



Cape Henlopen Senior Center

NEWSLETTER · July and August 2026

CHSC UPCOMING EVENTS

Call or stop in the Center to register.

***Parking Rules for 2026 Parking Season - Pg. 4**

- **Diabetes Prevention Program – Pg. 4**
- Fall Into Fitness Showcase – Pg. 7
- **Friday's Art Group – Pg. 5**
- Massage & Healing – Pg. 5
- **Music Lessons – Pg. 6**
- Pancake and Sausage Breakfast – Pg. 5
- **Restorative Sound Bath – Pg.6**
- **Weight Down Support Group – Pg. 7**
- Woodcarving Group - Pg. 6

11 Christian Street
Rehoboth Beach, DE 19971
(302) 227-2055 phone
(302) 226-0961 fax

capehenlopeseniorcenter.org

Center Summer Hours:

**Monday thru Thursday
8:00 am until 4:00 pm**

Friday – 8:00 am to 2:00 pm

The mission of the Cape Henlopen Senior Center, Inc., is to support adults 50 and over to lead their best lives.

CHSC Holiday Closing

Friday, July 3



CHSC Weekly Activity Schedule

Activities and Programs are subject to change. If in doubt, call the Center - 302-227-2055

Activities	Day	Time	Instructor/Leader	Notes
◆ Art, Literature, Music				
Art Group	Monday	9:30 – 11:30	All levels (Acrylic, Watercolor and Oil)	
Art Studio	Friday	9:00 – Noon	Painting on your own.	
Bible Study (Resume 9/22)	Tuesday	11:15– 12:30	Pastor Bernie ~ All are welcome to join.	
Book Club – (Books list at bottom)	3 rd Monday	1:00 – 2:00	Kate Masterton	To join call 302-227-2055
Chorus (Resume 9/9)	Wednesday	10:00 – 11:30	Thom Pemberton	
Music Lessons (Guitar or Ukulele)	If you're interested in music lessons, call the Center. Steve Pashigian, Instructor			
Writing Group (Resume in September)	1 st & 3 rd Thurs.	2:00 – 4:00	Frances Riley	Looking for more writers.
◆ Cards and Table Games				
Contract Bridge	Thursday	12:30 - 4:00	Patrick Quinn	
Game Day (Play games of your choice)	Monday	12:30 – 4:00	See Bernita if you would like to bring a group.	
Mah Jongg	Wednesday	11:00 – 2:00	Joan McGrath	
Pinochle (Double Deck)	Thursday	11:30 – 4:00	See Bernita	
◆ Crafts and Hobbies				
Quilting	Tuesday	9:00 – 11:00	Sue Goudy	All quilters are welcome
Sewing Group	Tuesday	8:30 – 1:00	Kathi Snyder	All sewers are welcome
The “Yarners” Group	Wednesday	9:00 – 11:00		
Woodcarving	Tuesday	8:00 – 11:00		Looking for more carvers.
◆ Exercise, Dancing				
Balance Class with Chris (Resume 9/22)	Tuesday	3:15 – 4:00	Chris Selitto	\$7 per class
Ballroom Dancing – Beginner	Monday	12:30 – 1:30	Tom Pemberton	\$10 pp Need Partner
Ballroom Dancing -Beginner	Thursday	10:00 – 11:00	Tom Pemberton	\$10 pp Need Partner
Ballroom Dancing - Intermediate/Adv.	Thursday	11:00 - Noon	Tom Pemberton	\$10 pp. Need Partner
Chair Aerobic	Thursday	9:00 – 10:00	Nancy Esposito	\$5 per class
Chair Yoga	Tuesday	11:45 – 12:45	Nancy Esposito	\$5 per class
Fitness Circuit Training	Wednesday	9:15 – 10:15	Chris Selitto	\$7 per class
Fitness Room	Mon thru Fri	8:00 – 4:00	Except during circuit training (see above)	
Gentle Yoga *New*	Wednesday	10:00 – 11:00	Kim Sullivan	\$6 per class
LaBlast Fitness (Resume 9/21)	Monday	2:00 – 3:00	Marie Reedy	\$7 per class
Line Dancing (Improver)	Monday	10:05 – 11:05	Marian Fetherolf	\$5 per class
Line Dancing (Beginner/Improver)	Monday	11:10 -12:10	Marian Fetherolf	\$5 per class
Moving the Moment (Resume 9/22)	Tuesday	10:30 – 11:30	Janaea Rose Lyn	\$5 per class
Sit & Get Fit	Mon. & Fri.	9:00 – 10:00	Nancy Esposito	\$5 per class
Tai Chi for Balance (Resume 9/15)	Tuesday	9:15 – 10:15	Sharon Downs	\$6 per class
Tai Chi for Health (resume 9/16)	Wednesday	9:00 – 10:00	Sharon Downs	\$6 per class
Tai Chi Easy with Qi Gong (Resume 9/22)	Tuesday	1:30 – 2:30	Kory Ward-Cook	\$6 per class
◆ Other				
Billiards	Mon - Thurs	8:00 – 4:00	\$1.00 per week.	
Billiard League	Friday	9:00 – 2:00		
◆ Other				
Weigh Down Support Group	Friday	8:30 – 10:00	\$1.25 per week	
◆ Other				
Friends Dining Out-Meet at restaurant 4:30pm	3 rd Wednesday	Dinner at 5 pm	Romaine Embry, Leader	

CHSC Book Club:

Monday, July 20 – Who is Government by Michael Lewis / Monday, August 17 – El Dorado Drive by Megan Abbott
If you would like to join the Book Club, leave your name and phone number at the front desk, and you will be notified.



CENTER STAFF

Executive Director
Linda Bonville

Program Director
Bernita Hackney

Travel Coordinator
Kate O'Rourke

Transportation
Americo Cajina
Earl Schlegel

CHSC BOARD OF DIRECTORS

President - Gregory Murphy

Vice President – Frank Gainer

Treasurer – Sandra Meagher

Secretary – Jeffrey Siwy

Mary Jenkins
John Kelly
Matthew Lukasiak
Brenda Milbourne
Diane Taylor

Mark Saunders (Liaison)

General Membership Board Meeting Dates

Date will be announced.

*General Membership Board
meetings are open to
all CHSC members.*

From The Desk of The Executive Director.....Linda

Welcome to summer! The sun is shining, the flowers are in full bloom, and our area is bustling with energy. This season is all about enjoying the warmer days, connecting with friends, and making the most of the beautiful weather safely. We have canceled many of our programs due to traffic and congested highways. However, before you know it, we will be back in full swing in September.

Here are a few tips to keep you feeling your best all summer long. Your health is our top priority. Summer weather can bring high temperatures and humidity. Please keep these simple, effective habits in mind to stay safe and energized:

- Hydrate frequently: Drink water throughout the day, even if you do not feel thirsty.
- Time it right: Limit strenuous outdoor activities to the cooler morning or evening hours.
- Dress comfortably: Wear loose, lightweight, light-colored clothing and a wide-brimmed hat.
- Sun protection: Apply broad-spectrum SPF 30+ sunscreen 15 minutes before stepping outside.
- Know the signs: If you or a neighbor feels dizzy, nauseated, or unusually tired, move to an air-conditioned room immediately.

Save the Date – November 19, 2026 Cabaret Fundraiser

The Friends of CHSC, along with our board and staff, are planning another exciting evening of food and entertainment, and celebrating our 60th Anniversary. Tickets will be on sale soon! We need everyone's support. All money raised will go toward our new Senior Center, on which we are moving forward. As previously, this is a major undertaking, and we are accepting donations toward this project. Please stop by the Center and take a look at our new senior center's Phase 1 rendering on the main bulletin board. Also, if you are aware of possible donors, please let us know. Total cost: \$5 million – \$6 million.

New Trip Coordinator

I would like to introduce Kate O'Rourke, who has joined my staff as our new Trip Coordinator. Kate brings years of experience in travel planning and organization. She will be planning and booking many outings for our senior bus as well as working with travel companies for wonderful overnight excursions. With her pleasant personality and compassion for seniors, I know you will enjoy chatting with her.

Please join me in giving Kate a warm welcome! Her office hours are Tuesday, Wednesday, and Thursday from 8:30 am - 3:30 pm.



**Stay active and fit for Summer.
Come join our weekly exercise
and dance classes.**

- Ballroom Dancing
- **Chair Aerobic**
- Chair Yoga
- **Fitness Circuit Training**
- Fitness Room
- **Gentle Yoga**
- Line Dancing
- **Sit and Get Fit**

**Days and times are listed on
page 2 in your newsletter.**

PARKING RULES for 2026 Parking Season

Rehoboth Beach parking meters are in effect until September 15. The City of Rehoboth has marked designated spaces in the Martin Lawns Parking Lot for CHSC members. During the summer, our center hours are Monday thru Thursday, 8:00 am to 4:00 pm; Friday, 8:00 am to 2:00 pm. These parking spaces are only to be used when participating in center activities. You are allowed to park on Christian Street if you leave before 10:00 am.

Please Note:

If you are a new member and will be participating in weekly activities, you will need to pick up a sticker at the center's front desk.



**The following programs and activities are
canceled for the summer months.**

- **Bible Study**
- Bingocize
- **Balance Class with Chris**
- **Computer & Smartphone Help**
- Jackpot Bingo
- **LaBlast Fitness**
- Moving the Moments
- **Qi Gong**
- Refresher Defensive Driving Courses
- **Tai Chi for Balance and Health**
- Wii Bowling

**Classes will resume in September after
Labor Day or parking meter season end.**



Diabetes class will be held at
Cape Henlopen Senior Center.

"Start Date: TBA"

This class will be conducted by
Helena, who will provide expert
guidance on managing
diabetes effectively.

If you are interested in registering,
please call 302-227-2055.

Don't miss this chance to enhance your
understanding and management of
diabetes!

Join FRIENDS



Dates and Restaurants

Wednesday, July 15

Harvest Tide Steakhouse

410 East Savannah Road, Lewes

Wednesday, August 19

Abbott's Grill

16388 Samuel Paynter Blvd #4, Milton

If you're interested in joining "Friends Dining Out" group, call 302-227-2055 to add your name to the list. If you are going to dinner, **YOU MUST CALL the Center to sign up.** We need to have a count on number of people going.

Dinner at 5:00 pm.

NOTE: IF YOU MUST CANCEL, PLEASE DO NOT WAIT UNTIL THE LAST MINUTE TO CALL US.

ATTENTION!

We need a new coordinator for Friends Dining Out. If interested, contact staff member Bernita.



Friday's Art Group looking for more participants

Are you looking to enhance your painting and sketching skills in a supportive environment?

Our class meets every Friday from 9:00 am to noon. While we operate without a formal instructor, our members engage in constructive criticism to help each other grow as artists. Due to recent changes, we are seeking new members who are eager to share their creativity and improve their techniques. Whether you're a beginner or an experienced artist, your unique perspective is welcome. Interested in joining us?

Please call 302-227-2055 or visit the Center to register.

All-You-Can-Eat Pancake & Sausage Breakfast

Served with orange juice and coffee



Thursday, July 23

8:30 am to 10:00 am

Tickets: \$7 per person

Tickets on sale at the Center's front desk.
Limited tickets will be sold at the door.

Note:

No activities in the multi-purpose room until 11:00 am.

Massage & Healing **You may only register for one session.**



Roxanne Master, a certified Massage Therapist, will be at our Center on

Thursday, July 16

Thursday, August 20

She will do a 15-minute massage.
Cost is \$15 per session.

Times availabilities:

1:45 pm - 2:05 pm - 2:25 pm
and 2:45 pm

Please call 302-227-2055 to register.



Restorative Sound Bath Wednesday, July 8 at 11:00

Facilitated by Anais Saballos

The sound of Tibetan singing bowls can improve your health and mood in surprising ways. A sound bath is a passive and deeply relaxing experience. No prior experience or physical effort is required...the sound and vibrations do the rest.

Benefits:

- Promotes mental clarity and emotional well-being
- Reduces stress and anxiety levels
- Improves sleep quality
- May help support healthy blood pressure and cardiovascular wellness
- Relieves muscle tension and joint discomfort
- Helps regulate the nervous system.

Please wear comfortable clothing and bring water and a yoga mat, or simply come ready to sit back, relax and enjoy the experience.

Register by Monday, July 6 by calling 302-227-2055.

This program is a complimentary wellness practice and is not intended to replace professional medical care, diagnosis, or treatment.

Why not try something new!

Yarners Group (Knitting and Crocheting)
Wednesdays: 9:00 am – 11:00 am

These dedicated women enjoy the skill of working with their hands by making hats, Afghan, sweaters, gloves, etc. If you don't know how, they will teach you.

Quilting Group

Tuesdays: 9:00 am -11:00 am

The members provide quilting services for those who have finished quilt tops but need quilting. If you would like to learn how to quilt, come out and the experts will teach you.

Sewing Group

Tuesdays: 8:30 am – 1:00 pm

Enjoy sewing? Build comradery with fellow sewers while creating your projects. If you use fabric, thread and needles to make it, you're doing some sort of sewing. Bring your own supplies and sewing machine, if needed, and lunch.



Are you interested in Woodcarving?

**Tuesdays:
8:00 am to 11:00 am**

Our Woodcarving group is more than just a place to carve – it's a place to connect, create, and unwind. Whether you're a seasoned carver or have an interest in carving, you'll find a welcoming space filled with encouragement, shared knowledge, and plenty of laughter. Members enjoy learning techniques, sharing ideas, and turning a simple block of wood into a beautiful work of art.

If interested, call 302-227-2055.

Are you interested in Music Lessons?



**Steve Pashigian teaches
guitar, ukulele, and piano.
\$20 for half-hour lesson.**

**If you are interested, call the Center to see
what time slots are available.**



Join the CHSC Gospel Choir!

Are you passionate about
singing gospel music?

We're excited to announce the formation of a new Gospel Choir at Cape Henlopen Senior Center.

Rehearsals will be held on

Mondays, beginning September 14, at 11:00 am.

If you're interested in joining us, please register by calling 302-227-2055.

The choir will have the chance to perform at nursing homes, assisted living facilities, and other venues that request entertainment.

Mark Your Calendar!

FALL INTO FITNESS SHOWCASE

**Friday, October 16,
beginning at 9:00 am**

A 15-minute demonstration on each class:
Balance Class, Chair Aerobic, Fitness Circuit
Training, LaBlast, Line Dancing, Moving with
Moment, Qi Gong, Sit & Get Fit, Tai Chi for
Balance, Tai Chi for Health, Chair Yoga and
Gentle Yoga.

A light lunch immediately following class
demonstrations.

**Register by calling 302-227-2055.
Cut-off date to register is
Tuesday, October 13.**



Are you looking for a little extra motivation to help you control your weight?

If so, we have an exciting opportunity for you!

We invite you to join the CHSC Weigh Down
Support Group, where you can find the
encouragement and support you need to
reach your goals.

The group meets every Friday from 8:30 am to
10:00 am, and the cost is just \$1.25 per week.

Not only will you benefit from valuable tips and
strategies, but you'll also enjoy the fellowship of
others on a similar journey.

If you're interested in joining this group, please
come on Fridays at 8:30 am.

Monday through Thursday – 8:00 am to 4:00 pm

Mark Your Calendar!



**Saturday, November 14
10:00 am to 3:00 pm**

- ✓ Over 20 Craft Vendors
- ✓ Baked Goods Table
- ✓ 50/50 Raffles
- ✓ Door Prizes

I am looking for a volunteer to oversee our baked
goods table. If you are interested,
see staff member Bernita.



Defensive Driving Beginner Course:

Friday, September 18– 9:00 am to 3:00 pm

Defensive Driving Refresher Course:

Friday, September 11- 8:30 am to 1:00 pm.

Friday, October 9 - 8:30 am to 1:00 pm

AARP Members \$20~Non-Members \$25

To register, call 302-227-2055

Friday – 8:00 am to 2:00 pm

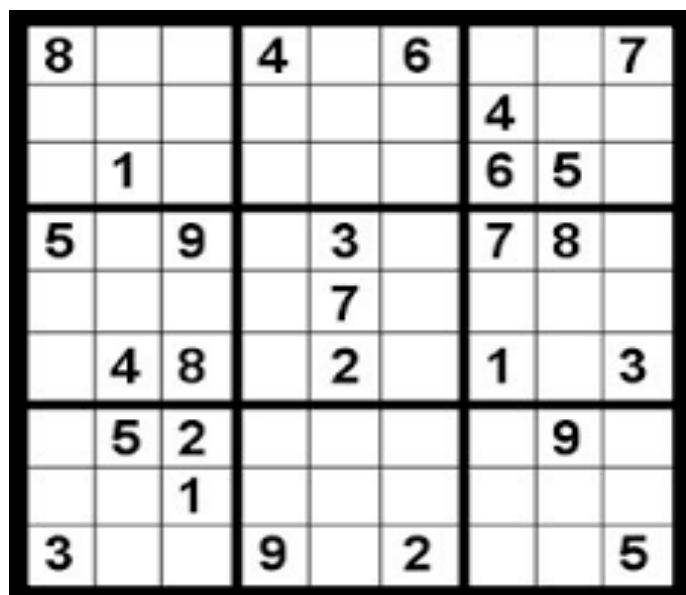


Raymond Andersen
Donna Barone
Kat Barrett
Pamela Biordi
John Bramer
Susan Bramer
Katherine Buck
Anita Cook
Jeri Crawson
Charlotte Cregger
Yolanda Edwards
Rose Esposito

Sarah Kelly
Debra Knott
Sandy Paulen
Marie Perez Freedman
Sylvia Fresconi
Karen Haley
Paul Hess
Anne Himelfarb
Sandra Hinsch
Sandy Hoppes
Kathleen Kammann
Marcella (Tina) Lacey

Ursela Lemp
Jane Liedtka
Janice M. Love
Matthew Lukasiak
Hugh Lynch
Evelyn Lynch
Judy McFadden
Debbie Minifie
Amy Murphy
Pamela O'Brien
Kate O'Rourke
Mabel Saienni

Theresa Sciortino
William Sly
Catherine Sperry
Jim Sperry
Cynthia Staker
Sandra St. Germain
Joseph Thomas
Dave Walker
Elizabeth White
Cecilia Wyant



SUDOKU EASY



SUDOKU HARD

CHSC TRIP RULES



- **ON TRIP SIGN UP DAY – ONLY MEMBERS MAY BOOK TRIPS. AFTER THAT DAY NON-MEMBERS MAY BE ADDED AS SPACE PERMITS.**
- **CHSC BUS COURTESY SUGGESTIONS: We ask that all single travelers share seats so double seats will be available for those partners traveling together. We appreciate your courtesy and cooperation.**

1. According to our guidelines, if you are registered for a trip that is full and you need to cancel your reservation, you must notify the office or find someone to take your place and notify the office of the change.

If you fail to do this, you will be put on the waiting list for future trips.

2. Refunds will only be given if.....

- There is a waiting list and someone else takes your seat.
- You can find your replacement if there is no waiting list (be sure to check with the office first).
- The Center cancels the trip.
- In the event of a documented medical emergency, refunds can only be given when the Center receives a refund or a credit from the vendor.
- Please understand the Center has paid for trips in advance; if we can't get our money refunded, we can't refund yours.

ALL REFUNDS WILL BE ISSUED ON THE 15TH OR 30TH OF THE MONTH.

CHSC TRIPS FOR 2026-2027

NIAGARA FALLS, ONTARIO, including a day in Toronto – 9/8 – 9/11 – White Star Tours. 3 nights lodging in Niagara Falls, 3 breakfasts, 3 full course dinners, all day tour of Niagara, including Niagara-on-the-lake, tour of Toronto Harbor Cruise, boat ride tour of the Falls, visit the Niagara Fallsview Casino, luggage handling, all taxes, meal gratuities and motorcoach transportation. An itinerary can be picked up at the Center. Also, a valid passport is required when traveling into Canada. Double Occupancy \$850. Single Occupancy \$1,130. \$75 deposit due when you sign up. **Final payment due Wednesday, July 1.**

NASHVILLE'S OPRYLAND COUNTRY CHRISTMAS – 11/30 – 12/4 White Star Tours Overnight lodging to and from Nashville, 2 nights lodging at the Gaylord Opryland Hotel, 4 breakfasts, General Jackson Cruise with entertainment, Country Christmas Dinner Show, Brightest Star Fountain Show, Two Million Lights, Delta River Flatboat Ride, Themed "Ice" Sculptures & Exhibit, guided tour of Nashville, luggage, taxes, meal gratuities and motorcoach transportation. Double Occupancy \$1,170. Single Occupancy \$1,630. \$75 deposit due when you sign up. **Final payment is due September 21.**

CHRISTMAS IN NYC – 12/7 – 12/9 White Star Tours

Enjoy the magic of the season in the greatest city – New York City! Highlights include Radio City Music Hall Christmas Spectacular featuring the Rockettes along with a back door tour of Radio City Music Hall, 9/11 Memorial Museum, Rockefeller Center and Macy's! Includes NYC hotel. \$1,359 double occupancy. \$75 deposit due when you sign up. **Final payment is due September 24.**

GAYLORD CHRISTMAS IN DC – 12/7–12/10. Mars Tours and Travel

Celebrate the magic of the season in Washington DC and Old Town Alexandria on this festive four-day getaway. Enjoy a scenic waterfront lunch, explore the dazzling holiday displays at the U.S. Botanic Garden, and settle in for a luxurious stay at the Gaylord National Harbor-complete with sparkling decorations, shops, and optional seasonal attractions like ICE! This enchanting holiday escape blends history, culture, shopping, and seasonal cheer into a perfect pre-Christmas. adventure. \$1,725 per person, double occupancy. \$2,139 per person, single occupancy. **Sign up on our website. Final payment is due October 1.**

Upcoming trips for 2027

Grand American Tours: If interested in these trips, please pick up an itinerary at the Center.

AUSTRALIA & NEW ZEALAND with Norwegian Cruise Line on the Norwegian Spirit. February 15 – 27. Cruise will depart from Sydney. Pricing varies by cabin but starts from \$6,305 double occupancy and includes airfare.

CANADA & NEW ENGLAND with Royal Caribbean Cruise Line on the Vision of the Seas September 9 – 18, 2027. Cruise will depart from Baltimore. Pricing varies by cabin but starts from \$1,027 double occupancy.

BERMUDA & THE BAHAMAS with Royal Caribbean Cruise Line on the Vision of the Seas June 3 – 12, 2027. Cruise will depart from Baltimore. Pricing varies by cabin but starts from \$1,021 double occupancy.



TRIP SIGN UP DAY – TUESDAY, JUNE 30 – FROM 8:30 AM to 10:00 AM
YOU MAY STILL SIGN UP FOR TRIPS THE NEXT DAY, IF YOU WERE UNABLE
TO COME IN ON TRIP SIGN-UP DAY.

JULY TRIPS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 ZWAANENDAEL MUSEUM – LOYALIST ON THE LAWN	2 NO BUS	3 CENTER CLOSED	4 HAPPY 4 TH !
5	6	7 LUNCH AT BIG CHILL BEACH CLUB	8 FREEMAN PAVILION – MATEO BOCELLI	9 COSTCO, CHRISTIANA MALL	10 DAY IN BERLIN	11
12	13 GEORGE- TOWN LIBRARY – AFRICAN AMERICANS IN The CIVIL WAR	14 CHOPTANK RIVER CRUISE	15 DELTA BINGO, LAUREL, MD FRIEND'S DINING OUT	16 MAGIC SHOW DICKENS PARLOUR	17 NO BUS	18
19	20	21 PONY EXPRESS RIVER CRUISE	22 MYSTERY LUNCH	23 PANCAKE BREAKFAST 8:30 AM TO 10:00 AM Cost: \$7.00	24 LAVENDER FIELDS	25
26	27	28 TOUR UIVERSITY OF DELAWARE, LEWES CAMPUS	29 WEGMANS, TRADER JOE's	30 DELAWARE STATE FAIR	31 NO BUS	

CHSC Bus Drivers cannot vary from trip details listed due to liability risks.

Bus departs Mt. Pleasant Church 10:00 am
RETURNS: 4:00 pm

TRIP SIGN UP DAY – TUESDAY, JUNE 30 – FROM 8:30 AM to 10:00 AM.
YOU MAY STILL SIGN UP FOR TRIPS THE NEXT DAY, IF YOU WERE UNABLE TO
COME IN ON TRIP SIGN-UP DAY.

AUGUST TRIPS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 GREASE, MILTON THEATER
2	3	4 BYLER'S, HARRINGTON	5 SIMONE AUTO MUSEUM	6 TEA @ VICTORIA'S	7 DAY IN ST, MICHAEL'S	8
9	10	11 HERR'S SNACK FACTORY TOUR	12 OCEAN DOWN RACE TRACK	13 THE OLD STATE HOUSE, LEGISLATIVE HALL, JOHN BELL HOUSE	14 FREEMAN'S PAVILION - MOTOWN	15
16	17	18 SHADY MAPLE VISIT	19 SMITH ISLAND CRUISE & LUNCH FRIEND'S DINING OUT	20 HOBBY LOBBY, BOSCOV'S, PRODUCE JUNCTION	21 NO BUS	22
23	24	25 TRIP SIGN UP DAY FOR SEPTEMBER & OCTOBER TRIPS 8:30 AM - 10:00 AM	26 DELTA BINGO, LAUREL, MD	27 SUICIDE BRIDGE – CRAB FEAST	28 FULL MOON CRUISE – CAPE WATER TAXI	29
30 SHOREBIRDS VS. FREDERICKS- BURGH NATIONALS	31					

AUGUST TRIP DETAILS

CHSC Bus Drivers cannot vary from trip details listed due to liability risks.

SAT., AUGUST 1, MILTON THEATER – GREASE

"Dust off your leather jackets and poodle skirts – Rydel High is taking over the Milton Theatre. Experience the world's #1 rock 'n roll musical." We will stop for lunch at a local restaurant first.

LUNCH: OYO MEMBERS: \$55.00 GUESTS: \$ 60.00

Bus Departs Mt. Pleasant Church 11:15 am Returns: 5:00 pm

TUES., AUGUST 4 –BYLER'S, HARRINGTON

Shop at Delaware's premier grocery outlet and then enjoy lunch at a local restaurant. LUNCH: OYO

MEMBERS \$7.00 GUESTS \$12.00

Bus Departs Mt. Pleasant Church: 10:00 am Returns 3:30 pm

WED., AUGUST 5 –SIMONE AUTO MUSEUM, PHILADELPHIA

Feel free to gaze at one of the world's greatest collections of racing sports cars. The collection contains over 75 historically significant cars including Aston Martin. Bugatti, Ferrari, Porsche – etc. We will stop for lunch after.

LUNCH OYO

MEMBERS \$20.00 GUESTS \$25.00

Bus Departs Mt. Pleasant Church 8:30 am Returns 4:00 pm

THURS., AUGUST 6 – TEA AT VICTORIA'S

Savor the delight of an elegant afternoon tea at hometown favorite, Victoria's.

TEA: OYO \$29.95 plus gratuity

MEMBERS \$7.00 GUESTS \$12.00

Bus Departs Mt. Pleasant Church 2:30 pm Returns 5:30 pm

FRI., AUGUST 7 – DAY IN ST. MICHAEL'S

Shop, dine, and stroll along the harbor – your choice!

LUNCH OYO

MEMBERS \$7.00 GUESTS \$12.00

Bus Departs Mt. Pleasant Church 8:30 am Returns 3:30 pm

TUES., AUGUST 11 – HERR'S SNACK FACTORY TOUR,

Nottingham, PA

See your favorite snacks being produced. Wear closed-toe shoes as you will be walking between several buildings. We will stop at a restaurant on the way home.

LUNCH OYO

MEMBERS \$ 15.00 GUESTS \$20.00

Bus Departs Mt. Pleasant Church 8:30 am Returns 4:30 pm

WED., AUGUST 12 – OCEAN DOWNS – BERLIN, MD

Join your fellow members for a Night at the Races.

DINNER OYO with \$1 hot dogs and \$1 sodas at the track

MEMBERS \$7.00 GUESTS \$12.00

Bus Departs Mt. Pleasant Church 4:00 pm Returns 10:00 pm

THURS., AUGUST 13 - THE OLD STATE HOUSE, LEGISLATIVE HALL, AND JOHN BELL HOUSE, DOVER

Celebrate Delaware 250 by visiting our capitol. Tour three buildings and lunch at a local restaurant.

LUNCH: OYO

MEMBERS: \$7.00 GUESTS: \$12.00

Bus departs Mr. Pleasant Church 9:00 am Returns 4:00 pm

FRI., AUGUST 14 – FREEMAN'S PAVILION

Sit back and relax while listening to some of your favorite Motown sounds. We will stop at a local restaurant for an early dinner prior to the concert. **Dinner** OYO

MEMBERS \$47.00

GUESTS \$52.00

Bus Departs Mt. Pleasant Church 3:30 pm Returns 10:00 pm

TUES., AUGUST 18 – SHADY MAPLE

"Experience the excitement of dining at the United States' largest smorgasbord featuring 200 feet of deliciously Pennsylvania Dutch cooking." Then shop 'til you drop at the massive farmer's market and gift shop downstairs!

LUNCH OYO

MEMBERS \$7.00

GUESTS \$12.00

Bus Departs Mt. Pleasant Church 8:00 am Returns 5:00 pm

WED., AUGUST 19 – SMITH ISLAND TOUR

Travel from Crisfield, MD through the open waters of the Chesapeake Bay over to Smith Island. You will visit the last inhabited island of offshore Maryland and enjoy a family-style lunch at the Bayside Inn Restaurant, complete with a slice of Smith Island cake!

MEMBERS \$57.00

GUESTS \$62.00

Bus Departs Mt. Pleasant Church 9:30 am Returns 6:00 pm

THURS., AUGUST 20 – HOBBY LOBBY, BOSCOV'S, and

PRODUCE JUCTION

Make sure you wear comfortable walking shoes as you will be visiting some of your favorite stores. LUNCH OYO

MEMBERS \$7.00

GUESTS \$12.00

Bus Departs Mt. Pleasant Church 9:00 am Returns 5:00 pm

WED., AUGUST 26 - DELTA BINGO, LAUREL, MD

Here is a different place to play Jackpot Bingo this summer.

MEMBERS: \$25.00

GUESTS \$30.00

Bus Departs Mt. Pleasant Church 9:00 am Returns 6:00 pm

THURS., AUGUST 27 – SUICIDE BRIDGE CRAB FEAST CRUISE, HURLOCK, MD

3 Hour Cruise on the Choptank River! Meals Include: Steamed Crabs, Crab Soup, Fried Chicken, Clam Strips, Fresh Local Corn, Coleslaw, Dessert and a Non-Alcoholic Beverage.

MEMBERS \$85.00

GUESTS \$90.00

Bus Departs Mt. Pleasant Church 10:00 am Returns 5:30 pm

FRI., AUGUST 28 – CAPE WATER TAXI FULL MOON CRUISE

Join us for a magical evening on the water, departing from our Lewes Ferry Terminal dock. We'll cruise into the Delaware Bay, leaving the land lights behind for a front-row seat to nature's most stunning show.

LUNCH OYO

MEMBERS \$ 45.00

GUESTS \$50.00

Bus Departs Mt. Pleasant Church 4:30 pm Returns 9:30 pm

SUN., AUGUST 30 – SHOREBIRDS VS. FREDERICKSBURG NATIONALS

"Take me out to the ball game; take me out to the crowds..."

LUNCH: OYO

MEMBERS: \$19.00

GUESTS: \$24.00

Bus Departs Mt. Pleasant Church 12:30 pm Returns 6:30 pm

CHSC Members' Birthdays

JULY

<u>1</u>	<u>18</u>
Theodore Press	Kathleen Kammann
<u>2</u>	Suzanne Reinke
William Coutts	Jeffrey Rosen
<u>3</u>	<u>19</u>
Malcolm Judkins	Barbara Capuano
<u>4</u>	<u>20</u>
Irene Chandler	Jean Israel
Theresa Sciortino	<u>21</u>
<u>6</u>	Sandra Allen
John Cabry	Jessica Conley
Lorraine Finnegan	Barbara A Coscia
Peggy Locke	<u>22</u>
Gina Minich	Steven Mosgin
June Thwing	Jacqueline Perkey
<u>10</u>	<u>23</u>
Lin Crawford	Jacqueline Hatchik
Hiep D. Nguyen	Nan Mester
Elena Taney	Elizabeth Scheffler
Gina Serroen	<u>24</u>
<u>11</u>	David McAuley
Florence Marshall	Molly Pauker
Ron Stoner	<u>26</u>
<u>12</u>	Ted Campbell
Floyd Allen, Jr.	Betsy Massanopoli
Jacqueline Dzaluk	Charles Massanopoli
Stephanie Fung	Diane Reed
Yvette Turoczy	Katherine Williams
<u>13</u>	<u>28</u>
Angela Natale	Marianne McAuley
<u>15</u>	Anne Himelfarb
Christel Foley	<u>29</u>
<u>16</u>	Cathy Difani
Elfriede Kerstetter	Edmund Lytle
Dave Walker	<u>31</u>
<u>17</u>	Kathy Bruffey
William Bauer	Karen Clay
	Jo Reichert

AUGUST

<u>1</u>	<u>15</u>
Ruth Choi	Susan Goudy
Dolly Grazioli	Debra Knott
<u>2</u>	Patrick Quinn
Elaine Feltmate	Shirley Riley
Donna Harris	<u>16</u>
Karen Kreiser	Diane Lambert
<u>3</u>	<u>17</u>
Joseph Duffy	Catherine Bodak-Gyovai
Steven Rose	Barbara Cairns
<u>4</u>	Susan Olson
Kim Alosio	Patricia Pilkington
Pat Wilder	Christopher Vann
<u>5</u>	<u>18</u>
Dottie Blakely	Amy Murphy
Pat Evans	<u>19</u>
Gail Maynard	Wendi Oakes
Joseph Scarpitti	Thea Quillen
Linda Schlegel	Sandra Williams
Cindy Truitt	<u>20</u>
<u>6</u>	Susan Bennett
Sandra Pierce	<u>21</u>
Carolina Tutt	Richard Blazovsky
Ellen Winkler	Rosemarie Bondoch
<u>7</u>	Nancy Phillips
Elaine Davis	<u>22</u>
Iris Mancuso	Mary Ness
<u>8</u>	Barbara Schmidt
Rita Cantu	<u>23</u>
Janice DeMent	Jo Ann Davis
Ramon Santos	Nancy Duffy
<u>9</u>	Joyce L. Fabiani
Gregory Murph	John Sleys
<u>11</u>	<u>24</u>
Jeffrey Siwy	Martha Monell
<u>13</u>	Nicholas Ricciuti
Kay Blyth	<u>25</u>
Sherry Carstairs	Wendy Bohner
Linda Ott	<u>26</u>
Liane Sorenson	Gail Meighan
Augie Velez	Kate O'Rourke
<u>14</u>	Josephine Williams
Peter T. Feeney	Donna Younger
Wayne Haley	<u>31</u>
Kristen Podson	Debi Calabrese
	Mary Donini
	Elaine Meredith

Happy Birthday to all!

**CAPE HENLOPEN SENIOR CENTER
11 CHRISTIAN STREET
REHOBOTH BEACH, DE 19971**

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Please read your newsletter thoroughly.
You don't want to miss out on all the
happenings for July and August.