

# WILMINGTON SENIOR CENTER Newsletter

*AUGUST 2023*



Wilmington  
Senior  
Center

[www.wilmingtonseniorcenter.org](http://www.wilmingtonseniorcenter.org)

# Save the Date

for the  
2023 Lifetime Achievement Award  
honoring Reverend Dr. Clifford I. Johnson.

**Thursday, October 19, 2023**  
**5:30 p.m. to 7:30 p.m.**

*Kalmar Nyckel - Copeland Maritime Center*



Wilmington  
Senior  
Center

# Director's Corner

There has been a whirlwind of events and activities at the Center. Our seniors are fortunate to have daily informational, physical, and inspirational activities.

Our programs are second-to-none. We continue to grow in terms of the numbers of seniors. We continue to collaborate with other great senior centers: St. Patrick's, Brandywine, Absalom Jones, and others.

Come visit us and see our dynamic daily programming. **Don't forget our Lifetime Achievement Award event on Thursday, October 19th at the Kalmar Nickel.** Call Sam at 302-559-1202.



**Sam Nussbaum**  
**Executive Director**



# Wilmington Senior Center



Membership fee is \$25/year. Effective immediately all memberships will renew in January each Year.

All members who paid the \$25 membership fee between September 2022 and December 1, 2022, will be considered "paid in full" through December 1, 2024.

Please remember that current membership is needed to participate in all of our daily/weekly general programming. This includes Bingo, Wii bowling, exercise classes, bible study, arts and crafts, and presentations by outside guests.

We occasionally 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, website, and on our Facebook page, and there may be a participation fee.

New trips, presentations, and activities are being planned. We look forward to seeing you at the center!

## 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](http://www.pcs.udel.edu/osher-lifelong-learning)

Easter Seals Respite Program  
302-221-2087  
[www.easterseals.com/de](http://www.easterseals.com/de)

Delaware State Information  
[www.delaware.gov](http://www.delaware.gov)

## Center Guidelines

- Registration for all in-person lunches and activities is required.
- If you have not been vaccinated yet, we encourage you to.
- For additional information on trips, presentations and activities, please call (302) 651-3400, Option 0.

If you are unable to pay the annual fee for renewal or new membership please call Rosalía at 302-651-3400 x 3424



# MEMBERSHIP BENEFITS



## LUNCH

Membership includes freshly prepared, budget friendly, nutritious lunches.



## EDUCATION

We offer classes and resources on a range of topics exclusively for members.



## FITNESS

A variety of exercise classes are available, including Jazzercise, Yoga and Pilates.

*Memberships are available to anyone 50+ and are not limited to Wilmington or Delaware residents. We welcome members from all around the area. Only \$25 per year, or \$500 lifetime.*

# 2023 Lifetime Achievement Award Ceremony honoring Reverend Dr. Clifford I. Johnson



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With a sense of profound excitement, we extend to you an open invitation to be a part of a grand and inspirational event - the 2023 Lifetime Achievement Award Ceremony. **Taking place at the breathtakingly beautiful Kalmar Nyckel - Copeland Maritime Center**, the event serves as a magnificent platform to celebrate unyielding commitment, selfless service, and their transformative impacts on our community.

***This year, we turn the spotlight on an individual whose life and contributions have been nothing short of extraordinary. Reverend Dr. Clifford I. Johnson, a tireless champion of our community, will be the honoree of this significant ceremony.*** Through this occasion, we aim to highlight and celebrate his remarkable journey and the indelible mark he has made through his service.

The event offers an opportunity for attendees to connect with like-minded individuals, be inspired by Reverend Dr. Johnson's journey, and perhaps spark their own desire to serve.

Moreover, the event is a fundraiser for the **Wilmington Senior Center**. Any contributions made will directly benefit the programs and services we provide to seniors in our community. If sponsorship is not feasible for you at this time, we warmly invite you to consider making a donation. Every bit of support helps us continue our mission.

Join us on this special day to honor a life well-lived and service selflessly rendered. Come and be inspired, celebrate, and help us support a cause that impacts the lives of so many in our community. Your presence and support at the 2023 Lifetime Achievement Award Ceremony would mean the world to us, to Reverend Dr. Johnson, and most importantly, to the community we all serve.

Save the date, and stay tuned for more details on how you can RSVP and be a part of this extraordinary event. We look forward to welcoming you to what promises to be an unforgettable evening.

Don't miss this chance to be part of this memorable occasion! More details to follow soon. Stay tuned!

# Empowering Aging Gracefully: The Senior Healthy Weight Townhall

In an extraordinary show of unity and resolve, the Senior Healthy Weight Townhall Meeting that took place recently turned out to be an overwhelming success.

A diverse, passionate crowd filled the venue, turning the event into a melting pot of ideas, stories, and commitments, all directed towards one cause – senior health and well-being. It was a remarkable testament to the collective power and resilience of our community.

The townhall served as a vibrant platform where seniors themselves, in addition to community members, health enthusiasts, and professionals, offered their insights and experiences. The discussions were fueled by a mixture of poignant personal stories, insightful questions, and thoughtful suggestions.

This dynamic engagement not only broadened the dialogue around senior health but also helped the community recognize the collective responsibility we hold in addressing senior health concerns.

Thanks to:

Sheau Ching Chai, PhD, RD, **Associate Professor Department of Behavioral Health and Nutrition, University of Delaware** and Kimberly Rogers, MD, **RestoreMD Medical & Wellness.**

**National Council on Aging**

Dorothea Vafiadis, Director, Health Partnerships and Strategic Engagement and Barry Lott, Director, Senior Community Employment Services Program.

**National Consumers League**

Sally Greenberg, Executive Director and Nancy Glick, Director of Food and Nutrition Policy.

**Novo Nordisk (funder)**

Karin Gillespie, Director, Alliance Development, Public Affairs and Hannah Lawman, Medical Science Liaison.



# Four Effective Ways to Keep Seniors Hydrated



Photo by Barbara Olsen



Photo by Kampus Production

Proper hydration is essential to overall health and well-being. It aids in essential bodily functions, like nutrient absorption, digestion, and maintaining body temperature. For seniors, however, staying hydrated can be a challenge.

Here are 4 effective ways to ensure seniors stay hydrated and enjoy a high quality of life.

## 1. Encourage Regular Fluid Intake

Perhaps the most straightforward strategy for promoting hydration is encouraging regular fluid intake. However, this does not mean seniors should only consume water. Soups, smoothies, and natural fruit juices also contribute to hydration.

Further, hydration needs vary from person to person, depending on their activity level, body type, and overall health status. Although the conventional advice is to drink eight glasses of water a day, a more personalized approach is often more effective.

## 2. Choose Hydrating Foods

Around 20% of our daily water intake comes from the food we eat. Certain foods can significantly contribute to hydration, making them an excellent choice for seniors who may not drink enough fluids. Fruits and vegetables like watermelon, cucumbers, oranges, and strawberries have high water content.

## 3. Monitor for Signs of Dehydration

Recognizing the signs of dehydration can help prevent it from escalating into a severe health issue. Common symptoms include dry mouth, fatigue, dizziness, and infrequent urination.

## 4. Educate on the Importance of Hydration

Seniors, like everyone else, are more likely to follow a regimen if they understand why, it's important.

Explaining the risks of dehydration, such as increased risk of urinary tract infections, kidney stones, and impaired cognition, can also emphasize the importance of hydration. By understanding the role of hydration, seniors can make better, informed decisions about their health.



# ACTIVITIES & PRESENTATIONS

Wilmington  
Senior  
Center

AUGUST 2023



3-AUG	11:30 A.M.	TRIP TO DELAWARE PARK (WSC)
8-AUG	10:30 A.M.	TRIP TO COWTOWN (NEW JERSEY)
9-AUG	10:00 A.M.	STEPHEN FRANKLIN ASSISTED LIVING
10-AUG	10:30 A.M.	MINDFULNESS AND MEDITATION (WSC)
15-AUG	10:00 A.M.	FLOWER ARRANGEMENT (WSC)
16-AUG	8:00 A.M.	THUNDER OVER BOARDWALK (ABSALOM JONES)
17-AUG	10:30 A.M.	SENIOR MEDICAL PATROL (WSC)
22-AUG		REHOBOTH BEACH OUTLETS (DELAWARE)
29-AUG	10:00 A.M.	HUMANA (WSC)
31-AUG		WSC BBQ (WSC)

\*Presentation and activities are subject to change.

# AUGUST 2023

<p>9:00 Tai Chi 9:30 Search and Find 9:30 Strength Training 10:00 Bible Study 10:30 National Peach Day w/ Peach Cobbler 12:30 BINGO</p>	<p>9:00 Thankful Tuesday 9:15 Tai Chi 9:30 Movie 11:45 Lunch 10:00 12:30 Card Games</p>	<p>9:00 Wonderful Wednesday 9:15 Chair Exercise 9:30 Strength Training 10:00 Bible Study 10:30 Puzzle 11:00 Trivia <b>12:30 Cash BINGO</b></p>	<p>9:00 Triumphant Thursday 9:30 Trivia 10:00 Delaware Park <b>Center closed for the Afternoon</b></p>	<p>Have A Great Weekend!!</p>
<p>9:00 Tai Chi 9:30 Search and Find 9:30 Strength Training 10:00 Bible Study 10:30 National Peach Day w/ Peach Cobbler 12:30 BINGO</p>	<p>9:00 Thankful Tuesday 9:30 Tai Chi 10:00 Independent Dominos <b>Center closed for Cowntown</b></p>	<p>9:00 Hump Day 9:15 Tai Chi 9:30 Strength Training 10:30 Puzzles 11:00 Charades 11:45 Lunch <b>12:30 Cash BINGO</b></p>	<p>9:00 Triumphant Thursday 9:30 Trivia 10:00 Independent Dominos 10:30 Meditation 11:30 <b>Discussion (Getting Old)</b> 11:45 Lunch Independent Game Time</p>	<p>Have A Great Weekend!!</p>
<p>9:00 Tai Chi 9:30 Search and Find 9:30 Strength Training 10:00 Bible Study 10:30 Wii Games 12:00 <b>Lunch at Two Claws</b></p>	<p>9:00 Thankful Tuesday 9:15 Tia Chi 9:30 Puzzles 11:00 Flower Arrangements 12:30 Card Games</p>	<p>9:00 Wonderful Wednesday 9:15 Tai Chi 9:30 Strength Training 10:30 Thunder over the Boardwalk 11:00 Trivia <b>12:30 Cash BINGO</b></p>	<p>9:00 Triumphant Thursday 9:30 Trivia 10:00 Independent Dominos 10:30 Pictionary Independent Game Time</p>	<p>Have A Great Weekend!!</p>
<p>9:30 Strength Training 9:30 Guess What?!. Game 10:00 Bible Study 10:30 Karaoke / Dance 12:30 BINGO</p>	<p>9:00 Thankful Tuesday 9:15 Tia Chi 9:30 Rehoboth Beach Outlets <b>Center closed for the Afternoon</b></p>	<p>9:00 Wonderful Wednesday 9:15 Tai Chi 9:30 Strength Training 10:30 Wii Bowling 11:00 Trivia <b>12:30 Cash BINGO</b></p>	<p>9:00 Triumphant Thursday 9:15 Tia Chi 9:30 Movie Matinee 12:30 Card Games 11:00 Pokeno</p>	
<p>9:00 Tia Chi 9:30 Strength Training 9:30 Guess What?!. Game 10:00 Bible Study 10:30 Search and Find Puzzles 12:30 BINGO</p>	<p>9:00 Thankful Tuesday 9:15 Chair Warm up 10:00 Presentation Humana 11:00 Arts and Crafts 11:45 Lunch</p>	<p>9:00 Wonderful Wednesday 9:15 Tai Chi 9:30 Strength Training 10:30 Movie Day and Snacks <b>12:30 Cash BINGO</b></p>	<p><b>WSC BBQ All Day Card Games, Puzzles, Bingo</b></p>	



Monday

Tuesday

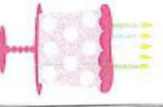
Wednesday

Thursday

Friday



# Congregate City Fare Menu August 2023

	8/1 Chicken Fajitas with Peppers, Onions and Shredded Cheese Tortilla Brown Rice Beans Mixed Fruit	8/2 Pot Roast in Au Jus Roasted Baby Bakers Green Beans Pineapple Tidbits Giant Graham Fish	8/3 Tuna Salad on Kaiser Roll Lettuce & Tomato Tomato Vegetable Soup Fruit Cocktail Crackers	8/4 Chicken Drumsticks Sweet Potatoes Broccoli Spears Applesauce Apple Waffle Cookie
8/7 Meatloaf with Gravy Corn Nuggets Spinach Pineapple Tidbits	8/8 Grilled Chicken Breast on Mixed Salad w. Cucumber, Tomato & Carrot Beef & Veggie Soup w. Crackers Blueberry Muffin Diced Peaches Yogurt	8/9 Stuffed Pepper Marinara Sauce Mashed Potatoes Green Beans White Wheat Bread Fresh Plum or Apple	8/10 Turkey with Gravy Sweet Potatoes Green Beans 12 Grain Bread Pudding Cranberry Sauce	8/11 Lasagna Roll up with Meat Sauce Italian Blend Veggies Applesauce White Wheat Bread
8/14 Hamburger w. Cheddar on Hamburger Bun Lettuce, Tomato & Onion Sweet Potato Wedges Fresh Plum or Orange Ketchup	8/15 Flounder with Lemon & Parsley Sauce Macaroni & Cheese Stewed Tomatoes Fruit Cocktail Chocolate Chip Muffin	8/16 BBQ Chicken Potato Salad with Egg Baked Beans Diced Peaches Giant Goldfish Graham	8/17 Sloppy Joe on a Hamburger Bun Macaroni and Cheese Green Beans Mixed Fruit	8/18 Pot Roast in Au Jus Baked Potato with Sour Cream California Blend Veggies Split Top Dinner Roll Strawberry Waffle Cookie
8/21 Cheese Ravioli in Meat Sauce Mixed Salad with Tomato & Cucumber Apple Crisp	8/22 Ham & Swiss on Club Roll with Lettuce, Tomato & Onion Coleslaw Pineapple Tidbits Mustard	**8/23** Meat Lasagna w. Marinara Sauce Fresh Spinach Salad with Craisins & Mandarin Oranges Wheat Roll Italian Ice	8/24 Pulled BBQ Chicken Sandwich on a Brioche Bun Tater Tots Peas & Diced Carrots Pineapple	8/25 Battered Pollock Filet Broccoli Spears Diced Potatoes with Peppers & Onion Cantaloupe or Orange Blueberry Muffin Tartar Sauce
8/28 Pulled Pork w. Au Jus Mashed Potatoes Caribbean Blend Veggies Apple Cornbread Loaf	8/29 Chicken Salad Platter Lettuce & Tomato Cream of Broccoli Soup Ambrosia Whole Grain Saltines	8/30 Meatball Sub with Mozzarella Cheese Mixed Salad with Tomato, Cucumber, Green Peppers Chocolate Chip Muffin 	8/31 Italian Hoagie on White Sub roll w. shredded lettuce & tomato Pineapple tidbits Cucumber salad Mayo packet	9/1 Oven Fried Chicken Mashed Potatoes with Gravy Seasoned Greens Fresh Peach or Orange

- 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

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

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Non-Profit Organization  
U.S. Postage  
**PAID**  
Wilmington, DE 19802  
Permit No. 430

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