



WS

FEB 2024
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**

302.651.3400

The Wilmington Senior Center (WSC) was officially established on July 6, 1956 as the first senior center in Delaware. WSC has a long history of 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!

COVER BY PROSCENO ART

1901 N. Market Street | Wilmington, DE 19802
www.WilmingtonSeniorCenter.org

Director's Corner



“February will be a great month! First of all, my mom will be 101! God bless her! It will be Black History month to remember all the incredible people who have forged the way for African-American people and really, everyone! Last month was the great and incomparable Dr. Martin Luther King Jr’s, birthday. We have so much to be grateful for! It will also be the month of Valentine’s Day for you and that special person. So enjoy! Our senior center is doing very well! We will be taking in 50 more seniors from the Wilmington Housing Authority starting in January. This is a very exciting partnership. Our great student trainees from the Wilmington Job Corps continue to come in on a daily basis, enriching our work environment and our seniors. We have a very exciting event coming on Wednesday, April 17th from 5-8 pm at the Goodwill Center on East Lea Boulevard in Wilmington, **“The Spiritual Leaders of Delaware,”** featuring speakers from many different religions. We look forward to a very productive and exciting month!

Thank you for all your support of the oldest and first senior center in Delaware!”

Sam Nussbaum
Executive Director



SPIRITUAL LEADERS OF DELAWARE

April 17th
2024

— \$95 —
per person —

**UPCOMING
EVENT**

Faith Moves Mountains

**Wednesday | 5PM-8PM | Goodwill Center
300 E Lea Blvd | Wilmington | DE | 19802**

Tickets can be purchased through the WSC website's "Donate" page.
Type: *Spiritual Leaders of Delaware tickets* in the message box.

WilmingtonSeniorCenter.org/donate

Our Mission



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

(302)409-3710

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

Brandywine Partners Presents



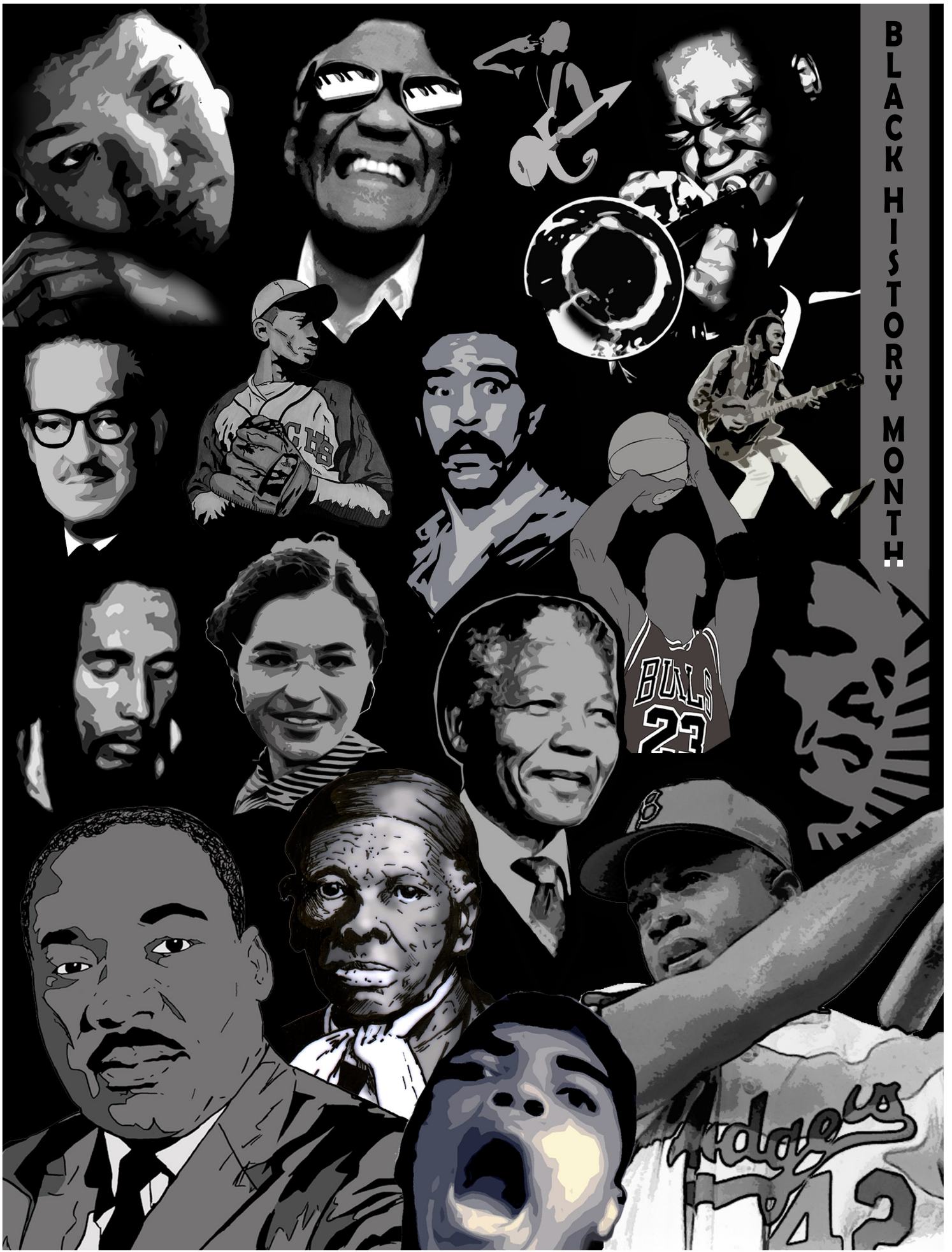
*Valentine's Day
Celebration of the Village!*

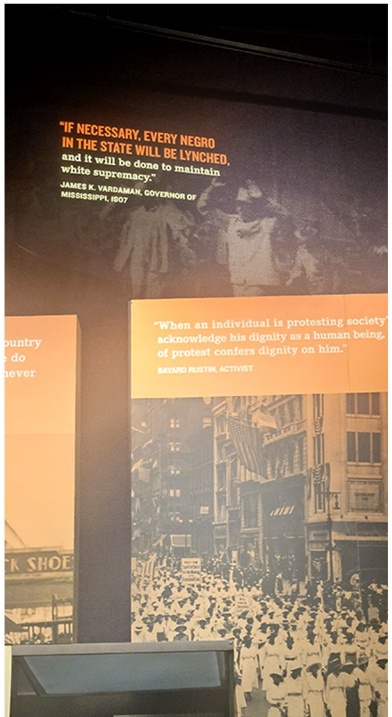
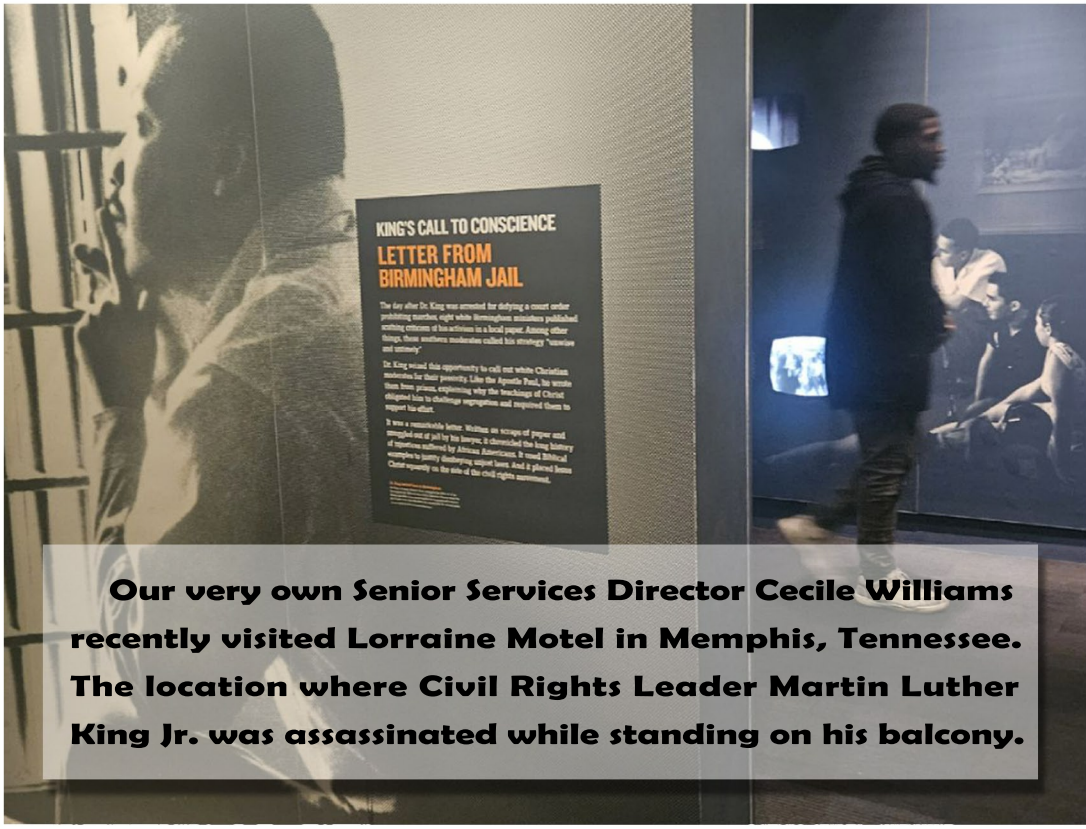
**February 9th 2024
6-8 PM**

**Brandywine Pumping Station
16th & Market St.
Wilmington, Delaware**

\$30 PER PERSON ♥♥♥♥ \$50 PER COUPLE

BLACK HISTORY MONTH





"Let us all hope that the dark clouds of racial prejudice will soon pass away and the deep fog of misunderstanding will be lifted from our fear-drenched communities..."



BLACK HISTORY MONTH

Our very own Senior Services Director Cecile Williams recently visited Lorraine Motel in Memphis, Tennessee. The location where Civil Rights Leader Martin Luther King Jr. was assassinated while standing on his balcony.

Caregiver Support Group

Parenting Support | Resources | Education | Healthy Relationships

Caregiving Can Be Tough

Are you a caregiver who is:

- 60 years of age and older
- Primary caregiver to children under 18
- Resident of New Castle, Delaware
- Primary caregiver of chronically ill, disabled and/or aging individuals 18 and older

Join us monthly at 11am on:

January 23

April 16

February 27

May 21

March 26

June 25

For More Information:

April McNeal - 302.651.3400

amcneal@WilmingtonSeniorCenter.org



Black History Month Word Search

ABOLITION
ARMSTRONG
BOYCOTT
CIVIL
WAR
EQUALITY
INTEGRATION
CROW
OWENS
RACISM
SLAVERY
TUBMAN
BLUES
CARVER
EMANCIPATION
GREENFIELD
TRUTH
KING

AFRICA
ASHE
BUS
RIGHTS
BUBOTS
FREEDOM
JAZZ
SEGREGATION
MARCH
PARKS
ROBINSON
SOUL
TUSKEGEE
JIM
ALI
RIGHTS
VOTING

F T C P U L R S K N A M B U T A V L G F
S U D E P W H L W O Z P T R T K W I P P
N U O H F C U A G S S U B K H H W V X O
E D K S R L Z V D N F W K I E G A I P A
W T J A R I G E N I O Z K S U P R C Y B
O C M F M V W R O B Y R J J T Q A E O V
B L U E S I M Y I O J N T V L H W R A Z
M R O O I C A D T R A O M S U W G C K N
C O M F C U N W A O Z I F Z M Q I I C S
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R R G E R G M R I A E A E D F O A I R H
V E E T E P K C C T O G J A L B R N J P
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G L X T B K L S T D U B O I S N C O H M
L D N H L A L H Q Y O T P R P V I B X S
W P S O U L H I J I T U V D A K O A G Z



BLACK HISTORY MONTH



Groundhog Day FEB 2nd

FEB 14th

Happy Valentine's Day

Presidents' Day


FEBRUARY 19th

February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:15 Tai Chi 9:30 Strength Training 10:00 BINGO (w. St. Patrick) 11:45 Lunch</p>	<p>2</p> <p>9:15 Chair Warmup 10:00 Puzzles 10:00 Milford Housing Development (WSC) 11:30 Bingo at Claymont Community Center 11:45 Lunch</p>	<p>3</p> <p>9:15 Tai Chi 9:30 Strength Training 10:00 Wii Bowling 11:00 Trivia 11:45 Lunch 12:30 Cash BINGO</p>	<p>1</p> <p>9:15 Chair Warmup 9:30 Morning Trivia 10:00 Dominos 11:45 Lunch 12:30 Card Games</p>	<p>2</p> <p>Have A Great Weekend!!</p>
<p>5</p> <p>9:15 Tai Chi 9:30 Strength Training 10:00 BINGO (w. St. Patrick) 11:45 Lunch</p>	<p>6</p> <p>9:15 Chair Warmup 10:00 Medicare with Robin Blackston 10:00 Dominos 11:45 Lunch 12:30 Card Games</p>	<p>7</p> <p>9:15 Meditation 9:30 Strength Training 10:00 Valentines and Galentines Day Celebration (WSC) 10:30 Wii Bowling 11:45 Lunch 12:30 Cash BINGO</p>	<p>8</p> <p>9:15 Tai Chi 10:00 WSIMC-Alabaster Box 11:45 Lunch 1-3:00 Motown Celebration</p>	<p>9</p> <p>Have A Great Weekend!!</p>
<p>12</p> <p>9:15 Tai Chi 9:30 Strength Training 10:00 Pictionary 11:45 Lunch 12:30 BINGO</p>	<p>13</p> <p>9:15 Chair Warmup 10:00 Medicare with Robin Blackston 10:00 Dominos 11:45 Lunch 12:30 Card Games</p>	<p>14</p> <p>9:00 Tai Chi 9:30 Strength Training 9:30 Hangman 10:30 Wii Bowling 11:45 Lunch 12:30 Cash BINGO</p>	<p>15</p> <p>9:15 Tai Chi 10:00 WSIMC-Alabaster Box 11:45 Lunch 1-3:00 Motown Celebration</p>	<p>16</p> <p>Have A Great Weekend!!</p>
<p>19</p> <p>CLOSED</p>	<p>20</p> <p>9:15 Chair Warmup 10:00 AmeriHealth (WSC) 10:00 Early Bird Bingo Bonanza 11:45 Lunch 12:30 Arts and Crafts</p>	<p>21</p> <p>9:00 Tai Chi 9:30 Strength Training 9:30 Hangman 10:30 Wii Bowling 11:45 Lunch 12:30 Cash BINGO</p>	<p>22</p> <p>9:15 Chair Warmup 9:30 Pictionary 10:30 Search and Find 11:00 Dining Out (Golden Carral) NO LUNCH Center open for Afternoon Activities</p>	<p>23</p> <p>Have A Great Weekend!!</p>
<p>26</p> <p>9:15 Tai Chi 9:30 Strength Training 10:00 Black History Study 11:45 Lunch 12:30 BINGO</p>	<p>27</p> <p>9:00 Tai Chi 10:00 Dominos 10:30 Wii Games 11:45 Lunch 12:30 Arts and Crafts</p>	<p>28</p> <p>9:00 Tai Chi 9:30 Strength Training 10:00 Movie 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 11:00 Arts & Crafts 11:45 Lunch 12:30 BINGO</p>	

Congregate City Fare Menu February 2024



Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE!!				
5 Broccoli Stuffed Chicken Peas & Pearl Onions Carrots Strawberry Waffle Cookie Mixed Fruit	6 Pot Roast w. Gravy Baked Potato w. Sour Cream Lima Beans Applesauce Dinner Roll	7 Meatloaf w. Marsala Mushroom Gravy Macaroni & Cheese Brussels Sprouts Applesauce Dinner Roll	8 Breaded Chicken Patty w. American Cheese & Pickles on a Hamburger Roll Seasoned Greens French Fries Fresh Apple	9 Chili w. Mozzarella Cheese Baked Potato Corn Muffin Orange Sour Cream
12 Orange Glazed Chicken Brown Rice Succotash Chocolate Chip Muffin Top	13 Chicken Gumbo Creole Style Beans Tropical Fruit Salad Wheat Roll Mardi Gras Cupcake	14 Vegetable Lasagna w. Blush Sauce Mixed Salad w. Cucumber & Tomato Italian Ice Wheat Roll	15 Calzone w. Turkey, Pepperoni & Turkey Sausage Marinara Sauce Capri Blend Vegetables Mixed Fruit	16 Cheese Ravioli in Marinara Sauce Italian Blend Veggies Apple Crisp 12 Grain Bread Slice
19  PRESIDENT'S DAY	20 Stuffed Pepper w. Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread	21 BBQ Chicken Breast Baked Beans Green Beans Yogurt Corn Muffin	22 Turkey & Swiss on a Club Roll Lettuce, Tomato & Onion Diced Peaches Cream of Potato Soup w. Bacon Crackers	23 Breaded Flounder Corn Baby Carrots Mixed Fruit Dinner Roll Tartar Sauce
26 Chicken & Vegetable Stir Fry Brown Rice Pineapples Apple Bear Cookie	27 Oven Fried Chicken Mashed Potatoes w. Gravy Peas & Carrots Tropical Fruit	28 Turkey w. Gravy Baked Sweet Potato Nantucket Blend Veggie Fresh Apple Dinner Roll Cranberry Sauce	29 Hamburger w. Cheddar on Hamburger Bun Lettuce & Tomato French Fries Diced Peas Miestrone Soup w. Crackers	

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

Phone: (302) 651-3400

Fax: (302) 651-3470

info@wilmingtonseniorcenter.org

www.wilmingtonseniorcenter.org



Non-Profit Organization
U.S. Postage

PAID

Wilmington, DE 19850

Permit No. 430

SUPPORT OUR SENIORS

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SCAN TO



DONATE

LIVE UNITED



United Way of Delaware
Donor Designation Code: 560