

Claymore Senior Center

A COMMUNITY FOR 50+ ADULTS

Information Packet & Winter Newsletter

January - February - March 2025



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

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

Contact:

Office: 302-428-3170

Fax: 302-254-4431

Snow Watch and Emergency Closings Status:

The decision to close for inclement weather is made by 6:00 AM and posted on www.SnowWatch.dbcmedia.com

Radio Stations to Listen to are:

93.7FM (WSTW) or 101.7FM (WDEL)

www.ClaymoreSC.com

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 |
| 2025 Holiday Closings | 7 |
| Stop Unwanted Junk Mail | 8 |
| Brunch Bingo | 9A, 9B |
| Senior Helpers | 10 |
| Tax Preparation | 11 |
| Recipe | 12 |
| Crossword Puzzle | 13 |
| Activity Calendar | 14 |

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.



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?



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

We can input your name and date of birth to see if you qualify.

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 (pronounced 'Sah')

TUESDAY

9:00 AM Chair Yoga Instructor: Sahr Abu

10:30 AM Low Impact Cardio Instructor: Gale Jones

WEDNESDAY

1:45 PM Cardio Drumming Instructor: Gale 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 Rehab 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!



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

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!

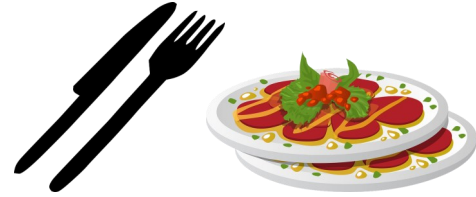
Call to schedule an appointment today:

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:

Winter Brunch Bingo!

TIME:

Brunch: 11:30 AM Bingo: 12-Noon

DATES:

Wednesday, January 29, 2025

Wednesday, February 19, 2025

Wednesday, March 26, 2025

Brunch Bingo is **\$11.00**— sign up today in our office with
Karen or Trudi.

Don't miss out!

Save \$3.00 when you buy all
3 Brunch Bingos by January 20, 2025.

50/50 RAFFLE

**Buy your Tickets in the
lobby!**

\$1.00 each or 6 for \$5.00

JANUARY BRUNCH BINGO - DETAILS

DATE:

Wednesday, January 29, 2025

TIME:

Brunch: 11:30AM

Bingo: 12-Noon

MENU:

Delicious Stuffed Shells, Italian Sausage & Peppers, Salad and Rolls, Assorted Desserts, Hot and Cold Beverages

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

TAX PREPARATION



Prepare Your Taxes at Claymore Center in 2025!

We are excited to offer tax preparation services at Claymore Center this year!

A qualified facilitator will guide you through the process with the assistance of 4-6 experienced tax counselors available to help with your needs.

Tax preparation will begin in **February**.

More details to follow.

A phone number will be provided for scheduling your tax appointment.

Please note that Claymore Center does not handle appointment scheduling.

RECIPE

Nothing Like a Warm Bowl of Soup on a Cold Day!

Enjoy a warm and comforting bowl of homemade soup from *Paula Deen's Kitchen Classics* cookbook. Stop by our library to check out many more delicious recipes from Paula Deen's collection.



Tomato Dill Soup (page 34):

Serves 6

Ingredients:

- * 3 cups peeled and diced fresh tomatoes (or one 28-ounce can)
- * 1 medium onion, chopped
- * 2 cups chicken stock
- * 1 teaspoon chopped garlic
- * 1/3 to 1/2 cup white wine
- * 1 teaspoon lemon-pepper seasoning
- * 3 tablespoons chopped fresh dill
- * 3/4 cup heavy cream
- * 1/4 cup grated Parmesan cheese
- * Salt and coarsely ground black pepper to taste

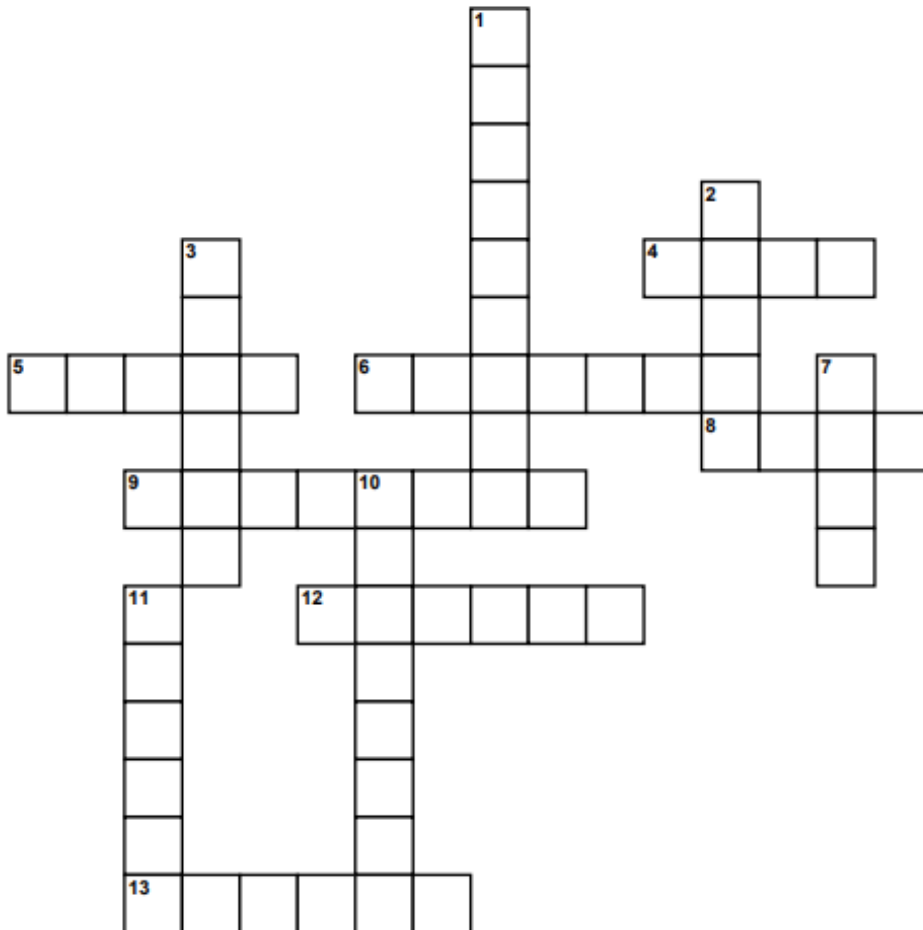
Preparation:

- ◇ In a large pot, mix all ingredients together except heavy cream, parsley, Parmesan, and salt and pepper.
- ◇ Cook over medium heat about 30 minutes, until tomatoes are tender.
- ◇ Add cream, parsley, and Parmesan cheese last. Season with salt and pepper to taste. Simmer for about 10 minutes.

We would love to know if you try the recipe!

CROSSWORD PUZZLE

Winter Time



Across

- [4] a warm bowl of potatoes
- [5] a hot and chocolate drink
- [6] something warm in which to snuggle
- [8] white, powdery substance
- [9] the month when we celebrate Christmas
- [12] lots of pieces fit together
- [13] the act of flying down a mountain on two boards

Down

- [1] a place to sit beside and warm up
- [2] worn to protect your feet
- [3] covering for your philanges
- [7] a thick jacket
- [10] a tall formation down which to ski
- [11] on houses, trees and under beds during December

Stop by our office for answer sheet!

January 2025 Activity Calendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|-------------------------|
| 30 | 31 | 1 | 2 | 3 |
| | | Center Closed Happy New Year! | Center Closed | 10:00 Tai Chi for Rehab |
| 6 | 7 | 8 | 9 | 10 |
| 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 11:30 Mah Jongg | 10:00 Tai Chi for Rehab |
| 13 | 14 | 15 | 16 | 17 |
| 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 1:45 Cardio Drumming | 9:00 Chair Yoga 10:30 Zumba 11:30 Mah Jongg | 10:00 Tai Chi for Rehab |
| 20 | 21 | 22 | 23 | 24 |
| Center Closed  | 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 11:30 Mah Jongg | 10:00 Tai Chi for Rehab |
| 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 Brunch Bingo 1:45 Cardio Drumming  | 9:00 Chair Yoga 10:30 Zumba 11:30 Mah Jongg | 10:00 Tai Chi for Rehab |