



Wilmington  
Senior  
Center

SEPT 2024  
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!

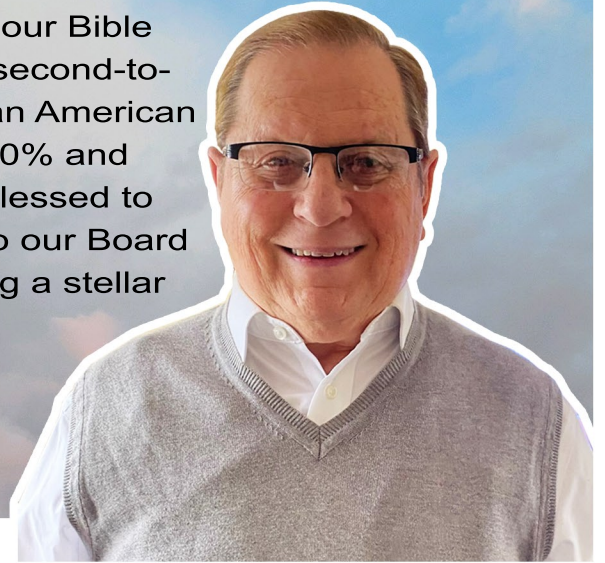
**1901 N. Market Street | Wilmington, DE 19802**

**www.WilmingtonSeniorCenter.org**

# Director's Corner



Amazing things continue to happen at the Center! Besides having the happiest seniors around and tremendous programs and services, we now have a new 24 passenger bus with 2 wheelchair slots! This will enable us to provide transportation for more seniors. We continue to provide events and activities including our Bible Studies Program, led by Elders Lester and Jeff is second-to-none! We also have an upcoming trip to the African American Museum in Washington, D.C! Our staffing is at 100% and we have excellent staff throughout. We are truly blessed to have such a wonderful situation! Special thanks to our Board of Directors, led by Dr. Javette Lane, who are doing a stellar job! We are ever grateful. God bless!



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

# LABOR DAY

W U U O H N S Y A D I L O H Z  
S I J W L E Y P H S O C L X  
D E T M P S E E K S D O U G E I  
C F V P K S T I R J K I W S U M Y D N S P O Y M  
N A Q L O T E R E J I W S U M I W S O I U A N Y G  
T X Z O I C F V Q R M L B D N Y U A S R  
I S X I U K M R Z A V D I W F E L Q L Z X R E  
O N G H T E R I O Y P A S A T N R L I O G U N K E  
L N S P O Y P N G N R O C D T A Z A I R F F M A L  
I Y P P N R O C D T A Z A I R F F M A L

LABOR	WORK	SUMMER	AMERICAN
DAY	LONG	NATIONAL	MONDAY
HOLIDAY	WEEKEND	USA	DAY
SEPTEMBER	ENDING	TRAVEL	OFF

# Tangy Fruit Salad



**10**  
Yield

**20 MIN**  
Prep time

**20 MIN**  
Total time

## Ingredients

1 Pound red grapes, or green grapes, about 3 cups  
2 cups chopped fresh pineapple  
1 Pound fresh strawberries, about 2 cups sliced  
6 ounces fresh blueberries, about 1 cup  
6 ounces fresh blackberries, about 1 1/2 cups  
3 kiwis, peeled and sliced  
zest of one lime  
1 1/2 tablespoons lime juice  
2 tablespoons honey

## Directions

Wash and dry the fruits well. Peel, core and chop the pineapple, slice the strawberries and peel and chop the kiwi. Combine all fruit in a large bowl.

In a small bowl, whisk together the lime zest, lime juice and honey. Pour over the fruit and toss gently to combine. Serve immediately.

## **\*\*Exciting News!\*\***

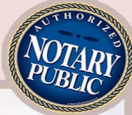
We are thrilled to announce that the Wilmington Senior Center has just purchased a brand new 24-seat bus to enhance our transportation services! This bus is fully handicap accessible, ensuring that all of our members can travel comfortably and safely to and from our activities and events.

This is a huge step forward in our commitment to providing the best possible services to our community. Whether it's for a fun outing or simply getting to the center, we've got you covered.

A big thank you to everyone who made this possible! 🙏 Stay tuned for more updates on how we'll be using our new bus to make the ultimate senior experience even better. See you on the road!

Wilmington Senior Center

1901 N. MARKET ST. | WILMINGTON, DE 19802



**-PUBLIC-  
NOTARY**

**SERVICES  
NOW AVAILABLE!**

NO CHARGE FOR MEMBERS | \$5 NON-MEMBERS

## Caregiver Support Group

Parenting Support  
Resources  
Education  
Healthy Relationships



### 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  
ADHSS 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.

DELAWARE PARK CASINO



**Sept. 5th**

# State Primary Election

September 10th 2024



Polling Location  
CLOSED for Member Activities

Wilmington Senior Center 1901 N. Market Street  
Wilmington, DE 19802



**VOTE**

**VOTE**

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

BRANDYWINE  
**VILLAGE MARKET**  
MUSIC IN THE PLAZA

**EVERY TUESDAY\***  
September 3<sup>rd</sup> | 10<sup>th</sup> | 17<sup>th</sup> | 24<sup>th</sup>

**5 PM - 8 PM**

Fresh Produce | Local Vendors | Food Trucks



Wilmington Senior Center

**HAPPY HOUR**  
Flour

September 19<sup>th</sup>  
Thursday  
5pm - 8pm

Light Refreshments and Drinks\*

**SEPTEMBER 19<sup>TH</sup>**

**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

**"GETTING OLD"**

**WSIMC**

**Women Sharing In Meaningful Conversation**

with Cecile Williams (WSC Director of Senior Activities)

**SEPTEMBER 26 | 11:00am**

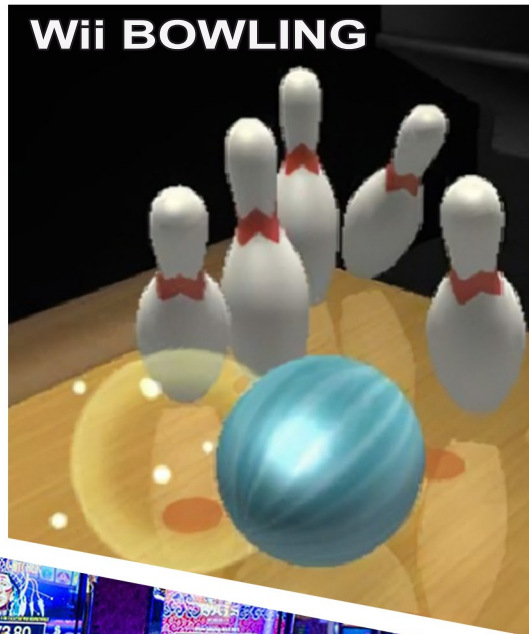


# Wilmington Senior Center

## MEMBERSHIP BENEFITS



**HOT MEALS**



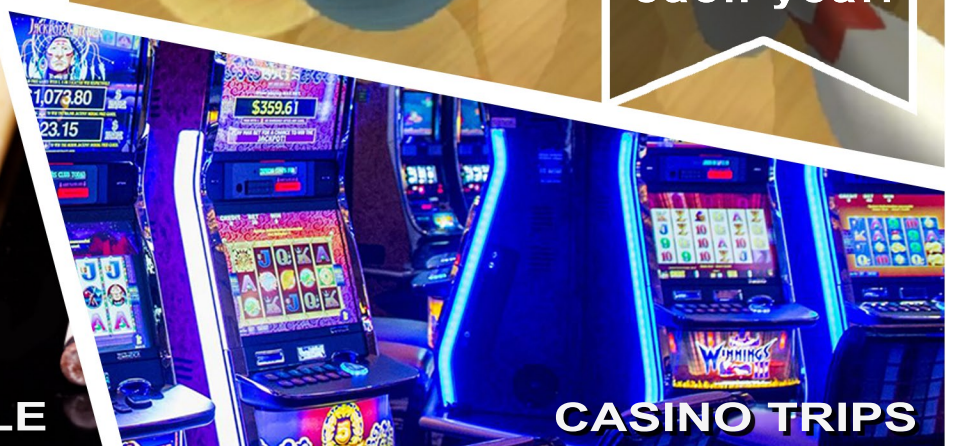
**Wii BOWLING**

**\$25  
YEAR**

Effective immediately  
**ALL**  
memberships  
will renew  
in January  
each year.



**POOL TABLE**



**CASINO TRIPS**

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!



# ACTIVITIES & PRESENTATIONS SEPT 2024

## WILMINGTON SENIOR CENTER

- Sept. 02 - Labor Day** (Center CLOSED for Activities)
- Sept. 05 - Delaware Park Casino**
- Sept. 10 - Elections** (Center CLOSED for Activities)
- Sept. 11 - Living on High**
- Sept. 12 - Fall Prevention**
- Sept. 17 - Cowtown** (weather permitted)
- Sept. 19 - National Black History Museum**
- Sept. 19 - Caregiver Support Group**
- Sept. 19 - WSC Happy Hour Fundraiser**
- Sept. 23 - Highmark Karaoke** w. Victoria Lowrie
- Sept. 26 - WSIMC (Getting Old)**

\*Presentations and activities are subject to change.

## Strength & Training

9:30-10:30am

**EVERY MONDAY**

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

10-11am

## Bible Study



## CASH BINGO

WEDNESDAYS

12:30pm

# SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CLOSED</b></p> <p><b>2</b></p> 	<p>9:00 Thankful Tuesday</p> <p>9:30 Tai Chi</p> <p>9:30 Strength Training</p> <p>9:30 Bible Study</p> <p>10:00 Independent Dominos</p> <p>11:00 Art &amp; Crafts</p> <p>11:45 Lunch</p> <p>12:30 Arts &amp; Crafts</p> <p><b>3</b></p>	<p>9:00 Hump Day</p> <p>9:15 Tai Chi</p> <p>9:30 Dominos</p> <p>10:30 Puzzles</p> <p>11:00 Charades</p> <p>11:45 Lunch</p> <p><b>12:15 Cash BINGO</b></p> <p><b>4</b></p>	<p>9:00 Triumphant Thursday</p> <p>9:30 Trivia</p> <p>10:00 Independent Dominos</p> <p>12:00 Delaware Park</p> <p><b>NO LUNCH</b></p> <p><b>5</b></p>	<p><b>6</b></p> <p>Have A Great Weekend!!</p>
<p>9:00 Tai Chi</p> <p>9:30 Search &amp; Find</p> <p>9:30 Strength Training</p> <p>9:30 Bible Study</p> <p>9:30 Dominos</p> <p>11:45 Lunch</p> <p><b>12:30 BINGO</b></p> <p><b>9</b></p>	<p><b>CLOSED</b></p> <p><b>10</b></p> 	<p>9:00 Wonderful Wed.</p> <p>9:30 Tai Chi</p> <p>9:30 Strength Training</p> <p>9:30 Dominos</p> <p>10:00 Wii Bowling</p> <p>10:00 Living on High</p> <p>11:00 Trivia</p> <p>12:30 Cash BINGO</p> <p><b>11</b></p>	<p>9:00 Triumphant Thur.</p> <p>9:30 Trivia</p> <p>10:00 Independent Dominos</p> <p>10:00 Fall Prevention</p> <p>11:00 Board Games</p> <p>11:45 Lunch</p> <p>12:15 Board/ Card Games</p> <p><b>12</b></p>	<p><b>13</b></p> <p>Have A Great Weekend!!</p>
<p>9:00 Walk Around</p> <p>9:30 Strength Training</p> <p>9:30 Bible Study</p> <p>9:30 Dominos</p> <p>10:30 Charades</p> <p>11:45 Lunch</p> <p><b>12:30 BINGO</b></p> <p><b>16</b></p>	<p>9:00 Thankful Tues.</p> <p><b>10:00 Cowtown</b></p> <p><b>NO LUNCH</b></p> <p><b>17</b></p>	<p>9:00 Wonderful Wed.</p> <p>9:15 Tai Chi</p> <p>9:30 Strength &amp; Training</p> <p>9:30 Dominos</p> <p>10:00 Wii Bowling</p> <p>11:00 Puzzles</p> <p>11:45 Lunch</p> <p><b>12:30 Cash BINGO</b></p> <p><b>18</b></p>	<p><b>Black History Museum</b> Washington, DC</p> <p><b>NO LUNCH</b></p> <p><b>19</b></p>	<p><b>20</b></p> <p>Have A Great Weekend!!</p>
<p>9:00 Tai Chi</p> <p>9:30 Strength &amp; Training</p> <p>9:30 Dominos</p> <p>9:30 Search &amp; Find Puzzles</p> <p>10:00 Bible Study</p> <p>10:30 Highmark Karaoke</p> <p>11:45 Lunch</p> <p><b>12:30 BINGO</b></p> <p><b>23</b></p>	<p>9:00 Thankful Tues.</p> <p>9:30 Chair Warm-up</p> <p>9:30 Dominos</p> <p>10:00 Wii Bowling</p> <p>10:00 Math Class</p> <p>11:00 Arts &amp; Crafts</p> <p>11:45 Lunch</p> <p>12:30 Arts &amp; Crafts</p> <p><b>24</b></p>	<p>9:00 Wonderful Wed.</p> <p>9:15 Tai Chi</p> <p>9:30 Strength Training</p> <p>10:00 Wii Bowling</p> <p>10:30 Movie Day &amp; Snacks</p> <p>12:30 Cash BINGO</p> <p><b>Everybody's Birthday</b></p> <p><b>25</b></p>	<p>9:00 Triumphant Thur.</p> <p>9:30 Trivia</p> <p>9:30 Dominos</p> <p>9:30 Puzzles</p> <p>10:00 Medication</p> <p>11:00 WSIMC (Getting Old)</p> <p>11:45 Lunch</p> <p>Independent Game Time</p> <p><b>26</b></p>	<p><b>27</b></p> <p>Have A Great Weekend!!</p>
<p>9:30 Tai Chi</p> <p>9:30 Strength Training</p> <p>9:30 Bible Study</p> <p>9:30 Dominos</p> <p>10:30 Charades</p> <p>11:45 Lunch</p> <p><b>12:30 BINGO</b></p> <p><b>30</b></p>				

Monday

Tuesday

Wednesday

Thursday

Friday



**2**  
3  
Oven Fried Chicken  
Mashed Potatoes w. Gravy  
Coleslaw  
Dinner Roll  
Fresh Peach

**4**  
Pierogies  
w. Caramelized Onions  
Fresh Shaved Brussel Sprouts  
Fresh Plum  
White Wheat Bread  
Sour Cream

**5**  
Pot Roast in Au Jus  
Baked Potato w. Sour Cream  
Peas  
Split Top Dinner Roll  
Strawberry Waffle Cookie

**6**  
Pesto Chicken & Pasta  
Stewed Tomatoes  
Zucchini & Summer Squash  
Diced Pears

**9**  
Philly Cheesesteak w.  
Provолone Cheese, Peppers,  
& Onions  
on a Whole Grain Roll  
Roasted Baby Potatoes  
Pineapple Tidbits

**10**  
Tuna Salad on a Croissant  
Lettuce & Tomato  
Cucumber Salad  
Chicken Noodle Soup  
Crackers  
Fruit Cocktail

**11**  
BBQ Pulled Chicken  
Hamburger Bun  
Fiesta Corn  
Broccoli  
Applesauce  
Chocolate Fudge Pudding

**12**  
Spaghetti & Meatballs  
Marinara Sauce  
Salad w. Tomato & Cucumber  
Diced Pears  
Whole Grain Dinner Roll

**13**  
Turkey w. Gravy  
Sweet Potatoes  
Green Beans  
Whole Grain Bread  
Chocolate Chip Cookie  
Cranberry Sauce

**16**  
Turkey Burger w.  
Cheddar Cheese  
Hamburger Roll  
Lettuce & Tomato  
Tater Tots  
Cantaloupe

**17**  
Chicken Meatballs w.  
Terryaki Sauce  
Pineapple Tidbits  
Broccoli  
Brown Rice

**18**  
Italian Hoagie  
w. Salami, Ham, & Provolone  
Lettuce, Tomato & Onion  
Italian Wedding Soup  
WG Crackers  
Oil & Vinegar | Watermelon

**19**  
Grilled Orange Chicken Breast  
Cucumber Salad  
Whole Grain Dinner Roll  
Fresh Plum

**20**  
Meatloaf w. Gravy  
Mashed Potatoes  
Spinach  
Whole Grain Dinner Roll  
Fresh Peach

**23**  
BBQ Chicken Breast  
Potato Salad w. Egg  
Baked Beans  
Diced Peaches  
Giant Goldfish Graham

**24**  
Pizza Burger  
Sweet Potato Wedges  
Capri Blend Veggies  
Fresh Apple

**25**  
Turkey & Cheese on Marble Rye  
Lettuce & Tomato  
Three Bean Salad  
Cream of Tomato Soup  
Crackers  
Watermelon

**26**  
Mango Glazed Whitefish  
Baby Potatoes  
Caribbean Blend Veggies  
Whole Grain Dinner Roll  
Chocolate Fudge Pudding

**27**  
Chicken Fajitas w.  
Peppers, Onions, Shredded  
Cheese  
Lettuce & Tomato  
Tortilla | Brown Rice  
Beans | Mixed Grut

**30**  
Beef & Broccoli w.  
Terryaki Sauce  
Brown Rice  
Carrots  
Mandarin Oranges

**Wilmington Senior Center Congregate City Fare September 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](http://WWW.WILMINGTONSENIORCENTER.ORG/DONATE)



SCAN TO



DONATE

### LIVE UNITED



United Way of Delaware

Donor Designation Code: 560