

NEWSLETTER

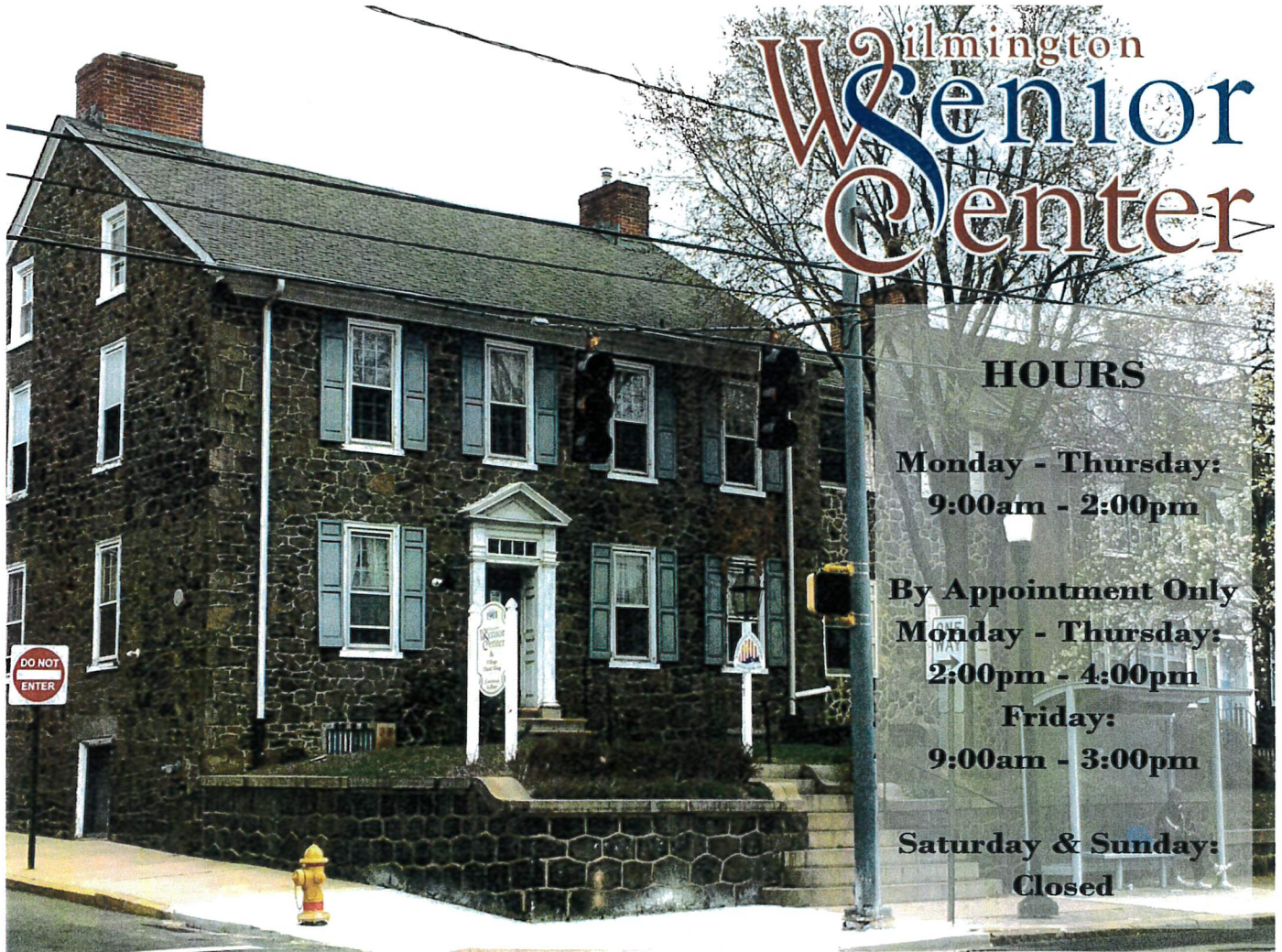


Wilmington
Senior
Center

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

The 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.

Today 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

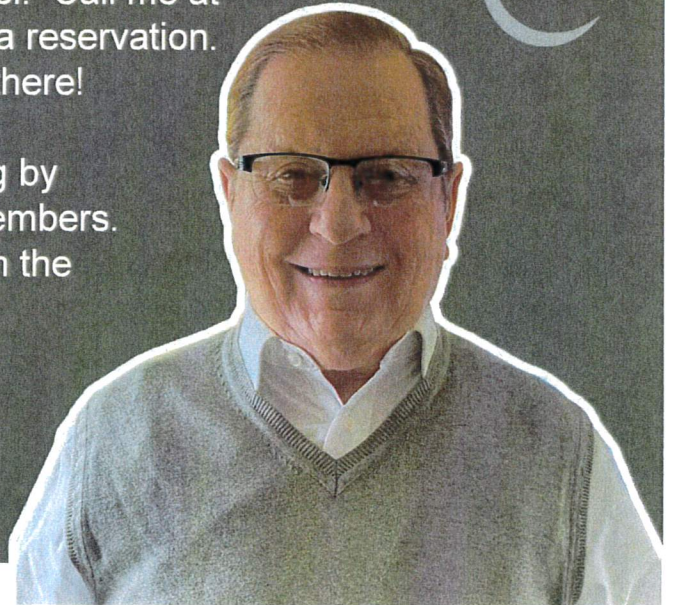
Director's Corner



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



**\$25
YEAR**

Effective immediately all memberships will renew in January each year.

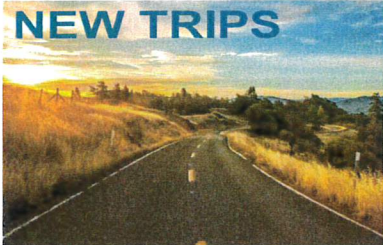
Wii BOWLING

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

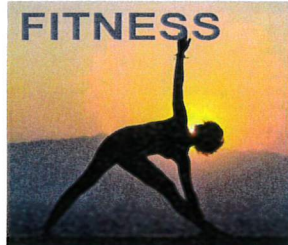
TRIPS TO THE CASINO

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

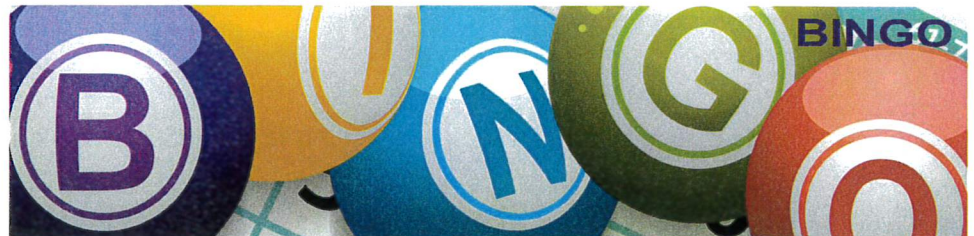


Speaker Series

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



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:

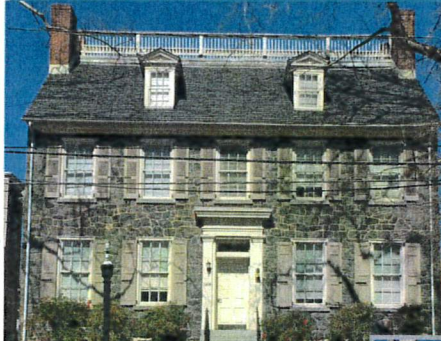


A variety of exercise classes are available, including Jazzercise, Yoga, and Pilates.

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



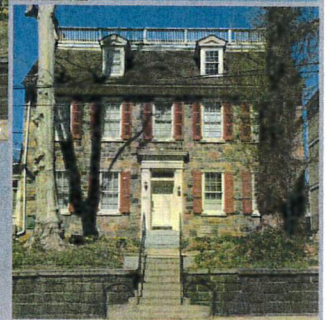
residential neighborhood offers easy access to public transportation, major shopping areas, the Brandywine Zoo and Brandywine Park.

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.**

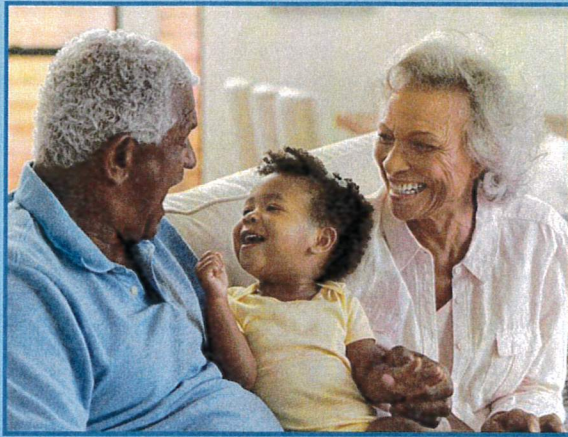
Kalmar Nyckel - Copeland Maritime Center



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.

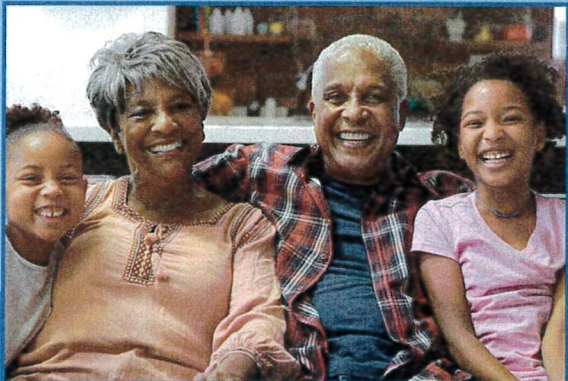
Grandparents Support Group

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

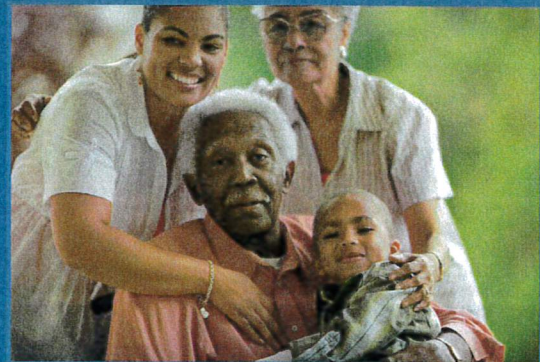


Caregiver Support Program

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.


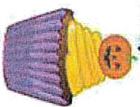
October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 10:30 Let's Get Deep 11:45 Lunch 12:30 Bingo	9:15 Chair Warmup 10:00 Humana 10:00 Dominos 10:00 Will Bowling 11:45 Lunch 12:00 Pokeno	9:15 Tai Chi 9:30 Strength Training 9:30 Crossword Puzzle 10:00 Will Games 11:45 Lunch 12:30 Cash Bingo	9:15 Chair Warmup 9:30 Morning Trivia 10:00 Meditation 11:45 Lunch 12:30 Delaware Park Senior Activities Cancelled for the Afternoon	Have A Great Weekend!!
2	3	4	5	14
9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 10:30 Do You Know Me 11:45 Lunch 12:30 BINGO	9:15 Chair Warmup 10:00 60 Minute games 10:00 Independent Dominos 10:00 Will Bowling 11:45 Lunch 12:00 Card Games	9:15 Tai Chi 9:30 Strength Training 10:00 Will Bowling 10:00 11:45 Lunch 12:30 Cash BINGO	9:00 Devotions 9:15 Tai Chi 9:30 State of Affairs 10:00 Pastor Aaron Moore 11:45 Lunch 12:30 Card Games	Have A Great Weekend!!
9	10	11	12	14
9:15 Tai Chi 9:30 Strength Training 9:30 Walk Around the Block 10:00 Bible Study 10:00 11:45 Lunch 12:30 BINGO	9:15 Chair Warmup 10:00 Motown Trivia 10:00 Independent Dominos 10:00 Will Bowling 11:45 Lunch 12:00 Card Games	9:15 Tai Chi 9:30 Strength Training 10:00 Will Bowling 11:00 Mummify Me 11:45 Lunch 12:30 Cash BINGO	9:15 Tai Chi 9:30 Trivia 10:00 Independent Dominos 10:00 Let's Read 11:00 WSIMC 11:45 Lunch 12:30 Card Games	21
16	17	18	19	21
9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 10:00 This Date in History 11:45 Lunch 12:30 BINGO	9:15 Chair Warmup 10:00 60 Minute games 10:00 Independent Dominos 10:00 Will Bowling 11:45 Lunch 12:30 Puzzle Time	9:15 Tai Chi 9:30 Strength Training 10:00 Will Bowling 10:00 11:45 Lunch 12:30 Cash BINGO	9:15 Tai Chi 9:30 M&M Challenged 10:00 Independent Dominos 11:00 All Puzzle Time 11:45 Lunch 12:30 Card Games	27
23	24	25	26	27
9:00 Tai Chi 9:30 Strength Training	30	31	30	31
9:30 Hangman 10:00 Bible Study 10:30 Will Games 11:45 Lunch 12:30 BINGO	30	31	30	31



Congregate City Fare Menu October 2023



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

• 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

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

Phone: (302) 651-3400

Fax: (302) 651-3470

info@wilmingtonseniorcenter.org

www.wilmingtonseniorcenter.org

SUPPORT OUR SENIORS

WWW.WILMINGTONSENIORCENTER.ORG/DONATE

