

Sellers Senior Center

JANUARY/FEBRUARY 2025

2800 SILVERSIDE ROAD WILMINGTON, DE 19810
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facebook

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WEBSITE: WWW.SELLERSENIORCENTER.ORG
LIKE US ON Facebook: SELLERS SENIOR CENTER

Staff:

Executive Director -
Jennifer Brooks

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

John Weaver

Savannah/Charleston



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



Colored Flyer available in Main 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



Please Note:

First day of trip sign ups will be Monday, Jan 6, Beginning at 9:30am.

All charter trips are open to non-members.

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: Ginny Bowers, Jeanette Kelly, Rick Gerard, Kathy Gerard, Tom Giacomponello

Thinking of You: Joe and Holly VanSuch, Eileen Denis, Karen Outten, Dorothy Medeiros, Millie Dyson, Lorraine Pettitt, Anita D’Annabale, Marie Parks, Robin McGhee

In Memory of: Helen Smiddy, Carmella Ianni, Tom Krause

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.



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 first session went well! Our second session to begin Jan. 6.

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 January 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



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, January 6, 27 & February 3, 24

Time: 10:00am-1:00pm



Heart Health Nutrition Presentation

Tuesday, February, 18 at 11:00am



Come learn about how to help your heart through nutrition!

Taught by City Fare’s Dietitian Megan



Cosmo’s Restaurant

Thursday, February 6 at 9:00am

Reservation for 9:30am

Join your friends out for breakfast & Coffee!

Transportation Cost: \$4.00

Happy Birthday!



January Babies

1/2 Anthony Damato
1/6 Elissa Brooks
Virginia Feeley
Carol Middleton
1/7 Rita Vasta
1/10 Robyn Carroll
Pat Wysocki
1/11 Sandra Scheibe
1/12 Mary Krawczuk
1/16 Anne Dunworth
1/18 Barbara Colbourn
1/19 Brenda Almone
Louise Armstrong
1/20 Diane Brake
Judith Carinci
Patricia Scarborough
1/21 Jane Eareckson-Helm
Jack Potts
1/22 Joe Gegan
1/24 Bill Rodriguez
Pat Waldorf
1/25 Jean Rodriguez
1/29 Tim Spence
1/31 Manuel Valez

February Babies

2/4 Hilda Burton
2/6 Fran Adams
Dottie Cullen
2/9 Susan Kleinhomer
2/10 Annaliese Strube
2/11 Frank Wysocki
2/13 Lou Masci
2/15 Nancy Maradie
2/19 Nancy Furman-Hargis
2/21 Susan Cedrone
2/22 Elizabeth Varley
2/25 Irene Bradley-Sacher



Happy Belated Birthday ~

11/19 Gil Wilbur
Beverly Williams
12/12 Maryann Silletti
12/25 Betty Wilbur
12/28 Joe Wojciechowski
12/29 Elaine Mooney

Inspire by Touch Massages

“Inspire by Touch”

Khalil Abdul-Majid will be here at Sellers Tuesday, Jan 14th, 28th & Feb 11th & 25th

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: January 8 & February 5

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

“SOUP”er Bowl Soup Sale

Purchase hot soup to take home!



Thursday Feb, 6th



Quart sizes available!

Prices will depend on types of soup being sold!

If you have a specialty soup and would like to make some, please let the office know.

Also take a chance on a “Super Bowl ”themed basket!

Tickets will be available in the office beginning 1/17.

Winner will be drawn on 2/6.

Valentine Bingo



Thursday, February 13

Come join us for a Valentine Lunch Bingo!

Cost: \$6.00

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

Cash Prizes, Door Prizes & 50/50.

Wear your Valentine Attire!

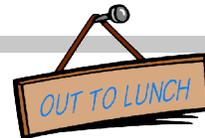


Trip Guidelines

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, Jan. 21 & Thursday, Feb. 20

Time: 11:30am-2:00pm

Transportation Cost: \$4.00

Please sign up in the office!

Delaware Park



Tuesday, February 25 **9:30am-2:30pm**

Transportation Cost: \$4.00

Grab your friends, take a spin & hit big!

Enjoy a bite to eat on your own at the casino!

Candlelight Theatre



“SOMETHING ROTTEN”

Sunday, February 16th

Lunch & Show \$64.50

Doors Open at 1:00pm Show begins at 3:00pm

Welcome to the Renaissance and the outrageous, crowd-pleasing musical farce, *SOMETHING ROTTEN*. Two brothers set out to write the world’s first musical in this hilarious mash-up of sixteenth-century Shakespeare and twenty-first-century Broadway. Created by Grammy Award-winning songwriter Wayne Kirkpatrick, and screenwriters Karey Kirkpatrick and John O’Farrell, *Something Rotten* garnered 10 Tony nominations and was lauded by audience and critics alike as “the funniest musical comedy in at least 400 years.”

Please sign up in the office!

Wilmington Drama League



Thursday, January 23

The Full Monty, nominated for 9 Tony Awards and an adaptation of the Oscar nominated film, is a big-hearted, laugh filled romp that builds to a finale you don’t want to miss!



Thursday, February 27

Tick Tick...Boom! Winner of the Outer Critics Circle Award for Outstanding Off-Broadway Musical, ***tick, tick...Boom!*** is a magical musical story about the process of creation, with its frustrations and joys.

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

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**.

Byler's Country Store - Dover



Tuesday, February 11 9am-1:00pm

Cost: \$5.00

Byler's features a large variety of health foods, produce, deli meats & cheeses, fresh baked pies & breads, & outlet groceries. An impressive kitchen & gift shop can be found tucked inside. Grab a hand dipped ice cream cone and discover why Byler's is a hometown favorite!

Grab a famous sub or panini to enjoy while there!

Upcoming ~



Paint Night Fundraiser - Spring 2025

Mt. Hope Estate Murder Mystery Charter Trip -
May 2025

Center Closings

Sellers will be closed on Jan. 1 for New Year's

Jan. 20 For Martin Luther King, Jr. Day & Feb. 17 for President's 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.

Thank you for supporting our holiday Fundraisers!



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, 1/14, 1/28, 2/11, 2/25		See Newsletter	
	Reiki Mon, 1/6, 1/27, 2/3, 2/24		See Newsletter	
	Mystery Lunch	1/21	\$4.00	
	Cosmo's Restaurant	2/6	\$4	
	Byler's Country Market	2/11	\$5	
	Valentine Bingo	2/13	\$6	
	Candlelight—Something Rotten	2/16	\$64.50	
	Heart Health Talk	2/18	Free	
	Mystery Lunch	2/20	\$4	
	Delaware Park	2/25	\$4	
	Medication Review	1/8 & 2/5	Free	
	Charter Trips ~			
	Savannah/Georgia 5/18-5/23 Double \$969 Single \$1358		Deposit	
	Spirit of Philadelphia—Bingo Lunch Cruise 6/25 Cost \$164		Deposit \$50	

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.