

Sellers Senior Center

MARCH/APRIL 2025

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

Staff:

Executive Director -
Jennifer Brooks

Administrative Assistant -
Jinni Butz

City Fare Site Manager -
Jeannie Whye

Board of Directors:

President -
Kathy Scott

Vice President -
Matt Mayer

Pat Anker

JJ Beans

Alice Collins

Linda Deeney

Terri Doody

Keisha Jacobs-Jackson

Debbie Kling

Linda Murphy

Kay Rzucidlo

Dr. David Wilderman

Kim Williams

Honorary Member

Please Note:

**First day of trip
sign ups will be**

Monday, March 3

**Beginning at
9:30am.**



SELLERSSENIORCENTER@VERIZON.NET

WEBSITE: WWW.SELLERSSENIORCENTER.ORG

LIKE US ON Facebook: SELLERS SENIOR CENTER

Spring Luncheon



Tuesday, April 8th

12:00pm

Cost: \$4.00

Join us for our Spring Luncheon!

Menu: Ham with Pineapple Sauce, Fresh Baked
Sweet Potato, Asparagus, Wheat Roll/Butter,
Coconut Cream Pie, Milk

Sign up in the office!

Bingo Luncheon Cruise aboard the Spirit of Philadelphia



Wednesday, June 25

Cost: \$164.00

Package Includes: Motorcoach Transportation, 2 Hour
Bingo Cruise, Buffet Luncheon Aboard, Lively Rounds
of Bingo with Prizes, Onboard DJ Entertainment, All
Taxes, Meal Gratuities & Driver's Tip Included

Sign up in the office!

Colored flyers available in office!

Spots still available!



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

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. To enroll call 302-395-8159.

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: Maureen Bonnes, Barbara Falstad, Joanne Rohrbach, Kathy Alford, Patricia Mason Doyle, Carl Bowman, Maryanne Walsh, John Trexler, Carol Saxby, Bruce Hamilton, Laurie McArthur

Thinking of You: Joe VanSuch, Eileen Denis, Karen Outten, Dorothy Medeiros, Millie Dyson, Lorraine Pettitt, Anita D’Annabale, Robin McGhee, Millie Burke, Suzanne Scolis, Anthony Damato, Marilyn Romenesko, Cindy Grant

In Memory of: Holly VanSuch, Joanne Umbrecht

Nutrition Program

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.

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.

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

Cost: \$3 per class

Instructor: Eric Wolf

Wii Bowling

Our second session is under way and our seven teams are going strong. Stop by the bulletin board outside the office to see our weekly team standing in the league.



We are always in need of Subs, if you'd like to sign up to be a sub, please contact the office.

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 at 1:00pm. \$6 includes instruction, canvas & paints.

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



AARP Defensive Driving



Next Refresher course will be held on, Thursday March 27, 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!

Center Closings



Listen to WDEL(1150AM) or at www.wdel.com for center cancelations or closings due to inclement weather. Listen for **Sellers Senior Center** to be announced. This will give you accurate information about the center.

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, March 10, 24 & April 7, 21

St. Patty's Day Lunch



Happy St. Patrick's Day!

Monday, March 17th at 12:00pm

Cost: \$3

Menu: Ham w/ Cabbage, Scalloped Potatoes,
Applesauce, Cookie

Wear Green for a special treat!

Sign up in the office!

Cosmo's Restaurant

Tuesday, March 18 at 9:00am

Reservation for 9:30am

Join your friends out for breakfast & Coffee!



Transportation Cost: \$4.00

This trip is rescheduled from February! Initial sign up has priority, then will open up to others. Please let the office know if the new date works for you.

Happy Birthday

March Babies

3.1 Dolly Krueger
Carol Middleton

3.4 Stephanie Hummel
Judith Roccia

3.6 Jean Morris
Nilda Romero
Eleanor Tyndall

3.7 Pattaya Hobbs
Constance Wittneben

3.8 Lisa Bartolozzi
Jo Ann Bush

3.9 Joseph Dorovich
Doug Lashbrook

3.10 Laurie McArthur

3.11 Frank Bellomo
Vicki Cather
Ethel Coker
Lola Soltner

3.13 Pat Malek

3.15 Norman Orr

3.18 Jennifer McClenaghan

3.19 Bud Brooks

3.20 Patricia Thompson

3.21 Maurgen Smith

3.22 Ronald Matthews

3.23 Mary Teesdale

3.25 Hedwig Debartolomeis
Dave Nekina

3.26 Whittona Burrell
John Whistant
Marty Wilson

3.27 Frank Fawcett

3.29 Bruce Hamilton
Diane King
Joseph Smolka

3.30 Frederick Ringer
Theodore Sobczyk

3.31 Cheryl Emory

April Babies

4.1 John Trexler
Cindy Burrows

4.2 Brenda Riley
Phyllis Maloney
Melvin Messinger

4.3 Kathy Scott

4.4 Leonard Thomas

4.7 Barbara Mancuso

4.8 Pamela Fulmer
Peggy Zhang
Ray Messina

4.11 Loretta Fielding

4.12 Wayne Pease

4.13 Barbara Schlenger-Faber
Denise Way
Bob Carden

4.14 Marie Parks
Patricia Villano

4.15 Sherry Menchaca

4.16 Ted Van name
Gerri Episcopo

4.18 Fran Heffernan

4.19 Fran McCormick
Ray Miller
Robert Nedwick
Rosemarie Foy

4.22 Anna Marie Woolley
Mildred Holmes
Debbie Wittstruck

4.23 Maryanne Cluff

4.24 Judith Lemley

4.25 Delores Pierce
Delores Phillips
Fran Norris

4.27 Anne Marie Rollo
Eric Goldstein
Cheryl Nathan

4.29 Donald Cros

4.30 Jeremiah Ortner
John King

Inspire by Touch Massages

“Inspire by Touch”

Khalil Abdul-Majid will be here at Sellers **March 11, 25 & April 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.

Medication Cost Review



Do you have questions about the cost of your medications?
Would you like to see if you can save money on your medications?

Debbie Kling, is a retired social worker having worked for Christiana Care for over 30 years. Debbie is also a Sellers Board Member.

Bring in your medication list and see if there are more affordable options.

You will need to bring your current medication list, print out from your pharmacy of your medication costs and your insurance card.

When: March 5 & April 2

If interested please sign up for a time slot in the main office!

Peddler's Village



Thursday, April 10 10:00am-3:00pm

Transportation Cost: \$5.00

Follow the winding brick paths of the charming Village to discover the best in apparel, accessories, home goods, furniture, fine art and handcrafted items, books, toys and games, and plenty of gifts and collectibles. More than 90 percent of our 60+ specialty shops and boutiques are small, locally owned businesses.

Sign up in the office!

Adelphia Restaurant - Deptford, NJ

Join us for lunch at Adelphia!

Tuesday, April 22

11:30am

Transportation cost: \$4.00



Experience casual family dining in their newly renovated space. Professional chefs will bring you a fusion of Mediterranean and American as well as Greek cuisine."

Menu at www.adelphiarestaurant.com

Sign up in the office!

Spring Bingo



Thursday, April 24 12:00pm

Come join us for our Spring Bingo!

Cost: \$6.00

Lunch served at 12:00pm Bingo to begin at 12:45pm

10 Games of Bingo, 50/50, & Door Prizes

Sign up in the office!

Flower Fairy Light Jar Craft

Join Linda Murphy on **Wednesday, March 26th**

Time: 1:00pm

Cost: \$6.00



We will be making a flower fairy light jar!

Sign up in the office!

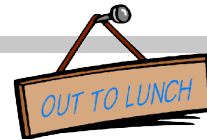


Trip Guidelines

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.

Mystery Lunch



Tuesday, March 25 & Thursday, April 17

Time: 11:30am-2:30pm

Transportation Cost: \$4.00

Please sign up in the office!

Senior Medicare Patrol



Find out how to prevent and detect Medicare Fraud and abuse!

Tuesday, April 29 at 11:30am

Protect Yourself - Detect Fraud - Report Abuse

Sign up in the office if you'd like to attend!

Savannah, GA/Charleston, NC

May 18,-23 2025

6 Days/5 Nights



Cost: Double \$969

Single \$1358

Package Includes: 5 Nights Lodging, 5 Breakfasts, Lunch at Paula Deen's, 2 Full Course Dinners, Guided Tours of Charleston & Savannah, Charleston City Market, Charleston Harbor Cruise, Tour of Ft. Sumter, Boone Hall Plantation House Tour, Formal Gardens, Grounds & Cabins and Gullah Theater Performance, Savannah's River Street District, Savannah's Old City Market, Luggage Handling, All Taxes & Meal Gratuities, Motorcoach Transportation & Driver's Tip



Color Flyer available in Main office!

A Few Spots Still Available!

Wilmington Drama League



Thursday, April 3rd

I Hate Hamlet takes an aspiring actor, his unfortunately chaste girlfriend, the ghost of actor, John Barrymore, a séance, a sword fight and general mayhem to produce a hysterical look at the vagaries of acting for a living!

Preview shows are free of charge and begin at 8:00pm.

Upcoming

8/3 Candlelight Theatre - Escape to Margaritaville



12/16 American Music Theatre - 2025 Christmas Show, *Deck The Halls* & lunch at Shady Maple

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**.

Philadelphia Flower Show



Thursday, March 6 10:00am

Ticket price \$39.99 Trans Cost \$4.00

In 2025, the Philadelphia Flower Show exhibits will take you into a new world of imaginative designs and boundless inspiration. The theme, *Gardens of Tomorrow* invites you to explore the future through the eyes of visionary designers, expert gardeners, and passionate green enthusiasts as they merge nature's brilliance with human ingenuity.

Sign up in the office!

Trip payment due in full at time of sign up!

Center Closings

Sellers will be closed on Good Friday, April 18th

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.



Thank you for supporting our soup sale & football basket raffle!

Mary Krawczuk was the winner of our basket!

Congrats Mary!

Also, many thanks to those that made soup. Our sale was a success!

Paint Night Fundraiser



Sellers is planning a *Pallet Party* Fundraiser, and we'd love to know if you'd be interested in joining us! The evening will feature a creative painting experience, delicious appetizers, wine, and lots of fun! No painting experience required. Gather your friends, all are welcome!

Cost \$60 - Includes all supplies, (pallet, paint, stains, brushes, etc.) step by step instruction, appetizers and wine.

They make great gifts!

Pallet measures 12"x12" or 12" diameter and is custom made from natural wood. A variety of designs will be available to choose from.



**If this sounds like fun & you'd like to join us,
please let the office know.**

We hope to gather enough interest and will finalize a date soon!

Trip Suggestions

got ideas?
LET'S HEAR THEM!

Please continue to share your trip ideas - Do you have any favorite destinations, restaurants, or places you'd love to visit?

Please use the clipboard in the hallway to make suggestions!

We look forward to hearing your thoughts!

Sellers 2800 Silverside Rd.

Senior Wilmington, DE 19810

(302) 762-2050

Center

Sellers Trip Sign-up Form

Non-members must wait a week after sign ups start to sign up (if we have openings)

Qty	Trip/Activity	Price	Paid
	Inspired by Touch Massage Tues, 3/11, 3/25, 4/8, 4/22		See Newsletter
	Reiki Mon, 3/10, 3/24, 4/7, 4/21		See Newsletter
	Philadelphia Flower Show	3/6	Cost \$39.99 Trans Cost \$4
	St. Patty's Day Lunch	3/17	\$3
	Cosmo's Restaurant (Rescheduled)	3/18	\$4
	Mystery Lunch	3/25	\$4
	Flower Fairy Light Jar Craft	3/26	\$6
	Spring Luncheon	4/8	\$4
	Peddler's Village	4/10	\$5
	Mystery Lunch	4/17	\$4
	Adelphia Restaurant	4/22	\$4
	Spring Bingo	4/24	\$6
	Senior Medicare Patrol	4/29	Free
	Medication Review	3/5 & 4/2	Free
	Charter Trips ~		
	Savannah/Georgia Double \$969 Single \$1358		Payment Due in Full
	Spirit of Philadelphia— Bingo Lunch Cruise Cost \$164		Deposit \$50
*	Paint Night Fundraiser -See Newsletter for Details - Please let us know your interest		Yes/No

Total _____

Grand Total _____

Name: _____ Date _____ Cash / Check # _____

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.

The programs and services of Sellers Senior Center, Inc. are in part sponsored by the State of Delaware Division of Aging, The Nutrition Program for New Castle County's Senior Generation (City Fare) and the United States of America Older Americans = Act, Title 111C.