

THE GUIDING LIGHT

APRIL 2026

*GUIDING DELAWARE'S SENIORS INTO A
BRIGHTER FUTURE*

**Frederica Senior Center
216 South Market St
Frederica, Delaware 19946
www.fscguidinglight.org**



Frederica Senior Center

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 seniors 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 this booklet to 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.
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 membership will be revoked immediately.
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 not be done in public areas, such as dining room, lobby, or kitchen.

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.

NOTICE TO THE PUBLIC

Title VI Policy Statement

Title VI of the Civil Rights Act of 1964 prohibits discrimination on the basis of race, color, or national origin, sex, age, disability or retaliation in programs and activities receiving Federal financial assistance.

Civil Rights Restoration Act of 1987 (Public Law 100.259) and subsequent related acts, provides that no person shall be excluded from participation in, be denied the benefits of, or otherwise subjected to discrimination under any program or activity receiving Federal financial assistance from the Department of Transportation. If you feel you are being denied participation in or being denied benefits of the transit services provided by Frederica Senior Center, Inc., or otherwise being discriminated against because of your race, color, national origin, gender, age, or disability, you may contact the Executive Director at:

Frederica Senior Center, Inc

Attn: Executive Director

PO Box 165

Frederica DE 19946

302-335-4555

Exdir@fsc1.org

Happy Birthday

APRIL



APRIL 1

Barbara LaMarra
Mildred Manning

APRIL 2

Mille Boc
Mary Kay Crespo

APRIL 3

Kathleen Cooper

APRIL 4

Rosemary Zimmerman

APRIL 7

Martha Downing

APRIL 9

John Whidden

APRIL 10

Becky Brown
Renee Hoffman
Elizabeth Kennedy
Thelma Ruley

APRIL 11

Roger Hollopeter
Bonnie McCann

APRIL 13

Wilma Cromwell
Virgina Marvel
Pauline Nichols

APRIL 15

Joan Collomb

APRIL 16

Mary Curry
Joyce Lapp

April 17

Kathleen Picaroni

APRIL 19

Robert Britt

APRIL 20

Janet Postles
James Pryor

APRIL 21

Leroy Kline

APRIL 22

Catherine Degnats

APRIL 24

JoAnn Darling
Dennis Hudson

APRIL 25

Phyllis Zalenski

APRIL 26

Moseley Soule



APRIL 27

Debbie Adams

Barbara Jefferson

Joseph Maldonato

APRIL 30

Charles Curry



ALFRED FRANCE

CLAUDIA DAY-STROUT

REBEKKA BERRY-WARR



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



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).

Frederica Senior Center Sub Sale



302-335-4555

Sub Order Form



\$12 each

April 10, 2026 10am-1pm

Bread Type: White 12"

Italian Ham Turkey Tuna

Cheese: Provolone

American

Sub Condiments:

Mayo

Lettuce

Pickles

Miracle Whip

Tomato

Hot Peppers

Mustard

Onion

Sweet Peppers

Oil

Salt

Vinegar

Pepper

Name _____ Phone Number _____

Delivered Pick Up _____ Time _____

• Delivery Location _____

Delivery with a minimum purchase of 6 Subs

Delivery Order must be submitted by

April 7, 2026

April 2026 TRIPS

Date	Location	Time	Fee
4/10/26	SUICIDE BRIDGE	10:30A	\$20
4/14/26	MOVIES/ DINNER AT CHIK-FIL-A	4:00P	
4/16/26	55+ EXPO @ BALLY'S	9:30A	
4/17/26	CAPE MAY FERRY LUNCH AT NICOLA'S ICE CREAM AT HOPKINS	10:00A	\$14 FOR 62+ \$18 FOR 62-
4/22/26	TEXAS ROADHOUSE FUNDRAISER FOR AME METHODIST CHURCH	4:30P	
4/24/26	TOWN OF ANNAPOLIS	9:00A	\$20
4/28/26	WELLNESS FAIR @ MILFORD FOOD BANK	9:30A	

As always, non-members incur a \$5 fee for all trips!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 Donate your Pennies day! 9a Craft Room 9:30a Line Dance 12p Lunch 12:30p Bingo</p>	<p>2 9a Craft Room 10A EASTER PROMENADE AND TEA 12P WEAR A HAT TO LUNCH 12p Lunch 12:30p Bingo</p>	<p>3</p>
<p>6 PJ DAY 9a Craft Room 10a Chair Exercise 12p Lunch 12:30p Bingo</p>	<p>7 9a Craft Room 10A MAKE BIRD FEEDERS/ ROOT BEER FLOATS 12p Lunch 12:30p Bingo</p>	<p>8 SEQUENCE DAY 9a Craft Room 9:30a Line Dance 12p Lunch 12:30p Bingo</p>	<p>9 9a Craft Room 12p Lunch 12:30p Bingo</p>	<p>10 SUICIDE BRIDGE SUB SALE</p>
<p>13 SCRABBLE CHALLENGE 9a Craft Room 10a Chair Exercise 12p Lunch 12:30p Bingo</p>	<p>14 BOARD GAME DAY 9a Craft Room 12p Lunch 12:30p Bingo 4P MOVIES</p>	<p>15 9a Craft Room 9:30a Line Dance 10A CRAFT 12p Lunch 12:30p Bingo</p>	<p>16 DRESS PATRIOTIC 9a Craft Room 9:30 BALLY'S 55+ 12p Lunch 12:30p Bingo</p>	<p>17 CAPE MAY NICOLA'S HOPKINS CREAMERY</p>
<p>20 9a Craft Room 10a Chair Exercise 12p Lunch 12:30p Bingo</p>	<p>21 9a Craft Room 12p Lunch 12:30p Bingo 2P-5P Game Night</p>	<p>22 DONATE JELLY BEANS 9a Craft Room 9:30a Line Dance 12p Lunch 12:30p Bingo 4:30P TEXAS ROADHOUSE</p>	<p>23 SCRABBLE DAY 9a Craft Room 12p Lunch 12:30p Bingo</p>	<p>24 ANNAPOLIS RED/HOT/BBQ</p>
<p>27 9a Craft Room 10a Chair Exercise 12p Lunch 12:30p Bingo</p>	<p>28 9a Craft Room 9:30a Milford Food Bank Wellness Fair 10A SUPER HERO MOVIE 12p Lunch 12:30 Bingo</p>	<p>29 9a Craft Room 9:30a Line Dance 12p Lunch 12:30p Bingo</p>	<p>30 DRESS LIKE TWINS 9a Craft Room 12p Lunch 12:30p Bingo</p>	

APRIL

<p>Call by 9:30a to reserve either dine-in or take-out...302-335-4555</p>	<p>Menu subject to Change!</p>	<p>1 LASAGNA SALAD DESSERT</p>	<p>2 <u>EASTER</u> HAM POTATO SALAD GREEN BEANS BEETS CORNBREAD COCONUT CAKE</p>
<p>6 BEEF STEW RICE BISCUITS DESSERT</p>	<p>7 CHICKEN NUGGETS FRENCH FRIES BROCCOLI BITES DESSERTS</p>	<p>8 BAKED POTATO W/ TOPPINGS BAR DESSERT</p>	<p>9 BBQ CHICKEN AU GRATIN POTATOES PEAS DESSERT</p>
<p>13 BACON CHEESEBURGERS TATOR TOTS KRISPIE BEANS DEB'S PEACH COBLER</p>	<p>14 HAM & CHEESE SLIDERS MACARONI SALAD BEETS DESSERT</p>	<p>15 FISH NUGGETS (FISH TACOS) COLESLAW STEWED TOMATOES CORN NUGGETS DESSERT</p>	<p>16 TURKEY BOWL MASHED POTATOES STUFFING GREEN BEANS DESSERT</p>
<p>20 HOT DOG SAUERKRAUT CHILI DESSERT</p>	<p>21 TACO SALAD REFRIED BEANS DESSERT</p>	<p>22 CHICKEN CORDON BLEU MAC & CHEESE BRUSSEL SPROUTS DESSERT</p>	<p>23 STUFFED PEPPERS RICE CORN CORNBREAD</p>
<p>27 SPAGHETTI SALAD GARLIC BREAD DESSERT</p>	<p>28 COLD PLATE DESSERT</p>	<p>29 SHRIMP SCAMPI NOODLES BROCCOLI DESSERT</p>	<p>30 <u>BIRTHDAY</u> BEEF ROAST POTATOES CARROTS DESSERT</p>

SIGHT & SOUND
THEATRES®

JOSHUA

LIVE ON STAGE

SIGHT & SOUND THEATRES PRESENTS

JOSHUA

TAKE A TRIP TO SEE BEAUTIFUL LANCASTER

OCTOBER 2, 2026

3PM SHOWING

DINNER AFTER THE SHOW

DEPARTING THE FREDERICA SENIOR CENTER

AT 12:30P

TICKETS ARE \$100 PER PERSON

(DINNER NOT INCLUDED)

**CALL CATHY @ 302-335-4555 FOR MORE INFORMATION OR
RESERVATIONS**

216 S. MARKET STREET FREDERICA, DE 19946



APRIL SALES IN THE THRIFT SHOP

First two weeks of April, everything half off!

Open to the Public

Tuesday, Wednesday, and Thursdays

9a.m.—12p.m

**DONATIONS ACCEPTED LAST FRIDAY OF
THE MONTH ONLY!**



Frederica Senior Center Cash & Designer Purse Bingo

May 2, 2026

Cash, Coach, Dooney & Bourke,
Kate Spade & Michael Kors Bingo



Location:

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

Doors open at 5pm

Games start at 7pm

Food available for purchase

Instant Pull Tabs available for purchase

Advanced Tickets \$40

until April 27, 2026.

Limited Door Tickets \$50

Tickets include:

**1 - 9 game book, 2- Bonanza,
2-Red & White, 1-Extra
Jackpot, 5- Door Prize
Tickets and 1- Raffle Ticket.**

Extra Bingo Packet: \$10

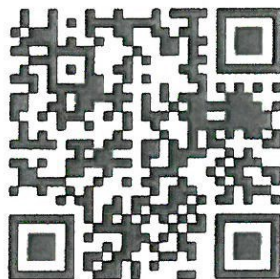
Bonanza, Red & White,

Jackpot, Door Prize,

50/50, and

**Raffle Tickets will also be
sold.**

Tickets can be purchased at the Frederica Senior Center
between the hours of 7am-2pm Monday - Thursday. No
tickets will be reserved - you can pay for your ticket online
via the QR code below or in person only.





Frederica Senior Center

Cash Bingo

April 18, 2026

Doors open at 5pm

Early Birds games at 6pm

Bingo starts at 7pm

9 pack Bingo Book \$20

Extra Bingo Book \$10

Bonanza, Red & White, Jackpot,

50/50 & Pull Tabs available for

purchase

Kitchen will be open

216 S. Market Street

Frederica DE 19946

302-335-4555

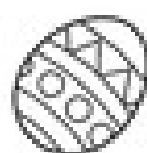
Writing



- | | | | |
|------------|----------|------------|----------|
| Author | Audience | Rhetoric | Jargon |
| Brainstorm | Imagery | Manuscript | Journal |
| Story | Energy | Dialogue | Draft |
| Style | Topic | Idiom | Metaphor |
| Expression | Poetry | Purpose | Clarity |
| Conflict | Anecdote | Evidence | Summary |



SPRING & EASTER



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

WORD LIST

APRIL
 BASKET
 BLESSINGS
 BONNET
 BOUQUET
 BUNNY
 CANDY
 CELEBRATION

CHICK
 CHOCOLATE
 CHURCH
 CROSS
 EASTER
 EGGS
 FAMILY
 GOOD FRIDAY

HOLY
 HOT CROSS BUN
 HUNT
 JESUS
 LAMB
 LENT
 MIRACLE

NEWBORN
 PARADE
 PRAYER
 RABBIT
 SACRIFICE
 SPRING
 YELLOW

BUY A BRICK PROGRAM

Do you want to honor a loved one? Donate \$50.00 and have a 4x8 Brick with your engraving placed by our main walkway. Donate \$100.00 or more and have an 8x8 plaque placed in our main lobby. (Engraving will be in all CAPITAL letters.)

Yes, we'd like to reserve a permanent brick. Please engrave our brick as follows:

ANY SYMBOL IS CONSIDERED ONE SPACE (PERIOD, COMMA, DASH)
ALL TEXT IS CENTERED UNLESS OTHERWISE NOTED

4 x 8 Brick

8x8 Plaque

EXAMPLE

G	O		N	E	W	T	O	N		H	I	G	H		L	I	O	N	S
S	T	A	T	E		C	H	A	M	P	I	O	N	S					
2	0	0	2	,		2	0	0	3	,		2	0	0	4				

PLEASE RETURN THIS FORM AND YOUR CHECK PAYABLE TO:

Frederica Senior Center
P.O. Box 165
Frederica Senior Center

Name: _____ Phone: (____) _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Email Address: _____ Amount Paid: _____

Bricks take 3-4 weeks to arrive after order is placed.
If you have any questions, please call 302-335-4555.

Become a friend of FSC!

Friends receive advertisements in our
“GUIDING LIGHT” NEWSLETTER
available in print, on the website
(www.fscguidinglight.org), and
Facebook.

SIZES

Business Card (2” x 3 1/2”)

\$25/month or \$250/year

Half Page (5” x 4.5”)

\$50/month or \$500/ year

Full Page (7” x 8.5”)

\$100/month or \$1000/year

**Need a Will or a
Power of Attorney**

Jamie Sharp,, Attorney at Law,
will be at the Frederica Senior Center on

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 – Thursday at 12:00 pm for a minimal donation of **\$6:00 per member, \$8.00 non-member.**

Social and Recreational Activities

The Center offers a variety of activities which include: daily craft-making classes, our game and social rooms are open daily for pool playing, card games, table games, puzzles, etc. Weekly Bible study, shopping, recreational and cultural trips, various crafts, quilting, walking and much more free to all members. **All non-members the cost is \$5 per activity.**

Transportation

A daily pickup is offered Monday-Thursday 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.

Food Pantry

The Community Food Pantry is open Fridays 8a—11a to the public. Members in need can talk to Mandy for more information or to visit the pantry during center hours.

Board of Directors

MORGAN HUDSON	President
SAM BEYARD	1st Vice President
MARK NETTLESHIP	2nd Vice President
SUSAN WELCH	Treasurer
RAY HARRIS	Secretary

Member(s) at Large

Charles Postles

Members:

BEVERLY BEEBE, MILLE BOC, DEBORAH CORBETT, CHARLES CURRY, TELFORD RAGER

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:

Mae Maloney, Bryan Jackson, Marielen Littleton, Barbara Seward

Frederica Senior Center's Mission Statement

Founded in 1974, the Frederica Senior Center was built on the need to combat the debilitating effects of geographical isolation of the elderly residing in Frederica, Magnolia, Felton, North Bowers Beach and rural surrounding areas in Delaware.

Our goal is to provide a hot home-cooked nutritious meal daily; social; recreational and educational activities; transportation to and from the Center; and Outreach services.

If you or someone you know has a need or would like to visit our Center, please feel free to call us (302) 335-4555. Our hours of operation are Monday through Thursday 7:00am to 2:00p.m.