

OCT 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



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 Tigue—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

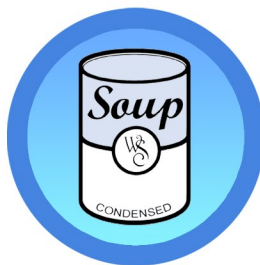
The WSC Speaker Series is a dynamic and engaging program designed to inform, inspire, and connect older adults through thoughtful presentations and meaningful discussions. Held regularly at the senior center, this series brings in guest speakers from a variety of backgrounds to share knowledge, tell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



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

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time!

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**Wednesday
October 29th
11am - 12pm**

For more info contact:
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Stacy Bunes: 317.771.8890



Wilmington Senior Center
1901 N. Market Street
Wilmington, DE. 19802
302.651.3400
info@WilmingtonSeniorCenter.org

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



Wilmington
Senior Center

*Please add "FOOD"
to the comment box
on the donation form



302.651.3400

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W i l m i n g t o n S e n i o r C e n t e r

GALA

A Legacy of Leadership

1 0 | 1 8 | 2 5

H O N O R I N G :

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

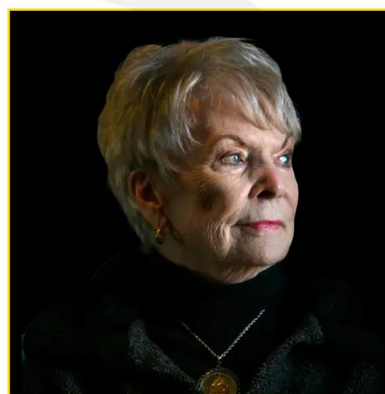
TICKETS
ON SALE
NOW!



TYPE "GALA"
IN MESSAGE BOX

1 TICKET - \$175
2 TICKETS - \$300

Peg Tighe (Posthumous)



Community Advocate
and Leader

THE WATERFALL

3416 Philadelphia Pike | Claymont, DE. 19703



Brandywine Partners/W3R Inc & the Wilmington Senior Center
Will be hosting a National *Wreaths Across America* Ceremony

**on Saturday,
December 13, 2025
9:30am**

1901 N. MARKET ST. WILMINGTON, DE. 19802



WREATHS
— across —
AMERICA



Wilmington
Senior
Center





**TRIPS
&
OUTINGS**

**OCT
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.**

10 | 01

Rodney Square Farmers Market



10 | 07

Cowtown



10 | 16

Delaware Park Casino



10 | 21

Cowtown



10 | 23

Bowlerama



10 | 31

Let the Ghou Times Rule Party



COMPUTER CLASSES



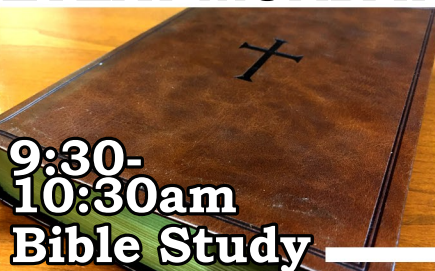
FRIDAYS
9:15AM - 10:15AM

10/03/2025
10/10/2025
10/17/2025
10/24/2025
10/31/2025

Strength & Training

9:30-
10:30am

EVERY MONDAY



9:30-
10:30am
Bible Study



BINGO

12:00pm

CHECK DAYS



Share
Your
Recipe
Project

October
pt.1 - 2nd
pt.2 - 9th
pt.3 - 14th
Finalize - 28th

OCTOBER 2025



THE ULTIMATE SENIOR EXPERIENCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6

9:30 Bible Study
9:30 Strength & Training
10:30 Medicaid Benefits
Update w. Theo Hill
11:30 Lunch
11:00 Network Connect
12:00 BINGO

7

9:30 Trivia & Games
11:00 Cowtown

8

9:15 Trivia & Games
10:30 City Fair Nutrition
10:30 Wii Bowling Teams
11:30 Network Connect
11:30 Lunch
12:00 BINGO w. L.A.C.C.
(Latin American Community Center)

9

10:00 Share your Recipe
Project Part 2
11:30 Lunch
12:00 BINGO

10

9:15 Computer Class
10:30 Trivia & Games
11:30 Lunch
12:00 Movie Day

13

9:30 Bible Study
9:30 Strength & Training
10:30 Holiday Craft Project
11:30 Lunch
11:00 Network Connect
12:00 BINGO

14

10:00 Share your Recipe
Project Part 3
11:30 Lunch
12:00 BINGO

15

10:00 Movement Game
10:30 Wii Bowling Teams
11:30 Lunch
11:00 Network Connect

16

9:30 Trivia
11:30 Lunch
12:00 Delaware Park

17

9:15 Computer Class
9:30 Games & Trivia
11:30 Lunch
12:00 Movie Day

20

9:30 Bible Study
9:30 Strength Training
10:30 Movement Game
11:30 Lunch
11:00 Network Connect
12:00 BINGO

21

10:00 DE Council
on Gambling
11:00 Cowtown

22

9:30 Trivia
10:30 Wii Bowling Teams
10:00 Name That Tune
w. Yolanda Muhammed
11:30 Lunch
12:00 BINGO w. L.A.C.C.
(Latin American Community Center)

23

9:30 Trivia
11:00 Bowlerama
Lunch at Bowling Alley

24

9:15 Computer Class
9:30 Games & Trivia
11:30 Lunch
12:00 Movie Day

27

9:30 Bible Study
9:30 Strength & Training
10:30 Holiday Craft Project
11:30 Lunch
11:00 Network Connect

28

9:30 Trivia
10:00 Swap your Recipe
Project Finalize
11:30 Lunch
12:00 BINGO

29

10:00 Movement Game
11:00 Clear Captions
11:30 Lunch
12:00 BINGO w. L.A.C.C.
(Latin American Community Center)

30

9:30 Trivia
10:30 Movement Game
11:30 Lunch
12:30 BINGO

31

9:15 Computer Class
9:30 Music & Movement
11:00 Let the Ghoul
Times Rule Party!

Monday**Tuesday****Wednesday****Thursday****Friday****OCTOBER 2025 MENU**


Westilmington Senior Center City Fare

6 Salmon w. Dill Sauce Fresh Baked Sweet Potato Caribbean Blend Vegetables Split Top Roll	7 Chicken & Dumplings Peas & Carrots Spiced Pears	1 Swedish Meatballs on Egg Noodles Brussel Sprouts Baked Apples	2 Fish Patty Sandwich on a Brioche Bun Roasted Baby Bakers Peas Tartar Sauce	3 Stuffed Peppers Side Salad w. Tomatoes & Cucumbers Applesauce Split Top Roll
13 Beef Stroganoff w. Mushroom Gravy on Egg Noodles Peas Applesauce Sour Cream	14 Reuben (Roast Beef w. Swiss Cheese, Sauerkraut, and Russian Dressing on Marble Rye) Vegetable Lentil Soup Fresh Cut Fruit Crackers	8 Meatloaf w. Gravy Mashed Potatoes Broccoli White / Wheat Bread Fresh Orange	9 Baked Chicken Thighs Cauliflower Stuffing Fresh Pear	10 Ham w. Scalloped Potatoes Green Beans Hawaiian Roll Apple Cobbler
20 Oven Fried Chicken Mashed Potatoes Seasoned Greens Split Top Roll Fresh Apple	21 Philly Flat Bread w. Peppers & Onions, Philly Style Beef Steak, Marinara Sauce & Mozzarella Side Salad w. Cucumbers & Tom. Fresh Orange	15 Fish & Chips Breaded Flounder w. Tartar Sauce Peas French Fries Split Top Roll Brownie	16 Autumn Spinach Salad w. Roasted Chicken Feta Diced Roasted Squash Craisins Kaiser Roll	17 Pepper Steak Stir Fry w. Peppers & Onions Brown Rice Vegetable Egg Roll Mandarin Oranges
27 Italian Sausage w. Peppers & Onions on a Club Roll Sweet Potato Fries Apple Slices	28 Pot Roast w. Gravy Mashed Potatoes Green Beans Split Top Roll	22 Spaghetti & Meatballs Italian Vegetable Blend White / Wheat Bread Spiced Pears 	23 French Toast Sticks Turkey Sausage Cheese Omelet Home Fries Fresh Cut Fruit Ketchup	24 Chili w. Shredded Cheese Fresh Baked Potato Corn Muffin Fresh Pear
	29 Roasted Turkey Sandwich on a Club Roll w. Lettuce, Cranberry Sauce & Provolone Cheese Pea Soup w. Crackers Fresh Orange	30 Lemon Garlic Chicken w. Zucchini Wild Rice Fresh Cut Fruit	31 Breaded Flounder w. Tartar Sauce Stewed Tomatoes Mac N Cheese Applesauce	

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

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