

Wilmington  
Senior  
Center

APRIL 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**

**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*

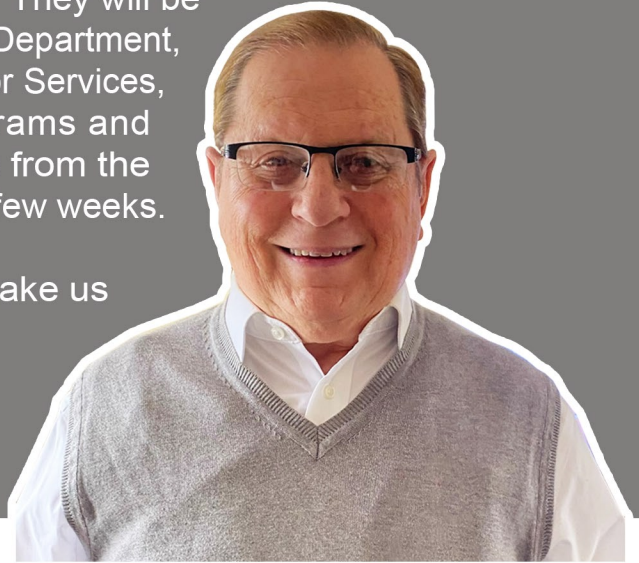
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We have formed another collaboration with Network Connect; whereby they will be sending us two Community Well-Being Associates (CWA's) twice per week for three hours each day. They will act essentially like case managers: assessing seniors' needs and then making referrals to community social, health, and other services. They will be working with the members of our Social Services Department, Whitnee and April, as well as our Director of Senior Services, Ceil. This is a wonderful addition to our programs and services. We will be taking in our first seniors from the Wilmington Housing Authority (WHA) in the next few weeks.

We thank all of our supporters for helping to make us a better senior center.

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



# Wilmington Senior Center

## MEMBERSHIP BENEFITS



**LUNCH**



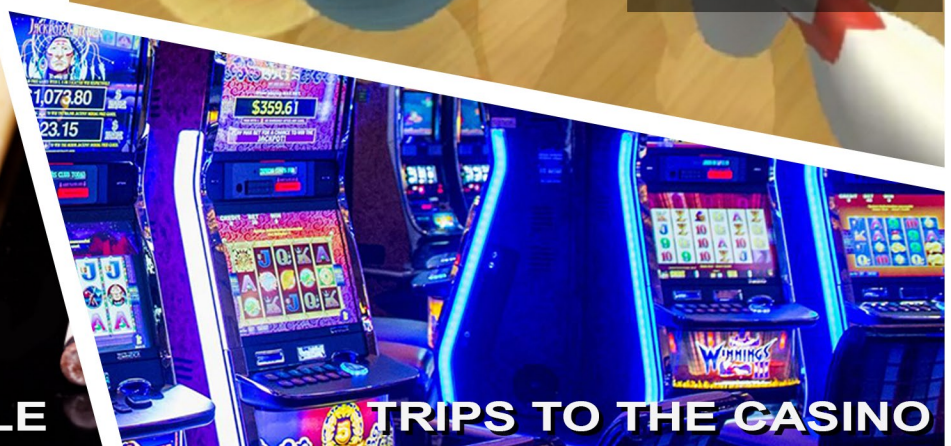
**Wii BOWLING**

**\$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.



**OUTINGS**



**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.

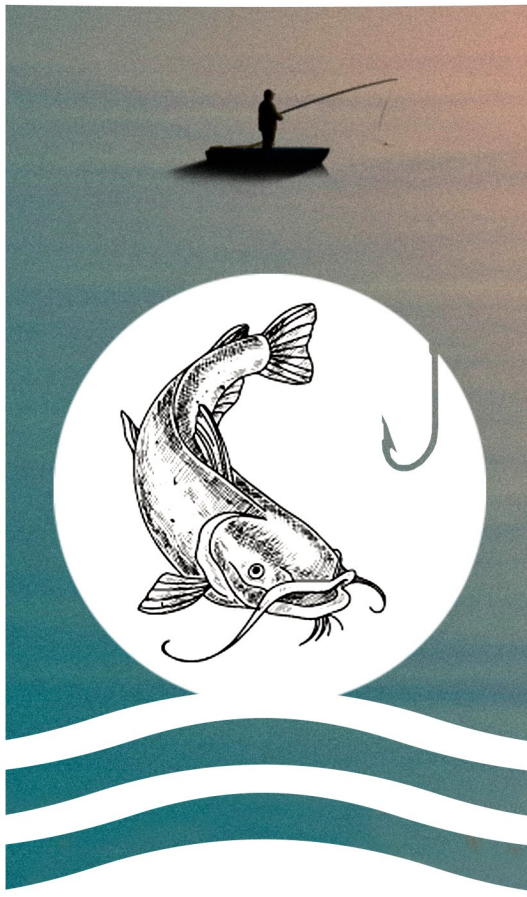


**GAMES**



**BINGO**

New trips, presentations, & activities are being planned. We look forward to seeing you at the center!



**Fishing  
With  
Dennis Black**



# Enjoy Your Meal!

## CITY Fare Price Adjustments

+60 Suggested Donation for Lunch  
Bag Supper, Salad, Grab & Go and  
Evening Meals:

**\$3.00**

+60 Suggested Donation  
For Special Meals:

**\$4.00**

-60 Required Meal Price:

**\$7.00**



VIETNAM VETERANS  
MEMORIAL FUND  
FOUNDERS OF THE WALL


REST IN PEACE



U.S. AIR FORCE



**TSGT. ANTHONY E. DASH, USAF**



Tony was a dedicated member of the Wilmington Senior Center until Parkinson's forced him to discontinue. He will be among other Vietnam Veterans who will be honored by the Vietnam Veterans Memorial Fund on June 15, 2024, in Washington DC.

Thank you for your service. You can now Rest in Peace.

For more information please visit: <https://www.vvmf.org/Honor-Roll/502243/Anthony-E-Dash>

**2024**

Presidential Primary Election  
Polling Location

★

**YOUR VOTE  
COUNTS!**


April 2<sup>nd</sup>

1901 N. Market Street  
Wilmington, DE 19802

**CLOSED** for Member Activities

★

Wilmington  
**Senior  
Center**



*Opening Soon!*



BRANDYWINE  
—VILLAGE—  
WELCOME CENTER  
1883 SUPERFINE LN.



Upcoming WSC Trips & Outings

Wilmington  
**Senior  
Center**

**NO CASH?  
NO PROBLEM**

Scan QR to pay with  
credit or debit card.



Scan Here ↗

# 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

February 27

March 26

**April 16**

May 21

June 25

For More Information:

April McNeal - 302.651.3400

[amcneal@WilmingtonSeniorCenter.org](mailto: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: 4/2 - 4/9 - 4/16*

*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: 4/3 - 4/10 - 4/17**

**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





# Wilmington Senior Center: ACTIVITIES & PRESENTATIONS APRIL 2024

- April 03 - Jennifer Seabrooks Resilience**
- April 04 - Bally's Casino**
- April 09 - Cowtown**
- April 10 - Jennifer Seabrooks Wit Works**
- April 10 - Candi Chapman Bingo**
- April 15 - MHDC (Please Bring Your Documents)**
- April 16 - Jennifer Seabrooks Wit Works**
- April 17 - Jennifer Seabrooks Resilience**
- April 18 - Reading Terminal**
- April 22 - Advantage Plan**
- April 23 - Jennifer Seabrooks Wit Works**
- April 24 - Understanding Funeral Arrangements**
- April 28 - Jennifer Seabrooks Wit Works**

\*Presentations and activities are subject to change



# April 2024

MONDAY

**1**  
 9:30 Strength Training  
 9:30 Dominos  
 10:00 Search & Find  
 10:30 Bible Study  
 11:45 Lunch  
**12:30 BINGO**

**8**  
 9:30 Strength Training  
 9:30 Dominos  
 9:30 This Day in History  
 10:30 Bible Study  
 11:45 Lunch  
**12:00 BINGO**

**15**  
 9:30 Strength Training  
 10:00 MHDC  
 10:30 Bible Study  
 11:00 Independent Dominos  
 11:45 Lunch  
**12:30 BINGO**

**22**  
 9:15 Tai Chi  
 9:30 This Day in History  
 10:00 Advantage Plan  
 10:30 Bible Study  
 11:45 Lunch  
**12:30 BINGO**

**29**  
 9:30 Strength Training  
 9:30 This Day in History  
 10:00 Lakeisha Allen  
 10:30 Bible Study  
 11:45 Lunch  
**12:30 BINGO**

TUESDAY

**2**  
**PRIMARY ELECTIONS**  
 Wilmington Senior Center  
**CLOSED**  
 for Member Activities

**9**  
 9:30 Morning Stretch  
 10:00 Cowtown  
**WSC OPEN**  
 for Afternoon Activities

**16**  
 9:30 Morning Stretch  
 10:00 WIT Works  
 10:30 Wii Bowling  
 11:00 Independent Dominos  
 11:45 Lunch

**23**  
 9:30 Morning Stretch  
 10:00 Movie Matinee  
 10:00 Wii Bowling  
 10:00 Independent Dominos  
 11:45 Lunch  
 12:30 Poetry for the Soul

**30**  
 9:30 Morning Stretch  
 10:00 Movie Matinee  
 10:00 Independent Dominos  
 10:00 Wii Bowling  
 12:30 Poetry for the Soul

WEDNESDAY

**3**  
 9:30 Strength Training  
 9:30 Dominos  
 10:30 Wii Bowling  
 11:00 The Family Feud Game  
 11:45 Lunch  
**12:15 Cash BINGO**

**10**  
 9:30 Strength Training  
**10:00 Living on High**  
 10:30 Wii Bowling  
 12:00 Ingleside & Bingo  
**12:30 Cash BINGO**

**17**  
 9:30 Strength Training  
 10:00 RESILIENCE X  
 10:30 Wii Bowling  
 11:00 Resilience Cont.  
**12:30 Cash BINGO**

**24**  
 9:30 Strength Training  
**10:30 The Collective Conversation**  
 10:30 Wii Bowling  
 11:45 Birthday Celebration! w. Regency  
**12:30 Cash BINGO**

THURSDAY

**4**  
 9:00 Morning Stretch  
 10:00 Bally's Casino  
**WSC OPEN**  
 for Afternoon Activities

**11**  
 9:30 Morning Stretch  
 10:30 Wii Bowling  
**10:30 WSIMC - Difference Between Wisdom and...**  
 11:45 Lunch  
 12:15 Card Games

**18**  
 9:30 Morning Stretch  
 10:00 Reading Terminal  
**WSC OPEN**  
 for Afternoon Activities

**25**  
 10:00 Crafter's Corner  
 10:00 Independent Dominos  
 10:30 Pictionary  
 12:30 Pokeno

FRIDAY

**5**  
 Have A Great Weekend!!

**12**  
 Have A Great Weekend!!

**19**  
 Have A Great Weekend!!

**26**  
 Have A Great Weekend!!

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Salmon Filet w. Lemon Dill Sauce Baked Potato Sour Cream Cauliflower White Wheat Bread Pudding	2	Oven Fried Chicken Mashed Potatoes w. Gravy Peas & Carrots Tropical Fruit 12 Grain Bread	3	Turkey w. Gravy Baked Sweet Potato Nantucket Blend Veggies Fresh Apple Dinner Roll Cranberry Sauce	4	Hamburger w. Cheddar on Hamburger Bun Lettuce & Tomato French Fries Diced Peas Minestrone Soup w. Crackers	5	Chicken & Vegetable Stir Fry Brown Rice Pineapples Apple Bear Cookie
8	Swedish Meatballs over Egg Noodles Capri Blend Veggies 12 Grain Bread Tropical Fruit	9	Ham w. Pineapple Sauce Mashed Potatoes Baby Carrots Croissant	10	Pot Roast w. Gravy Baked Poato w. Sour Cream Broccoli Applesauce Dinner Roll	11	Baked White Fish Macaroni & Cheese Stewed Tomatoes Yogurt Orange Dinner Roll	12	Beef & Elbow Macaroni Green Beans Diced Peaches Dinner Roll
15	Broccoli Stuffed Chicken Peas & Pearl Onions Carrots 12 Grain Bread Mixed Fruit	16	Chili w. Mozzarella Cheese Baked Potato Broccoli Corn Muffin Orange Sour Cream	17	Meat Lasagna w. Marinara Sauce Fresh Spinach, Craisins, & Mandarin Oranges Italian Ice Wheat Dinner Roll	18	Breaded Chicken Patty w. American Cheese & Pickles on a Hamburger Roll Seasoned Greens French Fries Fresh Apple	19	Pork w. Gravy over Mashed Potatoes Green Beans Fruit Cocktail 12 Grain Bread
22	Orange Glazed Chicken Brown Rice Succotash Fruit Cocktail Chocolate Chip Muffin Top	23	Meatballs in Marinara Over Spaghetti Mixed Salad w. Cucumber & Tomato Applesauce 12 Grain Bread	24	Chicken & Dumplings Scandinavian Blend Veggies Diced Peas Yogurt	25	Ham & Swiss on Club Roll Lettuce, Tomato, & Onion Orange Cream of Broccoli Soup Crackers	26	Salsbury Steak w. Gravy Baby Bakers Stewed Zucchini Mandarin Oranges Corn Muffin
29	Breaded Flounder Corn Baby Carrots Mixed Fruit Dinner Roll	30	Stuffed Pepper w. Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread						

# Congregate City Fare

## April Menu 2024

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**



SCAN TO



DONATE

**LIVE UNITED**



United Way of Delaware  
Donor Designation Code: 560