

Wilmington
Senior
Center

NOV 2024
NEWSLETTER



Wilmington Senior Center

Established
1956

HOURS

[LOBBY]

Monday - Thursday:

8:00am - 2:00pm

Friday - 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!

Wilmington Senior Center is a 501(c)(3) Non-Profit Corporation

info@WilmingtonSeniorCenter.org

1901 N. Market Street | Wilmington, DE 19802

www.WilmingtonSeniorCenter.org

Director's Corner

W&S

I am pleased to announce that we have three new Board members: Mark Funk, CPA, Samantha DelPizzo, CCEP, and Boyd McCoy. Please join me in congratulating and welcoming them to our Board of Directors. We continue with our vast array of trips and activities including Cowtown, Delaware Park Casino and many health care presentations from Christian Care and other health care agencies thanks to Cecile Williams our Director of Senior Services. We are experiencing huge growth in our Bible Studies program lead by Elders Lester and Jeff as well as our strength training programs. We had an incredible Happy Hour Fundraiser on October 17th with corporate leaders from the community. Special thanks to Dr. Javette Lane, President, Italo Carrieri-Russo, Treasurer, and Richard Wertz, Chair, Nominating Committee, and Liam Corey, Chair, Fundraising Committee for their hard work in making this happen.

Great news! We are starting a new collaboration with the Latin American Community Center! Their seniors will be coming to us once a week and our seniors will be going there once per week! This is very exciting!

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

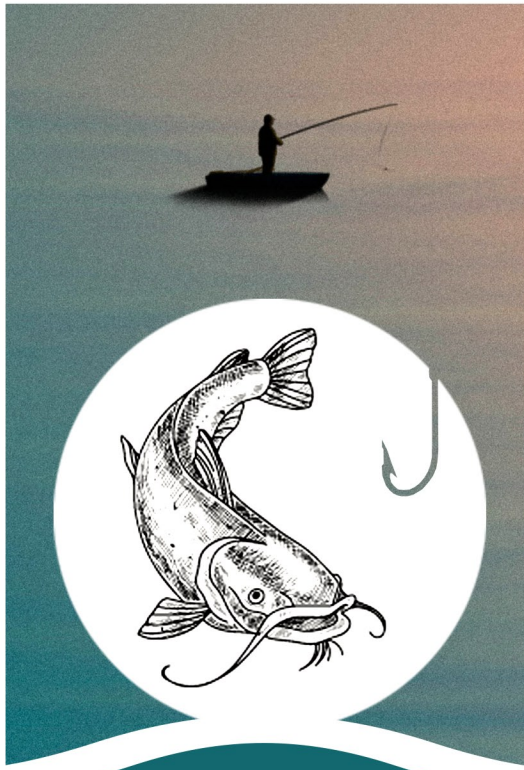


1905 North Market Street, Wilmington, DE 19802

1 877 FloorGuy .com

★ PROUDLY SERVING OUR CUSTOMERS SINCE 2001 ★





Should we...
Charter a Fishing Trip?
Let us know you're interested:
info@WilmingtonSeniorCenter.org

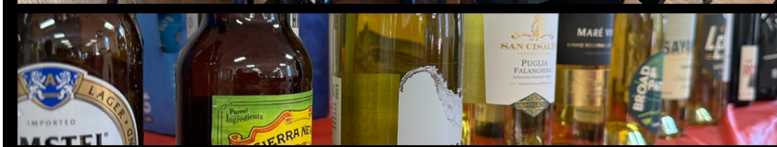
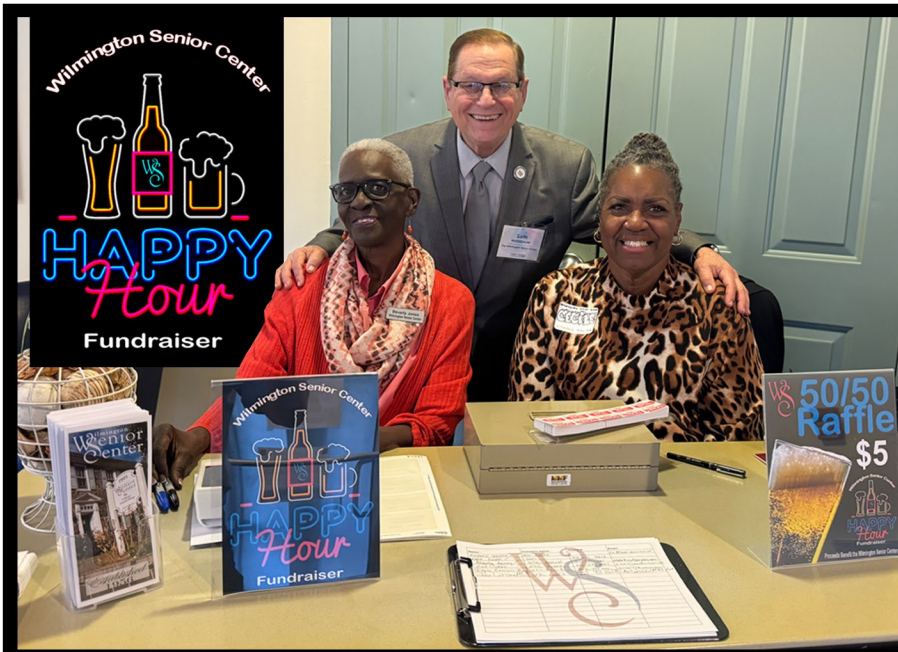
Fishing
With
Dennis Black



TRIPS & OUTINGS

HIBACHI





**YOUR
VOTE**
IS YOUR
VOICE.



CLOSED for Member Activities

November 5th 2024

1901 N. Market Street Wilmington, DE 19802
POLLING LOCATION

**DELAWARE
PARK CASINO**



Nov. 14th

**Caregiver
Support
Group**

Parenting Support
Resources
Education
Healthy Relationships



11/21
11am



NOVEMBER 19TH

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)

NOVEMBER 7th | 11:00am



NOVEMBER ACTIVITIES & PRESENTATIONS*

WILMINGTON SENIOR CENTER

- Nov. 04 - AmeriHealth w. Gail Flowers
- Nov. 05 - Election Day (CLOSED)
- Nov. 06 - Medicare w. Yolanda
- Nov. 11 - Veterans Day
- Nov. 12 - Sight and Sound
- Nov. 14 - Delaware Park
- Nov. 19 - National Museum of African History
- Nov. 21 - Williams Anderson Senior Luncheon
- Nov. 21 - Caregiver Support Group
- Nov. 25 - Thanksgiving Day Breakfast
- Nov. 27 - Thanksgiving Holiday (Center Closes at 1PM)
- Nov. 28 - Happy Thanksgiving (CLOSED)

*Presentations and activities are subject to change.

Strength & Training

9:30-10:30am

EVERY MONDAY

4th | 11th | 18th | *25th

9:30-10:30am

Bible Study

CASH BINGO
WEDNESDAYS
12:30pm

NOVEMBER 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

4

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

5



CLOSED

6

9:15 Meditation
9:30 Strength Training
9:30 Dominos
10:00 WSIMC
11:45 Lunch
12:30 Cash BINGO

7

9:15 Chair WarmUp
9:30 WSIMC: (Con't)
9:30 Dominos
11:45 Lunch
12:30 Arts and Crafts

11

9:15 Tai Chi
9:30 Strength Training
9:30 Bible Study
10:30 Let's Read
11:45 Lunch
12:30 BINGO

12

8:30 Sight and Sound
10:00 Wii Bowling

**Center CLOSED for
Afternoon Activities**

13

9:15 Tai Chi
9:30 Strength Training
10:00 Wii Bowling
10:00 Mummify Me
11:45 Lunch
12:30 Cash BINGO

14

9:15 Chair WarmUp
9:30 Trivia
10:00 Delaware Park

**Center CLOSED for
Afternoon Activities**

18

9:15 Meditation
9:30 Strength & Training
9:30 Bible Study
10:30 Math Class
11:45 Lunch
12:30 BINGO

19

7:00 Washington DC
National Museum of African History
10:00 Wii Bowling

**Center Closed for
Afternoon Activities**

20

9:15 Meditation
9:30 Strength Training
9:30 Search and Find
10:00 Arts and Crafts
11:45 Lunch
12:30 Cash BINGO

21

9:15 Chair WarmUp
9:30 Morning Trivia
10:00 Crossword Puzzle
11:45 Lunch
12:30 Arts and Crafts

25

9:30 Strength Training
10:00 Thanksgiving Day
Breakfast
10:30 Speaker
11:45 Lunch
12:30 BINGO

26

9:00 Tai Chi
9:30 Strength Training
10:00 Wii Bowling
11:45 Lunch
12:00 Arts & Crafts

27

9:30 Meditation
9:30 Strength Training
9:30 Hangman
10:30 Bingo
11:45 Lunch
1:00 CLOSED for the
Thanksgiving Holiday

28

**Happy Thanksgiving
CLOSED**



*Presentations, activities and trips are subject to change.

City Fare November 2024 Menu

MONDAY

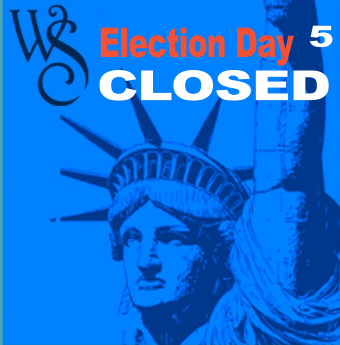
TUESDAY

WEDNESDAY

THURSDAY

4

Crab Cake w. Tartar Sauce
Roasted Baby Bakers
Peas
Corn Muffin



6

Swedish Meatballs
Green Beans
Egg Noodles
Mandarin Oranges

7

Shepard's Pie
of Mashed Potatoes,
Ground Beef, peas and
Carrots
12 Grain Bread
Baked Apples

11

Ham w. Scalloped
Potatoes
Green Beans
Hawaiian Roll
Cherry Cobbler

12

Chicken Fajitas
w. Peppers & Onions
Black Beans
Brown Rice
Salsa & Shredded Cheese
on Tortillas
Mixed Fruit

13

Chicken & Dumplings
Caribbean
Vegetable Blend
Baked Apples

14

Meatloaf
Mashed Potatoes
Spinach
White/ Wheat Bread
Fresh Orange

18

Pesto Chicken
w. Pasta Zucchini
Diced Peaches
12 Grain Bread

19

Turkey & Cheese Sandwich
w. Lettuce & Tomato
on Marble Rye
Cream of Tomato Soup
w. Whole Grain Crackers
Tangerine
Mayo

20

Sausage Sandwich
w. Peppers and Onion
on a Club Roll
Tater Tots
Fresh Apple



21

Oven Fried Chicken
Corn
Seasoned Greens
Split Top Roll

25

Pierogis
w. Caramelized Onions
& Sour Cream
Broccoli
White/ Wheat Bread
Mixed Fruit

26

Pot Roast w. Gravy
Mashed Potatoes
Carrots
Split Top Roll

27

Thanksgiving Turkey
w. Gravy & Stuffing
Cranberry Sauce
Sweet Potatoes
Green Beans
Almandine
Pumpkin Pie
w. Whipped Cream





28

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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WWW.WILMINGTONSENIORCENTER.ORG/DONATE



SCAN TO



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LIVE UNITED



United Way of Delaware

Donor Designation Code: 560

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Wilmington, DE 19850

Permit No. 430
