mon. 4-5 pm

Welcome NEW NEIGHBORS

Charles & Eileen Smyth..... 501 Goldenrod Crossing West
 Annette Pietsch-Lindberg,
 Karolina Pietsch & Val Lindberg 97 Elder Court
 Barbara Reseter 443 Cardinal Court North
 John & Anna Arndt65 Bent Pine Circle
 Donna Weaver
 & Consuelo Hubbuch 164 Grouse Circle
 Lucy DePasquale
 & Donna DePasquale 182 Grouse Circle
 Richard & Joann Osenlund.....625 Silverwind Court West
 David & Marie Lisowski.....190 Cardinal Court South
 David Schneck & Brian Schneck 555 Greentree Drive

CROSSWORD PUZZLE

ACROSS

- | | | |
|--------------------------|--------------------------|------------------------|
| 1 Scored on serve | 27 Bashes | 52 Related maternally |
| 5 Razor sharpener | 29 Retaliates | 55 Costa del __, Spain |
| 10 Stadium souvenirs | 33 Lock site | 56 State (French) |
| 14 Loud laugh | 34 Medical breakthrough | 60 Lucy's husband |
| 15 "Common Sense" writer | 36 Hacienda room | 61 Run __ of |
| 16 Seed covering | 37 Seek a seat | 63 Speechless |
| 17 Pound of poetry | 38 They get the lead out | 64 __ and sciences |
| 18 Title holder | 41 Prohibit | 65 Wilkes-__, Pa. |
| 19 Quash | 42 Flu symptom | 66 Surefooted goat |
| 20 Lip-__ | 44 Bullfight cheers | 67 Castle defense |
| 21 Pen filler | 45 Puts a stop to | 68 Regarding |
| 22 Smallest | 47 Ghent locale | 69 Mailed |
| 23 Hideous | 49 Blender button | |
| 25 So-so | 50 Table scraps | |
| | 51 Mongrel | |

From the Village Management Office:



I hope this New Year finds you relaxing and recharging after the busy holiday season.

Winter storms have been bringing high winds! If you lose power you must call PECO at 1-800-841-4141. Home-owners must report their own power outages to PECO. You can also report an outage by texting from your mobile device or on the PECO mobile App that can be downloaded on Apple's app store or on Google Play. Visit the website below for more details on how to report your power outage.

<https://www.peco.com/Outages/ExperiencingAnOutage/Pages/default.aspx>

We will be reading the water meters at the end of January so you can expect your quarterly bill to be mailed in early February. If you do not receive a water bill, please notify the office.

Please be sure your house number is visible on the street side of your home or on the lamppost. This helps police, fire, and ambulance drivers readily locate your home in the event of an emergency. It also helps delivery drivers (Fed Ex, UPS, Amazon, etc.) to ensure packages are delivered to the correct home.

As a reminder, Waste Management will take one bulk item per month on Tuesdays. You do not need to call our office or Waste Management to report the bulk item. If you are disposing of a mattress, it must be placed in a mattress bag or wrapped in plastic. Mattress bags can be purchased at Home Depot or Lowes or any place that sells moving boxes and supplies. TV's and electronics **may not** be placed out for bulk pick up. Information about disposing of these items can be found at

<https://www.buckscounty.gov/444/Household-Hazardous-Waste-Recycling>

The office and maintenance staff will be off on February 17th for Presidents' Day. Trash service is **not** affected by the Presidents' Day holiday. Trash and recycling will be picked up on Tuesday February 18th, our regular service day.

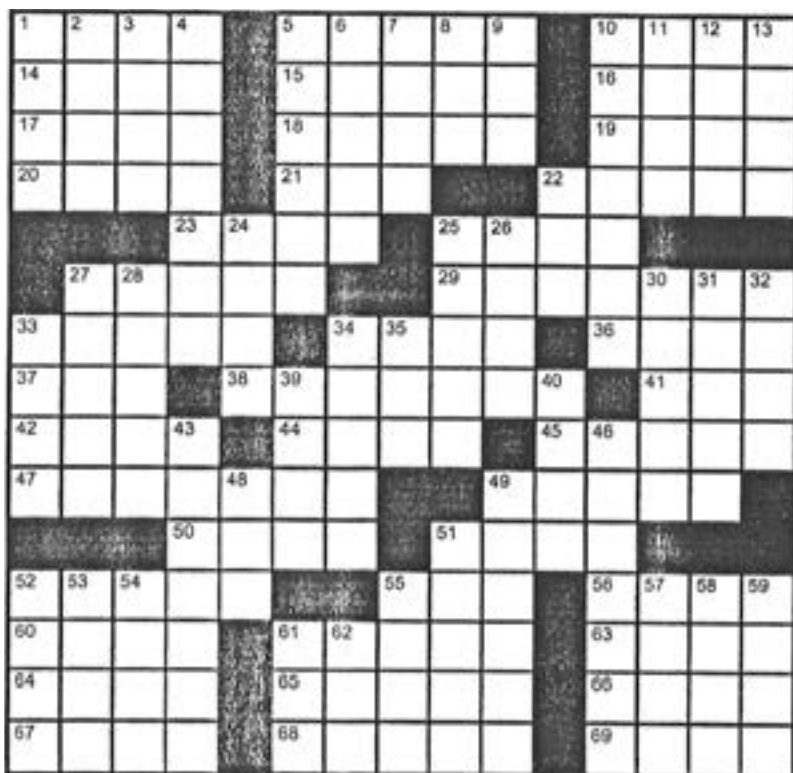
Take care and stay warm!

Amy Grzywinski
Community Manager

DOWN

- 1 Greek war god
- 2 Snug
- 3 Have coming
- 4 Stoker vampire
- 5 Loot
- 6 Lion-colored
- 7 Millieu for Lemieux
- 8 Indivisible
- 9 Pricing word
- 10 Carlsbad attractions
- 11 Atlas stat
- 12 Apricots have them
- 13 Token taker
- 22 Golfer's concern
- 24 Battering wind
- 25 Passengers
- 26 Allege as fact
- 27 Assess
- 28 Invalidate
- 30 Clark of "Comrade X"
- 31 Gladden
- 32 ___ souci
- 33 Cocktail decapod
- 34 Quiets
- 35 Employ
- 39 Defeat decisively
- 40 Close
- 43 Know-it-all
- 46 Sister of Apollo
- 48 E.U. member
- 49 Fryer
- 51 Grieve
- 52 Wax-coated cheese
- 53 Agrippina's slayer
- 54 Hammett hound
- 55 Like some losers
- 57 Toothpaste holder
- 58 Solar disk
- 59 Student's book
- 61 Camel hair fabric
- 62 Groupie

Answer on Page 19



VOB BUS TRIPS



**This bus always leaves
the parking lot at 9:30 am,
unless you are notified.**

February VOBS bus trips

Sign up on Monday, January 13

10:15 – Sheets filled out with names • 10:30 – Names drawn for trips

Monday, February 3 – Mt. Airy Casino

Friday, February 7 – Booth’s Market (original signup list get first choice)

Monday, February 10 – Sign up for March

Wednesday, February 12 – Sigal Museum (\$8)

Monday, February 17 – Shady Maple

Monday, February 24 – Art Museum (\$28) or Franklin Institute

VOBS bus trips for March 2025

Sign up on Monday, February 10

10:15 – Sheets filled out with names • 10:30 – Names drawn for trips

Friday, March 7 – Hunterdon Hills “Bill Haley and the Comets” \$96

Monday, March 10 – Sign up for April

Wednesday, March 12 – “Live” Casino

Friday, March 21 – Beer Tour

Monday, March 24 – Hindu Temple

Wednesday, March 26 – Hammerstein’s Museum \$15

*All VOBS trips leave at 9:30 am, unless otherwise noted.
If you cannot go, please contact Nancy McGinty at 215-828-2818.
There may be a wait list, so don’t keep another resident from going!*

Mark Your Calendars

See flyers for more information



MARDI GRAS PARTY

SATURDAY, MARCH 1

Tickets sold Feb. 5, 5-7 and Feb. 8, 10 -12 \$20 pp



Phillies

★ ★ ★ PHILLIES BASEBALL GAME ★ ★ ★

Sign up for one game only in the clubhouse beginning April 1.

June 11 – Cubs and August 6 - Orioles

★ ★ ★ ★ ★ ★

SEDER PASSOVER DINNER

SUNDAY, APRIL 6

Tickets sold March 10, 5 – 7 and March 15, 12 - 2



FALLING WATERS (Frank Lloyd Wright's home) and GETTYSBURG

Coming in June – More information in April newsletter

4 days/3 nights 56 passenger bus

ALBERQUERQUE BALLOON FEST

OCTOBER 1 – 10

\$250 Deposit / Need final numbers to book plane

Call Sue Lewis 215-598-7600 ext. 5 about any of these trips.
Payments can be made for any trip at any time by placing a check in the rent payment box
by the clubhouse. It should be made out to Buckingham Social Club.

Lifestyle Pillars for the Prevention and Treatment of Type 2 Diabetes

Created with support from: Adelaide Durkin, DNP, MS, RN, CNE, DipACLM & Margarete Collins, MPH, RD, CDCES, DipACLM. Reviewed by faculty of the *Reversing Type 2 Diabetes and Insulin Resistance - Course*

I. Healthful Eating ^[1-15]

Follow a predominantly **whole food plant-based eating pattern** that includes a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.

- Fresh or frozen non-starchy vegetables and fresh or frozen fruit (any combination – fill ½ of the plate)
- Starchy vegetables such as sweet potatoes or winter squash or whole grains such as oats, whole grain bread, barley, brown rice (any combination – fill ¼ of the plate)
- Plant protein sources such as beans, lentils, peas, soybeans, or minimally processed soy products such as tofu and tempeh (any combination – fill ¼ of the plate)
- Include an ounce (~28g) of nuts or seeds each day, with an emphasis on choices that are rich in omega-3 fatty acids such as ground flaxseed, chia seeds, hemp seeds, or walnuts
- Minimize or avoid the use of oils and other forms of concentrated or processed fats such as margarine – small amounts of fat such as cooking spray to prevent food from sticking to a pan are okay
- Drink plenty of water during the day. Women should aim to get approximately 2.2 L (73 ounces) and men 3 L (100 ounces) of water daily. Eating fruits and vegetables that contain plenty of water also helps with fluid intake. Those who live in hot climates or are very physically active may need to consume more water

Many people find their weight and blood sugars improve if they eat just two to three times per day, with the last meal being light and approximately 3–4 hours before bedtime.

NOTE: Before making significant dietary changes, address medication adjustments with your health care provider to prevent hypoglycemia and hypotension; discuss hypoglycemia and hypotension awareness and management. (<https://deprescribing.org/what-is-deprescribing/>)



II. Physical Activity ^[16, 17]

- Whenever possible, go on a short walk (at least 10-minutes) or engage in any type of light physical activity immediately after every meal
- Although light physical activity is recommended immediately following a meal, more strenuous workouts are generally better to do at least 2 hours after meals or before them
- Do moderate-to-vigorous aerobic activity at least 150–300 minutes a week
- High-intensity exercise may provide additional blood glucose control
- Do at least 2-3 sessions of resistance exercises that work all major muscle groups per week. This should include lower body movements such as squats, lunges, and/or hip hinges, core exercises, and upper body pushing and pulling movements such as push-ups, shoulder presses, pull-ups, and rows
- Avoid prolonged sitting. Stand up for three minutes for every 30 minutes of sedentary activity



III. Develop Strategies to Manage Stress ^[18-23]

- Share concerns and feelings with caring individuals
- Seek social support and psychosocial therapy as needed
- If possible, enroll in a lifestyle program
- Do progressive muscle relaxation
- Practice mindfulness
- Engage in activities with a like-minded group
- Get screened for and, if needed, seek treatment for anxiety and depression
- Practice forgiveness



IV. Avoid Risky Substances ^[22, 24]

- Avoid all tobacco products
- If you smoke, enroll in a smoking cessation program, or call 1-800-QUITNOW (available in 50 states)
- Seek alcohol and substance abuse counseling when appropriate – visit <https://www.rethinkingdrinking.niaaa.nih.gov/>
- Participate in a program that offers counseling and medications as needed
- Consider downloading and using an app to help

V. Improve your Sleep ^[22, 25-28]

- Aim to get 7-9 hours of sleep a day
- Practice sleep hygiene
 - Have a regular sleep schedule
 - Keep noise and light in the bedroom to a minimum
 - Get sunlight or bright light exposure early in the day
 - Exercise regularly
 - Engage in relaxing activities before bedtime
 - Avoid caffeine late afternoon and evening and limit during the day
 - Avoid electronics or screens while in bed
 - Keep your lights dim and avoid bright light exposure close to bed time
 - Avoid eating late

NOTE: Talk with your healthcare provider if you have any concerns about sleep



VI. Form & Maintain Healthy Relationships ^[17, 18, 21, 22, 29]

- Seek support from family and friends
- Join community groups that support a healthy lifestyle
- Engage in relevant social networks
- Work collaboratively with your healthcare team
- Seek healthcare providers who model healthy lifestyle behaviors





Have you ever been to a Seder Passover Dinner?

On April 6 at 5 pm, there will be a Seder Passover Dinner in the clubhouse which will be interesting, educational, and delicious.

After a presentation and participation in the Seder, a delicious Jewish dinner will be served.

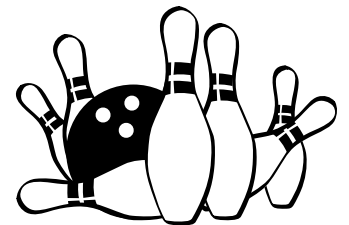
Although this is listed as a Seder, Protestants and Catholics know this as the Last Supper.

All are invited to attend.
The cost will be \$20 with tickets being sold in March.

Watch for the flyers at mailboxes and the clubhouse bulletin board.

CLUB NEWS BOWLING NEWS

FEBRUARY MARCH 2025



Here we are in the second half of the season already. Where does the time go? Returning to Hbowl on Larry Bloch's team this half is Pat Eagle. Scott Sugarman is waiting on a procedure and will return when he is okay again. Larry Bloch just had Carpal Tunnel surgery and Sue Wark will be getting a new knee in January. Bill Fagan is back bowling with his right hand again. Here is some happy news: Mercedes McSorley recently got engaged to a former bowler/minister, Roy Lewis. Congratulations to you both. A spring wedding is planned.

The winners of the first half in Division 1 were The Curve Balls - Ann King, Bill Liebel, Don Miller and Donna Graf. And Division 2 winners were Spare Us - Laura Wichner, Marie Whitlow, and Carol & Bill Lingerfield. Congratulations to all of you.

Here are your Men's scores that are 40 pins over average: Doug Wager 251 & 239, Larry Bloch 245 & 230 Frank Acord 244, Steve Masters 237 & 224, Steve Lustig 226, 222 & 200, Mark Gonzalez 215 & 202, Walter Lange 213, Bill Brennan 207, John Di Russo 203, George Dillworth 199, Walter Paget 196, John Bofinger 191, Bob Gianfortune 191 twice, Don Miller 194, Ken Welsh 190, Dave Moss 188, Mike Short 183, Henry Walker 182, 181 & 180, Bill Wark 180 & 187, Roger Orhlandt 158 & 153, Bill Knipe 158 & 154.

And don't forget the Ladies: Rose Compeggio 211, Beth Wager 200, Denise Elliott 190, Gail Novak 186, Irene Kennedy 177 & 173, Cheryl Gonzales 175, Jan Masters 174, Edna Foley 170, Linda Maser 158, Janet Cimino, 153 & 152 twice, and Sharon Shaw 136!

These are the tricky splits made by: Mercede McSorley 1-7, Denise Elliott, Janice Masters & Bob Ryan 5-7, Maria Luna 3-7-10 & 5-6-10, Bud Mundell had his first Turkey, and the 2-5-10 split, Sean Gorman 4-7-10, Patti Di Russo 7-9, Laura Wichner 6-7-9-10, Irene Kennedy 4-5 & 4-5-7, John Di Russo 3-5-6-10, and Ken Welsh 4-10.

We do have a few spots open if you have decided you need some fun on Thursdays! Call Bill Wark at 267-491-5639.

Till Next Time.....Irene Kennedy

VETERANS

“The valor and courage of our young women and men in the armed services are a shining example to all of the world, and we owe them and their families our deepest respect.” — Bill Frist

Hello, Hi and Howdy

Well it's time to wrap up last year. It was a good year in many respects. We hosted several video Horse Racing events, we provided food for the Spring Flea market, for Joe Gervase's Magic Show, for Andy Baum's one-man concert at the pool and also for Ron, John and Scott's concert over Labor Day weekend at the pool. We maintained our monthly Friday Night Vet Bingo and we hosted our Hotdog Wednesdays over the pool season. We held our annual Memorial Day Service (indoors). We hosted our annual Memorial Day picnic and a 4th of July bash. We held our annual Veterans luncheon on Veterans Day and took orders for clothing at the time. Thanks to your support of our events, we were able to donate to the following organizations: 'Friends of Solo' an organization that provides vests and medical kits for law enforcement working dogs, Lingohocking Fire Dept., Midway Fire Dept., Central Bucks EMS, Buckingham Police Dept., 'Wreaths Across America' and we were able to provide Bingo tickets and other such items for baskets of cheer at the flea market. We were able to replace our flags and poles



in time to be displayed for Memorial Day. We made the connections so that several of our vets were able to attend the Tour of Honor.

Last year our board consisted of seven members, Fred Hofstaeder, Fred Chropka, Mike Hennelly, Bill Morris, Ray Phillips, Dennis Caveness and myself. Sadly we lost Dennis in May. We were able to represent our Vet group and say goodbye at the services held for him at Washington's crossing. Shortly after we added Rock Hoffman and Jeff Braun to our board so then we were eight. This year, sadly we have just lost another of our board, Ray Phillips, who passed on Sunday Jan. 5th.

This year our tentative plans are to continue monthly Vet Bingo and provide food at the pool on Hotdog Wednesdays. We will continue with our annual events i.e. Memorial Day service and picnic, 4th of July picnic and Veterans luncheon (but not on Veterans Day). We will close our HD Wed.'s season by providing food in conjunction with Ron, John and Scott's concert over the Labor Day weekend. We are planning on having three general membership meetings this year, tentatively in April, July and the third on Veteran's Day, where we will serve coffee and donuts. We are not planning on having video horse racing although that might be considered for the fall. As I have stated in previous articles we are getting older and we have to curtail some of the things we used to do or would like to do. If anybody is interested in helping out at our events please contact us.

Here's to a good year 2025.

Submitted by Wayne Hartman, Vet Board member.



CRAFT CLUB

The craft club ended the year with a wine cork napkin holder to use at our holiday celebrations. We took some downtime in January to recharge from the holidays and plan our 2025 projects. We'll start back in February making bracelets for the first time under the direction of resident, Nora Lewis. March will add tin can leprechaun gnomes to our craft collection – gnome-making being another first for our group, and April will bring our third new project - cookie decorating. Come join us this year as we expand our crafting horizons.

Also, please continue to save your wine corks, metal beer, and soda caps for future projects. You can toss them in the plastic bin under the event bulletin board in the clubhouse. Thank you.

The Craft Club meets on the 1st Sunday of the month. Sign-up sheets for residents, including your family members and friends, can be found on the Clubhouse bulletin board; advance payment of \$5 is required. I can be reached at kathrynconti@yahoo.com or 215-738-1248 for questions or suggestions.

Kathy Conti



THE GARDEN CLUB



The Garden Club is on hiatus until March. If you have any suggestions for upcoming meetings, events, classes, etc., please reach out to me. - Maryellen Paget



BOOK CLUB



December 2024

Book Club members read a Christmas-themed book of their choice for December:

The Christmas Letter, Lee Smith - A compilation of family holiday update letters written by several generations of the same family beginning in 1944 and ending in 1996. Early letters were short, simple and expressed gratitude for their situations; as the family became more financially secure, letters became more “braggy” about their successes, and by the 1990’s, letters over-shared more family gossip, e.g., divorce, problem children, etc. A very enjoyable quick read.

Christmas Child, Max Lucado – A nice little story with a “Hallmark” ending

Skipping Christmas, John Grisham - Parents of a daughter in the Peace Corp decide to spend the holidays in the Islands, but when their daughter decides to come home at the last minute, mom and dad must scramble to organize a traditional holiday for her.

Christmas Bells, Jennifer Chiaverini - Dual themed historical fiction – one storyline focused in the 1860s prior to the Civil War and the other story focused on a children’s choir in present day Boston.

The Christmas Box – Richard Paul Evans – A family moves into a new beautiful big house, and find a box of love letters in the attic providing for a sweet story with an unexpected ending.

Mr. Dickens and His Carol, Samantha Silva - Despite his latest book being a flop, family financial pressures piling up, and frazzled by writer’s block, Charles Dickens must find a way to write the story that will change Christmas forever.

Promise Me, Richard Paul Evans - a wife devastated by her husband’s infidelity and her child’s illness meets a handsome stranger who changes the course of her life and provides a sweet metaphysical ending.

Santa Cruise, Bern Michael - Four best friends (all with successful careers, but no great love in their lives) embark on a holiday cruise to the Western Caribbean where they all meet their special someone and have a Hallmark happy ending!

Just a Little Christmas, Janet Daily – a sweet going home again story that finishes with a happy second chance ending especially when Christmas magic is in the air.

Comfort and Joy, Kristin Hannah – A modern day “Christmas magic” fairy tale involving a recently divorced and lonely woman and a little boy devastated by the recent loss of his mother, together they find the courage to believe in love and family again.

The book club will spend the winter months reading a classic of their choice for their next meeting in March of 2025.

Kathy Conti

KNIT AND CROCHET GROUP

The Crochet/Knit Group meets on the second Wednesday of every month at 10:00. We meet in the clubhouse’s Card Room, and new members are always welcome.

The purpose of the group is to foster friendships, generate new ideas, and help people in nursing facilities or who might need warm items. If you have a family member, friend, or neighbor who might need a handmade item, we will help them as well. We share ideas and patterns, and if you’ve always wanted to learn different types of handwork, we are glad to show you how.

Thank you so much for the wonderful yarn donations we have been receiving. There is a collection basket in the clubhouse if you would like to make a donation. Also, I want to offer a special thanks to the person who donated the bag of yellow and white crochet flowers. They have made lovely borders for a number of shawls that will be donated to nursing homes.

We make hats and fingerless gloves for shelters and hats, scarves, lap robes, shawls fidget mats, and throws for nursing homes and veterans. These projects are great for beginners. You may also bring along your own project to work on. We start each get-together with a kind of show and tell to share ideas and projects. I always learn something new.

Please join us, we are a low-key group that likes to get together to chat and do hand work.

Cathi Pivnicny cathipiv@hotmail.com



CLUB NEWS

DART LEAGUE



The Buckingham Springs Men's Dart League completed our 13th week as of Wednesday January 8th. The White Team with Bob McLeod, Rich Lucas, Joe Gervase and Bruce Ross is in First Place with a record of 26 & 18. In Second place is the Gold Team with Jeff Braun, Bill Wark, Bill Frank and Ray Phillips (who died in January) with a 25 & 19 record. The Red Team with Charlie Monahan, Bob Christmas, Fred Munz and Gary Zak at 23 & 21 is in third Place. Mark Gonzalez with two and Charlie Monahan with one have the high games of 31. Bruce Ross with two, Mike Hennelly and Dave Rutola shot games of 30. Mark Gonzalez holds the High Three Game Series with an 82, Charlie Monahan was next with 81. Mark also has High Series Over Average with a 34, Mike Hennelly is next with 20. Mark also had High Game Over Average with an 19, Mike Hennelly and Wayne Hartman were next with 16 over.

Mike Hennelly

CORNHOLE LEAGUE



The Buckingham Springs Cornhole league started its 5th year on Saturday October 14th. As of January 11th, We have played ten weeks. The Gold Team with Vince Pivnicny, Linda Maser, Bill Frank and Jeff Braun are in first place with a 26 & 4 record. The Orange team, Wayne Hartman, Irene Kennedy, Wayne Brown and Ken Welsh are in second place with a 23 & 7 record. The Black team with Steve & Jan Masters, Maria Rutola and Denise Elliott are third with an 18 & 12 record.

Mike Hennelly

GOLE



Although the weather hasn't been great for golf this winter, we still try to go out at 9:00 AM every Monday. If you would like to join us any Monday, give Bob Ryan a call/text/email to get included in a foursome.

Bob Ryan
215-499-9142 • bob.ryan384@gmail.com

A Focus on Wellness and Healthy Aging



The Birches at Newtown is an award-winning senior living community providing Personal Care and Memory Care services with multi-level care options that allow our residents to age gracefully as their needs change. Services include 24-hour assistance, three daily meals, activities program and social events, and transportation to outings and medical appointments.

Every resident receives exclusive and unrestricted access to wellness and rehabilitation services right from the comfort of our community! The FOX Optimal Living program includes:

- Full-time Wellness Director and Exercise Physiologist
- One-on-One Sessions with Individualized Care Plans
- Morning and Afternoon Group Exercise Classes



THE Birches
NEWTOWN, PA
Personal Care and Memory Care

Learn more about us from our team of trusted senior care advisors!

Call Kathleen or Shari to schedule a tour at 215-240-4829 or email KSalmon@thebirchesatnewtown.com.





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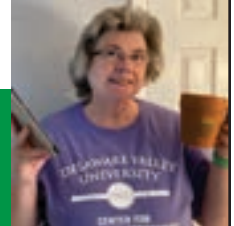
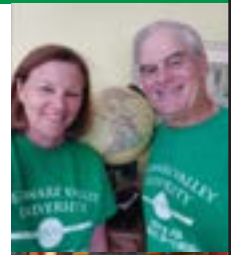
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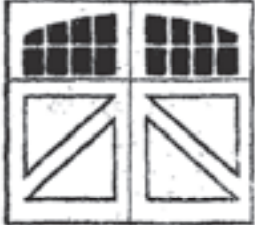
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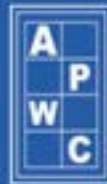
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