

Claymore Senior Center

A Community for Adults 50+

Information Packet & Newsletter

July 2026



504 S. Clayton Street, Wilmington , DE 19805-4211

302-428-3170

Hours:

Monday: 8:30 AM - 3:00 PM

Tuesday: 8:30 AM - 3:00 PM

Wednesday: 8:30 AM - 3:00 PM

Thursday: 8:30 AM - 3:00 PM

Friday: 8:30 AM - 1:00 PM

Snow Watch and Emergency Closings Status:

The decision to close for inclement weather will
be posted on:
WDEL SnoWatch | wdel.com

Radio Stations to Listen to are:

93.7FM (WSTW) or 101.7FM (WDEL)

www.ClaymoreSC.com

www.facebook.com/ClaymoreSC

AT A GLANCE

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MESSAGE FROM THE DIRECTOR

As the Director of Claymore Senior Center, I am honored to extend my warmest greetings to all of our valued members.

Our center is dedicated to creating a supportive, engaging, and vibrant community where seniors can thrive, connect, and continue to live life to the fullest.

We remain committed to providing a variety of activities, services, and resources to meet the diverse needs of our members.

Thank you for your continued trust and participation in our programs, and we look forward to another year of growth and connection together.

Mark Murowany

STAFF

Executive Director

Mark Murowany

m.murowany@claymoresc.com

Administrative Assistant

Karen Jones

k.jones@claymoresc.com

Programming

Trudi Scheurer

t.scheurer@claymoresc.com

SUPPLEMENTAL HEALTH INSURANCE CARRIERS

Below is a description of the **supplemental insurance** carriers that defray the cost of Exercise Classes and Fitness Center dues.

Note: only 10 visits are paid by your coverage, after you reach the limit, you will need to pay \$3 per class.

Punch cards available - \$30 for 10 classes.



Do you have United Health care or AARP insurance?

Step 1: Call customer service on the back of your card and ask for your individualized member # that starts with “A” followed by 9 numbers.

Step 2: Give us a call or stop by our office once you have that information and we will gladly sign you up.

Do you have any of these Medicare supplemental insurance carriers?

- AETNA
- HUMANA
- BANKERS LIFE
- Highmark BCBS (Medicare)



Step 1: Call customer service on the back of your card and ask for a 16 digit number that starts with 2300.

Step 2: Call us or stop by our office once you have that information and we will gladly sign you up.



Do you have any of these Medicare supplemental insurance carriers?
We can input your name & date of birth to see if you qualify.

- CIGNA
- EMBLEM HEALTH
- STATE FARM
- PREMIERA BLUE CROSS

FITNESS CENTER

ABOUT:

The fitness center at Claymore Center offers a welcoming and well-equipped space for individuals of all fitness levels. With a variety of cardio machines, and strength training equipment, it provides everything needed for a comprehensive workout.

Whether you're looking to improve your fitness, maintain an active lifestyle, or try something new, the center offers a supportive environment to help you reach your goals.

POLICY:

Every new member is **required** to have a one-on-one session with our trainer. This personalized, one-hour appointment is designed to address your individual needs and ensure your safety.

The fee for the one-on-one session is **\$25** to be paid in cash to the instructor the day of your appointment.

Come in for a tour and set up your appointment with our trainer!

FITNESS CENTER HOURS:

Monday: 8:30 AM - 3:00 PM

Tuesday: 8:30 AM - 3:00 PM

Wednesday: 8:30 AM - 3:00 PM

Thursday: 8:30 AM - 3:00 PM

Friday: 8:30 AM - 1:00 PM



Note: The fitness center side entrance door is locked daily at 1:00 PM. Please use the main entrance after that time.

EXERCISE CLASSES

Please note: Exercise classes take place in the **Main Hall, Lower Level,** or **Second Floor,** depending on the class.

The cost for each class is **\$3** if you do not have supplemental insurance (refer to page 3).

Punch cards are available for purchase and can be used for any class. Price: **\$30 for 10 classes.**

CLASSES SCHEDULE:

Exercise classes are held on the same days each week.

MONDAY

~~10:30 AM Mindful Movement and Drumming Instructor: Sahr Abu~~

(Mindful Movement and Drumming class is currently on pause)

TUESDAY

9:00 AM Chair Yoga Instructor: Sahr Abu

10:30 AM Low Impact Cardio Instructor: Rebecca Reyes

WEDNESDAY

10:00 AM Tai Chi for Health *(Beginners/Refresher)* Instructor: Janie Walker

Note: Only 2nd and 3rd Wednesday of the month

1:00 PM Cardio Drumming Instructor: Sandy Jones

THURSDAY

9:00 AM Chair Yoga Instructor: Sahr Abu

10:30 AM Zumba Gold Instructor: Sandy Jones

FRIDAY

10:00 AM Tai Chi for Health Instructor: Janie Walker

~~11:30 AM Laughter Yoga Instructor: Trudi Scheurer~~

(Laughter Yoga will take a break for the summer and will return in September)

ACTIVITIES

MUSIC MASTERS BAND PRACTICE:

Come to the center for band practice—listen, dance, and request your favorite tunes!

Every other Monday Starting January 12 from **10:00 AM** to Noon.



SHUFFLEBOARD PLAY:



We are taking a break for the summer. Shuffleboard will be back in September!

FOR BOOK LOVERS:

Join us in our cozy library the **1st Tuesday of the month** at **10:00 AM** for books, conversation, and a relaxing time!



CORNHOLE:



We are taking a break for the summer. Cornhole will be back in September!

QUILTING:

Quilters meet **every Wednesday** at **9:00 AM** on the 2nd Floor.

Fresh coffee and dessert served. Newbies are welcome!



MAHJONG:

Beginners and Intermediate players welcome! We have tiles, boards, and score cards.

Mahjong group meets **every Thursday** at **11:30 AM**, on the 2nd Floor.



BRUNCH BINGO:

Held **once a month on a Wednesday** at **11:30 AM**—come join us for a fun time and exciting prizes!



MEDICARE MATTERS

MEDICARE BENEFICIARIES

TURNING 65? ~ NEW TO MEDICARE?

ALREADY ON MEDICARE?

Advantage Plans Network

Offers a number of Medicare Advantage Plan Options!

One may be right for you!

Call to find out more!



In-Person



by Phone

Or



Virtual

⚡ We Also Assist with: Applying for prescription assistance / Applying or Reapplying for Medicaid

Call Your Licensed Agent at:
302-314-3584 / TTY: 711
To Schedule Your Appointment

Website: www.advantageplansnetwork.com

Email: advantageplansnetwork.com

Servicios de intérprete disponibles

**Disclaimer: Not affiliated with any government agency. Certain exclusions and limitations may apply
When calling you will be Speaking with a Licensed Agent**

Advantage Plan Network  Serving People First

STOP UNWANTED JUNK MAIL



Powered by the State of Delaware
& United Way of Delaware

STOP RECEIVING UNWANTED JUNK MAIL

Nothing is more annoying than pulling up to your mailbox after a long day and finding it filled to the brim with junk mail credit card offers. Every day, credit card companies fill up our mailboxes with needless junk that is immediately rerouted to the shredder or trash can.

But here's great news: You can make them stop!

It's actually very easy to stop receiving unsolicited junk mail credit card and insurance offers. All you need to do is visit www.optoutprescreen.com, type in your information, and you'll stop receiving these offers for five to ten years. If you do not have a computer, just call 1-888-567-8688 to opt out.

It's simple. No more credit card junk mail for you, no more wasted time for your mailman, and no more overheated shredders and filled-to-the-brim trash cans.

A Stand By Me 50+ free Financial Coach can help you opt out of unwanted junk mail.

Call a Stand By Me 50+ Financial Coach for FREE Financial Coaching and Benefits Screening today!

Call to schedule an appointment today:

302-601-3896 in New Castle County

302-415-1542 in Kent County

302-608-2705 in Sussex County



BRUNCH BINGO

**We are taking a short break for the summer, but
Brunch Bingo will return in Fall!**

September 30

October 28

November 18

\$15 PER PERSON

Payment due by the Friday before Bingo or \$20 at the door

Purchase 3 Bingo Games for \$40 and save \$5!

WHAT TO BRING:

Bring your own chips and dabbers.

Or purchase some from us!

Bingo card packets are provided.

Additional packets may be purchased.

HOW TO PARTICIPATE:

Email: t.scheurer@claymoresc.com

Call: (302) 428-3170

In Person: 504 S. Clayton Street,
Wilmington, DE 19805

PLEASE NOTE: BINGO MAY BE CANCELED IF MINIMUM SIGN-UPS REQUIREMENTS
(15 PARTICIPANTS) ARE NOT MET.

Participants will be notified the Friday before the event.

RODNEY STREET



WHAT WE DO

RodneyStreet is a 501(c)3 organization that provides year-round opportunities for Wilmington area youth on and off the tennis court. RodneyStreet combines athletics, academics, STEAM (Science, Technology, Engineering, Art, and Math) programming, field trips and character-building activities.

For more information please visit our website:

<https://RodneyStreetTennis.org>

RodneyStreet
Building Lives Through Tennis & Education

NOW OFFERING
FREE
ONE-ON-ONE TUTORING

Scan QR or
Visit Website

<https://form.jotform.com/240654813779164>

FREE ONE-ON-ONE TUTORING PROGRAM

Our **FREE** one-on-one tutoring program is designed to provide personalized support to students in the areas they need it most. Led by our dedicated Education Coordinator, Keaira Faña-Ruiz, our team of skilled and passionate tutors are trained across multiple subjects, ensuring that every student receives tailored guidance to help them excel.

AARP DEFENSIVE DRIVING



DEFENSIVE DRIVING

Advanced Driving Classes offered at

Claymore Center

504 S. Clayton Street

Wilmington, DE 19805

Mondays from 10:00 AM - 2:00 PM

September 21 // November 2

Cost: \$20 for AARP Members and
\$25 for Non-Members

You will receive a **3 years certificate** that will give you **15% off**
a portion of your insurance coverage.

Great Deal!

Sign up with Trudi or Karen in the office or
call in to register.

302-428-3170

RECIPE

A Taste of Delaware Heritage!

This month's Apricot Salad comes from "The Delaware Heritage Cookbook", a collection of recipes shared by Delaware families. Light, fruity and refreshing, this recipe is a perfect addition to any summer meal.

Apricot Salad

Servings: 8 to 12

Ingredients for the Salad:

- * 2 (3-ounce) packages apricot gelatin dessert
- * 2 cups boiling water
- * 1 cup miniature marshmallows
- * 12-ounce can crushed pineapple
- * 2 cups cottage cheese
- * 2 cups frozen whipped topping

Preparation:

1. Dissolve gelatin in boiling water; stir well.
2. Add marshmallows and pineapple; mix well.
3. Refrigerate until gelatin has the consistency of egg whites.
4. Add cottage cheese and thawed whipped topping; mix well.
5. Pour into a 9 by 13 by 1^{1/2} inch pan or large mold.

Best made a day or so beforehand.

BRAIN GAME

American Revolution

Word Search



BILL OF RIGHTS
COLONY
CONFEDERATION
CONSTITUTION
CONTINENTAL ARMY
CONTINENTAL CONGRESS
DECLARATION
DEMOCRACY
FEDERALIST

GARRISON
INDEPENDENCE
LEGISLATURE
LOYALIST
MILITIA
MINUTEMEN
MONARCHY
PARLIAMENT
PATRIOT

REDCOAT
REGULARS
REPUBLIC
REVOLUTION
SONS OF LIBERTY
STAMP ACT
TORY
TREATY OF PARIS
WHIGS

HOLIDAYS CLOSINGS FOR 2026

Claymore Center, including all activities and the fitness center, will be **closed** on the following days:

Tuesday, January 1st - Happy New Year!

Monday, January 19 - Martin Luther King Birthday

Monday, February 16 - President's Day

Friday, April 3 - Good Friday

Monday, May 25 - Memorial Day

Friday, June 19 - Juneteenth

Friday, July 3 - Independence Day

Monday, September 7 - Labor Day


Monday, October 12 - Columbus Day

Wednesday, November 11 - Veterans Day

Thursday & Friday, November 26 & 27 - Thanksgiving

Thursday & Friday, December 24 & 25 - Christmas

JULY 2026 ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	1	2	3
	9:00 Chair yoga 10:30 Low Impact Cardio	9:00 Quilting 1:00 Cardio Drumming	9:00 Chair Yoga 10:30 Zumba Gold 11:30 Mah Jongg	 INDEPENDENCE DAY CENTER CLOSED
6	7	8	9	10
10:00 Music Masters Band Practice	9:00 Chair yoga 10:00 For Book Lovers 10:30 Low Impact Cardio	9:00 Quilting 10:00 Tai Chi for Health <i>(Beginners/Refresher)</i> 1:00 Cardio Drumming	9:00 Chair Yoga 10:30 Zumba Gold 11:30 Mah Jongg	10:00 Tai Chi for Health
13	14	15	16	17
	9:00 Chair yoga 10:30 Low Impact Cardio	9:00 Quilting 10:00 Tai Chi for Health <i>(Beginners/Refresher)</i> 1:00 Cardio Drumming	9:00 Chair Yoga 10:30 Zumba Gold 11:30 Mah Jongg	10:00 Tai Chi for Health
20	21	22	23	24
10:00 Music Masters Band Practice	9:00 Chair yoga 10:30 Low Impact Cardio	9:00 Quilting 1:00 Cardio Drumming	9:00 Chair Yoga 10:30 Zumba Gold 11:30 Mah Jongg	10:00 Tai Chi for Health
27	28	29	30	31
	9:00 Chair yoga 10:30 Low Impact Cardio	9:00 Quilting 1:00 Cardio Drumming	9:00 Chair Yoga 10:30 Zumba Gold 11:30 Mah Jongg	10:00 Tai Chi for Health

ANNOUNCEMENTS

Summer Break Notice

Brunch Bingo, Shuffleboard, Cornhole, and Laughter Yoga will be on summer break starting in July and will return in September.

Enjoy your summer, and we'll see you back this fall!

Advertisement Opportunities!

Do you own a business or know someone interested in promoting their business or community event? Advertising opportunities are available in our monthly newsletter!

Contact Claymore Center for more information.

(302) 428-3170

t.scheurer@claymoresc.com

Please Check the Bulletin Board in the Lobby and Facebook Page for Regular Updates!