

Claymore Senior Center

A Community for Adults 50+

Information Packet & Newsletter

April 2026



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

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

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.



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



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 will resume in May)

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 Laughter Yoga (Starting April 17) Instructor: Trudi Scheurer

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

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

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

APRIL BRUNCH BINGO – DETAILS

DATE:

Wednesday, April 29

TIME:

Brunch 11:30 AM - Bingo: 12-Noon

MENU:

Spaghetti with Marinera, Chicken
Parmigiana, 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 games (you save \$5!)

HOW TO PARTICIPATE:

Email:

Karen: k.jones@claymoresc.com

Trudi: 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

April In-Season Veggies: Radishes!

Don't toss those radish greens! They can be turned into a fresh and flavorful pesto that's perfect for spring. This simple recipe is healthy, vibrant, and great on bread, pasta, or salads.

(Recipe from www.loveandlemons.com)

Radish Greens Pesto

Makes about 1 cup

Ingredients:

- * 1/2 cup pine nuts or pepitas
- * 1 small garlic clove
- * 1/4 teaspoon sea salt
- * Freshly ground black pepper
- * 2 tablespoons fresh lemon juice
- * 1 cup radish greens
- * 1 cup fresh basil leaves
- * 1/4 to 1/3 cup extra virgin olive oil, plus more if desired
- * 1/4 cup grated Parmesan cheese, optional

Preparation:

1. In a food processor, combine the pine nuts, garlic, salt and pepper and pulse until well chopped. Add the lemon juice and pulse again.
2. Add the radish greens and basil and pulse until combines.
3. With the food processor running, drizzle in the olive oil and pulse until combined. Add the parmesan cheese, if using, and pulse briefly to combine. For a smoother pest, add more olive oil.

BRAIN GAME

April Word Search

Enjoy this April Fools word search and give your brain a fun challenge this month.



APRIL	DUMBFFOUND	JOKES	PREPOSTEROUS
BAMBOOZLE	DUPE	LAUGHTER	SHENANIGANS
BEFUDDLE	FARCE	LEVITY	SILLY
BEMUSE	FIRST	MALARKEY	SURPRISE
BEWILDER	HOAX	MISCHIEF	TOMFOOLERY
BUSINESS	HOODWINK	MONKEY	TRICK
CAPER	JEST	PRANK	WACKY
DELUDE			

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

APRIL 2026 ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
9:00 Mixed Media Basics 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	 <p>CENTER CLOSED</p>
6	7	8	9	10
9:00 Mixed Media Basics 10:30 Shuffleboard	9:00 Chair yoga 10:00 For Book Lovers 10:30 Low Impact Cardio 11:30 Cornhole	9:00 Quilting 10:00 Tai Chi for Health (Beginners/Refresher) 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
9:00 Mixed Media Basics 10:00 Music Masters Band Practice 10:30 Shuffleboard	9:00 Chair yoga 10:30 Low Impact Cardio 11:30 Cornhole	9:00 Quilting 10:00 Tai Chi for Health (Beginners/Refresher) 1:45 Cardio Drumming	9:00 Chair Yoga 10:30 Zumba Gold 11:30 Mah Jongg	10:00 Tai Chi for Health 11:30 Laughter Yoga
20	21	22	23	24
9:00 Mixed Media Basics 10:00 AARP Defensive Driving 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 11:30 Laughter Yoga
27	28	29	30	1
10:00 Music Masters Band Practice 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 Gold 11:30 Mah Jongg	10:00 Tai Chi for Health 11:30 Laughter Yoga

SPECIAL ANNOUNCEMENTS

Laughter YOGA

Reduce stress, boost mood, and feel more energized,
all through laughter!

No yoga mats needed — this is not a traditional yoga class

What to Expect:

- Guided laughter exercises
- Simple breathing techniques
- Light, gentle movement



Starting Friday, April 17



Every Friday 11:30 AM - 12:30 PM



Claymore Center

Perfect for beginners & all fitness levels - no experience needed

Led by Certified Laughter Yoga Leader, Trudi Scheurer

Open to members and non-members of all ages

\$5 (50+) | \$10 (under 50)

**Cash or check only*

Claymore Center

504 S. Clayton St. Wilmington, DE 19805

302-428-3170

t.scheurer@claymoresc.com

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