



# July 2023 Newsletter



**I Am Not What Happened To Me  
I Am What I Chose To BE**  
Carl Jung

Issue II Volume 226

**Bridgeville Senior Center**

## Activity Coordinator

The Bridgeville Senior Center welcomes new staff member Megan Tyndall as Activity Coordinator. The job scope includes coordinating activities, events, and trips. She began her employment on Friday, June 9th. "It's the perfect job for me. I love being around the seniors, they are awesome people and great company", said Tyndall. Photo by: Bernard W. Carr



### Included in Newsletter

- Encouragement
- Programs
- Staff In-put
- Event Calendar
- Menu



### July Birthdays

- 3rd Geraldine Cannon
- 7th Peter Eckert
- 11th Kenneth Johnson
- 26th Mark Washington

## Honoring Father's



On Thursday, June 15, the Bridgeville Senior Center celebrated the upcoming Father's Day (Sunday, June 18) with Member Joe Collins (l), Driver Joe Pittard (c), and Member? Volunteer William Teagle. The dads enjoyed a meal of their choice at the Stargate Restaurant in Seaford, including fish, turkey, steak, vegetables, rolls, and salad. Board President Bernard W. Carr presented flowers to the trio. Happy Father's Day to all of the Senior Center fathers. Photo by: Megan Tyndall Activities Coordinator

## Fundraiser

**Bridgeville Senior Center**

**BBQ Platter \$12.00**

**Chicken, Baked Bean, Chips and Soda**

**Hamburger, Baked Beans, Chips and Soda**



# Monday

- 3 Spaghetti and Meat Sauce
- Italian Vegetables
- Whole Wheat Roll/Bread
- Orange Sherbet
- Skim Milk

- 10 Crispy Oven Fried Chicken
- Dutch Potato Salad
- Collard Greens
- Whole Wheat Roll/Bread
- Raspberry Peaches
- Skim Milk

- 17 Cheeseburger on Bun
- French Fries
- Baked Beans
- Spiced Peaches
- Skim Milk

- 24 Hot Dog on Bun
- Baked Sweet Potato Fries
- Coleslaw
- Poached Pears
- Skim Milk

- 31 Pot Roast
- Potatoes and Onions
- Celery and Carrots
- Whole Wheat Roll/Bread
- Boston Cream Pie
- Skim Milk

# Tuesday

## 4 Independence Day Holiday Centers are closed

- 11 Stuffed Cabbage
- Garlic Mashed Potatoes
- California Vegetables
- Whole Wheat Roll/Bread
- Chilled Fruit Cup
- Skim Milk

- 18 Pineapple Pork
- Steamed or Baked Rice
- Brussels Sprouts
- Whole Wheat Roll/Bread
- Greek Yogurt Parfait
- Granola
- Skim Milk

- 25 Chef Salad w/Turkey
- Corn Salad
- Whole Wheat Roll/Bread
- Strawberries w/Whipped Topping
- Skim Milk

# Wednesday

- 5 Shepherd's Pie
- Steamed Capri Vegetables
- Whole Wheat Roll/Bread
- Caramel Peach Crisp
- Skim Milk

- 12 Stuffed Pasta Shells
- Italian Vegetables
- Whole Wheat Roll/Bread
- Cherry Top Angel Food Cake
- Skim Milk

- 19 Cheese Ravioli and Marinara
- Sauteed Zucchini
- Whole Wheat Roll/Bread
- Fresh Fruit
- Skim Milk

- 26 Chicken Monterey
- Baked Potato
- Sour Cream
- Brussels Sprouts
- Cinnamon Applesauce
- Whole Wheat Roll/Bread
- Skim Milk

# Thursday

- 6 Chicken Cacciatore
- Penne Pasta
- French Style Green Beans
- Whole Wheat Roll/Bread
- Cinnamon Pears
- Skim Milk

- 13 Philly Beef on Bun w/Peppers
- Fried Baked Potato Wedges
- Confetti Coleslaw
- Gelatin
- Whole Wheat Roll/Bread
- Skim Milk

- 20 BBQ Chicken
- Baked Sweet Potato Wedges
- Steamed Broccoli
- Whole Wheat Roll/Bread
- Assorted Cookies
- Skim Milk

- 27 Sweet Sour Pork
- Steamed or Baked Rice
- California Vegetables
- Whole Wheat Roll/Bread
- Fresh Banana
- Skim Milk

# Friday

- 7 Chicken Rice Soup
- Egg Salad Sandwich
- Pickled Beets
- Rice Crispy Bar
- Skim Milk

- 14 Beef Vegetable Soup
- Chicken Caesar Salad
- Whole Wheat Roll/Bread
- Assorted Cookies
- Skim Milk

- 21 Corn Chowder
- Tuna Salad Sandwich
- Wheat Cucumber Onion w/Sour Cream
- Mandarin Oranges
- Skim Milk

- 28 Baked Cod w/Lemon Sauce
- Au Gratin Potatoes
- Collard Greens
- Whole Wheat Roll/Bread
- Pineapple Cubes
- Skim Milk



## DELAWARE HEALTH AND SOCIAL SERVICES

Division of Services for Aging and Adults with Physical Disabilities

*"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."*

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**Menu items subject to change due to availability.**

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Front Left to Right Joan Petzold, Betty Edward, Mr. Goodwood, Anne Malesten, Ruby Church, and, Joannie Stevenson, 2nd row Bernard Carr, Shirley Lofland, Joe Pittard, William Teagle, Eutilda Coleman, Megan Tyndall and, Ethel Williams

### Juneteenth at Cheer Center by: Bernard W. Carr

On Friday, June 16, 2023 members from the Bridgeville Senior Center took a short trip up the Rte.13 highway to celebrate the Juneteenth holiday at the Greenwood CHEER Centter. Juneteenth (short for June Nineteenth) marks the day when federal troops arrived in Galveston, Texas, in 1865 to take control of the state and ensure that all enslaved people be freed. The troops arrival came a full two and half years after the signing of the Emancipation Proclamation issued by then President Abraham Lincoln on January 1, 1863, which established that all enslaved people in Confederate states in rebellion against the Union "shall be then, thenceforward, and forever free". On June 17, 2021, President Joe Biden signed a bill making Juneteenth a federal holiday. The Federal holiday was celebrated on Monday, June 19.

The celebration, hosted by Ariana Pettyjohn and Selena Brison, included songs, orations, history, and trivia. Near the end of event, Brison informed the audience of the various foods served at Juneteenth celebrations, included were, black-eyed peas, cracklin, collard greens, corn bread, grits, hamhocks, pig's feet, and wrinkled steak better known as chitlins, to name a few. She further informed that slaves ate whatever was allowed. Tuna sandwiches and desserts were served for lunch.

An appearance was made by Ventriloquist Ken Huff and "Mr. Goodwood" to enlighten the crowd. Other participants included, Ed Cooke, Gloria Holland, Jerry Oneil, Pastor Nadine Henry, and Pastor Eric Henry.

## Events You Don't Want to Miss:

Saturday, July 29th we will be at the Kiwanis Chicken BBQ on 404. Tickets can be purchased at our center prior to date. We will be serving the Kiwanians famous chicken platters which consist of half a chicken, pickles, a roll and a bag of chips for \$10.00. Just \$9.00 for a half of chicken. Stop by July 29th to support the Bridgeville Senior Center. We thank the Kiwanis for supporting the Bridgeville Senior Center.

The Bridgeville Senior Center will be selling Rapa Scrapple Sandwiches Friday, October 14th starting 11am until 9:30 PM. Saturday, October 15th from 6 am until we sell out. Rapa scrapple sandwiches are \$5.00. The money that's raised at this festival helps Bridgeville Senior Center continue to operate. We thank Ralph and Paul Adams RAPA who donate the scrapple for this event. Also on October the 12th scrapple will be sliced from 9 am until noon. This is our biggest fundraiser which require many volunteers. If you are willing to helping us please call. We appreciate any amount of time you have to offer.

## **Annette Cannon Executive Director**

### Reminder Tips to Practice in the Heated Months

Temperatures are rising; here are a few reminders that keep us safe

#### **Stay hydrated**

Increase your liquid intake. Drink plenty of water and juices; even the fruits you eat have water in them.

#### **Wear loose-fitted clothing**

Light-colored, loose-fitted clothing helps the body to stay cool.

#### **Protect yourself from the sun.**

Wear sunscreen, sunglasses, and hats to protect yourself from harmful rays.

#### **Medications**

Store medication in a dry and cool place

Know your medicines that prohibit you from being in the sun.

#### **What to do if you feel hot**

Take a cool shower or bath.

Use your fan or air conditioner.

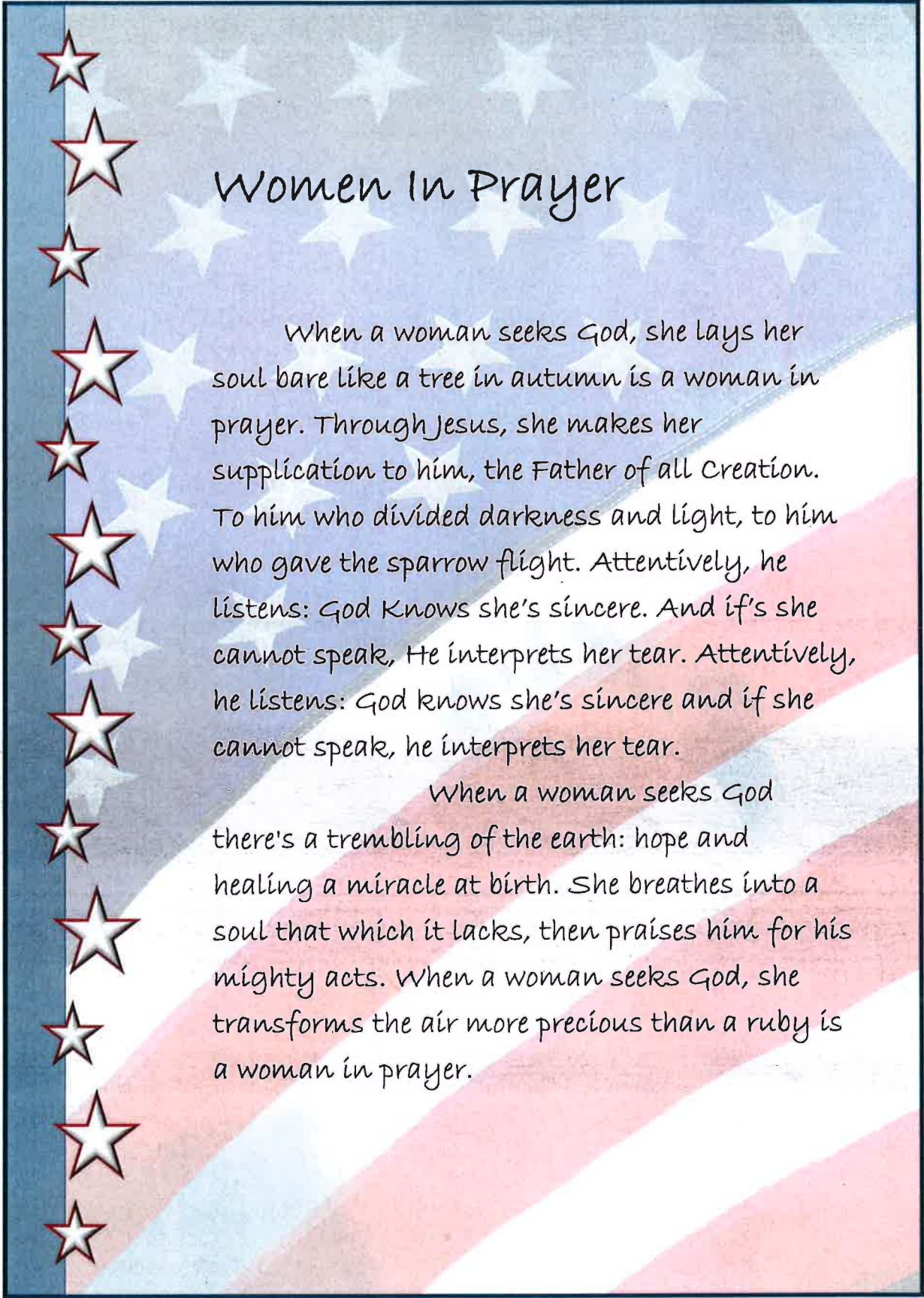
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## Homebound Meals Program

Through the Division of Aging and CHEER, we deliver nutritionally balanced meals to those homebound, 60 and over, or those homebound adults with disabilities. Don't hesitate to contact us if you know someone who could benefit from these services.

## Congregate Program

Our congregate program is Monday through Friday. Clients come into the center for social interaction, trips to pick up prescriptions, grocery shopping, and shopping in general. Center members have a monthly meeting to discuss the next month's events. Members receive nutrition and education information by participating in the congregate program.



## Women In Prayer

When a woman seeks God, she lays her soul bare like a tree in autumn is a woman in prayer. Through Jesus, she makes her supplication to him, the Father of all Creation. To him who divided darkness and light, to him who gave the sparrow flight. Attentively, he listens: God knows she's sincere. And if's she cannot speak, He interprets her tear. Attentively, he listens: God knows she's sincere and if she cannot speak, he interprets her tear.

When a woman seeks God there's a trembling of the earth: hope and healing a miracle at birth. She breathes into a soul that which it lacks, then praises him for his mighty acts. When a woman seeks God, she transforms the air more precious than a ruby is a woman in prayer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 9:30 - Bank Away to <b>Indoor BBQ @ Laurel Senior Center</b></p>	<p>4 <b>Center Closed</b> Independence Day </p>	<p>5 9:30 -Praise &amp; Worship 10:00 - Bible Study 11:30 - Lunch 12:00 - <b>Celebrating All July Birthdays with Name that Tune</b></p>	<p>6 9:00 - Yard Sale 11:00 - Lunch 11:30 - <b>Bryans Bowling</b></p>	<p>7 9:15 - Away to Roxana CHEER Center 10:00 - Band Imagine 12:15 - 1:00 Memory Café BBQ 11am Until</p>
<p>10 9:30 - <b>Food Lion BV</b> 11:30 - Lunch 12:30 - Wii Bowling</p>	<p>11 9:30 - Walgreens PPU/ PHP 10:30 - Dollar Store BV 11:30 - Lunch 12:30 - <b>Members Meeting</b></p>	<p>12 9:00 - 12:00 <b>Food Bank</b> 10:00 - Movie Of Choice 12:00 - Lunch 12:45 - Corn Hole</p>	<p>13 9:30 - Snack/Coffee 10:00-<b>Welcome Laurel Senior Center Here</b> <b>Bingo</b> 11:30 - Lunch 12:00 - Bingo Continued</p>	<p>14 9:30 - Mix-Mingle 10:00 - Chair Yoga 11:00 - Lunch 11:45 - <b>Bryans Bowling</b></p>
<p>17 9:30 - Gentle Stretching <b>10:00 PAINT DAY!!!</b> <b>Sponsored by Crossroads Community Center</b></p>	<p>18 9:30 - Byler Harrington 12:00 - Lunch 12:45 - Musical Chair with ball</p>	<p>19 9:30 - Daily Devotion 10:00 - Bible Study 11:30 - Lunch 12:45 - <b>Roses Discount Day</b></p>	<p>20 9:30 - Mix-Mingle 10:00 - Chair Stretches 11:00 - Lunch 11:30 - <b>Bryans Bowling</b></p>	<p>21 9:30 - <b>Walmart</b> 11:30 - Lunch 12:00 - <b>Craft/Beads</b></p>
<p>24 9:30 - Morning Walk 10:00 - Bingo 12:00 - Lunch 12:45 - Word Searches</p>	<p>25 9:30 - <b>Smiths Farmers Market/Farmers Market Coupons</b> 11:00 - Trivia 11:30 - Lunch 12:45 - Garden Club</p>	<p>26 9:30 - Praise Worship 10:00 - Bible Study 11:30 - Lunch 12:00 - Uno DARE/ New Game</p>	<p>27 9:30 - <b>Liquidation Store &amp; Dollar Tree</b> 11:30 - Lunch 12:00- Scrabble Board Game</p>	<p>28 9:30 - <b>Amish Market &amp; Flea Market</b> 12:00 - Lunch 12:30 - Beautiful Person/ Activity</p>
<p>31 9:30 - <b>Team Challenge &amp; Dollar Tree</b> 12:00 - Lunch 12:45-Dominos&amp; Wii Bowling</p>				<p><b>Abbreviation Key</b> GS- Guest Speaker EX- Exercise PPU- Prescription Pick-Up PHP- Personal Hygiene Pick-Up BV-Bridgeville</p>