

# **THE GUIDING LIGHT**

**JUNE 2026**

**Frederica Senior Center**

**216 South Market St**

**Frederica, Delaware 19946**

**[www.fscguidinglight.org](http://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 while fostering intergenerational connections.

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. A full copy can be picked up at the front desk.

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 membership representative or executive staff. 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 and may be amended at any time based on need. It is up to the individual member to do their part in order to achieve this goal.



June

# BIRTHDAYS

**JUNE 1**

**JOYCE HOLMAN  
TINA WESTOVER**

**JUNE 2**

**LINDA MILLER**

**JUNE 3**

**BEVERLY SHAHAN**

**JUNE 4**

**JOHN HENDERSON  
GREGORY MILLER  
SALLY STRINGHAM**

**JUNE 5**

**SANDY HARRIS**

**JUNE 6**

**KAY BIRD  
MARY HIRT  
ELVA RODRIGUEZ  
PATRICIA SHUFELT**

**JUNE 7**

**JASEN KINSLOW  
BOB MAY**

**JUNE 8**

**FAY KEMP  
JOANN WEBB**

**JUNE 9**

**GARY LANGENSTEIN**

**JUNE 10**

**THOMAS MOSLEY**

**JUNE 11**

**TINA BURRIS**

**JUNE 12**

**JOHN GOSCH  
KATHRYN KROUSE  
PATRICK MCGILL  
JUNE TRICE**

**JUNE 13**

**BARBARA LOMAX**

**JUNE 14**

**SAMANTHA HENRY  
BILLY STRATMAN  
CINDY UNSWORTH**

**JUNE 15**

**LORRAINE MARKS**

**JUNE 16**

**ROBERT ALTOMARE  
FRANK WEBB**

**JUNE 17**

**WAYNE DUKES**

**JUNE 19**

**JACQUELINE LAFERRIERE**

**JUNE 20**

**BARBARA BROWN**

**JUNE 21**

**LINDA BOND  
CYNTHIA EVANS**

**JUNE 22**

**ANITA BEYARD**

**JUNE 23**

**WILLIAM GLANDEN  
TERESA LEWIS  
ROBERT SMITH  
WILLIAM YONKER**

**JUNE 24**

**DANIEL GRIFFITH  
RAYMOND E. HARRIS  
BONNIE STEWART  
NORMAN WILFONG**

**JUNE 25**

**JOANNE BEDWELL  
NEAL CARROLL  
CONNIE DEVAN  
MELISSA MCCLEARY  
SHIRLEY WIMER  
MARY YOUNG**

**JUNE 26**

**MARTY MACCONI  
PAMELA QUEEN-PERRY**

**JUNE 28**

**LINDA COOPER  
BETTY FLEMMING  
PHILIP FLUHR  
NANCY KENTON  
SUSAN SALAZ**

**JUNE 29**

**JEAN ROBERTS**

**JUNE 30**

**DENNIS MALONEY  
DAVID MILLER  
GREGG NEUMANN  
MAYNARD SCALES**

# New Member

## Welcome New Members

Zimmie Blumenstock

Alberta Parker

Thomas Pruchnik

Eloise Scales

Maynard Scales

Lois Sworen

Kathy Martin

Lisa White

Phil Green

Beth Green

Elise Pinkowski

Pamela Queen-Perry

Donna Cohee

Sherine Sharp

Jason White



**Thrift Shop Donations Are Only Accepted By Linda last Friday of the month.**

**Shop Hours**  
**Tuesday Through Thursday**  
**9am – 12pm.**  
**Any questions, see Linda!**



**The Frederica Senior Center is seeking a Part-time bus driver with CDL w/ passenger DOT certification.**



# Frederica Senior Center CASH BINGO

June 20, 2026

DOORS OPEN AT 5PM

EARLY BIRD 6PM

BINGO 7PM

9 PACK BOOK- \$20

EXTRA BINGO BOOK- \$10

BONANZAS, RED & WHITES, PULL TABS AND  
50/50 AVAILABLE FOR PURCHASE

REFRESHMENTS AVAILABLE FOR PURCHASE

**216 S. MARKET STREET  
FREDERICA, DE 19946**

**302-335-4555**





# JUNE 2026 TRIPS

<b>Date</b>	<b>Location</b>	<b>Time</b>	<b>Fee</b>
<b>6/4/26</b>	<b>Cheddars</b>	<b>4p</b>	
<b>6/10/26</b>	<b>Brecknock Park Caya Sol Concert</b>	<b>5p</b>	
<b>6/12/26</b>	<b>Kitchen Kettle</b>	<b>7:30a</b>	<b>\$20</b>
<b>6/17/26</b>	<b>Francos/ Tres Dolce</b>	<b>4p</b>	
<b>6/24/26</b>	<b>Brecknock Park Best Kept Secret Concert</b>	<b>5p</b>	
<b>6/26/26</b>	<b>Rehoboth</b>	<b>9:30a</b>	

**\*Please assume all trips have walking involved and plan accordingly.**



Frederica Senior Center:  
**FIND OUT MORE ABOUT WE CARE AND  
MILFORD WELLNESS VILLAGE ON  
JUNE 16, 2026  
10A**

Milford Wellness Village  
Suite 1045  
21 W. Clarke Avenue  
Milford, DE 19963  
302-459-3900

#### Introduction of WeCare Staff

Our Services are FREE to Seniors. We are a Grant Funded Program. Each member is assigned to a Personal Health Nurse who reviews services to assist you and calls you weekly.

**Requirements:** 55 or older and have a need for services, resources or support. Or under 55 and have a disability.

The Personal Health Nurse assists with the following:

- Weekly calls to check on your health needs, checks on meds/refills and upcoming MD appts.
- Offers resources in the community
- Free Home Med medication review on Enrollment and blood pressure screening
- Advocate for healthcare needs
- Assist with ADA DART application and submits to DART
- Assist with prescription assistance for approved medications
- Assist with Food Pantry sites, and AMAZON Food Pantry Delivery as applicable
- Assist with referrals to DSAAPD for housekeeping, personal care and emergency button
- Assist with referrals for Home Improvement resources
- Assist with referrals for Major home repairs: Heating; A/C, ramps, handrails etc.
- Assist with providing assistive devices: shower chairs, rollators, wheel chair, etc.
- Assist member to avoid unnecessary treatments i.e., ER visits
- Palmer Grant for Approved Needs and based on Grant availability
- Nurse Education
- Assist with resources for energy assistance
- Assisting to pick up medications
- Assist with resources for Home Care and Rehab as applicable
- Assist with Living Will and FREE Notary
- EHRI Education Programs: Chronic Disease Self-Management Education; Diabetes Self-Management Education, Fall Prevention Programs: Matter of Balance and Bingocize offered in the Community at various locations.

And many other resources to assist you in being Independent as possible and remain in the comfort of your home.

Enrollment Process Offered Today or Sign-Up for a Home Visit. Please call us at: 302-459-3900

# CHRISTMAS

IN

# JULY

# FISH FRY



GREAT FOOD ★ GOOD COMPANY ★ GOOD CAUSE



## MENU

- ★ FRIED COD
- ★ FRIED FLOUNDER
- ★ CLAM STRIPS
- ★ FRIED SHRIMP

and SIDES

SATURDAY

JULY 11, 2026

4:00 PM - 7:00 PM

TICKETS  
**\$15**  
PER PERSON  
AYCE

CAKE  
RAFFLE



INSTANT  
GAMES



& TRICKY TRAY  
RAFFLES

## FREDERICA SENIOR CENTER

216 S. MARKET STREET  
FREDERICA, DE 19946

302-335-4555

MUST BE 18 OR OLDER TO ATTEND!

SUPPORT OUR CAUSE - THANK YOU!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 10a Nail Painting 12:30p Bingo</p>	<p><b>2</b></p> <p>9a Craft Room 9a Woodworking 12:30p Bingo</p>	<p><b>3</b></p> <p>9a Craft Room 9a Woodworking 9:30a Line Dancing 12:30p Bingo</p>	<p><b>4</b> <b>Wear Yellow</b></p> <p>9a Craft Room 9a Woodworking 12:30p Bingo 4p Cheddars for dinner, Tres Dolce for ice cream</p>	<p><b>5</b></p>
<p><b>8</b> <b>BEST FRIENDS DAY! Bring a friend!</b></p> <p>9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo</p>	<p><b>9</b> <b>DONALD DUCK DAY! Wear RED!</b></p> <p>9a Craft Room 9a Woodworking 12:30p Bingo</p>	<p><b>10</b></p> <p>9a Craft Room 9a Woodworking 9:30a Line Dancing 12:30p Bingo 5p Brecknock Park-Concert series</p>	<p><b>11</b></p> <p>9a Craft Room 9a Woodworking 12:30p Bingo</p>	<p><b>12</b> <b>Kitchen Kettle</b></p>
<p><b>15</b> <b>Selfie Day!</b></p> <p>9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo</p>	<p><b>16</b></p> <p>9a Craft Room 9a Woodworking 10a <b>WE CARE</b> Presentation 12:30p Bingo 2p <b>Card Night</b></p>	<p><b>17</b></p> <p>9a Craft Room 9a Woodworking 9:30a Line Dancing 12:30p Bingo 4p Francos and Tres Dolce after</p>	<p><b>18</b> <b>FATHERS DAY CELEBRATION!</b></p> <p>7:30 Coffee with Charlie Postles 9a Craft Room 9a Mental Health First Aid Class 12:30p Bingo</p>	<p><b>19</b></p> <p><b>Closed for Juneteenth</b></p>
<p><b>22</b> <b>Mismatch Day!</b></p> <p>9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo</p>	<p><b>23</b> <b>WEAR PINK DAY!</b></p> <p>9a Craft Room 9a Woodworking 10a <b>GAME DAY</b> 12:30p Bingo</p>	<p><b>24</b></p> <p>9a Craft Room 9a Woodworking 9:30a Line Dancing 12:30p Bingo 5p Brecknock Park-Concert Series</p>	<p><b>25</b> <b>Crazy Hat Day!</b></p> <p>9a Craft Room 9a Woodworking 12:30p Bingo</p>	<p><b>26</b> <b>Rehoboth</b></p>
<p><b>29</b></p> <p>9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo</p>	<p><b>30</b> <b>Game Day! Birthday</b></p> <p>9a Craft Room 9a Woodworking 12:30p Bingo</p>			



# JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>Menu Subject to Change</b></p>	<p><b>PLEASE CALL BY 9:30AM (302) 335-4555</b></p>	<p><b>TO RESERVE LUNCH</b></p>	
<p><b>1 STUFFED PEPPERS RICE DESSERT</b></p>	<p><b>2 FLYING SAUCERS VEGETABLE BEEF SOUP CHIPS COOKIES</b></p>	<p><b>3 TACO SALAD CAKE</b></p>	<p><b>4 CHICKEN CORDON BLEU MAC &amp; CHEESE BROCCOLI &amp; CHEESE CHEESECAKE DESSERT</b></p>
<p><b>8 SLOPPY JOES TATOR TOTS GREEN BEANS DESSERT</b></p>	<p><b>9 MEATBALL SUBS FRIES BEETS DESSERT</b></p>	<p><b>10 BEEF STIR FRY MIXED VEGETABLES DESSERT</b></p>	<p><b>11 BAKED CHICKEN POTATO SALAD CORN ON THE COB DESSERT</b></p>
<p><b>15 SPAGHETTI SALAD GARLIC BREAD DESSERT</b></p>	<p><b>16 COLD PLATE DESSERT</b></p>	<p><b>17 BBQ CHICKEN AU GRATIN POTATOES VEGGIES DESSERT</b></p>	<p><b>18 FATHERS DAY LUNCH HAM &amp; CABBAGE CORNBREAD DESSERT</b></p>
<p><b>22 CHEESEBURGER ONION RINGS BAKED BEANS DESSERT</b></p>	<p><b>23 BAKED POTATO W/ TOPPINGS BAR DESSERT</b></p>	<p><b>24 LIVER &amp; ONIONS MASHED POTATOES PEAS DESSERT</b></p>	<p><b>25 CHEF SALAD DESSERT</b></p>
<p><b>29 WINGS FRENCH FRIES COLESLAW DESSERT</b></p>	<p><b>30 BIRTHDAY BEEF &amp; DUMPLINGS MASHED POTATOES VEGGIES CAKE</b></p>		



UNIVERSITY OF DELAWARE  
COOPERATIVE  
EXTENSION



Frederica Senior Center  
GUIDING DELAWARE'S SENIORS  
INTO A BRIGHTER FUTURE



Mental Health **FIRST AID**  
from NATIONAL COUNCIL FOR MENTAL WELLBEING

# ADULT MENTAL HEALTH FIRST AID



**June 18, 2026; 9:00am-4:30pm**

**Location: Frederica Senior Center**

**Earn a 3 year certification from Mental Health First Aid USA**

**This course teaches participants to identify the risk factors and warning signs of a variety of mental health challenges common in adults- and how to help them in the moment.**

**Contact Us**

Kim Silva

[ksilva@udel.edu](mailto:ksilva@udel.edu)

# ***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).**

# **MEMBERSHIP RENEWAL 2026-2027**

**2026-2027 Dues Renewal  
by July 1st!**

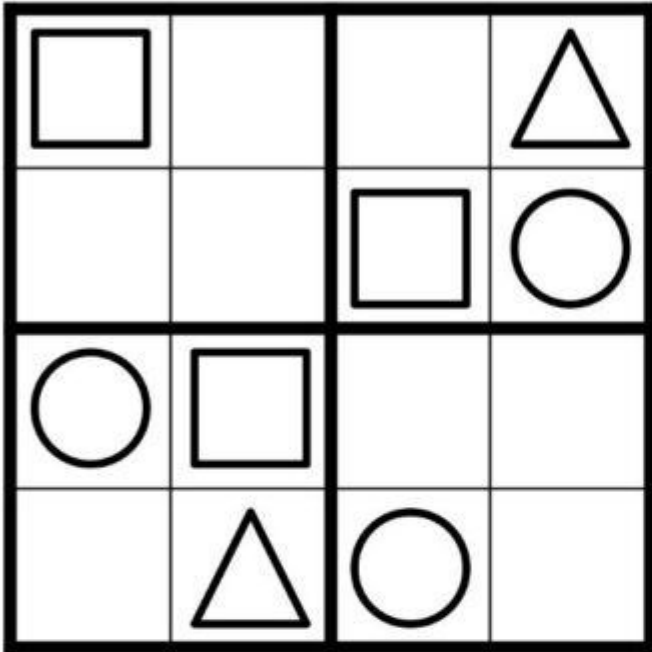
**Renew before July 1st,  
\$25 per year or ask the front desk how  
to become a lifetime  
member and enjoy all the Frederica  
Senior Center has to offer.**

**WANT TO BE A FSC MEMBER BUT  
DON'T MEET THE  
REQUIREMENTS? ASK ABOUT  
ASSOCIATE MEMBERSHIP!**

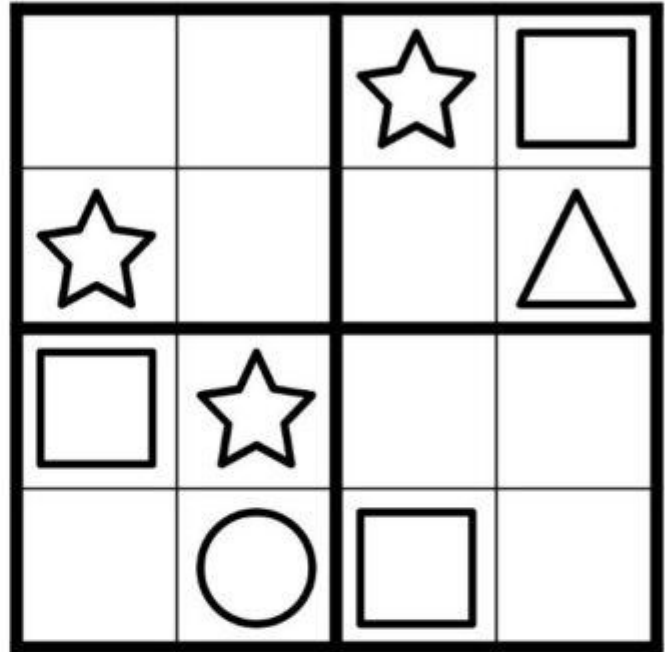
# SHAPE 4X4 SUDOKU

Complete the grids below so that each row, each column, and each outlined square contains exactly one of each shape.

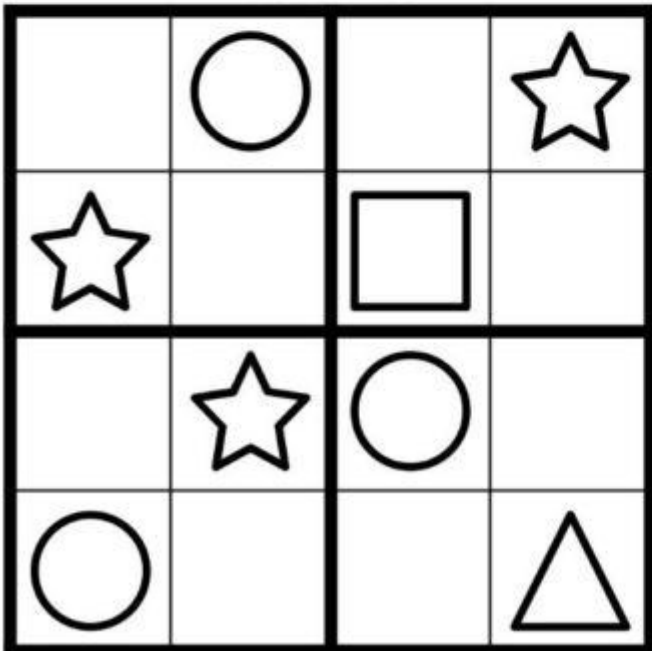
PUZZLE - 13



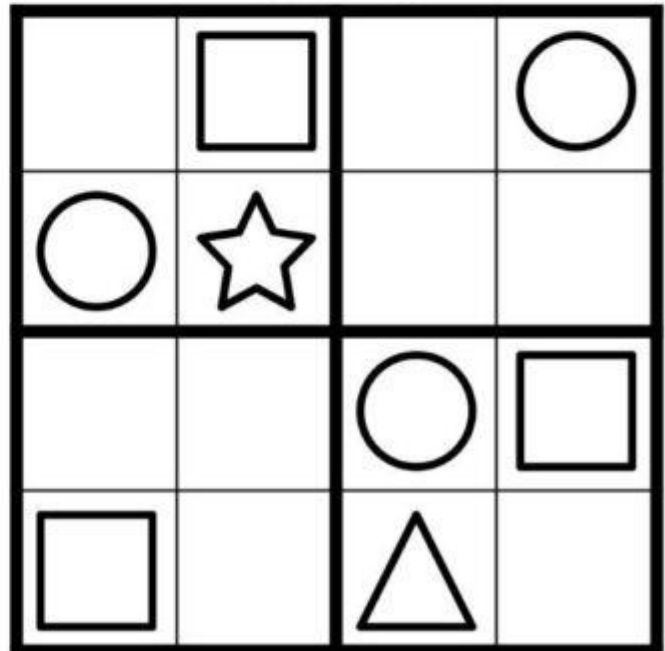
PUZZLE - 14



PUZZLE - 15



PUZZLE - 16



# 1950s Culture

## Word Search

**DIRECTIONS:** Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



AMERICAN DREAM

AUTOMANIA

BABY BOOM

BEATNIK

CIVIL RIGHTS

COLD WAR

CONFORMITY

CONSUMERISM

DRIVEIN

EISENHOWER

GI BILL

GREASER

HUAC

IRON CURTAIN

JAMES DEAN

JONAS SALK

JUKE BOX

KOREAN WAR

MCCARTHYISM

MONROE

PRESLEY

ROCK N ROLL

ROLLER SKATES

SPUTNIK

SUBURBIA

TEENAGERS

TELEVISION

VIET NAM WAR

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**

# SUMMER WORD SEARCH

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

BARBEQUE  
BASEBALL  
BEACH  
CAMP  
FLOWERS

FRISBEE  
GARDEN  
HIKING  
LEMONADE  
OUTSIDE

PICNIC  
POOL  
POPSICLE  
SANDALS  
SUMMER

SUNGLASSES  
SWIMMING  
T SHIRT  
VACATION  
WATERMELON

# Become a friend of FSC!

Friends receive advertisements in our  
“GUIDING LIGHT” NEWSLETTER  
available in print, on the website  
([www.fscguidinglight.org](http://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**

302-856-9568

FAX 855-9803

EMAIL: [jsharp@mooreandrutt.com](mailto: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 buffet style 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 members. **Non-Members have a \$5 fee to participate in center activities.**

**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:**

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

**Membership Representative:** Linda Gaudet

**Staff**

<b>Kristine Langley</b>	<b>Executive Director</b>
<b>Cathy Mosley</b>	<b>Activities Director</b>
<b>Sue Holliday</b>	<b>Administrative Assistant</b>
<b>Ashley Caseley</b>	<b>Kitchen Manager</b>
<b>Mandy Slody</b>	<b>Kitchen Manager</b>
<b>Heather Juliano</b>	<b>Kitchen</b>
<b>Mert Mullen</b>	<b>Bus Driver</b>
	<b>Bus Driver</b>
<b>Greg Mills</b>	<b>Van Driver</b>
<b>Betty Flemming</b>	<b>Crafts Coordinator</b>

**FRONT DESK:**

**Bryan Jackson, Melinda Jackson, Marielen Littleton, Mae Maloney,**

**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 or (302) 335-1770. Our hours of operation are Monday through Thursday 7:00am to 1:30pm,*