



New Castle Senior Center
at the
Booker T. Washington School
400 South Street New Castle Delaware 19720

302-326-4209

www.newcastleseniorcenter.com

APRIL 2024

“Where Friends Gather”

New Castle Senior Center
Incorporated September 2001
Telephone No. 302.326.4209
Website-www.newcastleseniorcenter.com

The senior center is open Monday-Friday from 9:00 a.m. to 3:00 p.m.

Membership is \$20 per calendar year.

Mission Statement-to serve older adults with programs to enhance their health,
happiness and independence within the community.

**Senior Center
Executive Board**

Board President
Candice Knotts

Vice-President
Bob Thatcher

Treasurer
Erica Suppa

Secretary
Tish Gallagher

Program Instructors

Yoga
Strength Building
A.B. C. Class
Zumba Gold
Chair Exercise

Gale Jones
Training by Liz
Training by Liz
Elisa Cordero
Gale Jones

Board of Directors

Judy Barthel
Marianne Caven
Dwayne Foster
Alice Fox
Marlene Johnson
Randi Licciardello
Susan McLaughlin
Bonnie McMichael
Nicole Poore

Center Staff

Executive Director
Natalie Kaplan

Assistant Director
Sandra McKinney

Outreach/Activities Coordinator
Cindy Stanavich

Transportation
Tom Strawbridge

Nutrition Site Manager
Crystal Thomas

Receptionist
Glory Rolfe

*New Castle Senior Center welcomes everyone
over 50 years of age regardless of race, religion, sex
ethnic origin or handicap. All members attending the
Center must be able to take care of their personal needs
and make appropriate independent decisions as they
participate in the activities of the day.*

NEW CASTLE SENIOR CENTER

APRIL

WEEKLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Billiards 9:00 Music Mondays w/DJ Tom 10:30 Wii Bowling 11:00 Mah Jongg 12:00 Lunch 1:00 Chair Yoga	9-3:00 Billiards 10:00 Bingo 10:00 Wii Bowling 12:00 Lunch 1:00 Strength Building/Exercise	9-3:00 Billiards 10:30 Pinochle (<i>1st</i> and <i>3rd Wednesdays</i>) 12:00 Lunch 1:00 Agility/Balance/ Coordination Class	9-3:00 Billiards 10:00 Bridge 10:00 Wii Bowling 12:00 Lunch 12:30 Supermarket 1:00 Zumba Gold	9-3:00 Billiards 10:00 Bingo 10:30 Mah Jongg 11:30 Chair Exercise 12:00 Lunch 12:00 Games (canasta rummikub, etc.)

APRIL MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:30 Chair Massages 10:00 Presentation: <i>Caption Call Service</i> 11:00 Race to Win Game	9:00 AARP Tax Aide	10:00 Line Dancing 11:00 Brain Fit: Hangman	9:30 Adult Coloring 10:00 Movie: "Funny Face"	
8	9	10	11	12
10:00 Basket Frisbee 11:00 Brain Fit: Mad Libs	9:00 AARP Tax Aide	10:00 Brain Fit: Word Games 10:30 Poetry and Prose Group 11:00 Lunch out: Bear Diner	10:00 Craft w/Cindy: Colored Sand Bottle 11:00 Hula Hoop w/Cindy	
15	16	17	18	19
9:30 Chair Massages 9:30 Large Dot-to- Dot Activity 10:00 Cup Pong	10:00 Matter of Balance	9:30 One-on-One Help w/Cell Phones 10:00 Line Dancing	10:00 Presentation: <i>Risk of Vein Disease</i> 11:00 Brain Fit: Memory Game	
22	23	24	25	26
10:00 LRC Game 11:00 Hula Hoop w/Marlene	10:00 Matter of Balance 1:00-2:30 Bible Study	10:00 Brain Fit: Mad Libs 10:30 "Old is Not Easy"	10:00 Presentation: <i>Good Nutrition-The Healthy Way to Eat</i> 10:30 Grief Discussion Group 11:30 Brain Fit: Hangman	
29	30			
9:30 Color w/Hidden Pictures Page 10:30 Book Club 10:30 Presentation: <i>Affordable Burials</i>	10:00 Matter of Balance			

April Happenings

April 1, 15-Chair Massages: 9:30 Khalil, licensed masseur of “Inspire by Touch”, will offer a relaxing 15 minute chair massage for only \$10.00, paid directly to Khalil. ***Sign up for your timeslot in the lobby.***

April 1-Presentation: Caption Call Service: 10:00 John Russo from Sorenson Co. will be here to introduce the telephone device, Caption Call, for the hearing and visually impaired. The device is available and installed for free in your home. Come see what it’s all about.

April 1-Race to Win Game: 11:00 Come play this card game where chips represent horses. Take turns and call out your playing cards dealt in a race to the top to find our winner!

April 2, 9-AARP Tax Aide: 9:00-12:00 This is a free income tax preparation service for those with **basic** tax returns. **By appointment only; no walk-ins.** Call the center to schedule your appt. 302-326-4209.

April 3, 17-Line Dancing: 10:00-11:00 Join us for this FREE class on the first and third Wednesdays of the month. Edie King-Lawrence will lead us in a variety of dances, including the Two-Step and The Wobble.

April 3, 25-Brain Fit: Hangman: Group version of the word guessing game.

April 4-Adult Coloring: 9:30 Have fun coloring with friends.

April 4-Movie: “Funny Face”: 10:00 Musical/Comedy starring Audrey Hepburn and Fred Astaire about a Greenwich Village girl who wants to go to Paris.

April 8-Basket Frisbee: 10:00 Compete for fun to see how many frisbees you can get in the baskets!

April 8, 24-Brain Fit: Mad Libs: Players provide random words to complete a story and Cindy reads aloud.

April 10-Brain Fit: Word Games: 10:00 An interactive, word-guessing game naming 2 objects for every letter in your first or last name, stating different objects each time.

April 10-Poetry and Prose Group: 10:30 Please come and sit in on this monthly group. None of us are Poet Laureates so whatever you write will be welcomed and enjoyed.

April 10-Lunch out: Bear Diner: 11:00 Cost for bus: \$2/members; \$4/non-members. ***Sign up w/Sandra.***

April 11-Craft w/Cindy: 10:00 Join the crafters & make a colored sand pattern in a corked, glass bottle. All supplies free. First come 1st served; 11 participants. ***Sign up in Cindy’s office by 4/10.***

April 11, 22-Hula Hoop: 11:00 Join us for a 40 minute, fun filled, hula hoop workout to boost your mood and energy. Only thing we don’t do is “hula hoop”! We provide the hoops for this low-key program.

April 15-Large Dot-to-Dot Activity: 9:30 Exercise your brain by completing 3 large dot-to-dot pages.

April 15-Cup Pong: 10:00 Try your hand at bouncing emoji pong balls into cups.

April 16, 23, 30-Matter of Balance: 10:00-12:00 This FREE 8 week series runs Tuesdays, April 16-June 4, from 10:00-12:00. This award winning program is designed to manage falls and increase activity levels. ***A decision will be made on April 1 whether the class is a go based on sign-ups so sign up soon!***

April 17-One-on-One Help w/Cell Phones: 9:30 Judy Upshure returns to help you individually with your devices or cell phone needs. ***Sign up for your timeslot in the lobby.***

April 18-Presentation: Risk of Vein Disease: 10:00 Melissa Coale from Alfieri Cardiology will have an informative talk about the risks of vein disease and treatments offered. Come join and ask questions.

April 18-Brain Fit: Memory Game: 11:00 Players pick 2 cards to flip to try and find matching pairs. Come play!

April 22-LRC Game: 10:00 Roll the dice and pass the buttons to the player on the left, right, or center.

April 23-Bible Study: 1:00 A lively discussion hosted by Toni Richardson on what you read in the "Bread". See Cindy for your copy of “Our Daily Bread” Booklet.

April 24-“Old is Not Easy” Discussion Group: 10:30 Sit in & share with your host, member Vaughn Hilton.

April 25-Presentation: Good Nutrition – The Healthy Way to Eat: 10:00 Come sit in as our speaker, Anita Rumley, brings us nutrition tips for a healthy you.

April 25-Grief Discussion Group: 10:30 Join us for this monthly discussion group hosted by Stewart Benn, Bereavement Counselor from Delaware Hospice. Come listen/share.

April 29-Color w/Hidden Pictures Page: 9:30 Color and look for the objects hidden in the page.

April 29-Book Club: 10:30 Meet to discuss the book “The Conductors” by Nicole Glover.

April 29-Presentation: Affordable Burials: 10:30 Affordable alternative to life insurance burial program discussed by Lakiesha Allen from Kingdom Financial Group Worldwide.

WEEKLY EXERCISE CLASSES

Exercise classes are \$1 for paid members and \$3 for non-members

CHAIR YOGA -Focuses on health and wellness at all levels of the person: physical, psychological and spiritual. Yoga, a simple yet profound stress management technique. **Gale is here Mondays at 1:00.**

STRENGTH BUILDING/ EXERCISE-An invigorating routine choreographed to music, featuring low impact strength building and aerobic movements. Free weights are used. This is a great aerobic workout for people of all levels of fitness! **Join Training by Liz for a session Tuesday afternoons at 1:00 p.m.**

AGILITY/BALANCE/COORDINATION (A.B.C. Class)- The class focuses on agility, balance and coordination, with some relaxation techniques at the end, and can be modified for people of all ability levels. **Join Training by Liz on Wednesdays at 1:00.**

ZUMBA GOLD-Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of active, older participants. What stays the same are the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating atmosphere. **Thursdays at 1:00 w/Elisa.**

CHAIR EXERCISE-This exercise program is for everyone; go at your own pace! It is a full body workout consisting of a series of gentle movements designed to reduce body aches, pain, stiffness, and increase range of motion and circulation. **Fridays at 11:30 with Gale.**

Welcome April

***In the morning, rise with a grin. Choose laughter over dreary chin.
The day is here, don't waste your chance. With coffee or tea, let joy enhance.
Embrace the light as sunshine's dew. Sing with birds in joviality, do!
Each morn awakes, a fresh debut. Good morning to you! Howdy-do!***

Happy National Poetry Month

April is...April Fool's Day (4/1), National Wildlife Week in the United States (4/5-4/9), Tax Day (4/15), Earth Day (4/22), and Arbor Day (4/26). April is also **Keep America Beautiful Month, National Humor Month, Stress Awareness Month, National Volunteer Month, and National Poetry Month.**

April is Keep America Beautiful Month. It's not just about picking up trash and keeping our living space clean. The Keep America Beautiful Foundation is a US-based non-profit organization with three basic missions: reducing waste, preventing litter, and beautifying communities. It's about uniting communities in common goals. Together, we can live in more beautiful and clean neighborhoods.

April is Stress Awareness Month. An annual campaign to raise awareness about the contributing factors and the solutions related to stress, while also working to reduce the stigma around stress and mental health. The 2024 theme is "Little by Little"; consistent, small, positive actions on overall well-being.

April 26 is Arbor Day which is the Latin word for tree, and Arbor Day is a day to celebrate and care for trees.

Spring Clean Your Finances (Stand By Me 50+)

Here are some tips on how to spring-clean your finances and organize your financial life.

Review Your Budget: Take a close look at your income and expenses and see if there are any areas where you can cut back or adjust. You may be surprised at how much money you can save by simply cutting back on unnecessary expenses.

Create a Financial Calendar: Use a financial calendar to keep track of important dates such as bill due dates, paydays, and any other financial obligations you have. This will help you avoid missed payments and late fees.

Consolidate Your Accounts: This makes it easier to manage your finances and will also help you save time and avoid unnecessary fees.

Automate Your Finances: Set up automatic payments for bills and savings, so you don't have to worry about missing a payment or forgetting to save. This will also help you save time and reduce stress.

Review Your Credit Report: Review your credit report at least once a year is important to ensure it is accurate and up to date. You can get a free credit report from each of the three major credit bureaus once a year.

Evaluate Your Insurance Coverage: Make sure you have the right insurance coverage for your needs. Review your policies and make any necessary adjustments.

Reduce Your Debt: Plan to pay off your debt and stick to it. Consider using a debt snowball method to help you stay motivated.

Save for Emergencies: This will help you prepare for unexpected expenses such as car repairs or medical bills. Aim to save at least three to six months' worth of expenses in your emergency fund.

Meet with a FREE Stand By Me Financial Coach to guide you through the process. Call 302-778-6928 in New Castle County.

Stress Awareness Month: Practical Steps You Can Take to Enhance Your Mental Health

Connect with Someone: Reach out to friends, family, or colleagues. Ask them if they're okay, and don't forget to check in with yourself too. A sense of belonging and community can help reduce feelings of loneliness.

Go Outside: Spending time outdoors has a calming effect. Take a walk and breathe in fresh air.

Get Moving: Physical activity releases endorphins, which can improve mood. Even a short walk or some light stretching can make a difference.

Be Mindful: Practice mindfulness techniques, such as deep breathing or meditation. These can help manage stress and promote relaxation.

Prioritize Sleep: Make small adjustments to your bedtime routine. Minimize screen time before bed, create a restful environment, and avoid caffeine after 4 PM.

House Analogy: Think of building your mental well-being like constructing a house. Each small action—like taking deep breaths during stress or expressing gratitude—serves as a foundation brick. Over time, these accumulate, making you more resilient to life's challenges.

Ball Analogy: Just a slight change in direction can alter the trajectory of a rolling ball. Similarly, small positive actions can lead to significant outcomes over time.

The Butterfly Effect + The Positive Ripple Effect: Remember that even seemingly insignificant actions can create a positive ripple effect. Your choices matter.

Verifying Credentials and Legitimacy

Asking someone for their credentials can sometimes be all it takes to determine if they're a con artist.

Verification and legitimacy checks should always occur **before** you give any personal information so you don't experience fraud. Most companies requesting personal information have regulations requiring them to provide the information. If someone can't, they may not be who they say they are.

You can search online for complaints by typing in the company or person's name. If you don't see the results you're looking for, you can add the words "scam" to the search and try again.

When other people have issues, they'll likely share their experiences so others don't fall victim to the same scam. The Federal Trade Commission will also send you fraud alerts if you sign up for free, helping you stay aware of new scams. Go online to www.consumer.ftc.gov/scams.

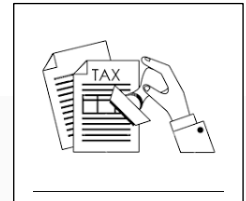
Brain teaser



April 2024

Trivia: Tax Time

- What famous band had a hit record with a song about taxation?
 - Bee Gees
 - Backstreet Boys
 - Beatles
- When was the first tax return form created in the United States?
 - 1933
 - 1913
 - 1923
- Which president started the practice of releasing his tax returns?
 - President Carter
 - President Nixon
 - President Johnson



Trivia: April Pranks

- What innovative airline's CEO announced that it would be launching the first glass-bottomed airplane in 2013 as an April Fool's joke?
 - Virgin
 - American
 - Jet Blue
- In 2015, Cottonelle jokingly announced the introduction of a product catering to left-handed individuals. What was this product?
 - Left-handed toilet holder
 - Left-handed toilet paper
 - Left-handed paper towels
- In 1962, a Swedish TV prank claimed that black-and-white broadcasts could be made color by viewing them through what unlikely material?
 - Nylon stockings
 - Wool socks
 - Knit socks
- In 1989, what Seattle landmark was falsely reported to have fallen down, causing panic among the public?
 - Amazon Spheres
 - Space Needle
 - The Wall
- In 1996, which fast-food chain published an ad claiming they had purchased the Liberty Bell?
 - McDonald's
 - Burger King
 - Taco Bell
- Which animal is often associated with April Fools' Day pranks and jokes?
 - Penguin
 - Giraffe
 - Kangaroo

Trivia: Hidden Meaning

R E A D	LE VEL	ii OO OO OO	HE'S/HIMSELF	MIND MATTER
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EXTRA

Who said *"but in this world nothing can be said to be certain except death & taxes"*?
April 15th

Answer Key:

- c
- b
- b
- a
- b
- a
- b
- c
- a

Hidden Meaning

Read between the lines
Split level
Circles under the eyes
He's beside himself
Mind over matter

EXTRA

Benjamin Franklin



City Fare Grab & Go Menu April 2024



Monday

Tuesday

Wednesday

Thursday

Friday

<p>4/1 Salmon Filet w. Lemon Dill Sauce Cauliflower Baby Baker Potatoes White Wheat Bread Pudding</p> <p>APRIL FOOLS DAY</p>	<p>4/2 Breaded Chicken Breast Mashed Potatoes with Gravy Peas & Carrots Tropical Fruit 12 Grain Bread</p>	<p>4/3 Turkey with Gravy Sweet Potatoes Nantucket Blend Veggies Fresh Apple Dinner Roll Cranberry Sauce</p>	<p>4/4 Hamburger on a Hamburger Bun Tater Tots Corn Veggie Juice</p>	<p>4/5 Chicken & Vegetable Stir Fry Brown Rice Pineapples Apple Bear Cookie</p>
<p>4/8 Swedish Meatballs over Egg Noodles Capri Blend Veggies 12 Grain Bread Tropical Fruit</p>	<p>4/9 Ham with Pineapple Sauce Mashed Potatoes Baby Carrots Croissant</p>	<p>4/10 Pot Roast with Gravy Baby Baker Potatoes Broccoli Applesauce Dinner Roll</p>	<p>4/11 Baked White Fish Macaroni & Cheese Stewed Tomatoes Dinner Roll Orange</p>	<p>4/12 Beef and Elbow Macaroni Green Beans Diced Pears Dinner Roll</p>
<p>4/15 Broccoli Stuffed Chicken Peas & Pearl Onions Carrots 12 Grain Bread Mixed Fruit</p>	<p>4/16 Chili with Mozzarella Cheese Potato Wedges Broccoli Corn Muffin Orange Sour Cream</p>	<p>4/17 Meat Lasagna Marinara Sauce Wheat Dinner Roll Italian Blend Vegetables Cookie</p> <p>Lunch Special</p>	<p>4/18 Breaded Chicken Patty with American Cheese & Pickles Hamburger Roll Seasoned Greens Tater Tots Fresh Apple Ketchup</p>	<p>4/19 Pork with Gravy over Mashed Potatoes Green Beans Fruit Cocktail Twelve Grain Bread</p>
<p>4/22 Orange Glazed Chicken Brown Rice Succotash Chocolate Chip Muffin Top Fruit Cocktail</p> <p>EarthDay</p>	<p>4/23 Meatballs in Marinara over Penne Italian Green Beans Applesauce Twelve Grain Bread</p>	<p>4/24 Chicken & Dumplings Scandinavian Blend Veggies Diced Pears Yogurt</p>	<p>4/25 Cheese Ravioli in Marinara Sauce Italian Blend Veggies Cooked Apples 12 Grain Bread Slice</p>	<p>4/26 Salisbury Steak with Gravy Baby Bakers Stewed Zucchini Mandarin Oranges Corn Muffin</p>
<p>4/29 Breaded Flounder Corn Baby Carrots Mixed Fruit Dinner Roll Tartar Sauce</p>	<p>4/30 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread</p>			

- All meals subject to change. All meals contain 1% milk . Call the senior center by noon the day before to order your lunch. 302-326-4209.
- Suggested minimum donation for persons 60+ is \$3.00. People under age 60 must pay \$7.00.

April 2024 Bag Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
4/1 2 Soy Butter & Jelly Sandwiches Hummus Cup with Baby Carrots Fruit Cup	4/2 Pepper Ham & Muenster Cheese on Whole Grain Club Roll Black Bean & Corn Salad Apple Fruit & Vegetable Juice	4/3 Cheese Sandwich Hummus with Carrots Fruit Cup Fruit & Vegetable Juice	4/4 Chicken Salad on White Wheat Bread Hummus Cup with Baby Carrots Pear or Apple Yogurt	4/5 Roast Beef with Provolone Cheese 12 Grain Bread Coleslaw Orange Mustard
4/8 Turkey & Swiss on White Wheat Bread Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise Fruit & Vegetable Juice	4/9 Meatloaf on a Potato Bun Potato Salad Diced Peaches Ketchup	4/10 Ham & Swiss on a Whole Grain Club Roll Raisins Yogurt Mustard Fruit & Vegetable Juice	4/11 Egg Salad on 12 Grain Bread Peaches Pudding Cup Fruit & Vegetable Juice	4/12 Cranberry Chicken Salad on a Croissant Yogurt Mandarin Orange Fruit Cup Fruit & Vegetable Juice
4/15 Pepper Ham & Muenster Cheese on Whole Grain Club Roll Black Bean & Corn Salad Apple Fruit & Vegetable Juice	4/16 Cheese Sandwich Hummus with Carrots Fruit Cup Fruit & Vegetable Juice	4/17 Chicken Salad on White Wheat Bread Hummus Cup with Baby Carrots Pear or Apple Yogurt	4/18 Roast Beef with Provolone Cheese 12 Grain Bread Coleslaw Orange Mustard	4/19 Grilled Chicken Patty on Whole Wheat Hamburger Roll Cucumber and Onion Salad Pudding Cup Mayonnaise Fruit & Vegetable Juice
4/22 Ham & Swiss on a Whole Grain Club Roll Raisins Yogurt Mustard Fruit & Vegetable Juice	4/23 Egg Salad on 12 Grain Bread Peaches Pudding Cup Fruit & Vegetable Juice	4/24 Meatloaf on a Potato Bun Potato Salad Diced Peaches Ketchup	4/25 Cranberry Chicken Salad on a Croissant Yogurt Mandarin Orange Fruit Cup Fruit & Vegetable Juice	4/26 Ham and Cheese Wrap Sunflower Seed and Craisin Mix Pudding Cup Fruit & Vegetable Juice
4/29 Cheese Sandwich Hummus with Carrots Fruit Cup Fruit & Vegetable Juice	4/30 Chicken Salad on White Wheat Bread Hummus Cup with Baby Carrots Pear or Apple Yogurt			

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April

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

April Fools

Earth Day

Passover

Soft Pretzel

Arab

Eid al-Fitr

Pecan

Sweet Pea

Aries

Fourth

Pink Moon

Taurus

Daisy

Grilled Cheese

Poetry

Volunteer

Diamond

Jazz

Showers

Walking

- April is the fourth month. Birthstone is Diamond. Birth flowers are Daisy and Sweet Pea. Zodiac signs are Aries and Taurus. "April showers bring May flowers." The April full moon is called the Pink Moon.
- April holidays include April Fools' Day, Eid al-Fitr, Passover and Earth Day. April is Arab American Heritage Month. It is also National Jazz Appreciation month, Poetry month and Volunteer month. Food holidays include National Grilled Cheese month, Pecan month and Soft Pretzel month. The first Wed in April is National Walking Day.