

CENTENNIAL



BUZZ



SPRING/SUMMER 2026

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FROM THE BOARD PRESIDENT'S DESK



Time passes so quickly and it's already time for the Spring Buzz! I hope everyone had a wonderful holiday season and a healthy, although somewhat cold & snowy winter. In my last letter, I thanked the previous board members after their years of service and welcomed the new board members who have been extremely dedicated and made this board not only effective, but fun to work with. As said previously, it's amazing how much is involved in running this association, but I'm truly grateful for all the help from the office personnel, staff and other board members to keep Centennial Station such a great place to live.

We continue to focus on information dissemination through efforts like the Council of 12, expanded details in monthly board meeting minutes and posting our processes on bulletin boards, so residents can see what we're doing as well as how we do it. We also established biannual general meetings with the first one held this past November. The whole board contributed to the information provided and we answered a number of questions from the community. We've addressed numerous communication forms submitted by the community and have implemented many of their suggested changes with examples like: the general meeting, the mirror behind building 11, posting our documented processes on bulletin boards, etc. We will continue to look for opportunities to improve because these efforts have clearly expanded the amount of information reaching our residents.

Special thanks to Connie for continuing to keep our buildings clean, to our dedicated staff for keeping our facilities in good shape and addressing many maintenance issues, to our office personnel for keeping up with the mounds of daily issues involved in operating the association and finally, to our CSRF committee, especially Carol and Ralph, for the many incredibly enjoyable events that continue to be held in our community (e.g. Holiday parties, Catskills Comedy Show, Soup & Grilled Cheese, Super Bowl Party, Hoagie Nights, etc.).

Over the past six months, we've handled many community issues such as: sprinkler head replacements, resolving the horrendous odor issue in the ballroom, completing carpet installation in several buildings, snow, snow and more snow removal, roofing, HVAC, pipe leaks and other issues as well as changes to two of our support companies. While we're grateful to Total Turf for keeping our community looking beautiful for a number of years, after evaluating 6 proposals, we selected Four Seasons as our landscaping company for the next three years. In addition, we changed from High Tech HVAC to TriComfort Solutions for our HVAC support to the common areas. These decisions were difficult to make but were made based on the best financial impact to the community.

In closing, Centennial Station is a fabulous 55+ community, I look forward to this summer for our 250th Anniversary of America's Celebration on the 4th of July and I hope to continue working with everyone to make improvements throughout the community.

NOTE: The paid ads in the Buzz are not endorsements from the Association nor the Board.

Steve Spadafora

President

COMMUNITY GOVERNANCE

On October 14, the community gathered for a presentation by the Board reviewing and explaining the proposed 2026 community budget. The presentation was clear, informative, and well received by everyone in attendance. The community extends its sincere appreciation to Treasurer Michael Erlick for his excellent and thorough presentation of the material.



Michael noted that each paper statement mailed to residents costs the community \$3.50. By switching all residents to email statements, the community could save approximately \$15,000 per year. Residents are encouraged to make this change by picking up an instructional sheet from the office.

On November 13, 2025, the Board of Centennial Station hosted its inaugural open meeting, inviting all residents to share questions and concerns. Moving forward, this forum will be held twice a year, in the fall and in the spring.



A large contingent of residents came out to participate in the open forum, demonstrating the community's strong interest in open communication and transparency. There was a noticeable atmosphere of respect throughout the event, as board members thoughtfully addressed both the pre-submitted questions and those raised directly from the floor. The exchange was constructive, informative, and conducted in a manner that reflected the commitment of both the board and the residents to maintaining a well-informed and collaborative community.

Welcome to the Neighborhood!



3108	Brian and Beverly Foellner
6207	Mark Carneglia & Maria Galen Gonzalez
10315	Martha (Marty) Schlotterbeck
11304	Joyce Daniel and John E Key

In Loving Memory

A decorative graphic featuring several golden roses and leaves arranged in a circular pattern, with the text 'In Loving Memory' overlaid in a golden, serif font.

2301	Cynthia Berenbaum
2302	Olga Shraybman
3106	Laura Reilly
3108	Miriam Rosoff
3204	Rosalind Pousman
4303	Ed Savage
5209	Eleanor Sands
6507	Marilyn Rubin
7408	Jim Forte
8303	Cynthia Kennedy
11410	Arkady Azvolinsky



The Centennial Buzz apologizes for any missed remembrances.

In the future, please submit all remembrances to centennialbuzz@gmail.com

ODDS AND ENDS

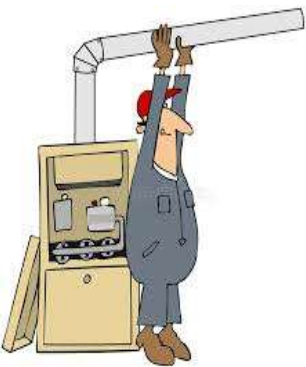


The Buzz is on the lookout for photos capturing events or activities around Centennial Station. Your snapshot might be the unique angle or perfect moment we're hoping to feature! Send your pictures to CentennialBuzz@gmail.com, and keep an eye out—you might see them in the next issue of The Buzz!



NOTICE: HVAC and Water Heater Installations!

Warminster Township requires a permit and fee for all water heaters and HVAC installations. Owners may not change the location of their HVAC compressor without prior Board approval.



A completed **“Centennial Station Condominium Request for Architectural Alteration”** must be Submitted for construction or modification of condominium units where the modification will be visible to the outside world, i.e. replacement windows & patio doors. In addition, changes such as moving or altering walls or changing plumbing or electrical systems require a form as do any changes that might impact a neighbor. The form, along with all required documentation, requires Board approval before work can commence.



Silence Is Golden (and So Is Getting Things Done)

We live in a community that runs on the hard work of staff and outside contractors. They keep Centennial looking good and working properly. Every prolonged chat, life story, or “just one quick question” is time taken away from a work order that may not get finished that day.

Stopping one of our staff to complain, give instructions, or ask for a “small special favor” doesn't usually help. It can cause confusion, throw off schedules, and in some cases even create safety concerns.

A friendly hello, a quick thank-you, or a well-earned “nice job” is always welcome. After that, letting them get back to work is the best way we can all help keep Centennial running smoothly—quietly, efficiently, and cheerfully.

ODDS AND ENDS

A Note from the Seasonal Elves 🧝...Don't touch

As the seasons change, a small band of “little elves” quietly goes to work around our community, swapping out decorations and ornaments so Centennial always feels festive and in tune with the time of year. You may never see them, but their handiwork is hard to miss.

What's less known is that these decorations are purchased and paid for by generous individuals who simply enjoy making our community bright, cheerful, and welcoming. These displays are gifts meant for everyone to enjoy.

That includes the ballroom, the centerpieces, ice buckets, and other decorative touches help set the scene for our events, but they are not souvenirs, party favors, or wedding keepsakes (because, to be clear, it is not a wedding).

Lately, however, some decorations—both large and small—have mysteriously wandered off. Perhaps they were mistaken for take-home souvenirs by someone hoping to complete a personal decorating vision. While we admire the enthusiasm, these items aren't meant to travel.

So please enjoy the seasonal displays, admire the elves' excellent taste, and then do the one thing that keeps the magic alive: don't touch.

OFFICE CONTACT INFORMATION

215-674-0770



Office hours are Monday – Friday, 9 – 4

Lori works from 9–3. If Michelle is on vacation or sick, the office closes at 3 PM

The office will be closed for the following holidays:

- Monday May 25, 2026 (Memorial Day)
- Friday July 3, 2026
- Monday September 7, 2026 (Labor Day)

The after-hours emergency # is **855-399-8917**

ODDS AND ENDS



CENTRAL BUCKS

Emergency Medical Services

OFFICE: 215-348-3343



Home About Us Subscription Donation Events News Join Us Training Xplore Links Contact Us

Subscription

On Call 24 Hours a Day, 365 Days a Year:

"In case of an emergency dial 911"

The volunteer and career staff of Central Bucks EMS is dedicated to providing emergency medical services day and night for the residents, businesses and visitors of our community. All this we provide as a private, charitable, not for profit, IRS 501 (c) 3 corporation. Your donation is 100% tax-deductible to you. We depend on your donations and subscriptions to keep our service available. We now ask for your help! We depend on these membership subscriptions, donations and billable services to continue providing our professional services to this community.

Billing Q&A

If you'd like more information on how we bill, please look at our [Billing Frequently Asked Questions](#).

For more information please call: [215-348-3343](tel:215-348-3343)

Family Subscription covers: \$100 per year

All adults residing and any children under age 18 in the household.

Individual Subscription Covers: \$75 per year

Single- an individual living by themselves OR a child over 18 still living with their parents. Keep in mind, if you do not have current insurance, becoming a subscriber is a good idea. However, it will not cover 100% of your bill. Being a subscriber will only cover 1/2 of your entire bill, should you not have medical insurance. If you do have insurance, it is still a good idea to become a subscriber, as it will prevent you from being billed for any costs that your insurance carrier will not cover.

Our Special Thanks

Central Bucks EMS would like to Thank-you for your support over the past years. Your continued generosity enables us to provide the finest emergency care available today.

Pay for your subscription online

#1) Look for the Reference No. that's above your address on the mailed subscription form.



#2) Use this for the 'RUN #' on the form.

#3) Click the Subscriptions button below to pay online!

Subscriptions

Central Bucks Emergency Medical Service
Business Office: 455 East Street • Doylestown PA 18901
[215-348-3343](tel:215-348-3343)

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PLEASE JOIN OUR NEW CENTENNIAL STATION

PRIVATE

FACEBOOK GROUP

REQUEST MEMBERSHIP AT:

Living at Centennial Station

(Not a Centennial Station Association Sponsored Group)

This private forum is for our residents to share ideas, items for sale, request assistance, get recommendations, and ask questions about our community. Membership includes some simple rules to ensure respect and privacy.

For Questions, Please Contact the Admins:

Linda Levin via text, phone or email:
215-870-1943

LevinLindaK@gmail.com

or

Jean Brooks via email:
JeanBrooks1964@gmail.com



ESCAPE THE ORDINARY

5 Philadelphia Area Revolutionary War Sites to Visit

As the 250th anniversary of the American Revolution draws near, this spring and summer provide the perfect opportunity to explore the region's many historic sites. One of the remarkable things about living in Southeast Pennsylvania is that the Revolution isn't distant or abstract—it's woven into the very landscape around us.

It's local. It's tangible. It's right outside our back door.

In just a short drive, you can stand on the same fields, step into the same rooms, and look across the same rivers where the earliest struggles for independence unfolded. Here, history isn't confined to books or plaques—it's something you can touch, see, and walk through, bringing the past vividly into the present.

1. [Valley Forge National Historical Park](#)

Valley Forge is beautiful year-round, but there's something about spring and summer that brings the park closer to its 1777–78 reality than any other time of year. As the trees leaf out and the fields turn lush and green, it becomes easier to imagine the Continental Army spread across the landscape, transforming the rolling hills into a temporary city of determination and hardship.

When you stand outside Washington's Headquarters, listening to nothing but the wind and the birds, or when you walk through the reconstructed huts and feel the rough-hewn logs beneath your fingertips, the stillness deepens. In those quiet moments, the modern world falls away, and you catch a small but powerful glimpse of what those long, uncertain months must have felt like for the soldiers who endured the winter encampment. It's as close as we can come to stepping back into their world—one shaped by sacrifice, resolve, and the hope of a new nation.

2. [Washington Crossing Historic Park](#)

During the warmer months, the park offers monthly living-history programs (April–September) on the second Saturday of each month, featuring historical interpreters, military-life demonstrations, and engaging hands-on activities that bring the Revolutionary era to life.

And while the famous reenactment of George Washington's daring 1776 crossing of the Delaware River takes place only in late December, the spirit of that moment lingers throughout the year. The stories behind the event—the perilous weather, the bold strategy, the resolve of the soldiers—are echoed in the demonstrations, guided talks, and immersive programs offered during spring and summer.

3. [Museum of the American Revolution](#) – **The best indoor Revolutionary experience, maybe in the entire country**

Few museums tell the story of the Revolution as powerfully as the Museum of the American Revolution. Rather than presenting a simple collection of objects, the museum guides you through a sweeping narrative—immersive galleries, dynamic exhibits, and emotional storytelling that draw you directly into the unfolding struggle for independence.

The centerpiece is George Washington's War Tent, presented with such care and reverence that many visitors leave the gallery in reflective silence. It's not just an artifact; it's a physical link to leadership, hardship, and the fragile hope of a nation still being born.

The museum also shines in its commitment to expanding the story of the Revolution. It brings forward the experiences of those too often left on the margins: women, free and enslaved Black Americans, Native nations, immigrants, and Loyalists—people whose lives and choices shaped the era every bit as much as the famous names we all know.

4. Brandywine Battlefield Park

The Battle of Brandywine was the largest land engagement of the entire war, but it's difficult to grasp the true scale of it until you walk the ground yourself. Once you're on-site, the landscape becomes the interpreter—the terrain finally tells the story.

From the ridges and rolling hills, you can see the very high ground the British occupied, the long flanking routes followed by Cornwallis, and the open fields where Washington's army first held the line and then fell back under overwhelming pressure. Standing there, you start to understand the complexity of the battle in a way no map or book can convey.

Today, the quiet of the countryside gives the place a reflective, almost solemn atmosphere. The stillness makes the events of September 1777 feel closer, more immediate, and more human.

If the Ring House and the Gilpin House are open during your visit, be sure to step inside. Their preserved rooms and period furnishings offer an intimate glimpse into the civilian world that existed alongside the battle—a reminder that the war unfolded not only across fields and ridges, but through the lives and homes of everyday people.

5. Fort Mifflin – Atmospheric, underrated, and unforgettable in winter

Fort Mifflin often doesn't get the attention it deserves, yet a visit reveals a site steeped in history and atmosphere. The stone walls, the empty parade ground, and the long shadows cast across the fort seem to carry the weight of its 1777 siege, when Continental defenders withstood one of the heaviest bombardments of the Revolutionary War. Even the breeze off the Delaware River seems to whisper the stories of endurance and sacrifice.

Spring and summer bring vibrant programming that makes the history come alive. Candlelight tours illuminate the casemates in a warm glow, while living-history days let visitors see soldiers, artillery, and daily life as it might have been more than two centuries ago.

Visitors are often surprised by the low-flying airplanes from nearby Philadelphia International Airport. Instead of breaking the mood, the rumble overhead somehow enhances it, reminding you that this place has existed through centuries of noise and change. For a moment, it's easy to imagine the echo of cannon fire, the thundering of bombardment, and the strange continuity of a fort that has withstood both war and time.

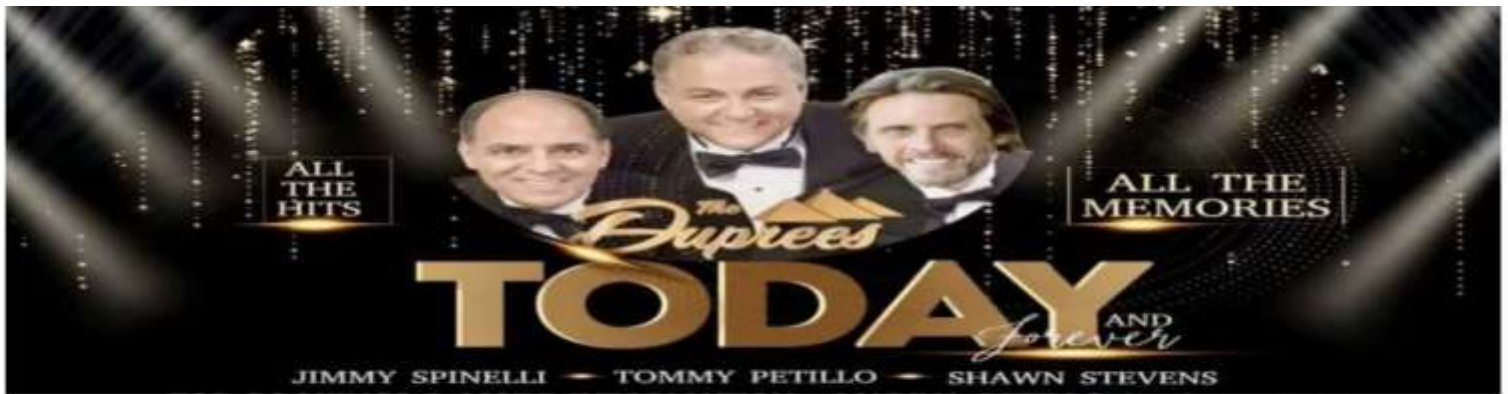
BONUS: Hagley Museum & Library – The next chapter of the Revolutionary story

Hagley may not be a Revolutionary battlefield, but it earns a place on this list because it tells the story that followed independence. After the war, the young United States faced a new challenge: how to survive and thrive without British industry, resources, or supply chains.

Gunpowder shortages had nearly cost the Patriots victory, and decades later, E.I. du Pont established his powder works along the Brandywine River to address the nation's ongoing need for reliable production and supply. Walking through Hagley today, you can see the ingenuity, labor, and vision that transformed a fledgling country into an industrial force.

Hagley is where political independence becomes economic independence. It marks the bridge between winning the war and building a nation—where the fight for freedom evolves into the work of sustaining it.

ENTERTAINMENT



The tradition and sound that originally made the Duprees such a well-loved and successful group has echoed through time for more than 60 years.

Tommy Petillo, Jimmy Spinelli and Shawn Stevens active today clearly show their dedication and passion for the type of music that started on a New Jersey street corner and grew to something both classic and ultimately timeless. Hit like "You belong to me", "Have you heard", "Why don't you believe me", "My own true love", "It's no sin", & more

Coming to Centennial Station

Save The Date: June 6, 2026



BLUES BROTHERS – WHAT A SHOW!

JULY 18, 2026

Look for the flier on your lobby bulletin board

ENTERTAINMENT



Swing into an energetic night of live jazz

August 2, 2026



Lights Out- DECADES- Generations of Music has everything you want to re-live the memories of three incredible decades. Audiences take a Musical Journey through time with the evolution of Rock and Roll in the 1950's, to the free flowing sounds of the 1970's!

August 29, 2026



September 26, 2026

Look for the flier on your lobby bulletin board

EVENTS - SEMINARS

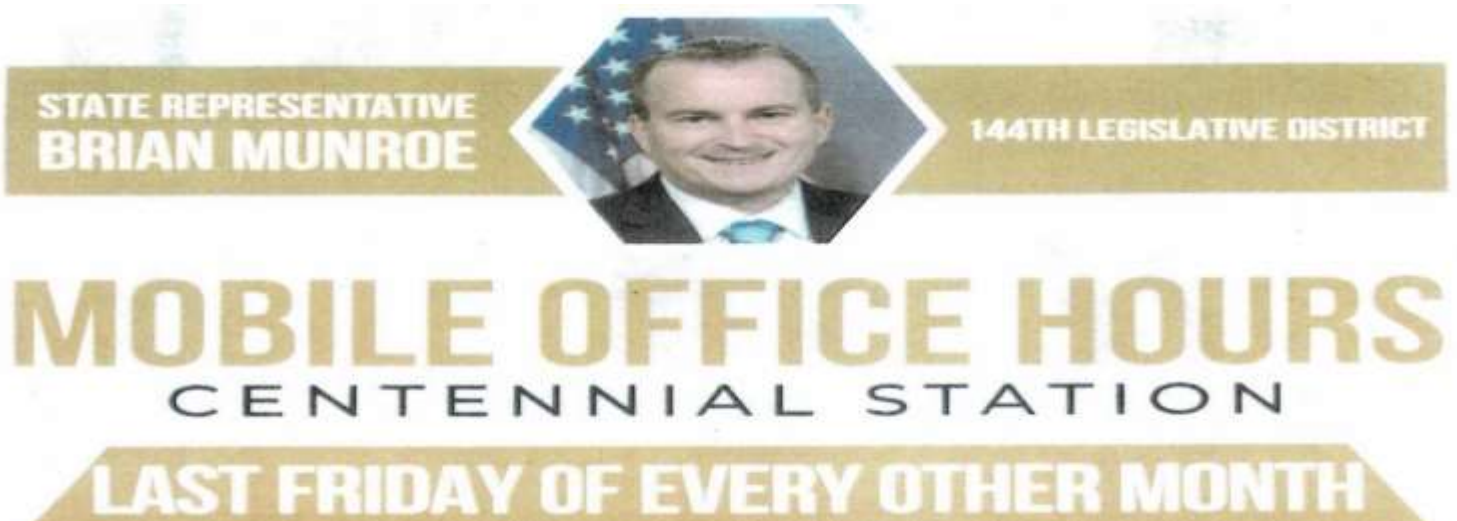


Learn how The Vital-Link Personal Emergency Response System gets customers help in three simple steps. First, when the customer presses the button on their pendant or wrist transmitter, a signal is sent to the home base console, which connects immediately to a U.S.-based monitoring center operating 24/7. Second, an emergency response specialist opens a microphone in the console to speak directly with the customer and assess the situation; if the customer cannot respond, the specialist follows a pre-set response plan chosen by the customer. Third, based on this assessment and protocol, the appropriate help—whether family, friends, or emergency services—is dispatched within minutes.

 Date: April 14, 2026

 Location: Ballroom

 Hot Coffee and Fresh Cookies Will Be Served




Starting May 29, 2026

Check bulletin boards for upcoming events

Repmonroe@pahouse.net

EVENTS



Sunday Penny Auction April
Centennial Station 19th


We have over 100 items & baskets
"TO CHANCE OFF"

Doors open at 1pm- Auction begins at 2pm

Admission-\$3.00 includes 1 envelope of
100 chance tickets & coffee & cake



Extra envelopes \$1.00 or 12 for \$10.00

There also will be a "GOLDEN" table
with high quality items, 2 Dupree tickets,
2 Chicago tickets, 2 Holiday Party tickets,
2 Blues Brothers tickets, and a chance to
win a "SMART TV." Tickets for the
"GOLDEN" table are 20 tickets for \$10.



This event's proceeds go directly into our
4th of JULY CELEBRATION for YOU!!!

Please come out and support our
COMMUNITY on Sunday, April 19th,
2026



Thank you, Events Committee
Carol 215-207-4470

EVENTS



HOLD OPEN THE DATE MONDAY MAY 11 TO BENEFIT WARMINSTER FOOD BANK

Everyone is invited: Centennial Station residents, families and friends.

“The Charity Committee” Is seeking donations of NEW GOODS, WINE, GIFT CARDS or \$ Funds!! All will be used as part of our Raffles

With your help we can make the event successful!!

Donations may be dropped off at the Management office in building 12 or call:

Bingo Committee. Juliann Hantman 215-801-7585

Gail Felix 215-675-3295

DON'T MISS OUR SPECIALTY FOOD DAYS



Monday, May 25th, 2026, 2 to 5 PM

Bring anything you like for your group

Hotdogs, burgers, sodas & water will be sold on site

No assigned seating Questions – Carol 215-207-4470

EVENTS



Let's join together to commemorate our nation's values and cherish the liberties we uphold On this 250th anniversary of our founding. Celebrating with a gala party in the court yard with entertainment and games

Monday, July 4, 2026

Menu: Hotdogs, Burgers, Soda or water

We have all your topping for the Burgers and Hotdogs

Feel free to contribute additional items for your group, & if you're inclined, kindly bring a dessert to be shared on the designated dessert table.

Questions: Carol 215-207-4470 No assigned seating

Look for the flier on your lobby bulletin board



Please join us with our friends. Everyone is welcome.

Monday, September 7, 2026

Bring anything you like for your group, including desserts.

Hot dogs, burgers, soda & water will be available

Questions: Carol 215-207-4470 No assigned seating

DON'T MISS SPECIALTY FOOD DAYS



Coffee & Muffins
May 6, 2026 Afternoon
Meet & Greet in the Ballroom



Pancake Breakfast
June 9, 2026
Meet & Greet in the ballroom



Sunday, July 19, 2026
Place: Ballroom Make your own sundae
Questions – Carol 215-207-4470



Pie & coffee in the Ballroom
More information to follow

ACTIVITIES

EVERY THIRD WEDNESDAY OF THE MONTH

HOAGIE

With a hoagie sandwich on your plate, you know you are up for a good meal, good conversation and always a night to remember.

Choice of hoagie: Tuna, Italian, Turkey, Ham & Cheese

Cost: \$12.00 per Hoagie and sides

All hoagies come with 1 soda (coke or diet), and 1 bag chips

Additional sodas and chips available for \$1 each

Dates: 4/15, 5/20, 6/17, 7/15, 8/19, 9/16

Time: 5:30 PM and stay as long as you like and socialize with your friends.

Place: Ballroom – Bldg 12 Event committee: 215-207-4470



Monday Night BINGO ! Doors Open 6:30 PM

Admission - \$2.00 Individual Cards - \$1.00

Place: Ballroom – Building 12

There will be no Bingo on 5/25, 9/7 or 9/21

Chairpersons: Juliann Hantman 215-675-4030

Eileen Darcy 215-378-5321

ACTIVITIES

Centennial Station



Men's Club

As a social club, our mission is to promote friendship and comradery among the men in our community. As a service club, we volunteer our services to support community and charitable activities. So, feel the civic spirit and join the fun.

For the past few years, we have planned events for the Veterans Breakfast, helped with Alex's Lemonade sales, hosted Hot Dog Day and have been helping hands for the events committee.

We meet twice a month for our general meeting and gather once a month at a local restaurant for an open dinner.

COME JOIN US!! 5 ROMEIO (Retired Old Men Eating Out) Look for our flyers posted in your building for the times and place of our next open dinner.

Questions – Ralph -215-207-4470

**Centennial
Station**



**Women's
Club**

The Centennial Stations Women's Club Breakfast

Event: Breakfast Starting in October 8, 2025

Date: Held every 2nd Wednesday Time: 10 A.M.

Check bulletin board monthly for restaurant locations or:

If you are interested in attending, please call Loraine Dorfman at 215-510-1570 or

Fran Silverman 215-630-7578

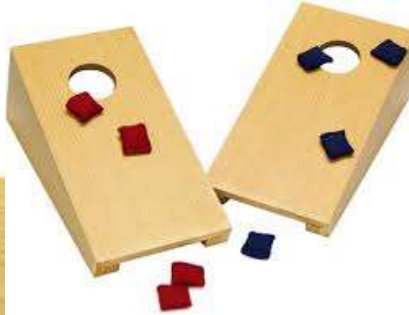
ACTIVITIES

Cornhole – Wii Bowling

Play like a pro ! Free Fun for all

Thursdays 1:00 P.M. - 4 P.M. Place: Ballroom

Also Puzzles and Board Games



CHAIR YOGA



Fridays 10AM-11AM In Ballroom Cost \$5.00 Per Class. **The first class FREE.**

Yoga for Seniors is a gentle class incorporating a range of exercises to improve strength, flexibility and overall mobility. This class will combine a series of stretching and breathing exercises to improve alignment and generate a sense of relaxation. **This class is done entirely in a chair or standing by a chair.**

Chairperson: Lorraine – 215-510-1570

ACTIVITIES



Tues. 5 PM to 6 PM

Thurs. 10 AM to 11 AM

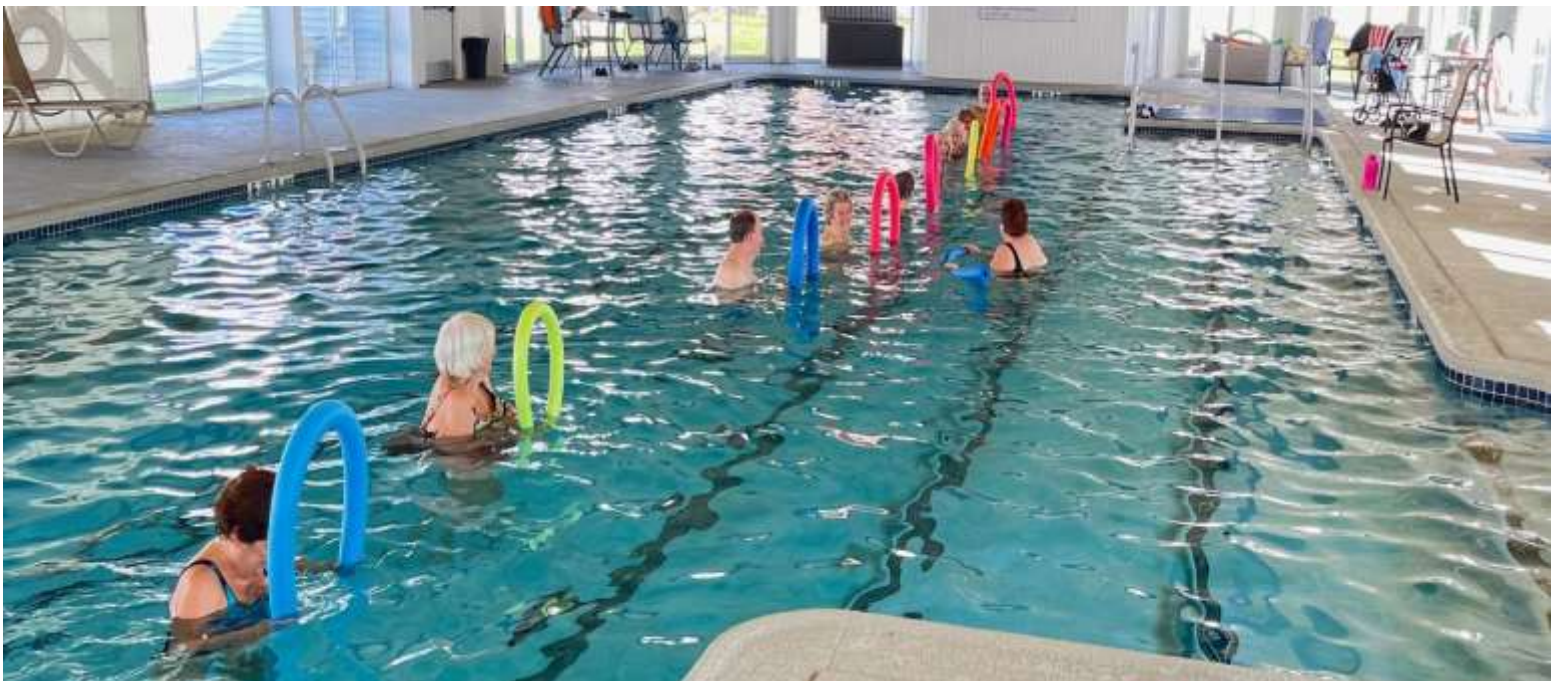
Place: Pool – Building 12

16 Classes for \$65.00 Per Person – Or \$5.00 Per Class

Checks Will Be Collected in Class, Made Out To CSRF

Water Aerobics Exercises involve gentle movements performed in warm water to improve range of motion, build muscle strength, and boost overall fitness levels. Plus, it is also a lot of fun...

Questions: Call Eileen 215-901-2754



ACTIVITIES



Bridge Players Wanted

Did you ever play bridge?

Do you want to learn to play bridge?

We play Monday Afternoons 12:30 P.M. to 3:30 P.M.

We play for the fun of it in the card room in Bldg. 12

Beginners and veteran players alike are welcome

Call Tom Davis at 215-901-6426



The Centennial Station Players

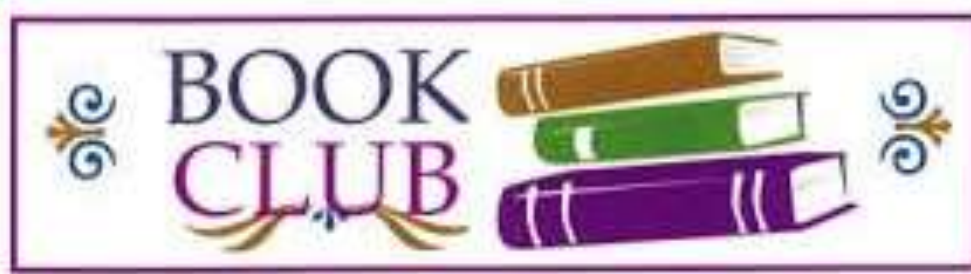
Have some fun! Explore a new interest!

Be a part of our next theatrical presentation!

Please Contact: JEAN BROOKS - Building 4

484-288-9808 jeanbrooks1964@gmail.com

ACTIVITIES



We're seeking fellow enthusiasts eager to explore diverse literary works and engage in stimulating discussions. Our mission centers on relishing enriching reads and igniting captivating conversations.

Once every three months, our book club will gather in the library at 7 PM on the first Wednesday of that month. We will analyze a selected book, sharing insights into its narrative, characters, and themes. Creating a welcoming and inclusive atmosphere is our priority, ensuring that every individual's perspective is valued. Please feel free to bring along snacks and beverages.

If interested please contact Michele at 215-805-1027.



**Let's kick off the Spring/Summer with Exciting New Movies,
Enjoy The Theater Experience & Bring your own popcorn and snacks
Welcome Centennial Residents & Guests**

Check your bulletin board for upcoming movie titles & times

Place: Ballroom

Event committee: 215-207-4470

THE CENTENNIAL LIBRARY IS OPEN FOR *MYSTERY LOVERS*



David Baldacci is an American novelist., who writes mainly suspense novels and legal thrillers. As an attorney by education his knowledge is well suited for this genre.

Although he writes standalone stories, in his multiple series he has the opportunity to more fully develop the characters. One popular series features Amos Deck, a former pro football player, who had a short stint as a police detective and now works for the FBI as a consultant. Due to a serious brain injury Amos suffered as a professional footballer, he gained a questionable gift. He cannot forget anything; even those memories he would rather forget.

Another series features assassins Will Robie and his partner Jessica Reel. In *The Target* they are sent on a mission by the president to kill the head of state outside the U.S. If failed, impeachment of the president and increased national threats will follow.

His books have been published in over 53 languages and published in over 80 countries, having sold over 150 million copies. We have at least 15 of them on our shelves. Whichever of his books you choose, you will have a hard time trying to put it down.

A definite plus to this writer is his actions as a philanthropist having cofounded the Wish You Well Foundation which supports family and adult literacy programs in the United States.

Onto a different topic, thank you for the jigsaw puzzle donations, but **please** hold off for a while. We are being inundated with them. Instead of spending \$2 or \$3 at the thrift store, choose a puzzle from some that are in the library.

Thanks

Janet Swartz

Librarian

DAILY ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
Bridge Game 12:30 PM Bingo 6:30 PM	Water Aerobics 5:00 PM Pinochle 7:00 PM	Poker Night 6:30 PM	Water Aerobics 10:00 AM	Chair Yoga 10 AM Poker Night 6:30 PM
Bridge Game 12:30 PM Bingo 6:30 PM	Water Aerobics 5:00PM Pinochle 7:00 PM	Women's Breakfast 10:00 AM Book Club: Oct 9, Dec 4, Feb5, April 2 Poker Night 6:30 PM	Water Aerobics 10:00AM	Chair Yoga 10 AM Poker Night 6:30 PM
Bridge Game 12:30 PM Bingo 6:30 PM	Water Aerobics 5:00PM Pinochle 7:00 PM	Hoagie Night 5:30 P.M 4/15,5/20,6/17,7/15,8/19, 9/14 Poker Night 6:30 PM	Water Aerobics 10:00AM	Chair Yoga 10 AM Poker Night 6:30 PM
Bridge Game 12:30 PM Bingo 6:30 PM	Water Aerobics 5:00PM Pinochle 7:00 PM	Poker Night 6:30 PM	Water Aerobics 10:00AM Men's Club Dinner 5:30 PM	Chair Yoga 10 AM Poker Night 6:30 PM

ENTERTAINMENT, EVENTS & ACTIVITY CONTACT LIST

Entertainment & Events	Carol Pasquarello	215-207-4470
Bingo	Juliann Hantman	215-675-4030
	Eileen Darcy	215-378-5321
Bridge	Tom Davis	215-901-6426
Book Club	Michele Bernstein	215-805-1027
Chair Yoga	Lorraine Dorfman	215-510-1570
Men's Club	Ralph Pasquarello	215-207-4470
Pinochle	Ralph Pasquarello	215-207-4470
Poker Night	Eileen Darcy	215-378-5321
Theater	Jean Brooks	484-288-9808
Water Aerobics	Eileen Davis	215-901-2754
Women's Breakfast Club	Loraine Dorfman	215-510-1570

MANAGING THE EMOTIONS THAT COME WITH RETIREMENT

Retirement is often portrayed as a time of freedom and enjoyment, but the emotional adjustment can be more complex than expected. Like other major life changes, retirement brings a range of feelings—excitement, uncertainty, relief, and even loss—all of which are normal. The transition typically unfolds in several stages.

Stages of Retirement

Pre-retirement: Forming a plan.

This stage can begin years before retirement and involves imagining life after work. Along with financial planning, it's important to consider what will bring purpose and fulfillment. While often exciting, this phase may also bring anxiety, especially as retirement approaches.

The big day: The end of an era.

Though it lasts only a day, retirement marks a major life shift, comparable to getting married or welcoming a newborn. Often celebrated with family, friends, or colleagues.

Honeymoon phase: Freedom.

Early retirement often feels liberating. Travel, hobbies, and time with loved ones bring relief from work-related stress. The length of this phase depends on how active and engaged retirees remain.

Disenchantment: Is this it?

After the novelty wears off, some retirees feel bored, lonely, or disappointed. These feelings can be unsettling but are a normal part of adjustment.

Reorientation: Finding purpose.

This is often the most challenging stage. Retirees begin redefining their identity and daily life by pursuing interests, volunteering, or developing new routines.

Routine: Moving on.

Eventually, many retirees settle into a satisfying lifestyle built around meaningful activities, relationships, and sometimes simpler living arrangements that support long-term well-being.

Coping With the Emotional Effects of Retirement

Creating structure helps. Establishing a flexible daily routine can ease the transition. Setting small, achievable goals provides purpose and a sense of accomplishment. Staying socially connected is critical—regular time with friends, community groups, or faith organizations can prevent isolation.

Some retirees find fulfillment in part-time or “encore” work, which can add structure, social contact, and income. Budgeting is also important, as spending patterns often change after retirement.

Volunteering offers another powerful source of meaning. Research shows that moderate volunteer work is linked to greater life satisfaction and fewer depressive symptoms.

Above all, flexibility is key. Retirement is a time to experiment, adjust, and redefine what fulfillment looks like. With patience and openness, it can become a deeply rewarding chapter of life.

Many of these adjustments are easier when shared with others. The programs and gatherings featured in “**Life Around The Station**” offer opportunities to stay active, connect with neighbors, explore new interests, and build a routine that brings purpose and enjoyment to everyday life. Participation can help turn retirement into a time of continued growth, connection, and fulfillment.

LIFE AROUND THE STATION – SEMINAR – DEMENTIA



October seminar was a review by Beth Allen, RN,BSN, founder of “Forgotten Caregivers. The seminar title, “Could it be dementia.”

As Beth put it so well, this was not a subject to frighten or bring people down. It was to reassure and inform our residents.

Information is power.

Dementia diagnoses are growing in numbers and families are facing many challenges in caring for them. It begins with identifying that there is a change in a loved one's behavior or function. The journey continues with getting them the support and care they need over the years ahead.

What is dementia? Dementia is a decline in cognition: memory, behavior and ability to function independently. There is no definitive cure for dementia. Support for the patient and family is crucial.

What is the difference between Alzheimer's and Dementia? Dementia is an overall term for the brain conditions that create cognitive decline. There are over 100 types of dementia. Alzheimers is the most common kind of dementia. Other more common types are vascular, Lewy body, frontotemporal and mixed dementia.

What are some early signs of dementia? Forgetting appointments, names of familiar people, decline in grooming, trouble with common tasks, changes in handwriting.

How is dementia diagnosed? MRI is the most used tool to diagnose it. Other conditions (mental illness, infection, nutritional deficits, tumors) must be ruled out with blood tests and psychological testing.

What is the progression of dementia? There are 7 stages of dementia. Early stages are called mild cognitive impairment. Middle stages are where daily function is impacted in terms of meal prep, driving. medication compliance. Final stages of dementia find patients bed bound and in need of full daily care. Disease progression is anywhere from a few years to a decade.

Key takeaways -

Reality check - When a patient believes their mother is alive and well (and she died 30 yrs ago), do not force reality on them. Comments like that may mean they long for a safe place and comfort. Redirect them and distract them with other conversations. Reminding them that their family has died only reintroduces grief.

Get an early diagnosis - Managing care and getting support from family, medical team and community is critical. So getting the diagnosis sooner than later is ideal.

Folks can reach Beth at bethallen@forgottencaregiver.com

Link to review slide presentation - https://drive.google.com/file/d/1vfNUCXtQnL-ef4hkpAHZdWq3Bc1MSa2_/view

LIFE AROUND THE STATION – SEMINARS TURNING YOUR VALUABLES INTO CASH



A steady stream of residents stopped by to learn the value of their treasures or to exchange them for cash during the event with David Jay Jewelry Concierge's Wolfram Mueller. This marked the company's second successful event at Centennial Station. Residents who were unable to attend may schedule a private appointment by calling 215-491-4404. **Additional information is available in their advertisement in the vendor section of this publication on page 60.**

IMPORTANT TAX SEMINAR FOR SENIORS



Edward J. Marden, an AFSP Senior Tax Analyst with H&R Block and a fellow resident of Building 11, on December 16, 2025, presented an informative and timely lecture highlighting key provisions of the "One Beautiful Bill". Drawing on his professional experience, Mr. Marden explained how recent changes to the tax code may benefit individuals and households, particularly retirees.

During the presentation, he reviewed a range of tax credits and deductions that could translate into real savings for many residents. Topics included commonly overlooked deductions, credits designed to reduce overall tax liability, and planning considerations that may help residents better prepare for the upcoming tax season. Attendees appreciated his clear explanations and practical examples, which helped demystify complex tax issues.

The session proved both educational and relevant, offering residents valuable insight into how new legislation may affect their personal finances. Mr. Marden's willingness to share his expertise both as a professional and a neighbor made the presentation engaging and informative.

LIFE AROUND THE STATION – SEMINARS

In-Motion, a local company focused on *Bringing Fitness to You* through personal training and post-rehab services, presented a live demonstration on balance and fall prevention using specialized strength exercises. The session was held in the Ballroom and attended by 40 interested residents.

This program was part of a continuing series of In-Motion seminars designed to educate and empower our senior residents, helping them build strength, reduce stress, and lower the risk of falls, while also learning how to react more safely should a fall occur.



Additional information is available in their advertisement in the vendor section of this publication on page 51.

LIFE AROUND THE STATION – VETERAN’S DAY

Centennial Station residents came together to honor the community’s veterans with an evening of gratitude and celebration. Guests enjoyed a delicious dinner and heartfelt patriotic music performed by talented members of the William Tennent High School Band, creating a touching tribute to those who have served our country.



LIFE AROUND THE STATION - VETERAN'S DAY



LIFE AROUND THE STATION – MEET & GREET

Centennial Station's annual Meet & Greet brought together our newest residents to be warmly welcomed and recognized by long-established members of the community.



Barbara Schall emceed the event, which featured a generous spread of fresh bagels, all the fixings, and a large, sumptuous dessert table that quickly became a crowd favorite. Once everyone had their fill, Barbara invited the gathering to turn their attention to the newest members of Centennial Station. One by one, she introduced each new neighbor in attendance, giving them a warm and enthusiastic welcome from the entire community.



WITH ENTERTAINMENT

The Centennial Players brought the spirit of 1975 to the Ballroom stage through songs, dance, and storytelling. They shared humorous and heartfelt memories, including the long-remembered cautions many mothers gave about clothes, bras, drugs, and boys. Cast members also reflected on the women's rights movement, the cultural waves that shaped a generation, and even the lingering echoes of Woodstock. No part of that unforgettable era was left untouched, making the performance a nostalgic journey for everyone in attendance.



LIFE AROUND THE STATION - DECK THE HALLS



The residents of Centennial Station were already embracing the spirit of the season, gathering in the great hall and ballroom to “Deck the Halls” with twinkling lights, fragrant evergreens, and cheerful holiday décor. As they work together, a table of cookies, cakes, and an array of other sweets sits nearby, offering everyone a chance to pause for a treat. Warm conversation filled the air as neighbors work side by side, transforming the space into a glowing centerpiece for the upcoming celebrations.



LIFE AROUND THE STATION – HOLIDAY PARTY



The Centennial Station Holiday Party brought residents together for an evening of good food, warm conversation, and spirited dancing. Guests gathered around elegantly arranged tables, sharing stories and laughter over dinner. When the music started, the dance floor came alive with movement—graceful dancers alongside those simply swaying to the beat—creating a memorable celebration of togetherness and holiday cheer.



LIFE AROUND THE STATION – HOLIDAY PARTY



LIFE AROUND THE STATION – NEW YEAR’S EVE GALA



You could have been there!
Centennial resident revelers joined together on the dance floor to welcome the New Year. Neighbors and friends danced, laughed, and shared the moment as the music played and the celebration unfolded.

The evening reflected the strong sense of community at Centennial, with residents enjoying a simple, lively start to the year ahead.



LIFE AROUND THE STATION – SUPERBOWL PARTY

Although the Eagles were eliminated earlier in the playoffs, rabid football fans jammed the ballroom to watch on the BIG screen Super Bowl LX— where the Seattle Seahawks beat the New England Patriots 29–13 — and to see all the provocative commercials on the big screen



LIFE AROUND THE STATION – FEED THEM & THEY WILL COME DONUT DAY



Donut Day is another great reason for Centennial residents to forget the cold and snow and come together to enjoy coffee and high-calorie delights.



WARMTH ON A COLD WINTER'S DAY

The Social Committee welcomed residents in from the winter cold to gather and connect over a comforting lunch of grilled cheese sandwiches and tomato soup. It was a wonderful way to warm both bodies and relationships.



LIFE AROUND THE STATION – FEED THEM & THEY WILL COME

NEW COFFEE STATION



The Great Hall in Building 12 now features a new coffee station, providing residents with a convenient place to enjoy a cup of coffee during meetings, community gatherings or morning strolls. This thoughtful addition offers a welcoming space to pause, relax, and connect with neighbors. The station was made possible through the generosity of Frank Faber.

ST. PATRICK'S DAY DONUTS



THEATER NIGHTS AT THE STATION

JOURNEY

The group Frontiers exploded onto the Centennial stage in their tribute to Journey last night



A GREAT SHOW



THEATER NIGHTS AT THE STATION

JOURNEY



THEATER NIGHTS AT THE STATION

AMERICAN BOMBSHELLS



The American Bombshells' show on November 2 offered a modern-day twist on the three-part harmonies made famous by the Andrews Sisters. Perfectly timed for the upcoming Veterans Day on November 11, their performance featured a lively mix of rousing patriotic tunes and beloved classics, all delivered in the Andrews Sisters' inimitable style. The audience enthusiastically joined in, singing along to the songs that honored our country.



THEATER NIGHTS AT THE STATION

AMERICAN BOMBSHELLS



THEATER AT THE STATION

BRISTOL BRASS BAND

The Bristol Brass Band fills Christmas Centennial Station with a joyful, uplifting sound, blending beloved seasonal Christmas songs with lively old favorites. Their music creates an atmosphere of celebration and nostalgia, adding an extra layer of warmth and holiday spirit to the entire event.



The band drew a large crowd of residents eager for a spirited brass-band salute to open the Centennial holiday season.



THEATER AT THE STATION

TONY BRAITHWAITE- CATSKILLS: THE GOLDEN AGE OF COMEDY

Tony Braithwaite lit up the Centennial Stage in a tour-de-force performance celebrating the golden age of a renowned comedy venue. With impeccable comic timing and a dazzling range of spot-on impersonations, he didn't merely tell the story—he recreates the experience, transporting the audience back to an era when comedy legends ruled the stage. Energetic, precise, and thoroughly engaging, Braithwaite's performance was both a loving tribute and a masterclass in character and storytelling.



THEATER AT THE STATION

TOMMY CONO – THE VOICE OF TRIBUTE



Tommy Cono delivered a terrific performance last night, showcasing his powerful voice and captivating stage presence. Known for his authentic renditions of legends like Frankie Valli, Elvis Presley, Bobby Darin, and the Bee Gees, he brought the iconic sounds of the '50s and '60s to life with fresh energy. It was a lively tribute show that had the audience thoroughly entertained.



WORD PUZZLES

ACROSS

- | | |
|---------------------------------|--|
| 1) Eyelid projection | 41) Altar avowal |
| 5) Not docked | 42) Scottish clans |
| 9) Salon specialties | 45) Not quite all |
| 14) Cantina cooker | 46) Become unhinged |
| 15) Noontime service | 47) Provocation for a duel |
| 16) No-brainer? | 49) Mental ability |
| 17) Rip-off for readers? | 50) Look like a creep |
| 19) Given to back talk | 51) Unable to escape |
| 20) Band of seven | 53) By way of, briefly |
| 21) Happy-go-lucky | 55) Small floral cluster |
| 23) Scandinavian male name | 58) Repair the surface of |
| 25) Firefighter's need | 62) Wedge-shaped diacritical mark |
| 26) Meet squarely | 63) Shortstop, often |
| 29) "Bingo!" | 65) Certain free radical |
| 31) Gold coins of yore | 66) Soon, to a bard |
| 34) Like a burned-out briquette | 67) "___ of the Flies" |
| 35) Place to play | 68) Certainly not tidy |
| 37) Danger | 69) Destiny |
| 38) Greek "P" | 70) Exists on a small pittance (with "by") |
| 39) Bit | |

DOWN

- 1) Gobs
- 2) On the safe side, at sea
- 3) High-five, e.g.
- 4) Act made with Taft
- 5) Camels' destinations?
- 6) Get the picture
- 7) Part of CEO
- 8) Rose petal extract
- 9) In a heap
- 10) Imposing structure
- 11) Boisterous
- 12) Engage in self-pity
- 13) Eyelid affliction
- 18) Saltwater body
- 22) "Awesome!" of the '80s
- 24) Bygone Iranian leaders
- 26) Tehran tongue
- 27) Wan-looking
- 28) Piano tune played with two fingers
- 30) Cupid's projectile
- 32) Kind of wave
- 33) Inclination
- 36) Call it quits
- 40) Remove, as a monarch
- 43) They're often stuffed
- 44) In a smooth manner
- 46) Cheesy entree
- 48) ___ Aviv
- 52) Coffee order
- 54) Call, as a game
- 55) Bogus
- 56) Blanched
- 57) Fish in a casserole
- 59) Crazy
- 60) Give a darn
- 61) Pass catchers
- 64) "Sesame Street" watcher

SCRATCH TEST

By Alex Cole

1	2	3	4		5	6	7	8		9	10	11	12	13	
14					15					16					
17				18						19					
20								21		22					
			23			24		25							
26	27	28			29		30		31				32	33	
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38					39				40			41			
42			43	44		45						46			
47					48		49					50			
		51				52		53		54					
55	56							57		58			59	60	61
62						63		64							
65						66						67			
68						69						70			

WORD PUZZLES

United States

All the words listed are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

O K L A H O M A M O N T A N A
 T H E N L A W I S C O N S I N
 V A M E A A M E C R G O A I C
 I A L K D I B O S G E M R P N
 R R M A R Y L A N D R R I O E
 G B V N S O A I M A O E Z B W
 I E L S R K M N D A Y V O A J
 N R D A E O A I N D I A N A E
 I H D S Y G R S R O I A A V R
 A O E W I O I D C F I R O M S
 A D M H L O E I R S I G A E E
 O E C F N G X V I E S P R U Y
 C I C I I E E U A M E A K H R
 M S L C M H O O A N W T A A N
 A L D W S L A I R A L W N O R
 I A E W H O W A L G A S S B O
 N N K R O Y W E N I I R A N I
 E D N F L O D R I E N A S C E

ALABAMA
 ALASKA
 ARIZONA
 ARKANSAS
 COLORADO
 DELAWARE
 FLORIDA
 GEORGIA
 HAWAII
 ILLINOIS
 INDIANA
 KANSAS
 LOUISIANA
 MAINE
 MARYLAND
 MICHIGAN
 MONTANA
 NEVADA
 NEW JERSEY
 NEW MEXICO
 NEW YORK
 OKLAHOMA
 OREGON
 RHODE ISLAND
 VERMONT
 VIRGINIA
 WISCONSIN
 WYOMING

CHANGE ONE

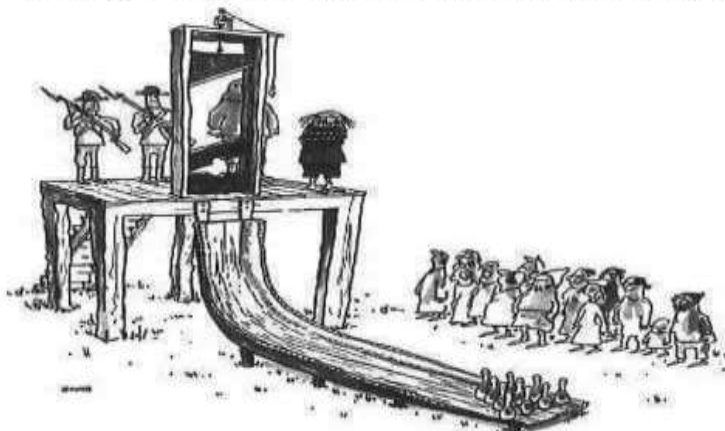
Change one letter in each of these two words to form a common two-word phrase. Example: HAT DOT. Answer: HOT DOG

TWITCH IN



"First we're going to run some tests to see how your insurance reacts."

No matter what your job is, always try and make it interesting



Scams Seniors Are Facing Right Now

Selling Anxiety: What to look out for: Scams often start with unsolicited phone calls offering products aimed at easing a person's fears. Calls such as these were at the heart of a case in which a company contacted seniors (even those listed on the national Do Not Call Registry) to hawk medical-alert pendants. The company shipped products without getting an order and threatened legal action or verbally abused seniors who didn't pay.

You've Won!: What to look out for: Another scam that often starts with an email or phone call, this one relies on a sense of hope rather than fear. Victims are told they've won a lottery or other large prize, but first they must transfer money to cover the accompanying taxes and fees.

Health Insurance Fraud: What to look out for: Mobile "health-care labs" sometimes park at retirement homes, malls, or health clubs, and fake or unnecessary tests are administered on "patients" whose identifying information is used to bill insurance companies and Medicare. Similar rackets involving unneeded medical equipment also target seniors.

The Grandchild Hook: What to look out for: In the "grandparent scam," crooks call seniors claiming to be a grandchild who has run into financial or legal difficulties while in another country, or a lawyer or United States official at a foreign embassy representing the grandchild. The scammer begs the targeted senior not to tell the grandchild's parents and to wire money to a bail bondsman.

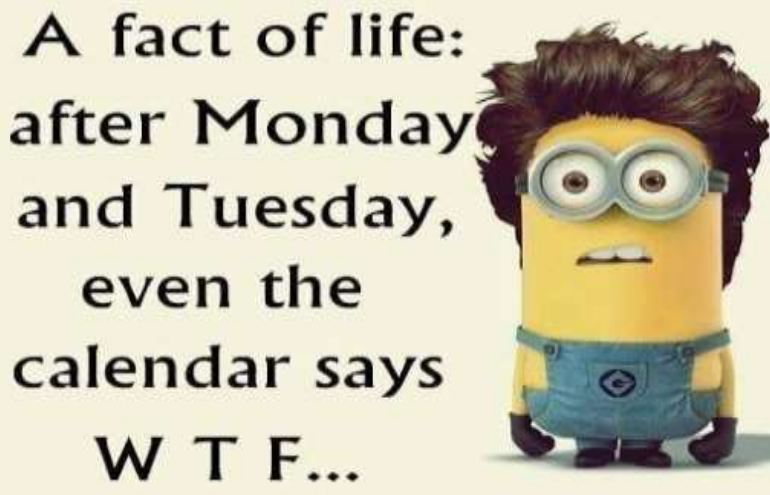
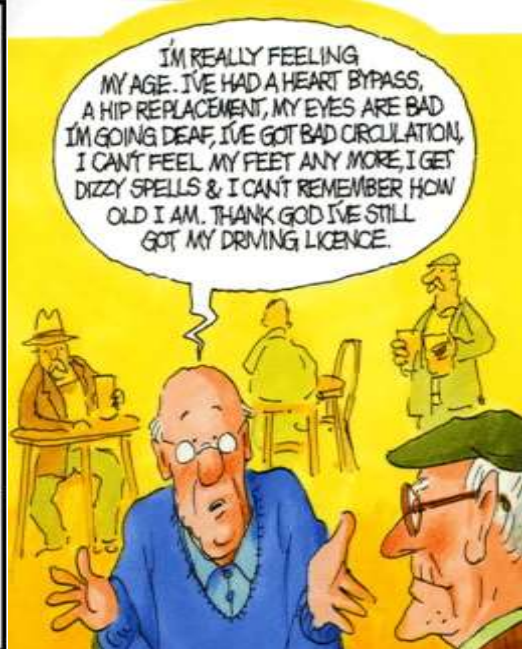
Fake Government Agents: What to look out for: In one scenario, a caller informs the victim they've missed jury duty, and unless they pay to satisfy a warrant, they'll be arrested. Another scam, especially popular around tax time, involves telling victims they owe taxes and need to settle up right away. The scammers can be especially persistent and tricky, making the caller ID read "IRS" and arranging for follow-up calls by the "police."

Fake Products: What to look out for: Some scammers sell fake products that promise youthful vibrancy and breakthrough treatments that have no side effects. These items may be harmless sugar pills that hurt only the victim's wallet, but others, such as fake Botox, can cause temporary paralysis or other physical harm.

Fake Charity: What to look out for: Scammers may [try to sucker you](#) by claiming to be a charity, which ultimately hurts real charities that actually help people.

Don't answer unknown calls, never give out personal info, and be skeptical when someone pressures you or asks for unusual payments: a few simple precautions can save you from major losses.

BUZZ WORKS
DON'T GET OLD GRACEFULLY

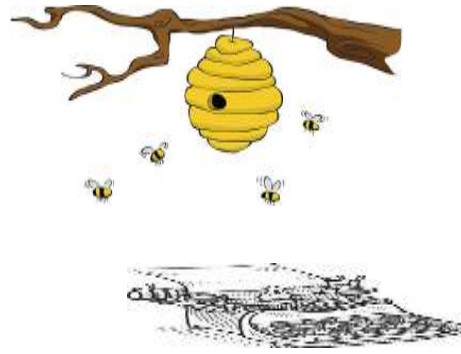


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If you would like to join our staff on a full or part time bases, please contact Tom Davis at

215-901-6426 or email your contact information to Centennialbuzz@gmail.com.

All issues and additional contact information can be found on our website CentennialBuzz.com

If you takes pictures at any of our events, please email them to Centennialbuzz@gmail.com

PUZZLE SOLUTIONS

Solution: United States



CHANGE ONE
 SWITCH ON



SYMPHONY ÉVENT



Warminster Symphony Orchestra

Joseph Lovecchio, Music Director

PRESENTS

"CELEBRATING AMERICA



Our People, Our Music

MAY 9, 2026



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Upper Moreland

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Wednesday, June 17 @ 11am

Lunch & Learn

Wednesday, April 22 @ 11am

Tai Chi Class with Nina

Wednesday, May 6 @ 11am

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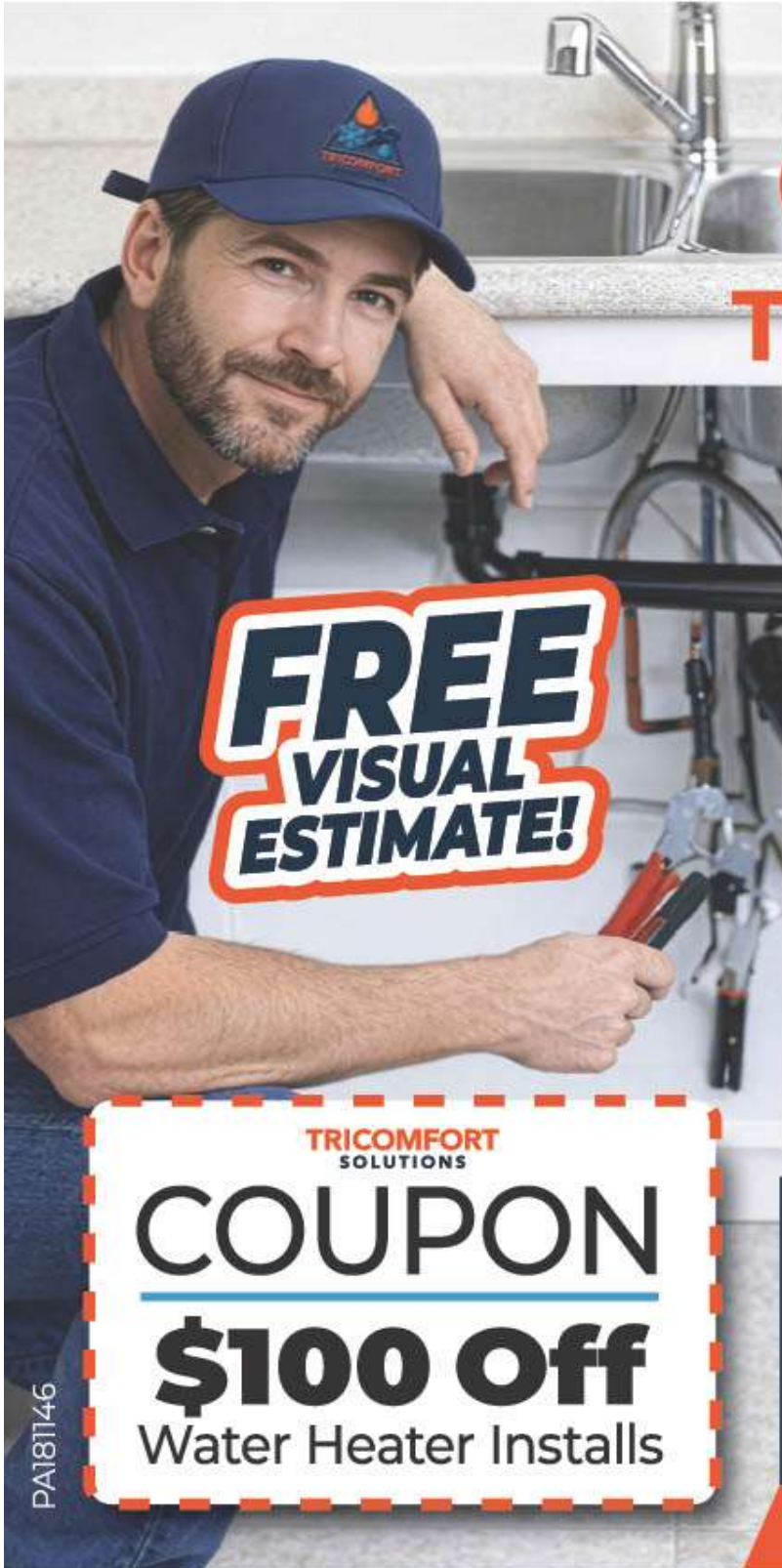
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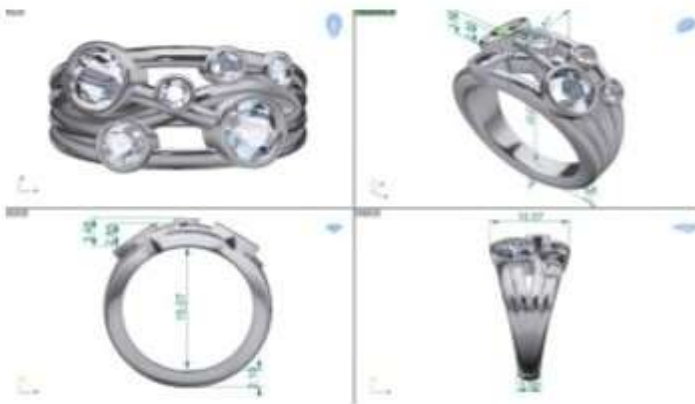
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