

# Sellers Senior Center

**MARCH/APRIL 2026**

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

facebook 

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

**Staff:**

**Executive Director -**  
Jennifer Brooks

**Administrative Asst-**  
Brianna Snover

**City Fare Site Manager -**  
Jeannie Whye

**Board of Directors:**

**President -**  
Matt Mayer

**Vice President -**

Kathy Scott

JJ Beans

Alice Collins

Linda Deeney

Terri Doodly

Keisha Jacobs-Jackson

Debbie Kling

Linda Murphy

Kay Rzucidlo

Kristen Stetler-Donovan

Kim Williams

**Honorary Member**

John Weaver

## Smoky Mountains of Tennessee



**6 Days - 5 Nights**  
**May 11-16, 2026**



**Double Occupancy \$1,119 - Single Occupancy \$1,518**

Package Includes: 5 nights lodging, 5 Breakfasts,  
3 Dinners, 4 Shows, Visit to the Titanic Museum,  
Smokey Mountain Tour, Tour & tasting at the Ole  
Smokey Tennessee Moonshine, Free time at The Island,  
Free time in Downtown Gatlinburg, Luggage handling,  
Taxes & Meal Gratuities, Motorcoach transportation,  
Drivers Tip.

### Featuring 4 Spectacular Shows

Dolly Parton's Pirates Voyage Show, Paula Deen's  
Lumberjack Feud, Charlie Bob Smith  
Morning Variety Show

**\$100 Deposit due at time of sign up!**

**Full payment due by 4/8.**

**Flyers in the main office!**

**Please Note:**

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

**Monday, 3/2**

**Beginning at**

**9:30am.**

# 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

### **Tai Chi Chih -**

Christine Sapp

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.

**Library:** Books can be borrowed during center hours. Returned books should be placed in the 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 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.

## Membership Information



***Welcome New Members:*** Jerri Colmery, John Gourdier, Sue Halls, Chris Way, Sylvia Reid, Frank Hirsch

***Thinking of You:*** Joe VanSuch, Eileen Denis, Karen Outten, Dorothy Medeiros, Cindy Grant, Gil Wilbur, Len Bordzol, Millie Burke, Helen Winkelman, Abe Wiley, Eleanor Rozmarynoski, Pat Comegys, Dottie Cullen, Barbara Schinchirimini, Shirley Stout

***In Memory of:*** James Parks, Gail Glynn, Pam Coates

## Nutrition Program

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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 \$4.00 each

Persons under 60 years of age are required by government regulations to pay \$8.00.

**Note:** Please make reservations by noon the day before. Cancellations must also be made by noon the previous day.

## Health and Fitness

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**'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**

**The 10:15 class has reached capacity. We encourage you to attend the 9:00 class if possible.**

## Wii Bowling

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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. The last week for this session is April 6th.

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

## Our Mission

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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

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**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:** Thursdays 12:30-2:30pm, 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 11:00am. Sign up 2 weeks in advance. For more info and to sign up contact: stampwithellen@aol.com

**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. **No class March 11th.**

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



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## Tai Chi Chih

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Join accredited instructor **Christine Sapp** for **Tai Chi Chih (TCC)**

**Class held every Thursday at 10:00am**

**Cost: \$3**

Tai Chi Chih is a moving mindfulness practice, often called *moving meditation* or *joy through movement*. Developed in 1974 by Justin Stone, TCC uses 19 gentle movements and one pose to help activate and balance Chi—the vital energy within all living things. Regular practice may promote relaxation, stress reduction, inner peace, mental clarity, and creativity. TCC is not exercise or religion, but a gentle spiritual practice Christine is excited to share with others.

Come try out a class - Your first class is free!

# Atlantic City Tropicana Presents



Famous Duets” Tribute Show Cost: \$83



*April 20, 2026*

Cost includes Motorcoach Transportation,  
\$20 in Bonus Slot Dollars, Drivers Tip and Admission to  
the 3PM Show

A celebration of some of the most iconic Music  
Collaborations in history. Spanning 50 years of Duets from  
Artists like Dolly Parton & Kenny Rogers,  
Johnny and June Cash, Sonny & Cher, Marvin Gaye &  
Tammi Terrell, Simon & Garfunkel, and many more!

Non Members are welcome!

Full payment is due 3/6.

## Spring Luncheon

Tuesday, April 14th

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

Sign up in the office beginning March 2.

# Inspire by Touch Massages

## “Inspire by Touch”

Khalil Abdul-Majid will be here at Sellers **March 10, 24, April 14, 28**

**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.*

## **Bracelet Making**



**Thursday, March 12 1:00pm**

**Cost: \$10.00**

**Create your own bead bracelet with Kay Rzucidlo!**

Please sign up in the office beginning March 2.

## **Spring Craft**



**Join Linda Murphy on Thursday, April 16**

**Time: 1:00pm**

**Cost: \$8.00**

**We will be making a Placemat Door Basket!**

Sign up in the office beginning March 2.

## Chadds Ford Tavern



Tuesday, March 31    Transportation Cost: \$4.00

Bus Departs: 11:30am    Reservation 12:15pm

Enjoy this cozy eatery featuring casual fare such as burgers, steaks, salads, sandwiches and seafood.

This trip is a reschedule from January. Members who previously signed up will have priority, and remaining spots will be opened to others if space allows.

## Erin's Pub

Spend St. Patty's Day at Erin's

Tuesday, March 17 10:30am-1:30pm    Trans Cost: \$4



Enjoy live music & great food!

Sign up in the office beginning March 2.

## AARP Defensive Driving



Refresher course (4 hr) will be held on, **Thursday, April 23**, 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



Please listen to WDEL (1150 AM or [www.wdel.com](http://www.wdel.com)) for announcements regarding center cancellations or closures due to inclement weather. Listen for **Sellers Senior Center** to be announced, as this will provide the most accurate information. An email will also be sent in the event of a closure.



## **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 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.

## **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: Tuesday, 3/10 & 4/14**

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

## **Peddler's Village**

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**Thursday, April 9**

**10:00am-3:00pm**

**Transportation Cost: \$5.00**

Peddler's Village is a storybook village with charming colonial-style buildings, award-winning gardens, and distinctive shopping and dining.

Be sure to check out the Peeps in the Village display!

Sign up in the office beginning March 2.

## **Wilmington Drama League**

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**Wilmington Drama League Presents**

**Wednesday , March 25 at 8pm**

*Murder Among Friends*, part of our Black Box Series, follows Palmer and Angela, a married couple who are both having separate affairs with Ted and are planning to kill each other with Ted's help. What could possibly go wrong?

**Thursday, April 23 at 8pm**

*Ride the Cyclone*, a catchy, hook laden musical, has developed a devoted following and tells the story of a roller coaster malfunction that results in the riders awakening in a mysterious afterlife. The Amazing Karnak fortune telling machine offers them a chance to plead their case and convince him to send one of them back to the world of the living!

No tickets required for preview night!

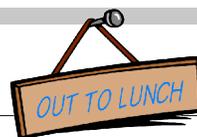
## Donations and Bequests

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 families will be notified of your remembrance.

**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**.

## Mystery Lunch



Thursday, March 26 & Tuesday April 21

Time: 11:30am-2:30pm

Transportation Cost: \$4.00

Sign up in the office beginning March 2.

## Medicare Presentation



Hosted by Bankers Life

Wednesday, March 18 | 1:00 PM – 2:00 PM

Are you ready for Medicare changes in 2026?

Join us to get clear answers about your coverage and options.

**What You'll Learn:** Key changes in Medicare for 2026, Differences between Traditional Medicare and Medicare Advantage, What is and isn't covered, How to make informed decisions about your healthcare options.

Refreshments provided

Sign up in the office beginning March 2

## Center Closings

**Sellers will be closed on Good Friday, April 3rd.**

## Puzzle Nook

Visit our library to see our great selection of jigsaw puzzles. There is always a puzzle in the process. Put in a few pieces or stay for the afternoon!

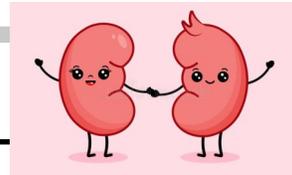


We would like to thank everyone who contributed soup for our sale, as well as those who supported our fundraiser through their purchases.

Anna Beane was the winner of the Super Bowl Square Game ~ Congratulations Anna! 

Carol Saxby was the winner of the  Kiss Jar. Congratulations Carol!

## **Chronic Disease Discussion**



**Tuesday, April 7**

**11:00am**

Join Megan the Dietitian from City Fare in this nutrition discussion about kidney disease. Learn what it is, how it effects the body, how to help prevent it, and how to help control symptoms with nutrition!

Sign up in the office beginning March 2.

## **Day Out in Kennett Square**

**Thursday, April 30 10:30am-3:00pm**

**Transportation Cost: \$4**



A day on State Street in Kennett Square offers a charming mix of boutique shopping, diverse dining, and small-town charm around every corner. Stroll past locally owned shops, explore unique finds, and enjoy everything from cozy cafés, specialty coffee & sweet treats.

Sign up in the office beginning March 2.





# Spring Word Search



BLOSSOM

BLOOM

FLOWERS

RAIN

SHOWERS

EASTER

SPRING BREAK

GRASS

HATCH

BIRDS

SUNSHINE

SEASON

MARCH

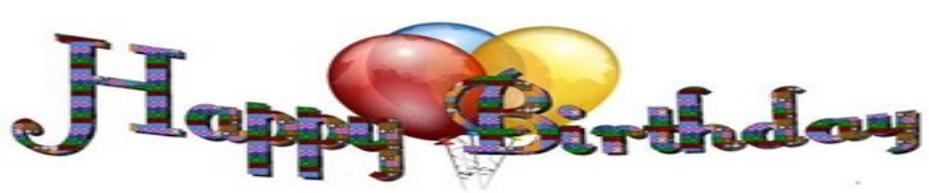
APRIL

MAY

N	L	M	O	R	D	Y	S	M	B	M	O	O	L	B
N	I	A	R	M	E	L	E	S	E	E	A	W	O	G
U	O	Y	E	L	O	S	E	A	S	O	N	M	S	S
L	M	L	I	O	D	N	E	K	L	A	Y	R	P	H
H	C	T	A	H	I	N	G	Q	L	D	B	R	K	U
U	T	P	E	H	O	O	D	I	O	O	I	F	C	L
Y	T	I	S	R	E	T	R	M	D	N	T	R	E	U
V	W	N	A	O	E	P	J	T	G	N	E	D	X	V
E	U	G	R	N	A	D	M	B	R	A	Y	A	T	E
S	L	M	E	U	B	G	R	T	A	S	O	U	P	A
R	E	F	G	L	C	E	B	T	S	I	R	G	A	S
B	A	L	Y	B	A	E	N	O	S	R	E	H	R	T
Y	A	O	I	K	D	O	O	H	R	E	H	O	H	E
U	Y	W	E	M	S	H	O	W	E	R	S	E	D	R
C	H	E	F	A	M	C	L	Y	O	G	D	R	E	S
X	L	R	O	V	Z	R	C	O	J	B	R	I	N	O
F	I	S	E	A	R	A	K	S	L	E	I	O	E	L
B	L	O	S	S	O	M	C	B	J	W	B	M	O	B

## March Babies

- 3.1 Dolly Kreiger  
Carol Middleton
- 3.4 Martie Hubbard  
Stephanie Hummel  
Judith Roccia
- 3.6 Jean Morris  
Nilda Romero  
Eleanor Tyndall
- 3.7 Connie Wittenben
- 3.8 Jo Ann Bush  
Ira Dicker  
Joyce Ford
- 3.9 Joe Dorovich  
Doug Lashbrook
- 3.10 Bob George  
Laurie McArthur
- 3.13 Pat Malek
- 3.15 Norman Orr
- 3.18 Jenny McClenaghan
- 3.19 Bud Brooks
- 3.20 Patricia Thompson
- 3.21 Maureen Smith
- 3.23 Mary Teesdale
- 3.25 Hedwig Debartolomeis  
Dave Neikina
- 3.26 Whittona Burrell  
Marty Wilson
- 3.27 Frank Fawcett



- 3.29 Bruce Hamilton  
Diane King  
Joseph Smolka
- 3.30 Frederick Ringer

## April Babies

- 4.1 John Trexler  
Cindy Burrows
- 4.2 Phyllis Maloney  
Brenda Riley
- 4.3 Kathy Scott
- 4.4 Sue Halls  
Leonard Thomas
- 4.5 Alicelle Laughlin
- 4.7 Barbara Mancuso
- 4.8 Pamela Fulmer
- 4.11 Loretta Fielding
- 4.12 Wayne Pease
- 4.13 Bob Carden  
Barbara Schlenger-Faber  
Denise Way
- 4.14 Marie Parks  
Patricia Villano
- 4.15 Sherry Menchaca
- 4.16 Gerri Episcopo  
Robert Nedwick  
Ted Van Name
- 4.17 Ella Burton

- 4.18 Fran Heffernan
- 4.19 Fran McCormick
- 4.22 Mildred Holmes  
Anna Marie Wooley
- 4.23 Maryanne Cluff
- 4.24 Judith Lemley  
Dolores Facchiano
- 4.25 Fran Norris
- 4.27 Eric Goldstein  
Cheryl Nathan  
Anne Marie Rollo  
Suzanne Scolis
- 4.28 Rose Legg
- 4.30 Jane Fisher  
Jeremiah Ortner  
John King



*Sellers Senior Center Presents*  
***A Taste of Wellness***  
***Health Fair***



Thursday, May 7, 2026

11:00am-1:00pm

*Vendors will feature a tasting inspired by the  
country of their choice.*

Be sure to stop at every vendor table for your chance to win a

***\$100 Visa Gift Card***

*All are welcome! Invite your neighbors and friends to join us.*

*This is a free event.*

*2800 Silverside Rd. (Inside Silverside Church)*

*Wilmington, DE 19810*

*(302) 762-2050*



**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)

<b>Qty</b>	<b>Trip/Activity</b>	<b>Price</b>	<b>Paid</b>
	Inspired by Touch Massage Tues, 3/10, 3/24, 4/14, 4/28		See Newsletter
	Bracelet Making	3/12	Cost \$10
	Erin's Pub	3/17	Trans Cost \$4
	Medicare Presentation	3/18	Free
	Mystery Lunch	3/26	Trans Cost: \$4
	Chadds Ford Tavern Rescheduled Please check office for availability	3/31	Trans Cost \$4
	Chronic Disease Discussion	4/7	Free
	Peddlers Village	4/9	Trans Cost \$5
	Spring Luncheon	4/14	\$4
	Spring Craft	4/16	Cost \$8
	Mystery Lunch	4/21	Trans Cost \$4
	Day out in Kennett Square	4/30	Trans Cost \$4
	Medication Cost Review	3/10, 4/14	Free
	<b>Charter Trips ~</b>		
	Atlantic City—Tropicana	4/20	Cost \$83
	Smokey Mountains	5/11-5/16	Deposit \$100
	Double Occupancy \$1119 Single Occupancy \$1518		Balance due by 4/8

**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.