



Wilmington
Senior
Center

APRIL 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



Our biggest news is our 5K Run on Saturday, March 29th beginning and ending in our Center parking lot. Our goal is 50 participants and \$5,000 in donations. We want to thank Fusion Racing, along with all of the participants, volunteers and sponsors! One of our seniors, Regina, has just turned 100! God bless! Things continue to excel at the Center. Special thanks to Cecile Williams, our Director of Senior Services. We have a big Fishing event coordinated by Dennis Black in the summer. Dennis is a true fishing aficionado. Thanks to our entire team!

God bless all of our supporters and seniors!

Sam Nussbaum
Executive Director





We serve our neighbors as respectful, expert, caring partners in their health. We do this by creating innovative, effective, affordable systems of care that our neighbors value.

We believe the best coverage begins with a conversation

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302.409.3710

teamgreene@abc-seniors.com | TeamGreeneABC.com



V&M BISTRO

1717 Marsh Rd.
Wilm. DE. 19810

(302) 479-7999



Old Brandywine Village, Inc.



Old Brandywine Village, Inc. is the collective voice of the residents, businesses, and organizations of Brandywine Village. We work with our partners to honor the neighborhood's historic significance, advocate for responsible and equitable development, and champion events and activities that celebrate the Brandywine Village.

Anybody interested in becoming active within our Board of Directors, Please contact: jennaprosceno@outlook.com

W&W **BRANDY & WINE 5K**
ON THE BRANDYWINE

Thank You!

Wilmington
W&W Senior
Center

**PARTICIPANTS
VOLUNTEERS
& SPONSORS**

THANK YOU TO ALL PARTICIPANTS, VOLUNTEERS AND SPONSORS!

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

SCAN



TO DONATE

302.651.3400

1901 N. Market St. | Wilmington | DE. | 19802
info@WilmingtonSeniorCenter.org

FISHING TRIP JUNE 14th

Ages 50+



Total Cost: \$100.00 each. Includes Transportation Fee

Payments will not be received the day of the event

Payment due April 18th \$50.00 and May 16th \$50.00 No exceptions

Fishing Poles \$5.00 each | Ages 50+ | Walkers and canes will not be allowed

Wilmington
Senior
Center

BIG BANG BINGO

YOU'RE INVITED!

APRIL 11th 2025

10:00 am - 2:00 pm

Cover Cost: \$15.00 per person - Includes BINGO Packet & Lunch

Packet includes 10 Bingo sheets - additional sheets can be purchased for \$1.00ea.

PRIZES

Lunch:

Hot Dog & Hamburger,
Red Skinned Potato Salad, & Watermelon,
Water, Soda, or Tea

**50/50
RAFFLE**

Reserve your seat by 4/9/2025 - To Register Call: (302) 651-3400 x3425

Must be present to win Raffles & 50/50 called

WILMINGTON SENIOR CENTER | 1901 N. MARKET ST. | WILMINGTON, DE. 19802



**TRIPS
&
OUTINGS**

**April
2025**

Tuesday
04 | 01

Delaware History Museum



Friday
04 | 04

Farmers Market



Tuesday
04 | 08

Cowtown



Thursday
04 | 10

Ballys Casino



Thursday
04 | 17

Phillips in Baltimore



Friday
04 | 25

Picnic at the Brandywine



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

APRIL ACTIVITIES 2025 & PRESENTATIONS*

WILMINGTON SENIOR CENTER

- 04 | 01 - Delaware History Museum (Mystery Trip)
- 04 | 03 - The Gravity Game
- 04 | 04 - Farmers Market
- 04 | 08 - Cowtown
- 04 | 09 - Wills & Estates
- 04 | 09 - Chronic Disease
- 04 | 10 - Bally's Casino
- 04 | 11 - Big Bang BINGO
- 04 | 14 - In School Ya'll
- 04 | 15 - BINGO w. Trinity Health
- 04 | 16 - Chair Yoga w. Sahr Abu
- 04 | 17 - Lunch at Phillips in Baltimore
- 04 | 18 - WSC CLOSED for Good Friday
- 04 | 22 - AmeriHealth Caritas w. Robert Kirby
- 04 | 23 - Corey Chisolm w. Aetna
- 04 | 25 - Lunch at the Brandywine
- 04 | 28 - Lakeisha Allen
- 04 | 29 - Easter Seals

*Presentations and activities are subject to change.

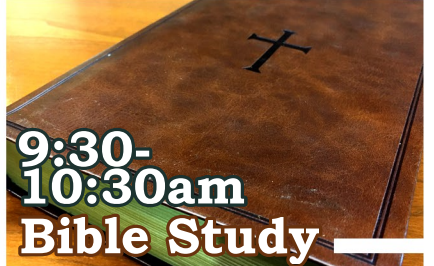


Strength & Training

9:30-10:30am

EVERY MONDAY

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



9:30-10:30am

Bible Study



APRIL 2025

MONDAY

7
 9:15 Tai Chi
 9:30 Strength Training
 9:30 Bible Study
 9:30 Dominos
 10:30 This Day in History
 11:45 Lunch
 12:30 BINGO

14
 9:15 Meditation
 9:30 Strength Training
 9:30 Dominos
 9:30 Bible Study
 11:00 In School Y'all
 11:45 Lunch
 12:30 BINGO

21
 9:15 Boots on the Ground Game
 9:30 Strength Training
 9:30 Dominos
 10:30 Advantage Plan
 10:30 Bible Study
 11:45 Lunch
 12:30 BINGO

28
 9:15 Meditation
 9:30 Strength Training
 9:30 Bible Study
 9:30 Dominos
 10:30 Lakeisha Allen
 11:45 Lunch
 12:30 CASH BINGO

TUESDAY

1
 9:15 Chair Warmup
 9:30 Dominos
 10:00 Mystery Trip & Lunch
Center OPEN for Afternoon Activities

8
 9:30 Morning Stretch
 9:30 Dominos
 10:00 Wii Bowling
 10:00 Cowtown
Center OPEN for Afternoon Activities

15
 9:15 Morning Stretch
 9:30 Dominos
 9:30 Wii Bowling
 11:00 Let Us Talk
 11:45 Lunch
 12:00 BINGO w. Trinity

22
 9:15 Meditation
 9:30 Morning Stretch
 9:30 Wii Bowling
 9:30 Dominos
 10:00 AmeriHealth
 11:45 Lunch
 12:30 Poetry for the Soul

29
 9:30 Morning Stretch
 9:30 Dominos
 9:30 Easter Seals
Center OPEN for Afternoon Activities

WEDNESDAY

2
 9:15 Tai Chi
 9:30 Strength Training
 10:00 Trivia
 11:00 WSIMC - Let It Go
 11:45 Lunch
 12:15 Cash BINGO

9
 9:15 Meditation
 9:30 Strength Training
 9:30 Dominos
 10:00 Wills & Estates
 11:45 Lunch
 12:30 Cash BINGO

16
 9:15 Chair Warm Up
 9:30 Strength Training
 9:30 Dominos
 10:00 Arts & Crafts
 11:45 Lunch
 12:30 Cash BINGO

23
 9:15 Chair Warm Ups
 9:30 Strength Training
 9:30 Dominos
 10:00 Aetna
 11:45 Lunch
 12:30 Cash BINGO

30
 9:15 Stack Attack
 9:30 Strength Training
 9:30 Dominos
 10:30 Free Time
 11:45 Lunch Birthday Celebration!
 12:00 Cash Bingo

THURSDAY

3
 9:15 Morning Stretch
 9:30 Dominos
 9:30 The Gravity Game
 11:00 Movie
 11:45 Lunch
 12:30 Spades

10
 9:30 Chair Exercises
 9:30 Dominos
 10:30 WSIMC - Let It Go
 11:00 Lunch
 11:30 Bally's Casino
Center OPEN for Afternoon Activities

17
 9:30 Morning Stretch
 10:00 Phillips in Baltimore
Center OPEN for Afternoon Activities

24
 9:15 Meditation
 9:30 Dominos
 10:00 Crafter's Corner
 10:00 Scrabble
 10:30 Pictionary
 11:45 Lunch
 12:30 Pokeno

FRIDAY

4
 9:15 Meditation
 10:00 Farmers Market
Center OPEN for Afternoon Activities

11
 10:00 BIG BANG BINGO
Center OPEN for Afternoon Activities

18
CLOSED
COOL FRIDAY

25
 9:15 Morning Stretch
 9:30 Dominos
 10:00 Puzzles
 11:00 Picnic at the Branywine
Center OPEN for Afternoon Activities

Congregate City Fare APRIL 2025 Menu

Monday

Tuesday

Wednesday

Thursday

Friday

1	Chicken Fajitas w. Peppers, Onions, Shredded Cheese & Lettuce on a Tortilla Black Beans Pineapple Salsa
2	Spaghetti & Meatballs Salad w. Tomatoes & Cucumbers White Wheat Bread Fresh Pear
3	Chicken Tenders Roasted Baby Bakers 3 Bean Salad Split Top Roll Cantaloupe
4	Tuna Salad on a Croissant w. Lettuce & Tomato Minestrone Soup WG Crackers Diced Peaches

7	Herb Baked Chicken Italian Vegetable Blend Brown Rice Spiced Pears
8	Sloppy Joe on a WG Hamburger Bun Salad w. Tomatoes & Cucumbers Pineapple Rice Pudding

9	Pot Roast w. Gravy Mashed Potatoes Capri Vegetable Blend Split Top Roll Applesauce
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10	BBQ Chicken Bites Seasoned Greens Carrots Chessey Grits Fresh Cut Fruit
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11	Bean Burger w. Cheddar Cheese on Hamburger Bun Tater Tots Fresh Peach Guacamole
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14	Orange Chicken Stir Fry Broccoli Brown Rice Cantaloupe
15	Philly Cheesesteak w. Provolone Cheese, Onions, Peppers on a Whole Grain Roll Roasted Baby Bakers Fresh Cut Fruit

16	Easter Ham Fresh Baked Sweet Potato Asparagus Wheat Roll Chocolate Cake
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17	Breaded Chicken Sandwich w. Pickles Green Beans Tater Tots Mixed Fruit
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21	Grilled Chicken w. Blush Sauce Penne Pasta Capri Vegetable Blend Fresh Tangerine
22	BBQ Chicken Flat Bread Cucumber Salad Cantaloupe Jello

23	Ground Beef Tacos on a Tortilla w. Tomatoes, Lettuce & Sour Cream Brown Rice Fresh Fruit
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24	Dry Rub Bone in Chicken Wings Sweet Potato Fries Coleslaw Corn Muffin
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25	Home Fries Cheese Omelette French Toast Sticks Fresh Cut Fruit Ketchup
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28	Oven Fried Chicken Seasoned Greens Corn Split Top Roll Fresh Peach
29	Beef Italian Sausage Baked Beans Zucchini Biscuit Tropical Fruit Cup

30	Grilled Chicken Po Boy w. Lettuce, Tomato on Club Roll Garden Vegetable Soup Fresh Mixed Fruit
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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

www.wilmingtonseniorcenter.org



Non-Profit Organization
U.S. Postage

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Wilmington, DE 19850

Permit No. 430

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SCAN TO



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LIVE UNITED



United Way of Delaware

Donor Designation Code: 560