

Dementia Caregiver Support Groups that serve New Castle County

St. Philips Lutheran Church, 5320 Limestone Rd., Wilmington, DE 12808

2nd Tuesdays of the month @ 1:00 pm

Unity Lutheran Church, 2101 Lancaster Ave., Wilmington, DE 19805

2nd Thursdays of the month @ 6:00 pm

Police Athletic League, 3737 N. Market St., 1st Fl., Wilmington, DE 19802

2nd Saturdays of the month @ 11:00 am

Kennett Area Senior Center, 427 S. Walnut Street, Kennett Square, PA 19348

1st Wednesday of the month @ 10:15 am

Stoney Bank Community Church, 35 Stoney Bank Road, Glen Mills, PA 19342

2nd Thursday of the month @ 6:00 pm

Young Adult Caregivers of Early Onset Dementia (20s/30s)-VIRTUAL

1st Wednesdays of the month @ 6:00 pm, call 800.272.3900

Spouses - Male Caregivers Only- VIRTUAL

3rd Thursdays of the month @ 4:00 pm, call 800.272.3900

For more information on

our Care Giver Support

Groups Please contact

Rosalia at

302-651-3400 x 0324





United Way of Delaware



Make Saving Money a Priority in 2023

The first step to start saving money is figuring out how much you spend.

Keep track of all your expenses.

Now, find ways to cut expenses, such as eating out one less time per month, canceling unused subscriptions, or lowering your insurance costs.

Next, include saving in your budget.

Now that you know what you spend in a month, create a budget so that you can plan your spending and limit overspending. Be sure to factor in expenses that occur regularly but not every month, such as car maintenance. Include a savings category in your budget and aim to save an amount that feels comfortable to you.

Set savings goals. Start by thinking about what you might want to save for in the short and long term. Estimate how much money you'll need and how long it might take you to save it.

Common short-term goals: Emergency fund (three to nine months of living expenses), vacation, or down payment for a car.

Common long-term goals: a down payment on a home, a remodeling project, or retirement.

There are many savings and investment accounts suitable for short and long-term goals.

And you don't have to pick just one. Look carefully at all the options and consider balance minimums, fees, interest rates, risk, and how soon you'll need the money so you can choose the mix that will help you best save for your goals.

Make your saving automatic. Almost all banks offer automated transfers between your checking and savings accounts. You can choose when, how much and where to transfer money or even split your direct deposit so that a portion of every paycheck goes directly into your savings account.

Watch your savings grow. Review your budget and check your progress every month. That will help you not only stick to your personal savings plan but also identify and fix problems quickly.

Call a \$tand By Me 50+ Financial Coach for FREE financial coaching and Benefits screening today!

Call Geri Huss at 302-601-3896 to schedule an appointment today!

BIRTHDAYS

Margaret Holmes Jan 01 Janet Dorsey Jan 03 Rosalie Brown Jan 04 Jan 12 Patricia Barber Eleanor Lockhart Jan 13 Jan 14 Francis Roy Luci Nardo Jan 21 Deletta Denson Jan 26

Director's Corner



God Bless all of you who support our meaningful work. Your

support and contributions make a huge difference!

Center Guidelines

- Registration for all in-person lunches and activities is required.
- If you are riding the WSC bus, you must wear a mask or face covering.
- If 3 feet of distance can not be maintained indoors, then you must wear a mask.
- If you exhibit symptoms of illness, please stay home.
- If you have not been vaccinated yet, we encourage you to.

Community Resources for Seniors

Low Income Energy Assistance
Program
302-397-8408

Osher Lifelong Learning Academy 302-573-4417
www.pcs.udel.edu/osher-lifelong-learning

Easter Seals Respite Program 302-221-2087

www.easterseals.com/de

Swank Center for Memory Care and Geriatric Consultation

Delaware's first most comprehensive outpatient office for patients with memory disorders for their families.

Contact for more Info: 302-320-3260

It's time to renew your membership!

On September 1, 2022 our membership fee increased to \$25/year. Effective immediately all memberships will renew in January each year. Membership renewal letters are being mailed the week of January 2, 2023. All members who have paid the \$25 membership fee between September 2022 through December 31, 2022 will be considered "paid in full" through December 31, 2023.

Please remember that a current membership is needed to participate in all of our daily/weekly general programming. This includes Wii bowling, our exercise classes, Bible Study, daily community room activities, arts and crafts and presentations by outside guests. Occasionally we do offer trips and activities that are open to non-members. When a trip or activity is available to non-members, it will be advertised in our newsletter, on our website and Facebook page and there may be a fee for participation.

New trips, presentations and activities are being planned for 2023.

We look forward to seeing you at the Center!



Members of the Month Emily and Verna Their smiles light up our center!!



BRING YOUR USED SNEAKERS TO WILMINGTON SENIOR CENTER

Simple as that! Sneakers are recycled and proceeds help fund our awesome programs!!

DONATE NOW

Because of you we have been enriching the lives of seniors for 66 years!

Help us continue for all years to come!

Visit our website!

www.wilmingtonseniorcenter.org

Most forms of payment accepted Send Check or Money Order to 1901 N. Market St. Wilmington, DE 19802

UPDATE

If you have changed your address or phone number please stop by the fron desk or call 302-651-3400

Don't forget to give us your email address!

The best things in life are the people we love the places we've been and the memories we've made along the way.





Free Strength Training Class

Monday and Wednesday

9:30am - 10:30 am

Exercise produces endorphins (the "feel good" hormone), which act as a stress reliever and leaves you feeling happy and satisfied. In addition, exercise has been linked to improving sleep, which is especially important for older adults who often suffer from insomnia and disrupted sleep patterns.



Nichelle Hines and Black Nurses Rock!!

Thank you for bringing blood pressure monitoring and important health information to our Community here at Wilmington Senior Center

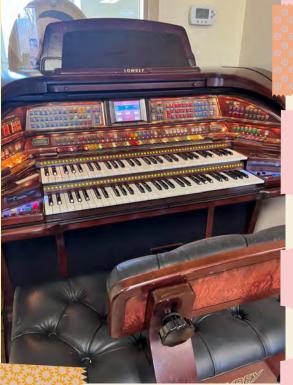
Special Thanks

Our board member

Jeremy Abelson
facilitated the donation
of this amazing organ
from Lee Fulton at

Caring Transitions.

The sound is incredible and one of our seniors knows how to play!!
Thank you for bringing joy to the lives of others!



Are you or another adult in your life looking for a new affordable place to call home?

LAFAYETTE APARTMENTS

currently accepting applications for one-bedroom units



If interested please contact Sherise

Savage at 302-651-3400 x 3429

ssavage@gershengroup.com for more information on how to apply.



Lunch at Libby's

Bowling

Delaware Museum of Nature and Science

Delaware Park Casino

WSC BINGO Saturday

Make sure to check out our Facebook page for details on all upcoming activities, trips and presentations.



Speaker Series on Religious Topics

Tuesday January 17th 10 am - 11 am with Rabbi Beals

Spiritual Understanding

Join us in learning the Word of God

every Monday 10-11 am

Every Thursday this month starting January 12th Jennifer Seabrook is bringing

Nutritional Tips

Jan 12th - Jan 19th - Jan 26th

Michele Wyche - Hayes from Cigna will share a **Healthier Today Series** Jan 11th and Jan 25th

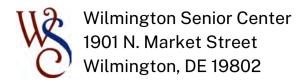
PLEASE NOTE: All presentations and trips are subject to change including additions and or deletions.

*Must be present at the time of presentations to receive any distributed items.

Reservations must be made for all trips and activities, and are accepted on a

first-come basis and can not be made the day of trip or presentation.

There is a Transportation charge for each trip.



302-651-3400 fax: 302-651-3470 www.wilmingtonseniorcenter.org info@wilmingtonseniorcenter.org Non-Profit Organization U.S. Postage **PAID** Wilmington, DE 19802 Permit No. 430

Support Our Seniors



The mission of the Wilmington Senior Center is to provide life sustaining and enriching services, opportunities and partnerships that have a positive impact on the physical, mental and social well being of older adults and that contribute to future generations.