

THE GUIDING LIGHT

OCTOBER 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.



Happy Birthday!

OCTOBER 1

Jean Murphy

OCTOBER 2

Jeannette Bryant

Mary Cadden

Betty Hammond

Pete Rager

OCTOBER 4

Shirley Carroll

Mark Freerks

OCTOBER 5

Catherine Boon

OCTOBER 6

Jeannine Wellwood

Anastasia Young

OCTOBER 7

Helen McFadden

Luke Piccone

OCTOBER 9

Alfred France

Zoan Thomasel

OCTOBER 11

Roger Alexander

OCTOBER 12

Ginny Brooks

Linda Hanna

OCTOBER 15

Linda Muncy

Nancy Warren

OCTOBER 16

Robbie Baxter

Shirene Sharp

Ginger Sheaffer

OCTOBER 17

Harry Benson

Jack Crisco

Edna Masten

Julian Shafer

William Walls

OCTOBER 18

Melvin Bailey

Melinda Robbins

Lillian Speace

Jackie Sudler

OCTOBER 20

Anna Lo Dougherty

Betty O'Conner

OCTOBER 21

Kay Smith

Ann Spence

OCTOBER 22

Linda Eastman

OCTOBER 24

Anna Riley-Hellengreen

Anthony Snipes

OCTOBER 25

Carol Spiese

OCTOBER 26

Haroldo Casas

OCTOBER 27

Josephine Biggin

OCTOBER 29

Ginger Aiken

OCTOBER 31

Lois Fanin

Jean Severson



Save the Date!
Breakfast with Santa!

December 12 , 2026

**More information in next month's
newsletter!**

Frederica Senior Center

Cash Bingo



October 3 & October 17, 2026

Doors open at 5pm

Early Bird Pull Tab games start at 6pm

Regular games start at 7pm

9 pack Bingo Book is \$20

Extra Bingo Book is \$10



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

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

*****Bring 3 Non-Perishable Food
Products for our Food Pantry and
receive 1 Bonanza and 1 Red & White
ticket per person FREE**

Food available for purchase

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

FLU SHOTS & COVID SHOTS

Protect Yourself. Protect Others.

IVIRA PHARMACY
WILL BE PROVIDING



FLU SHOTS

&



COVID SHOTS

THURSDAY

OCTOBER

1

2026



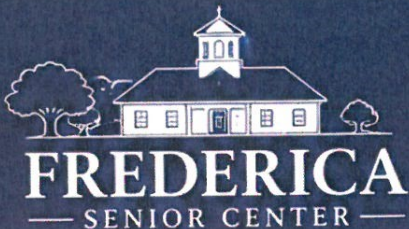
9:00 AM - 12:00 PM



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

FREDERICA SENIOR CENTER

(Non-Profit Organization)



**ONE DAY ONLY - WEDNESDAY, OCTOBER 21, 2026
SHOP 8AM - 11PM**

DONATE \$5 AND ENJOY:

- **25% OFF** DISCOUNT SHOPPING PASS*
- **REGISTER TO WIN** A \$100 BOSCOV'S GIFT CARD
One Winner at every Boscov's store

100% OF YOUR DONATION GOES TO OUR ORGANIZATION

For Shopping Passes or information, contact:

*Exclusions apply. For more details visit [boscovs.com/category/friends-helping-friends-event](https://www.boscovs.com/category/friends-helping-friends-event)



OCTOBER 2026

Date	Location	Time	Fee
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Coming at a later time

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

October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CHICKEN SANDWICH WAFFLE FRIES	2 POTATO BAR
5 Closed For Parking Lot	6 Closed For Parking Lot	7 Closed For Parking Lot	8 Closed For Parking Lot	9 Closed For Parking Lot
12 CHICKEN OR BEEF FAJITAS RICE	13 HAM AU GRATIN POTATOES VEGGIES	14 TURKEY BOWL MASHED POTATOES STUFFING VEGGIES	15 CHICKEN TERIYAKI LO MEIN BROCCOLI	16 PEPPERONI AND CHEESE CALZONES
19 CHICKEN & DUMPLINGS PEAS	20 BEEF & CHEDDAR ON ONION ROLL CURLY FRIES	21 SPAGHETTI & MEATBALLS SALAD GARLIC TOAST	22 CHEES- ESTEAKS ONION RINGS	23 HOT DOGS BAKED BEANS MAC & CHEESE
26 GRILLED CHEESE BROCCOLI AND POTATO SOUP	27 PORK CHOPS STUFFING PEAS GRAVY	28 MEATLOAF MASHED POTATOES GRAVY	29 FISH SAND- WICH MAC & CHEESE STEWED TOMATOES	30 BIRTHDAY MUMMY/ WITCHES HAT (CHICKEN) POT PIE

October

			1 9a Craft Room 9a Woodworking 9a Thrift Store 10a Chair Yoga 12:30p Bingo	2 10a Bingo
5 Closed For Parking Lot	6 Closed For Parking Lot	7 Closed For Parking Lot	8 Closed For Parking Lot	9 Closed For Parking Lot
12 9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo	13 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo	14 9a Craft Room 9a Woodworking 9:30a Line Dance 12:30p Bingo	15 9a Craft Room 9a Woodworking 9a Thrift Store 10a Chair Yoga 12:30p Bingo	16 10a Bingo
19 9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo	20 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo	21 9a Craft Room 9a Thrift Store 12:30p Bingo	22 Early Voting 9a Craft Room 9a Thrift Store 12:30p Bingo	23 Early Voting 10a Bingo
26 Early Voting 9a Craft Room 12:30p Bingo	27 Early Voting 9a Craft Room 9a Thrift Store 12:30p Bingo	28 Early Voting 9a Craft Room 9a Thrift Store 12:30p Bingo	29 Early Voting 9a Craft Room 9a Thrift Store 12:30p Bingo	30 Early Voting 10a Bingo Birthday Lunch

THE FREDERICA SENIOR CENTER IS AN EARLY VOTING SIGHT FOR THE 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:

General : October 22 –November 2, 2026

**The center will be closed for all activities on
Tuesday 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

OCTOBER 23RD AND 30TH

**FSC WILL BE HOSTING A MOBILE
FOOD PANTRY AT**

DE TURF ON MONDAY

OCTOBER 26TH FROM 9A-11A

OCTOBER



BREAST CANCER

AWARENESS MONTH

**WEAR PINK EVERY
THURSDAY IN
OCTOBER FOR
BREAST
CANCER**

**Have you scheduled your annual
mammogram yet?**

Name: _____ Date: _____



Welcome Autumn!



ABUNDANT
ACORN
AMBER
APPLES
AUTUMNAL
BATS
BLUSTERY
BOUNTY
BROWN
CANDY
CARVE
CHESTNUTS
CHILLY
CIDER
CLIMATE
COLORFUL
CORN MAZE
CORNUCOPIA
COSTUME
COZY
CRANBERRIES
DECIDUOUS
DECORATE
EQUINOX
FAMILY
FEAST
FESTIVAL
FLANNEL
FOLIAGE
FROST
GATHER
GOURD
GRATITUDE
HALLOWEEN
HARVEST
HAYRIDE
HIBERNATE
HOT COCOA
JACKET
LEAF PEEPERS
LEAVES
MIGRATION
MOON
NOVEMBER
OCTOBER
ORCHARD
PIE



PRESERVES
PUMPKIN PATCH
QUILT
RAKE
RIPE
SCARECROW
SCARF
SCHOOL
SEASON

SEPTEMBER
SNUGGLE
SQUASH
SUNFLOWER
SWEATER
THANKFUL
THANKSGIVING
TURKEY
VIVID



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

Tuesday Through Thursday
9am – 12pm.

Any questions, see Linda!

**Every second Wednesday of the
month is **Dollar Day!****

**Anything under \$5 will be on
sale for \$1 each**





COMMUNITY FOOD PANTRY



**Open to the Public!
Fridays from 8a-11a,
membership not required.**

**Members can “shop”
Mon-Thurs. just see Mandy!**

**For more information, to
donate or volunteer please
email pantry@fsc1.org or call
302-335-4555 and ask for
Mandy!**

HALLOWEEN WORD SEARCH

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

COSTUME
CANDY
PUMPKIN
PARTY
MOON
BOO

TRICK OR TREAT
SPOOKY
JACK-O-LANTERN
HAUNTED
BLACK CAT
SPIDER
BAT

GHOST
MUMMY
VAMPIRE
FRANKENSTEIN
WITCH
ZOMBIE

USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR
TO FIND THE ANSWER:

WHAT DID THE LITTLE VAMPIRE SAY IN THE HAUNTED HOUSE?

_____! ☺

Riddles and Puzzles

Cryptogram

To solve the cryptogram, replace one letter for another in each of the encrypted words.
Use the key table at the top of the page to keep track of the letter substitutions.

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

- I

Z

M

X

U

What gets wetter the more it dries?
- C

U

Z

C

F

What has a face and two hands, but no arms or legs?
- X

B

B

What has to be broken before you can use it?
- O

Z

L

N

W

A

H

X

What belongs to you but is used more by others?
- Q

G

A

W

Z

I'm full of keys but I can't open any door. What am I?
- B

U

Z

V

X

What has a thumb and four fingers but is not alive?
- T

Q

Z

W

B

X

What is full of holes but can still hold water?
- I

N

Z

L

R

U

X

What is easy to get into, but hard to get out of?

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

**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

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-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 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

Members needing to visit the pantry, contact Mandy Monday-Thursday. Open to the public Fridays 8a-11a.

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

Bryan Jackson, Deborah Corbett, Beverly Beebe
Telford Rager

Membership Representative: Linda Gaudet

Staff

Kristine Langley	Executive Director
Cathy Mosley	Activities Director
Sue Holliday	Administrative Assistant
Ashley Caseley	Kitchen Manager
Mandy Slody	Kitchen
Heather Juliano	Kitchen/ Custodian
Mert Mullen	Transportation Coordinator
Fred Slade	Van Driver
Greg Mills	Driver
Betty Flemming	Crafts Coordinator

FRONT DESK:

Melinda Jackson, Bryan Jackson,
Marielen Littleton

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 8a-12p.