

A large sunflower with a blue background. The sunflower is in the foreground, with its head and petals clearly visible. The background is a solid blue color.

Wilmington
Wenior
Center

MAY 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

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!

1901 N. Market Street | Wilmington, DE 19802

www.WilmingtonSeniorCenter.org

Director's Corner



We continue to grow by leaps and bounds in terms of staff and volunteers and seniors. Thirteen new seniors from the Wilmington Housing Authority (WHA) started on April 25th. We have partnered with several organizations to send us staff and volunteers. Our conference on “Searching for God in All the Rights Places” will be held on Thursday, June 20th from 5-8pm at our Center. Food will be available. Tickets are \$25.00 or call Sam at 302-559-1202 for special arrangements. You can pay by check or credit card, or visit our website. We look forward to seeing you there!

Sam Nussbaum
Executive Director



Wilmington Senior Center

MEMBERSHIP BENEFITS



LUNCH



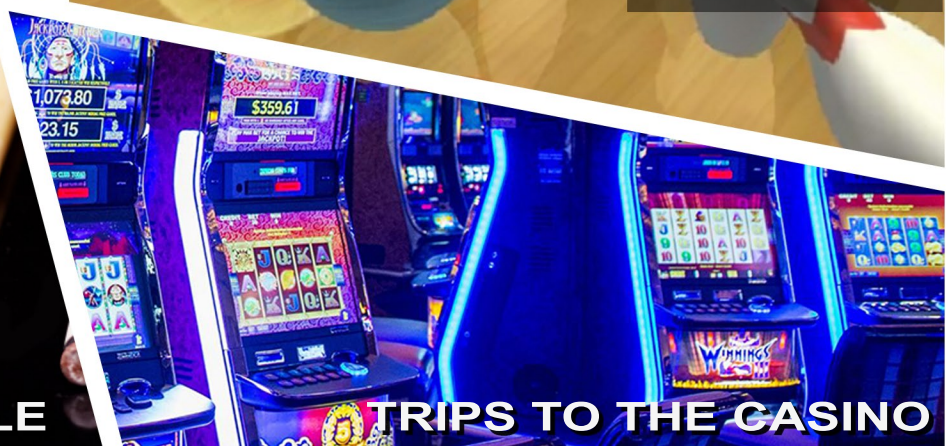
Wii BOWLING

**\$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!

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

Advantage Plans Insurance Network  Serving People First

A DHSS Community Partner

Robin Morris

Your Community's Licensed Agent

(302) 314-3584 / TTY:711

To Speak with a Licensed Agent
Or Schedule Your Appointment



Scan to
see Plan
Options!

Available at:



Servicios de interprete disponibles

Disclaimer: Not affiliated with the U.S. government or federal Medicare program. Certain exclusions & limitations may apply.



NUTRITION EDUCATION

CARBOHYDRATES: WHOLE GRAINS



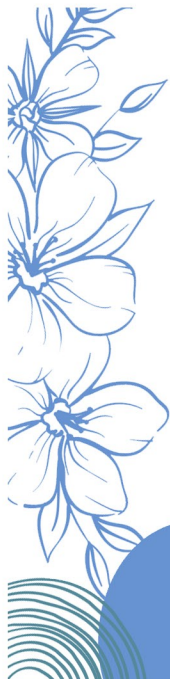
MAY 8, 2024

10:00am



Please join us for a nutrition presentation on carbohydrates presented by Registered Dietitian Megan! Learn more about the importance of whole grains, have time to ask nutrition related questions, and play some nutrition bingo for fun prizes!

For More Information : Phone: (302)-421-3730 Email: rd@cityfare.org



Caregiver Support Group

Parenting Support
Resources
Education
Healthy Relationships



5/21
11am

Wilmington Senior Center Presents:

SEARCHING FOR GOD IN ALL THE RIGHT PLACES

6.20.2024

Thursday | 5PM-8PM | Main Room: WSC
1901 N. Market St. | Wilmington | DE | 19802

WilmingtonSeniorCenter.org/donate



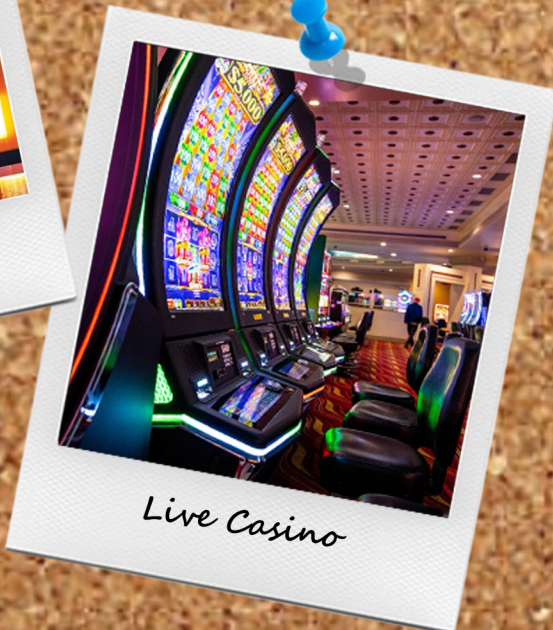
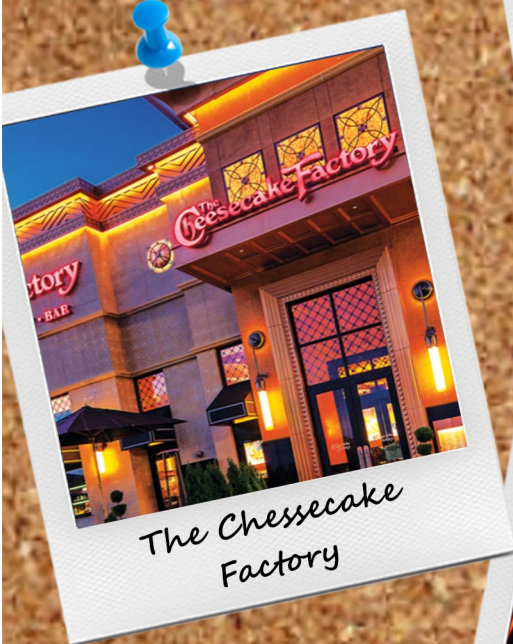
APPRECIATION
 BEAUTIFUL
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 CHARMING
 COMFORT
 DEVOTED
 FLOWERS
 FORGIVING
 GIFTS
 GUIDANCE
 HUGS
 JEWELRY
 JOY
 KISSES

LAUGHTER
 LOVE
 MATERNAL
 MOM
 MOTHER
 NURTURE
 PERFUME
 PROTECTIVE
 SHARE
 TELEPHONE
 TENDER
 THE BEST
 WARM
 WISE



G T O A N O I T A I C E R P P A
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May's
Upcoming Activities
& Events



Wilmington Senior Center ACTIVITIES & PRESENTATIONS MAY 2024

- May 01 - **Mother's Memories** (Discussion Group)
- May 02 - **Live Casino**
- May 06 - **National Hoagie Day**
- May 07 - **MDCH** (Housing Rebuilding)
- May 08 - **Nutrition w. Megan**
- May 09 - **Songs Antoinette Davis**
- May 09 - **A Mother's Love** (Presentation)
- May 09 - **Cheese Cake Factory**
- May 10 - **Mother's Day Celebration** (at St. Patrick's)
- May 14 - **Cowtown**
- May 22 - **Helping Hands w. Monique Johns**
- May 22 - **May Birthday Celebration**
- May 29 - **Senior Health Day**

*Presentations and activities are subject to change.



May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <p>9:30 Strength Training 9:30 Dominos 10:00 Bible Study 10:30 National Hoagie Day 11:30 Hoagie's 12:00 BINGO</p>	<p>7</p> <p>9:30 Morning Stretch 10:00 Charades 10:00 Independent Dominos 10:30 Arts & Crafts 11:45 Lunch 12:30 Card Games</p>	<p>1</p> <p>9:30 Strength Training 9:30 Dominos 10:00 Mother's Memories (Discussion Group) 12:30 Cash BINGO</p>	<p>2</p> <p>9:30 Walk Around the Block 9:30 Dominos 10:00 Family Feud 11:00 Lunch and Live Casino, PA.</p>	<p>3</p> <p>Have A Great Weekend!!</p>
<p>13</p> <p>9:30 Strength Training 9:30 Dominos 10:00 Bible Study (Board Room) 10:00 Open Forum 11:45 Lunch 12:30 BINGO</p>	<p>14</p> <p>9:30 Morning Stretch 9:30 Dominos 10:00 Cowtown</p>	<p>8</p> <p>9:30 Strength Training 10:00 Nutrition w. Megan 11:15 Search & Find 11:45 Lunch 12:30 Cash BINGO</p>	<p>9</p> <p>9:30 Meditation 9:30 Dominos 10:00 Songs Antoinette Davis 10:00 A Mother's Love (Presentation) 11:30 Cheese Cake Factory</p>	<p>10</p> <p>Mother's Day Celebration at St. Patrick's</p>
<p>20</p> <p>9:30 Strength Training 9:30 Dominos 10:00 Bible Study 10:00 Helping Hands w. Monique Johns 11:45 Lunch 12:30 BINGO</p>	<p>21</p> <p>9:30 Morning Stretch 9:30 Dominos 10:00 WSIMC: Wisdom 11:45 Lunch 12:30 Card Games</p>	<p>15</p> <p>9:30 Meditation 9:30 Dominos 10:00 Puzzles, Search&Find 11:45 Lunch 12:30 Cash BINGO</p>	<p>16</p> <p>9:30 Walk Around the Block 9:30 Dominos 10:00 Movie 11:45 Lunch 12:30 Card Games</p>	<p>17</p> <p>Have A Great Weekend!!</p>
<p>27</p> <p>Happy Memorial Day! WSC is Closed Enjoy Your Holiday</p>	<p>28</p> <p>9:30 Morning Stretch 9:30 Dominos 10:00 Movie 11:45 Lunch 12:30 Card Games</p>	<p>22</p> <p>9:30 Strength Training 9:30 Dominos 11:00 The Price is Right 11:45 Birthday Celebration! 12:30 Cash BINGO</p>	<p>23</p> <p>9:30 Meditation 9:30 Dominos 10:00 Trivia 11:00 Hangman 11:45 Lunch 12:30 Word Games</p>	<p>24</p> <p>Have A Great Weekend!!</p>

Monday

Tuesday

Wednesday

Thursday

Friday

Congregate City Fare May Menu 2024

<p>6 Pot Roast in Au Jus Baked Potato w. Sour Cream California Blend Veggies Split Top Dinner Roll Strawberry Waffle Cookie</p>	<p>7 Chicken Salad Platter Lettuce & Tomato Cream of Broccoli Soup Ambrosia Whole Grain Saltnes</p>	<p>8 Hot Dog on a Roll Hamburger on a Roll w. Lettuce & Tomato Baked Beans Potato Salad Watermelon</p> <p></p>	<p>9 Lasagna Roll-Up w. Meat Sauce Italian Blend Veggies Applesauce White Wheat Bread</p>	<p>10 Hamburger w. Cheddar on Hamburger Bun Lettuce, Tomato & Onion Sweet Potato Wedges Fresh Plum or Orange Ketchup</p>
<p>13 Cheese Ravioli In Meat Sauce Mixed Salad w. Tomato & Cucumber Apple Crisp</p>	<p>14 Ham & Swiss on Club Roll w. Lettuce, Tomato & Onion Coleslaw Pineapple Tidbits Mustard</p>	<p>15 BBQ Chicken Potato Salad w. Egg Baked Beans Diced Peaches Giant Goldfish Graham</p>	<p>16 Battered Pollock Filet Broccoli Spears Diced Potatoes w. Peppers & Onions Cantaloupe or Orange Blueberry Muffin Tartar Sauce</p>	<p>17 Turkey w. Gravy Sweet Potatoes Green Beans 12 Grain Bread Pudding Cranberry Sauce</p>
<p>20 Flounder w. Lemon & Parsley Sauce Macaroni & Cheese Stewed Tomatoes Fruit Cocktail Chocolate Chip Muffin</p>	<p>21 Pulled Pork w. Au Jus Mashed Potatoes Caribbean Blend Veggies Apple Cornbread Loaf</p>	<p>22 Italian Hoagie on White Sub Roll w. Shredded Lettuce & Tomato Pineapple Tidbits Cucumber Salad Mayo Packet</p>	<p>23 Meatball Sub w. Mozzarella Cheese Mixed Salad w. Tomato, Cucumber & Green Peppers Chocolate Chip Muffin</p>	<p>24 Oven Fried Chicken Mashed Potatoes w. Gravy Seasoned Greens Fresh Peach or Orange</p>
<p>27 </p>	<p>28 Chicken Fajitas w. Peppers, Onions & Shredded Cheese Tortilla Brown Rice Beans Mixed Fruit</p>	<p>29 Tuna Salad on Kaiser Roll Lettuce & Tomato Tomato Vegetable Soup Fruit Cocktail Crackers</p>	<p>30 Pot Roast in Au Jus Roasted Baby Bakers Green Beans Pineapple Tidbits Giant Graham Fish</p>	<p>31 Chicken Drumsticks Sweet Potatoes Broccoli Spears Applesauce Apple Waffle Cookie</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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SUPPORT OUR SENIORS

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United Way of Delaware

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