

# Sellers Senior Center

**NOVEMBER/DECEMBER 2021**

2800 SILVERSIDE ROAD WILMINGTON, DE 19810  
(302) 762-2050 FAX: (302) 762-2051



SELLERSSENIORCENTER@VERIZON.NET  
WEBSITE: WWW.SELLERSSENIORCENTER.ORG  
LIKE US ON Facebook: SELLERS SENIOR CENTER

**Staff:**

**Executive Director -**  
Linda Murphy

**Administrative Asst.**  
Jennifer Brooks

**City Fare Site  
Manager –**  
Jeannie Whye

**Board of Directors:**

**President -**  
Kathy Scott

**Vice President -**  
Christie Moretti

Pat Anker

JJ Beans

Alice Collins

Brooke Groff

Peachy Tabangin-Griffin

Dr. David Wilderman

Kim Williams

**Honorary Member**

John Weaver

## **Holiday Gathering at The Wellwood**

**Wednesday, December 15 11:30am**

The Wellwood is an ideal dining experience for every taste! Overlooking the scenic North East River in Charlestown, Maryland.

A great place to satisfy your desire to fresh seafood.



**A Selected menu will be available at a later date!**

**Please sign up in the office. 25 people max.**

**You must provide your own transportation!  
Carpooling is suggested.**

## **Sellers Holiday luncheon**

Watch for information by email on Sellers in house Holiday party.

## Membership Information



**Welcome New Members:** Domenick Rizzio, Betty Van Trump, James Van Trump, Gisela Shults, Nancy Melson, Maryanne Walsh, Gabrielle Lindtner, Christine Marichic

**Thinking of You:** Marnie King, Jackie Palmer, Sue McDonald, Robin McGhee

**In Memory of:** Bonnie Mervine, Sandy Harvey

## University of Delaware Health Seminar



### Cancer Thriving and Surviving Self-Management Workshop

**More knowledge about living with cancer can:**

- Help prevent and/or delay health complications
- Support techniques to deal with frustration, fatigue, pain, isolation, poor sleep and living with uncertainty
- Help evaluate and make decisions about treatment and complementary therapies
- Help with communicating effectively with family, friends and health professionals.

**Workshop to be held every Wednesday for 6 weeks at Sellers beginning 1/12/2021-2/16/2022 from 12:00-2:30pm**

**Healthy Living Workshop - 4/13/22-5/18/22**

**Please sign up in Sellers office!**

---

### Hours of Operation:

Monday & Tuesday

8:30—3:30pm

Wed., Thurs., Friday

8:30—2:30pm

---

### Advisory Council:

#### Secretary

Maryanne Cluff

Linda Deeney

Norma Dolan

Ginny Feeley

Ruth McDannel

Mimi Moore

Kay Rzucidlo

Len Thomas

Helen Winkelman

---

### Instructors:

#### **Fitness -**

Eric Wolf

#### **Creative Cards -**

Ellen Paoletti

#### **Cardio Drumming-**


Mary Ellen Luise

#### **Beginners Pinochle Class -**


Mimi Moore

---

## Services Available

**Library:** Books can be borrowed during center hours. Returned books should be placed in the laundry basket. Our dedicated “librarians” will keep our library in order.. Not accepting books 2010 or older. 

**Notary Services:** Call Linda in the main office to make an appointment. \$5.00 minimum donation.

**Stamps:** Postage stamps are available for purchase in the office. 

## Available in Office

**DE Durable Power of Attorney:** Financial

**Five Wishes:** Five Wishes is a legal document that lets adults plan how they want to be cared for in case of a serious illness. Cost: \$1.

**Golden Club:** Free admission to all Brandywine School District sponsored Activities.

**Guide to Services for Older Delawareans:** A publication for Older Delawareans and Persons with Disabilities.

**Handicapped Parking:** Placard application

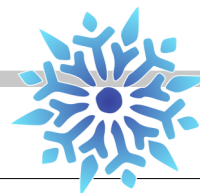
**Paratransit:** Tickets are now available in the main office for \$10 per strip. ID required. Applications also available

**School Tax Credit:** Senior deduction in taxes. (form)

**Senior Roll Call:** This daily telephone service provides added comfort and security that you may need to maintain your independence.

**Vial for Life:** Lifesaving information for emergencies.

## Center Closings



Listen to WDEL (1150AM online or [www.wdel.com](http://www.wdel.com) for center cancelations or closings due to bad weather. Listen for **Sellers Senior Center** to be announced. This will give you accurate information about the center.

## Nutrition Program



A grab & go meal is available Monday through Friday through City Fare's meal program to seniors 60 years of age and older. City Fare offers a hot meal, bagged supper and a salad menu through the summer. A donation for the meal is based on income. Suggested cost: Hot meal & Salad is \$2 & Bag Supper is \$1  
Meals are ready by 11:30 for pick up.

Persons under 60 years of age are required by government regulations to pay \$5.25 for their meal.

**Note: Cancellations must be made by noon the previous day.**

If you place an order for a meal at SSC and do not show or call to cancel (within the allowed time frame) and a substitute is not found, *you will be asked to pay for that meal.*

## Health and Fitness

**'Feel Better' Fitness Class** "If you don't MOVE it - you will LOSE it." Classes consist of: 10-15 min. walking paced warm-up, 30 min. work-out while sitting, 10 min. standing work-out, and 5 min. relaxation cool down. These exercises are good for Seniors with Arthritis, Osteoporosis, or Cardiac Rehab. Participants will gain muscular strength, endurance, and flexibility through gentle movements, chair exercises and stretching.



**Monday, Wednesday, and Friday from 10:30- 11:30am**

**Cost: \$3 per class**

**Instructor: Eric Wolf**

## American Music Theatre



Sellers Senior center presents a day out to Lancaster, PA to the **American Music Theatre** to see  
**“WINTER WONDERLAND”**

**Tuesday, December 7, 2021**

Also enjoy lunch at Shady Maple!

Please contact Jerry Poore for more information and to sign up. 302-478-3845/jrp1940@yahoo.com

## **Bow Making Class**

---

### **Bow Making With Kathleen Gegan**

Tuesday, November 16 at 1:00pm

We will provide wrapping paper, and scissors,  
please bring scotch tape.



## **Mandala Jar & Mandala Coaster Painting**

---

Dot Painting seems to be a new fad on Pinterest.  
Sign up for the following classes and join in the fun!

Instructors: Linda Murphy & Kay Rzucidlo

**Jar - Thurs, Dec. 2 at 1:00pm**

**Coasters - ( Set of 4) Thurs, Dec. 16 at 1:00pm**



**\$3 per class**

## Donations and Bequests

Donations and bequests to Sellers Senior Center are deductible for the purpose of computing income and inheritance taxes under the law for donations and bequests for charitable corporations.

**Memorial Fund:** Contributions to this living memorial is a very thoughtful way of perpetuating the memory of our friends and loved ones. Their names will be engraved on our Memorial Plaques (which hang in our Great Room) and their families will be notified of your remembrance. Your name will be recorded in our Book of Memorials.

**United Way Donations:** When making donations to United Way, remember to write in Sellers Senior Center's code **#9063** on the back of the card. We are also a member of the United Way of Southern Pennsylvania. For Pennsylvania donations please use **#48809**.

## Pinochle Class - Beginners



**Always wanted to learn how to play Pinochle?**

Join us for a beginners class where you will learn the basics.

Instructor: Mimi Moore

When: 1st & 3rd Thursday of the month @ 1:00  
Please let the office know if you'd like to sign up!

## Silverside Church Concert

**The Brandywine Chamber Players**

**Sunday, November 14, @ 3:00pm**

Enjoy an afternoon with local musicians performing music from a variety of local genres, including Baroque, Classical, Celtic, Folk Latin and more!



**Concert is Free. Donations to outreach are welcome!**

## Center Closings

**Closed Thursday,**

**Nov. 26th and  
Friday Nov. 27th.  
in observance of  
Thanksgiving**

**And Friday, Dec.  
24 and Monday  
Dec. 27th in  
observance of  
Christmas**

**Advisory Council  
Meeting:**

**Next meeting  
Wed, Nov. 3.  
& Wed, Dec 1.**

At the time of publication of our bi-monthly newsletter, the information is as complete and accurate as possible.

**DONATIONS!  
Thank You**

Helen Ridenour  
Phil Auld



# Ongoing Activities

---



**Bingo:** Fridays, 12:30—2:30pm. Bring your **nickels** and enjoy refreshments with your friends. Donations are always appreciated. Caller: Beverly Colonna Substitutes: Joanne Donegan & Suzanne Scolis

**Bridge:** Duplicate Bridge (requires a partner)—Tuesdays, 9:00am - 12:00pm.

**Bridge:** Duplicate Bridge (requires a partner) - \$3 every Thursdays, 9:00am-12:00pm. For more information, contact the office.

**Bunco** Every Monday from 10:00am to 12:00 noon. Cost: \$2.00 (cash prizes)

**Canasta:** Fridays 10:00—noon. Beginners welcome.

**Cardio Drumming** Tuesdays 1:00-2:00 Please contact office to sign up as space is limited.

**Creative Cards:** Learn to make creative cards using a wide variety of paper crafting products: rubber stamps, punches, ink pads, die cuts and more! Second & fourth Thursdays of each month at 10:00am. **Class is advanced.** Class size limited to 12. Reservations are required 1 week in advance. Cost: materials only. *If you don't show up for the class you are still required to pay the instructor.*

**Game Day:** 2nd & 4th Thursday at 12:30pm

**Mahjong:** 2nd & 4th Wednesday at 10:00 New players please contact the office.

**Pinochle:** Mondays and Tuesdays, 12:30 –3:30. **New Pinochle players needed!**

**Pinochle Class:** For Beginner players. 1st & 3rd Thursday at 1:00pm



**Painting Class:** A fun painting class with acrylic paint on canvas. 2nd & 4th Wednesday of each month 1:00-3:00pm \$6 includes instruction, canvas & paints.

**Zendoodle:** is the art of drawing designs using structured patterns or 'Zentangles'. When you draw a Zendoodle, you're creating a work of art, but you're also deliberately creating a mood, focus, and state of mind. Every other Monday. Next class, Nov. 8. You'll need a sketch book and a Pigma Micron pen.

---

## Our Mission

---

Sellers Senior Center is dedicated to enhancing the quality of life for senior citizens in our area by providing quality human services, social contacts, recreation, nutrition and advocacy. Membership is welcome to anyone 50 years of age or older regardless of religion, gender, race or color.

# Happy Birthday!



## Novemer Babies

11/1 William Sharp  
11/4 Jack Beatson  
11/6 Jane Bordzol  
Jim DeFord  
11/10 Pat Bratcher  
11/11 Harlene Dennison  
Pat Modispaugh  
Richard Stout  
11/12 Kathy Patane  
11/13 Larry Walker  
11/17 Robert Boyer  
Angela Di Taddeo  
Jean Dorovich  
11/18 Joanne Russo  
11/21 Elizabeth Middleton  
11/24 Bert Opher  
11/25 Barbara Creegan  
11/26 Viicki Packard  
11/27 Bing Cardal

## December Babies

12/1 Louise Maucher  
12/3 Marlene Bennett  
12/4 Joan Bisson  
12/8 Burt Modispaugh  
12/13 Joanne Donegan  
Kathaline Mauro  
12/15 Phyllis D'Ambrosio  
12/16 Carol Marshall  
12/17 John Dietz  
Jane Hanavin  
Ann Keller  
12/20 Jackie Palmer  
12/13 Dawn Doubet  
12/21 Maryann Sedivec  
12/22 Eleanor Rozmarynoski  
12/25 Betty Wilbur  
12/25 Joe Vansuch  
12/26 Pat Comegys  
12/29 Elaine Kurtz  
Shirley Stout



## Medicare Information



Tom Lindstrom, Medicare Benefits Advisor is available to answer any of your Medicare questions.

Tom can be reached at 302-650-0807



**Sellers** 2800 Silverside Rd.

**Senior** Wilmington, DE 19810

(302) 762-2050

**Center**

Sellers Senior Center is dedicated to enhancing the quality of life for senior citizens in our area by providing quality human services, social contacts, recreation, nutrition, and advocacy.

The programs and services of Sellers Senior Center, Inc. are in part sponsored by the State of Delaware Division of Aging, The Nutrition Program for New Castle County's Senior Generation (City Fare) and the United States of America Older Americans = Act, Title 111C.