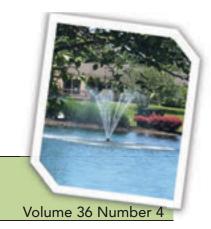
# Village of Buckingham Springs

### Newsletter

June-July 2025





### LETTER FROM THE EDITOR:

### **Staying Cool & Safe:**

### **Beating the Summer Heat at Buckingham Springs**

Summer can be a wonderful season filled with sunshine, travel, and time spent outdoors. However, for those over the age of 55, rising temperatures can also bring serious health risks. As we age, our bodies become less efficient at regulating temperature, making older adults more vulnerable to heat-related illnesses. Fortunately, with a few precautions and thoughtful planning, it's possible to stay both cool and safe during even the hottest days of summer.

Heat-related illnesses, such as heat exhaustion and heat stroke,

are more likely to affect older adults due to changes in the body's ability to manage heat. Medications, chronic conditions, and decreased sweat gland activity all play a role. Dehydration becomes a greater risk as well, particularly for those who may not feel thirsty as often. It's essential to understand the early warning signs: dizziness, nausea, excessive sweating (or no sweating in extreme heat), rapid pulse, and confusion. Any of these symptoms warrant immediate attention and possibly medical care.

Wearing the right clothing can

make a significant difference. Opt for light-colored, loose-fitting clothes made of breathable fabrics like cotton or linen. Avoid dark colors, which absorb heat, and steer clear of synthetic materials that can trap body heat. A wide-brimmed hat and UV-protective sunglasses are also helpful when venturing outdoors, offering both shade and protection from harmful rays.

One of the simplest and most effective ways to stay safe in the heat is to stay well-hydrated. Water is best, but other hydrating options include herbal teas, diluted fruit juices, or electrolyteenhanced drinks. Avoid caffeinated and alcoholic beverages, as they can contribute to dehydration. Aim to drink water regularly throughout the day, don't wait until you're thirsty.

Try to schedule outdoor activities or errands in the early morning or late evening when temperatures are cooler. If you exercise, opt for indoor options and swimming in the Buckingham Springs pool.

When outside, take frequent breaks in the shade, and don't overexert yourself.

Heavy meals can raise your body temperature, so opt for lighter fare during hot weather. Fresh fruits, vegetables, and salads not only help keep your meals cool and refreshing, but they also have

> a high water content that aids hydration. Cold soups, smoothies, and chilled snacks can be both nutritious and cooling.

> If you live alone, it's especially important to stay connected with friends, neighbors, or family during heatwaves. Consider setting up a daily check-in system. Also, take time to check on other older adults in our community who might be at risk. A simple phone call or visit can make a big difference.

Don't hesitate to contact a healthcare provider if you expe-

rience symptoms of heat exhaustion or if you're unsure whether your medication affects your heat tolerance. Heat-related illnesses can escalate quickly, and early treatment is critical.

While summer brings many joys, adults over 55 need to be proactive about managing the heat. By staying informed, making smart choices, and listening to your body, you can enjoy a safe, cool, and healthy summer season!

**Joe Gervase**Buckingham Springs
Social Director









## 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 STUDY Wednesday 1pm
BINGO1st Friday 6:30 pm
BLOOD PRESSURE CHECK .3rd Wed. 10 am
BOOK CLUB 3 <sup>rd</sup> Mon. 7 pm
BOWLING12 noon Start
BRIDGE Wednesday 1 pm
CANASTA Monday 6:30 pm
CADDMAIZING 2rd T 10
CARDMAKING3rd Tues. 10 am
CAREGIVERS2 <sup>nd</sup> Thursday. noon
CHAIR YOGAMon. 2pm; Fri. 11am
CHORUS Tues. 4:00 pm
CIRCLE OF FRIENDSLast Wed. 10 am
COFFEE KLATCH Tues. & Thurs. 8:00 am
CORNHOLE Saturday 10am (Starts 10 12)
CRAFT GROUP1st Sunday 1 pm
DANCE CLASSTues. 12 noon
ELECTRONICS 2 <sup>nd</sup> and 4 <sup>th</sup> Thurs. 7 pm
FITNESS FIESTAMon. 1 pm; Fri. 10 am
FITNESS 40/YOGA 40
GARDENING CLUB2 <sup>nd</sup> Tuesday 7:00 pm
GERONIMOLast Sunday 7:00 pm

<b>GOLF</b>	Mon. Gather 7:45 am;
	Tee off 8:10 am weather permitting
<b>GIRLS NIGHT</b>	OUT!Last Friday 7:00 pm
GREETING CA	RD GROUP 3rd Tues. 10:00 am
HORSESHOES	S (Ladies)Tues. 5:00 pm
<b>HOT DOG WED</b>	NESDAY 12 noon
	Memorial Day until Labor Day
	Thurs. 12 noon until 8/28
KNIT & CROCH	HET 2nd Wednesday 10:00 am
	Tuesday 1:00 pm
	Thursday 7 pm
<b>PICKLEBALL</b>	Wed. 11:30 am & Fri. 1:00 pm
PING PONG	Mon. 10:00 am - 12 noon
PINOCHLE	Thursday 7:00 pm
<b>POKER</b>	Wednesday 6:30 pm
POOL(Men's).	Tues & Thurs 6:30 pm
POOL (Ladies)	Sun. 5:30 pm
SHUFFLEBOA	ARD Wed. 3:00 pm
<b>TEXAS HOLD</b>	-EM Tues. 6:30 pm
	M -F 9:00 am; Sat. 8:00 am
	ARTS Mon. 4-5 pm
	OBICSWed. & Fri. 11 am Starting 7/9

### Welcome NEW NEIGHBORS

# CROSSWORD PUZZLE

#### **ACROSS**

- 1 Raps lightly 5 Clean thoroughly 10 Compass point
- 13 Junk
- 15 "Remember the
- 16 Standard or average
- 17 Stadium
- 18 Grassy plain
- 19 Possessive pronoun
- 20 Representative
- 21 Destroy
- 23 Cake
- 25 Ground
- 25 Ground
- 26 Teased playfully
- 28 Part of "Colorado"
- 31 Flying machine
- 32 Entertain
- 33 Called
- 34 Before (prefix)
- 37 Financial obligation

- 38 Neutral color
- 40 Churn
- 41 Whichever
- 42 Group of people with musical instruments
- playing together
- 43 Slips
- 44 Legion
- 45 Chicken sound
- 46 Missions
- 49 Be angry
- 50 Book holder
- 51 Asian dress
- 52 IBM Competitor
- 55 Cap
- 56 Raging
- 59 Blood sucker
- 61 Vane direction
- 62 Crow-like bird
- 63 Rumormonger

Answer

on Page 9

64 Conger

66 Blow

65 Water retention



### From the Management Office:

pringtime has arrived! The flowers are blooming and it's so nice to see everyone getting outside as nature is awakening in this season of renewal. We look forward to seeing everyone's unique landscaping touches that make our community attractive and inviting.

Many of you enjoy container gardening and showcasing your flowerpot creations. Here are a few things to keep in mind as you plan and design:

- Think about the size of your homesite when deciding how many pots to plant. **Quality is better than quantity.** Too many pots can make your landscape look cluttered. Eliminating unnecessary elements creates a focused and more effective look.
- The same is true for garden ornaments and bird houses remember "Less is more!"
- Attractive, quality pots in good condition with live plants provide the best curb appeal. Empty pots should be removed from view if not in active use.
- Repurposed utility tubs and bins should not be used, even in vegetable gardens.
- Vegetable gardens should be well maintained at all times, and blend into your landscape design.

As always, thanks to everyone for keeping your home and grounds neat and polished so our property values stay high. Happy gardening!!

Enclosed in this newsletter you will find The Buckingham Springs Annual Drinking Water Quality Report for the year 2024. This report is prepared once a year and is reviewed and approved by DEP. Our goal is to provide a safe, reliable, and plentiful water supply to you.

The pool is open! Pool hours are Monday, Wednesday, and Friday 12:00 – 8:00 pm; Tuesday, Thursday, Saturday, and Sunday 11:00am – 7:00 pm.

Addie Kieley will be back to teach Aqua Aerobics. Classes start July 9th and will be held on Wednesdays and Fridays from 11:00 – 12:00.

The management/sales office will be closed on July 4th for the holiday.

Sincerely,

Amy Grzywinski, Community Manager

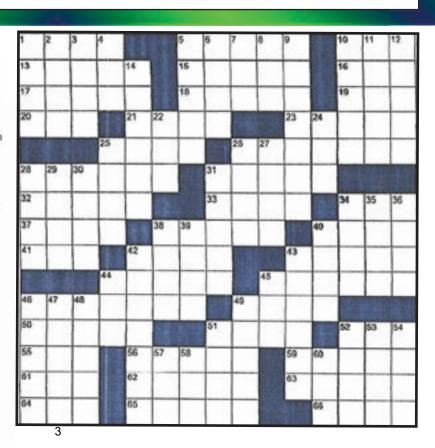
### JULY

### DOWN 1 Despot 2 Land unit 3 Secondary Francisco 5 Agreeable to the mind 6 Tribe 7 Cram 8 Referee 9 Using a boat for pleasure 10 Frolic 11 Fry lightly 12 Goofed 14 Public procession of people 22 Spanish "one" 24 Lode yield 25 Final 26 Piece of cloth used as the symbol of a country 27 Path

30 July birthstone

Inherent feeling of dignity and worth 34 U.S. President 35 Brook 36 Otherwise 38 Shakespeare's occupation 39 Tails 40 Competition of speed 42 Large outdoor fire 43 Group consisting of parents and their children 44 Movie 2001's talking computer 45 Mongrel dog 46 Sugar-free brand 47 River 49 Passes at the bull 51 Plant trunk 52 List of meals 53 Deeds 54 Make small talk 57 Radiation dose 58 Street abbr. 60 Electroencephalograph

(abbr.)





### **VOB BUS TRIPS**



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

### June VOBS bus trips

June 4 - Hollywood Casino/BB Grocery Outlet (Amish)

**June 11 - Phillies game** for those who have already paid Bus leaves at 10:30 am

**June 15 - Fallingwater/Gettysburg trip** for those who have already paid - Bus leaves at 7:00 am

June 20 - Rescheduled Hindu Temple trip

June 25 - Kitchen Kettle/Jake's

June 27 - Japanese Gardens - Bus leaving at 10 am

\$16 for entry and group tour Add ons - personal choice

Tea tasting - \$15 for 1 hour • Origami - \$7 for 30 min. • Koi Fish Feeding - \$1 for 15 min.

### July VOBS bus trips

Sign up is June 9.

Sign up sheets at 10:15 • Names drawn at 10:30

Wednesday, July 9 - Live Casino

Friday, July 11 - Green Dragon Farmers Market - Leaving 8:00 am

Monday, July 14 - Sign up for August

Tuesday, July 15 - "42nd Street" - Surflight Theater

Monday, July 28 - Ice Cream Tour - Leaving at 10:30

Wednesday, July 30 - Pennsbury and Grundy Mansions

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 for Future Trips

\* \* \* Phillies BASEBALL GAME \* \* \*

Wednesday, June 11 – Cubs 1:05 pm Game

Bus leaves at 10:30 am



### Sunday, June 15 - Wednesday, June 18

Bus leaves at 7:00 am

FALLING WATERS (Frank Lloyd Wright's home)
FLIGHT 93 MEMORIAL
and GETTYSBURG

Tuesday, July 15

Surflight Theater "42nd Street" and Lunch - \$65

\* \* \* Phillies BASEBALL GAME \* \* \* Wednesday, August 6 - Orioles 12:35 Game

Bus leaves at 10:00 am



# ALBERQUERQUE BALLOON FEST OCTOBER 1 - 10

### Wednesday, November 19

"Christmas Show" American Music Theater

Hershey Farm Lunch • Motorcoach — \$135



As Amy had sent in an email, Nancy and I have looked at shows for the rest of the year and many are already booked. If you are interested in either or both of the shows, "42nd Street" and "Christmas Show" at American Music Theater, please signup on the sheets on the bulletin board in the clubhouse. For additional information, please call Sue Lewis (215-598-7600 ext. 5) or Nancy McGinty (215-828-2818).



# Something Syummy

### **Almond cookies**

2 cups all-purpose flour 3/4 teaspoon baking powder 1/2 teaspoon salt 1 cup softened butter 2/3 cup granulated sugar

1 1/2 teaspoons almond extract

Glaze
3/4 cup powdered sugar
2 tablespoons water
1/2 tablespoons almond extract

Toppings Sliced almonds

Preheat oven to 375 degrees. Line a baking sheet with parchment paper. In a medium bowl, whisk flour, baking powder, and salt.

In another bowl, cream butter and sugar until fluffy. Mix in 1 teaspoon almond extract. Use either a stand mixer or a handheld beater.

Using a small scoop, portion the dough onto a baking sheet. Roll into 1-inch balls, placing 2 inches apart. Gently flatten the balls a little bit. Refrigerate for 5 minutes.

Bake 7 - 9 minutes, depending on your oven.

Let cool in the pan for a few minutes. Drizzle glaze on top of the cookie and place sliced almonds on top of the glaze. Makes 24 cookies.

This recipe is from my grandmother, and the entire family enjoyed it

Lynne

### **Barbecued Bacon Water Chestnuts**

1 lb. bacon

2 cans whole water chestnuts, drained and dried  $\ensuremath{\frac{1}{2}}$  cup mayo

1 cup brown sugar 1 cup chili sauce

Cut bacon in half, wrap around chestnuts, use toothpicks if need. Place in greased 9 x 13 pan Pour mixture on, but avoid the toothpicks (they will be burned)

Bake @ 350 for 1 hour. I took them out of the sauce after 1 hour, drained the fat off of the water chestnuts, and re-baked them in a clean greased pan for about another 40 minutes or until they are crisp and the bacon is well-done all over. Can be served hot, or at room temperature.

Serves 10

Jan Beaver

### **Chicken Teriyaki Recipe**

Ingredients

1 – 2 lb. of Chicken Breast chopped in cubes (Can use beef) 1 large onions – preferably Spanish 1 cup of mushrooms (optional)
Olive oil, flour, soy sauce, water, teriyaki sauce and

sweetener. Rice or noodles.

Lightly flour chunks of chicken.

Use meat tenderizer or seasoning salt if desired. Heat oil in large skillet (one that has a cover) Garlic optional. Brown chicken chunks lightly... constantly mixing.

In measuring cup put 1/3 cup of soy sauce and 2/3 water. Add 3-4 packets of sweetener... sweet n low. Mix. Add liquid to chicken. Stir. Add  $\frac{1}{2}$  cup of teriyaki sauce. Let simmer on low flame for 20 minutes. Keep stirring. Add more liquid if necessary.

Add sliced onions (and mushrooms) and cover.

Let simmer another 20 minutes until onions are soft and chicken is covered in liquids.

Spoon mixture over noodles or rice.

Serves 4.

Kathy Ledonni



### **Favorite Bundt Cake**

1 package yellow cake mix (I use Duncan Hines, but you can use your favorite)

1 - 3.9 oz. box instant chocolate pudding mix

1/2 cup sugar

8 oz. sour cream

3/4 cup vegetable oil 3/4 cup water

4 eggs

6 oz. mini semisweet chocolate chips (I use Ghirardelli, but you can use your favorite) Icing of your choice

Preheat oven to 350°

Add chocolate chips to a bowl, and add about 1 teaspoon of the dry cake mix and stir. This prevents the chocolate chips from sinking to the bottom of the cake when cooking. In a mixing bowl,

add the remaining dry cake mix, pudding, and sugar. Give a mix to combine. Add the sour cream, oil, and water; mix well. Add eggs, one at a time, beating well after each addition. Stir in chocolate chips. Pour into a greased and floured (I use baking spray) 12-cup bundt pan. Bake for 50-55 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes; remove to a wire rack to cool completely.

You can frost and decorate however you like.

Lynne Brown



Shell Hints:

1 stick butter
1 cup water
1 cup flour
You can use margarine instead of butter.
French Vanilla pudding is creamier but you
can use whatever flavor you like. Smaller puffs

4 eggs cook in less time.

Put water and butter into a pot and wait until it starts to boil. Shut flame. Add flour and mix until it forms a little ball. Remove from pot and place in a bowl. Add eggs, one at a time and mix after each until it forms a ball again. Drop batter by teaspoon onto ungreased baking sheep. Bake at 350 degrees for about 45 minutes. Makes about 2 dozen puffs.

Filling

1 cup heavy cream 1 cup milk

1 package of instant pudding (vanilla is preferred)

Beat filling ingredients until thick. Split puffs when cool and fill them. Sprinkle with confectioner's sugar.

Kathy Ledonni







### The Power of Nostalgia on Health and Wellness

Nostalgia, often described as a sentimental longing for the past, has long been associated with wistful memories and emotional reflection. While it may be viewed by some as merely a psychological indulgence, emerging research in psychology and health sciences reveals that nostalgia possesses a surprising and impactful influence on our overall health and wellness. Far from being a passive mental escape, nostalgia can actively shape how we manage stress, engage in health behaviors, and even strengthen our physical resilience.

At its core, nostalgia serves as an emotional anchor. When people recall comforting memories, a grandparent's homecooked meals, childhood play in nature, or bonding with friends during school days, they often experience a surge of warmth, safety, and connection. These emotional states

are not only psychologically soothing but can also have measurable physiological benefits. Studies have shown that experiencing nostalgia can reduce cortisol levels, the primary hormone associated with stress, and elevate mood-boosting neurotransmitters like serotonin and dopamine. This emotional regulation helps buffer against anxiety and depression, fostering better mental health.

In the context of wellness, nostalgia can act as a motivator for adopting and maintaining health-ier behaviors. For example, remembering how good it felt to ride a bike as a child might encourage someone to revisit cycling as a form of adult exercise. Similarly, recalling a family tradition of cooking fresh meals can prompt a return to home-prepared, wholesome food in place of processed convenience meals. By drawing on positive past experiences, individuals may be more inclined to repeat behaviors that once brought them joy and often align with healthier lifestyles.

Moreover, nostalgia can play a supportive role in recovery and chronic illness management. For those dealing with long-term health conditions, reminiscing about times of strength or wellness can foster a sense of hope and continuity. It reaffirms identity beyond illness, reminding individuals of who they are outside of their diagnosis. Therapeutic practices like reminiscence therapy are increasingly used in care settings, particularly for older adults and people with dementia. These interventions not only stimulate cognitive engagement but also elevate emotional well-being by bringing positive past experiences into the present.

Another notable dimension of nostalgia's influence is its social power. Many nostalgic memories are deeply tied to relationships: family gatherings, school friends, and community traditions. When people tap into these memories, they often feel more socially connected, even if those people are no longer present. This perceived connection can mitigate feelings of loneliness and isolation, which are known to be significant risk factors for poor mental and physical health. In an increasingly digital and

fast-paced world, nostalgia can serve as a grounding mechanism that reconnects people with enduring values like love, security, and belonging.

Importantly, brands in the health and wellness space are beginning to recognize and harness the emotional appeal of nostalgia. From retro packaging of vitamins and organic foods to exercise programs inspired by 1980s aerobics, marketers tap into the comfort of the past to build trust and

familiarity. While this trend can feel superficial, when done authentically, it has the potential to engage consumers more meaningfully and motivate behavior change through emotional resonance.

That said, nostalgia must be approached with balance. Excessive longing for the past can lead to rumination or a disconnection from the present. However, when used intentionally, whether through music, scent, storytelling, or visual prompts, nostalgia can be a pow-

erful tool for healing, growth, and self-care.

Nostalgia is more than a trip down memory lane. It is a powerful psychological resource that influences mental health, encourages positive behavior, fosters social connection, and enhances overall wellness. As we navigate the complexities of modern life and strive for healthier living, looking back may be a valuable step forward.

Some practical ways to incorporate nostalgia into your health and wellness routines:

### 1. Create a Nostalgia Playlist

Music is one of the strongest triggers of nostalgic emotion. Build a playlist of songs from your childhood, teenage years, or a period when you felt most vibrant. Listen to it during workouts, morning routines, or to lift your mood when you're feeling down.

#### 2. Cook a Favorite Childhood Meal

Preparing and eating a dish from your past, whether it's your grandmother's soup or a snack you loved as a kid, can bring comfort and connection. Try making it with a healthy twist if needed, combining nutrition with emotional satisfaction.

### 3. Revisit Old Hobbies

Think of an activity you used to enjoy but haven't done in years: painting, dancing, journaling. These activities not



only provide physical or mental engagement but also reconnect you to a sense of play and purpose.

### 4. Use Scent Memory

Scent is deeply tied to memory. Use essential oils, candles, or perfumes that remind you of comforting places or people, like lavender from your childhood garden or the scent of your parents' home, to create a relaxing atmosphere during yoga, meditation, or bedtime.

### 5. Create a Memory Box or Wall

Place photos, keepsakes, letters, or even old toys in a visible area of your home. These physical prompts help ground you during stressful times and foster feelings of continuity and gratitude.

### 6. Practice Nostalgic Journaling

Dedicate time once a week to write about a cherished memory. Focus on sensory details: what you saw, smelled, heard, and felt. This not only builds emotional resilience but also serves as a tool for self-reflection and mindfulness.

### 7. Exercise Like It's the 90s (or 80s, or 00s!)

Try some modified retro-inspired workouts, think Jane Fonda-style aerobics, Tae Bo, or old-school dance routines. These can be fun, energizing, and offer a refreshing break from modern fitness trends.

### 8. Reconnect with Old Friends

Reach out to someone you haven't spoken to in years. Recalling shared experiences can spark joy and boost your sense of belonging, two important contributors to emotional wellness.

### 9. Watch Favorite Childhood Shows or Movies

Schedule a "comfort TV" night with shows or films that meant a lot to you growing up. It's a healthy form of escapism that can ease stress and bring emotional warmth.

### 10. Start a Tradition from the Past

Reinstate a family or cultural tradition, such as a Sunday walk, a special holiday meal, or a storytelling night. These rituals offer rhythm, meaning, and a deep sense of rootedness.

Enjoy the memories as you reap the rewards of nostalgia and a better you!

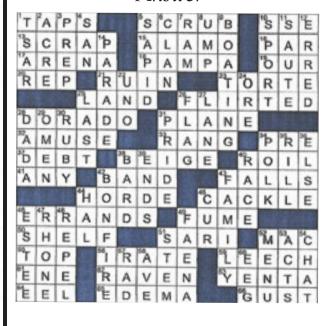
Dr. G

Madeline Gervase, PhD, DNP, FNP, CNL, CCRN, RN

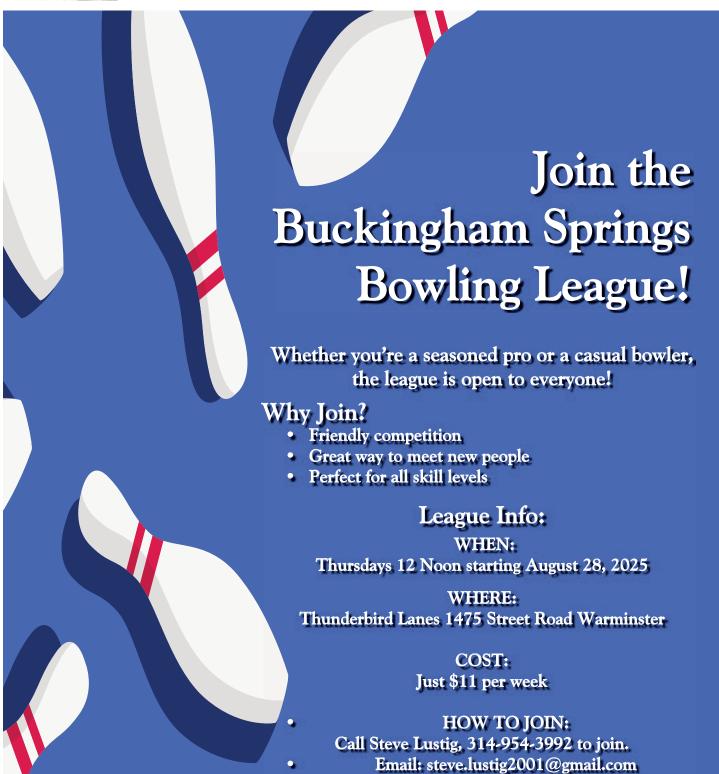
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# 3 2 6 9 7 5 8 3 3 3 3 3 3 4 4 3 3 3 4 4 3 3 3 4

# CROSSWORD PUZZLE JULY Answer







Don't strike out—roll into the action today!
Sign up by Friday, August 1, 2025!



### CLUB NEWS VETERANS



"Humanity has won its battle. Liberty now has a country."

Hi fellow villagers,

There really is nothing new to report. By the time you are reading this article, hopefully, we will have had our Memorial Day service and our Memorial Day picnic. The pool will have been opened and our Hot Dog Wednesdays will just be starting. We have not made plans for the Fall or Winter season yet but we will have our annual Veteran's Luncheon sometime in the early Fall. As to our participation in a July Fourth or Labor Day event, that is still to be determined. That is it for now, I should have some information on upcoming activities for the rest of the year in my next article. Bye Bye.

Submitted by Wayne Hartman, Board member, Board member of the Veteran's group.



### **CRAFT CLUB**

Summer projects will include button flowers, Christmas in July ornaments, and bottlecap art. Using leftover Craft Club supplies from prior projects, I participated in the recent Pop-Up Craft Show in the Clubhouse. It was a great opportunity to show off our projects to our neighbors who are not familiar with our activity. A big seller was the patriotic paper wreath that was the very first craft we did together three years ago. All proceeds from the day were donated back to the Craft Club fund.

Kathy Conti



### **BOOK CLUB**



The Book Club returned to its monthly meetings in March when the worst of winter was over. The assignment was to read a classic novel, the idea for which came from the last book we read in 2024. There was a wide variety of books chosen and many at the meeting had previously read some of them which prompted interesting discussions. The books read were:

Anne of Green Gables -an orphan adopted to do house keeping

Wurthering Heights - a love story of death and then being reunited

Pride and Prejudice - The Bennett family searching for good husband for their daughters

1984 - Big Brother is Watching

Charlotte's Web - Lesson on friendship, loyalty and courage

Beloved – the horrors of slavery

**Diary of Anne Frank** – Jews in German

Emma – young woman taking care of her father becomes a matchmaker

A Tree Grows in Brooklyn - immigrant family striving to survive

The April Book Club Selection was Rock, Paper, Scissors by Alice Feeney. The group was deeply divided as to their feelings about the book. Ratings ran from 2 to 10 with an average of 7. This book is a mystery story about a couple whose marriage is in trouble and they go off to a remote castle in the Scottish Highland which Amelia, the wife had won in a raffle. They made the trip through a raging snow storm and that was just the beginning of the troubles. The story contains multiple plot twists and keeps the reader guessing up until the very end of the book and then there are still some unanswered questions. The only character in the story that we all liked was Bob the dog, Everyone else was fake and revengeful and ended up doing awful things to each other. We find at the end that all the characters were related at some other point in their lives and the hurtful feelings from those relationships created the drama.

Kathy Conti



### **CLUB NEWS**



# GARDEN CLUB



The Garden Club met on Tuesday, April 8. For the benefit of new members, we went around the table with introductions and stated aspirations for our gardens for this year. Lots of interesting thoughts Terri hoping her peony garden does well, Cathi is thrilled with the bulbs she received from Ellen, Sheila hopes Joe will help her again this year, Dale showed us her Silver Dollar plants that she had dried from last year and can now be used for decorations and crafting, and more.

We are lucky to have in our group MaryAnne McMillan, who is a Horticultural Therapist and MaryAnne spoke to the group about her career in that field. There actually was a feature on 6ABC earlier that week on a HT out in Delaware County, who works with housing insecure Veterans. MaryAnne has a Batchelor's degree and a master's and did several internships over the years. She has worked in every type of environment, including at risk youth, those incarcerated and the disabled. Her work promotes self-esteem and confidence. Thank you, MaryAnne, for your work and for talking to the group about it.

In early May, a group of us took a road trip to Gaskos, a nursery in Monroe, Nj. This nursery is amazing in size and plantings. The stock was beautiful, and the prices were great. Well worth the one-hour ride.

We met again on May 13. We went around the table asking what was new in the gardens. We did a quick review of Gaskos. Debbie and MaryAnne talked to us about a Penn State Extension zoom class they took on Bumble Bees. We hope to have a couple of speakers in the coming months. We hope to do an evening Garden Tour again this summer if anyone would like to invite the Garden Club for a short visit to their garden in July, please let me know. Our next meeting is Tuesday, June 10. All are welcome.

Best wishes, Maryellen Cell 609-254-5616





The Buckingham Springs Men's Dart League ended the 2024-2025 season with the Blue Team winning the championship. Congratulations to Dave Rutola, Bob Ryan, Charlie Hetrick and Ray Short. Season final records are High Game of 36 by Charlie Monahan. Second high game was 31, two by Mark Gonzalez and one by Charlie Monahan. The third highest game was 30, Bruce Ross shot 2, and Mike Hennelly, Dave Rutola and Charlie Monahan one 30 game each. Mark Gonzalez had high games of 19 over his average. Wayne Hartman and Mike Hennelly had games of 16 over average. Charlie Monahan had the top three high series with 83, 82, 81. Mark Gonzalez had the two High Series Over Average with a 34 and 29. Jeff Braun, Mike Hennelly and Glen McMillan were next with 20.

Mike Hennelly



### CORNHOLE LEAGUE

The Buckingham Springs Cornhole League ended its 5th year in April. Winning the 2024-2025 Cornhole Championship were the Orange Team; Wayne Hartman, Irene Kennedy, Wayne Brown and Ken Welsh, (this was their second time winning the cornhole

championship). They beat the Gold Team; Vince Pivnicny, Linda Maser, Bill Frank and Jeff Braun, best out of three games.

Mike Hennelly





### CLUB NEWS

### **BOWLING NEWS**

### **JUNE-JULY 2025**

We had elections for the next year and Irene Kennedy will continue as president, Bob Ryan will continue as Vice President, Steve Lustig will take over the Secretary position and Mark Gonzalez will continue as Treasurer.



Plenty of news to report since bowling ended on April 24 and we have new Champions! The New Friends, Ken Magrann, Dennis Wuestkamp, Beth & Doug Wager won first place against The Kings & Queens, Sunny Kim, Tony & Lisa De Antoniis and Frank Acord, 2 out of 3 games.

Men's High Average went to Doug Wager with a 197. Woman's High Average was Donna Graff with 160. Men's High Series went to Larry Bloch -636 and Women's High Series was Irene Kennedy – 579. The Men's High Game was Steve Masters with 266 and Women's High Game was Rose Campeggio with 211. Your most improved players were Men's – Bill Knipe and Women's Nancy Heater. Congratulations to all of you. It was a great season.

While all the competitions were going on, the rest of the league played 9 No Tap. Hit 9 pins and you get a strike. Steve Lustig was able to get a 300 games with very few 9's. Wow, Steve!

Our Bowling Banquet was at Plumsteadville Inn for the third consecutive year and 80 people attended. As usual, the food was great, and it was a good party.

Our yearly Bowling meeting will be on July 21st, a little earlier this year so Steve can get a head start on who will be returning and if we have new bowlers. We must give the lanes the names of all our bowlers and how many teams we will have before we start to bowl. The first day of bowling will be August 28. We don't want maybes. We need to know for sure, barring any illness or injury if you plan on bowling. It's not fair for the rest of your team if you don't show up. There are a few items that need to be voted on, so please attend.

So, if you would like to bowl, please attend the meeting on July 21st at 7pm in the clubhouse. You can contact me at 215-932-0314 or Steve Lustig at 314-954-3992 if you can't make it. Thanks for another great season. Hope to see you all in the fall.



### CLUB NEWS

### GERONIMO CARDS

This has become a very popular game. It is the easiest game to play, requires no skill, and is relaxing and fun. It is always the last Sunday of the month, 7:00PM-8:30PM. The cost is \$5.00.

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Women's Horseshoes is starting up again in the Clubhouse on Tuesdays. June 3rd until August 26th at 5:00 P.M. to 6:00 P.M.

We use rubber quoits, so not much strength is needed.

Come join your neighbors for some friendly competition, and a few laughs.

Cheryl Gonzalez

### TABLE SHUFFLEBOARD

Our Wednesdays are full of fun, cheering on our 14 teams in competition.

Team 9 has been the front runner all season. Team 7 is not far behind. Team 13 is trying to catch up and team 10 is determined.

Our playoff week begins June 18th and ends June 25th. Good luck to all!!

It takes 2 weeks to reset for the next 16 weeks of shuffleboard. Sign-ups will be in those 2 weeks.

Enjoy your Summer.

Eileen Casey

### SUDOKU ANSWER

1	4	3	8	2	6	9	7	5
5	8	2	7	9	3	6	4	1
6	7	9	1	4	5	3	8	2
7	1	5	9	3	8	4	2	6
8	9	6	4	7	2	1	5	3
2	3	4	5	6	1	7	9	8
3	5	7	2	1	4	8	6	9
4	6	8	3	5	9	2	1	7
9	2	1	6	8	7	5	3	4







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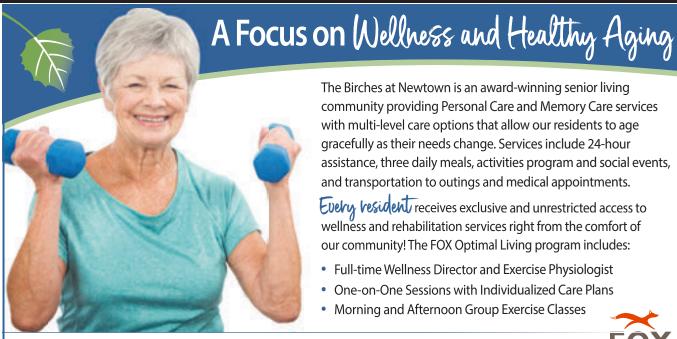
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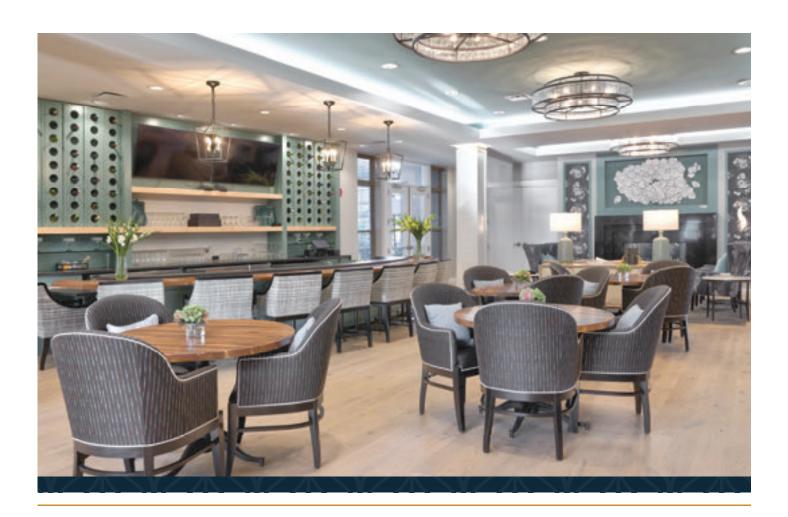
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Rates for Advertising printed in the newsletter

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All ads run for 2 years (12 issues) in the newsletter, which is hand-delivered to all 640 homes in the community. The newsletter is delivered on the first Monday of February, April, June, August, October and December. Ads must be submitted no later than two weeks prior to distribution.

You can also choose to have a flyer included in the newsletter. The cost if \$100 per edition. You will have to deliver 650 copies of your flyer along with your check to the Buckingham Springs office no later than one week prior to distribution.

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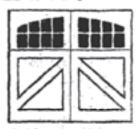


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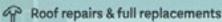
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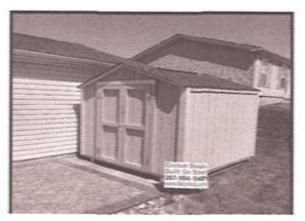
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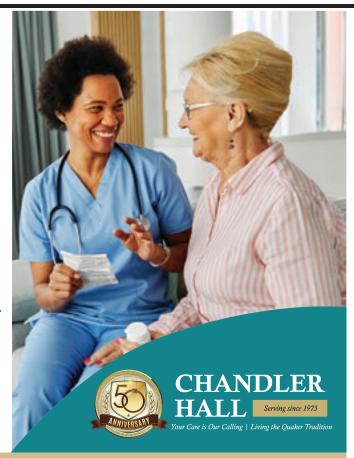
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