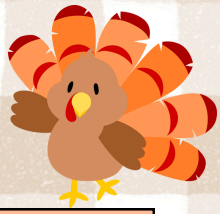
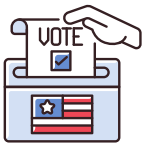
NOVEMBER 2026 NEWSLETTER



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

No Transportation week of November 9th-November 13th

Antonian
LIFE ENRICHMENT CENTER™

Who We Are

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.

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 – 6:00 PM
Friday:
8:00 AM – 4:00 PM
Saturday & Sunday:
Closed

Meet Our Team

Antonian Life Enrichment Center
Director – Lindsay Draper
Assistant Director – Elizabeth Negron
Van Driver – Dexter Richardson
Janitorial Services – Tim Butler

Caregiver Resource Center
Coordinator - Lindsay Draper
Advocate – Amir Jackson
Support Staff - Brenna Williams

Nutrition Services
Nutrition Site Manager – Brian Shaw

Antonian Community Services
Executive Director – Kim Caputo

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.

Contact

Life Enrichment Center
302-421-3735
seniors@antoniancs.org

Caregiver Resource Center
302-427-5400
caregiver@antoniancs.org

Our new website will be launching soon!

TITLE VI NOTICE
Antonian Life Enrichment 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 Babies

Joyce Atkins
Cynthia Austin
Robert Becker
Barbara Bradley
Cheryl Colburn
Karen DiTullio-Ewell
Sandra Duszak
John Fields
Lynn Fraimont



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

Join us on **November 18th, 2026** at 11:45 AM in the Dining Room to celebrate all of our November birthdays!

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

About November

Birth Flowers

- Chrysanthemum – One of November's best-known flowers, chrysanthemums are associated with friendship, happiness, loyalty, and longevity.
- Peony – Often associated with happiness, good fortune, compassion, and prosperity.

Birthstones

- Topaz – Traditionally associated with warmth, strength, friendship, and good fortune. Topaz comes in several colors, although golden and yellow shades are especially associated with November.
- Citrine – Known for its warm golden color, citrine is often associated with joy, positivity, and abundance.

Zodiac Signs

- Scorpio (Oct. 23 – Nov. 21): Passionate, determined, loyal, and resourceful.
- Sagittarius (Nov. 22 – Dec. 21): Adventurous, curious, optimistic, and always ready to learn something new.

Did You Know?

November gets its name from the Latin word novem, meaning "nine," because it was originally the ninth month of the Roman calendar.

Welcome!

Antonian
LIFE ENRICHMENT CENTER™

Welcome to Antonian Life Enrichment Center!
You may have noticed a new name around here! As part of our organization's transition to Antonian Community Services, St. Anthony's Senior Center is now known as the Antonian Life Enrichment Center (ALEC).

So, what does that really mean? Across the country, senior centers are evolving to better reflect the changing needs, interests, and expectations of older adults. Today's centers are about much more than what people traditionally picture when they hear the words "senior center." They're places for lifelong learning, wellness, friendships, new experiences, and meaningful connections. We're embracing that same philosophy here at ALEC.

We also recognize that not everyone over 50 considers themselves a "senior," and that's okay! We want our name to reflect the opportunities available here, rather than how old someone feels.

But here's what our new name doesn't mean. We're not getting rid of the Senior Center, forgetting our history, or leaving behind the traditions and activities you love. Bingo, meals, exercise classes, friendships, and familiar faces aren't going anywhere!

This change isn't about replacing what we've built together. It's about making room for more people to be part of it.

To our longtime participants, ***thank you*** for making this center the special place it is today. Your friendships, laughter, stories, and involvement are what make this community feel like home.

And to anyone who hasn't visited us yet, I want you to know there's a place for you here. Whether you're looking to make friends, try something new, find helpful resources, or simply enjoy a cup of coffee and good conversation, our doors are open.

We're not changing who we are. We're making sure our name reflects all that we are and all that we can become. More opportunities to live, learn, and belong.



Lindsay Draper
Program Director
Antonian Life Enrichment Center

Center Closures & Updates

A Little Holiday Heads-Up!

The holidays are a special time to slow down, recharge, and enjoy time with the people we love. We want to make sure our wonderful staff and volunteers have that opportunity, too!

We appreciate your patience and understanding as we make these adjustments. Please keep an eye out for updates to our schedule.

Thank you for making our center such a special place to be. We are so grateful for the community we've built together and wish you all a happy, healthy holiday season!

~ Lindsay Draper, Program Director
Antonian Life Enrichment Center



The Center will be OPEN, but there will be NO TRANSPORTATION on the following dates:

- Monday, November 9th to Friday, November 13th, 2026
- Monday, December 21st, 2026
- Tuesday, Decmber 23rd, 2026

The Center will be CLOSED on the following dates:

Thanksgiving Day -
- Thursday, November 26th, 2026
- Friday, November 27th, 2026

Christmas Eve -
- Thursday, December 24th, 2026

Christmas Day-
- Friday, December 25th, 2026

New Years Eve -
- Thursday, December 31st, 2026

New Years Day -
- Friday, January 1st , 2027

National Family Caregiver Month



November is National Family Caregivers Month!

You may already be a caregiver and not even realize it! If you're helping a spouse, parent, sibling, friend, or loved one with everyday tasks, appointments, medications, or personal care, you're providing valuable support, even if you've never considered yourself a caregiver.

This November, we want to remind you that you deserve support, too!

We're excited to welcome Amir Jackson, our new Caregiver Resource Center Advocate! Amir is here to listen, answer questions, and connect caregivers with helpful resources, education, and support. You may also see Lindsay, Brenna, or Elizabeth assisting when Amir is out of the office.

Who Can We Help?

- Adults 18+ caring for someone age 60+
- Adults 18+ caring for someone with Alzheimer's or related dementia, regardless of age
- Older relatives (55+) raising children under 18
- Older relatives (55+), including parents, caring for adults ages 18–59 with disabilities

You spend so much time caring for others. Let us help care for you, too!

DELAWARE HEALTH AND SOCIAL SERVICES
Division of Services for Aging and Adults with Physical Disabilities

The Antonian Caregiver Resource Center is supported by the Delaware Division of Services for Aging and Adults with Physical Disabilities (DSAAPD), with primary funding provided through Title III-E of the Older Americans Act.

November Word Search

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

AUTUMN
CAREGIVER
COMMUNITY
FAMILY
FRIENDSHIP
GRATEFUL
HARVEST
KINDNESS
LEAVES
NOVEMBER
PIE
PUMPKIN
THANKFUL
THANKSGIVING
TURKEY
VETERAN



Physical Fitness

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:00–10:00 AM	Zumba with Sandy J.	Group Exercise with Patricia S.	Yoga with Sandy J.	Cardio Drumming with Amber R.
10:00-11:00 AM		SingFit with Lindsay D. and Elizabeth N.		
12:45–1:15 PM			Sit, Stand, Move with Amber R. & Marion H.	
4:30–5:00 PM				Tai Chi with Gale J.

Most classes are offered in-person and virtually. Please see Lindsay for the zoom link to participate virtually.

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

About each class:

- Yoga: Gentle stretches and movements to improve flexibility, balance, and relaxation.
- Zumba: A fun, dance-based workout that gets you moving to upbeat music while improving heart health and coordination.
- Cardio Drumming: An energetic, low-impact workout using drumsticks and music to improve coordination, strength, and endurance.
- Tai Chi: Slow, flowing movements that promote balance, flexibility, relaxation, and overall well-being.
- SingFit**:** A fun, music-based activity that uses singing, trivia, and gentle movements to support memory, mood, and social connection.
- Sit, Stand, Move: A gentle, adaptable movement class designed to improve strength, balance, flexibility, and mobility, especially for those living with Parkinson's or other movement challenges and their caregivers. This class is offered in partnership with Dance 4 PD, and membership is not required to participate.

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 the Antonian Life Enrichment Center to the Fraim Center for morning aquatic programs.

There are different types of Fraim Center memberships. For information, please call the Fraim Center at (302) 658-8420.



Learn more about this program at 9:45 AM in the dining room on November 2nd!



THE YMCA'S DIABETES PREVENTION PROGRAM

REDUCE YOUR RISK FOR TYPE 2 DIABETES

Did you know? Type 2 diabetes can often be prevented!

If you're at risk for Type 2 diabetes, the YMCA's Diabetes Prevention Program can help you take control of yourhealth. Inthissupportive group setting you'll learn how to make small, realistic lifestylechanges—like eating healthier, increasing physical activity, and maintainingahealthy weight—that can make a big difference.

Eligibility: Participants must meet specific criteria based on a risk assessment or blood test values.

Cost: The program is covered by most insurance plans (check with your provider to confirm coverage).

PROGRAM HIGHLIGHTS

- One-Year Program: 26 sessions total — 16weekly, 3biweekly, and 7monthly.
- Expert Coaches: Led by trained Healthy Living Coaches who guide and motivate you.
- Group Support: Build healthy habits alongside others on the same journey.
- Y Access: Includes access to all YMCA of Delaware locations.

Take the first step toward a healthier, happier life today!

Call (302) 572-9622, or email communityhealth@ymcade.org
www.ymcade.org/preventdiabetes.

Scan the QR code to learn more!

5 Research-Backed Benefits of Singing

Research shows that singing and participating in music activities can support our emotional well-being, social connections, memory, and physical health. Here are five ways singing can make a positive difference:

1 May Reduce Loneliness

73% of chorus singers ages 62 and older reported that singing in a chorus made them feel less lonely.

Source: Chorus America.
The Chorus Impact Study: Singing for a Lifetime. (2019).

2 Can Improve Your Mood

75% of adults ages 50–80 said music helps them relax or relieve stress, and 65% reported benefits to their mood or mental health.

Source: University of Michigan.
National Poll on Healthy Aging: The Sound of Music. (2024).

3 May Support Brain Function

A 12-week group singing study with older adults found improvements in word recall and verbal fluency, suggesting singing may provide valuable mental stimulation.

Source: Fu et al.
Impact of Group-Singing on Older Adult Health in Senior Living Communities: A Pilot Study. (2018).

4 Can Bring Back Memories

61% of adults ages 50–80 said music sparks memories or helps them recall important moments or experiences from their lives.

Source: University of Michigan.
National Poll on Healthy Aging: The Sound of Music. (2024).

5 May Strengthen Breathing Muscles

A 12-week group singing study found improvements in measures of breathing muscle strength among older adults, which can help support respiratory health.

Source: Fu et al.
Impact of Group-Singing on Older Adult Health in Senior Living Communities: A Pilot Study. (2018).

Try SingFit!

WHEN: Tuesdays at 10:00 AM
WHERE: Dining Room
WHO: Everyone 50+ is welcome!

VETERANS DAY Ceremony

HONORING THOSE WHO SERVED

WEDNESDAY, NOVEMBER 11, 2026

ALEC INVITES OUR COMMUNITY TO JOIN US IN RECOGNIZING AND THANKING THE BRAVE MEN AND WOMEN WHO HAVE SERVED OUR COUNTRY.

AT 11:00 AM, WE WILL OBSERVE A MOMENT OF SILENCE TO REFLECT ON THEIR SERVICE AND SACRIFICE.
DURING LUNCH AT 12:00 PM, WE WILL HOLD A SPECIAL ROLL CALL OF HONOR, RECOGNIZING VETERANS FROM OUR COMMUNITY.

Are you a veteran?
We would love to honor you!

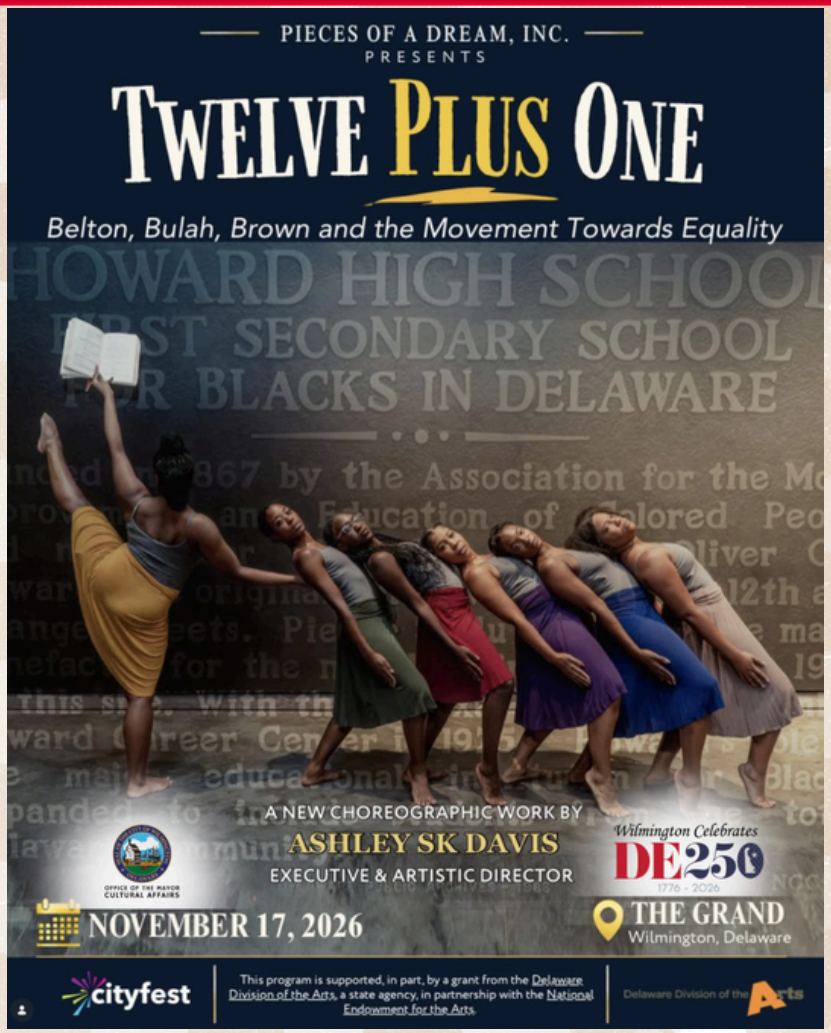
IF YOU WOULD LIKE TO PARTICIPATE, PLEASE SHARE YOUR NAME, BRANCH OF SERVICE, AND YEARS SERVED WITH A STAFF MEMBER SO WE CAN INCLUDE YOU IN OUR RECOGNITION.

PARTICIPATION IS COMPLETELY VOLUNTARY.

TO ALL OUR VETERANS, THANK YOU FOR YOUR SERVICE. WE ARE HONORED TO HAVE YOU AS PART OF OUR COMMUNITY!



Free Event Featuring ALEC's Cardio Drumming & Sit, Stand, Move Instructor!



Join Pieces of a Dream, Inc. for the premier of Twelve Plus One: Belton, Bulah, Brown and the Movement Towards Equality.

This event is FREE and open to the public. To secure your spot, visit CityFest's website to reserve your tickets today!

Tuesday,
November 17th, 2026

6:30PM ||
The Grand Wilmington

Dancers:

- Monique Antonia Bland
- Jazmin M. Harris
- Ephesia Moody
- Amber Rance
- Omari Senior
- Adiah Simpson
- M. Amber Spivey

SCAN ME

Paint Party

AT ANTONIAN LIFE ENRICHMENT CENTER



$5 PER PERSON

Join us for a fun and relaxing Paint Party!

Whether you're an experienced artist or haven't picked up a paintbrush in years, everyone is welcome. Enjoy an afternoon of creativity, laughter, and good company as you create your very own masterpiece.

No artistic experience necessary — just bring yourself and a willingness to have fun. It's not about painting perfectly, it's about enjoyigg the process and trying something new.



MONDAY NOVEMBER 23RD

1:00 PM - 3:00 PM

DINING ROOM
1703 W. 10TH ST
WILMINGTON, DE 19805

PLEASE RSVP BY NOVEMBER 20TH
to ensure we have enough supplies for everyone!

Educational

Bible Study – Non-Denominational
Thursdays
10:30 – 11:30 AM
Location: Library
All faiths are welcome.
Led by volunteer teacher Barbara Petrucci.

Stronger Memory
StrongerMemory uses simple daily exercises involving reading aloud, handwriting, and basic math to help engage different parts of the brain. The program is designed to be completed for approximately 20–30 minutes per day, several days each week.

We completed our first 12-week cohort - New cohort will begin in the New Year!

Computer Lab & Library
Open during regular center hours.
Technology assistance is available by appointment.

Computer Instruction
Woodlawn Library offers computer instruction.
Transportation within our service area during regular hours may be available.
Contact Woodlawn Library for more information at (302) 571-7425.

STAND BY ME
Powered by the State of Delaware & United Way of Delaware

Take advantage of **FREE**, one-on-one financial coaching right here at ALEC! Get help with budgeting, retirement planning, managing expenses, and exploring available benefits.

You don't have to be struggling financially to benefit!

Karen Summa is available at ALEC on the third Wednesday of each month. Appointments are required and must be scheduled directly with Karen at 302-658-4171 x104. Please call her to reserve your appointment!

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
Available on alternating Thursdays in coordination with St. Francis Visiting Nurses.
See the monthly calendar for scheduled dates.

Notary Services
Available by appointment.
Faxing & Copying
Available by appointment.

Antonian Caregiver Resource Center
Need help finding resources as a caregiver?
The Antonian Caregiver Resource Center can help caregivers identify programs, services, education, and community resources that may be available to them and their loved ones.
Call 302-427-5400 to learn more.

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!

What's going on?

Event	Time/Date	Location
YMCA's Diabetes Prevention Program with Peter Campbell	9:45 AM Monday, November 2nd, 2026	Dining Room
St. Francis Life with Denise Garcia	9:30 AM Wednesday, November 11th, 2026	Dining Room
Blindsight Peer Support Group with Simone Cooper	1:00 PM - 2:00 PM Wednesday, November 18th, 2026	Library
Paint Party	1:00 PM - 2:00 PM Monday, November 23rd, 2026	Dining Room
988 Support Circle	1:00 PM to 2:00 PM Monday, November 30th, 2026	Dining Room

Transportation

Banking Transportation

Need a ride to the bank? We offer weekly banking transportation within our service area on most Tuesdays at 9:30(ish) AM for just $1 per person.

Space is limited, and advance reservations are required. Please contact the center office to reserve your seat.

Date	Time
Tuesday, November 3	9:30 AM
Tuesday, November 10	**NO BANKING**
Tuesday, November 17	9:30 AM
Tuesday, November 24	9:30 AM

Grocery Shopping

Join us Thursday afternoons for grocery shopping at ShopRite on the Riverfront!

Transportation is $2 per person. Please limit purchases to 2–3 reusable bags.

Space is limited, and advance registration is required. See a staff member to sign up!

Date	Time
Thursday, November 5th	2:15 PM
Thursday, November 12th	**No Grocery Shopping**
Thursday, November 19th	2:15 PM
Thursday, November 26th	**No Grocery Shopping, Center closed!**

Medical Transportation

Need a ride to a medical appointment? We offer transportation on Mondays, Wednesdays, and Thursdays for just $1 per person.
Appointments must be scheduled between 10:00 AM and 1:00 PM and must be located within our service area.

Please provide at least 48 hours in advance notice when requesting transportation. Space is limited, and reservations are required.
To schedule transportation, call 302-421-3735.

Transportation

Trip	Time/Date	Cost
Voting - Election Day	9:30am to 1:30pm Tuesday, November 3rd, 2026	FREE
Delaware Park Casino	10am to 2:30pm Tuesday, November 17th, 2026	$3.00
Redner's Grocery Store (Kirkwood Hway)	10:30am to 1:30pm Tuesday, November 24th, 2026	$2.00

IMPORTANT: BUS DEPARTURE TIMES

Departure times are NOT suggestions!

When you return late, you delay everyone, including participants waiting at the center for transportation home.

You are responsible for keeping track of time and returning to the bus promptly. If you are lost or having difficulty returning, CALL US immediately!

Repeated delays jeopardize our ability to offer future trips, especially longer-distance outings.

Please respect everyone's time.
Don't be the reason others miss out on future opportunities!

MEDICARE EVENTS



Department of Insurance (DOI) hosts Medicare events by appointment only

October 20 - November 20

DOI Dover Office

11/2, 11/9, 11/17

1351 W North St, Suite 101, Dover, DE 19904

9:00am to 3:30pm

DOI Wilmington Office

11/4, 11/12, 11/18

503 Carr Road, Suite 303, Wilmington, DE 19809

9:30am to 3:00pm

DOI Georgetown Office

11/2, 11/12, 11/19

28 The Circle, Suite 1, Georgetown, DE 19947

9:30am to 3:00pm

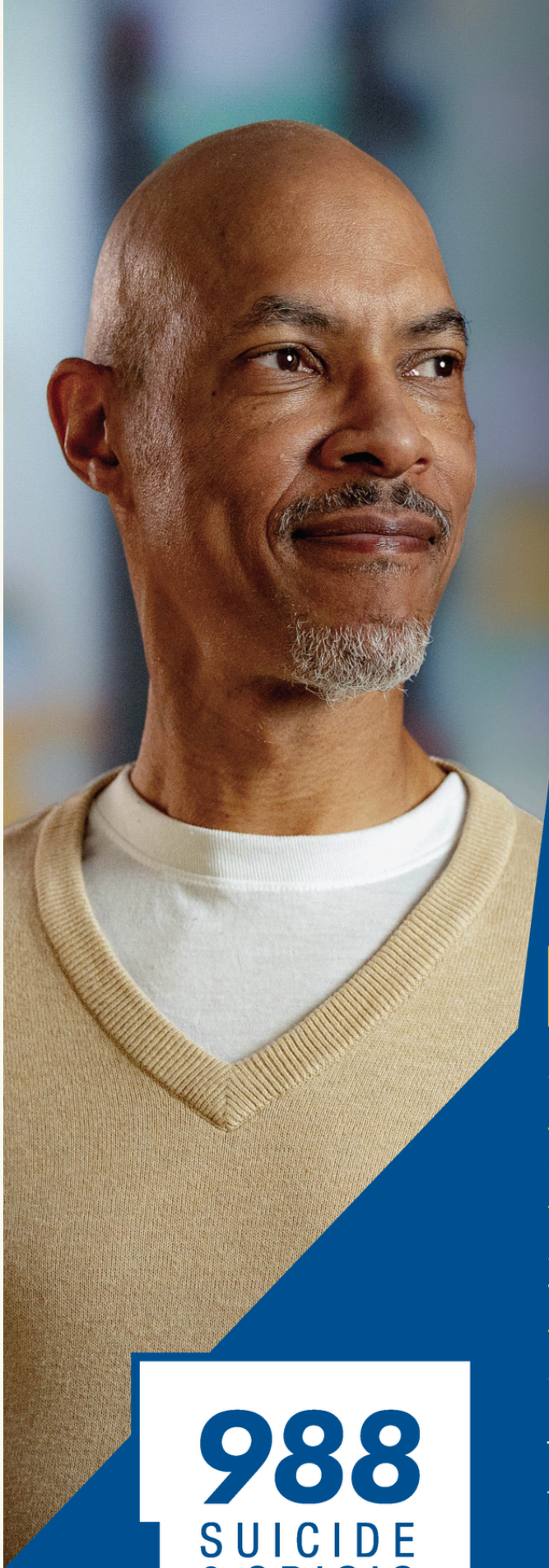
This is your time to see if you can find lower premiums and extra benefits. Find out all your Medicare health plan choices for 2027 - including prescription drug plans and Medicare Advantage plans from private insurers. Plans change every year – maybe your healthcare needs have changed too.

Delaware Medicare Assistance Bureau (DMAB)

can answerall your questions about Medicare Open Enrollment and the new 2027 benefits.

Medicare Open Enrollment Period begins **October 15, 2026** and ends **December 7, 2026.**

Unable to attend, call **302-674-7364** for more information or visit **insurance.delaware.gov/dmab**



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

EVERY MAN COUNTS
BETTER DADS · BETTER LIVES

EVERY MAN COUNTS PRESENTS

BECOME A COMMUNITY 988 CHAMPION

LEARN. CONNECT. HELP STRENGTHEN YOUR COMMUNITY.



Join **Every Man Counts** for a **FREE** two-session training designed to help you better understand 988, mental health, and how we can support conversations about mental health in our communities.

WHAT IS A COMMUNITY 988 CHAMPION?

A Community 988 Champion is someone equipped with knowledge and practical tools to help raise awareness of 988, start conversations about mental health, and connect people in their community with support and resources.

SESSION ONE

Understanding 988, Mental Health & Our Communities

Thursday, November 5

7:00 – 8:30 PM

SESSION TWO

Starting the Conversation & Becoming a Community 988 Champion

Thursday, November 12

7:00 – 8:00 PM

READY TO BECOME A COMMUNITY 988 CHAMPION?

Email **info@everymancounts.org** to sign up.

CALL 988 | TEXT 988 | CHAT 988lifeline.org

FREE • CONFIDENTIAL • AVAILABLE 24/7

EVERY MAN COUNTS
BETTER DADS · BETTER LIVES

988 SUICIDE & CRISIS LIFELINE

Save the Date!

Care Connects Us:

A Caregiver Celebration





Monday, November 9

4:00 – 7:00 pm

Antonian Community Services

1703 W 10th Street, Wilmington

Vendor Fair featuring local organizations ready to support you!

Free Raffle and Light Refreshments

Art and wellness activities to enjoy with your loved one

DELAWARE HEALTH AND SOCIAL SERVICES

Division of Services for Aging and Adults with Physical Disabilities

Questions? Contact caitlin.britwum@delaware.gov





Holiday Lights Express

Experience the magic of riding aboard Wilmington & Western's festively decorated, 100-year-old heated parlor car, covered in thousands of holiday lights!

Take a 1-hour evening trip through the Red Clay Valley to see Christmas lights and get into the holiday spirit.

$5/Per Person

Trip includes:

- Coach Bus to-and-from Wilmington & Western Railroad
- 1-Hour Evening Trip through the Red Clay Valley
- Snack & Beverage provided

Thursday, December 3rd

Trip will approximately be from 6pm to 8:30pm.
More details to follow!

Accessibility Information
Our coach bus is ADA-accessible, and a wheelchair lift is available for boarding the train. However, train doorways are only 24 inches wide, and wheelchair storage space is limited.

Nutrition Program

Join Us for a Meal!

Our meals are provided in partnership with Antonian Nutrition Services.

Advance Reservations Required

The Antonian Life Enrichment Center operates on an advance reservation system for all meals. This includes meal substitutions, such as requesting a bag supper. Reservations must be made by 12:00 PM the business day before you plan to attend. Monday meals must be reserved by Friday at 12:00 PM. Reservations are accepted by phone at 302-421-3735 or in person.

Please remember that 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.

Thank you for helping us plan and serve everyone efficiently!

Meal Times
Lunch
Monday–Friday
12:00 PM

Dinner
Tuesdays & Thursdays
5:00 PM

Cost/Donation
Ages 60+:
Suggested donation of $4.00 per meal

Under 60:
$8.00 required cost

FYI
Menus and meals are subject to change.

Antonian
NUTRITION SERVICES™

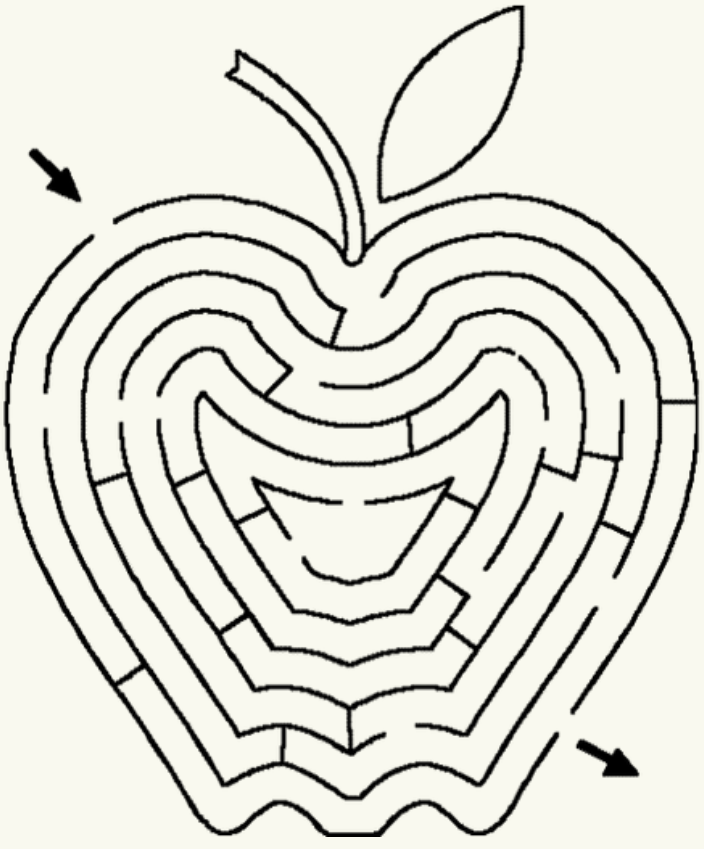
NEWSLETTER - NOVEMBER 2026

Seasonal Produce

- Cabbage
- Pumpkins
- Apples
- Kale
- Cranberries
- Asian Pears

Reminders

We will be **closed on November 26th & 27th** for Thanksgiving.



Antonian Nutrition Services Contact Info

Main Line

- 302-421-3734

Dietitian

- 302-421-3730
- RD@cityfare.org

NOVEMBER: NATIONAL DIABETES AWARENESS MONTH

Carbohydrates

Individuals who have diabetes need to monitor how many carbohydrates they eat in a day and carefully watch their blood sugar.

Types of Diabetes

- **Type 1**: an autoimmune disease, the pancreas no longer produces insulin.
- **Type 2**: a chronic disease, the body becomes resistant to insulin.

The Holiday Season & Diabetes

- Be careful with sweet treats like pies, cookies, and candy. These can quickly spike blood sugar.
- When enjoying your holiday favorites - make sure to include a protein source on your plate like turkey, fish, chicken, beans, ham , etc!
- Do not skip meals and focus on your portion sizes. Make half your plate a non-starchy vegetable (ex. green beans) a quarter your plate a lean protein (ex. turkey) and the last quarter of your plate a complex carbohydrate (ex. whole grain, fruit, starchy vegetable)

To whom it may concern,

Beginning in November, we will not be serving milk with every meal. We have noted that many individuals either dislike milk or are unable to consume it, resulting in significant waste. To address this issue, we will offer milk only on days when no other dairy products are included in the meal, in compliance with state dairy regulations. If milk is available that day, it will be prominently indicated on the menu.

- Congregate Lunch/Evening Meals: milk will only be provided if it is indicated on the menu for that day.
- Grab & Go: milk will only be provided if it is indicated on the menu for that day.
- Bag Supper: milk will be served with every bag supper.

If you have any questions, please feel free to reach out.

Thank you!

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TUESDAY @ 5 PM	**THURSDAY @ 5 PM**
November 3	***November 5***
Dry Rub Chicken Wings w/ BBQ Sauce; Sweet Potato Fries & Broccoli; Apple Slices; 2% Milk	Chili w/ Shredded Cheese; Baked Potato w/ Sour Cream; Side Salad; Fresh Orange
November 9	***November 12***
Breaded Flounder w/ Tartar Sauce; Stewed Tomatoes; Mac n Cheese; Banana	Chicken Parm; Green Beans; Penne w/ Red Sauce; Diced Pears
November 17	***November 19***
Meatloaf w/ Mashed Potatoes & Gravy; Peas & Carrots; Mixed Fruit; 2% Milk	Lemon Pepper Salmon; Roasted Baby Bakers; Green Beans; Pineapple; 2% Milk
November 24	***November 26***
Spaghetti & Meatballs; Squash; Fresh Cut Fruit; 2% Milk	**CLOSED;** Happy Thanksgiving!
December 1	
Pot Roast w/ Mashed Potatoes & Gravy; Green Beans; Diced Pears; 2% Milk	

Evening Meal

- Suggested minimum donation for ages 60+: $4.
- Under age 60: $8.
- All meals subject to change.
- Advance Reservations Required

Monday	Tuesday	Wednesday	Thursday	Friday
2; Turkey & Provolone Wrap; Bell Pepper Slices; Diced Pineapple; Mustard	3; Chicken Salad on a Croissant; Celery Sticks; Fresh Orange	4; Peanut Butter & Jelly; Cheese Stick; Baby Carrots; Fresh Apple	5; Roast Beef & Horseradish on a Hamburger Bun; Cucumber Salad; Applesauce	6; Ham & Cheddar Sandwich on White Bread; Cauliflower Bites; Diced Peaches; Mayonnaise
9; Turkey & Swiss Sandwich on Wheat Bread; Baby Carrots; Diced Pears; Mayonnaise	10; Roast Beef & Cheddar Sandwich on White Bread; Broccoli Bites; Apple Slices; Mustard	11; Ham & Provolone on a Kaiser Roll; Beet Salad; Fresh Orange; Diced Peaches	12; Wheat Bagel; Hard Boiled Egg; Cottage Cheese; Fresh Orange; Celery Sticks	13; Grilled Chicken w/ Pesto Wrap; Cucumber Slices; Tropical Fruit Cup
16; Cheese Sandwich; 3 Bean Salad; Cauliflower Bites; Fresh Apple	17; Ham & Cheddar Wrap; Red Skin Potato Salad; Diced Pineapple; Mustard	18; Tuna Salad on White Bread; Bell Pepper Slices; Fresh Orange	19; Turkey BLT on Wheat Bread; Broccoli Bites; Diced Peaches; Mayonnaise	20; Roast Beef & Provolone Sandwich on Wheat Bread; Baby Carrots; Fresh Pear; Mayonnaise
23; Ham & Swiss on a Croissant; Broccoli Bites; Applesauce; Mayonnaise	24; Chicken Salad on Wheat Bread; Celery Sticks; Tropical Fruit Cup	25; Turkey & Provolone on a Club Roll; Beet Salad; Mandarin Oranges; Mustard	26; CLOSED; Happy Thanksgiving!	27; CLOSED
30; English Muffin; Peanut Butter & Jelly; Cheese Stick; Baby Carrots; Mixed Fruit Cup				

Bag Suppers

- Suggested minimum donation for ages 60+: $4.
- Under age 60: $8.
- All meals subject to change.
- Advance reservations required
- Bag Suppers are served at noon

Monday	Tuesday	Wednesday	Thursday	Friday
2; Meatloaf; Mashed Potatoes w/ Gravy; Peas & Carrots; Mixed Fruit; 2% Milk	3; Rachel (Turkey w/ Swiss Cheese, Sauerkraut, & Russian Dressing on Marble Rye); Seasonal Soup w/ Crackers; Fresh Cut Fruit	4; Beef-aroni w/ Ground Beef, Carrots, Onions, Peppers, Mozzarella Cheese & Macaroni Pasta; Broccoli; Diced Pears	5; Chicken Stir Fry w/ Ginger Teriyaki Sauce; Stir Fry Vegetable Blend; Brown Rice; Mandarin Oranges; 2% Milk	6; Lemon Pepper Salmon; Roasted Baby Bakers; Green Beans; Pineapple; 2% Milk
9; Spaghetti & Meatballs; Squash; Fresh Cut Fruit; 2% Milk	10; Italian Seasoned Chicken; Mashed Potatoes w/ Gravy; Cooked Spinach; Apple Slices; 2% Milk	11; Burrito Bowls; Shredded Chicken w/ Brown Rice, Shredded Lettuce, Salsa, Cheese, Black Beans & Guacamole; Diced Pineapple	12; White Chicken Chili w/ Crackers; Side Salad; Fresh Orange; 2% Milk	13; Ham & Scalloped Potatoes; Cooked Carrots; Diced Peaches; 2% Milk
16; Pork Tenderloin w/ Mushroom Gravy; Brown Rice; Beets; Applesauce; 2% Milk	17; Dry Rub Chicken Wings; Sweet Potato Fries; Broccoli; Apple Slices; BBQ Sauce; 2% Milk	18; Roast Ham & Swiss on Whole Grain Bread; Seasonal Soup; Fresh Cut Fruit; Mustard	19; Pot Roast w/ Gravy; Mashed Potatoes; Green Beans; Diced Pears; 2% Milk	20; BBQ Chicken Bites; Cheesy Grits; Seasoned Greens; Corn; Fresh Cut Fruit
23; Stuffed Peppers w/ Marinara; Cauliflower; Fresh Cut Fruit; Split Top Roll; 2% Milk	24; Breaded Flounder w/ Tartar Sauce; Stewed Tomatoes; Mac n Cheese; Banana	25; Carved Turkey w/ Gravy; Mashed Potatoes; Green Beans; Stuffing; Pumpkin Pie	26; CLOSED - Thanksgiving!	27; CLOSED
30; Chicken & Dumplings; Cooked Carrots; Spiced Apples; Split Top Roll; 2% Milk				

Congregate Lunch

- Suggested minimum donation for ages 60+: $4.
- Under age 60: $8.
- All meals subject to change.
- Advance Reservations Required
- Lunch is served at noon