

NEWSLETTER 3 | 2024



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



In addition to our two collaborations with the Wilmington Job Corps and the Wilmington Housing Authority, we have just entered into an agreement with Network Connect, whereby they will assign two Community Well Being (CWA) Associates to our seniors to ensure that they receive the services they need from the community.

This is a great new program and expands our scope tremendously. They will work alongside our Social Services staff.

Our upcoming Conference: ***“Searching for God in all the Right Places”*** will feature Rabbi Michael Beals, Congregation Beth Shalom, as the Moderator along with five pastors from our community. Tickets are \$75 and sponsorships are available. Call Sam Nussbaum for more details at 302-559-1202. Thanks and have a Blessed Day!

Sam Nussbaum
Executive Director



Wilmington Senior Center

MEMBERSHIP BENEFITS



LUNCH



Wii BOWLING

**\$25
YEAR**

Effective immediately all memberships will renew in January each year.



POOL TABLE



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!

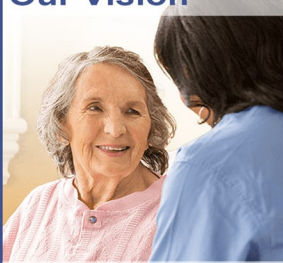
Our Mission



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

(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

ST. PATRICK'S CENTER

INDOOR FLEA MARKET

DATE: MARCH 2ND, 2024

TIME: 9:00AM - 1:00PM

St. Patrick's Center
2ND FLOOR

107 E 14TH ST.
WILMINGTON, DE 19801

CLOTHING | JEWELRY | SHOES | DRESS HATS
LEATHER GOODS | SEASONAL STYLES
(GOOD CONDITION + REASONABLE PRICES)

FOR MORE INFO CONTACT MARIAN BURT: 302.442.2580

SEARCHING FOR GOD IN ALL THE RIGHT PLACES

April 17th
2024

~\$75~
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's website "Donate" page.
Type: **Searching for God...tickets** in the message box.

Any questions or concerns please contact **Sam Nussbaum** at
302.559.1202 or snussbaum@wilmingtonseniorcenter.org

WilmingtonSeniorCenter.org/donate

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



UNIVERSITY OF DELAWARE

COOPERATIVE
EXTENSION
PRESENTS:

WITS WORKOUT

Come & enjoy fun with your friends & family as you participate in team & individual Intellectual challenge in the WITS WORKOUT PROGRAM.

Dates: 3/12 - 3/19 - 3/26

Time: 10am - 11am

Location: Wilmington Senior Center

1901 N. Market St. Wilmington DE. 19802



**IS TAKING CARE OF YOUR MENTAL HEALTH
PART OF YOUR 2024 RESOLUTION?
LET US SHOW YOU HOW!**

University of Delaware

Cooperative Extension presents RESILIENCE X:

Come Learn How to Maintain Mental Health during Times of Adversity.

Dates: 3/13 - 3/20 - 3/27

Time: 10am - 11:30am

Location: Wilmington Senior Center

1901 N. Market St. Wilmington DE. 19802

Contact: Cecile Williams 302.651.3400

Wilmington
Senior
Center



UNIVERSITY OF DELAWARE
COOPERATIVE
EXTENSION





COWTOWN MARCH 5th

More Info Call:
302.651.3400

Wilmington
Senior
Center

Depart from
Wilmington Senior Center
1901 N. Market St
Wilmington, DE 19802

(WEATHER PERMITTING)



CASINO
DELAWARE PARK

MAR
7th



Wilmington
Senior
Center

Booths Corner
FARMERS MARKET

THURS
3/28

OPEN
Friday 9:00 a.m. - 9:00 p.m.
Saturday 9:00 a.m. - 8:00 p.m.

Wilmington Senior Center:
ACTIVITIES & PRESENTATIONS
MARCH 2024

- March 05 - Cowtown (weather permitting)**
- March 06 - Living on High**
- March 07 - Delaware Park**
- March 11 - Cheddars**
- March 12 - Jennifer Seabrooks Wit Works**
- March 13 - Jennifer Seabrooks Resilience**
- March 14 - Bingo w. Regency Healthcare**
- March 19 - Jennifer Seabrooks Wit Works**
- March 20 - Jennifer Seabrooks Resilience**
- March 21 - Medicare**
- March 26 - Jennifer Seabrooks Wit Works**
- March 27 - Jennifer Seabrooks Resilience**
- March 28 - Booths Corner Farmers Market**

*Presentations and activities are subject to change.

Daylight
Savings
Time



03
10

03|17




**Saint
Patrick's
Day**

03
31 **EASTER**



March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 10:30 WSIMC - African Proverb 11:45 Lunch 12:30 BINGO</p> <p>4</p>	<p>9:15 Chair Warmup 10:00 Dominos 10:00 Wii Bowling 11:00 Cowtown Senior Afternoon Activities OPEN NO LUNCH</p> <p>5</p>	<p>9:15 Tai Chi 9:30 Strength Training 9:30 Crossword Puzzle 10:00 Wii Bowling 10:00 Living on High 11:45 Lunch 12:30 Cash BINGO</p> <p>6</p>	<p>9:15 Chair Warmup 9:30 Morning Trivia 10:00 Meditation 11:30 Delaware Park Senior Afternoon Activities OPEN NO LUNCH</p> <p>7</p>	<p>8</p> <p>Have A Great Weekend!!</p>
<p>9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 10:30 Did You Know Me 11:45 Lunch 12:30 BINGO</p> <p>11</p>	<p>9:15 Chair Warmup 10:00 WIT Works 10:00 Independent Dominos 10:00 Wii Bowling 10:00 Movie 11:45 Lunch 12:00 Card Games</p> <p>12</p>	<p>9:15 Tai Chi 9:30 Strength Training 10:00 Wii Bowling 10:00 Resilience 11:45 Lunch 12:30 Cash BINGO</p> <p>13</p>	<p>9:00 Devotions 9:15 Tai Chi 9:30 Pictionary 10:00 Arts & Crafts Bingo w. Regency Healthcare 11:45 Lunch 12:30 Card Games</p> <p>14</p>	<p>15</p> <p>Have A Great Weekend!!</p>
<p>9:15 Tai Chi 9:30 Strength Training 10:00 Walk Around the Block 10:00 Bible Study 10:00 Search and Find 11:45 Lunch 12:30 BINGO</p> <p>18</p>	<p>9:15 Chair Warmup 10:00 Motown Trivia 10:00 Independent Dominos 10:00 Wii Bowling 11:45 Lunch 12:30 Card Games</p> <p>19</p>	<p>9:15 Tai Chi 9:30 Strength Training 10:00 Wii Bowling 11:00 Family Feud 11:45 Lunch 12:30 Cash BINGO</p> <p>20</p>	<p>9:15 Tai Chi 9:30 Meditation 10:00 Independent Dominos 10:00 Let's Read 11:00 WSIMC - What Happens in this House 11:45 Lunch 12:30 Card Games</p> <p>21</p>	<p>22</p> <p>Have A Great Weekend!!</p>
<p>9:15 Tai Chi 9:30 Strength Training 10:00 Bible Study 10:00 This Date in History 10:30 Trivia 11:45 Lunch 12:30 BINGO</p> <p>25</p>	<p>9:15 Chair Warmup 10:00 WIT Works 10:00 Independent Dominos 10:00 Wii Bowling 11:45 Lunch 12:30 Puzzle Time</p> <p>26</p>	<p>9:15 Tai Chi 9:30 Strength Training 10:00 Wii Bowling 10:00 Resilience 11:45 Lunch 12:30 Cash BINGO</p> <p>27</p>	<p>9:15 Tai Chi 9:30 M&M Challenge 10:00 Independent Dominos 11:00 Booth Corner Senior Afternoon Activities OPEN NO LUNCH</p> <p>28</p>	<p>29</p> <p>GOOD FRIDAY Have A Great Weekend!!</p>

Monday	Tuesday	Wednesday	Thursday	Friday
4 Swedish Meatballs over Egg Noodles Capri Blend Veggies 12 Grain Bread Tropical Fruit	5 Ham w. Pineapple Sauce Mashed Potatoes Baby Carrots Croissant	6 Pot Roast w. Gravy Baked Potato w. Sour Cream Lima Beans Applesauce Dinner Roll	7 Beef Goulash w. Elbow Macaroni Green Beans Peach Cobbler	8 Baked White Fish Macaroni & Cheese Stewed Tomatoes Diced Peaches Dinner Roll
11 Broccoli Stuffed Chicken Peas & Pearl Onions Carrots 12 Grain Bread Mixed Fruit	12 Chili w. Mozzarella Cheese Baked Potato Broccoli Corn Muffin Orange Sour Cream	13 Ham & Cabbage Baked Potato Wheat Roll Cupcake Sour Cream 	14 Breaded Chicken Patty w. American Cheese & Pickles on a Hamburger Roll Seasoned Greens French Fries Fresh Apple	15 Cheese Ravioli in Marinara Sauce Italian Blend Veggies Apple Crisp 12 Grain Bread Slice
18 Meatball in Marinara Over Spaghetti Mixed Saled w. Cucumber & Tomato Applesauce 12 Grain Bread	19 Chicken & Dumplings Scandinavian Blend Veggies Diced Peas Yogurt	20 Salisbury Steak w. Gravy Baby Bakers Stewed Zucchini Mandarin Oranges Corn Muffin	21 Orange Glazed Chicken Brown Rice Succotash Chocolate Chip Muffin Top Fruit Cocktail	22 Cheese Pizza Salad w. Tomatoes, Carrots & Garbanzo Beans Chocolate Ice Cream Fresh Apple
25 Oven Fried Chicken Mashed Potatoes w. Gravy Peas & Carrots Tropical Fruit 12 Grain Bread	26 Ham w. Pineapple Sauce Asparagus Dinner Roll Baked Sweet Potato Coconut Cream Pie 	27 Turkey & Swiss on Club Roll Lettuce, Tomato, Onion Cream of Potato Soup w. Bacon Crackers Diced Peaches	28 Stuffed Pepper w. Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread	29 

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.

Congregate City Fare Menu March 2024

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

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Wilmington, DE 19850

Permit No. 430

SUPPORT OUR SENIORS

WWW.WILMINGTONSENIORCENTER.ORG/DONATE



SCAN TO



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LIVE UNITED



United Way of Delaware
Donor Designation Code: 560