

**SEPT 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)**



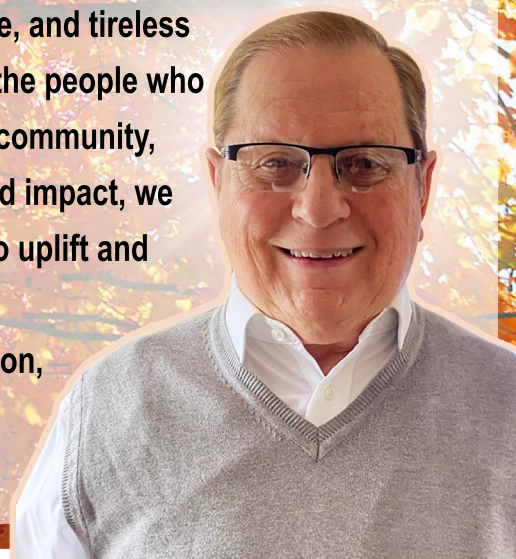
# Director's Corner



It is with immense pride and excitement that I invite you to join us for the Wilmington Senior Center's Legacy of Leadership Gala. This extraordinary evening will honor five remarkable individuals—Logan Herring, Lieutenant Governor Bethany Hall-Long, Bryant Greene, Dave Tiberi, and the late Peg Tighe—each of whom has left a lasting imprint on the Wilmington community through their vision, service, and tireless leadership. This gala is more than a celebration—it's a tribute to the people who have shaped the heart of our city, and a reminder of the power of community, connection, and legacy. As we gather to reflect on their stories and impact, we also look ahead with hope and purpose, continuing our mission to uplift and serve our seniors with dignity and care.

I hope to see you there for this unforgettable evening of inspiration, gratitude, and community.

**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

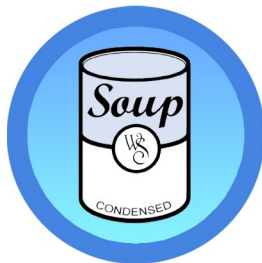
The WSC Speaker Series is a dynamic and engaging program designed to inform, inspire, and connect older adults through thoughtful presentations and meaningful discussions. Held regularly at the senior center, this series brings in guest speakers from a variety of backgrounds to share knowledge, tell 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.



## Dominoes

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*

**10 | 18 | 25**

HONORING:

**Logan Herring**



Chief Executive Officer  
The WRK Group

**Bethany Hall-Long**



75th Governor of Delaware  
26th Lieutenant Governor

**Dave Tiberi**



President  
Emergency Response Protocol

**Bryant Greene**



Multi Franchise Owner  
Always Best Care Senior Services

**TICKETS  
ON SALE  
NOW!**



TYPE "GALA"  
IN MESSAGE BOX

**\$250<sub>ea</sub>**

**Peg Tighe (Posthumous)**



Community Advocate  
and Leader

**THE WATERFALL**

3416 Philadelphia Pike | Claymont, DE. 19703





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**

S O C I A L   H O U R   4   P M   -   5   P M

**THE WATERFALL**

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

TICKETS ON SALE NOW!!!



TYPE "GALA" IN MESSAGE BOX





**TRIPS  
&  
OUTINGS**

**SEPT  
2025**

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

**(302) 651-3400**

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

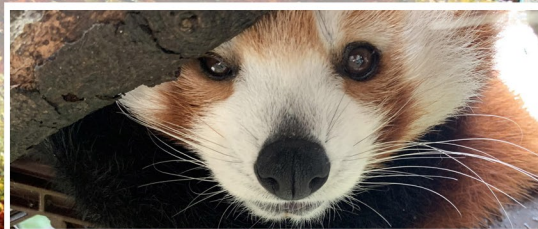
**09|04**

**Mitchell Center for African American Heritage**



**09|09**

**Brandywine Zoo**



**BRANDYWINE  
ZOO**

**09|11**

**Delaware Contemporary Museum**



**09|16**

**Cowtown**



**09|25**

**Delaware Park Casino**



**09|30**

**Delaware Contemporary Museum**



**THE DELAWARE  
CONTEMPORARY**



# SEPTEMBER ACTIVITIES 2025 & PRESENTATIONS\*

## WILMINGTON SENIOR CENTER

- 09 | 01 - Labor Day (CLOSED)
- 09 | 04 - Mitchell Center for African American Heritage
- 09 | 09 - Brandywine Zoo
- 09 | 10 - Cooking Demo w. Asma Delight Catering Company
- 09 | 16 - Cowntown
- 09 | 18 - Painting w. a Twist
- 09 | 25 - Delaware Park Casino
- 09 | 30 - Delaware Contemporary Museum

\*Presentations and activities are subject to change.

### Strength & Training

9:30-10:30am

**EVERY MONDAY**

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

**BINGO**  
**TUESDAYS**  
12:00pm



# SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1★  <b>HAPPY</b>  <b>LABOR DAY</b>  <small>THANK YOU FOR YOUR HARD WORK</small>            2★</p> <p>8            9:30 Bible Study            9:30 Strength &amp; Training            11:00 Lunch            11:00 Network Connect</p>	<p>2            9:30 70's &amp; 80's Karaoke            11:00 Lunch            12:00 BINGO</p> <p>9            9:30 Arts &amp; Crafts Games            11:00 Lunch            12:00 Brandywine Zoo</p>	<p>3            9:30 BINGO            11:00 Lunch            11:00 Network Connect</p> <p>10            10:00 Cooking Demo            11:00 Network Connect            11:00 Lunch            12:00 BINGO</p>	<p>4            9:30 Arts &amp; Crafts Games            11:00 Lunch            12:00 Delaware Historical Society Mitchell Center for African American Heritage</p> <p>11            9:30 BINGO            11:00 Lunch            12:00 Delaware Contemporary Museum</p>	<p>5            9:30 Arts &amp; Crafts Games            11:00 Lunch            12:00 Movie &amp; Ice Cream Social Day</p> <p>12            9:15 Computer Class            9:30 Arts &amp; Crafts Games            11:00 Lunch            12:00 Movie Day</p>
<p>15            9:30 Bible Study            9:30 Strength &amp; Training            11:00 Lunch            11:00 Network Connect</p> <p>16            11:00 Cowtown            NO Lunch</p>	<p>16            11:00 Cowtown            NO Lunch</p> <p>23            9:30 Arts &amp; Crafts Games            10:30 70's &amp; 80's Karaoke            11:00 Lunch            12:00 BINGO</p>	<p>17            9:30 Arts &amp; Crafts Games            11:00 Lunch            11:00 Network Connect</p> <p>24            9:30 Arts &amp; Crafts Games            11:00 Lunch            11:00 Network Connect</p>	<p>18            9:30 Painting w. a Twist            11:00 Lunch            12:00 BINGO</p> <p>25            9:30 Arts &amp; Crafts Games            11:00 Lunch            11:00 Delaware Park</p>	<p>19            9:15 Computer Class            9:30 Arts &amp; Crafts Games            11:00 Lunch            12:00 Movie Day</p> <p>26            9:15 Computer Class            9:30 Arts &amp; Crafts Games            11:00 Lunch            12:00 Movie Day</p>
<p>22            9:30 Bible Study            9:30 Strength Training            11:00 Lunch            11:00 Network Connect</p> <p>29            9:30 Bible Study            9:30 Strength &amp; Training            9:30 Arts &amp; Crafts Games            11:00 Lunch            11:00 Network Connect</p>	<p>23            9:30 Arts &amp; Crafts Games            10:30 70's &amp; 80's Karaoke            11:00 Lunch            12:00 BINGO</p> <p>30            9:30 Arts &amp; Crafts Games            11:00 Lunch            1:00 Delaware Contemporary Museum</p>			



THE  
ULTIMATE  
SENIOR  
EXPERIENCE

\*Presentations | activities | trips are subject to change.



# Monday

# Tuesday

# Wednesday

# Thursday

# Friday



2	Ham & Cheese Sandwich w. Lettuce & Tomato on Marble Rye Wedding Soup Whole Grain Crackers Fresh Tangerine   Mayo	3	Herb Baked Chicken w. Gravy Italian Vegetable Blend Brown Rice Spiced Pears	4	Spaghetti & Meatballs Salad w. Tomatoes & Cucumbers White Wheat Bread Fresh Pear	5	Salmon w. Tartar Sauce Broccoli Mashed Potatoes Applesauce Roll
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8	BBQ Chicken Flat Bread w. Mozzarella Cheese Cucumber Salad Cantaloupe Jello	9	Home Fries & Cheese Omelette French Toast Sticks Fresh Cut Fruit Ketchup	10	Hamburger on a WG Hamburger Bun Salad w. Tomatoes & Cucumbers Pineapple	11	Dry Rub Bone in Chicken Wings Sweet Potato Fries Coleslaw Corn Muffin Chocolate Chip Cookie	12	Ham w. Scalloped Potatoes Carrots Hawaiian Roll Peach Cobbler
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15	Oven Fried Chicken Seasoned Greens Sweet Potato Spiced Peaches Split Top Roll	16	Beef Italian Sausage Baked Beans Zucchini Biscuit Tropical Fruit Cup	17	Personal Cheese Pizza Side Salad w. Cucumbers, Tomatoes, & Garbanzo Beans Watermelon   Ice Cream	18	Chicken Po Boy w. Lettuce, Tomato & Pickle on French Bread Garden Vegetable Soup Fresh Mixed Fruit	19	Lemon Pepper Flounder w. Tartar Sauce Peas Roasted Baby Bakers Split Top Roll Applesauce
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22	Philly Cheesesteak w. Provolone Cheese Peppers & Onions on a Whole Grain Roll Broccoli Fresh Cut Fruit	23	Chicken Tenders Roasted Baby Bakers 3 Bean Salad Split Top Roll Fresh Orange Honey Mustard	24	BBQ Pulled Pork Hamburger Bun Sweet Potato Fries Green Beans Watermelon	25	Chicken Fajitas w. Peppers, Onions, Lettuce, Shredded Cheese on a Tortilla Black Beans Pineapple   Salsa	26	Tuna Salad on a Croissant w. Lettuce & Tomato Minestrone Soup Whole Grain Crackers Diced Peaches
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29	Bean Burger w. Cheddar Cheese on Hamburger Bun Tater Tots Fresh Peach Guacamole	30	BBQ Chicken Bites Seasoned Greens Cheesy Grits Fresh Cut Fruit	<div> <div> <div>SEPTEMBER</div> <div>2025</div> <div>MENU</div> </div> <div> <div>CITY Fare</div> </div> <div> <div>Wilmington</div> <div>Senior Center</div> </div> </div> <td data-kind="ghost"></td> <td data-kind="ghost"></td> <td data-kind="ghost"></td>			
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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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