

WILMINGTON SENIOR CENTER

Newsletter

National Senior Center Month



SEPTEMBER 2023

Wilmington
Senior
Center

www.wilmingtonseniorcenter.org

Invitation

*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

Tickets \$100

www.wilmingtonseniorcenter.org
(302) 651-3400

Wilmington
**Senior
Center**





Sam Nussbaum
Executive Director



Director's Corner

We continue to build towards our Kalmar Nyckel Event on Thursday, October 19th at 6:30 pm honoring Rev. Dr. Clifford I Johnson with the Lifetime Achievement Award. Tickets are \$100 and Sponsorship Opportunities are available. We continue with a myriad of activities: August 31st WSC Barbeque, trip to Rehoboth Beach Outlets, Thunder over Boardwalk trip, Cowtown. We are forming a new collaboration with Ray Fitzgerald, Executive Director of Wilmington Senior Housing Authority where they will be sending us members. We are grateful to Ray and very excited going forward. We are ever grateful to the Wilmington City Council and their ARPA grant of \$20,800 to the Wilmington Senior Center! All in all, these are exciting times for the Wilmington Senior Center.

CELEBRATING SENIOR MONTH: *A SEPTEMBER TO REMEMBER*



September, a month renowned for its golden autumn leaves and cool, crisp air, takes on an additional layer of significance with the observance of "Senior Month." Dedicated to honoring the elderly members of our communities, Senior Month in September is a time for reflection, appreciation, and acknowledgment of the contributions and experiences of our older generation.

The idea behind designating an entire month for seniors is profound. It's a period where we not only commemorate the resilience and wisdom of our elders but also raise awareness about the issues they face daily. As the population ages, it becomes paramount for society to ensure the well-being, health, and happiness of its senior members. Senior Month acts as a timely reminder for this mission.

Throughout September, various activities and programs are curated across communities to engage and uplift seniors. From storytelling sessions where they share their own experience to workshops designed to teach them contemporary skills, the month is brimming with possibilities. It's also a time when families are encouraged to spend quality moments with their elderly loved ones, creating memories that transcend generations.

Moreover, Senior Month is also about education and advocacy. This September observance pushes for better healthcare, social inclusion, and accessible housing for seniors. It propels society to rethink and redesign cities and communities that are more elderly-friendly.

In essence, September's Senior Month is not just a celebration; it's a movement. A movement that calls for respect, love, and the right kind of care for our seniors. After all, they have not just lived the longest but also loved, lost, laughed, and learned, leaving an indelible mark on the tapestry of human experience.

MEMBERSHIP BENEFITS

Wilmington
Senior
Center

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.

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

LAFAYETTE APARTMENTS



1803 & 1805 N. MARKET STREET
WILMINGTON, DE 19802

If interested please contact:
(302) 651-3400 x 3429
for more information on how to apply.

STOP RECEIVING UNWANTED JUNK MAIL

Nothing is more annoying than pulling up to your mailbox after a long day and finding it filled to the brim with junk mail credit card offers. Every day, credit card companies fill up our mailboxes with needless junk that is immediately rerouted to the shredder or trash can.

But here's great news: You can make them stop!

It's actually very easy to stop receiving unsolicited junk mail credit card and insurance offers. All you need to do is visit www.optoutprescreen.com, type in your information, and you'll stop receiving these offers for five years to ten years. If you do not have a computer, just call 1-888-567-8688 to opt out.

It's simple. No more credit card junk mail for you, no more wasted time for your mailman, and no more overheated shredders and filled-to-the-brim trash cans.

A Stand By Me 50+ free Financial Coach can help you opt out of unwanted junk mail.

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!

The logo features a stylized 'S' inside a circle, followed by the text 'STAND BY ME' in a bold, sans-serif font, and '50+' in a large, outlined font.



Some tips:

Avoiding junk mail (also known as unsolicited mail) in your post can be achieved through a combination of proactive measures and reactive actions. Here are some steps you can take to reduce or eliminate junk mail:

- 1. Opt Out of Prescreened Offers:** In the U.S., you can opt out for five years or permanently by visiting [\[OptOutPrescreen.com\]](http://OptOutPrescreen.com)(<https://www.optoutprescreen.com/>).
- 2. Direct Mail Association:** In the U.S., the Direct Marketing Association's Mail Preference Service allows you to opt out of receiving unsolicited commercial mail from many national companies. Visit [\[DMAchoice\]](http://DMAchoice)(<https://www.dmachoice.org/>) to register.
- 3. Contact Individual Companies:** If you receive junk mail from a specific company, contact them directly and ask to be removed from their mailing list.

Remember, while it might not be possible to eliminate all junk mail, by taking these steps, you can significantly reduce the amount you receive.

A HEALTHY DIET FOR SENIORS: *NOURISHING THE GOLDEN YEARS*



As we age, our nutritional needs evolve, and adopting a healthy diet becomes paramount for maintaining optimal health and vitality. For seniors, a well-balanced diet can help manage chronic diseases, improve mental acuteness, and boost energy levels. Here's a guide to a nutritious diet tailored for the golden years.

- 1. Prioritize Protein:** Muscle mass tends to decrease with age, making protein intake crucial for seniors. Incorporate lean meats like chicken and turkey, fish rich in omega-3 fatty acids like salmon and mackerel, and plant-based proteins like beans, lentils, and tofu. These not only help in muscle repair but also support immune function.
- 2. Calcium and Vitamin D:** Bone health is a significant concern for the elderly, with risks of osteoporosis and fractures. Dairy products, fortified cereals, leafy greens, and fish with bones, such as sardines, are excellent sources of calcium. Pair these with vitamin D sources like egg yolks and fortified dairy to enhance calcium absorption.
- 3. Fiber-Rich Foods:** Digestive patterns change with age, often leading to constipation. A diet high in fiber can alleviate this. Whole grains, fruits, vegetables, and legumes are fiber powerhouses that also offer a myriad of other essential nutrients.
- 4. Stay Hydrated:** With age, the sensation of thirst may diminish, but the body's need for water doesn't. Seniors should aim for at least eight glasses of water daily, complemented by hydrating foods like cucumbers, oranges, and strawberries.
- 5. Limit Salt and Sugar:** Hypertension and diabetes are common among seniors. Reducing salt intake by opting for herbs and spices and curbing sugar by choosing natural sweeteners like honey or fruits can help manage these conditions.
- 6. Micro-nutrients Matter:** Vitamins like B12, folic acid, and minerals like potassium play pivotal roles in heart and nerve function. Seniors should consume a variety of fruits, vegetables, whole grains, and lean proteins to ensure they're getting these vital micro-nutrients.
- 7. Mindful Eating:** Beyond what's on the plate, how one eats is equally important. Eating slowly, savoring each bite, and listening to hunger cues can prevent overeating and aid digestion.

In conclusion, a healthy diet for seniors is not about stringent restrictions but about balance, variety, and moderation. Regular check-ups and consultations with nutritionists can further tailor dietary choices to individual health needs. After all, the golden years should be enjoyed with zest, and a nutritious diet is the key to unlocking that vitality.

Wilmington Senior Center

The mission of the Wilmington Senior Center is to provide life-sustaining and life-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.

Hello neighbors,

The Wilmington Senior Center will be hosting one of many National Wreaths Across America Ceremony
Saturday, December 16, 2023
10:00 a.m.



We are looking for Veterans living in the Brandywine Village area to help with the ceremony and be recognized in the community. If you are a Veteran or know someone who is and interested in volunteering time, please contact:

Mrs. Marie Dash
WSC Member
(302) 655-8979

Be prepared to provide the following information: Name, Branch of Service, Rank and Years Served. The deadline for volunteering is Wednesday, October 11, 2023. In advance, I personally want to thank you for your service. I can truly relate to your sacrifices. I moved around with my husband for 17 years.

I hope you can find it in your heart to volunteer and help to make this an outstanding event. We want to honor as many of our local Veterans as possible. I know you're out there, and I look forward to meeting you.

Thank you.

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!



Ruth Joe	September 4, 2023
Tillie Cheers	September 6, 2023
Jenny Bernadel	September 19, 2023
Regina Brothers	September 22, 2023
Carolyn Congo	September 23, 2023
Rosemary Jackson	September 24, 2023

ACTIVITIES & PRESENTATIONS

SEPTEMBER 2023



DATE	EVENT
9/4/2023	Wilmington Senior Center Closed
9/7/2023	Delaware Park
9/12/2023	Museum of Illusions
9/13/2023	Wills w/ Ciro Poppiti
9/14/2023	Keystone First w/ Robert Corey
9/18/2023	C&D Visiting Cash Bingo
9/19/2023	Putting Pain in its Place w/ Kristy Hardy
9/20/2023	Rehoboth Outlets (1st come 1st served)
9/21/2023	Our Speaker Series Pastor Otila Butler

***Presentation and activities are subject to change.**

September 2023

<p>Center Closed For Labor Day</p>	<p>4</p> <p>9:00 Thankful Tuesday 9:30 Tai Chi 9:30 Walk around the Block 9:30 Strength Training 9:30 Bible Study 10:00 Independent Dominos 11:00 Math Day</p>	<p>5</p> <p>9:00 Hump Day 9:15 Tai Chi 9:30 Strength Training 10:30 Puzzles 11:00 Charades 11:45 Lunch 12:30 Cash BINGO</p>	<p>6</p> <p>9:00 Triumphant Thursday 9:30 Trivia 10:00 Independent Dominos 11:45 Delaware Park Senior Activities cancelled for the afternoon</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 12:00 Bingo</p>	<p>11</p> <p>9:00 Thankful Tuesday 10:00 Will Bowling 10:00 Museum of Illusions</p> <p>Senior Activities cancelled for the Afternoon</p>	<p>12</p> <p>9:00 Wonderful Wednesday 9:15 Tai Chi 9:30 Strength Training 10:00 Will Bowling 10:30 WSIMC Discussion 11:00 Trivia 12:30 Cash BINGO</p>	<p>13</p> <p>9:00 Triumphant Thursday 9:30 Trivia 10:00 Independent Dominos 10:00 Keystone First 11:00 Board Games 11:45 Lunch 12:15 Board / Card Games</p>	<p>Have A Great Weekend!!</p>
<p>9:00 Walk Around 9:30 Strength Training 9:30 Charades 10:00 Bingo w/ C&D (Visitor) 10:00 Bible Study 11:30 Lunch</p>	<p>18</p> <p>9:00 Thankful Tuesday 9:15 Tia Chi 10:00 Putting Pain in its Place 10:00 Will Bowling 11:00 Trivia 12:30 Cash Bingo</p>	<p>19</p> <p>9:00 Wonderful Wednesday 9:15 Tai Chi 9:30 Strength Training 9:30 Rehoboth Outlets 10:00 Will Bowling Senior Activities cancelled for the afternoon</p>	<p>20</p> <p>9:00 Triumphant Thursday 9:15 Tia Chi 10:00 Speaker Series 11:00 Pokeno 11:45 Lunch 12:30 Pokeno</p>	<p>21</p> <p>9:00 Triumphant Thursday 9:15 Tia Chi 10:00 Speaker Series 11:00 Pokeno 11:45 Lunch 12:30 Pokeno</p>
<p>9:00 Tia Chi 9:30 Strength Training 9:30 Search and Find Puzzles 10:00 Bible Study 10:30 Karaoke 12:30 BINGO</p>	<p>25</p> <p>9:00 Thankful Tuesday 9:15 Chair Warm up 10:00 Presentation Humana 10:00 Will Bowling 11:00 Arts and Crafts 11:45 Lunch</p>	<p>26</p> <p>9:00 Wonderful Wednesday 9:15 Tai Chi 9:30 Strength Training 10:00 Will Bowling 10:30 Movie Day and Snacks 12:30 Cash BINGO</p>	<p>27</p> <p>9:00 Triumphant Thursday 9:30 Trivia 10:00 Independent Dominos 10:30 Meditation 11:30 Discussion (Getting Old) 11:45 Lunch Independent Game Time</p>	<p>28</p> <p>9:00 Triumphant Thursday 9:30 Trivia 10:00 Independent Dominos 10:30 Meditation 11:30 Discussion (Getting Old) 11:45 Lunch Independent Game Time</p>

Congregate City Fare Menu September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
9/4 CLOSED	9/5 Eggplant Parmesan with Marinara Sauce and Mozzarella Cheese Capri Blend Veggies Peach Crisp Dinner Roll Fresh Apple	9/6 Pot Roast in Au Jus Roasted Baby Bakers Green Beans Pineapple Tidbits Giant Graham Fish	9/7 Tuna Salad on Kaiser Roll Lettuce & Tomato Tomato Vegetable Soup Fruit Cocktail Crackers	9/8 Chicken Drumsticks Sweet Potatoes Broccoli Spears Applesauce Apple Waffle Cookie
	9/11 Meatloaf with Gravy Corn Nuggets Spinach Pineapple Tidbits	9/12 Grilled Chicken Breast on Mixed Salad w. Cucumber, Tomato & Carrot Beef & Vegetable Soup Blueberry Muffin Diced Peaches Yogurt Crackers	9/13 Stuffed Pepper Marinara Sauce Mashed Potatoes Green Beans White Wheat Bread Fresh Plum or Apple	9/14 Crab Cake on Brioche Bun Stewed Tomatoes Corn Fruit Cocktail Tartar Sauce
9/18 Hamburger w. Cheddar on Hamburger Bun Lettuce, Tomato & Onion Sweet Potato Wedges Fresh Plum or Orange Ketchup	9/19 Flounder with Lemon & Parsley Sauce Macaroni & Cheese Stewed Tomatoes Fruit Cocktail Chocolate Chip Muffin	9/20 Cheese Pizza Salad with Carrots, Tomato and Garbanzo Beans Chocolate Ice Cream 	9/21 Salisbury Steak w. Gravy Baby Lima Beans Carrots Diced Pears Potato Bread	9/22 Pot Roast in Au Jus Baked Potato with Sour Cream California Blend Veggies Split Top Dinner Roll Strawberry Waffle Cookie
9/25 Cheese Ravioli in Meat Sauce Mixed Salad with Tomato & Cucumber Apple Crisp	9/26 Ham & Swiss on Club Roll with Lettuce, Tomato & Onion Coleslaw Pineapple Tidbits Mustard	9/27 BBQ Chicken Potato Salad with Egg Baked Beans Diced Peaches Giant Goldfish Graham 	9/28 Baked White Fish with Orange Butter Sauce Baby Potatoes Brussel Sprouts Mixed Fruit Dinner Roll	9/29 Turkey with Gravy Sweet Potatoes Green Beans 12 Grain Bread Pudding Cranberry Sauce

- 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
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Wilmington, DE 19802

Non-Profit Organization
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