

THE GUIDING LIGHT

MAY 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.



MAY

BIRTHDAYS THIS MONTH

May 2

Eleanor Cain

May 5

Roberta Anderson

Charles Wood

May 6

Myra Jones

May 10

Bill Harris

May 11

Margaret Harris

May 13

Jim Eastman

May 14

Jane Huber

May 15

Frank Bilger

May 16

Teresa Collier

Lissa Scott

May 18

Eileen White

May 19

Jane Jones

Jane Maldonato

May 21

Sherman Mayle

Faye Yonker

May 22

Daniel Beck

Barbara Passwaters

Wendy Wark

May 23

Roland Lomax III

Mary Oxenford

May 24

Patricia Nilsson

May 25

Beverly Brown

Corinne Daniels

Gail Risley

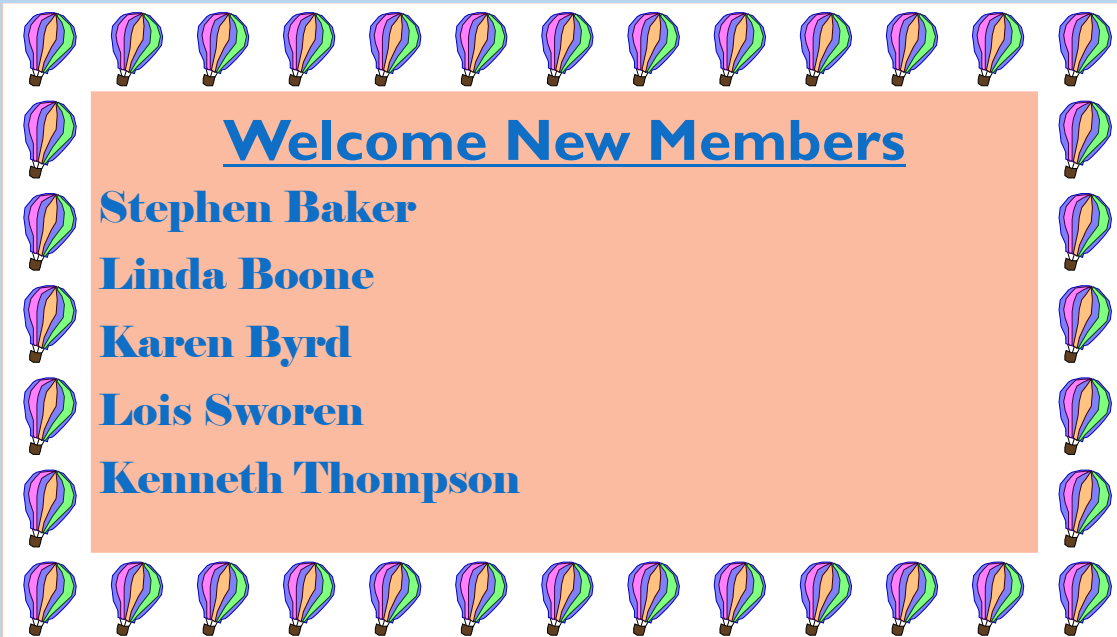
Kim Thomas

May 29

Marie Wilhelm

May 30

Connie Cooper



2026/2027

Dues Renewal

Due July 1st!

Renew now for next year \$25 before membership rates increase for 2027!

Membership announcement!

Both buses are now equipped with video surveilling equipment that records inside the cab as well as through the dash. They are also equipped with GPS route and Speed tracking. Choosing to ride on the bus transportation is implied consent of the recording.

**Thrift Shop Donations Are Only
Accepted the Last Friday of the
Month!**

Store Hours:

Tuesday Through Thursday

9am – 12pm.

Any questions, see Linda!



**KEEP
CALM
AND
GO THRIFT
SHOPPING**

**2026
Frederica Senior Center
Health & Wellness
Symposium**



May 22, 2026

8:30am - 11:30am

Free health screenings

**Learn about a variety of resources
available in the community**

**Complete your health passport to
enter RAFFLE!**

**Breakfast and Lunch will be
available for purchase**

**For more information, please call
302-335-4555**

**Location: 216 S. Market Street
Frederica DE 19946**



May 2026 TRIPS

Date	Location	Time	Fee
5/1/26	GREEN DRAGON	8:30A	
5/8/26	REHOBOTH	9:30A	
5/13/26	OLIVE GARDEN	4:30P	
5/15/26	GETTYSBURG RAILWAY		\$55
5/22/26	OCEAN CITY MD BULL ON THE BEACH	9:30A	\$20
5/27/26	SHOREBIRDS GAME	4:00P	\$44



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

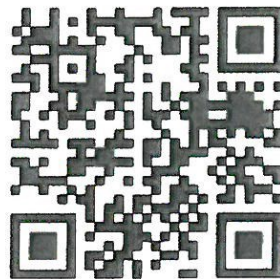
Bonanza, Red & White,

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.





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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 GREEN DRAGON MARKET
4 9a Craft Room 10a Chair Exercise 12p Lunch 12:30p Bingo	5 9a Craft Room 12p Lunch 12:30p Bingo	6 9a Craft Room 9:30a Line Dance 12p Lunch 12:30p Bingo	7 9a Craft Room 12p Lunch 12:30p Bingo	8 Rehoboth
11 9a Craft Room 10a Chair Exercise 12p Lunch 12:30p Bingo	12 9a Craft Room 12p Lunch 12:30p Bingo	13 9a Craft Room 9:30a Line Dance 12p Lunch 12:30p Bingo 4P OLIVE GARDEN	14 9a Craft Room 12p Lunch 12:30p Bingo	15 GETTYSBURG RAILWAY
18 9a Craft Room 10a Chair Exercise 12p Lunch 12:30p Bingo	19 9a Craft Room 12p Lunch 12:30p Bingo 2p GAME NIGHT	20 9a Craft Room 9:30a Line Dance 12p Lunch 12:30p Bingo	21 9a Craft Room 12p Lunch 12:30p Bingo	22 OCEAN CITY BULL ON THE BEACH WELLNESS FAIR
25 CLOSED FOR MEMORIAL DAY	26 9a Craft Room 12p Lunch 12:30p Bingo	27 9a Craft Room 9:30a Line Dance 12p Lunch 12:30p Bingo 4P SHOREBIRDS	28 9a Craft Room 12p Lunch 12:30p Bingo	29



May



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Menu Subject to Change	PLEASE CALL BY 9:30AM (302) 335-4555	TO RESERVE LUNCH	
4 FRIED CHICKEN MAC & CHEESE VEGGIES DESSERT	5 FAJITAS W/ PEPPERS/ ONIONS RICE BEANS DESSERT	6 ROAST BEEF W/ AUS JUS DIP FRIES VEGGIES DESSERT	7 FISH NUGGETS COLESLAW STEWED TOMATOES DESSERT
11 SWEET ITALIAN SAUSAGE W/ PEPPERS & ONIONS BEETS BROCCOLI DESSERT	12 HAM & CHEESE SUB CHIPS COOKIES	13 GOULASH SALAD GARLIC BREAD DESSERT	14 CHICKEN POT PIE WITH MASHED POTATOES CRUST DESSERT
18 FRIED BOLOGNA AND CHEESE TOMATO SOUP CHIPS DESSERT	19 BAKED CHICKEN MASHED POTATOES VEGGIES DESSERT	20 KIELBASA SAUEKRAUT FRIED POTATOES DESSERT	21 CHEESEBURGERS HOT DOGS POTATO SALAD KRISPIE BEANS ICE CREAM
25 CLOSED FOR MEMORIAL DAY	26 HOT TURKEY SANDWICHES MASHED POTATOES PEAS & CARROTS DESSERT	27 COLD PLATE DESSERT	28 BIRTHDAY PORK CHOPS AU GRATIN POTATOES BROCCOLI CAKE



Frederica Senior Center

CASH BINGO

MAY 16, 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

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

Frederica Senior Center



AARP Smart Driver Courses (In-Person)

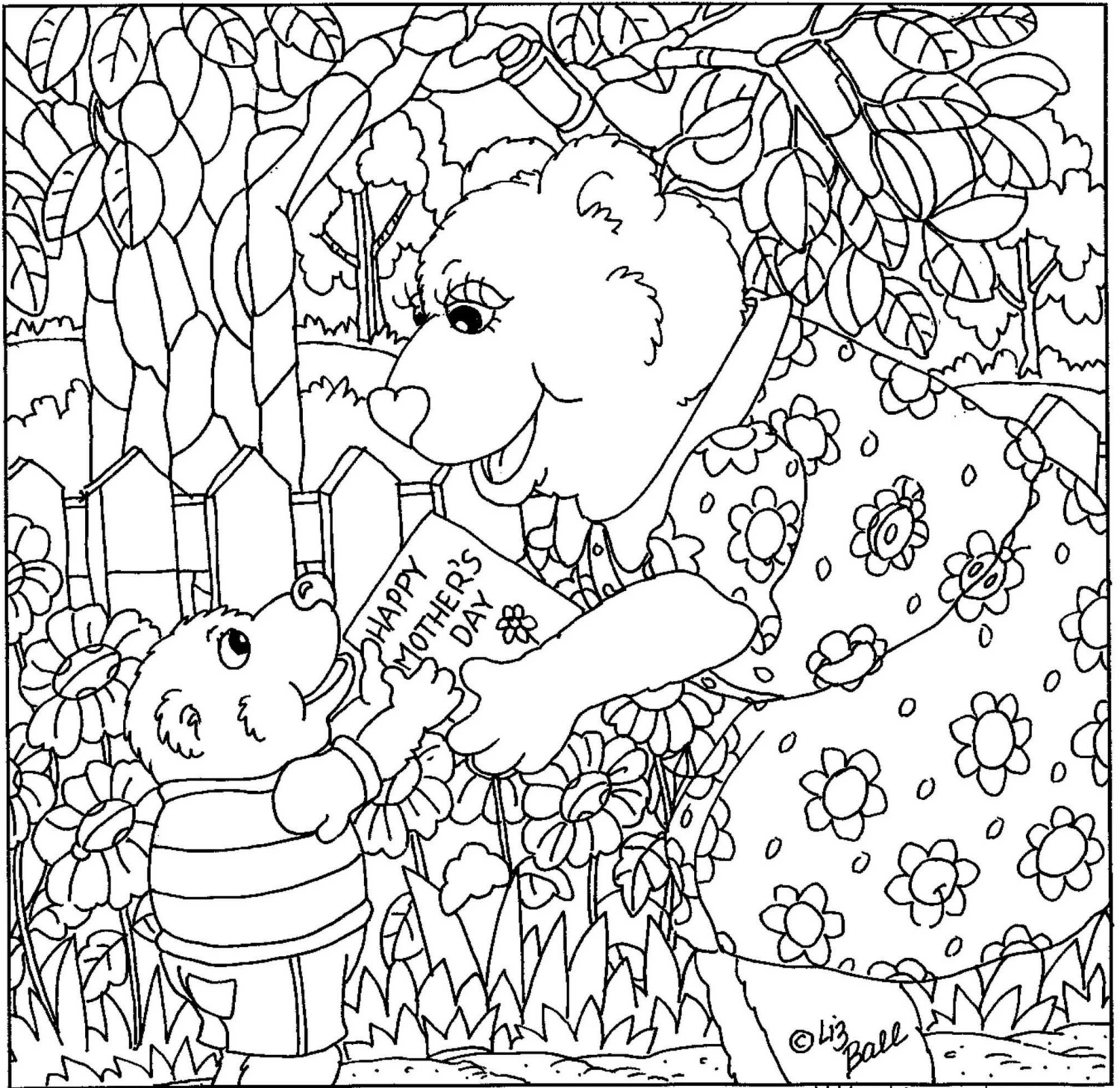
Costs: \$20 for AARP Members

\$25.00 for Non-AARP members

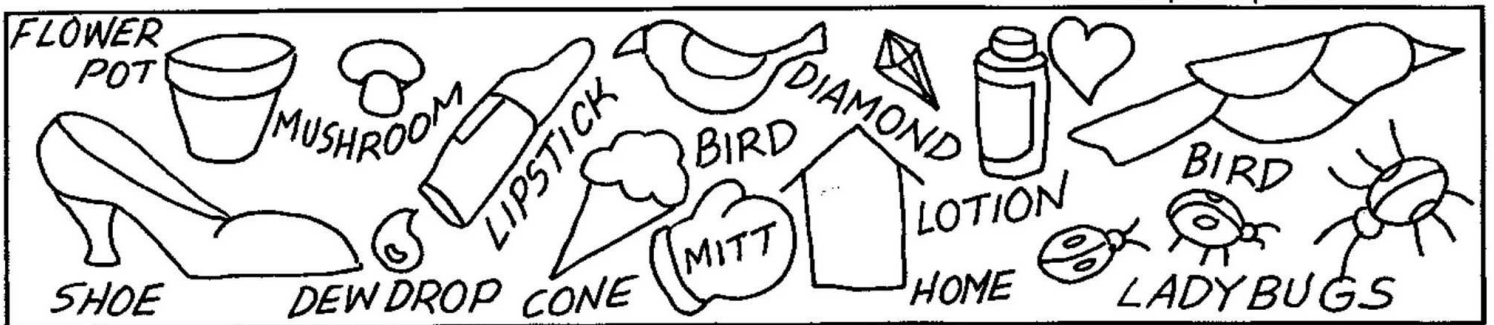
Class fees are payable by cash or check (made out to AARP) at the time of the class. Advance registration is required by calling the Frederica Senior Center at 302-335-4555.

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).



www.hiddenpicturepuzzles.com



Memorial Day Word Search

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



AMERICA
BLUE
CEMETERY
FALLEN
FLAG
FREEDOM
HEROES

HOLIDAY
HONOR
MAY
MEMORIAL
MILITARY
MONDAY
PARADE
RED

REMEMBRANCE
RESPECT
SACRIFICE
SALUTE
SERVICE
SOLDIERS
WHITE



Frederica Senior Center Leaf Order Form

NAME _____ Phone _____

Gold leaf is \$125 engraved. Silver leaf is \$100 engraved

Example: Mark & Mary Smith or Bo's Heating INC -- gold

In Memory of Mary Smith or In Memory of Mark & Mary
Smith -- silver

Order:

_____ Gold Engraved

_____ Silver Engraved in Memory of

Date _____ Check # _____ Receipt # _____

Order taken by _____

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 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-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.

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, BRYAN JACKSON, TELFORD RAGER

Membership Representative: Linda Gaudet

Staff

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

Front Desk:

Bryan Jackson, Mae Maloney, 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 or (302) 335-1770. Our hours of operation are Monday through Friday 7:00am to 1:30pm,