

ST. ANTHONY SENIOR CENTER



NEWSLETTER

MAY
2026

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6 	7 Dining Room will be closed until <u>9 AM</u> today.	8	9
10 <i>HAPPY Mother's Day</i>	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 MEMORIAL DAY	26	27 	28	29	30
31						

ST. ANTHONY SENIOR CENTER



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About Our Center

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

LOCATION

1703 W. 10th Street
Wilmington, DE 19805
*Located on the first floor of the
community center.*

Entrance is in the breezeway
between the Father Roberto
Center & The Antonian
Highrise.

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.

Meet Our Team

Exec. Director – Kim Caputo

Senior Center

Senior Center Director – Lindsay Draper
Assistant Director – Elizabeth Negron

Senior Center Driver - Dexter Richardson
Janitorial - Tim Butler

Nutrition Services

Nutrition Site Manager – Brian Shaw



Contact

Main Office:
302-421-3735

Email: seniors@stanthonycenter.org

Website:
<http://stanthonycenter.org>

Stay Connected!

Follow us on Facebook!

<https://www.facebook.com/stanthony seniors/>

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Happy Birthday

Carole Kirshner
Carolyn Butler
Charles Badson
Deborah Ramone
Edith Dare
Elaine Watson



Elizabeth Pilli
Grace Markland
Janice McClafferty
Rita Payano
Mike Burke
Rosa Franco
Sharon Gordy
Stacia Johnson

If we missed your birthday, don't let us get away with it—please let us know!

Let's Celebrate!

Join us on Wednesday, May 27th, 2026 at 11:45 AM in the dining room to celebrate all of our May birthdays!

May Birthday Facts

Happy Birthday to all our May members—we're so glad to celebrate with you!

Flowers:

- Lily of the Valley
- Hawthorn

Birthstone:

- Emerald

Signs:

- Taurus (Apr 20–May 20)
- Gemini (May 21–June 20)

Fun Facts:

- May babies are known for being optimistic and hardworking
- Famous May birthdays include Audrey Hepburn, Dwayne Johnson, and Stevie Wonder

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Director's Notes & Updates

Happy Older Americans Month!

We're excited to share a few updates as we continue growing to better serve our community. Our transportation service area is expanding to reach more neighborhoods across the city. As a result, some transportation times may change, so please listen to announcements and check the newsletter regularly for updates.

We're also adding **transportation** and **Bingo** on Fridays, giving everyone more opportunities to join us and stay connected.

We are always seeking new activities, programs, and services that support the needs and interests of our members and the community at large. As we continue to grow and make improvements, we appreciate your patience and a little extra grace as we work to give you the best possible experience at the Senior Center.

Warmly,
Lindsay Draper

Closures

Wednesday, May 7, 2026:

The Dining Room will be closed until **9:00 AM** due to an Early Learning Center event.

We suggest planning to arrive after 9:00 AM. There will be no coffee or refreshments available until staff gives the "all clear." If you do arrive earlier, you are welcome to sit in the library, billiard room, or other common areas; however, the Dining Room will be off-limits until it reopens. Thank you!

Monday, May 25, 2026:

The Senior Center will be closed in observance of Memorial Day.

We will reopen with normal hours the following day.

Wishing everyone a safe and meaningful holiday.

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Italian Festival

We often get questions about the St. Anthony's Italian Festival, so we're sharing the details below for your convenience!

Please note: St. Anthony Senior Center is not affiliated with the church or grade school, and we do not organize or manage this event. We're simply passing along information since many of our members enjoy attending each year.

The St. Anthony's Italian Festival is sponsored by St. Anthony of Padua Parish and is one of the largest Italian-American cultural events in the country. It serves as the primary fundraiser for St. Anthony of Padua Grade School.

2026 Festival Dates: Sunday, June 7 – Saturday, June 13, 2026

Festival Hours:

- Sunday (6/7): 4:00 PM – 10:00 PM
- Monday–Friday (6/8–6/12): 5:30 PM – 10:00 PM
- Saturday (6/13): 4:00 PM – 10:00 PM

New for 2026:

- Feast Day Mass at 12:30 PM
- Procession of Saints at 2:00 PM

(Both will take place on Opening Sunday, June 7.)

Tickets:

Electronic and physical daily and multi-day passes will be available online and at the parish rectory and grade school beginning in early May.

Planning Ahead:

Parking can be limited and the area may be a bit hectic during festival week. If you plan to attend, please allow extra time, follow posted signage and announcements, and plan accordingly. We will share any relevant updates in our June newsletter.

More Information:

For questions, please reach out directly to the festival organizers directly:

St. Anthony of Padua Parish
901 N. DuPont St.
Wilmington, DE 19805
302.421.3700

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NEWSLETTER MAY 2026

Below are this month's activity highlights to help you plan ahead. Please note that scheduled programs may take priority in shared spaces, and times may change slightly due to events or additional programming.

Activities Calendar

Activity	Date	Time	Location
AARP 6-Hour Driver Safety	Saturday, May 2 nd , 2026	9 AM to 3 PM	Library
Senior Fest	Wednesday, May 6 th , 2026	3 PM to 6 PM	Senior Center (Indoor/Outdoor)
Paint Party: Flowers in Vase	Monday, May 11 th , 2026	1:00 PM to 3 PM	Craft Room
Nutrition Education with Megan, RD Topic: Kidney Disease	Wednesday, May 13 th , 2026	1:00 PM	Dining Room
Dylan from Novacare Topic: Low Back Pain	Tuesday, May 19 th , 2026	12:30 PM	Dining Room

Low Back Pain – Why is my back hurting and how can I fix it?

Tuesday, May 19th – 12:30 pm

**Presenter: Dylan Zelenski, PT, DPT –
Doctor of Physical Therapy**

Join us for an engaging presentation with a licensed physical therapist on effective strategies to prevent and manage low back pain. Learn practical exercises, posture tips, and movement habits to reduce pain and improve mobility in everyday life. Perfect for anyone looking to stay active, pain-free, and informed about spine health. No cost.

Open House

New renovationstoour Bancroft center!



Come check out our newly renovated space inside the Devon Building

We've added various pieces of strength and balance equipment to help patients of any age or ability achieve their goals. This includes a BOSU ball, trampoline, blood flow restriction therapy (BFR), a weighted box lift station and even a sled.

Clinically, we've even expanded our expertise to offer hands-on manual therapy and Graston soft tissue mobilization. These techniques aid in faster recovery.

Food, drinks, mini golf, prizes and more!

Date: M a y 1 4 t h | Time: 5pm - 7pm

NovaCare Rehabilitation - Bancroft

2401 Pennsylvania Avenue

Suite 112

Wilmington, DE 19806

Need physical therapy now? Call 302.655.8989 today!

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Paint Party



Join us for a fun, relaxed Paint & Chat Party where creativity meets good company! Whether you're a seasoned artist or haven't picked up a paintbrush since elementary school...this is your time to shine (or at least have a good laugh trying).

What to Expect

Step-by-step guidance (no pressure, no judgment!)
A simple, fun painting anyone can do
Plenty of time to chat, laugh, and get creative
Your very own masterpiece to take home

Why You'll Love It

It's about fun... not perfection!
A great way to unwind and try something new
You might surprise yourself with how good it turns out.

Good to Know

All supplies will be provided
Wear something you don't mind getting a little paint on
No experience needed—seriously!

What to Expect

Step-by-step guidance (no pressure, no judgment!)
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Banking Trip

Date	Time	Cost
May 5, 2026	9:30 AM	\$1.00
May 12, 2026	9:30 AM	\$1.00
May 19, 2026	9:30 AM	\$1.00
May 26, 2026	NO BANKING	---

Grocery Shopping

Date	Time	Cost
May 7, 2026	2:15 PM	\$2.00
May 14, 2026	2:15 PM	\$2.00
May 21, 2026	2:15 PM	\$2.00
May 28, 2026	2:15 PM	\$2.00

*** Bus riders not going on the grocery shopping trip will be taken home first ***

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.

Medical Appointments

- Mondays,
- Wednesdays
- & Thursdays

Fee: \$1.00

Pick-up at 8:30 AM
(appointments scheduled
between 9:00-9:30 AM)

*Appointments must be in our
service area.*

FYI - This schedule will be changing soon to accommodate more appointment times!
To ensure that we are able to assist you, please give us at least 48 hours in advance!

ST. ANTHONY SENIOR CENTER



NEWSLETTER MAY 2026

Save the Date: Charter trip to Longwood Gardens
Monday, 6/15/26

More details to follow!

Recreational Trips

Date	Time	Trip	Fee
Tuesday, May 5, 2026	Departing the center: 10:30 AM Leaving TJ/ Marshalls: 1:15 PM	Trader Joe's & Marshalls (Concord Pike)	\$3.00
Tuesday, May 12, 2026	Departing the Center: 10:00 AM Leaving Delaware Park: 1:30 PM	Delaware Park	\$3.00
Friday, May 22, 2026	Departing the center at: 10:00 AM Leaving Booth's Corner: 1:30 PM	Booth's Corner (Boothwyn)	\$5.00
Tuesday, May 26, 2026	Departing the center: 9:30 AM Leaving Byler's: 1:30 PM	Byler's (Dover)	\$5.00

Friendly Reminder

Please plan to return to the designated meeting location on time for departure. Out of respect for all participants, the bus must leave as scheduled. Repeated lateness may impact eligibility for future trips. If you need a watch, the Senior Center office can assist.

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Social & Recreational

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

Please register with a staff member for Cornhole.

Wii Bowling League

- Wii Bowling League has concluded for the 2026 season!
Wii Bowling Interest Meeting for the next season.
- Location: Billiard Room

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Social & Recreational

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

Technology Assistance is available *by appointment*

Little Lending Library/Reading Room:

- Books, magazines, and a variety of books are available.

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.

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

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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

Gift Shop

Monday, Wednesday & Thursday:

- 9:00 AM – 12:00 PM

Tuesday:

- 2:00 – 4:30 PM

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Physical Fitness Schedule

Zumba: Mondays | 9:00 – 10:00 AM

Chair Exercise: Tuesdays | 9:00 – 10:00 AM

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

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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Delaware Now & Then

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

DriveIn

Jukebox

Payphone

RotaryPhone

Vinyl

• Newspaper

• Milkman

• Diner

• Nickel

• PennyCandy

Polaroid

Typewriter

SundayDinner

Handwritten

StationWagon

BingoHall

Smartphone

Texting

Internet

Email

Streaming

Delaware

FirstState

Wilmington

Dover

Newark

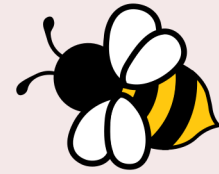
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Boardwalk

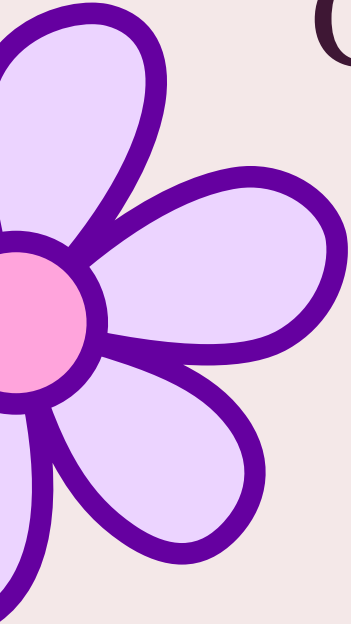
Beach

Ferry

Crab



Chronic Disease Discussion

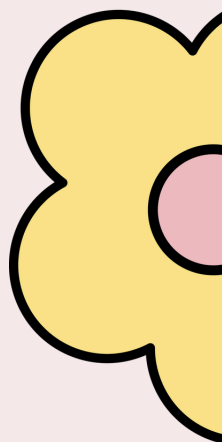
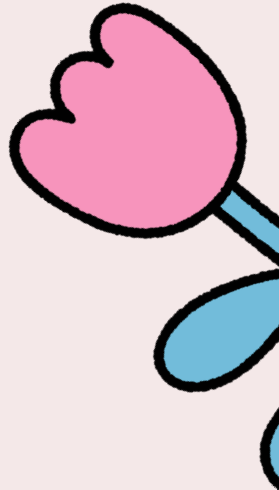


KIDNEY

DISEASE

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

MAY, 13TH
1:00PM



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Meal Schedule

Lunch is served Monday–Friday at 12:00 PM
Dinner is served on Tuesdays at 5:00 PM

Please plan to arrive by these times for meal service.

Our meals are provided in partnership with City Fare, supporting older adults in our community with quality nutrition and connection.

St. Anthony's Senior Center welcomes individuals age 55 and older, regardless of race, creed, national origin, or disability.

Advanced Reservations Required

- St. Anthony Senior Center operates on an advance reservation system for all meals. This includes any meal substitutions, such as requesting a bag supper. Reservations must be made by 12:00 PM the day before you plan to attend. Monday meals must be reserved by Friday at 12:00 PM. Reservations are accepted via phone at 302-421-3735 and/or in-person.
 - *Please note: arriving late, even with a reservation, does not guarantee a meal.*
- Meals are served at the scheduled time, and quantities are based on reservations received.

We appreciate your cooperation in helping us plan and serve everyone efficiently.

Cost/Donation

- Ages 60+:
 - Suggested donation of \$4.00 per meal
- Under 60:
 - \$8.00 required cost
- Meal coupons are available upon request.

FYI

- All meals are served with 1% milk
- Menus and meals are subject to change

Tuesday Evening Meals

Date	Menu
May 5	Oven Fried Chicken Asparagus Mashed Potatoes with Gravy Fresh Peach Hawaiian Roll
May 12	Tuna Salad on a Croissant (Lettuce & Tomato) Pea Soup with Crackers Diced Pears
May 19	Dry Rub Bone-In Chicken Wings 3 Bean Salad Corn Muffin Fresh Fruit
May 26	Pot Roast with Gravy Mashed Potatoes Carrots Whole Grain Bread Applesauce

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Bag Suppers

Monday	Tuesday	Wednesday	Thursday	Friday
				5/1 Breakfast Sandwich Yogurt Baby Carrots Fresh Orange
5/4 Chicken Salad Croissant Broccoli Bites Apple Slices	5/5 Ham & Cheddar on Potato Roll Broccoli Bites Pineapple Tidbits Mayo	5/6 BBQ Chicken Wrap w/ Cheese Red Skin Potato Salad Mixed Fruit Fruit Punch Mayo	5/7 Turkey Club Baby Carrots Sunflower Mix	5/8 Cottage Cheese Diced Peaches Celery Sticks Hard Boiled Egg Crackers
5/11 Grilled Chicken Patty Coleslaw Pineapple Tidbits BBQ Packet	5/12 Hummus & Pita Black Bean Corn Salad Baby Carrots Diced Pears	5/13 Roast Beef & Cheddar (Potato Bun) Marinated Veg Salad Fresh Peach Mustard	5/14 Turkey & Cheddar Bell Peppers Diced Peaches Mayo	5/15 Mini Bagel PB & Jam Hard Boiled Egg Celery Tangerine
5/18 Roast Beef & Swiss Cauliflower Bites Mandarin Oranges Mayo	5/19 Egg Salad Baby Carrots Pineapple	5/20 Ham & Swiss Beet Salad Diced Pears Mustard	5/21 Turkey & Swiss Baby Carrots Mixed Fruit Mustard	5/22 PB&J Sandwich Broccoli Bites Apple Slices Cheese Stick
5/25 Closed - Memorial Day	5/26 Cheese Sandwich Hummus Celery Fresh Orange Mango Juice	5/27 Italian Hoagie (Ham, Salami, Provolone, Lettuce) Celery Mixed Fruit Italian Dressing	5/28 Chicken Salad w/ Craisins Broccoli Bites Diced Peaches	5/29 Breakfast Sandwich Yogurt Baby Carrots Fresh Orange

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
				5/1 BBQ Pulled Pork Kaiser Roll Sweet Potato Fries Green Beans Honeydew
5/4 Grilled Cheese & Tomato Soup Succotash Fresh Fruit Crackers	5/5 🍌 Cinco de Mayo! Burrito Bowl (Beef, Beans, Rice, Lettuce, Cheese, Salsa, Guac) Diced Pineapple Churro	5/6 Breaded Chicken Sandwich Roasted Brussel Sprouts Tater Tots Diced Peaches	5/7 Pot Roast w/ Gravy Mashed Potatoes Carrots Roll Cantaloupe	5/8 Chicken Gyro Lettuce, Red Onion, Tzatziki Side Salad w/ Feta Tropical Fruit
5/11 Ham Scalloped Potatoes Summer Squash Roll Tropical Fruit	5/12 Chicken Stir Fry (Teriyaki) Oriental Veggies Brown Rice Mandarin Oranges Egg Roll	5/13 Chicken Tenders Corn Salad Hawaiian Roll Watermelon Honey Mustard	5/14 Breaded Flounder Tartar Sauce Stewed Tomatoes Mac & Cheese Fresh Fruit	5/15 Caesar Salad w/ Salmon Romaine, Parmesan, Croutons Fresh Orange
5/18 BBQ Chicken Bites Green Beans Cheesy Grits Watermelon	5/19 Spaghetti & Meatballs Salad w/ Cherry Tomatoes White Wheat Bread Diced Pear	5/20 Chicken Gumbo Brown Rice Seasoned Greens Tropical Fruit Peach Cobbler	5/21 Chicken Salad Platter Romaine & Tomatoes Celery Sliced Apples Crackers	5/22 Crab Cake Sandwich Lettuce & Tartar Sauce Sweet Potato Fries Coleslaw Honeydew
5/25 Closed Memorial Day	5/26 Pasta Salad (Rotini, Veggies, Mozzarella) Grilled Chicken Breast Fresh Peach	5/27 Cheeseburger Lettuce & Onion Potato Wedges Diced Pineapple Ketchup	5/28 Breaded Flounder Tartar Sauce Stewed Tomatoes Mac & Cheese Fresh Fruit	5/29 Chicken Po' Boy (Club Roll) Provolone, Lettuce, Tomato, Pickle Wedding Soup Fresh Fruit