Check out wellness opportunities at MMC

**** IMPORTANT PROGRAM INFORMATION ****

The Modern Maturity Center will have to provide for the State of Delaware the number of members who attend every program we have here at the Center.

It is extremely important that we count everyone who attends each and every program. Therefore, we need everyone to please scan your membership card when you enter the facility and mark which program or programs you will be participating in for that day.

If there is a sign-in sheet for that program or activity, please sign your name so we can continue to keep your programs available! This is what will impact the amount of funding we receive from the Grant-In-Aid, and why it is extremely important that the numbers we submit are exact!

Everyone who participates in any activities or programs must be a member of the Modern Maturity Center. All memberships must to be up to date! If you require a new barcode, please stop by our Member Services desk for assistance. Membership cards will be checked periodically to ensure that all memberships are valid and up to date.

Thank you for your cooperation in helping us maintain a vibrant and organized community at the Modern Maturity Center.

Bereavement Support

DAY: Wednesday, August 13
TIME: 12:30 p.m. to 2 p.m.
ROOM: Activity Room #1

Join us for our Bereavement Support Group, facilitated by a trained bereavement specialist from VITAS. This compassionate and supportive environment is designed for individuals navigating the complex emotions associated with loss. Sessions are held on the 2nd Wednesday of each month and are structured as drop-in support meetings, allowing you to attend as your schedule permits. Whether you are seeking comfort, understanding, or connection with others who are experiencing similar feelings, this group provides a safe space to share your thoughts and emotions. We invite you to come and find solace in the company of others who understand your journey. Free for members! You must be a member of MMC to participate.

Foot Care Appointments

Podiatry Specialist Dr. Robert Gemignani will be available to offer foot health assessments, toenail clipping, and foot buffing services. Each appointment is scheduled for 15 minutes.
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!
Aug. 22 - 8:30 a.m. to noon
Sept. 26 - 8:30 a.m. to noon

Soft Touch Massage Therapy

DAY: Wednesdays
TIME: 10:30 a.m. to 3 p.m.
ROOM: Activity Room #7
MASSAGE THERAPIST: Lisa Harshberger
Lisa offers a gentler alternative to traditional massage therapy with her innovative "soft touch" massages. This unique style is particularly beneficial for individuals who bruise easily, suffer from arthritis, or are more fragile and cannot tolerate conventional massages. Sessions are conducted while clients remain fully clothed and can be performed on either a massage table or chair, providing flexibility and comfort. 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 2:30 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 3 p.m.
ROOM: Activity Room #3
DAY:Thursdays
TIME: 10 a.m. to noon
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 #6
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.

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