



October

NEWSLETTER

2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9 FALL	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28 	29	30	31

Antonian Life Enrichment Center

1703 West 10th St
Wilmington, DE 19805
302-421-3735

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



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.

Who We Are....

A Place to Stay Active, Connected & Engaged

If you're 50 or better and looking for ways to
stay active, meet people, learn something new, or
simply get out and enjoy your day, Antonian Life
Enrichment Center is for you.

*We're a welcoming community where you can
come as you are, try something new, make
connections, and fill your calendar with things
you enjoy.*

Meet Our Team

Antonian Life Enrichment Center

Director – Lindsay Draper
Assistant Director – Elizabeth Negron
Caregiver Resource Advocate - Amir Jackson
Van Driver - Dexter Richardson
Janitorial Services - Tim Butler

Nutrition Services

Nutrition Site Manager – Brian Shaw

Antonian Community Services

Executive Director - Kim Caputo

Contact

Main Office:

302-421-3735

Email: seniors@stanthonycenter.org

Website:

<http://stanthonycenter.org>



October



NEWSLETTER

Happy Birthday

Natalie Bader
Sadie Bullock
Annette Comoss
Pat Demko
Donna Dowell
Holly Dyson
Betty Goldsberry
Bert Moniz
Nancy Muller



Denise Myatt
Robert Natal
Maria Oliver
Nettie Paisley
Hazel Perine
Joanne Reed
Ella Taylor
Ann Whitehead

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

Let's Celebrate!

Join us on Wednesday, October 28th, 2026, at 11:45 AM in the dining room to celebrate all of our October birthdays!

October Babies, It's Your Time to Shine!

Birth Flowers:

- *Marigold* – Symbolizes warmth, creativity, and passion. Known as “herb of the sun,” marigolds bring brightness and resilience to autumn.
- *Cosmos* – Represents harmony, peace, and order. A delicate reminder of balance during the changing seasons.

Birthstones:

- *Opal* – Said to inspire hope, creativity, and confidence with its dazzling rainbow hues.
- *Tourmaline* – Known for its wide variety of colors, it symbolizes compassion, grounding, and strength.

Zodiac Signs:

- *Libra* (Sept 23 – Oct 22): Charming, diplomatic, and lovers of balance and beauty.
- *Scorpio* (Oct 23 – Nov 21): Passionate, determined, and fiercely loyal.

October gets its name from the Latin “octo,” meaning eight, because it was the 8th month in the early Roman calendar.

People born in October are statistically more likely to live to be 100!



LIFE ENRICHMENT CENTER™

An Important Announcement from our Executive Director, Kim Caputo!!!

“After months of thoughtful planning and preparation, we are proud to officially introduce the new name of our organization. St. Anthony's Community Center, known to many of you as S.A.C.C., will now be known as:

Antonian Community Services.

While our name is changing, our mission remains the same: serving our community with compassion, dignity, meaningful services, and excellence. Our new identity better reflects the breadth of the programs and services we provide today and our vision for the future. It honors our rich history, the legacy of our founder, Father Roberto, and the Antonian's enduring place in our community, while positioning us to continue meeting the evolving needs of those we serve for generations to come.

As part of this exciting transformation, we are proud to introduce the programs that make up Antonian Community Services:

- **Antonian Life Enrichment Center** – providing engaging programs and opportunities for active older adults.
- **Antonian Early Learning Center** – nurturing and educating our youngest learners in a safe, caring environment.
- **Antonian Nutrition Services** – providing nutritious meals and wellness support to seniors and homebound individuals throughout New Castle County.
- **Antonian Independent Living** - offering quality, affordable housing that promotes independence, security, and dignity for older adults

We are also excited to announce the addition of a brand-new program:

- **The Antonian Caregiver Resource Center**
 - This new program is dedicated to supporting the remarkable individuals who provide unpaid care to loved ones. Whether caring for an aging parent, a spouse, a family member with Alzheimer's disease or another dementia, an adult with a disability, or grandparents and relatives raising children, caregivers often place the needs of others before their own.
 - Our Caregiver Resource Center will provide education, guidance, resources, support, and connections to help caregivers navigate their journey while reminding them that they are not alone.”

~ Kim Caputo, Executive Director



October



NEWSLETTER

Some housekeeping messages...

October is here, and I'm looking forward to another month of familiar faces, new friendships, and plenty of reasons to get out of the house! Whether you join us for a favorite activity or try something new, I hope you find something in this month's calendar that gives you a little extra joy. My favorite part of the center is seeing the connections that happen here: the laughter over lunch, the friendly competition, and the conversations that turn strangers into friends. Thank you for being part of our community and helping make Antonian Life Enrichment Center a welcoming place. Let's make it a great month! —Lindsay



Parking in the Antonian Front Lot

We've received a report of center visitors parking in the Antonian's tenant-only front lot, though staff have not observed this. Please keep these spaces available for residents. Tenants with parking concerns should contact Shaun or Dana, who will investigate and coordinate with us as needed.

You never know when someone is visiting for the first time! Help us make them feel welcome by leaving rule enforcement to staff. A little kindness can make someone want to come back.



Make Room for Connection!

We all come to the center to be around others. Invite someone to join your table, welcome a new face, and keep chairs available for people when space is limited.

On the bus, keep bags on your lap or safely on the floor so seats and aisles stay clear. A simple "Come sit with us!" can make someone's day.



October



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

WORDS TO FIND

ACORN

APPLE

AUTUMN

CANDY

CIDER

COSTUME

GHOST

HALLOWEEN

HARVEST

HAYRIDE

LEAVES

MOON

OCTOBER

PUMPKIN

SCARECROW

SPIDER



Physical Fitness Schedule

Zumba: Mondays | 9:00 – 10:00 AM with Sandy J.

Group Exercise: Tuesdays | 9:00 – 10:00 AM with Patricia S.

Yoga: Wednesdays | 9:00 – 10:00 AM with Sandy J.

Sit, Stand, Move: Wednesdays | 12:45 – 1:15 PM with Amber R. & Marion H. *** **NEW TIME starting 9/15/26!**

Tai Chi: Thursdays | 4:30 – 5:00 PM with Gale J.

Cardio Drumming: Thursdays | 9:00 – 10:00 AM with Amber R.

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.



Social & Recreational

Nickel Bingo (bring your own nickels)

- Monday, Wednesday, Thursday, & Fridays:
 - 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 will start September 14th, 2026!

SingFit

- Tuesdays | 10 AM-11 AM with Lindsay D. & Elizabeth N.

Educational

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*

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

Stronger Memory



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.

Contact: Karen Summa

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

Caregiver Support Center

- *Coming soon!*

Salon Services

- **Available 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:

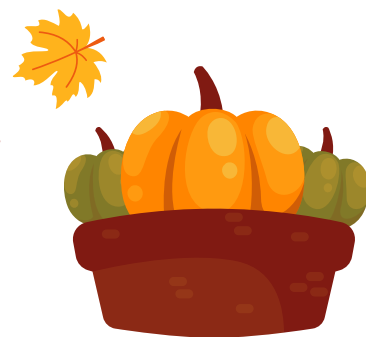
- 2:00 – 4:30 PM

Our Gift Shop carries a variety of toiletries, bingo supplies, greeting cards, and everyday essentials.

Need more options? Join one of our grocery shopping trips for a wider selection!



October



Activities Calendar			
Date	Activity	Time	Location
Monday, October 5	Nutrition Education with Meg, RD: Bone Strong	12:30–1:30 PM	Dining Room
Friday, October 9	Fall Fest	9:45–1 PM	Dining Room
Monday, October 12	Learn About YMCA's Pre-Diabetes Prevention Program	9:30–10:00 AM	Dining Room
Wednesday, October 14	Depression Screenings Day	10:30–11:30 AM	Back of Dining Room
Wednesday, October 14	BlindSight Delaware Vision Loss Peer Support Group	1:00–2:00 PM	Library
Wednesday, October 21	Nickel Bingo with Nedre from Regency Healthcare	10:00–11:00 AM	Dining Room
Monday, October 26	Mental Health Support Circle	1:00–2:00 PM	Dining Room
Wednesday, October 28	Special Halloween Bingo, with Denise Garcia from St. Francis Life	9:30 AM–12:00 PM	Dining Room



Antonian Nutrition Services

NUTRITION PRESENTATION

LEARN HOW NUTRITION
CAN IMPACT YOUR BONES,
MUSCLES, AND JOINTS!

October 5th

Time:
12:30pm

For more information contact
Megan the dietitian at
(302)-421-3730.



The poster features a light cream background decorated with stylized autumn elements. Large pumpkins in shades of orange and yellow are positioned on the left and right sides. Sprigs of small orange berries and green leaves are scattered throughout. The text is centered and uses a mix of bold, blocky fonts and smaller, simpler fonts. The main title 'FALL FESTIVAL' is in large, bold, orange letters with a yellow outline. Below it, 'BINGO • LUNCH • DOOR PRIZES' is in a smaller, brown font. The date 'FRIDAY, 9 OCTOBER' is in large, bold, orange letters with a yellow outline. The time '9:45 AM - 1 PM' is in a brown font inside a rounded orange box. The address 'ST. ANTHONY SENIOR CENTER 1703 W. 10TH STREET WILMINGTON, DE 19805' is in a brown font. Two callout boxes at the bottom provide additional information: one in a rounded orange box on the left and one in a cloud-shaped orange box on the right.

JOIN US FOR

FALL FESTIVAL

BINGO • LUNCH • DOOR PRIZES

FRIDAY, 9 OCTOBER

9:45 AM - 1 PM

ST. ANTHONY SENIOR CENTER
1703 W. 10TH STREET
WILMINGTON, DE 19805

FREE TO ATTEND & PARTICIPATE!
THERE IS NO COST TO ENJOY FALL FEST.
PLEASE RSVP BY WEDNESDAY, OCTOBER 7
TO HELP US PLAN FOR THE FUN!

LUNCH WILL BE POT ROAST,
BUT WE WILL ALSO HAVE OTHER SNACKS!

National Depression Screening Day 2026



If you are feeling sad, anxious or overwhelmed,
Take a free, anonymous mental health self-assessment

Screening Day Site Information Here:

Wednesday, October 14, 2026

St. Anthony's Senior Center

Back of Dining Room

1703 W. 10th Street Wilmington,
DE 19805

Hours: 11:30a.m.-1:00p.m.





YOU'RE INVITED TO

HALLOWEEN ★

SPECIAL BINGO

DINING ROOM
\$5 TO PLAY!

JOIN US FOR A FESTIVE
MORNING OF BINGO AND
HALLOWEEN FUN!

COSTUMES ARE ENCOURAGED, AND
WE'LL HAVE A COSTUME CONTEST

-SO GET CREATIVE AND SHOW OFF YOUR
HALLOWEEN SPIRIT!

28 OCT

SIGN IN AT 9:30 AM***

BINGO STARTS AT 10:15(ISH)

BRING A DAUBER, AND WE WILL
SUPPLY THE PAPERS!

***Please arrive no earlier than 9:30
AM to allow time for setup :).



YOU MATTER. TALK TO SOMEONE WHO CARES — IN DELAWARE.

CALL, TEXT OR CHAT 988

Veterans Press 1

Spanish-language Press 2

ASL users Videophone (VP),
text or chat

Reach a crisis counselor immediately Press 0

Trained counselors are standing by
for one-on-one, judgment-free support.

988
SUICIDE
& CRISIS
LIFELINE



24/7 | Free | Confidential



October



Friendly Trip Reminder: Late returns continue to be an issue, especially on longer distance trips. Please return to the designated meeting spot on time as delays affect everyone's plans and rides home. Notify staff if you're delayed.

Recreational Trips		
Day & Date	Time	Trip
Tuesday, October 13	10:15 AM to 1:15 PM	Boscov's - Concord Pike
Tuesday, October 20	10:15 AM to 1:15 PM	Concord Square: your choice of Giant, Barnes & Noble, or Marshalls!
Tuesday, October 27	Departing the center at <u>9:30 AM</u> Leaving Dover at <u>1:30 PM</u>	Byler's Dover

Banking Trip	
Date	Time
Tuesday, October 6th, 2026	9:30am
Tuesday, October 13th, 2026	9:30am
Tuesday, October 20th, 2026	9:30am
Tuesday, October 27th, 2026	NO BANKING

Medical Appointments
• Mondays, • Wednesdays • & Thursdays Fee: \$1.00
Appointments time frames are now from 10am to 1:00 pm to better serve you! <i>Appointments must be in our service area. Please give us 48 hours notice when scheduling.</i>

Grocery Shopping	
Date	Time
Thursday, October 1st, 2026	2:15 PM
Thursday, October 8th, 2026	2:15 PM
Thursday, October 15th, 2026	2:15 PM
Thursday, October 22nd, 2026	2:15 PM
Thursday, October 29th, 2026	2:15 PM

ShopRite @ The Riverfront Fee: \$2.00 <u>*** Bus riders not going on the grocery shopping trip will be taken home first ***</u>
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Advance sign-up required:
fees range from \$1-\$5

Trips are subject to change due to low registration, weather, traffic, or staffing.



Join us for a meal!

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

Please plan to arrive by these times for meal service.

Our meals are provided in partnership with Antonian Nutrition Services supporting older adults in our community with quality nutrition and connection.

St. Anthony's Senior Center welcomes individuals age 50 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 2% milk
- Menus and meals are subject to change

EVENING MEALS

Tuesday	Thursday
	10/1 Stuffed Cabbage Rolls with Marinara Sauce California Vegetable Blend Fresh Cut Fruit Split Top Roll
10/6 Chicken & Dumplings Cooked Carrots Spiced Apples Split Top Roll	10/8 Mediterranean Fish Brown Rice Cauliflower Fresh Orange
10/13 Chicken Stir Fry with Ginger Teriyaki Sauce Stir Fry Vegetable Blend Brown Rice Mandarin Oranges	10/15 Lemon Pepper Salmon Roasted Baby Bakers Green Beans Pineapple
10/20 Ham & Scalloped Potatoes Cooked Carrots Diced Peaches	10/22 Italian Seasoned Chicken Mashed Potatoes Cooked Spinach Apple Slices
10/27 Roast Ham & Swiss on Whole Grain Bread Seasonal Soup Fresh Cut Fruit Mustard	10/29 Pot Roast with Gravy Mashed Potatoes Peas Diced Pears

BAG SUPPERS

Monday	Tuesday	Wednesday	Thursday	Friday
			10/1 Chicken Salad on a Croissant Celery Sticks Fresh Orange	10/2 Roast Beef & Horseradish on a Hamburger Bun Cucumber Salad Applesauce
10/5 Roast Beef & Cheddar Sandwich on White Bread Broccoli Bites Apple Slices Mustard	10/6 Turkey & Swiss Sandwich on Whole Grain Wheat Bread Baby Carrots Diced Pears Mayonnaise	10/7 Grilled Chicken with Pesto Wrap Cucumber Slices Tropical Fruit Cup	10/8 Ham & Provolone on Kaiser Roll Beet Salad Fresh Orange Diced Peaches Mustard	10/9 Wheat Bagel Hard Boiled Egg Cottage Cheese Fresh Orange Celery Sticks
10/12 Turkey BLT on Wheat Bread Broccoli Bites Diced Peaches Mayonnaise	10/13 Tuna Salad on White Bread Bell Pepper Slices Fresh Orange	10/14 Ham & Cheddar on a Wrap Red Skin Potato Salad Diced Pineapple Mustard	10/15 Roast Beef & Provolone Sandwich on Wheat Bread Baby Carrots Fresh Pear Mayonnaise	10/16 Cheese Sandwich 3 Bean Salad Cauliflower Bites Fresh Apple
10/19 Turkey & Provolone on a Club Roll Beet Salad Mandarin Oranges Mustard	10/20 Ham & Swiss on Croissant Broccoli Bites Applesauce Mayonnaise	10/21 Hummus and Pita Edamame Succotash Baby Carrots Apple Slices Cheese Stick	10/22 Chicken Caesar Salad Wrap Cucumber Slices Diced Peaches	10/23 Chicken Salad on Wheat Bread Celery Sticks Tropical Fruit Cup
10/26 BBQ Grilled Chicken with Coleslaw on a Club Roll Diced Peaches	10/27 Italian Hoagie on Hoagie Roll (Ham, Salami & Provolone) Bell Pepper Slices Diced Pears Italian Dressing	10/28 English Muffin Peanut Butter & Jelly Cheese Stick Cucumber Slices Apple Slices	10/29 Turkey & Cheddar on White Bread Baby Carrots Fresh Orange Mayonnaise	10/30 Egg Salad on Wheat Bread Cauliflower Bites Diced Pineapple Cheese Stick

All meals are subject to change. All meals contain 2% milk. Suggested minimum donation for persons 60+ is \$4.00. All meals must be reserved the day before by noon.

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
			10/1 Meatloaf Mashed Potatoes with Gravy California Vegetable Blend Mixed Fruit	10/2 Rachel: Turkey with Swiss, Sauerkraut & Russian Dressing on Marble Rye Pea Soup with Crackers Fresh Cut Fruit
10/5 – New Menu Item! White Chicken Chili with Crackers Side Salad Fresh Orange	10/6 Spaghetti & Meatballs Squash Fresh Cut Fruit	10/7 Ham & Scalloped Potatoes Cooked Carrots Diced Peaches	10/8 Chicken Burrito Bowls Shredded Chicken with Taco Seasoning Black Beans & Brown Rice Shredded Lettuce Salsa, Cheese & Guacamole Diced Pineapple	10/9 Pot Roast with Gravy Mashed Potatoes Peas Diced Pears
10/12 Pot Roast with Gravy Mashed Potatoes Peas Diced Pears	10/13 Roast Ham & Swiss on Whole Grain Bread Seasonal Soup Fresh Cut Fruit Mustard	10/14 Meatball Sub with Mozzarella Cheese & Marinara Sauce on a Hoagie Roll Side Salad Fresh Fruit Fudge Round	10/15 – New Menu Item! Pork Tenderloin with Gravy Brown Rice Beets Applesauce	10/16 Dry Rub Chicken Wings Sweet Potato Fries Broccoli Apple Slices BBQ Sauce
10/19 Stuffed Cabbage Rolls with Marinara Sauce Cauliflower Fresh Cut Fruit Split Top Roll	10/20 Herb Baked Chicken Mashed Potatoes with Gravy Brussels Sprouts Diced Peaches	10/21 Breaded Flounder with Tartar Sauce Stewed Tomatoes Mac & Cheese Banana	10/22 – New Menu Item! Harvest Bowl with Brown Rice, Roasted Sweet Potato & Broccoli, Diced Chicken, Feta, Cranberries & Balsamic Dressing	10/23 Chili with Shredded Cheese Baked Potato with Sour Cream Side Salad Fresh Orange
10/26 – New Menu Item! Ham & Beans Seasoned Greens Corn Bread Diced Peaches	10/27 Roasted Turkey with Gravy Baked Sweet Potato Broccoli Diced Pears	10/28 Chicken & Dumplings Cooked Carrots Spiced Apples Whole Grain Split Top Roll	10/29 Chicken Parm Green Beans Whole Grain Penne with Red Sauce Fresh Pear	10/30 Mediterranean Baked Fish Brown Rice Cauliflower Fresh Orange

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