Seniors SOARING to New Heights!

~January/February 2021~

Indian River Senior Center

"NEW" EMAIL ADDRESS INDIANRIVERSENIORCENTERINC@GMAIL.COM

We appreciate your understanding and support during this temporary closing.

Looking to share your talent?
Instruct one of our Virtual Classes
one -two days a week

Happy Valentines Day!!!

From
Your Staff and Board
at IRSC

FALL/ WINTER HOURS:
Mon-Thurs 8 am—4 pm
Friday 8 am—3pm

2021 Membership Dues
$37.00
Due by January 1st 2021
No later than 1/15/21 members will be assessed $10.00 Late Fee
New Policy
No longer accepting CASH. Check Only. To be mailed to center.

Come SOAR with us!!
214 Irons Ave., Millsboro, DE 19966 (302) 934-8839
Indianriverseniorcenterinc@gmail.com
Indianriverseniorcenterde.com

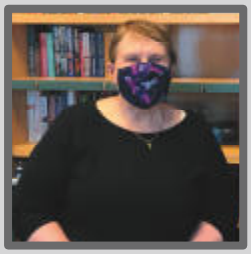
FROM OUR BOARD MEMBERS

IRSC President, Ed Bishop

I hope all our members are staying safe and well. We are moving forward with some of the preventative measures to keep our members safe when we reopen.

We have installed automatic sliding doors at the main entrance to eliminate touch points. In December we will be installing HVAC equipment that combats various pathogens including viruses.

We are following the state's guidelines so check our newly designed website (IndianRiverSeniorCenterde.com) and Facebook for information about reopening in 2021.



Executive Director, Janet M. Laws

It has been a challenging year for all of us in many ways. We've come to manage and adjust to the changes and have become aware of the strengths that each of us has and how these strengths could be used more effectively not only for ourselves but in helping others.

The view of technology in our lives has also changed. It is no longer used occasionally any more for many of us. It has become an integral part of our lives.

Stay informed with our new website that is updated often, our Facebook page, and bimonthly newsletter. Please carefully read these sources of information to familiarize yourself with the changes at the Center.

We don't know what lies ahead in 2021 but working together will help us move forward.

"If everyone is moving forward together, then success takes care of itself". Henry Ford

Indian River Senior Center

214 Irons Ave • Millsboro, DE 19966
Phone..... 302-934-8839
Fax..... 302-934-1444
Website.....
IndianRiverSeniorCenterDE.com
Facebook..... IRSC
"NEW" email address.....
indianriverseniorcenterinc@gmail.com

Labor Day- Memorial Day Hours

Mon 8:00am-4:00pm
Tues 8:00am-4:00pm
Wed 8:00am-4:00pm
Thurs..... 8:00am-4:00pm
Fri.....***8:00am-3:00pm**
***Fall/Winter* Hours**

Office Staff

Executive Director—Janet M. Laws
Accounting Executive—Donna Blauvelt
Marketing/Graphic Designer—Jodie Bowen

Executive Committee

President .....Ed Bishop
Vice President.....Gus Gustafson
Secretary.....Bob Doughty
Treasurer.....Steve Riley

Board Members

Ed Bishop, Gus Gustafson, Frances Harrison, Robert Doughty, C. Pat Fox, David Howell, Susanne Lentz, Mike Connelly, Steve Riley

Board of Directors Meetings (tentative)

Board Meeting
01/20/2020
Board Meeting
02/17/2020

ACTIVITIES	CONTACT	PHONE
Aerobics	Theresa McDuffie	302-934-8839
Stretch/Balance	Theresa McDuffie	302-934-8839
Art Class	Carolyn Wisniewski	302-846-2280
Billiards	Mike Ditondo	302-934-1205
Bingo-Social/Members	Margie Offindani Maggie Smith	302-945-2431 302-947-2274
Bingo Public	Fran Harrison	302-545-3797
Bridge	Eleanor Roulis	910-431-3738
Bunco	Maggie Smith	302-9472274
Craft Room	Rachel Knapp	302-947-4702
Crochet/Quilt Group	Doris Richard	301-802-8975
Golf League Director North South East West Central	Dick Bradley Brian MacNeal Monica Fleischmann Ray Richard Russ Gray Bill Falk	302-539-1898 302-947-2770 302-228-6912 301-802-8974 302-945-1924 302-945-8744
Happy Wanderer Trips	Fran Harrison	302-545-3797
Harrington Casino	Maggie Smith	302-947-2274
Kitchen Committee	See Office	302-934-8839
Mah Jongg	Elaine Carmen	302-934-6604
Library	Donna McColgan	302-927-0130
Line Dancing	Marian Fetherolf	302-249-1586
Nickel Poker	Maggie Smith	302-947-2274
Ping Pong	See Office	302-934-8839
Pinochle	See Office	302-934-8839
Puzzles	Virginia Wagner	302-855-0620
Shuffleboard	Fran Harrison	302-545-3797
Sunshine Card Club	Barbara Harison	302-945-6350
Sunshine Singers	Jennie Vucinich	302-381-8353
Tai Chi	Joanne Howell	302-934-8839
Yoga	See Office	302-934-8839

*Weddings * Parties * Meetings *
Showers

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However, when we open we'll follow the guidelines of the State of Delaware

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We are conveniently located which makes The Indian River Senior Center the ideal place for your special event!

IRSC is located behind the Wawa on Rt 113
On 214 Irons Ave., Millsboro, DE 19966 (302) 934- 8839
Www.IndianRiverSeniorCenterDE.com

The Members understand that they participate at all the Center's activities at their own risk, and cannot hold the Indian River Senior Center responsible for any Loss, Accident, Injury or Death associated with these activities.

We require that ALL Handicapped or Disabled persons have a caretaker with them at all times while participating in any Center activities.

Winter Hours Begin:
Labor Day- Memorial Day
Monday - Thursday
8:00 AM - 4:00 PM
Friday 8:00 AM 3:00 PM

Please check our Facebook, Website;
Radio and TV for any closings or delays for IRSC. Includes FOG delays and Inclement Weather.

Indian River Senior Center

214 Irons Avenue

Phone: 302-934-8839
Fax: 302-934-1444

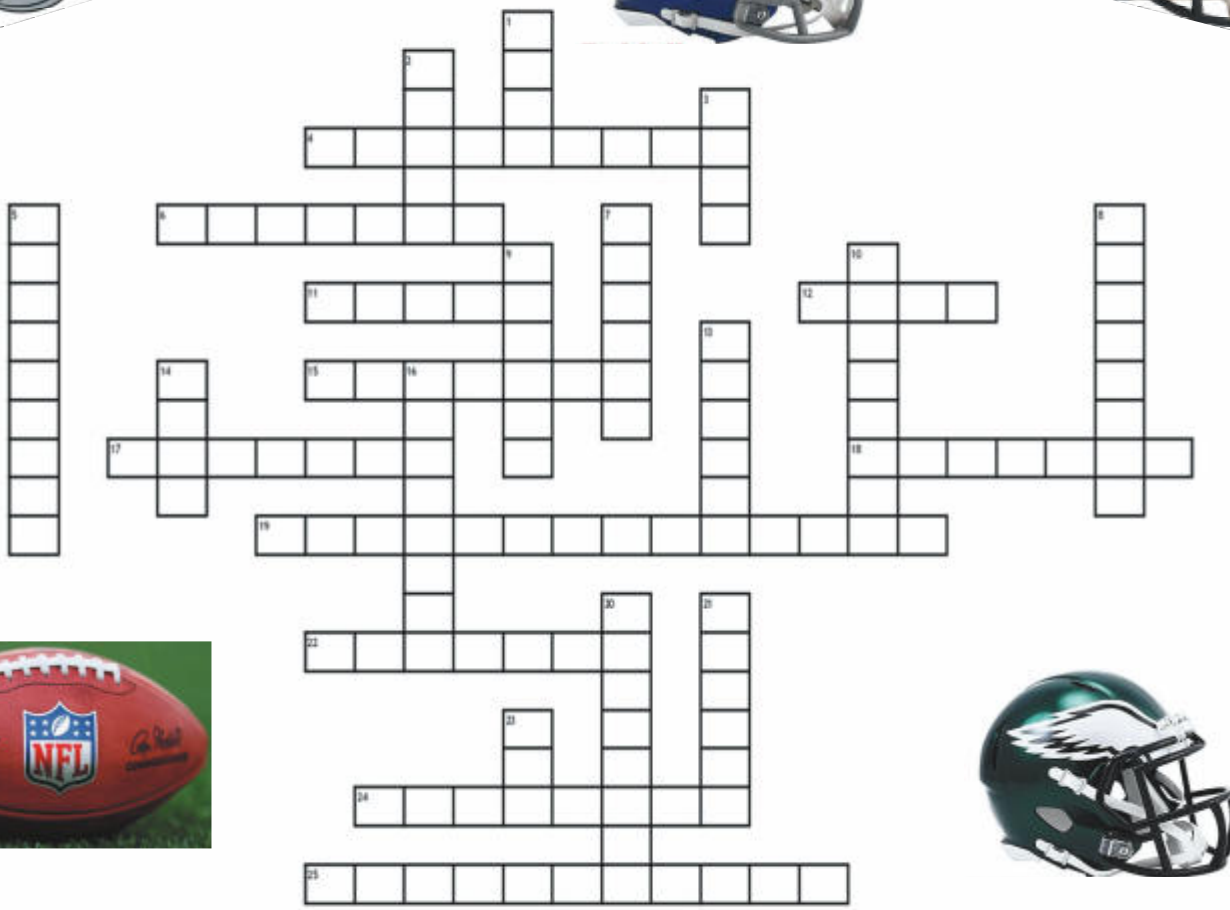
"NEW EMAIL ADDRESS"

indianriverseniorcenterinc@gmail.com

IndianRiverSeniorCenterde.com

FUN "N" GAMES

Football Terms



Across

4. A play worth six points
6. A free kick that starts a play
11. To take the ball from the person carrying it
12. Where the ball is kicked before it hits the ground
15. A backwards pass
17. The player that carries the ball
18. The area between the end line and the goal line
19. A pass of the ball which no player caught
22. The amount of yards claimed in a play
24. The ball that is used
25. The area between the offence and defensive at the start of a play

Down

1. An attempt to tackle or hurry a player before they can throw a pass or make a kick
2. A tackle of a ball carrier on a running play
3. The ball being passed backwards from the line of scrimmage
5. A three point score
7. A meeting on the field to discuss the next play
8. In front of the end zone
9. The rotation of the football following its release
10. There are four of these
13. When a player looses possession of the ball
14. A piece of cloth indicating a foul
16. The loss of the ball by one team to the other team
20. A ball that is no longer in play
21. A force that takes the ball carrier to the ground
23. A sharp change of direction by a running player

Valentine's Day Sudoku

Are you up for the challenge??

						6	7	
	2	4			9	8		5
1							2	
	7							
	1				7			3
			8				4	6
		6	4			9		
					2			8
		5		1	6			

1								
		9				7		
5		4			1	2		6
9		2	4					8
8			1			5	7	
		5			6			2
			6				8	
			2	8	3	4		
	5			4				

				2			9	
								7
								5
		1	6	4		7		
7	5					3		4
	3		1			6	9	
8	4			1	5			6
				9				
					2		5	
		5						
			3	6				9
	2						4	

		4						
	6	9						
1		2						
1	3	2						
	5	9						
			5			8		
		2			4		1	
			3			9	5	4
	9				7			5
			6				9	
	6	8				3	2	

					5			1
				4			3	
			8	9		4		
			5			8		

JANUARY 2021 LUNCH/ PROGAMS

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

AS OF THE PRINTING OF THIS NEWSLETTER, WE ARE IN COVID RESTRICTIONS PLEASE REFER TO OUR WEBSITE (INDIANRIVERSENIORCENTERDE.COM) AND FACEBOOK FOR ANY ADDITIONAL UPDATES

FEBRUARY 2021 LUNCH/ PROGRAMS

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

AS OF THE PRINTING OF THIS NEWSLETTER, WE ARE IN COVID RESTRICTIONS PLEASE REFER TO OUR WEBSITE (INDIANRIVERSENIORCENTERDE.COM) AND FACEBOOK FOR ANY ADDITIONAL UPDATES

VIRTUAL CLASSES/ EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
	***Tai Chi Chih** *10am-11am* ***Intro. Tai Chi Chih** *11;30am-12:15pm*	***Aerobics** *8am-9am* ***Sit & Fit** *9:15am-10:15am* ***Stretch** *12pm-1pm*		***Aerobics** *8:30am-9:30am*	***Tai Chi Chih** *10am-11am* ***Intro. Tai Chi Chih** *11:30am-12:15pm*	
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	***Tai Chi Chih** *10am-11am* ***Intro. Tai Chi Chih** *11;30am-12:15pm*	***Aerobics** *8am-9am* ***Sit & Fit** *9:15am-10:15am* ***Stretch** *12pm-1pm*	**Join us in planning the first virtual Book Club offering through the IRSC. A Zoom meeting is planned for Tuesday, December 1 at 1:30pm to choose the first reading selection and the first discussion date. Bring suggestions for at least 2 books you are interested in reading (along with a brief description) , they can be fiction or nonfiction. IRSC can purchase the books for the first five participants. Please email Joanne Howell at gojoanne@gmail.com with the subject Bookclub to receive the meeting link for the December 1st meeting.**			

IRSC continues to stay closed due to COVID -19 Virus

It's that time of year again.....

Don't delay, renew your membership today!

2021 Membership Dues

$37.00

Due by January 1st 2021

No later than 1/15/21
members will be assessed $10.00 Late Fee

New Policy

No longer accepting CASH. Check Only. To be mailed to center.

CENTER UNDER CONSTRUCTION

Membership
Annual Dues Renewal

Indian River Senior Center
214 Irons Avenue
Millsboro, DE 19966

Labor Day- Memorial Day Hours

Mon	8:00am-4:00pm
Tues	8:00am-4:00pm
Wed	8:00am-4:00pm
Thurs	8:00am-4:00pm
Fri	*8:00am-3:00pm

FALL/WINTER Hours

The groundhog wakes up from hibernation on February 2. If the groundhog sees its shadow when it emerges from its burrow, there will be six more weeks of winter. If it does not see its shadow, spring will arrive soon.

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Help support our Indian River Senior Center
https://smile.amazon.com/ch/51-0117188

How to sign up for AmazonSmile

AmazonSmile is a way for customers to support their favorite organization every time they shop with Amazon. AmazonSmile foundation will donate 0.5% of the price of eligible AmazonSmile purchases at no cost to you.

Shoppers who start at smile.amazon.com will find the same Amazon they know and love, with the added bonus that Amazon will donate a portion of the price of eligible purchases to the organization of your choice.

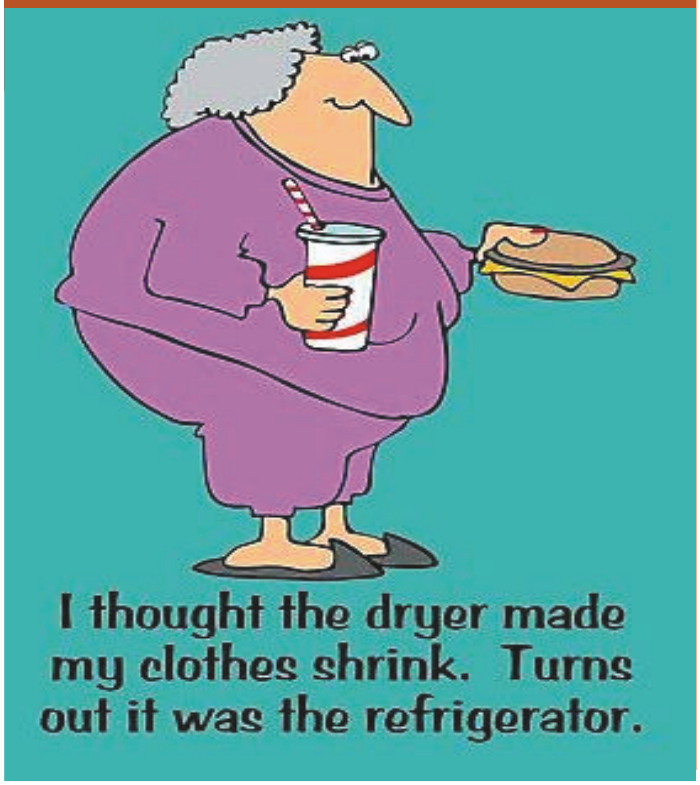
Signing up is easy!

Here's how to shop AmazonSmile:

1. Visit smile.amazon.com
2. Sign in with your Amazon.com credentials
3. Choose an organization (INDIAN RIVER SENIOR CENTER) for them to receive donations.
4. Start shopping!
5. Add a bookmark for smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

Laugh Out Loud- Comedy

New Year's Eve Resolutions



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UnitedHealthcare Community Plan

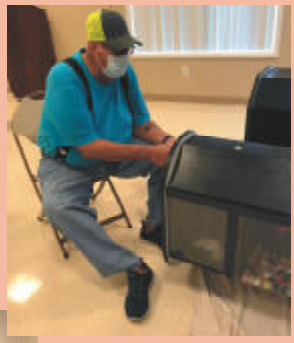
CST26394A

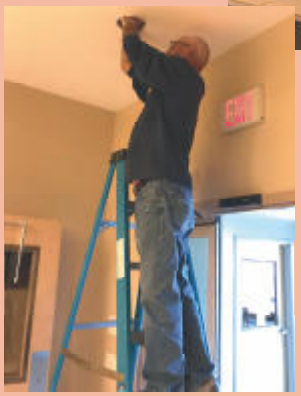
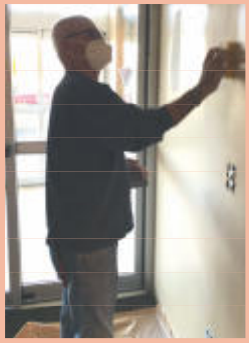
IRSC CONTINUES TO STAY CLOSED DUE TO COVID -19 VIRUS

Center Under Construction

IRSC is in need of more volunteers in order for the center to successfully open. Help includes kitchen, check-in person (taking /recording temperature and handing out paperwork, disinfecting Hall (chairs, tables etc. as members leave). Asking for an hour or two of your time.

The office staff of IRSC has been working at home and in the office throughout the pandemic in getting the center ready to open.



Easy Valentine Sandwich Cookies

This recipe makes 17- 3 inch sandwich cookies and 17 - 1 1/2 inch heart shaped cookies. You'll need a 3-inch heart shaped cutter and a 1 1/2-inch heart shaped cutter. Decorate to your liking.

Servings: 17
Yield: 34 cookies

Ingredients

1 cup butter
1 ½ cups confectioners' sugar
1 egg
1 teaspoon vanilla extract
½ teaspoon almond extract (Optional)
2 ½ cups all-purpose flour
1 teaspoon baking soda
1 teaspoon cream of tartar

Directions:

Step 1

In a large bowl, cream together butter and confectioners' sugar. Beat in egg, vanilla and almond extract. Mix well.

Step 2

In a medium bowl, stir together flour, baking soda and cream of tartar; blend into the butter mixture. Divide dough into thirds and shape into balls.

Step 3

Working with 1/3 of dough at a time, roll out dough into desired thickness on a lightly floured surface. For each heart sandwich cookie, cut out 2 3-inch hearts. Cut out the center of ONE of the 3-inch hearts with the 1 1/2-inch cutter.

Step 4

Place each piece separately on an ungreased cookie sheet, 1 - 2 inches apart. Bake in a preheated, 350 degrees F (175 degrees C) oven until lightly browned (7-8 minutes for 1/4 inch thick cookies). Cool completely on wire rack. Frost bottom cookie with Pink Valentine Frosting and place an open centered cookie on top to form the sandwich. Also frost the small 1 1/2 inch hearts and serve as separate cookie

Nutrition Facts:

Per Serving:

210 calories; protein 2.4g 5% DV; carbohydrates 24.7g 8% DV; fat 11.3g 17% DV; cholesterol 39.7mg 13% DV; sodium 155.7mg 6% DV.

IT'S HERE!!!!

ANNOUNCING THE LAUNCH OF OUR NEWLY REDESIGNED WEBSITE

INDIAN RIVER SENIOR CENTER

Indianriverseniorcenterde.com

We've got a new look, full of features and customized buttons to help in finding what you are looking for.

Indianriverseniorcenterde.com

THERE WILL MORE UPDATES TO SHARE IN THE COMING WEEKS & MONTHS.

214 Irons Ave, Millsboro, DE 19966
Tel: 302-934-8839

indianriverseniorcenterinc@gmail.com

Members Only!!!!

Don't be left out,

Join in!!!

Members Only!!!!

Indian River Senior Center has Chromebooks for our members.

Members must have internet

Members must have internet

NEWS

Plastic Bag ban goes into effect in 2021.

The new law, which takes effect Jan. 2021, bans plastic bags from stores with more than 7,000 square feet of retail space and chain stores with three or more locations with at least 3,000 square feet each.

Those stores could sell reusable bags, or provide paper bags at no cost or a cost of their discretion.

Large retail stores in Delaware currently are required to have an onsite recycling receptacle so customers can dispose of their plastic bags responsibly. But it's not clear how often customers take advantage of those recycling bins.

The bill makes exceptions for bags used to wrap meat, fish, flowers or potted plants or those that contain unwrapped food items. Bags containing live animals, those that transport chemical pesticides or cover articles of clothing on a hanger also are exempt.

AARP Safe Driver Courses

AARP will not be scheduling any in-person Safe Driver courses earlier than April 1,2021. When the in-person courses do resume, it will be only when AARP, the host location and the volunteer instructor are all comfortable hosting classes again. In the meantime, AARP is still offering on-line safe driver courses. A discount for these courses is available through February 2021. This course meets Delaware state requirements to obtain the discount on auto insurance premiums.

Website: www.aarpdriversafety.org

Promo code for 25% discount DRIVINGSKILLS

Good through: February 28, 2021

AARP Tax Preparers for our center have been discussing different options for the upcoming season. We will give updated information as we get close to the date on our website and Facebook.

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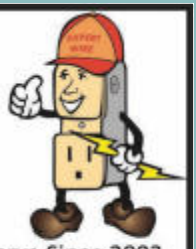

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Indian River Senior Center
214 Irons Avenue
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