



Wilmington  
Senior  
Center

**AUG2024**  
**NEWSLETTER**



# Wilmington Senior Center

*Established*  
**1956**

## **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**

**T**he 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.

**T**oday 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**

**www.WilmingtonSeniorCenter.org**



# Director's Corner



The **Wilmington Senior Center** is always active in the community, both with seniors, businesses, and local politicians. We want to make our presence known both locally, in the Wilmington area, and throughout the State of Delaware. That is why you can see from the pictures on page 4, that the Executive Director has visited with key government officials. We are also fortunate to have highly-qualified new Board members including Liam Corey, Brandon Guillemin, Richard Wertz, Angela Henry to name a few. Some key members of the Board have finished their terms and have left the Board, namely Jeremy Abelson, long-time significant contributor, and Alfred Lance, with key financial expertise.

**We wish them all the best!**

**Sam Nussbaum**  
**Executive Director**







**Delaware Governor  
John Carney**



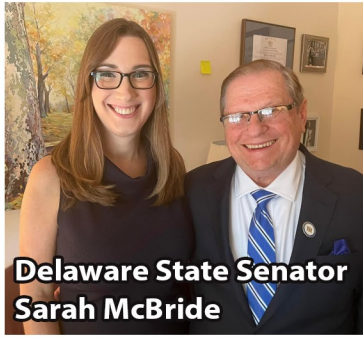
**Wilmington Mayor  
Mike Purzycki**



**County Executive  
Matt Meyer**



**Delaware State Senator  
Darius Brown**



**Delaware State Senator  
Sarah McBride**



**Wilmington City Council  
Zanthia Oliver**



**U.S. REPRESENTATIVE  
LISA BLUNT ROCHESTER**



**Delaware State Representative  
Nnamdi Chukwuocha**



**Lieutenant Governor  
Bethany Hall-Long**



**Delaware Senator  
Chris Coons**



**CEO WRK Group  
Logan  
Herring**



**BRANDYWINE MILLS PLAZA**  
**1900 N. Market St. Wilm. DE. 19802**

**B R A N D Y W I N E**

**VILLAGE**  
**MARKET**



**MUSIC IN THE PLAZA**


**EVERY TUESDAY**

**JULY 16 - OCTOBER 16**

**5 PM - 8 PM**

**Fresh Produce | Local Vendors | Food Trucks**





With the summer season presently upon us, we are thankful for all that we have. At this time of season, we ask that you look into your hearts to help seniors (50 and above) to live a more meaningful and rewarding life. **WSC** enables seniors to age-in-place and stay in their homes rather than be placed in an assistive-living facility or a nursing home by providing a myriad of programs and services every day including: strength training and exercise, bingo, dominoes, pool table, meditation, bible study, lectures on senior topics, trips, both local and beyond. Our membership fee for the year is just \$25.00 per year. Unfortunately, that doesn't cover our annual costs to run our programs.

**Won't you help us today.**

God Bless You  
& Enjoy your Holiday Season & Summer,

**Sam Nussbaum**

Executive Director  
Wilmington Senior Center  
302.651.3465



<https://wilmingtonseniorcenter.org/donate/>



SUPPORT OUR SENIORS

SCAN TO



DONATE

[WWW.WILMINGTONSENIORCENTER.ORG/DONATE](http://WWW.WILMINGTONSENIORCENTER.ORG/DONATE)

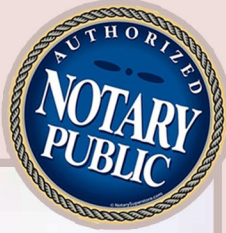


Wilmington  
Senior  
Center



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1901 N. MARKET ST. | WILMINGTON, DE 19802



-PUBLIC-  
NOTARY



SERVICES  
NOW AVAILABLE!

NO CHARGE FOR MEMBERS | \$5 NON-MEMBERS

# Lafayette Court Apartments One Bedroom Available

1803 - 1805 N. Market Street  
Wilmington, DE 19802



Designed for people  
ages 55 & over

Located only 1 block  
from the Wilmington  
Senior Center and  
Market St. bus line

Affordably priced at  
\$900 for 1 bedroom  
(heat & water included)



No subsidized rents,  
Section 8 vouchers  
will be accepted

COME MAKE YOUR HOME IN  
HISTORIC BRANDYWINE VILLAGE!



If interested  
please contact:

**302-651-3429**

Handicap Accessible

Wilmington Senior Center  
Presents

# VENDOR'S MARKET

&

ANNUAL BARBECUE

August 29, 2024

9AM - 1PM

1901 N. Market Street

Wilmington, DE 19802

(Rain Date: Thursday, Sept.5th)



Wilmington Senior Center would like to invite  
you to offer your product or services.  
Tables are available at \$50 | SPACE IS LIMITED!  
Scan QR Code or Call: **302.651.3400**

- Health & Beauty Products
- Accessories
- Handmade Crafts
- Books & Media
- Care & Health Services



**Wilmington Senior Center:**  
**ACTIVITIES  
& PRESENTATIONS**  
**AUGUST 2024**

- August 06 - Cowtown (weather permitted)**
- August 07- Megan w. City Fare**
- August 13 - Delaware Park**
- August 14 - Receipt Class w. Victoria Lowrie**
- August 15 - Health, Wellness & Fitness  
at C&D Senior Center**
- August 29 - Annual BBQ**

\*Presentations and activities are subject to change.

**Strength & Training**

**9:30-  
10:30am**

**EVERY MONDAY**

**5th | 12th | 19th | 26nd**

**10-11am**

**Bible Study**

**CASH BINGO**

**WEDNESDAYS**

**12:30pm**



# AUGUST 2024

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
| <p>9:30 Strength Training <b>5</b></p> <p>9:30 Dominos</p> <p>10:00 Bible Study</p> <p>11:45 Lunch</p> <p>12:00 BINGO</p>  | <p>9:30 Morning Stretch</p> <p>10:30 Cowtown</p> <p><b>NO LUNCH</b></p>  | <p>9:00 Morning Stretch <b>7</b></p> <p>9:30 Strength Training</p> <p>9:30 Dominos</p> <p>10:00 Megan w. City Fare</p> <p>11:00 Arts &amp; Crafts</p> <p>11:45 Lunch</p> <p>12:30 Cash BINGO</p> | <p>9:30 Tai Chi</p> <p>9:30 Dominos</p> <p>10:00 Trivia</p> <p>11:00 Movie</p> <p>11:45 Lunch</p>   | <p><b>2</b></p> <p>Have A Great Weekend!!</p>  |
| <p>9:30 Strength Training <b>12</b></p> <p>9:15 Walk Around</p> <p>9:30 Dominos</p> <p>9:45 Bible Study</p> <p>11:45 Lunch</p> <p>12:30 BINGO</p>                | <p>9:30 Morning Stretch <b>13</b></p> <p>12:00 Delaware Park</p> <p><b>NO LUNCH</b></p>                                | <p>9:30 Chair Exercise <b>14</b></p> <p>9:30 Strength &amp; Training</p> <p>9:30 Dominos</p> <p>11:00 Receipt Class</p> <p>11:45 Lunch</p> <p>12:30 Cash BINGO</p>                               | <p>9:00 Health, Wellness &amp; Fitness Fair (C&amp;D) <b>15</b></p> <p>9:30 Tai Chi</p> <p>9:30 Dominos</p> <p>10:00 Trivia</p> <p>11:00 Movie</p> <p>11:45 Lunch</p> | <p><b>16</b></p> <p>Have A Great Weekend!!</p> |
| <p>9:30 Strength &amp; Training <b>19</b></p> <p>9:30 Chair Exercise</p> <p>9:30 Dominos</p> <p>10:00 Bible Study</p> <p>11:45 Lunch</p> <p>12:30 BINGO</p>      | <p>9:30 Meditation <b>20</b></p> <p>9:30 Dominos</p> <p>11:45 Lunch</p> <p>12:30 Card Games</p>                        | <p>9:30 Strength Training <b>21</b></p> <p>9:30 Meditation</p> <p>9:30 Dominos</p> <p>11:45 Birthday Celebration!</p> <p>12:30 Cash BINGO</p>  | <p>9:30 Morning Stretch <b>22</b></p> <p>9:30 Dominos</p> <p>10:00 Trivia</p> <p>11:45 Lunch</p> <p>12:30 Pokeno</p>  | <p><b>23</b></p> <p>Have A Great Weekend!!</p> |
| <p>9:30 Strength Training <b>26</b></p> <p>9:30 Search &amp; Find</p> <p>9:30 Chair Exercises</p> <p>10:00 Bible Study</p> <p>11:45 Lunch</p> <p>12:30 BINGO</p> | <p>9:30 Morning Strech <b>27</b></p> <p>9:30 Trivia</p> <p>9:30 Dominos</p> <p>11:45 Lunch</p> <p>12:30 Card Games</p> | <p>9:30 Strength Training <b>28</b></p> <p>9:30 Dominos</p> <p>10:00 Free Day</p> <p>11:45 Lunch</p> <p>12:30 Cash Bingo</p>   | <p>9:00 WSC Annual BBQ <b>29</b></p> <p>11:00 Caregiver Support</p>   | <p><b>30</b></p> <p>Have A Great Weekend!!</p> |



Monday

Tuesday

Wednesday

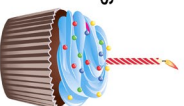
Thursday

Friday

# W&C Congregate City Fare

## AUGUST Menu 2024

|   |   |   |   |  |  |
|---|---|---|---|--|--|
| <p><b>5</b><br/>Philly Cheesesteak w. Provolone Cheese, Peppers, &amp; Onions<br/>on a Whole Grain Roll<br/>Roasted Baby Potatoes<br/>Pineapple Tidbits</p> | <p><b>6</b><br/>Tuna Salad on a Croissant<br/>Lettuce &amp; Tomato<br/>Cucumber Salad<br/>Chicken Noodle Soup<br/>Crackers<br/>Fruit Cocktail</p> | <p><b>7</b><br/>BBQ Pulled Chicken<br/>Hamburger Bun<br/>Fiesta Corn<br/>Broccoli<br/>Applesauce<br/>Chocolate Fudge Pudding</p>                  | <p><b>8</b><br/>Spaghetti &amp; Meatballs<br/>Marinara Sauce<br/>Salad w. Tomato &amp; Cucumber<br/>Diced Pears<br/>Whole Grain Dinner Roll</p>   | <p><b>1</b><br/>Pot Roast in Au Jus<br/>Baked Potato w. Sour Cream<br/>Peas<br/>Split Top Dinner Roll<br/>Strawberry Waffle Cookie</p> | <p><b>2</b><br/>Pesto Chicken &amp; Pasta<br/>Stewed Tomatoes<br/>Zucchini &amp; Summer Squash<br/>Diced Pears</p>                                 |
| <p><b>12</b><br/>Turkey Burger w. Cheddar Cheese<br/>Hamburger Roll<br/>Lettuce &amp; Tomato<br/>Tater Tots<br/>Cantaloupe</p>                              | <p><b>13</b><br/>Chicken Meatballs w. Teriyaki Sauce<br/>Pineapple Tidbits<br/>Broccoli<br/>Brown Rice</p>  | <p><b>14</b><br/>Ham &amp; Cheddar Cheese on Club Roll w. Lettuce, Tomato &amp; Onion<br/>Potato Salad<br/>Garden Vegetable Soup<br/>Crackers</p> | <p><b>15</b><br/>Grilled Orange Chicken Breast<br/>Quinoa, Kale &amp; Garbanzo Bean Salad<br/>Whole Grain Dinner Roll<br/>Fresh Plum</p>          | <p><b>16</b><br/>Meatloaf w. Gravy<br/>Mashed Potatoes<br/>Spinach<br/>Whole Grain Dinner Roll<br/>Fresh Peach</p>                     | <p><b>23</b><br/>Chicken Fajitas w. Peppers, Onions, Shredded Cheese<br/>Lettuce &amp; Tomato<br/>Tortilla   Brown Rice<br/>Beans   Mixed Grut</p> |
| <p><b>19</b><br/>BBQ Chicken Breast<br/>Potato Salad w. Egg<br/>Baked Beans<br/>Diced Peaches<br/>Giant Goldfish Graham</p>                                 | <p><b>20</b><br/>Pizza Burger<br/>Sweet Potato Wedges<br/>Capri Blend Veggies<br/>Fresh Apple</p>   | <p><b>21</b><br/>Breaded Fish w. Tartar Sauce<br/>French Fries<br/>Peas &amp; Carrots<br/>Watermelon<br/>Whole Grain Roll</p>                     | <p><b>22</b><br/>Mango Glazed Whitefish<br/>Baby Potatoes<br/>Caribbean Blend Veggies<br/>Whole Grain Dinner Roll<br/>Chocolate Fudge Pudding</p> | <p><b>29</b><br/>Burrito Bowl w. Chicken, Shredded Cheese, Diced Tomatoes<br/>Black Beans<br/>Brown Rice<br/>Tangerine</p>             | <p><b>30</b><br/>Pulled Pork w. Au Jus<br/>Mashed Potatoes<br/>Caribbean Blend Veggies<br/>Apple<br/>Hawaiian Roll</p>                             |
| <p><b>26</b><br/>Beef &amp; Broccoli w. Teriyaki Sauce<br/>Brown Rice<br/>Carrots<br/>Mandarin Oranges</p>  | <p><b>27</b><br/>Chicken Salad<br/>12 Grain Bread<br/>Beet Salad<br/>Italian Wedding Soup<br/>Whole Grain Saltines<br/>Cantaloupe</p>             | <p><b>28</b><br/>Lasagna Roll Up w. Meat Sauce<br/>Italian Blend Veggies<br/>Applesauce<br/>Whole Grain Bread</p>                                 | <p><b>29</b><br/>Burrito Bowl w. Chicken, Shredded Cheese, Diced Tomatoes<br/>Black Beans<br/>Brown Rice<br/>Tangerine</p>                        | <p><b>1</b><br/>Pot Roast in Au Jus<br/>Baked Potato w. Sour Cream<br/>Peas<br/>Split Top Dinner Roll<br/>Strawberry Waffle Cookie</p> | <p><b>2</b><br/>Pesto Chicken &amp; Pasta<br/>Stewed Tomatoes<br/>Zucchini &amp; Summer Squash<br/>Diced Pears</p>                                 |



All meals subject to change. All meals contain 1% milk. Suggested minimum donation for person 60+ is \$3.00. People under age 60 must pay \$7.00. Saturday & Sunday Mid Day meals served at St. Anthony's - Tuesday & Thursday 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



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Non-Profit Organization  
U.S. Postage

**PAID**

Wilmington, DE 19850

Permit No. 430

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## SUPPORT OUR SENIORS

[WWW.WILMINGTONSENIORCENTER.ORG/DONATE](http://WWW.WILMINGTONSENIORCENTER.ORG/DONATE)



SCAN TO



DONATE

### LIVE UNITED



United Way of Delaware

Donor Designation Code: 560