



Wilmington Senior Center

May

Newsletter



Sam attended a Press Conference announcing the \$1.1 million program at Goodwill Industries with Senator Chris Coons, Senator Tom Carper, Congresswoman Lisa Blunt Rochester, and Logan Herring CEO of the WRK Group. We look forward to all the great things that are happening in Wilmington!





WAYS TO SPRING CLEAN YOUR FINANCES

TAKE SOME TIME TO SPRING CLEAN YOUR FINANCES WITH THESE STEPS:

REFRESH YOUR BUDGET: YOUR BUDGET IS THE FRAMEWORK OF YOUR FINANCES. REVIEW YOUR BUDGET, NOTING WHETHER YOU'RE SPENDING WITHIN YOUR LIMITS OR OVERSPENDING IN SPECIFIC CATEGORIES. LOOK FOR AREAS YOU CAN CUT BACK, SUCH AS LOWERING YOUR INSURANCE RATES OR LOWERING YOUR CABLE BILL.

REVIEW YOUR CREDIT REPORT: YOU CAN GET A QUICK VIEW OF ALL YOUR CREDIT ACCOUNTS—AND MAKE SURE THERE ARE NO SURPRISES—BY REVIEWING YOUR CREDIT REPORT AT ANNUALCREDITREPORT.COM. YOU'LL BE ABLE TO REVIEW YOUR REPORT AND SCORE. CHECK FOR ANYTHING THAT LOOKS UNUSUAL, SUCH AS AN ACCOUNT YOU DON'T RECOGNIZE. IF YOU SEE SOMETHING THAT DOESN'T LOOK RIGHT, YOU CAN DISPUTE IT WITH THE CREDIT BUREAUS.

TAKE INVENTORY OF DEBTS: IF YOU'RE CARRYING A BALANCE ON YOUR CREDIT CARDS OR ARE MAKING PAYMENTS ON AN INSTALLMENT LOAN, TAKE THIS TIME TO REVIEW WHAT YOU OWE. START BY LISTING OUT YOUR DEBTS, INCLUDING THE BALANCE, DUE DATE AND INTEREST RATE FOR EACH. IF YOU HAVE SUBSTANTIAL DEBT, CONSIDER DEBT REPAYMENT STRATEGIES SUCH AS THE DEBT SNOWBALL WHICH GIVE YOU A METHODOICAL WAY TO ATTACK YOUR DEBT. STARTING WITH A PLAN CAN MAKE GETTING OUT OF DEBT FEEL MORE ACHIEVABLE.

CREATE AN EMERGENCY FUND: HAVING ENOUGH SAVINGS TO COVER UNEXPECTED EXPENSES SUCH AS A HIGH MEDICAL BILL OR AN EXPENSIVE HOME OR AUTO REPAIR CAN HELP YOU AVOID RESORTING TO CREDIT CARD DEBT IN A BIND. MAKE A PLAN TO BUILD UP YOUR EMERGENCY SAVINGS. SET UP AUTOMATIC TRANSFERS INTO A HIGH-YIELD SAVINGS ACCOUNT EACH MONTH. AVOID TAPPING INTO YOUR EMERGENCY FUND EXCEPT FOR A REAL EMERGENCY, AND PRIORITIZE REPLACING ANY MONEY YOU USE SO THAT THE FUNDS ARE THERE WHEN YOU NEED THEM.

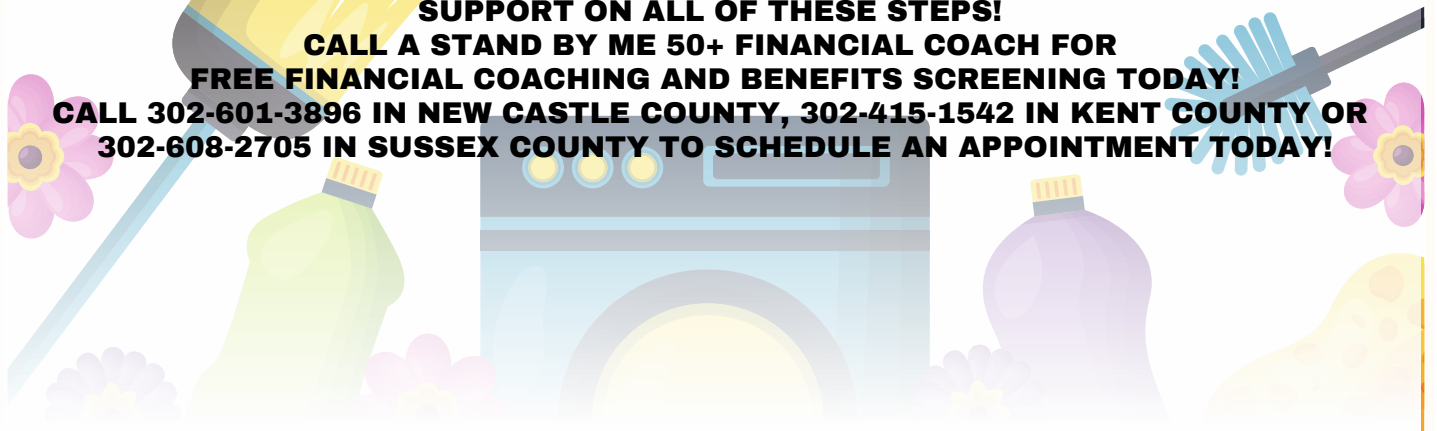
MAXIMIZE YOUR CREDIT CARD REWARDS: WHILE YOU'RE REVIEWING YOUR SAVING AND SPENDING HABITS, TAKE STEPS TO GET THE MOST OUT OF YOUR CREDIT CARDS. CHARGING YOUR PURCHASES TO A REWARDS CREDIT CARD CAN REAP STELLAR BENEFITS, SUCH AS EARNING POINTS TOWARD FLIGHTS AND HOTEL STAYS OR GETTING CASH BACK. ONLY USE YOUR CARD FOR PURCHASES YOU CAN PAY OFF EACH MONTH TO KEEP YOUR CREDIT UTILIZATION LOW AND AVOID CARRYING A BALANCE.

MEET WITH A FREE STAND BY ME FINANCIAL COACH TO GET GUIDANCE AND SUPPORT ON ALL OF THESE STEPS!

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!



Black, Dennis
May 20

Clark, Verna
May 28

Contractor, Penny
May 25

Glanding, Beverly
May 08

Gordy, Sharon
May 14

Harrison, JoAnn
May 23

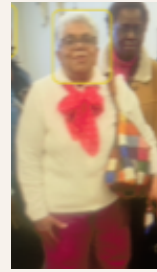
Johnson, Margaret
May 02

Jones, Beverly
May 25

Sutton, Ernest
May 29

Tigue, Margaret
May 10

Wallace, Bertha
May 30



Ruth Joe



BIRTHDAYS

MEMBER OF THE MONTH



Mothers Day CELEBRATION

Let every Mother feel Special

Thursday, May 11th
10:00 am

COME JOIN IN ON THE LOVE AND
FRIENDSHIP HERE AT
WILMINGTON SENIOR CENTER

FOR MORE INFORMATION CALL: 302-651-3400

WWW.WILMINGTONSENIORCENTER.ORG





May Activities 2023



Monday	Tuesday	Wednesday	Thursday	Friday
5/1 9:15 Chair Warmup 10:00 Bible Study 10:30 Denise Garcia 11:45 Lunch 12:30 BINGO	5/2 9:15 Chair Warmup 10:30 Wii Games 11:45 Lunch 12:30 Card Games	5/3 9:15 Tai Chi 9:30 Strength Training 10:30 Wii Bowling 11:00 Puzzles 11:45 Lunch 12:00 Cash BINGO 2pm Wii Meeting	5/4 9:15 Chair Warmup 11:00 WSIMC 11:45 Lunch 12pm Delaware Park	5/5 12:00 pm Crackerberry Antiques with Absalom Jones Senior Center
5/8 9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 10:00 Delaware Assistive Technology 11:45 Lunch 12:30 BINGO	5/9 9:15 Chair Warmup 10:00 Arts & Crafts 10:00 Independent Dominos 10:30 Wii Games 11:45 Lunch 12:00 Afternoon Delight at Abalom Jones Senior Center	5/10 9:15 Tai Chi 9:30 Strength Training 10:00 Yolanda Mohammed 10:30 Wii Bowling 11:00 Trivia 11:45 Lunch 12:30 Cash Bingo	5/11 Mother's Day Celebration 10:00 AM with Pastor Aaron Moore	5/12 10:00 am Wii Banquet in Middletown
5/15 9:15 Tai Chi 9:30 Monique Johns from Helping Hands 9:30 Strength Training 10:00 Bible Study 11:45 Lunch 12:30 BINGO	5/16 9:15 Tai Chi 10:30 Wii Games 10:00 Pictionary with Sabrina 11:45 Lunch 12:30 Independent Time	5/17 9:15 Meditation 9:30 Strength Training 10:30 Wii Bowling 11:45 Lunch 12:30 Cash Bingo	5/18 9:15 Chair Warmup 11:00 Question & Answer 11:45 Lunch 12:30 Arts and Crafts	5/19 12:00 PM Mother's Day Tea at Saint Patrick's
5/22 9:15 Chair Warmup 9:30 Strength Training 10:00 Bible Study 11:45 Lunch 12:30 BINGO	5/23 9:15 Tai Chi 10:30 Wii Games 11:45 Lunch 12:30 Independent Time	5/24 9:15 Tai Chi 9:30 Strength Training 10:30 Wii Bowling 11:00 Trivia 11:45 Lunch 12:30 Cash Bingo	5/25 9:15 Meditation 10:00 Gibberish Game 11:45 Lunch 12:30 Independent Time	Have an Awesome Weekend!!
5/29 9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 11:45 Lunch 12:30 BINGO	5/30 9:15 Chai Warm Up 10:30 Wii Games 11:45 Lunch 12:30 Independent Time	5/31 9:15 Meditation 9:30 Strength Training 10:30 Wii Bowling 11:45 Lunch 12:30 Cash Bingo		

*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 first serve basis and can not be made the day of presentation.
 There is a Transportation charge for each trip

Please note: All presentations and trips are subject to change including additions and or deletions.



Congregate City Fare Menu May 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>5/1 Hamburger w. Cheddar Cheese on a Bun Lettuce, Tomato & Onion Sweet Potato Wedges Fresh Plum or Orange Ketchup</p>	<p>5/2 Flounder with Lemon & Parsley Sauce Macaroni & Cheese Stewed Tomatoes Fruit Cocktail Chocolate Chip Muffin</p>	<p>5/3 Grilled Chicken in Marinara Sauce & Mozzarella Cheese over Penne Pasta Italian Blend Veggies Applesauce Dinner Roll</p>	<p>5/4 Italian Hoagie on White Sub roll w. shredded lettuce & tomato Pineapple tidbits Cucumber salad Mayo packet</p>	<p>Have A Great Weekend!</p>
<p>5/8 Cheese Ravioli in Meat Sauce Mixed Salad with Tomato & Cucumber Apple Crisp</p>	<p>5/9 Ham & Swiss on Club Roll with Lettuce, Tomato & Onion Coleslaw Pineapple Tidbits Mustard</p>	<p>5/10 Pulled BBQ Chicken on a Brioche Bun Tater Tots Peas & Diced Carrots Pineapple</p>	<p>5/11 Filet of Fish Sandwich with Cheddar Cheese on a Hamburger Bun Sweet Potato Puffs Apple Crisp Tartar Sauce</p>	<p>Have A Great Weekend!</p>
<p>5/15 Lasagna Roll up with Meat Sauce Italian Blend Veggies Applesauce White Wheat Bread</p>	<p>5/16 Chicken Salad Platter Lettuce & Tomato Broccoli Cheddar Soup Ambrosia Whole Grain Saltines</p>	<p>5/17 Meatball Sub w. Mozzarella Cheese Mixed Salad with Tomato & Green Peppers Pear Halves</p>	<p>5/18 Pulled Pork w. Au Jus Mashed Potatoes Caribbean Blend Veggies Apple Cornbread Loaf</p>	<p>Have A Great Weekend!</p>
<p>5/22 Salisbury Steak w. Gravy Baby Lima Beans Carrots Diced Pears Potato Bread</p>	<p>5/23 Pot Roast in Au Jus Roasted Baby Bakers Green Beans Pineapple Tidbits Giant Graham Fish</p>	<p>**5/24** Cheese Pizza Tossed Salad with Carrot, Tomato and Garbanzo Beans Chocolate Ice Cream LUNCH SPECIAL</p>	<p>5/25 Tuna Salad on Kaiser Roll Lettuce & Tomato Tomato Vegetable Soup Fruit Cocktail Crackers</p>	<p>Have A Great Weekend!</p>
<p>5/29 CLOSED </p>	<p>5/30 Grilled Chicken Breast on Mixed Salad w. Cucumber, Tomato & Carrot Beef Vegetable Soup Blueberry Muffin Diced Peaches Yogurt Crackers</p>	<p>5/31 Eggplant Parmesan with Marinara Sauce & Mozzarella Cheese Capri Blend Veggies Peach Crisp 12 Grain Bread</p>	<p>6/1 Baked White Fish with Orange Butter Sauce Baby Potatoes Stewed Tomatoes Mixed Fruit Dinner Roll</p>	<p>Have A Great Weekend!</p>

- All meals subject to change. All meals contain 1% milk
- Meals are ordered according to projected number; over that number, back-up meals will be available.
- Saturday Mid Day meals served at St. Anthony's
- Tuesday Evening Meals served at St. Anthony's Senior Center

**FREE STRENGTH TRAINING CLASSES WITH MEMBERSHIP
EVERY MONDAY AND WEDNESDAY**

9:30 AM -10:30 AM

**STRENGTH TRAINING IS AN
IMPORTANT PART OF ANY SENIOR'S
WELL-BEING.**

**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

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, 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 PARTICIPATION FEE. NEW TRIPS, PRESENTATIONS, AND ACTIVITIES ARE BEING PLANNED FOR 2023.

WE LOOK FORWARD TO SEEING YOU AT THE CENTER!



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.

IF YOUR MEMBERSHIP IS NOT RENEWED BY APRIL 30TH 2023, YOUR ABILITY TO PARTICIPATE IN ANY OF OUR ACTIVITIES WILL BE SUSPENDED. PLEASE SEE SAM NUSSBAUM OUR EXECUTIVE DIRECTOR IF YOU HAVE ANY QUESTIONS OR CONCERNS.

IF YOU ARE UNABLE TO PAY THE ANNUAL FEE FOR RENEWAL OR NEW MEMBERSHIP PLEASE CALL ROSALIA AT 302-651-3400 X 3424



To help us continue to offer premiere programming and super fun trips, please open your camera - point the camera towards the QR Code and click the link that is shown.

This will take you to our website www.WilmingtonSeniorCenter.org where you can make a donation.

Be sure to check out our website for upcoming events and happenings!!

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**

MAY

ACTIVITIES AND PRESENTATIONS

5/1 10:30 AM DENISE GARCIA

5/3 2:00 PM WII MEETING

5/4 12:00 PM TRIP TO DELAWARE PARK

PLEASE RSVP BY 4/28

\$3.00 TRANSPORTATION FEE

**5/5 12:00 PM TRIP TO CRACKERBERRY ANTIQUES
WITH ABSALOM JONES**

5/8 10:00 AM DELAWARE ASSISTIVE TECHNOLOGY

**5/9 12:00 PM AFTERNOON DELIGHT
AT ABSOLOM JONES**

5/10 YOLANDA MOHAMMED

**5/11 10:00 AM MOTHERS DAY CELEBRATION
WITH PASTOR AARON MOORE**

5/12 WII BANQUET IN MIDDLETOWN

**5/15 9:30 AM MONIQUE JOHNS WITH HELPING
HANDS**

5/19 12:00 PM ST. PATRICK'S MOTHERS DAY TEA

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.





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

302-651-3400
fax: 302-651-3470

www.wilmingtonseniorcenter.org
info@wilmingtonseniorcenter.org

Non-Profit Organization
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Support Our Seniors

LIVE UNITED



United Way of Delaware

Help Is Here
2-1-1
DELAWARE

**Need help managing through COVID19?
We know who can help you!**

For assistance with food, utilities, transportation or other day-to-day needs...

Dial 2-1-1 for free, confidential help 7 days a week.

Or
302-482-4447
800-560-3372
Or visit [Delaware 211.org](http://Delaware211.org)

