

THE GUIDING LIGHT

MARCH 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.

Title VI Notice to the Public

Frederica Senior Center, Inc. operates its program and services with no regard to race, color, and national origin in accordance with Title VI of the 1964 Civil Rights Act.

To find out more about our nondiscrimination obligations or to file a complaint, please contact us at **302.335.4555**
(Executive Director)

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

March Birthdays

3/1

JOAN YAISER

3/3

GWENDOLYN HEBERT

LARRY KOCH

EVELYN REED

3/4

JEAN WRIGHT

3/5

MATILDA HOVINGTON

VIRGINIA SCHMICK

PENNY SHOCKLEY

DOROTHY SNYDER

3/6

MILDRED PERRY

3/7

EDWARD DENKENBERGER

HENRY HUDSON

3/9

CHRISTINA PLEASANTAN

3/10

ROBERT FETZER

EVELYN STURGES

3/11

MARGERY PEARSON

SALLY TODD

3/12

WANDA MCCLOSKEY

3/13

BARBARA MAY

3/14

PHILLIP HALTER

3/15

GWENDOLYN DENNIS

JUNE HALTER

3/16

PATRICIA MCGILL

3/17

HOLLY JOHNSTON

3/18

LESLIE STILLER

3/19

NORMA WALTHOUR

3/21

MARGARET LOIACONO

MARGARET WIREMAN

3/22

BUDDY AIKEN

3/23

ELEANOR BALLARD

TIERIESA NETTLESHIP

3/25

GLORIA JONES

RICHARD MORGAN



3/26

SUSAN RINALDI

3/27

JANICE CAMPBELL

SIBYL HOOVER

3/29

TRACEY HARRIS

WELCOME NEW MEMBERS

Adriona Cortez

Irene Cortez

Adell Hall

Thelma Ruley

MEMBERSHIP MEETING

ALL MEMBERS ARE ENCOURAGED TO ATTEND!



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



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**





MARCH 2026 TRIPS

Date	Location	Time
3/06/2026	Cracker Barrel Rehoboth	10:30a
3/10/2026	Chinatown Buffet- Rehoboth	4:30p
3/13/2026	Roses in Smyrna Smyrna Diner for lunch	9:30a
3/20/2026	Goodwill in Bridgeville/ Teen Challenge in Seaford Lunch at Smith's Diner	9:30a
3/27/2026	Trader Joes/Christiana Mall Lunch at Cheesecake Factory	9:30a

March



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 Shop 12:30p Bingo	5 9a Craft Room 9a Woodworking 9a Thrift Shop 10a Movie Morning 12:30p Bingo	6 CRACKER BARREL Thrift Shop is Open Today!
9 9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo	10 CRAFT DAY 9a Craft Room 9a Woodworking 9a Thrift Shop 12:30p Bingo 4:30P CHINA-TOWN BUFFET	11 9a Craft Room 9a Woodworking 9a Thrift Shop 12:30p Bingo	12 PJ DAY/ PLANT DAY 9a Craft Room 9a Woodworking 9a Thrift Shop 12:30p Bingo	13 ROSES/ SMYRNA DINER
16 9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo	17 WEAR GREEN 9a Craft Room 9a Woodworking 9a Thrift Shop 12:30p Bingo	18 9a Craft Room 9a Woodworking 9a Thrift Shop 12:30p Bingo	19 CRAZY HAIR DAY 9a Craft Room 9a Woodworking 9a Thrift Shop 12:30p Bingo	20 GOODWILL/ TEEN CHALLENGE SMITH'S DINER
23 9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo	24 SEQUENCE DAY 9a Craft Room 9a Woodworking 9a Thrift Shop 12:30p Bingo	25 PJ DAY 9a Craft Room 9a Woodworking 9a Thrift Shop 12:30p Bingo	26 DRESS CRAZY DAY 9a Craft Room 9a Woodworking 9a Thrift Shop 12:30p Bingo	27 CHRISTIANA MALL/ TRADER JOES CHEESECAKE FACTORY Thrift Shop Open
30 9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo	31 9a Craft Room 9a Woodworking 9a Thrift Shop 12:30p Bingo 2P GAME NIGHT			

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 TOASTED CHEESE BAKE CASSEROLE GREEN BEANS BANANA DESSERT	3 ITALIAN SUB CHIPS COOKIES	4 SALISBURY STEAK STEAK FRIES BROCCOLI DESSERT	5 OPEN-FACED TURKEY SAND. MASHED POTATOES STUFFING CRANBERRY SAUCE
9 MEATBALL SUBS FRIES DESSERT	10 BAKED POTATO WITH TOPPINGS BAR DESSERT	11 BREADED SHRIMP COLESLAW SHRIMP SALAD CORNBREAD BLUEBERRY DESSERT	12 CHICKEN POT PIE DESSERT
16 CHEESEBURGERS ONION RINGS "KRISSE" BEANS DESSERT	17 HAM & CABBAGE POTATOES BEETS CORN BREAD DESSERT	18 SLOPPY JOES TATOR TOTS COLESLAW DESSERT	19 FRIED CHICKEN MAC & CHEESE BRUSSEL SPROUTS DESSERT
23 HOT DOGS SAUERKRAUT CHILLI DESSERT	24 CHEESESTEAKS FRENCH FRIES BROCCOLI BITES DESSERT	25 WAFFLES SCRAMBLED EGGS SAUSAGE APPLE SAUCE	26 BIRTHDAY SPAGHETTI SALAD GARLIC BREAD DESSERT
30 FISH SANDWICH AU GRATIN POTATOES VEGGIES DESSERT	31 TACO SALAD REFRIED BEANS CITRUS DESSERT		

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.

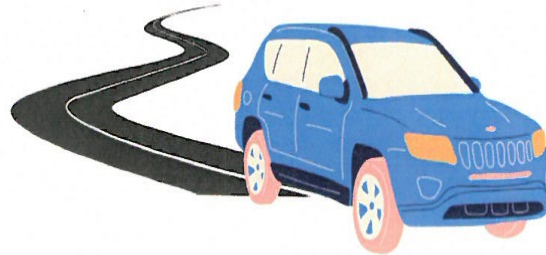
**Frederica Senior Center
216 Market Street
Frederica, DE 19946**

To Register

CALL: 302-335-4555

 **OLUNTEER
DELAWARE 50+**

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).



UTILITY BILL ASSISTANCE RESOURCES FOR DELAWAREANS

Delmarva Power Customer Relief Fund

One-time assistance up to \$500 for eligible Delmarva Power electric and gas customers; available to households up to 350% of the federal poverty level (\$54,000 for a single person; \$112,525 for a family of 4).

bit.ly/DelmarvaCustomerRelief

Delaware Energy Fund

One-time \$300 assistance for non-Delmarva customers; available to households up to 350% of the federal poverty level. For more information:

energizedelaware.org

LIHEAP

Winter heating assistance from October 1 through March 31 for households earning less than 60% of Delaware's median income. For more information:

dhss.delaware.gov/dss/liheap/

Weatherization Assistance Program

Weatherproofing and home efficiency upgrades for households under 60% of the state median income. For more information: de.gov/wap

Home Energy Checkup and Counseling (HEC2)

Reduced-cost home energy assessments, including installation of energy-saving products and recommendations for energy efficiency improvements. For more information: energizedelaware.org/hec2/

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



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

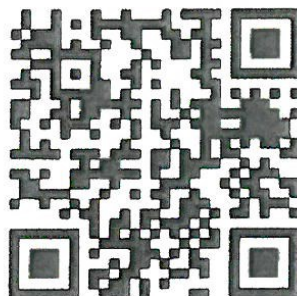
Bonanza, Red & White,

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.**





CASH BINGO

March 21, 2026

Frederica Senior Center

216 S. Market Street

Frederica DE 19946

(302) 335-4555

Doors Open at 5pm

Early Bird games at 6pm

Bingo starts at 7pm

9 Pack Bingo Book \$20

Extra Bingo Book \$10

**Bonanza, Red & White,
Jackpot, 50/50 & Pull Tabs
will be available for purchase**

Food Available for Purchase



February 20, 2026

Dear Friend and Neighbor,

I hope this letter finds you in good health and warm spirits. I want to take a moment to share a wonderful opportunity to become more connected with others and feel a little less alone.

The Delaware Ecumenical Council on Children and Families (DECCF), a nonprofit interfaith organization, has a program called **THE NEVER ALONE PROJECT** which utilizes caring volunteers to make telephone reassurance calls to seniors and disabled persons across Delaware who may be feeling isolated and lonely. Through this program DECCF offers regular telephone contact with clients, offering them personal support and friendly contact.

For More Information/Register: Call (302) 225-1040

Warmest Regards,

Rev. Brian K. Sanders

Executive Director

Delaware Ecumenical Council on Children and Families

www.deccf.org

1301 N. Broom Street

Wilmington, DE 19806

Donations for the Thrift Store will only be accepted by Linda on the Last Friday of the month!

Open Every Tuesday Through Thursday to the Public 9a-noon!

Open Fridays March 6th and 27th!



Become a friend of FSC!

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

SIZE

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

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

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

Call the front desk for an appointment
With Jamie!

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 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 buffet style Monday-Thursday at 12:00 pm for a minimal donation of **\$6:00 per member, \$8.00 non-member. Weekend Meals Available!**

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.

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 Frederica Senior Center Food Pantry is Open to the public every Friday 8a- 11a. For more information 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:

Beverly Beebe, Mille Boc, Deborah Corbett, Charles Curry, Bryan Jackson, Telford Rager

Membership Representative: Linda Gaudet

Staff

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

Volunteers:

Bryan Jackson, Mae Maloney, Marielen Littleton, Stephanie Wales, 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 1:30pm,