

# Wilmington Senior Center

JULY 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](mailto:info@WilmingtonSeniorCenter.org)**

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

**[www.WilmingtonSeniorCenter.org](http://www.WilmingtonSeniorCenter.org)**



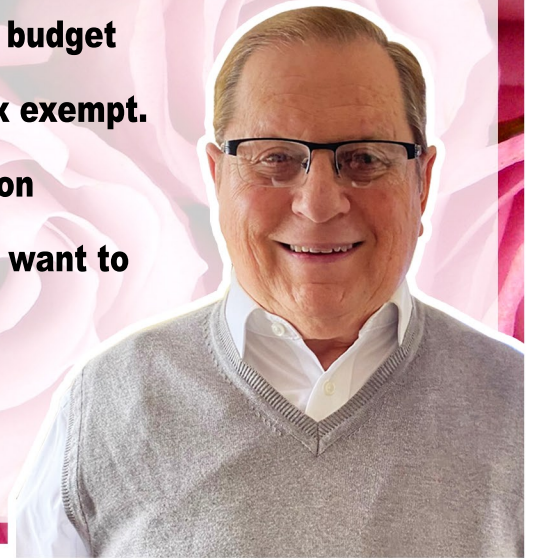
# Director's Corner



**We continue to push for new members as our memberships have dipped slightly. We welcome new members for an enlivening experience. Our trips and activities continue to flourish. They love Cowtown, going for lunch at local restaurants, and, most of all, Bingo. We have some budget challenges which we are working on. We remain fully tax exempt. We need everyone to join us and to support our Big Gala on October 18th at the Waterfall. Contact me directly if you want to participate at 302-287-2929.**

**Thanks for all you support!**

**Sam Nussbaum  
Executive Director**



# BECOME A MEMBER!

# AS LOW AS \$2.10/MONTH!

Since



1956



## Trips & Outings

At the senior center, adventure doesn't retire! Our Trips & Outings Program is all about exploration, fun, and connection. Designed with seniors in mind, these carefully planned excursions offer opportunities to get out, stay active, and enjoy new experiences with friends. Trips include visits to the Casinos, Restaurants, Thrift and Farmers Markets, Museums, Picnics in the Park, Fishing Trips, Bowling and more.



## Speaker Series

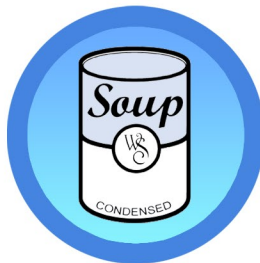
The WSC Speaker Series is a dynamic and engaging program designed to inform, inspire, and connect older adults through thoughtful presentations and meaningful discussions. Held regularly at the senior center, this series brings in guest speakers from a variety of backgrounds to share knowledge, tell stories, and spark conversations on topics that matter to seniors. Including, Health & Wellness, Financial Literacy, Local History & Culture, and Mental Awareness.



## Transportation and Meal Delivery

The Wilmington Senior Center offers transportation for our Seniors. We have a 26 seat bus, ensuring that all of our members can travel comfortably and safely to and from our activities and events.

Meal Delivery is also offered to our Seniors that can't make it into the Center.



## Pantry

The pantry at the senior center is a well-organized, welcoming space designed to support the nutritional needs of older adults in the community. Stocked with a variety of shelf-stable foods, fresh produce (when available), and personal care items, the pantry aims to promote food security and wellness among seniors.



## Fitness (Strength Training)

Staying active is one of the best ways to feel strong, confident, and energized at any age—and our Senior Center Fitness Program is designed to help you do just that! Whether you're just starting out or looking to maintain your routine, our classes are tailored to meet the needs of older adults in a safe, supportive, and social environment.



## Computer Center

Technology doesn't have to be intimidating—and our Computer Program is here to help seniors feel confident, capable, and connected in today's digital world. Whether you're a complete beginner or looking to build on what you already know, our program offers a welcoming space to learn at your own pace.



## Bible Study

Our Bible Study Program at the senior center offers a peaceful and welcoming space for older adults to come together in faith, grow spiritually, and enjoy meaningful fellowship. Whether you've studied the Bible for years or are just beginning your journey, all are welcome to join the conversation.



## Caregiver Support Group

Caring for a loved one is one of the most meaningful roles a person can have—but it can also be emotionally and physically demanding. Our Caregivers Support Group at the senior center provides a safe, understanding space for older adults who are supporting spouses, family members, or friends through aging, illness, or disability.



## Dominos

Dominoes is a timeless favorite among seniors—easy to learn, engaging to play, and perfect for sparking conversation. Whether you're a seasoned player or trying it for the first time, all are welcome at the table. A classic game that brings people together and keeps minds sharp!



## Wii Bowling

Energizing, social, and just the right amount of competition? Step into the virtual lanes with Wii Bowling at the senior center! It's a fun twist on a classic game, perfect for all skill levels—and no heavy bowling balls required! Join us for casual play in a relaxed, no-pressure environment. Laughter is guaranteed, and beginners are always welcome! Whether you're bowling strikes or just enjoying the company, it's all about having a good time

And so Much More...

# WSC ACTIVITIES | PRESENTATIONS | EVENTS | PROGRAMS | BENEFITS

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





# Wilmington Senior Center

**Help fund our food pantry to ensure our seniors have fresh produce every week.**

**\* Please add "FOOD"**

**to the comment box**

**on the donation form**

**3 0 2 . 6 5 1 . 3 4 0 0**

**1901 N. Market St. | Wilmington | DE. | 19802**

**info@WilmingtonSeniorCenter.org**

**SCAN**



**TO DONATE**





WILMINGTON SENIOR CENTER

# GALA

## *A Legacy of Leadership*

Join us for an unforgettable evening as we celebrate the remarkable individuals whose vision, dedication, and service have helped shape the heart and soul of Wilmington, Delaware.

At the Legacy of Leadership Gala, we pay tribute to five extraordinary honorees, whose decades of leadership and impact have left an indelible mark on our community. Their stories are woven into the fabric of Wilmington's past, present, and future.

This year, we proudly honor:

**Logan Herring** – Champion for community development & youth empowerment

**The Honorable Bethany Hall-Long** – Advocate for public health and civic engagement

**Bryant Greene** – Visionary entrepreneur and philanthropist

**Dave Tiberi** – Civic leader and tireless advocate for Delaware families

**Peg Tigie** (Posthumously) – Beloved community servant

Together, these honorees embody the spirit of service, resilience, and transformative leadership that defines Wilmington's legacy.

**Saturday | October 18<sup>th</sup> 2025 | 5PM**

COCKTAIL HOUR 4 PM - 5 PM

**THE WATERFALL**

**3416 Philadelphia Pike | Claymont, DE. 19703**

TICKETS ON SALE NOW!!!



TYPE "GALA" IN MESSAGE BOX





WILMINGTON SENIOR CENTER

# GALA

## *A Legacy of Leadership*

HONORING :

Logan Herring



Chief Executive Officer  
The WRK Group

Bethany Hall-Long



26th Lieutenant Governor  
of Delaware (2017-2025)

Dave Tiberi



President  
Emergency Response Protocol

Bryant Greene



Multi Franchise Owner  
Always Best Care Senior Services

Peg Tigue (Posthumous)



Community Advocate  
and Leader

TICKETS ON SALE NOW!!! \$250.<sup>00</sup>ea. TYPE "GALA" IN THE MESSAGE BOX





**TRIPS  
&  
OUTINGS  
JULY  
2025**

**07|04**

**4th of July**



**07|08**

**Cowtown**



**07|10**

**Delaware Park**



**07|11**

**Compassion Day**



**07|17**

**Outback Steakhouse**



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

**Dates & Times  
are subject to  
change.**



# **JULY ACTIVITIES 2025 & PRESENTATIONS\***

## **WILMINGTON SENIOR CENTER**

- 07 | 01 - **Candy Chapman (Ingleside)**
- 07 | 04 - **Forth of July (WSC CLOSED)**
- 07 | 08 - **Cowtown**
- 07 | 10 - **Delaware Park**
- 07 | 11 - **Compassion Day**
- 07 | 15 - **Nutrition w. Megan (City Fare)**
- 07 | 17 - **Outback Steakhouse**
- 07 | 18 - **Habitat For Humanity**

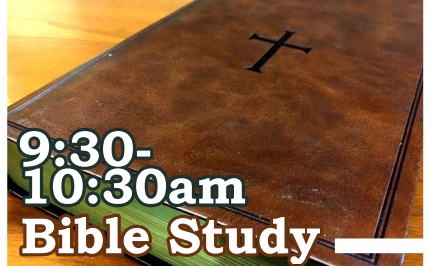
\*Presentations and activities are subject to change.



### **Strength & Training**

9:30-  
10:30am

**EVERY MONDAY**



9:30-  
10:30am  
**Bible Study**



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



# JULY 2025

## MONDAY

9:15 Meditation **7**  
 9:30 Strength Training  
 9:30 National Chocolate Day  
 9:30 Bible Study  
 11:00 Network Connect  
 11:45 Lunch  
 12:30 BINGO

9:00 Coffee & Tea **14**  
 9:30 Strength Training  
 9:30 Dominos  
 9:30 Bible Study  
 11:00 Network Connect  
 11:45 Lunch  
 12:30 BINGO

9:00 Coffee & Tea **21**  
 9:15 Chair Exercise  
 9:30 Strength Training  
 9:30 Dominos  
 9:30 Bible Study  
 11:45 Lunch  
 12:30 BINGO

9:00 Coffee & Tea **28**  
 9:15 Tai Chi  
 9:30 Strength Training  
 9:30 Bible Study  
 11:00 Network Connect  
 11:45 Lunch  
 12:30 BINGO

## TUESDAY

9:00 Coffee & Tea **1**  
 9:15 Meditation  
 9:30 Dominos  
 10:00 Ingleside w. Candy  
 11:45 Lunch  
 12:30 BINGO

9:15 Coffee & Tea **8**  
 9:15 Meditation  
 9:30 Dominos  
 10:00 Cowtown  
**Center OPEN for Afternoon Activities**

9:00 Coffee & Tea **15**  
 9:15 Meditation  
 9:15 Tai Chi  
 9:30 Dominos  
 10:30 City Fare w. Megan  
 11:45 Lunch  
 12:30 Card Games

9:00 Coffee & Tea **22**  
 9:15 Chair Exercise  
 9:30 Dominos  
 10:00 Movie Matinee  
 11:45 Lunch  
 12:30 Independent Time

9:00 Coffee & Tea **29**  
 9:15 Chair Exercise  
 9:30 Dominos  
 10:00 Movie Matinee  
 11:45 Lunch  
 12:30 Independent Time

## WEDNESDAY

9:00 Coffee & Tea **2**  
 9:15 Motivations  
 9:30 Strength Training  
 9:30 Dominos  
 11:45 Lunch  
 12:30 Cash BINGO

9:00 Coffee & Tea **9**  
 9:15 Walk Around  
 9:30 Strength & Training  
 9:30 Dominos  
 11:00 Network Connect  
 11:45 Lunch  
 12:30 CashBingo

9:00 Coffee & Tea **16**  
 9:15 Tai Chi  
 9:30 Dominos  
 9:30 What Do You See  
 10:00 Let Us Dig (Socks)  
 11:00 Network Connect  
 11:45 Lunch  
 12:30 Cash BINGO

9:00 Coffee & Tea **23**  
 9:15 Tai Chi  
 9:30 Strength Training  
 9:30 Dominos  
 11:00 Trivia  
 11:45 Lunch  
 12:30 Cash BINGO

9:00 Coffee & Tea **30**  
 9:15 Tai Chis  
 9:30 Strength Training  
 9:30 Dominos  
 11:00 Network Connect  
 11:45 Lunch  
 12:00 Cash Bingo

## THURSDAY

9:00 Coffee & Tea **3**  
 9:15 Tai Chi  
 9:30 3 Day Weekend  
 "What's Up"  
 9:30 Dominos  
 10:00 WSIMC  
 11:45 Lunch  
 12:30 Card Games

9:00 Coffee & Tea **10**  
 9:15 Tai Chi  
 9:30 Trivia  
 9:30 Dominos  
 10:30 Hangman  
 11:30 Lunch  
 12:00 Delaware Park

9:00 Coffee & Tea **17**  
 9:15 Chair Yoga  
 9:30 Dominos  
 9:30 Free Time  
 11:30 Outback Steak House  
**Center OPEN for Afternoon Activities**

9:00 Coffee & Tea **24**  
 9:15 Meditation  
 9:30 Trivia  
 9:30 Independent Dominos  
 11:45 Lunch  
 12:30 Card Games

9:00 Coffee & Tea **31**  
 9:15 Chair Yoga  
 9:30 Dominos  
 10:00 Do You Know Me  
 11:00 Family Feud  
 11:45 Lunch  
 12:30 Card Games

## FRIDAY



9:00 Coffee & Tea **11**  
 9:15 Motivations  
 9:30 Dominos  
 National French Fry Day  
 10:00 Amira Glover  
 10:00 Compassion Day

9:00 Coffee & Tea **18**  
 9:15 Motivations  
 9:30 Dominos  
 10:00 Habitat for Humanity  
 11:00 Search & Find  
 11:45 Lunch  
 12:30 BINGO

9:00 Coffee & Tea **25**  
 9:15 Let Us Stretch  
 9:30 Dominos  
 10:00 All Puzzle Time  
 11:00 Let Us Read  
 11:45 Lunch  
 12:30 BINGO

9:00 Coffee & Tea **32**  
 9:15 Tai Chi  
 9:30 Strength Training  
 9:30 Bible Study  
 11:00 Network Connect  
 11:45 Lunch  
 12:30 BINGO

Wilmington  
 Senior  
 Center



**Monday**


**Tuesday**

**Wednesday**

**Thursday**

**Friday**


# Congregate City Fare JULY 2025 Menu

1	BBQ Chicken Flat Bread w. Mozzarella Cheese Cucumber Salad Cantaloupe Jello	2	Hamburger on a Whole Grain Hamburger Bun Salad w. Tomatoes & Cucumbers Pineapple	3	Dry Rub Bone In Chicken Wings Sweet Potato Fries Coleslaw Corn Muffin Chocolate Chip Cookie	4	
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7	Lemon Pepper Flounder w. Tartar Sauce Peas Roasted Baby Bakers Split Top Roll Applesauce	8	Chicken Po Boy w. Lettuce, Tomato & Pickle on French Bread Garden Vegetable Soup Fresh Mixed Fruit	9	Beef Italian Sausage Baked Beans Zucchini Biscuit Tropical Fruit Cup	10	Penne Pasta w. Meat Sauce Peas & Carrots Cantaloupe Waffle Graham Cookie	11	Oven Fried Chicken Seasoned Greens Sweet Potato Spiced Peaches Split Top Roll
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14	Prilly Cheesesteak w. Provolone Cheese, Peppers & Onions on a Whole Grain Roll Roasted Baby Bakers Fresh Cut Fruit	15	Tuna Salad on a Croissant w. Lettuce & Tomato Minestrone Soup Whole Grain Crackers Diced Peaches	16	Hamburger & Hot Dog w. Lettuce, Tomato, Onion Ketchup & Mustard Coleslaw Watermelon Brownie 	17	Chicken Fajitas w. Peppers, Onions, Shredded Cheese & Lettuce on a Tortilla Black Beans Pineapple   Salsa	18	BBQ Pulled Pork Hamburger Bun Sweet Potato Fries Green Beans Watermelon
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21	Orange Chicken Stir Fry Broccoli Brown Rice Cantaloupe	22	Ground Beef Tacos on a Tortilla w. Tomatoes, Lettuce & Sour Cream Brown Rice Watermelon	23	Pot Roast w. Gravy Mashed Potatoes Capri Vegetable Blend Split Top Roll Applesauce 	24	BBQ Chicken Bites Seasoned Greens Cheesy Grits Fresh Cut Fruit	25	Bean Burger w. Cheddar Cheese on Hamburger Bun Tater Tots Fresh Peach Guacamole
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28	Spaghetti & Meatballs Salad w. Tomatoes & Cucumbers White Wheat Bread Fresh Pear	29	Herb Baked Chicken w. Gravy Italian Vegetable Blend Brown Rice Spiced Pears	30	Salmon w. Tartar Sauce Broccoli Mashed Potatoes Applesauce Split Top Roll	31	Breaded Chicken Sandwich w. Pickles 3 Bean Salad Tater Tots Pineapples	
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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](mailto:info@wilmingtonseniorcenter.org)

[www.wilmingtonseniorcenter.org](http://www.wilmingtonseniorcenter.org)



**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

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Non-Profit Organization  
U.S. Postage

**PAID**

Wilmington, DE 19850

Permit No. 430

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