






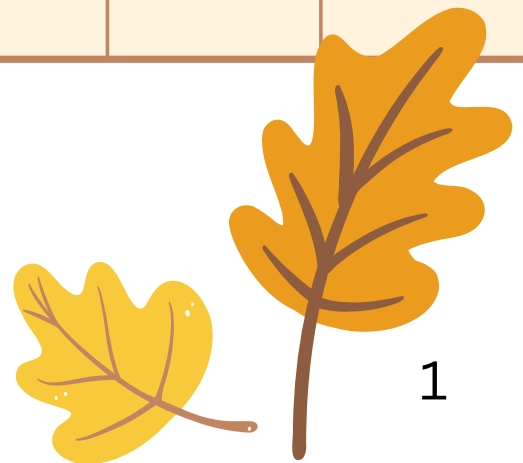
ST. ANTHONY SENIOR CENTER

SEPTEMBER 2025

Newsletter

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 	2	3	4	5	6	7
8	9	10	11	12	13	14
15 	16	17	18	19	20 	21
22	23	24	25	26	27	28
29 	30	9/22/25 To 9/29/25 - No TRANSPORTATION				

1703 West 10th St
Wilmington, DE 19805
302-421-3735
<http://stanthonycenter.org>
seniors@stanthonycenter.org



About our Center

About:

St. Anthony's Senior Center welcomes anyone 55 years of age regardless of race, creed, national origin or handicap. You are welcome to join us for lunch at a cost of \$7.00 per meal. If you are 60 or older, a donation of \$3.00 per meal is suggested to help support the program. Reservations are requested in advance.

St. Anthony Senior Center has an annual Membership Fee of \$35 for current members; and for new members, the fee will be "pro-rated". For further information, you may call St. Anthony's Senior Center at (302) 421-3735

Services include:

- Transportation to and from Senior Center
- Transportation to and from Doctor's Appointments
- Transportation to and from Grocery Shopping and the Bank
- Transportation to and from Malls, Shopping Centers, etc.
- Nutritious noon meals offered seven days a week and an evening meal offered two nights a week
- Various health screenings and exercise classes
- Computer room, gift shop and beauty salon

Hours:


Monday: 8 AM to 4 PM
Tuesday: 8 AM to 8 PM
Wednesday: 8 AM to 4 PM
Thursday: 8 AM to 6:30 PM
Friday: 8 AM to 4 PM
Saturday: 10 AM to 2 PM
Sunday: 10 AM to 2 PM

St. Anthony Senior Center

1703 West 10th St
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302-421-3735

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seniors@stanthonycenter.org

Caught a Typo in our newsletter?

We like to leave one or two just to keep you alert. You're welcome for the brain exercise. 
Real corrections are posted on the bulletin board or posted by the director's office.

St. Anthony Senior Center operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the 1964 Civil Rights Act. To find out more about our nondiscrimination obligations or to file a complaint, please contact us at (302) 421-3735.

Happy Birthday!

Donald Adkins
Steven Arbachuck
Joy Benford-Pyles
Donna DiOrio
Bernard Fiorvanti
Jane Gabrielli
Hester Johnson
Vilma Pagliaro
Michael Pawlikowski



Deborah Rick
Michael Shifflett
Margaret Tucker
Thomas Tucker
Miguel Vazquez

**Please come and join our Birthday Celebration
on **Wednesday, September 25th**, at 11:45am in the Dining Hall!**

Did we forget your birthday? Please let us know!

September Birthday Facts

Birth Flower:

Your birth flower, the aster, represents love, wisdom, and faith—qualities that shine through in everything you do. 🌸

Birthstone:

Happy Birthday to all our September-born gems! This month's dazzling sapphire is said to bring protection, clarity, and loyalty—just like the dependable sparkle you bring to our community. 💎

Zodiac Signs:

Whether you're a thoughtful Virgo (August 23–September 22) with unmatched attention to detail, or a diplomatic Libra (September 23–October 22) who brings balance and harmony wherever you go, your energy helps make our center feel like home. ♍️ ♎️

Fun September Facts:

You share your birthday month with icons like Beyoncé, Freddie Mercury, and Sophia Loren! 🎤 ✨

September gets its name from the Latin word *septem*, meaning “seven,” since it was the seventh month in the old Roman calendar.

It's a month of change—marking the start of autumn, cozy sweaters, and pumpkin-spice everything. 🍂 🍁

We're so lucky to celebrate another year of YOU! 🥳



Announcements

There will be **NO TRANSPORTATION** the week of **9/22-9/29/25**.

- There will be **NO** to-and-from the center, banking, grocery shopping, medicals, or recreational trips this week.

Starting **October 1st**

The center will no longer serve:

Dinner on **Thursday Evenings**

&

Lunch on **Saturdays & Sundays**

due to low participation and budgetary constraints of the City Fare Senior Nutrition Program.

In addition, the suggested donation for the meals will be increasing to \$4.00 for eligible participants and required cost for individuals under 60 will be increased to \$8.00.

FREE!

Lead an active and healthy lifestyle on a limited budget

CREATE BETTER HEALTH™

SNAP-ED

For more information, visit: CreateBetterHealth.org



Learn to "Create" quick and healthy meals using food already in your kitchen.



Learn about food safety, eating well and being physically active on a budget.



Create a SMART Healthier Lifestyle. Includes examples of exercises!

FREE prizes and FREE food samples

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider.

St. Anthony's Senior Center
September 3, 10, 17 and 24
9:00 am to 10:00 am











🎉 It's Official – Our Fundraiser at Juniper at Tonic is Going BIG! 🎉

 **Tuesday, September 9, 2025 | 6–9 PM**

 **Juniper by Tonic**

Join us for a night of delicious food, great company, and an incredible Silent Auction benefiting St. Anthony's Community Center.

Here's a sneak peek at what you can bid on:

-  Yeti Roadie Hard Rolling Cooler
-  4 Phillies vs. Miami tickets (amazing seats + parking!)
-  Dell Laptop
-  Dinner in Your Own Home by Food Network Star Chef Robbie Jester
-  Basket of Cheer with Private Wine Class & Shaker
-  Lego Basket

Every bid helps fund programs that serve thousands each year — from Meals on Wheels to early learning programs to senior housing. ❤️

SACC'S 2025 ANNUAL FUNDRAISER

SEPTEMBER 9, 2025 6-9PM AT JUNIPER BY TONIC

BASKET RAFFLE - 25 CHANCES FOR \$

\$20

**\$10 for seniors;
please see Senior
Center Staff!**

1. 4 Tickets to Longwood Gardens & 1 Bottle of Wine
2. \$50 Gift Card to Painting with a Twist, \$25 to Chick-fil-A & Yeti Jr. Water Bottle
3. Yeti Hopper Flip 18 Soft Cooler
4. Cool Peel Laser Treatment at Joseph Anthony Salon Glen Mills (\$600 value)
5. \$100 Wegman's Gift Card & 1 Bottle of Wine
6. Yeti Lunch Box with Children's Yeti Jr. Water Bottle
7. \$50 Gift Card to the Naked Olive & Bottle of Bonus Mature 1974 Mondini Barolo
8. 2 Tickets to Celebrity Chefs Brunch
9. Baby Basket - Handmade Baby Blanket w/ Accessories & \$50 to Pottery Barn
10. Yeti Hopper M15 Soft Tote Cooler
11. Haircut & Conditioning Treatment at Salon 828 & Women's Bebe Sunglasses
12. \$50 Gift Card to Tyler Fitzgerald's, \$50 to Cafe Pomodoro & 1 Bottle of Wine
13. BBQ Dinner for 4 from the Well, \$50 to Pizza by Elizabeth's & 1 Bottle of Wine
14. Deep Blue at Kitty Knight Gift Basket with Gift Card
15. Kid's Basket - 100 Ride Tickets to Funland Rehoboth & \$50 to Grotto's Pizza
16. Gift Card Basket - El Toro Cantina, Nick's Pizza, Kozy Corner and more!!
17. \$100 Wawa Gift Card with 1 Bottle of Wine
18. Yeti Ice Bucket
19. \$75 Gift Card to Anthony's Coal Fired Pizza with 2 Bottles of Wine
20. Nothing Bundt Cake Gift Basket
21. 4 Tickets to Mt. Cuba, 2 Tickets to The Grand & 1 Bottle of Wine
22. \$50 Gift Card to La Tolteca, Bottle of Tequila & Tequila Smash Margarita Pack
23. \$200 Gift Card to First State Tattoo with a Bottle of Tequila
24. Cheers & Chill Basket - Includes HVAC Tune Up
25. 4 Tickets to Urban Air Adventure Park

A decorative border of tropical flowers and leaves, including pink and yellow hibiscus, red and yellow plumeria, and green palm fronds, surrounds the central text.

JOIN US FOR A

LUAU *Party*

SEPT | 15 | 9:30 AM
TO 1:00 PM

Prizes, treats, and games!

Let's celebrate national senior center month
and the end of summer together!

Wear your favorite Hawaiian shirt,
get ready to dance the hula,
and play a very special game of
"Luau-Themed" Bingo.

RSVP BY SEPTEMBER 8TH!

AARP DEFENSIVE DRIVING CLASS

COURSE OVERVIEW

This 6 hour class is for those who have never taken a driver safety class and for those who haven't had a driver safety class within the past (approximately) 3 years.

Arrive 15 minutes early to complete registration paperwork.

CLASS FEE

Bring AARP member card, driver's license, a pen and either exact change, M.O., or check. No credit cards.

**Cost for AARP members is \$20;
non-member is \$25.**

Feel free to bring something to eat during a 30-minute meal break.

UNITEDHEALTHCARE AARP SUPPLEMENT PLAN MEMBERS

Class participants who have a UnitedHealthcare AARP® Medicare Supplement Plan may take the AARP driver safety classes at no charge until Dec. 31, 2025, but they must bring their UnitedHealthcare membership card with them to class.

SAVE THE DATE

Where?

St. Anthony Senior Center
1703 W 10th Street
Wilmington, DE 19805
Senior Center Library

When?

9 AM to 3 PM
Saturday;

September 20th, 2025

How to Register?

Pre-registration is not required, but suggested - call 302-421-3735, Documents and fee due day of class to AARP volunteer.

JOIN US FOR ST. ANTHONY SENIOR
CENTER'S ANNUAL VACCINE CLINIC!

Flu Vaccine Clinic

**Monday, September 29th
9 AM - 12 PM**

**Senior Center: Library
1703 West 10th Street
Wilmington, DE 19805**

In partnership with Giant pharmacy.



**Sign-up
TODAY!**

To limit vaccine waste and wait times, Giant Pharmacy is requesting that everyone reserves a time slot in advance.

For your convenience, please call the center or speak with Lindsay/Elizabeth.

Please arrive at least 15 minutes prior to scheduled appointment to complete necessary paperwork.

CONTACT US

1703 West 10th Street
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Seniors@StAnthonyCenter.org

DON'T FORGET

Please bring the following documents to the event:

- ID which includes name, date of birth, and address
- Medicare Part B and Medicare Part D (which is prescription insurance card)

Fall Prevention Week: Stay Strong, Stay Safe! **September 22-26, 2025.**

Falls are the leading cause of injury for older adults—but most falls are preventable!

Use this worksheet to check your fall risk and take small steps to protect yourself.

Fall Risk Self-Check

Circle “Yes” or “No” for each:

Do I worry about falling? Yes / No

Have I fallen in the past year? Yes / No

Do I feel unsteady when walking? Yes / No

Do I use my arms to push up from a chair? Yes / No

Do I take 4 or more medications daily? Yes / No

If you circled Yes to 2 or more, talk with your doctor about fall prevention.

Simple Balance & Strength Challenge

Try these each day (always hold a sturdy chair or counter for support):

Stand on one foot for 10 seconds – switch sides


Heel-to-toe walk across the room

Sit-to-stand: rise from a chair without using your arms (repeat 5 times)

Check off when done!

☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

Home Safety Check

Walk through your home and put a  next to each one you’ve done:

- ☐ Remove loose throw rugs
- ☐ Add nightlights in hallways and bathrooms
- ☐ Keep walkways clear of cords and clutter
- ☐ Store items within easy reach
- ☐ Use non-slip mats in the bathroom

Healthy Habits for Fall Prevention

Eat calcium-rich foods (milk, leafy greens, yogurt)

Stay hydrated

Have your vision and hearing checked yearly

Wear supportive, non-slip shoes

My Fall Prevention Goal This Week

Write one small step you’ll take:

Disclaimer: Always consult with your physician or other qualified health care professional before starting, changing, or stopping any exercise program or diet plan. This information is for educational purposes only and should not be considered medical advice.



Great news for those with unpaid medical debt! Recently, Governor Matt Meyer announced a partnership between the State of Delaware and national nonprofit Undue Medical Debt, using \$500,000 in state funds to purchase and eliminate up to \$50 million in medical debt for **an estimated 17,000 or more Delawareans.**

Undue Medical Debt will purchase bundled medical debt portfolios from providers like hospitals and commercial debt buyers to then settle that debt at pennies on the dollar.

There is no application process. Qualifying residents will receive a letter from Undue Medical Debt notifying them that their medical debt has been relieved.

In order to qualify for debt relief, Delaware residents must have annual household income at or below 400% of the federal poverty level or have medical debt that equals 5% or more of their annual household income.

Family Size	Gross Annual Income Limit	Gross Monthly Income Limit
1	\$62,604	\$5,217
2	\$84,600	\$7,050
3	\$106,608	\$8,884
4	\$128,604	\$10,717
5	\$150,600	\$12,550
6	\$172,608	\$14,384
7	\$194,604	\$16,217
8	\$216,600	\$18,500

Medical debt relief will be announced in waves in the coming months.

If you are having problems with medical bills past or present, a Stand By Me Financial Coach can help.

Contact a Stand By Me 50+ Financial Coach for FREE Financial Coaching today!

Call 211 or visit STANDBYMEDE.ORG to schedule an appointment.

Paint Party



**No skills
needed acrylic
painting
party!**

“Iced Tea”

September 22nd. 2025

1:15 PM

in the Senior Center Craft Room

Around the Center

Activity	Date/Time	Location
Create Better Health Class with the Food Bank of Delaware	Wednesdays in September 9 AM to 10 PM	Dining Room
Luau Party	Monday, September 15th 9:30 AM to 1 PM	Dining Room
AARP 6-Hour Defensive Driving Class	Saturday, September 20 th 9 AM to 3 PM	Library
Paint Party – Iced Tea	Monday, September 22nd 1:15 PM – 3:00 PM	Craft Room
Flu Shot Clinic	Monday, September 29th 9 AM to 12 PM	Library

All activities are subject to change.

Health & Counseling Programs

Health & Counseling Programs

AIDS Delaware's Gay and Lesbian Hotline

Statewide: 800-292-0429
Provides information on coming-out issues, local resources, and events sponsored by AIDS Delaware (statewide)

Catholic Charities 302-655-9624

Social services organization offering a variety of services including counseling, shelter services, and emergency basic needs.

Crisis Hotline - Contact Lifeline

New Castle: 302-761-9100
Support for callers in crisis, including suicidal.

Delaware Prescription Assistance Program

The Delaware Prescription Assistance Program (DPAP) is to help pay for prescription medications for elderly and/or disabled individuals who cannot afford the full cost of filling their doctor's prescriptions. The program is designed to aid eligible individuals who have no prescription insurance other than Medicare Part D, and whose income is at or below 200% of the Federal Poverty Level (FPL), or whose prescription costs exceed 40% of their income. To obtain an application for prescription assistance or for help filling out an application, call 1-844-245-9580 and press 0 or stay on the line to reach a representative who can help.

Delaware's Council on Gambling Problems' Helpline

Statewide: 888-850-8888
Provides free, professional assistance and referrals (statewide)

DMAB (Delaware Medicare Assistance Bureau) – is a public service of the State of Delaware Insurance Department to provide health insurance counseling for people with Medicare. The DMAB website is available at:
www.delawareinsurance.gov/DMAB.

Health and Counseling Services Adult

Mobile Crisis -800-652-2929
For adults having a psychiatric or substance abuse crisis and need assistance

Nemours Health Clinic – Provides Dental, Optometry, and Ophthalmology services including eyeglasses, audiology screenings and tests, and provides hearing aids for qualified senior citizens of Delaware. Some of the services require small co-pays. For an appointment phone (302) 651-4405 or stop by the office for more information.

Income guidelines: \$1825/month for an individual – \$2816/month for a couple.

Blood Pressure Screening:

Alternating Thursdays
Time: 10:30am – 11:30am Reading Room

Mental Health Association of Delaware

800-287-6423
Provides support groups statewide for depression, anxiety, and survivors of suicide.

Social, Recreational, Educational & Aquatics

Social & Recreational

Nickel Bingo

Mondays, Wednesdays, Thursdays
10 AM to 12 PM

Tuesday Evenings - 6 PM

Please remember to bring your own nickels! Bingo daubers and paper sheets are sold in the gift shop for your convenience. Reusable bingo cards & chips are available to borrow in the dining room.

Billiards

Pool table for members to share.



Armchair Adventures - Virtual Reality

Travel in the comfort of your own chair.

Registration by 11 AM required.

Tuesdays: 1:15 PM

Location: dining room

Arts & Crafts

Puzzles, art supplies, and adult coloring books are available for all to use in the craft room.

Group puzzle is located in the back of the dining room!

Cornhole

The center has a cornhole set that is free for members to enjoy. Cornhole is a lawn game in which players or teams take turns tossing bags filled with corn kernels or beans at a raised platform with a hole at one end, aiming to score points by landing the bags on the board or through the hole.

Educational Enrichment

Bible Study

Non-denominational bible stud

All faiths welcome!

Barbara Petrucci - Volunteer Teacher

Thursdays: 10:30 AM to 11:30 AM

Senior Center Library

Computer Lab/Library

The center has multiple computers available to use for recreation and research.

Little Lending Library/Reading Room

,Magazines, and a variety of books are available.

Computers/Library

Woodlawn Library offers computer instructions. To assist anyone interested in participating in this program, transportation in our service area (during regular hours) is available. Contact Woodlawn Library by phone for more information at (302) 571-7425.

Technology Assistance/Computer Help

Staff is able to provide limited assistance with smartphones, tablets, and laptops by appointment.

Aquatics

Aquatics Program

Fraim Center for Active Adults

669 S. Union Street

Transportation can be provided from St. Anthony to the Fraim Center for any morning Aquatic's programs. There are different types of Fraim Center memberships. For information, please call the Fraim Center at (302) 658-8420.

Transportation Services

Grocery Shopping

Location	Date/Time:	Cost:
ShopRite	Thursday, September 4th 2:15 PM	\$2.00
ShopRite	Thursday, September 11th 2:15 PM	\$2.00
ShopRite	Thursday, September 18th 2:15 PM	\$2.00

Friendly reminder: please be respectful of everyone's time by meeting at the designated area at departure time.

Please limit your groceries to 2-3 reusable bags to ensure there is room for everyone on the bus.

Banking Services

Tuesdays at 9:30am
Transportation to local banks.
Cost: \$1.00

NO BANKING TUESDAY, SEPTEMBER 23RD AND TUESDAY SEPTEMBER 30TH

REMEMBER – Financial Coaching is available through the Stand By Me 50+ Program on third Wednesday of every month by appointment.

Medical Transportation

Our medical transportation service is provided on Mondays, Wednesdays and Thursdays to members.

All appointments must be scheduled between 9:00-9:30am (the bus will pick you up at 8:30am); and your provider must be within our limited service area.

NO MEDICAL APPOINTMENTS THE WEEK OF 9/22/25!

Sign-up is required.

Cost: \$1.00

Recreational Trips

TRIP REGISTRATION

After 9:00am on the first day of every month, you may sign up for any advertised trip. The full payment or a deposit (as indicated) is required at the time of registration. No sign-up will be accepted between 12:00pm and 1:00 pm during lunch service. Thank You.

Trip	Date	Cost
Delaware Park	Tuesday, September 9th, 2025 10:00 AM to 2:00 PM	\$3.00
Bosco's/ Concord Mall	Tuesday, September 16 th , 2025 10 AM to 2 PM	\$3.00
Cowtown	Tuesday, September 30 th , 2025 9:00 AM to 2 PM	\$5.00

All trips are subject to change due to low registration, weather, traffic, and/or staffing.

Physical Fitness

Physical Fitness

Activity	Day	Time	Instructor
Zumba	Monday	9 AM - 10 AM	Gale Jones
Bingocize	Tuesdays & Fridays	10:30 AM - 11:30 AM	Megan, Lindsay, Elizabeth
Exercise	Tuesday	9 AM - 10 AM	Gale Jones
Yoga/Stretch	Wednesday Friday	Wednesdays: 9 AM - 10 AM Fridays: 2:15 PM - 3:00 PM	Gale Jones
Sit, Stand, Move	Wednesday	1:30 PM - 2:30 PM	Amber Rance & Marion Hammermesh
Cardio Drumming/Stretch**	Thursday	9 AM - 10 AM	Gale Jones
Tai Chi	Thursday	4:30 PM to 5 PM	Gale Jones

Cardio Drumming/Stretch - First Thursday of the month is "Stretch" class in the exercise room.**

Bingocize®

Bingocize® combines exercise and health information with bingo for a fun way to get moving and socializing! Bingocizers maintain or gain improved mobility and independence, learn and use health information focused on falls reduction, improved nutrition and other self-care, all while engaging in a fun, social setting. Pre-registration required.

Sit, Stand, Move Class

Every Wednesday from 1:30 PM to 2:30 PM
Movement-based class for people of all abilities. Teachers Amber Rance & Marion Hamermesh have trained with Dance for Parkinson's at the Mark Morris Dance studios in Brooklyn.

Most classes are offered hybrid; in-person & virtually (via Zoom).

Tai Chi

Tai Chi is a gentle, low-impact exercise that helps older adults improve balance, flexibility, and overall well-being.

Cardio Drumming

Cardio drumming is a form of exercise that utilizes drumming movements. It can be practiced by nearly all individuals and does not require drumming experience. The exercise involves using drumsticks to hit an exercise ball placed on a bucket, while listening to upbeat music.

Exercise Room

Any member is invited to use any of the various type of equipment in the Exercise Room. Our room is equipped with treadmills, bicycles, and weights, and various other pieces of equipment for your fitness program. Please stop by the office to sign the waiver form or obtain more information about the use and operation of our machines.

Outreach & Reference

Outreach & Reference

Delaware Center for Justice Adult Victim Services Program

Provides services to crime victims over the age of 50.

302-658-7174 x15

Child Inc. Domestic Violence Treatment Program

Services for victims as well as children that have witnessed abuse.

302-762-8989

Child Inc. Domestic Violence Advocacy Program

Advocacy and assistance with the PFA process.

New Castle: 302-255-0420

Delaware Volunteer Legal Services

Legal representation for Protection from abuse orders, Custody, Divorce, and Visitation.

302-478-8680

Community Legal Aid Society

Legal help with housing, public benefits, bankruptcy, landlord/tenant, immigration.

New Castle: 302-575-0660

Delaware Volunteer Legal Services Legal Helpline

Legal help with Protection from Abuse orders, Family Law matters, landlord/tenant, consumer fraud, government benefits, IRS issues.

New Castle: 302-575-0660

Wilmington Police Victim Services

Bilingual: 302-576-3665

Victim Services Coordinator: 302-576-3622

Victim Services Specialist: 302-579-3975

Domestic Violence Coordinator: 302-576-3648

Delaware Attorney General's Office

Consumer Protection Unit: 302-577-8600

Delaware State Police Crime Victims Center

1-800-VICTIM-1

1-800-842-8461

Delaware 2-1-1

Statewide: 1-800-560-3372 or 2-1-1

Helps coordinate emergency shelter (statewide)

DMAB (Delaware Medicare Assistance Bureau)

– is a public service of the State of Delaware Insurance Department to provide health insurance counseling for people with Medicare. The DMAB website is available at:

www.delawareinsurance.gov/DMAB.

Health and Counseling Services Adult

Mobile Crisis -800-652-2929

For adults having a psychiatric or substance abuse crisis and need assistance

Nemours Health Clinic – Provides Dental, Optometry, and Ophthalmology services including eyeglasses, audiology screenings and tests, and provides hearing aids for qualified senior citizens of Delaware. Some of the services require small co-pays. For an appointment phone (302) 651-4405 or stop by the office for more information.

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Blood Pressure Screening:

Alternating Thursdays

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Mental Health Association of Delaware

800-287-6423

Provides support groups statewide for depression, anxiety, and survivors of suicide.

Support Services

Support Services

Senior New Castle County Roll Call – Reliable, daily telephone re-assurance for Seniors in New Castle County. If you or someone you know would like more information on this Program, or details on how they can subscribe, call Senior Roll Call Lifeline at (302) 395-8159.

Notary Services – Notary services are available Tuesday and Wednesday on site, FOR A NOMINAL FEE by making an appointment thru the Senior Center. For more information about this service you may phone (302) 421-3735.

Faxing/Copying – The center is now able to fax or copy papers for personal use. Please check with the office for details.

ADRC – Delaware Aging Resource Center – The Delaware ADRC now operates statewide as Delaware's one-stop access point for information and services for older persons and adults with physical disabilities. You may contact them at:
Phone: 1-800-223-9074
Email: DelawareADRC@state.de.us
Website: www.DelawareADRC.com

Division of Services for Aging and Adults with Physical Disabilities –
Contact: Christine Oakes at 1-800-372-2022. She can provide information and referral to appropriate department for your particular need.

Stand By Me – Delaware Financial Empowerment Partnership – Their goal is to help Delawareans who are approaching retirement, or those who have already retired, to understand how to make their finances work for them. Helping them to maintain their quality of life post-employment. In order to serve you better Karen Summa our representative will be here on the third Wednesday of the month. Please call 302- 658-4171 extension 104 for an appointment.

Senior Nutrition Program – Commodity Supplement Food Program Commodity Supplemental Food Program is a federal food program that is designed to improve the health of senior citizens. Food for the program is provided by the United States Department of Agriculture's agency of Food and Nutrition Service. You must be a Delaware resident at least 60 years of age and have a qualifying income. Applications are available at the center. For more information about the Senior Nutrition Program, please contact Dave Weddle at (302) 444-8129.

Seniors Farmers' Market Nutrition Program – The Seniors Farmers' Market Nutrition Program is offered statewide in Delaware from June thru October each year which provides fresh fruits, vegetables, herbs, and honey at no cost to low-income senior citizens at 15 farmers' markets and 14 on-farm markets in Delaware. Participants must be a resident of Delaware, must be 60 years or older; and must have a household income not exceeding 185 percent of the current poverty income eligibility guidelines. The center receives a limited number of cards at the beginning of June, and the center will offer cards to eligible seniors who request them on a first-come-first-serve basis. Each year, a waitlist is kept for eligible seniors who do not receive coupons due to a shortfall in available funds each year.

Outreach & Reference, Cont.

Outreach & Reference

City of Wilmington Resources

Smoke and Carbon Monoxide Detectors

The State Fire Marshal's Office offers FREE hard-wired smoke detectors and carbon monoxide detectors for senior citizens and persons with disabilities. For information call 323-5375 or call the Wilmington Fire Department Fire Safety Programs at 576-3120.

Disaster Planning and Assistance

The Wilmington Emergency Preparedness Office offers disaster planning and assistance. For information call 576-3914.

Crime Prevention and Personal Safety

The Wilmington Police Department offers Crime Prevention and Personal Safety Programs. For information call 576-3189.

Home Repair Program

The Wilmington Department of Real Estate & Housing offers a Home Repair Program. For information call 576-3000.

Free Electric Fan Program

The Mayor's Office offers a Free Electric Fan Program for seniors who live in the City. For information call 576-2489.

County and School Taxes

You can also save on County taxes and school taxes. For seniors who meet requirements 1 and 2, you may still qualify for a school tax credit up to \$500 regardless of income. Contact New Castle County at 395-5520 or download the application from the [NCC website](#).

New Castle County Resources

Senior Home Repair Program

This program focuses on code and safety issues first and then weatherization and accessibility repairs. A homeowner must be at least 62 years old to participate in this program. It's a two-part program: first is a \$5,000 grant; if additional work needs to be done in the home, homeowners may choose to also use a \$7,500 no interested deferred loan, to a total maximum of \$12,500. There is a waiting list for this program and individuals are sent application letters based on their position on the waiting list. For more information, please call (302) 395-5698.

Senior Tree Removal Program

To participate in this grant program, one homeowner must be at least 62 years old. The program is designed to assist income qualified seniors to remove damaged, dead or dying trees or tree limbs from their property. Properties must be located in New Castle County, outside city limits of Wilmington and Newark. Grants are awarded on a first-come, first-served basis if funding is available. Tree trimming services are not provided through this program. For more information call (302) 395-5698

Emergency Home Repair Program

The Emergency Home Repair Program assists qualified homeowners make critical repairs to their home. This is a loan program that focuses on health and safety issues in the home. Items to be repaired will consist of things like water lines, sewer lines, roofs, heaters, etc. Approved applicants will be eligible for up to \$20,000 of home repairs in the home. New Castle County will work with contractors that have been approved through the county bid process to address the identified issues in the home. A lien will be placed on the property and the terms of repayment will be based on the homeowner's income. For more information call (302) 395-5698.

Property Tax & Sewer Tax Rates

New Castle County is happy to offer up to \$32,000 in property tax exemptions to eligible residents aged 65 or older. Eligible residents aged 65 or older may receive up to 50% off their next sewer bill. For more information, please call (302) 395-5520

Support Services & Nutrition

Beauty Salon

Salon services by Piera Vassallo are available now on Tuesdays. Piera is a multi-talented stylist, who prides herself in ensuring that her clients feel comfortable and leave happy!

Call or text Piera at 302-545-1751 to schedule an appointment.

Senior Center Gift Shop

The Senior Center Gift Shop is open! Monday, Wednesday, & Thursday: 9:00 AM to 12 PM.
Tuesdays': 2 PM to 4:30 PM.

The Gift Shop is always willing to accept donations. We can accept jewelry, glass items, etc.; but PLEASE no clothing, bedding, furniture, or shoes at this time

Nutrition

- Meals are served at 12pm Monday – Sunday
- Dinner is served on Tuesdays and Thursdays evenings at 5 PM!
- St. Anthony Senior Center operates on an advance reservation system for our Nutrition Program. Reservations for any meal is requested by 12pm the day before you wish to eat.
- St. Anthony's Senior Center welcomes anyone 55 years of age regardless of race, creed, national origin or handicap. You are welcome to join us for lunch at a cost of \$7.00 per meal.
- If you are 60 or older, a donation of \$3.00 per meal is suggested to help support the program.
- Meal coupons are available upon request.

How to join us for a meal

Registration & advance reservations for the nutrition program is required. Please let us know by at least the day before by noon. Monday meals must be requested by Friday noon; Saturday & Sunday meals by Thursday at noon. Reservations may be made by calling 302-421-3735.

All meals are subject to change.



All meals are served with 1% milk
St. Anthony's Evening Meals -



Tuesday Evening Meals

9/2.

Lemon Pepper Flounder w/ Tartar Sauce
Peas
Roasted Baby Bakers
Roll
Applesauce

9/9.

Chicken Fajitas w/ Peppers, Onions, Lettuce,
& Shredded Cheese on Tortilla
Black Beans & Salsa
Pineapple

9/16.

BBQ Chicken Flat Bread w/ Mozzarella Cheese
Cucumber Salad
Cantaloupe
Jell-O

9/23.

Orange Chicken Stir Fry
Broccoli
Brown Rice
Cantaloupe

9/30.

Spaghetti & Meatballs
Salad w/ Tomatoes & Cucumbers
White/Wheat Bread
Fresh Pear

Thursday Evening Meals

9/4.

Chicken Po Boy w/ Lettuce, Tomato & Pickle
French Bread
Garden Tomato Soup
Fresh Mixed Fruit

9/11.

BBQ Pulled Pork on a Hamburger Bun
Sweet Potato Fries
Green Beans
Watermelon

9/18.

Hamburger on WG Hamburger Bun
Salad w/ Tomatoes & Cucumbers
Pineapple
Ketchup

9/25.

Ground Turkey Tacos on a Tortilla
Tomatoes, Lettuce & Sour Cream
Brown Rice
Watermelon





September 2025 Salad Menu




Monday	Tuesday	Wednesday	Thursday	Friday
<div>All meals subject to change.</div> <div>Minimum site order is 5.</div>		9/3 <u>Caesar Salad</u> Romaine topped with Chicken Caesar Dressing Parmesan cheese Croutons Fresh Pear	9/4 <u>Chopped Salad</u> Mixed Greens topped with Diced Egg, Tomato & Cucumber Diced Cheddar Cheese Bacon Bits Fresh Fruit Split Top Roll	
		9/10 <u>BLT Salad</u> Romaine topped with Chicken Strips Bacon Bits Cherry Tomatoes Cubed Cheddar Cheese Apple Slices Split Top Roll	9/11 <u>Greek Salad</u> Chopped Romaine topped with Chicken Feta Cheese Onions, Tomato & Cucumber Olives Fruit Cup Split Top Roll	
		9/17 <u>Fajita Chicken Salad</u> Romaine topped with Fajita Chicken Strips Tri Color Tortilla Strips Roasted Corn & Black Beans Diced Tomatoes & Onion Fresh Peach	9/18 <u>Spring Spinach Salad</u> Spinach topped with Chicken, Craisins Bacon Bits Cucumbers Feta Cheese Split Top Roll	
		9/24 <u>BBQ South West Salad</u> Mixed Greens topped with BBQ Pulled Chicken Roasted Corn & Black Beans Diced Tomatoes & Onion Fresh Orange Split Top Roll	9/25 Last Day for Salads <u>Chef Salad</u> Mixed Greens topped with Ham, Turkey & Swiss Cheese Tomato & Cucumber Slices Croutons Fruit Cup	<ul style="list-style-type: none">All meals contain 1%Suggested minimum donation for persons 60+ is \$3.00. People under age 60 must pay \$7.00.



City Fare Grab & Go Menu September 2025



Monday	Tuesday	Wednesday	Thursday	Friday
9/1 CLOSED for Labor Day	9/2 Ham & Cheese Sandwich on Marble Rye w/ Lettuce & tomato Marinated Vegetable Salad Fresh Cut Fruit Mayo	9/3 Herb Baked Chicken w/ Gravy Italian Vegetable Blend Brown Rice Pears	9/4 Penne & Meatballs Italian Vegetable Blend White Wheat Bread Fresh Pear	9/5 Salmon w/ Tartar Sauce Broccoli Mashed Potatoes Applesauce Split Top Roll
9/8 BBQ Chicken w/ Roll Green Beans Tropical Fruit Cup Jello	9/9 Home Fries & Cheese Omelette French Toast Sticks Orange Ketchup	9/10 Beef Hamburger on a WG Hamburger Bun Broccoli Pineapple	9/11 Chicken Tenders Sweet Potato Fries Peas & Carrots Corn Muffin Chocolate Chip Cookie	9/12 Ham w/ Scalloped Potatoes Carrots Hawaiian Roll Peach Cobbler
9/15 Baked Chicken Cauliflower Sweet Potato Diced Peaches Split Top Roll	9/16 Beef Italian Sausage Baked Beans Zucchini Biscuit Tropical Fruit Cup	9/17 Personal Cheese Pizza Lima Bean Salad Fresh Orange Cookie 	9/18 Breaded Chicken Sandwich w/ Cheese on a Roll Italian Blend Vegetables Roasted Baby Bakers Mixed Fruit	9/19 Lemon Pepper Flounder w/ Tartar Sauce Peas Roasted Baby Bakers Split Top Roll Applesauce
9/22 Philly cheesesteak w/ Provolone Cheese, Peppers & Onions on a WG Roll Broccoli Fresh Tangerine	9/23 Chicken Tenders Roasted Baby Bakers Green Beans Split Top Roll Mandarin Oranges Honey Mustard	9/24 BBQ Pulled Pork Hamburger Bun Sweet Potato Fries Green Beans Diced Peaches	9/25 Chicken Fajitas w/ Peppers, Onions, Shredded Cheese & Lettuce on a Tortilla Black Beans Pineapple Salsa	9/26 Tuna Salad on a Croissant w/ Lettuce & tomato Cucumber Salad Fresh Cut Fruit
9/29 Bean Burger w/ Cheddar Cheese on Hamburger Bun Tater Tots Fresh Peach Guacamole	9/30 BBQ Chicken Bites Zucchini Carrots Brown Rice Tropical Fruit Cup			<ul style="list-style-type: none"> • All meals subject to change. All meals contain 1% milk. • Suggested minimum donation for persons 60+ is \$3.00. People under age 60 must pay \$7.00.


September 2025 - Bag Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9/1 CLOSED for Labor Day	9/2 PB&J Sandwich Celery Sticks Fresh Orange Yogurt	9/3 Tuna Salad on 12 Grain Bread w/ Tomato & Lettuce Celery Sticks Fresh Peach Giant Gram Cookie	9/4 Turkey w/ Swiss Sandwich on White Wheat Bread Cucumber Slices Mixed Fruit Cup Mango Juice Mustard	9/5 Cheese Sandwich Hummus Baby Carrots Fruit Cup	9/6 Turkey & Provolone Wrap w/ Mustard Marinated Vegetable Salad Applesauce Mango Juice	9/7 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Fresh Orange Fruit Punch Horseradish
9/8 Breakfast Sandwich Yogurt Cucumber Slices Fresh Orange	9/9 Chicken Salad on a WG Croissant Celery Sticks Pineapple Tidbits Fruit Punch	9/10 Tex Mex Wrap of Fiesta Chicken Strips, Shredded Cheese, and Black Beans & Corn Salad Fresh Peach Guacamole	9/11 Egg Salad on a Croissant Sliced Bell Pepper Pineapple Fruit Punch	9/12 Turkey Salad on 12 Grain Bread Baby Carrots Apple Slices Fruit Punch	9/13 Chicken Caesar Salad Wrap Cucumber Slices Fresh Orange Chocolate Chip Cookie Caesar Dressing	9/14 Ham & Cheese Wrap Cucumber Salad Fresh Peach Pudding
9/15 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Fresh Orange Fruit Punch Horseradish	9/16 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Mandarin Oranges	9/17 BBQ Chicken Wrap w/ Cheese Red Skin Potato Salad Mixed Fruit Mango Juice	9/18 Ham & Cheese Wrap Cucumber Salad Fresh Peach Pudding	9/19 Turkey & Swiss on Marble Rye w/ Sliced Bell Peppers Mixed Fruit Cup Fruit Punch Mayonnaise	9/20 Rachel (Turkey, Swiss & Coleslaw on Rye Bread) Baby Carrots Applesauce	9/21 Chicken Salad on a WG Croissant Celery Sticks Pineapple Tidbits Fruit Punch
9/22 Ham & Swiss on White Wheat Bread Cucumber Salad Diced Pears Mustard Chocolate Chip Cookie	9/23 Tuna Packet WG Crackers Cheese Stick Bell Peppers Fresh Orange Mayo Packet	9/24 Grilled Chicken Patty on Whole Wheat Hamburger Roll Black Bean & Corn Salad Pineapple Mango Juice BBQ Packet	9/25 Cottage Cheese w/ Diced Peaches Celery Sticks Hard Boiled Egg WG Crackers	9/26 Ham & Cheddar on a Baby Kaiser Roll with Carrots Apple Slices Fruit Punch Mustard	9/27 Hummus w/ WG Pita Baby Carrots Diced Pears Yogurt	9/28 Breakfast Sandwich Yogurt Cucumber Slices Fresh Orange
9/29 Mini Bagel Peanut Butter & Jam Hard Boiled Egg Celery Sticks Tangerine	9/30 Italian Hoagie (Ham, salami, provolone, lettuce) Bell Peppers Diced Peaches Italian Dressing			<ul style="list-style-type: none"> • All meals subject to change. All meals contain 1% milk. • Suggested minimum donation for persons 60+ is \$3.00. • Cancellations must be called in to our office by 12:00 pm the day before the cancellation. 		



City Fare Menu September 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9/1 CLOSED for Labor Day	9/2 Ham & Cheese Sandwich w/ Lettuce & Tomato on Marble Rye Wedding Soup WG Crackers Fresh Tangerine Mayo	9/3 Herb Baked Chicken w/ Gravy Italian Vegetable Blend Brown Rice Spiced Pears	9/4 Spaghetti & Meatballs Salad w/ Tomatoes & Cucumbers White Wheat Bread Fresh Peach	9/5 Salmon w/ Tartar Sauce Broccoli Mashed Potatoes Applesauce Roll	9/6 Breaded Chicken Sandwich w/ Pickles 3 Bean Salad Tater Tots Pineapple	9/7 Oven Fried Chicken Seasoned Greens Sweet Potato Spiced Peaches Split Top Roll
9/8 BBQ Chicken Flat Bread w/ Mozzarella Cheese Cucumber Salad Cantaloupe Jello	9/9 Home Fries & Cheese Omelette French Toast Sticks Fresh Cut Fruit Ketchup	9/10 Hamburger on a WG Hamburger Bun Salad w/ Tomatoes & Cucumbers Pineapple	9/11 Dry Rub Bone In Chicken Wings Sweet Potato Fries Coleslaw Corn Muffin Chocolate Chip Cookie	9/12 Ham w/ Scalloped Potatoes Carrots Hawaiian Roll Peach Cobbler	9/13 Tuna Salad on a Croissant w/ Lettuce & Tomato Minestrone Soup WG Crackers Diced Peaches	9/14 Philly cheesesteak w/ Provolone Cheese, Peppers & Onions on a Whole Grain Roll Broccoli Fresh Cut Fruit
9/15 Special Meal Ham with Pineapple Sauce Seasonal Veggies Wheat Roll with Butter Coconut Cream Pie RSVP By Sept. 8th	9/16 Beef Italian Sausage Baked Beans Zucchini Biscuit Tropical Fruit Cup	9/17 Personal Cheese Pizza Side Salad w/ Cucumbers, Tomatoes, and Garbanzo Beans Watermelon Ice Cream 	9/18 Chicken Po Boy w/ Lettuce, Tomato & Pickle on French Bread Garden Vegetable Soup Fresh Mixed Fruit	9/19 Lemon Pepper Flounder w/ Tartar Sauce Peas Roasted Baby Bakers Split Top Roll Applesauce	9/20 Pot Roast w/ Gravy Mashed Potatoes Capri Vegetable Blend Split Top Roll Applesauce	9/21 BBQ Chicken Bites Seasoned Greens Cheesy Grits Fresh Cut Fruit
9/22 Philly cheesesteak w/ Provolone Cheese, Peppers & Onions on a Whole Grain Roll Broccoli Fresh Cut Fruit	9/23 Chicken Tenders Roasted Baby Bakers 3 Bean Salad Split Top Roll Fresh Orange Honey Mustard	9/24 BBQ Pulled Pork Hamburger Bun Sweet Potato Fries Green Beans Watermelon 	9/25 Chicken Fajitas w/ Peppers, Onions, Shredded Cheese & Lettuce on a Tortilla Black Beans Pineapple Salsa	9/26 Tuna Salad on a Croissant w/ Lettuce & Tomato Minestrone Soup WG Crackers Diced Peaches	9/27 Hamburger on a WG Hamburger Bun Salad w/ Tomatoes Pineapple	9/28 BBQ Chicken Flat Bread w/ Mozzarella Cheese Cucumber Salad Cantaloupe Jello
9/29 Bean Burger w/ Cheddar Cheese on Hamburger Bun Tater Tots Fresh Peach Guacamole	9/30 BBQ Chicken Bites Seasoned Greens Cheesy Grits Fresh Cut Fruit		<ul style="list-style-type: none"> All meals subject to change. Meals contain 1% milk. Meals are ordered according to projected number; over that number, back-up meals will be available. 	<ul style="list-style-type: none"> Saturday & Sunday Mid Day Meals Served at St. Anthony Senior Center Tuesday & Thursday Evening Meal served at St. Anthony Senior Center. 		