



WS

March

2023

Newsletter



Care Givers Corner

Caregiving requires a lot of energy, organizational skills, patients, and most of all, a big heart. When you assume the role of a caregiver, you are a lifeline for your loved one in need of care. Sometimes the care you will provide will be as simple as driving someone to a medical appointment or picking up their prescriptions at the pharmacy. Other times you will be charged with providing care 24 hours a day, 7 days per week. One of the biggest challenges for caregivers is simply finding resources available in the community to support your efforts.

Some valuable local/statewide resources include:

Cheers Center

Cheerde.com

20520 Sand Hill Road, Georgetown, DE
302-854-9500

Modern Maturity (Dover)

Modern-maturity.org

1121 Forest Avenue, Dover, DE
302-734-1200

Delaware Aging and Disabilities Resource Center

delawareadrc@delaware.gov

240 Continental Drive, Suite 101, Newark, DE 19713

1-800-223-9073

Ask for the Guide to Services for Older Delawareans and Persons with Disabilities

The Delaware Division of Services for Aging and Adults with Disabilities

Delaware.gov

1901 N Dupont Hwy, New Castle, DE 19720
Phone: (302) 255-9390

Wilmington Senior Center (Wilmington)

www.wilmingtonseniorcenter.org

1901 N. Market Street, Wilmington, DE
302-651-3400 ex: 3424

Easter Seals

Easterseals.com

61 Corporate Circle, Newark, DE
302-324-4444





Are you financially ready for retirement? Have you already retired and are having trouble managing your money and covering your expenses?

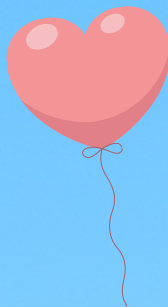
Meet with a Free 50+ Financial Coach to feel more confident about your retirement. The Stand By Me 50+ program provides information, resources, and support to increase the economic stability of Delawareans age 50 and older who are planning for or in retirement, through financial coaching, benefits access, workshops, and retirement planning.

Financial coaching is one-on-one sessions with a certified financial coach to coach to meet goals mutually set by the coach and client toward financial stabilization and empowerment. Financial coaching includes a screening tool provided through the National Council on Aging, Economic CheckUp, which identifies benefits that could save you money, finds ways to cut expenses, and develops a concrete plan to achieve greater economic security. Financial Coaches can even apply for benefits with and for you.

Call a Stand By Me 50+ Financial Coach for
FREE financial coaching and Benefits screening today!
Call 302-601-3896 in New Castle County, 302-415-1542 in Kent
County or 302-608-2705 in Sussex County to schedule an
appointment today!



March Birthdays



Member of the Month



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 is 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.

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.

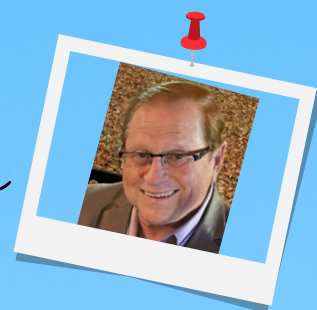
We look forward to seeing you at the Center!

Spring

As the days get longer and the sun begins to shine more brightly, March marks the start of a new season! From the first buds of spring to the blooming of the flowers, it's a time to enjoy the beauty of nature and the freshness of the outdoors. It's also a great time to take a break from our everyday routines and explore the beauty of the natural world around us. So, take a walk, enjoy a picnic, or just sit outside and take in the changing of the season!



Director's Corner



We continue to provide a vast array of activities and trips with some excellent trips coming up in the near future: Spirit of Philadelphia Spiritual Cruise this summer, trip to Washington DC, and Delaware Park trip on March 8th. We have the most excellent variety of trips and activities there is. We are reaching out into the community for more members. Our Annual Appeal has gone out; please respond accordingly. We need your help and support! We appreciate all the support you can provide!

Don't forget our Mardi Gras BINGO on Saturday March 18th at 10 am.

This is open to the public – cash prizes.

March 21st Delaware

Museum of Nature and Science.

Please call our front desk to register –

302-651-3400.

You must be a member for all trips except the BINGO, which is open to the public.

As always, we are appreciative and grateful for all the support you provide!



Free Strength Training Classes every Monday and Wednesday 9:30 am -10:30 am

- Strength training is an important part of any senior's well-being.
- helps to reduce the risk of falls and injuries, and can improve mobility, balance, and overall health.
- can also lead to increased independence and improved quality of life.

If you're a senior looking to start a strength training program, it's important to work with a qualified professional to ensure you're using proper form and technique to maximize safety and effectiveness.

A qualified fitness professional can also help you create an exercise program tailored to your individual needs and fitness level.

Call to join!!

302-651-3400

or Send us a message:

SGordon@WilmingtonSeniorCenter.org

Would you like to bring Seniors from your building or community center?

Please call our

Executive Director, Sam Nussbaum:

302-302-651-3465 or send a message to

CWilliams@WilmingtonSeniorCenter.org



March

Activities Trips and Presentations

March 1st

10 am Henry Lester and Terry Foster

12 pm BINGO

March 2nd

10 am State of Affairs

March 6th

10 am Michelle Hays with Cigna

12:30 pm St Francis Hospital

March 7th

Arts and Crafts

March 8th

12pm Delaware Park Casino

March 9th

10 am AmeriHealth

March 13th

10 am Mardi Gras BINGO

March 14th

Pictionary with Sabrina

March 15th

9:30 am Brandywine Valley Hearing Solutions

12 pm BINGO w St Patrick's

March 16th

9:30 am Brandywine Valley Hearing Solutions

12 pm Arts and Crafts

Saturday, March 18th

MARDI GRAS BINGO

No Entry Fee - Refreshments for Purchase

Cards and Sheets for Purchase - 50/50 Raffle

March 20th

10 am Cigna

March 21st

12:30 pm Delaware Museum of Nature and Science

March 22nd

10 am BINGO with Ms. Jervey

March 27th

10 am Trivia

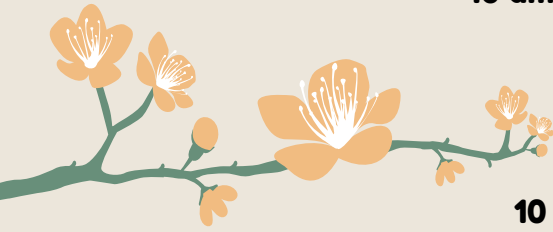
12 pm BINGO

March 28th

12:30 pm All Card Games

March 29th

10 am Speaker Series - Rev. Dr. Stanley Hearst



Wilmington Senior Center Presents

BINGO MARDI GRAS STYLE

SATURDAY MARCH 18TH | 1 pm - 5 pm
WILMINGTON SENIOR CENTER
1901 N. MARKET STREET
WILMINGTON, DE 19802
RSVP by March 17th 302-651-3400

Coming
Soon!

We continue to offer
Premiere Programming for
Seniors because of you!
Please donate today by
scanning this Code.



DELAWARE PARK

Let's Go All-In for a Fun-Filled
Afternoon at the Casino!!

Transportation fee \$3
Departing 12:00 pm

March 08, 2023

Wilmington Senior Center
1901 N. Market Street
Wilmington, DE 19802

www.wilmingtonseniorcenter.org

DELAWARE MUSEUM OF NATURE AND SCIENCE

Come join us for a fun-filled day at the MUSEUM!

March 21st

10:30 AM - 12:00 PM

- ✓ REGISTRATION REQUIRED BY MARCH 16TH
- ✓ TRANSPORTATION COST \$3.00

Let's Do Lunch

WE WILL ENJOY LUNCH OUT TOGETHER AFTERWARDS

www.wilmingtonseniorcenter.org

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.