



Nanticoke Senior Center

Celebrating Aging

2025

NSC will be closed Friday, July 4th for Independence Day



Come have fun in the sun at
NSC with Sky Brady!

Thursday, July 31, 2025

6 pm—8 pm

Axe Throwing Blow Up,
Kiddie Pool, Corn Hole, and
Lots of fun for everyone!

Hot dogs, hamburgers, and
drinks available for sale!

*Nanticoke Senior Center
Presents: The 30th
Anniversary of Noah at
Sight and Sound!*

*Tuesday, October 21, 2025.
\$165 per Person. Includes
lunch at Hershey Farms
Restaurant.*

*See Diana in the front office
for more information or to
sign up.*



**MEMBERS
MEETING**

Members Meeting

Tuesday, July 1 at 1:00 in the Ballroom. Come let your
voice be heard!



WHERE FRIENDS GATHER

GYM HOURS

7:00 a.m. to 3:45 p.m.

Please use Gym wipes after using the gym equipment.

Please Keep Equipment Clean

ATTENTION;

FOR SAFETY'S SAKE

Please do not workout alone in the "Fitness Center", always have someone there for your SAFETY and theirs.

Membership

Membership (50+): \$60/year per person

The center is open to all without discrimination as to race, creed, gender, national origin, or sexual orientation. You may obtain a membership application at the front desk. Members meetings are held every other month.

SPECIAL MEMBER SERVICES

Transportation: (daily)

Please call the center before 7:45 a.m. to be added to each day's pick-up list.

Prescription Refills and Medical Appointments:

Contact the front desk to make arrangements. 48 hours notice is required for appointments-members only. **(No appointments after 1 p.m.)**

Contact the Center

Main Office: 302-629-4939

Website: www.nanticokeseniorcenter.com

Check out our Facebook Page

Hours of Operation: 7am - 4pm
(Monday through Friday)

HOMEBOUND MEALS

We deliver up to (7) nutritious meals a week. We deliver three days a week (Monday, Wednesday, and Friday) to eligible individuals who live within the Seaford zip code.

If you or someone you know is eligible for Nanticoke Senior Center's Homebound Meal Program, call us at 629-4939 or email at outreach@nanticokeseniorcenter.com

We accept Medicaid & Private Insurance

Nanticoke Senior Center is an EOE Employer



Stay up to date with events and daily info on our Facebook page.

Nanticoke Senior Center

Our Mission Statement

The mission of the Nanticoke Senior Center, Inc. is to serve, support and enhance the lives of individuals 50 years and older by providing programs and services which promote active, independent and healthy lifestyles.

THE NANTICOKE CAFE

Breakfast snacks & Coffee are available
7:30 - 10:30 am (daily) \$1.
Lunch is served daily from
11:30 a.m. to 12:30 p.m.
Price, \$8.00
(See the menu)



JULY'S MONTHLY ACTIVITIES AT THE CENTER

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	1 Sign Up Day 10:00 Pinochle 10:00 Bridge 10:00 Dominos 1:00 Members Meeting	2 8:00 Danny Short 9:45 Exercise 10:00 Bridge 10:00 Mahjong 12:00 Poker 12:00 Trivia	3 9:00 Drums Alive 10:00 Pinochle 1:30 Line Dancing	4 CLOSED 
7 Run Around 8:45/9/45 Exercise 10:00 Bridge 10:00 Canasta 10:30 Walking Club 1:30 Line Dancing	8 10:00 Pinochle 10:00 Dominos 10:00 Canasta 10:00 Disaster Preparedness Seminar 11:00 Avery Hall	9 8:45/9:45 Exercise 10:00 Bridge 10:00 Mahjong 12:00 Poker 12:00 Trivia	10 10:00 Pinochle 10:30 Birthday Lunch 1:30 Line Dancing	11 9:00 Moving Meditation 10:00 Bridge 10:00 Yarn-tastic Group 1:00 Special BINGO[Fried Chicken Sale 11am-2pm \$12 / 8 pieces
14 Run Around 8:45/9/45 Exercise 10:00 Bridge 10:00 Canasta 10:30 Walking Club 1:30 Line Dancing Ice Cream Sundaes	15 10:00 Pinochle 10:00 Dominos 11:00 Dennis McConnell	16 8:45/9:45 Exercise 9:00 Board Meeting 10:00 Bridge 10:00 Mahjong 12:00 Poker 12:00 Trivia	17 9:00 Drums Alive 10:00 Pinochle 1:30 Line Dancing 2:00 Afternoon Delight	18 9:00 Moving Meditation 10:00 Bridge 10:00 Yarn-tastic Group 1:00 BINGO
21 Run Around 8:45/9/45 Exercise 10:00 Bridge 10:00 Canasta 10:30 Walking Club 1:30 Line Dancing	22 10:00 Pinochle 10:00 Canasta	23 8:45/9:45 Exercise 10:00 Bridge 10:00 Mahjong 11:00 Stand By Me 50 + 12:00 Poker 12:00 Trivia	24 9:00 Drums Alive 10:00 Pinochle 1:30 Line Dancing	25 9:00 Moving Meditation 10:00 Bridge 10:00 Yarn-tastic Group 1:00 BINGO Fried Chicken Sale 11am-2pm \$12 / 8 pieces
28 Run Around 8:45/9/45 Exercise 10:00 Bridge 10:00 Canasta 10:30 Walking Club 1:30 Line Dancing	29 10:00 Bridge (2 tables) 10:00 Pinochle 10:00 Canasta	30 8:45/9:45 Exercise 10:00 Bridge 10:00 Mahjong 12:00 Poker 12:00 Trivia	31 9:00 Drums Alive 10:00 Pinochle 1:30 Line Dancing	



JULY BIRTHDAYS



“LJ the DJ is back to provide musical entertainment as we celebrate July Birthdays!

Thursday, July 10th ~10:30 to 12:30

\$12

Must sign up by Monday, July 7th

MENU:

Fried Chicken

Cheesy Potatoes

Green Beans

Dessert

Disaster Preparedness Seminar

Tuesday, July 15th at 10:00am

We all know the normal things to stock up on but this seminar gives a new perspective on other things we just don't think about.

Sign up in front office



Afternoon Delight

Thursday, July 17th, from 2 to 3

Please sign up....\$5 per person

If you have a favorite kind of wine and want to bring it, please feel free.

All Wine Welcome!!

(Island Fusion is returning in October!)

NSC LICKIN' GOOD CHICKEN SALE



11 am—1 pm only
Or until SOLD OUT!



Friday, July 11th and 25th



**Every Friday from 1:00 to 2:00 in
the Ballroom. Bring a Friend!!!**

Special Bingo, July 11th,

Two free cards, special prizes.

**Frequent hand Washing keeps us all
healthy!**



Please wash your hands often!

***Bible Study is taking a break for the
summer. We will be back in
September!***

COMING SOON

August 26—Pampered Chef

September 2025—Chair Volleyball

September 26th—Quarter Auction

October 21, 2025 Sight & Sound~Noah

October 28—Charcuterie Class

October 31st—Halloween Party, Dusty Vinyl

December 5th—Jones Boys

Name: _____ Date: _____



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

4TH OF JULY

ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS
FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY
NATION
PARADE
REVOLUTION
RIGHTS

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

STATES
THIRTEEN
UNITED



Nanticoke Senior Center Staff:

Brenda Givens; *Director of Operations,*

Margaret Parks; *Assistant Director of Operations*

Mary Lynn Huberty; *Kitchen Manager*

Cheryl Johnson; *Food Service Director*

Melanie Stakiel; *Outreach & Marketing*

Diana Brittingham; *Office Manager*

Gene Logan; *Transportation Director*

Food Service Assistants

Joanne Chairadonna

Steve Carroll

Libby Hudson

Billy Monahan

Building Specialists

Kerry Hall

Nelson Alston

Receptionists

Lee Williams

Diane Keener

Transportation

Dennis Smith

Frank Repici

ACTIVITY LEVELS: The following activity levels will be assigned to trips to help you decide which trips are suitable to your walking capacity.

Easy (E); there will be minimal walking on primarily flat surfaces

Moderate (M); leisurely walking, possibly of stairs, some standing

Hard (H); extended periods of walking, may be steps, uneven surfaces, some inclines



Ice Cream Sundaes,

Monday, July 14h

Come have lunch
and enjoy this
special treat, ice
cream and toppings!!

Welcome

New Members

Sharon Dickerson

Vivian Gonzalez

Shirley Henry

Margaret Gallant

Peggy James

THANK YOU!

Thank you to the Sussex Sassy
Dancers for their generous donation
to us in loving memory of
Joyce Towers and Thomas Pegelow



Thank you to Pat Jester, who made this lovely embroidery of our NSC Logo. We have proudly hung this beautiful picture in the hall at the top of the steps. Thank you again for sharing your talent with us.

Danny Short's

Coffee Meeting

Wednesday, July 2nd

at 8:00 a.m.

Come catch up on all the latest
news and events, while enjoying a
hot cup of coffee and Danish.





July Birthdays



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Daria Pogan	2 Darlene Gilpin Aaron Graves	3 Catherine Handy Annette Stanley Tawn Shivers	4	5 Stewart Bowden Joe Jasper Carolyn Nelson
6 Jane Smack Eddy Parker Beverly Dyer	7 Karen Brunken Riceton Johns Clifford Moore	8 Bruce Smith Wesley Everheart Paul Burbank	9 Ann Harms Tina Sauer Susan Wooters	10 Joyce Dawson Bryant Richardson Linda Webb Jerry Wooters	11	12 John Danks Shirley Bramble Rebecca Waller Edris Jasper Carol Williamson Sherry Whitt Mark Remillard Teleea Jackson
13 Louise Marine Sharlene Johnson Tammy Baker Jennifer Southard	14 Janet Moore Alice White Barbara Elliott Laura Mears	15 Ramona Shreves Mike Bray Steve West Mike Lambert	16 Frank Leonhartt Betty Pozsgay	17 Carol Travers Leon Whitt Anna Kopp	18 Dick Elzey Mary Noel Brian Birch	19 Bob Atkinson Deb Eufemia Granville Morris II Debbie Pusey
20 Jean Tucker Linda Hardesty Bill Knauss Sheila Tull	21 Bill Mears Roxanne Royal Brenda Everheart Caroline Cole	22 Helen Kern Bonnie Bulota Winnie Cason	23	24 David Hagerty John Irelan	25 Ann Blake	26 Deana Banning Ellen McAdam Dina Hopkins
27 Robert Davenport Ron Redman	28	29 Pat Tucker John Hitch Donna Kirschner	30 Lisa Melberger Chick Allen III Rob Tresselt Keith Truitt Polly Pusey Cindy McPhail	31 Robert Hurley Joanna Justice		
					<div> <p>Have we MISSED your Birthday???</p> <p>If so please let us know!!!</p> </div>	

BOARD OF DIRECTORS

Lora Schuler
PRESIDENT

Jerry Dorsey

Jennifer Southard

Nancy Dorman

Phyllis Parker

Jim Bowden

Deb Forespring

Lisa Miller

JC Willin

Ed Gibson

Mark Hardesty

Eugene Franceschi

Cyndi Mulder

Alan King

Pat McDowell

Sam Miller

Honorary:

Join or Renew Your Membership



Invoices have been sent out. If you have not received one, see the front office.



July fun Facts



1. July, the seventh month, is named after Julius Caesar, a Roman general.
2. Thomas Jefferson and John Adams both died on July 4, 1826 which was the 50th anniversary of the signing of the Declaration of Independence.
3. July is "National Hot Dog Month"
4. July's birth month bird is the Eagle and the birthstone is the Ruby
5. Americans spend an estimated \$1 billion on fireworks in the US each year

Inquiring Minds Want To Know....

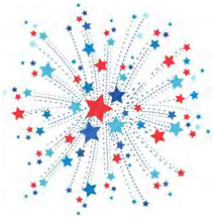
Question: What is probably the best kept secret in Seaford? The NANTICOKE SENIOR CENTER!

Are you aware of all the activities the center offers? Here are a few of the new programs they offer. Yarn-tastic on Fridays at 10am. Come join this new fun group for knitting, crocheting & tatting. Bring your project and have a "Knitty-Gritty" great time. Maybe stay for lunch (\$8) and then join the BINGO Gang to win a prize or two.

Then there is "Moving Meditation" with Jerry Dorsey! This is a series of gentle exercises intended to create harmony between mind and body. It deals with slow flowing movements of the body and mindful breathing. Every Friday at 9am in the ballroom. Only \$3 a class. You know, I think a number of us should be taking this class....great for mind and body. WAY TO GO JERRY!!!!

"Stand By Me 50+". The 4th Wednesday of every month (mark your calendar) at 11am and its free! A personal financial help session. You have questions? They have helpful answers.

Oh, there is also the Sight & Sound trip in October. (10/21) to see Noah. A stage performance with wonderful actors and live animals. This trip includes a comfy motor coach, Noah, and lunch at Hershey Farms. All for \$165/person. *Ask a friend to go with you. **Put aside \$55 a month or \$16 a week (July, August, Sept) and you will have your \$165 + a little spending money. The center has 50 tickets available. Leave the driving to us and have a fun time. Sign up today!!!



JULY Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Roast Beef Mashed Potatoes Green Beans</p> <p>Clam Chowder</p>	<p>2 Chicken Salad Wrap 3 Bean Salad Chips</p> <p>Chef's Choice</p>	<p>3 4th of July Cook Out Hamburger or Hotdog Potato Salad Baked Beans</p> <p>Chef's Choice</p>	<p>4</p> 
<p>7 Reuben Sandwich Onion Rings</p> <p>Italian Wedding</p>	<p>8 Shepherds Pie Broccoli</p> <p>Italian Wedding</p>	<p>9 Baked Chicken Wild Rice Peas & Carrots</p> <p>Chef's Choice</p>	<p>10 <u>Birthday Lunch</u></p> <p>Fried Chicken Cheesy Potatoes Green Beans</p>	<p>11 Salad Bar Tomato</p> <p>NSC Fried Chicken Sale 11-1 8 pcs for \$12</p>
<p>14 Fish Sticks Seasoned Fries</p> <p>Loaded Potato</p>	<p>15 NSC's Homemade Pizza (2 slices, extra slice \$5)</p> <p>Loaded Potato</p>	<p>16 Baked Ziti Side Salad</p> <p>Chef's Choice</p>	<p>17 Chicken & Broccoli Casserole Bread</p> <p>Chef's Choice</p>	<p>18 Salad Bar</p> <p>Creamy Tomato</p>
<p>21 Baked Cod Mac & Cheese Stewed Tomatoes</p> <p>Minestrone</p>	<p>22 Chili Dog French Fries Coleslaw</p> <p>Chili</p>	<p>23 Meatloaf Mashed Potatoes Succotash</p> <p>Chef's Choice</p>	<p>24 Build Your Own Nacho Bar</p> <p>Chef's Choice</p>	<p>25 Salad Bar Tomato</p> <p>NSC Fried Chicken Sale 11-1 8 pcs for \$12</p>
<p>28 Seafood Mac & Cheese Cole Slaw</p> <p>MD Crab</p>	<p>29 Liver & Onions Mashed Potatoes Peas</p> <p>MD Crab</p>	<p>30 Meatball Sub Onion Rings Cole Slaw</p> <p>Chef's Choice</p>	<p>31 Turkey or Ham Sub Chips</p> <p>Chef's Choice</p>	<p>MENU SUBJECT TO CHANGE</p>

At A Glance-TRIPS

*SEE TRIP DIFFICULTY LEVELS ON page 6

7/1 Sign Up Day! Members Only!! Trip sign ups must be done in person between the hours of 7 am and 10 am. After 10, members may call to sign up and pay for trips over the phone.

NSC Run Around, every Monday at 10:00; Need a few things, we can help. Shop local and catch up on your errands. Free!!!

7/3 Thur., 11:00 ROMEO, Darby's Bar & Grill, Harrington;

Everyday live sports, home cooked food, music, drinks & good times! Price \$5. Bring money for lunch. (E)

7/8 Tue., 11:15 JULIET, Windmill Creek Winery, Berlin;

Our 12 acre estate features the beautifully restored 1885 Mariner House, surrounded by wildflower fields and peaceful garden spaces. We're proud to serve exceptional handcrafted wines, beer, and true farm to table dishes. Price \$5. Bring money for lunch. (E)

7/11 Fri., 10:00 Dover Downs;

You gotta play to win! Price \$5. Bring money for lunch. (E)

7/16 Wed., 10:30 Romeo & Juliet, Flannery's Bayou BBQ, Fruitland, MD;

Our eatery offers a unique fusion of Bayou and barbecue cuisine, providing a delicious array of dishes that will tantalize your taste buds. Price \$5. Bring money for lunch. (E)

7/20 Sun., 3:30, Shorebirds Baseball, (Make up game from May 13th);

Some seats are still available. Price \$23. Bring money for lunch. (M-H)

7/21 Mon., 10:00 Senior Day at Delaware State Fair, Harrington;

Get ready to experience the thrill of the Wild West right here at the Delaware State Fair. Price \$5. (M-H)

7/29 Tue., 9:30, A Day at the Beach, Indian River Inlet;

Food available at the Park (The Big Chill Beach Club) or bring a picnic lunch. Price \$5. Bring money for lunch. (M-H)

7/31 Thur., 10:00, Bylers, Dover;

Bylers is a bargain grocery outlet store and market. You'll be sure to find what you need at our discount food store at great prices. Lunch is "Gene's Choice"! Price \$5. Bring money for lunch. (M-H)

Please note that the times provided are bus departure times. Please arrive 10 to 15 minutes early. Thank you!!

Health & Wellness

EXERCISE CLASSES

Instructor, Mary Lynn Huberty

Monday & Wednesday
\$3.00 per class

STRETCH & MOVE: This class meets on Mondays and Wednesdays from 8:45 to 9:30.

GENTLE EXERCISE: This class will meet on Monday and Wednesdays from 9:45 to 10:30.

Drums Alive Cardio Workout Class

Thursdays

\$3.00 per class

We promise you a banging good time!!

Mary Lynn Huberty, Instructor

STAND BY ME 50+ Financial Program

Free Personal Financial Coaching
4th Wednesday of every month.

Janet Hoskins, Financial Empowerment Coach
4th Wednesday of the month at 11:00

YOUR MEDICARE OPTIONS

Do you have questions concerning your Medicare Options??

Come see Dennis McConnell and let him help you with your questions.

3rd Tuesday of the month.

Please call for an appointment

302-629-4939

Medicare Advantage, Supplemental Coverage & Medicare Options

Line Dancing Classes **Mondays and Thursdays**

1:30 p.m. to 3:00 p.m.

Cost is \$3.00 per class

Join Instructor Pat McDowell for the fun and fellowship of learning line dancing.

From beginner to intermediate level.

Wear comfortable footwear.

No heels, sandals or crocs.

Exercise, Line Dancing, Moving Meditation, & Drums Alive Tickets are \$3.00 each.

Buy a book of 10 tickets for \$25.00 and save. Books of tickets can be used for all 3 classes.

Welcome to Moving Meditation

With Jerry Dorsey!

Moving Meditation is a series of gentle exercises that will create harmony between the mind and body. This exercise aims to improve physical as well as mental well-being through slow, flowing movements and mindful breathing.

Every Friday at 9:00,

Tickets \$3 per class

www.averyhall.com 318 E. Main St., Salisbury, MD 21801

Medicare Questions?

Avery Hall Insurance Can Help!

NANTICOKE SENIOR CENTER

11001 West Locust Street
Seaford, DE 19973

2nd Tuesday of Every
Month in 2023 11:00 AM

To RSVP please contact
Diana or Mary Lynn at
302-629-4939

Navigate Medicare with
Confidence with this FREE
Educational Seminar!

AVERY HALL
NANTICOKE SENIOR CENTER

TRACY K. JONES
AVERY HALL BENEFIT SOLUTIONS

302-330-2107
tjones@averyhall.com



Nanticoke Senior Center
1001 West Locust Street
P. O. Box 406
Seaford, DE 19973

Non-Profit Organization
U. S. Postage Paid
Georgetown, DE 19947
Permit # 147

Return Service Requested



WHERE FRIENDS GATHER



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