



Wilmington  
Wenior  
Center

**OCT 2024**  
**NEWSLETTER**

# Wilmington Senior Center

*Established*  
**1956**

## **HOURS**

**Monday - Thursday:**  
**8:00am - 2:00pm**

**Friday - 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 Center continues to flourish with an incredible group of inspirational seniors, a great staff, and a fantastic Board of Directors. We appreciate all the support we receive from our constituents and from the community. Most of all, we appreciate the on-going and continued support from Bryant Greene, CEO of Always Best Care, with whom we share our building. They have been the best neighbors ever and we value our relationship with them. We also thank all of our local politicians who support us year round: Matt Meyer, Bethany Hall Long, Nnamdi Chukwuocha, Lisa Blunt Rochester, State Senator Darius Brown, State Senator Sarah McBride, Zanthia Oliver, Senator Chris Coons, Governor John Carney, Wilmington Mayor Mike Purzicki, Councilwoman Maria Cabrera, Councilwoman Shane Darby, to name a few. We also receive invaluable help and support from Logan Herring, CEO WRK Group.

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





**Always Best Care**  
senior services®

**We Offer:**

- Non-Medical In-Home Care
- Assisted Living Referral Services
- Veterans Assistance Program

**302.409.3710**

**teamgreene@abc-seniors.com | TeamGreeneABC.com**

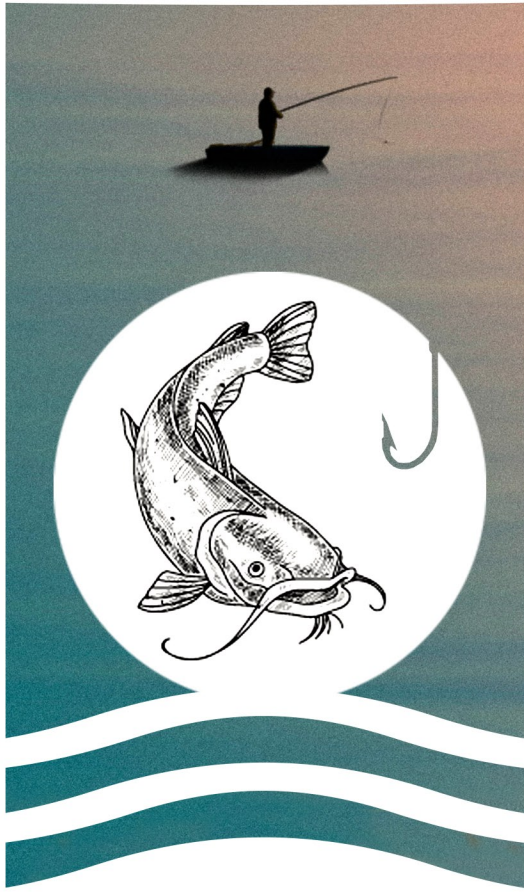


**1905 North Market Street, Wilmington, DE 19802**

**1 877 FloorGuy .com**

★ PROUDLY SERVING OUR CUSTOMERS SINCE 2001 ★





**Fishing  
With  
Dennis Black**







# WASHINGTON, DC

COST: \$75.00 PER PERSON

- ▶ First come first serve basis
- ▶ Departure time will be 7:00 sharp from the Wilmington Senior Center
- ▶ Return to center at 7:00 pm
- ▶ One stop to eat
- ▶ NO children are allowed

NATIONAL MUSEUM of AFRICAN AMERICAN HISTORY & CULTURE

**Speaker Series**

## "DISCUSSION"

# WSIMC

Women Sharing In Meaningful Conversation

with Cecile Williams (WSC Director of Senior Activities)

### OCTOBER 17<sup>TH</sup> - 11:00am

Oct. 22nd

**WIND CREEK CASINO**

**Country Line Dancing**  
w. Jim Dawson

10/03  
10/17  
10/24

Thursdays 12:30-2PM

## Caregiver Support Group

Parenting Support  
Resources  
Education  
Healthy Relationships

10/19  
11am

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

**BRANDYWINE VILLAGE MARKET**

MUSIC IN THE PLAZA  
**EVERY TUESDAY\***  
October 1<sup>st</sup> | 8<sup>th</sup> | 15<sup>th</sup> | 22<sup>nd</sup>

**5 PM - 8 PM**

Fresh Produce | Local Vendors | Food Trucks

LIVE MUSIC DOOR PRIZE 50/50 RAFFLE

**\$50 PER PERSON**  
Includes Craft Beers & Select Wines with Food from The Simple Greek (Food will be served from 5 - 6pm)

Wilmington Senior Center

**HAPPY Flour**  
Fundraiser  
October 17<sup>th</sup>  
Thursday  
5pm - 8pm

1901 N. Market Street | Wilmington, DE. 19802  
302.651.3400  
All Proceeds Benefit the Wilmington Senior Center



# OCTOBER 2024 ACTIVITIES & PRESENTATIONS\*

## WILMINGTON SENIOR CENTER

- Oct. 01 - Asbury Ivy Gables
- Oct. 03 - Bone Health w. Megan
- Oct. 08 - Cowtown
- Oct. 15 - AmeriHealth w. Tiffany
- Oct. 17 - Happy Hour Fundraiser
- Oct. 17 - Best Kept Secret
- Oct. 22 - Wind Creek Casino
- Oct. 23 - Stop the Bleed w. Lisa
- Oct. 24 - Caregiver Support Group
- Oct. 29 - Blue Neighbors Craft Club
- Oct. 30 - Medical Medicare w. Yolanda
- Oct. 31 - Cracker Barrel New Jersey

\*Presentations and activities are subject to change.

### Strength & Training

9:30-10:30am

EVERY MONDAY

\*3rd | 9th | 16th | 23rd | 30th

9:30-10:30am

Bible Study



**CASH BINGO**  
**WEDNESDAYS**  
12:30pm

# OCTOBER 2024

## MONDAY

9:15 Tai Chi  
7  
9:30 Strength Training  
9:30 Bible Study  
10:30 Family Fued  
11:45 Lunch  
12:30 BINGO

9:15 Tai Chi  
14  
9:30 Strength Training  
9:30 Walk Around the Block  
9:30 Bible Study  
10:30 Something New  
11:45 Lunch  
12:30 BINGO

9:15 Tai Chi  
21  
9:30 Strength & Training  
9:30 Bible Study  
9:30 Dominos  
10:00 This Date in History  
11:45 Lunch  
12:30 BINGO

9:30 Tai Chi  
28  
9:30 Strength Training  
9:30 Bible Study  
10:30 Hangman  
11:45 Lunch  
12:30 BINGO

## TUESDAY

9:15 Chair Warmup  
1  
9:30 Dominos  
10:00 Wii Bowling  
11:00 Asbury Ivy Gables  
11:45 Lunch  
12:00 Arts & Crafts

9:15 Chair Warmup  
8  
10:00 Wii Bowling  
10:30 Cowtown  
**Center Closed for Afternoon Activities**

9:15 Chair Warm-up  
15  
9:30 Independent Dominos  
10:00 Motown Trivia  
10:00 Wii Bowling  
11:00 AmeriHealth Discussion  
11:45 Lunch  
12:00 Card Games

9:15 Wind Creek Casino  
22  
10:00 Wii Bowling  
**Center Closed for Afternoon Activities**

9:15 Chair Warmup  
29  
9:30 Independent Dominos  
10:00 Craft Club  
10:00 Wii Bowling  
11:45 Lunch  
12:00 Card Games

## WEDNESDAY

9:15 Tai Chi  
2  
9:30 Strength Training  
9:30 Crossword Puzzle  
10:00 Do You Know Me?  
10:00 Wii Games  
11:45 Lunch  
12:15 Cash BINGO

9:15 Meditation  
9  
9:30 Strength Training  
10:00 Wii Bowling  
10:00 Movie Date  
11:45 Lunch  
12:30 Cash BINGO

9:15 Meditation  
16  
9:30 Strength Training  
9:30 Wii Bowling  
10:00 Family Feud  
11:00 Mummyfy Me  
11:45 Lunch  
12:30 Cash BINGO

9:15 Meditation  
23  
9:30 Strength Training  
9:30 Dominos  
10:00 Wii Bowling  
10:00 Stop the Bleed  
11:45 Lunch  
12:30 Cash BINGO

9:15 Meditation  
30  
9:30 Strength Training  
9:30 Bible Study  
10:30 Yolanda Mohammad  
11:45 Lunch  
12:30 Cash Bingo

## THURSDAY

9:15 Meditation  
3  
9:30 Morning Trivia  
10:00 Bone Health  
11:45 Lunch  
12:30 Country Line Dancing

9:00 Devotions  
10  
9:15 Tai Chi  
9:30 In School Ya'll  
10:30 M&M Games  
11:45 Lunch  
12:30 Card Games

9:15 Morning Stretch  
17  
9:30 Trivia  
9:30 Independent Dominos  
10:00 Let's Read  
11:00 WSMC Discussion  
11:45 Lunch  
12:30 Country Line Dancing

9:15 Tai Chi  
24  
9:30 M&M Challenged  
9:30 Dominos  
10:00 All Puzzle Time  
11:00 Caregiver Support Group  
11:45 Lunch  
12:30 Country Line Dancing

9:15 Meditation  
31  
9:30 Strength Training  
9:30 Bible Study  
10:30 Leaving for Cracker Barrel NJ

## FRIDAY

4  
**Have A Great Weekend!!**

11  
**Have A Great Weekend!!**

18  
**Have A Great Weekend!!**

25  
**Have A Great Weekend!!**

# Congregate City Fare October 2024 Menu


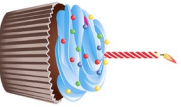

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>7</b> Ham w. Scalloped Potatoes Green Beans Dinner Roll Diced Pears</p>	<p><b>8</b> Chicken Fajitas w. Peppers &amp; Onions Black Beans Brown Rice Salsa &amp; Shredded Cheese on Tortillas   Mixed Fruit</p>	<p><b>9</b> Meatloaf Mashed Potatoes Spinach White / Wheat Bread Fresh Orange</p>	<p><b>10</b> Chicken &amp; Dumplings Caribbean Vegetable Blend Fresh Apple</p>	<p><b>11</b> Stuffed Cabbage in Meat Sauce w. Sour Cream Baked Potato Hawaiian Roll Diced Peaches</p>
<p><b>14</b> Pesto Chicken &amp; Pasta Zucchini Diced Pears</p>	<p><b>15</b> Turkey &amp; Cheese Sandwich w. Lettuce &amp; Tomato on Marble Rye Cream of Tomato Soup w. Whole Grain Crackers Tangerine   Mayo</p>	<p><b>16</b> <u>Oktoberfest!</u> Bratwurst w. Sauerkraut Peas &amp; Carrots Rye Bread German Chocolate Cake</p> 	<p><b>17</b> Oven Fried Chicken Corn Seasoned Greens Dinner Roll Fresh Apple</p>	<p><b>18</b> Stuffed Pepper Mashed Potatoes 12 Grain Bread Fresh Pear</p>
<p><b>21</b> Pierogis w. Caramelized Onions &amp; Sour Cream Broccoli White   Wheat Bread Fresh Plum</p>	<p><b>22</b> Pot Roast w. Gravy Mashed Potatoes Carrots Dinner Roll Strawberry Waffle Graham</p>	<p><b>23</b> Sausage w. Peppers &amp; Onions Sandwich on a Club Roll Tater Tots Fresh Apple</p>	<p><b>24</b> Tuna Salad on Croissant w. Tomato, Lettuce &amp; Onion Cucumber Salad Mixed Fruit</p>	<p><b>25</b> Chicken Florentine w. Spinach Cauliflower Dinner Roll</p>
<p><b>28</b> Roast Turkey w. Gravy Fresh Sweet Potatoes Green Beans White / Wheat Bread Chocolate Chip Cookie</p>	<p><b>29</b> General Tso's Chicken Pepper's &amp; Onions Brown Rice Fresh Orange</p>	<p><b>30</b> Breaded Flounder w. Tartar Sauce Stewed Tomatoes Mac &amp; Cheese Baked Apples</p> 	<p><b>31</b> Turkey Chili w. Shredded Cheese Baked Potato Corn Muffin Orange</p> 	<p><b>4</b> Meat Lasagna Italian Blend Vegetables White/ Wheat Bread Applesauce</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



**SUPPORT OUR SENIORS**

**WWW.WILMINGTONSENIORCENTER.ORG/DONATE**



**SCAN TO**



**DONATE**

**LIVE UNITED**



**United Way of Delaware**

Donor Designation Code: 560

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Non-Profit Organization  
U.S. Postage

**PAID**

Wilmington, DE 19850

Permit No. 430

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