

Sellers Senior Center

SEPTEMBER/OCTOBER 2024

2800 SILVERSIDE ROAD WILMINGTON, DE 19810
(302) 762-2050 FAX: (302) 762-2051



SELLERSSENIORCENTER@VERIZON.NET
WEBSITE: WWW.SELLERSSENIORCENTER.ORG
LIKE US ON Facebook: SELLERS SENIOR CENTER

Staff:

Executive Director -
Jennifer Brooks

Administrative Asst.
Ann Stevenson

**City Fare Site
Manager -**
Jeannie Whye

Board of Directors:

President -
Kathy Scott

Vice President -
Linda Deeney

Pat Anker

JJ Beans

Alice Collins

Keisha Jacobs-Jackson

Terri Doody

Debbie Kling

Matt Mayer

Peachy Tabangin-Griffin

Dr. David Wilderman

Kim Williams

Honorary Member

John Weaver

NYC - Rockette's

Wednesday, December 18, 2024

Cost: \$166



“Rockettes Christmas Spectacular”

Package Includes: Deluxe Motorcoach Transportation,
A Visit To The Famed Bryant Park Christmas Village,
Enjoy shops, Ice Skating, Carolers, Holiday Music,
and lots of great food & drinks. Reserved Seating At The
World-Famous Radio City Music Hall to See The Famed
Rockettes.

Free Time For Shopping & Sightseeing On Times Square

All Taxes & Drivers Tip Included

\$66 deposit is due at time of sign up!



General Membership Meeting

September 5, 2024

9:00am

Join me for a casual get together to discuss any questions you may have about Sellers Senior Center. If you have a concern, coming with a solution will be helpful. This meeting is meant to be a constructive conversation between members and staff.

Respectfully, Jennifer Brooks

Please Note:

**First day of trip
sign ups will be
Tuesday, Sept 3.**

Services Available

Hours of Operation:

Monday & Tuesday

8:30—3:30pm

Wed., Thurs., Friday

8:30—2:30pm

Instructors:

Fitness -

Eric Wolf

Creative Cards -


Ellen Paoletti


Cardio Drumming-

Mary Ellen Luise

Painting -

Colleen Hover

Library: Books can be borrowed during center hours. Returned books should be placed in the laundry basket. Our dedicated “librarians” will keep our library in order.. **Not accepting books 2015 or older.** 

Stamps: Postage stamps are available for purchase in the office. 

DE Durable Power of Attorney: Financial

Golden Club: Free admission to all Brandywine School District sponsored Activities.

Guide to Services for Older Delawareans: A publication for Older Delawareans and Persons with Disabilities.

Handicapped Parking: Placard application

Paratransit: Tickets are now available in the main office for \$10 per strip. ID required. Applications also available

School Tax Credit: Senior deduction in taxes. (form)

Senior Roll Call: This daily telephone service provides added comfort and security that you may need to maintain your independence.

At the time of publication of our bi-monthly newsletter, the Information is as complete and accurate as possible. All items are subject to change.

Membership Information



Welcome New Members:

Brenda Reilly, Debbie Green, Kathy Figurela, Barbara Lewandowski, Rick Fengler, Debra Loux, Richard Mical, Chris Kuiper, Loretta Spigel, Margaret Ann Milligan, Susan Cedrone, Anthony Donato, Eileen Clayton-Smith, Josephine Scorziello, Nancy Stevenson, Phyllis King, John King

Thinking of You: Joe and Holly VanSuch, Eileen Denis, Karen Outten, Verla Hepler, Barbara Mancuso, Dorothy Medeiros, Millie Dyson

Nutrition Program

New Pricing:

City Fare offers a hot meal or bagged supper to those 60 years of age and older.

A donation for the meal is based on income.

Suggested cost: Hot meals and Bag Suppers are now \$3.00 each

Persons under 60 years of age are required by government regulations to pay \$7.00.



Note: Cancellations must be made by noon the previous day.

Salads are available for the summer months \$3.00 each.

Health and Fitness



'Feel Better' Fitness Class "If you don't MOVE it - you will LOSE it."

Classes consist of: 10-15 min. walking paced warm-up, 30 min. work-out while sitting, 10 min. standing work-out, and 5 min. relaxation cool down. These exercises are good for Seniors with Arthritis, Osteoporosis, or Cardiac Rehab. Participants will gain muscular strength, endurance, and flexibility through gentle movements, chair exercises and stretching.

~ Please Take Note Of New Class Time ~

Monday, Wednesday, and Fridays from 9:00-10:00 & 10:15- 11:15am

Cost: \$3 per class

Instructor: Eric Wolf

Wii Bowling

Wii bowling begins the week of September 9.

Please plan to bowl on your teams designated day/time.

Teams must pre-bowl one set of 3 games before 10/14/2024
for the first session.



Looking forward to start of the new season!

Good luck to all of our teams!

Our Mission

Sellers Senior Center is dedicated to enhancing the quality of life for senior citizens in our area by providing quality human services, social contacts, recreation, nutrition and advocacy. Membership is welcome to anyone 50 years of age or older regardless of religion, gender, race, or color.

Ongoing Activities



Bingo: Fridays, 12:30—2:00pm. Bring your **nickels** and enjoy refreshments with friends. Donations are always appreciated. Callers: Alex Sokolski & Suzanne Scolis

Bridge: Duplicate Bridge (requires a partner)—Tuesdays, 9:00am - 12:00pm.

Bridge: Duplicate Bridge (requires a partner) - \$3 every Thursday, 9:00am-12:00pm. For more information, contact the office.

Bunco: Every Monday from 10:00am - 12:00 noon. Cost: \$2.00 (cash prizes)


Canasta: Fridays 10:00am-12:00 noon. Beginners welcome.

Cardio Drumming Tuesdays 1:00-2:00 \$3 per Class

Creative Cards: Learn to make creative cards you can send to your family and friends. Events are geared towards fun, fellowship and learning. Second & fourth Thursdays of each month at 1:00pm. Sign up 2 weeks in advance. For more info and to sign up contact: stampwithellen@aol.com

Game Day: 2nd & 4th Thursday at 12:30pm

Pinochle: Mondays and Tuesdays, 12:30 –3:30. **New Pinochle players needed!**

 **Painting Class:** A fun painting class with acrylic paint on canvas. 2nd & 4th Wednesday of each month 1:00-3:00pm \$6 includes instruction, canvas & paints.

Wii Bowling Interested in joining a team, please contact the office. Substitute bowlers needed as well!



Zendoodle: Monday, September 16, October 7 & 21. at 1:00pm You'll need a sketch book and a Pigma Micron pen.

AARP Defensive Driving



Next Refresher course will be held on, Thursday, November 14, 2024
from 9am-1pm

\$20 for AARP Members, \$25 for Non Members

Cash or check accepted. Checks can be made payable to AARP.

Please see Sellers office to sign up!

Reiki with Rosie

The word “Reiki” means “mysterious atmosphere, miraculous sign.” It comes from the Japanese words “rei,” meaning universal, and “ki,” meaning life energy.

Reiki is type of energy healing. According to practitioners, energy can stagnate in the body where there has been physical injury or even emotional pain. In time, these energy blocks can cause illness. Energy medicine aims to help the flow of energy and remove blocks in a similar way to acupuncture or acupressure. Reiki practitioners believe that improving the flow of energy around the body can enable relaxation, relieve pain, speed healing, and reduce other symptoms of illness. People also refer to Reiki as palm healing or hands on healing.

20 minute sessions

Cost: Free Will Offering



Mondays, September 16 & October 7 & 21

Halloween Bingo



Thursday, October 31 Cost: \$6



Lunch served at 12:00pm

Bingo to begin at 12:45pm

10 Games of Bingo, 50/50 & Door Prizes

Wear your best costume!

Happy Birthday!



September Babies

9/1 Eleanor McLaren
9/3 Marylou Sinkey
9/4 Dorothy Mederios
9/5 John Faber
9/7 John Graver
9/8 Marge Prinski
9/10 Ted Sacher
Brenda Zenorini
9/11 Donna Baldwin
Nancy Hanley
Gary Richardson
9/12 Millie Burke
Ellen Rumbold
9/14 Linda Murphy
9/15 Anita D'Annibale
9/19 Norma Dolan
9/23 Sue MacDonald
9/25 Arlene Skotnicki

October Babies

10/3 Judy Burns
Linda Thomas
10/5 Cindy Grant
Sheilia Lampier
10/9 Lois Doggett
Michelle Lank
Madelyn Ward

10/10 Sue Boggs
Fred Rando
10/12 Evelyn Elson
10/13 Lorraine Wendland
10/17 Josephine Scorziello
10/18 Alice Collins
Sally Townsend
10/19 Gerri Snavely
10/20 Rick Fengler
Trina Gardner
10/21 Linda Deeney
Kathryn Fink
10/22 Cathy Harwell
10/23 Sheila Buckley
Francine Passerini
Becky Truax
10/24 Carol Sinclair
10/26 Patricia Smagala
10/28 Cathy Dolbow
10/29 Theresa Haddock
Beth Masci
10/30 Lorraine Pettit
10/31 Pat Anker
Jane Bordzol



Inspire by Touch Massages

“Inspire by Touch”

Khalil Abdul-Majid will be here at
Sellers - Tuesday, September 10, 24 & October 8, 22

Cost: 10 Minutes- \$5.00
15 Minutes - \$10.00
30 Minutes - \$25.00



Scheduling appointments with **payment** are made in the office.

Please be advised that if you do not show for your appointment, we will not grant a refund. If you should need to cancel please give 24 hours notice if possible.

Wear comfortable clothes. Schedule in the main office.

Rehoboth Beach Trip



Tuesday, September 24



Time: 9:00am-5:00pm

Transportation: \$10

Shop Rehoboth Avenue, Walk the beach &
Boards, Enjoy lunch on your own!

If you'd like to bring a folding chair to sit on the beach, please do so!

Friendly Reminder

* Dues were due July 1! * Atlantic City final payment due 9/4

* Biltmore Final payment due 10/2

Vita Nova



Tuesday October 8

Time: 10:45am-1:30pm

Transportation Cost: \$4.00

Buffet Cost: \$20 - This does not include tip.

Reservation allows for 20 people. Vita Nova is the University of Delaware's student-operated fine dining restaurant, offering an award-winning lunch buffet. It is a University of Delaware tradition and an extraordinary dining experience. Must sign up in person in the office beginning September 3.

City Fare Nutrition Education Session

Megan Brunermer - City Fare's Registered Dietician, will be here on Thursday, October 24th at 11:00am for a nutrition education session.



Topic: Bone Health

Please let Sellers office know if you would like to attend!

School Uniform Collection



Silverside Church is helping Friendship House collect uniforms for public school children. They are requesting donations of new or gently used children's polo shirts and khaki/navy pants sizes 5T-20, adult polo shirt sizes small-2X, women's pant size 000-20, and men's pants size 28-40. Shirts can be any solid color

A collection box is in the Narthex. Thank you for your consideration!



Trip Guidelines

Everyone attending Sellers trips must be able to care for their own personal needs and make independent decisions for themselves. Also, consider the amount of walking that is involved with our bus trips. If assistance is required by the participant he or she must provide their own caregiver and pay for the same.

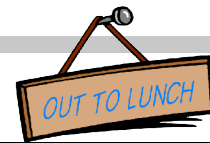
- ◆ Payments for all trips must be made at time of sign-up.
- ◆ Times listed for trips reflect departure/arrival times to and from the center.
- ◆ The bus will start loading passengers 15 minutes prior to departure.
- ◆ Departure time will be as scheduled with or without all passengers.
- ◆ Prepaid tickets for events are not refundable unless a replacement is found.
- ◆ Please remember to park furthest from the center when going on trips.

Transportation: Transportation is available to and from the center on Fridays for \$3.00 a day. Transportation to and from medical/health care appointment can also be scheduled per availability. Call the office for pricing. If you need to cancel your transportation, please contact the office. 302-762-2050

*****Friday transportation beginning middle of September*****

We will begin with one day a week to get an idea of how many members will use this service. Please let the office know if you'd be interested.

Mystery Lunch



Thursday, 9/26

Tuesday, 10/15

Time: 11:30am-2:00pm

Transportation Cost: \$4.00



Atlantic City Tropicana Presents

Atlantic City Boys

Cost: \$75.00

October 14, 2024

Cost includes Motorcoach Transportation,
\$25 in Bonus Slot Dollars, Driver's Tip and

Admission to the 3PM Show



“Atlantic City Boys”

Seats still available!

Fun with Napkins

Join us for an afternoon of crafting, on **Thursday, October 3!**

Time: 1:00pm

Cost \$4.00

You will enjoy learning how to make these two fun crafts with
Linday Murphy & Kay Rzucidlo.

Receipt or Gift Card Holder



Oyster Shell Trinket Dish



Samples will be displayed in main office!

Looking To Downsize

Two local long time realtors share expert advice on downsizing
and what to do with “the stuff”.

Thursday, September 19th at 1PM.



A light lunch will be provided to those that sign up before 9/16.

Please sign up in Sellers Office!

Flu Shots

Flu shots will be offered by Giant this year.

Please bring your Medicare card (red, white & blue card) with you. Medicare will be billed for these services. For those without Medicare, please call for pricing.

Tuesday, October 1

10:00am-1:00pm

Sign Up Required!



Pneumonia, RSV, Covid & Shingles shots will also be available!

Dutch Country Farmer's Market – Middletown



Thursday, October 10 9:00am-2:00pm

Transportation: \$4.00

Dutch Country Farmers Market has something for everyone! Stock up for the week with fresh produce, dairy, and deli selections. Sit down for a homestyle meal at our restaurant or tantalize your taste buds with a tour of our merchants' most delectable dishes. Top it all off by treating yourself to something sweet for the ride home!

Our market features a wide variety of merchants for your tastes and interests. Alongside our amazing food vendors, you'll find handcrafted gifts and furniture, flower arrangements, small appliance sales and repairs.

Trip rescheduled from July. The original sign up has priority!

SILVERSIDE CHURCH'S FALL CONCERT SERIES

SEPTEMBER 15 ~ DOUBLE SHOT

An eight-piece band that plays all your favorite hits from the '60s, '70s, and '80s with a few current hits thrown in for good measure.

Enjoy Motown, Santana, Chicago, America,
The Eagles and more.

OCTOBER 6 ~ QRTT

This Philadelphia-based string quartet blends classical sensibility with a penchant for music of all ages: from Bach to “rock” and everything in between. The concert will feature the music of Coldplay.

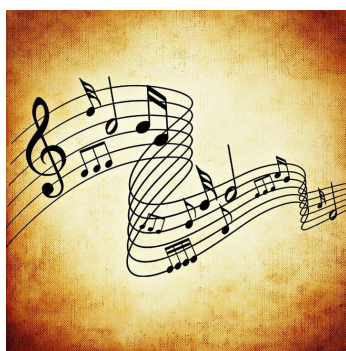
NOVEMBER 3 ~ THE HONEY BADGERS

Singer-songwriters Michael Natrin & Erin Magnin perform folk/Americana music - weaving sparkling harmonies with sincere lyrics, melodies, and stories about finding one's way in the world.

Concerts will be outside on the church lawn beginning at 3:00pm!

Bring your lawn chair!

Donations are appreciated!



Donations and Bequests

Donations and bequests to Sellers Senior Center are deductible for the purpose of computing income and inheritance taxes under the law for donations and bequests for charitable corporations.

Memorial Fund: Contributions to this living memorial is a very thoughtful way of perpetuating the memory of our friends and loved ones. Their names will be engraved on our Memorial Plaques (which hang in our Great Room) and their families will be notified of your remembrance. Your name will be recorded in our Book of Memorials.

United Way Donations: When making donations to United Way, remember to write in Sellers Senior Center's code **#9063** on the back of the card. We are also a member of the United Way of Southern Pennsylvania. For Pennsylvania donations please use **#48809**.

Stock's Pound Cake



We still have pound cakes available for purchase.

Cost: \$16.00

Thank you to those that have supported
this fundraiser!

Sugars Bridge Alpaca Farm

You will enjoy an hour on the farm feeding while learning about and interacting with alpacas, ducks and chickens. You will also learn how they shear, clean and turn the wool into yarn. There is a store where they sell a variety of Alpaca made products.

Tuesday, October 1st 12:15pm-3:00pm



Picnic tables are available, if you would like to bring a snack or picnic lunch.

Center Closings

**Sellers will be closed on
September 2nd
Labor Day**

Puzzle Nook

Stop by our Library and see the great selection of Jigsaw Puzzles we have to choose from. There is always a puzzle in the process of being completed. Put in a few pieces or stay the afternoon.



Please Note:

**Fitness times have changed beginning 9/4.
1st Class will be held from 9:00-10:00am**

2nd Class will be held from 10:15-11:15am



