

THE GUIDING LIGHT

FEBRUARY 2026

GUIDING DELAWARE'S SENIORS INTO A BRIGHTER FUTURE

Frederica Senior Center

216 S. Market Street

Frederica, De 19946

WWW.Fscguidinglight.org



Frederica Senior Center

**GUIDING DELAWARE'S SENIORS
INTO A BRIGHTER FUTURE**

Membership Guidelines

The Frederica Senior Center's mission is to guide Delaware's Seniors into a brighter future. The Center is where seniors or persons with disabilities join together for services, activities, socialization, and nutritious home cooked meals. Programs are designed to enhance our members dignity, support their independence and encourage involvement in their local community.

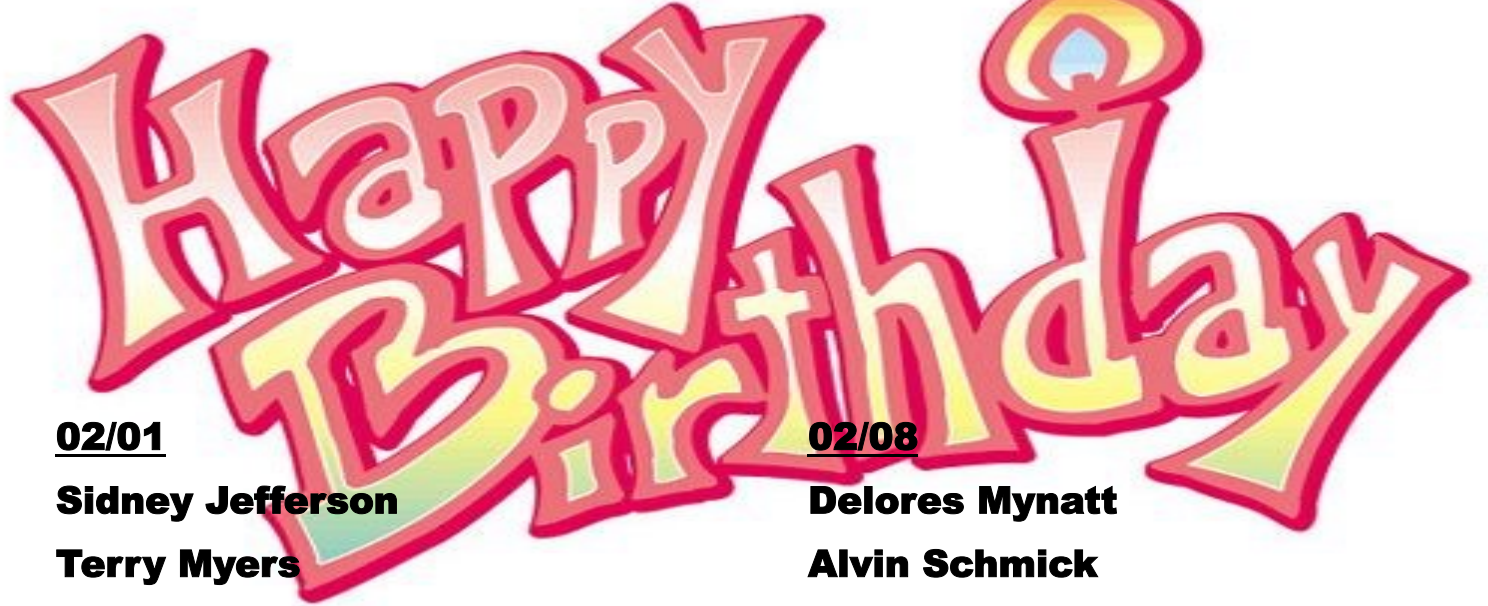
This membership guidelines booklet has been developed to enhance the experience of your participation in the Center Activities and Programs. It is the Center's priority to provide a safe, pleasant, positive, comfortable, enjoyable environment to our members.

The Center recognizes that some behaviors may distract and disrupt the enjoyment of the Center. That is why the following guidelines have been set up by the Board of Directors and Staff in order to address any instances that may occur and disrupt the daily routine and experience at the Center.

We ask that you carefully read and become familiar with these guidelines in order to know what is expected from each and every member of the Frederica Senior Center.

1. Membership is limited by the resources of the Center to individuals who are self mobile, with or without assistance devices such as wheelchairs or walkers, independent, capable of appropriate decision making, self toileting and have adequate appearance and hygiene to participate in daily activities. If not independent, self mobile members may attend with a personal assistant. The Frederica Senior Center does not employ Nurses, or Aids and is not considered an adult day care facility.
2. As a member we ask that you promote goodwill. No member shall mistreat, either verbally or physically, any other member or staff. Mistreatment includes sexual, racial, or otherwise harassing comments. Violence of any kind will not be tolerated and shall result in immediate dismissal from the Center, and revocation of membership.
3. Members are asked to encourage diversity. Isolation of members based on race, religion, color, sex, national origin, sexual orientation, and or physical or mental disability shall not be tolerated.
4. The use of illegal drugs or alcohol is not permitted on or in Center property.
5. The rooms and equipment in the Center are for the use of the entire membership and are never for the exclusive use of any one member. Members are expected to respect and maintain the facility and equipment they use. Members may be liable for purposeful damage or destruction of any Center property.
6. Members are not to use any vulgar or profane language at any time.
7. If at any time a member has a problem, whether it be with another member, staff member, a program, or procedure in the Center, that member should report their concern to the Executive Director or Staff Member. No member has the right to approach a guest or group to voice their complaint. Complaining among other members will not get the situation resolved but will only bring disharmony into the Center.
8. Any criminal act committed by a member will result in immediate dismissal.
9. Inoculations must be done in private areas, avoiding the dining room, lobby, or kitchen.
10. Members who participate in trips are responsible for themselves independently.

The purpose of these guidelines is to allow everyone to richly enjoy their visit to the Center every time they are here. It is up to the individual member to do their part in order to achieve this goal.



02/01

Sidney Jefferson
Terry Myers
Colleen Sturgeon

02/08

Delores Mynatt
Alvin Schmick

02/02

Ellen Ainge

02/09

Rebecca Tholstrup

02/03

Connie Shockley
Kjell Wendell

02/10

Eric Robutka

02/12

Betty Renshaw

02/04

Phyllis Milano
Betty Myers
Vinnie Warr

02/13

Fred Goodman
Herbert Konowitz

02/05

Kathrine Clark

02/14

Patricia Papineau
Louis Roberts
Dwain Thomas
Ann VanVooren
Janet Yonkers

02/06

William Macklin
Patricia Pullella
Alfred Spina

february

02/15

John Boc

02/16

Francis Campbell

Michael Maloney

2/20

Ronald McCloskey

2/21

Judy Fox

Robert Jackson

Doris Wickenheiser

2/22

Ronald Papineau

Joseph Startt

2/23

Eva Sanders

2/24

Leon VanSant

2/25

George Davidson

Jerry Mosley

2/26

George Miller

Alice Rowe

2/27

Norma Littleton

Robert Wagner

2/28

Patrick Ankenman

Betty Stewart

Nancy VanSant

2/29

Mert Mullen

David Roop

Kenneth Smith



<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>	<u>FEE</u>
2/6/26	Shady Maple Lancaster	08:30A	\$20
2/13/26	Dover Air Mobility Museum Lunch at Mission BBQ	09:30 A	
2/17/26	Crooked Hammock Brewery	5:00p	
2/20/26	Dover Mall	10:00A	
2/28/26	Breakfast Fundraiser at the Center		\$10

Welcome

—We are glad you are here—

Michael Malloy

Bill Yonker

Robert Waltman

Brandon LeBarron

W. David Pierce

Susan Salaz





Frederica Senior Center Spring Craft Fair

Saturday, March 28, 2026
8am - 1pm

Come enjoy shopping with a variety
of local artists and vendors

Vendors Wanted:

1 table and 2 chairs - \$15
with electric - \$20

Call 302-335-4555 to register or scan
the QR code for more information.

Payment due at registration.
Limited spots available



Breakfast and light refreshments will be
available for purchase.

216 S. Market Street
Frederica DE 19946

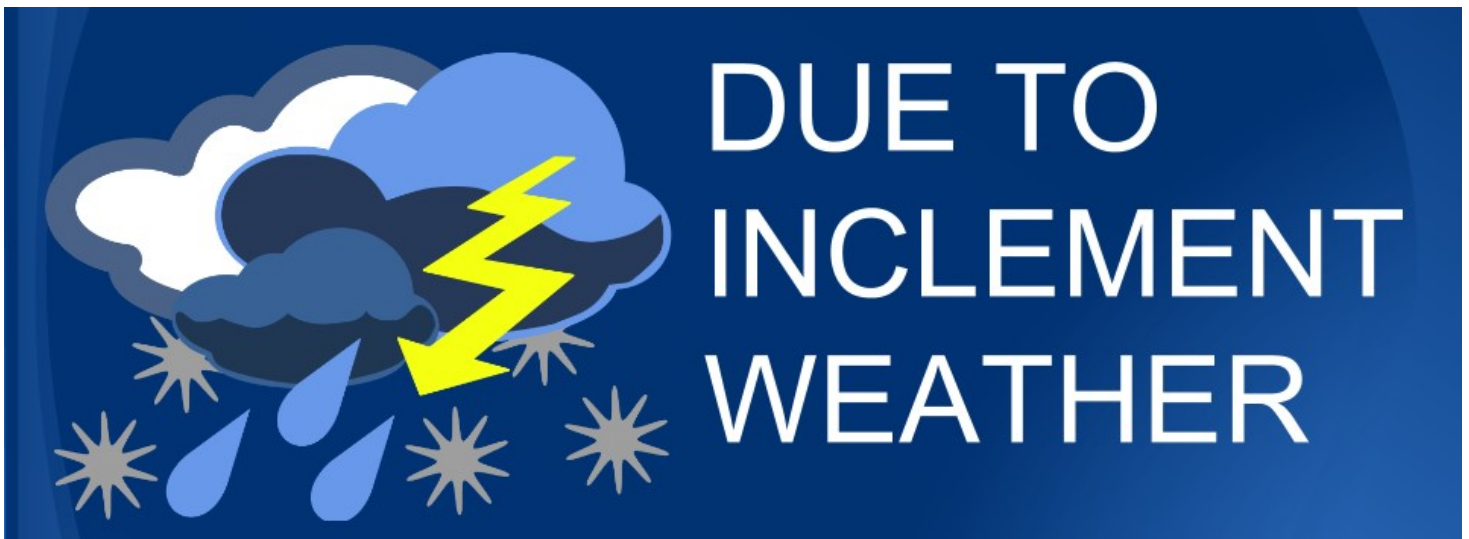
***Frederica Senior Center
Cash Bingo
February 21, 2026***

Doors Open at 5pm
Early Bird games at 6pm
Bingo starts at 7pm

9 Pack Book - \$20
Extra 9 Pack Book - \$10
Bonanzas, Red & White,
Pull Tabs, Jackpot and
50/50 tickets
available for purchase

Refreshments available for
purchase

216 S. Market Street
Frederica DE 19946
302-335-4555



Winter Weather Season is upon us. In the event of a closing for the center, our Facebook page, and website will be the first places to find information. We will also notify the local radio and television stations for broadcast.

www.fscguidinglight.org

The Facebook page and Instagram pages can be found linked at the top of our website.

If you subscribe to our website, you can be added automatically to an email alert system.

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo	3 9a Craft Room 9a Woodworking 9a Thrift Shop 12:30p Bingo	4 9a Craft Room 9a Woodworking 9a Thrift Store 9:30a Line Dance 12:30p Bingo	5 9a Craft Room 9a Woodworking 9a Thrift Shop 12:30p Bingo	6 SHADY MAPLE
9 9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo	10 9a Craft Room 9a Woodworking 9a Thrift Shop 12:30p Bingo	11 9a Craft Room 9a Woodworking 9a Thrift Store 9:30a Line Dance 12:30p Bingo	12 9a Craft Room 9a Woodworking 9a Thrift Shop 12:30p Bingo	13 DOVER AIR MOBILITY MUSEUM
16 9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo	17 9a Craft Room 9a Woodworking 9a Thrift Shop 12:30p Bingo CROOKED HAM-MOCK	18 9a Craft Room 9a Woodworking 9a Thrift Store 9:30a Line Dance 12:30p Bingo	19 Breakfast with Charlie 7:30a 9a Craft Room 9a Woodworking 9a Thrift Shop 12:30p Bingo	20 DOVER MALL
23 9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo	24 9a Craft Room 9a Woodworking 9a Thrift Shop 12:30p Bingo	25 9a Craft Room 9a Woodworking 9a Thrift Store 9:30a Line Dance 12:30p Bingo	26 9a Craft Room 9a Woodworking 9a Thrift Shop 12:30p Bingo	27
MENU SUBJECT TO CHANGE!	CALL BEFORE 9:30A TO RESERVE LUNCH	302-335-4555		



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

2 Hot Dogs Tator Tots w/ Gravy Dessert	3 Chicken Parmesan Noodles Broccoli Dessert	4 Turkey Soup Turkey Club Sandwich Chips Dessert	5 Pepper Steak Rice with Peppers and Onions Green Beans Dessert
9 Pizza Wings Celery Dessert	10 Cheese Steaks French Fries Beets Brownies	11 Fish Sticks Mac & Cheese Collard Greens Corn Bread Dessert	12 Pork Chops Potatoes Green Beans Dessert
16 Baked Goulash Garlic Bread Salad Dessert	17 Jambalaya Yellow Rice Shrimp and Kielbasa King Cake Dessert Mardi Gras	18 Cold Plate Dessert	19 Chicken and Dumplings Peas Dessert
23 Stuffed Peppers Rice Salad Dessert	24 Taco Salad Refried Beans Dessert	25 Grilled Cheese Manhattan Clam Chowder Dessert	26 Birthday Fried Chicken Mashed Potatoes Gravy Corn Dessert
Menu and Activities Subject to Change	Call by 9:30a to reserve your meal, dine-in or take out!	302-335-4555	



Drums Alive at the Frederica Senior Center

Join us for a Fun Cardio Drumming Class

Suitable for all abilities

**The 3rd Wednesday of
Every Month at 10:00 a.m.**

Jan. 21, Feb. 18, Mar 18, Apr. 15, May 20, Jun. 17, Jul. 15

Aug. 19, Sept. 16, Oct. 21, Nov. 18, Dec. 16

Sponsored and Hosted by:



**PACE
YOUR
LIFE**



DO YOU HAVE **concerns** **about falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

**This program emphasizes
practical strategies to
manage falls.**

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

FREE

Classes once a week for 8 weeks

Tuesday, March 3rd

Thru

Tuesday, April 21st

Time: 9:00 a.m. to 11:00 a.m.

**Frederica Senior Center
216 Market Street
Frederica, DE 19946**

To Register

CALL: 302-335-4555

 **OLUNTEER
DELAWARE 50+**

Wits Workout

ARE YOU AGE 60+ AND LOOKING TO
STAY COGNITIVELY SHARP WHILE
SOCIALIZING AND HAVING FUN?

JOIN US

University of Delaware Cooperative
Extension & The Frederica Senior
Center Presents Wits Workout
Brain Health Program.

Sign-Up

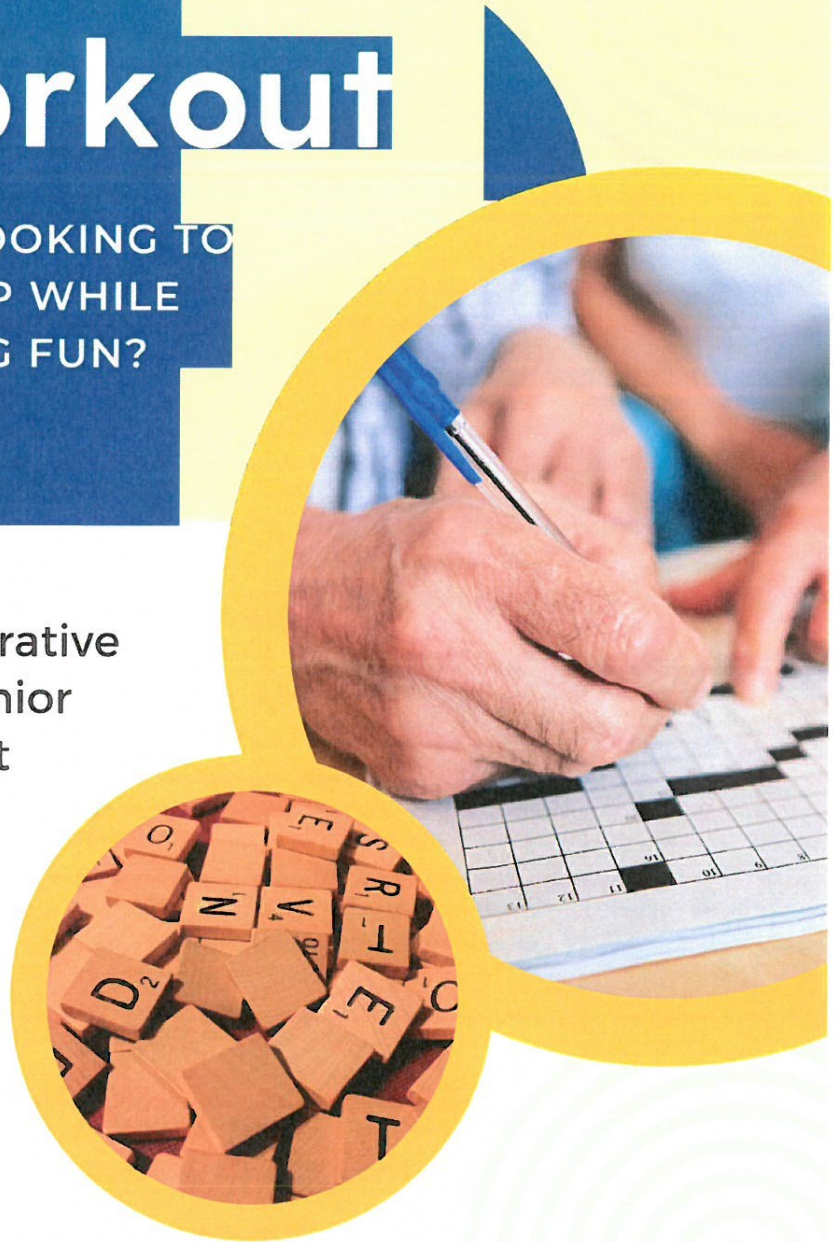
Tuesdays

2026 February 10,17,24

March 3,10,17

10:00 a.m.-11:00 a.m.

The Frederica Senior Center
216 Market Street
Frederica, DE 19946



UNIVERSITY OF DELAWARE
COOPERATIVE
EXTENSION

Contact: Sue Holliday
302-335-4555
OutReach@Fsc1.org



Frederica Senior Center

GUIDING DELAWARE'S SENIORS
INTO A BRIGHTER FUTURE

Frederica Senior Center



AARP Smart Driver Courses (In-Person)

Costs: \$20 for AARP Members

\$25.00 for Non-AARP members

Class fees are payable by cash or check (made out to AARP) at the time of the class. Advance registration is required by calling the Frederica Senior Center at 302-335-4555.

Basic Course: (You have never taken or have not taken a Smart Driver Class in the last 3 year) - **May 20, 2026/October 28, 2026**
(8am-2pm)

Refresher Course: (You have taken a Smart Driver Class in the last 3 years)
April 22, 2026/September 23, 2026, (8am - 12noon).



Breakfast FUNDRAISING

Join us for Breakfast!

February 28, 2026

Frederica Senior Center

\$10 for Breakfast Buffet

Menu: Pancakes, Waffles, French Toast, Bacon, Sausage,
Scrambled Eggs

Coffee, Tea, Juice

8a-10a

“Tricky Tray” Raffles Available

216 S. Market Street

Frederica, De 19946

302-335-4555

VALENTINE'S DAY



Wordsearch



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

WORD LIST

ADMIRER
 AFFECTION
 BE MINE
 BOUQUET
 BOYFRIEND
 CANDY
 CARD
 CELEBRATE

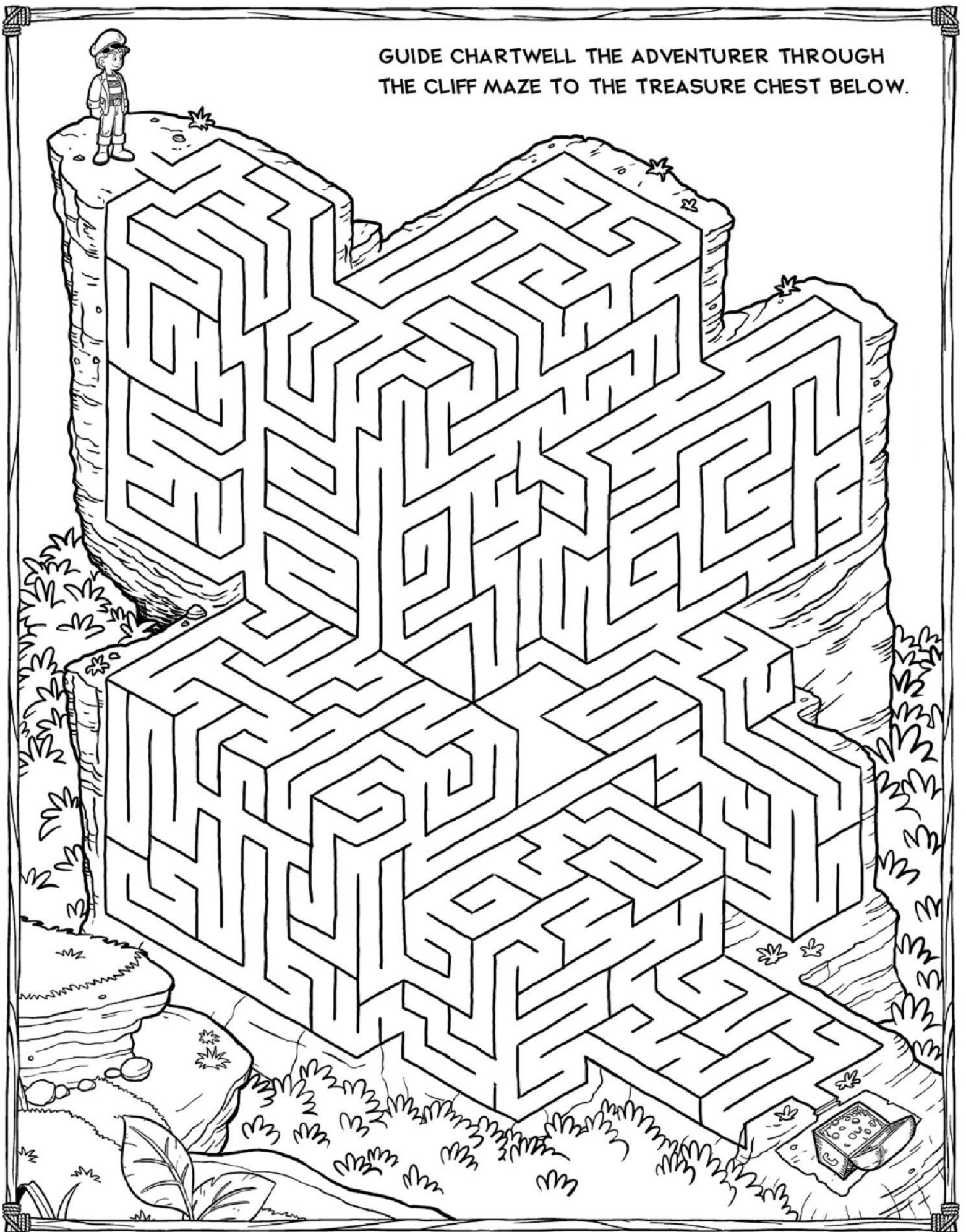
CHOCOLATE
 CRUSH
 CUPID
 DECORATE
 FEBRUARY
 FLOWERS
 FOURTEENTH
 GIFT

GIRLFRIEND
 HEART
 KISS
 LOVE
 PINK
 POEM
 RED
 ROMANCE

ROSE
 SMILE
 SWEETHEART
 TEDDY
 TOGETHER
 VALENTINE

Homemade
 GIFTS MADE EASY

GUIDE CHARTWELL THE ADVENTURER THROUGH
THE CLIFF MAZE TO THE TREASURE CHEST BELOW.



Linda's Thrift Shop
Open 9am-12p.m.
Tuesdays- Thursdays

Questions or Donations
See Linda!

HAVE A BUSINESS?

ADVERTISE HERE

STOP BY THE
BUSINESS

OFFICE FOR DETAILS

Need a Will or a

Power of Attorney

Jamie Sharp,, Attorney at Law,

Call the front desk

For an Appointment

302-856-9568

FAX 855-9803

EMAIL: jsharp@mooreandrutt.com

JAMES P. SHARP
ATTORNEY AT LAW

MOORE & RUTT, P.A.
122 W. MARKET STREET
P.O. BOX 554
GEORGETOWN, DE. 19947

Frederica Senior Center, Inc.

Educational and Cultural Programs

Professionals from the community visit the Center to inform the members and offer a variety of services free of charge for issues like Health, Legal, Consumer issues and much more!

Membership

The Frederica Senior Center is open to anyone **50+** or disabled, veterans regardless of race, creed, national origin, or gender. An application must be completed and submitted to the corporation. At that time, a fee of **\$25.00** for **annual membership** dues is also required. **This fee is renewed every July 1st.**

Nutritious Meals

Come enjoy our delicious meals, cooked at our Center each day. Meals are served Monday-Friday at 12:00 pm for the minimal donation of **\$6:00 per member, or \$8.00 for non-member. We are also offering take home meals on Fridays for the week-end.**

Social and Recreational Activities

The Center offers a variety of daily activities which include: craft room, billiards, woodworking, card games, table games, puzzles, etc. Weekly Bible study, shopping, recreational and cultural trips, various specialty crafts, quilting, walking and much more. **Non-Members incur a fee of \$5 per activity**

Transportation

A daily pickup is offered Monday-Friday to transport members to and from the Center, as well as social, recreational and shopping trips. The center has two buses, each equipped with a wheel chair ramp and handicapped equipment. If you are in need of this service please contact us for availability.

Cathy.

Food Pantry

Our Community Food Pantry is open to the public Fridays 8am-11am. For more information or donations, please call 302-335-4555 and ask for Mandy!

Board of Directors

Morgan Hudson	President
Sam Beyard	1st Vice President
Mark Nettleship	2nd Vice President
Susan Welch	Treasurer
Ray Harris	Secretary
Charles Postles	Community Liaison

Members: Bryan Jackson, Beverly Beebe, Deborah Corbett, Telford Rager, Mille Boc, Charles Curry
Membership Representative: Linda Gaudet

Staff

Kristine Langley	Executive Director
Cathy Mosley	Activities Director
Sue Holliday	Administrative Assistant
Ashley Caseley	Kitchen Manager
Mandy Slody	Pantry Manager
Heather Juliano	Kitchen
Mert Mullen	Bus Driver
Jim Eastman	Bus Driver
Greg Mills	Driver
Betty Flemming	Crafts Coordinator

Volunteers:

Marielen Littleton, Barbara Seward, Mae Maloney, Stephanie Wales

Our regular hours of operation are Monday through Thursday 7:00am to 1:30pm.