

Information Packet

Claymore 50+ Senior Center

504 S. Clayton Street Wilmington, DE 19805-4211 302-428-3170

www.claymoresc.com



AARP DEFENSIVE DRIVING



is presenting an Advanced Defensive Driving Classes on site

Wednesday's from 10:00am-1:00pm

September 13, October 18, November 15, and
December 13

Cost: \$25 (3 year certificate) that will give you 15% off a
portion of your insurance coverage Great Deal!



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

FREE

Monday's starting September 11 – November 6, 2023
10am-Noon

To register: Call 302-515-3020

Or email: Danielle.Briggs@delaware.gov

*Testimonials from former participants have
always been complementary and positive
outcome based*



Claymore has been blessed to receive two Grants for Capital Improvements. One from the American Rescue Plan Act through the U.S Treasury for \$150k. The second one comes from the State of Delaware Bond CRF Award for \$175k Flat roofs, HVAC systems, outside security cameras, rugs and flooring, water damage repairs, energy efficient lighting and more. More details as we enter into the fall.



**BUY YOUR TICKETS IN THE GREETING AREA
\$1 EACH or 6 FOR \$5.00**

****We Need Sellers****



Fall Fun – Brunch Bingo
Wednesday, September 20, 2023

SnoWatch and Emergency Closing's Status



The decision to Close for Inclement Weather is made by 6:00am and posted on

www.snowwatch.dbcmedia.com

Radio Stations to Listen to are: 93.7FM(WSTW)
or 101.7FM(WDEL)

Holiday Closings for 2023

Monday, September 4-Labor Day

Monday, October 9-Columbus Day

Friday, November 10-Veterans Day

Thursday & Friday, November 23 & 24-Thanksgiving

Monday & Tuesday, December 25 & 26-Christmas

Monday, January 1, 2024



Music Master's Band Practice..
 Come Dance, Come Listen and they take requests
 Every Other Monday starting August 21, September 18, October 2, 16, 30, November 13 & 27, 2023
 Time: 10:00am-Noon



Shuffleboard Play on Monday's starting 10:30am
 2nd Floor *We have regulation size tables*
Good fun and lots of laughs



FOR BOOK LOVERS
 2nd Tuesday each Monday @ 9:30am
 Meet us in our cozy Library



Cornhole is rockin' at Claymore
 Tuesday's starting at 11:30am -
 Lower Basement near Fitness Center



Quilting Ladies meet every Wednesday at 9:30am, 2nd Floor
 Fresh Coffee and Dessert served...
Newbies Welcome!



Mahjong Play
 for Beginners & Intermediate Players
 We have the Tiles, Boards and Score Cards
 Thursday at 11:30am
 2nd Floor Card Area

Wednesday's Once Per Month

7 Exercise Classes Tuesday - Friday





WHAT YOU NEED TO KNOW

JUST FACTS.

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 for \$30=10 classes)*



Do you have **United Health Care** or **AARP** insurance? Simple first step: Call customer service on the back of your card and ask them for your individualized Member # that starts with an **A** followed by 9 numbers. As soon as you get that information give us a call or stop by and we will gladly get you signed up.



Do you have any of these Medicare supplemental insurance carriers?

- AETNA
- HUMANA
- BANKERS LIFE

Call customer service on the back of your card and ask for a 16 digit # that starts with **2300**. As soon as you get that information give us a call or stop by and we will gladly get you signed 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 Open Monday – Friday 8:30am -2:30pm

Policy: Any new member must meet with our trainer for a One on One. This is a one hour personal instruction especially for you and your needs. The fee is \$25 to be paid in cash to instructor the day of your appointment. Come for a tour and set up an appointment



All Exercise Classes are held in the Main Hall, unless otherwise announced

<p style="text-align: center;">Tuesday</p> <p>Chair Yoga with Sahr(pronounced Sah)Abu 9:00am</p> <p>Low Impact Cardio w/ Gale Jones 10:30am</p>	<p style="text-align: center;">Thursday</p> <p>Chair Yoga with Sahr(pronounced Sah)Abu 9:00am</p> <div style="text-align: center;">  <p>w/ Gale Jones 10:30am</p> </div>
<p style="text-align: center;">2nd & 4th Wednesday's</p> <p>(September 13 & 27, October 11 & 25, November 8 & 22)</p> <p>Cardio Drumming w/ Gale Jones 1:45-2:30pm</p>	<p style="text-align: center;">Every Friday (Seated or Standing) Tai Chi for Rehab w/ Janie Walker 10:00am</p> <p>3rd & 4th Friday(September 15 & 22, October 20 & 27) Tai Chi for Arthritis w/ Janie Walker 11:15am</p>

All Classes are \$3 each if you do not have any of the supplemental insurances above.
Purchase a (10) Punch Card for \$30(use for any classes, mix or match)



CARDIO DRUMMING CLASS

With GALE JONES

**WEDNESDAY, September 13 & 27, October 11 & 25
and November 8 & 22**

What this class will show you: Improve balance & agility, reaction time, cognitive processing, shoulder arm mobility, release aggression and make a lot of noise

FROM 1:45-2:30pm

**(Use your Punch Card, pay \$3, or Silver Sneakers, Silver & Fit and
Renew Active)**

*++There is a One Time Equipment Fee of \$10 attached to this class
participation)++*

**Attire: Loose fitting athletic clothing(short sleeve tee
shirt) and sneakers. This is a cardio workout even if
you chose to sit**

Tai Chi

with Janie Walker

For Rehab: Every Friday starting at 10:00am

This program helps with recovery from conditions including stroke, heart disease, injury, surgical procedures or tiredness and stress. Tai Chi for Rehab will improve health and wellness after recovery

Tai Chi for Arthritis: 3rd and 4th Friday starting at 11:15am

Recommended by Centers for Disease Control and Prevention, and supported by Arthritis Foundations around the world. This program has been designed specifically for people with arthritis but you don't have to have arthritis to participate.

The health benefits of Tai Chi include:

- *increase flexibility and muscle strength
- *greater fitness
- *better body posture
- *integration of body, mind, and spirit
- *improve flow of Qi (life energy)

DO YOU HAVE **concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

FREE

Classes once a week for 8 weeks

Starting:

Monday, September 11th

Thru

Monday, November 6th

No class October 9th

Time: 10:00 AM – 12:00 PM

Claymore Senior Center

504 S. Clayton Street

Wilmington, DE 19805

To Register:

CALL: 302-515-3020

Danielle.Briggs@delaware.gov

**VOLUNTEER
DELAWARE 50+**



Fall Fun – Brunch Bingo

Wednesday, September 20, 2023

Claymore Center
504 S. Clayton Street (302) 428-3170
Email Karen for more information k.jones@claymoresc.com

Wednesday, September 20, 2023 \$9.00 per person

**Menu: Cheese Ravioli's w/ sauce, Caesar Salad
and Roll/Butter**

Assorted Desserts Hot & Cold Beverages

Buffet Table Ready Approx: 11:30am

**Bingo Games Start at Noon... Gift Cards and/or
Cash Prizes, Free Door Prizes**

(Remember, Payouts are Larger when we have More People)

***We Provide the Bingo Card Packets & additional cards can be purchased *
*Bring Your Own Chips and Dabbers & we have Extra for Sale..***

Last Day to Sign Up Is September 14th

Mark Your Calendar

So far we have 4 vendors with
Important Information in our
Small Dining Room starting at
10:00am

Thursday, September 7, 2023
Refreshments, goodie bags, free
gifts, etc. available throughout
the morning...



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 optoutprescreen.com, type in your information, and you'll stop receiving these offers for five years 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 302-601-3896 in New Castle County, 302-415-1542 in Kent County or
302-608-2705 in Sussex County to schedule an appointment today!**

MEDICARE
SUPPLEMENT



Turning 65? Retiring and need help with Medicare next steps?
Losing your Medicaid, Employer or Union Healthcare coverage?
Need help with prescriptions? Already have Medicare and still have
questions?

BASIC MEDICARE 101 BENEFITS EDUCATION CLASS

Thursday's, September 7
and
October 12 @ 10:00am

If you would like to have a one on one phone conversation, do a
zoom session or just email, contact: with Robin Morris at
302-314-3584

Email: medicare-essentials@email.com

**Join us
and learn about
The Saint Francis LIFE Program
Thursday, September 7th
10:00AM at
Claymore Senior Center**

Saint Francis LIFE can help you:

- ✓ Stay independent and live at home.
- ✓ Live safely at home with help from a team of caring experts in healthcare for seniors.
- ✓ Get the medical and social services and supports at the LIFE Center and in your home, as needed.



If you qualify **medically and financially**, there is no cost to you.



Trinity Health
Mid-Atlantic

Saint Francis
LIFE

PROTECT YOURSELF

DETECT FRAUD

REPORT ABUSE



**Find out how to prevent, detect, and report
Medicare Fraud and Abuse**

Attend the Presentation by Delaware SMP

Thursday, September 7, 2023

10:00 a.m.

Small Dining Room



SMP

Senior Medicare Patrol

Preventing Medicare Fraud



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Social Services



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at Claymore Center

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Wilmington, DE. 19805-4211

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November 15, and December 13

Cost: \$20 for AARP Members and

\$25 for Non-Members

(3 year certificate) that will give you 15% off a *portion* of
your insurance coverage Great Deal!

Sign Up with Karen in Office or call in to register

National Depression Screening Day 2023



If you are feeling sad, anxious or overwhelmed,
Take a free, anonymous mental health self-assessment.

Screening Day Site Information Here:

Tuesday, October 10, 2023

10:00a.m. – 11:00a.m.

**Claymore Senior Center
504 S. Clayton Street
Wilmington, DE 19805**



Week 1
General Vehicle Overview and Class Awareness

Week 2
Brakes and braking system
How to maintain brakes

Week 3
Tires and tire maintenance

Week 4
Suspension: Shocks, struts, noises

Week 5
CHECK ENGINE LIGHT

Note: Class Topics are Subject to Change

Join Us on Monday's
from 9:00-10:00am



Starts October 23, 2023
Sign Up in Office

DRIVE SAFE. DRIVE SMART. DRIVE HEALTHY

CAR CARE CLINIC

PRESENTED BY BUCKLEY'S AUTO CARE



COME OUT AND LEARN ALL ABOUT PROPER CAR CARE AND HOW TO BE A BETTER, HEALTHIER DRIVER BEHIND THE WHEEL

PRESENTED BY GREG BUCKLEY, OWNER OF BUCKLEY'S AUTO CARE, GREG WILL HOLD WEEKLY CLASSES FOCUSED ON COMMON SERVICES ALONG WITH SAFE AND HEALTHY HABITS WHEN YOU ARE BEHIND THE WHEEL. ALL CLASSES ARE FUN AND ENGAGING. BEST OF ALL, THEY'RE FREE!

NEW CASTLE COUNTY & CECIL COUNTY, MD CHRISTMAS SHOPPING

Best Kept Secrets Tour

Nov 25 thru Dec 9, 2023

.....
Tickets Only \$11
.....



YOU GET:

- A map & description of each stop
- Valuable coupons from each stop
- Gifts, refreshments, raffles, demos, or games at each stop
- Enter to win 1 of 5 shopping sprees

HOW DOES IT WORK?

- Travel to 16 stops in your own vehicle
- Use your ticket as much as you like (during tour dates)
- Tour Hours Tues thru Sat 10-5

WHO'S PARTICIPATING?

Can't tell you! That's part of the secret, part of the fun, part of the ADVENTURE! But we can tell you there will be . . . gifts, gifts & more gifts, a village offering everything you need for the season, a local favorite café and an amazing deli, tons of Christmas ornaments, jewelry, a game shop, seasonal flowers & home décor, handcrafted items, fashion & accessories, homemade goodies, a bakery and a farm market, vintage, upcycled & antiques, local art, handmade baskets, pet supplies for all the fur babies on your list, birdhouses, feeders & yard décor, fabrics and notions for your holiday sewing projects, a few specialty shops and more!!!

For More Information Contact:

bestkeptsecretstour.com or 410-937-4413