

M & M Bulletin

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

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FREE!

November 2025

MMC Dinner Theater presents

H O M E

for the

Holidays

Where are they now?

Dec. 2, 3, 4, 2025

Dinner 6 p.m.

Show 7 p.m.

Tickets in sale now at MMC Member Services 302-734-1200 x167

\$45 per person

MMC's Annual Holiday Craft & Vendor Festival returns for Small Business Saturday, Nov. 29

MODERN MATURITY CENTER
2025 HOLIDAY CRAFT & VENDOR FESTIVAL

NOVEMBER 29, 2025
9:00AM - 2:00PM

Get into the holiday spirit and find the perfect gifts for everyone on your list at our Holiday Festival!

WHAT TO EXPECT

- Over 150 Artisans & Crafters
- Delicious Baked Goods
- Food Trucks On Site
- Photos with Santa & Mrs. Claus!

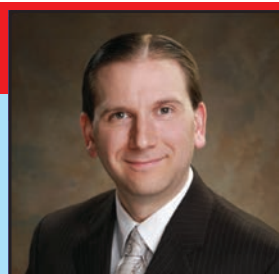
Admission is \$5 or 5 Canned Goods!

For more details, please call (302) 734-1200, ext. 129
1121 FORREST AVE. DOVER, DE 19904

See list of vendors on page 21

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

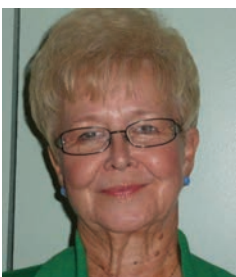


**Call Attorney
David J. Bever**

to schedule a consultation

734-8400

From the Director



Carolyn Fredricks

November - the month to be thankful and we have so many things, not only in our lives, but also here at the Center, to be thankful for.

I try to express my appreciation each month in this column, but I am sure that I have fallen short. If, for some reason, I have missed what you do for MMC, please know that I am sorry.

On Monday, Nov. 10, MMC honors veterans. The special program begins around 11 a.m. Come join us as we honor our veterans.

First of all, a big Thank You to those who participated in the Annual Trunk or Treat. We had more than 700 kids and about 33 trunks. Staff volunteered, Trey Paradee judged all the trunks, and Karen Porterfield, the MMC Program Director, organized it all!

A special shout out to everyone who provided trunks. There were certificates and trophies given to : Scariest Trunk - Crystal and Mat Barstow; Funniest Trunk - Monica Caros; Most Creative Trunk - Hope Wellness Center; and Best Overall Trunk - J&B Electric's Spooky Cemetery.

Ticket sales for the Holiday production are going great. Wednesday night, Dec. 3 is sold out! Sixty tickets are still available for Thursday, but Tuesday still has about 130 tickets available. Start your holiday season off here at MMC, as we go "Home For the Holidays." Call Member Services, 302-734-1200 x167 for your tickets.

The Thanksgiving Feast is Thursday, Nov. 20 in the East Wing Ballrooms. Turkey and all the trimmings prepared by our fabulous kitchen staff. This buffet meal is available for \$7 for those 60 and older and \$11.50 for those under 60. A Great Bargain for this scrumptious meal.

Tickets go on sale Nov. 17 for the

New Year's Eve Celebration. There is a new band this year - Kenny and the New York Funk Band. Ticket prices are still a bargain at \$55 per person. Welcome 2026 here at MMC!

Start your Christmas shopping at the MMC Holiday Craft & Vendor Festival., Saturday, Nov. 29, 9 a.m. - 2 p.m.

The ballrooms and Longwood Room will have 129 vendors for all your Holiday Shopping. Plus six food trucks will be on site so you can take your pick of food you need to fuel your day of shopping. Just \$5 per person or 5 canned goods gets you into our version of Santa's Workshop. By the way, Santa will also be here to visit with any boys or girls who might be in attendance!

Our Gala, which was Oct. 11, was a smashing success. More than \$158,000 was raised for programs for older adults. A huge thank you to all our sponsors, attendees, and volunteers who worked to make this event successful, especially the dealers from Bally's! Of course our staff and Board of Directors worked tirelessly for several days to make sure everything was ready for the evening and Chef Victor Hendricks and his staff prepared a super delicious meal!

Our co-chairs Lyndon & Janice Yearick did an outstanding job bringing in many new sponsors. So, as you can see, it takes a village to prepare, and then, of course, clean up, but it was well worth all the hard effort put forth by everyone.

Now, let's get back to being Thankful. First, I am thankful for my family - my biological family, my church family and my MMC family. Loving and caring about others makes our lives so much fuller and happier. In fact, without love and caring for others, our lives would be meaningless.

Second - I am thankful that I found my passion working for older adults here at MMC. Most people are not that fortunate and I have to say, after 53 years, I still have that passion.

Third - I thank God every day that I have a very dedicated team of staff and volunteers who work tirelessly to follow our mission here at the Center.

I am thankful for a very dedicated and caring Board of Directors and for a community of legislators and business leaders who steadfastly support MMC with their time, financial support and their guidance.

What are you thankful for? Have you let those around you know that you are thankful and care for them? To coin a phrase "what a wonderful world this would be," if we cared a little more about each other!

Take a look around, I think you might be surprised at how blessed you really are!

Happy Thanksgiving and be sure to thank a veteran for their services.



Right: Brian Lewis, representing Delmarva Benefots Group, presented MMC CEO Carolyn Fredricks with a \$2,000 check as the winner of the Senior Feud Competition. The winning MMC team "The Ageless Wonders" competed in several rounds on Medicare scam knowledge against senior teams throughout Delaware to win the title for MMC. Below: L-R - MMC CEO Carolyn Fredricks, with team members Donna Diaz, Mike Littell, Mike Caldwell, George & Michele Blair, and MMC Program Director Karen Porterfield.



**Decks, Siding, Remodeling, Additions
Window & Door Coil Wrapping**

FREE ESTIMATES

**5728 Pearson's Corner
Dover, DE 19904**

**Rudy Byler
302-678-2449**

MMC's 5th Annual Trunk or Treat serves up fun for more than 700 children



MMC hosted its 5th annual Trunk or Treat Oct. 24. Local businesses and individuals provided the trunks and treats. Trey Paradee (bottom right) and his dog Teddy were the judges. Above; Monica Caros' "Laugh Giraffe" won for the Funniest Trunk; top right - Hope Wellness Center's "Shark Attack" trunk won for Most Creative; Below - J&B's Spooky Graveyard" won for Best Overall and right - Crystal and Matt Bartow (and children Elijah, Lucas and Blaze) won Scariest Trunk with their "Monster Trunk).



More than 700 children attended the community event. Event judge Trey Paradee and MMC Program Director, Karen Porterfield, presented the winners with trophies and certificates.

Photos by Cate Lyons



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 ****

The Modern Maturity Center must 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 be up to date! If you require a new barcode, please stop by our Member Services desk for assistance. Membership cards are 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.

Extreme Beginners Line Dance Step Class

DAY: Friday
TIME: 1 to 2 p.m. "Untangle Your Feet"
2 to 3 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 3 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. 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. Free to members.

Improver Line Dance

DAY: Tuesday & Thursday
TIME: 10 to 11:30 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. Formerly known as Advanced Line Dancing, 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 have the opportunity to explore a diverse range of dance styles while enhancing their coordination and rhythm. Under the guidance of Diane, you are led through each step, ensuring a thorough and enjoyable learning experience accompanied by great music and the chance to make new friends. Members are invited to participate in this enriching session that promotes both skill development and social interaction. Free to members.

Beginner Line Dancing

DAY: Monday
TIME: 10 to 11 a.m.
DAY: Wednesday
TIME: 9:30 to 11 a.m.
ROOM: Palmer Room
INSTRUCTOR: Rick Todd

Learning to line dance can be both fun and terrifying. Don't worry, it will all work out once you learn the basic steps. In no time you will be dancing with the best of them. Make sure you let the instructor know at the beginning of class that you are new. Free to members.

Couples Line Dancing

DAY: Monday
TIME: 11:15 a.m. to 12:15 p.m.
ROOM: Palmer Room
INSTRUCTOR: Ken & Sue Ellers

Grab a partner and step into the rhythm of our dance class designed for those who may already have a basic understanding of line dance steps. Members will enjoy a dynamic experience, while they dance in unison and explore different steps at other moments, fostering both collaboration and individual expression. Don't miss out on the fun – become a part of our vibrant dance community today! Free to members.

Contemporary Line Dancing

DAY: Tuesday
TIME: 11:30 a.m. to 1 p.m.
DAY: Thursday
TIME: 11:30 a.m. to 12:30 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 10 a.m.
ROOM: Palmer Room
INSTRUCTOR: Ken & Sue Ellers

Once you've got the basic line dance steps down, join the intermediate group for the next level in learning. The dance steps may be a bit more complex, but they are combined with a wide variety of challenging steps, patterns and turns. Routines at this level may also be longer. Free to members.

Broadway Advanced

DAY: Mondays
TIME: 1:30 to 3:30 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.

Broadway Too

DAY: Tuesdays
TIME: 1:15 to 2:45 p.m.
ROOM: Palmer Room
INSTRUCTOR: Nancy Coleman

In this class, you won't just learn more steps; you'll discover how to transform those steps into dynamic movements that showcase your style and artistry. You'll learn to connect with the music and express your emotions through dance. Get ready to dance, sweat, laugh, and embrace your inner performer while building strength, stamina, balance, and technique. This class is designed for individuals with some basic dance or music experience, a strong desire to learn, and a willingness to be part of a team. Join us for an exciting journey as this class will also have the opportunity to perform in the MMC shows in June and November! Free to members.

Dancing In Your Chair

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 can exercise at your own fitness level. You may even catch yourself smiling uncontrollably. Free to members.

Soulsations

DAY: Monday

TIME: 12:30 to 1:30 p.m.

DAY: Wednesday

TIME: 11:15 a.m. to 12:15 p.m.

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

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 :

Mark Biddle, Chair; Justin Strickland, 1st Vice Chair; Dr. Lindsay Rhodenbaugh 2nd Vice Chair; Troy Adams, Secretary; Renee Slaughter, Treasurer; Bill Holmes, Heather Pepper, David Lawson, Adam Gerber, Nancy Wagner, Anu Kasat, Lisa Marino, Ryan Bowman, Ryan Kelly, Dr. Beatrice Gaynor, Dr. Bobby Jones, Bethany Lewis, Nancy McCoy, Valerie Cortes, Joyce Breasure-Herrick,



United Way of Delaware

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: Monday

TIME: 8:45 to 9:45 a.m.

DAY: Friday

TIME: 9 to 10 a.m.

ROOM: Palmer Room

INSTRUCTOR: Kathy Long & Cheryl Stranger

Low impact aerobics put little or no strain on your joints and can help you stay active and protect your health while minimizing wear and tear. In short: it's all gain with no pain. Burn calories and strengthen your metabolism-supporting muscles. Take that first step to a healthier life. Free for members!

Double Dutch Therapy

DAY: Thursdays

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

ROOM: Palmer Room

INSTRUCTOR: Denise R. Taylor & Evelyn Gadsden

"Rediscover Healing Through Childhood Play." Double Dutch traditionally has always been a children's game where players jump over two jump ropes that are twirling in opposite directions. This class will have you reliving your childhood where the rhythm of jump ropes provides not only physical health benefits but also therapeutic support. DD Therapy offers a fun and engaging way for individuals to stay active, socialize and enjoy the benefits of exercise, whether you're a seasoned jump roper or a complete beginner. *Please wear comfortable clothes and running sneakers. Also, if you can, please bring a hula hoop and single jump rope. Free to members.

BINGOCIZE!

DAY: Tuesdays

TIME: 10 to 11 a.m.

ROOM: Activity Room #8

DAY: Fridays

TIME: 11 a.m. to noon

ROOM: Palmer Room

The Modern Maturity Center 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. There is a class limit of 40 on Tuesdays only. Free for members!

Needlework Group

DAY: Fridays

TIME: 9 a.m. to 3 p.m.

ROOM: Activity Room #3

INSTRUCTOR: Nanka Pearce

Needlework is a distinguished crafting technique that involves the creation of decorative or functional items using materials such as yarn, thread and fabric. This art form encompasses a range of practices, including embroidery, knitting, crocheting and crewel work. Participate in a workshop led by Nanka, a previous winner of the Delaware State Fair purple ribbon. During this session, Nanka shares her insights, and creative approaches. Participants are encouraged to bring any ongoing or completed projects to share and discuss. This workshop presents a valuable opportunity to enhance your skills and connect with fellow needlework enthusiasts. Free to members.

Forrest Ave. Quilters

DAY: Wednesdays

TIME: 9 a.m. to noon

ROOM: Activity Room #1

INSTRUCTOR: Carolyn Porter

The "Forrest Ave. Quilters" are dedicated to supporting charitable initiatives through their annual quilting projects. Each year, the group collaborates to create a quilt that is submitted to the Delaware State Fair, showcasing craftsmanship and commitment to community service. The initiative operates as an independent class, welcoming individuals who are passionate about quilting and eager to contribute to meaningful causes. Join the "Forrest Ave. Quilters" in making a difference while honoring your quilting skills! Free to members.

Twisted Stitchers

DAY: Wednesdays

TIME: noon to 3 p.m.

ROOM: Activity Room #8

INSTRUCTOR: Edie Hobbs

Looking for a fun, friendly social group to hang around with? Are you interested in joining a supportive and engaging group focused on community service? The "Twisted Stitchers" invite you to participate in our efforts to assist local charitable organizations while honoring your skills in knotting and crocheting. Our group is dedicated to creating high-quality handmade items, and we welcome individuals of all experience levels. Whether you are an experienced crafter or new to the art, this is an excellent opportunity to learn, create, and connect with others who share your passion for crafting. We look forward to welcoming you to the "Twisted Stitchers", where you can contribute to meaningful causes while developing your crafting abilities. Free to members.

Conversations with Carolyn

This program is on hiatus until January 2026. Keep in mind that Carolyn does have an open-door policy for you to share your concerns or to just say hello!

Let's Learn to Quilt

DAY: Wednesdays

TIME: 9:30 a.m. to noon

ROOM: Activity Room #1

INSTRUCTOR: Patty Wysong

The Forrest Avenue Quilters are excited to offer a basic "Learn to Quilt" class exclusively for a limited number of Modern Maturity Center members! This course is perfect for those with basic sewing skills. Participants will need to bring their own sewing machine, quilting tools, supplies, and fabric. Don't worry—we'll provide a list of all necessary items before the first class. By the end of the course, attendees will have completed twelve quilt blocks to create a personal-sized quilt! To register or if you have any questions, please contact Patty Wysong at (609) 351-9225. We can't wait to see you there! 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 :

NYC & Radio City Christmas
2 days/1 nights, Dec. 4-5, 2025
starting at \$499 per person, double occupancy.

Travel Protection is available and strongly encouraged. Host: Tommie Moore & Theresa Nicolai. 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.

Biltmore Christmas
4 days/3 nights, Dec. 8-11, 2025
starting at \$899 per person, double occupancy.

Travel Protection is available and strongly encouraged. Host: Carol Taylor. Includes motorcoach transportation, 3 nights hotel accommodations, 3 breakfasts at your hotel, one holiday dinner at the Biltmore Estate and one holiday dinner at the Omni Grove Park Inn, view entries to National Gingerbread

House Competition, self-guided tour of Biltmore House, guided tour of Asheville NC, admission to Biltmore Estate Gardens and Grounds, wine tasting at Biltmore Estate Winery. *PML Tours*

Southern Caribbean & San Juan Puerto Rico - RC
Brilliance of the Seas
9 days, 8 nights, Feb. 28 - March 8, 2026
BALCONY SPECIAL \$3299 per person, double occupancy.

Hosts: Carol Taylor & Tommie Moore Price includes round trip airfare; 1 night hotel accommodation in San Juan, guided tour of San Juan, shipboard meals, transfers to and from San Juan Cruise Pier, motocoach transportation to and from the airport. Port calls: Willemstad, Curacao; Oranjestad, Aruba; Tortola, B.V.I.; San Juan, Puerto Rico. \$250 per person deposit due to hold reservation (\$100 per person penalty upon deposit). First payment due Aug. 1, 2025 (\$1250 per person penalty); Final payment due Nov. 1, 2025 **(100% penalty if cancelled after this date.)** Travel insurance is available and strongly encouraged. *PML Tours*

African American Washington DC Tour
2 days/1 nights, Feb. 23-24, 2026, starting at \$355 per person, double occupancy.

Travel Protection is available and strongly encouraged. Host: Tommie Moore. Includes one night hotel accommodation, one breakfast at your hotel, one dinner. Visit Arlington National Cemetery, explore the National Museum of African American History & Culture; guided African American Tour of Washington DC, visit the Marine Corps War Memorial, tour Fredrick Douglass Historic Site, visit the Martin Luther King Memorial, take a guided riding tour of Washington DC.

Also included are standard taxes, meal gratuities & baggage handling and motorcoach transportation. *PML Tours*

The Heart of Ireland
April 18-25, 2026 starting at \$4399 per person, double occupancy.

Travel Protection is available and strongly encouraged. Host: Carol Taylor and Theresa Nicolai. Includes round trip airfare, 6 nights hotel accommodations (including 2 nights in an authentic 18th century castle), transport by luxury coach in Ireland, Airport transfers, full breakfasts every morning, 4 dinners (including farewell dinner and special dinner with Irish entertainment); sightseeing in Dublin, admission to Book of Kells at Trinity College, pan, century castle), transport by luxury coach in Ireland, Airport transfers, full breakfasts every morning, 4 dinners (including farewell dinner and special dinner with Irish entertainment); sightseeing in Dublin, admission to Book of Kells at Trinity College, sightseeing tour of Galway, visit to Blarney Castle, scenic tours of Connemara, the Dingle Peninsula and more, photo ops at Kylemore Abbey and Rock of Cashel, travel to Cliffs of Moher, visits to Celtic Crystal Factory and Guinness Storehouse, explore Blarney Woolen Mills and singing pubs of Killarney; travel by Tipperary and Cashel. *PML Tours*

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", tour Thomas Jefferson's Monticello, explore Luray Caverns, enjoy scenic ride along Skyline Drive, visit Arlington National Cemetery.

Canadian Rockies & Glacier National Park
7 Days/6 nights, July 26 - Aug. 1, 2026, starting at \$4,784 per person, double occupancy.
Travel Protection is available and strongly encouraged. Host: Carol Taylor. Includes round trip airfare from Philadelphia, hotel accommodations, visit Calgary, Waterton Lakes National Park, Glacier National Park, Banff, Lake Louise and more. Deposit of \$698 required to hold your reservation. Insurance available and strongly recommended. *Collette Tours*

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, rs 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*

Christmas in Branson, MO

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*

NEW DATES 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.*

DAY TRIPS

AMT Christmas Show "Deck the Halls"

American Music Theater, Lancaster, PA

Thursday, Nov. 13, 2025

\$130 per person, transportation, driver's tip, show and lunch at Yoder's Restaurant. Check in at the decked-out St. Nicholas Hotel where we find our dancing dancers and merry musicians ready to "Deck the Halls!" Bubbly, bellhops and glitzy guests make merriment in preparation for a visit from Old Saint Nick. This musical holiday adventure brings together friends old and new to celebrate the season with awe-inspiring performances designed to capture the hearts of the entire family. Depart MMC 7:30 a.m.; return approx. 5:30 p.m.

Christmas by Candlelight

Candlelight Dinner Theater, Arden, DE
Sunday Matinee, Dec. 21, 2025, 1 p.m.

Join MMC in Branson, MO next year for the Christmas season, Dec. 6-10, 2026. Fabulous shows, Christmas lights and more. Stop by MMC Trips and Tours to find out more.



\$115 per person, transportation, driver's tip, show and lunch A heartwarming celebration of the yuletide season back by popular demand. Featuring some of your favorite seasonal and sacred tunes, as well as some new surprises, brought to life by some of your family 'Candlelighters.' Leave MMC 11:30 a.m.; Lunch 1 p.m.; Show 3 p.m.; Return to MMC approx. 6:30 p.m.

Sight & Sound - "Joshua"

Lancaster, PA

Thursday March 19, 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.

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City of Dover Update

by Kay Sass

*Director of Emergency Management
& Communications
City of Dover*

As the global population continues to age, Emergency Medical Services (EMS) are becoming increasingly essential for senior citizens. Individuals aged 65 and older are more likely to experience medical emergencies such as heart attacks, strokes, falls, and complications from chronic illness-es like diabetes or COPD. In these situations, timely EMS response can mean the difference between life and death. EMS provides immediate medical support, stabilization, and safe transport to hospitals or other care facilities. For seniors, who often have complex health profiles, EMS personnel are trained to assess conditions quickly and respond appropriately. Many services now include specialized training in geriatric care, helping EMS teams recognize age-specific symptoms and needs. The City of Dover is proud of the services offered in our community by Ambulnz. They have proven to be true leaders, exhibit exceptional care and have put added additional ambulances in our community to reach the needs and eliminate delayed responses.

Common Emergencies Among Seniors Falls: One of the most frequent reasons for EMS calls. Falls can lead to serious injuries such as hip fractures or head trauma. Simple changes you can make to prevent falls is to perform a safety check to remove hazards. Remove loose rugs, extension cords and clutter from walkways. Use nonslip mats in the bathroom and install grab bars. Ensure your areas are properly lit so you can see – particularly from the bedroom to the bathroom. Be sure to get regular exercise to improve your strength and balance. Cardiac events: Heart-related issues are prevalent in older adults, requiring

swift intervention. Respiratory distress: Conditions like COPD or pneumonia can rapidly become life-threatening. Stroke: Quick EMS response is critical to minimize long-term damage.

Establish a Support Network Ask at least 2 people (family friends or neighbors) to be part of your emergency support network. They should have a spare key, know where your emergency information is kept and how to use any lifesaving equipment. Keep medical records updated and accessible. Be sure to include a copy of your Advance Directives, such as Do Not Resuscitate (DNR) or Physicians Orders for Life Sustaining Treatment (POLST) Post emergency contact numbers visibly. Use medical alert systems, especially for those living alone.

Know when to call 911, and ensure caregivers are prepared to provide accurate information. (Common emergencies to call 911 for: falls, chest pain, breathing difficulties, and signs of a stroke – such as sudden weakness or confusion) EMS plays a crucial role in protecting the health and well-being of senior citizens. As aging populations grow, investing in special-ized EMS services and community support systems will be key to ensuring seniors receive the timely and effective care they need. Included is an “In Case of Emergency” sheet that you can fill out and hang on your refrigerator, that way if for some reason you can not communicate with the EMS providers, your information is still readily available. Please add an additional piece of paper if you need more space than provided. Our goal is to empower our senior community members with the knowledge to stay safe and healthy. You’ve taught so much to the rest of us, and we are grateful to be able to help in return and hope you have found the information beneficial.

IN CASE OF EMERGENCY

Name: _____

DOB: / /

Allergies: _____

Current Medications: _____

Current Health Conditions: _____

Blood Type: _____

Primary Care Doctor: _____

Emergency Contact(s):

Name: _____ Phone _____

Name: _____ Phone _____

Power of Attorney: _____

Recent Surgical Procedures: _____

New author, new novel “BEYOND CLOSED DOORS” by Dolores Winfield-Williams

Available online at Amazon.com and Barnes & Nobles.com (hardcover, softcover, e-book)

This first novel by Dolores, who prefers “Dee”, is an exciting read that puts the protagonist’s life at risk while pulling you in forcing you to “see” your own vulnerabilities. This is a modern, slick, sexy suspense and not your “mushy” romance novel.

Make BEYOND CLOSED DOORS a reading movement.

Form a book club. Pass on the title. Recommend it to a friend. Applaud the cultural insights.

You are also invited to the BEYOND CLOSED DOORS book signing at the Smyrna Opera House Nov. 13, 4 - 6 pm in Smyrna, Delaware. Bring your book and she will personally sign it for you.

Visit Amazon or Barnes & Noble to get your book today. or website at doloreswilliamsbooks.com

NOTICE to MMC members using Ubers, DART and other scheduled transportation. If you call for a pick, please wait in the small area off of our new Welcome Center for your ride. Because of our many entrances, some members are missing their rides and being charged for missed pick ups.

More Fun and Excitement!

MMC Book Club

DAY: Thursday, October 30

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. This book club meets the last Thursday of each month. Free for members! You must be a member of MMC to participate.

Here is the list of books the club will be reading for the remainder of 2025:

Nov. 27 - "Bring on the Blessings" by Beverly Jenkins

Dec. - "Christmas With Book" by Heather Woodhaven



Have you thought about volunteering your time to teach a class or program? This is a great opportunity to share what you love and make a positive impact on our center! Whether you're skilled in a hobby, have a knack for a specific subject, or just want to share

your passion, teaching can be a fun and rewarding way to connect with others and to promote learning. We'd love for you to consider this chance to inspire and educate! If you're interested or would like more information, reach out to Program Director, Karen Porterfield, at (302) 734-1200, extension 129 or email her at karen.porterfield@modern-maturity.org. You must be a member of MMC to teach a class, program, or workshop. "The heart of a volunteer is not measured in size, but the depth of the commitment to make a difference in the lives of others." (DeAnn Hollis)

Conversational Italian

DAY: Wednesdays

TIME: 11 a.m. to noon

ROOM: Activity Room #8

INSTRUCTOR: Giuliano "G"

Gregoretti

If you've ever wanted to learn Italian, now is the perfect opportunity! MMC's conversational Italian class is designed for enthusiasts who want to grasp the basics while engaging in natural discussions with others who share their passion for the language. Being conversational in Italian means feeling at ease and confident when speaking, allowing you to express yourself without the constant search for the right words. This class focuses on building that comfort level, making it easier and more enjoyable to communicate in Italian. The best part? This class is completely free! There's no need to register in advance, just come along and join us for a fun and interactive learning experience. Don't miss out on this exciting chance to enhance your Italian skills while making new friends. Last class is Nov. 19. Please note that participation requires MMC membership, so be sure your membership is current for the new year.

NEW - Delaware Train Gang

DATE: November 4, 18, 25,

December 9, 16

TIME: 11:30 a.m. to 1:30 p.m.

ROOM: Longwood Room

FACILITATOR: Charles "Buzz"

Matthews

The Delaware Train Gang is a community of individuals who share a passion for the hobby of model railroading. Whether you are just starting out or have been involved in the hobby for years, the "Gang" is the perfect place to learn and grow your knowledge. They are equipped to answer most questions you may have regarding bench work construction, layout landscaping, building structures,

troubleshooting electrical issues, maintaining and repairing trains, and much more. you are welcome to stop by and join in as they run trains, create scenery, and engage in discussions about the hobby. If MMC gatherings do not fit into your schedule, they meet weekly at 9 a.m. on Wednesdays at Magnolia Diner for breakfast, except for the second Wednesday of the month, when they gather at 1 p.m. at Smyrna Diner for lunch.



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Caregiver Resource Center

November brings a very important reminder to all our caregivers who manage diabetes. If you or a loved one has diabetes, it is important to have an education about managing your disease, your risk factors, and complete management strategies. Please consult your physician for any concerns you have so you can lead a full life with this disease. Also remember Daylight Savings Time ends on Sunday, November 2, so don't forget to set your clocks back one hour before going to bed.

Below you will find our upcoming support groups offered here at the Caregiver Resource Center for anyone caring for a loved one with cognitive loss because of Alzheimer's Disease or another form of dementia.

- **Nov. 3** - Alzheimer's Day Support Group, noon, CRC program room
- **Nov. 6** - Parkinson's Support Group, 5 p.m., CRC program room
- **Nov. 11** - Veterans Day - MMC Closed
- **Nov. 18** - Second Time Around Grandparents Support Group, 9 a.m., CRC office

- **Nov. 18** - Alzheimer's Night Support Group, 6 p.m., CRC program room
- **Dec. 1** - Alzheimer's Day Support Group, noon, CRC program room
- **Dec. 4** - Parkinson's Support Group, 5 p.m., CRC program room
- **Dec. 9** - Second Time Around Grandparents Support Group, 9 a.m., CRC office
- **Dec. 16** - 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 Jenn Mogle, 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.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Aging and Adults with Physical Disabilities



Winners

Right: The birthday winner Oct. 9 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, Nov. 13.



Left: MMC Ambassador Bill Hufnal and Site Manager Jessica Kerr present to Doris Winans and Craig Gimenez their cash winnings at the Oct 21 dinner dance. DJ Sky Brady provided favorite dancing music to 190 guests. 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.

Perseverance. The word is defined as persistence in doing something despite difficulty or delay in achieving success. As 55+ folks, we have all persevered in many areas of our lives. 55+ folks face many obstacles in finding employment. Perseverance is the most important item to meet that challenge.

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

"DHSS-DSAAPD encourages contractors to express freely their findings and conclusions. Points of view or opinions do not necessarily represent official DHSS-DSAAPD policy."

**Don't forget - clocks
"fall back" one hour
Sunday Nov. 2, 2025
at 2 a.m.**



Captain Social Security

GOVERNMENT SHUT DOWN HOW IT IMPACTS SOCIAL SECURITY

by Benjamin Shamburger, MSW

As I write this article our government has been shut down for eleven days with no end in sight. As both sides point fingers and blame each other, each day takes a toll on many already struggling agencies. Full disclosure, after more than 35 years of public service, I might be a little biased, but I'll do my best to remain neutral and fair. For starters, tens of thousands of federal workers have been furloughed or suffered job loss due to RIF's (Reduction in Force.) Those deemed "essential" workers are working without pay. And there is now a debate regarding whether they will receive "backpay" when they return. I can still remember what it was like to live from payday to payday on a government salary. I can't help



but feel for those who took an oath to serve their country and fellow citizens but now find themselves caught in the middle of political crossfire. A recent news report interviewed a military spouse that had to turn to a free food pantry to feed her children. I can't help but get angry every time I think of the fact that all of congress and White House are being paid as usual!

But this article is about the impact on Social Security so here's what I know. First the good news...despite the shutdown, according to the Social Security website, monthly benefits and Supplemental Security Income (SSI) benefits will be paid. It would be interesting to see what would happen if they weren't. But keep in mind, while the government is shutdown, thousands of new claims for retirement, disability and survivors' benefits are not being processed. That also includes all new claims for Medicare benefits. And

don't forget, that "Open Enrollment" starts on October 15th!

According to the Agency's website, "Virtually everyone in the nation has been or will become a customer of SSA. On average, each workday, about 100,00 people visit one of SSA's 1,300 field offices, over 240,00 people call its 800 number, and over 43,000 people visit its Internet website. Daily, the Agency processes an average of 20,000 initial claims for retirement, survivors, disability, and SSI benefits and annually it ensures that more than 250 million earnings items are correctly credited to workers accounts." That certainly speaks to some very important work for the American public. Unfortunately, it's not getting done now. What's worse, when workers finally return to work, they will have even more "back logs" to try to catch up on with fewer people to do it! You can probably imagine what morals will be like. I guess we will have to be very patient when no one answers the phone or our checks are not deposited on time. In the meantime, you can still conduct

some business online. Hopefully, this shutdown ends soon, and hardworking federal workers can be paid for the work they do for us every day!

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.

Visit SSA.gov to learn more about benefits and services available to you!

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Nutrition Corner

Proteins, how to choose them to help our body as we age

by Nimi Bhagawan MS, RDN, LD

Protein is essential for health, which is why one must fill the grocery cart with protein-rich foods. A diet high in protein supports weight management and muscle building and keeping muscle mass intact as you age. It can be helpful in managing your blood sugar and keeping you satiated (feeling full) for longer. As we age, we lose muscle mass and proteins along with exercise helps us maintain it.

However, eating mostly protein can be expensive and may even feel out of reach financially sometimes—unless you know how to stretch your money.

Shopping for high-protein foods that you can easily incorporate into meals and snacks can improve your overall nutrition and help you achieve your health goals.

As a dietitian, I always make sure my meals and snacks are high in protein to help keep me satiated after eating, support healthy blood sugar levels, and promote muscle and bone health.

Typically, people should aim for 0.8 grams of protein per kilogram of body weight. However, high-protein diets increase that to 1.2 grams of protein per kilogram (0.54 grams per pound) of body weight per day. Increasing your protein intake can improve your health in many ways, from helping you gain muscle mass to reducing your risk of osteoporosis.

Which High-Protein Foods to Buy?

Always make a effort to fill your cart with protein-rich foods. Here are some examples of high-protein foods that can help you increase your protein intake.

Increase poultry and turkey and eggs and reduce the red meat or pork, all of which are high in protein. E.g. Chicken breasts, Ground chicken, Turkey breast/Ground turkey, Eggs and Seafood. Fish and shellfish are among the highest protein foods you can eat. To save money, you can purchase canned seafood products, like sardines, canned salmon, and canned tuna, which are less expensive than fresh seafood

and have a shelf life of up to five years. When possible, choose skipjack tuna, which contains about a third as much of the heavy metal mercury as albacore tuna. Canned salmon, Canned tuna, Sardines, Frozen and fresh fish. Also, Shellfish, like clams and shrimp.

Legumes

Legumes, like lentils and beans, are excellent sources of plant-based protein. Always keep canned and dried legumes on hand to add to salads, soups, and other dishes. Canned beans, such as black beans and chickpeas, Dried lentils, Dried beans, such as pinto beans, Red Beans, Black beans, Frozen edamame (Soybeans).

Protein Powder and Collagen

Protein powder is an easy source of protein that can be added to smoothies and protein shakes. Also add collagen to your morning coffee. Plant-based protein powders, such as unsweetened pea protein, Whey protein isolate can be incorporated into your meat loaf, mashed potatoes and soups.

Nuts, Seeds, and Nut Butters

Nuts and seeds are ready-to-eat sources of protein that can be added to dishes like oatmeal and yogurt or enjoyed as a quick snack.

Some of the high-protein nuts and seeds include pumpkin seeds, sunflower seeds, chia seeds, almonds, pistachios, peanuts/peanut butter and hemp seeds. Peanuts, which are technically a legume, are also high in protein. These may be used as snacks. Baking with almond flour, which contains around double the protein found in regular all-purpose flour.

Dairy

Greek yogurt, cottage cheese, kefir, and snacking cheeses are some high-protein dairy products. Greek yogurt contains nearly twice the amount of protein found in regular yogurt. These high-protein snacks that can be paired with other nutritious foods, like fruits and vegetables.

Be aware that many “high protein” pre-made snacks, like bars, cookies, chips, shakes, and other snack foods, can be high in added sugar, salt, and other

additives. Reading nutrition labels so you know exactly what’s in your snacks or sticking to snacks made with limited ingredients. Adding turkey sticks, bite-sized snacking cheeses, individual packs of pistachios, high-quality protein bars

While protein is important, it’s also essential to stock up on foods that provide complex carbs, healthy fats, vitamins, minerals, and protective plant compounds. Such as:

Fruits and Vegetables

Fresh and frozen fruit, like berries, apples, bananas, and oranges

Fresh and frozen vegetables, like onions, spinach, kale, carrots, zucchini, peppers, and asparagus

Starchy vegetables, like potatoes, sweet potatoes, and butternut squash

Adding Grains to your diet

Quinoa, Amaranth, Brown rice, Jasmine rice, Millet

Healthy Fats such as High-quality olive oil, Avocado oil, Avocados, Olives, corn and sunflower oil.

Spices and Condiments such as turmeric and cumin

Herbs, like basil, rosemary, and garlic

Vinegars, Mustard, Salsa, Hummus, Mayonnaise

Some Ideas for Breakfast

Egg frittata made with eggs, fresh vegetables, and cheddar cheese

High-protein smoothie made with frozen berries, protein powder, and peanut butter

Lunch

Chicken salad served with almond flour crackers, veggies, and hummus dip

Mediterranean quinoa salad made with chickpeas, feta, and mixed vegetables

Dinner

Whole roasted chicken served with root vegetables and garlic-sautéed broccoli

Almond crusted fish served with sweet potatoes and a salad

Make sure my kitchen is always stocked with nutritious options, try to go grocery shopping once a week. Keep in mind that, depending on the size of your household and how often you cook, you may need to shop more or less frequently. Try not to get sidetracked at the store or are likely to make impulse purchases, make and stick to a shopping list.

How Much Protein Do You Need to Buy?

Though it’s important to purchase protein-rich foods, it’s best to buy a variety of options, including plant-based proteins. Plant-based proteins, like beans and lentils, are shelf-stable, so it’s always a good idea to buy canned or dried legumes in bulk so you always have a nutritious protein source to add to meals and snacks. Plant-based proteins are also high in fiber, which is important for gut and heart health.

Also, when purchasing perishable items, like chicken or yogurt, be sure to only buy what you’ll use. While some protein sources, like chicken and fish, can be frozen, others, like yogurt or milk, can spoil if left in the fridge too long.

Your protein needs depend on factors like your body size and your activity levels. If you’re unsure how much protein you should be consuming, it’s best to speak with a registered dietitian. They can calculate your protein needs and help you come up with a meal plan based on your goals. Then, you can create a shopping list based on your meal plan.



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Aqua Aerobic Class Schedule in MMC Pool

Day	Time	Class
Monday	12:00 - 1:00pm	Aqua Mobility with Mindy
Tuesday	9:30 - 10:30am	Aqua Aerobics with Betsy
Tuesday	2:00 - 3:00pm	Aquacise with Ray
Wednesday	12:00 - 1:00pm	Aqua Mobility with Mindy
Thursday	11:15am - 12:15pm	Aqua Aerobics with Betsy
Thursday	2:00 - 3:00pm	Aquacise with Ray
Friday	9:30 - 10:30am	Aqua Aerobics with Betsy
Friday	2:00 - 4:00pm	Water Volleyball

PALMER ROOM CLASSES

YOU MUST BE A MEMBER OF THE MMC TO PARTICIPATE!		
DAY	CLASS	TIME
MONDAY	Low Impact Senior Aerobics	8:45am - 9:45am
	Beginner Line Dance	10:00am - 11:00am
	Couples Line Dance	11:15am - 12:15pm
	Soulsations	12:30pm - 1:30pm
	Broadway Advanced	1:30pm - 3:30pm
TUESDAY	Get Up and Move	8:00am - 8:45am
	Dancing In Your Chair	9:00am - 9:45am
	Improver Line Dance	10:00am - 11:30am
	Contemporary Line Dancing	11:30am - 1:00pm
	Broadway Too!	1:15pm - 2:45pm
	Beginner Tai Chi w/Donna	3:00pm - 4:00 pm
WEDNESDAY	Beginner Line Dance	9:30am - 11:00am
	Soulsations	11:15am - 12:15pm
	Ran's Tai Chi \$ (Wellness)	1:30pm - 2:30pm
	Tai Chi with Donna \$ (Wellness)	2:30pm - 3:30pm
	Body Sculpting (Wellness)	4:00pm - 5:00pm
THURSDAY	Intermediate Line Dancing	9:00am - 10:00am
	Improver Line Dance	10:00am - 11:30am
	Contemporary Line Dancing	11:30am - 12:30pm
	Double Dutch Therapy	12:30pm - 1:45pm
FRIDAY	Low Impact Senior Aerobics	9:00am - 10:00am
	Dancing In Your Chair	10:15am - 11:00am
	Bingocize	11:00am - 12:00pm
	Extreme Beginners Line Dancing	1:00pm - 3:00pm

GAME ON AT MMC!			
YOU MUST BE A MEMBER OF THE MMC TO PARTICIPATE!			
DAY	GAME	TIME	ROOM #
MONDAY	Duplicate Bridge	9:30am - 2:00pm	AR #8
	Pinochle	12:00pm - 6:00pm	AR #4
	Scrabble	12:00pm - 3:00pm	AR #4
	Rummikub	12:30pm-3:00pm	AR #3
	Bid Whist	3:30pm - 6:00pm	AR #8
TUESDAY	Pinochle	12:00pm - 6:00pm	AR #4
	Mahjong	11:30am - 3:00pm	AR #8
	Chicken Foot	12:00pm - 3:00pm	AR #4
	Bid Whist	3:30pm - 6:00pm	AR #8
WEDNESDAY	Scrabble	12:00pm - 3:00pm	AR #4
	Pinochle	12:00pm - 6:00pm	AR #4
	Dominoes	12:30pm-3:00pm	AR #3
	Bid Whist	3:30pm - 6:00pm	AR #8
THURSDAY	Chess	9:00am - 12:00pm	AR #4
	Bridge	12:00pm - 3:00pm	AR #3
	Chicken Foot	12:00pm - 3:00pm	AR #4
	Pinochle	12:00pm - 6:00pm	AR #4
	Mahjong	11:30am - 3:00pm	AR #8
	Bid Whist	3:30pm - 6:00pm	AR #8
FRIDAY	Duplicate Bridge	10:30am - 3:00pm	AR #8
	Chicken Foot	12:00pm - 3:00pm	AR #4
	Pinochle	12:00pm - 6:00pm	AR #4
	Scrabble	12:00pm - 3:00pm	AR #4
	Bid Whist	3:30pm - 6:00pm	AR #8



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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 Nov. 5 - 26
Room: Palmer
Instructor: Ran Griem, RN
Shiatsu Practitioner. A minimum of 10 paid participants is required. Registration for December runs until November 28.

Tai Chi with Donna

Day: Wednesday
Time: 2:30 – 3:30 p.m.
Cost: \$20 MMC Member
\$10 MMC Staff
Class runs Nov. 5 - 26
Room: Palmer
Instructor: Donna DeSimone
Class led by Donna, a Black Sash certified instructor. A minimum of 10 paid participants is required. Registration for December runs until November 28.

Body Sculpting with Donna

Day: Wednesday
Time: 4 – 5 p.m.
Cost: \$20 MMC Member
\$10 MMC Staff
Class runs Nov. 5 - 26
Room: Palmer
Instructor: Donna DeSimone
This class is designed to help

participants to get lean, build strength and tone muscles with motivating music. Bring a 5lb dumbbell (lighter dumbbells are provided), mat, towel and water. Donna is an ACE Certified Personal Trainer and Group Fitness Instructor with over 24 yrs of experience. A minimum of 10 paid participants is required. Registration for December runs until November 28.

Yoga with Donna -

Day: Tuesday
Time: 4 – 5 p.m.
Cost: \$20 MMC Member
\$10 MMC Staff
Class runs Nov. 4 - 25
Room: Room 3
Instructor: Donna DeSimone
Yoga engages participants at a slower pace with controlled movements and stretching. The class is led by Donna who is certified 500 RYT. Please bring a Mat, Towel and water. A minimum of 10 paid participants is required. Registration for December runs until November 28.

Beginner Tai Chi with Donna

Day: Tuesday
Time: 3 – 4 p.m.
Cost: \$20 MMC Member
\$10 MMC Staff

Class runs November 4 - 25
Room: Palmer
Instructor: Donna DeSimone
This class is designed to take you through step-by-step movements that are not intimidating or frustrating, so you can learn Tai Chi without feeling overwhelmed. Tai Chi helps improve memory, balance, coordination, and strength. Come learn to relieve stress through meditative movements and enjoy this ancient practice. Be sure to wear comfortable loose clothing and non-slippery shoes. Instructor Donna DeSimone is a certified trainer and fitness instructor with over 25 years of experience. She trained several years with a Chinese Master and has been awarded a Black Sash in 2018. Registration for December runs until Nov. 28.

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.

Pool Birthday Parties and Pool Baptisms

Contact Al Wyllie 302-734-1200 ext. 188 for more information.

Personal Training

Our Ace (American Council on Exercise) Certified Personal Trainers have specialized training to assist you in your journey to maintaining your health and improving your physical condition. We will personally assess your physical condition and develop an individualized fitness plan based on your needs.

Results you can count on:

- Improve Your Health •Tone • Reduce Stress • Improve Balance and Strength • Develop Active Aging Habits • Stay Motivated • Lose Inches • Plus Much More!!!

60-MINUTE SESSIONS:

<i>4 Pack</i>	<i>12 Pack</i>	<i>24 Pack</i>
\$200	\$525	\$1,000
(\$50 per session)	(\$44 per session)	(\$42 per session)

30-MINUTE SESSIONS:

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

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

VOLUNTEERS NEEDED



MEALS ON WHEELS DRIVERS NEEDED!

MAMIE WARREN SENIOR CENTER - SMYRNA

LILLIAN SMITH SENIOR CENTER - CLAYTON

MILFORD SENIOR CENTER - MILFORD



Contact Us
(302) 734-1200
EXT: 164

VETERANS DAY LUNCHEON

NOVEMBER 10, 2025

HONOURING ALL WHO SERVED

LUNCH: 11:30AM - 1:30PM

CEREMONY AT 12:00PM

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Menus for

November

Did you know?

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

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

3 Chicken & Dumplings Seasoned Green Beans Dinner Roll/Milk Fruit	4 BBQ Pulled Pork Baked Beans Macaroni Salad Milk Cookies	5 Minestrone Soup Turkey & Provolone Cheese on Bun w. Mayo Broccoli Salad Milk Yogurt	6 Liver & Onions w. Gravy Mashed Potatoes Buttered Green Beans Roll/Milk Mousse	7 Chili con Carne over Rice Buttered Peas Wheat Bread/Milk Fruit
10 Veterans Celebration Chicken Parmesan Linguini Key Largo Veg. Dinner Roll/Milk Cake	11 VETERANS DAY CENTER CLOSED 	12 Vegetable Soup Tuna Salad on Bun Lettuce & Tomato Macaroni Salad Milk Pudding	13 <i>Birthday Day</i> Baked Ham w. Mustard Sauce Au Gratin Potatoes w. Chives Seasoned Cabbage Dinner Roll/Milk Cake	14 Chicken Marsala Buttered Rice Buttered Broccoli Wheat Bread/Milk Fruit
17 Spaghetti w. Meatsauce Buttered Green Beans Garlic Bread/Milk Fruit	18 Beef Hot Dog on Bun Potato Wedges Corn Milk Brownie	19 Meat Loaf w. Gravy Mashed Potatoes Buttered Peas Wheat Bread/Milk Pudding	20 <i>Thanksgiving Feast</i> Roast Turkey w. Gravy Cranberry Sauce Herb Dressing Sweet Potatoes Buttered Green Beans Dinner Roll/Milk Sweet Potato Pie	21 Meatball Sub Sidewinder Fries Chef's Blend Veg. Milk Tropical Fruit
24 Baked Ziti w. Meatsauce Mixed Vegetables Italian Bread/Milk Applesauce	25 Fried Fish Scalloped Potatoes Stewed Tomatoes Cornbread/Milk Sherbet	26 Sloppy Joe on Bun Potato Wedges Buttered Mexican Corn Milk Pudding	27 	28 CENTER CLOSED
NEW RULES FOR GRAB AND GO Only one meal, per person, per day. You MUST have a scan card/ tag to pick up your meal. If you need a scan tag, please see MMC Member Services. Additional meals must be purchased for \$10.50 per meal.				

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



THE SIMPLICITY OF CREMATION.

Many people choose cremation for different reasons; some people feel it's an eloquent, yet simpler tribute. Whatever your reasons, we'd like you to know that cremation is something we specialize in. No matter how simple a ceremony you're looking for, we'll make sure that it's personalized and dignified in every respect.



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MMC PROGRAMS AT A GLANCE!			
YOU MUST BE A MEMBER OF THE MMC TO PARTICIPATE!			
DAY	PROGRAM	TIME	ROOM
TUESDAY	Bible Study	9:30AM - 10:30AM	AR #7
	Bingocize	10:00am - 11:00am	AR #8
	Medicare Counseling (By Appointment Only)	10:00am - 2:00pm	AR #1
	Gospel Singing Workshop	10:00am - 11:00am	AR #3
	Visually Impaired Support Group (3rd Tuesday)	12:00pm - 3:00pm	AR #3
	Hearing Loss Circle Chats (1st Tuesday)	1:00pm - 2:00pm	AR #7
WEDNESDAY	Quilters	9:00am - 12:00pm	AR #1
	Learn to Quilt	9:30am - 12:00pm	AR #1
	Social Security Assistance	9:00am - 9:30am	AR #6
	Meditation	10:00am - 11:00am	AR #8
	Massage Therapy	10:30am - 3:00pm	AR #7
	Bible Study	11:00am - 12:00pm	AR #3
	Conversational Italian	11:00am - 12:00pm	AR #8
	Twisted Stitchers	12:00pm - 3:00pm	AR #8
	Food, Fun, Friends (1st Wed)	1:00pm - 3:00pm	WCR
THURSDAY	Visually Impaired Support Group	10:00am - 12:00pm	AR #3
	Book Club (Last Thurs)	12:00pm - 1:00pm	AR #1
FRIDAY	Foot Dr. (Appointment Only)	8:30am - 12:00pm	AR #6
	P.U.S.H.	9:00am - 10:00am	WCR
	Needlework	9:00am - 3:00pm	AR #3
	Pump Up Your Brain	1:00pm - 2:30pm	AR #1

MMC Monthly Programs

Longwood Room Events

Nov. 4 - Randy Chang on the piano, noon

Nov. 5 - Food Bank

Nov. 6 - Farmer's Market, 11 a.m.

- Open Enrollment - United Healthcare, 11:30 a.m.

Nov. 10 - Veteran's Luncheon, 11:30 a.m.

- Veterans Program, noon

Nov. 11 - Center Closed - Veterans' Day!

Nov. 12 - Open Enrollment - Aetna, 11:30 a.m.

Nov. 13 - Birthday Day!

- Farmer's Market, 11 a.m.

- Open Enrollment - United Healthcare, 11:30 a.m.

- Free Ice Cream! - Bryan Realty Group, noon

Nov. 17 - NYE Tickets on Sale 9 a.m.

Nov. 18 - Randy Chang on the piano, noon

- Open Enrollment - United Healthcare, 11:30 a.m.

Food - Friends - Fun

“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, please contact Coordinator Dianne Anderson, at (302) 220-0780. Join in for an enjoyable afternoon filled with camaraderie, laughter, and a chance to build friendships!

November 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!**

Monday, Nov. 3: King Buffet, 293 N. DuPont Hwy., Dover

Wednesday, Nov. 5: Monthly Planning Meeting, WCR Room

Thursday, Nov. 6: Mike & Mel's Family Restaurant, 108 N. Railroad Ave., Wyoming

Monday, Nov. 10: US 13 Grill, 1115 S. Governors Ave., Dover

Thursday, Nov. 13: Countrie Eatery, 950 N. State St., Dover

Tuesday, Nov. 18: First Watch, 40 N. DuPont Hwy., Dover at 11:30 a.m.

Friday, Nov. 21: Randazzo's Trattoria, 103 Patriot Fr., Middletown

Monday, Nov. 24: Porta Bella (Rodney Village), 1618 S. Governors Ave., Dover

Did You Know...

Nov. 1 - All Hallows Day, also known as All Saints Day among Roman Catholics, commemorating those who have no special feast day.

Nov. 19 - SNAP - Oscar Sebastian, 11:30 a.m.

Nov. 20 - Farmer's Market (Last Day), 11 a.m.

Nov. 25 - Mary Helen Wallace on Keyboard, noon

Nov. 27 - Center Closed - Thanksgiving!

Nov. 28 -Center Closed

Nov. 29 - Holiday Craft & Vendor Show 9 a.m. - 2 p.m. - East Wing and Longwood Room

Garden Talk

by Maggie L. Moor

Delaware Cooperative Extension
Delaware State University

For the First Week of November:

- o Finish planting spring flowering bulbs.



- o Pull up disease-free annuals and add to compost pile along with leaves and leftover garden material.
- o Cut back and mulch perennials. This mulch will insulate them from the winter cold, and cutting them back will give them a tidy appearance.
- o Dig up dahlias, caladiums, gladiolus, etc. Wash away soil, dry, label and place in a bag or box; cover with sphagnum, moss, sawdust, or perlite. Store in a cool, dry place.

For the Second Week of November:

- o Pot amaryllis to have them bloom by winter.
- o Drain and bring in garden hoses and sprinklers to avoid freezing damage.
- o Transplant trees and shrubs after leaves have dropped.
- o Clean up your vegetable garden and plant cover crop to improve existing soil condition.
- o Prevent mice and rabbits from damaging young trees by wrapping the base of the trunk 18 inches high with screening.
- o Cut back roses 18 to 20 inches and mulch heavily to give them protection and help them survive the winter.

For the Third Week of November:

- o Fertilize shade trees and peach trees.

- o After frost has killed the leaf stalks on perennial vegetables like asparagus and rhubarb, cut leaf material down to ground level.
- o Mulch evergreens.



- o Do not store apples or pears with vegetables. These fruits give off a gas that speeds the ripening and breakdown of vegetables and will change their flavors.
- o To prevent winter windburn, thoroughly water all trees and shrubs weekly until the ground freezes.

For the Last Week of November:

- o After chrysanthemums have stopped blooming, cut the stems back to ground level and add these stems, dried leaves and branches to the compost pile.
- o After leaves have fallen, go into the woods and collect grapevines for making wreaths.
- o While in the woods, collect nuts, old bird nests, and pine cones to be used for decorating.
- o Pay careful attention to houseplants throughout the winter.



- o Check guy wires around newly planted trees to make sure they will not be damaged by windy weather throughout the fall and winter.

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Groups of 10 or more \$15/ticket
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The Delaware Choral Society is supported, in part, by a grant from the Delaware Division of the Arts, a state agency, in partnership with the National Endowment for the Arts. The Division promotes Delaware Arts events on www.DelawareScene.com. Additional support comes from the Kent County Fund for the Arts.

Krafty Korner by Karen

Hello fellow crafters! Ah, November! The month where we all decide that eating our body weight in turkey is a perfectly acceptable way to celebrate gratitude. As the leaves fall and the temperatures drop, it's time to embrace the cozy vibes, the inevitable family drama, and the fact that we're one step closer to wearing sweatpants full-time.

Let's talk about Thanksgiving—the holiday that revolves around a giant bird and the art of stuffing our faces with mashed potatoes and pie and then argue about whether pineapple belongs on pizza. Pro tip: just nod and smile when Uncle Bob starts talking about the fact that undoing the first button on your pants will give you more room to eat. You'll need all your energy for the turkey-induced nap that follows! It is also the time to impress your relatives with your crafting skills while trying to hide the fact that you burnt the turkey! Let's jazz up that dining table with some homemade decor that screams "I'm crafty and I know it!"

November is also the time when nature decides to throw in the towel and prepare for winter. The trees are shedding their leaves like they're trying to lighten their load before hibernation. It's a beautiful sight—if you can ignore the fact that you're probably slipping on wet leaves every five steps. So, grab your warmest sweater and go for a nature walk, but watch your step! You don't want to end up face-first in a pile of leaves while trying to appreciate the scenery.

As we inch closer to the holiday season, November becomes the unofficial month of crafting. Whether you're making homemade gifts or trying to create the perfect holiday decorations, just remember: Pinterest is a liar. Your "simple" DIY project will likely end in glitter explosions and hot glue gun burns. But hey, at least you'll have a good story to tell at the Thanksgiving table! Handmade gifts show you care, but they also give you a chance to unleash your inner Picasso (or at least a toddler with a crayon).

In conclusion, November is a month filled with food, family, and a

fair amount of chaos. Whether you're navigating family gatherings, enjoying the beauty of nature (or slipping on it), or diving headfirst into crafting disasters, just remember to embrace the madness. So, grab a turkey leg, put on those stretchy pants, and enjoy the wild ride that is November!



PAPER MACHE PUMPKINS

Supplies:

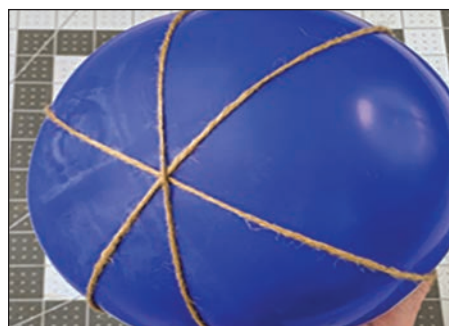
- Balloons
- Roll of Twine
- Wine Corks
- Newspaper
- Felt - Brown
- Craft Paint – Orange & Brown
- Mod Podge
- Scissors
- Paintbrush(es)
- Hot Glue Gun & Glue Sticks
- Clip or Clothespin

INSTRUCTIONS:

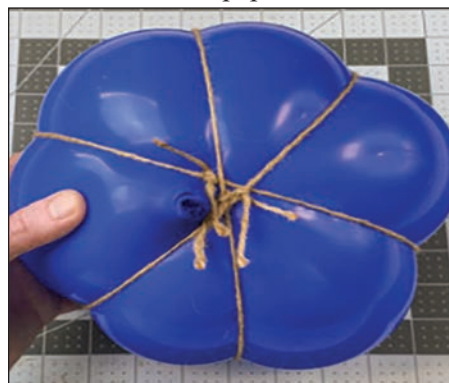
- Blow up a regular size party balloon to slightly over half full of air. Use a clip or clothespin to hold the balloon shut securely. (You will need to add more air in a bit)



- Cut a length of twine and secure around the balloon from the top to the base with a knot.
- Repeat with two more strings around the balloon, forming a snowflake at the top. (the opposite end of the neck that you blow into)



- Inflate the balloon a little bit more than two-thirds full, or whatever your desired size will be. This will create the pumpkin "ribs". Tie off the end of the balloon. Adjust the strings to make the "ribs" of the pumpkin more even. Set aside.
- Cut the newspaper into 1" x 1"



-cont. on page 20

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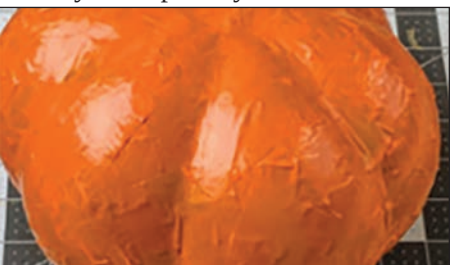


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Krafty - cont. from page 19

- After all the layers are on, and the newspaper is dry, it is time to paint the pumpkin with a layer of orange paint. Let it dry completely. Paint a few



additional layers of paint and set aside to dry.

- Using a separate paintbrush, dip it into brown paint and tap the brush to take most of the paint off. Brush some of the paint between the pumpkin “ribs”. If the brown is too dark, slightly wet another brush with water and brush over the brown. Repeat until all the “ribs” are painted. Let it completely dry.
- Take your felt and cut a leaf



topper that can sit under the cork stem. Cut a hole in the middle of the leaf so the stem could be glued directly to the pumpkin. Using your glue gun, glue the leaf to the top of the pumpkin.

- Taking your twine, hot glue one end to the base of the cork.



Wrap the twine around the cork and secure the end near the top with glue. Trim off any excess twine. Attach the cork to the top of the pumpkin with glue and let it completely dry before displaying.

- Repeat to make any additional pumpkins. You can make them smaller or bigger by the size of the balloon.



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Fitness Center renovations completed



The expansion and other fitness center renovations are now complete. Stop by and check it out. Also, the Stroke Recovery Support program has begun. If you or someone you know is recovering from a stroke, stop by and see Al Wyllie for details on how you can participate in this program for free.



2025 Holiday Craft & Vendor Festival

PLEASE STOP BY TO SUPPORT OUR LOCAL VENDORS:

- | | |
|-------------------------------|----------------------------------|
| Alori | Dolls on the Go |
| Avon | D's One of a Kind |
| Bead from the Heart Creations | Edu Creme Corporelle |
| Beadles | GB's Baubles & Beads |
| Beads and More | GG Buzy Bee |
| Bee Wise Tee | G&R Bee Farm |
| BES Business Solutions | Heartland Quilt Guild |
| Blessings in a Basket & More | Horton Brothers Crafting |
| Busy Lady Crochet | Ideas Unlimate |
| Cards & Crafts by J | Jayval Designs |
| Carmen's Inspirations | Julia B Crafts |
| Cat Lou Crafts | Karen's Paperwork |
| Charity Cupz | Knit 4 U by Annie M |
| Clay & Crochet | Kristen's Kreations |
| Coston's Unique Creations | Leslie's Handmade Crafts |
| Crafts & Gifts by Julie | Little Country Things |
| Crafts Created by Jlee | Marinucci Designs |
| Crafty Wife Wilson | Mary Kay |
| Created by Mo 4 U | Megan's Creations |
| Created by Sherri | Mom's Pretty Things |
| Crown to Sole Skincare | Naturally You |
| Curtiss Creations | Paradise Boutique |
| Cynsational Creations LLC | Priority You |
| Danigurumi by Danyelle | Queen Bee's Crochet |
| Deb's Wreaths | Reclaimed Beads |
| Designer Cutting Boards LLC | Resin on A Whim |
| | Rock Your Style Jewelry |
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| | What's Next |
| | Winn Candle LLC |
| | Winn's Beads |
| | Wood Crafts by Ray |
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| | Yarn & Scents |
| | Yer'unique Ornaments & Creations |
| | Zen Kat Market |

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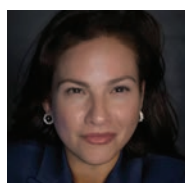
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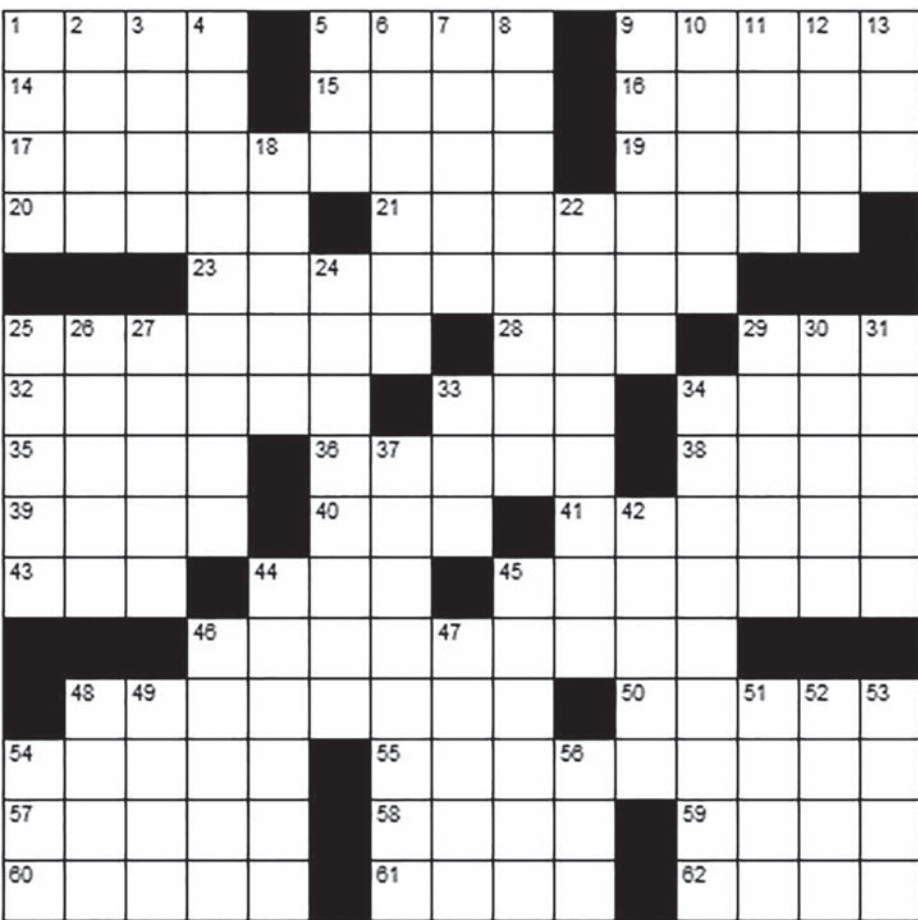
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Crossword Puzzle



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ACROSS

1. Be necessary
5. One single time
9. Scottish hillsides
14. Alright
15. Scorch
16. Parental sisters
17. Gave up hope
19. Swell
20. S S S
21. Conscious
23. Military strength
25. Worn down
28. Poetic contraction
29. Chapter in history
32. Supports
33. Affirmative
34. Untidy one
35. Assistant
36. Distort
38. Ocean force
39. Earl Grey and orange pekoe
40. Blame
41. Is melodramatic
43. Be mistaken
44. Neither ____
45. Beer makers
46. Doorjambs
48. Women's underpants

50. Lacquer ingredient

54. Construct
 55. Plunges nose first
 57. Bay window
 58. Nights before
 59. Bargain
 60. Come up
 61. Communists
 62. Sea eagle
- ## DOWN
1. Fashion
 2. Ukeleles
 3. Back talk
 4. Font features
 5. Sash
 6. Cared for
 7. Move furtively
 8. Academic references
 9. Infants
 10. Monarch
 11. Any minute
 12. French for "State"
 13. Supersonic transport
 18. Parenthetical comment
 22. Tornadoes
 24. Lavatory
 25. Diminish
 26. Mass of prickly plants
 27. Radiolocation

29. Gladden
30. Wanderer
31. Chasm
33. Sharp high-pitched cry
34. Avalanche
37. Gamekeeper
42. Doled
44. Strip of pasta
45. Browbeat
46. Handouts

47. Put to the test
48. Prickle
49. Fifty-three in Roman numerals
51. At any point
52. Average
53. Small island
54. Type of snake
56. S

- Solution found on page 30



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Since 1997, we have been proudly serving the Kent County community, delivering the highest levels of in-patient occupational, physical and speech therapies. Our center is equipped with one of the largest rehabilitation gyms in Central Delaware, features 54 shared suites and 12 private rooms, Low-Level Laser (3LT) Technology, and offers expanded rehab services seven days a week. At Cadia Rehabilitation Capitol, our skilled healthcare professionals combine the best in rehabilitation programming with excellent nursing and support services right here in the heart of Dover.



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Front Porch Program is accepting new members!

Early intervention can help. The Front Porch is a non-medical, early-memory loss program at the Modern Maturity Center designed specifically for individuals with Mild Cognitive Impairment, Dementia, Early Alzheimer's Disease, and other memory-related disorders. The first of its kind in Delaware, the Front Porch focuses on engaging and encouraging persons who need social, perceptive, and physical stimulation in a warm, 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, community outings, cooking, gardening, social club, current events 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, and enjoyment.

For more information, please contact 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.

Emergency Support available for Kent County women 55+

If you are a female, over the age of 55, single, and living in Kent County, the Modern Maturity Center may be able to provide you with emergency assistance. Qualifying Mary Rawlin's 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.



Above: A 4-week class "Healthy for Good" provided by the American Heart Association being taught by the Registered dietitian Nimi Bhagawan at MMC. Yinka is the Community Impact Manager for the Heart Association who participated in the first session. There were 18 clients that are involved in the class. Photo by Nimi Bhagawan

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MoneySense

The not-so-empty nest: How to help adult kids achieve financial liftoff

When your children turn to you for financial support — and a roof over their heads — these tips from Merrill can help you give them the tools they need to move forward on their own.

Most parents have mixed feelings about achieving empty-nest status. They miss their kids but take great pride in knowing they have set them on the path to financial independence. So when a report comes out documenting an increase in “boomerang kids” — young adults coming home to live with their parents — there is cause for concern.

According to a 2024 Pew Research report, “Parents, Young Adult Children and the Transition to Adulthood,” 57% of young adults aged 18-24 live with their parents — up from 53% 30 years ago. Among 25- to 29-year-olds, 21% live with a parent, up from 16%. If they are not living with their parents, many get help with rent or mortgage payments: According to a Better Money Habits Bank of America survey, “2024: The State of Gen Z’s Financial Health,” 54% of adult members of Generation Z (18-27 at the time) do not pay for their own housing.

Clearly, for many parents, the empty nest is not so empty. Plus, according to the Pew report, 44% of young adults say they received some sort of financial assistance from their parents during the past year.

Young adults face many financial pressures: inflation, student debt and high mortgage rates, among them. Fortunately, for many parents, helping the kids is not a burden. In the Pew study, only 36% of parents said doing so had adversely impacted their financial situation somewhat in the last year. These not-so-empty-nesters are more likely to be focused on finding ways to help their kids stand on their own financially.



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

“Of course, you want to be there for your children when they need financial help,” says Bank of America’s financial gerontologist, Cynthia Hutchins. “But the most important thing you may be able to give them is a refresher course in the financial basics.” Consider these ways to help your adult children establish better money habits.

Lend an ear — and some budgeting advice

If your adult children are asking for help paying their bills, first ask them what financial pressures they are facing. “It can help to share the financial missteps you may have made when you were younger, as well as the financial lessons you wish you had known,” says Hutchins. Let your kids see that mistakes can be overcome if they stick to a well-thought-out plan.

Encourage them to create a budget that prioritizes expenses, designating some things as “needs” and others as “wants.” Are your kids overspending? Suggest that before making any major purchases they ask themselves whether they have met their savings target for the month — say, 20% of their paycheck.

Tell them about the trade-offs you made when you were starting

out. Next, schedule time for them to talk with your financial advisor, who can offer perspective on the value of having a financial plan and ideas on how to pursue their financial goals, like saving for a down payment or going back to school.

Help out — but attach strings

To encourage accountability, think about structuring your financial assistance in the form of a loan, Hutchins suggests. Put it in writing and agree on a repayment schedule. While the IRS requires you to charge interest on loans to family members, the minimum required rate is usually well below what traditional lenders charge.

If your financial support comes in the form of a large gift (a down payment, for instance, or help paying off a student loan), consider positioning the gift as an early inheritance and adjusting your estate plan to avoid any potential sibling resentment.

Set limits - on yourself and your kids

Before you commit to providing financial support, sit down with your advisor to assess your current income and expenses and discuss how you might lend a hand without losing momentum on progress toward your own goals.

When talking with your children, be candid about how much support you can offer and how long it can last. Consider limiting your financial contributions to help with essential expenses (car loan, yes; streaming services, maybe not so much) and only after they have personally covered as much as they can. You

may want to give your adult child a deadline for moving out and explain that your life plans (retiring, relocating, etc.) cannot be put on hold indefinitely.

Above all, emphasizes Hutchins, “Never dip into money earmarked for your retirement, or you may end up being the one needing financial support.” Remind the kids they have 40 to 50 years of earning power ahead of them — you do not. They will understand.

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.

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Getting It Right: The Facts About Delaware's Senior School Property Tax Credit

Dear Friends,
Neighbors, and
Readers,

We all make mistakes, and this is one of mine. My recently published article about Delaware's Senior School Property Tax Credit included an error regarding the residency requirement. I incorrectly claimed the residency requirement was lowered for those who moved between 2018–2024 to “just three years.” The actual law's breakpoint is between 2013 and 2017 (3 years) vs. 2018 or later (10 years). I sincerely apologize for any confusion or inconvenience this may have caused. Even though I take my role as a Seniors Real Estate Specialist and trusted resource seriously, I'm human — and sometimes I make mistakes. What matters most is making things right.

After a careful review, here's the corrected, accurate information about Delaware's Senior School Property



Tax Credit (sometimes also called the Senior School Property Tax Relief program). If you're 65 or older, and your home is your primary residence, you may qualify for a credit equal to 50% of your school property taxes, up to \$500, under Delaware's Senior School Property Tax Credit program. The residency requirement depends on when you became domiciled in Delaware:

- If before Jan 1, 2013 → immediate eligibility
- If between Jan 1, 2013 and Dec 31, 2017 → at least 3 consecutive years required
- If Jan 1, 2018 or later → must have been domiciled in DE for 10 consecutive years

You must pay all property taxes for the prior year in full by the required deadline to qualify. The application must be filed by April 30. Once accepted, the credit renews automatically — except when you move.

I deeply regret the incorrect information in the original version.

My intent is always to serve with trustworthy, useful information for seniors — especially when it concerns finances and taxes. My commitment to you is this: I will double-check facts, correct mistakes when they happen, and always strive to guide with integrity. Thank you to those who reached out pointing out inconsistencies; your attention helps me stay on my toes.

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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** 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 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.

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!

Nov. 21 - 8:30 a.m. to noon

Dec. 19 - 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

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. 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

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. **Please note room change.** Free for members! You must be a member of MMC to participate.

MMC Farmer's Market continues through Nov.

The weekly farmer's market at MMC continues until the end of November.

When: Every Thursday from 11 am to 1 pm

Location: MMC Longwood Room

You can redeem your Seniors Farmer Market coupons or purchase vegetables with cash. This year we are proud to feature Dettwiller Farm,

an Amish-owned farm specializing in locally grown vegetables that are picked fresh that morning and free from pesticides. They also have fresh eggs, honey, and fresh flowers, when available.

As Fall approaches pumpkins will also be available.

If you have any questions, please contact the Dietitian Nimi Bhagawan at 302-734-1200, Ext 144.

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Bible Study

DAY: Tuesdays

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

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.

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.

Social Security Benefits Assistance

DAY: Wednesdays

TIME: 9 to 9:30 a.m.

ROOM: Activity Room #6

Coleman Jackson, a volunteer who has been certified by the Social Security Administration, will be here to answer any questions you may have regarding Social Security. He can also assist you if you need representation during the entire Social Security Administration process, request a review, reconsideration, or a hearing, on your behalf if necessary. Free for members! You must be a member of MMC to participate.

MMC Gospel Singing Workshop

DAY: Tuesdays

TIME: 10 to 11 a.m.

ROOM: AR #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.

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: Oct. 7

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) 530-010 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

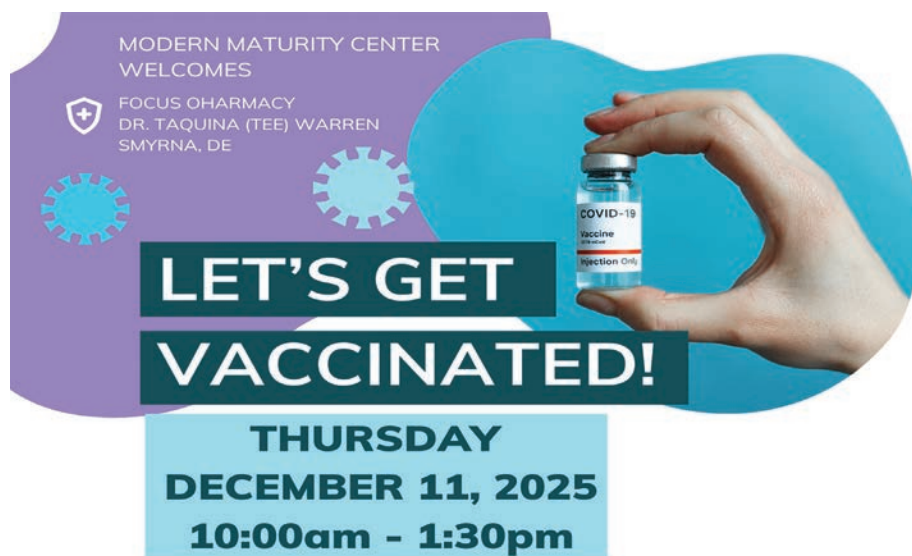
pricing, have questions about your current coverage, or require assistance with any other Medicare-related inquiries, our volunteer is here to help. To schedule an appointment, please contact Nancy at (302) 382-5935. (Do not call the MMC to schedule appointments). Please note that participation in this program requires membership in the MMC, and your membership must be current for 2026.

NEW 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



MODERN MATURITY CENTER
WELCOMES

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DR. TAQUINA (TEE) WARREN
SMYRNA, DE

**LET'S GET
VACCINATED!**

**THURSDAY
DECEMBER 11, 2025
10:00am - 1:30pm**

Focus pharmacy will be at the Modern Maturity Center to provide the best customer service experience you would expect from a locally owned store.

At Focus Pharmacy, they believe that prevention is the best medicine, and immunizations play a crucial role in safeguarding against a range of illnesses, from the seasonal flu to serious diseases like pneumonia and COVID-19.

- ID and Insurance card required.

Immunizations that will be offered:

- Flu Shots
- Covid
- Pneumonia
- RSV
- Tetanus

SNAP Outreach Program at MMC

SNAP Alert



Because of the federal government shutdown, November 2025 SNAP benefits are on hold.

<https://dhss.delaware.gov/dss/snapalert/>

This is month in history:

Nov. 6, 1860 - Abraham Lincoln was elected as the 16th U.S. President and the first Republican. He received 180 of 303 possible electoral votes and 40 percent of the popular vote.

Nov. 9, 1989 - The Berlin Wall was opened up after standing for 28 years as a symbol of the Cold War. The 27.9 mile wall had been constructed in 1961.

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Proper Lighting: night lights in hallways and bathrooms

Non-Slip Mats: bathrooms, showers, and kitchens to avoid slippery floors

Sturdy Furniture: make sure chairs and tables don't wobble—use them for support if needed

Install Grab Bars & Railings: toilets & showers.

Easy Access: Store most used items at waist height

Plan for Emergencies

Emergency Call Devices: wearable alert system (necklace or bracelet) to call for help quickly.

Keep Phone Accessible: have phones or cordless handsets on each floor.

Let Someone Know: share your daily routine with a friend or neighbor who can check in.

Wearing Proper Footwear

Well-Fitting Shoes: Avoid slippers, high heels, & loose shoes.

Non-Slip Soles: prevents slipping on smooth floors.

Supportive Design: Good arch and ankle support help with balance.

Keep Your Body Strong

Balance & Strength Exercises: Tai Chi, walking, gentle yoga several times a week.

Flexibility & Core training: Stretching and light resistance exercises help improve stability.

Everyday Movement: Even light housework or gardening keeps muscles strong.

Stay on Top of Your Health

Routine Check-Ups: discuss changes in balance, dizziness, or weakness.

Bring All Medications: some can cause side effects like dizziness. Your doctor can adjust them.

Report Dizziness or Near-falls: small episodes are warning signs so always report them.

Regular Eye Checkups: poor vision can make it harder to see hazards.

Hearing Checks: good hearing helps you stay alert to your surroundings.



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Whether you're thinking about downsizing, staying put and tapping into your home's equity, or finding the right place to call home next, we'll help you explore your options with clarity and confidence. With a trusted real estate professional and lending partner working together, you'll have the guidance and resources you need to make the decisions that feel right for you.



Crystal Calderon

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Solution to puzzle on page 22



THE BACKWARDS BUDGET

Do you ever wonder where all your money has gone?

Do you wonder why you can't afford to build your savings or go on vacation?

If so, The Backwards Budget is the tool for you!

The best part is that it is free and easy to do.

All you have to do is pull your bank and credit card statements for the 30 days. Use a budget sheet or make your own and write down how much you spent and what you spent it on.

Create budget areas such as:

- Housing (Rent or Mortgage, Electricity, Water, Trash, Cell,

- Internet, Cable, Property Tax),
- Food (Groceries, Eating Out, Household Items, Toiletries),
- Transportation (Car payment, Insurance, Maintenance, Gas, Tolls),
- Medical (Co-Pays, Medications),
- Personal (Salon/Barber, Clothing, Laundry, Tobacco/Alcohol, Personal Spending \$),
- Debt (Credit Cards, Loans, Hospital Bills, Storage) and
- Additional Items (Gifts, Donations, Recreation, Gym, Supplemental Insurance, Subscriptions, Bank Fees, etc.)

Once you have it written down, add up each section. You may be surprised how much you spend on small things. Then, you'll know exactly how you want to make changes in your spending habits. Once you know, your savings can grow!

Contact a Stand By Me 50+ Financial Coach for FREE Financial Coaching today!

Call 211 or visit STANDBYMEDE.ORG to schedule an appointment.

DOVER STAMP CLUB

cordially invites anyone interested in collecting (philately) to attend and join us at our monthly meetings. Club meets the 4th Tuesday of each month (exc. Dec.) at 7 p.m.

St. Andrews' Lutheran Church

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For additional info call

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Jeff, the HANDYMAN

"Small Job Specialist"

- ♦ Light Plumbing & Electrical
- ♦ Painting & Power Washing
- ♦ We Do Windows
- ♦ Garage Clean-Outs
- ♦ Gutter Cleaning
- ♦ Grab Bars

- ♦ 24 Hour Service
- ♦ Senior Discount
- ♦ Excellent References on Request

302-450-2954

Medicare Open Enrollment

October 15 - December 7, 2025

Did you know?

Delaware Medicare Assistance Bureau (DMAB) can help you:

- ✓ Understand Medicare benefits
- ✓ Sort options to find the best for your situation
- ✓ Complete the enrollment process



NEED HELP?

Contact DMAB Today!

302-674-7364



Trinidad Navarro, Insurance Commissioner • insurance.delaware.gov/dmab

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.

Pfaltzgraf "Painted Poppies" pattern, 8 place settings, \$40, 302-284-8019

Werner Step Ladder, 10ft., Type 1A, 300 lb load capacity, 14' reach, fiberglass rails with metal treads, seldom used, like new. , \$175 OBO. Cash only. Cannot deliver, 302-736-9975. Leave message.

Hoyer Lift - FREE. No straps or sling. Can deliver locally, 610-910-4132

7 reusable quilted bed pads, 30" x 50", reusable, \$7 ea.; **Heavy Duty Cane** (for over 300lbs), \$15; **Two XXL knee braces,** \$10 ea., 302-332-8105.

Harvest Lenox pumpkin train with 3 cars. Call for details. 302-659-1959

Two dark brown ventilated wood tower shelves, good condition, \$40 each or two for \$75. **14 small collectible planters,** a variety of colors and shapes All but two are marked. 302-734-1944

Cemetery plot, 2 spaces, Sharon Hills, Prophets, asking \$3,500, 302-632-4604

Hospital bed, elec. foot & head controls \$150; **Wheelchair,** lt. wt, removable footrests, foldable \$50; **Walker** \$10; **Shower chair** \$10, 302-233-1421

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. **Hospital Bed**—with alternating air pressure pad and pump for bed sore prevention. Electric head & foot controls. Exc. Cond. \$350. 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 absorp. Adult pull-up briefs, large, heavy absorp. 3 section plates. Heel protectors—3 kinds, ask me. More supplies, ask me. Please email dee@darserv.com for more info and to see.

2 Stamped Counted Cross Stitch Kits, includes all thread - Santa & Mrs. Claus Terry Towels (2) \$15; Christmas Wreath Towels (2) \$13. 302-653-2680

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

Sofa & Chair - new, unused, 6 mos. old, med. blue, \$600, Call to see, local 706-326-0134

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.

Mobility Scooter, 3 wheels, new battery in Feb., \$400 cash. Call 302-242-1399, lv. msg.

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.

Hospital bed, \$250 with sheets and spread; **Brother Sewing Machine,** \$35; **Bar Stools** (2), \$10 for both, Cash only, 302-734-9608

Very nice ensemble of "Red Hat" outfit & accessories, pin/hat, size 20, \$50 firm; **Keurig coffee maker & pods,** \$50 firm, used a few times; **nice dress jackets** (camel hair & stuff) different prices, \$50 or less. 302-834-4786

SERVICES OFFERED

Caregiver willing to take care of your loved ones in their comfort zone. 25+ yrs. exp. in hospitals and homes. Excellent references. Call Sarah, Cell 267-325-1083 (local)

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

Personal Assistant Service - Trustworthy, reliable, 40+ yrs. of experience . Serving Smyrna, Dover & surrounding area.

Services:

- Organize & set up files
 - Create community portal accounts
 - Set up bills to auto pay
 - Assist with printing out boarding passes, travel documents
 - Type letters & correspondence
 - Order from (Amazon) online - shipped to you
 - Create online accounts (eBay, Amazon)
 - Create email accounts
- References available upon request - 302-229-2432.

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 ACN Independent 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

Visit us today at
AboveAndBeyondMarketplace.com

NEEDED

Household organizer to help clear, clean and put several rooms in order. Some work as team with homeowner. References, experience helpful. Text Patricia, 302-670-0048. Leave name, number, brief message, please.

Musicians - guitar, keybaord, drums for jam, gospel, R/B, 862-452-6210, leave message.

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

FOR RENT

Garage Apt. \$1000/mo includes everything. Lg. BR, full bath, comb, Kitchen/living area. You pay electric, Smyrna, 302-670-9097

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

The Modern Maturity Center

A New Years Eve Celebration



Wednesday, December 31, 2025

Doors open 6:45 Dinner at 7 p.m.

Dancing 8 p.m. - midnight

Music by
Kenny G & the New York Funk Band

Tickets: \$55 per person
includes dinner, dancing,
party favors &
champagne toast at midnight

Tickets on sale at
MMC Member Services
Nov. 17, 2025