



MID-COUNTY
CENTER *Age well!*



Welcome to Mid-County

Our mission is to be a welcoming and enriching community for adults age 50+.

At Mid-County, we strive to offer social, recreational, and fitness-oriented programs.

Nestled in the back of the Sherwood Park II neighborhood, we're thankful to be part of the Delaware National Guard building; in fact, we've called it "home" for over 40 years! Mid-County operates in the heart of New Castle County, primarily serving the Newark, Mill Creek, Pike Creek, and Hockessin areas. As a guest of the National Guard, our hours are subject to change. Please check our website for updates.

Upcoming Events

- Wednesday, Nov. 1 at 10:30AM: Historical quilt lecture with Beth Teletski
- Tuesday, Nov. 7 at 10:30AM: Tai chi demo with Master Zhen Kang Sun
- Thursday, Nov. 9: Cash bingo (Doors open at 5PM, bingo starts at 6PM)
- Friday, Nov. 10 at 10:30AM: National Guard NOLA band for Veterans Day
- Tuesday, Nov. 14 & Nov. 28 at 5:30PM: Evening Yoga with Mary Kate Hall
- Wednesday, Nov. 22 at 10:30AM: Thanksgiving entertainment with Miguel
 - Friday, Dec. 8 (doors open at 5PM, games start at 6PM): LCR Night
 - Monday, Dec. 11 at 10:30AM: Holiday hand bells with Ed Brugel

Volunteer of the Month

Congratulations to Carol Smyser, our volunteer of the month for November 2023. Carol is a gracious, organized, and thoughtful volunteer for Mid-County. She organized all of the greeters and tour givers for our Open House on Oct. 7. Carol led volunteers through the tour process, organized schedules, and answered questions, all the while working with Haley on the raffle basket donations. The Open House was a better event because of Carol's leadership.



Please join me in congratulating Carol! Thank you Carol!

Mission Statement

The welcoming community of Mid-County Center offers healthy, fun, and nurturing activities and programs to people 50+ that enable them to age well, with purpose and dignity.

Title VI Notice

Mid-County Center, Inc. operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the 1964 Civil Rights Act.

Mid-County Center

Hours of Operation: Monday - Friday, 8AM - 3:30PM

Phone: 302-995-6728 | Fax: 302-995-6515 | Email: sencen@midcountyseniorcenter.org

First Regiment Road, Sherwood Park II, Wilmington, DE 19808

midcountyseniorcenter.org | facebook.com/midcountycenter

Mid-County Information

A MESSAGE FROM JANET NELSON

What a great time we are having at Mid-County! We welcomed over 90 new members in October. A special thank you to Carol Smyer for her volunteer leadership in creating a welcoming, informative, and engaging Open House. Carol led her team including Daniel Carr, Marlene Carr, Melanie Ginn, Joan Hamm, Donna Jordan, Frank Secoda, Shirley Tielleman, and Gail Zimmerman.

Join me in thanking our Pickleball Ambassador Carrie Bolen who put on a wonderful pickleball exhibition with a Q&A. We so appreciate and thank our Ceramics Instructor Heather Shinn who highlighted the Arts & Crafts programs. Our terrific Fitness Instructor, Nancy Schlott, hosted Strength Training, EZ Cise and Gentle Stretching.

We are so fortunate to have Emma Driban host our snacks and goodies area. Thank you to Ulia Nelson who welcomed over 50 members making sure they were entered in the membership system. A much-deserved thank you to Jeanette Lavecchia for her dedicated greetings, raffle ticket sales, and membership card tutorials.

A special thank you to Haley, Mae, and Larry for delivering outstanding and welcoming service! We had over 200 people in attendance. It is because of the commitment to service for others by these generous volunteers and staff at our Open House that Mid-County continues to grow. Thank you all!

Haley Williams and Carol Smyer worked hard on the Raffle Baskets for October – they were amazing! To you both - thank you. Look for our early 2024 Basket Extravaganza!

Welcome, New Members!

Vikki Bandy	Jane Clabby	Jerry Hager	Andrew Levin	Joan Pappas	Mary Lou Sinkey
Donald Bauman	Gayle Collins	Patricia Howard	Brenda Levin	Reynold Persad	Arlene Skotnicki
Jill Baxter	Anita Conticello	Laura Huber	Deborah C. Lloyd	Karen Peterson	Eugene Smith
Myung Hee Bhark	Denise DeShong	Daniel Huber	Patricia Lloyd	Timothy Prange	Bernie Stahl
John Bonner	Katherine Degliobizzi	Ruth Hughes	Stan Lyons	Gail Prange	Debbie Steinbrunner
Sandra Bradley	Larry Denburg	Anne Irwin	Orla Mackey	Mark Pruitt	Marian Taylor
Cyndi Brooks	Eleanor Dooley	Maryann Kelly	Mary Marsilli	Lauren Rhoades	Kathryn Thompson
Ed Bryan	Rita DuCharme	Barry Kelly	Debbie McCall	Diane Rhynes	Joan Tobiason
Carrie Bryan	Jeff Eastep	Gloria Kim	Sherry McCormick	Julie Ritter	Patricia Valdes
Deb Buckels	Ann Finnegan	David Konkiel	Eugene McDowell	David Ritter	Oscar Valdes
Annabelle Carlisle	Paul Fleckenstein	Teresa Konkiel	Barbara McDowell	Steve Ross	Vicky Varga
Nancy K. Carter	Margaret Fralinger	Marie Kotash	Jean Molash	Faith Sandstrom	Bonnie Wallner
Ernie Castagna	Holly Gaul	Leanna Lacy	Lynn Muskat	Shirley Shaw	Gary Wilson
Lynda Castagna	Irene Goddard	Elizabeth Lee	Mary Beth Nagle	Gary Sheridan	Sheryl Wilson
William Cattie	Tina Guerrero	Uni Lee	Geraldine Newsome	Mary Sheridan	
Sandra Chambers	Mary Hager	Susan M. Leininger	Thomas O'Grady	Athar Siddiqui	

NEW MEMBER LUNCH

Have you joined Mid-County Center recently? If so, we'd like to invite you to lunch, on us! Join staff & members on the first Wednesday of the month at 11:30 a.m. to receive a free lunch and learn more about Mid-County. It's our way of saying "thanks" for joining! RSVP by the Tuesday morning before.

Staff

Janet Nelson - Executive Director

Bill Bumpers - Transportation

Nancy Schlott - Fitness Instructor

Larry Dineen - Maintenance Supervisor

Mae Stepler - Program Coordinator

Lori Lentz - Nutrition Site Manager

Haley Williams - Communications Director

Weekly Gym Schedule

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8AM		Walking 8AM - 9AM	Walking 8AM - 9AM	Walking 8AM - 9AM	Walking 8AM - 9AM	Walking 8AM - 9AM		
9AM		Strength Training 9:15AM - 10:15AM	Bocce 9:15AM - 10:15AM	Strength Training 9:15AM - 10:15AM	Bocce 9:15AM - 10:15AM	Strength Training 9:15AM - 10:15AM		
9:30AM								
10AM							Pickleball [2, 3] 10AM - 12PM (11/11/23)	
10:30AM		Pickleball [4] 10:30AM - 11:30AM	Pickleball [4] 10:30AM - 11:30AM	Pickleball New Player Clinic [0, 1] 10:30AM - 11:30AM				
11AM			Pickleball [4] 11:30AM - 12:30PM	Pickleball [4] 11:30AM - 12:30PM				
11:30AM		Pickleball [4] 11:30AM - 12:30PM	Badminton 12PM - 1:45PM		Pickleball [2] 11:30AM - 12:30PM			
12PM		Pickleball [2, 3] 12:30PM - 1:30PM		Pickleball [2, 3] 12:30PM - 1:30PM		Pickleball Skills & Drills Class 12:30PM - 2:30PM (11/11/23)		
12:30PM	Pickleball [3, 4] 12:30PM - 2:30PM (11/12/23)	Badminton 1:30PM - 3PM	Volleyball 1:45PM - 3:15PM	Badminton 1:30PM - 3PM	Volleyball 1PM - 3PM		Pickleball [3, 4] 12:30PM - 1:30PM	
1PM								
1:30PM								Pickleball [3, 4] 1:30PM - 3:30PM
2PM								
3PM								
4PM		Pickleball [3, 4] 3:30PM - 5:30PM	Pickleball [2] 3:30PM - 5:30PM		Pickleball New Player Clinic [0, 1] 4PM - 5PM			
5PM								
6PM		Pickleball [4, 5] 6PM - 8PM	Pickleball [4, 5] 6PM - 8PM		Pickleball [4, 5] 6PM - 8PM	Pickleball [4, 5] 6PM - 8PM (11/10/23)		
7PM								
8PM								

PICKLEBALL GUIDELINES

Evening and weekend play is offered by the generosity of our Pickleball Ambassadors. Weekend and evening play times are scheduled in accordance with the National Guard facility needs and Ambassador availability. Please check our website for specific weekends each month. Mid-County Center is a guest of the National Guard. We are grateful for their support, service, and leadership.

MCC program scheduling is subject to change. Any fees paid to play will be credited to player's accounts when play is cancelled due to scheduling needs or lack of players. Thank you for your patience and understanding.

- Please arrive in the 10-minute window before your scheduled play time. Facility doors are locked at game time.
- Please keep a pre-pay balance on your account or bring exact change to improve check-in efficiency.
- Please use your membership card to check-in, select your time, then save using the green button in the upper left corner of the computer screen.

Play is open to Mid-County members first. Please join online through our website. Membership is free for anyone age 50+. Register to play pickleball on our website. Pickleball fees are \$2.50 per hour with additional fees for special events. Weekend Skills & Drills clinics are \$10.00 for 2 hours. For more information, please see Mid-County's Pickleball Guidelines, available at Mid-County and on our website.

PICKLEBALL SKILL LEVELS

Level #01: New Player

1. Desire to learn about the game
2. Prepared to listen, learn, practice skills, and have fun

Level #02: Beginner

1. Minimal understanding of the basic rules of the game (i.e. 2 bounce rule)
2. Demonstrates a forehand
3. Demonstrates a backhand
4. Demonstrates a volley and with direction
5. Has good mobility, moving in a safe and balanced manner
6. Accurately places serve into correct square focusing on direction

Level #03: Intermediate

1. All of Beginner [2]
2. Able to hit a medium-paced forehand with direction & consistency
3. Able to hit a medium-paced backhand with direction & consistency
4. Able to hit a medium-paced serve with depth, direction, & consistency
5. Able to consistently sustain a dink rally with control
6. Able to hit a medium-paced volley with direction & consistency
7. Server requirement: 7 out of 10
8. Server return requirement: 7 out of 10

Level #04: Experienced

1. All of Intermediate [3]
2. Able to use forehand with moderate level of shot control
3. Able to use backhand with moderate level of shot control
4. Consistently gets serve in
5. Consistently gets return of serve in
6. Able to place serve deep in the court
7. Able to dink and sustains medium length rallies
8. Able to volley with medium paced shots with control
9. Sustains a short volley session at the net with placement and control
10. Server requirement: 8 out of 10
11. Server return requirement: 8 out of 10

Level #05: Advanced

1. All of Experienced [4]
2. Consistently hits forehand, backhand, serve with depth, control, speed
3. Consistently gets return of serve in with varying depth and speed
4. Accurate in placing lobs
5. Able to block and return fast, hard volleys
6. Aware of partner's position on the court and moves as a team
7. Has good mobility, quickness, and hand-eye coordination
8. Server requirement: 9 out of 10
9. Server return requirement: 9 out of 10

Weekly Activity Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JIGSAW PUZZLES (MAIN ROOM) (8AM - 3:30PM)	JIGSAW PUZZLES (MAIN ROOM) (8AM - 3:30PM)	JIGSAW PUZZLES (MAIN ROOM) (8AM - 3:30PM)	JIGSAW PUZZLES (MAIN ROOM) (8AM - 3:30PM)	JIGSAW PUZZLES (MAIN ROOM) (8AM - 3:30PM)
POOL TABLES (STAGE) (8AM - 10AM)	POOL TABLES (STAGE) (8AM - 10AM)	POOL TABLES (STAGE) (8AM - 10AM)	POOL TABLES (STAGE) (8AM - 10AM)	POOL TABLES (STAGE) (8AM - 10AM)
PLAYING CARDS (MAIN ROOM) (8AM - 11:30AM)	PLAYING CARDS (MAIN ROOM) (8AM - 11:30AM)	PLAYING CARDS (MAIN ROOM) (8AM - 11:30AM)	PLAYING CARDS (MAIN ROOM) (8AM - 11:30AM)	PLAYING CARDS (MAIN ROOM) (8AM - 11:30AM)
PING PONG (ANNEX) 8AM - 3:30 PM	PING PONG (ANNEX) 8AM - 3:30 PM	PING PONG (ANNEX) 8AM - 3:30 PM	PING PONG (ANNEX) 8AM - 3:30 PM	PING PONG (ANNEX) 8AM - 3:30 PM
FITNESS ROOM (8AM - 3PM)	FITNESS ROOM (8AM - 3PM)	FITNESS ROOM (8AM - 3PM)	FITNESS ROOM (8AM - 3PM)	FITNESS ROOM (8AM - 3PM)
SHUFFLEBOARD (MAIN ROOM) (9:30AM - 10:30AM)	BRIDGE (GARDEN ROOM) (9:30AM - 12:30PM)	SHUFFLEBOARD (MAIN ROOM) (9:30AM - 10:30AM)		WII BOWLING (MAIN ROOM) (8:30AM - 9:30AM)
	CERAMICS / QUILTING CERAMICS ROOM (10AM - 2PM)	BALANCE WITH NANCY (MAIN ROOM) (10:30AM - 11AM)	BIBLE STUDY 10:30AM - 11:30AM (GARDEN ROOM)	CORN HOLE LAST FRIDAY OF MONTH (MAIN ROOM) 9:30AM - 10:30AM)
	E-Z-CISE (MAIN ROOM) (10:30AM - 11AM)		RUMMIKUB (MAIN ROOM) (10:30AM - 11:30AM)	E-Z-CISE (MAIN ROOM) (10:30AM - 11AM)
LUNCH (MAIN ROOM) (11:45AM - 12:15PM)	LUNCH (MAIN ROOM) (11:45AM - 12:15PM)	LUNCH (MAIN ROOM) (11:45AM - 12:15PM)	LUNCH (MAIN ROOM) (11:45AM - 12:15PM)	LUNCH (MAIN ROOM) (11:45AM - 12:15PM)
PINOCHLE (GARDEN ROOM) (12PM - 2:30PM)	DANCE FIT WITH NANCY (MAIN ROOM) 2:30PM - 3:15PM		PINOCHLE (GARDEN ROOM) (12PM - 2:30PM)	
PENNY BINGO (MAIN ROOM) (12:15PM - 2PM)	PENNY BINGO (MAIN ROOM) (12:15PM - 2PM)	PENNY BINGO (MAIN ROOM) (12:15PM - 2PM)	PENNY BINGO (MAIN ROOM) (12:15PM - 2PM)	PENNY BINGO (MAIN ROOM) (12:15PM - 2PM)

ACTIVITY PRICES

Every effort is made to keep activities at low or no cost. If you need financial assistance, please see Executive Director Janet Nelson.

Ceramics - \$10.00 per session, paid to instructor; **Quilting** - free

Dance Fit - \$5.00, paid to Mid-County

Fitness Program (Fitness Center & Strength Training) - \$20.00 per month, paid to Mid-County

Pickleball - \$2.50 per 1 hour session, \$5.00 per 2 hour session, \$10.00 for Skills & Drills clinics, paid to Mid-County - fees may be paid at the time of online registration with PayPal or select the "pay later" icon to pay with cash, check or card in the office

Penny Bingo - 1¢ per card, paid to the community pots

Pickleball Goggles

We don't want any of our pickleball players getting hurt. Please consider buying protective eyewear while playing pickleball here at Mid-County.

In Person Programs / Activities

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MAHJONG INTEREST

Are you able to lead a mahjong group and provide instruction? We are looking for a volunteer program leader with 1-2 hours per week availability. We are also recruiting new and interested players. Please see Executive Director Janet Nelson if interested.

TAI CHI DEMONSTRATION - FREE!

Tuesday, November 7 | 10:30 a.m. in the Gym

See page 10 for more info.

CASH BINGO

Thursday, November 9 | Doors: 5PM, Early bird game: 5:45PM | Bingo: 6PM

See page 6 for more info.

VETERANS DAY CELEBRATION

Friday, November 10 | 10:30 a.m. in the Main Room

The National Guard's NOLA brass band with drums will be here to celebrate an early Veterans Day with members! You don't want to miss this one!

See page 7 for more info

THANKSGIVING ENTERTAINMENT WITH MIGUEL

Wednesday, November 22 | 10:30 a.m. in the Main Room

Everyone's favorite singer Miguel will be with us to usher in the Thanksgiving holiday! Stick around after the tunes for a pot roast lunch!

RUMMIKUB - A SCHEDULED TIME

Tuesdays starting November 7 | 1 p.m. in the Garden Room

HAND BELLS WITH ED BRUGEL

Monday, December 11 | 10:30AM in the Main Room

Ed Brugel will be here just in time to spread some holiday cheer!

LCR NIGHT

Friday, December 8 | \$7 Entry fee | Doors: 5PM | Start time: 6PM

In addition to the event fee, you'll need to bring \$30 in one dollar bills to play. Outside food is

HOLIDAY CLOSURES

Mid-County will be closed: Thurs., 11/26, Friday, 11/27, Friday, 12/22, Monday, 12/25, Friday, 12/29, Monday, 1/1/24

Virtual Programs

Links to all programs are on our website

CARING AND SHARING GROUP

The Caring and Sharing group will meet virtually on Monday, November 13 at 10:30 a.m.



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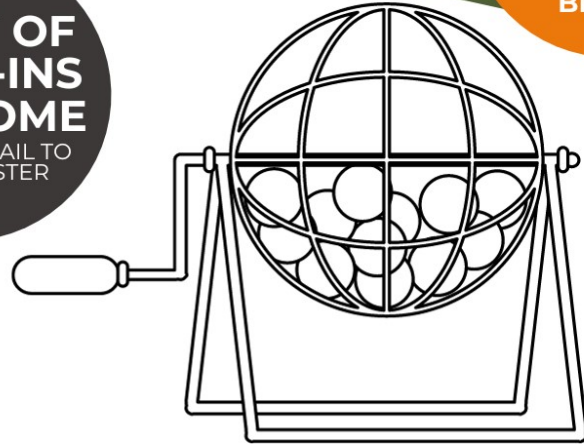
**\$20
ENTRY**

*SEE DETAILS
BELOW



**NIGHT OF
WALK-INS
WELCOME**

CALL OR EMAIL TO
PRE-REGISTER



**OPEN
TO THE
PUBLIC
18+**

CASH BINGO

**THURSDAY,
NOV. 9, 2023
6PM**

Details:

- *\$20 fee includes 20 games & 4 specials. \$30 packet includes all regular & special games. Additional special cards are \$2 each.
- Doors open at 5PM, early bird special at 5:45PM.
- Pull tabs & 50/50 raffle tickets to be sold.
- Concessions available - outside food & drinks are allowed.

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1 First Regiment Road, Wilmington, DE 19808
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MID-COUNTY
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VETERANS CONCERT



WITH THE 287TH ARMY BAND
A MUSICAL TRIBUTE HONORING ALL WHO SERVED

FRI., NOV. 10, 2023
10:30AM – 11:30AM



★ ★ ★ **FREE & OPEN TO THE PUBLIC** ★ ★ ★

WE ARE THRILLED TO HOST THE NATIONAL GUARD'S
NEW ORLEANS JAZZ-STYLE BRASS BAND WITH DRUMS

Mid-County Center

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YOGA IN THE EVENING

WITH MARY KATE HALL

TUES., NOVEMBER 14, 2023

TUES., NOVEMBER 28, 2023

5:30PM - 6:30PM

OPEN TO THE
PUBLIC!

Mary Kate Hall has been practicing yoga for over 20 years. An avid runner, Hall first turned to yoga as a way to increase her stamina and power. Over time, yoga went from "just a workout" to the thing she says keeps her grounded and strong.

Yoga classes with Mary Kate aren't about posing 'perfectly', but rather, "safely finding the perfect pose in your own body: today's body that shows up on the mat." Whether you can't yet touch your toes or you can hold a challenging pose like handstand, there is always more to learn.

Mary Kate Hall has completed over 300 hours of training in several styles of yoga.

\$5.00 PER SESSION

20 PARTICIPANTS ARE NEEDED TO CONTINUE THIS PROGRAM.
AS ENROLLMENT GROWS, MORE DATES WILL BE ADDED.

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RAFFLE WINNERS

Thank you to everyone who purchased tickets for our basket raffles this October, we raised over \$600! Look for more baskets later this fall and winter! The winners: Sue Reamer, Carole Evancho, Jim Howrey, Donna W., Lina Plastek, Fran Raymond.

Stand by Me 50+ ARE YOU ELIGIBLE FOR A FREE CELL PHONE?

You may be eligible for a free cell phone which provides minutes to use, mobile access to emergency services, and a choice of cell phone plans. There are no contracts, no hidden fees, and no monthly charges. The cell phone has many of the following services: voicemail, texts, call waiting, international calling, caller ID.

You can take part in this program if you have limited income or receive help from other benefit programs such as:

- Medicaid
- Supplemental Security Income (SSI)
- Low Income Home Energy Assistance Program (LIHEAP)
- Supplemental Nutrition Assistance Program (SNAP)
- Public Housing or Section 8

Call Stand By Me for FREE financial coaching:

New Castle County: 302-685-2577 or 302-685-2586

Kathleen Rupert from Stand by Me will be at Mid-County on Wednesday, November 8 at 8 a.m. Appointments are required.

STAND BY ME 50+ 2023 BENEFITS ELIGIBILITY

Stand by Me 50+ offers information on many programs and services available to those in need.

You don't know which benefits you're eligible for until you ask.

Schedule an appointment with Kathleen from Stand by Me at Mid-County using the information above.

See below to find out the income limits for certain programs:

Supplemental Nutrition Assistance Program (SNAP) - provides nutrition benefits to supplement the food budget of individuals so they can purchase healthy food



Extra Help - pays part or all of your Part D (prescription) plan	1 Person	\$2,266
	2 People	\$3,052
Heat Assistance	1 Person	\$1,843
	2 People	\$2,485
Hospital Financial Assistance - free / reduced cost for services, forgives previous year's debt	1 Person	\$2,731
	2 People	\$3,573



November is Alzheimer's Awareness Month

November is Alzheimer's Awareness Month, a time to heighten awareness about Alzheimer's disease and the more than 6.2 million Americans currently living with it.

Alzheimer's is common and especially cruel, robbing people of their memories, thoughts, and identity over many years. And in fact, it is a growing concern: In the next 30 years, the number of Americans with Alzheimer's is expected to reach nearly 14 million.

Alzheimer's disease is a progressive, deadly brain disease for which there is no cure. Researchers are still working to discover the root cause of the disease, but it's widely believed to be due to the buildup of misfolded proteins between nerve cells, which causes brain damage.



Alzheimer's disease is the most common form of dementia. Dementia is a brain condition that affects parts of the brain that control thought, memory, and language.

While the terms are often used interchangeably, "dementia" is an umbrella term for many types of diseases associated with cognitive decline and memory loss, whereas "Alzheimer's" references a specific diagnosis. Alzheimer's is referred to as a progressive disease, as the dementia symptoms generally worsen gradually over time.

It's important to monitor yourself and your loved ones for any signs of mild cognitive impairment (MCI) which can proceed Alzheimer's and other forms of dementia.

Symptoms of Alzheimer's can include:

- Memory loss
- Poor judgment leading to bad decisions
- Loss of spontaneity and sense of initiative
- Taking longer to complete normal daily tasks
- Repeating questions
- Trouble handling money and paying bills
- Wandering and getting lost
- Losing things or misplacing them in odd places
- Mood and personality changes
- Increased anxiety and/or aggression
- Difficulty with language

Getting checked by your health care provider can help determine if the symptoms you are experiencing are related to Alzheimer's disease or MCI. Treatment of the disease may involve medications, lifestyle management strategies and enrollment in clinical trials.

Other News

THE ANNEX ROOM, PING PONG, & CARD PLAYING

Ping Pong in the Annex Room

Until we can secure a dedicated Ping Pong room (and we are working on it!) there is no ping pong available in the Annex Room on Tuesdays, Wednesdays, and Thursdays from 10:15 a.m. - 11:30 a.m. Thank you for your cooperation and understanding.

Card Playing in the Annex Room

Mid-County is growing! We are so excited to see new and returning faces. When we have scheduled classes/programs/activities in the Main Room, our card players can find comfort and welcome play in the following areas: Tuesday, Wednesday, Thursday 10:15am-11:30am in the Annex Room, and Fridays 10:15a.m. - 11:30 a.m. in the Garden Room.

PLACE	DATE	PRICE
Mae's Mystery Lunch	Thursday, 11/9/23 10:45 a.m. - 2 p.m.	\$5.00 <i>Lunch on own</i>
The First Noel <i>American Music Theatre, Lancaster, PA</i>	Wednesday, 11/15/23 9 a.m. - 3:30 p.m.	\$70.00 <i>Lunch on own</i>
Shady Maple <i>East Earl, PA</i>	Friday, 11/17/23 9 a.m. - 3:30 p.m.	\$15.00 <i>Lunch on own</i>
Boscov's and Lunch <i>Wilmington, Delaware</i>	Tuesday, 11/21/23 9:45 a.m. - 2:30 p.m.	\$5.00 <i>Lunch on own</i>
Dover Downs <i>Dover, Delaware</i>	Thursday, 12/7/23 8:30 a.m. - 3 p.m.	\$15.00 <i>Lunch on own</i>
Mae's Mystery Lunch	Thursday, 12/14/23 11:15 a.m. - 2:30 p.m.	\$5.00 <i>Lunch on own</i>
Chadds Ford Tavern <i>Chadds Ford, PA</i>	Tuesday, 12/19/23 11:15 a.m. - 2:30 p.m.	\$10.00 <i>Lunch on own</i>
DAVID <i>Sight and Sound Theatre, Lancaster, PA</i>	Tuesday, 3/26/24 9:30 a.m., show at 11 a.m.	\$100.00 <i>Lunch on own</i>

TRIP GUIDELINES

- There are no refunds on trips.
- Members must make transportation arrangements for trips that run past normal hours.

Other News

BUS REMINDERS

Transportation to and from Mid-County is available to those living in our area for \$2.00 a day. Our bus leaves Mid-County to start the morning route at 8 a.m. Bus riders need to be ready to board the bus and leave Mid-County by 2 p.m. This service is billed monthly.

Mid-County Center Code of Conduct

1. Profane or abusive language is not permitted.
2. Should an argument occur, all parties will be asked to report to the office for conflict resolution.
3. Inappropriate conduct (talking, excessive heckling, arguments, etc.) during announcements or programs with guests will result in all involved being asked to leave the room.
4. No smoking on the premises at any time.
5. **If space is at a premium**, do not rest coats, pocketbooks, or other items on chairs.
6. Respect class activities and the instructor teaching them.
7. Respect closed doors.
8. Respect designated spaces for the disabled.
9. Treat others the way you would like to be treated.
10. Have fun and be kind!

November Birthdays

John Marsico	Eileen Dempsey	Yolanda Hoffman	Pat Merritt	Chia Seng
Gene Abbott	Suzanne Denver	Jack Holloway	John Messick	Teresa Sheehan
Sylvia Adams	Martha Desmond	Gordon Hontz	Stephen Mlynarczyk	Christina Sheldon
Yanping Alderson	Marianne DiFabio	Mary Hopkins	Mary Moore	Zhi-Yuan Shen
Laddie Amini	James Dickinson	Yuan Lee Huang	Geri Moro	Doris Silverman
Albert Anderson	Marjori Diorio	George Humeniuk	Michele Mowbray	Don Simmons
Rella Angelini	Marilyn Dollard	Bob Hurlock	Lynn Moyer	Dorothy Smith
Linda Argiroudis	James Downes	Mary Jamison	Margaret Mulkay	Michele Smith
Ruth Baird	Dee Duncan	Lihong Jansson	Larry Needs	Bridgette Snyder
Linda Bakomenko	Sandra Duszak	Don Jester	Uliah Nelson	Barbara Sowden
Jose Balasquide	Jean Episcopo	Linda Johnson	Irene Niessen	Bob Spear
Bette Balder	Betty Faux	Lea Jones	Thomas O'Grady	Cecelia Stegura
Rick Bane	Brenda Ferris	Kevin Kelly	Hugh Page	Debbie Steinbrunner
Alan Beattie	Nancy Finnie	Gaile Kerrigan	Betty Painter	Jerry Stoppi
Mirta Bellver	Kirsten Fitzgerald	Barbara Kilbourne	Shelly Perkins	Peggy Lou Studer
Ann Bloser	Tom Foster	Pat Kizuka	Donna Pesce	Katherine Sykes
Marie Boueggine	Deb Franey	Marge Knitowski	Carmella Pierce	Nick Tan
Francis Broccoli	Gail Franklin	David Konkiet	Joan Pierson	Edith Tavakoli
Joan Brozek	Rosemary	Arlene Kotash	Loretta Pini	Nan Tian
John Calhoun	Marie Freccia	Veronica Kreisher	Ottie Pondman	Mark Todd
Flossie Calhoun	Sylvia Fresconi	Catherine Kung	Cheryl Price	Linda Trainor
Kitty Campbell	Pauline Garrison	Cathy Lambert	Sylvia Queppet	Kathy Trivits
William Carey	Rita Girardi	Roger Larkin	Norbert Quigley	Donna Valiante
Victoria Carter	Ralph Goldrick	Lily Li	Gaston Ranken	Antoinette Visich
Peg Ciritella	Monica Gonzalez-Gillespie	Rita Loiseau	Michele Rashbaum	Evelyn Waddell
Frank Clark	Denise Graves	Deb Lopez	Sharon D Rees	Yen Wang
Cynthia Clayton	Wanda Gray	Sandy Lougheed	Marina Reineman	Maxine Weldman
Russell Cox	Kelly Green	Laura MacKelcan	Karen Riley	Kimberly Williams
Laura Coxe	Darlyn Green-Rocher	Andrea Majewski	Gina Rolkowski	Gary Wilson
Nancy Damato	Jodie Gwinn	Ilene Mansfield	Harold Rowland	Chris Witham
Dung Dan	Susan Hamilton	Lorraine Marston	Christine Schaal	Sara Wolhar
Maryann DeDomenico	Liza Hantzopoulos	Elizabeth Martin	Maryann Schexnayder	Edward Zielinski
Adrienne DeMichael	William (Bill) Harkins	Michael Mattia	Joyce Schieber	
Tammy Dean	Judith Harrington	Eugene McDowell	Nancy Schlott	
Laura Delpacio	Lynn Hazzard	John McMillan	David Schofield	



Happy Birthday!

Is your birthday in October? Are you interested in attending our **FREE** birthday luncheon for you and a guest on Wed., Nov. 22, 2023? RSVP (for you **AND** your guest if you're bringing one) by Mon., Nov. 20, 2023!

NOVEMBER 2023 LUNCH MENU

13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken & Dumplings Scandinavian Blend Vegetables Diced Pears Yogurt	2 Ham & Swiss on a Roll with Lettuce, Tomato, & Onion Orange Cream of Broccoli Soup	3 Salisbury Steak with Gravy Mashed Potatoes Stewed Zucchini Mandarin Oranges Corn Muffin
6 Breaded Flounder Corn Baby Carrots Mixed Fruit Dinner Roll Tartar Sauce	7 Beef Goulash over Elbow Macaroni Green Beans Peach Cobbler Dinner Roll 	8 (special lunch) Roast Turkey with Gravy & Stuffing Sweet Potatoes Cranberry Sauce Dinner Roll Green Bean Almondine Pumpkin Pie	9 Cheeseburger on Bun Lettuce & Tomato French Fries Diced Pears Minestrone Soup Crackers	10 Beef Burgundy over Egg Noodles California Blend Vegetables Orange Dinner Roll
13 Oven Fried Chicken Mashed Potatoes with Gravy Peas & Carrots Tropical Fruit 	14 Salmon Filet with Lemon Dill Sauce Baked Potato Cauliflower White Wheat Bread Pudding	15 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread	16 Turkey & Swiss on a Roll with Lettuce, Tomato, & Onion Diced Peaches Cream of Potato Soup with Bacon	17 Chicken & Vegetable Stir Fry Brown Rice Pineapples Apple Bear Cookie
20 Swedish Meatballs over Egg Noodles Capri Blend Vegetables 12 Grain Bread Tropical Fruit	21 Ham with Pineapple Sauce Mashed Potatoes Baby Carrots Croissant	22 (birthday lunch) Pot Roast with Gravy Baked Potato Lima Beans Applesauce Dinner Roll	23 Closed for Thanksgiving 	24 Closed for Thanksgiving 
27 Broccoli Stuffed Chicken Peas & Pearl Onions Carrots Strawberry Waffle Cookie Mixed Fruit	28 Chili with Mozzarella Cheese Baked Potato Corn Muffin Orange Sour Cream 	29 Meatloaf with Mushroom Gravy Macaroni & Cheese Brussels Sprouts Applesauce Dinner Roll	30 Chicken Patty Sandwich with Cheese & Pickles Seasoned Greens French Fries Fresh Apple	1 Pork with Gravy over Mashed Potatoes Green Beans Fruit Cocktail Twelve Grain Bread

- Lunch is \$2.25 for those over 60. Special lunches are \$3.00 for those over 60.

- Our meals are ordered in advance. Because of this, the amount of food we have for any given day is based precisely on how many members sign up to eat. You must call or sign up for lunch in person by 11 a.m. the day before. For example, if you want to eat with us on a Wednesday, you have to be signed up by 11 a.m. on Tuesday.

- Your signature is REQUIRED in the City Fare sign in book located on Lori's desk. City Fare requires us to authenticate each meal provided to ensure accuracy of distribution.

Word Search: Thanksgiving

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

England
 third
 Wampanoag Indians
 thankful
 turkey
 November
 harvest
 football
 cornucopia
 New World
 acorn

maize
 Abraham Lincoln
 voyage
 tablecloth
 Pecan pie
 Native American
 gravy
 feast
 cornbread
 bread

celery
 Sarah Hale
 vegetables
 sweet potato
 pumpkin pie
 Mayflower
 grateful
 Squanto
 Colonists
 beans

symbol
 yams
 customs
 settlers
 Plymouth
 Massachusetts Bay Colony
 gobble
 family
 celebrate
 bake

Thursday
 wishbone
 tradition
 ham
 Pilgrim
 holiday
 friends
 cranberries
 casserole
 autumn