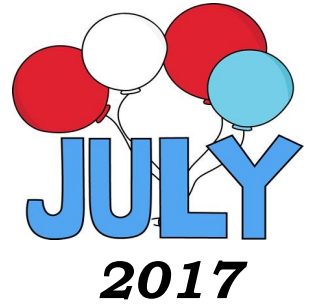




Brandywine Senior Center Newsletter



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

After 40 years of service in the non-profit community, **Jim Thornton**, Executive Director of the Claymont Community Center, has elected to retire this month. Jim has been at the Claymont Community Center for nine years overseeing much growth in our financial program support, capital improvements and building tenants.



In 1986 Jim and his family moved to Delaware and for nine years he ran the fundraising program for the United Way of Delaware. He then became the Executive Director for Meals on Wheels where he expanded programs, funding, and new volunteer opportunities for the six meal providers' state wide. He began his career as Executive Director of the Claymont Center Community Center in 2008.

Over his career Jim has worked for six different United Way agencies in Detroit, Harrisburg, Boston, Raleigh, Washington DC and Delaware where he was responsible for the development and marketing programs. Jim has raised over \$300 million for local non-profits during the span of his career.

He also taught Masters level college courses in the grant writing and fundraising arenas at Wilmington University for eight years.

Jim and his wife, Judy, have three adult children all working in the public school system and the federal government. He is the proud grandfather of four grandkids, ages eight, five, four and two.



Although Jim will be sorely missed we are happy to report **Allison David** is the Claymont Community Center's new Executive Director effective July 10th.

Allison has been a long time Non-Profit professional in the Delaware and Philadelphia areas for over 25 years. She comes to us from Goodwill Industries where she was the Vice President of Mission Services since 2012.

Please welcome Allison to the Claymont Community Center.

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!

CHESDEL RESTAURANT

**Thursday
July 6th
10:30 am**



BIG BINGO

**Wednesday
JULY 19TH
9:30 AM**



Booth's Corner Farmers Market

**Friday
July 7th
10:00 am**



CAPE MAY, NEW JERSEY

**Thursday
July 20th
8:00 am**



MAGIC OF MOTOWN Caesar's Atlantic City, NJ

**Monday
July 10th
8:30 am**



BELLEVUE STATE PARK Lunchtime Concert featuring Meeta Parker

**Thursday
July 26th
11:30 am**



**SMORGASBORD
Thursday
July 13th, 8:00 am**

FORT DELAWARE AND PEA PATCH ISLAND TOUR

**Thursday,
July 27th
8:30 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

aetna[®]

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.

© 2015 Aetna Inc.

Y0001_4001_5622 FINAL 3 Accepted 9/2015

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***

Move That Bus!

***Join us
Thursday, July 13th
As we travel to the
Shady Maple
Smorgasbord***

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



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

JULY BIRTHDAYS

7/1 June Caldwell
7/1 Harriet Madison
7/2 Grace Bizzarro
7/4 Thomas Richter
7/5 William Noell
7/6 Shirley Graves
7/8 Sheila Davis
7/9 Rose Johnson
7/10 Nancy Clark
7/10 Colleen Wilhere
7/10 Elouise Kennard
7/13 Rosemary Szumowski
7/14 Linda Day
7/14 Richard Hammond
7/14 June Miloro
7/15 Sid Trump
7/15 George Miller
7/16 Patsy Boys
7/18 Mary Ellen Killian
7/18 Robert Madison
7/21 Chuck Kearns
7/21 Doris Williams
7/22 Grace Grant
7/23 Pamela Modelski
7/23 John Gordon
7/24 Clara English

JULY BIRTHDAYS

CONTINUED

7/25 Pat Bullock
7/25 Nancy Shaw
7/26 Christine Friday
7/27 Ida Jackson
7/28 Amy Righter
7/29 Marie Stringfellow
7/31 John Kumpf
7/30 Jean Winton
7/31 Thomas Hatkoff

THINKING OF YOU

Sheila Davis
Betty Eachus
Clara Hunter
Pat Jackson
Zenia Jones
Jane Luczak
Diane Marley
Ted Omlor
Connie Romero
Nilda Romero
Joe Toth
Jane Wilson
Pauline Wyatt

NEW MEMBERS

Ester Antrom
Lewis Best
Yvonne Binger
Elizabeth Carter
Margaret David
Glenda Edmund
Leroy Edmund
George Miller
Priscilla Gibbs-Miller
Sarah Miller
Dianne Wilson
Vaughn Wilson
Imogene (Jean) Winton
Semere Zena



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

HOT Weather Tips

We all suffer in hot weather. However, for elderly and disabled people and those with chronic health conditions such as vascular disease or diabetes, the weather does not have to hit 100 degrees to cause heat stress or even deadly heat stroke.

As we age, we gradually lose the ability to perspire and regulate our body temperature. This is why older people tend to overdress — they don't feel heat the same way anymore. Heart rates do not speed up — or return to normal — as fast during exercise. Older skin also thins and offers less protection from the sun. Poor circulation, heart, lung and kidney diseases, and high blood pressure increase the risk for heat-related illness. Being overweight or underweight also increases risk.

Medications taken for a variety of diseases and symptoms can also interfere with one's ability to manage hotter weather. These medications include antipsychotic drugs commonly given to Alzheimer's patients to control agitation, anticholinergic drugs, tranquilizers, sedatives (including over-the-counter sleeping pills), amphetamines, diuretics and drugs to control blood pressure, antihistamines, and some antidepressants.

A person with cognitive impairment, whether from disease or injury, may not be able to communicate distress. In some cases, they may not even "feel" the heat or discomfort because of changes in the brain's abilities to process sensory information or regulate their body's responses to heat.

TIPS FOR STAYING COOL

Caregivers can prevent a heat-related emergency (hyperthermia) by keeping a loved one cool, watching for signs of heat stress and following these tips for dealing with hot weather.

- **Wear cool clothing:** See that the person is dressed in light-weight, light-colored, loose-fitting clothing, preferably of natural fabrics like cotton. Use hats and umbrellas outside. If the air conditioning appears to bother the person, offer layers, such as a long-sleeved shirt or sweater over the shoulders, or a light cloth over the ankles.
- **Use air conditioning:** Keep the air conditioning on below 80 degrees F. If you don't have air conditioning, invest in a room air conditioner or use room fans to circulate inside air. If possible, drive the person a short distance to an air-conditioned place where they can sit, such as a library, mall, restaurant or theater. But avoid overcrowded places and rush hours.
- **Cover windows:** During the day, pull the curtains on all windows that are in direct sunlight. Open windows at night and use fans or cross-ventilation to circulate cooler air. (An open, uncovered window during the day will simply make the inside temperature the same as outside.)
- **Avoid direct sun:** Stay indoors during the hottest hours, 11 a.m. to 4 p.m. Drive as close to the door of destinations as possible, but don't leave the person in the car where temperatures can soar quickly. If the person wants to be outside, make sure it's during cooler hours and that he or she is in the shade, on a covered porch, or under an umbrella. Also check the news for information about temperatures, humidity levels and air pollution alerts.
- **Eliminate or limit physical activity:** If the person's physician approves light exercise such as walking and movement exercises, limit them to short periods during cool hours. Eliminate entirely on very hot days.
- **Drink plenty of fluids:** Give the person plenty of water and fruit or vegetable juice even if they say they're not thirsty. No alcohol, coffee or tea. Seek medical help if you suspect dehydration.
- **Light meals:** Avoid hot, heavy meals and don't use the oven.

- **Monitor medications:** Find out if the person's medications increase his or her risk for heat stress. Be sure to ask a physician about all the medications being taken, including off-the-shelf items.
- **Take cool showers:** Help the person take a cooling shower or bath. Lay a cool, moistened towel over the forehead or back of the neck and replace often.
- **Check in often:** If the person lives alone, check in daily or ask a neighbor to look in several times a day. If the person lacks transportation, make sure someone takes him or her to and from appointments, grocery stores, etc.
- **Inform others:** If the person is in a nursing home or other facility, make sure the facility has a plan for dealing with rising temperatures and is following the tips mentioned above. Visit as often as possible.

Be alert: Remember that a cognitively-impaired person may not be able to tell you when he or she is feeling hot or ill. Also, older people tend to feel colder than younger people so they may not sense the danger of hotter weather.

SIGNS OF HEAT-RELATED PROBLEMS

If you are caring for an elderly or disabled person, learn the signs of heat-related problems. Seek medical assistance for any of the following signs and — if you suspect heat stroke — call 911 or medical personnel immediately.

- Headache, nausea and fatigue are signs of at least some heat stress.
- Heat fatigue: cool, moist skin, a weakened pulse, feeling faint.
- Heat syncope: sudden dizziness, pale, sweaty looking skin that is moist and cool to the touch, weakened pulse and rapid heart rate but normal body temperature (that is, 98.6 degrees, taken with a thermometer).
- Heat cramps: muscle spasms in the abdomen, arms or legs after exercise. (Note that these may be caused by lack of salt but do not give salt or salt tablets without consulting a physician.)
- Heat exhaustion: this is a warning that the body is getting too hot. Watch for thirst, giddiness, weakness, lack of coordination, nausea, and profuse sweating. Cold, clammy skin. Body temperature may be normal (98.6 degrees). Pulse is normal or raised slightly. Pupils may contract. Urination decreases and the person may vomit.
- Heat stroke: this is life-threatening. Immediate medical attention is required. Death can occur quickly when heat stroke occurs. Body temperature rises above 100 degrees F (some sources say 104 degrees F), and the person may become confused, combative, behave bizarrely, feel faint, stagger. Pulse is rapid. Skin is dry, flushed and may feel hot. Lack of sweating. Breathing may be fast and shallow. Pupils may widen or dilate. Delirium, seizures or convulsions, and coma are possible.

To alleviate symptoms for any heat-related problem and while waiting for medical help:

- Have the person lie down in a cool place.
- Elevate the feet.
- Apply cool, wet cloths or water to the skin, especially the head, groin and armpits which cool quickly.
- Fan by hand or with an electric fan.
- If possible, give small sips of cool water (no salt without a doctor's approval)
- Do not use rubbing alcohol.

And remember — if you suspect heat stroke, call 911 or summon medical personnel immediately. Following a heat stress episode, a person will likely feel tired and weak for several days. Continued monitoring is important.

SOURCES: "Hyperthermia: Too Hot for Your Health"; **National Institute on Aging**



City Fare Menu July 2017- COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
7/3 Cheese Ravioli with Meat Sauce Mixed Salad with Tomato & Onion Orange 12 Grain Dutch Bread	7/4 ST. PAT'S ONLY Oven Fried Chicken Mashed Potatoes with Gravy Coleslaw Banana	***7/5*** Hot Dog on a Bun Hamburger on a Bun With Lettuce, Tomato and Onion Baked Beans Red Skin Potato Salad Watermelon	7/6 BBQ Chicken Red Skin Potato Salad with Egg Green Beans Banana Rice Krispie Treat	7/7 Ham & Swiss on Club Roll with Lettuce, Tomato & Onion Carrot Pineapple Raisin Salad Strawberry Waffle Cookie Mustard
7/10 Beef Barbacoa Rice & Beans Seasoned Greens Applesauce Mini Cornbread Loaf	7/11 Oven Fried Chicken Mashed Potatoes with Gravy Coleslaw Banana	7/12 Salmon with Lemon Dill Sauce Roasted Baby Bakers California Blend Veggies Watermelon or Orange Chocolate Bread	7/13 Meatball Sub with Mozzarella Cheese Mixed Salad w. Tomato, Onion & Green Pepper Pear Half	7/14 Chicken Salad Platter Lettuce & Tomato Cream of Broccoli Soup Ultimate Grain Honey Bread Ambrosia Crackers
7/17 Roast Pork w. Gravy Baked Potato Cooked Cabbage Pineapple Tidbits 12 Grain Dutch Bread	7/18 Crab Cake on Brioche Bun, Lettuce & Tomato Corn Chowder Fruit Cocktail Crackers Tartar Sauce	7/19 Stuffed Pepper in Marinara Sauce Mashed Potatoes Green Beans Honey Wheat Roll Fresh Plum or Apple	7/20 Salisbury Steak w. Gravy Sweet Potatoes Broccoli Florets Diced Pears 12 Grain Dutch Bread	7/21 Chicken Drumsticks Green Peas Crinkle Carrots Diced Peaches Apple Waffle Cookie
7/24 Mixed Salad w. Carrot, Cucumber, Tomato & Onion, Turkey, Swiss and Egg Beef Barley Mushroom Soup with Crackers Mini Cornbread Loaf Yogurt	7/25 Shrimp & Crab Alfredo Sauce Over Penne Pasta Italian Green Beans Fresh Peach or Apple Honey Wheat Roll	7/26 Herb Baked Chicken With Parsley Corn Nuggets Spinach Sliced Banana in Orange Juice 	7/27 Fire Braised Chicken Sandwich With Swiss Cheese & Caramelized Onions on Ciabatta Bread Sweet Potato Puffs Tropical Fruit	7/28 Meatloaf w/Brown Gravy Scalloped Potatoes Brussels Sprouts Rice Krispie Treat Orange
7/31 Chicken Boat Flame Roasted Veggies Monterey Jack Cheese Red Skin Potato Wedges Applesauce	8/1 Pot Roast in Au Jus Roasted Baby Bakers Scandinavian Veggies Honey Wheat Roll Strawberry Banana-Yogurt Sundae Sour Cream	8/2 Turkey & Swiss on White Wheat Bread Lettuce & Tomato Tomato Veggie Soup Chocolate Fudge Pudding Mayonnaise Crackers	8/3 Hamburger w. Cheddar on Hamburger Roll Lettuce, Tomato and Onion Baked Beans Fresh Plum or Orange Ketchup	8/4 Flounder with Lemon & Parsley Sauce Macaroni & Cheese Stewed Tomatoes Fruit Cocktail Giant Graham Fish

- 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 2017 - COUNTY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7/3 Tuna Salad on a Club Roll With Lettuce and Tomato Marinated Vegetable Salad Orange or Banana</p>	<p>7/4 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise</p>	<p>7/5 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard</p>	<p>7/6 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup</p>	<p>7/7 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding</p>
<p>7/10 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard</p>	<p>7/11 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup</p>	<p>7/12 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding</p>	<p>7/13 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt</p>	<p>7/14 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard</p>
<p>7/17 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise</p>	<p>7/18 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard</p>	<p>7/19 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup</p>	<p>7/20 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt</p>	<p>7/21 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding</p>
<p>7/24 Tuna Salad on a Club Roll With Lettuce and Tomato Marinated Vegetable Salad Orange or Banana</p>	<p>7/25 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise</p>	<p>7/26 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard</p>	<p>7/27 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup</p>	<p>7/28 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding</p>
<p>7/31 Tuna Salad on a Club Roll With Lettuce & Tomato Marinated Vegetable Salad Orange or Banana</p>	<p>8/1 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise</p>	<p>8/2 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup</p>	<p>8/3 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard</p>	<p>8/4 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise</p>

- 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

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)





Independence Day

Find the hidden words within the grid of letters.

4th of July

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

allegiance

American flag

American Revolution

barbecues

baseball games

Charles River Esplanade

Continental Congress

democracy

fireworks

founding fathers

Freedom Festival

fun fourth

Great Britain

Independence Day

John Adams

July

Macy's Fireworks

national anthem

national holiday

patriotic

Rainbow Gathering

Red White and Boom

Stadium of Fire

Thomas Jefferson


Yankee Doodle



July 2017

CALENDAR OF EVENTS



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:30 Bingo 9:30 Line Dance 10:45 Exercise Class 11:45 Lunch 12:45 Bingo	 CLOSED	9:30 Bingo 9:30 Blood Pressure 10:45 Exercise Class 11:45 Lunch 12:45 Bingo	9:30 Painting Ceramics 10:30 Chesdel Restaurant 1:00 Puzzles	9:30 Bingo 10:00 Exercise Class 10:00 Booth's Corner 11:45 Lunch 12:45 Bingo
10	11	12	13	14
8:30 Magic of Motown 9:30 Bingo 9:30 Line Dance 10:45 Exercise Class 11:45 Lunch 12:45 Bingo	11:45 Lunch 1:00 Puzzles	9:30 Bingo 10:45 Exercise Class 11:45 Lunch 12:45 Bingo	8:00 Shady Maple Smorgasbord 9:30 Painting Ceramics 1:00 Puzzles	9:30 Bingo 10:00 Exercise Class 11:45 Lunch 12:45 Bingo
17	18	19	20	21
9:30 Bingo 9:30 Line Dance 9:30 Stand by Me 10:45 Exercise Class 11:45 Lunch 12:45 Bingo	9:30 Scrabble 11:45 Lunch 1:00 Puzzles	9:30 Big Bingo 9:30 Blood Pressure 10:45 Exercise Class 11:45 Lunch 12:45 Bingo	8:00 Cape May, NJ 9:30 Painting Ceramics 1:00 Puzzles	9:30 Bingo with Vitas Healthcare 9:30 Blood Pressure 10:00 Exercise Class 11:45 Lunch 12:45 Bingo
24	25	26	27	28
9:30 Bingo 9:30 Line Dance 10:45 Exercise Class 11:45 Lunch 12:45 Bingo	9:30 Scrabble 11:45 Lunch 1:00 Puzzles	9:30 Bingo 10:45 Exercise Class 11:30 Lunchtime Concert at Bellevue State Park 11:45 Lunch 12:45 Bingo	8:30 Fort DE and Pea Patch Island 9:30 Painting Ceramics 1:00 Puzzles	9:30 Bingo 10:00 Exercise Class 11:45 Lunch 12:45 Bingo
31	Note: Billiards will return in September on Tuesdays and Thursdays! 