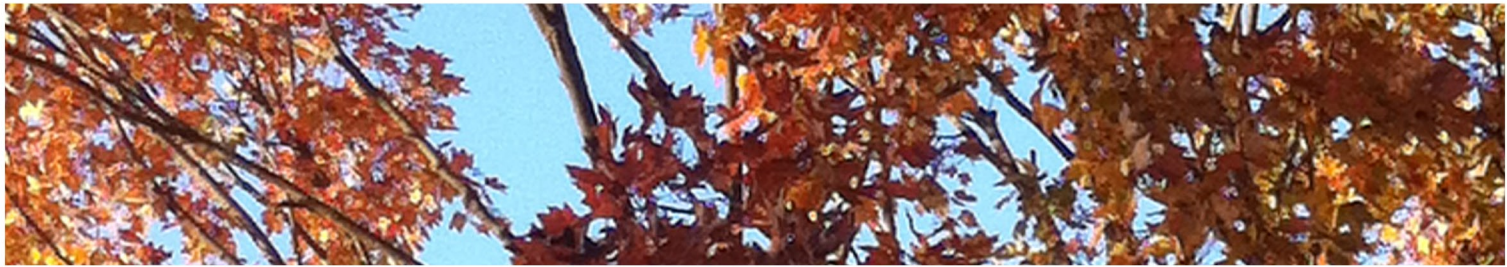




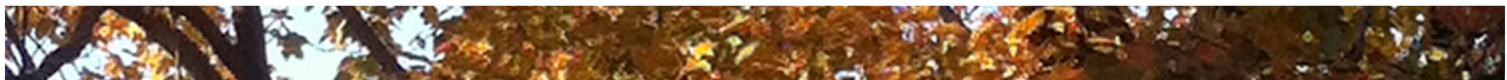
NEWSLETTER



Wilmington  
Senior  
Center



FALL EDITION



OCTOBER 2023





# Wilmington Senior Center

## HOURS

**Monday - Thursday:**  
**9:00am - 2:00pm**

**By Appointment Only**  
**Monday - Thursday:**  
**2:00pm - 4:00pm**

**Friday:**  
**9:00am - 3:00pm**

**Saturday & Sunday:**  
**Closed**

**T**he Wilmington Senior Center (WSC) was officially established on July 6, 1956 as the first senior center in Delaware. WSC has a 64-year history serving the City of Wilmington, offering activities and services to the 50+ community. The vision of our founders was fulfilled as hundreds of active seniors were attracted to the center for trips, teas, classes, counseling and card parties.

**T**oday the WSC is thriving, offering even more activities and classes. Our Grandparent and Caregiver Resource Center provides one-to-one assistance, referrals and advocacy. The WSC has been able to remain a thriving part of the City of Wilmington due to the generous support of members and the local community. Thank you to the community, businesses, corporations, foundations and others who have been an integral part of making the Wilmington Senior Center a vital community resource!

**1901 N. Market Street / Wilmington, DE 19802 / 302.651.3400**  
**[www.wilmingtonseniorcenter.org](http://www.wilmingtonseniorcenter.org)**



# Director's Corner



Please come or be a sponsor for our Lifetime Achievement Award Event on Thursday evening, October 19th from 5:30 - 7:30pm at the iconic Kalmar Nyckel! Call me at 302-559-1202 for the details or to make a reservation. Seats are going fast! I hope to see you there!

The Wilmington Senior Center is growing by leaps and bounds with over 90 active members. We are planning a new collaboration with the Wilmington Job Corps! We thank all our supporters for their support!

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

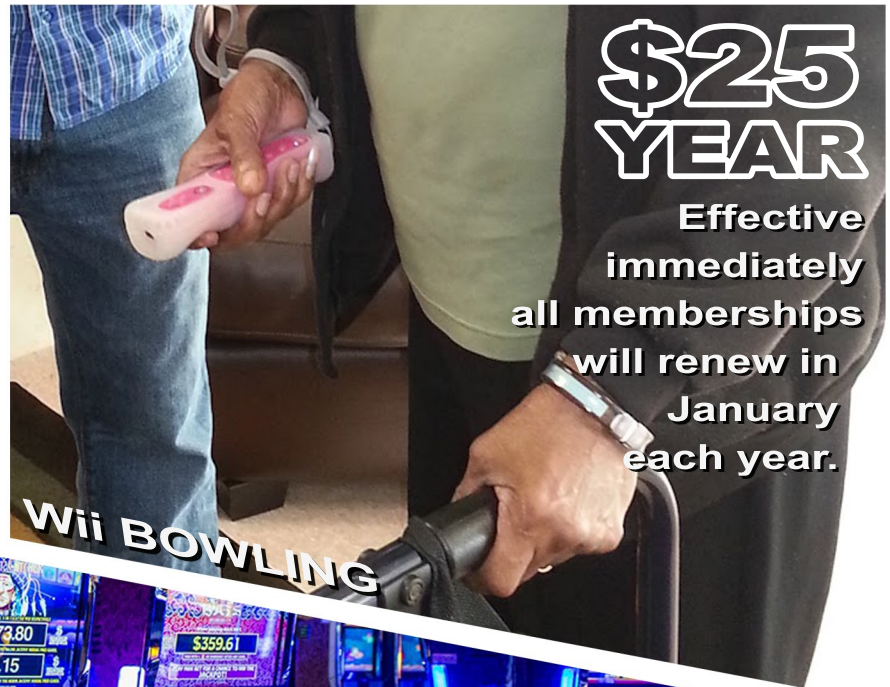


# Wilmington Senior Center

## MEMBERSHIP BENEFITS



**LUNCH**



**Wii BOWLING**

**\$25  
YEAR**

Effective immediately all memberships will renew in January each year.

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



**TRIPS TO THE CASINO**

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 & crafts, and presentations by outside guest.



**NEW TRIPS**



**FITNESS**

**Speaker Series**

EDUCATION

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.



**GAMES**



**BINGO**

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





## MEMBERSHIP BENEFITS

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.

### 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.

## FOR RENT

### Lafayette Court Apartments

1803 & 1805 N. Market Street  
Wilmington, DE 19802

(Independent Living) are for Adults age 55 and over. This convenient location in a quiet



residential neighborhood offers easy access to public transportation, major shopping areas, the Brandywine Zoo and Brandywine Park.

Available:  
Efficiency Apartments  
One Bedroom Apartments

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



VASH Vouchers and  
HUD Section 8  
Vouchers Accepted





# Invitation

*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



# GRANDPARENT RESOURCE CENTER

Empowering Grandparents, Uplifting Children! At the Grandparent Resource Center, we're your guide to resources and services that fortify families.



## Guidance Highlights:

- Navigating resources with confidence.
- Tackling sensitive talks with grand kids.
- Grasping child growth & setting right expectations.
- Promoting healthy discipline & spotting risk.
- Standing up for your grandchild's needs
- Financial savvy: budgeting & benefits.

## Extra Support:

- Easing parenting stress
- Smoothing grandparent-grandchild transitions.
- Forstoring open chats with grand kids.
- Managing visits & talks with their parents.

You're Not Alone!

Together, we can make a difference in the lives of grandparents and the children they care for.

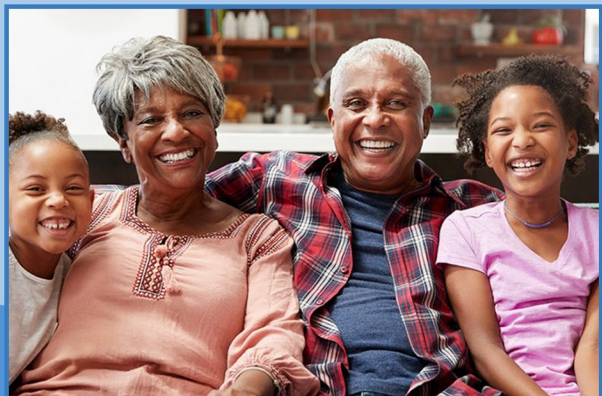
## Grandparents Support Group

1st & 3rd Tuesday of each month  
10 AM - 12 PM

1901 N. Market St  
Wilmington, DE 19802

**NO COST:  
FREE!**

**To register, call:  
302-651-3400 ext. 3424**



## Caregiver Support Program

Are you a caregiver?

If you provide support- be it social, physical, medical, or emotional - to an aging relative, friend, or someone with disabilities, you are a caregiver.

Caregivers assist those who face challenges with daily task due to injuries, illness, memory issues, or other chronic conditions.



## Why Join the WSC Caregiver Support Group?

- Regular Meetings:** Twice a month, either in-person or virtually.
- Free Participation:** No charges. Call 302.651.3460 to register.
- Community Resources:** Get referrals and advice tailored to your loved one's needs.
- Learn from Peers:** Engage in group sessions and gain insight from other caregivers.
- Self-Care Focus:** Prioritize your well-being to prevent potential health issues.
- Combat Isolation:** Connect w/ others to manage stress & anxiety.
- Fun Activities:** Our team curates relaxation activities for you.
- You're Not Alone:** Find solace in a community that understands.

Wilmington  
Senior  
Center

Delaware  
Aging & Disability  
Resource Center



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Services for Aging and Adults with Physical Disabilities





# WREATHS — across — AMERICA



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

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.



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.

## ASK THE AGENT... **YOLANDA MOHAMMED** LICENSED HEALTH INSURANCE AGENT

### WHAT'S NEW WITH MEDICARE FOR 2024?

LOOKING FOR A FUN, NO-PRESSURE WAY TO LEARN MORE ABOUT MEDICARE AND THE PLANS THAT ARE AVAILABLE?

COME TO AN UPCOMING EVENT WHERE WE'LL ANSWER YOUR QUESTIONS ABOUT MEDICARE PLANS.

**LOCATION: WILMINGTON SENIOR CENTER  
1901 N MARKET ST. WILMINGTON DE**

**DATE: WEDNESDAY, 10/18/23  
THURSDAY, 11/2/23**

**TIME: 10 AM**



UNABLE TO ATTEND AN EVENT, FEEL FREE TO CONTACT **YOLANDA MOHAMMED**, LICENSED SALES AGENT. FOR MORE INFORMATION (302) 200-6233

CURRENTLY I REPRESENT 7 ORGANIZATIONS WHICH OFFER 19 PRODUCTS IN YOUR AREA. YOU CAN ALWAYS CONTACT MEDICARE.GOV, 1-800-MEDICARE, OR YOUR LOCAL STATE HEALTH INSURANCE PROGRAM(SHIP) FOR HELP WITH PLAN CHOICES.



# ACTIVITIES & PRESENTATIONS

## October 2023



- 10/3/2023 . . . . . Humana with Tawanna Croom
- 10/5/2023 . . . . . Delaware Park,
- 10/9/2023 . . . . . Black History Museum (Cancelled)
- 10/10/2023 . . . . . Lunch at Cheddars
- 10/11/2023 . . . . . Aetna with Amira Glover
- 10/12/2023 . . . . . Speaker Series with Aaron Moore
- 10/17/2023 . . . . . Inspired by Touch  
. . . . . w/ Khalid Abdul-Majid (Massage)
- 10/18/2023 . . . . . Medical Benefits with Yolanda Mohammed
- 10/19/2023 . . . . . Senior Medical Patrol Wanda Jervey
- 10/23/2023 . . . . . Glass Museum
- 10/24/2023 . . . . . Cowtown
- 10/26/2023 . . . . . Cracker-barrel

\*Presentations and activities are subject to change.



# October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:15 Tai Chi</p> <p>9:30 Strength Training</p> <p>10:00 Bible Study</p> <p>10:30 Let's Get Deep</p> <p>11:45 Lunch</p> <p>12:30 Bingo</p>	<p>9:15 Chair Warmup</p> <p>10:00 Humana</p> <p>10:00 Dominos</p> <p>10:00 Will Bowling</p> <p>11:45 Lunch</p> <p>12:00 Pokeno</p>	<p>9:15 Tai Chi</p> <p>9:30 Strength Training</p> <p>9:30 Crossword Puzzle</p> <p>10:00 Will Games</p> <p>11:45 Lunch</p> <p>12:30 Cash Bingo</p>	<p>9:15 Chair Warmup</p> <p>9:30 Morning Trivia</p> <p>10:00 Meditation</p> <p>11:45 Lunch</p> <p>12:30 Delaware Park</p> <p>Senior Activities Cancelled for the Afternoon</p>	<p>Have A Great Weekend!!</p>
<p>9:15 Tai Chi</p> <p>9:30 Strength Training</p> <p>10:00 Bible Study</p> <p>10:30 Do You Know Me</p> <p>11:45 Lunch</p> <p>12:30 <b>BINGO</b></p>	<p>9:15 Chair Warmup</p> <p>10:00 60 Minute games</p> <p>10:00 Independent Dominos</p> <p>10:00 Will Bowling</p> <p>11:45 Lunch</p> <p>12:00 Card Games</p>	<p>9:15 Tai Chi</p> <p>9:30 Strength Training</p> <p>10:00 Wii Bowling</p> <p>10:00</p> <p>11:45 Lunch</p> <p>12:30 <b>Cash BINGO</b></p>	<p>9:00 Devotions</p> <p>9:15 Tai Chi</p> <p>9:30 State of Affairs</p> <p>10:00 Pastor Aaron Moore</p> <p>11:45 Lunch</p> <p>12:30 Card Games</p>	<p>Have A Great Weekend!!</p>
<p>9:15 Tai Chi</p> <p>9:30 Strength Training</p> <p>9:30 Walk Around the Block</p> <p>10:00 Bible Study</p> <p>10:00</p> <p>11:45 Lunch</p> <p>12:30 <b>BINGO</b></p>	<p>9:15 Chair Warmup</p> <p>10:00 Motown Trivia</p> <p>10:00 Independent Dominos</p> <p>10:00 Will Bowling</p> <p>11:45 Lunch</p> <p>12:00 Card Games</p>	<p>9:15 Tai Chi</p> <p>9:30 Strength Training</p> <p>10:00 Wii Bowling</p> <p>11:00 Mummify Me</p> <p>11:45 Lunch</p> <p>12:30 <b>Cash BINGO</b></p>	<p>9:15 Tai Chi</p> <p>9:30 Trivia</p> <p>10:00 Independent Dominos</p> <p>10:00 Let's Read</p> <p>11:00 WSIMC</p> <p>11:45 Lunch</p> <p>12:30 Card Games</p>	<p>21</p>
<p>9:15 Tai Chi</p> <p>9:30 Strength Training</p> <p>10:00 Bible Study</p> <p>10:00 This Date in History</p> <p>11:45 Lunch</p> <p>12:30 <b>BINGO</b></p>	<p>9:15 Chair Warmup</p> <p>10:00 60 Minute games</p> <p>10:00 Independent Dominos</p> <p>10:00 Will Bowling</p> <p>11:45 Lunch</p> <p>12:30 Puzzle Time</p>	<p>9:15 Tai Chi</p> <p>9:30 Strength Training</p> <p>10:00 Wii Bowling</p> <p>10:00</p> <p>11:45 Lunch</p> <p>12:30 <b>Cash BINGO</b></p>	<p>9:15 Tai Chi</p> <p>9:30 M&amp;M Challenged</p> <p>10:00 Independent Dominos</p> <p>11:00 All Puzzle Time</p> <p>11:45 Lunch</p> <p>12:30 Card Games</p>	<p>27</p>
<p>9:00 Tai Chi</p> <p>9:30 Strength Training</p> <p>9:30 Hangman</p> <p>10:00 Bible Study</p> <p>10:30 Wii Games</p> <p>11:45 Lunch</p> <p>12:30 <b>BINGO</b></p>	<p>30</p>	<p>31</p>	<p>26</p>	<p>27</p>





Monday

Tuesday

Wednesday

Thursday

Friday



# Congregate City Fare Menu October 2023

Breaded Flounder Corn Baby Carrots Mixed Fruit Dinner Roll Tartar Sauce	10/2	Stuffed Pepper w/ Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread	10/3	BBQ Chicken Breast Baked Beans Green Beans Yogurt Corn Muffin	10/4	Turkey & Swiss on Club Roll w/ Lettuce, Tomato & Onion Diced Peaches Cream of Potato Soup w/ Bacon & Crackers	10/5	Cheese Pizza Salad w/ Tomatoes, Carrot & Garbanzo Beans Chocolate Ice Cream	10/6
Salmon Filet w/ Lemon Dill Sauce Baked Potato w/ Sour Cream Cauliflower White Wheat Bread Pudding	10/9	Oven Fried Chicken Mashed Potatoes w/ Gravy Peas & Carrots Tropical Fruit	10/10	Turkey w/ Gravy Baked Sweet Potato Nantucket Blend Veggies Fresh Apple Dinner Roll Cranberry Sauce	10/11	Hamburger w/ Cheddar on Hamburger Bun Lettuce & Tomato French Fries Diced Peas Minestrone Soup w/ Crackers	10/12	Chicken Stir Fry Brown Rice Pineapples Apple Bear Cookie	10/13
Swedish Meatballs over Egg Noodles Capri Blend Veggies 12 Grain Bread Tropical Fruit	10/16	Pot Roast w/ Gravy Baked Potato w/ Sour Cream Lima Beans Applesauce Dinner Roll	10/17	Bratwurst Sauerkraut Pierogi German Chocolate Cake Marble Rye Bread	10/18	Baked White Fish Macaroni & Cheese Stewed Tomatoes Yogurt Diced Peaches	10/19	Beef Goulash over Elbow Macaroni Peach Cobbler Dinner Roll	10/20
Broccoli Stuffed Chicken w/ Gravy Peas & Pearl Onions Carrots Strawberry Waffle Cookie Mixed Fruit	10/23	Chili w/ Mozzarella Cheese Baked Potato Corn Muffin Orange Sour Cream	10/24	Meatloaf w/ Marsala Mushroom Gravy Macaroni & Cheese Brussels Sprouts Applesauce Dinner Roll	10/25	Breaded Chicken Patty w/ American Cheese & Pickles on a Hamburger Roll Seasoned Greens French Fries Fresh Apple	10/26	Pork w/ Gravy over Mashed Potatoes Green Beans Fruit Cocktail Twelve Grain Bread	10/27
Orange Glazed Chicken Brown Rice Succotash Chocolate Chip Muffin Top	10/30	Meatballs in Marinara over Spaghetti Mixed Salad w/ Cucumber & Tomato Applesauce Twelve Grain Bread	10/31	Chicken & Dumplings Scandinavian Blend Veggies Diced Peas Yogurt	11/1	Breaded Flounder Corn Baby Carrots Mixed Fruit Dinner Roll Tartar Sauce	11/2	Salisbury Steak w/ Gravy Mashed Potatoes Stewed Zucchini Mandarin Oranges Corn Muffin	11/3



- 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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Phone: (302) 651-3400

Fax: (302) 651-3470

[info@wilmingtonseniorcenter.org](mailto:info@wilmingtonseniorcenter.org)

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

**SUPPORT OUR SENIORS**

**[WWW.WILMINGTONSENIORCENTER.ORG/DONATE](http://WWW.WILMINGTONSENIORCENTER.ORG/DONATE)**

