



Wilmington
Senior
Center

DEC 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

Our membership continues to grow – up to 100. We are forming a collaboration with the Wilmington Housing Authority – led by Ray Fitzgerald – to take in more members. We will need to make space and ensure that we make the requisite logistical changes to accept the new members. We are very excited about this project.

We look forward to our upcoming Holiday Appeal and our next fundraising event in April. We appreciate your continued support.

Sam Nussbaum
Executive Director



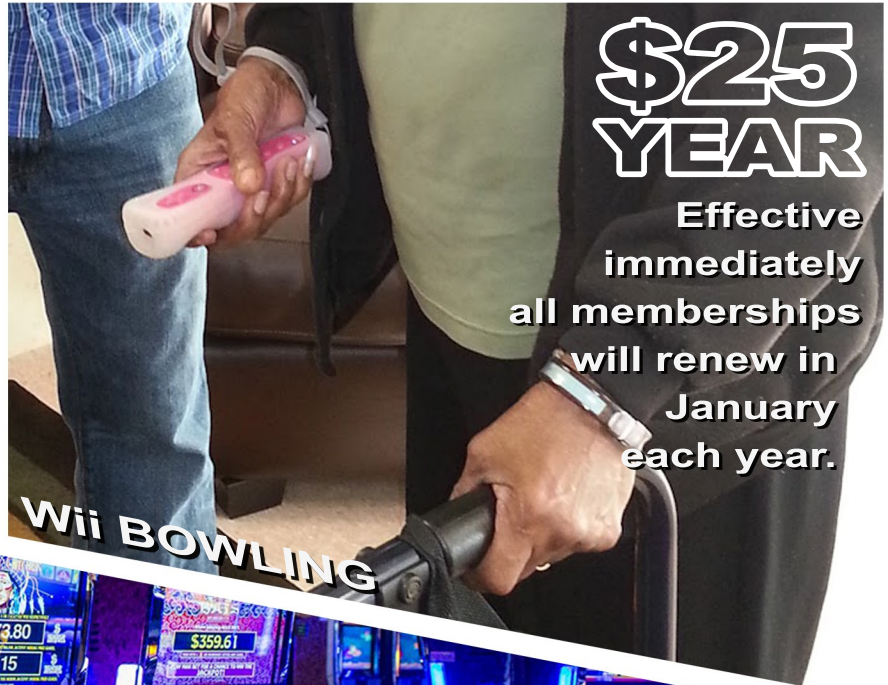
Wilmington Senior Center

MEMBERSHIP BENEFITS

LUNCH



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



\$25 YEAR

Effective immediately all memberships will renew in January each year.

Wii BOWLING



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.

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

AlwaysBestCareDelaware.com

Thank You

Wilmington Senior Center



Always Best Care
senior services®



Special Thank You to Javette Lane, EdD, Jeremy J. Abelson, and the entire Board of Directors.



WREATHS — across — AMERICA

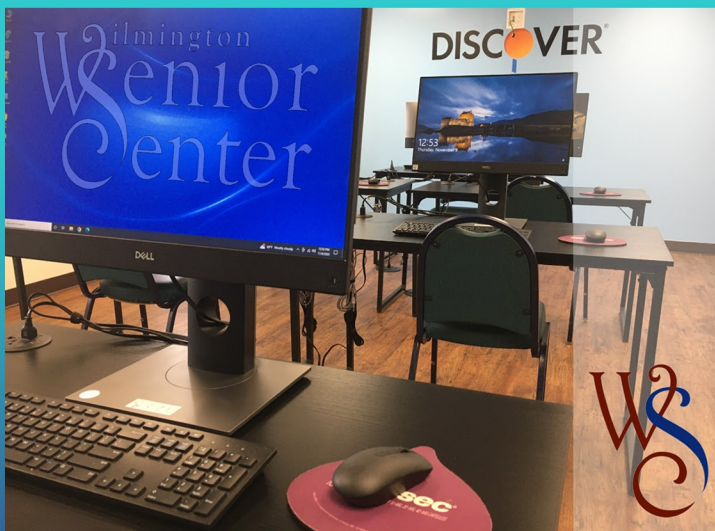


The *Wilmington Senior Center & BP/W3R Inc.* will be hosting one of many National Wreaths Across America Ceremony on **Saturday, December 16, 2023 at 10:00am.**

While we have Veterans Day in the fall and Memorial Day in the spring, our servicemen and women sacrifice their time and safety every single day of the year, to preserve our freedoms. In many American homes, every day there is an empty seat for one who is serving or one who made the ultimate sacrifice for our country and never came home. That is why the Wreaths Across America mission to Remember, Honor and Teach lasts all year long, far beyond the single day in December when we coordinate wreath-laying ceremonies. All throughout the year, Wreaths Across America works in a number of ways to show our veterans and their families that we will not forget.



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.



The WSC Technology Center is now open for seniors to better familiarize themselves with computers and how to successfully and safely navigate through the internet with confidence. Job Corps interns and trainers were on sight to help and assist with the class.



FREE EVENT

Old Brandywine Village Presents:

Light UP the Village

Thursday, December 7
5:30pm - 6:30pm

The Choir School of Delaware
Cotton Candy & Popcorn
Gerald Chavis Big Band
Christmas Caroling
Hot Chocolate
Ballon Artist
Santa & Elf

Brandywine Mills Plaza

1800 N. Market Street
Across from Dollar General

www.oldbrandywinevillage.org

Activities & Presentations December 2023



- 12/7/2023 10:00 Delaware Park**
- 12/8/2023 10:00 Christmas Bazaar at St. Patrick's**
- 12/13/2023 Dutch Apple Dinner Theatre**
- 12/14/2023 10:00 Keystone First - Robert Corey**
- 12/18/2023 WSC Christmas Party
(Members - FREE / NonMembers - \$5.00)**
- 12/18/2023 10:00 Massage w/ Khalif**
- 12/22/2023 1:00 Closed for Christmas**
- 12/25/2023 Closed for Christmas**
- 12/29/2023 Closed for New Year**

Happy Holidays!

*Presentations and activities are subject to change.

December 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>4 9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 10:30 Wii Games 11:45 Lunch 12:30 BINGO</p>	<p>5 9:15 Chair Warmup 10:00 Trivia 10:00 Independent Dominos 11:45 Lunch 12:30 Card Games</p>	<p>6 9:15 Tai Chi 9:30 Strength Training 10:00 Wii Bowling 11:45 Lunch 12:30 Cash BINGO</p>	<p>7 9:15 Chair Warmup 9:30 State of Affairs 10:00 Dominos 11:45 Lunch Afternoon Activities Closed</p>	<p>8 Have A Great Weekend!!</p>
<p>11 9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 11:45 Lunch 12:30 BINGO</p>	<p>12 9:15 Chair Warmup 10:00 What Happened in History? 10:00 Dominos 10:30 Wii Bowling 11:45 Lunch 12:30 Card Games</p>	<p>13 9:15 Tai Chi 9:30 Strength Training 10:30 Wii Bowling 11:00 TBA 11:45 Lunch 12:30 Cash BINGO</p>	<p>14 9:15 Chair Warmup 9:30 Trivia 10:00 Puzzles 11:00 WSIMC: Discussion Letting Go 11:45 Lunch 12:30 Card Games</p>	<p>15 Have A Great Weekend!!</p>
<p>18 9:15 Tai Chi 9:30 Strength Training 10:00 Christmas Party</p>	<p>19 9:15 Chair Warmup 10:00 Movie 10:00 Independent Dominos 11:45 Lunch 12:30 Card Games</p>	<p>20 9:15 Meditation 9:30 Strength Training 10:30 Wii Bowling 11:45 Lunch 12:30 Cash BINGO</p>	<p>21 9:15 Tai Chi 9:30 Sight and Sound 11:45 Lunch 12:30 Card Games</p>	<p>22 Have A Great Holiday w. Family Center closes at 1:00 pm</p>
<p>25 Merry Christmas Center is CLOSED</p>	<p>26 9:00 Tai Chi 9:30 Strength Training 10:00 Bible Study 10:30 Wii Games 11:45 Lunch 12:30 BINGO</p>	<p>27 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>28 9:00 Tai Chi 9:30 Strength Training 9:30 Charades 10:00 Bible Study 10:30 Wii Games 11:45 Lunch 12:30 BINGO</p>	<p>29 Have A Great Celebration Center closes at 1:00 pm</p>

Congregate City Fare Menu December 2023



Monday

Tuesday

Wednesday

Thursday

Friday



**MENU SUBJECT
TO CHANGE!!**

<p>12/4 Orange Glazed Chicken Brown Rice Succotash Chocolate Chip Muffin Top</p>	<p>12/5 Meatballs in Marinara over Spaghetti Mixed Salad with Cucumber & Tomato Applesauce Twelve Grain Bread</p>	<p>12/6 Chicken & Dumplings Scandinavian Blend Veggies Diced Peas Yogurt</p>	<p>12/7 Ham & Swiss on Club Roll w. Lettuce, Tomato & Onion Orange Cream of Broccoli Soup Crackers</p>	<p>12/8 Salsbury Steak with Gravy Mashed Potatoes Stewed Zucchini Mandarin Oranges Corn Muffin</p>
<p>12/11 Breaded Flounder Corn Baby Carrots Mixed Fruit Dinner Roll Tartar Sauce</p>	<p>12/12 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread</p>	<p>12/13 BBQ Chicken Breast Baked Beans Green Beans Yogurt Corn Muffin</p>	<p>12/14 Turkey & Swiss on Club Roll w. Lettuce, Tomato & Onion Diced Peaches Cream of Potato Soup Crackers</p>	<p>12/15 Beef Burgundy over Egg Noodles California Blend Veggies Orange Dinner Roll</p>
<p>12/18 Salmon Filet w. Lemon Dill Sauce Baked Potato w. Sour Cream Cauliflower White Wheat Bread Pudding</p>	<p>12/19 Oven Fried Chicken Mashed Potatoes with Gravy Peas & Carrots Tropical Fruit</p>	<p>**12/20** Pot Roast with Gravy Scalloped Potatoes Green Beans & Baby Carrots w. Slivered Almonds Apple Pie Dinner Roll</p>	<p>12/21 Hamburger with Cheddar on Hamburger Bun Lettuce & Tomato French Fries Diced Peas Minestrone Soup w. Crackers</p>	<p>12/22 Chicken & Vegetable Stir Fry Brown Rice Pineapples Apple Bear Cookie</p>
<p>12/25 </p>	<p>12/26 </p>	<p>12/27 Baked White Fish Macaroni & Cheese Stewed Tomatoes Yogurt Diced Peaches</p>	<p>12/28 Pot Roast with Gravy Baked Potato w. Sour Cream Lima Beans Applesauce Dinner Roll</p>	<p>12/29 Beef Goulash over Elbow Macaroni Green Beans Peach Cobbler Dinner Roll</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

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www.wilmingtonseniorcenter.org

SUPPORT OUR SENIORS

Happy Holidays

WWW.WILMINGTONSENIORCENTER.ORG/DONATE

