

Cape Henlopen Senior Center
11 Christian Street
Rehoboth Beach, DE 19971
302-227-2055
FAX (302)226-0961



Website: www.capehenlopesenior.org

Center Hours – Monday through Friday 8 a.m. to 3 p.m.

CHSC Board of Directors

Helen Morgan, President
Harvey Waltersdorf, Vice President
Richard Faull, Treasurer
Anita Bunce, Secretary

Chief Keith Banks
Betty Barnes
Joy Bohan
Guyla Brinckmeyer
Blake Carey
Mayor Sam Cooper
Sydney Dunmon
Shelly Hitchens
Richard Merriweather
Bob Soule

CHSC Membership Officers

Bob Soule, President
Jim Travis, Vice President
Nancy Rams, Secretary
Nancy McClurg, Treasurer

CHSC Staff

Juanita Morch, Executive Director
Linda Bonville, Bookkeeper
Bernita Hackney, Program Coordinator

Transportation Coordinators

Richard Coulter, Charles Schmidt and Theresa Shaffer

Peg Connolly, Newsletter

Center Closed – July 5

Upcoming Events

Tai Chi/Yoga Classes
Tuesday, **July 13** @ 11 a.m.

Lunch & cards at Cottage Café **July 16** @ 12 Noon

All-You-Can-Eat Pancake And Sausage Breakfast
July 22 ~ 8:30 a.m. to 11 a.m.

Refresher Defensive Driving
July 23 beginning at 8:30 a.m.

Trip to Rainbow Theatre in PA, **August 11**

Lunch and Cards at Rusty Rudder ~ **August 20** @ 12 Noon

All-You-Can-Eat Pancake And Sausage Breakfast
August 26 ~ 8:30 a.m to 11 a.m.

Looking for: Cooks, waiters, waitresses, people to sell breakfast tickets, or 50/50 chances, for the Center's Pancake Breakfast in the months of July, August, September and December. If you can help, please advise Bernita

Are you interested in Tap Dancing?

Intermediate/Beginner – Tuesday 9:05 a.m. – 10:05 a.m.
Intermediate, Thursdays, 9:05 a.m. – Beginners, Thursdays, 10:05 a.m.
No charge for classes. Sign up now. Instructor: Pat Brown

CHSC Craft Class – Wednesdays, 9:30 – 11:30 a.m.. The CHSC Craft class has new members who have brought forth new ideas in making craft items. Stop by the Center to check out their items that they have made. Maybe you'll see something that you would like to purchase. As always, they are always looking for new members to join their class.

CHSC Quilters – Tuesdays @ 9:00 a.m. in the craft room. These ladies will provide quilting services for those who are interested. They charge according to the size and amount of quilting required. The proceeds from their work go to the senior center.

New 20-Week Club Drawing has begun.

Week 1 ~ #55 ~ Richard Wiglarz ~ \$200 winner
Week 2 ~ #26 ~ Martie Owers ~ \$50 winner

Calling all scrabble players. Starting Tuesday, July 6 at 1 p.m.. Please bring your game board if you have one.

July Happenings

Monday, July 5 – Center closed. 4th of July holiday.

Beginner Spanish

Mondays from 1:30 p.m. to 2:30 p.m.
Instructor Joanna Pazmino. \$5 per week – 1 hour of instruction.
Call Center to register. *Please note: This class started on May 17. Therefore, if you would like to join, you need to know some knowledge of Spanish.

Penny Bingo schedule

Every Wednesday at 12 noon. You may bring your lunch or purchase at the center. Lunch served from 11 to 11:30 a.m.

Total Fitness

Every Wednesdays from 9:15 a.m. to 10:15 a.m. Cost-\$5 per class. Bring a bottle of water, a roll-up mat, & 2-2lb weights. For women only.

Fun Photo Club

Every Tuesday @ 1 p.m. If interested call the Center to advise Bernita.

Literary Group

2nd Monday of each month @ 10 a.m. Call Center for current book selection.

Foot Care Service – July 15

9-10:30 a.m. Free session of foot care for new clients. For previous clients a fee of \$25. Sign up for an appointment.

PLEASE NOTE: When you come into the Center, **Please stop and sign in!** Also, make sure you check off all the activities that you will be participating in for that day. If you are coming to a special program, please write the name of that program under the **Special Activity Column.**

“SOMETHING NEW” – 2-STEPS COUNTRY DANCING FOR COUPLES ON Fridays at 11 a.m. Assisted by Fred D. Advise Bernita if interested. **FREE!**

I NEED BINGO CALLERS for the 2nd and 3rd Wednesday of each month. I am also looking for substitute callers. If you have a great voice, and would like to call bingo, advise Bernita. Lunch is served from 11 a.m. to 11:30 a.m. and your lunch will be free. Bingo starts at 12 noon.

I HAVE PLANNED A LOT OF HEALTH OR EDUCATIONAL PROGRAMS FOR YOU. It is very important!! ... (A repeat) **VERY IMPORTANT** that you sign up by the due date for any program that I have scheduled. In the past, I had to cancel some programs; then on the day the scheduled program was to take place, I get phone call, or people drop in to see if the program is on. So, in order not to miss out on anything, if you are interested in a program, sign up immediately. Prompt signing up will ensure the person(s) giving their presentation enough time to bring the necessary items or paper work. Thank you, Bernita.

E-MAIL ADDRESSES: If you have an e-mail address, please call the Center and let them know. If you have already given it to the staff before, please check with Linda or Bernita to make sure they have the correct e-mail address. They would like to start e-mailing people to remind them about upcoming events.

Refresher Defensive Driving Class

Friday, July 23. 8:30 a.m. – 12:30 p.m. To qualify for discount, you need to have previously taken the class – usually within 3 years. Cost - \$12.00 for members, \$14.00 for non-members. Must pay now. Call Bernita to register.

August Happenings

Foot Care Service

August 5 from 9 a.m. to 10:30 a.m. Free session of foot care for new clients. For previous clients a fee of \$25. Sign up for an appointment.

Grief Support Group

August 12 @ 1 p.m. Join with others for support, share experiences and learn more about coping. This group will be facilitated by Mary Van House of Compassionate Care.

Monday, August 16 at 10 a.m. – Greg Fuller, Register of Wills – Sussex County. He will be at our senior center to share with you helpful tips on preparing a “Will”. You can also check out his website at www.gregfullersr.com. Sign up today.

Tuesday, August 17, 9 a.m. ~ The Importance of Vaccines - Susan Sullivan from Safeway Pharmacy will be here at the Center to talk to you on the importance of vaccine shots given for shingles, flu, pneumonia, tetanus and hepatitis A & B. Please sign up today if interested in learning more about these vaccines.

CHSC Single Club – August 17

at the Rookery (Milton) 12:30 p.m. For reservations call Fay Kleinfelter at 644-1669 by Saturday, Aug. 14.

Lunch and Cards – August 20th

12 noon@ the Rusty Rudder

(1) Crab Imperial on English Muffin

(2) Caesar Salad w/Grilled Chicken

(3)Cheeseburger w/ French Fries& Cole Slaw.

Cost: \$13 per person.

Sign up with menu choice by August 17

Literary Group

2nd Monday of each month @ 10 a.m. Call Center for current book selection.

Refresher Defensive Driving Class

Friday, Aug. 20. 8:30 a.m. – 12:30 p.m. To qualify for discount, you need to have previously taken the class – usually within 3 years. Cost - \$12.00 for members, \$14 for non-members. Must pay now. Call Bernita to register.

August 23 @ 10 a.m. – Writing to Heal – Have you wanted to write about your life and what is important to you, but didn't know how to begin? Keeping a journal doesn't require any special skills – and it can even be good for your health. Psychotherapist and award –winning writer Beth Joselow will lead a workshop on “Writing to Heal”, to introduce some creative way of starting and keeping a personal journal. No writing experience is required. Materials and exercises will be provided. Sign up today – this is an hour and a half class and the cost is FREE

All you Can Eat Pancake Breakfast

August 26 – 8:30 to 11 a.m. Cost \$5. Children under 10, \$2.50. Purchase your ticket on the day of the breakfast. All morning activities in the multi-purpose room will be cancelled.

Tai Chi/Yoga – 11 a.m. ~ Every Tuesday at the Center.

Instructor: Susan Hamadock, LCSW

Penny Bingo Schedule

Every Wednesday -- 12 Noon to 3:00 p.m. You may bring your lunch or purchase lunch at the Center.

Beginner Spanish

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Fun Photo Group

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Total Fitness

Every Wednesdays from 9:15 a.m. to 10:15 a.m. Cost-\$5 per class. Bring a bottle of water, a roll-up mat, 3) 2-2lb weights. For women only.

COMING SOON

Flu shots ~ September 21 ~ 9 a.m. to 12 noon (given by Safeway Pharmacy Dept.) Susan Sullivan Pharmacist

GRIEF SUPPORT GROUP

July 8 ~ 1 p.m. Join with others for support, share experiences and learn more about coping. This group will be facilitated by Mary Van House of Compassionate Care.

Tai Chi, Qigong and Yoga for Health

July 13 @ the Center, 11 a.m. (Every Tuesday thereafter)

Instructor: Susan Hamadock, LCSW. Classes include qigong and yoga postures, meditation, self massage, self reflection, breathing techniques, tai chi, and qigong movements as well as deep yoga stretches. Her cost - \$50 per hour. Your cost will be based on the number of people when signing up.

Lunch and Cards – July 16

12 Noon at the Cottage Cafe.

- (1) Pot Roast Sandwich
- (2) Chicken Sandwich
- (3) Cobb Salad.

Cost: \$14 per person

Sign up with your menu choice by July 13.

CHSC SINGLES CLUB - July 20th

Luncheon @ Serendity (Oak Orchard), @ 12:30 p.m.

For reservations call Fay Kleinfelter at 644-1669 by Saturday, July 17.

All you Can Eat Pancake Breakfast

July 22 – 8:30 to 11 a.m. Cost \$5. Children under 10, \$2.50. Purchase your ticket on the day of the breakfast. All morning activities in the multi-purpose room will be cancelled.