

THE GUIDING LIGHT

SEPTEMBER 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



September 1st

Floyd Layton

September 3rd

Cindy Quinn

September 5th

**Diana Kopicko
Herma Pinkerton**

September 6th

Donald Coffman

September 8th

**Mae Maloney
Elden Tunnell**

September 9th

**Brandon Lebarron
Mandy Slody**

September 10th

**Thomas Baker
Linda Jones
Sujati Santohir**

September 11th

Sheila Richter

September 12th

William Rowe

September 14th

**Peter Goff
Michael Malloy
Barbara Seward**

September 16th

**Gilbert Collison
MaryAnne Krasulak
Hamish Lord MacBeth
Richard Patton**

September 17th

**Wendy Dukes
Vincent Trice**

September 19th

John Worthington

September 20th

**Gilbert Howdershelt
Bonnie Jeseo
Sandra Jilek
Louis Kemp
Telford Rager
Michael Sabo
Carlton Scott
Carrollton Scott**

September 21st

**Michael Ayers
David Biggin
David Clouse
Richard Oxenford
George Price**

September 22nd

Hilton Dow

September 24th

**Sarah Fitzcharles
Deborah Jack**

September 27

Francis Hale

September 29th

**Ricky Maddox
Patricia Mortensen
Valerie Savvenas
Debra Simms**

September 30th

Stephen Baker



Welcome
Glad you're here!

HENRIETTA CHILTON
PAMELA CURRAN
LUETRISSIA PURNELL
SABRINA REID
LINDA WALLS

MEMBERSHIP MEETING!!!
FIRST TUESDAY OF THE MONTH AT
9 AM!

NEXT MEETING: SEPTEMBER 1, 2026

THE FREDERICA 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.



COMMUNITY FOOD PANTRY CLOSED

SEPTEMBER 4TH AND 11TH

OCTOBER 23RD AND 30TH

**FSC WILL BE HOSTING A MOBILE
FOOD PANTRY AT
DE TURF ON MONDAY
OCTOBER 26TH FROM 9A-11A**



September 2026 TRIPS

Date	Location	Fee	Time
9/9/26	Stargate and Goodwill Bridgeville		3:30p
9/16/26	Mystery Dinner		4:30p
9/18/26	Bethany Beach History Museum and Bethany Boathouse Dinner		1:00p

\$5 Refundable Placeholder Fee when signing up for all trips. \$5 is returned upon attendance of trip.

MOBILE FOOD PANTRY

OCTOBER 26, 2026

9AM-11AM

LOCATION:

De Turf

4000 Bay Road



FSC GIFT CARD & CASH BINGO

NOVEMBER 7 2026

DOORS OPEN AT 5PM

**\$25 PRE-SALE BINGO PACKAGES INCLUDE:
1-9PK BOOK, 1-BONANZA, 1-RED&WHITE,
5-DOOR PRIZE RAFFLE TICKETS, 1-EXTRA
JACKPOT!**

BINGO NIGHT ITEMS ARE A' LA CART

**REFRESHMENTS AVAILABLE FOR
PURCHASE**

**216 S. MARKET STREET
FREDERICA, DE 19946
302-335-4555**

MUST BE 18 OR OLDER TO ATTEND AND ALL ATTENDEES MUST PLAY!

September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU SUBJECT TO CHANGE BASED ON AVAILABILITY	1 BEEF TIPS & GRAVY BUTTERED NOODLES VEGGIES	2 STUFFED PEP- PERS W/ RICE VEGGIES DINNER ROLL	3 CHICKEN & WAFFLES HASH BROWNS	4 BURGERS & HOT DOGS FRIES
7 CLOSED FOR LABOR DAY	8 TUNA OR CHICKEN SALAD ON ROLL CHIPS PICKLE	9 MISSISSIPPI POT ROAST MASHED POTA- TOS VEGGIES ROLL	10 HOMEMADE PIZZA & MOZZARELLA STICKS	11 SLOPPY JOE'S TATOR TOTS
14 HAM & CHEESE SANDWICH BEAN SOUP CHIPS	15 Closed for Election	16 SHEPHERD'S PIE BOWL W/ GROUND BEEF MASHED POTA- TOES & GRAVY VEGGIES	17 FRIED CHICKEN AU GRATIN POTATOES COLLARDS	18 FISH NUGGETS MAC & CHEESE STEWED TOMATOES
21 CHICKEN QUESADILLAS FRIES	22 BEEF & BROCCOLI RICE EGG ROLLS	23 ITALIAN CHICKEN PASTA SALAD VEGGIES	24 GOULASH SALAD GARLIC BREAD	25 GRILLED CHEESE TOMATO SOUP CRACKERS
28 HOMEMADE BEEF STEW BISCUITS	29 TURKEY AND CHEESE SUB CHIPS PICKLES	30 <u>BIRTHDAY</u> PORK LOIN MASHED POTA- TOES SAUERKRAUT VEGGIES	CALL BEFORE 9:30A TO RESERVE LUNCH 302-335-4555	PEANUT BUTTER AND JELLY READILY AVAILABLE IN DINING HALL DAILY

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO FOOD PANTRY DUE TO ELECTION FROM SEPTEMBER 1-15, 2026. PLEASE SEE MANDY FOR MORE INFORMATION	1 9a Craft Room 9a Membership Meeting 12:30p Bingo	2 9a Craft Room 12:30p Bingo	3 9a Craft Room 12:30p Bingo	4 NO PANTRY 8a Cards in Dining Room 10a Bingo 11:30 Lunch
7 <u>CLOSED</u> <u>FOR</u> <u>LABOR DAY</u>	8 9a Craft Room 9:30a Shopping 12:30p Bingo	9 9a Craft Room 12:30p Bingo	10 9a Craft Room 12:30p Bingo	11 NO PANTRY 8a Cards in Dining Room 10a Bingo 11:30 Lunch
14 9a Craft Room 9:30a Shopping 12:30p Bingo	15 <u>Closed</u> <u>for</u> <u>Election</u>	16 9a Craft Room 9a Thrift Store 10a Line Dance 10a Cardio Drum 12:30p Bingo	17 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo	18 8a Social Room/Cards 10a Bingo 11:30 Lunch
21 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo	22 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo	23 9a Craft Room 9a Woodworking 9a Thrift Store 10a Line Dance 12:30p Bingo	24 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo	25 8a Social Room/Cards 10a Bingo 11:30 Lunch
28 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo	29 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo	30 9a Craft Room 9a Woodworking 9a Thrift Store 10a Line Dance 12:30p Bingo		

FLU SHOTS & COVID SHOTS

Protect Yourself. Protect Others.

IVIRA PHARMACY
WILL BE PROVIDING



FLU SHOTS

&



COVID SHOTS

THURSDAY

OCTOBER

1

2026



9:00 AM - 12:00 PM



Please **REGISTER**
if you are interested.



*A safe and simple way
to stay healthy this season!*



216 S. Market Street
Frederica, DE 19946



302-335-4555

BINGO

DATE: SEPTEMBER 19, 2026

Frederica Senior Center



Doors open at 5pm

Early Bird Games start at 6pm

Regular Games start at 7pm

9 pack Bingo Book is \$20

Extra Bingo Book is \$10



Bonanza, Red & White, Jackpots, 50/50

and Pull Tabs will be available to purchase

*****Bring 3 Non-Perishable Food Products for our
Food Pantry**

**and receive 1 Bonanza and 1 Red & White ticket
per person FREE!**

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

Food available for purchase in kitchen

Must be 18 or older to play



Frederica Senior Center Crab Feast 2026

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

Thrift Shop

FREDERICA SENIOR CENTER
216 S. MARKET ST.
FREDERICA, DE 19946

OPEN TO THE PUBLIC

TUESDAY-THURSDAY
9A-12P



Summer Clearance Sale!

All summer items for the month of September,
Buy One Get One Free!!



Your 50 Words

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

ACTIVE
 CLEVER
 ENTHUSIASTIC
 GRACIOUS
 INTELLIGENT
 PLAYFUL
 SPORTY
 YOUNG

ARTISTIC
 COLORFUL
 FAMILY
 GROOVY
 LOUD
 SEXY
 STIRRING

BEAUTIFUL
 COMEDIC
 FASHIONABLE
 HAPPY
 LOYAL
 SHARP
 STRONG

BRILLIANT
 COMPASSIONATE
 FOXY
 HEALTHY
 MOTIVATING
 SMART
 STYLISH

CARING
 CREATIVE
 FUN
 HILARIOUS
 ORGANIZED
 SMILES
 THANKFUL

CHEERFUL
 CURIOUS
 GENEROUS
 INDUSTRIOUS
 PASSIONATE
 SPICY
 THOUGHTFUL

CHEF
 ENERGETIC
 GRACEFUL
 INSPIRING
 PILATES
 SPIRITED
 VOGUE

Puzzle #07

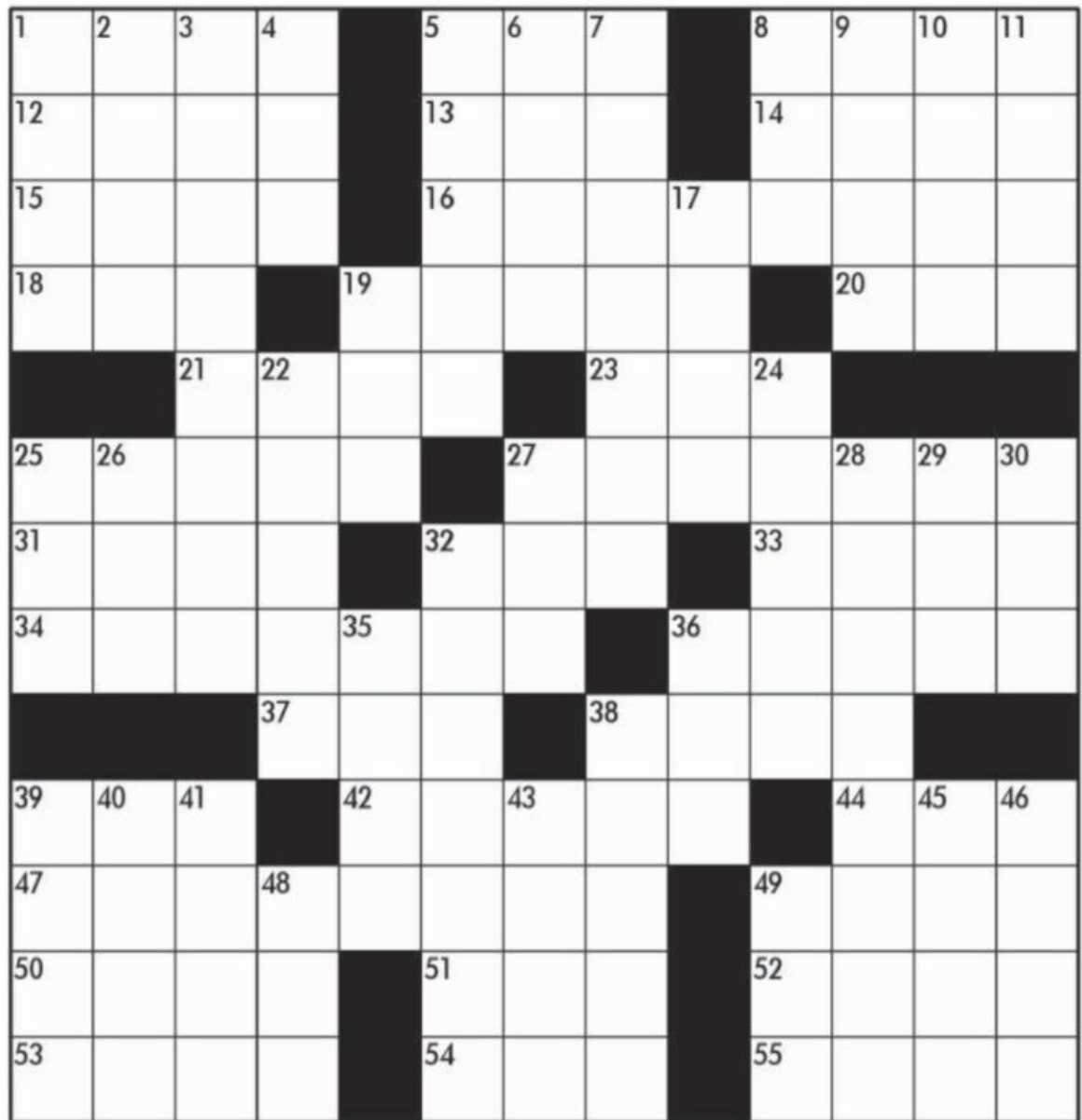
ACROSS

1. Spouse
5. Russian secret police
8. Wen
12. Ilex
13. Sheltered side
14. Greasy
15. Inspires dread
16. Observer
18. Actress, - West
19. Dutch cheese
20. Female sheep
21. Not kosher
23. Exclamation of surprise
25. Jargon
27. Talismans
31. Something not to be done (2-2)
32. Island (France)
33. Smear
34. Section
36. Girdles
37. Tibetan ox
38. Painful
39. French, water
42. Splashes
44. Raincoat
47. Contagious skin infection
49. Repeat
50. Uproar
51. Prefix, new
52. Military detachment
53. Dame - Everage, Humphries' character
54. Congeal
55. Suffix, diminutive

DOWN

1. Forcible impact
2. U.S. State
3. Transient
4. Printer's measures
5. Ravine
6. Knee
7. Hag
8. Dove's call
9. Argument
10. Swing to the side
11. Wheel cover
17. Island of Hawaii
19. Jewel
22. Spacious
24. Large tree
25. - and outs, intricacies
26. Female deer
27. High-pitched
28. Right of access over property

29. Minor admonishment
30. Ethnic telecaster
32. A suspicion
35. The Orient
36. Long-leaved lettuce
38. Reel
39. Ireland
40. Among
41. On top of
43. Double curve
45. Entrance
46. Bird shelter
48. Greek letter
49. Regret



Come Ready to Shake and Rattle Your Bones and Delight Us with a Haunting Good Tune! \$5 Cover charge, Refreshments available for purchase in the kitchen! Wearing a costume gets you entered into a raffle for crab feast tickets!

FSC
SUMMERWEEN
COSTUME AND
KARAOKE NIGHT!

FRIDAY
SEPTEMBER
25, 2026
7PM-10PM

WITH Michelle ESKRIDGE SHERMAN

SING YOUR HEARTS OUT!

BYOB!
BRING YOUR OWN BEVERAGES!

ICE COLD DRINKS!

KITCHEN OPEN!
HOT FOOD • GREAT EATS

COME HUNGRY!

GREAT MUSIC • GREAT PEOPLE • GREAT TIME
Come for the songs, stay for the fun!

Two cartoon ghosts are positioned at the bottom of the poster. The ghost on the left is a simple white sheet with a smiling face. The ghost on the right is more detailed, wearing an orange bow and a red bow tie, and holding a microphone.

BECOME A “FRIEND” TO FREDERICA SENIOR CENTER!

**ADVERTISE IN THE FREDERICA SENIOR CENTER
“GUIDING LIGHT” NEWSLETTER**

**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

**JAMIE SHARP: SEPTEMBER 24, 2026
CALL 302-335-4555 TO SCHEDULE
YOUR 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 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-Friday 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.

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. Subject to availability. 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
SUSAN WELCH	Treasurer
RAY HARRIS	Secretary
Charles Postles	Community Liaison

Members:

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

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
Fred Slade	Van Driver
Betty Flemming	Crafts Coordinator

Volunteers:

Melinda Jackson, Bryan Jackson,
Marielen Littleton, Stephanie Wales

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, Friday 8am– 12pm.