

Claymore Senior Center

A COMMUNITY FOR 50+ ADULTS

Information Packet & Summer Newsletter

AUGUST 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](http://WDEL.SnoWatch.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

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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

Mindful Movement and Drumming

(Cancelled until September)

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: 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 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: *(Cancelled until September)*



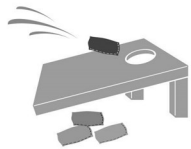
Join us **every Monday** at **10:30 AM** on the 2nd floor— we have regulation-sized tables. We invite you to join us for a fun-filled time!

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! *(Taking a break for the summer—See you in September!)*



STOP UNWANTED JUNK MAIL



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!

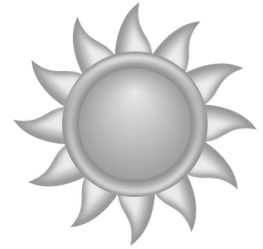
Call to schedule an appointment today:

302-601-3896 in New Castle County

302-415-1542 in Kent County

302-608-2705 in Sussex County

BRUNCH BINGO



Bingo Summer Break!

We are taking a break from Bingo for the summer.
Thank you for all the fun and laughter this season!

Mark your calendars – Bingo starts again **September 24!**
See you then for more games, prizes, and good times!

Enjoy your summer!



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



AARP DEFENSIVE DRIVING

is presenting Advanced Driving Classes
at Claymore Center
504 S. Clayton Street
Wilmington, DE. 19805-4211

Monday's from 10:00am-2:00pm

July 14, 2025 and August 18, 2025

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 Trudi or Karen in Office or call in,
to register
302-428-3170

RECIPE

Briam – A Taste of Summer in Every Bite!

Zucchini is in season, and this hearty Greek vegetable bake is the perfect way to enjoy it! Try this Briam (Greek Baked Zucchini and Potatoes) recipe from *AllRecipes.com*. Made with fresh zucchini, potatoes, tomatoes, onion, garlic, and herbs, it's a light and flavorful dish that's great on its own or served with crusty bread.

Briam (Greek Baked Zucchini and Potatoes)

Serves: 4

Ingredients:

- * 2 pounds potatoes, peeled and thinly sliced
- * 4 medium zucchini, thinly sliced
- * 4 small red onions, thinly sliced
- * 6 ripe tomatoes, puréed
- * 1/2 cup extra-virgin olive oil
- * 1 shallot, minced
- * 2 tablespoons chopped fresh parsley (Optional)
- * Sea salt and freshly ground black pepper to taste

Preparation:

- 1) Gather all ingredients. Preheat the oven to 400 degrees F
- 2) Spread potatoes, zucchini, and red onions in an extra-large baking dish (9x13in or larger, or 2 baking dishes).
- 3) Cover with puréed tomatoes, olive oil, and parsley; season liberally with sea salt and pepper. Toss until vegetables are evenly coated.
- 4) Bake in the preheated oven for 1 hour. Stir gently, then continue baking until vegetables are tender and moisture has evaporated, about 30 minutes more.
- 5) Cool briam slightly before serving or serve at room temperature.

BRAIN GAME

Get ready to soak up the last days of summer with this **August-themed** word search!

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

BIRTHDAY PARTY
IMPRESSIVE
BEADING
SKIPBO
AUGUST
MOVIE
BUCKS

LUCKY FULTON
EXCITEMENT
GOODIES
SUMMER
CARDS
BINGO

FOOD SOCIAL
COMMUNION
OUTSIDE
SEWING
NAILS
PATIO

NEWSLETTER
FITNESS
DIAMOND
POKENO
JINGO
MUSIC

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

AUGUST 2025 ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
	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
4	5	6	7	8
	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
11	12	13	14	15
10:00 Music Masters Band Practice	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
18	19	20	21	22
10:00 Defensive Driving	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
25	26	27	28	29
10:00 Music Masters Band Practice	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