



Wilmington  
Senior  
Center

FEB 2025  
NEWSLETTER



# Wilmington Senior Center

*Established*  
**1956**

## **HOURS**

**[ LOBBY ]**

**Monday - Friday:**

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

**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!

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

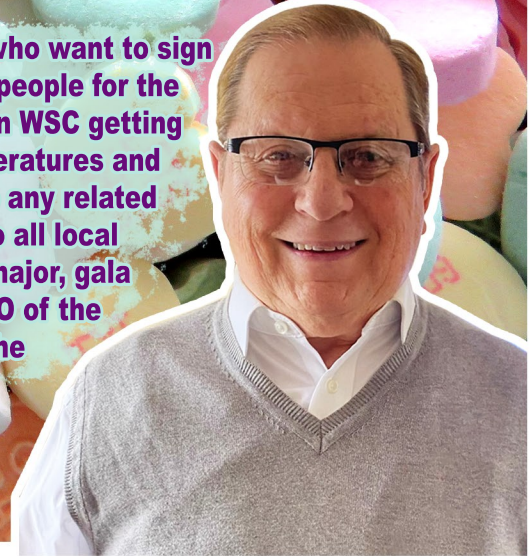


Bingo continues to be a strong program that we do three times per week and our seniors love it. To accommodate more Bingo and be special request of our seniors, we are opening our programs and services on Fridays for the time being. When surveyed, the seniors said that they are bored staying home on Friday and would welcome coming to the Center. We have also formed a collaboration with Charity Crossing, a non-profit organization that provide items donated from Amazon to distribute to our seniors. We received the first wave and our seniors were ecstatic to receive quality goods donated by Amazon.

Our 5K Run is scheduled for March 25th. We are accepting racers who want to sign up or donations. Sam Nussbaum and Leandra Moore are the contact people for the race. Our collaboration with the Wilmington Job Corps has resulted in WSC getting 5 CNA's (Certified Nursing Assistants) on a daily basis to check temperatures and blood pressures of our seniors on a daily basis as well as to attend to any related issues that may occur. Starting in January, we will be reaching out to all local politicians to garner support for our agency. We are also planning a major, gala fundraising event in October 2025, which will have Logan Herring, CEO of the WRK Group, and Bryant Greene CEO of Always Best Care, as two of the honorees.

Happy and Blessed New Year to Everyone!

**Sam Nussbaum**  
Executive Director



# BRANDY & WINE

ON THE BRANDY WINE



# Wilmington Senior Center 5K

March 29, 2025  
Saturday

5K starts at 9:00AM  
from the Senior Center  
1901 N. Market St.  
Wilmington, DE. 19802

SCAN



FOR REGISTRATION & INFO

# Wilmington Senior Center

# NOW OPEN ON FRIDAYS



Monday - Friday: 8:00AM - 2:00PM | Saturday - Sunday: **CLOSED**



**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** ★





HIBACHI



TRIPS & OUTINGS



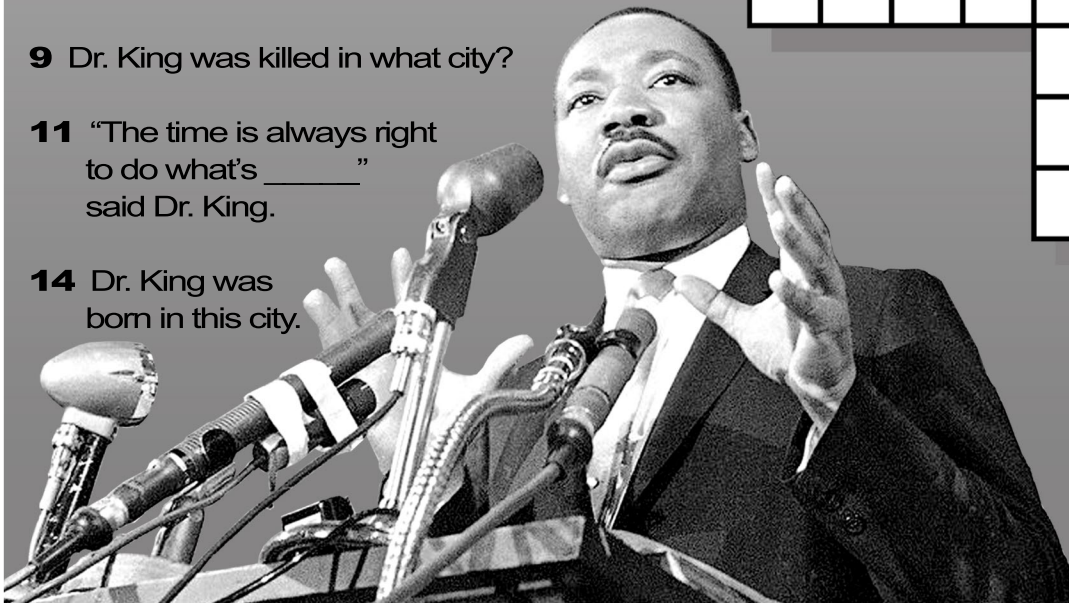
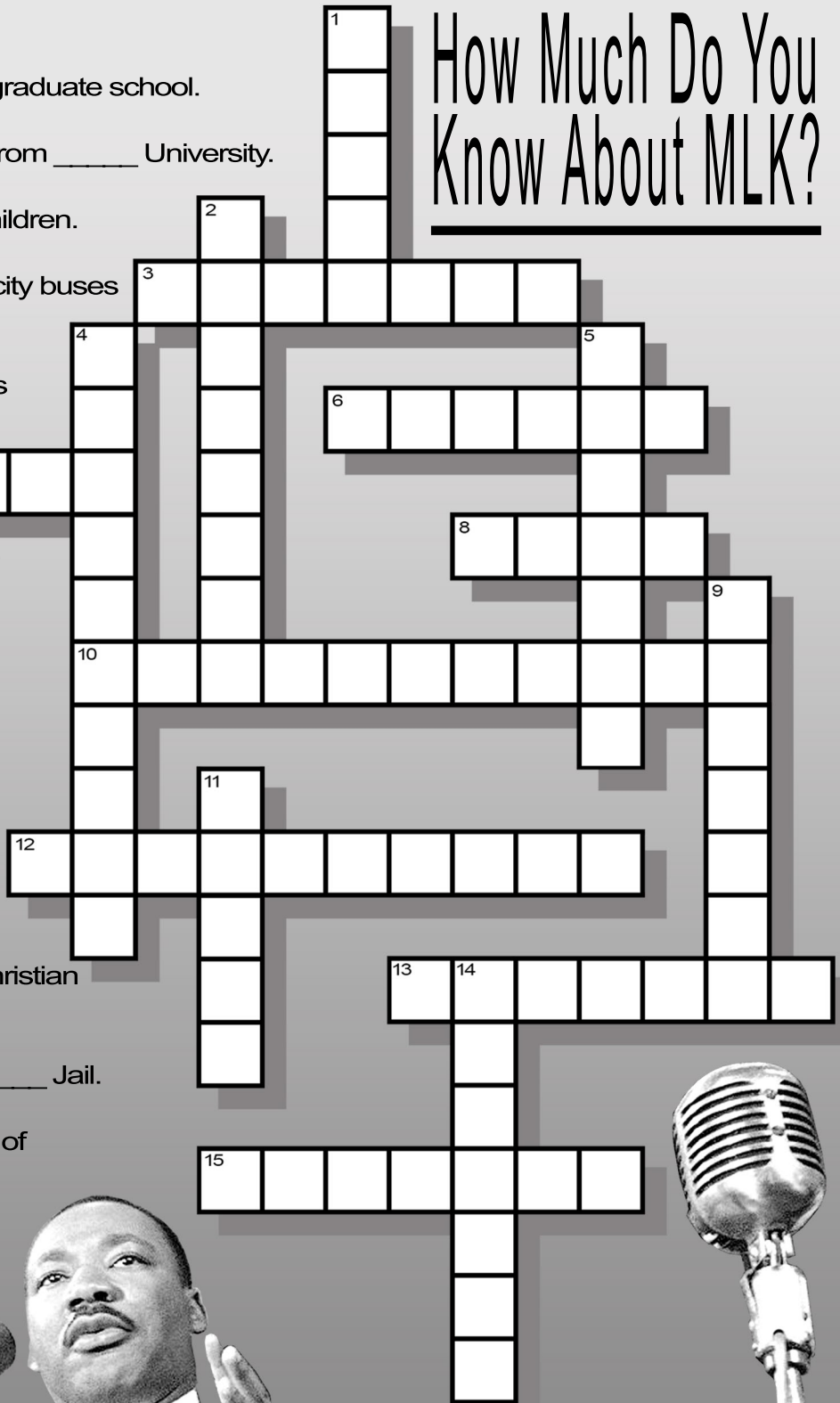
**ACROSS**

- 3 He met his wife \_\_\_\_\_ while in graduate school.
- 6 Dr. King received his doctorate from \_\_\_\_\_ University.
- 7 He and his wife raised \_\_\_\_\_ children.
- 8 Dr. King organized a boycott of city buses in support of \_\_\_\_\_ Parks.
- 10 Dr. King believed that struggles could be met with \_\_\_\_\_.
- 12 Dr. King's trip to Memphis in 1968 was to support \_\_\_\_\_ workers.
- 13 Both MLK and his father were \_\_\_\_\_ ministers.
- 15 Martin Luther King's original name was \_\_\_\_\_.

**DOWN**

- 1 Dr. King received the Noble Prize for \_\_\_\_\_.
- 2 Dr. King organized the \_\_\_\_\_ Christian Leadership Conference.
- 4 Dr. King wrote Letters from a \_\_\_\_\_ Jail.
- 5 Dr. King was a strong supporter of the Fair \_\_\_\_\_ Act.
- 9 Dr. King was killed in what city?
- 11 "The time is always right to do what's \_\_\_\_\_" said Dr. King.
- 14 Dr. King was born in this city.

How Much Do You Know About MLK?



W&S



# FEBRUARY ACTIVITIES 2025 & PRESENTATIONS\*

## WILMINGTON SENIOR CENTER

- Feb. 04 - AmeriHealth Caritas** w. Robert Kirby
- Feb. 04 - Valentine's Day Arts&Crafts** w. Denise
- Feb. 06 - City Fare** w. Megan
- Feb. 11 - Delaware Park**
- Feb. 12 - Valentines/ Galantines Celebration**
- Feb. 12 - AmeriHealth Caritas** w. Rhonda Mitchell
- Feb. 12 - Victoria Lowrie**
- Feb. 13 - Ingleside** w. Candy Chapman
- Feb. 17 - Presidents Day WSC Closed**
- Feb. 18 - Cheddars**
- Feb. 25 - AmeriHealth Caritas** w. Robert Kirby

\*Presentations and activities are subject to change.



### Strength & Training

9:30-10:30am

**EVERY MONDAY**  
3rd | 10th | 24th

9:30-10:30am

**Bible Study**

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

The advertisement for Cash Bingo features a vibrant background of colorful bingo balls in various colors (red, yellow, green, blue, purple) with numbers on them. The text is bold and colorful, with 'CASH BINGO' in large green letters, 'WEDNESDAYS' in blue, and '12:30pm' in white with a black outline.

# FEBRUARY 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

**3**

9:15 Tai Chi  
9:30 Strength Training  
9:30 Bible Study  
9:30 Dominos  
10:00 Network Connect  
11:45 Lunch  
12:30 BINGO

**4**

9:15 Chair Warmup  
9:30 Dominos  
10:00 Wii Bowling  
10:00 Robert Kriby  
AmeriHealth Caritas  
11:45 Lunch  
12:30 Arts & Crafts

**5**

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

**6**

9:15 Walk Around  
9:30 Dominos  
9:30 In School  
10:00 City Fare w. Megan  
11:45 Lunch  
12:30 Card Games

**10**

9:15 Tai Chi  
9:30 Strength Training  
9:30 Dominos  
9:30 Bible Study  
11:45 Lunch  
12:30 BINGO

**11**

9:15 Chair WarmUp  
9:30 Dominos  
10:00 Trivia  
12:00 Delaware Park  
**Center CLOSED for  
Afternoon Activities**

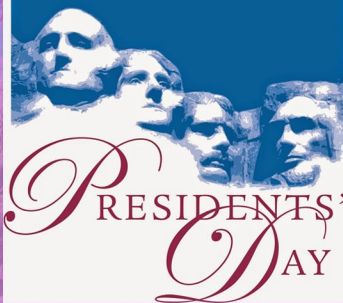
**12**

9:15 Meditation  
9:30 Strength Training  
9:30 Dominos  
10:00 Rhonda Mitchell  
AmeriHealth Caritas  
11:00 Victoria Lowrie  
11:45 Lunch  
12:30 Cash BINGO

**13**

9:15 Chair WarmUp  
9:30 Trivia  
10:00 Ingleside w. Candy  
11:00 Valentines  
Celebration  
11:45 Lunch  
12:30 Card Games

**CLOSED 17**



**18**

9:15 Chair WarmUp  
9:30 Dominos  
9:30 Strength Training  
10:00 Wii Bowling  
10:00 Puzzles/ Search  
11:30 Cheddars  
**Center CLOSED for  
Afternoon Activities**

**19**

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

**20**

9:15 Meditation  
9:30 Dominos  
9:30 Movie  
11:45 Lunch  
12:30 Card Games

**24**

9:15 Chair WarmUp  
9:30 Bible Study  
9:30 Dominos  
9:30 Strength Training  
10:00 Network Connect  
11:45 Lunch  
12:30 BINGO

**25**

9:00 Tai Chi  
9:30 Dominos  
10:00 Movie  
10:00 Wii Games  
10:00 Robert Kriby  
AmeriHealth Caritas  
11:45 Lunch  
12:30 Arts & Crafts

**26**

9:00 Meditation  
9:30 Strength Training  
9:30 Hangman  
9:30 Dominos  
10:00 Trivia  
11:45 Lunch  
12:30 Cash BINGO

**27**

9:00 Tai Chi  
9:30 Domino  
9:30 Pictionary  
10:00 Search & Find  
11:45 Lunch

\*Presentations, activities and trips are subject to change.

# City Fare February 2025 Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

3

Pierogis  
w. Caramelized Onions  
& Sour Cream  
Broccoli  
White/ Wheat Bread  
Fresh Plum

4

Sausage Sandwich  
w. Peppers & Onions  
on a Club Roll  
Tater Tots  
Apple Slices

5

Pot Roast w. Gravy  
Mashed Potatoes  
Carrots  
Split Top Roll  
Strawberry Waffle Graham

6

Dry Rub Bone  
in Chicken Wings  
Sweet Potato Fries  
Coleslaw  
Chocolate Chip Cookie  
Corn Muffin

10

Broccoli & Cheese  
Stuffed Chicken  
Italian Blend Vegetables  
Brown Rice  
Mixed Fruit

11

Breaded Flounder  
w. Tartar Sauce  
Stewed Tomatoes  
Mac N Cheese  
Applesauce

12

Chili w. Shredded Cheese  
Baked Potato  
Corn Muffin  
Baked Apples  
Sour Cream

Valentines Lunch 13

Cheese Ravioli  
Broccoli  
Diced Pears  
Garlic Bread  
Chocolate Cake




17



18

Blush Sauce  
Chicken & Penne  
Broccoli  
Mixed Fruit  
Split Top Roll

19

Shepard's Pie  
of Mashed Potatoes  
Ground Beef &  
Peas & Carrots  
12 Grain Bread  
Fresh Orange

20

Swedish Meatballs  
Green Beans  
Egg Noodles  
Baked Apples

24

BBQ Chicken Bites  
Seasoned Greens  
Carrots  
Cheesy Grits

25

Stuffed Cabbage  
in Marinara Sauce  
w. Sour Cream  
Baked Potato  
Hawaiian Roll  
Mixed Fruit

26

Chicken & Dumplings  
Caribbean Vegetable  
Blend  
Apple Slices




27

Meatloaf  
Mashed Potatoes  
Spinach  
White/ Wheat Bread  
Fresh Orange

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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