Brandywine Senior Center Newsletter

Providing quality recreational, educational & human services
to our Community Members 50 & older

JUNE 2017

Friendly Reminder —

Memberships for July 1, 2017—June 30, 2018 are due on or before July 1, 2017.

Your $25.00 yearly membership entitles you to the many activities we have at the center; Bingo, Lunch & Learn Sessions, the use of our Fitness Room, Billiards Room, and the Computer Lab, to name a few.

Our various trips include parks, musical events, shopping, festivals, visits to museums, restaurants and so much more.

You'll also receive our monthly newsletter which can also be found on the Claymont Community Center's website. (www.claymontcenter.org)

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Our fitness room is open Monday through Friday 8am until 3pm.
A body in motion stays in motion; so get your body moving by enjoying our fitness equipment!

Brandywine Senior Center invites anyone 50 years of age or older to join, regardless of religion, gender, race or color.

Members attending the Center must be independent, be able to take care of their personal needs, & make decisions as they participate in the daily activities.

3301 Green Street, Claymont, DE 19703
(302) 798-5562 - www.claymontcenter.org

Hours of Operation:
Monday – Friday
8:00 am - 3:00 pm

Senior Center Staff:

Phyllis Hicks, Program Manager
Gail Whitehead, Asst. Manager
Beverly Henry, Coordinator
Curtis Warner, Driver

Coming up!

HARRAH'S CASINO

Thursday
June 1st
9:30 am

OCEAN CITY, NJ

Tuesday
June 20th
8:00 am

68th ANNUAL PLATINUM PICNIC

Hockessin, DE
Wednesday, June 7th
9:30 am

BIG BINGO

Wednesday
JUNE 21ST
9:30 AM

HOLY TRINITY GREEK FESTIVAL

Friday
June 9th
10:30 am

BINGO

Compliments of Michelle Hood
Saint Francis Life
Wednesday, June 28th
12:45—1:45

LIMONCELLO RISTORANTE

West Chester, PA
Buffet Lunch
Tuesday, June 13th
11:00 am

NEW CASTLE FARMERS MARKET

Friday
June 30th
10:00 am

There's a lot you should know about Medicare

Let's talk

I can answer all of your Medicare questions.

Just contact me.

Licensed agent

Chase Lewis

610-592-4801

Calling this number will direct you to a licensed agent

cdlewis1@aetna.com

aetna®

Aetna Medicare offers members:

- Monthly premiums as low as $0
- $0 copay for preventive services and annual physicals
- $0 copay for annual routine eye and hearing exams
- No-cost fitness membership to multiple gyms

And a large network of doctors and hospitals, including:

- Christiana Hospital-Christiana Care Health Services
- Nanticoke Memorial Hospital
- Bayhealth Medical Center
- Alfred I DuPont Hospital
- St. Francis Hospital

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This is an advertisement. Aetna Medicare is a PDP, HMO, PPO plan with a Medicare contract. Our SNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or copayments/co-insurance may change on January 1 of each year. See Evidence of Coverage for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location. You must continue to pay your Medicare Part B premium. The agent listed is a licensed broker/agent. Participating physicians, hospitals and other health care providers are independent contractors and are neither agents nor employees of Aetna. The availability of any particular provider cannot be guaranteed, and provider network composition is subject to change.
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Trip Policies

Sign ups for all trips will begin on the first weekday of the month unless otherwise noted.

Trip sign-up is on a first come first-serve basis.

Members may only sign up for themselves or spouses. Signing friends' names to the trip list is discouraged.

PARTIAL OR FULL PAYMENT IS DUE AT THE TIME OF SIGN UP TO SECURE YOUR RESERVATION.

Refunds for prepaid reservations are not refundable unless you find a replacement or there is a waiting list.

Departure times are set by the office and driver.

Early departures will be at the driver's and director's discretion and only if **everyone** is ready to leave.

Thank you for adhering to the rules.

IT'S ANNUAL MEMBERSHIP TIME

MEMBERSHIP IS $25.00 per year and RUNS FROM *July 1, 2017* to *June 30, 2018*

Join us Friday, June 9th for the Holy Trinity Greek Festival

Advertise with us!!

Are you interested in advertising your business or organization in our newsletter? If so, please contact Phyllis (302) 792.2757 ext. 162 or Gail at extension 142.

Full Page (8.5 x 11")	**1 month for $50**	**3 months for $125**	**6 months for $240**	**12 months for $450**
Quarter Page (4.25 x 5.5")	**1 month for $15**	**3 months for $40**	**6 months for $75**	**12 months for $140**
Business Card (3.5 x 2")	**- - - -**	**3 months for $15**	**6 months for $25**	**12 months for $45**

Brandywine Community Resource Council, Inc. (dba Claymont Community Center) operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the 1964 Civil Rights Act. To find out more about our nondiscrimination obligations or to file a complaint, please contact us at 302.792.2757.

Licensed, Bonded, and Insured

Dust Bunnies of Delaware, LLC

Green Cleaning and Errand Services

Serving elders (age 65* and older) and those with physical limitations

Book Your Appointment Today!

302-482-5974

DustBunniesofDE@gmail.com

Total Tree & Landscape Service
302-419-3762

- Tree Removal
- Leaf & Snow Removal
- Gutter Cleaning/Hauling
- Grass Cutting
- Hedge Trimming
- Mulching

Senior Discounts

ADVERTISE YOUR BUSINESS HERE

OpenArmsElderCare@aol.com 302•897•3745

Open Arms
Elder Care Agency

CHERYL GREGORY, CNA
Director/Certified Nurse Assistant

Helping you or loved ones live and thrive independently.

Member Updates

JUNE BIRTHDAYS

6/2	Katherine Issaris
6/2	Carol Stewart
6/3	Cassandra Fauntleroy
6/5	Italia Adinolfi
6/5	Aris Koubounram
6/5	Purnima Parikh
6/6	Loretta Hall
6/8	Josephine Kraus
6/10	Fred Lewis
6/12	Cora Lewis
6/14	Linda Smith
6/16	Rosetta Dixson
6/17	Ruth Dixson
6/19	Carole Gadonas
6/20	John Redfield
6/21	Larry Diggs
6/23	Irene Walsh
6/25	Hannah King
6/26	Fred Leonard
6/27	Larry Meredith
6/27	Douglas Charkow
6/29	Sandra Harris
6/29	Joseph Kane
6/29	Mary Mervine
6/29	Phil Fishgold
6/30	David Carter

THINKING OF YOU

Sheila Davis
Barbara Hull
Clara Hunter
Katherine Issaris
Zenia Jones
Jane Luczak
Diane Marley
Ted Omlor
Dolores Palo
Connie Romero
Nilda Romero
Joe Toth
Pat Villano
Jane Wilson
Pauline Wyatt

In Loving Memory

Alva Spicer

Doris Pomeroy

NEW MEMBERS

Lucretia Fitzpatrick
Mani Ganti
Anna Lee
Cora Lewis
Susan Raczkowski
Mary Short
Sid Trump

Memorial Fund

Donations can be made to Brandywine Senior Center in memory of you or your loved ones. The names will be engraved on our Memorial Plaque which hangs in the Senior Center and families will be sent notification of your remembrance.

Donations may be designated as follows:

- Make improvement to the Claymont Community Center
- Enhance Senior Center programs

When planning your estate, remember to designate a portion of your estate to be distributed to the Brandywine Senior Center and/or the Claymont Community Center.

A TRIBUTE TO THE MAGIC OF MOTOWN
IN THE CIRCUS MAXIMUS THEATER
CAESAR'S ATLANTIC CITY, NJ
Monday, July 10, 2017

♪ Round Trip Motorcoach Transportation
♪ $20.00 in Slot Play
♪ Admission to **"A Tribute to the Magic of Motown"** 3pm Show in the Caesar's Maximus Theater
♪ All Tax & Tips Except Driver

CURRAN TRAVEL, INC.
GROUP TOURS AND CRUISES

$49.00
per person

*VALID FOR A MINIMUM OF 40 PAYING PASSENGERS. THE 41ST AND 42ND PASSENGERS GO FREE!

* ALL BONUSES ARE SUBJECT TO CHANGE BY CASINO
* CASINO RULES & EXCLUSIONS MAY APPLY.
MUST BE 21 YEARS OR OLDER,
*VALID FOR DEPARTURES FROM PHILADELPHIA AND THE IMMEDIATE SURROUNDING SUBURBS

✓ If show must cancel due to inclement weather, show will be rescheduled.

Departing the Brandywine Senior Center at 8:30am

Flyer subject to errors and/or omissions

Contact the Brandywine Senior Center: 302.798.5562

Why *You* Should Make A Will

Your will tells everyone what should happen to your money, possessions and property after you die (all these things together are called your 'estate'). If you don't leave a will, the law decides how your estate is passed on – and this might not be in line with your wishes.

Four reasons why you need a will

1. A will makes it much easier for your family or friends to sort everything out when you die – without a will the process can be more time consuming and stressful.

2. If you don't write a will, everything you own will be shared out in a standard way defined by the law – which isn't always the way you might want.

3. A will can help reduce the amount of Inheritance Tax that might be payable on the value of the property and money you leave behind.

4. Writing a will is especially important if you have children or other family who depend on you financially, or if you want to leave something to people outside your immediate family.

Your wishes and who carries them out

Your will tell people two very important things:

- Who should have your money, property and possessions when you die.
- Who will be in charge of organizing your estate and following the instructions you leave in your will – this person is called your 'executor', and you can name more than one person if you want to.

You can also use your will to tell people about any other wishes you have, like instructions for your burial or cremation.

Your executor will do their best to make sure your wishes are followed, as long as they don't involve breaking the law.

It might not always be possible for your executors to carry out your instructions.

For example, a person you want to leave something to might die before you do, but if you have a will there's a better chance of things happening the way you want.

Make sure your will is legally valid

Your will doesn't have to be on special paper or use a lot of legal language.

A document is a valid will as long as it:

- Says how your estate should be shared out when you die.
- Was made when you were able to make your own decisions and you weren't put under pressure about who to leave things to.
- Is signed and dated by you in the presence of two adult, independent witnesses, and then signed by the two witnesses in your presence – the witnesses can't be people who are going to inherit anything from you (or their husband/wife or civil partner.)

How to start making a will

If your family is small and you want to leave everything to them, making your will is fairly straightforward.

If your situation is more complicated – for example, if you have a second family or you want to leave money and gifts to lots of people – you'll need to plan more carefully.

Either way, don't put it off – make sure that what you leave behind passes to the people you intended.

Step 1 – Make a plan

Start by thinking about what you want to leave to whom and then talk to your family – they might have some suggestions you haven't thought of.

Once you have a plan look at the different options for making a will:

- Talking to your family about your will
- Planning what to leave in your will

Step 2 – Get your will written

There are a number of ways you can get a will written. The best option for you depends on how complicated your wishes are.

- Using a specialist will writing service costs around $75 to $150.
- If your circumstances are simple, using a solicitor can cost as little as $150.
- You can buy a template document in stationery shops for as little as $10.

Cited: The Money Advice Service

City Fare Menu June 2017– COUNTY

Monday	Tuesday	Wednesday	Thursday	Friday
6/5 Flounder w/Lemon & Parsley Sauce Macaroni & Cheese Stewed Tomatoes Fruit Cocktail Giant Graham Fish	6/6 Chicken Boat Flame Roasted Veggies Monterey Jack Cheese Red Skin Potato Wedges Applesauce	6/7 Pot Roast in Au Jus Roasted Baby Bakers Scandinavian Veggies Honey Wheat Roll Strawberry Banana-Yogurt Sundae Sour Cream	6/8 Turkey & Swiss on White Wheat Bread Lettuce & Tomato Tomato Veggie Soup Chocolate Fudge Pudding Mayonnaise Crackers	6/9 Hamburger w. Cheddar on Hamburger Roll Lettuce, Tomato & Onion Baked Beans Fresh Plum or Orange Ketchup
6/12 Ham & Swiss on Club Roll with Lettuce, Tomato & Onion Carrot Pineapple Raisin Salad Strawberry Waffle Cookie Mustard	**6/13** Deep Dish Cheese Pizza Salad with Onion, Tomato & Garbanzo Beans Chocolate Ice Cream	6/14 BBQ Chicken Red Skin Potato Salad With Egg Green Beans Banana Rice Krispie Treat	6/15 Turkey w. Gravy Sweet Potatoes Sugar Snap Peas Multigrain Bread Yogurt Cranberry Sauce	6/16 Cheese Ravioli with Meat Sauce Mixed Salad with Tomato & Onion Orange 12 Grain Dutch Bread
6/19 Chicken Salad Platter Lettuce & Tomato Cream of Broccoli Soup Ultimate Grain Honey Bread Ambrosia Crackers	6/20 Beef Barbacoa Rice & Beans Seasoned Greens Applesauce Mini Cornbread Loaf	6/21 Salmon w/Lemon Dill Sauce Roasted Baby Bakers California Blend Veggies Watermelon or an Orange Chocolate Bread	6/22 Oven Fried Chicken Mashed Potatoes w. Gravy Coleslaw Banana	6/23 Meatball Sub w. Mozzarella Cheese Mixed Salad w. Tomato, Onion & Green Pepper Pear Half
6/26 Chicken Drumsticks Green Peas Crinkle Carrots Diced Peaches Apple Waffle Cookie	6/27 Roast Pork w. Gravy Baked Potato Cooked Cabbage Pineapple Tidbits 12 Grain Dutch Bread	6/28 Crab Cake on Brioche Bun w/Lettuce & Tomato Corn Chowder Fruit Cocktail Crackers Tartar Sauce	6/29 Stuffed Pepper in Marinara Sauce Mashed Potatoes Green Beans Honey Wheat Roll Fresh Plum or Apple	6/30 Salisbury Steak w. Gravy Sweet Potatoes Broccoli Florets Diced Pears 12 Grain Dutch Bread

- All meals subject to change. All meals contain 1% milk
- Meals are ordered according to projected number; over that number, back-up meals will be available.
- Suggested minimum donation for persons 60+ is $2.25. People under age 60 must pay $4.75

City Fare 5 Day Bag Supper Menu
June 2017 - COUNTY

Monday	Tuesday	Wednesday	Thursday	Friday
6/5 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	6/6 Roast Beef w/ Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	6/7 Grilled Chicken Patty on Whole Wheat Hamburger Roll with Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	6/8 Tuna Salad on a Club Roll w/Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	6/9 Turkey & Swiss on White Wheat Bread w/Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise
6/12 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	6/13 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	6/14 Roast Beef w/ Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	6/15 Tuna Salad on a Club Roll w/Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	6/16 Grilled Chicken Patty on Whole Wheat Hamburger Roll w/Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise
6/19 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	6/20 Egg Salad on White Wheat Bread Lettuce and Tomato Peaches Chocolate Pudding	6/21 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	6/22 Roast Beef w/ Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	6/23 Grilled Chicken Patty on Whole Wheat Hamburger Roll w/Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise
6/26 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	6/27 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	6/28 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	6/29 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	6/30 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard

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- Meals are ordered according to projected number; over that number, back-up meals will be available.
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Health & Physical Activities

Blood pressure screening……. Every 1st and 3rd Wednesday at 9:30 a.m.

Brandywine Senior Center

EXERCISE WITH ERIC

Mondays 10:45 a.m. — 11:45 a.m.

Wednesdays 10:45 a.m. — 11:45 a.m.

Fridays 10:00 a.m. — 11:00 a.m.

(come give it a try for only $3.00)

Stretching, Walking,

And Balancing

Every Monday

LINE DANCING

w/ Joanne Brady

Well known dancer

9:30 a.m.-10:30 a.m.

(only $2.00)

Things to Do With Dad Word Search

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

BASEBALL
BBQ
BOWLING
CAMPING
CUDDLE
DINNER
EATOUT
FISHING
FOOTBALL
GAMES
GARDENING
GOLF
HIKING
HOCKEY
HUNTING
KITEFLYING
PICNIC
PINGPONG
PLAYBALL
POOL
SOCCER
SPORTS
TALK
WATCHTV
YARDWORK

All About Puzzles
puzzles.about.com

June 2017
CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
For your convenience our Fitness Room is open from 8am until 3pm Monday thru Friday.			1 9:30 ***Harrah's Casino*** 9:30 Painting Ceramics 11:45 Lunch 1:00 Puzzles	2 9:30 Bingo 10:00 Exercise Class 11:45 Lunch 12:45 Bingo
5 9:30 Bingo 9:30 Line Dance 10:45 Exercise Class 11:45 Lunch 12:45 Bingo	6 11:45 Lunch 1:00 Puzzles	7 9:30 ***Platinum Picnic*** 9:30 Bingo 9:30 ***Blood Pressure*** 10:45 Exercise Class 11:45 Lunch 12:45 Bingo	8 9:30 Painting Ceramics 1:00 Puzzles	9 9:30 Bingo 10:00 Exercise Class 10:30 ***Holy Trinity Greek Festival*** 11:45 Lunch 12:45 Bingo
12 9:30 Bingo 9:30 Line Dance 10:45 Exercise Class 11:45 Lunch 12:45 Bingo	13 11:00 ***Limoncello Ristorante West Chester, PA*** 11:45 Lunch 1:00 Puzzles	14 9:30 Bingo 10:45 Exercise Class 11:45 Lunch 12:45 Bingo 	15 9:30 Painting Ceramics 1:00 Puzzles	16 9:30 ***Bingo with Vitas Healthcare*** 10:00 Exercise Class 11:45 Lunch 12:45 Bingo
19 9:30 Bingo 9:30 Line Dance 9:30 ***$tand by Me*** 10:45 Exercise Class 11:45 Lunch 12:45 Bingo	20 8:00 ***Ocean City, New Jersey*** 11:45 Lunch 1:00 Puzzles	21 9:30 ***Big Bingo*** 9:30 ***Blood Pressure*** 10:45 Exercise Class 11:30 ***Nutritionist*** 11:45 Lunch 12:45 Bingo ***First Day of Summer***	22 9:30 Painting Ceramics 1:00 Puzzles	23 9:30 Bingo 10:00 Exercise Class 11:45 Lunch 12:45 Bingo
26 9:30 Bingo 9:30 Line Dance 10:45 Exercise Class 11:45 Lunch 12:45 Bingo	27 11:45 Lunch 12:45 Puzzles	28 9:30 Bingo 10:45 Exercise Class 11:45 Lunch 12:45 **Bingo with Michelle Hood from Saint Francis Life**	29 9:30 Painting Ceramics 1:00 Puzzles	30 9:30 Bingo 10:00 Exercise Class 10:00 ***New Castle Farmers Market*** 11:45 Lunch 12:45 Bingo