

MMC Bulletin

A monthly publication of The Modern Maturity Center Inc. 1121 Forrest Ave., Dover, DE 19904

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FREE!
April 2026

MMC announces date and co-chairs for 2026 Annual Gala - Glamour & Glitter



MMC's 22nd Annual Gala
Glamour & Glitter
to benefit senior services

- Dinner
- Dancing
- Games
- Live & Silent Auctions

SAVE the DATE > 10 OCTOBER 2026
MODERN MATURITY CENTER
6:30 - 11:30 p.m.

Music by
Dale Teat & The Glass Onion

\$95 per person
Tickets on sale Aug. 24
MMC Member Services
302-734-1200 x167

The Modern Maturity Center is proud to announce the co-chairs for the 2026 fundraising gala. This year's theme is Glamour & Glitter, set for Saturday, Oct. 10.

Co-chairs for this year's event are Chris and Jen Cohan. Jennifer and Chris Cohan are proud to serve as Chairs of the 2026 Modern Maturity Center Annual Gala, bringing with them a deep commitment to community, service, and leadership across Delaware.

Jennifer Cohan is the President of the Associated Builders and Contractors (ABC) Delaware Chapter and a widely respected leader with a distinguished career in both public service and nonprofit leadership. She previously served as Delaware's Secretary of Transportation and as CEO of Leadership Delaware, where she helped shape the next generation of civic and business leaders. Known for her energy, vision, and ability to bring people together, Jennifer is passionate about strengthening communities and expanding opportunities for all Delawareans.

Chris Cohan is a dedicated real estate professional with RE/MAX Horizons and an active member of the local community. With a strong focus on building relationships and helping families find their place in Delaware,



Chris is known for his integrity, warmth, and commitment to service. Prior to his career in real estate, he served as the Chief of Policy and Communications for the Department of Technology & Information, retiring after nearly three decades of dedicated state service.

Together, Jennifer and Chris are deeply invested in giving back and supporting organizations that make a meaningful difference. They are honored to help lead this year's gala in support of Modern Maturity Center's vital mission to empower older adults to live with dignity, independence, and purpose.

Estate Planning Questions?

"If you have questions about setting up a trust, updating your will or any other estate planning issue, I can help answer your questions and let you choose the options that are right for you."

Barros, McNamara, Malkiewicz & Taylor, P.A. | Dover - Seaford - Lewes



Call Attorney
David J. Bever

to schedule a consultation
734-8400

From the Director



Carolyn Fredricks

“April Showers bring May flowers” - that is what we have been told for years. The original phrase was actually “March winds and April showers, bring May Flowers.” The science behind the popular statement is that a higher proportion of rainfall paves the way for flowers to start blooming. Based on our March winds and moist weather, everything should be flowering everywhere when to warm May sun gets here.

I personally love Spring. Trees are budding and the spring flowers start popping up. Everything is new again and soon those cold days of winter will just be a memory and I will be digging in the dirt in my garden.

April is also the month we start rehearsals for our summer production. This year, we will be celebrating America’s 250th Anniversary. We will join Bob Hope (not really) and many of the performers of the USO shows for our troops. Of course, my favorite part of the production is when we recognize the different branches of

the service. Just so thankful for those who have served!

First rehearsal is April 14 and tickets for the production go on sale April 27. We did not increase the price of the tickets, so an awesome meal and great show are still just \$45 per person. That has got to be the best bargain in town!

If you want to be a part of the production, just stop in at the practice, 6 p.m. April 14, in the Longwood Room.

In addition to the show, we are also working on special events during May for Older Americans Month. One of those events will be another Dining to Donate at the Dover Applebee’s - all day Thursday, May 21. This was a huge success last year. Applebee’s was amazed and literally the whole restaurant was filled with people from MMC!

We are also planning a special event for MMC volunteers, but there will be more information to follow about that event.

There are many exciting events planned for the summer months. So keep an eye out. You don’t want to miss out on anything.

Have a wonderful safe holiday and I will see you on April 27 when you purchase your tickets for the show!

DMV Scam Alert

The Delaware Division of Motor Vehicles (DMV) is urging Delawareans not to click on links in suspicious text messages.

This latest reminder comes after a new Short Message Service (SMS) phishing scam has surfaced referencing the Delaware Division of Motor Vehicles. The scam alert states the recipient has an outstanding traffic violation and needs to “click on a link” to pay the amount due by a specific date to avoid the suspension of their vehicle registration and driving privileges.

These text message alerts are a scam designed to trick recipients into paying an undisclosed amount, while also gaining access to their personal, private, and financial data. The DMV urges all residents and customers not

to click on any links soliciting money for unpaid traffic violations, toll violations, or account replenishment. The Delaware DMV and E-ZPass Delaware will not contact you via email or text demanding payment for a violation.

“Please, no matter who the message is from, don’t click on a link to initiate a payment of any type unless you are confident the message is legit,” shares DMV Director Amy Anthony. “When we see something like this our initial reaction is to panic and do whatever the message is asking of us. These scammers know that. They are counting on it. My best advice is if it looks suspicious, it probably is. If you are unsure, take a moment and then reread the message. Typically, you will see the red flags

MMC Dinner Theater Presents

United We Sing!

America's 250th Celebration

June 23, 24, 25, 2026
Dinner 6 p.m. Show 7 p.m.
\$45 per person
Tickets on sale April 27, 2026 at MMC Member Services
Directed by Carolyn Fredricks

the second time around,” continued Anthony.

Anyone who receives a suspicious text or email can report it to the Federal Trade Commission or the Internet Crime Complaint Center (IC3) at ic3.gov. When reporting, please include the phone number from where the text originated and the website listed within the text.

Anyone who clicks on a suspicious link or has provided sensitive information to an unknown source should secure their personal information, and financial accounts and dispute any unfamiliar charges with their financial institutions and credit card companies.

For information about your license or registration, log on to your MyDMV



account at myDMV.delaware.gov. You may also call 302-744-2500 or email DMVCustomerService@delaware.gov.

For information about your E-ZPass account, visit ezpassde.com, stop by the E-ZPassDE Customer Service Center in Downtown Dover, or call 1-888-397-2773.

MMC Program of the Month



The Modern Maturity Center and WECARE Services to offer Bingocize Tuesdays (10-10:50 a.m.) and Fridays (11 a.m. - noon) in the Palmer Room. This class combines exercise and health information with the familiar game of bingo, which is a great and fun way to get seniors moving and socializing. It's free for MMC Members. The instructors are Lon Keifer, the Executive Director of the Milford Wellness Village, and Barbara Doles. *Photo by Karen Porterfield*



April Dinner Dance

Tuesday, April 21, 2026
6- 9 p.m.

Music by Sky Brady

\$20 per person for those 60 & older
\$21 for under 60

Ticket sales end Friday, April 17 - no tickets sold at the door.

Proudly serving members of the Modern Maturity Center.

Join today and bank with a winner.



mbrsvc@doverfcu.com www.doverfcu.com 888-818-3328

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THE NEWS JOURNAL
do-over.com



Look whats fun and free at MMC

MMC Activities are only available for members with memberships current as of September 1, 2025.

**** IMPORTANT PROGRAM INFORMATION ****

ATTENTION ALL MEMBERS!

If you are attending a program or class, please remember to scan your membership card upon entering the facility and indicate which program(s) you will be participating in for the day.

If you do not scan your card, please make sure to use the sign-in sheet located in each room for that specific program or activity.

Your cooperation is essential! Taking the time to scan or sign in helps us keep your programs available and running smoothly.

Please note that all participants in any activities or programs must be a member of the Modern Maturity Center!

Thank you for your understanding!

Extreme Beginners Line Dance Step Class

DAY: Friday
TIME: 1 to 2 p.m. "Untangle Your Feet"
2 to 2:45 p.m. First Timer
ROOM: Palmer Room
INSTRUCTOR: Jacci Kenny

Are you struggling in your various line dance classes and not able to understand the dance sequence? Join this class to "untangle your feet" from 1 to 2 p.m. If you're new to line dancing, join in from 2 to 2:45 p.m. to learn the basic line dance steps. This class gets you ready to join the Monday beginner class with Rick Todd at 10 a.m. *** Please Note: This class will be on hiatus from April 17th until May 15th.** Free to members.

Get Up and Move!

DAY: Tuesday
TIME: 8 to 8:40 a.m.
ROOM: Palmer Room
INSTRUCTOR: Ida Kirkendoll

Ida, owner of "Forever Active Lifestyle", wants everyone to get up and move! This class is an intermediate class where you will be standing while she has you kickboxing, doing aerobics, as well as Zumba and so

much more. Join Ida, the energetic owner of Forever Active Lifestyle, for a high-energy workout designed to get you up and moving! In this dynamic intermediate class, you'll experience a mix of kickboxing, aerobics, Zumba, and so much more, all while standing and having a blast. Ida will keep your heart pumping and your joints moving as she leads you through a variety of fun and engaging exercises. Whether you're looking to boost your fitness level or simply enjoy a great workout with friends, this class is perfect for you. Get ready to sweat, laugh, and feel fantastic—let's get moving together! Free to members.

Improver Line Dance

DAY: Tuesdays
TIME: 11 to 11:45 a.m.
DAY: Thursdays
TIME: 10 to 11:15 a.m.
ROOM: Palmer Room
INSTRUCTOR: Diane Mosie

Are you seeking to elevate your line dancing abilities? Join this "Improver Line Dance" class, where you build on your foundational dancing skills in a lively and engaging environment. This class is designed for individuals who possess a basic understanding of line dancing and are eager to refine their technique and learn new choreography. Participants will the opportunity to explore a diverse range of dance styles while enhancing their coordination and rhythm. You are led through each step, ensuring a thorough and enjoyable learning experience accompanied by great music and the chance to make new friends. Free to members.

Beginner Line Dancing

DAY: Monday
TIME: 10 to 10:45 a.m.
INSTRUCTOR: Donna Diaz
DAY: Wednesday
TIME: 9:30 to 10:45 a.m.
ROOM: Palmer Room
INSTRUCTOR: Rick Todd

Learning to line dance is a fun

adventure that might feel a little intimidating at first, but don't worry—you'll be dancing like a pro before you know it! Once you get the hang of the basic steps, you'll be ready to join in on the fun with everyone else. Just let the instructor know you're new at the beginning of class, and they'll be there to help you every step of the way. Get ready to laugh, make new friends, and have a great time on the dance floor! Free to members.

Couple's Partner Dancing

DAY: Monday
TIME: 11 to 11:45 a.m.
ROOM: Palmer Room
INSTRUCTOR: Ken & Sue Ellers

Grab your partner and get ready to have a blast in our Couples Partner Dance class! This class is perfect for those who already know the basics and want to take their dancing to the next level together. You'll enjoy a fun and lively experience as you dance in sync, explore new steps, and learn to express yourselves as a duo. It's all about having fun and connecting with your partner! Don't miss out on the good times—come join our friendly dance community today and let's make some wonderful memories on the dance floor! Free to members.

Contemporary Line Dancing

DAY: Tuesday
TIME: noon to 12:45 p.m.
DAY: Thursday
TIME: 11:30 a.m. to 12:15 p.m.
ROOM: Palmer Room
INSTRUCTOR: Diane Mosie

This class gets your heart pumping and your blood flowing. Learn line dances that are for beginners, intermediate or advanced. Diane teaches and performs with the Dinamite Dancers for jamborees as well as shows at the MMC. Free to members.

Intermediate Line Dancing

DAY: Thursday
TIME: 9 to 9:45 a.m.
ROOM: Palmer Room
INSTRUCTOR: Ken & Sue Ellers

Ready to take your line dancing skills to the next level? Join our Intermediate Line Dancing class, where you'll build on the basic steps you've already mastered and dive into a world of exciting new movements! In this class, you'll learn more complex dance steps that incorporate a variety of challenging patterns, turns, and transitions. Each session is designed to enhance your rhythm, coordination, and confidence on the dance floor. Whether you're looking to refine your technique or simply have fun with fellow dance enthusiasts, this class offers a supportive and energetic environment. Get ready to express yourself through dance, make new friends, and enjoy the thrill of mastering more intricate choreography. Lace up your dancing shoes and let's hit the floor together! Free to members.

Broadway Advanced

DAY: Mondays
TIME: 1:30 to 3:15 p.m.
ROOM: Palmer Room
INSTRUCTOR: Nancy Coleman

This advanced Broadway class is ideal for members who have a passion for Broadway and wish to perform with confidence. Designed to explore and integrate advanced techniques, style and artistry, this class offers a vibrant environment where you can dance, sweat and embrace your inner Broadway star. Participants will enhance their strength, stamina, balance and technique while enjoying the process of learning. This class is tailored for experienced dancers who can demonstrate a comprehensive understanding of dance techniques and terminology, making it a multi-disciplinary session that encourages growth and creativity. Join us and take your performance skills to the next level. Free to members.

Dancing In Your Chair with Ida

DAY: Tuesday
 TIME: 9 to 9:40 a.m.
 DAY: Friday
 TIME: 10:15 to 11 a.m.
 ROOM: Palmer Room
 INSTRUCTOR: Ida Kirkendoll

In this class you will exercise safely while sitting in your chair and singing along to all of your favorite songs. You will soon realize that you can exercise at your own fitness level while laughing and having lots of fun. You may even catch yourself smiling uncontrollably. Join us for our dance party, where you can get moving and grooving—all from the

MMC *Bulletin*

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The Modern Maturity Center's *Bulletin* is published for the information and enjoyment of older Americans. MMC serves as an information broker only and is not liable for any negotiations or events that may occur. The Editor will consider material which is of particular interest to this group of readers. Opinions expressed are not necessarily those of the Modern Maturity Center and its staff. The *Bulletin* supports the governing bodies of the City, County, State and Federal Governments. Abusive language is not permitted. Printed by Delaware Printing Co., Dover, DE.

NO PERSON in the United States shall, on the ground of race, color, or national origin, be excluded from participating in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal financial assistance.

The Board of Directors of the Modern Maturity Center has determined that the possession of a deadly weapon, as defined by 11 Delaware Code, Section 222 (5), as amended, on the premises and/or its vehicles is detrimental to the safety and welfare of members, staff, and visitors. It is prohibited. Violation of this policy may result in immediate expulsion of the offender and the matter may be reported to law enforcement officials.

Carolyn Fredricks..... Executive Editor
 Cate Lyons Managing Editor
 Shannon Davis Composition

Directors :
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comfort of your chair! In this lively class, you'll exercise safely while dancing along to your favorite songs and singing your heart out. You'll quickly discover that you can work out at your own pace, making it perfect for everyone, regardless of fitness level. With plenty of laughter and good vibes, you'll have a fantastic time while boosting your mood and energy. Get ready to let loose and enjoy yourself—you might just find yourself smiling uncontrollably! Come dance with us and experience the joy of movement! Free to members.

Soulsations

DAY: Monday
 TIME: 12:30 to 1:15 p.m.
 DAY: Wednesday
 TIME: 11:15 a.m. to noon
 ROOM: Palmer Room
 INSTRUCTOR: Dee Blackman

Get ready to move and groove as the Soulsations bring their infectious energy to the dance floor! A unique fitness experience that combines the joy of dancing with the soulful rhythms and classic R&B music. This class offers members a fun and engaging way to stay active while enjoying the sounds that have defined generations. Dancing is not only a fantastic workout, but it also boosts your mood and enhances overall well-being. Free to members.

Low Impact Aerobics

DAY: Mondays & Fridays
 TIME: 8:45 to 9:45 a.m.
 ROOM: Palmer Room
 INSTRUCTOR: Kathy Long & Cheryl Stranger

Join us for our Low Impact Aerobics class, where you can stay active while being gentle on your joints! This class is designed to provide all the benefits of traditional aerobics without the strain, making it perfect for anyone looking to enhance their fitness safely. You'll burn calories, strengthen your metabolism-supporting muscles, and boost your overall health with minimal wear and tear on your body. It's all about getting fit without discomfort. Take that first step toward a healthier lifestyle with us! Free for members!

Delaware Diamonds Double Dutch

DAY: Thursdays
 TIME: 12:30 to 1:45 p.m.

ROOM: Palmer Room
 INSTRUCTOR: Denise R. Taylor & Evelyn Gadsden

Who says playtime is just for kids? Grab your jump rope, hand games, and Jax because we're bringing back some classic childhood fun! Join us for a lively class featuring Double Dutch, where you'll be jumping two ropes swinging in opposite directions—talk about a workout! This class is all about transporting you back to your youth, filled with the rhythm of jump ropes and hand games that not only boost your physical health but also provide some great therapeutic benefits. The “Dover Diamonds” are here to offer a delightful way to stay active, socialize, and enjoy all the perks of exercise, whether you're a seasoned jumper or just starting out. Don't forget to wear your comfy running sneakers and bring along a hula hoop or Jax. Free to members.

BINGOCIZE!

DAY: Tuesdays
 TIME: 10 to 10:50 a.m.
 DAY: Fridays
 TIME: 11 to noon
 ROOM: Palmer Room
 INSTRUCTORS: Lon Keifer (Executive Director) & Barbara Doles

MMC is partnering with WECARE Services to offer Bingocize! This class combines exercise and health information with the familiar game of bingo, which is a great and fun way to get seniors moving and socializing. It is meant to be played twice a week on nonconsecutive days. Free for members!

Needlework Group

DAY: Fridays
 TIME: 9 a.m. to 2:45 p.m.
 ROOM: Activity Room #3
 INSTRUCTOR: Nanka Pearce

Are you looking for a creative outlet and a chance to connect with fellow craft enthusiasts? Whether you're a seasoned needleworker or just starting out, this welcoming group invites you to explore the art of needlework in a friendly and supportive environment. Participants engage in various needlework techniques, including embroidery, cross-stitch, knitting, crewel and crochet. Bring your own projects or start something new with guidance from experienced members. This program not only allows you to show off your skills but also provides a great

way to socialize and share tips and ideas with others who share your passion. Free to members.

Forrest Ave. Quilters

DAY: Wednesdays
 TIME: 9 to 11:45 a.m.
 ROOM: Activity Room #1
 INSTRUCTOR: Christine Glenn

This group welcomes quilters of all levels, from beginners eager to learn the basics to seasoned experts looking to share their knowledge. Participants can work on individual projects or collaborate on group quilts while enjoying the camaraderie of fellow quilting enthusiasts. Whether you're creating beautiful quilts for your home, gifts for loved ones, or community projects, you'll find inspiration and support in this friendly environment. Our experienced members are always ready to share tips, techniques, and patterns, making it easy for you to tackle new challenges and refine your craft. Plus, it's a wonderful chance to socialize, exchange ideas, and make lasting friendships with others who share your passion for quilting. Join us for a fun and creative experience as we quilt together! We can't wait to see what you'll create! Free to members.

Twisted Stitchers

DAY: Wednesdays
 TIME: noon to 2:45 p.m.
 ROOM: Activity Room #1
 INSTRUCTOR: Edie Hobbs

Are you passionate about knitting or crocheting? This welcoming group caters to all skill levels, from beginners eager to learn the basics to experienced crafters looking to refine their techniques. In our sessions, participants can work on individual projects or collaborate on group creations while enjoying the company of fellow enthusiasts. Whether you're making cozy blankets, stylish scarves, or unique gifts, you'll find inspiration and support in this friendly environment. Our experienced members are always happy to share tips, tricks, and patterns, making it easy to enhance your skills and tackle new challenges. Plus, it's a wonderful opportunity to socialize, share ideas, and make lasting friendships with others who share your passion for yarn crafts. Join the “Twisted Stitchers” for a fun and relaxing time as we knit and crochet together! Free to members.

MMC Trips & Tours

Modern Maturity Center tours are open to all. Non-MMC members pay \$30 extra per trip. Deposits are required to sign up for a trip. Cancellation penalties in effect for all trips and may vary. Please ask for specific penalty dates at time of booking. Day trips must be paid in full at time of sign-up.

If you would like information on a trip or tour, please call 302-734-1200 ext.190. Hours are 10 a.m. to 2 p.m. Monday through Friday.

Bus seating is based on sign up order. Refunds will not be given for day trip cancellations unless seat/tickets can be sold. Day Trips may be cancelled if a minimum of 25 participants has not been reached by the time deposits are due.

Those who choose not to purchase travel protection for our extended tours will be asked to sign a waiver. **Travel Insurance premiums are non-refundable.**

We will do our best to accommodate reasonable special needs; however, we need as much advance notice as possible to coordinate travel and lodging requirements with contractors.

Ask about :

8 Day/7 Night Alaska aboard Royal Caribbean's Voyager of the Seas.

May 14-22, 2026, starting at \$2899 per person, double occupancy, inside cabin.

Host: Theresa Nicolai Price includes round trip airfare, pre-cruise experience including 1 night hotel in Seattle; cruise, cabin, shipboard meals, port charges, taxes, transfers to and from airport. Port calls in Juneau, Skagway, Sitka, Victoria B.C. *PML Tours*

Mackinac Island, MI

7 days/6 nights, June 7-13, 2026, starting at \$1699 per person, double occupancy.

Travel Protection is available and strongly encouraged. *Host: Kathy Becker. Includes* deluxe motorcoach transportation, 6 nights hotel accommodation, 6 breakfasts at your hotel, 3 dinners including one at the Bavarian

Inn, buffet lunch at the Grand Hotel, hydro jet ferry ride to Mackinac Island, carriage tour of Mackinac Island Soo Locks Boat Tour, Jack Pine Lumberjack Show, Tour and free time in Frankenmuth, and visit to Bronner's Christmas Wonderland, plus standard taxes, meal gratuities and baggage handling.

Scenic Historic Virginia

3 days/2 nights, July 14-16, 2026, starting at \$629 per person, double occupancy.

Travel Protection is available and strongly encouraged. *Host: Kim Hazzard. Includes* 2 nights hotel accommodations, 2 breakfasts at your hotel, one dinner, lunch at Michie Tavern. Tour James Monroe's home "Highland" and Thomas Jefferson's Monticello, explore Luray Caverns, enjoy scenic ride along Skyline Drive, visit Arlington National Cemetery.

NEW! Yellowstone & Wild West

7 days/6 nights, Aug. 23-29 2026, starting at \$3,899 per person, double occupancy.

Travel Protection is available and strongly encouraged. *Host: TBA . Includes* 6 nights hotel accommodations, 6 breakfasts & 4 dinners including one dinner show at the Cody Cattle Company; two full days of guided touring in Yellowstone National Park; admission to Cody Nite Rodeo; visit to the Buffalo Bill Center of the West; explore Old Trail Town & Museum; visit Grand Teton National Park; visit Salt Lake City, Utah; and more. *PML Tours*

NEW! Cape Cod, Martha's Vineyard & Provincetown

4 days/3 nights, Sept. 13-16 2026, starting at \$1,099 per person, double occupancy.

Travel Protection is available and strongly encouraged. *Host: TBA . Includes* 3 nights hotel accommodations, 3 breakfasts & 3 dinners including a lobster dinner; an evening with entertainment; scenic ferry ride to and tour of Martha's Vineyard; tour Provincetown; travel along Cape Cod National Seashore; tour Hyannis (including JFK Memorial, Korean War Memorial and more) *PML*

13 Day/12 Night Canada New England Cruise aboard Norwegian Cruise Line's Norwegian Jewel.

Sept. 26-Oct. 8, 2026, starting at \$2499 per person, double occupancy, inside cabin.

Host: Kathy Becker. Price includes cruise and shipboard meals, one night post cruise accommodations, port charges and taxes, motor coach transportation, bonus cruise amenities. Departs from Philadelphia Cruise Pier. Port calls: Boston MA,; Bar Harbor, ME; Saint John Bay of Fundy, NB; Halifax, NS; Sydney, NS; Charlottetown, PEI; La Baie Saguenay River, Canada; Quebec City, Canada. Return by motorcoach through scenic New England in the fall!

Outer Banks, NC

4 Days/3 nights, Oct. 19-22, 2026, starting at \$799 per person, double occupancy.

Travel Protection is available and strongly encouraged. *Host: TBA Includes* 3 nights hotel accommodations, 3 breakfasts, 2 dinners. Visit iconic lighthouses of the Outer Banks - Cape Hatteras, Bodie Island and Currituck. Plus Currituck Heritage Park, the Whalehead Club, Outer Banks Center for Wildlife; tour historic Corolla; take a dolphin cruise, climb aboard the Elizabeth II, a 16th century ship; visit Roanoke Island Festival Park and the Elizabethan Gardens; visit the Wright Brothers Memorial, and the Graveyard of the Atlantic Museum. *PML Tours*

New Orleans

5 days/4 nights, Nov. 9-13, 2026, starting at \$2,199 per person, double occupancy.

Includes roundtrip airfare, 4 nights

hotel accommodations, 4 breakfasts and evening receptions at your hotel, including the New Orleans School of Cooking and one with New Orleans style entertainment; Mississippi Jazz Riverboat Cruise, guided tour of New Orleans, visit to the French Quarter, admission to World War II Museum, plus free time on your own. *PML Tours*

NEW Christmas in Branson, Missouri

5 days/4 nights, Dec. 6-10, 2026, starting at \$2,499 per person, double occupancy.

Includes roundtrip airfare, 4 nights hotel accommodations, 4 breakfasts and one lunch, three dinners. 5 shows (subject to change): Branson's Christmas Wonderland, Sight & Sound "Miracle of Christmas," Legends in Concert at Pepsi Legend Theater, Branson's Baldknobbers Christmas Show, and The Hughes Brothers. Plus visit IMAX Entertainment Complex and Branson Landing. *PML Tours*

NYC & Radio City Christmas

2 days/1 nights, Dec. 15-16, 2026 starting at \$499 per person, double occupancy.

Travel Protection is available and strongly encouraged. *Host: TBA. Includes* motorcoach transportation, 1 night hotel accommodation, 1 dinner at a New York Restaurant, orchestra seating for Radio City Music Hall Christmas Spectacular, guided tour of NYC, time to explore and do holiday shopping in NYC.

NEW 9 Day/8 Night Cruise Vacation w. 8 Day/7 Night Mexican Riviera Cruise on Norwegian's "Encore"

Feb. 20-28, 2027, starting at \$2999 per person, double occupancy, inside cabin.

Travel Protection is available and strongly encouraged

Host: TBA. Price includes round trip airfare, 1 night hotel accommodation in Los Angeles, cruise, shipboard meals, port charges, taxes & transfers in LA, Bus transportation to and from the airport, bus driver & porter tips. Port calls in Cabo

San Lucas, Mexico, Maxatlan, Mexico, Puerto Vallarta, Mexico. \$250 deposit to hold your reservation (\$100 penalty upon deposit for cancellation).

NEW Spain Vacation
10 days/9 nights, April 7-16, 2027, starting at \$4989 per person, double occupancy.



Includes roundtrip airfare (prices may fluctuate due to fuel costs-this will could affect overall cost of trip) and airport transfers; 8 nights hotel (including 2 in Barcelona and 2 in Madrid), 8 breakfasts at your hotel, 4 dinners including a Flamenco Dinner; dedicated tour director in Spain; guided tours of Barcelona, Madrid, Seville, Granada, and Valencia. Admissions and tours of: Sagrada Familia Basilica, Seville Cathedral, Alhambra Palace & Generalife Gardens, La Mezquita/Mosque of Cordoba, La Lonja de la Seda (Silk Exchange), Plaze de Espana, Holy Grail in Valencia, Prado Museum and Retiro Park.

NEW Bermuda Cruise on Royal Caribbean's Independence of the Seas

6 days/5 nights, June 5-10, 2027, starting at \$1099 per person, double occupancy. Includes cruise, cabin, shipboard meals, port charges and taxes, motor coach transportation to and from Liberty Cruise Pier, NJ. Port call for 2 days at Royal Naval Dockyard, Bermuda. Time to explore Hamilton or St. George.

Coming in 2027:
Italy and the Greek Isles - Sept. 8-18, 2027
Iceland: Land of Fire & Ice - Oct. 4-11, 2027

DAY TRIPS

NEW A Day in St. Michaels

St. Michaels Maryland
Thursday, May 14, 2026
 \$140 per person, transportation, driver's tip, admission to Chesapeake Bay Maritime Museum, lunch at the Crab Claw, Patriot river cruise, plus free time in St. Michaels. Bus leaves MMC 7:30 a.m., museum tour 10 a.m., lunch 11:30 a.m. cruise 2:30 p.m., free time from 3:30 - 4:45 p.m. return to MMC approximately 7 p.m.

2nd Trip Added! Sight & Sound - "Joshua"

Lancaster, PA
Tuesday, June 2, 2026
 \$185 per person, transportation, driver's tip, show and lunch at Hershey Farm Restaurant. Depart MMC 7:30 a.m.; return approx. 5:30 p.m. Journey alongside the people of Israel as they navigate their new-found freedom in an unforgiving wilderness. Experience one of the most redemptive stories of the Bible as it comes to life in this brand-new original stage production from Sight & Sound Theatres. Depart MMC 7:30 a.m.; show 11 a.m.; Lunch 2 p.m. Return to MMC approx. 5:30 p.m.

NEW River Lady Lunch Cruise

Tom's River, NJ
Wednesday, June 17, 2026
 \$115 per person, transportation, driver's tip, and 3 hour lunch cruise on Tom's River and Barnegat Bay. Depart MMC 7 .m. lunch cruise 11 a.m. - 2 p.m., return to MMC approximately 5 p.m.

3rd Trip Added! Sight & Sound - "Joshua"

Lancaster, PA
Tuesday, Aug. 25, 2026
 \$185 per person, transportation, driver's tip, show and lunch at Hershey Farm Restaurant. Depart MMC 7:30 a.m.; return approx. 5:30 p.m. Journey alongside the people of Israel as they navigate their new-found freedom in an unforgiving wilderness. Experience



one of the most redemptive stories of the Bible as it comes to life in this brand-new original stage production from Sight & Sound Theatres. Depart MMC 7:30 a.m.; show 11 a.m.; Lunch 2 p.m. Return to MMC approx. 5:30 p.m.

NEW Suicide Bridge Crab Feast Cruise

Hurlock, MD
Wednesday, Sept. 9, 2026
 \$120 per person, transportation, driver's tip, and 3-hour cruise on the Choptank River aboard a reproduction of an authentic 30 foot turn-of-the-century paddle wheeler. With a Crab Feast lunch (Steamed crabs, crab soup, fried chicken, clam strips, local corn, cole slaw, dessert and non-alcoholic beverages). Leave MMC 10:45 a.m., board cruise 12:15 p.m. lunch cruise, 12:30 - 3:30 p.m., return to MMC approximately 5:30 p.m.

NEW Fiddler on the Roof

Candlelight Dinner Theater
Sunday, Oct. 25, 2026
 \$115 per person, transportation, meal, performance, and driver's tip included. Fiddler on the Roof is the award-winning tale of Tevye the Dairyman and his family's struggles in a changing

Russia. This musical score, beloved by theater-goers for generations, includes songs such as "If I Were a Rich Man," "Matchmaker," and "Sunrise Sunset." Winner of nine Tony Awards when it debuted in 1964, Fiddler on the Roof is the brainchild of Broadway legends Jerome Robbins and Harold Prince; with book by Joseph Stein and score by Jerry Bock and Sheldon Harnick. Leave MMC 11:30 am., lunch served 1-3 p.m., show 3 p.m., return to MMC approx. 6 p.m.

NEW AMT 2026 Christmas Show

Lancaster, PA
Wednesday, Nov. 11, 2026
 \$140 per person, transportation, driver's tip, show and lunch at Miller's Smorgasbord. Step into the magic of the season with "Winter Wonderland." From a charming Bavarian Village to the festive North Pole, this dazzling production features live performances of your favorite sacred and secular holiday songs. Leave MMC 7 a.m., show 10:30 a.m., lunch 1:30 p.m. return to MMC approximately 6 p.m.





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DET. HEATHER SIEBERT



APRIL 9, 2026
12:00PM
LONGWOOD ROOM

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\$10 per person

Registration for Senior Centers opens **March 16** and on **March 30** for the public.
Seating is limited and the event **WILL SELL OUT**, so don't wait to register!
Senior Centers should register as a group with one contact.
Groups of four or more should register with one contact.

Call 302-395-5655 or visit newcastlede.gov/846/Platinum-Picnic

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55 Plus Expo

55 Plus Expo returns for 25th Year!

DOVER, DE – The Central Delaware Chamber of Commerce (CDCC) is proud to present its 25th Annual 55 Plus Expo on Thursday, April 16, 2026. The mission of this event is to enhance the lives of Delaware’s 55+ community and offer expert advice and assistance to their caregivers and families.

Hosted in the spaciously elegant Bally’s Dover Casino Resort - Rollins Center (1131 N. Dupont Hwy., Dover) from 9 a.m. - 3 p.m., the 55 Plus Expo is a FREE event with more than 65 vendor exhibitors from a variety of businesses, organizations and service providers who support physical and mental health, social engagement and active lifestyles for seniors. Exhibitors will have information on healthcare, in-home care, rehabilitation, home improvements, finances & tax services, entertainment & leisure, real estate, legal services, insurance & Medicare, and more! You’ll even be able to learn about the importance of quality treats for your tail-wagging, four-legged friends.

In addition to the vendor exhibitors, attendees can take advantage of variety of FREE health screenings in the Bayhealth Wellness Center, including blood pressure, carpal tunnel, COPD & sleep apnea, and others. The Bayhealth medical professionals will be able to guide you through these screenings and any necessary follow-up support.

The 55 Plus Expo is not just

for people over the age of 55. It’s also for the community of families and caregivers that help support Delaware’s fastest growing demographic. This year the Expo will have even more assistance for caregivers, and all these businesses and organizations will be identified with special signage at their booths throughout the exhibit hall so you can easily identify those you want to visit.

The Rollins Center will be a lively atmosphere for entertainment, interactive exhibits, giveaways and door prizes presented during the 55 Plus Expo. Delaware’s Master Gardeners will be giving out tomato seedlings and herb plants, so this summer you’ll have everything you need to create the perfect Marinara sauce or Bruschetta. The Steppin’ Seniors from the Modern Maturity Center of Dover will be present to engage the crowd with their cheerful choreography, so bring your dancing shoes to join in with their upbeat dance sequences. Plus, don’t miss the giant colon! It’s a must-see, selfie stop at the event. Lots of fun, information, and support will be available and the CDCC doesn’t want YOU to miss out!

While visiting the Expo, be sure to make some time for lunch or a snack. Bally’s offers a variety of eateries including Best Odds Coffee & Quick Bites, Macau Kitchen (Asian cuisine), Sugar Factory (burgers, pizza, salads,

pastas & amazing desserts), and Royal Prime Steakhouse (steaks, chops & steakhouse delicacies). The Bally’s roster of restaurants is a diverse and enticing dining experience that you’re sure to enjoy.

The CDCC’s 55 Plus Expo strives to be a celebration of life, learning, and the limitless resources designed to enhance the lives of our senior community. The Chamber’s team continues to secure new and interesting activities and entertainment to add even more fun to the already enticing schedule for the day. Plus, new vendor exhibitors are signing up every day, so this 25th celebration of the 55 Plus Expo should be one for the record books!

The CDCC would like to thank their 55 Plus Expo 2026 Sponsors: Wellness Center Gold Sponsor: Bayhealth; Silver Sponsors: Coastal Bath Company, Delaware Department of Insurance – Delaware Medicare Assistance Bureau, Delaware Health & Social Services – Bureau of Chronic

Diseases, Highmark Delaware, Silver Lining Home Healthcare, and Wellcare; Media Sponsor: Dover Post; and Event Sponsor: Bally’s Dover Casino Resort.

Mark your calendar today for this event. There is so much to see, hear, learn, and do at this lively 55 Plus Expo, the longest-running senior event in Delaware. Get your family, friends, and coworkers to tag along with you and make it a day full of fun at Bally’s Dover Casino Resort or their delicious restaurant after you explore the 55 Plus Expo and all it has to offer.

For more information on the 55 Plus Expo, visit: www.cdcc.net/events/chamber-events or call the CDCC office at (302) 734-7513. The CDCC looks forward to seeing you on Wednesday, April 16 from 9 a.m. – 3 p.m. at Bally’s Dover Casino Resort for this year’s 55 Plus Expo – Central Delaware’s leading resource for helping our seniors and caregivers live their best lives!

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Caregiver Resource Center

Welcome to the month of April and HAPPY BIRTHDAY to those this month. April's birthstone is Diamond. The zodiac sign is Aries/Taurus. April's flower is Lilac's. The month of April hosts a few significant events such as April Fool's Day, April 1; and Easter Sunday, April 5. April also observes National World Health Day on April 7. April 11 is World Parkinson's Day. April's Quote of the Month: "April is a reminder that life is a beautiful, ever-renewing cycle".

Last month's scrambled answer was
CAREGIVER

This month scrambled is
"CGINUEALOORL"

- **Apr. 6** - Alzheimer's Day Support Group, noon, CRC program room
- **Apr. 9** - Parkinson's Support Group, 5 p.m., CRC program room
- **Apr. 14** - Second Time Around Grandparents Support Group, 9 a.m., CRC office
- **Apr. 21** - Alzheimer's Night Support Group, 6 p.m., CRC program room
- **May 5** - Alzheimer's Day Support

- Group, noon, CRC program room
- **May 7** - Parkinson's Support Group, 5 p.m., CRC program room
- **May 12** - Second Time Around Grandparents Support Group, 9 a.m., CRC office
- **May 19** - Alzheimer's Night Support Group, 6 p.m., CRC program room

*All are welcome regardless of diagnosis.

The Caregiver Resource Center (CRC) is here to help with your needs as a caregiver to an older adult or if you are caring for a related child or children. Call us on 302-734-1200 ext. 186/192 Dawn Morris and Nichole Graves, CRC Coordinators. The Caregiver Resource Center at Modern Maturity Center is partially funded by DHSS (Department of Health & Social Services) Division of Aging and Adults with Disabilities through the National Family Caregiver Support Group Program. Title III-3 of Older American Act.



Winners

Right: Howard Fallen was the birthday winner Mar. 12 at MMC. Birthday Winners receive a \$25 VISA gift card from Del-One Federal Credit Union. Each month one winner is drawn from all registered birthday celebrants. In order to be eligible for the drawing and your free birthday lunch, you must have a current MMC membership card and proof of birth date. The next birthday celebration is Thursday, April 9.

Right: MMC Ambassador Bill Hufnal and Site Manager Jessica Kerr present to Doris Winans and Jim Howlett their cash winnings at the March dinner dance. The Jones Boys played the entertainment music to 230 attendees Photo by Amie Knighting



Senior Community Service Employment Program

by Michael O'Leary

At the Modern Maturity Center, we help older adults find work, develop new skills and talents, and build their financial security by sponsoring the Kent County Senior Community Service Employment Program (SCSEP). SCSEP is an on-the-job training and employment program designed to help those unemployed, age 55 and older, update their jobs skills, build work experience and confidence, and continue to have economic security and well-being.

As of this date, there are no openings in the SCSEP program. The SCSEP program also currently has a waiting list. However, applications are being accepted should openings become available. If eligibility requirements for the program are met and an opening becomes available, participants are placed in a part-time community service assignment with a nonprofit or government agency. These include the Capital School District, Delaware State University, and the Smyrna State Service Center to gain experience and training. Additional training is offered through workshops and/or classes. There are a variety of training assignments including receptionist, maintenance trainee, and food service worker. Currently participants can train up to 20 hours per week and are paid \$15 an hour.

SCSEP services receive funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities and the US Department of Labor. There is no fee charged for these services.

In addition to on-site job training Kent County SCSEP encourages participants to

take advantage of community resources. One resource is the Department of Labor's Employment & Training (DET) which offers a multitude of career services including Basic Computer Training, Interview Strategies, and Career Planning Workshops. Additionally, DET can help cover the cost of a degree, license, and certificate programs for low-income adults and dislocated workers. Programs such as Automotive Technician, Billing and Coding, Certified Nursing Assistant, Dental Assistant, Diesel, EKG Technician, GED - High School Equivalency, Heavy Equipment Maintenance, Medical Assistant, Medical Billing and Coding, Ophthalmic Assistant, Phlebotomy Technician, Practical Nursing, Warehousing/Forklift and more. The steps to accessing DET's training services can be found online at <https://labor.delaware.gov/divisions/employment-training/job-seeker-services/> or by calling 302-739-5473 and speaking with an Employment Service Specialist.

Resumes have changed. As recently as 10-15 years ago, a two-page resume packed with good career information was the norm. Now, a one-page resume with your last 10 years of experience is the ticket. Tailor the resume to the job you are applying for. Use words from the job description. Remember, the resume is your ticket to the interview!

If you would like to learn more about the SCSEP program, call the SCSEP office (302) 734 - 1200 x145.

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What's going on in Downtown Dover?

In 2020, with over 50% vacancy and chronic disinvestment in the heart of the business district, the Downtown Dover Partnership (DDP) brought together a coalition of teammates to direct the future of the area. The resulting Capital City 2030: Transforming Downtown Dover plan was created with meaningful input from more than 880 residents, professionals and public/private partners statewide, as well as through responses to surveys from the community, one-on-one interviews and thought leader groups. Led by Mosaic Development Partners, a professional team of planners and developers working in economic nodes similar to downtown Dover, a plan emerged that coalesced the goals, hopes and vision of the community input with best revitalization practices that have been identified and actually implemented by the planning team.

Downtown revitalization is not for the fainthearted. It is a lengthy, complex and often challenging process. But, as

we consider the future of downtown Dover, we must ask the question: Do we allow the current market to guide its future and wait for the district to be “cleaned up” and all safety issues fixed? Or do we need to proactively direct its future by way of a strategic plan created by a community-driven vision, despite current concerns and conditions?

The Capital City 2030 plan embodies strategies to reimagine the physical space through arts and placemaking, recreational opportunities and significant reinvestment in multiple vacant and underutilized properties, while also addressing the needs of the residents’ social space through a philosophy of equity for the broad, diverse demographic that “is Dover.” This includes implementing economic and equitable development strategies by engaging the diverse local workforce; transforming vacant and underutilized properties into mixed-use, mixed-income (as well as market-rate) housing projects; enhancing



transportation options; and creating a physical environment that can be accessed and enjoyed by the entire community.

The Capital City 2030: Transforming Downtown Dover! master plan, delivered in January 2023, is now serving as the community’s roadmap for transformation of downtown Dover. The primary strategy of the plan is to bring in 2,000 new

residents to the city, and in the process, enhancing livability and recreational assets within downtown, increasing the local workforce, and activating streets to support local business.

Twelve priority redevelopment projects are identified in the plan in a six-block stretch of the spine of the downtown business district, including publicly-, privately-, and DDP-owned

-continued on page 30



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Volunteers WE Need YOU!

Front Porch Program is accepting new clients!

Early intervention can help. The Front Porch program at Modern Maturity Center is a non-medical, early-memory loss program specifically designed for individuals with Early Alzheimer's Disease, Dementia, and Mild Cognitive Impairment. The first of its kind in Delaware, the Front Porch focuses on engaging and encouraging persons who need social, perceptual, and physical stimulation in a warm, and welcoming environment.

The Front Porch is open Monday through Friday from 10 a.m. to 2 p.m. The cost is \$32 per day, which

includes lunch and transportation. The program schedule includes, games, trivia, arts and crafts, education, exercise, field trips, cooking, gardening, socialization, and more! If you are concerned about memory, life changes, and you desire opportunity for personal and peer support – this is your program. It is designed to include your input, strengths, and abilities. Join with affirming, receptive staff and volunteers who will focus on your well-being, comfort, enjoyment.

For more information, contact Faith Hahn at 302-734-1200 Ext. 173

Emergency Support available for Kent County women 55+

If you are female, over the age of 55, single, and living in Kent County, the Modern Maturity Center may be able to provide emergency assistance. Qualifying Mary Rawlins Trust Fund applicants may use

funds for paying for utilities or to overcome a crisis. For more information on the application process, please contact the MMC Care Manager, Faith Hahn, at 302-734-1200 Ext. 173



The Front Porch is in High Need of Volunteers!

Are you looking for a rewarding volunteer opportunity? The Front Porch requires a minimum volunteer commitment of 1 day per week from 9:30 a.m. to 2 p.m. Volunteers will have the opportunity to befriend and assist with different fun activities during the day. For more information, contact the Front Porch Program Director, Faith Hahn at (302) 734-1200 Ext. 173.

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Above: The Front Porch clients competed for the Olympic torch by placing as many ice cubes in a bowl with chopsticks and stacking the most marshmallows in 1 minute. Photo by Faith Hahn

More Fun and Excitement!

MMC Book Club

DAY: Last Thursday of the Month
 TIME: noon to 1 p.m.
 ROOM: Activity Room #1

Join the MMC Book Club, a welcoming space for individuals who share a passion for reading. If you enjoy discussing your thoughts, reactions, and opinions on various books, this club offers an excellent opportunity to connect with fellow literature enthusiasts. Participating in the book club also allows you to discover new titles, engage in thoughtful discussions, and foster friendships while remaining socially active. The book club meets the last Thursday of each month. Free for members! You must be a member of MMC to participate.

Here is a list of the books that the club will be reading for 2026:

April 30 - "Anxious People" by Fredrik Blackman

May 28 - "Demon Copperhead" by Barbara Kingsolver

June 25 - "Next Year In Havana" by Chanel Cleeton

July 30 - "Sister With A Side Of Greens" by Michelle Stimpson

Aug. 27 - "Sycamore Row" by John Grisham

Sept. 24 - "Tumbling" by Diane McKinney-Whetstone

Oct. 29 - "A Summer For The Books" by Michelle Lindo-Rice

Nov. 19 - "The Filling Station" by Vanessa Miller

Dec. 31 - "Twice" by Mitch Albom

MMC Gospel Singing Workshop

DAY: Tuesdays
 TIME: 10 to 10:45 a.m.
 ROOM: Activity Room #3

INSTRUCTOR: Carl Barefoot

Have you ever wanted to sing with a gospel group? Take your voice to the next level while you confidently sing praise while meeting others who share the same passion. It is Carl's great delight to help singers find the voice that was uniquely gifted to them. Free to members.

Coversational Italian

DAY: Wednesdays
 TIME: 11 a.m. to noon
 ROOM: Activity Room #4
 INSTRUCTOR: Giuliano "G" Gregoretti

Embark on a journey to learn the beautiful Italian language in our engaging Italian class! This program is designed for all skill levels, from complete beginners to those looking to brush up on their language skills. Our experienced instructor will guide you through essential vocabulary, grammar, and conversational phrases, all while immersing you in the rich culture of Italy. Classes are interactive and fun, offering a supportive environment where you can practice speaking, listening, reading, and writing in Italian. You'll also have the opportunity to connect with fellow language enthusiasts and make new friends along the way. Whether you're preparing for a trip to Italy, looking to enhance your resume, or simply interested in learning a new language, our Italian class is the perfect place to start. Join us and discover the joy of speaking Italian! (Last session will be held May 13.) Free for members!

New! Signs & Wonders (American Sign Language)

DAY: Tuesdays

TIME: 3:30 to 4:30 p.m.

ROOM: Activity Room #3

INSTRUCTOR: Sincearay Vereen

Join Sincearay for a fully immersive in-person, activity-based Sign Language Class where you will learn the fundamentals of American Sign Language (ASL) in a friendly and supportive environment! This class is designed for beginners and covers essential vocabulary, grammar and conversational skills. You will engage in interactive activities, games and visual aids that help to make learning natural and unforgettable while signing with peers. Whether you're looking to communicate with friends, family, or colleagues, this class will equip you with valuable skills to connect with the deaf and hard-of-hearing community. Free for members! You must be a member of the Modern Maturity Center to participate.

Theater 101 – Unleash Your Inner Star

DAY: Thursdays
 TIME: 2 to 3:15 p.m.
 ROOM: Palmer Room
 FACILITATOR: Nancy Coleman

Participants will learn the essential acting techniques, including voice modulation, body language, character interpretation and behind-the-scenes aspects of theater. Through various exercises and improvisational activities, participants will build confidence in their performance skills. This class is not just about learning to act, it's about discovering the "star" within you and celebrating the joy of performance in a fun and engaging atmosphere. Free to members.



2026

COMMUNITY EDUCATION &

HEALTH FAIR

June 25, 2026

9 a.m. - 1 p.m.

Modern Maturity Center
 1121 Forrest Ave. Dover, DE 19904

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 Workshops
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Exhibitors being sought

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Fitness News

MMC Wellness Center Hours of Operation: Mon.-Fri. 7 a.m. - 3 p.m.;
Pool: Mon.& Fri. 6 a.m. - 5 p.m.; Wed. 6 a.m. - 4 p.m.; Tues. & Thurs. 6
a.m. - 6 p.m. Sat. 8 a.m. - noon

Silver Sneakers & Silver and Fit Programs
 MMC is proud to be a participating center for Silver Sneakers, Silver and Fit, and United Health Care-Renew Active programs. If your health plan offers this benefit, you can use our fitness center and pool for FREE. Your insurance plan pays MMC directly on your behalf for each time you use our facility. **Note you must register with the fitness center staff to use your insurance benefit. It is not automatic.**



How Do I Take an Instructor-Led Aqua Aerobic Class in the MMC Pool

1. Register in the MMC Fitness Center
2. Become a member of the MMC.
3. After registering in the MMC Fitness Center, purchase a (Blue) Aqua-Aerobic Punch Card (\$60) from the MMC Member Services Desk

Aquacise with Ray

Tuesday and Thursday from 2 to 3 p.m. Warm water exercise program for gentle whole-body movement. This class is great for individuals with arthritis, fibromyalgia, diabetes, high blood pressure and pre/post-surgery.

Aqua Mobility with Mindy

Monday and Wednesday from noon to 1 p.m. Warm water exercise program for gentle whole-body movement. This class is great for individuals with arthritis, fibromyalgia, diabetes, high blood pressure and pre/post-surgery.

Aqua Aerobics with Betsy

Tuesdays and Fridays from 9:30-10:30 a.m. and Thursdays, 11:15 a.m.-12:15 p.m. Warm water exercise program for gentle whole-body movement. This class is great for individuals with arthritis, fibromyalgia, diabetes, high blood pressure and pre/post-surgery.

Fitness classes are offered with a minimum of 10 fully paying participants, two staff member enrollments are equal to one full paying participant. Class registration is monthly (4 weeks, unless otherwise noted) and the registration cut-off is 6 days prior to the first class, when no other registrations are accepted.

Tai Chi with Ran

Day: Wednesday
 Time: 1:30 – 2:30 p.m.
 Cost: \$20 MMC Member
 \$10 MMC Staff
 Class runs April 1 - 22
 Room: Palmer
 Instructor: Ran Griem, RN
 Shiatsu Practitioner. A minimum of 10 paid participants is required. Registration for April runs until April 7. Registration for May Classes runs until May 5.

Tai Chi with Donna

Day: Wednesday
 Time: 2:30 – 3:30 p.m.
 Cost: \$20 MMC Member
 \$10 MMC Staff
 Class runs April 1 - 22
 Room: Palmer
 Instructor: Donna DeSimone
 Class led by Donna, a Black Sash certified instructor. A minimum of 10 paid participants is required. Registration for April Classes runs until April 7. Registration for May runs through May 5.

Adult Swim Lessons

Four (45-minute) private swimming lessons for \$120. Contact Al Wyllie 302-734-1200 ext. 188 or allen.wyllie@modern-maturity.org for more information.

MMC FITNESS & POOL SCHEDULE				
YOU MUST BE A MEMBER OF THE MMC TO PARTICIPATE!				
How Do You Take an Instructor-Led Aqua Class?				
<ol style="list-style-type: none"> 1. You MUST register in the Fitness Center. 2. You MUST be a member of the MMC. 3. After registering, you will purchase a (Blue) Aqua Aerobics Punch Card for \$60 from the Member Services desk. 				
DAY	PROGRAM	INSTRUCTOR	TIME	ROOM
MONDAY	Aqua Mobility with Mindy	Mindy Beck	12:00pm-1:00pm	Pool
TUESDAY	Aqua Aerobics with Betsy	Betsy Gustafson	9:30am-10:30am	Pool
	Aquacise with Ray	Ray Denson	2:00pm-3:00pm	Pool
WEDNESDAY	Aqua Mobility with Mindy	Mindy Beck	12:00pm-1:00pm	Pool
	Tai Chi with Ran	Ran Greim	1:300pm-2:30pm	Palmer Room
	Tai Chi with Donna	Donna Desimone	2:30pm-3:30pm	Palmer Room
THURSDAY	Aqua Aerobics with Betsy	Betsy Gustafson	11:15am-12:15pm	Pool
	Aquacise with Ray	Ray Denson	2:00pm-3:00pm	Pool
FRIDAY	Aqua Aerobics with Betsy	Betsy Gustafson	9:30am-10:30am	Pool
	Water Volleyball	X	2:00pm-4:00pm	Pool

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(\$50 per session)	(\$44 per session)	(\$42 per session)

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4 Pack	12 Pack	24 Pack
\$140	\$400	\$750
(\$35 per session)	(\$34 per session)	(\$32 per session)

For more information please contact Al Wyllie 302-734-1200 x188.

New! Computer & Cell Phone Tutoring

DAY: Thursdays
 TIME: noon to 3 p.m.
 ROOM: Activity Room #6
 INSTRUCTOR: Barbara Doles

These individualized sessions are designed to assist members in enhancing their proficiency and confidence in utilizing their devices. Whether you require guidance with basic functionalities, or exploring advanced applications, our knowledgeable instructor is prepared to provide comprehensive support.

Please note: Sessions are \$10 (non-refundable) for members only and available by appointment only. Each appointment is 60 minutes, allowing for personalized attention. To schedule your session, call (302) 734-1200, extension 129, or stop by the office of the Program Director.

Please Note: Members are required to furnish their own laptop and/or cell phone for the duration of the session. You must be a member of the Modern Maturity Center to participate.

NEW Train Club

DAY: Tuesdays, March 10 - April 28
 TIME: 11:30 a.m. to 1:30 p.m.
 ROOM: Longwood Room
 FACILITATOR: Charles "Buzz" Matthews

Join our Train Club and embark on an exciting journey to learn how to create stunning train scenery in just 8 weeks. Whether you're a beginner or an experienced modeler, this hands-on program is designed for enthusiasts of all skill levels. Throughout the course, you will work alongside fellow train lovers to explore various techniques and materials for building realistic landscapes. Each week you will engage in practical, interactive sessions that allow you to apply what you've learned and bring your creative visions to life. Don't miss this opportunity to enhance your modeling skills, share tips with fellow club members, and create beautiful scenery that will elevate your train layout. Get ready to transform your model experience!



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Are you managing conditions like diabetes, arthritis, high blood pressure, or ongoing aches and pains?

You are not alone—and you don't have to figure it out by yourself.

Join a small, friendly group where we focus on simple, practical ways to:

- Feel better day-to-day
- Improve energy and mobility
- Manage symptoms with confidence
- Stay independent and active

This is NOT a lecture. It's a relaxed, supportive program where we share ideas, learn together, and take small steps that make a real difference.

Program Details:

Start Date: April 23, 2026

End Date: May 28, 2026

Meets: Once per week for 6 weeks

Location: Modern Maturity Center- East Conference Center

Interested? Stop by and chat with Mona today or add your name to the sign-up sheet. We'd love to have you join us.

302-300-5563 or email mboyer@milfordwellnessvillage.com



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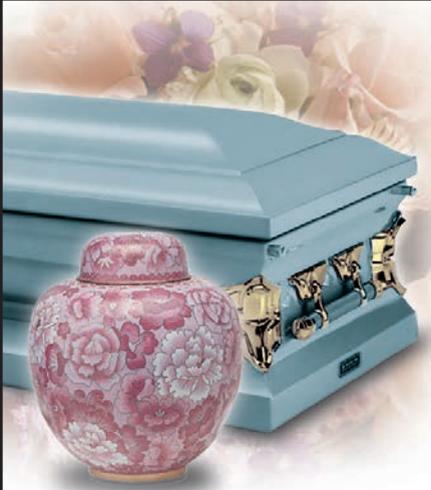
With funding from the Division of Services for Aging and Adults with Physical Disabilities, senior nutrition programs (Congregate and Meals on Wheels) are designed to provide balanced meals and services not met by other service providers. We help you live independently longer. For nutrition questions, call 302-734-1200 x144

Menus for April

Suggested Donation:
 \$6 for ages 60 & up All others must pay - \$10.50
 Lunch served 11:30 a.m. - 1:30 p.m.
 Grab and Go lunch 11 a.m. - 1 p.m.
 Call 302-734-1200 by 10 a.m. to reserve your Grab & Go meal
 Menu subject to change without notice.
 Visit us on line: www.modern-maturity.org

		1 Chicken Filet Mashed Potatoes with Gravy Buttered Broccoli Wheat Bread/Milk Applesauce	2 Baked Ham w. Pineapple Sauce Macaroni & Cheese* Sweet Potatoes Chef Blend Veg. Dinner Roll/Milk	3 CENTER CLOSED Good Friday
6 Spaghetti w. Meatsauce* Italian Blend Veg. Wheat Bread/Milk Fruit	7 Fried Fish Macaroni & Cheese* Stewed Tomatoes Wheat Bread/Milk Tropical Fruit	8 Tacos with Lettuce & Tomato Sour Cream, Taco Sauce Spanish Rice Milk Yogurt	9 Birthday Day Roast Turkey w. Gravy Herbed Dressing Buttered Peas w. Pearl Onions Roll/Milk Cake	10 Meat Loaf w. Gravy Mashed Potatoes Buttered Squash Wheat Bread/Milk Applesauce
13 Baked Ziti w. Meat Sauce* Mixed Veg. Italian Bread/Milk Rice Pudding	14 Liver & Onions w. Gravy Mashed Potatoes Buttered Green Beans Roll/Milk Tropical Fruit	15 Navy Bean Soup Chicken Salad on Bun Lettuce & Tomato Milk Pudding	16 Boneless Pork Chop w/Onion Gravy Mashed Potatoes Mixed Veg. Wheat Bread/Milk Ice Cream	17 Italian Meatball on Roll French Fries Cole Slaw Milk Fruit
20 Chicken & Dumplings Buttered Peas Biscuit/Milk Applesauce	21 Sausage & Peppers/Onions Rice Mixed Veg. Wheat Bread/Milk	22 Chef Salad* w. Turkey/ Cheese/ HC Egg/ Lettuce/Tomato/ Dressing Wheat Bread/Milk Fruit	23 Fried Chicken Mashed Potatoes & Gravy Collard Greens Corn Bread/Milk Sherbet	24 Chicken Pot Pie Broccoli Roll/Milk Fruit
27 Sloppy Joe on Bun Potato Wedges Succotash Milk Fruit	28 BBQ Chicken Potatoes Au Gratin* Mixed Greens Roll/Milk Tapioca Pudding	29 Vegetable Soup Tuna Salad on Bun Lettuce & Tomato Macaroni Salad Milk Jello	30 Pot Roast Boiled Potatoes Buttered Carrots Roll/Milk Yogurt	

Please be advised that food prepared here may contain these ingredients: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, shellfish and seafood base. * Contains Cheese



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MMC Monthly Programs

Food - Friends - Fun

Currently our group is unable to accept new members at this time. If you are interested in joining, please reach out to Dianne Anderson at 302-220-0780 to be added to the waiting list as we have reached a 40-member class limit. You will be notified as soon as openings become available. Thank you for your understanding!

“Food, Friends, Fun” is a fantastic opportunity to get active, make new friends, and enjoy socializing in a relaxed environment. While this group is designed for singles, it is important to note that this is not a dating group. Instead, it welcomes singles, widows and widowers who are looking to connect and share experiences. **To participate, you must be a member of MMC.** For additional information, contact Coordinator Dianne Anderson, at 302-220-0780. Join in for an enjoyable afternoon filled with camaraderie, laughter, and a chance to build friendships!

April Schedule

***Lunch is at 1 p.m. unless noted. Please arrive by 12:45 p.m. for luncheons so we can be seated as a group. Call Dianne Anderson 302-220-0780 to add your name. Enjoy dining with us!**

Wednesday, Apr. 1: Monthly Planning Meeting, WCR Room

Thursday, Apr. 2: Pho Saigon, 1651 E. Lebanon Rd., Dover

Tuesday, Apr. 7: El Folklore-de Mexico, 1486 E. Lebanon Rd., Dover

Friday, Apr. 10: Romanos, 768 Walker Rd., Dover

Monday, Apr. 13: Green Turtle, 391 N. DuPont Hwy., Dover

Thursday, Apr. 16: Augustine Tavern, 1919 St. Augustine Tavern Rd., Middletown

Friday, Apr. 24: The Brick, 150 Gateway S. Blvd., Dover

Tuesday, Apr. 28: Country Eaterie, 950 N. State St., Dover

Thursday, Apr. 30: IHOP, 21 S. Little Creek Rd., Dover

MMC PROGRAMS AT A GLANCE!

YOU MUST BE A MEMBER OF THE MMC TO PARTICIPATE!

ATTENTION

PLEASE RESPECT CLASSES IN SESSION & REFRAIN FROM ENTERING UNTIL CLASS IS OVER!

DAY	GAME	FACILITATOR	TIME	ROOM #
MONDAY	Budget Bootcamp (2nd & 4th Monday of each Month)	Gloria Harrison	10:15am-11:15am	AR #1
TUESDAY	Bible Study	Glenn Johnson	9:30aam-10:15am	AR #7
	Gospel Singing Workshop	Carl Barefoot	10:00am-10:45am	AR #3
	Train Club	Charles "Buzz" Matthews	11:30am-1:30pm	Longwood
	Visually Impaired Support Group (3rd Tuesday of each Month)	Darryl Garner	12:00pm-2:45pm	AR #3
	Hearing Loss Circle Chats (1st Tuesday of each Month)	Russ Zehnacker	1:00pm-2:00pm	AR #7
	Signs & Wonders (American Sign language)	Sincearay Vereen	3:30pm-4:30pm	AR #3
WEDNESDAY	Forrest Ave. Quilters	Christine Glenn	9:00am-11:45am	AR #1
	Meditation	Mr. Kim Palmer	10:00am-11:00am	AR #8
	Massage Therapy \$\$ (By Appointment Only)	Lisa Harshberger	10:30am-3:00pm	AR #7
	Bible Study	Rev. Jerome Carey	11:00am-11:45am	AR #3
	Conversational Italian (Class Ends: May 13th)	"G"	11:00am-12:00pm	AR #4
	Twisted Stitchers	Edie Hobbs	12:00pm-2:45pm	AR #1
	Bereavement Support Group (2nd Wednesday of each Month)	Danielle Brown	12:30pm-2:30pm	AR #4
	Food, Fun, Friends (1st Wednesday) CLASS IS FULL AT THIS TIME	Dianne Anderson	1:00pm-3:00pm	WCR
THURSDAY	Visually Impaired Support Group	Darryl Garner	10:00am-11:45am	AR #3
	Book Club (Last Thursday of each Month)		12:00pm-1:00pm	AR #1
	Computer & Cell Phone Tutor (By Appointment Only) \$\$\$	Barbara Doles	12:00pm-3:00pm	AR #6
FRIDAY	Foot Dr. \$\$ (By Appointment Only)	Dr. Robert Gemingnani	8:30am-12:00pm	AR #6
	P.U.S.H.	Myra McNair	9:00am-10:00am	WCR
	Needlework Group	Nanka Pearce	9:00am-2:45pm	AR #3
	Green Thumb Garden Club (Class Ends: May 15th)	Tobi O'Brien & Cheryl Fisher	9:30am-11:30am	AR #1
	Pump Up Your Brain	Betty Mann	1:00pm-2:15pm	AR #1

Dates to Remember April

Apr. 1 - Food Bank, 9 a.m.

Apr. 2 - Easter Feast, 11:30 a.m.

Apr. 3 - Center Closed for Good Friday

Apr. 6 - United Healthcare Representative on site, 11:30 a.m., Longwood Room.

Apr. 7 - Randy Chang on the Piano, noon, Longwood Room

- Train Club, 11:30 a.m., Longwood Room

Apr. 9 - Birthday Day!

- Dinomite Dancers Perform, 11:45 a.m., Longwood Room Stage

- Christiana Care Medical Van, 11:30 a.m., Front Parking Lot

- Free Ice Cream! - Bryan Realty Group, noon

- Dover Police Department, noon

Apr. 14 - Train Club, 11:30 a.m., Longwood Room

Apr. 16 - Avon Representative on site, 11:30 a.m., Longwood Room

Apr. 21 - Train Club, 11:30 a.m., Longwood Room

- Delmarva Benefit Group Representative on site, 11:30 a.m., Longwood Room

- Randy Chang on the Piano, noon, Longwood Room

- Dinner Dance, 6 p.m., East Wing

Apr. 23 - United Healthcare Representative on site, 11:30 a.m., Longwood Room.

- “Loretta & Les” Entertainment, noon

Apr. 28 - Train Club, 11:30 a.m., Longwood Room

Apr. 29 - Delmarva Benefit Group Representative on site, 11:30 a.m., Longwood Room

Garden Talk

by **Maggie L. Moor**

*Delaware Cooperative Extension
Delaware State University*

For the first half of April:

- o Feed shrubs and roses – read label directions for special instructions.
- o Take a soil sample to determine exact amount of nutrients the soil needs to grow and produce flowers or fruit.
- o Mow lawn if grass is over 2-1/2 inches tall. The ideal mowing height is two inches. Closer cutting weakens the lawn and opens it to invasion by crabgrass and other weeds. Allowing the lawn to grow too tall gives it a ragged appearance, may create problems with accumulated clippings and will cause matting if played or trampled on.
- o Prune and shape spring flowering shrubs after blossoms fade.
- o Prune roses before April 22.
- o Prepare garden soil for spring planting.
- o Begin regular scouting program for fruit trees. Pesticides should be used only when pest populations are high enough to cause damage to plants and damage reaches the economic injury level.
- o Check last years garden journal notes were your perennials overcrowded, was the center dying or were the surrounding plants shading them out? Now is the perfect time to dig, divide and replant perennials. Share the extras with friends.

For the second half of April:

- o Finish transplanting trees and shrubs.
- o Plant ground covers to those terrible spots where nothing but weeds seem to grow. There are many to choose from — some with flowers and other with beautiful foliage.
- o Start vegetable, herb and flower seeds now. Read the back

of the seed pack for specific instructions.

- o If weather is favorable, plant carrot, celery, lettuce, radish, spinach, sweet corn, turnip, snapbean and parsnip seeds; and transplant broccoli, cabbage, cauliflower and tomatoes.
- o Prepare beds for planting annual and perennial flowers. Consider height, plant requirements (full sun or partial shade, sandy or rich loam soil), and color in selecting varieties.

Green Thumb Garden Club -

DAY: Fridays

TIME: 9:30 to 11:30 a.m.

ROOM: Activity Room #1

FACILITATOR: Cheryl Fisher & Tobi O'Brien

Have you ever wanted to start a garden but didn't know how to begin? Do you want to grow your own vegetables on the patio? Well, we've got the answers for you. We are happy to announce the Green Thumb Garden Club is ready to bloom! The Green Thumb Garden Club is a 12-week series of classes on gardening for MMC members. The topics include subjects such as "Small Space Gardening and Raised Beds," and "Native Plants for Birds and Bees." The two goals are to: 1) provide the knowledge a new gardener needs to get started; and 2) provide interesting topics to keep students coming back in subsequent years. There is a \$10 fee for MMC members only. You must be a member of the Modern Maturity Center to participate! No gardening experience is required so come join the garden club and watch your garden grow!

Some of the highlights of the Green Thumb Garden Club are:

- Lots of easy and fun hands-on exercises
- A special propagation class with Dr. Rose Ogutu from Delaware State University in March
- Transplanting tomato plants in April
- Annual tomato plant sale in May

- Field trip to special location Spaces for the Green Thumb Garden Club sell out fast so be sure to register today at Member Services. If you have questions, please contact Tobi Hope-O'Brien on 831-254-0510 or email her at trhopeobrien@gmail.com.

SCHEDULE:

April 3 - Field Trip Friday! – Entire Class & Master Gardeners

April 10 - No Class! (Good Friday)

April 17 - Propagation @ DE State University – Dr. Rose Ogutu

April 24 -Transplanting Tomatoes Project – Entire Class & Master

Gardeners

May 1 - Troubleshooting Pollinator Gardens – Rose Wetmore
Fig Tree Propagation – Francesca & Bernard Stasko

May 8 - Honey Bees – Jeanette Hammon

Growing Herbs & Lavender – Zoe Bell

May 14 - Tomato Plant Sale Thursday – Entire Class & Master Gardeners

May 15 - Composting, Mulching, Compost Tea – Verna Thompson
Putting Your Garden to Bed – Verna Thompson

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Nutrition Corner

“Small Gland, Big Impact: Thyroid Health After 60”

What the Thyroid Gland Is & Why It Matters

by **Nimi Bhagawan MS, RDN, LD/**
Ankita Patel Student Intern/DSU

Your thyroid is a small, butterfly-shaped gland located at the base of your neck. It’s part of the endocrine system and produces hormones that affect almost every organ in your body — including your metabolism, heart rate, temperature control, and digestion.

Main Thyroid Diseases

1. Hypothyroidism (Underactive Thyroid)

• Occurs when the thyroid does not produce enough hormone.

• Symptoms include:

- Fatigue
- Weight gain
- Cold intolerance
- Dry skin / hair
- Depression
- Constipation and memory issues

- Heavy or irregular periods
- Muscle and joint pain

2. Hyperthyroidism (Overactive Thyroid)

• When the thyroid gland produces too much hormone.

• Common symptoms can include:

- Weight loss
- Heat intolerance
- Anxiety or nervousness
- Rapid heartbeat
- Tremors
- Sleep problems
- Frequent bowel movements

3. Autoimmune Thyroid Conditions

• Hashimoto’s disease — an immune attack causing hypothyroidism

• Graves’ disease — an immune attack causing hyperthyroidism

These are the most common reasons for thyroid dysfunction.

4. Other Thyroid Issues

- Goiter: Enlarged thyroid (may or may not affect hormone levels)
- Nodules: Lumps or growths in the gland; most are benign but some need monitoring or biopsy.
- Thyroid cancer: Less common than other thyroid diseases but treatable.

How Thyroid Problems Are Diagnosed

Doctors typically use:

- Physical exam (checking your neck for enlargement or nodules)
- Blood tests to measure thyroid hormone levels and TSH (thyroid-stimulating hormone)
- Sometimes ultrasound or biopsy for nodules

Nutrition Support for Hypothyroidism (Underactive Thyroid)

Nutrition cannot cure hypothyroidism, but it supports metabolism, energy, and overall thyroid health — especially important in older adults.

Helpful Nutrients & Foods

- Protein-rich foods support metabolism and muscle strength

→ eggs, chicken, turkey, beans, lentils

• Selenium-rich foods help thyroid hormone production

→ Brazil nuts (1–2 only), seafood (tuna, sardines, shrimp, salmon), poultry, whole grains

• Iodine-containing foods support hormone production (in moderation)

→ dairy, seafood, iodized salt

• Iron-rich foods support oxygen transport and energy

→ brown rice, pumpkin seeds, chickpeas, beetroot, raisins, cashews, sardines

Iron supplements should be taken at least 4 hours apart from thyroid medication

• Fruits and vegetables promote digestion and immune health

Foods to Use with Caution

• Large amounts of soy near medication time

• Excess iodine supplements

• Highly processed foods

• Raw cruciferous vegetables in large amounts (cooking reduces concern)

-continued on page 21



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GAME ON AT MMC!

YOU MUST BE A MEMBER OF THE MMC TO PARTICIPATE!

ATTENTION

PLEASE RESPECT CLASSES IN SESSION & REFRAIN FROM ENTERING UNTIL CLASS IS OVER!

DAY	GAME	FACILITATOR	TIME	ROOM #
MONDAY	Duplicate Bridge	Clare O'Brien	9:30am - 2:00pm	AR #4
	Pinochle	Henry Greene	12:00pm - 5:00pm	AR #8
	Scrabble		12:00pm - 3:00pm	AR #8
	Rummikub		12:30pm-2:45pm	AR #3
	Bid Whist	Henry Greene	3:00pm - 5:00pm	AR #8
TUESDAY	Pinochle	Henry Greene	12:00pm - 5:00pm	AR #8
	Mahjong	Nancibeth Vilella	11:30am - 2:45pm	AR #4
	Chicken Foot	Gwedolyn Lloyd	11:30am - 2:45pm	AR #4
	Bid Whist	Henry Greene	3:00pm - 5:00pm	AR #8
WEDNESDAY	Scrabble		12:00pm - 3:00pm	AR #8
	Pinochle	Henry Greene	12:00pm - 5:00pm	AR #8
	Dominoes	Kay Worrall	12:30pm-2:45pm	AR #3
	Bid Whist	Henry Greene	3:00pm - 5:00pm	AR #8
THURSDAY	Chess		9:00am - 11:45am	AR #4
	Bridge	Elaine Lawson	12:00pm - 2:45pm	AR #3
	Chicken Foot	Gwedolyn Lloyd	12:00pm - 2:45pm	AR #4
	Pinochle	Henry Greene	12:00pm - 5:00pm	AR #8
	Mahjong	Nancibeth Vilella	12:00pm -2:45pm	AR #4
	Bid Whist	Henry Greene	3:00pm - 5:00pm	AR #8
FRIDAY	Duplicate Bridge	Clare O'Brien	10:30am - 2:45pm	AR #4
	Chicken Foot	Gwedolyn Lloyd	12:00pm - 3:00pm	AR #8
	Pinochle	Henry Greene	12:00pm - 5:00pm	AR #8

PALMER ROOM CLASSES

YOU MUST BE A MEMBER OF THE MMC TO PARTICIPATE!

ATTENTION

PLEASE RESPECT CLASSES IN SESSION & REFRAIN FROM ENTERING UNTIL CLASS IS OVER!

DAY	CLASS	INSTRUCTOR	TIME
MONDAY	Low Impact Senior Aerobics	Kathy Long	8:45am - 9:45am
	Beginner Line Dance	Rick Todd	10:00am - 10:45am
	Couples Partner Dancing	Ken & Sue Ellers	11:00am - 11:45am
	Soulsations	Dee Blackman	12:30pm - 1:15pm
	Broadway Advanced	Nancy Coleman	1:30pm - 3:15pm
TUESDAY	Get Up and Move	Ida Kirkendoll	8:00am - 8:40am
	Dancing In Your Chair	Ida Kirkendoll	9:00am - 9:40am
	Bingocize	Barbara Doles	10:00am - 10:50am
	Improver Line Dance	Diane Mosie	11:00am - 11:45am
	Contemporary Line Dancing	Diane Mosie	12:00pm to 12:45pm
	Broadway Too!	Nancy Coleman	1:00pm - 2:45pm
WEDNESDAY	Beginner Line Dance	Rick Todd	9:30am - 10:45am
	Soulsations	Dee Blackman	11:15am - 12:00pm
THURSDAY	Intermediate Line Dancing	Ken & Sue Ellers	9:00am - 9:45am
	Improver Line Dance	Diane Mosie	10:00am - 11:15am
	Contemporary Line Dancing	Diane Mosie	11:30am - 12:15pm
	Double Dutch Therapy	Denise Taylor	12:30pm - 1:45pm
	Intro to Theater 101	Nancy Coleman	2:00pm - 3:15pm
FRIDAY	Low Impact Senior Aerobics	Cheryl Stranger	8:45am - 9:45am
	Dancing In Your Chair	Ida Kirkendoll	10:15am - 11:00am
	Bingocize	Lon Kieffer	11:15am - 12:15pm
	Extreme Beginners Line Dancing	Jacci Kenny	1:00pm - 2:45pm



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Thyroid - cont. from page 19.

Nutrition Support for Hyperthyroidism (Overactive Thyroid)

Nutrition helps maintain strength, protect bones, and manage symptoms when thyroid activity is high.

Helpful Nutrients & Foods

- Calcium & Vitamin D foods protect bones (hyperthyroidism can weaken bones): milk, yogurt, cheese, fortified plant milk

- Lean protein foods prevent muscle loss: chicken, turkey, beans, lentils, lean meat

- Nutrient-rich vegetables support overall health: colorful vegetables and whole grains

- Selenium & mineral foods support hormone balance: Brazil nuts (small amounts), sunflower seeds, seafood, poultry

Foods to Limit

- Excess iodine sources: seaweed, iodized salt (large amounts), iodine supplements

- Caffeine and stimulants: coffee, energy drinks, strong tea

- Highly processed foods

- Large soy intake (if symptoms worsen)

Practical Tips — More Selenium & Thyroid Support Examples

- Add 1–2 Brazil nuts to your morning oatmeal or yogurt for a quick selenium boost.

- Include grilled fish, like salmon or tuna in meals 2–3 times per week.

- Use eggs at breakfast or in salads to support thyroid hormone production.

- Add sunflower seeds or pumpkin seeds to salads, smoothies, or snacks.

- Choose whole grains like brown rice or oats instead of refined grains.

- Include lean poultry such as chicken or turkey in lunch or dinner meals.

- Add lentils or beans to soups & stews for plant-based selenium & protein.

- Use low-fat dairy like yogurt or milk to support metabolism and immune health.

- Mix nuts and seeds into snack bowls for balanced thyroid-support nutrients.

- Rotate protein sources weekly to maintain balanced mineral intake.

If you have any questions, please speak to your doctor or consult a registered dietitian to get additional help. Call Nimi Bhagawan Licensed/Registered dietitian at Modern Maturity at 302-734-1200 Ext 144 and make an appointment.



Peter Fong, Bob Shiuh and Ralph Carrales's perform with the Steppin' Seniors. The Steppin' Seniors and the Dinamite dancers alternately provide entertainment with a variety of line dances. On April 16, the dancers will be on stage at the Bally's for the annual EXPO. Photo by Amie Knighting

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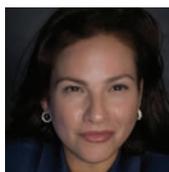


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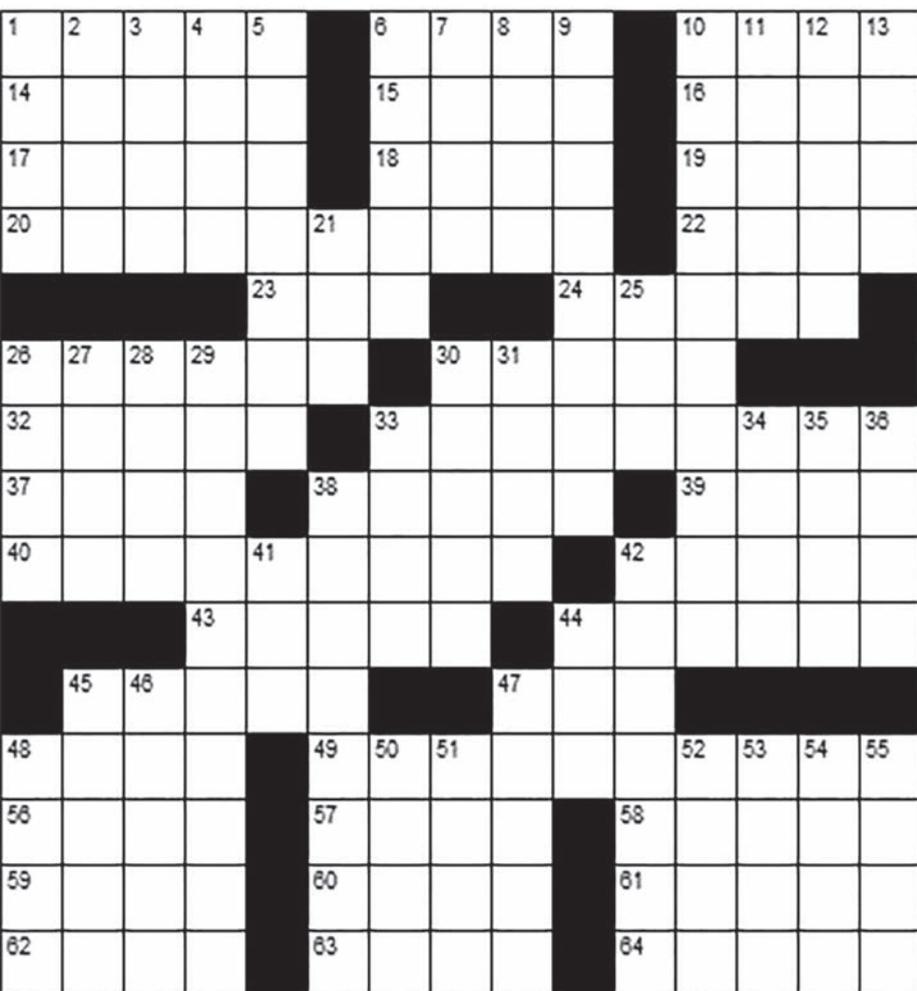
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Crossword Puzzle



13. Chick's sound
21. Depression
25. Bowling target
26. Gunk
27. Ascend
28. At any point
29. Disparagement
30. Fables
31. Cultural doings
33. Distribute
34. Carry
35. Makes a mistake
36. Notices
38. Malicious cowards
41. Needlefish
42. In an exposed manner
44. Director's cry
45. Go rapidly
46. Itchy canine ailment
47. Ready for anything
48. Type of duck
50. Competition or combat
51. Sloth
52. Part portrayed
53. "Oh dear!"
54. Hefty volume
55. Ages

MMC looking for volunteer instructors

Have you ever thought about volunteering your time to teach a class, program, or workshop? This is an opportunity to share your passions and make a positive impact at MMC—all while giving back to the community!

Whether you have a special skill or a hobby you're passionate about, volunteering to teach can be a fun and rewarding experience. Consider this chance to inspire and educate others with your unique talents and enthusiasm!

If you're interested or want to learn more about how you can volunteer, please reach out to our Program Director, Karen Porterfield, at (302) 734-1200, extension 129. You can also send her an email at karen.porterfield@modern-maturity.org.

Please note: You must be a member of the Modern Maturity Center to teach a class, program, or workshop.

We can't wait to hear from you and see how you can contribute to our vibrant community!

- Solution on page 30

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ACROSS

1. Fanatical
6. Engendered
10. Coarse file
14. Wear away
15. Female aristocrat
16. Behold, in old Rome
17. Naked people
18. Anagram of "Nose"
19. Achy
20. Let down
22. Get ready
23. Ambition
24. Express a thought
26. Bank line
30. Snouted animal
32. Stream
33. Soak in marinade
37. Utiliser
38. Triangular formation
39. Ripped
40. Belittles
42. French for "Our"
43. Not solids nor liquids
44. Gentle touch
45. Brainy

47. Arctic bird
48. Three-handed card game
49. Corrupt
56. Short skirt
57. Ancient alphabetic character
58. Sorrow
59. Therefore
60. Darling
61. Andean animal
62. Small songbird
63. Slattern
64. Affirmatives

DOWN

1. Rip apart
2. African sheep
3. Physiques, informally
4. Concept
5. Hopelessness
6. Flower
7. Hindu princess
8. Anagram of "Need"
9. Orwellian state
10. A protective mask with a filter
11. Fruit of the oak tree
12. Landslide detritus



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Spring Has Sprung... and So Has the To-Do List

My name is Crystal Calderon, and I am excited to help guide you on a journey to connect with the valuable resources



that can enhance the quality of our lives. Having a deep appreciation for the wisdom and experiences that each of you brings to our community, I've dedicated myself to ensuring that you have access to the support and assistance you deserve. Navigating the vast array of resources available can sometimes be a challenge, and that's where I come in. Let's explore the avenues that lead to fulfillment, connection, and well-being.

Every year it happens like clockwork. The birds start chirping, the sun feels warmer, and flowers start popping up like they've been planning this moment all winter. Then you look outside... the yard, the gutters, and the flower beds that somehow multiplied while you weren't looking.

Spring has a funny way of reminding us that homeownership comes with a never-ending list of chores. What felt manageable twenty years ago can suddenly feel like preparing for the Olympics. The good news? Spring maintenance doesn't have to mean climbing ladders, wrestling hedge trimmers, or discovering muscles you forgot you had.

Think of spring as "home check-up season." Take a slow walk around your home and look things over. Winter weather can loosen siding, lift shingles, and clog gutters. Catching small issues early can prevent bigger, more expensive problems later.

Your heating and cooling system deserves attention too. Changing the air filter, scheduling a quick HVAC tune-up, and checking smoke detectors are simple steps that help keep your home safe and running efficiently.

Here's the good news: you don't have to do it all yourself. Many local services can handle lawn care, gutter cleaning, and seasonal checkups and

cleanups. Hiring help for the heavier work isn't a luxury—it's a smart way to stay safe and enjoy your home longer.

But spring also tends to spark another thought for many homeowners...

"What if I didn't have to do any of this?" Across Delaware there are beautiful communities designed specifically for adults 55 and better where the grass gets cut for you and snow removal is handled by the community. Instead of spending Saturday afternoon behind a lawn mower, many residents are spending that time at the pool, playing pickleball, joining clubs or traveling.

For some people, the yard is a joy. For others, it starts to feel like a part-time job. Neither choice is wrong—but knowing your options is powerful.

As a Seniors Real Estate Specialist (SRES®), my role is to help seniors explore housing options that fit the lifestyle they want today and in the future. Sometimes that means staying right where you are and simply connecting you with helpful resources. Other times it means exploring communities that

remove many of the responsibilities that come with maintaining a home.

Spring is a season of fresh starts, after all. So, whether you're sharpening the garden tools or quietly dreaming of a place where someone else handles the yard work, remember this: the best home is the one that supports the life you want to live.

And if that life includes fewer ladders, fewer rakes, and a lot more relaxing...

Well, that might just be the smartest spring project of all.

If there's a particular resource you're looking for or if you have any questions, please feel free to reach out to Crystal Calderon at Bryan Realty Group at 302-222-3349 or by email crystal@homes4uandme.com. I'm here to make sure that our senior community has valuable news they can use.

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MoneySense

6 surprising benefits of having a financial plan

These tips from Merrill can help you pursue your goals and make the most of your financial plan.

You are doing all the right things, contributing to a 401(k), saving for your kids' college, using debt strategically and more. But have you pulled all those pieces together into a real financial plan? One that considers unexpected life events, taxes, inflation and changing market conditions? One that projects the likelihood that you will reach your goals and suggests adjustments to help you overcome hurdles along the way?

A financial plan turns your vision into numbers, investment approaches and projections of potential future wealth. It quantifies the impact of tax obligations and inflation years from now and factors future costs and potential risks into your current strategies. What a financial plan can do well is help clarify aspects of your financial life that seem dauntingly complex.

A financial plan can help answer some of the tough questions you may be grappling with, such as how likely you are to reach all your goals, how you are doing so far, whether you should consider adjusting your portfolio, will you have the income you want in retirement and how you can plan for taxes down the road. Beyond these nuts-and-bolts questions, a plan captures your vision for the future and outlines in detail the steps you and your advisor can take as you pursue it.

Consider these six surprising benefits a financial plan can offer:

1. A 360-degree view of your finances. Seeing everything you own and owe in one place can be eye-opening. A full view of your current finances can help answer questions like "How much should I be spending, saving and investing?"



Smith & Associates Team: L-R: Carly Setting, Julie Grasso, Stephanie Smith Christiano, and Wendy Rust.

and "What are the tax, education, insurance and financing strategies I should consider?"

2. The confidence to make your next move. When you see the big picture, you often learn that you are doing better than expected. Having that knowledge can give you the confidence to make major financial decisions. For instance, if you are delaying retirement because you believe you have not saved enough, running scenarios with your advisor could help demonstrate you already have enough to fund the retirement you want.

3. Permission to spend. A financial plan's detailed projections of future income and assets can also help you feel more comfortable about spending money today, whether that means accelerating your charitable donations or giving your children their inheritance in advance or something else.

4. Reassuring perspective amid volatility. Market fluctuations can lead people to make financial moves they later regret. By showing that you are still on track, a financial plan can help keep you focused on your goals and give you the fortitude to ride out the tough times.

5. A reality check — and incentive to save more. By reviewing your financial plan annually, you can

see how you are doing and make any necessary adjustments. A sign you may be falling behind could inspire you to increase your savings rate, which can have as much financial impact in the long term as market returns.

6. Opportunities you might otherwise miss. A financial plan, for example, can compare projected potential returns for portfolios with different risk profiles, such as conservative, moderate and aggressive, and show how those asset allocations could be shifted over time. That might allow you to pursue greater growth now, while remaining within your risk tolerance.

Ultimately, it is the lack of unpleasant surprises that might be the greatest hidden benefit of having a financial plan. Planning for unexpected circumstances can ease your concerns and let you enjoy all that you have worked so hard to achieve.

For more information, contact Merrill Lynch Financial Advisor Stephanie Smith Christiano of the

Wilmington office at (302) 571-5116.

Investing involves risk. There is always the potential of losing money when you invest in securities.

Asset allocation, diversification, and rebalancing do not ensure a profit or protect against loss in declining markets.

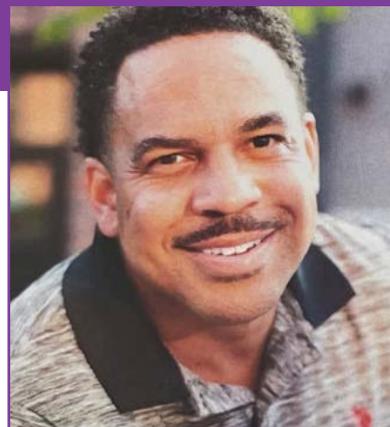
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krafty korner by karen

April is finally here, and with it comes the glorious arrival of spring! As the days get warmer and the flowers start to bloom, we're reminded that winter is officially over—knock on wood! It's time to shake off those winter blues and embrace the season of renewal, laughter, with a little bit of chaos.

April is known for its vibrant colors and nature coming back to life. Trees are budding, flowers are blooming, and the world seems to wake up from its long winter nap—just like that one friend who hits snooze five times before finally getting out of bed. But let's not forget about the downside: allergies! Just when you thought it was safe to go outside, here come the pollen clouds, ready to turn you into a sneezing, sniffing mess. But hey, at least you'll have a great excuse to stay indoors and craft!

This month is also packed with fun holidays that are just begging for some hilarious celebrations. April Fool's Day is the perfect opportunity to unleash your inner prankster. Just remember, if you're planning to pull a fast one on your friends, make sure it's harmless. No one wants to be the person who wraps up their friend's car with saran wrap (unless you really want to, then go for it!).

And let's not forget about Earth Day on April 22! This is the day we all pretend to care about recycling while secretly tossing our coffee cups into the trash. Just kidding! It's a great time to appreciate our planet, maybe plant a tree or two, or at least vow to stop getting coffee from Starbucks – NOT!

Now, let's give a big shout-out to our crafty friends! April is the perfect time to unleash your creativity. With spring in full swing, why not dive into some DIY projects that celebrate the season? You can create floral

arrangements, paint colorful landscapes, or even start an outdoor garden—just make sure you know the difference between flowers and weeds, or you might end up with a yard full of dandelions.

Feeling crafty indoors? Try your hand at making some spring decorations! From colorful wreaths to handmade greeting cards, the possibilities are endless. Just remember to keep the glitter contained; no one wants to find it in their hair or car six months later!

April is all about embracing change and renewal. It's a great time to set new goals—like finally getting around to that exercise routine you promised yourself last January. Or maybe just set a goal to take more naps; after all, there's nothing like a good snooze to recharge your creativity!

As we dive into April, let's celebrate the beauty of spring and the hilarity it brings. Whether you're planting flowers, crafting something outrageous, or just trying to avoid sneezing your way through the season, make the most of this vibrant month. Here's to new beginnings, laughter, and all the ridiculous moments that April has to offer! Happy spring, and may your allergies be mild and your crafts be glitter-free!

Picture Frame Luminary Supplies:

- 4 – 5" X 7" (Dollar Tree) Frames
- Gorilla glue or Crazy glue or Tacky Glue
- Scissors
- 2 Sheets of 8.5 x 11 Vellum Cardstock (solid) found in the scrapbook section
- Family Photos - 4
- Square Mirror
- LED Battery Operated Votive Candle

Instructions:

- Print off your photos onto the

vellum cardstock.

- o Add the vellum paper to your paper tray.
- o Place your photo(s) on the glass of your computer & print.
- Print. Let the photo dry completely before moving on to the next step.
- After the photo is dry, cut or trim the vellum photo to fit the frame. *If you can remove the glass from the frame, use this as a guide to trace around the photo before you cut.
- Add a small bead of glue to the outer edge backside of the vellum and attach to the FRONT of the glass in the frame. Make sure you wipe up any excess glue.
- Put you glass back in place in your original frame.
- Glue your four frames together to make a cube by applying a thin line of glue towards the inner side of each joint. *You can use a glue gun if you prefer.

- After all sides are glued together and dry, place the cubed frame over your square mirror. The mirror will help to reflect the light from your candle.
- Place your candle inside and turn it on.



Did You Know...

George Washington was inaugurated as the First President of the United States on April 30, 1789. (from: <https://www.thefactsite.com/april-facts/>)

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Check out wellness opportunities at MMC

**** IMPORTANT PROGRAM INFORMATION ****

ATTENTION ALL MEMBERS!

If you are attending a program or class, please remember to scan your membership card upon entering the facility and indicate which program(s) you will be participating in for the day.

If you do not scan your card, please make sure to use the sign-in sheet located in each room for that specific program or activity.

Your cooperation is essential! Taking the time to scan or sign in helps us keep your programs available and running smoothly.

Please note that all participants in any activities or programs must be a member of the Modern Maturity Center!

Thank you for your understanding!

Foot Care Appointments

Podiatry Specialist Dr. Robert Gemignani is available to provide **limited foot care services**, such as foot health assessments, toenail clipping, and foot buffing. Each appointment is structured to last 15 minutes, allowing for focused and efficient care. Fees: \$35 for members or \$40 for non-members

Please note that advance payment is required at the time of booking. Refunds are not issued for cancellations made with less than 24 hours' notice. Additionally, private insurance and Medicare are not accepted for these services.

To schedule your appointment today, contact Member Services!

Apr. 17 - 8:30 a.m. to noon

May 8 - 8:30 a.m. to noon

June 12 - 8:30 a.m. to noon

Massage Therapy with Lisa

DAY: Wednesdays

TIME: 10:30 a.m. to 3 p.m.

ROOM: Activity Room #7

MASSAGE THERAPIST: Lisa Harshberger

Rejuvenate your body and mind with a 30-minute relaxing massage and escape the everyday stress. Treat yourself to a moment of tranquility and relaxation with a soothing massage. Whether you're looking to melt away tension, ease some

aches, or just kick back and relax, Lisa has got you covered! Each massage is tailored to what you need, so you get the best experience possible. Regular massages can help reduce stress, improve circulation, relieve muscle tension and enhance overall well-being. Lisa offers a unique style of massage therapy that's perfect for individuals who may bruise easily or suffer from arthritis. Each session is offered to you fully clothed, whether on a massage table or chair – whichever suits you best. The benefits of soft touch massages include improved circulation and relief for stressed or fatigued muscles. Each appointment lasts for 30 minutes, with fees set at \$20 for members and \$35 for non-members. Please note that advance payment is required at the time of booking, and refunds will not be issued for cancellations made with less than 24 hours' notice. To schedule your appointment, please contact Member Services today and experience the soothing benefits of this gentle massage technique.

Pump Up Your Brain

DAY: Fridays

TIME: 1 to 2:15 p.m.

ROOM: Activity Room #1

FACILITATOR: Betty Mann

We are pleased to announce a cognitive enhancement program specifically designed for older adults, aimed at promoting mental acuity and overall brain health. This program engages members in a series of stimulating activities, including brain teasers, puzzles and visual illusions. In addition, members receive take-home materials to facilitate continued cognitive engagement in the comfort of their own homes. Please note that this program is intended for individuals who are capable of engaging in independent learning. Come join us for a great time and give your brain a workout! You must be a member of MMC to participate.

The ACE (Advocacy, Consulting and Education) Visually Impaired Support Group

DAY: 3rd Tuesday of the Month

TIME: noon to 2:45 p.m.

DAY: Thursdays

TIME: 10 to 11:45 a.m.

ROOM: Activity Room #3

FACILITATOR: Darryl Garner

Daryl Garner serves as the facilitator for a monthly support group meeting dedicated to individuals with visual impairments. This group offers members a valuable opportunity to share their experiences, seek guidance and build connections within the community. We encourage individuals to join this supportive environment, where meaningful discussions and mutual encouragement can enhance the quality of life for all members. Free for members! You must be a member of MMC to participate.

Meditation Class

DAY: Wednesdays

TIME: 10 to 11 a.m.

ROOM: Activity Room #8

MEDITATOR: Mr. Kim Palmer

Meditation helps with high blood pressure, builds self-confidence, slows heart rate, helps resolve fears and anxiety, helps control unwanted thoughts, decreases muscle tension, increases emotional stability, reduces emotional stress, helps with aging, sickness and death or any other unwanted changes like loss of loved ones or relationships, develops will power, helps with quitting addictions, increases compassion and wisdom, helps learn forgiveness and helps change attitude towards life. Please contact Kim Palmer with any questions at (302) 598-3014. These teachings are

given freely. Free for members! You must be a member of MMC to participate.

Bible Study

DAY: Tuesdays

TIME: 9:30 to 10:15 a.m.

ROOM: Activity Room #7

FACILITATOR: Glenn Johnson

You are invited to participate in a comprehensive Bible study session facilitated by Glenn Johnson. This program features expository teaching, complemented by opportunities for questions and answers, allowing members to deepen their understanding of biblical texts. This session is open to members of all backgrounds who are interested in exploring the teachings and insights of the Bible in a structured and supportive environment. Free for members! You must be a member of MMC to participate.

Bible Study

DAY: Wednesdays

TIME: 11 to 11:45 a.m.

ROOM: Activity Room #3

FACILITATOR: Rev. Jerome Carey

We invite you to attend a session led by Rev. Jerome Carey of the Second Baptist Church of Dover, focusing on the benefits of embracing a Christian life and understanding Bible doctrine in its fundamental simplicity. This discussion aims to provide members with valuable insights into Christian principles and practical applications in daily living. Members are welcome to participate in this opportunity for spiritual growth and community connection. Free for members! You must be a member of MMC to participate.

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Pray Until Something Happens

DAY: Fridays
 TIME: 9 to 10 a.m.
 ROOM: West Conference Room
 FACILITATOR: Myra McNair

When all you have is questions, just P.U.S.H. P.U.S.H. is a christian group that comes together to pray for our community and individual family issues. You need to have prayer all the time not just when you attend church. Prayer time is preceded with a bible study to focus on how to pray more effectively. all are welcome. Free for members! You must be a member of MMC to participate.

Building Tours

DAY: Monday – Friday
 TIME: 9 a.m. to 12:30 p.m.

Have you been thinking about joining MMC but not sure about what the center has to offer? Would you like a tour of our facility? Stop by our Hostess stand and one of our Hostesses will gladly walk around with you and answer any questions you may have about all the programs and benefits we offer. You can even stay for lunch.

Hearing Loss Circle Chats

DAY: 1st Tuesday each month
 TIME: 1 to 2 p.m.
 ROOM: Activity Room #7

The Hearing Loss Association of Delaware (HLADE) is dedicated to providing support and resources for individuals who are experiencing hearing loss or have concerns regarding their hearing. We invite members to participate in this informative session, where attendees can ask questions and learn about various topics related to hearing loss, including hearing aids, cochlear implants and assistive devices such as phone and alerting systems, tailored for those who are deaf or hard of hearing. This group meets the first Tuesday of every month, so if you are unable to attend this month, we encourage you to join in next month. Individuals with hearing loss, professionals, friends and family members of individuals with hearing loss are welcome, to stay informed about the latest developments in hearing health.

For further information, please visit www.hlade.org or contact Russ Zehnacker at (302) 530-0102 or via email at rzehnacker@proton.me.

Free Medicare Counseling Available at MMC

DAY: Tuesdays
 TIME: 10 a.m. to 2 p.m.
 ROOM: Activity Room #1

The Modern Maturity Center is proud to host the Delaware Medicare Assistance Bureau and Senior Medicare Patrol, providing valuable resources for individuals navigating Medicare. We have a trained volunteer on-site who is ready to assist you with Medicare counseling. Whether you are approaching your 65th birthday and need information on Medicare Supplement and Advantage pricing, have questions about your current coverage, or require assistance with any other Medicare-related inquiries, our volunteer is here to help. To schedule an appointment, please contact Nancy at (302) 382-

5935. (Do not call the MMC to schedule appointments). Please note that participation in this program requires membership in the MMC, and your membership must be current for 2026.

Stroke Recovery Program

DAY: Monday - Friday
 ROOM: Fitness Center

The Modern Maturity Center Wellness Department offers a Healthy Aging and Stroke Recovery Program. The Stroke Recovery Program, is designed to provide exercise programming to assist stroke victims, post physical and occupational therapy, with an exercise routine that develops strength, flexibility, and balance geared towards functioning independently and safely. They also receive guidance in healthy eating habits for healthy aging and stroke prevention. They are lead in cognitive exercises associated to their fitness and nutritional plan. For more info, contact Al Wyllie at 302-734-1200 x188.

THIS Spring

*WORK WITH A TEAM THAT
 COVERS ALL THE BASES
 & KNOCKS IT OUT OF THE PARK*

PRO TIP:

April is the best time of year to be a home seller. Are you ready to learn more about what this means for you?

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Captain Social Security

Your Social Security Number IS FOR SALE!

by Ben Shamburger, MSW

Perhaps you already knew this based on all those unsolicited credit card applications or other solicitations.

Truth is that the credit bureaus (Trans-union, Equifax and Experian) sell our personal information every day.

Almost every American has a Social Security Number, but few know or understand where it comes from or what it means. To understand the history of the Social Security Number (SSN) we must go back to the very beginning of the Social Security Administration.

When the agency first started, there were no “local field offices” so a contract was given to the US Postal Service to distribute applications for Social Security Numbers. The first application forms were distributed in late November 1936. The numbers were assigned in local post offices. There is no record of who received the first Social Security number. But the first “official number record” was established for John David Sweeney, Jr. He received number 055-09-0001. Although Mr. Sweeney received the first SSN account, his was not the lowest number ever issued. That distinction fell to New Hampshire resident, Grace Dorothy Owen. Her number was 001-01-0001. If you like history, the history of the Social Security Number is very interesting. But, for those who don’t, allow me to answer some important questions for you.

Q: Why was the Social Security Number established and what is its primary purpose today?

A: The Social Security Number system was established for one primary purpose. To establish and maintain a record of worker “earnings” to calculate benefits.

Q: What does the Social Security Number mean?

A: When the system was established,



the 9 digits had significant meaning. The first 3 digits identified the “area.” The next two digits identified the “group number.” The last four digits identified the “serial number.”

Q: How was the initial system used?

A: The lowest numbers were assigned from east to west. So, if you were issued a number 30-40 years ago, the first 3 digits identified the state your card was issued in. For example, I was born in Pennsylvania, and my number starts with 15X. If you were born in Delaware, your number would likely start with 22X. The next two numbers, were “group numbers.” The last four numbers, were the “serial numbers.”

Q: Can you ever get a “new” number?

A: Social Security rarely issues new numbers. However, in cases of documented domestic violence, victims can be issued a new number. They may also issue new numbers in extreme cases of identity theft or if someone goes into “witness protection.”

Q: Do you need a new number if you get married or divorced?

A: No. But your Social Security record needs to be updated to establish your current marital status.

Q: If you have a “sex change” do you need a new number?

A: No. But your record needs to be updated to reflect your current gender.

Q: What happens if someone steals and uses your Social Security Number?

A: Identity Theft is a major crime in our country today. Social Security will not usually issue you a new number. However, any fraudulent earnings that appear on your earnings record will be removed. You should also report the fraud to the Federal Trade Commission (FTC).

Q: Should you carry your Social Security Card with you?

A: NO! Your Social Security Card is generally NOT accepted as Proof of Identity so you should only carry your card if you know you have a specific need for it, like opening a new bank

account or applying for a new job.

Q: How can I check to be sure no one is using my Social Security Number?

A: There are several things you can do. First, establish a “fraud alert” on your credit record with all three credit bureaus. Next, you can check your Social Security Annual Report to see what is reported on your “earnings record.” If you see earnings that you don’t recognize, contact Social Security right away.

Q: How are Social Security Number issued now?

A: Social Security Numbers are now “randomized” and issued at birth. That means, the old system that identified a state, group, etc. no longer applies. Newborn babies are now issued a Social Security Number before they leave the hospital.

Q: What happens to your Social Security Number when you die?

A: When someone dies, their number is never reassigned, but it does become part of a “public death record.” That’s because all death

certificates are public records and the persons’ Social Security Number is on the death certificate.

I hope this article helped you understand more about the history and importance of your Social Security Number.

Benjamin Shamburger MSW, also known as “Captain Social Security,” joined the Social Security Administration in 1998 and was promoted throughout all levels of the organization until his retirement in 2011 following a 21-year military career with the USAF. During his Field Office assignments throughout the state of Delaware, Ben served as Operations Supervisor, overseeing all facets of Social Security services to the public. He was selected as the region’s Public Affairs Officer in 2004, providing and overseeing community outreach and education for the entire state of Delaware plus Maryland and Virginia. Join Ben each month as he offers upcoming articles and “free” seminars sharing with you his “insider’s secrets” and help you navigate the complex waters of Federal entitlement programs.

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SNAP Outreach Program at MMC



MMC is a Community Partner with the Division of Social Services. As a partner, it accepts applications for SNAP (Food Stamps) to help seniors (50 yrs and older) apply for the benefits.

The SNAP Outreach worker can also assist applicants with applications for Medicaid. Seniors that are receiving Medicare may be eligible for Medicaid if their income is below the specified income limits. Seniors not yet eligible for Medicare may be eligible for Adult Medicaid which has higher income limits. The income limits are discussed during the SNAP application process.

When approved for SNAP, an EBT card (Electronic Benefit Transfer card) is sent to the SNAP applicant. EBT cards resemble debit/credit cards.

SNAP Recipients who need help with their EBT card can contact 800-526-9099.

Applications for SNAP can be submitted to the MMC SNAP Outreach Coordinator at several Senior Centers across Kent County. Please check with your local Senior Center for dates when the coordinator is scheduled to visit. When applying for SNAP, the following verifications are necessary: Government issued picture ID, Social Security Card, Medicare Card, Birth Certificate, all current utility bills, out of pocket medical expenses and verification of all income being received. Social Security Award letters must also be submitted.

The Dover MMC SNAP Program coordinator can also help with Renewals and Periodic Reports.

Any person 50 years or older living in Delaware can contact Oscar Sebastian 302-734-1200 ext.

174 or 302-943-5154 (Cell) for an appointment.

These are frequently asked questions by new SNAP applicants:

Q: Am I eligible?

A: Qualification for food benefits is based on income, family relationships and expenses. If you meet the income levels in the chart, it's likely that you would be eligible to receive food benefits.

Q: Why should I apply?

A: SNAP can relieve the need to sacrifice healthy food choices in order to pay for other essentials. If you receive SNAP benefits you will be given an Electronic Benefit Transfer (EBT) card that functions like a debit card to help pay for groceries.

Q: What do I need?

A: In order to apply you will need a photo ID or other official document verifying your identity and date of birth as well as those of all the members of your household. You will also need your social security number, and proof of income such as social security award letter and pension statement. Always be sure to provide a valid phone number.

Q: What can/can't be bought with SNAP benefits?

A: Households CAN use SNAP benefits to buy: - Foods for the household to eat such as: - Breads and cereals - Fruits and vegetables - Meats, fish, and poultry - Dairy products - Seeds and plants which produce food for the household to eat.

Households CANNOT use SNAP benefits to buy: - Beer, wine, liquor, cigarettes or tobacco - Any non-food items such as: - Pet foods - Soaps and paper products - Household supplies - Hot foods Additional information: - Soft drinks, candy, cookies, snack crackers and ice cream are food items and are, therefore, eligible items. - Energy drinks with nutrition facts are eligible, energy drinks with supplement facts are not eligible.

The Income Limits for the new Federal Fiscal Year increased effective October 1, 2025. Below are the income limits for October 1, 2025 through September 30, 2026.

SNAP Income Limits (Effective Oct. 1, 2025 - Sept. 30, 2026) Income limits increased at the start of the Federal Fiscal Year 10/1/25.

To qualify for the SNAP Program as elderly, a person must be at least 60 yrs. old (disabled persons also have the same income limits). Household income limits for persons under 60 yrs. old are slightly lower.

Household Size	Elderly/Disabled Separate Household 165% of FPL*	Maximum Gross Monthly Income 200% of FPL*
1	\$2,152	\$2,610
2	\$2,909	\$3,526
3	\$3,665	\$4,442

Household Size	Maximum gross income for SNAP under 60 years (130% of FPL)
1	\$1,696
2	\$2,292
3	\$2,888

*FPL= Federal Poverty Level

When comparing the household's income with the chart, applicants must be aware that gross income and not the net income is used in calculating the benefits. As an example, during the application process, many seniors are only reporting their net Social Security income and not including what is being deducted towards their Medicare Premium. This premium and other out of pocket supplemental medical insurance premiums and other medical expenses not covered by health insurance are also allowable deductions used in determining SNAP benefits.

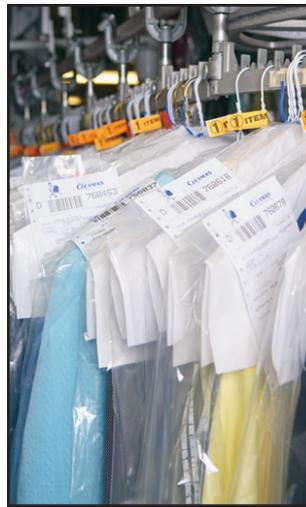
In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form

AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (833) 620-1071, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to:

*1. mail: Food and Nutrition Service, USDA 1320 Braddock Place, Room 334 Alexandria, VA 22314; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: FNSCIVILRIGHTSCOMPLAINTS@usda.gov
This institution is an equal opportunity provider.*



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GREATER DOVER LOCATIONS

1064 Forrest Avenue Dover | 2175 S. New Street Dover | 227 Stadium Street Smyrna

Dover - cont. from page 11

projects. DDP immediately began to lay the groundwork for implementation of these and other recommended projects in the plan, and began to raise funds (now over \$30M) while actively promoting the plan throughout the community. This spurred investors to join in the effort. Now multiple large- and small-scale projects are underway - projects that are both beneficial and critical to the community.

Key projects, now underway... Downtown Dover Mobility Center (DDMC)

An October 2025 groundbreaking was held for Downtown Dover Mobility Center located between S. Governors Ave. & S. Bradford St.

Mobility hubs are places where people can connect to multiple modes of transportation. As a parking strategy, mobility hubs can reduce the needs for parking by co-locating structured parking and commercial activity with amenities that support transfers from personal vehicles to other modes of transportation.

The 325-parking space transportation hub will be open to the public, residents, workers, business owners, store patrons and arts/cultural visitors, and will also specifically serve residents of adjacent apartments who do not have dedicated, on-site parking. Bike storage/repair and micro-retail shops will also be located at the facility.

The Mobility Center will serve as a catalyst to not only provide a much-needed safe, convenient, well-managed parking solution, but will also spur additional public and private investment in key projects that will support

affordable, accessible transportation and housing options, business opportunity, and recreational amenities that, together, will upgrade the quality of life. Once built, modest parking fees will sustain ongoing expenses of the Mobility Center Parking, while revenue generated atier management/maintenance will go back into strategies to further revitalization efforts.

In December 2025, the DDP design/build team led by developer Mosaic Development Partners successfully received Historic District Review and Dover Planning Commission approval to proceed with the design concept for **The Governor**, a four-story mixed-use, mixed-income project at 120 S. Governors Ave., formerly the “old Acme” site.

Now finalizing the varied financial stack of funding, The Governor - DDP’s priority mixed-use redevelopment project led by Mosaic Development Partners and Colonial Parking Inc. at 120 S. Governor’s Ave. nears groundbreaking. This project lies in the heart of downtown and plans include a four-story, mixed-income, mixed-use complex with 120 residences, a ground level small-scale/full-service grocery, micro-retail spaces including a coffee shop, a wellness center, and a daycare center that will access an outdoor play area, also open to the public.

This mixed-use, mixed-income property will coalesce those of varying income levels, fulfilling the goals of equitable housing and community unity, move the residential population toward the goal of 2000 new residents, including more young professionals and mid-range staffers of local anchor businesses. The puzzle of \$54M comprised of varied

funding sources is coming together, including a \$1.5M Federal Home Loan grant and a \$500,000 Federal appropriation for housing. New Markets and Low-Income Housing Tax Credits are also anticipated.

Private investment estimated at over \$20M is being spurred by the DDP-led master plan and implementation, including:

- The Old Post, formerly the downtown post office, was purchased and owners’ plans for 42 market-rate apts. and restaurant/commercial space is nearing groundbreaking later this year.
- The First Capital Center (formerly The Duncan Center) has been purchased and is undergoing \$2.5M renovations for additional tenants.
- Owners of the Loockerman Way Plaza are in final planning stages to build a mixed-use project to include a restaurant with outdoor seating.

The metal arts project: Crime Prevention Through Environmental Design (CPTED)

This metal arts fence has beautifully served the CPTED (Crime Prevention Through Environmental Design) purpose for which it was envisioned by the DDP Design Committee. The area, formerly a magnet for loitering, panhandling, and criminal activity, is now clean, beautiful, free of nuisance behavior and crime, and is “artfully intriguing” to vehicular and pedestrian traffic, restaurant patrons, and bus riders.

Artwork was designed, created and installed by Brian Bachman of Graydie

Welding of Camden, DE. DDP continues to seek ongoing ways to incorporate art and specifically, public art, into the downtown district.

What can we anticipate in 2026?

- DDP’s partnership with Dover Kent MPO and the City will result in underground water/wastewater improvements and ground-level enhancements that will support traffic calming and increased pedestrian activity, including outdoor dining.
- The Critical Improvements Program is now open to receive a third round of applications. While the program has focused on retrofitting existing buildings in the business district, DDP is now considering expanding the types of eligible improvements, which could include newly constructed restaurants because they are vital for downtown to thrive.
- Cars will park in the Downtown Dover Mobility Center by year-end, with a sizeable first-floor tenant in place by early 2027.

The Capital City 2030 transformation is well underway! Do we anticipate the transformation will be complete by 2030? Not really. But the tipping point will have been reached to bring about additional recommended projects to fruition, many hundreds of new residents toward the goal of 2000, and a steady range of improvements to accelerate the vision of downtown Dover as a thriving and sustainable place to live, work, play and enjoy for years and years to come!

Diane Laird is the Executive Director of the Downtown Dover Partnership.

Solution to puzzle on page 22

R	A	B	I	D		B	R	E	D		R	A	S	P		
E	R	O	D	E		L	A	D	Y		E	C	C	E		
N	U	D	E	S		O	N	E	S		S	O	R	E		
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W	R	E	N			S	L	U	T			Y	E	S	E	S

Dover Delaware Women’s Connection

(affiliated with Stonecroft Ministries)

Prayer and Coffee Time

April 7, 9:30 a.m.

Bob Evans Restaurant
4574 S. DuPont Hwy.
Camden, DE 19934

Call Deb Fleischer for more info or RSVP

302-734-9011

You will be encouraged & challenged through inspirational thoughts. We pray silently or audible for our nation, families, local group & Stonecroft Ministries. All are welcome

DOVER COMMUNITY PHARMACY

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1035 South Governors Avenue, Dover

“Great pharmacy and fast service.”

“They have the friendliest people working there.”

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Hours: Mon-Fri-9am-6pm • Sat 9am-2pm

1035 South Governors Avenue, Dover

MMC Classifieds

The classified section is provided as a service to members of the Modern Maturity Center only, active membership number required. There is no fee for members to place an ad. **Items will run one issue, unless otherwise requested.** Call 302-734-1200 ext 148 to place a classified ad. **MMC serves as an information broker only and is not liable for any negotiations or events that may occur.** Ads due by 15th of prior month.

Hoyer Advance (battery operated) **Patient Lift**—with rechargeable battery, has been kept charged. Exc. Cond., orig cost \$2493. Will include sling. Can lift from floor to 66" with complete stability. Asking \$1,700. OBO. **Trapeze**—very sturdy. Makes bed mobility easier for patient. \$300. OBO. **Wheelchair**—light weight but sturdy. Folds down to allow for easier transport in a car. Includes removable leg rests. \$85. OBO. **Tilted Wheelchair**—adjustable for person who is unable to sit up straight, shower chair, and commode. Paid \$1249. Asking \$575. OBO. **Wheelchair**—regular size but heavy duty with extra quality seat and back cushions, removable leg rests, extra padded arm cushions. \$115. OBO. **Homecare supplies**—adult briefs with wings, medium, heavy absorb. Adult pull-up briefs, large, heavy absorb. 3 section plates. Heel protectors—3 kinds, ask me. More supplies, ask me. Please email dee@darserv.com for more info and to see.

Formal Set: set china cabinet & 6' oval table w. 6 chairs, mahogany, \$900, 302-751-1314

Portable Oxygen Machine - two batteries, good for 3-4 hours; 1-6 liters of oxygen; like new, only used 3 times, comes with case and carry strap, asking \$1,200, call 706-366-5563, ask for Jeanne

Biddle's Contracting - Roofing, & other home improvements. Free estimates, 302-653-2111 or 302-423-9318

B&T Coins - buying all types of coins; attic and garage clean out, 302-423-9318

Firewood stack 4' high x 8' long, \$65 a stack, 302-734-5260

500 lb capacity 50" x 30" aluminum hitch receiver mount cargo carrier, great for motorized scooter or wheelchair asking \$100. Item is brand new, never has been on vehicle. contact if interested cm1_206@yahoo.com. Will email pictures.

Sun Mountain Golf Cart - 3 wheel speed cart design, walk behind, 12" wheels, fully adjustable for play or storage; light weight w/brake; score card, ball and snack holder; umbrella holder w/storage. 4 yrs. old, like new condition. New \$300, selling for \$200. Call 302-736-9975, leave message.

Reebok Treadmill with digital display panel, built in dual fan. Folds for easy storage \$150 302-653-5713

King Kobra Scooter GT, top of the line. Horn, turn signals, lights, tip and lift seat, barely used, \$7K new, asking \$3500 firm. Need to pay medical bills and Christmas. Call Bob 302-284-0569

2019 Freedom Elite 22' Class C RV Ex. Cond., well maintained. F350 Ford Chassis w. 16,473 miles. Ready to go. photos & details on request. Asking \$59,000 OBO. Call or Text 302-943-9540

Lazy Boy electric recliner, tan fabric, \$50, 302-332-8105

Replica Victorian Chandeliers, one with 2 sconces \$200; one with 4 sconces \$400. Rose pattern, 302-284-8019

Mobility Scooter, Drive Bobcat, 3 wheels, new battery in Feb., weight 65 lbs., comes apart, \$300 cash. Call 302-242-1399, lv. msg.

FREE Castro Convertible Sofa, full size bed, blue, decent condition. You move - it's on second floor, bring several strong movers. 201-

281-2203.

Push Wheelchair, medium size, \$65 OBO, 302-222-8959, after 2 p.m.

Body Lift, \$175 or best offer, 302-222-8959 after 2 p.m.

SERVICES OFFERED

Would like to care for Alzheimers patient - 13 years exp., local Dover availability, flexible hours. Call Carol 706-326-0134

PET BIRD OWNERS, Bird Snugglers will come to your home for vacation bird-sitting and/or cage cleaning. Call Jill, 301-908-2623

Choose your own rates for gas, electric, cell phone service, internet, travel & other primary essential services to fit your household or business budgets remotely on your own. The link to the website will be provided by an Independent Business Owner at 917-684-1767

Compassionate counselor for grief, trauma, and depression, email debfitzy234@gmail.com or 302-359-9764, message or text.

I will take you grocery shopping, Dr.'s appts., hospitals, casinos. Robert & Jackie: 410-490-5283

Buddy - no job too big or too small, clean-outs, abandoned cars, buy junk cars & trucks, small storage building, remove trees & yard care, pressure washing. Free estimates! 302-222-9317

Looking for job as caregiver. 15 years exp. Will take care of your loved one in their home. Call 302-423-6671

Looking for PT work caregiver and/or housekeeping, can work any hours, Call Theresa 302-382-3787

Caregiver 24 hr., weekends, private duty, live-in, 20 yrs. exp., exc. ref. Care for elderly, disabled, special needs. Anna 302-363-1848 or 302-480-4584

Pablo Auto Repair - semi-retired, 30 yrs. exp., Labor rate \$45. per hr. 302-480-3191

Compassionate Caregiver, 40 yrs. exp., Dr.'s appts., shopping, flex., references upon request. Evenings and nights. Betty, 302-399-0544

Registered Nurse available 3 days a week for in-home health care of elderly person. 856-275-4136

Aboveandbeyondmarketplace.com - home and lighting items drop shipped.

Caregiver - looking for live-in position. 30 years experience. Can work 7 days a week. Can discuss time off as needed. If you are looking for someone to care for your loved one, call 302-270-7291, ask for Barbara.

Male Caregiver - looking for live-in work. Have experience, very dependable, can lift, do all things in household. Vary good with clients. Call 302-534-2204, ask for Luther.

Curbside Installation - Logan Tisher, 302-943-4541 or 302-943-8987. Licensed & insured. Ramps, chair rails, patios, decks, landscaping, grass cutting, snow removal, indoor repairs, windows, doors, powerwashing. No job too small or too big. Free estimates.

Mina Cleanz - Are you a senior living in a small space? Maybe you need an extra hand to tidy up? Call 302-443-5567 for an affordable walkthrough estimate appointment. *Mina Cleanz is a female Veteran- owned buiness.*

NEEDED

Following items needed: Auto power recliner or lift chair; Air Fryer (like cuisinart Oven); Countertop Microwave; Blender, Food processor or Ninja; sturdy TV trays; clear sound plug in radio; high back desk chair; rollator w. seat; living room end tables; bedroom night stands, call 302-747-6472

Oxygen concentrator and treadmill, call Bob, 302-284-0569

FOR RENT

Luxurious small house for rent - 5 minutes from airbase, brand new, secure, more than fully furnished, one bedroom w. attached garage. Includes pots, pans, linens china, washer/dryer, WIFI and most utilities. Just bring your toothbrush. \$1499 a month for one year. 2025 Highland Ave., Dover, DE, 908-433-9776, jkatlantic1@gmail.com

Plan Your Visit

Studio 55+

Free Event

Last Friday of the Month

11 AM - 4 PM



Join us for **Studio 55+**, formerly Senior Day, at The Biggs Museum, a special monthly event designed for adults ages 55+ to explore, engage, and connect in a welcoming and enriching environment.

Each month brings a new theme, exclusive programs, and engaging activities that bring history, art, and science to life. Whether you're a lifelong learner, a history buff, or simply looking for a fun and social outing, our program offers something for everyone.

Upcoming Events

March 27 - Watercolor Painting

April 24 - Build and Paint Birdhouses

May 29 - Improv Demo and Workshop

June 26 - Create Summer Wreaths