

1901
Wilmington
Senior Center
&
Village Thrift Shop
Entrances
in Rear

Wilmington
Senior Center

NOV 2023
NEWSLETTER



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



On October 19, 2023, the Wilmington Senior Center celebrated the life of the Rev. Dr. Clifford I. Johnson. With over 80 guests in attendance at the Kalmar Nickle catering hall; the event was very well-received - nice music, great food, and lots of networking and fun. We also raised significant monies for the agency. We thank all those who attended and gave generously to the event!

Special thanks to Javette Lane, Board President, and Jeremy Abelson, Vice President, who served as event Chair. Thanks also to the entire committee: Sheila Martin, Sherice Johnson, David Bamberger, Lorraine Bertuolo, Italo Carrieri-Russo, Peg Tigue, Sam Nussbaum, Jeanie Hayes, Maria Ushury, as well as speakers Lt. Governor Bethany Hall-Long and County Executive Matt Meyer.

Sam Nussbaum
Executive Director

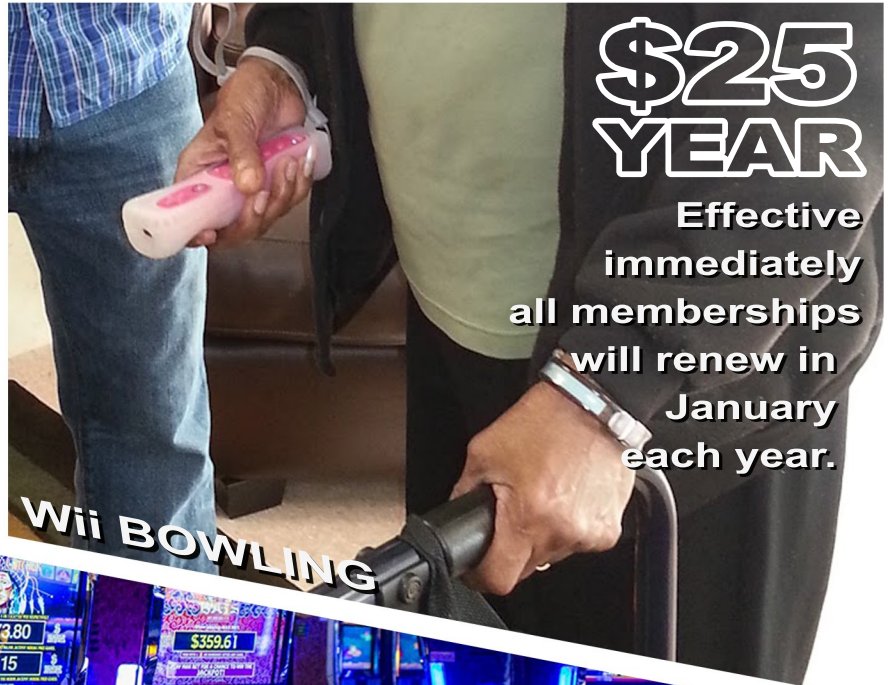


Wilmington Senior Center

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!

Our Mission



To support our clients and their loved ones by providing the most reliable care services

Our Vision



To work as a united team, providing the best senior care in the world, with the broadest range of services, and the most loving and consistent care anywhere



Always Best Care
senior services®

Our Promise



We are committed to providing you with the best care for your specific needs

Visit AlwaysBestCare.com



Powered by the State of Delaware & United Way of Delaware

Financial Building Blocks For Your Retirement



Take control of your retirement with resources to assist with retirement savings, budgeting, and setting a financially beneficial retirement date.



Develop Your Personal Retirement Plan

Financial Coaching

Meet for FREE with a Financial Coach to help you map out a financial strategy for retirement.

Navigating Retirement

Attend workshops, seminars, and lunchtime presentations on topics to help you create a secure financial future.

Benefits Access

Identify, understand, and apply for benefits that can save you money and help pay for everyday expenses.

Our goal is to help Delawareans who are approaching retirement, plus those who have already retired, to understand how to make their finances work for them in order to maintain their quality of life post-employment.

WILMINGTON SENIOR CENTER'S

2023 Lifetime Achievement Award

Honoring
Reverend Dr. Clifford J. Johnson



October 19, 2023

For compassionate commitment to the community.







Wilmington Senior 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.



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.

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.



ACTIVITIES & PRESENTATIONS

November 2023



- 11/2/2023 12:30 Yolanda Mohammed
- 11/2/2023 11:00 Computer Class Starting
- 11/7/2023 12:30-2:30 Harrah's Casino
- 11/9/2023 10:00 Amira Glover Aetna
- 11/13/2023 Denise Garcia Trinity Health
- 11/14/2023 Cowtown
- 11/16/2023 Senior Citizen Luncheon
- 11/21/2023 10:00 Thanksgiving Day Breakfast
- 11/22/2023 Center Closes at 1:00
- 11/23/2023 Center Closed for Thanksgiving
- 11/29/2023 10:00 Alpha Kappa w/ the Seniors
- 11/30/2023 8:00 Glass Museum





*Presentations and activities are subject to change.

October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 11:45 Lunch 12:30 BINGO</p> <p>6</p>	<p>9:15 Chair Warmup 10:00 Trivia 10:00 Independent Dominos 10:30 Wii Bowling 11:45 Lunch 12:30 Card Games</p> <p>7</p>	<p>9:15 Chair Warmup 9:30 Morning Trivia 10:00 Crossword Puzzle 11:45 Lunch 12:30 BINGO</p> <p>1</p>	<p>9:15 Chair Warmup 9:30 Morning Trivia 10:00 Search and Find 11:45 Lunch 12:30 Card Games</p> <p>2</p>	<p>Have A Great Weekend!!</p> <p>3</p>
<p>9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 11:45 Lunch 12:30 BINGO</p> <p>13</p>	<p>9:15 Chair Warmup 10:00 What Happened? 10:00 Independent Dominos 10:30 Wii Bowling 11:45 Lunch 12:30 Arts and Craft</p> <p>14</p>	<p>9:15 Tai Chi 9:30 Strength Training 10:00 Wii Bowling 10:30 We are in School 11:45 Lunch 12:30 Cash BINGO</p> <p>8</p>	<p>9:15 Chair Warmup 9:30 W/SIMC: Topic Letting Go 10:00 Independent Dominos 11:45 Lunch 12:30 Card Games</p> <p>9</p>	<p>Have A Great Weekend!!</p> <p>10</p>
<p>9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 11:45 Lunch 12:30 BINGO</p> <p>20</p>	<p>9:15 Chair Warmup 10:00 60 Minute games 10:00 Independent Dominos 10:30 Wii Games 11:45 Lunch 12:30 Card Games</p> <p>21</p>	<p>9:15 Meditation 9:30 Strength Training 10:30 Wii Bowling 10:00 Cash Bingo 11:45 Lunch 1:00 WSC Closed for Thanksgiving Holiday</p> <p>22</p>	<p>9:15 Chair Warmup 9:30 Trivia 10:00 M&M Games 10:30 Senior Luncheon William Hicks Anderson</p> <p>16</p>	<p>Have A Great Weekend!!</p> <p>17</p>
<p>9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 11:45 Lunch 12:30 BINGO</p> <p>27</p>	<p>9:00 Tai Chi 9:30 Strength Training 10:00 Bible Study 10:30 Wii Games 11:45 Lunch 12:30 Arts & Craft</p> <p>28</p>	<p>9:00 Tai Chi 9:30 Strength Training 9:30 Hangman 10:00 Bible Study 10:30 Wii Games 11:45 Lunch 12:30 Cash Bingo</p> <p>29</p>	<p>9:00 Tai Chi 9:30 Strength Training 9:30 Charades 10:00 Bible Study 10:30 Wii Games 11:45 Lunch 12:30 Card Games</p> <p>30</p>	<p>Closed</p> <p>23</p>
<p>9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 11:45 Lunch 12:30 BINGO</p> <p>20</p>	<p>9:15 Chair Warmup 10:00 60 Minute games 10:00 Independent Dominos 10:30 Wii Games 11:45 Lunch 12:30 Card Games</p> <p>21</p>	<p>9:00 Tai Chi 9:30 Strength Training 9:30 Hangman 10:00 Bible Study 10:30 Wii Games 11:45 Lunch 12:30 Cash Bingo</p> <p>29</p>	<p>Thanksgiving Holiday</p> <p>24</p>	<p>Closed</p> <p>24</p>

Congregate City Fare Menu November 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>11/6 Breaded Flounder Corn Baby Carrots Mixed Fruit Dinner Roll Tartar Sauce</p>	<p>11/7 Beef Goulash over Elbow Macaroni Green Beans Peach Cobbler Dinner Roll</p>	<p>11/1 Chicken & Dumplings Scandinavian Blend Veggies Diced Pears Yogurt</p>	<p>11/2 Ham & Swiss on Club Roll Lettuce, Tomato & Onion Orange Cream of Broccoli Soup Crackers</p>	<p>11/3 Salisbury Steak with Gravy Mashed Potatoes Stewed Zucchini Mandarin Oranges Corn Muffin</p>
<p>11/13 Oven Fried Chicken Mashed Potatoes with Gravy Peas & Carrots Tropical Fruit</p>	<p>11/14 Salmon Filet with Lemon Dill Sauce Baked Potato with Sour Cream Cauliflower White Wheat Bread Pudding</p>	<p>**11/8** Roast Turkey w/ Gravy Bread Stuffing Sweet Potatoes Cranberry Sauce Dinner Roll with Butter Green Bean Almondine Pumpkin Pie w/ Whipped Cream</p>	<p>11/9 Hamburger w/ Cheddar on Hamburger Bun Lettuce & Tomato French Fries Diced Pears Mirestone Soup w/ Crackers</p>	<p>11/10 Beef Burgundy over Egg Noodles California Blend Veggies Orange Dinner Roll </p>
<p>11/20 Swedish Meatballs over Egg Noodles Capri Blend Veggies 12 Grain Bread Tropical Fruit</p>	<p>11/21 Ham with Pineapple Sauce Mashed Potatoes Baby Carrots Croissant</p>	<p>11/22 Pot Roast with Gravy Baked Potato w/ Sour Cream Lima Beans Applesauce Dinner Roll</p>	<p>11/16 Turkey & Swiss on Club Roll Lettuce, Tomato & Onion Diced Peaches Cream of Potato Soup with Bacon Crackers</p>	<p>11/17 Chicken & Vegetable Stir Fry Brown Rice Pineapples Apple Bear Cookie</p>
<p>11/27 Broccoli Stuffed Chicken Peas & Pearl Onions Carrots Strawberry Waffle Cookie Mixed Fruit</p>	<p>11/28 Chili with Mozzarella Cheese Baked Potato Corn Muffin Orange Sour Cream</p>	<p>11/29 Meatloaf with Marsala Mushroom Gravy Macaroni & Cheese Brussels Sprouts Applesauce Dinner Roll </p>	<p>11/23  <i>Happy Thanksgiving</i></p>	<p>11/24  <i>Thankful Grateful Blessed</i></p>
<p>11/27 Broccoli Stuffed Chicken Peas & Pearl Onions Carrots Strawberry Waffle Cookie Mixed Fruit</p>	<p>11/28 Chili with Mozzarella Cheese Baked Potato Corn Muffin Orange Sour Cream</p>	<p>11/29 Meatloaf with Marsala Mushroom Gravy Macaroni & Cheese Brussels Sprouts Applesauce Dinner Roll</p>	<p>11/30 Breaded Chicken Patty w/ American Cheese & Pickles on a Hamburger Roll Seasoned Greens French Fries Fresh Apple</p>	<p>12/1 Pork with Gravy over Mashed Potatoes Green Beans Fruit Cocktail Twelve Grain Bread</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

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

