

A vibrant sunset over a vast field of sunflowers. The sun is low on the horizon, casting a warm, golden glow across the sky and the field. The sunflowers are in full bloom, their bright yellow petals and dark brown centers creating a dense, textured foreground. The sky transitions from a deep orange near the horizon to a clear blue at the top.

Wilmington
Senior
Center

MARCH 2025
NEWSLETTER



Wilmington Senior Center

Established
1956

HOURS

[LOBBY]

Monday - Friday:

8:00am - 2:00pm

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!

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

info@WilmingtonSeniorCenter.org

1901 N. Market Street | Wilmington, DE 19802

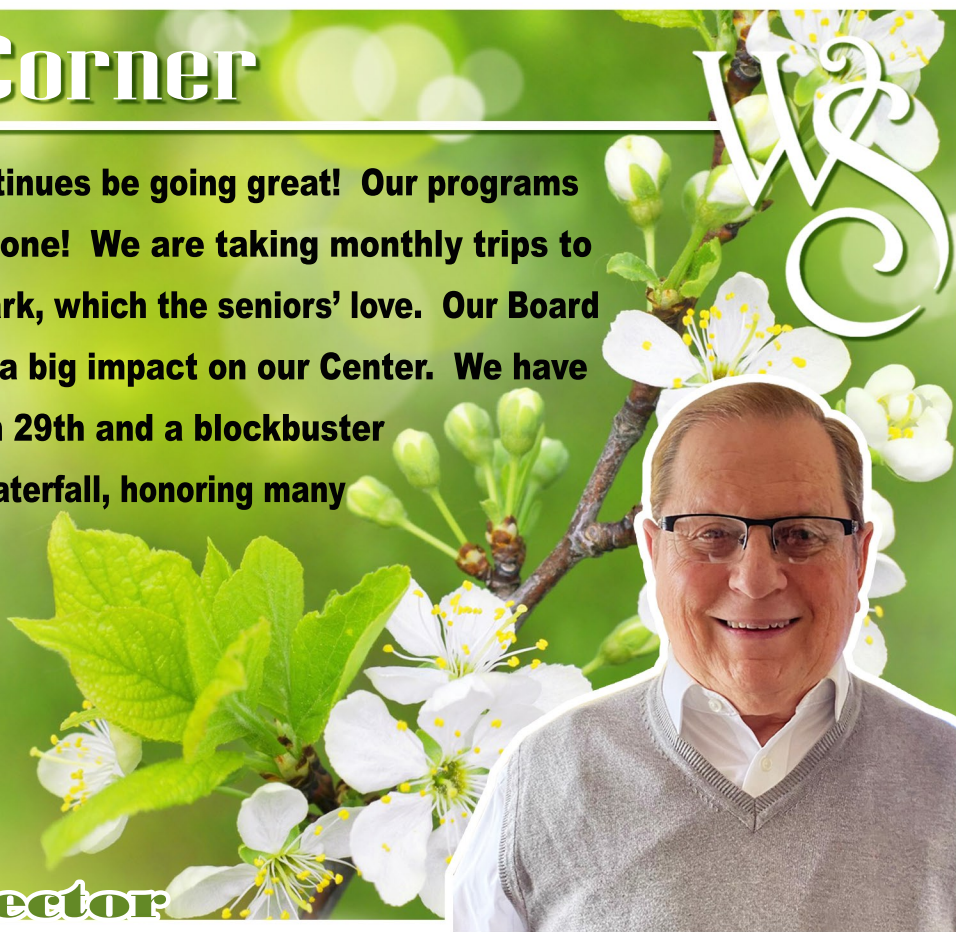
www.WilmingtonSeniorCenter.org

Director's Corner

Everything at the agency continues to be going great! Our programs and activities are second-to-none! We are taking monthly trips to restaurants and to Delaware Park, which the seniors love. Our Board of Directors continue to make a big impact on our Center. We have the 5K Run on Saturday, March 29th and a blockbuster event on October 18th at The Waterfall, honoring many dignitaries in our community.

God bless all of our supporters and seniors!

**Sam Nussbaum
Executive Director**



Wilmington Senior Center

ESTABLISHED 1956

MEMBERSHIP BENEFITS

HOT MEALS



Wii BOWLING



PANTRY

TRANSPORTATION & MEAL DELIVERY



POOL TABLE



TRIPS TO THE CASINO



LIBRARY

OUTINGS



FITNESS



Speaker Series

EDUCATION

GAMES



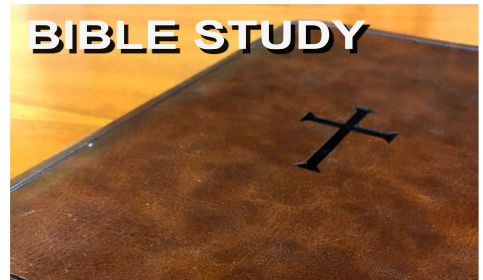
BINGO



COMPUTER LAB



ARTS & CRAFTS



BIBLE STUDY

Wilmington Senior Center

NOW OPEN ON FRIDAYS



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

March 4th 2025 Mardi Gras Bingo ALL DAY

Wilmington Senior Center Community Room

STARTS 10AM

St. Patrick's Celebration
March 18
10AM - 11:30AM
 WSC Community Room

UNIVERSITY OF DELAWARE 50+
Bags2Mats
 for the Homeless

March 20th
10:00 AM - 11:30 AM

Help us turn plastic bags into PLASTIC yARN

PLARN

Benefitting the Bags2Mats for the Homeless, a Volunteer DE 50+ initiative.

LET US PAINT
 03 | 26


How Much Do You Know About MLK?

Across:

- 3) Coretta 6) Boston 7) Four
- 8) Rosa 10) Non Violence
- 12) Sanitation 13) Baptist
- 15) Michael

Down:

- 1) Peace 2) Southern
- 4) Birmingham 5) Housing
- 9) Memphis 11) Right
- 14) Atlanta





**TRIPS
&
OUTINGS**

**March
2025**

Limited seating.
First come, first served.
Please reserve your place with Bev at the front desk.

Tuesday
03/11

Cowtown



Thursday
03/13

Texas Roadhouse



Friday
03/14

Delaware Park



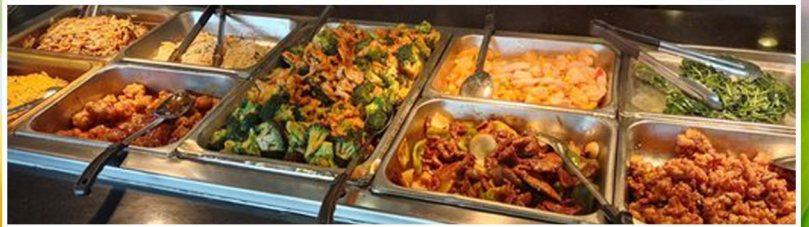
Friday
03/21

Boothwyn



Tuesday
03/25

Ichiban - Springfield PA.



Friday
03/28

Bowleramam



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

MARCH ACTIVITIES 2025 & PRESENTATIONS*

WILMINGTON SENIOR CENTER

- 03 | 03 - **Read Across America**
- 03 | 04 - **Mardi Gras BINGO ALL DAY**
- 03 | 11 - **Cowtown**
- 03 | 12 - **AmeriHealth Caritas w. Rhonda Mitchell**
- 03 | 13 - **Texas Roadhouse**
- 03 | 14 - **Delaware Park**
- 03 | 18 - **St. Patrick's Celebration**
- 03 | 20 - **Bags 2 Mats w. Guadalupe**
- 03 | 21 - **Boothwyn**
- 03 | 25 - **Ichiban Springfield PA.**
- 03 | 26 - **Let Us Paint**
- 03 | 28 - **Bowling @ Bowlerama**
- 03 | 29 - **WSC 5K Brandy & Wine on the Brandywine**

*Presentations and activities are subject to change.



Strength & Training

9:30-10:30am

EVERY MONDAY

3rd | 10th | 17th | 24th | 31st

9:30-10:30am

Bible Study

CASH BINGO
WEDNESDAYS
12:30pm

The advertisement for Cash Bingo features a vibrant background of numerous 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.

MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:15 Tai Chi 9:30 Strength Training 9:30 Bible Study 10:00 Read Across America 11:00 Puzzles 11:45 Lunch 12:30 BINGO</p> <p>3</p>	<p>9:15 Chair Warmup 9:30 Dominos 10:00 Wii Bowling 10:00 Mardi Gras Celebration 11:45 Lunch 12:30 Mardi Gras Cont.</p> <p>4</p>	<p>9:15 Meditation 9:30 Strength Training 9:30 Crossword Puzzle 10:00 Wii Games 10:30 Network Connect 11:45 Lunch 12:30 Cash BINGO</p> <p>5</p>	<p>9:15 Walk Around 9:30 Dominos 10:00 Movie 11:45 Lunch 12:30 Movie Cont.</p> <p>6</p>	<p>9:15 Meditation 10:00 Paint & Sip 11:45 Lunch 12:30 BINGO</p> <p>7</p>
<p>9:15 Tai Chi 9:30 Strength Training 9:30 Bible Study 10:30 Do You Know Me 11:45 Lunch 12:30 BINGO</p> <p>10</p>	<p>9:15 Chair Warmup 9:30 Family Feud 9:30 Dominos 10:00 Wii Bowling 10:00 Cowtown 10:00 Cowtown Center OPEN for Afternoon Activities</p> <p>11</p>	<p>9:15 Meditation 9:30 Strength Training 9:30 Pictionary 9:30 Dominos 10:00 Trivia 11:45 Lunch 12:30 Cash BINGO</p> <p>12</p>	<p>9:00 Devotions 9:15 Tai Chi 9:30 Dominos 9:30 Pictionary 10:00 Arts & Crafts 11:30 Texas Roadhouse Center OPEN for Afternoon Activities</p> <p>13</p>	<p>9:15 Meditation 9:30 Strength Training 9:30 Pictionary 9:30 Dominos 10:00 Trivia 11:00 Delaware Park Center OPEN for Afternoon Activities</p> <p>14</p>
<p>9:15 Tai Chi 9:30 Strength Training 9:30 Dominos 10:00 Search & Find 11:45 Lunch 12:30 BINGO</p> <p>17</p>	<p>9:15 Chair Warm-up 9:30 St.Patrick's Day Celebration 9:30 Dominos 10:00 Wii Bowling 11:45 Lunch 12:00 Arts & Crafts</p> <p>18</p>	<p>9:15 Meditation 9:30 Strength Training 9:30 Dominos 10:30 Network Connect 11:00 Family Feud 11:45 Lunch 12:30 Cash BINGO</p> <p>19</p>	<p>9:15 Walk Around 9:30 Meditation 9:30 Dominos 10:00 Bags 2 Mats 11:45 Lunch 12:30 Card Games</p> <p>20</p>	<p>9:15 Meditation 9:15 Dominos 11:00 Boothwyn Center OPEN for Afternoon Activities</p> <p>21</p>
<p>9:15 Tai Chi 9:30 Strength Training 9:30 Bible Study 10:00 This Date in History 10:30 Network Connect 11:45 Lunch 12:30 BINGO</p> <p>24</p>	<p>9:15 Chair WarmUp 9:30 Dominos 10:00 Wii Bowling 11:00 Ichiban Springfield Center OPEN for Afternoon Activities</p> <p>25</p>	<p>9:15 Meditation 9:30 Strength Training 9:30 Dominos 10:00 Let Us Paint 11:45 Lunch 12:30 Cash BINGO</p> <p>26</p>	<p>9:15 Meditation 9:30 Gravity Game 9:30 Dominos 10:00 Gift Wrapping 11:45 Lunch 12:30 Card Games</p> <p>27</p>	<p>9:15 Meditation 9:30 Strength Training 9:30 Dominos 10:00 Free Time 11:00 Bowling at Bowlerama Center OPEN for Afternoon Activities</p> <p>28</p>
<p>9:15 Tai Chi 9:30 Strength Training 9:30 Bible Study 10:30 Network Connect 11:45 Lunch 12:30 BINGO</p> <p>31</p>				

Wilmington Senior Center City Fare Menu MARCH 2025

Monday | Tuesday | Wednesday | Thursday | Friday

<p>3</p> <p>Pesto Chicken w. Penne Pasta Zucchini Diced Pears 12 Grain Bread</p>	<p>4</p> <p>Chicken Gumbo Brown Rice Green Beans Tropical Fruit Salad Mardi Gras Cupcake</p> 	<p>5</p> <p>Oven Fried Chicken Corn Seasoned Greens Split Top Roll Diced Peaches</p>	<p>6</p> <p>Pepper Steak & Broccoli Carrots Brown Rice Mandarin Oranges</p>	<p>7</p> <p>Tuna Salad Sandwich w. Lettuce & Tomato on 12 Grain Bread Cream of Tomato Soup w. Whole Grain Crackers Tangerine Mayo</p>
<p>10</p> <p>Philly Flat Bread w. Peppers & Onions, Philly Style Beef Steak, Marinara Sauce & Mozzarella Side Salad w. Cucumbers & Tomatoes Applesauce</p>	<p>11</p> <p>Dry Rub Bone In Chicken Wings Sweet Potato Fries Coleslaw Corn Muffin</p>	<p>12</p> <p>Pot Roast w. Gravy Mashed Potatoes Carrots Split Top Roll Strawberry Waffle Graham</p>	<p>13</p> <p>Chili w. Shredded Cheese Baked Potato Corn Muffin Baked Apples Sour Cream</p>	<p>14</p> <p>Pierogis w. Caramelized Onions & Sour Cream Broccoli White/ Wheat Bread Fresh Plum</p>
<p>17</p> <p>Ham w. Cabbage Scalloped Potatoes Applesauce St. Patrick's Day Cookie</p>	<p>18</p> <p>Spaghetti & Meatballs Salad w. Tomatoes & Broccoli White/ Wheat Bread Fresh Pear</p>	<p>19</p> <p>General Tso's Chicken Peppers & Onions Brown Rice Fresh Orange</p>	<p>20</p> <p>Sausage Sandwich w. Peppers & Onions on a Club Roll Tater Tots Sliced Apples</p>	<p>21</p> <p>Breaded Flounder w. Tartar Sauce Stewed Tomatoes Mac N Cheese Applesauce</p>
<p>24</p> <p>Lasagna Roll Up w. Meat Sauce Italian Blend Vegetables Slice of White/ Wheat Bread Applesauce</p>	<p>25</p> <p>Shepard's Pie of Mashed Potatoes, Ground Beef, Peas & Carrots 12 Grain Bread Fresh Orange</p>	<p>26</p> <p>Blush Sauce Chicken & Penne Pasta Broccoli Cantaloupe Split Top Roll</p> 	<p>27</p> <p>Swedish Meatballs Green Beans Egg Noodles Baked Apples</p>	<p>28</p> <p>Crab Cake w. Tartar Sauce Roasted Baby Bakers Peas Corn Muffin</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

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

Non-Profit Organization
U.S. Postage

PAID

Wilmington, DE 19850

Permit No. 430
