

NOVEMBER 2025

at St. Anthony Senior Center

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11 VETERANS DAY	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 closed happy thanksgiving	28 closed	29
30	1	2	3	4	5	6

St. Anthony Senior Center
 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. If you are 60 or older, a donation of \$4.00 per meal is suggested to help support the program. Reservations are requested in advance. You are welcome to join us for lunch at a cost of \$8.00 per meal.

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 5 PM
Friday: 8 AM to 4 PM
Saturday: **CLOSED**
Sunday: **CLOSED**

St. Anthony Senior Center

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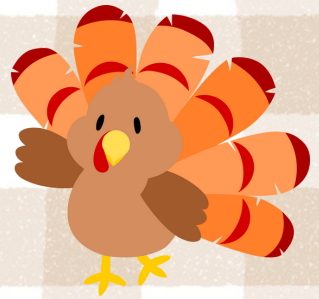
<http://stanthonycenter.org>
seniors@stanthonycenter.org

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.

NOVEMBER MESSAGE



November Message from St. Anthony Senior Center 🍁

As the air turns crisp and the leaves show their colors, we're reminded that November is a month for gratitude and reflection.

This Veterans Day, we pause to honor and thank all who have served our country. Your courage, sacrifice, and dedication inspire us every day — and we are proud to have so many veterans in our community.

As Thanksgiving approaches, we're also thankful for you — our wonderful members. Your smiles, stories, and kindness make our center feel like family. May this season bring you warmth, good health, and moments of joy shared with loved ones.

With appreciation and heartfelt thanks,
Your friends at St. Anthony Senior Center ❤️

Closures

- Thursday, November 27th
- Friday, November 28th



HAPPY BIRTHDAY!

Joyce Atkins
Cynthia Austin
David Baumann
Barbara Bradley
Cheryl Colburn
Karen DiTullio-Ewell
Sandra Duszak
John Fields
Lynn Fraimont
Harry Hall



Norma Iubatti
Comfort Jones
Judy Kraft
Lynn Moyer
Robert Partridge
Lorraine Thomas
Marilyn Townsend
Bob Williams
Joanne Ushery

**Please come and join our Birthday Celebration
on **Wednesday, November 19th**, at 11:45am in the Dining Hall!**

Did we forget your birthday? Please let us know!

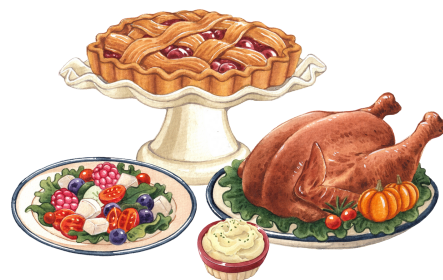
November Birthdays

Happy Birthday to all our wonderful November-born members!  You share your special month with the season of gratitude—and that feels fitting, because we're so thankful for YOU!



Birth Flower: The chrysanthemum, symbolizing friendship, joy, and long life—perfect for our vibrant community.

Birthstones: November babies sparkle with Topaz and Citrine, both known for bringing warmth, wisdom, and positivity to those who wear them. ✨



Zodiac Signs:

 **Scorpio (Oct 23–Nov 21):** Passionate, loyal, and determined—you bring depth and energy wherever you go.

 **Sagittarius (Nov 22–Dec 21):** Adventurous, optimistic, and full of stories—you remind us to keep exploring life's joys.

Whether you're blowing out candles or just savoring another beautiful day, we hope your November is filled with laughter, love, and maybe a slice (or two) of birthday cake! 🎂

MEDICARE OPEN ENROLLMENT EVENTS

Department of Insurance (DOI) hosts
Medicare events by appointment only
October 20 - November 21

**Tuesdays,
DOI Dover Office**

1351 W North St, Suite 101, Dover, DE 19904
9:00am to 3:30pm

**Wednesdays,
DOI Wilmington Office**

Excluding 11/12/2025
503 Carr Road, Suite 303, Wilmington, DE 19809
9:30am to 3:00pm

**Thursdays,
DOI Georgetown Office**

28 The Circle, Suite 1, Georgetown, DE 19947
9:30am to 3:00pm

This is your time to see if you can find lower premiums and extra benefits. Find out all your Medicare health plan choices for 2026 - including prescription drug plans and Medicare Advantage plans from private insurers. Plans change every year – maybe your healthcare needs have changed too.



Delaware Medicare Assistance Bureau (DMAB)

can answer all your questions
about Medicare Open Enrollment
and the new 2026 benefits.

Medicare Open Enrollment
Period begins **October 15, 2025** and
ends **December 7, 2025**.

Call **302-674-7364**
for more information or visit
insurance.delaware.gov/dmab



Delaware Department of Insurance
Trinidad Navarro, Insurance Commissioner



AROUND THE CENTER

Activity	Date/Time	Location
Presentation with Jody Seyfferth from Delaware Council on Gambling Problems.	Wednesday, November 5th, 2025 9:30 AM	Dining Room
Presentation and Nickel Bingo with Candy from Ingleside Homes	Thursday, November 6th, 2025 9:30 AM	Dining Room
Presentation on Medicare Fraud & Abuse by the Senior Medicare Patrol	Monday, November 10th, 2025 12:30 PM to 1:00 PM	Dining Room
Presentation with Denise Garcia from St. Francis Life	Wednesday, November 12th, 2025 12: 15 PM	Dining Room
Lunch and Learn about Medicare with Theodore Hill Uphill Benefit Group	Monday, November 17 th , 2025 12:15 PM	Dining Room
Join Meg, City Fare's Dietitian, for lunch and chat about any nutrition questions/concerns you may have	Tuesday, November 18th, 2025 12:00 PM	Dining Room
Ted Talk Speaker, David Sylvester, joins us for a lunch time talk to spread kindness	Monday, November 24 th , 2025 12:00 PM	Dining Room
Paint your own ceramic gingerbread house (please register by November 19th)	Tuesday, November 25th, 2025 3:00 PM	Craft Room

ALL ACTIVITIES ARE SUBJECT TO CHANGE.



Attend the presentation on Medicare fraud and abuse

St. Anthony's Senior Center

When: November 10th

Time: 12:30 p.m.

Senior Center Dining Room
1703 West 10th St
Wilmington, DE 19805



SMP

Senior Medicare Patrol

Preventing Medicare Fraud

Contact Delaware
Senior Medicare Patrol
Call **1-800-223-9074**



DELAWARE
HEALTH AND
SOCIAL
SERVICES

TED TALK
SPEAKER

THE HUG EFFECT



MONDAY
24 NOVEMBER



TIME
12:00 PM

SPEAKER

DAVID SYLVESTER

AUTHOR • TED SPEAKER • GLOBAL HUG AMBASSADOR
COME SHARE A SMILE—AND MAYBE EVEN A HUG!

FEATURED IN THE GUARDIAN, ESPN, AND PHILADELPHIA MAGAZINE

A Heartwarming Lunchtime Talk: The Healing Power of a Hug

After losing a dear friend in the 9/11 attacks, David Sylvester discovered the incredible comfort and connection that come from a simple hug. Since then, he's shared one million hugs across 50 states and 42 countries, bringing smiles, hope, and healing wherever he goes.

Now, as part of his 25th Anniversary 9/11 Hug Across America Tour, he's on a mission to hug someone in every U.S. state and territory—and he is going to start right here at St. Anthony Senior Center!

Join us for an uplifting lunchtime talk filled with stories, laughter, and inspiration. Let's celebrate kindness, community, and the simple joy of human connection.



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

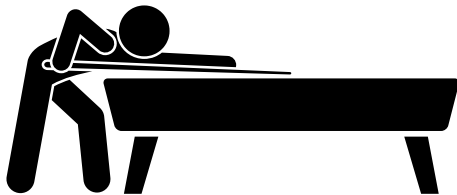
Mondays, Wednesdays, Thursdays
10 AM to 12 PM

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.



Strategies for Managing Your Finances This Season

- Keep your thermostat low – keeping it at 68 instead of 72 degrees can save \$40/month.
- Use apps like Gas Buddy (**gasbuddy.com**) to find the lowest gas prices in your area (a recent check saved 40 cents/gallon!)
- Planning a shopping trip? What is your spending limit? Write down a plan.

Making the Best of the Holidays Buy discount cards at warehouse stores or senior centers.

- Focus on personalized, inexpensive gifts – photos, baked goods.

What to Think About Looking to 2026

- Set a goal.
- Invest in yourself – develop new skills, learn budgeting and investing.
- Invest your money.
- Start a Budget Road Map Plan – Determine your Cash Flow.
- Build an emergency fund.
- Take a look at your taxes – if you expect a large refund, adjust your withholding to bring home more take home pay.

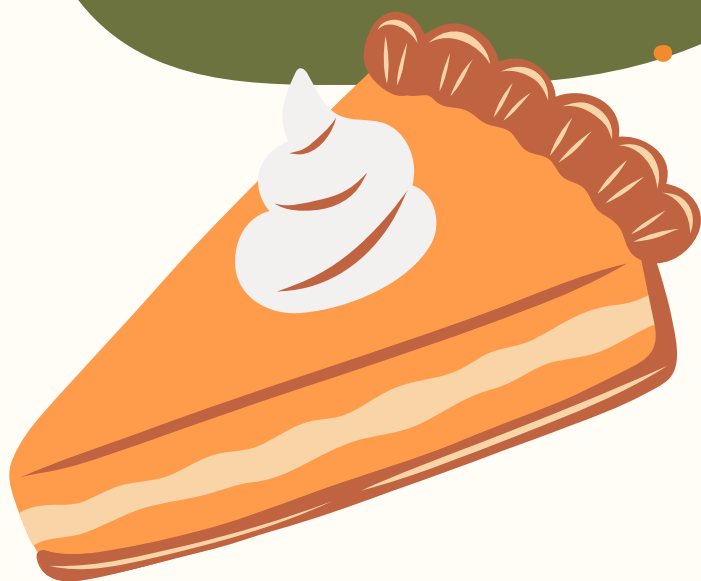
Schedule a Benefits Check Up with your Stand By Me Financial Coach to see what free or low cost programs you may be eligible for.

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

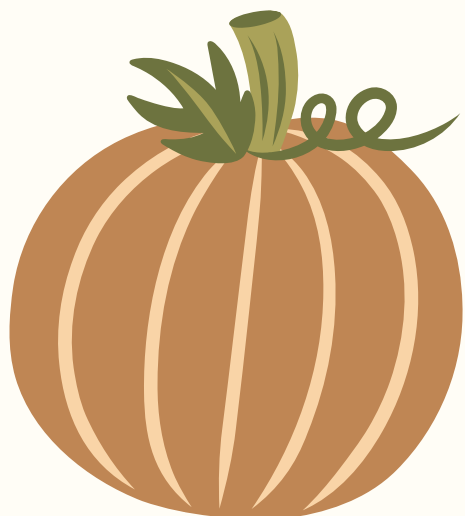
Call 211 or visit STANDBYMEDE.ORG to schedule an appointment.

RSVP BY NOON, TUESDAY NOVEMBER 25TH

NOV 26
12:00 PM



JOIN US FOR A
friends
giving



Lunch:

- Roasted Turkey w/ Gravy
- Mashed Sweet Potatoes
- Asparagus
- Stuffing
- Cranberry Sauce
- Pumpkin Pie w/ Whipped Cream

Suggested donation for lunch

60+ \$4.00

**St. Anthony
Senior Center**

PHILLY

**Monday,
November 10th
Cost: \$30**

**Sign-up
today!**

Philly



EXPLORE ART AND HISTORY OF PHILADELPHIA

- A private tour of Philadelphia Museum of Art Highlights
- American Revolution Museum

Monday, November 10th, 2025

Cost: \$30

Departure from the Senior Center – 8 AM
Returning home by 6 PM

WHATS INCLUDED

- ✓ Charter Transportation
- ✓ Admission Fees
- ✓ Snack

This trip is valued at \$118/pp.

13

Thanksgiving

WORD SEARCH

Can you find the words hidden in the puzzle?



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

TURKEY

LEAVES

PINECONE

APPLE

CANDLE

AUTUMN

MUSHROOM

CORN

ACORN

PUMPKIN

FIREPLACE

PEAR

TRANSPORTATION SERVICES

Grocery Shopping

Location	Date/Time:	Cost:
ShopRite	November 6th, 2025 2:15 PM	\$2.00
ShopRite	November 13th, 2025 2:15 PM	\$2.00
ShopRite	November 20th, 2025 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

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.

Sign-up is required.

Cost: \$1.00

RECREATIONAL TRIPS

Trip	Date	Cost
Walgreen's	Tuesday, November 4th, 2025 2:30 PM	\$1.00
Philadelphia Museum of Art & The American Revolution Museum	Monday, November 10th, 2025 <i>See Flyer</i>	\$30.00
Boscov's Concord Mall	Tuesday, November 18th, 2025 10:00 AM to 2:00 PM	\$3.00
Wegman's	Tuesday, November 25th, 2025 10:00 AM to 2:00 PM	\$2.00

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.

**ALL TRIPS ARE SUBJECT TO
CHANGE DUE TO LOW
REGISTRATION, WEATHER,
TRAFFIC, AND/OR STAFFING.**

PHYSICAL FITNESS

Group Fitness Classes

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

Zumba

Join us with for low-impact dance fitness class. Move to lively music, boost your energy, improve balance, and have a great time with friends. No dance experience needed – just bring your smile and get ready to move!

Mondays from 9 AM to 10 PM with Gale in the group exercise room

Chair Exercise

Challenge yourself with this fun exercise class while working with weights, bands, straps and balls. Improve your mobility, stability, strength, and stretch with exercises designed to work arms, legs, core, and balance. Exercises are done seated, standing or on the floor but you are always encouraged to do what your body allows you to do.

Tuesdays from 9 AM to 10 AM with Gale in the Group 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.

Tuesdays & Fridays from 10 AM to 11 AM with Meg, Elizabeth, & Lindsay in the dining room

Bingocize is on a hiatus – please check back.

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.

Wednesdays from 1:30 PM – 2:30 PM with Amber & Marion in the group exercise room

Tai Chi

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

Thursdays from 4:30 PM to 5 PM with Gale in the group exercise room

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.

Thursdays from 9 AM to 10 AM with Gale in the back of the dining room; First Thursday of the month is Stretch Class in the group exercise room

Yoga

Explore your boundaries of stretch while practicing mindful breathing in this slow controlled yoga movement class. Relieve tight muscles, enhance balance, and discover new ways to reduce tension. You will work from the floor to standing asanas, but the movements may be done in a chair as well.

Wednesday from 9 AM to 10 AM & Fridays from 2:15 PM to 3:00 PM with Gale in the Group Exercise Room

Gym/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 – Friday
- Dinner is served on Tuesdays 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 \$8.00 per meal.
- If you are 60 or older, a donation of \$4.00 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;

Reservations may be made by calling 302-421-3735.

All meals are subject to change.



St. Anthony's Evening Meals

Tuesday Evening Meals

****All meals are served with 1% milk****

11/4.

Beef Stroganoff w/ Mushroom Gravy & Sour Cream
Egg Noodles
Peas
Applesauce

11/11.

Oven Fried Chicken
Mashed Potatoes
Seasoned Greens
Split Top Roll
Fresh Apple

11/18.

Breaded Flounder w/ Tartar Sauce
Stewed Tomatoes
Mac n Cheese
Applesauce

11/25.

Roast Ham & Swiss on a Croissant w/ Lettuce
Tomato Soup w/ Crackers
Fresh Pear
Mustard



November 2025 - Bag Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11/3 Turkey & Provolone Sandwich on Rye Bread Baby Carrots Apple Mayonnaise	11/4 Caesar Salad Wrap Tortilla w/ Grilled Chicken, Lettuce, & Caesar Dressing Sliced Bell Peppers Fresh Orange	11/5 Egg Salad Sandwich on a Croissant Celery Fresh Pear Mango Juice	11/6 Ham & Cheddar Sandwich on Potato Roll Broccoli Bites Mandarin Oranges Mustard	11/7 Hummus and WG Pita Edamame Succotash Cucumber Slices Apple Slices	11/8 Peanut Butter & Jelly Sandwich Yogurt Baby Carrots Diced Peaches	11/9 Roast Beef Sandwich on Potato Bun w/ Cheddar Cucumber Salad Diced Peas Horseradish
11/10 Cottage Cheese Hard Boiled Egg Bagel Celery Diced Peaches	11/11 Turkey & Cheddar on 12 Grain Bread Baby Carrots Diced Peaches Mayonnaise	11/12 Tuna Salad Sandwich on a 12 Grain Bread 3 Bean Salad Fresh Orange Fruit Punch	11/13 Grilled Chicken Wrap w/ Lettuce Cherry Tomatoes Mixed Fruit Ranch	11/14 Turkey Club Wrap Baby Carrots Apple Sauce Mayonnaise	11/15 Chicken Salad w/ Craisins on a Croissant Broccoli Bites Grapes	11/16 Cheese Sandwich 3 Bean Salad Fresh Orange Cookie
11/17 Ham & Swiss on 12 Grain Bread Snap Peas Applesauce Mayonnaise	11/18 Peanut Butter & Jelly Sandwich Yogurt Baby Carrots Diced Peaches	11/19 Grilled Chicken Patty Sandwich w/ Cheddar Cheese on Bun Red Skin Potato Salad Mixed Fruit BBQ Sauce	11/20 Roast Beef Sandwich on Potato Bun w/ Cheddar Cucumber Salad Diced Peas Horseradish	11/21 Chicken Salad w/ Craisins on Pita Bread Celery Sticks Fresh Orange	11/22 Ham & Cheddar Sandwich on Kaiser Roll Baby Carrots Apple Slices Mayonnaise	11/23 Tuna Salad Sandwich on WhiteWheat Bread Sliced Bell Peppers Fresh Pear
11/24 Italian Hoagie with Onion & Lettuce 3 Bean Salad Pineapple Tidbits Italian Dressing	11/25 Cereal Yogurt Hard Boiled Eggs Cucumber Slices Mixed Fruit	11/26 Chicken Salad w/ Craisins on a Croissant Broccoli Bites Grapes	11/27: (Pick up on 11/28) Happy Thanksgiving Turkey & Swiss Sandwich w/ Jam on a Brioche Bun Baby Carrots Pineapple Tidbits Cookie	11/28 Closed	11/29 Closed	11/30 Closed
- Lunch is served at noon; advanced reservations & registration required - All meals subject to change. All meals contain 1% milk - Suggested minimum donation for persons 60+ is \$4.00. People under age 60 must pay \$8.00.						

Lunch Menu November 2025



Monday	Tuesday	Wednesday	Thursday	Friday
11/13 Fish Patty Sandwich on a Broche Bun w/ Pickles & Tartar Sauce Roasted Baby Bakers Peas Applesauce	11/14 Stuffed Cabbage w/ Marinara Sauce Side Salad w/ Tomatoes & Cucumbers Dices Peas Split Top Roll	11/15 Chicken Stir Fry in a Ginger Sauce Broccoli & Carrots Brown Rice Fresh Cut Fruit	11/16 Swedish Meatballs On Egg Noodles Brussel Sprouts Baked Apples	11/17 Roast Ham & Swiss on a Croissant w/ Lettuce Tomato Soup Fresh Pear Mustard Crackers
11/10 Chicken & Dumplings Peas & Carrots Fresh Plum	11/11 Meatloaf w/ Gravy Mashed Potatoes Broccoli White/Wheat Bread Fresh Orange	11/12 Dry Rub Chicken Wings Caribbean Blend Vegetables Stuffing Fresh Pear	11/13 Ham w/ Scalloped Potatoes Green Beans Hawaiian Roll Apple Cobbler	11/14 Salmon w/ Dill Sauce Fresh Baked Sweet Potato Cauliflower Split Top Roll Diced Peaches
11/17 Beef Stroganoff w/ Mushroom Gravy On Egg Noodles Peas Applesauce	11/18 Reuben (Roast Beef w/ Swiss Cheese, Sauerkraut, and Russian Dressing on Marble Rye) Garden Vegetable Soup Fresh Cut Fruit Crackers	11/19 Chili w/ Shredded Cheese Baked Potato Corn Muffin Fresh Pear	11/20 Autumn Spinach Salad w/ Roasted Chicken Feta Diced Roasted Squash Craisins Roll	11/21 Pepper Steak Stir Fry w/ Peppers and Onions Brown Rice Mandarin Oranges Vegetable Egg Roll
11/24 Spaghetti & Meatballs Italian Blend Vegetables White Wheat Bread Spiced Peas	11/25 French Toast Sticks Turkey Sausage Cheese Omelet Home Fries Fresh Cut Fruit Ketchup	11/26 Roasted Turkey w/ Gravy Mashed Sweet Potatoes Asparagus Stuffing Cranberry Sauce Pumpkin Pie w/ Whipped Cream	11/27 Closed	11/28 Closed
- Lunch is served at noon; advanced reservations & registration required - All meals subject to change. All meals contain 1% milk - Suggested minimum donation for persons 60+ is \$4.00. People under age 60 must pay \$8.00.				