

Claymore Senior Center

A COMMUNITY FOR 50+ ADULTS

Information Packet & Fall Newsletter

OCTOBER 2025



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

Contact:

Office: 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

Administrative Assistant

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.



FitOn Health Currently Partners With:

- Blue Cross Blue Shield
- Excellus
- WellCare
- Cigna
- Highmark
- Alignment Healthcare

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



EXERCISE CLASSES

All exercise classes take place in the **Main Hall** unless otherwise noted.

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

TUESDAY

9:00 AM Chair Yoga Instructor: Sahr Abu

10:30 AM Low Impact Cardio Instructor: Gale Jones

WEDNESDAY

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

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

1:45 PM Cardio Drumming Instructor: Gales Jones

THURSDAY

9:00 AM Chair Yoga Instructor: Sahr Abu

10:30 AM Zumba Gold Instructor: Gale Jones

FRIDAY

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

ACTIVITIES

MUSIC MASTERS BAND PRACTICE:

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

Every other Monday starting January 13, 2025 from **10:00 AM** to Noon.



SHUFFLEBOARD PLAY:



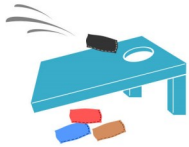
Join us **every Monday** at **10:30 AM** on the 2nd floor— we have regulation-sized tables. We invite you to join us for a fun-filled time!

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:



Every Tuesday starting at **11:30 AM**. Join us on the lower level near the fitness center for a fun game of cornhole!

QUILTING:

Quilting Ladies 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!



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

Look what's coming up:



TIME:

Brunch: 11:30 AM Bingo: 12-Noon

DATES:

Wednesday, October 8, 2025

Wednesday, October 29, 2025

Wednesday, November 19, 2025

Brunch Bingo is **\$15.00**— sign up today in our office with
Karen or Trudi.

Plan ahead and save!

Buy 3 Bingo events **Save \$5.00**

50/50 RAFFLE

**Buy your tickets in the
lobby!**

\$1.00 each or 6 for \$5.00

OCTOBER BINGO - DETAILS

DATE:

Wednesday, October 8, 2025

DATE:

Wednesday, October 29, 2025

TIME:

Bingo: 12-Noon

TIME:

Brunch 11:30 AM Bingo: 12-Noon

Bingo Bites:

Deli & Cheese Tray

Menu:

Bake Ziti, Roasted Chicken,
Salad, Club Rolls

PRIZES:

Gift Cards and/or Cash Prizes, Free Door Prizes

(Remember, payouts are larger when we have more people!)

WHAT TO BRING:

We Provide the Bingo Card Packets, additional Card Packets can be purchased.

Bring your own Chips and Dabbers or purchase some from us!

HOW TO PARTICIPATE:**Email:**

Karen: k.jones@claymoresc.com

Trudi: t.scheurer@claymoresc.com

Call: (302) 428-3170

In Person: 504 S. Clayton Street

WILL ACCEPT LAST MINUTE SUBMISSIONS TO ATTEND

SENIOR HELPERS



**One person caring for another
represents life's greatest value!**

-Jim Rohn

Companion Care...

- ◇ Conversation
- ◇ Exercise and engagement
- ◇ Transportation to appointments
- ◇ Errands
- ◇ Meal planning and preparation
- ◇ Medication reminders
- ◇ Wellness checks
- ◇ Light housekeeping



**Every Day is
Friendship Day!**

**Wilmington & Newark Area
302-533-5988**

www.SeniorHelpers.com

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>



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



Advanced Driving Classes offered at
Claymore Center
504 S. Clayton Street
Wilmington, DE 19805

Mondays from 10:00 AM - 2:00 PM
October 6, 2025 and December 1, 2025

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

Italian American Heritage Month: Classic Cacio e Pepe

Celebrate Italian American Heritage Month with this timeless Roman pasta. With just a handful of simple ingredients: pasta, Pecorino Romano, and black pepper. It's a comforting dish that honors tradition and brings people together.

(Recipe from www.delallo.com)

4-Ingredient Cacio e Pepe

Serves: 4

Ingredients:

- * 1 (1-pound) package Spaghetti or bucatini
- * 1 1/2 cups Pecorino Romano
- * 3 Tbsp Butter (can be omitted to create an authentic Cacio e Pepe.)
- * 2 tsp Freshly ground black pepper

Preparation:

1. Bring 5 quarts of salted water to a boil. Add the pasta and cook until *al dente*. Before draining, reserve about 2 cups of the pasta cooking water.
2. While the pasta is cooking, melt the butter in a large saucepan over low heat. Stir in the black pepper and gently toast it for a minute or two until it's fragrant.
3. Drain the pasta, then add it directly into the pan with the peppered butter. Toss well so the pasta is coated.
4. Remove the pan from the heat. Gradually add the grated cheese. Tossing or stirring constantly. Use a little of the reserved pasta water (a splash at a time) to loosen the sauce and make it creamy.
5. Serve right away, while it's hot and saucy. Extra cheese and black pepper on top is optional (but delicious).

BRAIN GAME

October-Themed Word Search

Word Search for Sweater Weather: cozy up with a cup of cider and see how many words you can find!

Halloween

Scarecrow

Pumpkin

Costume

Zombies

Vampire

Autumn

Harvest

October

Witches

Orange

Turkey

Leaves

Potion

Brown

Candy

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

HOLIDAYS CLOSINGS FOR 2025

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

Wednesday, January 1st - Happy New Year!

Thursday, January 2 - Closed

Monday, January 20 - Martin Luther King Birthday

Monday, February 17 - President's Day

Friday, April 18 - Good Friday

Monday, May 26 - Memorial Day

Thursday, June 19 - Juneteenth

Thursday & Friday, July 3 & 4 - Independence Day

Monday, September 1 - Labor Day

Monday, October 13 - Columbus Day

Tuesday, November 11 - Veterans Day

Thursday & Friday, November 27 & 28 - Thanksgiving

Wednesday - Friday, December 24, 25, & 26 - Christmas

Thursday, January 1, 2026 - New Year's Day

OCTOBER 2025 ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	1	2	3
10:30 Mindful Movement and Drumming 10:30 Shuffleboard	9:00 Chair yoga 10:30 Low Impact Cardio	9:00 Quilting 1:45 Cardio Drumming	9:00 Chair Yoga 10:30 Zumba Gold 11:30 Mah Jongg	10:00 Tai Chi for Health
6	7	8	9	10
10:00 AARP Defensive Driving 10:30 Mindful Movement and Drumming 10:30 Shuffleboard	9:00 Chair yoga 10:00 For Book Lovers 10:30 Low Impact Cardio 11:30 Cornhole 5:30 Bayard Square CA Meeting	9:00 Quilting 10:00 Tai Chi for Health (<i>Beginners/Refresher</i>) 12:00  1:45 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
INDIGENOUS PEOPLE'S DAY <hr/> COLUMBUS DAY (CENTER CLOSED)	9:00 Chair yoga 10:30 Low Impact Cardio 11:30 Cornhole	9:00 Quilting 10:00 Tai Chi for Health (<i>Beginners/Refresher</i>) 1:45 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
10:30 Mindful Movement and Drumming 10:30 Shuffleboard	9:00 Chair yoga 10:30 Low Impact Cardio 11:30 Cornhole	9:00 Quilting 1:45 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
10:00 Music Masters Band Practice 10:30 Mindful Movement and Drumming 10:30 Shuffleboard	9:00 Chair yoga 10:30 Low Impact Cardio 11:30 Cornhole	9:00 Quilting 11:30  1:45 Cardio Drumming	9:00 Chair Yoga 10:30 Zumba Gold 11:30 Mah Jongg	10:00 Tai Chi for Health