

St. Anthony's Senior Center

January 2026

Community • Wellness • Connection

SUN	MON	TUES	WED	THUR	FRI	SAT
				1 Closed	2 Closed	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Closed 	20	21	22	23	24
25	26	27	28	29	30	31

St. Anthony's Senior Center

📍 1703 West 10th Street, Wilmington, DE 19805

📞 302-421-3735

✉️ seniors@stanthonycenter.org

🌐 <http://www.stanthonycenter.org>

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Hours of Operation

Monday: 8:00 AM – 4:00 PM
Tuesday: 8:00 AM – 8:00 PM
Wednesday: 8:00 AM – 4:00 PM
Thursday: 8:00 AM – 5:00 PM
Friday: 8:00 AM – 4:00 PM
Saturday & Sunday: Closed

Meet Our Team

- Executive Director – Kim Caputo
- Senior Center Director – Lindsay Draper
- Assistant Director – Elizabeth Negron
- Nutrition Site Manager – Brian Shaw

 Main Office: 302-421-3735

 General Inquiries:

seniors@stanthonycenter.org

Happy New Year

- The Center will be closed January 1 and January 2 in observance of New Year's Day
- The Center will be closed January 19th in observance of Martin Luther King Day

Winter Weather Reminder

In the event of snow or severe weather, please take note of our inclement weather policy.

All center closures will be broadcasted on WSTW (93.7 FM), WDEL (101.7 FM & 1150 AM), and will be posted on the center's Facebook page. Stay safe, and thank you for allowing us to prioritize your well-being!

A Note About Our Newsletter

You may notice our newsletter looks a little different this month. To reduce paper waste and printing costs, we've streamlined our newsletter into fewer pages. Menus, trip information, and other frequently updated items are posted separately and on our bulletin boards.

Thank you for your understanding and for helping us be more efficient and environmentally friendly. Feedback is welcome and appreciated!

~ Lindsay Draper

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St. Anthony's Senior Center Membership Renewal

January is Membership Renewal Month
A friendly reminder that annual membership dues are due in January. Your membership helps support the programs, services, and activities that make St. Anthony's Senior Center a welcoming place for our community.

Membership Fee

Annual Membership Fee: \$35
Payment is due by February 1.
Members needing to pay in installments should contact Lindsay or Elizabeth.
First-time members enrolling in March or later will be prorated accordingly.

Why Membership Matters

Your membership helps us continue to offer:

- Social, educational, and wellness programs
- Fitness and movement classes
- Transportation services
- Technology assistance and support services
- A welcoming space to connect with friends and neighbors

How to Renew

- ✓ Code of Conduct & Renewal Paperwork will be available on January 5th at the office and on our website
- ✓ Cash or check accepted - please make checks out to "St. Anthony Senior Center"

Code of Conduct Acknowledgment Required

St. Anthony's Senior Center is committed to maintaining a welcoming, safe, and respectful environment for all participants. To support this, all participants are required to review the Center's Code of Conduct and sign an acknowledgment upon receipt.

The Code of Conduct outlines expectations for appropriate behavior, mutual respect, and cooperation while participating in programs, activities, and services at the Center.

Failure to adhere to the Code of Conduct may result in corrective action, up to and including suspension of participation privileges.

Thank You for Being Part of Our Community

Your continued membership helps ensure St. Anthony's Senior Center remains a vibrant, supportive place for adults 55+.

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January Birthdays

Sandy Arthur
Janice Bendeck-Peart
Annette Brister
Jean Creedon
Patty Egan
Andrea Shifflett
Bernie Brzozowski
Kay Gaglione



Edward Hunt
Jeannette Mann
Eileen Silicato
Lavern Mills

Join us for our January Birthday Celebration

 January 21, 2026 |  11:45 AM |  Dining Room

Did we miss your birthday? Please let us know!

**Happy Birthday to all of our January celebrants!
If you were born this month, here are a few fun facts just for you:**

 **Birthstone: Garnet**

Known for its deep red color, garnet symbolizes friendship, protection, and good health — a perfect stone for starting the year strong.

 **Birth Flower: Carnation**

Carnations represent love, admiration, and resilience. They're also one of the longest-lasting flowers, just like the wisdom of our January birthdays!

 **Did You Know?**

- January is named after Janus, the Roman god of doors and new beginnings
- People born in January are often described as loyal, thoughtful, and determined
- Capricorn and Aquarius birthdays both fall this month — practical thinkers and big dreamers!

We hope your birthday month is filled with warmth, laughter, and cake 

Be sure to stop by the center so we can help you celebrate!

Title VI Notice

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.

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Social & Recreational Programs

Nickel Bingo (bring your own nickels)

- Monday, Wednesday & Thursday: 10:00 AM – 12:00 PM
- Tuesday evenings: 6:00 PM

Arts & Crafts

Puzzles, art supplies, and adult coloring books are available for all to use in the craft room. Please see monthly events for group projects.

Billiards & Cornhole

- Available daily
- Location: Billiard Room

Wii Bowling League

- Wii Bowling League has begun for the 2025-2026 season: Good luck bowlers!
- Location: Billiard Room

Educational & Technology Programs

Bible Study (Non-Denominational)

- Thursdays: 10:30 – 11:30 AM
- Location: Library
- All faiths welcome led by volunteer teacher, Barbara Petrucci

Computer Lab & Library

- Open during regular center hours
 - Little Lending Library/Reading Room: Books, magazines, and a variety of books are available.
 - Technology Assistance is available by appointment

Computers/Library

Woodlawn Library offers computer instructions. Transportation in our service area (during regular hours) is available. Contact Woodlawn Library by phone for more information at (302)571-7425.

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Group Fitness Classes

- **Zumba:** Mondays | 9:00 – 10:00 AM
- **Chair Exercise:** Tuesdays | 9:00 – 10:00 AM
- **Exercise Bingo:** Tuesdays & Fridays | 10:30 - 11:30 AM ***starting January 13th***
- **Yoga:** Wednesdays & Fridays | 9:00 – 10:00 AM
- **Tai Chi:** Thursdays | 4:30 – 5:00 PM
- **Cardio Drumming:** Thursdays | 9:00 – 10:00 AM
 - Except the first Thursday of the Month
- **Stretch:** First Thursday of Month | 9:00 – 10:00 AM
- **Sit, Stand, Move:** Wednesdays | 1:30 – 2:30 PM

Most classes are offered in-person and virtually.

Fitness classes are held in the Exercise Room, with the exception of Exercise Bingo and Cardio Drumming, which are held in the Dining Room.

Exercise Room

Treadmills, bikes, and weights are available for member use after waiver completion.

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.

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Transportation Services

- **Medical Appointments:** Mondays, Wednesdays & Thursdays
 - Pick-up at 8:30 AM (appointments scheduled between 9:00–9:30 AM)
- **Banking Services:** Tuesdays | 9:30 AM
- **Recreational & Grocery Shopping Trips**
 - Monthly Trips: Shopping, cultural, and recreational outings
- **Trip Registration:**
 - After 9:00 AM on the first day of each month
 - Advance sign-up required; fees range from \$1-\$5
 - Full payment or required deposit due at sign-up
 - Trips are subject to change due to low registration, weather, traffic, or staffing.

Support Services

- **Stand By Me 50+:** The Stand By Me 50+ program helps Delawareans approaching or in retirement make their finances work for them and maintain their quality of life. Our representative, Karen Summa, is available on the third Wednesday of each month.
 - Call 302-658-4171 ext. 104 to schedule an appointment.
- **Blood Pressure Screenings:** Alternating Thursdays in coordination with St. Francis Visiting Nurses
- **Notary Services:** By appointment
- **Faxing & Copying:** By Appointment

Salon Services: Available Tuesdays by Appointment with Piera Vassallo

- A multi-talented stylist dedicated to helping clients feel comfortable and leave happy. Manicures are also available through her assistant, Kim.
- **Appointments:** Call or text 302-545-1751

Senior Center Gift Shop

Hours: Monday, Wednesday & Thursday | 9:00 AM – 12:00 PM & Tuesday | 2:00 – 4:30 PM

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Recreational Trips

Trip	Date/Time	Cost
Prices Corner	Tuesday, January 6 th , 2026 10 AM to 2:30 PM	\$2.00
Delaware Park	Tuesday, January 13 th , 2026 10 AM to 2:30 PM	\$3.00
Walgreen's	Tuesday, January 20 th , 2026 2:30 PM 3:30 PM	\$1.00
Shady Maple	Tuesday, January 27 th , 2026 9 AM to 2 PM	\$5.00

Grocery Shopping

Trip	Date/Time	Cost
ShopRite	Tuesday, January 8 th , 2026 2:15PM	\$2.00
ShopRite	Tuesday, January 15 th , 2026 2:15 PM	\$2.00
ShopRite	Tuesday, January 22nd, 2026 2:15 PM	\$2.00
ShopRite	Tuesday, January 29 th , 2026 2:15PM	\$2.00

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

No Banking on 1/27 due to Shady Maple Trip.

No Medicals on 1/19 due to MLK Jr Day.

Upcoming Charter Trips

Wednesday, February 11th, 2025

The Candlelight Theatre

For a buffet lunch & to see the musical "The Producers"!

Departing of the Senior Center at 10:30 AM.

Lunch Buffet and transportation to-and-from the theater is provided.

\$25.00/per person

Spots are limited! Please reserve your spot today!

About the Show

In Mel Brooks' laugh-out-loud spectacle, the plot is simple: a down-on-his-luck Broadway producer and his mild-mannered accountant come up with a scheme to produce the most notorious flop in history, thereby bilking their backers (all "little old ladies") out of millions of dollars. Only one thing goes awry: the show is a smash hit! Winner of a record 12 Tony Awards.

Announcement about the Philly Trip: This trip will be rescheduled in the spring - anyone who has not already received a refund may apply it to this trip, have us hold it Philly trip in the spring, or we can give you a refund.

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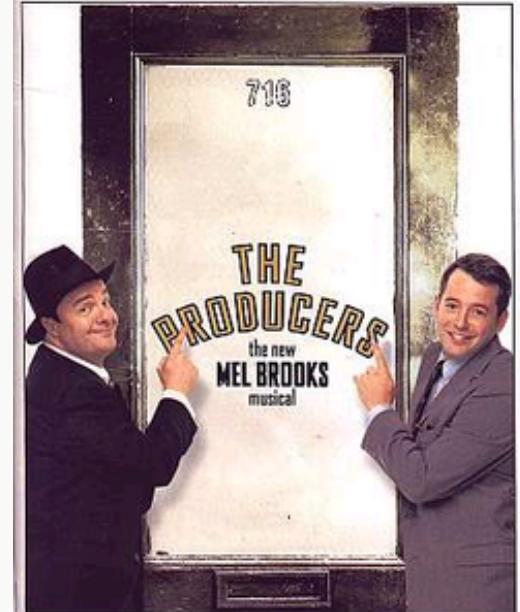
“Buffet Lunch” Before the Show

Your ticket price covers the meal, performance and gratuity. The included beverages are coffee, tea, iced tea, and lemonade. Sodas and alcohol are available for purchase at the bar. Buffet lunch is brought to you, no need to leave your seat!

The menu includes:

Starters

- Shrimp Cocktail – Chilled and seasoned with Old Bay spices, served with homemade cocktail sauce
- Garden Salad – Mixed greens, shredded carrots, sliced cucumbers, tomatoes, croutons, with your choice of dressing: Dressings – Ranch, Blue Cheese, Italian, Balsamic Vinaigrette, Caesar



Entrees and Sides

- Roast turkey with gravy
- Salmon with tangy sauce (hot and sweet)
- Rainbow cheese tortellini with garlic basil roasted red peppers in a cream sauce
- Stuffing
- Mixed vegetables – green beans, corn, and carrots
- Mashed Potatoes made with garlic and sour cream

Desserts:

- Cheesecake
- Pumpkin pie
- Carrot cake
- Double chocolate cake

Menu is subject to change

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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. Those under 60 are welcome to join us for lunch at a cost of \$8.00 per meal.

Lunch is served at noon, please arrive by 12 PM to ensure that we can efficiently serve participants. Dinner is served at 5 PM on Tuesdays.

Meals are provided in coordination with City Fare Meals on Wheels. If you or someone you know needs home delivered meals, please contact City Fare at 302-421-3734 for more information.



How to Reserve a Meal

- Reservations must be made by 12:00 PM the day before you wish to attend
- Monday meals must be reserved by Friday at 12:00 PM
- Reservations can be made by calling 302-421-3735
- All meals are subject to change

If you have questions about reservations, dietary needs, or eligibility, please speak with staff.

St. Anthony's Tuesday Evening Meals

1/6.

Pot Roast w/ Mushroom Gravy
Rotini Pasta
Peas
Fruit Cup

1/20.

Breaded Flounder w/ Tartar Sauce
Peas
Mac n Cheese
Applesauce

1/13.

Spaghetti & Meatballs
Italian Vegetable Blend
White/Wheat Bread
Spiced Pears

1/27.

Stuffed Peppers w/ Marinara Sauce
Side Salad w/ Tomatoes & Cucumbers
Diced Pears
Split Top Roll

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Bag Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<u>1/5</u> Cheese Sandwich 3 Bean Salad Orange Cookie	<u>1/6</u> Ham & Cheddar Sandwich on Kaiser Roll Broccoli Bites Apple Slices	<u>1/7</u> Roast Beef Sandwich on 12 Grain Bread Baby Carrots Applesauce	<u>1/8</u> Breakfast Sandwich Yogurt Celery Orange	<u>1/9</u> Tuna Salad Sandwich on White/Wheat Bread Sliced Bell Peppers Pear
<u>1/12</u> Egg Salad Sandwich on a Croissant Celery Pear Mango Juice	<u>1/13</u> Caesar Salad Wrap WG Tortilla w/ Grilled Chicken, Lettuce, & Caesar Dressing Sliced Bell Peppers Orange	<u>1/14</u> Turkey & Provolone Sandwich on Rye Bread Baby Carrots Apple	<u>1/15</u> Ham & Cheddar Sandwich on 12 Grain Bread Broccoli Bites Mandarin	<u>1/16</u> Hummus and Pita Edamame Succotash Cucumber Slices Apple Slices
<u>1/19:</u> <u>CLOSED—</u> <u>MLK Day</u>	<u>1/20</u> PB & Jelly Sandwich Yogurt 3 Bean Salad Diced Peaches	<u>1/21</u> Turkey & Swiss Sandwich w/ Cranberry Sauce Brioche Bun Broccoli Bites Pineapple Tidbits	<u>1/22</u> Tuna Salad Sandwich on a White/Wheat Bread Cucumber Salad Orange Fruit Punch	<u>1/23</u> Cottage Cheese Hard Boiled Egg Bagel Celery Diced Peaches
<u>1/26</u> Ham & Swiss on 12 Grain Bread Baby Carrots Applesauce Mayonnaise	<u>1/27</u> Roast Beef Sandwich on Potato Bun w/ Cheddar Broccoli Bites Fresh Orange Horseradish	<u>1/28</u> Grilled Chicken Patty Sandwich w/ Cheddar Cheese on Bun Potato Salad Mixed Fruit BBQ Sauce	<u>1/29</u> Peanut Butter & Jelly Sandwich Yogurt 3 Bean Salad Diced Peaches	<u>1/30</u> Chicken Salad w/ Craisins on WG Pita Bread Celery Sticks Fresh Pear

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Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>1/5</u> Italian Sausage w/ Peppers & Onions on a Club Roll Sweet Potato Fries Apple Slices	<u>1/6</u> Dry Rub Baked Chicken Wings Caribbean Blend Vegetables Split Top Roll Spiced Pears	<u>1/7</u> Breaded Flounder w/ Tartar Sauce Stewed Tomatoes Mac n Cheese Applesauce	<u>1/8</u> Roasted Turkey Sandwich on a Kaiser Roll w/ Cranberry Sauce Pea Soup Fresh Orange	<u>1/9</u> Pot Roast w/ Gravy Mashed Potatoes Green Beans Split Top Roll Diced Peaches
<u>1/12</u> Chicken Stir Fry in a Teriyaki Sauce Broccoli & Carrots Brown Rice Fresh Cut Fruit	<u>1/13</u> Roast Ham & Swiss on 12 Grain Bread Broccoli Soup Fresh Pear Mustard	<u>1/14</u> Swedish Meatballs On Rotini Pasta Brussel Sprouts Baked Apples	<u>1/15</u> Stuffed Peppers w/ Marinara Sauce Side Salad w/ Tomatoes & Cucumbers Diced Pears Split Top Roll	<u>1/16</u> Fish Patty Sandwich on Bun Potatoes & Peas Tartar Sauce Pickles Applesauce
<u>1/19</u> CLOSED -MLK Day	<u>1/20</u> Chicken & Dumplings Peas & Carrots Spiced Peaches	<u>1/21</u> Pork & Sauerkraut Mashed Potatoes & Broccoli Split Top Roll Cherry Cobbler	<u>1/22</u> Salmon w/ Dill Sauce Fresh Baked Sweet Potato Cauliflower White/Wheat Bread Fresh Pear	<u>1/23</u> Lemon Garlic Chicken w/ Zucchini Brown Rice Fresh Cut Fruit
<u>1/26</u> Roasted Turkey w/ Gravy Yams, Green Beans 12 Grain Bread Fresh Pear	<u>1/27</u> Autumn Spinach Salad w/ Roasted Chicken, feta, diced Roasted Squash Craisins, Split Top Roll	<u>1/28</u> Pot Roast w/ Mushroom Gravy On Rotini Noodles Peas Fruit cup	<u>1/29</u> Chicken Stir Fry w/ Peppers and Onions Brown Rice Mandarin Oranges Vegetable Egg Roll	<u>1/30</u> Reuben (Roast Beef w/ Swiss Cheese, Sauerkraut, and Russian Dressing on Marble Rye) Garden Vegetable Soup Fresh Cut Fruit Crackers