

MMC Bulletin

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

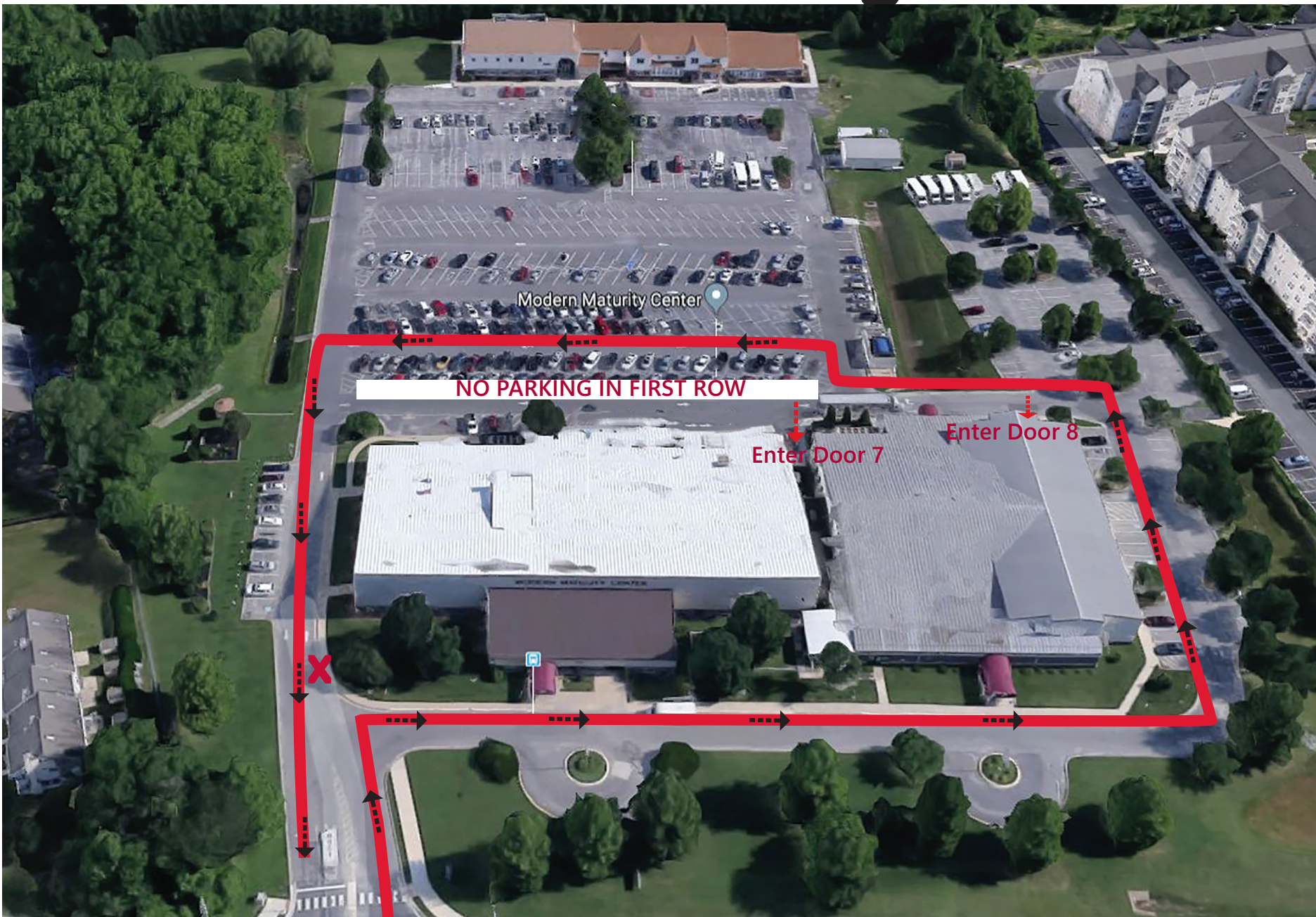
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April 2025

Construction is coming to MMC!



When construction starts late this month at MMC, there will be a new traffic pattern and designated entrances to access the Center and parking lot.

Estate Planning Questions?

"If you have questions about setting up a trust, updating your will or any other estate planning issue, I can help answer your questions and let you choose the options that are right for you."
Barros, McNamara, Malkiewicz & Taylor, P.A. | Dover - Seaford - Lewes

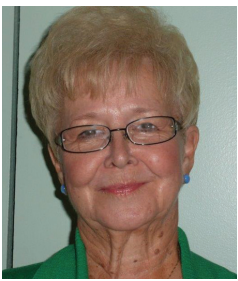


Call Attorney
David J. Bever

to schedule a consultation

734-8400

From the Director



Carolyn Fredricks

April showers bring May flowers and April will also bring many changes here at MMC.

Finally, the construction of the Michael Marion Welcome Center will begin. With that construction there will be many changes.

First - A NEW TRAFFIC PATTERN! There will be barricades and signage, but during the construction, ALL traffic will enter the facility from Forrest Ave. and turn RIGHT, proceeding along the front of the Center around the back. No parking in the first row behind the Center, Barricades and signage will direct all traffic to the second row of parking spaces.

Second - NEW ENTRY - All members and guests must enter the Center through Door # 7 (Fitness Center entrance) or through the East wing ballroom entrance. The front door will still be used for Front Porch clients, bus drop-offs and Grab and Go.

Third - MEALS ON WHEELS LOADING - There will be a new process for the loading of the Meals on Wheels in the cars. We will need staff and volunteers to help with this process.

Fourth - HOLIDAY SHOW - Because of the construction, we will handle the Summer Holiday Show like we do the concerts. Guests will eat in the East Wing Ballrooms at assigned tables, then go to assigned auditorium seats in the Longwood

Room for the show. Tickets go on sale May 12, but will be sold by seat number!

So if you are used to buying tables for this event, you will now purchase a row of tickets. There are 20 seats per row in the middle section of the Longwood Room. We will have 500 seats available each night and the show will only be TWO nights - Wednesday, June 25 and Thursday, June 26.

Definitely a different process for the Summer Holiday Show, but I can promise you a very fun night at our All American Beach Party!

Besides the construction, there are also other changes happening. We will be relocating the computer lab to make room for an Emergency Food Pantry. A recent partnership with the Food Bank of Delaware is making this possible. We anticipate the pantry will be open sometime in May. Not really sure about the days and hours of operation yet, but I will keep you posted.

Brenda Shields will be the staff person responsible for the Food Pantry. If you would like to volunteer to help in the Pantry, please contact Brenda at brenda.shields@modern-maturity.org.

It is always sad to say good-bye to staff, but we seriously understand moving on to a better position. This month we bid farewell to Dawn Bunyon. Dawn worked as the director of the Center's training & work program (SCSEP). We will certainly miss her perky smile and positive attitude, but we wish her well.

I was sitting in on the Safety Committee meeting this morning,

when a medical emergency occurred. It was amazing to see them all jump up and take immediate action. The MMC Emergency Response Team is well prepared to handle any situation. Job well done to the team!

Please bear with us as we experience some growing pains during construction. Once Phase 1 is complete, Phase 2 - the

Additional procedural changes happening during construction

The Modern Maturity Center will begin a long-planned, major construction project beginning in late April 2025. The project will be completed in three phases and will impact three areas of operation. The project includes a redesign and renovation to the rear of the building, an expansion of the fitness center and a major electrical upgrade. The total estimated completion time is less than one year.

TRAFFIC FLOW

Please see the front page for the new traffic flow pattern. There will be barriers and signs placed on the west side of the building and in the rear parking lot to designate the new traffic patterns. There will be NO PARKING in the first row of the parking lot. Construction fences will be placed around the work area. For everyone's safety, please do not attempt to drive or walk through the construction area.

BUILDING ENTRY

All members and guests must enter the facility through Door #7 (fitness center entrance) or Door # 8 (East Wing entrance). The front doors of the facility, those facing Forrest Ave., will continue to be used for the Front Porch program, DART rides

fitness center expansion and after that Phase 3 - installation of kitchen equipment. You can find more detailed information about procedural changes on the front page. It is important that we all follow the new procedures. If you have any questions or suggestions, please call me, 302-734-1200 x113 or e-mail director@modern-maturity.org

and Grab and Go meal participants.

MEALS ON WHEELS DISTRIBUTION

Meals on Wheels pick-up and preparation will continue to be in the Longwood Room. However, volunteers will not be able to enter or exit through the rear of the building during construction. To resolve this issue, volunteers are asked to park in the rear of the building and enter through Door #7. When the volunteer is ready to head out on their routes, we ask that they exit through Door #7 and drive their vehicle to the front of the building. MMC will have staff members available to meet the volunteers at their vehicle, with their meal bags. The staff can also assist with loading and returning carts.

HOLIDAY SHOW

In addition to the logistical change of the holiday show to dining in the East Wing and auditorium seating in the Longwood Room, guests will enter through Door #8 for the evening and ushers will be available to direct them to their seats for the show. During the week of the show, June 23-27, mid-day lunch meals will be served in the East Wing ballrooms.





The top scams to watch out for 2025

Older Americans lose billions of dollars each year to fraudsters. These scams can devastate the victims and leave them vulnerable with little means to recoup their losses. Here's how to recognize some of these scams and avoid becoming a victim.

Telemarketing

One of the most common schemes involves scammers using fake telemarketing calls to prey on older individuals. These scams are tricky to trace because they involve no face-to-face interaction and leave no paper trail. Once a successful deal has been made, the buyer's name is shared with similar schemers who seek proven easy targets. They sometimes defraud the same person repeatedly. One of the most common

examples of telemarketing fraud is when money is solicited by a fake charity. Scammers will try to exploit their victim's emotions to help people. DO NOT donate to someone calling you.

Email & Text As Preferred Contact Methods

Email and text messages are fast becoming the preferred methods of first contact for fraudsters. For instance, scammers may impersonate a company and send an email regarding a fake security alert, renewal, invoice, discount, or tracking error. There are even multi-party scams, where the initial scammer directs you to an accomplice who pretends to be a government agent or bank employee. Always check the sender's email address. Avoid clicking on links, and do not send out any personal or sensitive financial information until you can verify the sender's identity. Similarly it's vital to remain cautious if you receive a text message that seems legitimate but is likely meant for someone else. For example, the message might read, "I'm running

late; I'll be there as quickly as I can. Wanting to help a well-meaning stranger, you might reply to the sender to let them know they have the wrong number. These wrong number texts often mark the beginning of a romance or employment scam. While a scammer may be involved from the outset, scammers can also employ AI messaging bots to target thousands of individuals simultaneously.

Sweepstakes & Lottery Scams

In this scenario, scammers tell their victims they have won a letter or sweepstakes. To claim the prize money, scammers inform their victims that they must provide their bank account information (and sometimes additional sensitive personal information, like a Social Security number). The scam can be even more challenging to recognize because frequently the target receives a check they can deposit into their bank account. The trick is that the money appears in their account immediately. However, it can take several days before the (fake) check is ultimately rejected. During that time,

while the victim has the "prize money" removed from their account as soon as the check bounces, the criminals will quickly collect money for supposed fees or taxes on the prize, which they pocket.

Counterfeit Prescription Drugs

People are increasingly using the internet to find better prices on specialized medications. The danger goes beyond giving your credit card information to a bogus source that never delivers your medications. Even worse, victims may purchase unsafe substances that can inflict even more harm. This scam can pose a significant danger to the body and wallet. The most effective way to not fall victim to this scam is to only buy medicines from licensed pharmacies and ask for a receipt. Do not buy medicines from open markets. Ask the pharmacist whether the drug has the same ingredients as your current medicine.

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Look whats fun and free at MMC

MMC Activities are only available for members with memberships current as of September 1, 2024.

**** IMPORTANT PROGRAM INFORMATION ****

The Modern Maturity Center has to provide 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 scan their membership card when they enter the facility to show which program or programs they are attending for that day. If there is a sign-in sheet for that program or activity, **please sign it!** This will have an impact on the amount of funding we receive from the Grant-in-Aid, which is why it is extremely important that our numbers are exact when we submit them.

Please take the time to scan in and sign in so we can keep these programs, your programs, available to everyone!

Everyone who participates in any activities or programs must be a member of MMC. All memberships must to be up to date!

Extreme Beginners Line Dance Step Class

DAY: Fridays
TIME: 1 to 2 p.m. "Untangle Your Feet" for those needing help with class steps.

2 to 3 p.m. First Timer - those who need to learn grapevines, jazz boxes, etc.

ROOM: Palmer Room
INSTRUCTOR: Jacci Kenny

Are you struggling in your various line dance classes and not able to understand the dance sequence? Join us 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 will get 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! She will get your heart pumpin' and the joint jumpin'! 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 for members!

Advanced Line Dancing

DAY: Tuesday & Thursday
TIME: 10 to 11:30 a.m.
ROOM: Palmer Room
INSTRUCTOR: Diane Mosie

Join the "Steppin' Seniors" line dance group as they practice and perform for various charity events throughout Kent County. This level of dance uses steps, patterns and dance styles to fit any type of music. Free for 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 for members!

Broadway 1

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

Broadway 1 is back and better than ever. This class combines dance moves with expressive stage movement to help interpret music. Students also learn to use facial expressions and body language to help tell a story. Come on out and be prepared to have fun and be silly! Free for members!

Broadway 2

DAY: Tuesdays
TIME: 2:15 to 3:45 p.m.
ROOM: Palmer Room
INSTRUCTOR: Nancy Coleman

This class combines dance and stage movements to create fun and entertaining numbers for upcoming

shows at the MMC. They are working on steps for the numbers that will be in the June show! Free for 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 become a line dancing duo. This class requires knowledge of basic line dance steps. At times, you and your partner will be dancing the same steps, at other times dancing different steps. Free for 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 while laughing and having lots of fun. You may even catch yourself smiling uncontrollably. Free for 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 for 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 for 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!

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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
 Dance with the Soulsations to the soul and R&B music you have always loved. Free for members!

Tappin' to the Beat

DAY: Tuesday
 TIME: 11:15 a.m. to noon.
 ROOM: Activity Room #8
 INSTRUCTOR: Ida Kirkendoll

MMC Bulletin

Published Monthly by
The Modern Maturity Center, Inc.
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 www.modern-maturity.org

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
 Rian Davis..... Composition
 Shannon Davis Composition

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This class will have you drumming to some great music! Get your heart rate up and burn calories, plus have lots of fun. All you need to bring to class is a large beach ball and a round clothesbasket or you can purchase a Cardio Drumming Kit from Amazon or Walmart. Ida supplies the drumsticks. Free for members!

MMC Tappers

DAY: Thursdays
 TIME: 2 to 4 p.m.
 ROOM: Palmer Room
 INSTRUCTOR: Darlene Meyer

Darlene teaches tap - Broadway style! Learn choreography to tap techniques while exercising your body & brain. Darlene graduated from Juilliard School of Music and Dance and studied at the June Taylor School of Dance where she eventually became a Radio City Music Hall Rockette. Come out and learn from one of the best. Not for the weak at heart. Free for members!

Conversations with Carolyn

DAY: Thursday, April 17
 TIME: 9 to 10 a.m.
 ROOM: Activity Room #3

Join Carolyn Fredricks, President and CEO of MMC for a relaxed conversation about our center. This is a great opportunity to get connected with everything about the center. Come prepared with any questions, comments, concerns, or ideas you may have. Everyone is welcome! Sign up with the Program Director to reserve your spot. Light refreshments are provided. Meetings are NOT held if there are less than 10 participants, so make sure you get your name on the list. Free for members!

Needlework Group

DAY: Fridays
 TIME: 10 a.m. to 3 p.m.
 ROOM: Activity Room #3
 INSTRUCTOR: Nanka Pearce

Needlework is a crafting technique where you create decorative or functional pieces from materials like yarn, thread and fabric. It includes various forms of work such as embroidery, knitting, crocheting, cross-stitching, crewel and so much more. Come by and join Nanka, a

previous Delaware State Fair purple-ribbon winner as she shares ideas while you learn with the other group members. You may want to bring a project that you are already working on. Free for members!

Forrest Ave. Quilters

DAY: Wednesday
 TIME: 9 a.m. to noon
 ROOM: Activity Room #1
 INSTRUCTOR: Carolyn Porter

The Forrest Ave Quilters work on charitable projects each year and submit a group quilt to the Delaware State Fair each year. This is an independent class. Free for members!

Twisted Stitchers

DAY: Wednesday
 TIME: noon to 3 p.m.
 ROOM: Activity Room #8
 INSTRUCTOR: Edie Hobbs

Looking for a fun, friendly and social group to hang around with? Help local charitable organizations within the community while having fun learning and creating beautiful items. All levels of experience are welcome. 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 all 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 for members!

Conversational Italian

DAY: Wednesdays
 TIME: 11 a.m. to noon
 ROOM: Activity Room #8
 INSTRUCTOR: Giuliano "G" Gregoretti

Learn the basics of Italian and get to know other Italian enthusiasts at MMC. Conversational Italian is the ability to engage in a fluid and natural conversation. It goes beyond just knowing the basic vocabulary and grammar, and focuses on participating and keeping the conversation going. Registration is not necessary. Last class is May 14. Free for members!

MMC Gospel Singing Workshop

DAY: Tuesdays
 TIME: 10 to 11 a.m.
 ROOM: AR #1
 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 You must be a member of MMC to participate.

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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 :

Ark Encounter & Creation Museum

4 days/3 nights, April 22-25, 2025 starting at \$799 per person double occupancy.

Travel Protection is available and strongly encouraged. Host: TBA Price includes motorcoach transportation; 3 nights hotel accommodations, 3 breakfasts & 2 dinners (including one at Fuzita's Kitchen at the Ark Encounter), admission to Ark Encounter and Creation Museum, admission to the Kentucky Horse Park & International Museum of the Horse. PML Tours.

Bermuda Cruise on RC Liberty of the Seas

6 days/5 nights, May 15-20, 2025 starting at \$1,299 per person, inside cabin, double occupancy.

Travel Protection is available and strongly encouraged. Host: TBA. Includes: cruise, cabin, shipboard

meals, port charges, taxes, Motorcoach transportation to an from Cape Liberty Cruise Pier, NJ.

Springtime in Charleston

5 days/4 nights, June 1-5, 2025 starting at \$999 per person, double occupancy.

Travel Protection is available and strongly encouraged. Host: TBA. Includes Motorcoach transportation, 4 nights hotel accommodations, 4 breakfasts at your hotel, Dinner in Charleston, lowcountry meal at Fripp Point Plantation. Also included: guided tour of Charleston, admission and nature train tour of Magnolia Plantation & Gardens; visit to International African American Museum; explore SC low country and St. Helena Island; guided Gullah tour; visit to historic City Market.

West Virginia Train Adventure

4 days/3 nights, Aug. 13-16, 2025 starting at \$979 per person, double occupancy.

Travel Protection is available and strongly encouraged. Host: TBA. Includes Motorcoach transportation, 3 nights hotel accommodations, 3 breakfasts at your hotel; 2 lunches on the train; 2 dinner shows - Premier and Tribute of Musical Legends; scenic railway journey onboard the New Greenbrier Express; scenic railway journey of New Tygart Flyer.

Canada & New England Cruise on RC Liberty of the Seas

10 days/9 nights, Sept. 4-13, 2025 starting at \$1,399 per person, inside cabin, double occupancy.

Travel Protection is available and strongly encouraged. Host: TBA. Includes motorcoach transportation, 10 day/9 night cruise, cabin, shipboard

meals, port charges, taxes, Port calls in Boston, MA; Portland ME; Sydney, Nova Scotia; Saint John, New Brunswick; Sails from Cape Liberty, NJ. PML Tours

Niagara Falls

4 days/3 nights, Sept. 22-25, 2025 starting at \$939 per person, double occupancy.

Travel Protection is available and strongly encouraged. Host: TBA. Includes Motorcoach transportation, 3 nights hotel accommodations, 3 breakfasts at your hotel, 3 dinners including one at Skyton Tower, guided tour of Niagara Falls, IMAX presentation "Niagara: Miracles, Myths & Magic", Hornblower Noagara Cruise, visit Niagara-on-the-Lake, wine tasting at local winery, explore Clifton Hill, evening view of illuminated Falls, visit Fallsview or Seneca Casino (on your own after touring), visit to Corning Glass Museum Gift Shop. PML Tours

Balloon Fiesta - Albuquerque, NM

8 days/7 nights, Oct. 3-10, 2025 starting at \$3455 per person, double occupancy.

Travel Protection is available and strongly encouraged. Host: TBA. Includes roundtrip airfare, 7 nights hotel accommodations, 7 breakfasts, 2 dinners including one dinner & entertainment at Black Bart's Steakhouse Saloon and Musical Review, guide service every day, exclusive VIP experience for ascension of balloons, admission to the Balloon Fiesta, admission to the International Balloon Museum, train ride to the Grand Canyon, Native American jewelry shopping, tour White Sands National Park, visit Red Rocks, explore Las Cruces, NM.

Sunny Portugal

10 days, 13 meals, Oct. 26 - Nov. 4, 2025 starting at \$4443 per person, double occupancy.

(Book before April 27, 2025 and save \$350) Travel Protection is available and strongly encouraged. Host: TBA. Includes round trip airfare, hotel accommodations, airport transfers. Highlights: Lisbon, Evora, Lagos, Portimao, Monchique, Setubal, Cascais,

Obidoes, Sintra. *NOTE- this trip involves walking on hills and cobbled streets.*

Nashville, TN

4 days/3 nights, Nov. 10-13, 2025 starting at \$1699 per person, double occupancy.

Travel Protection is available and strongly encouraged. Host: TBA. Includes round trip airfare, 3 nights hotel accommodations, 3 breakfasts at your hotel, 3 evening receptions at your hotel. Also: 1 dinner show at the Nashville Nightlife Theater, an evening at the Grand Ole Opry, a luncheon cruise on the General Jackson Showboat, guided tour of Nashville, Grand ole Opry backstage tour, visit to Opryland Resort, explore downtown Nashville & honky-tonks., plus standard taxes, meal and driver gratuities and hotel baggage handling, motorcoach transportation in Nashville.

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: TBA. Includes motorcoach transportation, 1 night hotel accommodation, 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: TBA. 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.**

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, motorcoach 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*

DAY TRIPS



Inner Harbor Spirit Cruise

Baltimore, MD

Wednesday, April 30, 2025

\$130 per person, transportation, driver's tip, cruise, lunch, meal gratuity, entertainment and dancing. Join us for an unforgettable afternoon on the Inner Harbor with a Signature Baltimore Lunch Cruise. Enjoy a chef-prepared buffet and sweeping views of Baltimore's iconic landmarks, such as the National Aquarium and Fort McHenry. This fun and relaxed dining experience is complete with live DJ entertainment, a fully stocked cash bar, dancing, and games on the open-air decks and cozy indoor spaces. Depart MMC 9 a.m.; return approx. 5:30 p.m.

Peddler's Village Strawberry Festival

Lahaska, PA

Saturday, May 3, 2025



\$55 per person, transportation, driver's tip only. Celebrate berry sweet traditions at Strawberry Festival on Saturday, May 3 The Festival includes strawberry-themed food, beverages, live music, food trucks, kids' activities, and shop specials. Peddler's Village shops will be open until 8 p.m. on Saturday. Admission is free. During the month of May, savor strawberry-themed food and drink specials served every day in their restaurants and eateries. Depart MMC 8 a.m.; return approx. 5:30 p.m.



Sight & Sound - "Noah"

Lancaster, PA

Wednesday, July 16, 2025

\$165 per person, transportation, driver's tip, show and lunch at Hershey Farm Restaurant. With a catastrophic storm on its way, Noah is given a monumental task: build a boat big enough to save his family from a flood that will cover the entire earth. Returning for one season only, this landmark production takes you on board one of the world's best known voyages as live animals fill the stage and aisles. Set sail inside the enormous ark as this extraordinary story comes to life in this special 30th anniversary season! Depart MMC 7:30 a.m.; return approx. 5:30 p.m.

NEW! 2nd Show added

Sight & Sound - "Noah"

Lancaster, PA

Wednesday, September 24, 2025

\$165 per person, transportation, driver's tip, show and lunch at Hershey Farm Restaurant. With a catastrophic storm on

its way, Noah is given a monumental task: build a boat big enough to save his family from a flood that will cover the entire earth. Returning for one season only, this landmark production takes you on board one of the world's best known voyages as live animals fill the stage and aisles. Set sail inside the enormous ark as this extraordinary story comes to life in this special 30th anniversary season! Depart MMC 7:30 a.m.; return approx. 5:30 p.m.



River Lady Lunch Cruise

Tom's River, NJ

Wednesday, Aug. 13, 2025

\$120 per person, transportation, driver's tip, and luncheon cruise. Come sail with us for a relaxing, elegant lunch, as we cruise on the magnificent Toms River and Barnegat Bay for 3 hours. The captain will present a fascinating narration of the interesting history of this lovely area, as we pass elegant waterfront homes, beautiful properties, docks, yacht clubs and often even sailboat races. Enjoy a delicious meal, which features your choice of 6 entrees, complete from salad to dessert. Depart MMC 7:30 a.m.; return approx. 5 p.m.



"Escape to Margaritaville

Candlelight Dinner Theater

Sunday, Aug. 24, 2025

\$120 per person, transportation, driver's tip, lunch and show. Set your mind to island time and ESCAPE to MARGARITAVILLE! Featuring your favorite Jimmy Buffet classics with book by Greg Garcia and Mike O'Malley, Margaritaville tells the story of Tully, a smooth-talking singer/bartender whose

laidback, no-strings-attached lifestyle is turned upside down when he falls for Rachel, an environmental scientist visiting the island. This hilarious, heartwarming musical is the party you've been waiting for! Depart MMC 11:30 a.m.; return approx. 6 p.m.

Suicide Bridge Luncheon

Cruise

Hurlock, MD

Wednesday, Sept. 10, 2025

\$95 per person, transportation, driver's tip, and luncheon cruise. Come sail with us for a two-hour cruise on the Choptank River aboard a reproduction of an authentic 80 foot turn-of-the-century paddle wheeler. Lunch consists of fried chicken & crab cake platter, with a vegetable, potato and dessert. Depart MMC 10:30 a.m., lunch cruise 12:30 - 2:30 p.m. Return to MMC approx. 4:30 p.m.

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 dashing dancers and merry musicians ready to "Deck the Halls!" Bubby Bubby bellhops and glittery 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.

Coming in 2026 -

Journey to the Heart of Ireland

- April 18-25, 2026, \$4,399 double occupancy

13 Day/12 Night Canada/New England Cruise

- Sept. 28-Oct. 8, 2026 (Departs from Phila. Pier), \$2,499 per person double occupancy inside cabin. with fall foliage bus tour from Quebec debarkation to home on return trip.

Mackinac Island

June 7-13, 2026, \$1699 per person double occupancy
8 Day/7 night Alaska Cruise, May 14-22, 2026, \$2,899 per person double occupancy inside cabin

Legislative News

by George
"Jody"
Sweeney
Kent County
Levy Court
Commissioner,
5th District



It is time to make a statement about a recent accusation about my very part-time employment with Polytech High School and any conflict of interest. During a recent Kent County Levy Court vote on the sale of the Monster Racing Building to the Polytech Adult Education School of Aviation Maintenance, I abstained from that vote to avoid any further conflict among the elected officials and staff of Levy Court and the Polytech School District.

To be clear, I do not, and none of my family members, are in any way associated with, nor do they benefit from any funding,

grants, or actions of the Polytech Adult Education Programs. I have two sons who are Polytech High School teachers and they do not see a single penny from the Adult Education Program. I have substituted for Polytech High School for the past two years and have NEVER substituted in the Adult Education Program. I do not benefit in any way by voting on issues concerning the Polytech Adult Education.

When I was confronted about a potential conflict of interest, I immediately reached out to the County Attorney, Craig Eliassen, Esq. a long-time attorney with Schmittinger and Rodriguez. Mr. Eliassen responded via email, saying, and I quote:

"An interest that impairs 'independent judgment...would result in a financial benefit... to accrue to the person or a close relative (sons in this case)

to a greater extent than such benefit...would accrue to others who are members of the same class or group of persons.'

This is the same standard that applies to the legislature and is also in the KC code which does not control here for reasons I can explain.

I fail to see how extending the lease, for example, benefits the Sweeney teachers more than any other Poly teachers, staffer, etc.

I always wait to see precisely what is before us. But I strongly suspect that I will clear Jody to vote on the Poly issue." End quote.

At that time and based on the response from the County Attorney, I participated in the only vote that has come before Levy Court, on Tuesday, May 21, 2024, to extend the lease of the building for up to three years, and to encourage them to seek funding to purchase the building. The day after this vote, the Public Integrity Commission, issued a statement concerning

my participation in any future votes associated with Polytech. And although the informal response, signed by ex-Senator Gary Simpson, a member of the Public Integrity Board was full of incorrect information, a subsequent email from the Commission Council for the Public Integrity Commission attorney, Deborah J. Moreau, Esq, stated very clearly, and I quote:

"It was not a hearing and it is not a formal finding of wrongdoing. It is advice for you to follow in the future." End Quote

With that, I agreed with the lack of conflict finding of the County Attorney, whom Levy Court has put great faith in for many other legal issues we have faced since he was appointed January 14, 2020. But, in order to avoid further conflict among Levy Court, the fantastic staff of Kent County, and the Public, I abstained from voting on the Polytech issue.



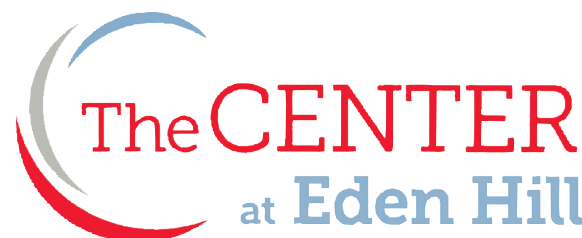
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Nutrition Corner

Food Safety for the Summer

by Nimi Bhagawan MS, RDN

Summer is around the corner. It's that time of the year to ditch your sweaters and jackets and head out in nature. You might love walking, biking, running, swimming in nature, or having a picnic in vibrant green grass.

What goes along with an adventure outside? FOOD! With increasing activity, we need to fuel our bodies and stay hydrated. 1 in 6 Americans (48 million people!!) get sick each year from foodborne diseases, and a staggering 3,000 Americans die each year from them.

How is foodborne illness spread?

Bacteria and viruses can be found everywhere in our environment. However, foodborne illness often occurs when improper measures are not taken to ensure food safety. Some bacteria are found naturally in some meat and the environment, but most foodborne illness is caused by contamination of food with animal waste, a sick worker, improper cleaning, and drinking unsafe water.

Who is at a higher risk for foodborne illness?

Anyone can get sick from foodborne pathogens. However, people at a higher risk include those with already weak immune systems like individuals with HIV, diabetes, cancer, and liver or kidney disease. Additionally, adults 65+, kids younger than 5 years old, and women who are pregnant are all at increased risk for foodborne illness. If an individual is at a higher risk, it is best to avoid certain foods and beverages. These include undercooked or raw meat/seafood/eggs, sprouts, unpasteurized milk and juice, and soft cheese (queso fresco, brie, feta, etc.).

How do you know you have a foodborne illness?

Common symptoms include diarrhea, nausea, vomiting, an upset stomach, cramps, fever, joint and back aches, and fatigue. Symptoms typically occur hours to 1 week after eating contaminated food, and last for 1 to 7 days.

Preventing foodborne illness during

your summer activities

Avoid the temperature danger zone. The temperature danger zone, between 40°F-140°F, means the best conditions for harmful foodborne pathogens to thrive and multiply. The longer your food is in this danger zone, the higher the risk you will get sick from eating it. Here are some ideas for taking your food with you to your summer activities. Cold food includes potato salad, sandwiches, watermelon, and it is best to keep it at 40°F or below. You can do this by using a cooler with plenty of ice packs or ice in a pan. Hot food includes BBQ chicken, grilled corn, pizza, and it is best to keep it at 140°F or above. You can do this by using a hot plate or putting it in the oven before you leave then keeping it in an insulated thermal bag.

Other food safety tips

Don't eat the food that you left out overnight. Sometimes you can't just use your five senses to tell if a food is spoiled and will make you sick, you must use your brain! Did you know? Open aluminum cans have no place in a fridge. Once you open an aluminum can, you should discard the can and put any food leftovers in a food safe container before placing it in the fridge.

Washing hands 101

Hand washing during your outdoor summer activities isn't always an option. However, if you bring some extra clean water and a little bit of soap, you can easily wash your hands as someone slowly pours water into your hands. When the soap is on your hands, scrub well for 20 seconds then rinse with water. If this is too much work or not an option, the 2nd best choice is an alcohol-based hand sanitizer or a wet wipe. When using hand sanitizer, rub it into all areas of your hands for 20 seconds. No need to rinse with water after, just let the sanitizer dry and enjoy your food in the fresh open air. Speak to your Registered Dietitian/Nutritionist if you have any questions!!!!

Have a safe summer!!!!

Sources: foodsafety.gov, usda.gov, Minnesota.dept.of.health

Spring Painting

with Joyce



"Springtime Bird on a Basket"

- Supplies Included
- 16 x 20 Acrylic Painting
- Step by step Instructions
- Limited seating

Sign up at Member Services.
Payment due at that time.

| | | |
|--|------------------------------|-----------------------------------|
| DATE & TIME 19 MAY 2025 FROM 9 AM - 12 PM | LOCATION ACTIVITY ROOM #1 | COST \$40 PER PERSON |
|--|------------------------------|-----------------------------------|

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Caregiver Resource Center

Hello All Caregivers! April is National Move More month featuring National Walking Day. The Caregiver Resource Center will be at the 3rd annual Parkinson's Community Walk Saturday April 26. The walk registration begins at 8am at Smyrna Big Oak Country Park with the walk starting at 9am. Walking and any movement has showed great benefit to those affected with Parkinson's as well as many other disorders. The old saying, "If you don't use it, you lose it" is true! Walking can reduce blood pressure and stress as well as reduce your risk of heart disease. Please see the upcoming list of support group dates and times offered at MMC's Caregiver Resource Center.

- **Apr. 3-** Parkinson's Support Group, 5 p.m., CRC program room
- **Apr. 7-** Alzheimer's Day Support Group, noon, CRC program room
- **Apr. 8-** Second Time Around Grandparents Support Group, 9 a.m., CRC office
- **Apr. 15-** Alzheimer's Night Support

- Group, 6 p.m., CRC program room
- **May 1-** Parkinson's Support Group, 5 p.m., CRC program room
- **May 5-** Alzheimer's Day Support Group, noon, CRC program room
- **May 13-** Second Time Around Grandparents Support Group, 9 a.m., CRC office
- **May 20-** 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.



Winners

Right: Mary Brinsfield was the birthday winner March 13 at MMC. Birthday Winners receive a \$25 VISA gift card from Del-One Federal Credit Union. Each month one winner is drawn from all registered birthday celebrants. In order to be eligible for the drawing and your free birthday lunch, you must have a current MMC membership card and proof of birth date. The next birthday celebration is Thursday, April 10.

Left: Dinner dance cash winners Sandra Holland and Leon Hamilton happily received their cash winnings from Site Manager Jessica Kerr and Amie Knighting at the March 11 dinner dance. DJ Jen Cox provided the dance music to the 196 attendees, most of whom came with St Patrick's motifs. The April 15 dinner dance will have The Jones Boys to provide the dance entertainment: *Courtesy photo by Michael Littell.*



Senior Community Service

Employment Program

At the Modern Maturity Center, we are dedicated to assisting older adults in securing employment, acquiring new skills, and improving their financial stability through the Kent County Senior Community Service Employment Program (SCSEP). This initiative provides on-the-job training and employment opportunities for individuals aged 55 and older who are currently unemployed, helping them refresh and enhance their job skills.

The SCSEP program not only equips older adults with the necessary skills to re-enter the workforce, but it also supports not-for-profit organizations and government agencies by offering additional workforce support for twenty hours a week. The wages and workers' compensation insurance for these positions are funded by a grant from the U.S. Department of Labor. Participants typically receive training in roles such as clerical work, kitchen assistance, janitorial duties, and customer service, earning a stipend at minimum wage.

Host organizations are essential to SCSEP, providing participants with valuable work experience and training. Participants are placed in temporary assignments at various organizations, including non-profits, schools, and government agencies. Supervisors at these host organizations mentor and guide participants, ensuring they receive the necessary support to succeed. This mentorship is crucial for building confidence and competence.

Providence Creek Academy Charter School (PCA) in Clayton is one of the host sites for Kent County's SCSEP program. Founded in 2002, this K-8 school aims to provide a safe, nurturing, and diverse environment where students can learn beyond the traditional classroom. PCA actively welcomes SCSEP trainees to its 43.8-acre campus. Before trainees can begin their assignments in various locations such as the cafeteria, school office, or nurse's office, they must pass Delaware State approval procedures, including a criminal background check, a cleared TB test, and child protection registry clearance.

SCSEP participant Connie Kemp is assigned to the nurse's office at PCA,

where she assists the healthcare staff with filing, phone calls, health assessments, and other essential tasks to support the students' health and well-being. Ms. Kemp, a former Certified Nursing Assistant (CNA), joined SCSEP in August 2023 after the physical demands of her previous job impacted her health. When asked about her reasons for joining SCSEP and her favorite aspects of her role at PCA, Ms. Kemp shared, "I am not ready to retire, both emotionally or financially. Participating in SCSEP as a clerical trainee in PCA's nurse's office allows me to use my extensive healthcare experience while updating my medical receptionist skills. I feel very fortunate to work with School Nurse Nicole Vanderven, she is a very good nurse, and the students really like her. Plus, being around the students is so much fun!"

Providence Creek Academy's HR Director Rachael Straightiff explains, "PCA has been fortunate to partner with SCSEP program over the past five or so years. Throughout this time, we have had the opportunity to work with both the wonderful team at Modern Maturity and various trainees who each bring their unique skills to the school. It is important for our students to have the opportunity to work with and interact with people from all backgrounds which is why we love this partnership. The trainees bring a level of wisdom that goes beyond the traditional skill set. Additionally, it has been an invaluable asset for our school due to the limited funding we receive. This program supports our staff, students, and the overall community. We are truly grateful to be able to work with such an amazing organization and program!"

We extend our heartfelt thanks to Providence Creek Academy and all our host partners. Your contributions are invaluable to us and the participants we serve, helping to create "Success Stories" for each of our SCSEP participants.

If you would like to learn more about how you can get involved in SCSEP, contact the Kent County SCSEP office at (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."

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 |
| | Open Game Room | 12:00pm - 3:00pm | AR #3 |
| | Scrabble | 12:30pm - 3:00pm | AR #4 |
| | Bid Whist | 3:30pm - 6:00pm | AR #8 |
| TUESDAY | Pinochle | 12:00pm - 6:00pm | AR #4 |
| | Mahjong | 11:30am - 3:00pm | AR #8 |
| | Bid Whist | 3:30pm - 6:00pm | AR #8 |
| WEDNESDAY | Scrabble / Dominoes / Canasta | 12:00pm - 3:00pm | AR #3 |
| | Pinochle | 12:00pm - 6:00pm | AR #4 |
| | Bid Whist | 3:30pm - 6:00pm | AR #8 |
| THURSDAY | Chess | 9:00am - 12:00pm | AR #4 |
| | Bridge | 12:00pm - 3:00pm | AR #3 |
| | Pinochle | 12:00pm - 6:00pm | AR #4 |
| | Mahjong | 12:15pm - 3:15pm | AR #8 |
| | Bid Whist | 3:30pm - 6:00pm | AR #8 |
| FRIDAY | Duplicate Bridge | 10:30am - 3:00pm | AR #8 |
| | Pinochle | 12:00pm - 6:00pm | AR #4 |
| | Bid Whist | 3:30pm - 6:00pm | AR #8 |

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 1 | 1:30pm - 3:30pm |
| TUESDAY | Get Up and Move | 8:00am - 8:45am |
| | Dancing In Your Chair | 9:00am - 9:45am |
| | Advanced Line Dancing | 10:00am - 11:30am |
| | Contemporary Line Dancing | 11:30am - 1:00pm |
| | Chair Yoga \$ (Wellness) | 1:00pm - 2:00pm |
| | Broadway Dance 2 | 2:15pm - 3:45pm |
| | Body Sculpting \$ (Wellness) | 4:00pm - 5:00pm |
| 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 |
| | YOGA \$ (Wellness) | 4:00pm - 5:00pm |
| THURSDAY | Intermediate Line Dancing | 9:00am - 10:00am |
| | Advanced Line Dancing | 10:00am - 11:30am |
| | Contemporary Line Dancing | 11:30am - 12:30pm |
| | Double Dutch Therapy | 12:30pm - 1:45pm |
| | MMC Tappers | 2:00pm - 4:00pm |
| 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 |

You are cordially invited to a
tea party
 May 16, 2025
 12:30pm - 3:00pm
 Tickets:
\$15.00
 Limited Seating
 Guest Speaker
MARGARET OPSATA
 Topic:
 Mad Hatters & White Elephants:
 Surprising Origins of Common Phrases
 Modern Maturity Center
 East Wing Ballroom

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More Fun and Excitement!

MMC Book Club

DAY: Thursday, April 24

TIME: noon to 1 p.m.

ROOM: Activity Room #1

Do you love to read? Are you a bookworm? Would you like to discuss your thoughts, reactions, and opinions of books with other book lovers? If you answered “yes” to any of these then the MMC book club has a place for you! This is a great way to make friends, discover new books, and stay socially active. The book club meets the last Thursday of each month. Free for members! You must be a member of MMC to participate.

Here is a list of the books the club is reading in 2025:

April 24 - “A Thousand Splendid Suns” by Khaled Hosseini

May 29 - “Colored Sugar Water” by Venise Berry

June 26 - “The Heaven and Earth Grocery Store” by James McBride

July 31 - “Someone Else’s Shoes” by

JoJo Moyes

August 28 - “The Women” by Kristin Hannah

September 25 - “Where Wild Peaches Grow” by Cade Bentley

October 30 - “My Father’s List” by Laura Carney (not on Amazon)

November 27 - “Bring on the Blessings” by Beverly Jenkins

December - “Christmas With Book” by Heather Woodhaven

Green Thumb Garden Club -

DAY: Friday

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

ROOM: Activity Room #1

FACILITATOR: Cheryl Fisher

The Green Thumb Garden Club is ready to grow! Have you ever wanted to start a garden but didn’t know how to begin? Do you want to grow your own vegetables on the patio? Well, we’ve got the answers for you. The Green Thumb Garden Club is a 12-week series of classes on gardening for MMC members. The classes run until

Memorial Day. Each class is led by volunteer master gardeners on various topics. The topics include subjects such as “Small Space Gardening and Raised Beds,” to “Native Plants for Birds and Bees.” The two goals are: 1) provide the knowledge a new gardener needs to get started, and 2) provide interesting topics to keep students coming back in subsequent years. No gardening experience is required. Cost is \$10 for MMC Members. ****Please note that this class is full.**

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.

Computer and Cell Phone Tutors

Our computer / cell phone tutor is available to teach basic internet / phone usage. Tutors are available by appointment only. Please contact Member Services, ext. 167, to reserve an appointment. Tutoring sessions are \$5 an hour for members. Advance payment is required.

Open Computer Lab

Please note that the computer lab is moving to a new location and is unavailable for the month of April. We are sorry for this inconvenience.

Kentucky Derby “Opening Day Hat Decorating Contest”

The Kentucky Derby is just around the corner and the Modern Maturity Center will be having an “Opening Day Hat Decorating Contest”. You will have the opportunity to show off your best original handmade hat. So put on your thinking cap – no pun intended – and let’s get creative! So, make sure you bring in your hat Friday, May 2. Judging takes place at 12:30 p.m.



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BUYING

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Krafty Korner by Karen

Hello fellow crafters. Can it be true? Has spring actually arrived? Can we put away the snow shovels and winter coats? I will admit I'm the first, and probably only one who gets excited about seeing that first snowflake. But watching it snow like it did was amazing.

My husband keeps our snow blower in the shed which is to the back of our yard, and it has always been a standing joke that if he took the snow blower out of the shed and put it in the garage for that "just in case" snowfall, then it would snow. But if he left it in the shed, we wouldn't get anything. This year, I told him to put it in the garage and look at what happened! You're welcome! So now that it's back in the shed, we can look forward to springtime!

Nothing says "fresh start" like the first day spring. It's that time of the year when the world bursts with color and new possibilities. It's as if the Earth is coming back to life after a long and dreary winter sleep. And just like nature gets a refresh, so can we!

Spring is a beautiful time to reflect on those winter months and decide what seeds you may want to plant not only in your garden but in your life. As the seasons shift and nature begins to stir with new life, spring invites us to embrace renewal and growth.

It's a time of budding possibilities and the perfect moment to reconnect with ourselves, whether you may be looking for clarity, creativity, or simply a moment of reflection that offers a little nudge for us to explore our thoughts, dreams and aspirations.

Spending time with nature can calm your mind. Take some time to go outside and soak up all nature has. Take a long walk, go for a hike, or simply sit in a park and soak up all that spring sunshine. Let your mind wander to thoughts of how you plan to change things around you. One of my favorite

spring traditions is to declutter. What a way to start new than by throwing out anything and everything that takes up space. Spring cleaning has always felt like a great metaphor for clearing out the old and making room for the new.

Start simple, maybe a closet or drawer. Now I realize a lot of you who have been following my columns know that I have been wanting to declutter and organize my craft room. I am ashamed to admit that I still have NOT completed this task. But in my defense, I have been decluttering and throwing things out, but then I find things that have been bought for my "just in case" projects, so it's back to where should I put it? And then there's the time spent making something because I found that "just in case" box of items. So, you see it's a lose, lose situation! Although I do have lots of fun crafting.

A good example would be that someone was throwing out a lamp and I thought, "hey I can refurbish that and make it look new again". And that's exactly what I did.

So, for this month's craft project, if you just happen to have a lamp that you were going to throw out or even just want to bring new life to one you already have, then this is for you. It works great for your front porch or deck. So, as you start to bring out your patio furniture and want to add a couple of accents to it, think about this one!

Now go look for that lamp and grab a cup of coffee and let's get crafting!

Outdoor Solar Lamp

MATERIALS NEEDED:

- Lamp
- Spray Paint
- Painters Tape
- Disposable Gloves
- Wire Cutters

INSTRUCTIONS:

- Remove the lampshade. If you want to paint it a different color you can do so at this time.

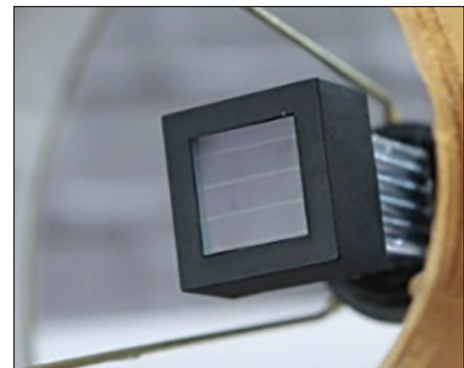
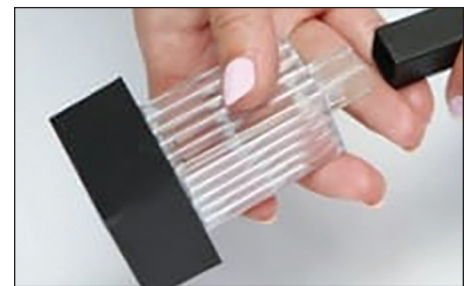


- Wipe off and clean your lamp base using soapy water, let it dry completely.
- Remove any wiring by cutting with your wire cutters.
- If you want to change the



look of your lamp, this would be the time you could spray paint it the color of your choice. Make sure the paint is completely dry before continuing.

- The last step is to use hot glue to attach the solar lamp inside the socket where the light bulb used to be.
- Once the glue has dried, your



solar lamp is ready for display. Make sure you allow it to charge up in the sunlight.

These types of lamps are also great to use inside your house in areas where you do not have a plug outlet. Just make sure you charge the solar light. • You can marble your paper by swirling the polish before laying the paper on top.



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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 us 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.

NOTE: You MUST register with the Fitness Center staff to use your insurance benefit. It is not automatic. Thank you!

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. Classes registration is monthly (4 weeks, unless otherwise noted) and the registration cut-off will be 6 days prior to the first class, when no other registrations will be accepted.

Chair Assist Yoga with Donna

Day: Tuesday
 Time: 1 – 2 p.m.
 Cost: \$25 MMC Member (for 5 classes)
 \$12.50 MMC Staff
 Class runs April 8 - 29
 Room: Palmer
 Instructor: Donna DeSimone
 Chair Assisted Yoga. The class is modified to your abilities, you can sit or stand through the poses for a safe and enlightened journey. Donna is certified 500 RYT. A minimum of 10 paid participants is required.
 Registration for May: April 8 - 30
 Registration for June runs until May 30

Tai Chi with Ran

Day: Wednesday
 Time: 1:30 – 2:30 p.m.
 Cost: \$25 MMC Member (for 5 classes)
 \$12.50 MMC Staff
 Class runs from April 9 - 30
 Room: Palmer
 Instructor: Ran Griem, RN
 Shiatsu Practitioner. A minimum of 10 paid participants is required.

Registration for May: April 8 - 30
 Registration for June runs until May 30

Tai Chi with Donna

Day: Wednesday
 Time: 2:30 – 3:30 p.m.
 Cost: \$25 MMC Member (for 5 classes)
 \$12.50 MMC Staff
 Class runs April 9 - 30
 Room: Palmer
 Instructor: Donna DeSimone
 Class led by Donna, a Black Sash certified instructor. A minimum of 10 paid participants is required.
 Registration for May: April 8 - 30
 Registration for June runs until May 30

Body Sculpting with Donna

Day: Tuesday
 Time: 4 – 5 p.m.
 Cost: \$25 MMC Member (for 5 classes)
 \$12.50 MMC Staff
 Class runs April 8 - 29
 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 May: April 8 - 30
 Registration for June runs until May 30

Yoga with Donna

Day: Wednesday
 Time: 4 – 5 p.m.
 Cost: \$25 MMC Member (for 5 classes)
 \$12.50 MMC Staff
 Class runs April 9 - 30
 Room: Palmer
 Instructor: Donna DeSimone
 Hatha Yoga engages participants at a slower pace with controlled movements and stretching. The class is led by Donna is certified 500 RYT. Please bring a Mat, Towel and water. A minimum of 10 paid participants is required.
 Registration for May: April 8 - 30
 Registration for June runs until May 30

Adult Swim Lessons

Four (45-minute) private swimming lessons for \$120. Contact Al Wyllie 302-734-1200 ext. 188 for more information.

Pool Birthday Parties and Pool Baptisms

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

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 |

DNREC's DuPont Nature Center to reopen April 2

Division of Fish and Wildlife Facility Offers New Educational Exhibits and Commanding Views of the Mispillion Harbor



The Delaware Department of Natural Resources and Environmental Control will welcome visitors to the DuPont Nature Center at the Mispillion Harbor Reserve when the center reopens for the 2025 season

Wednesday, April 2. The DNREC facility managed by the Division of Fish and Wildlife will be open from 9 a.m. to 4 p.m. on the following days:

April: Open Wednesdays and Saturdays only

May through August: Open Tuesdays through Saturdays, closed on Sundays and Mondays

September: Open Wednesdays and Saturdays only (The center is closed from October through March.)

In the spring, the DuPont Nature Center's large deck overlooking the harbor offers wildlife watchers an unparalleled view of the spectacle of spawning horseshoe crabs and migrating shorebirds, including federally listed threatened red knots that depend on horseshoe crab eggs to help fuel their 9,000-mile journey to the Arctic. More information on horseshoe crab and shorebird viewing is available from the DuPont Nature Center at de.gov/dnc.

Inside the center, visitors will find exhibits that describe the environmental and historical importance of the Mispillion Harbor and view saltwater tanks showcasing a diversity of aquatic

species. This year, the center will be showing off brand new exhibits to engage visitors, helping guests connect even closer with our local aquatic species. Along with educational exhibits, the center hosts a variety of programs that focus on the Delaware Bay ecosystem and the wildlife that can be found there.

The center also offers live views of nesting osprey and wildlife visiting the area through its osprey cam and Mispillion Harbor cam. Both live cams can be viewed at de.gov/dnc.

DNREC's DuPont Nature Center is located in the heart of Delaware's Bayshore Region at 2992 Lighthouse Road, near Slaughter Beach, east of Milford. Admission to the center is free and open to the public. For general information about the center, call 302-422-1329 or visit de.gov/dnc. For inquiries about the center's programs and operations, email patrick.ruhl@delaware.gov or call 302-422-1329.



Questions about Medicare?

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Call Delaware Medicare Assistance Bureau (DMAB)

302-674-7364

we provide **FREE**, unbiased & confidential counseling

Trinidad Navarro, Insurance Commissioner
www.insurance.delaware.gov/DMAB



Menus for

April

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 pay - \$9
 Lunch served 11:30 a.m. - 1:30 p.m.
 Grab and Go lunch 11 a.m. - 1 p.m.
 Call 302-734-1200 by 10 a.m. to reserve your Grab & Go meal
 Menu subject to change without notice.
 Visit us on line: www.modern-maturity.org

| | | | | |
|--|---|---|--|--|
| | 1 Cheeseburger on Bun w. Ketchup/Mayo/ Mustard French Fries Lettuce & Tomato Milk Cookies | 2 Beef Stew Buttered Broccoli Biscuit/Milk Applesauce | 3 Liver & Onions with Gravy Mashed Potatoes Green Beans Wheat Bread/Milk Fruit | 4 Fried Fish Mac & Cheese Stewed Tomatoes Wheat Bread/Milk Pudding |
| 7 Spaghetti w. Meat Sauce California Blend Vegetables Wheat Bread/Milk Pudding | 8 Boneless Pork Chop with Onion Gravy Mashed Potatoes Mixed Vegetables Wheat Bread/Milk Brownie | 9 Baked Ziti Chef's Blend Veg. Italian Bread/Milk Fruit | 10 <i>Birthday Day</i> Roast Turkey w. Gravy Herb Dressing Buttered Peas w. Pearl Onions Roll/Milk Cake | 11 Fried Cod Steak Potato Wedges Cole Slaw Milk Pudding |
| 14 Chicken Pot Pie Succotash Roll/Milk Applesauce | 15 Sloppy Joe on Bun Potato Wedges Buttered Corn Roll/Milk Cookies | 16 Jumbo Chili Dog on Bun (no beans) Relish/Ketchup/Mustard Baked Beans Milk Butter Cookies | 17 <i>Easter Feast</i> Baked Ham w. Pineapple Sauce Sweet Potatoes Macaroni & Cheese Chef Blend Veg. Dinner Roll/Milk | 18 Good Friday- CENTER CLOSED |
| 21 Meat Loaf w. Gravy Mashed Potatoes Spinach Wheat Bread/Milk Pudding | 22 Beef Stroganoff Egg Noodles Buttered Broccoli Milk Fruit | 23 Pepper Steak White Rice Peas & Carrots Roll/Milk Yogurt | 24 <i>Nutrition Class</i> Fried Chicken Macaroni & Cheese Collard Greens Cornbread/Milk Cake/Pie | 25 Meatball Sub Potato Wedges Succotash Milk Fruit |
| 28 Salisbury Steak w/Gravy Mashed Potatoes Buttered Carrots Wheat Bread/Milk Oatmeal Cookies | 29 Chicken & Dumplings Buttered Peas Biscuit/Milk Yogurt | 30 Swedish Meatballs Noodles Broccoli Roll/Milk Fruit | May 1 BBQ Chicken Potato Au Gratin Mixed Greens Roll/Milk Tapioca Pudding | May 2 Chili w. Red Beans Rice Green Beans Wheat Bread/Milk Fruit |

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



If it's important to you, it's important to us.

What does the word "details" mean to you at a funeral? Is it the way the guestbook is displayed? Is it how carefully the flowers have been arranged? Is it that nothing seems out of place? We understand there are things that *should* go unnoticed at a funeral service—that's why we take pride in taking care of the details, so that you won't have to notice them, or have to mention them. Some call it "fussy." We call it "committed."



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MMC Monthly Programs

MMC PROGRAMS AT A GLANCE!

YOU MUST BE A MEMBER OF THE MMC TO PARTICIPATE!

| DAY | PROGRAM | TIME | ROOM |
|------------------|--|-------------------|-------|
| MONDAY | Social Security Assistance | 9:30am - 10:00am | AR #6 |
| TUESDAY | Bible Study | 9:30AM - 10:30AM | AR #7 |
| | Bingocize | 10:00am - 11:00am | AR #8 |
| | Gospel Singing Workshop | 10:00am - 11:00am | AR #6 |
| | Tappin' To The Beat | 11:15am - 12:00pm | AR #8 |
| | 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 |
| | Meditation | 10:00am - 11:00am | AR #6 |
| | Massage Therapy | 10:30am - 3:00pm | AR #7 |
| | Bible Study | 11:00am - 12:00pm | AR #3 |
| | Conversational Italian | 11:00am - 12:00pm | AR #8 |
| | Bereavement Support (2nd Wed) | 12:30pm - 2:00pm | AR #1 |
| | Twisted Stitchers | 12:00pm - 3:00pm | AR #8 |
| | Food, Fun, Friends (1st Wed) | 1:00pm - 3:00pm | WCR |
| THURSDAY | Conversations with Carolyn (3rd Thursday) | 9:00am - 10:00am | AR #3 |
| | Living The Word | 10:00am - 11:00am | AR #7 |
| | Visually Impaired Self Defense | 10:00am - 11:00am | AR #3 |
| | Visually Impaired Support Group | 10:00am - 12:00am | 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 |
| | Green Thumb Garden Club | 9:30am-11:30am | AR #1 |
| | Needlework | 10:00am - 3:00pm | AR #3 |
| | Pump Up Your Brain | 1:00pm - 2:30pm | AR #1 |

Food - Friends - Fun

Is a wonderful way to get active make new friends and socialize. The group, which is a group for singles, meets the first Wednesday of the month, from 1 to 3 p.m.in the West Conference Room. Drop in or call Dianne Anderson, Coordinator, at (302) 220-0780 (cell). You must be a member of the Modern Maturity Center to participate. FREE for MMC members and is a group for singles.

April Schedule

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

Wed., April 2: Monthly Planning Meeting, WCR Room

Fri., April 4: Red Lobster, 271 N. DuPont Hwy., Dover

Mon., April 7: Cheddars, 4590 S. DuPont Hwy., Camden

Thurs., April 10: Panera Bread, 545 N. Dupont Hwy., Dover

Tues., April 15: Buffalo Wild Wings, 680 S. Bay Rd., Dover

Thurs., April 17: Celtic Pub, 699 Jimmy Dr. Ste 6 & 7, Smyrna

Tues., April 22: Green Turtle, 391 N. DuPont Hwy., Dover

Thurs., April 24: Taqueria El Cabrito, 585 Forrest Ave., Dover

Mon., April 28: Touchdown, 1666 S. DuPont Hwy., Dover

Wed., April 30: Chaiyo, 1030 Forrest Ave. Ste. 116, Dover

Longwood Room Events

April 1 - Randy Chang on the piano, noon

April 2 - Food Bank

April 3 - David Lowe Performs, noon

- Delta Sigma Theta Sorority - Ticket Sales, 11 a.m.

April 4 - Delta Sigma Theta Sorority - Ticket Sales, 11 a.m.

- Luncheon BINGO, 12:30 p.m.

April 8 - Mary Helen Wallace on Keyboard, noon

April 9 - Dance Party, noon

April 10 - Birthday Day!

- Free Ice Cream! - Bryan Realty Group

- Christiana Care Mobile Van, 11 a.m.

April 11 - Luncheon Trivia, 12:30 p.m.

April 15 - Dinner Dance

- Randy Chang on the piano, noon

- Steppin' Seniors Perform, noon

April 17 - Easter Holiday Feast! (Longwood Room)

April 18 - Center Closed

April 22 - Mary Helen Wallace on Keyboard, noon

April 25 - Luncheon BINGO BONANZA, 12:30 p.m.

Have you thought about teaching a class?

Members here at the Modern Maturity Center are looking for classes that teach wreath making, painting, card making and other fun creative ideas. This is the time to share your experience while everyone learns together. Even social interaction can be fun and rewarding. So, if you have the time to share your talent with others, contact Karen Porterfield, Program Director, to set up an appointment. You can call her at 302-734-1200 ext. 129. or e-mail karen.porterfield@modern-maturity.org. You must be a member of the MMC to conduct a class or program. "People learn the most when teaching others."

Garden Talk

by Maggie L. Moor

Delaware Cooperative Extension
Delaware State University

For the first half of April:

- o Feed shrubs and roses – read label directions for special instructions.
- o Take a soil sample to determine exact amount of nutrients the soil needs to grow and produce flowers or fruit.
- o Mow lawn if grass is over 2-1/2 inches tall. The ideal mowing height is two inches. Closer cutting weakens the lawn and opens it to invasion by crabgrass and other weeds. Allowing the lawn to grow too tall gives it a ragged appearance, may create problems with accumulated clippings and will cause matting if played or trampled on.



- o Prune and shape spring flowering shrubs after blossoms fade.
- o Prune roses before April 22.
- o Prepare garden soil for spring planting.
- o Begin regular scouting program for fruit trees. Pesticides should be used only when pest populations are high enough to cause damage to plants and damage reaches the economic injury level.
- o Check last years garden journal notes were your perennials over-crowded, was the center dying or were the surrounding

plants shading them out? Now is the perfect time to dig, divide and replant perennials. Share the extras with friends.

For the second half of April:

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



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



Delaware Choral Society

Rocky F. Tejada, Artistic Director

presents

Gloria

by Antonio Vivaldi

April 27, 2025 at 4:00pm

Dover Middle School

1 Patrick Lynn Dr.

Dover, DE

Advance Tickets:
 \$18 Adults
 \$10 Students
 Groups of 10 or more \$15/ticket
 At Door: \$20 each

info@delawarechoralsociety.org
 www.DelawareChoralSociety.org

Buy tickets online:



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.



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.

FREE Medicare counseling

In person appointments are not available at this time. If you would still like to speak with Nancy about your current coverage with Medicare, your Medicare Supplement or Advantage pricing, call the Modern Maturity Center at (302) 734-1200,

ext. 167 and they will relay the message for a phone consultation.



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.

Did You Know...

April 11, 1968 - A week after the assassination of Martin Luther King, the Civil Rights Act of 1968 was signed into law by President Lyndon B. Johnson. The law prohibited discrimination in housing, protected civil rights workers and expanded the rights of Native Americans.

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Balancing Caregiving, Work, and Personal Life: Practical Strategies for Caregivers of Seniors

By: Arthur Lloyd

Caring for an aging loved one while juggling work and personal responsibilities can be overwhelming. Many caregivers find themselves stretched thin, constantly balancing the needs of their family member with career demands and personal well-being. Without effective strategies, this balancing act can lead to stress, burnout, and even health issues. However, with thoughtful planning, smart time management, and a commitment to self-care, caregivers can create a sustainable routine that meets everyone's needs. Here are practical tips to help you navigate this challenging yet meaningful role.

Prioritizing and Planning Your Day

Having a structured plan can make the difference between feeling in control and feeling overwhelmed. Start by creating a daily or weekly schedule that outlines work hours, caregiving tasks, and personal time. Using digital calendars, reminder apps, or even a simple notebook can help you stay organized and avoid last-minute scrambles.

Prioritize urgent and essential tasks while leaving room for flexibility, as caregiving often comes with unexpected changes.

Seeking Workplace Flexibility

Many employers recognize the challenges caregivers face and may offer flexible work arrangements to help ease the burden. Consider talking to your employer about options like remote work, adjusted hours, or job-sharing arrangements. Some workplaces also offer caregiver support programs or employee assistance plans that provide resources for managing caregiving responsibilities. Being open about your situation can lead to accommodations that improve both your job performance and caregiving effectiveness.

Digitizing Essential Documents

Keeping essential documents organized is crucial for caregivers juggling multiple responsibilities.

Digitizing important paperwork—such as medical records, insurance information, and legal documents—ensures quick access when needed and prevents the stress of misplaced files. Storing these documents in cloud-based services or encrypted digital folders allows for easy retrieval from any device, even in emergencies. With a mobile scanning app, you can quickly and easily capture any document or image from your device's camera and convert it into a PDF—here's a solution.

Building a Support System

You don't have to do it all alone. Reach out to family members, friends, or community support groups to share the load. If possible, establish a rotation system with siblings or other relatives to help with caregiving duties. Professional caregiving services, such as in-home aides or respite care, can also provide much-needed relief. Knowing that you have others to rely on can prevent burnout and ensure your loved one receives the best care.

Enrolling in Online Degree Program

Advancing your education can open new career opportunities, increase earning potential, and provide greater job security. Earning an online degree allows you to build valuable skills on your own schedule, making it easier to balance coursework with caregiving responsibilities. Online programs are ideal for caregivers because they offer flexibility, enabling you to learn at your own pace without disrupting daily caregiving duties. For instance, with a nursing master's degree, you can embark on a career path in nurse education, informatics, nurse administration, or advanced practice nursing options.

Using Technology to Simplify Caregiving

Modern technology offers a range of tools that can make

caregiving more manageable. Medication reminder apps, smart home monitoring systems, and telehealth services can help streamline daily tasks and ensure your loved one's safety. Grocery delivery, meal prep services, and automated bill payments can also free up time for other responsibilities. Leveraging these tools allows you to focus on quality time with your loved one rather than being bogged down by logistics.

Making Time for Self-Care

Caregivers often neglect their own needs, but self-care is not a luxury—it's a necessity. Make sure to set aside time for activities that recharge you, whether it's reading, exercising, or simply taking a walk. Prioritizing sleep, eating well, and maintaining social connections can improve your resilience and ability to handle stress. Even brief moments of relaxation can make a big difference in maintaining your emotional and physical well-being.

Recognizing and Managing Caregiver Stress

Long-term caregiving can take an emotional toll, leading to stress, anxiety, or even depression. Pay attention to signs of caregiver burnout, such as chronic exhaustion, irritability, or feeling overwhelmed. If stress becomes unmanageable, consider seeking professional help, such as therapy or caregiver support groups. Talking to others

who understand your challenges can provide valuable coping strategies and reassurance that you're not alone in this journey.

Setting Realistic Expectations and Boundaries

It's important to recognize that you can't do everything, and that's okay. Set realistic expectations for yourself and communicate boundaries with work, family, and friends. Don't hesitate to say "no" to additional responsibilities that could stretch you too thin. Accepting that some days will be more challenging than others can help you stay focused on what truly matters—providing the best care you can while also taking care of yourself.

Balancing caregiving, work, and personal life is no easy task, but with thoughtful strategies and the right support, it is possible. By planning ahead, utilizing resources, prioritizing self-care, and setting boundaries, you can create a sustainable routine that works for both you and your loved one. Remember, being a caregiver doesn't mean sacrificing your well-being—it means finding a way to navigate responsibilities while ensuring you maintain your own health and happiness.

Discover a vibrant community at the Modern Maturity Center, where we offer volunteering, exciting events, and a wide array of services tailored for mature adults!



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Seniors Solutions Series: Empowered with Purpose

My name is Crystal Calderon, and I am excited to help guide you on a journey to connect with the valuable resources that can enhance the quality of our lives. Having a deep appreciation for the wisdom and experiences that each of you brings to our community, I've dedicated myself to ensuring that you have access to the support and assistance you deserve. Navigating the vast array of resources available can sometimes be a challenge, and that's where I come in. Let's explore the avenues that lead to fulfillment, connection, and well-being.



As we get older, making decisions about finances, home safety, and the future can feel a little overwhelming. But you don't have to navigate these changes alone! That's why we're inviting you to the Seniors Solutions Series, an

interactive and engaging workshop – Empowered with Purpose, designed to help you explore your options in a relaxed and fun setting.

Join us in the MMC West Conference Room Thursday, April 10 from 10 – 11:30 am. There's no formal presentation, no pressure—just real conversations, shared experiences, and helpful resources. Whether you're looking for practical tips or just want to connect with others, this is a great opportunity to do so while having a good time.

And speaking of fun, we've put together some interactive activities that will make learning enjoyable! In Senior Safety Savvy, you'll analyze realistic scenes to spot hazards like tripping risks, fire dangers, and poor lighting. It's a great way to boost awareness, sharpen problem-solving skills, and chat about fall prevention and home safety. If decluttering feels overwhelming, Less is More: Declutter with Me will turn the

process into an engaging challenge where you'll sort items, make keep-or-toss decisions, and pick up some practical organizing tips along the way.

Feeling competitive? Spin & Win: Home Edition lets you test your knowledge with trivia questions on a variety of topics. Answer correctly, rack up points, and you might just walk away with a prize! If you're a dreamer, you'll love My Best Life: Vision Board of Tomorrow, where you can create a visual representation of your goals using images, words, and affirmations. It's a fantastic way to gain inspiration, connect with others, and focus on what really matters to you. And if you like a little action with your learning, Finance Frenzy Football is a crowd favorite—answer financial questions to earn a shot at tossing a football through a target. It's a fun way to brush up on money management skills while staying active!

And of course, no event would be complete without a little extra excitement. Everyone who attends can enter for a chance to win a prize and can look forward to giveaways throughout the event.

So, why not join us? You'll walk away with useful knowledge, new connections, and maybe even a prize! There's plenty of room for everyone, so bring a friend! If you have any questions or want to save your spot, contact Crystal Calderon at 302-222-3349. We can't wait to see you there!

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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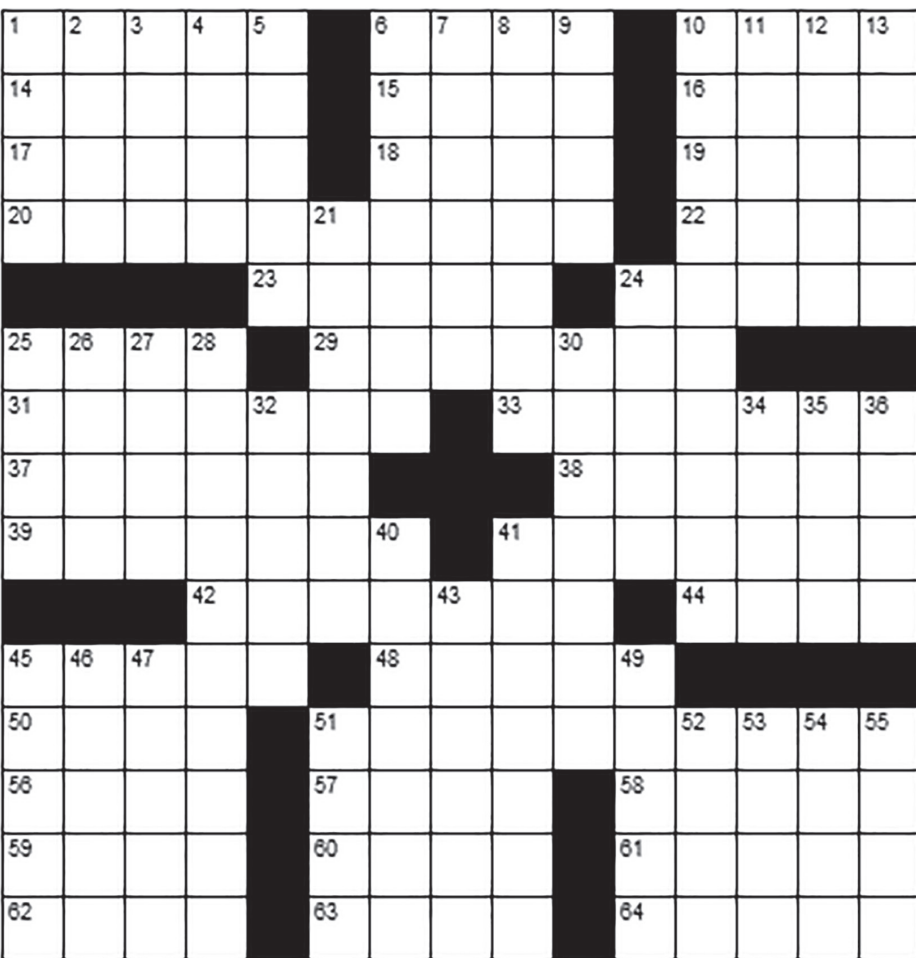
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Crossword Puzzle



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ACROSS

- 1. Relinquish
- 6. Gulf port
- 10. Play parts
- 14. Proprietor
- 15. Captain of the Nautilus
- 16. The central part
- 17. Slogan
- 18. In the center of
- 19. Hint
- 20. Heliotrope
- 22. Peel
- 23. Overact
- 24. Little kisses
- 25. Declines
- 29. Improved
- 31. Ruthlessness
- 33. Smallest
- 37. Rug
- 38. Second of two
- 39. Furious
- 41. Decorative drapery (Br. sp.)
- 42. Cheese dish
- 44. Day, month and year
- 45. Abscond
- 48. Chocolate
- 50. Pitching to one side

DOWN

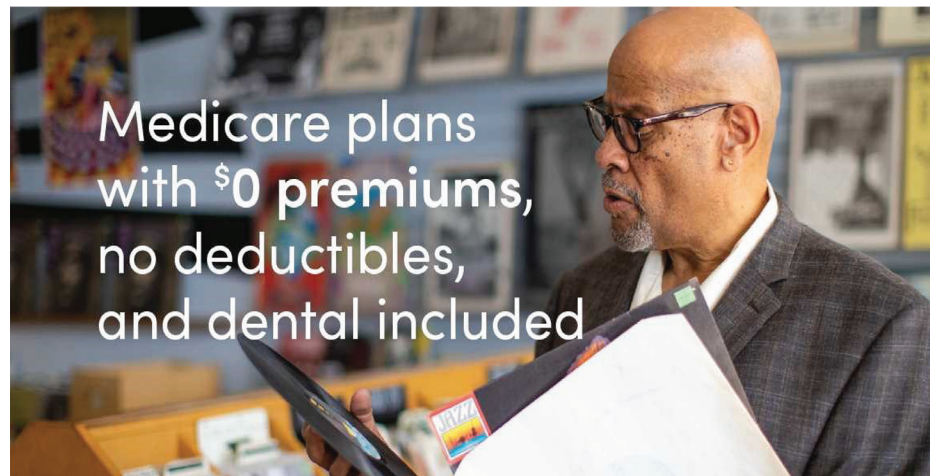
- 1. Uterus
- 2. Absent Without Leave
- 3. Put ____ words
- 4. Quash
- 5. Wear away
- 6. Human body
- 7. Reduce in rank
- 8. Distinguished
- 9. Connecting point
- 10. Licensed
- 11. Infant's illness
- 12. Torso
- 13. Sows
- 21. Dabble
- 24. Prison-related
- 25. Behold, in old Rome

- 26. Fiber source
- 27. Prickle
- 28. Breakup
- 30. A drug that causes dilation
- 32. Lawful
- 34. European volcano
- 35. Religious offshoot
- 36. Tall woody plant
- 40. Deciphered
- 41. Triumph
- 43. Stuck to
- 45. Hearty entree
- 46. What books are called
- 47. Wash out with a solvent
- 49. Was laid up
- 51. Formally surrender
- 52. Wild hog
- 53. "Do ____ others"
- 54. Adolescent
- 55. Coastal raptor

- Solution found on page 30



There is nothing better than the satisfaction of donating locally, when it comes to anything, and books are no exception. If you are looking to donate gently used books, look no further than the Modern Maturity Center. The Lions Club of Dover will be collecting books for the month of April. Just stop by and look for the drop box located near the front desk.



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MMC's Steppin' Seniors present

She Can Really Sing

Thursday, April 10, 2025 5:30 p.m.

Line Dance Show

Buffet Dinner

Pre Show with Guest Performers

Tickets on sale March 10, 2025 at MMC Member Services 302-734-1200 x167

\$35 per person - Dinner & Show

Modern Maturity Center
1121 Forrest Ave., Dover, DE 19904

Line Dance Dinner Show returns to MMC April 10

The Steppin' Seniors have planned a great, fun-filled program for the evening of April 10. There will be line dance groups, and other surprises. The theme is "*She Can Really Sing*" featuring many of the great female singers from between the 1950's to the 1980's.

The entertainment begins at 5:30 p.m., followed by a buffet at 6 p.m., and the Steppin' Seniors main

show at 7 p.m.

Tickets go on sale at MMC Member Services March 10. The cost is \$35 per person, which includes the dance program and dinner. If you have a group that wants to be seated together, it is advisable to have one person purchase all the tickets. There will also be door prizes and other surprises. No tickets sold at the

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MoneySense

Widowhood: The loss couples rarely plan for — and should

No one is ever emotionally ready for the death of a spouse. But these tips can help you prepare for the decisions and financial implications of widowhood.

More than 15 million Americans are currently widowed, according to the U.S. Census Bureau as of 2022. Widows and widowers may experience shock and grief. But those widely shared emotions can eventually give way to financial challenges, including adjusting to being the sole financial decision-maker, dealing with a loss of income and navigating the paperwork.

Even as you learn to meet day-to-day needs and deal with issues like filing for life insurance and renaming joint accounts, more profound challenges may emerge. For newly single parents of young children, another worry is how to plan for their financial future — alone.

While older widows and widowers may find themselves dealing with other serious considerations. Those who have gone through a prolonged and expensive period of caregiving for their lost loved one, may worry about who will provide similar care for them.

While everyone experiences this profoundly difficult — but, for most couples, inevitable — life event differently, planning for the process can help alleviate the stress.

The importance of preparation

As difficult as it is to contemplate the loss of a spouse, taking steps to prepare can help the survivor better manage if the worst happens. The first thing to do is to take stock of your full financial picture, perhaps with the help of an advisor.

You will need an estate plan that includes a will, power of attorney, healthcare proxy, living will and possibly a trust. With minor children, be sure to name trusted guardians. And regularly confirm beneficiaries on your life insurance and retirement plans.



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

Share access to personal and joint plans with your spouse and designated representatives, organize paperwork and store estate documents in a convenient place.

The tools to move forward

When the unthinkable happens, critical paperwork and decision-making kick in. To cope with this painful transition, follow these steps.

Start by gathering all the necessary paperwork, including multiple copies of the death certificate, which you will need to share with financial and insurance companies. Pull insurance documents, birth and marriage certificates, wills, trusts and tax returns. File for the support you are entitled to, including life insurance claims and Social Security survivor's benefits.

You will need to untangle the finances you share. Remove your partner's name from joint accounts. If you are covered by your partner's healthcare plan, contact their employer or the insurance company. You should also ask about any survivor's benefits you may be entitled to from your spouse's employer, including deferred salary, bonuses or stock options.

Take stock of your assets, including retirement, investing and savings accounts. Working with an advisor can help you revisit your retirement plans and overall financial

strategy. Finally, make sure you update your own estate plan.

Keeping an eye on the future

The financial burdens that come with the loss of a partner can be immense — especially for women, who are more than two times as likely to lose a spouse. Three-quarters of widows and widowers are women, and in the first two years after losing a spouse women experience a 22% drop in income on average, according to the Stanford Center on Longevity.

That is when help from a knowledgeable professional can be invaluable. For example, how you manage a life insurance death benefit could affect your children's eligibility for future financial educational aid. Solo decision-making can be even more daunting when you have dependents at home. Research suggests that any financial decision that is not time-sensitive should be put off until you are feeling less emotionally vulnerable.

When the deceased spouse was the primary breadwinner, you may have to address issues around returning to full-time work and saving for retirement. As difficult as the day-to-day financial pressures may be, retirement needs to be a high priority so you can take care of yourself in the future. Especially when you become a widow or widower at a young age, your long-term financial health is an important goal. You can always borrow for your children's education, but you cannot borrow for your retirement. Finding the courage — and financial confidence — to go on alone

Amid all the pain that losing a spouse brings, there is also healing. Widows and widowers can find courage and financial confidence that they never knew they had. In addition, these changes, although difficult, can help sustain you throughout your lifetime.

For more information, contact Merrill Lynch Financial Advisor Stephanie Smith Christiano of the Wilmington office at (302) 571-5116.

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

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MMC Department Spotlight



The MMC Transportation department provides door to door service to Front Porch Early Memory Loss and Daybreak clients Monday through Friday, in addition to MMC members who are without transportation to the Center to access programs and services. L-R: Brad Lewis, Vincent Perry, David Barkely, Manager Tonya Newman, Andy Fabian and Maxi Moses. Center, on bus: Transportation Secretary Fran Shane and Pam Eierman.



Did you remember to renew your membership?

Stop by our Member Services desk to renew your membership. It's quick and easy.

Member Services Hours

Monday – Thursday
9 a.m. to 3 p.m.

Friday
9 a.m. to 2:30 p.m.

- Complete the membership form (Must be done every year by everyone even lifetime members!)

- Pay the fee and you are done!
- Annual Membership Fee:
\$30 per person
\$55 per couple (must reside in the same household).

Please contact Member Services at 302-734-1200 ext. 167.

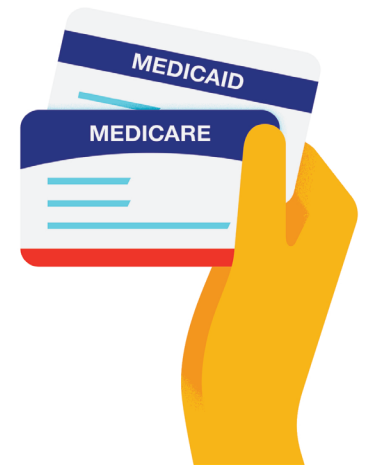
We no longer mail out membership cards. Membership cards need to be picked up at Member Services.

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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 scan their membership card when they enter the facility to show which program or programs they are attending for that day. If there is a sign-in sheet for that program or activity, **please sign it!** This will have an impact on the amount of funding we receive from the Grant-in-Aid which is why it is extremely important that our numbers are exact when we submit them.

Please take the time to scan in and sign in so we can keep these programs, your programs, available to everyone!

Bereavement Support

DAY: Wednesday, April 9
TIME: 12:30 p.m. to 2 p.m.
ROOM: Activity Room #1

Vitas offers a FREE once a month, drop-in, support session. Sessions are held on the second Wednesday of each month. The facilitator is a trained bereavement specialist. Free for members! You must be a member of MMC to participate.

Foot Care Appointments

Podiatry Specialist Dr. Gemignani will be available to provide foot health assessments, clip toenails and buff feet. Appointments are scheduled for 15 minutes and will be held in Activity Room #6. The cost of each appointment is \$35 for Members and \$40 for Non-Members. Contact Member Services to schedule your appointment at (302) 734-1200, ext. 167. Advance payment is required. Refunds will not be issued with less than a 24-hour cancellation notice. Private insurance nor Medicare are accepted for this service.
May 2 - 8:30 a.m. to noon
June 27 - 8:30 a.m. to noon

Soft Touch Massage Therapy

DAY: Wednesdays
TIME: 10:30 a.m. to 3 p.m.
ROOM: Activity Room #7
MASSAGE THERAPIST: Lisa Harshberger

Lisa offers a gentler alternative to a traditional massage with her "soft touch" massages. This style of massage is ideal for individuals who bruise easily, suffer from arthritis, are fragile or cannot tolerate traditional massages. Massages are offered while fully clothed and can be performed on a table or chair. Benefits of soft touch massages are improved circulation and relief for stressed or tired muscles. The cost for each appointment is \$20 for Members and \$35 Non-Members. All appointments are 30 minutes. Schedule your appointment today with Member Services at (302) 734-1200 ext. 167. Advance payment is required. Refunds will not be issued with less than a 24-hour cancellation notice.

Pump Up Your Brain

DAY: Fridays
TIME: 1 to 2:30 p.m.
ROOM: Activity Room #1
FACILITATOR: Betty Mann

This exciting brain exercise is designed to keep older adult's brains sharp and healthy. Participants engage in brain teasers, puzzles, and visual illusions. Take home hand-outs are available to exercise your brain at home! *Please note this class is designed for members who can engage in independent learning. You must be a member of MMC to participate.

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

DAY: 3rd Tuesday of the Month
TIME: noon to 3 p.m.
ROOM: Activity Room #3
DAY: Every Thursday
TIME: 10 a.m. to noon.
ROOM: Activity Room #3

Darryl Garner leads this monthly visually impaired support group meeting. Free for members! You must be a member of MMC to participate.

Hearing Loss "Circle Chats!"

DAY: April 1
TIME: 1 to 2 p.m.
ROOM: Activity Room #7

The Hearing Loss Association of Delaware (HLADE) gives help and hope to people who have or think they have a hearing loss or have any questions about hearing loss! We invite area residents to join us and ask questions or learn about hearing loss, hearing aids, cochlear implants or devices such as phone and alerting systems, designed for both deaf and hard of hearing people. The group meets the first Tuesday of every month, so if you can't make it this month, come next month. We would love to see you and help you in any way!!! We welcome consumers, professionals, family, and friends of people with hearing loss to learn the latest news on hearing loss! For further information, contact us: www.hlade.org or rzehacker@proton.me or by phone at (302) 530-0102.

Meditation Class

DAY: Wednesdays
TIME: 10 to 11 a.m.
ROOM: Activity Room #6
MEDITATOR: Mr. Kim Palmer

If you would like to be happier and suffer less with life's challenges, this group just might be for you. You will learn attentional skills to help

accept what can't be changed and stop fighting with inevitable changes. We can develop positive attitudes about aging, sickness, death and other life challenges. Feel free to call or text Mr. Kim Palmer with any questions at 302-598-3014. Free for members! You must be a member of MMC to participate.

Donate Glasses Here

MMC is partnering with the Dover Lions Club to collect and distribute usable eyeglasses to people in need. The Lion's Club has been doing wonderful work when it comes to collecting eyeglasses and giving them new life. If you would like to donate your old and unused eyeglasses, bring them in and drop them off in the designated box at the Hostess desk. So whether you're cleaning out your own eyewear collection or encouraging others to do so, just know that your efforts contribute to those in need!

A Matter of Balance

DAY: Thursdays
TIME: 9 to 11 a.m.
ROOM: West Conference Room
FACILITATOR: Sara Bell

This class emphasizes practical strategies to reduce the fear of falling and increase activity levels. Participants set realistic goals to change their environment to reduce fall risks and learn proper exercise techniques that promote strength and balance. Physical exercise during this class is minimal. Free for members. You must be a member of MMC to participate.

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Social Security Benefits Assistance

DAY: Mondays
 TIME: 9:30 to 10 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.

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! You must be a member of MMC to participate.

Bible Study

DAY: Tuesdays
 TIME: 9:30 to 10:30 a.m.
 ROOM: Activity Room #7
 FACILITATOR: Glenn Johnson
 Join Glenn Johnson for in-depth Bible study and expository teaching along with questions and answers. 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
 Stop by and join Rev. Jerome

Carey of the Second Baptist Church of Dover as he teaches the benefits of a Christian life and Bible doctrine in its simplicity. 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.

Self-Defense for the Visually Impaired

DAY: Thursdays
 TIME: 10 to 11 a.m.
 ROOM: Activity Room #3
 INSTRUCTORS: Michael Meinhold; Willie McDaniels; Mark Harro
 “Fight to be Fit Martial Arts” provides top quality self-defense instruction that is specifically designed to be inclusive for visually impaired/blind individuals. This program will coincide with The ACE Visually Impaired Support Group Meeting held on Thursdays. Stop by and see what we do! Free for members! You must be a member of the MMC to participate.

“Living the Word”

DAY: Thursdays
 TIME: 10 to 11 a.m.
 ROOM: Activity Room #7
 FACILITATOR: Cornelia Verkem
 Revealing what the Word says about – Who You Are, What Your Purpose Is, And Your Destiny! A non-denominational teaching about God’s Kingdom. Free for members! You must be a member of MMC to participate.

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The Mobile Health Services Van will provide same-day, easy to access services such as:

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Date & Time
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Next Event Date:
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SNAP Outreach Program at MMC



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

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

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

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

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

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

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

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

These are frequently asked questions by new SNAP applicants :

Q: Am I eligible?

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

Q: Why should I apply?

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

Q: What do I need?

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

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

A: Households CAN use SNAP benefits to buy: - Foods for the household to eat such as: - Breads and cereals - Fruits and vegetables - Meats, fish, and poultry - Dairy products - Seeds and plants which produce food for the household to eat. Households CANNOT use SNAP benefits to buy: - Beer, wine, liquor, cigarettes or tobacco - Any non-food items such as: - Pet foods - Soaps and paper products - Household supplies - Hot foods
Additional information: - Soft drinks, candy, cookies, snack crackers and ice cream are food items and are, therefore, eligible items. - Energy drinks with nutrition facts are eligible, energy drinks with supplement facts are not eligible.

The Income Limits for the new Federal Fiscal Year increased effective October 1, 2024. Below are the income limits for October 1, 2024 through September 30, 2025.

SNAP Income Limits (Effective Oct. 1, 2024 - Sept. 30, 2025) Income limits increased at the start of the Federal Fiscal Year 10/1/24.

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

| Household Size | Elderly/Disabled Separate Household 165% of FPL* | Maximum Gross Monthly Income 200% of FPL* |
|----------------|---|--|
| 1 | \$2,071 | \$2,510 |
| 2 | \$2,811 | \$3,408 |
| 3 | \$3,551 | \$4,304 |

| Household Size | Maximum gross income for SNAP under 60 years (130% of FPL) |
|----------------|--|
| 1 | \$1,632 |
| 2 | \$2,215 |
| 3 | \$2,798 |

| Income Limits for Adult Medicaid (Not eligible for Medicare yet) | |
|--|---------------------------------------|
| Household Size | Adult & Children 6-18 (133% of FPL,*) |
| 1 | \$1,669 |
| 2 | \$2,265 |
| 3 | \$2,862 |

*FPL= Federal Poverty Level

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

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

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

To file a program discrimination complaint, a Complainant should complete a Form AD-3027,

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

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

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Delaware Division of the Arts Launches Free Art Classes for Delaware Veterans

The Delaware Division of the Arts, in partnership with Mariposa Arts and the Office of Veterans Services, is proud to announce CreatiVeterans—a transformative, free eight-week art program designed exclusively for Delaware veterans. This statewide initiative provides opportunities for artistic expression, social connection, and well-being through meaningful arts engagement. Participants in CreatiVeterans will explore a variety of artistic techniques under the guidance of professional teaching artists at arts organizations in all three Delaware counties. No prior art experience is required, and veterans are encouraged to express themselves creatively in a welcoming and supportive environment.

Upcoming Winter Sessions Include:
Working with Clay led by Christine Gonzalez (Thursdays from 5-7 p.m., January 23–March 20)

Participants will learn hand building techniques with clay including pinching, coiling, slab construction, and incorporating texturing techniques and designs in an encouraging, supportive, and respectful space. Participants will also be working with low-fire glazes on their pieces. Projects will include pinch pots, coil pots, cups, and more. Each participant will receive clay and their own set of tools. The workshop series will culminate with a celebratory event featuring the participants' artwork. No previous experience is necessary.

Location: New Castle County Art Studio at 310 Kiamensi Road,

Wilmington, DE 19804. You need not reside in the county that the program is being held at.

Gelli Plate Printing with Es Curtis (Fridays from 1-3pm, February 7–April 11)

Try out this incredibly satisfying art form and rethink how you “paint.” A gelli plate is a gelatin-like plate made of solidified mineral oil. We will explore transferring magazine images, preserving nature and everything in between! Create beautiful gelli plate art, page after page, learn the basics, and dive into more complex projects throughout the course of this class. The possibilities are endless! The workshop series will culminate with a celebratory event featuring the participants' artwork. No previous experience is necessary.

Location: Biggs Museum of American Art at 406 Federal St, Dover, DE 19901. You need not reside in the county that the program is being held at.

Mixed-Media Collage Making taught by Vanita Leatherwood (Wednesdays from 9-11am, January 15–March 19)

During this eight-session workshop series participants may be playful and bold and anything in between as they experience the fun of mixed-media collage making. In this introductory class participants will explore the use of craft embellishments, paper, and “found art” materials to create mixed-media collages on wood. The creative process includes guided reflection work using music, quotes/affirmations

and sharing with others as the catalyst to create three mixed-media pieces of various shapes/sizes. The third and final piece will be a 12”x12 “plaque. The workshop series will culminate with a celebratory event featuring the participants' artwork. No previous experience is necessary.

Location: Rehoboth Art League at 12 Dodds Ln, Rehoboth Beach, DE 19971. You need not reside in the county that the program is being held at.

Each course culminates in a community exhibition, celebrating participants' creative achievements with family and friends.

“The arts have an extraordinary ability to heal, connect, and inspire,” said Jessica Ball, Director of the Delaware Division of the Arts. “CreatiVeterans offers our veteran community an outlet to explore creativity while fostering camaraderie and personal growth. We are thrilled to make these opportunities accessible statewide.”

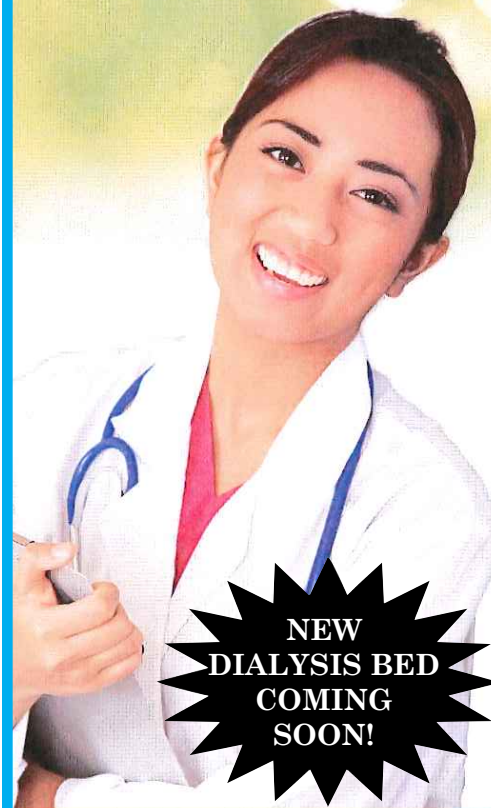
Studies show that creative

engagement supports cognitive function, reduces stress, and promotes a sense of belonging—critical for veterans navigating post-service life. Participating in veterans' art as a therapeutic resource provides more than just an opportunity for individual expression. It also creates a community where veterans can share experiences and support each other. This sense of community is crucial in overcoming isolation and building a support network.

“Through programs like CreatiVeterans, veterans not only rediscover their creative voices but also find support and community,” said Mariposa Arts owner Vanesa Simon. “Art brings us together and provides a pathway to new beginnings.”

The CreatiVeterans program is free for Delaware veterans, but space is limited to 12 participants per session. Registration and full details are available at <https://arts.delaware.gov/creativeterans>.

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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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Readers' Choice 2014

CGI1017

MMC Dinner Theater presents



ALL-AMERICAN BEACH PARTY

June 25, 26, 2025

Dinner 6 p.m. Show 7 p.m.

Modern Maturity Center - 1121 Forrest Ave., Dover DE 19904

Tickets on sale at MMC Member Services May 12, 2025

\$40 per person for dinner & show

PLEASE NOTE THERE ARE ONLY TWO SHOWS
Rehearsals start in April - if you are interested
in being a part of our show, contact Carolyn
Fredricks 302-734-1200 x113. Proceeds from our
shows benefit programs for older adults.

This month in history:

April 15, 1894 - First 'Impressionist' exhibition opens in Paris, features Claude Monet, Edgar Degas, Pierre Auguste Renoir, Camille Pissarro and Berthe Morisot

April 19, 1775 - American Revolution begins in Lexington, Massachusetts, with the "Shot Heard Round the World" fired later that day in Concord

April 22, 1993 - Holocaust Memorial Museum dedicated in Washington, D.C.

April 28, 1956 - Cincinnati Reds outfielder Frank Robinson hits his 1st of 586 HRs

Solution to puzzle on page 22

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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.

FOR SALE

2002 Cadillac El Dorado Coupe - I can't drive anymore. 109K miles, very good condition, 300HPV8 North Star engine; PS, PB, PW, disc player, heated seats. Just tuned - new plugs, oil and filter, chrome wheels. \$7500. Call Cliff Massey, 302-744-8099.

Celestron Computerized Telescope, never used, \$150. Call Ann 480-255-3925

Lawn (double) Covered Mauseleum - D-Valor Holl in Clover Leaf Memorial Park, Woodbridge NJ. Valued at \$7680, Call for price, 302-603-3537 or 908-230-7385

Large oil painting by Merv. "Ducks Landing in Marsh", 56" x 32"; **large oil painting by Lee Reynolds**, "Mother and Baby Giraffe" 67" x 41", \$150 each, 410-490-7856

Toro Trimmer w. battery & charger, \$75, 302-287-8504

Craftsman rear-time rototiller, 17", \$300, 302-734-5260

Group 31 AGN Maintenance Free battery, \$50; **Cubii Pedal Exerciser** portable elliptical, \$50, Cash only, lv. message 302-336-8342 or email sargeaf126dll@duck.com

Cuisinart 2qt. Frozen yogurt, sorbet, ice cream maker, as new \$40, 480-255-3925

Men's Bianchi bike, gears and new tires, \$225, 480-255-3925

Raised bed planter, 46x24x10, \$30, 480-255-3925

Selling collection of Hummels, \$10-

15 @, no rproductions; **Boxed Barbie Dolls**, mostly holiday, some others, \$15-20@. Call 302-538-7660 to arrange time to see items.

Two electric scooters w. batteries, fairly new (less than 2 yrs. old) Best offer, 302-736-0316

Nascar-like matchbox size King Richard Petty car in original package, 45+ yrs. old, \$350; **NASA magnetic emblem**, real collector's item, \$25 OBO; **Framed penny collection**, \$15; **76er Hall of Fame poster**, Dr. **Julius Erving**, \$15; **Artist's drawing of Port Mahon and glass**, framed 16" x 13", art is a little smaller. \$350; **my picture in National publication beside Kennedy in 1960**. This is when autograph secured. Taken at what is now Concord Univ. in Athens WV; \$375. **Collector's find 1957 Argus 35mm camera & light meter**. 302-538-6971.

Pair of single body crypts, side by side, located in Sharon Hills Mauseleum, \$8,000 (negotiable), will separate, 302-678-1111.

Gift cards - \$25 Amazon gift card for \$20; two iTunes gift cards (\$10, \$15) - \$20 for both, 302-603-3133. Lv. mess.

Coloring Books-13 adult coloringbooks, markers and scrapbookingbook - \$25, 302-761-0808

X-Stitch Books - 6 hardbound and 20 magazine Xstitch pattern books, many are in color. 302-761-0808

X-stitch kits - 10 X-stitch kits \$25, 302-761-0808

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

HD Jack and two jack stand, \$125, 302-538-6971

Dining Room Glass Table & Six barstool type high chairs asking \$150, 609-532-7835

Lawn tractor, John Deere S119 42" cut, purchased for \$2495. Has 10 hours on mower. Cannot use for medical reasons, asking \$1800, 302-736-9916

Pub Table with 2 matching stools \$125, 302-653-5713

Cemetery Plot, Sharon Hills Garden of Prophets - 1 space Asking \$1,365. 302-734-4481

Self-Propelled Push Mower, 22", fully serviced, \$150, 410-920-6858

Hoyer Advance E Patient Lift with rechargeable battery. Exc. Cond., orig cost \$2493, rechargeable battery \$300 - has been kept charged. Sling was extra but will be included. Can lift from floor to 66.5" w. complete stability. Asking \$1,700 OBO. Email dee@darserv.com for more info and to see.

Hospital bed with extra quality mattress, 1/4 length side rails, hand crank hand bed lift, electric head & foot controls. Exc. cond., \$350 OBO Email dee@darserv.com for more info & to see.

Home care supplies such as Ultra Underpads, Ultra Underwear, quilted adult briefs - all have absorbency. Other products available, please ask. All will be 1/2 cost of supplies ordered from medical supply company. Email dee@darserv.com for more info and to see.

Very sturdy trapeze making bed mobility easier. \$300.00 OBO. Please email dee@darserv.com for more info & to see.

Wheelchair, light weight but sturdy. Folds down to allow for easier transport in a car. Includes removable leg rests. \$85.00 OBO Please email dee@darserv.com for more info and to see.

Tilted wheelchair, adjustable for person who is unable to sit up straight, shower chair, and commode. Paid \$1249. Asking \$575.00 OBO. Please email dee@darserv.com for more info & to see.

SERVICES OFFERED

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

Pip's Errand Service- 302-359-3602

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Pet sitting - during the day, call Carol 706-326-0134

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

Home Health Aide looking for new client, Dover/Camden area, mostly days, 302-241-1467

Pop-Pops Grass Cutting Service: I cut your grass like it's mine, I care a lot! Bruce, 302-312-4845

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Housecleaning, free est., reas. rates, ref. available, 302-653-7115 lv. mess.

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References available upon request - 302-229-2432.

Free 9 Things every senior needs to know about funerals with a FREE "My Final Wishes Guide". Richard Edkins, Final Expense Sales Counselor, 945-695-3131.

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Expert Document Services - get professional help with Affidavit; Tenancy Agreement; Loan Agreement; Employment Application; Notorization Services. Fast, reliable and affordable services with Abraham Anim Asare at 4019 S. DuPont Hwy., Suite B, Dover, DE 19901, 508-579-0234, abrahamanimasare80@gmail.com

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

Harvey's Window Cleaning Service, commercial & residential window cleaning, 30 years experience, 302-750-0473

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

Private caregiver to assist your loved one in their comfort zone. 33 years in the medical field. Excellent references. Call Sarah, 267-325-1083

Medical assistant with 25+ yrs. exp. in family care practice & senior care. Looking to assist families with senior care assistance. Compassionate, caring & dependable. Understanding of the needs and emotional well being of you or your family member, Call Latanya for questions, 302-480-7864.

NEEDED

62 YO retired woman wants to rent rooms in single family home, has own transportation, clean, no smoking or drugs, 302-287-8082

83 yo man looking for small apartment or room, 302-747-6673

Need Dog Walker in Village of West Dover. Lg. dog. Offering \$13.50/2xweek, 302-734-1511

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.

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

Home for Rent, \$1700/month. Beautifully furnished, non-smoking, 3 BD/2 BA, home w. enclosed back porch in a small, quiet adult community. Includes water, sewer, trash/recycle & outside storage shed. 302-423-6287

Room for Rent includes private bath, living room and patio. \$800 per month. Rent includes water, sewer, trash, basic cable & internet. Electric split between three tenants. Available 2/15/2025. Contact Marie Payne 302-922-1991



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