Cape Henlopen Senior Center

NEWSLETTER · September and October 2026

CHSC UPCOMING EVENTS

Call or stop in the Center to register.

- **AARP Safety Driving Course – Pg. 7**
- Aquatic Arthritis Classes at YMCA – Pg. 7
- **Estate Planning ~ Wills, POA, Etc. – Pg. 6**
- Fall Into Fitness Showcase – Pg. 6
- **Flu Shots Clinic – Pg. 6**
- Jackpot Bingo Fundraiser – Pg. 4
- **Occupational Therapy "Boom Bar" – Pg. 4**
- Oyster Shell Decoupage Workshop – Pg. 5
- **Senior Fraud Awareness– Pgs. 5 and 6**
- YMCA "Type 2" Diabetes Program at CHSC – Pg. 4

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

capehenlopenseniorcenter.org

Center Hours:
Monday through Friday
8:00 am until 4:00 pm

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

CHSC Holiday Closings

Monday, September 7



Monday, October 12



Attention!

Rehoboth parking meters end September 15.

Please continue to park in Martin Lawns Parking Lot when participating in Center activities.
You can park on Christian Street if you leave before 10:00 am.

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

New Updates

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	Tuesday	11:15– 12:30	Pastor Bernie ~ All are welcome to join.	
Book Club – (**Books list at bottom**)	3rd Monday	1:00 – 2:00	Kate Masterton	To join call 302-227-2055
Chorus	Wednesday	10:00 – 11:30	Thom Pemberton	
Gospel Choir **(New)**	Monday	11:00 – noon	Thom Pemberton	
Music Lessons **(Guitar or Ukulele)**	If you're interested in music lessons, call the Center. Steve Pashigian, Instructor			
Writing Group	1st & 3rd 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 and Stretch	Tuesday	3:00 – 4:00	Chris Selitto	$7 per class
Ballroom Dancing – **Beginner**	Monday	12:30 – 1:30	Thom Pemberton	$10 pp Need Partner
Ballroom Dancing -**Beginner**	Thursday	10:00 – 11:00	Thom 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
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)**	
Hatha Yoga-Gentle (chair may also be used)	Wednesday	9:00 – 10:00	Kim Sullivan	$6 per class
LaBlast Fitness	Monday	2:00 – 3:00	Marie Reedy	$7 per class
Line Dancing **(Intermediate)**	Monday	10:05 – 11:05	Marian Fetherolf	$5 per class
Line Dancing (**Improver**)	Monday	11:10 -12:10	Marian Fetherolf	$5 per class
Qigong for Whole-Person Well-Being 6-week session - $42. Dates: 9/22, 9/29, 10/6, 10/13, 10/20, 10/27	Tuesday	10:30 – 11:30	Kory Ward-Cook	$6 per class
Sit & Get Fit	Mon. & Fri.	9:00 – 10:00	Nancy Esposito	$5 per class
Stretch and Stability	Tuesday	11:45 – 12:45	Nancy Esposito	$5 per class
◆ **Other**				
Billiards	Mon - Thurs	8:00 – 4:00	**$1.00 per week.**	
Billiard League	Friday	9:00 – 2:00	**Paid by each league.**	
◆ **Other**				
Weigh Down Support Group	Friday	8:30 – 10:00	$1.25 per week	
◆ **Other**				
Friends Dining Out-**Meet at restaurant 4:30pm**	3rd Wednesday	Dinner at 5 pm	Diane Reed, Leader	

CHSC Book Club:

Monday, September 21– The Correspondent by Virginia Evans / Monday, October 19– The Turn of the Screw by Henry James

If you would like to join the Book Club, leave your name and phone number at the front desk, and you will be notified.

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



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

It's remarkable how quickly time seems to pass. As we approach September, the center is gearing up to return to full activity, marking the resumption of many programs that had to be paused. This renewed momentum promises to bring the community together once again, fostering engagement and growth. We encourage everyone to review the updated schedule to stay informed about all the upcoming events and classes.

A Landmark Visit and a Major Milestone

We are thrilled to share the news of a significant achievement for our center. Recently, Senator Lisa Blunt Rochester honored us with a visit to announce a generous award of $1.49 million dedicated to the construction of our new building. This substantial funding not only underscores the importance of our work but also secures a bright future with improved facilities to better serve our community's needs.

Looking Forward……November 19

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 are on sale NOW! We need everyone's support. All money raised will go toward our new Senior Center building fund. 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.

Annual Fundraiser Packet

We are reaching out to you with an exciting opportunity to make a difference in our senior center! As we strive to continue offering vital programs and activities for our members and prospective members, we invite you to participate in our upcoming fundraising campaign. The funds raised will directly support our operating budget, allowing us to enhance and maintain the services our seniors rely on and cherish. Your involvement is crucial in ensuring we can keep providing these essential resources. We believe that together, we can achieve great things. Whether it's participating in the fundraisers that were mailed, a monetary donation, or even suggesting and organizing different events, every contribution counts and goes a long way. Thank you for your continued support and dedication to our senior community. Together, let's make this fundraising initiative a success! Packets were mailed a few days ago. If you have not received one in the mail, please stop by the front desk.



Wednesdays:
September 9 and 23

October 7 & 21

Doors open at 11:30 am.
Games start at 1:00 pm.

Admission $20

Includes: 1-Game Pack, Specials, 1-Quickie Card. Does not include: 50/50. Additional games sold.

Open to the public! Bring a friend with you.



The YMCA'S DIABETES PREVENTION PROGRAM

REDUCE YOUR RISK FOR TYPE 2 DIABETES

Did you know? Type 2 diabetes can often be prevented!

If you're at risk for Type 2 diabetes, the YMCA's Diabetes Prevention Program can help you take control of your health. In this supportive group setting you'll learn how to make small, realistic lifestyle changes like eating healthier, increasing physical activity, and maintaining a healthy weight, that can make a big difference.

Eligibility: Participants must meet specific criteria based on a risk assessment or blood test values.

Cost: The program is covered by most insurance plans (check with your provider to confirm coverage).

Starting Thursday, September 17 at 9:00 am
at Cape Henlopen Senior Center.
Registration is required!

Call 302-572-9622
or email: communityhealth@ymcade.org

Easterseals Presentation

Presented by Linda Forte Community Relations/Marketing

Thursday, September 10 at 10:00 am

For over 75 years, Easterseals Delaware & Maryland's Eastern Shore has been leading the way to an inclusive community through its innovative services, which include: children's therapies, day programs for adults with physical or intellectual disabilities, supported employment, attendant services, senior services, recreational camping, respite services, and services for caregivers. In its seven locations, Easterseals is helping children meet milestones, finding meaningful work for adults with developmental delays, stepping up for seniors so they can remain independent, and providing resources and respite for caregivers. For children, adults, seniors, and caregivers, Easterseals is there! For over 75 years and counting!

Register by Tuesday, September 8 to hear more details about what Easter Seal offer.

Free Seminar on *Securing Your Final Wishes*

Presented by Terry Tolson, Director of Preplanning & Specialty Services

Thursday, September 17
10:00 am to 11:00 am

Give your family the Greatest Gift: "Peace of mind".
Join us for a free, no-pressure seminar on securing your final wishes.

Register by Monday, September 14

"Bloom Bar"



Tuesday, September 22
10:00 am

Join Erin, from Pam Health, to make a take-home flower arrangement and learn about occupational therapy.

Register for this FREE class by Friday, September 18

Senior Fraud Awareness Seminar
Thursday, September 24 at 9:00 am
Hosted by Ryan Tezak, Financial Advisor with Edward Jones

Financial fraud targeting seniors is on the rise. This educational seminar will cover current scam tactics, identity theft prevention, and strategies to help safeguard your assets and personal information. Stay informed, stay protected.

Light refreshments will be provided.
Register by Monday, September 21

Join FRIENDS dining out

Dates and Restaurants

Wednesday, September 16
Fins Ale House and Raw Bar
19269 Coastal Highway, Rehoboth

Wednesday, October 21
Bluecoast Seafood Grill & Raw Bar
30115 Veterans Way, Rehoboth

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.

Need smartphone or computer help?

Steve Palaszewski offers **FREE** Computer, Tablet, and Smartphone help.



Wednesdays:
September 9 & 23
October 14 & 28



9:30 am to noon
You must call 302-227-2055 to make an appointment.

Oyster Shell Decoupage Workshop: Low-Pressure, High-Fun Crafting

Thursday, September 24
1:00 pm to 3:00 pm

Join local resident Sue Kushnir for a two-hour workshop where we take oyster shells and turn them into surprisingly classy things using paper napkins and glue.

During the workshop, you'll:

- Decoupage two oyster shells
- Edge them with gold leaf paint (because gold fixes everything)
- Add an optional loop to hang each shell

Your finished masterpieces can become ring holders, ornaments, wine bottle charms, napkin rings, trinket holders, gift tags, tabletop name cards, or whatever brilliant idea strikes mid-craft.
All supplies provided. No artistic talent required. Just show up ready to laugh, glue things, and enjoy time with your old and new friends.

Cost: $45 per person. Limit 12 participants.
Register and pay by Friday, September 18.

BINGOcize®

Bingo + Exercise = Bingocize®

Friday, September 25 at 1:00 pm

Friday, October 9 and 23 at 1:00 pm

45–60-minute classes.

Bingocize is an evidence-based health promotion program that combines the game of bingo with health education and/or exercise for older adults and people with disabilities.

Get ready to shout **"BINGO"** and win some amazing prizes.
If you are interested in this program, please register by calling 302-227-2055.

Scams and Fraud Awareness



Tuesday, October 13
10:30 am – 11:30 am

Chief Special Investigator Alan Rachko from the Delaware Department of Justice will conduct a presentation on senior fraud.

He is a retired lieutenant from the Dover Police Department, having served for over 26 years. He's been an investigator with the DOJ for over 13 years. Chief Investigator Rachko will talk about the scams targeting the senior population and how to avoid falling victim to them.

The topics will include Romance Scams, Sweepstakes Scams, Arrest Scams, and what to look for in emails and texts. There will be plenty of time for questions and answers after the talk.

Register for this event by Friday, October 9.



Cindy Szabo, Esq

Monday, October 26 at 1:00 pm

Cindy L. Szabo, Esq., will discuss the basic estate planning documents everyone should have in place (Wills, Durable Powers of Attorney, and Advance Healthcare Directives) as well as trusts, the current estate tax laws, how to avoid probate, and how to protect assets in Medicaid situations.

Must register by Monday, October 19

FALL INTO FITNESS
Friday, October 16, beginning at 9:00 am

A 15-minute demonstration on each class: Balance and Stretch, Chair Aerobic, Fitness Circuit Training, LaBlast Fitness, Line Dancing, Qigong for Whole-Person Well-Being, Sit & Get Fit, Stretch and Stability, Tai Chi for Balance, Tai Chi for Health and Hatha Yoga-Gentle.

A light lunch immediately following class demonstrations.

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



Wednesday, October 28
9:00 am to 11:00 am

Safeway Pharmacy will be doing a vaccine clinic here at our Center for flu, covid, and pneumonia.

If you have Medicare Part B, they will bill your insurance.

If you do not have insurance, please be aware there will be a fee for the vaccines. Additionally, for those who receive their vaccinations, you will receive a coupon for **each shot** administered. These coupons will entitle you to a 10% discount on groceries.

Registration is required!
Call or stop in the Center to register.



Come join our group and bring your own craft.

Dates:
Friday, September 18

Friday, October 9 and 23

10:30 am to 12:30 pm

Call 302-227-2055 to register.



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.

Aquatic Arthritis Class at Sussex Family YMCA, beginning September 14.

Based on the Arthritis Foundation principles, this class is designed to maintain and promote joint mobility while enhancing overall well-being. Conducted in shallow water, the exercises are specifically tailored to support individuals with arthritis, focusing on improving flexibility, strength and reducing discomfort.

Price is $10 per class for CHSC members. You must present your ID and your CHSC membership card at the front desk to check in.

Class schedule:
Monday, Wednesday, Friday
11:15 am to 12:15 pm

Tuesday and Thursday
Noon to 12:45 pm

AARP Driver Safety

Defensive Driving Beginner Course:

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

Defensive Driving Refresher Courses:

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

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

Friday, November 6 - 8:30 am to 1:00 pm

Friday, December 11 – 8:30 am to 1:00 pm

AARP Members $20 ~ Non-members $25

To register, call 302-227-2055

LOOKING FOR MORE



PLAYERS!

Pinochle (Double Deck) is played every Thursday, beginning at 11:30 am.

If you are interested, see staff member Bernita.

Mark, Your Calendar!



Saturday, November 14

10:00 am to 3:00 pm

- **Over 20 Craft Vendors!**
- Baked Goods Table
- **50/50 Chances!**
- Door Prize Drawings!



Jayne Ace-Bosgra
Veronica Adamcik
Sherryl Amoyal
Michael Birnbaum
Joanne Burlew
Elise Burns
Linda Brown
Lynne Brown
Mary Coumatos
Wanda Cox
Beth Crossley

Joann Devine
John Devine
Gretta Flint
Mary Gibbons
Mirica Govons
Denise V. Hoffman
John Hrinak
Linda Hrinak
Shannon B. Lambert
Kevin Lilly
Arlene Michalk

Nhi Mariner
Suzie Martin
Joyce McCoy
Jane Mozingo
Mary O'Donovan
Patrick O'Donovan
Nancy Pieper
Tim Pinsky
Debbie Sassoon
Joanne Schuyler
Diane Schwartz

Renee Shettle
Katherine L. Smith
Vicky Smith
Karen Spangler
Jeffery Stowell
Julie Penny-Stowell
Thomas Stowell
Gail Upton
Ellen Webster
D J Whitley
Mary Ellen Yarossi

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 if the Center is able to get 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

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

The Ark Encounter– 4/26 – 4/30 **– Curran Travel**
Full day visit to the jaw-dropping full-size recreation of Noah's Ark. Explore over 75,000 square feet of exhibits at the Creation Museum. Enjoy a riverboat dinner cruise down the Ohio River, guided city tour of Cincinnati, Ohio, Double occupancy $1,255; Single occupancy $1,545. $100 deposit due at sign up. Final payment is due March 5.

Newport, Rhode Island – 6/1 – 4 **White Star Tours**
View inspirational architecture and elegant style in Newport's gilded age "cottages". Cruise on Newport Harbor, sip wines at a local winery and try your luck at the casino. Double Occupancy $809, Single Occupancy $1,128. $75 deposit due when you sign up. **Final payment is due March 26.**

Grand Americans 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 and starts from $6,305 double occupancy and includes airfare.

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

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

COLLETTE will be here on WEDNESDAY OCTOBER 14 at 1:00 to preview some of the trips they will be offering.

TRIP SIGN UP DAY – TUESDAY, AUGUST 25 – 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.

SEPTEMBER TRIPS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 DUTCH APPLE THEATER – PRETTY WOMAN, PA	2 MYSTERY LUNCH	3 COSTCO, TRADER JOE'S, CHRISTIANA MALL	4 NO BUS	5
6	7 CENTER CLOSED PHILLIE'S GAME	8 NO BUS	9 JACKPOT BINGO Doors open at 11:30 am. Games start at 1:00 pm.	10 READ HOUSE & GARDEN	11 MODERN MATURITY – MOTOWN SHOW	12
13	14	15 COWTOWN FLEA MARKET, NJ	16 FRIENDS DINNG OUT See page 5.	17 NO BUS	18 KITCHEN KETTLE VILLAGE & BIRD IN HAND FARMER MARKET, PA	19 SMITH ISLAND TOUR, MD
20	21 PHILA. MUSEUM OF ART, PA	22 NO BUS	23 JACKPOT BINGO Doors open at 11:30 am. Games start at 1:00 pm. _____ CANDLELIGHT THEATER – FIDDLER ON THE ROOF	24 LAYTON'S CHANCE WINERY, MD	25 LADEW GARDENS, MD	26
27 POPLAR HILL MANSION QUILT SHOW, MD	28	29 NO BUS	30 THE YARN MAVEN, SMYRNA			

SEPTEMBER TRIP DETAILS

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

TUES., SEPTEMBER 1 – DUTCH APPLE THEATER – PRETTY WOMAN,
You've seen the movie, come watch the play
LUNCH Included
MEMBERS $82.00 GUESTS $87.00
BUS DEPARTS Mt. Pleasant Church 8:00 AM Returns 6:30 PM

WED., SEPTEMBER 2 - MYSTERY LUNCH
Can you guess where Americo will be taking you for lunch?
Lunch OYO
MEMBERS $7.00 GUESTS $12.00
BUS DEPARTS Mt. Pleasant Church 11:30 AM Returns 2:30 PM

THURS., SEPTEMBER 3 – COSTCO, TRADER JOE'S, CHRISTIANA MALL Shop 'til you drop!
LUNCH OYO
MEMBERS $7.00 GUESTS $12.00
BUS DEPARTS Mt. Pleasant Church 8:30 AM Returns 3:30 PM

MON., SEPTEMBER 7 – PHILLIE'S BASEBALL I GAME SOLD OUT!
"Take me out to the ballgame…"
LUNCH OYO
BUS DEPARTS Mt. Pleasant Church 8:30AM Returns 6:30PM

THURS., SEPTEMBER 10 – READ HOUSE & GARDEN, NEW CASTLE
Learn about the 14,000 square foot mansion that is rich in history. It was once home to Lenape people and then became the capital of Delaware. The gardens still reflect the mid-19th century.
LUNCH OYO at Jessop's Tavern & Colonial Restaurant
MEMBERS $15.00 GUESTS $20.00
Bus Departs Mt. Pleasant Church 8:45 AM Returns 5:00 PM

FRI., SEPTEMBER 11 – MODERN MATURITY – MOTOWN SHOW
Enjoy a buffet dinner in the ballroom and then move to the auditorium to get your groove on listening to your favorite Motown tunes.
DINNER included
MEMBERS $52.00 GUESTS $57.00
Bus Departs Mt. Pleasant Church 4:30 PM Returns 10:00 PM

TUES., SEPTEMBER 15 – COWTOWN FLEA MARKET, PILESGROVE, NJ
This indoor and outdoor farmers market and flea market was established in 1926. With over 400 vendors, you are sure to find something special. Happy shopping!
Lunch: OYO
MEMBERS $7.00 GUESTS $12.00
Bus Departs Mt. Pleasant Church 8:00 AM Returns 4:00 PM

FRI., SEPTEMBER 18 – KITCHEN KETTLE AND BIRD-IN-HAND FARMER'S MARKET
Shop at this Historic Pennsylvania Dutch village with specialty shops, restaurants & more. The farmer's market offers a variety of locally sourced products, homemade foods, and gifts.
LUNCH OYOs.
MEMBERS $7.00 GUESTS $12.00
Bus Departs CHSC 8:00 AM; Returns 6:00 PM

SAT., SEPTEMBER 19 – SMITH ISLAND TOUR AND LUNCH
Travel from Crisfield, MD through the open waters of the Chesapeake Bay over to Smith Island. You will visit the last inhabited island offshore Maryland and enjoy a family-style lunch at the Bayside Inn Restaurant, complete with a slice of Smith Island cake!
LUNCH included
MEMBERS $78.00 GUESTS $83.00
Bus Departs CHSC 9:30 AM Returns 6:00 PM

MON. SEPTEMBER 21 – PHLADELPHIA MUSEUM OF ART – VINCENT VAN GOGH EXHIBIT
In addition to the other treasures at the museum, enjoy the special exhibit of two of Vincent Van Gogh's Sunflower paintings. Not to be missed!
LUNCH OYO
MEMBERS $35.00 GUESTS $40.00
Bus Departs CHSC 8:30 AM Returns 5:00 PM

WED., SEPTEMBER 23, CANDLELIGHT THEATER – FIDDLER ON THE ROOF
This Tony award-winning play tells the tale of a family struggling with a changing Russia. It contains several beloved songs such as "If I were a Rich Man", "Sunrise, Sunset" and "Matchmaker".
LUNCH included
MEMBERS $77.00 GUESTS $82.00
Bus Departs CHSC 9:00 AM Returns 5:30 PM

THURS., SEPTEMBER 24 - LAYTON'S CHANCE WINERY
Enjoy a tour of the winery, nibbling on a charcuterie board while tasting eight different wines. The winery will also be offering a discount on any wine purchases that day.
MEMBERS $36.00 GUESTS $41.00
Bus Depart CHSC 11:30 AM Returns 5:00 PM

FRI., SEPTEMBER 25 – LADEW GARDENS
Come and visit one of the top ten topiary gardens in the world!
LUNCH OYO
MEMBERS $25.00 GUESTS $30.00
Bus Departs CHSC 8:30 AM Returns 5:00 PM

SUN., SEPTEMBER 27 – POPLAR HILL MANSION – QUILT SHOW,
Enjoy an afternoon admiring some exquisite quilts. We will stop for lunch at a local restaurant prior to the show.
LUNCH: OYO
MEMBERS: $7.00 GUESTS: $12.00
Bus Departs CHSC: 10:00 AM Returns 3:30 PM

WED., SEPTEMBER 30 – THE YARN MAVEN, SMYRNA
Do you love to knit and crochet? If so, this trip is for you. Come and shop at one of the best yarn shops in Delaware. We will stop at a local restaurant for lunch
LUNCH: OYO
Members: $7.00 GUESTS: $12.00
BUS departs CHSC 9:30 AM Returns 3:00 PM

TRIP SIGN UP DAY – TUESDAY, AUGUST 25 – 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.

OCTOBER TRIPS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 MYSTERY LUNCH	2 BOOTH'S CORNER, PA	3
4	5 BAPS HINDU TEMPLE, NJ	6 NO BUS	7 JACKPOT BINGO Doors open at 11:30 am. Games start at 1:00 pm.	8 NO BUS	9 4-ACRES ALPACA FARM	10 APPLE SCRAPPLE FESTIVAL, PA
11	12 CENTER CLOSED	13 SHOP & LUNCH AT READING TERMINAL, PA	14 TOBY DINNER THEATRE – DONNA SUMMERS MUSICAL, COLUMBIA, MD	15 GROUNDS FOR SCULPTURE, HAMILTON, NJ	16 SALISBURY ZOO, MD	17
18	19 LATE LUNCH AT 1776 RESTAURANT	20 NO BUS	21 JACKPOT BINGO Doors open at 11:30 am. Games start at 1:00 pm. _____ FRIENDS DINING OUT See page 5.	22 SUNFEST, OCEAN CITY, MD	23 SUNFEST, OCEAN CITY, MD	24
25	26	27 TRIP SIGN UP DAY FOR NOVEMBER/ DECEMBER TRIPS	28 WINTERTHUR	29 DELAWARE BOTANICAL GARDENS	30 SHOPPING IN BERLIN, MD	31

OCTOBER TRIP DETAILS

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

THURS., OCTOBER 1 – MSTERY LUNCH
Join your fellow members for a surprise lunch. Where will Earl choose?
LUNCH OYO
MEMBERS $7.00 GUESTS $12.00
Bus Departs CHSC 11:30 AM Returns 2:30 PM

FRI., OCTOBER 2 – BOOTH's CORNER, PA
An amazing array of fresh produce, meats, cheeses, baked goods and other wonderful food to enjoy; plus, other merchants.
LUNCH OYO
MEMBERS: $7.00 GUESTS $12.00
Bus Departs CHSC 8:15 AM Returns 3:30 PM

MON., OCTOBER 5 - BAPS HINDU TEMPLE, WINDSOR, NJ
Prepare to be amazed at the incredible architecture of the largest Hindu temple outside of India. A guided tour will give you an overview. You will be asked to remove your shoes prior to entering so you might like to bring a tote bag
LUNCH OYO at Cafe
MEMBERS $7.00 GUESTS $12.00
Bus Departs CHSC 7:00 AM Returns 5:00 PM

FRI., OCTOBER 9 – FOUR ACRES ALPACA FARM, FRANKFORD
An educational and fun visit! Feed the alpacas and then shop their gift shop – socks are a great start to your holiday shopping.
LUNCH OYO at a local restaurant
MEMBERS $17.00 GUESTS $22.00
Bus Departs CHSC 9:15 AM Returns 3:00 PM

SAT., OCTOBER 10 - APPLE SCRAPPLE FESTIVAL, BRIDGEVILLE, PA
A day filled with live entertainment, hundreds of crafters and vendors.
LUNCH OYO
MEMBERS $7.00 GUESTS $12.00
Bus Departs CHSC 9:30 AM Returns: 2:30 PM

TUES., OCTOBER 13 – READING TERMINAL, PHILA., PA
Eat your way through the market - Amish baked goods, fresh meats and produce, several restaurants – finish with Basset's ice cream.
LUNCH OYO
MEMBERS $7.00 GUESTS $12.00
Bus Departs CHSC 9:00 AM Returns 4:00 PM

WED., OCTOBER 14 – TOBY DINNER THEATER – DONNA SUMMERS MUSICAL, MD
This electric experience is a moving tribute to Disco Queen Donna Summers and features 20 of her classic hits.
LUNCH included
MEMBERS $78.00 GUESTS $83.00
Bus Departs 7:30 AM Returns 6:30 PM

THURS., OCTOBER 15 – GROUNDS FOR SCULPTURE, NJ
Visit this 42-acre sculpture park, museum and arboretum featuring over 300 contemporary artworks amid beautifully landscaped gardens. Founded by philanthropist and sculptor John Seward Johnson of the J&J family. Truly unique.
LUNCH OYO
MEMBERS: $23.00 GUESTS: $28.00
Bus Departs CHSC 7:30 AM Returns: 5:00 PM

FRI., OCTOBER 16 – SALISBURY ZOO, MD
Come visit some of your favorite animal friends at the zoo. We will stop for lunch at a local restaurant on the way home.
LUNCH OYO
MEMBERS $7.00 GUESTS $12.00
Bus Departs CHSC 9:00 AM Returns 3:00 PM

MON., OCTOBER 19 – LATE LUNCH AT 1776 RESTAURANT
Take advantage of the $35 price fixe special menu at this popular steakhouse.
LUNCH OYO
MEMBERS $7.00 GUESTS $12.00
Bus Departs CHSC 1:40 PM Returns 4:30 PM

THURS., OCTOBER 22 – SUNFEST, OCEAN CITY. MD
A full day of eating, shopping, and listening to music. Enjoy!
LUNCH OYO
MEMBERS $7.00 GUESTS $12.00
Bus Departs CHSC 9:30 AM Returns 2:30 PM

FRI., OCTOBER 23 – SUNFEST, OCEAN CITY. MD
Another full day of eating, shopping, and listening to music. Enjoy!
LUNCH OYO
MEMBERS $7.00 GUESTS $12.00
Bus Departs CHSC 9:30 AM Returns 2:30 PM

WED., OCTOBER 28 – WINTERTHUR
This visit includes touring the top floors of the museum that were used for entertaining as well as a tram tour through the gardens, weather permitting. You will also have additional time to explore other areas, gift shop, and café.
LUNCH OYO.
MEMBERS $34.00 GUESTS $39.00
Bus Departs CHSC 8:00 AM Returns 5:00 PM

THURS., OCTOBER 29 – DELAWARE BOTANICAL GARDENS
Visit the beautiful gardens and gift shop We will stop for lunch at a local restaurant after.
LUNCH OYO
MEMBERS $23.00 GUESTS $28.00
Bus Departs CHSC 9:00 AM Returns 2:30 PM

FRI., OCTOBER 30 - BERLIN, MD
Keep your eye out for some spooky decorations while you stroll, shop and dine in Berlin.
LUNCH OYO
MEMBERS: $7.00 GUESTS: $12.00
Bus Departs CHSC 9:00 AM Returns: 3:00 PM

SAVE THE DATE!

12/1 – House & Inn Tour, Cape May
12/9 – Milton Theater – Elf
12/16 – Candlelight Theater - Scrooge

CHSC Member Birthdays

SEPTEMBER

1
Karen Fuselier
Catherine Sperry
2
Maureen English
Perry Gottlieb
3
Barbara Henriksen
5
Marcia Kratz
Bob Natale
6
Ellen Crockett
Liza Hodskins
7
Deborah Miller
8
Helen E. DeGrand
Rubin Howard
9
Judith Lytle
MaryAnn McGonigal
10
Joseph Barranco
Cheryl Hoechner
Phil Winkler
11
William Brown
Francine Bledsoe
Wanda Cox
Michael Cresenzo
Gwen Moriarty
Neva Pratico
Shelley Rohde
14
Michael Dixon
Diana Duffy
Yolanda Edwards
15
Naomi Dann
Cheryl Palese
Deborah Wickersham
16
Winsome Boyd
Gail Cebular
Marian Fetherolf
Duncan Leet
17
Shahira Hoffman
Mary Lou Jackson
Ann Manheimer
Mary Ellen Olufsen
19
Jackie Hajji
20
Joanne Beardsley
Betty Henderson
Jeffrey Lynn
Elaine Pleasanton
Mary Ratchford
21
Mariette Heavey
Raymond Prybylowsky
22
Lois Aylor
Susan Bramer
Barbara Catterton
Josie Schroeder
Marsha Stimola
23
William Churchman
Jane Connors
Patrick O'Donovan
Cynthia Staker
25
Patricia Baur
Geraldine Blacker
Bob Chambers
Gary Fuselier
26
Bernita Hackney
Tom Howard
Tom Pemberton
27
Rita Balestrini
Celina Johnson
Kris Nygaard
28
Laura Reitman
29
Jill Daniels
Lori Gouldson
Janis Nezvesky-Schertzer
30
Susie Hayes
Marie Hampton
Gladys Kellner

OCTOBER

1
Jayne Ace-Bosgra
Paul Herman
Hasmic Mason
Gail Mavromatis
2
Suzi Berry
Gail Donaldson
3
Beatrice Johnson
4
Robert Hutchins
Fran Pollock
5
Kevin Lilly
Ann D. Noweck
Robert Thoman
6
Thomas Child
Joseph Clancy
Ursela Lemp
Sandy Paulen
7
Diane Obrien
Lisa Whitcombe-Beebe
8
Katherine Buck
Anita Cook
Phyllis Fischer
9
Ethel Cabry
11
Karen Haley
Wayne Neff
Robert Whiting
12
Jean Bicher
Betty Leet
13
Veronica Adamcik
Mary D'Silva
15
Linda Dahl
Lisa Snyder
16
Barbara McGowan
17
Debby Schmidt
18
Marcia Newbill
Nancy Sickles
Jim Sperry
19
Linda Oswald
Nancy Sheehan
Chet Sprague
Larry Zinar
20
Nancy Innerst
Rubin Ziva
21
Jane Mozingo
Karen Norton
23
William Weidman
24
John Bramer
Marjorie Hodgson
Cynthia Snyder
25
Kim Foley
Sarah Kelly
26
Jeffery Stowell
27
Marsha Burd
Steven Caufield
Sally Crouch
Nancy Cruser
Nadine Mosgin
Sara Waugaman
28
Patricia Jamieson
James Mecke
29
Terry Cassanelli
Marcella Lacey
Sarah Rice
31
John Wunderlich, Jr.

Happy Birthday to all!

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

NON-PROFIT ORG.
PERMIT NO. 17
U.S. POSTAGE PAID
REHOBOTH BEACH, DE 19971



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