

THE GUIDING LIGHT

AUGUST 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.



AUGUST BIRTHDAYS THIS MONTH

AUGUST 2

JEAN DOW

AUGUST 3

JACUILINE SWARTZ

AUGUST 4

PJ GOSCH

AUGUST 5

KAREN TIMSON

AUGUST 7

LINDA PIERCE
ELEANOR WEST

AUGUST 9

SAMUEL BEYARD

AUGUST 10

HELEN FREDERICK

AUGUST 11

KIM PATEN

AUGUST 13

ANDREA PRICE
HERBERT ROBBINS

AUGUST 14

BRENDA WOOTEN

AUGUST 15

DAVID OUTTEN
CAROL SLAY

AUGUST 16

MICHAEL MCCANN
ROBERT SMITH
ALICE VANSKOY

AUGUST 17

JOSEPH MAZZOLA
LUCY MONDAZZE

AUGUST 18

MERRITT BROWN

AUGUST 19

NANCY BARRETT
EMILY CLARK
ELIZABETH KILLIAN
SAMUEL KROUSE

AUGUST 20

PATRICIA BISHOP
MARY BOOKHULTZ
LINDA GAUDET

AUGUST 21

LIISA TRALA
DOROTHY WEBBER

AUGUST 23

EDITH MULLEN
MARK NEHRA
BARBRA TESTERMAN

AUGUST 24

MILTON ELLIOT

AUGUST 26

DARLENE ZIMMERMAN

AUGUST 27

BARBARA BRITT
CHUCK HOLLIDAY

AUGUST 28

STEVEN SHANK
ELEANOR SMITH

AUGUST 29

WILMA SEAMAN
ALFIE WEYMOUTH

AUGUST 30

DAVID CORBETT
JAY KLINGER

AUGUST 31

DAVID BIGGIN
WAYNE COHEE
ROLAND JACKSON



**The Frederica Senior Center
will be accepting Board
applications for next year
starting in September. Please
submit all applications c/o
Morgan Hudson, President or
Ray Harris, Secretary.**

**FUN!
PRIZES!
CASH!**

August

★ 2026 ★

★ **WIN
BIG!** ★
CASH PRIZES
EVERY ROUND!

CASH BINGO!

★ SATURDAY ★

AUGUST 15, 2026

*Bring Your Luck
& LET'S PLAY!*



**DOORS OPEN
5:00 PM**



**EARLY BIRDS START
6:00 PM**



**REGULAR BINGO STARTS
7:00 PM**

FREDERICA

Senior Center

216 S. Market Street
Frederica, DE 19946

☎ **302-335-4555**

★ **EXTRA
- BINGO BOOK -** ★
\$10

★ **9 PACK
- BINGO BOOK -** ★
\$20

★ **BONANZA**
★ **RED & WHITE**
★ **JACKPOTS**
★ **50/50 AND
PULL TABS
AVAILABLE!**

BINGO				
3	18	34		
2	27	36		
7	23	★		
11	26			
9	20			

BINGO				
5	18	34	47	63
3	27	36	51	72
7	23	★	57	68
11	24	31	60	75
9	20	33	49	66



KITCHEN WILL BE OPEN!



Gather!
**HAVE FUN!
WIN BIG!**

**SUPPORTING
OUR COMMUNITY
ONE GAME
AT A TIME!**

★ **SUPPORT. PLAY. WIN. GIVE BACK!** ★

THE FREDERICA A SENIOR CENTER IS AN EARLY VOTING SIGHT FOR THE PRIMARY AND GENERAL ELECTION CYCLE!

During the following dates, all back room activities will not be available including but not limited to chair exercise, line dancing, wood shop, social room and food pantry:

Primary : September 2 –September 14, 2026

General : October 22 –November 2, 2026

The center will be closed for all activities on September 15, 2026 and November 3, 2026

Due to the election cycle, the Frederica Senior Center will not be hosting trunk or treat this year.





FREDERICA SENIOR CENTER

CRAB FEAST 2026

OCTOBER 10, 2026

MENU

MARYLAND BLUE CRABS

SHRIMP

CHICKEN TENDERS

HOT DOGS

HAMBURGERS

CORN ON THE COB

CORN BREAD

COFFEE, TEA

Yeti Raffle, 50/50, Instant Games, Tricky Tray

**In Person Tickets on sale now at the
front desk!**

Online tickets go on sale **August 3,
2026**



FREDERICA SENIOR CENTER ANNUAL CRAB FEAST

Menu:

Maryland Blue Crabs
Shrimp
Chicken Tenders
Hot Dogs
Hamburgers
Corn on the Cob
Corn Bread
Coffee/Tea

-50/50
-Instant
Games
-Raffles

October 10,
2026 4-7 pm
BYOB

Tickets:

Adults (12 & Up):

\$60

Kids: (Ages 5-11)

\$30

Kids under 5
FREE with Paid
Adult

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

Tickets go on sale August 3, 2026
Purchase tickets in person at the
Frederica Senior Center or online
using the following QRC code:



ADULT (12 & UP)

\$60



KIDS (5-11)

\$30



AUGUST 2026 TRIPS

Date	Location	Time	Fee
8/6/26	FRANCOS	5PM	
8/18/26	CRABBY DICKS	4PM	

\$5 reservation fee for all trips, fee is refundable upon attendance.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo	4 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo	5 9a Craft Room 9a Woodworking 10a Line Dance 12:30p Bingo	6 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo	7 8a Social Room/Cards 10a Bingo 11:30 Lunch
10 9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo	11 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingocize	12 9a Craft Room 9a Woodworking 10a Line Dance 12:30p Bingo	13 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo	14 8a Social Room/Cards 10a Bingo 11:30 Lunch
17 9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo	18 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo	19 9a Craft Room 9a Thrift Store 10a Line Dance 10a Cardio Drum 12:30p Bingo	20 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo	21 8a Social Room/Cards 10a Bingo 11:30 Lunch
24 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo	25 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo	26 9a Craft Room 9a Woodworking 9a Thrift Store 10a Line Dance 12:30p Bingo	27 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo	28 8a Social Room/Cards 10a Bingo 11:30 Lunch
31 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo				



AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 RIBLET SANDWICH MAC & CHEESE VEGGIES	4 ITL. SAUSAGE ON ROLL PEPPERS & ONIONS FRIES	5 CHICKEN POT PIE	6 CHEESEBURGER BAKED BEANS VEGGIES	7 HOT DOGS & CHILI
10 TUNA FISH SANDWICH CHIPS PICKLES	11 CHICKEN FAJITAS W/ PEPPERS & ONIONS RICE	12 PORK CHOPS AU GRATIN POTATOES VEGGIES	13 CHICKEN WINGS FRIES BROCCOLI	14 MEATBALL SUB WEDGES
17 BLT VEGETABLE BEEF SOUP CRACKERS	18 WALKING TACOS W/ TOPPINGS REFRIED BEANS	19 SPAGHETTI SALAD GARLIC BREAD	20 BAKED POTATO BAR W/ ASSORTED TOPPINGS	21 CHICKEN SALAD CUCUMBERS & ONIONS
24 SALISBURY STEAK BUTTERED NOODLES VEGGIES	25 CHICKEN CORDON BLEU SCALLOPED POTA- TOES VEGGIES	26 CHEESE STEAK FRIES BEETS	27 BIRTHDAY MEATLOAF MASHED POTATOES GRAVY VEGGIES CAKE	28 SUB SALE \$12 EA. SEE FLYER
31 BBQ CHICKEN POTATO SALAD KRISSIE BEANS		MENU SUBJECT TO CHANGE!	PEANUT BUTTER AND JELLY READILY AVAILABLE DAILY	PLEASE CALL 302-335-4555 TO RESERVE MEALS BY 9:30A!



You Don't Have to Be a Target

Learn How to Protect Yourself From
Healthcare Fraud

JOIN US AT THE
DELAWARE SENIOR MEDICARE PATROL (SMP)
TABLE EVENT

Date: August 12, 2026

Time: 10:00-11:00

Location: Frederica Senior
Center

Why?

Medicare fraud, errors, and abuse costs us over 60 billion dollars each year. In addition, illegal activities have resulted in approximately 250,000 beneficiaries having their identities compromised, putting their healthcare and future medical benefits forever at risk.

What you will gain.

Learn about new fraud schemes designed to target you and gain your personal information. We will provide you with essential information about how Medicare beneficiaries, caregivers and families can **prevent, detect, and report** healthcare fraud, errors, and abuse.

If you have any questions, please contact the SMP
302-424-8657



Frederica SENIOR CENTER SUB SALE



302-335-4555

SUB ORDER FORM



\$12
EACH



AUGUST 28,
2026



10AM-1PM



BREAD TYPE:
WHITE 12"

Meat Choices

☐ ITALIAN

☐ HAM

☐ TURKEY

☐ TUNA

Cheese Choices

☐ PROVOLONE

☐ AMERICAN

SUB CONDIMENTS

- ☐ MAYO
- ☐ MIRACLE WHIP
- ☐ MUSTARD
- ☐ OIL
- ☐ PEPPER

- ☐ LETTUCE
- ☐ TOMATO
- ☐ ONION
- ☐ SALT

- ☐ PICKLES
- ☐ HOT PEPPERS
- ☐ SWEET PEPPERS
- ☐ VINEGAR

NAME _____ PHONE NUMBER _____

DELIVERED _____ PICK UP _____ TIME _____

• DELIVERY LOCATION _____



216 S. Market Street
Frederica, DE 19946



exdir@FSC1.org



FAX
302-335-1605



DELIVERY WITH A MINIMUM PURCHASE OF 6 SUBS
DELIVERY ORDER MUST BE SUBMITTED BY

AUGUST 25, 2026

**WE ARE OPEN ON FRIDAYS
AGAIN! YAY!**

CARDS/SOCIAL ROOM 8AM

BINGO 10A

\$5 (NO DESSERT) LUNCH 11:30A



Thrift Shop Donations Are Only
Accepted By Linda During Regular
Shop Hours.

Tuesday Through Thursday
9am – 12pm.

Any questions, see Linda!



**AUGUST SALE
BUY ONE GET ONE
DENIM
SALE THE MONTH!**



HOSTED BY
KARAOKE MASTER
MICHELLE
ESKRIDGE
SHERMAN

FSC PRESENTS:
SUMMERWEEN COSTUME
AND
KAROAKE PARTY

FRIDAY SEPTEMBER 25, 2026
7PM-10PM

BYOB

\$5 PER PERSON COVER CHARGE
KITCHEN WILL BE OPEN TO
PURCHASE REFRESHMENTS

COME DONNED IN YOUR BEST
COSTUME AND GET ENTERED
TO WIN A CRAB FEAST TICKET!

Let's have a
karao-killer
night!



AN IMPOSSIBLE BRAIN TEASER



This brain teaser is really not impossible, but it is tricky! carefully read the directions in each line to make changes in the previous set of letters. Write the new in the blank after each instruction. the first two are completed for you.

1. Start with IMPOSSIBLE.
2. Change the second vowel from the left to E.
3. If occurrence is spelled correctly, change the 2nd consonant to H. If it is not spelled correctly, change the last consonant to T.
4. Omit the letters, in order, that spell MESS.
5. Insert CABBAGE after the 1st vowel.
6. Change the 2nd I to A.
7. Move the first vowel so that is directly to the right of the 4th consonant.
8. If mischievous is spelled correctly, omit the first two letters. If it is spelled incorrectly, omit the double consonants.
9. Change the G to V.
10. Switch the places of the 2nd consonant and the 3rd consonant.
11. If occasionally is spelled correctly, omit the 2nd letter. If is spelled incorrectly, add IN after the first letter.

IMPOSSIBLE

IMPESSIBLE



SUMMER

WORD SEARCH

WORD LIST

AUGUST
 BASEBALL
 BEACH
 CAMP
 FISHING
 FLIP FLOPS
 HOT
 ICE CREAM
 JULY
 JUNE
 LEMONADE
 OCEAN
 PICNIC
 POOL
 SAND
 SHORTS
 SPRINKLER
 SUMMER
 SUNGLASSES
 SUNSCREEN
 SUNSHINE
 SWIM SUIT
 SWIMMING
 TOWEL
 UMBRELLA
 VACATION
 WATERMELON

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



**Become a Friend of THE FREDERICA SENIOR CENTER
Advertise "GUIDING LIGHT" NEWSLETTER and Facebook Page
All Ads are in Color. 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

**STOP BY THE OFFICE OR EMAIL OFFMGR@FSCI.ORG FOR MORE INFORMATION ON
PURCHASING AN ADVERTISEMENT WITH THE GUIDINGLIGHT NEWSLETTER**

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

**Call the Front Desk
302-335-4555 for an
appointment
September 24, 2026**

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. Entrance in the rear of the building by the shed.

Board of Directors

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

Member(s) at Large

Charles Postles

Members:

Beverly Beebe, Deborah Corbett, Bryan Jackson,
Mille Boc Telford Rager, 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
Greg Mills	Bus Driver
Betty Flemming	Crafts Coordinator

FRONT DESK:

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

Frederica Senior Center's Mission Statement

Frederica Senior Center is a facility to foster a vibrant and inclusive community, where senior citizens can thrive, gain fellowship, enjoy meaningful lives with dignity. Gain access to resources and support while promoting intergenerational connections and celebrating the unique contributions of older adults within a safe and clean environment.

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. Friday 8am-12p.