

THE GUIDING LIGHT

NOVEMBER 2026

Frederica Senior Center
216 South Market St
Frederica, Delaware 19946
www.fscguidinglight.org



Frederica Senior Center

GUIDING DELAWARE'S SENIORS
INTO A BRIGHTER FUTURE

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.



Thrift Shop

**OPEN TUES-THURS
9A-12P
DONATIONS MUST GO
THROUGH LINDA ONLY**



NOVEMBER 1

VIRGINIA SHERIDAN
WALTER STUMPF

NOVEMBER 2

JAMES FITZCHARLES

NOVEMBER 3

DOC CASE

NOVEMBER 4

BETH GREEN

NOVEMBER 6

LAURA SOULE

NOVEMBER 7

DEBORAH GIBSON
KAY ROBUTKA
LUCILLE SMITH

NOVEMBER 8

BETSY ALDER
REBECCA BLAIR
HOWARD WILLIAMS

NOVEMBER 9

SUSAN HOLLIDAY

NOVEMBER 10

MARY HOVINGTON
JESSIE PINKNEY

NOVEMBER 11

KANSAS CARROLL
CLARENCE MURPHY
DELORES REID

NOVEMBER 12

BRENDA DALTON
CAROLYN VOGEL
RODERICK WARR

NOVEMBER 14

HELEN GALLMAN-HOUSE
SUSAN SHANK
BRUCE SLODY
DIANA WHITE

NOVEMBER 15

CHARLES STONE

NOVEMBER 16

EUGENE HEBERT
LEONA TONEY

NOVEMBER 17

JANET KANOY
RICHARD STENGER
LISA WHITE

NOVEMBER 18

STEPHANIE DANIEL
GARY PICCOLO

NOVEMBER 19

GINAMARIA LEWANDOWSKI
KAREN BYRD

NOVEMBER 20

JOHN COX
LINDA HUDSON
BARBARA SMITH-SAVAGE
BETTY WALTERS

NOVEMBER 21

BRENDA ANCI
MARYJO OWENS

NOVEMBER 22

ELEANOR HOMEWOOD

NOVEMBER 23

LEMUS JENSEN

NOVEMBER 24

WAYNE CROMWELL
PARRY EVANS
DANIEL HOFFMAN
NANCY WELCH
JANET WELLS

NOVEMBER 25

SCOTT FORWOOD

NOVEMBER 26

JOYCE BAWEL
MARSHA HAASS

NOVEMBER 27

JAMIE RUTHERFORD
ROBERT WELLS



Birthdays Continued

NOVEMBER 28

TRACY CRISCO

NOVEMBER 29

BEVERLY CHANEY

ALICE JACKSON

NOVEMBER 30

KENNETH BODINE

CHARLENE FULLER

ANNA RENTZ

New Members

MEGAN MCILVAIN

PAT HUDSON

KAMI ERNST

LINDA MOSLEY



FREDERICA SENIOR CENTER

GIFT CARD & CASH BINGO

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

November 7, 2026

Doors Open at 5pm

Early Bird Pull Tab games at 6pm

Regular Bingo at 7pm

9 pack Bingo Book - \$20, Extra Bingo Book - \$10

Bonanzas, Red & White, Pull Tabs, Jackpots \$ 50/50

available for purchase

**Donate a new toy or bring 3 non-perishable
food products or toiletries for our Food Pantry
and receive (1) Bonanza and (1) Red & White
ticket per person FREE!**

Refreshments also available for purchase

Must be 18 or older to play





November 2026 ADVENTURES

Date	ACTIVITY	Time	Fee
11/9/2026	DINNER OUT		
11/20/2026	MATINEE MOVIE		

\$5 (R) = REFUNDABLE PLACEHOLDER

The fee is refundable if you attend the trip or if cancellation occurs more than 24 hours ahead of departure time.

**The Frederica Senior Center will be closed
Tuesday November 3, 2026 for Election Day!**

**Backroom activities will be unavailable between
October 22 – November 3, 2026 for early voting.**



Frederica Senior Center Cash Bingo

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



November 21, 2026

Doors open at 5pm

**New
Addition:
Cookie Jar**

Early Bird Pull Tab games start at 6pm

Regular games start at 7pm

9 Pack Book - \$20/Extra Bingo Book - \$10

***Bonanzas, Red & White, Pull Tabs, Jackpots
& 50/50 available for purchase***

******Donate new toys or bring 3 Non-Perishable
Food products or Toiletries for our Food Pantry
and receive (1) Bonanza & (1) Red & White
ticket per person FREE!***

Refreshments also available for purchase

Must be 18 or older to play.





November



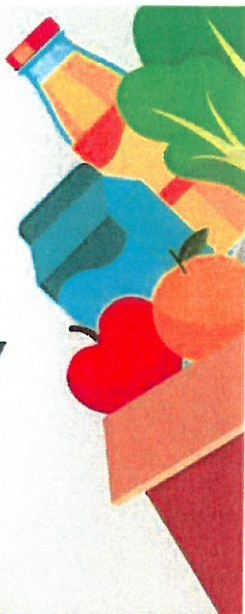
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject to Change		BRING A FRIEND TO LUNCH ON FRIDAYS,	GET ENTERED INTO A DRAWING FOR A GIFT CARD!	
2 9a Craft Room 12:30p Bingo Backroom Closed for Election	3 Closed for Election	4 DONATE CANDY 9a Craft Room 9a Woodworking 9a Thrift Store 9:30a Line Dance 12:30p Bingo	5 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo	6 10 Bingo 11:30 Lunch
9 9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo DINNER OU	10 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo	11 VETERANS DAY! VETS EAT FREE 9a Craft Room 9a Thrift Store 9:30a Line Dance 10A PAINT WITH LIISA 12:30p Bingo	12 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo	13 10 Bingo 11:30 Lunch
16 9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo	17 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo	18 9a Craft Room 9a Woodworking 9a Thrift Store 9:30a Line Dance 10A CARDIO DRUM- MING 12:30p Bingo	19 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo	20 10 Bingo 11:30 Lunch MOVIE MATINEE
23 9a Craft Room 9a Woodworking 9:30a Shopping 10a Chair Exercise 12:30p Bingo	24 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo	25 BIRTHDAY/ THANKSGIVING 9a Craft Room 9a Woodworking 9a Thrift Store 12:30p Bingo FALL COLORS FOR LUNCH	26 CLOSED	27 CLOSED

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject to Change				
2 Sloppy Joes Tator Tots	3 Closed for Election	4 Swedish Meat- balls Buttered Noo- dles Veggies	5 Bratwurst Pierogies Sauerkraut	6 Nacho Grande with Fixings Refried Beans
9 Chicken Sandwich Broccoli and Cheese Bites Pickles	10 Pork Chops Au Gratin Potatoes Krissie Beans	11 Pepper Steak Rice Eggroll	12 French Dip Sandwich Au Jus Dip Curly Fries Beets	13 Hot Ham or Bologna & Cheese Tomato Soup Crackers
16 Smash Burg- ers Onion Rings or Fries Beets	17 Flounder Fried Potatoes and Onions Stewed Toma- toes	18 Chicken Cordon Bleu Mashed Pota- toes & Gravy Green Beans	19 Spaghetti w/ Meatballs Garlic Toast	20 BLT Chips Pickles
23 Cheesesteak Fries	24 Chicken Quesadillas Yellow Rice Veggies	25 Thanks/Birthday Turkey Mashed Potatoes Stuffing Sweet Potatoes Cranberry Sauce Pumpkin Pie	26 Closed Happy Thanksgiving	27 Closed



COMMUNITY FOOD PANTRY



**Open to the community!
Frederica Senior Center's
food pantry is open on
Fridays from 8a-11a,
membership not required.
For more information, to
donate or volunteer please
email pantry@fsc1.org or
call 302-335-4555 and ask
for Mandy!**

BRUNCH WITH SANTA!

DECEMBER 12, 2026

8am-10am

BREAKFAST BUFFET

\$12 Per Child Age 4 and Over
Children Under 3 Free
Adult Free with Paid Child

Reindeer Games for Kids at 9am
COLLECT TICKETS TO TURN IN FOR
GIFTS

FREDERICA SENIOR CENTER







CAMPING WORD SEARCH



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

KAYAK
ISLAND
COMPASS
ANIMALS
TRAILER
MARSHMALLOW
VACATION

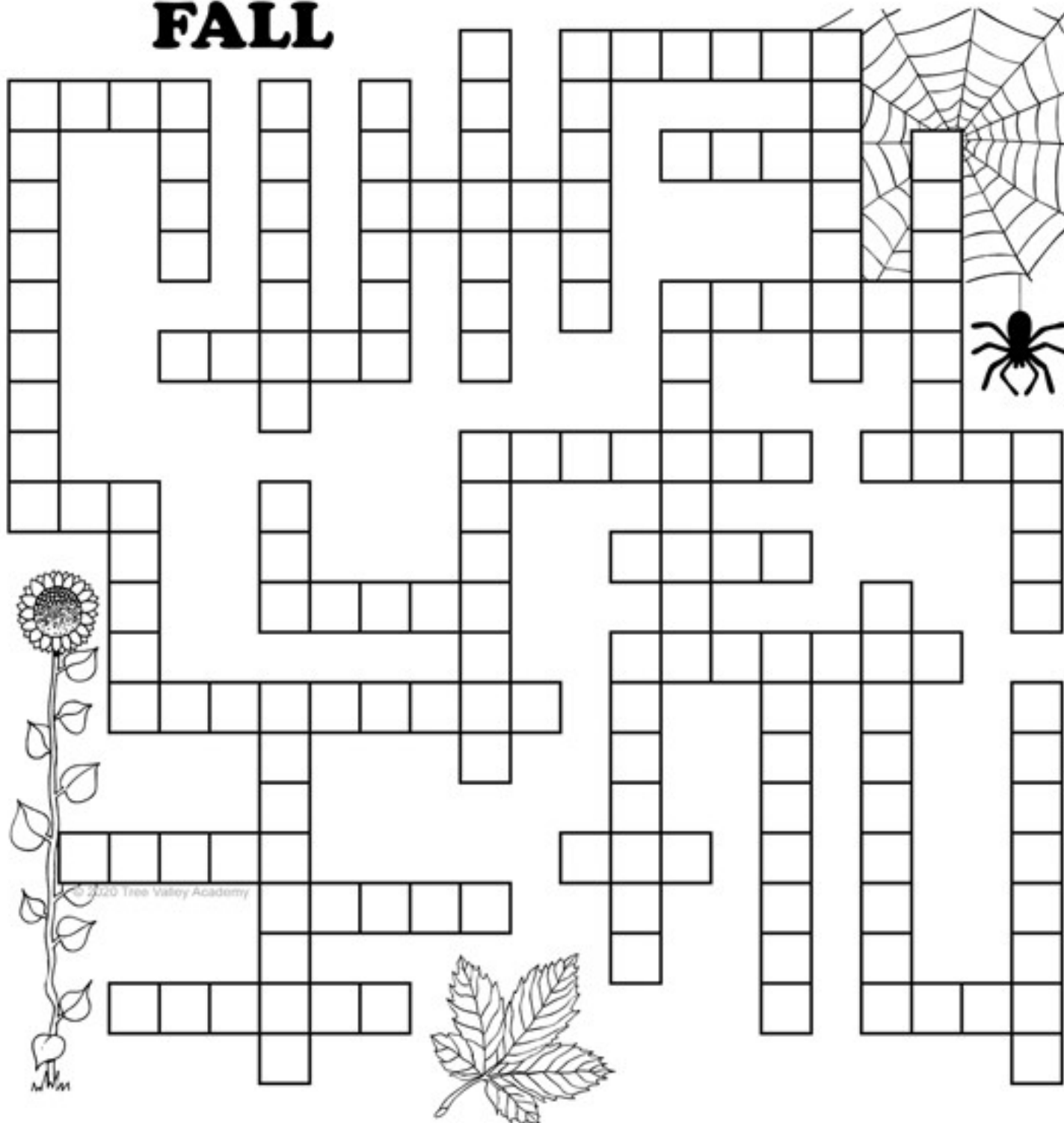
CANOEING
NATURE
INSECT REPELLENT
HAMMOCK
CABIN
CAMPFIRE
SUMMER

SWIMMING
BATTERIES
MOSQUITOES
AIR MATTRESS
S'MORES
RESERVATION

HIKING
FLASHLIGHT
RACCOON
SLEEPING BAG
ROASTING STICKS
CAMPSITE

MOUNTAINS
LANTERN
CHIPMUNK
TENT
OUTDOOR COOKING
MEMORIES

FALL



3 letters

tea
web
yam

4 letters

cozy
crow
fall
leaf
pile
rain
soup

5 letters

acorn
birds
brisk
crops
frost
wheat

6 letters

chilly
jacket
season
spider
squash

7 letters

blanket
bonfire
flannel
foliage
hayride
migrate
October
tractor

8 letters

football
November
pumpkins
squirrel

9 letters

scarecrow
September
sunflower

Name: _____ Date: _____

FALL WORD SEARCH PUZZLE

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

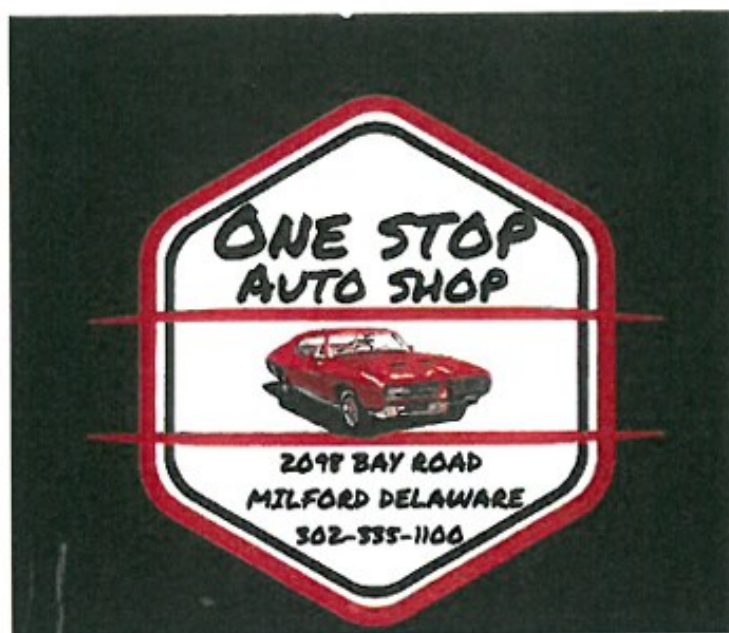
TURKEY	HARVEST	COLORFUL	HAYRIDE	SCARECROW
THANKSGIVING	NOVEMBER	HALLOWEEN	GOURDS	AUTUMN
ACORNS	PUMPKINS	APPLES	SCENERY	FALL FOLIAGE
NIPPY	FROST	COOL NIGHTS	JACKETS	SWEATERS
BOOTS	TREES	LEAVES	BROWNS	FALL



TEAL
CONSTRUCTION INC.

JC Liquor Mart

LIQUOR & ALCOHOL STORES IN FREDERICA, DE



John Hiatt
Refrigeration & Air Conditioning, Inc.

THANK YOU TO OUR SPONSORS!

FRIENDS OF FSC

**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”)

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 annually every July 1st.**

Nutritious Meals

Come enjoy our delicious meals, cooked at our Center each day. Meals are served Monday-Friday at 12:00 pm

\$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, shopping, recreational and cultural trips, various crafts, quilting, walking and much more. There is a fee of \$5 for non-members to participate in classes and 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 Frederica Senior Center has a food pantry available for members to "shop" from daily, we are open to the public on Fridays 8a-11am.

Board of Directors

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

Member(s) at Large

Charles Postles

Members:

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

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	Transportation Manager
Fred Slade	Transportation
Greg Mills	Bus Driver
Betty Flemming	Crafts Coordinator

Volunteers:

Bryan Jackson, Melinda 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 regular hours of operation are Monday through Thursday 7:00am to 1:30pm, Friday 8a-12p.