

# Claymore Senior Center

A Community for Adults 50+

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## Information Packet & Newsletter

February 2026



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

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### Contact:

Office: 302-428-3170

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### 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](http://www.ClaymoreSC.com)

[www.facebook.com/ClaymoreSC](http://www.facebook.com/ClaymoreSC)

# AT A GLANCE

## WHAT'S INSIDE

	Page
At a Glance —————	2
Supplemental Health Insurance —————	3
Fitness Center —————	4
Exercise Classes —————	5
Activities —————	6
Medicare Matters —————	7
Stop Unwanted Junk Mail ———	8
Senior Helpers —————	9
Brunch Bingo —————	10
Rodney Street Tennis —————	11
AARP Defensive Driving ———	12
Recipe —————	13
Brain Game —————	14
2025 Holiday Closings ———	15
Activity Calendar —————	16

## 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](mailto:m.murowany@claymoresc.com)

**Administrative Assistant**

**Karen Jones**

[k.jones@claymoresc.com](mailto:k.jones@claymoresc.com)

**Administrative Assistant**

**Trudi Scheurer**

[t.scheurer@claymoresc.com](mailto: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:

- 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

*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

### **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 3rd 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

11:30 AM New Fitness Class Coming in March!

# 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:



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:

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](http://www.advantageplansnetwork.com)**

**Email: [advantageplansnetwork.com](mailto: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](http://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

# SENIOR HELPERS

## When to Think about Home Care



## Supporting Independence

- Bathing / Dressing
- Toileting
- Incontinence care
- Medication reminders
- Feeding
- Errands
- Assist with transfers and ambulation
- Exercise assistance
- Companionship and conversation
- Safety and wellness
- Housekeeping
- Meaningful daily activities
- Transportation to appointments
- Meal planning and preparation
- Laundry and changing linens
- Pet care
- And so MUCH MORE

**We Are Here To Help When You Need Us Most!**



Hockessin, Wilmington, Newark,  
New Castle, Greenville  
**302-533-5988**

[www.SeniorHelpers.com](http://www.SeniorHelpers.com)

# FEBRUARY BRUNCH BINGO – DETAILS

**DATE:**

Wednesday, February 25

**TIME:**

Brunch 11:30 AM - Bingo: 12-Noon

**MENU:**

Penne alla Vodka, Homemade Meatballs,  
Salad, Club Rolls

**PRIZES:**

Gift Cards and/or Cash Prizes, Free Door Prizes

**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!**

\$15 per game **OR** \$40 when you purchase three (you save \$5!)

**HOW TO PARTICIPATE:**

**Email:**

Karen: [k.jones@claymoresc.com](mailto:k.jones@claymoresc.com)

Trudi: [t.scheurer@claymoresc.com](mailto:t.scheurer@claymoresc.com)

**Call:** (302) 428-3170

**In Person:** 504 S. Clayton Street

**PLEASE NOTE: BINGO MAY BE CANCELED IF MINIMUM SIGN-UPS (15) ARE NOT MET. PARTICIPANTS WILL BE NOTIFIED THE FRIDAY BEFORE 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**

**February 2 // April 20 // June 1**

**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

## February In-Season Recipe: Easy Roasted Turnips!

Roasted with olive oil, herbs, and spices, these cook fast and come out golden, cozy, and fork-tender, a perfect February side dish!

*(Recipe from [www.wholesomeyum.com](http://www.wholesomeyum.com))*

### Roasted Turnips

*Serves 4*

#### **Ingredients:**

- \* 2 lb Turnips (peeled and cut into 1-inch chunks)
- \* 2 tbsp Olive Oil
- \* 1 tsp Dried Thyme
- \* 1/2 tsp Ground Rosemary
- \* 1/2 tsp Garlic Powder
- \* 1/2 tsp Sea Salt
- \* 1/4 tsp Black Pepper

#### **Preparation:**

1. Preheat the oven to 450 degrees F
2. In a large bowl, toss the turnips with olive oil, thyme, rosemary, garlic powder, salt, and pepper.
3. Arrange the turnips in a single layer on a baking sheet, making sure each piece is touching the pan.
4. Roast turnips in the oven for about 30 minutes, tossing halfway through, until fork tender, browned, and a little caramelized. (This is approximate time for 1-inch pieces. It will take longer if yours are larger, less time if they are smaller.)

**Storage:** *Store cooked up turnips in an airtight container in the fridge for up to 3-4 days, or raw ones in the vegetable crisper drawer for a few weeks.*

# BRAIN GAME

## Spot the difference then color!

Test your focus by finding the **10 differences**, then enjoy some creative relaxation by coloring in the picture. A fun way to sharpen your brain *and* unwind!



(www.abcmouse.com)

## Word Scramble

Can you unscramble these **winter-inspired words** before February flies by ?

1. **OSWN** \_\_\_\_\_
2. **OCAOC** \_\_\_\_\_
3. **RIPNTU** \_\_\_\_\_
4. **HRTWAM** \_\_\_\_\_
5. **TESMINT** \_\_\_\_\_

# 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**

# FEBRUARY 2026 ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26	27	28	29	30
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
2	3	4	5	6
10:00 Music Masters Band Practice 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	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
9	10	11	12	13
10:30 Mindful Movement and Drumming 10:30 Shuffleboard	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
16	17	18	19	20
	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
23	24	25	26	27
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

# SPECIAL ANNOUNCEMENTS

We are pleased to announce two new programs coming to Claymore Center in March! Spring brings new beginnings, and we're excited to spring forward with even more fun activities.

## **Program 1: “Start Creating - Mixed Media Basics”**

Mondays 9 AM - 11 AM

Claymore Center has been approved for an art grant that will allow us to offer a new creative program for our members. This upcoming program will focus on creativity, connection, and fun—keep an eye out for more details!

This program is supported, in part, by a grant from the [Delaware Division of the Arts](#), a state agency, in partnership with the [National Endowment for the Arts](#). The Division promotes Delaware arts events on [DelawareScene.com](#).

Delaware Division of the  Arts

## **Program 2: “Laughter Yoga”**

Fridays 11:30 AM

Join this fun and unique wellness class led by a **Certified Laughter Yoga Leader**, featuring **deep breathing**, guided **laughter exercises**, and **light movement**. Benefits may include improved mood, reduced stress, strengthened immune system, and lowered blood pressure—more details to come!

*Check the Bulletin Board and Facebook Page for Regular Updates!*