



Brandywine Senior Center Newsletter

December



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

2017

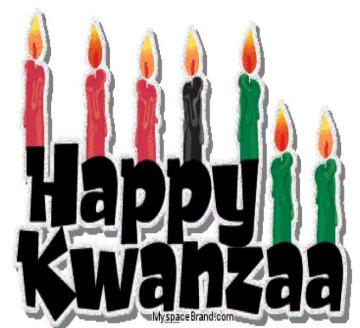
**HAPPY HOLIDAYS FROM OUR FAMILY
(The Brandywine Senior Center)
TO YOUR FAMILY!!**

**Merry Christmas to friends!
Merry Christmas to foes!
The World's bright with joy, so
Forget all your woes.
The earth's full of beauty, of
Love and good cheer.
Merry Christmas to all and
A Happy New Year!**

Anonymous



Happy Hanukkah



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!

LUNCH AT STANLEY'S TAVERN

Tuesday
December 5th
11:00am

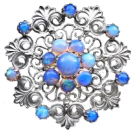


HERSHEY, PA

Tuesday
December 19th
8:30am

PAPARAZZI \$5.00 JEWELRY SALE

Monday
December 11th
9:30am — 1:00pm



BIG BINGO

Wednesday
DECEMBER 20TH
9:45 AM



HOLIDAY LUNCHEON

At the Concordville Inn
Thursday
December 14th
12:00pm

MONDAY BINGO

Tuesday
December 26th
9:45am



NEW CASTLE FARMERS MARKET

Friday
December 15th
9:30am



THE FRANKLIN INSTITUTE

Terracotta Warriors
Thursday
December 28th
10:00am



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.

MEMBERSHIP IS \$25.00

per year and

RUNS FROM

July 1, 2017

to

June 30, 2018

Move That Bus!

SAVE THE DATES

Tuesday, **December 19th** we're planning a trip to Hershey, PA

Thursday, **December 28th** we're planning a trip to the

Franklin Institute to see the Terracotta Warriors.

We hope you'll join us.

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.

ADVERTISE

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



- We treat most orthopedic and neurological conditions
- Specialists in Parkinson's Disease and other movement disorders
- Fall Prevention programs
- Home safety assessment

HOUSE CALLS

THERAPY IN YOUR HOME

No homebound rule: We treat you in your home even if you've been discharged from a Home Health Agency.

Same Therapist for every visit

Convenient — No Transportation Concerns



**First State
REHAB AT HOME**

Services offered throughout New Castle County
Covered by Medicare and other insurances

Visit our website: www.firststaterehabathome.com

Email: tom.gangemi@firststaterehabathome.com

Call: 302-304-9729

Member Updates

DECEMBER BIRTHDAYS

12/01 Shirley Miller
12/02 Dorothy German
12/05 Laura Carter
12/08 Connie Romero
12/09 Lorraine Case
12/10 Daphne Robertson
12/11 Joe McDevitt
12/12 Tyrone Nelson
12/13 Joan Chadbourne
12/13 Kathaline Mauro
12/15 Vaughn Wilson
12/16 Anna Lee
12/18 Marilyn DeBono
12/18 Gilbert Claus
12/22 Millicent Presley
12/23 Rachel Hayoun
12/23 John Skehan
12/25 Betty Wilbur
12/26 Genevieve Hession
12/28 Carl Ingalls
12/30 Mary Glenn
12/31 Sylvia Lewis

THINKING OF YOU

Betty Eachus
Clara Hunter
Bonnie Jones
Diane Marley
Ted Omlor
Connie Romero
Nilda Romero
Marlene Snelling
Joe Toth
Jane Wilson
Pauline Wyatt



Sheila Davis

NEW MEMBERS

Christel Bartleson
Patricia Carson
Ann Marie Cushman
Beth Feaster
John Fowler
John Gordon
Carl Ingalls
Octavia James
Margie Moseley
Joy Munyon
David Paci
Matt Ruvo
Maureen Smith
Mary "Babe" Stewart
Frances Walton
Margaret Mary Wilson



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.

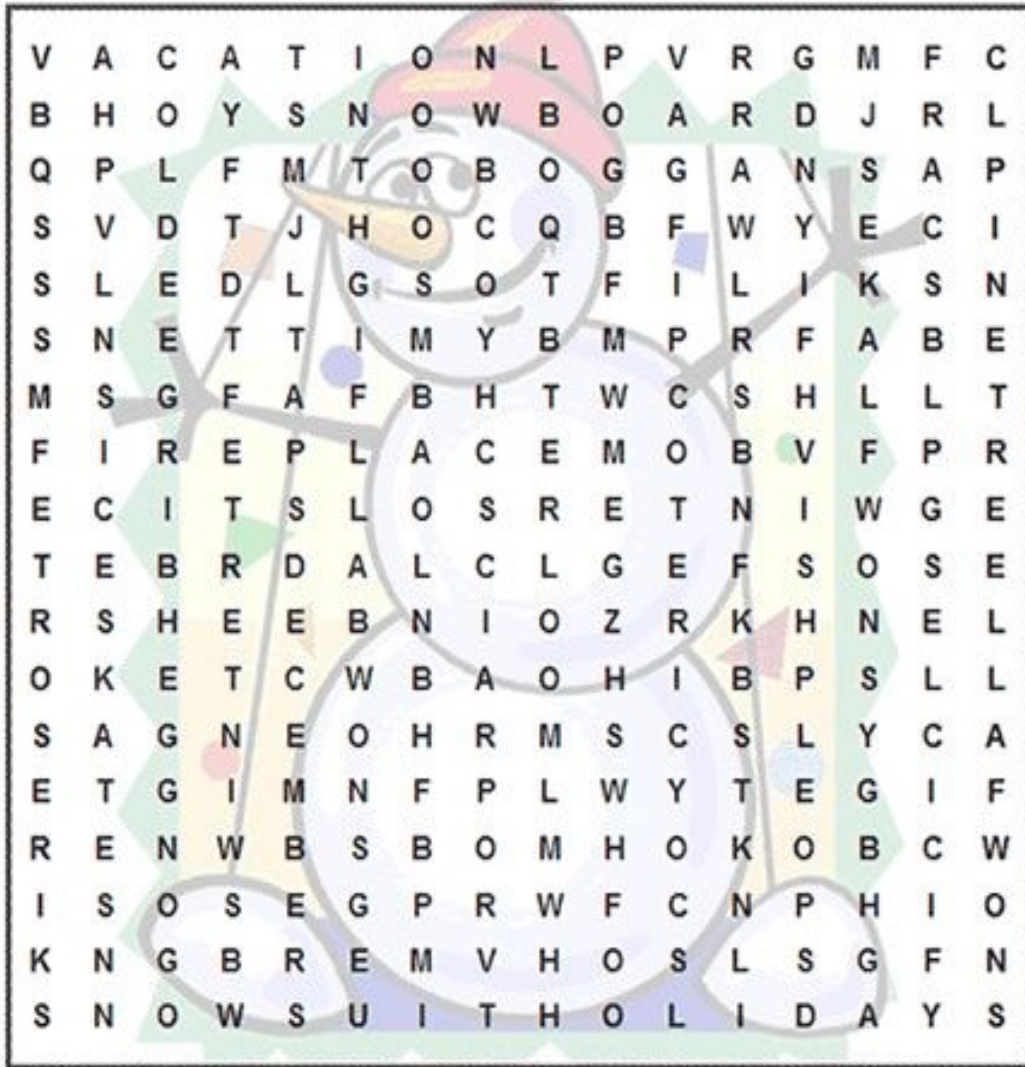
Donations may be designated as follows:

- 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.

WINTER HOLIDAY

Word Find



Ice
Sled
Snowboard
Toboggan
Ice Skates
Mittens

Ski Lift
Snowman
Ski Slopes
Snowball Fight
Hot Chocolate
Winter Solstice

Fireplace
Snowflakes
December
Ski Resort
Snowsuit
Vacation

Winter
Eggnog
Hockey
Snowmobile
Snow Boots
Frozen

Snowfall
Pine Tree
Icicles
Holiday
Scarf
Cold

Join us for the following upcoming events Monday, December 11th



Paparazzi Jewelry and Accessories Independent Consultant, Brenda Hall, will be here selling Fashionable Jewelry for **only \$5.00**

You will not want to miss this fantastic sale!

Brenda will also have on hand J.R. Watkins Products with natural ingredients: liniments, salves, extracts, spices, dip seasonings and gourmet herbs.

9:30am—1:00pm



Stop by to meet Babbie Fairley, Business Development Specialist for Arden Courts Assisted Living. She will be here between 11am—1pm to meet our members and provide Memory Screenings free of charge.

Arden Courts is partnering with Alzheimer's Foundation of America initiating the National Memory Screening Program. The program offers free, confidential face-to-face memory screenings and educational materials to people who are concerned about their memory or who want to check their memory for the future.



Joe Kordalski from 1st State Accessibility will be here providing information on home modification services. 1st State provides nearly unlimited customization and choices to keep you comfortable in your own home. They are pleased to find the solutions to your obstacles and obtain the highest possible quality of living.

HAPPY BIRTHDAY

Ann Miller and her husband Craig have volunteered to sponsor monthly birthday parties providing the birthday cakes and music.

Thank you Ann and Craig!

Starting in January, 2018 we will begin our birthday party celebrations.



What is Hanukkah?

The Hanukkah celebration revolves around the kindling of a nine-branched menorah, known in Hebrew as the hanukiah. On each of the holiday's eight nights, another candle is added to the menorah after sundown; the ninth candle, called the Shamash ("helper"), is used to light the others. Jews typically recite blessings during this ritual and display the menorah prominently in a window as a reminder to others of the miracle that inspired the holiday.

In Hebrew, the word "Hanukkah" means "dedication." The name reminds us that this holiday commemorates the re-dedication of the holy Temple in Jerusalem following the Jewish victory over the Syrian-Greeks in 165 B.C.E.

Hanukkah Traditions

Every community has its unique Hanukkah traditions, but there are some traditions that are almost universally practiced. They are: lighting the hanukkiyah, spinning the dreidel and eating fried foods.

- **Lighting the hanukkiyah:** Every year it is customary to commemorate the miracle of the Hanukkah oil by lighting candles on a hanukkiyah. The hanukkiyah is lit every night for eight nights.
- **Spinning the dreidel:** A popular Hanukkah game is spinning the dreidel, which is a four-sided top with Hebrew letters written on each side. Read The Hanukkah Dreidel to learn more about the dreidel, the meaning of the letters and how to play the game. *Gelt*, which are chocolate coins covered with tin foil, are part of this game.
- **Eating fried foods:** Because Hanukkah celebrates the miracle of oil, it is traditional to eat fried foods such as latkes and sufganiyot during the holiday. Latkes are pancakes made out of potatoes and onions, which are fried in oil and then served with applesauce. Sufganiyot (singular: sufganiyah) are jelly-filled donuts that are fried and sometimes dusted with confectioners' sugar before eating.

In recent decades, particularly in North America, Hanukkah has exploded into a major commercial phenomenon, largely because it falls near or overlaps with Christmas. From a religious perspective, however, it remains a relatively minor holiday that places no restrictions on working, attending school or other activities.

Kwanzaa History

Dr. Maulana Karenga, professor and chairman of Black Studies at California State University, Long Beach, created Kwanzaa in 1966. After the Watts riots in Los Angeles, Dr. Karenga searched for ways to bring African-Americans together as a community. He founded US, a cultural organization, and started to research African “first fruit” (harvest) celebrations. Karenga combined aspects of several different harvest celebrations, such as those of the Ashanti and those of the Zulu, to form the basis of Kwanzaa.

The name Kwanzaa is derived from the phrase “matunda ya kwanza” which means “first fruits” in Swahili. Each family celebrates Kwanzaa in its own way, but celebrations often include songs and dances, African drums, storytelling, poetry reading, and a large traditional meal. On each of the seven nights, the family gathers and a child lights one of the candles on the Kinara (candleholder), then one of the seven principles is discussed. The principles, called the Nguzo Saba (seven principles in Swahili) are values of African culture which contribute to building and reinforcing community among African-Americans. Kwanzaa also has seven basic symbols which represent values and concepts reflective of African culture. An African feast, called a Karamu, is held on December 31.

Did You Know?

The seven principles, or Nguzo Saba are a set of ideals created by Dr. Maulana Karenga. Each day of Kwanzaa emphasizes a different principle.

The candle-lighting ceremony each evening provides the opportunity to gather and discuss the meaning of Kwanzaa. The first night, the black candle in the center is lit (and the principle of umoja/unity is discussed). One candle is lit each evening and the appropriate principle is discussed.


Seven Principles

- **Unity:Umoja (oo–MO–jah)**
To strive for and maintain unity in the family, community, nation, and race.
- **Self-determination: Kujichagulia (koo–gee–cha–goo–LEE–yah)**
To define ourselves, name ourselves, create for ourselves, and speak for ourselves.
- **Collective Work and Responsibility: Ujima (oo–GEE–mah)**
To build and maintain our community together and make our brother’s and sister’s problems our problems and to solve them together.
- **Cooperative Economics: Ujamaa (oo–JAH–mah)**
To build and maintain our own stores, shops, and other businesses and to profit from them together.
- **Purpose: Nia (nee–YAH)**
To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.
- **Creativity: Kuumba (koo–OOM–bah)**
To do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.
- **Faith: Imani (ee–MAH–nee)**
To believe with all our heart in our people, our parents, our teachers, our leaders, and the righteousness and victory of our struggle.



City Fare Menu December 2017- COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
11/27 Broccoli Stuffed Chicken with Gravy Au Gratin Potatoes Crinkle Cut Carrots Strawberry Waffle Cookie	11/28 Roast Pork w. Gravy Baked Sweet Potato Green Beans Fruit Cocktail Ultimate Grain Bread	11/29 Meatloaf with Marsala Mushroom Gravy Mashed Potatoes Brussels Sprouts Applesauce Apple Waffle Cookie	11/30 Turkey Burger with Swiss Cheese, BBQ sauce, Pineapple Slice on a Whole Wheat Bun Orange Roasted Potato Wedges	12/1 Stuffed Salmon Roasted Baby Bakers Winter Blend Veggies Chocolate Pudding
12/4 Herbed Baked Chicken Roasted Baby Bakers Italian Beans Chocolate Bread	12/5 Ham & Swiss on a Club Roll, Lettuce, Tomato & Onion Cream of Broccoli Soup Orange Crackers	12/6 Meatballs in Marinara over Penne Pasta Mixed Salad with Onion & Tomato Applesauce Ultimate Grain Bread	12/7 Chicken & Dumplings Scandinavian Blend Veggies Diced Peaches Yogurt	12/8 Salisbury Steak w. Gravy Mashed Potatoes Spinach Pineapple Tidbits Cornbread Loaf
12/11 Salmon with Lemon Dill Sauce Baked Potato Broccoli Cuts Wheat Dinner Roll Rice Pudding Sour Cream	**12/12** Pot Roast with Gravy Scalloped Potatoes Green Beans & Baby Carrots With Slivered Almonds Apple Pie Dinner Roll	12/13 Turkey with Gravy Baked Sweet Potato Nantucket Blend Veggies Fresh Apple Ultimate Grain Bread Cranberry Sauce	12/14 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit	12/15 Swedish Meatballs over Egg Noodles California Blend Veggies 12 Grain Bread Tropical Fruit
12/18 BBQ Chicken Baked Beans Seasoned Greens Yogurt Cornbread Loaf	12/19 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread	12/20 Seafood Crab Cake Corn Baby Lima Beans Fruit Cocktail Wheat Dinner Roll Tartar Sauce	12/21 Turkey & Swiss on Club Roll with Lettuce, Tomato & Onion Cream of Potato Soup with Bacon with Crackers Diced Peaches	12/22 Beef Burgundy over Egg Noodles Key West Veggies Orange 12 Grain Bread
12/25 ST. PAT'S ONLY Chicken & Dumplings Scandinavian Blend Veggies Diced Peaches Yogurt	12/26 Fire Braised Chicken Stew Mixed Salad with Onion & Tomato Peach Cobbler Ultimate Grain Bread	12/27 Pot Roast w. Gravy Baked Potato Crinkle Cut Carrots Wheat Dinner Roll Applesauce Sour Cream 	12/28 Diced Chicken with Dressing & Gravy Sweet Potatoes Peas Fresh Pear Cranberry Sauce	12/29 Seasoned Flounder Macaroni & Cheese Stewed Tomatoes Banana Yogurt Split Sundae with Chocolate Syrup

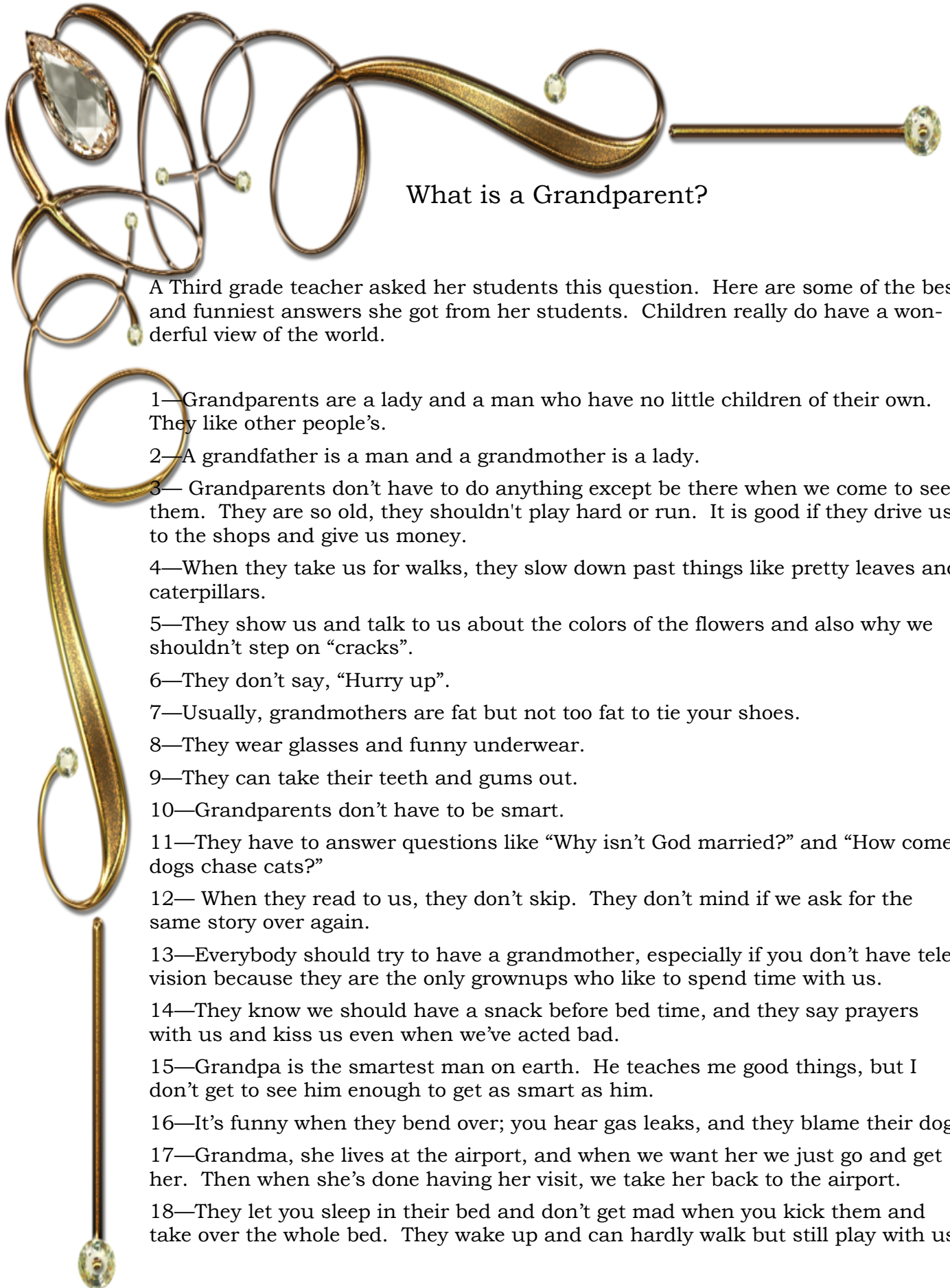
- All meals subject to change. All meals contain 1% milk
- Meals are ordered according to projected number; over that number, back-up meals will be available.
- Suggested minimum donation for persons 60+ is \$2.25. People under age 60 must pay \$5.00

City Fare 5 Day Bag Supper Menu

December 2017 - COUNTY

Monday	Tuesday	Wednesday	Thursday	Friday
11/27 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	11/28 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	11/29 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	11/30 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	12/1 Grilled Chicken Patty on Whole Wheat Hamburger Roll w/Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise
12/4 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	12/5 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	12/6 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	12/7 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	12/8 Tuna Salad on a Club Roll With Lettuce and Tomato Marinated Vegetable Salad Orange or Banana
12/11 Grilled Chicken Patty on Whole Wheat Hamburger Roll w/Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	12/12 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	12/13 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	12/14 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	12/15 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise
12/18 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	12/19 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	12/20 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	12/21 Tuna Salad on a Club Roll w/Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	12/22 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise
12/25 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	12/26 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	12/27 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	12/28 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	12/29 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt

- 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 \$5.00
- Meals available by reservation. Call your Senior Center to reserve your bag supper.



What is a Grandparent?

A Third grade teacher asked her students this question. Here are some of the best and funniest answers she got from her students. Children really do have a wonderful view of the world.

- 1—Grandparents are a lady and a man who have no little children of their own. They like other people's.
- 2—A grandfather is a man and a grandmother is a lady.
- 3— Grandparents don't have to do anything except be there when we come to see them. They are so old, they shouldn't play hard or run. It is good if they drive us to the shops and give us money.
- 4—When they take us for walks, they slow down past things like pretty leaves and caterpillars.
- 5—They show us and talk to us about the colors of the flowers and also why we shouldn't step on "cracks".
- 6—They don't say, "Hurry up".
- 7—Usually, grandmothers are fat but not too fat to tie your shoes.
- 8—They wear glasses and funny underwear.
- 9—They can take their teeth and gums out.
- 10—Grandparents don't have to be smart.
- 11—They have to answer questions like "Why isn't God married?" and "How come dogs chase cats?"
- 12— When they read to us, they don't skip. They don't mind if we ask for the same story over again.
- 13—Everybody should try to have a grandmother, especially if you don't have television because they are the only grownups who like to spend time with us.
- 14—They know we should have a snack before bed time, and they say prayers with us and kiss us even when we've acted bad.
- 15—Grandpa is the smartest man on earth. He teaches me good things, but I don't get to see him enough to get as smart as him.
- 16—It's funny when they bend over; you hear gas leaks, and they blame their dog.
- 17—Grandma, she lives at the airport, and when we want her we just go and get her. Then when she's done having her visit, we take her back to the airport.
- 18—They let you sleep in their bed and don't get mad when you kick them and take over the whole bed. They wake up and can hardly walk but still play with us.

Health & Physical Activities

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

Brandywine Senior Center

EXERCISE WITH ERIC

Mondays 11:00 a.m. — 12:00 p.m.

Wednesdays 11:00 a.m. — 12:00 p.m.

Fridays 10:00 a.m. — 11:00 a.m.

(come give it a try for only \$3.00)

**Stretching, Walking,
and Balancing**



December 2017

CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
1				9:45 Bingo 10:00 Exercise Class 11:45 Lunch 12:45 Bingo
4	5	6	7	8
9:45 Bingo 10:00 Coloring 11:00 Exercise Class 11:45 Lunch 12:45 Bingo	9:30 Billiards 10:00 Scrabble 11:00 Stanley's Tavern 11:45 Lunch 1:00 Puzzles	9:30 Blood Pressure 9:45 Bingo 10:00 Scrabble 11:00 Exercise Class 11:45 Lunch 12:45 Bingo	9:30 Billiards 9:30 Painting Ceramics 10:00 Bible Study 1:00 Puzzles	9:45 Bingo 10:00 Exercise Class 11:45 Lunch 12:45 Bingo
11	12	13	14	15
9:30 Paparazzi Jewelry Sale 9:45 Bingo 10:00 Coloring 11:00 Exercise Class 11:00 Memory Screenings with Arden Courts 11:45 Lunch 12:45 Bingo	9:30 Billiards 10:00 Scrabble 11:45 Lunch 1:00 Puzzles	9:45 Bingo 10:00 Scrabble 11:00 Exercise Class 11:45 Lunch 12:15 Spelling Bee 12:45 Bingo	9:30 Billiards 9:30 Painting Ceramics 10:00 Bible Study 12:00 Holiday Lunch at the Concordville Inn The Center will close at 11:30am The Bus will depart the Center at 11:15am for our luncheon	9:30 New Castle Farmers Market 9:45 Bingo 10:00 Exercise Class 11:45 Lunch 12:45 Bingo
18	19	20	21	22
9:30 Stand by Me 9:45 Bingo 10:00 Coloring 11:00 Exercise Class 11:45 Lunch 12:45 Bingo	8:30 Hershey, PA 9:30 Billiards 10:00 Scrabble 11:45 Lunch 1:00 Puzzles	9:30 Blood Pressure 9:45 BIG BINGO 10:00 Scrabble 11:00 Exercise Class 11:45 Lunch 12:45 Bingo	9:30 Billiards 9:30 Painting Ceramics 10:00 Bible Study 1:00 Puzzles	9:45 Bingo with Vitas Healthcare and Music Therapy 11:45 Lunch 12:45 Bingo No exercise class today
25	26	27	28	29
MERRY CHRISTMAS	9:30 Billiards 9:45 Monday Bingo 10:00 Scrabble 11:45 Lunch 1:00 Puzzles MONDAY BINGO	9:45 Bingo 10:00 Scrabble 11:45 Lunch 12:45 Bingo No exercise class today	9:30 Billiards 10:00 The Franklin Institute 10:00 Bible Study 1:00 Puzzles	9:45 Bingo 11:45 Lunch 12:45 Bingo No exercise class today