



# Brandywine Senior Center Newsletter

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



**Friendly Reminder — Memberships for July 1, 2016 — June 30, 2017 are now due. We accept cash or checks. Lots of great activities and trips are coming up - you don't want to miss out!**

\*\*\*\*\*

*Thank you to everyone who supported our fashion show; it was a huge success! Our models, committee and volunteers did an excellent job!! For those of you who missed it, catch us next year.*

\*\*\*\*\*



## **American Independence Day 4th of July**

July 4th – American Independence Day! This is a remarkable day in our history – on July 4, 1776 the Second Continental Congress formally declared that the thirteen American colonies were now independent states.

In the United States, our American Independence Day, better known as the 4th of July, is a day for parades and picnics, fireworks and barbeques. We get together with family and friends to eat, play games, and laugh.

It is also a time to reflect on the momentous and extraordinary decisions made more than 200 years ago regarding our independence. Can you imagine the sacrifices made to secure that independence?



*"We must all hang together, or, assuredly, we shall all hang separately." - Benjamin Franklin at the signing of the **Declaration of Independence**, July 4, 1776.*

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](http://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!

**GABE\*S**

**(A private discount fashion retailer)**

**Bear, Delaware**

**WEDNESDAY**

**July 6th**

**Departing 10:15 am**

**Gabe's**  
unbelievable!

**LUNCH & LEARN**

**RITE AID MEDICARE WEIGHT  
LOSS PROGRAM**

**WEDNESDAY**

**July 20th**

**12:00 pm**



**CEASAR'S IN ATLANTIC CITY**

**The Motown Showdown Tribute**

**MONDAY**

**July 11th**

**Departing**

**8:00 am**



**CAPE MAY, NJ**

**THURSDAY**

**July 21st**

**Departing 8:00 am**



**BREAKFAST**

**SUNGATE DINER (Marcus Hook)**

**WEDNESDAY**

**July 13th**

**9:00 am**



**YEARLY PICNIC AT  
BELLEVUE STATE PARK**

**THURSDAY**

**July 28th**

**10:00 am**



**PARVIN STATE PARK**

**Pittsgrove, N.J.**

**THURSDAY**

**July 14th**

**Departing 9:00 am**



**THE MARKET PLACE**

**Chester, PA**

**Over 50 Vendors  
FRIDAY, July 29th**

**10:00 am**





# There's a lot you should know about Medicare

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## Let's talk

I can answer all of your  
Medicare questions.

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Licensed agent

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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 that day. 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.***

No refunds for prepaid reservations unless you find a replacement.

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.**

**ANNUAL  
MEMBERSHIP  
IS  
\$25.00/yr.  
RUNS FROM  
*July 1, 2016 to  
June 30, 2017***

*We're heading to  
Parvin State Park in  
Pittsgrove, NJ, Thursday,  
July 14th  
AND  
Cape May, NJ, Thursday,  
July 21  
AND  
Join us for our annual  
picnic at Bellevue State  
Park, Thursday, July 28th!*

**Welcome to our newest advertiser**

***CHASE LEWIS (CDLewis1@aetna.com)***

***Aetna Medicare Insurance***

Are you interested in advertising your business or organization in our newsletter?

Please contact us:

Phyllis (302) 792-2757 ext. 162

Gail (302) 792-2757 ext. 142

**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.**



## ***The Market Place***

2300 W. 4th Street

Off **Engle St.**, between **Townsend & Palmer**  
Chester, PA 19013

Over 50 vendors with a variety  
of merchandise!

We're open Thurs.—Sat. 10am—6pm  
and

Sundays from 11am—5pm

A FOOD COURT IS COMING SOON!!

For more information or to rent a  
booth contact:

**Admin@dgcdevelopmentgroup.com**  
or **DCG at 610.497.4154**

## **SENIOR LIFE**

INSURANCE COMPANY



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**Richard S Jacobs DDS FAGD**

Dentist

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samdds@comcast.net

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Telephone: (302)798-4321 Fax: (302)798-4644  
Monday - Friday: 9:00 to 7:00 Saturday: 9:00 to 4:00

**Elect**  
**Dave Brady**  
Democrat  
**7th Representative District**  
Claymont Wilmington

406 Pennsylvania Avenue  
Claymont, DE 19703  
302-798-5532 - Phone  
302-798-2174 - Fax

**DaveBrady4StateRep@Gmail.com**



# ***Yes! I'm pleased to support Brandywine Senior Center and the older adults in our community.***

**Please indicate whether you wish to place an advertisement in our newsletter, sponsor an activity, or both!**

**Newsletter Advertisements** *(Please circle the size of the ad and the number of months it will run):*

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

## **Sponsor Activities** *(Choose an activity and amount):*

Exercise and Line Dance Classes (\$25 sponsors one class):

Number of classes I'd like to sponsor \_\_\_\_ x \$25 = \$\_\_\_\_\_

**OR:** another amount \$\_\_\_\_\_

Lunch and Learns (\$10 sponsors a lunch for one senior):

Number of lunches I'd like to sponsor \_\_\_\_ x \$10 = \$\_\_\_\_\_

**OR:** Other amount \$\_\_\_\_\_

\_\_\_\_\_  
Your Name

\_\_\_\_\_  
Business Name

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email

☐ **My check is enclosed** (made payable to **CCC**)

**Please charge my credit card:**

☐ Visa ☐ MasterCard ☐ Discover

\_\_\_\_\_  
Credit Card Number

\_\_\_\_\_  
Expiration Date CVV code

\_\_\_\_\_  
Signature

☐ **I prefer to use PayPal.** Please go to our website [www.claymontcenter.org](http://www.claymontcenter.org) and click the "donate" button on the home page.

Please return to: Phyllis Hicks, Claymont Community Center, 3301 Green Street, Claymont, DE 19703.

For more information call 302.374.0701 or email [phyllishicks@claymontcenter.org](mailto:phyllishicks@claymontcenter.org)

# Member Updates

## JULY BIRTHDAYS

7/1 Linda Lovett  
 7/5 William Noell  
 7/6 Shirley Graves  
 7/7 Jill Coghean  
 7/8 Sheila Davis  
 7/9 Diane Clark  
 7/9 Ann Follette  
 7/10 Nancy Clark  
 7/10 Colleen Wilhere  
 7/11 Toni Harris  
 7/13 Rosemary Szumowski  
 7/14 Linda Day  
 7/14 Richard Hammond  
 7/14 June Miloro  
 7/16 Patsy Boys  
 7/18 Cecilia Miranda  
 7/21 Myrtle Quesenberry  
 7/21 Chuck Kearns  
 7/21 Dorothy Rouse  
 7/21 Doris Williams  
 7/22 Grace Grant  
 7/22 Milton Lord

## JULY BIRTHDAYS

7/23 Bonnie Jennings  
 7/23 Pamela Modelski  
 7/24 Donald Cole  
 7/24 Clara English  
 7/25 Nancy Shaw  
 7/26 Cassandra Young  
 7/28 Amy Righter  
 7/29 Marie Stringfellow  
 7/30 Kenneth Lipstein  
 7/31 John Kumpf  
 7/31 Shirley Harting

## THINKING OF YOU

Marie Brooks  
 Maryke Cottman  
 Sheila Davis  
 Betty Eachus  
 Genevieve Hession  
 Clara Hunter  
 Ophelia Lloyd  
 Roy Mullinax  
 Joe Toth  
 Pauline Wyatt

## NEW MEMBERS

Barbara Phillips  
 Louis Prosceno  
 Effie Scott  
 Audrey Scott-Hynson  
 Nancy Shaw  
 Gloria Smith  
 Delores Williams



## 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.



We would like to extend our heartfelt thanks to everyone who made our Fashion Show and Luncheon a huge success!

*Rosetta Dixon*

*Bonnie Jones*

*Kass Mauro*

*Carmela Janni*

*Barbara Killgore*

*Queen McKoy*

*Sheila Lamphear*

*Our Models* - Thanks for *volunteering* to model your sensational outfits. You all looked the epitome of elegance and beauty. Keep on strutting ladies!

*Winnie Bothum* - Thank you for sharing your talent on the organ, we greatly enjoyed the melodies.

*June Caldwell* - Thank you for your backstage assistance in getting the models dressed and on the runway in a timely fashion.

*Sheila Lamphear* - Thank you for making and donating the two beautiful baskets! We know the recipients of both were extremely happy!

*Eilene McKee* - Thank you for donating the beautiful wreaths and floral arrangements for door prizes; they were all beautiful and we know the winners were thrilled!

*Walt Mitchell* - Thank you for all of your decorations; the curtain, arch, lights, and fencing added the touch we needed to make the fashion show a spectacular event to be remembered. Your decorating skills were the best!

*Mary Teesdale* - Thank you for your assistance in helping set up the night before the show!

*Curtis Warner* - Thank you for working the music; our models strutted their stuff and danced down the runway!

*Carole Gadonas, Geraldine Johnson, Shelia Lamphear, Walter Mitchell and Amy Righter*  
Thank you for volunteering to be on the committee! We appreciate your time, ideas, decorating skills, soliciting and photography skills. *The Fashion Show and Luncheon would not have been a success without your help!!*

And last but not least, we want to thank our audience. We hope you enjoyed the models, entertainment and food *and* had as much fun as we did.

Thanks for your support!

*Phyllis and Gail*





## THE SPOTLIGHT

### **Rosetta Dixson**

Hello, my name is Rosetta Dixson and I am a twin and the seventh/eighth child born to my parents who had sixteen (16) children. I was born in the south and attended segregated schools until my family migrated to Philadelphia, PA where, at the age of sixteen, I attended integrated schools; what an experience.



As a family of sixteen many meetings were held to plan events and copious notes were taken by me. Having a thirst for knowledge, I became an avid reader, meticulous record keeper and possessed the innate capacity for organization.

I received a Master of Arts in Administration and a two year “Advanced Sign Language Certificate” from Community College in Pennsylvania. I taught sign language as a practicum for my MA degree. My creative writing class was very helpful throughout my life.

After working over three decades as a Supervisor in the Human Services field at Elwyn/Consortium in Philadelphia, PA I decided to retire.

I have been married to the love of my life, Earl, for 52 years and from our union three daughters were born; Valerie, a Licensed Master Social Worker; Telsia, a Registered Nurse; and Yolanda, a Registered Dietitian. All of our children are married and we’re the proud grandparents of three grandchildren!

My friends and I began traveling abroad, they were well aware of my journaling skills and asked me to journal our experiences, and I granted them their wish. We traveled to London, Paris, Italy, and cruised in the Bahamas. Upon the completion of our trips the group received the journal. The reviews were very flattering, inspiring, impressive and rewarding and this inspired me to write my very first book about my Mother. The title of the book is *The Life of a 90 Year Old Woman; My Mother*, and is memoirs about my Mother’s 90 years of life. The book was written for my grandchildren as well as others so they could learn the importance of our family’s history.

Since my retirement almost eight years ago, another good choice I made was to become a member of this great august body, The Brandywine Senior Center. I enjoy the comradery, activities, trips, puzzles, exercise and it’s a good reason to get me out of the house. My husband and I enjoy our freedom immensely.



## What is elder abuse?

**Elder abuse** includes physical abuse, emotional abuse, sexual abuse, exploitation, neglect, and abandonment. Perpetrators include children, other family members, and spouses—as well as staff at nursing homes, assisted living, and other facilities.

- **Physical abuse** means inflicting physical pain or injury upon an older adult.
- **Sexual abuse** means touching, fondling, intercourse, or any other sexual activity with an older adult, when the older adult is unable to understand, unwilling to consent, threatened, or physically forced.
- **Emotional abuse** means verbal assaults, threats of abuse, harassment, or intimidation.
- **Confinement** means restraining or isolating an older adult, other than for medical reasons.
- **Passive neglect** is a caregiver's failure to provide an older adult with life's necessities, including, but not limited to, food, clothing, shelter, or medical care.
- **Willful deprivation** means denying an older adult medication, medical care, shelter, food, a therapeutic device, or other physical assistance, and exposing that person to the risk of physical, mental, or emotional harm—except when the older, competent adult has expressed a desire to go without such care.
- **Financial exploitation** means the misuse or withholding of an older adult's resources by another.

Learn more about the [types of abuse](#) from the National Center on Elder Abuse (NCEA).

## How many older Americans are abused?

Approximately 1 in 10 Americans aged 60+ have experienced some form of elder abuse. Some estimates range as high as 5 million elders who are abused each year. One study estimated that only 1 in 14 cases of abuse are reported to authorities.

## Who are the abusers of older adults?

Abusers are both women and men. In almost 90% of elder abuse and neglect incidents, the perpetrator is a family member. Two thirds of perpetrators are adult children or spouses.

## What makes an older adult vulnerable to abuse?

Social isolation and mental impairment (such as dementia or Alzheimer's disease) are two factors. Recent studies show that nearly half of those with dementia experienced abuse or neglect. Interpersonal violence also occurs at disproportionately higher rates among adults with disabilities.

## What are the warning signs of elder abuse?

- **Physical abuse, neglect, or mistreatment:** Bruises, pressure marks, broken bones, abrasions, burns
  - **Emotional abuse:** Unexplained withdrawal from normal activities, a sudden change in alertness, or unusual depression; strained or tense relationships; frequent arguments between the caregiver and older adult
  - **Financial abuse:** Sudden changes in financial situations
  - **Neglect:** Bedsores, unattended medical needs, poor hygiene, unusual weight loss
- Verbal or emotional abuse:** Belittling, threats, or other uses of power and control by individuals

## What are the effects of elder abuse?

Elders who have been abused have a 300% higher risk of death when compared to those who have not been mistreated. While likely underreported, elder financial abuse costs older Americans \$2.9 billion per year. Yet, financial exploitation is self-reported at rates higher than emotional, physical, and sexual abuse or neglect.

## Are there criminal penalties for the abusers?

Most states have penalties for those who victimize older adults. Increasingly, across the country, law enforcement officers and prosecutors are trained on elder abuse and ways to use criminal and civil laws to bring abusers to justice. Review elder justice laws, statistics and other state resources compiled by the NCEA.

## How does a person make an elder abuse report?

If an older adult is in immediate, life-threatening danger, call 911. Anyone who suspects that an older adult is being mistreated should contact a local Adult Protective Services office, Long-Term Care Ombudsman, or police. Access more information about local resources from the Eldercare Locator online or by calling 1-800-677-1116.

## How can elder abuse be prevented?

Educating seniors, professionals, caregivers, and the public on abuse is critical to prevention. If you're an older adult, you can stay safe by:

- Taking care of your health.
- Seeking professional help for drug, alcohol, and depression concerns and urging family members to get help for these problems.
- Attending support groups for spouses and learning about domestic violence services.
- Planning for your own future. With a power of attorney or a living will, you can address health care decisions now to avoid confusion and family problems later. Seek independent advice from someone you trust before signing any documents.
- Staying active in the community and connected with friends and family. This will decrease social isolation, which has been connected to elder abuse.



- Posting and opening your own mail.
- Not giving personal information over the phone.
- Using direct deposit for all checks.
- Having your own phone.
- Reviewing your will periodically.
- Knowing your rights. If you engage the services of a paid or family caregiver, you have the right to voice your preferences and concerns. If you live in a nursing home, call your Long Term Care Ombudsman. The ombudsman is your advocate and has the power to intervene.

*Where can I learn more?*

- National Center on Elder Abuse (NCEA)
- CFPB Office of Financial Protection for Older Americans
- Department of Justice Elder Justice Initiative
- Elder Justice Roadmap Project
- Savvy Saving Seniors®: Steps to Avoiding Scams
- Ageless Alliance
- Elder Justice Coalition
- Women's Institute for a Secure Retirement
- Elder Financial Protection Network
- National Adult Protective Services Association
- National Long-Term Care Ombudsman Resource Center
- World Elder Abuse Awareness Day



# City Fare Menu July 2016 – COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
				7/1 Meatballs in Marinara on Club Roll Topped with Mozzarella Mixed Salad with Tomato, Onion & Green Pepper Applesauce Giant Graham Cracker
7/4 <b><u>St. Pat's Only</u></b> Oven Fried Chicken Mashed Potatoes & Gravy Coleslaw Wheat Dinner Roll Banana  <b>BRANDYWINE SENIOR CENTER IS CLOSED</b>	7/5 Turkey & Swiss Salad with 1/2 Hard boiled egg, Cucumber, Tomato & Onion Cream of Mushroom Soup Multigrain Bread Fresh Peach Crackers	**7/6** Hamburger & Hot dog Lettuce, Tomato & Onion Baked Beans Red Skin Potato Salad Watermelon	7/7 Egg Salad on Club Roll with Lettuce & Tomato Tropical Fruit Salad Yogurt	7/8 Cheese Ravioli in Meat Sauce Italian Blend Veggies Hot Poached Pear Half Ultimate Grain Bread
7/11 Pork Bolognese Sauce Over Rotini Pasta topped with Parmesan Cheese Mixed Salad with Tomato & Onion Hot Cooked Apples Wheat Dinner Roll	7/12 Cheese Omelet with Sausage, Spinach & Mushrooms Southern Red Potatoes with onion & Peppers Applesauce Mini Blueberry Muffin	7/13 Ham & Swiss on Club Roll with Lettuce, Tomato & Onion Carrot Raisin Salad Yogurt Mustard	7/14 Stuffed Shells with Meat Sauce Mixed Salad with Onion & Tomato Pineapple Tidbits Whole Grain White Bread	7/15 Herb Baked Chicken Corn Nuggets Broccoli Banana Apple Cinnamon- Waffle Cookie
7/18 Lemon & Parsley Flounder Macaroni & Cheese Stewed Tomatoes Cantaloupe Strawberry Waffle Cookie	7/19 Chicken & Broccoli- Au Gratin Rice Casserole Sliced Carrots Hot Poached Pear Half Wheat Dinner Roll	7/20 Pot Roast in Au Jus Baked Potato Scandinavian Veggie Blend Wheat Dinner Roll Strawberry Banana- Yogurt Sundae Sour Cream	7/21 Turkey & Swiss on White Wheat Bread Lettuce & Tomato Tomato Vegetable Soup Chocolate Fudge Pudding Mayonnaise Crackers	7/22 Hamburger w. Cheddar on Hamburger Roll Lettuce, Tomato & Onion Baked Beans Applesauce Ketchup
7/25 Turkey with Gravy Sweet Potato Green Beans Multigrain Bread Orange Cranberry Sauce	7/26 Crab Cake on Potato Roll with Lettuce & Tomato Potato Soup Fresh Plum Tartar Sauce Crackers	7/27 Oven Fried Chicken Mashed Potatoes & Gravy Coleslaw Wheat Dinner Roll Banana	7/28 Salisbury Steak with Gravy Southern Potatoes with Onion & Peppers Brussels Sprouts Pineapple Tidbits Wheat Dinner Roll	7/29 BBQ Chicken Red Skin Potato Salad w. egg Broccoli Fresh Peach Ultimate Grain Honey 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 July 2016 – COUNTY

Monday	Tuesday	Wednesday	Thursday	Friday
				7/1 Ham and Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard
7/4 Tuna Salad on Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	7/5 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	7/6 Chicken Salad on Pita Marinated Bean Salad Pear or Apple Yogurt	7/7 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	7/8 Grilled Chicken Patty on Whole Wheat Hamburger Roll with Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise
7/11 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	7/12 Chicken Salad on Pita Marinated Bean Salad Pear or Apple Yogurt	7/13 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	7/14 Grilled Chicken Patty Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	7/15 Tuna Salad on Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana
7/18 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	7/19 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	7/20 Chicken Salad on Pita Marinated Bean Salad Pear or Apple Yogurt	7/21 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	7/22 Grilled Chicken Patty on Whole Wheat Hamburger Roll with Lettuce and Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise
7/25 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	7/26 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	7/27 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	7/28 Chicken Salad on Pita Marinated Bean Salad Pear or Apple Yogurt	7/29 Ham and Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard

- All bag suppers contain 1% milk .
- All meals subject to change. Suggested minimum donation for persons 60+ is \$ 2.25. People under age 60 are required to pay \$ 4.75
- Meals available by reservation. Call your Senior Center to reserve your bag supper.



# Health & Physical Activities

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



**Brandywine Senior Center**

## **EXERCISE WITH ERIC**

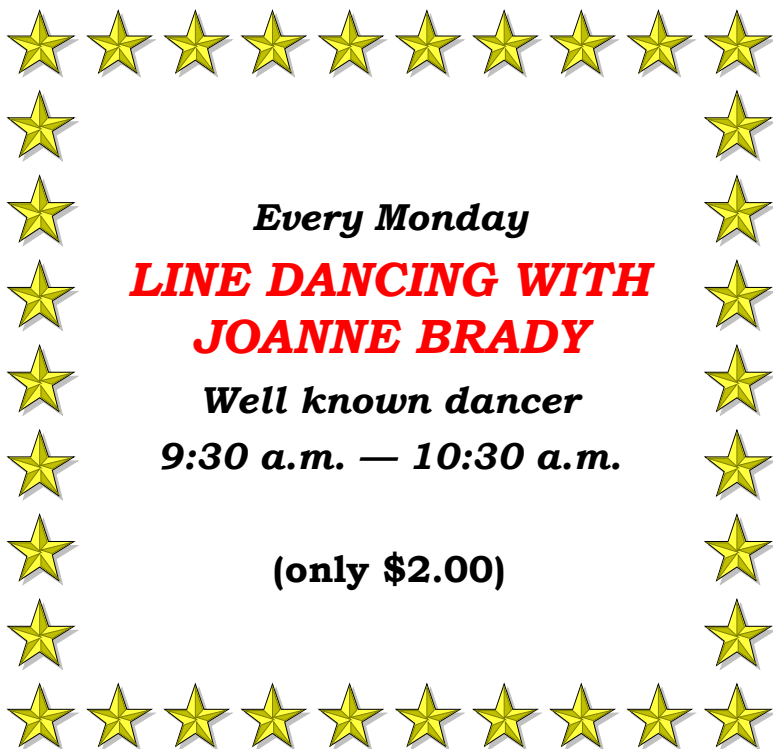
**Mondays 10:45 a.m. — 11:45 a.m.**

**Wednesdays 10:45 a.m. — 11:45 a.m.**

**Fridays, 10:00 — 11:00 a.m.**

**(Come give it a try for only \$3)**

**Stretching, Walking,  
and Balancing**



***Every Monday***

## ***LINE DANCING WITH JOANNE BRADY***

***Well known dancer***



***9:30 a.m. — 10:30 a.m.***

***(only \$2.00)***



# July 2016

## CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
		 Seniors on the Go!		1
				9:00 <b>Walking Club</b> 9:30 Bingo 10:00 Exercise Class 11:45 Lunch 12:45 Bingo
4	5	6	7	8
	9:30 <b>Monday Bingo</b> 9:30 Billiards 9:30 Painting Ceramics 11:45 Lunch 1:00 Puzzles	9:00 <b>Walking Club</b> 9:30 Bingo 9:30 <b>Blood Pressure</b> 10:15 <b>Gabe*s</b> 10:45 Exercise Class 11:45 Lunch 12:45 Bingo	9:30 Billiards 9:30 Painting Ceramics 1:00 Puzzles	9:00 <b>Walking Club</b> 9:30 Bingo 10:00 Exercise Class 11:45 Lunch 12:45 Bingo
11	12	13	14	15
8:00 <b>Caesar's A.C. Motown Showdown</b> 9:00 <b>Walking Club</b> 9:30 Bingo 9:30 Line Dance 10:45 Exercise Class 11:45 Lunch 12:45 Bingo <b>No senior center bus service</b>	9:30 Billiards 9:30 Painting Ceramics 11:45 Lunch 1:00 Puzzles	9:00 <b>Breakfast at Sungate Diner, Marcus Hook, PA</b> 9:00 <b>Walking Club</b> 9:30 Bingo 10:45 Exercise Class 11:45 Lunch 12:45 Bingo	9:00 <b>Parvin State Park, Pittsgrove, NJ</b> 9:30 Billiards 9:30 Painting Ceramics 1:00 Puzzles	9:00 <b>Walking Club</b> 9:30 Bingo 10:00 Exercise Class 11:45 Lunch 12:45 Bingo
18	19	20	21	22
9:00 <b>Walking Club</b> 9:30 <b>JimThornton meeting with seniors</b> 9:30 Bingo 9:30 Line Dance 10:45 Exercise Class 11:45 Lunch 12:45 Bingo	9:30 Billiards 9:30 Painting Ceramics TBD <b>Movies</b> 11:45 Lunch 1:00 Puzzles	9:00 <b>Walking Club</b> 9:30 <b>BIG BINGO</b> 9:30 <b>Blood Pressure</b> 10:45 Exercise Class 11:45 Lunch 12:00 <b>Lunch &amp; Learn Rite Aid Medicare Weight Loss Program</b> 12:45 Bingo	8:00 <b>Cape May, NJ</b> 9:30 Billiards 9:30 Painting Ceramics 1:00 Puzzles	9:00 <b>Walking Club</b> 9:30 Bingo 10:00 Exercise Class 11:45 Lunch 12:45 Bingo
25	26	27	28	29
9:00 <b>Walking Club</b> 9:30 Bingo 9:30 Line Dance 10:45 Exercise Class 11:45 Lunch 12:45 Bingo	9:30 Billiards 9:30 Painting Ceramics 11:45 Lunch 1:00 Puzzles	9:00 <b>Walking Club</b> 9:30 Bingo 10:45 Exercise Class 11:45 Lunch 12:45 Bingo	9:30 Billiards 9:30 Painting Ceramics 10:00 <b>Picnic at Bellevue State Park</b> 1:00 Puzzles	9:00 <b>Walking Club</b> 9:30 Bingo 10:00 Exercise Class 10:00 <b>The Market Place - Vendors, etc.</b> 11:45 Lunch 12:45 Bingo