



# INDIAN RIVER SENIOR CENTER

## SEPTEMBER / OCTOBER 2022 NEWSLETTER

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**We are closed on  
September 2nd, 5th  
& October 10th.**



**Crab Feast 2022 is  
September 24th!**

**We have new  
fitness classes  
beginning on  
September 12th!**



**Take a peak inside to  
learn about our  
upcoming adventures!**

Follow us on  
Facebook for  
daily updates and  
never miss an  
announcement!



*Seniors Soaring To New  
Heights*



# REPORTS FROM OUR BOARD MEMBERS

Indian River Senior Center | [www.IndianRiverSeniorCenterDE.com](http://www.IndianRiverSeniorCenterDE.com)



## ABOUT IRSC

### CONTACT INFORMATION

214 Irons Avenue  
Millsboro, DE 19966  
302-934-8839  
[www.IndianRiverSeniorCenterDE.com](http://www.IndianRiverSeniorCenterDE.com)

### SUMMER HOURS

Monday - Thursday | 8am - 4pm  
Friday | 8am-2pm

\*Hours for September - May  
Monday - Thursday | 8am - 4pm  
Friday | 8am-3pm

### EXECUTIVE DIRECTOR

Suzanne Gordon  
[indianriverseniorcenterinc@gmail.com](mailto:indianriverseniorcenterinc@gmail.com)

### MARKETING SPECIALIST

Kellie Beasley  
[indian2015river@gmail.com](mailto:indian2015river@gmail.com)

## *Message from the Executive Director*

Hello! I'm the new Executive Director at IRSC and I'm excited to serve in this position. I started working at the Center in September of 2021 and witnessed many changes over the last year; changes that affected all of us in one way or another. Some people see changes in a negative light, but I view them as an opportunity for growth. Growth isn't always easy but I am looking forward to it nonetheless and can't wait to see the direction in which the Center is headed.

I'm asking for your help with that direction. Please take a moment to email me at [indianriverseniorcenterinc@gmail.com](mailto:indianriverseniorcenterinc@gmail.com) and let me know which activities you think have worked in the past, which activities haven't worked, and what you think might work in the future. If you prefer paper over email, we have a survey at the Center for you to use to share your thoughts.

Thank you for your help!

*Suzanne Gordon*

# MARK YOUR CALENDARS

Indian River Senior Center | [www.IndianRiverSeniorCenterDE.com](http://www.IndianRiverSeniorCenterDE.com)

## CRAB FEAST



2022



**When:** September 24th, Noon to 4pm

**Where:** RIGHT HERE! 214 Irons Ave in Millsboro.

**What:** For only \$75 you get ALL YOU CAN EAT crabs, fried chicken, & corn!

Beer, soda, & water provided. We'll also have gift card giveaways, 50/50's, pull tabs, & music!



\*BE SURE TO GET YOUR TICKETS EARLY BECAUSE THEY WILL BE \$80 AT THE DOOR

## Christmas Craft Bazaar

Come to Indian River Senior Center and get some Christmas shopping done! Our hall will be full of beautiful, hand made crafts just in time for the holidays.

November 12th, 2022

8:30am until 1:00pm

214 Irons Avenue in Millsboro, DE

Vendor applications can be found here at the center!

### IRSC EXECUTIVE COMMITTEE

PRESIDENT | Ed Bishop

VICE PRESIDENT | Mike Connolly

SECRETARY | Bob Doughty

TREASURER | Steve Riley

### MEETINGS

September 21st @ 9:30

October 19th @ 9:30

### MEMBERS

Ed Bishop

Mike Connolly  
Robert Doughty

C. Pat Fox  
Gus Gustafson

Steve Riley

Mitch Rogers  
Meredith Smith  
Buffy Spencer

The Indian River Senior Center is here to promote the wellbeing of anyone 50 and older. This is accomplished through social, mental, and physical activities as well as programs that are designed to keep seniors healthy and active.

# DANCE & EXERCISE PROGRAMS AT IRSC

Indian River Senior Center | [www.IndianRiverSeniorCenterDE.com](http://www.IndianRiverSeniorCenterDE.com)

## SENIOR STRENGTH & BALANCE

1:30PM - 2:15PM  
MONDAY

INSTRUCTOR - CHARLOTTE MOORE

PRICE - \$5 PER CLASS

## COMBO CLASS- ZUMBA & LABLAST FITNESS

2:15PM - 3:00PM  
MONDAY

INSTRUCTOR - CHARLOTTE MOORE

Price - \$5 PER CLASS

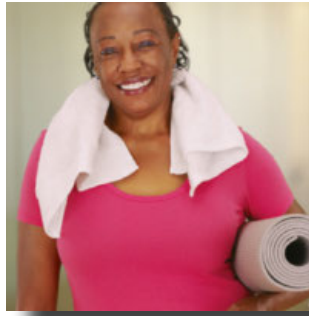
## LINE DANCING - BEGINNER

9:00AM - 10:00AM  
WEDNESDAY

INSTRUCTOR - MARIAN FETHEROLF  
302-249-1586

PRICE - \$5 PER CLASS

\*\*\*The Strength & Balance and Combo Zumba/ LaBlast Fitness classes begin on **September 12th**



## LINE DANCING - INTERMEDIATE

10:15am - 11:15am  
Wednesday

Instructor - Marian Fetherolf  
302-249-1586

Price - \$5 per Class

## AEROBICS

8:30am - 9:30am  
TUESDAY & THURSDAY

\*WE ARE STILL IN SEARCH OF AN INSTRUCTOR TO FILL THIS MORNING SLOT. UNTIL THEN, WE WILL BE STREAMING AEROBICS CLASSES ON THE TELEVISION. THESE ARE FREE OF CHARGE!

## TAI CHI

10:00AM - 11:00AM  
MONDAY

INSTRUCTOR - JOHN CLANCY  
609-617-2326

PRICE - \$3 PER CLASS

## TAI CHI (VIRTUAL)

10:30AM - 11:30AM  
THURSDAY

Instructor - Joanne Howell  
GOJOANNE@GMAIL.COM

Price - \$3 Per Class

Physical health is important; but don't forget about your mental health! Puzzles cause cognitive stimulation and help to fight dementia. We always have puzzles available for our members to work on in Room 1!

*Check out at those line dancing gals!*





# LUNCH AT IRSC

Indian River Senior Center | [www.IndianRiverSeniorCenterDE.com](http://www.IndianRiverSeniorCenterDE.com)

## LUNCH MENU

*Our menu is subject to change.*

### WHAT YOU NEED TO KNOW ABOUT WEDNESDAYS AT IRSC

- Lunch is served at 11:30am
- Meals are \$5 for members & \$7 for non-members
- Sign up in the hall or call the office (preferably before 4pm on Monday)
- Always fresh, always homemade, always delicious!
- Lunch always comes with dessert! If you stick around, there might be seconds!
- Members: come early and join the line dancing class or stay later and play Social Bingo.

### SEPTEMBER 2022

7TH - SUBS (ITALIAN, HAM & CHEESE, TUNA), CHIPS, BIRTHDAY CAKE

14TH - HAMBURGERS, PICNIC SALAD, DESSERT

21ST - (TRIVIA LUNCH) HAM STEAK, ROASTED RED POTATOES & VEGGIES, DESSERT

28TH - CHICKEN & RICE SOUP, GRILLED CHEESE, DESSERT

### OCTOBER 2022

5TH - SUBS (ITALIAN, HAM & CHEESE, TUNA), CHIPS, BIRTHDAY CAKE

12TH - BEEF STEW W/ POTATOES & VEGGIES, DESSERT

19TH - FRENCH ONION PORK LOIN, CARROTS, DESSERT

26TH - POOR MAN'S LASAGNA, SALAD, DESSERT

## Kitchen Corner

Hello Fellow Members,

In this issue I'd like to address the economical challenges we have been facing since reopening. Just like everyone else today, we have had to walk that fine, fiscal line to balance our budget with current fluctuating prices and supply issues. Most of our food and paper products have gone up in price. Sometimes 10 - 20 %.

With some effort, we have been able to control our spending and stay within budget. Since we re-opened, we have seen an average of 20 - 25 people for lunch, which accounts for less than 1% of our members. Lunches each week are delicious and very substantial. Well worth the \$5 that members pay. We have discussed the alternative solutions of having one lunch per month or forgoing lunches altogether. Consider joining us for a hearty meal and terrific company.

Please sign up in the hall or call the office to sign up by the Monday before so we can get a head count before Tuesday's prep. We do not want to turn anyone away but those who sign up ahead of time will be served first; and when we are out, we're out!

# BILLIARDS & GOLF AT IRSC

Indian River Senior Center | [www.IndianRiverSeniorCenterDE.com](http://www.IndianRiverSeniorCenterDE.com)

## BILLIARD LEAGUES

Did you know that the center is host to *FOUR* leagues each week!? New players are always welcome. Even though things can get competitive, everyone is there to have fun and socialize.

Singles Competition 8-ball leagues are played on Monday and Tuesday mornings. The leagues employ a handicap system that allows less skilled players to compete against the best players.

Traditionally, 8-ball is the game of choice here. On Thursdays we have a competitive 9-ball league. Soon, we hope to employ a handicap system to even the playing field.

Monday, Tuesday, and Thursday afternoons are available for open play. Wednesdays are set aside for open pool all day.

A small nominal fee is associated with each league. Monies collected are used for table maintenance, a tournament and pizza party at the end of each session. .

Please keep in mind that at no time is gambling allowed on the premises. Alcohol is also not permitted.

For more information, contact Ed Bishop at 410-802-5016.



## CRAB FEAST 2022 DONATIONS NEEDED!



To make this year's crab feast the best ever, we need your help. Below is a list of donations that would be much appreciated!

- Coors
- Yuengling
- Coke
- Diet Coke
- Pepsi
- Diet Pepsi
- Sprite
- Ginger ale
- Water

## GOLF LEAGUES

Golf is huge here at IRSC. We have four divisions that play on Mondays and another division that goes out on Thursdays.

We have filled most of our available spots, but our North Division still has space available for those who would like to play on Mondays.

Call Ray Richard, Golf League Manager with questions.

### Division Heads

#### Monday

Ray Richard 301-802-8974  
Robert Brady [rbradyjr53@gmail.com](mailto:rbradyjr53@gmail.com)  
Monica Fleischmann 302-228-6912  
Dick Mullins 443-614-9347  
Bill Baydalla 302-644-1774

#### Thursday

Jackie Hostelley 215-802-7691

### Did You Know...

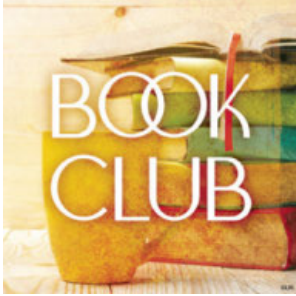
- Golf was invented in Scotland in 1457, and then banned 3 times before 1744. The government believed that it interfered with military training.

-The first round of women's golf wasn't played until 1811. This first round was played in Musselburgh, Scotland. The first women's club was established in 1867. Get 'em girls!

Citation  
<https://www.panthergolfclub.com>

# CLUBS, CLASSES, & HOBBIES AT IRSC

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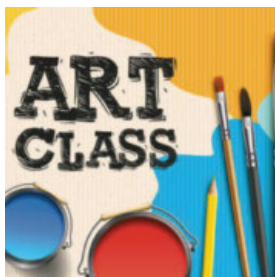
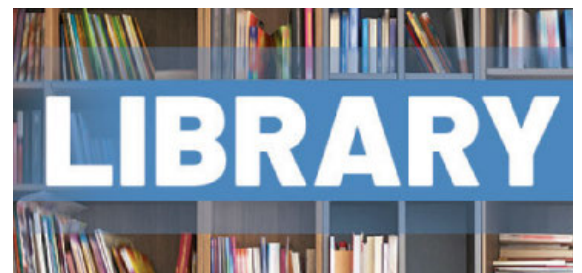
This September, the selected book for discussion is "The Last Thing He Told Me" by Laura Dave. October's novel is "An Invisible Thread" by Laura Schroff. Meeting times are at 2:00pm on Zoom. All are welcome to attend and if you are interested in joining the book club, please contact Joanne Howell at [gojoanne@gmail.com](mailto:gojoanne@gmail.com)

We have games available for members to play! Games such as Bridge, Mah Jongg, Ping Pong, Shuffleboard, Social Bingo, Nickel Poker and lots more! Some of these games are on the calendar because we have groups that want to meet and play the same time each week. If you are interested in playing a game and want to get others together to join, the center has times available for you to play. Call to reserve a room.



Did you know we have a room that is dedicated to crafts and hobbies? The closet is full of items that can be used to make things. There is fabric, yarn, needles and hooks to name a few. The center has times available for people to come use these supplies to make handmade items. Call the center to reserve the room.

IRSC has a wonderful library with a variety of genres! The library is open 8:30am to 3:30pm most week days. Books are available for members to take home, read, and return at your convenience. Donna McColgan volunteers her time in the library and keeps it neat and organized. Thank you Donna! With any questions please contact her at 302-927-0130.








Feeling creative? Come to our art classes with Carolyn Wisniewski! Classes run 9:30am-11:30am every Thursday in Room 2. All are welcome! If you have any question, please call Carolyn at 302-846-2280.

# SEPTEMBER | OCTOBER CALENDAR 2022

Indian River Senior Center | [www.IndianRiverSeniorCenterDE.com](http://www.IndianRiverSeniorCenterDE.com)

## WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Golf</p> <p>8:30am Billiards 8-Ball League</p> <p>10:00am - 11:00am Tai Chi</p> <p>12:30pm - 4:00pm Mah Jongg</p> <p>1:30pm-2:15pm Senior Strength &amp; Balance</p> <p>2:15pm-3:00pm Combo Class: Zumba &amp; LaBlast Fitness</p>	<p>8:30am Billiards 8-Ball League</p> <p>8:30am - 9:30am Aerobics</p>  <p>11:00am Discussion Group w/ Pastor Dale Argot</p>  <p>1:00pm - 3:00pm Nickel Poker</p>	<p>9:00am - 10:00am Line Dancing Beginners</p> <p>10:15am - 11:15am Line Dancing Intermediate</p> <p>11:30am Lunch Served</p>  <p>11:30am - 1:00pm Lunch Time Activity</p> <p>1:00pm - 3:00pm Social Bingo</p>	<p>Golf</p> <p>9:00am Billiards Scotch Doubles 8- Ball League</p> <p>8:30am - 9:30am Aerobics</p>  <p>9:30am - 11:30am Art Class</p> <p>10:30am - 11:30am Tai Chi (Virtual)</p>	<p>8:30am Billiards Travel League</p> 

## MONTHLY SCHEDULE & SPECIAL EVENTS

### SEPTEMBER

- 01 - Public Bingo - Doors open @ 6pm, games start @ 7pm
- 02 - Center CLOSED for Long Labor Day Weekend
- 05 - Center CLOSED for Labor Day
- 07 - Meet & Greet w/ Rep. Rich Collins @ 8am - 9am
- 21 - Lunch & PLARN Workshop @ 11:30am - 2pm
- 21 - Board Meeting @ 9:30am - 11:30am
- 24 - Crab Feast 2022 @ 12pm - 4pm

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4						10
11	12	13		14	15	16
				21	22	
18	19	20				24
25	26	27	28	29	30	

### OCTOBER 2022

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

### OCTOBER

- 05 - Meet & Greet w/ Rep. Rich Collins @ 8am - 9am
- 06 - Public Bingo- Doors open @ 6pm, games start @ 7pm
- 10 - Center CLOSED for Columbus Day
- 19 - Board Meeting @ 9:30am - 11:30am
- 31 - Halloween



## UPCOMING BUS TRIPS

Indian River Senior Center | [www.IndianRiverSeniorCenterDE.com](http://www.IndianRiverSeniorCenterDE.com)



### A Day in Chincoteague

When: **September 29th, 2022**

Join us for a bus trip to the oceanfront city of Chincoteague, VA and enjoy an afternoon cruise.

Deadline to sign up is September 15th. Fee is \$125.

### St. Michaels, MD

*October 20th, 2022*

Join us on a bus trip to St. Michaels and enjoy some shopping, walking around downtown, and a variety of restaurants to stop at for lunch.

Early Bird Sign Up (Before Sep. 22nd) - \$80

Normal Sign Up (Sep. 23rd - Oct 6th) - \$100

Fee includes bus fare, gratuity for the driver, and a 75 minute harbor cruise!

### NASA - Wallops Flight Facility

**November 3rd, 2022**

Join us on a bus trip to Wallops Island in VA and take a tour of NASA's Flight Facility.

Early Bird Sign Up (Sep. 29th) - \$65

Normal Sign Up (Sep. 30th - Oct. 13th) - \$75

Fee includes bus fare, gratuity for the driver, and the 2.5 hour tour of the facility.



To sign up for any of our trips, please come by the office and see Kellie. Seats on the bus cannot be guaranteed until payment is delivered.

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Indian River Senior Center, Millsboro, DE

06-5309

# SEPTEMBER BIRTHDAYS

Indian River Senior Center | [www.IndianRiverSeniorCenterDE.com](http://www.IndianRiverSeniorCenterDE.com)



## HAPPY BIRTHDAY!

1  
Mark Mazak  
William Conrad

2  
Hank Larsen  
Patricia Catanzariti

3  
Wendy Michaelson

4  
Bill Poulterer  
Theodore Byram  
Sharon Roberts  
Joseph Mininni

5  
Christopher Potts  
Thomas Baugh  
Pete Napolitano  
Deborah Twarowski

6  
Fred Rodriguez  
Gregory Davidson, Sr  
Diane Pepitone  
Laurie Walsh  
Dennis Redmond

7  
Eleanor Roulis  
Terry Starr  
Jim Riley  
Raymond Valencis  
Nicholas Melfi

8  
Robert Doughty  
Rachel Pizzonia  
Mary Berl

9  
Bruce Rohner  
Sunghee Chung

10  
Rick Babb  
Joe Reilly  
Patti Kidwell

11  
William Krewson  
Stuewe Clifford  
Tennant Barron  
David Gigantelli  
John Dulay  
Lana Linz  
Karen Brassart

12  
Miro Gutzmirtl  
Ann Marie Desjardins  
Chris Kratzer

13  
Stephen Florek, II

16  
Peter Borsuk  
Wayne Myers  
David Rogerson  
Marian Fetherolf

17  
John Campbell

18  
Joseph Mrak  
James Blakeslee

19  
Matt Phillips  
Charles (Chuck) Smith  
Lucille Osakowicz

20  
Veronica (Ronnie)  
Dannerhoj  
Diane Moses  
Edward Bury

21  
Brent Albert

22  
Oliver Moses  
Richard B Snyder  
Richard O'Brien  
Russell States  
Rosalie Fishman  
Albert H. Herman  
Edward Baillif  
Irina Giller  
Pamela Wojciechowski

23  
Andrew Aaronson  
George Johnson  
Susan Kempe  
Mickey Hinman

24  
Teena Sherwood  
James DeGrange  
Skip Parmenter  
Helene Porreca  
David Howett

25  
Joseph Nuzzo  
Ben Spivey  
Diane Johnson  
Andrew Dietz  
Tracy Brady

26  
Marie Burke  
John Farrell

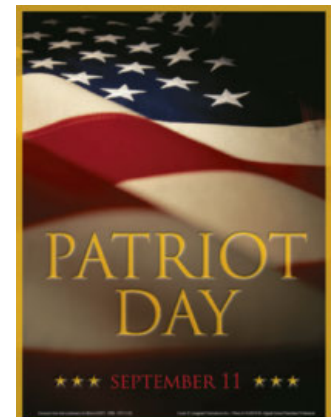
26  
Shelby Weilepp  
Linda Woellmer  
Bob Murphy  
Colleen Perry

27  
Layne (Charles) Allen  
Andrew Murphy  
Don Amann  
Kevin Barth  
James Burton

28  
Charles Eary

29  
Terry Halliday  
Melvin Seidman  
Thomas Schaich  
John Miklavcic

30  
Jack Bond  
Tony Shiflett



# OCTOBER BIRTHDAYS

Indian River Senior Center | [www.IndianRiverSeniorCenterDE.com](http://www.IndianRiverSeniorCenterDE.com)



1

France Shelton  
Anthony Stefanini  
Beverly Stern  
Richard Barlett  
Susan Buffo  
Linda Czarnecki  
Forst Shelley

2

Sonny Nizinski  
Eric Moller  
Gail Donaldson  
William Boyce

3

Daniel Mucci  
Joel Finestine  
George Dannenfesler  
Ron Witte  
Michelle Stanley  
Keith Atkins

4

Joe Youngblood

5

Richard Ward  
Louise Dorrett

6

Bob Harbrandt  
Samuel Ray  
Bob Hrasok  
Katharine Cropper  
Fred Fabbri  
Anthony Koether  
Matt Neitzey  
Mitch Rogers  
Thomas Child

7

Jim Heitman  
Robert Jenquine  
Dannie Brooks

8

Virginia Wingate  
Joe Buffo

9

Guy Isella

11

Rita Poggi  
Richard Phelps  
Carol Zeni  
Ira Feldman

12

John DiPietro  
Sandra Jones  
John Cervenak

13

Ronald Hildebrand  
Ed McEntee  
Bill Butler  
William Fagan

14

Bobbi Lingo  
Richard Frome  
John Hornyak  
Ray Graff  
Hellen Marrama  
Brenda Joyce-Simmons  
John Matos

15

Sam O'Connell  
Raymond Ciupinski

16

David Lewis  
Edward Marshall Sr  
Jan Pallas-Dudley  
Richard Highby  
John Wojciechowski  
Billie Leigh

17

Bill McGrail  
Evelyn (Lynn) Thompson  
Michael Clark  
Kelly Barber

18

Eric Goetter  
James Martin  
Martha Worthington

19

Howard Frye  
Steve Flynn  
Diane Long

19

Chester Sprauge  
Richard Bourque  
Bill Goss

21

Victor Hrebien

23

Joe Hyde  
Art Rose

24

Jim Hopper

25

John Insolera  
Tim Mullen  
John Hook

26

Rita Knight  
Darlene Selewach  
Richard Mullins  
Robert Schadewald

27

Barbara Cunningham  
Carl Vollmer  
Diane Stetina  
Ken Mihok

28

Frank Tyner  
Alan Jenkins

29

Frank Philippi  
Michael Menaquale  
Brenda Evans

31

Ned Maull  
Ed Burton  
Ruby Jones  
Janet McCarthy



**If we forgot any  
September or  
October birthdays,  
we are very sorry!  
Please let us know  
so that we can  
adjust our list!**



## ALL FUN & GAMES...

Indian River Senior Center | [www.IndianRiverSeniorCenterDE.com](http://www.IndianRiverSeniorCenterDE.com)



**Public BINGO**  
at Indian River Senior Center  
The first Thursday of every month!  
Join us **September 1st &**  
**October 6th**

Doors Open 6pm, Game Starts 7pm  
Admission \$15

Basic pkg. of 20 games, our famous Cookie Jar, and Jackpot of \$250

Light supper fare is available for a small fee. Proceeds benefit IRSC

**Save the Date!**

If we're experiencing dangerous weather and you think the center might be closed, check our Facebook page and our website. We'll keep you updated!



Join these ladies here on Tuesdays at 1pm for Nickel Poker. Gentlemen are, of course, welcome as well!



## 20 Question Trivia

Recently we started playing lunchtime trivia, hosted by John Sosnaski. Teams (up to 4 people) play against each other for big fun and small prizes.

Our next trivia event will be Wednesday, September 21st. Sign up sheets can be found here at the office. All sign up sheets should be turned in at the office by Monday, September 19th.

Lunch starts at 11:30am and *20 Question Trivia* starts at 12:00pm.

# ESTATE PLANNING

Indian River Senior Center | [www.IndianRiverSeniorCenterDE.com](http://www.IndianRiverSeniorCenterDE.com)



## Estate Planning

Estate planning is the process of arranging, during a person's life, for the management and distribution of that person's estate, in the event the person becomes incapacitated and after death. Here are some critical documents and steps you need to complete in estate planning:

- ✓ **A Will** lists your property and assets and specifies who should inherit each asset. These individuals are your beneficiaries.
- ✓ **Beneficiary designations** for bank accounts, retirement accounts, and life insurance policies. In the event of your death, these individuals will receive the designated accounts.
- ✓ **Advance Directive** allows you to name a Proxy who is authorized to make medical decisions for you if you can't make them for yourself. This could be due to a temporary, long-term, or permanent incapacitation.
- ✓ **Power of Attorney-Medical** designates an agent who is authorized to act on your behalf on all medical decisions if you are not able. The Power of Attorney is to follow your wishes stated in the Advance Directive.
- ✓ **Power of Attorney** designates an agent who is authorized to act on your behalf, making financial, personal, and business-related decisions on your behalf.

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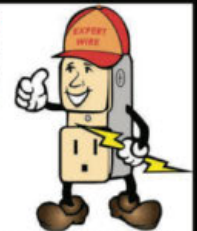
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