



## 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.

## Late Opening on Thursday, January 11, 2024

Mid-County will open at 11 a.m. on Thursday, January 11, 2024 as staff, members, and members of the public will be attending Dementia Awareness Training. This training will provide you with an understanding of how a person with dementia experiences our facility and what we can do to make this a dementia friendly facility. The training is free and open to the public, so please call and pre-register.

## January Closings

Mid-County will be closed Monday, January 15, 2024 for Martin Luther King, Jr. day.

## Volunteer of the Month

Congratulations to Jill Hannagan, our volunteer of the month for January 2024. Jill graciously gives her time and leadership with pickleball and is part of the dynamic Mid-County Ambassador team. In fact, Jill is an Ambassador for **three** sessions each week, and we are so grateful for her commitment! Jill actively recruits new leaders and collaborated to develop the first MCC New Year's Eve Pickleball celebration. Please join us in congratulating Jill and thanking her for her service to Mid-County and our members. Thank you, Jill!



## 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](mailto:sencen@midcountyseniorcenter.org)

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

[midcountyseniorcenter.org](http://midcountyseniorcenter.org) | [facebook.com/midcountycenter](https://facebook.com/midcountycenter)

# Mid-County Information

## A MESSAGE FROM JANET NELSON

And just like that... HELLO 2024!

We are ready for you at Mid-County. We have terrific ways of engagement for you and your friends. Try a new trip, a new class, come have lunch, read a book in the library (or check out Sam's new book club) and hang-out!

We are thrilled to announce that we have received a mini-grant from the State of Delaware's DSAAPD program! Now through the end of the grant period (June 30, 2024), we're offering mental health workshops, tai chi, and yoga for **free**! Members will have a chance to participate in yoga 3 times a week, tai chi 2 times a week, and mental health workshops 2 times a week, all at no cost. We will re-apply for a new grant in July 2024. Members are required to complete a program survey for the beginning, middle, and end of the programs. Please see page 5 for more information.

### Program Reminders

- Interested in the NYC bus trip on 5/7/24? Sign up soon! The bus reservation is DUE on 1/16/24.
- We're offering a new pickleball session: Thursdays from 3:30 p.m. - 5:30 p.m. for Beginner/Intermediate Level 2/3 with Ambassador Christine - Register today!
- Check out our Membership Director Samantha Healey-Smith's January Book Club!

We look forward to seeing you at Mid-County,

Janet Nelson  
Executive Director

## WELCOME, NEW MEMBERS

Laddie Amini	Barbara Cullis	Roberta Grippi	Mary Jamison	Joan Miller
Judith Carinci	Jagueline DelCampo	Beth Gunther	Patti Jeffers	Debbie Rizak
Marlene Carr	Colleen Donahue	Richard Hadley	Linda Kotalik	M. Jeffrey Rizak
Jessica Cern	Toni Marie Feeko	Rowland Hearn	Paul Lloyd	John Rogers
Jennifer Christensen	Melanie Ginn	Ellen Hinrichs	Nancy McMann	Beverly Syed

## 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

**Larry Dineen** - Maintenance Supervisor

**Samantha Healey-Smith** - Growth Director

**Lori Lentz** - Nutrition Site Manager

**Nancy Schlott** - Fitness Instructor

**Mae Stepler** - Program Coordinator

**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							
9:30AM		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	
10AM	Pickleball [3, 4, 5] 10AM - 12PM 1/7, 1/14, 1/21, 1/28						Pickleball [2, 3, 4] 10AM - 12PM 1/13, 1/20, 1/27
10:30AM		Pickleball [4] 10:30AM - 11:30AM	Tai Chi 10:45AM - 11:30AM	Pickleball [4] 10:30AM - 11:30AM	Pickleball [4] 10:30AM - 11:30AM	Pickleball New Player Clinic [0, 1] 10:30AM - 11:30AM	
11AM							
11:30AM		Pickleball [2] 11:30AM - 12:30PM		Pickleball [4] 11:30AM - 12:30PM	Pickleball [3] 11:30AM - 12:30PM		
12PM						Pickleball [2] 11:30AM - 12:30PM	
12:30PM		Pickleball [2, 3] 12:30PM - 1:30PM	Badminton 11:45AM - 1:30PM	Pickleball [2, 3] 12:30PM - 1:30PM			Pickleball Skills & Drills Class 12:30PM - 2:30PM 1/20
1PM							
1:30PM							
2PM		Badminton 1:30PM - 3PM	Volleyball 1:30PM - 3PM	Badminton 1:30PM - 3PM	Volleyball 1PM - 3PM	Pickleball [3, 4] 12:30PM - 1:30PM	
3PM						Pickleball [3, 4] 1:30PM - 3:30PM	
4PM		Pickleball [3, 4] 3:30PM - 5:30PM	Pickleball [2] 3:30PM - 5:30PM		Pickleball [2,3] 3:30PM - 5:30PM		
5PM							
6PM							
7PM		Pickleball [4, 5] 6PM - 8PM	Pickleball [4, 5] 6PM - 8PM		Pickleball [4, 5] 6PM - 8PM	Pickleball [4, 5] 6PM - 8PM 12/15	
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 - 10:30AM) (ANNEX AT 10:30AM)	PLAYING CARDS (MAIN ROOM) (8AM - 11:30AM) (ANNEX AT 10:30AM)	PLAYING CARDS (MAIN ROOM) (8AM - 11:30AM)	PLAYING CARDS (MAIN ROOM) (8AM - 11:30AM) (GARDEN ROOM AT 10:30AM)
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)	YOGA (GARDEN ROOM) (9AM - 10AM)	WII BOWLING (MAIN ROOM) (8:30AM - 9:30AM)
LUNCH (MAIN ROOM) (11:45AM - 12:15PM)	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)
YOGA (GARDEN ROOM) (11AM - 12PM)	E-Z-CISE (MAIN ROOM) (10:30AM - 11AM)	LUNCH (MAIN ROOM) (11:45AM - 12:15PM)	RUMMIKUB (MAIN ROOM) (10:30AM - 11:30AM)	E-Z-CISE (MAIN ROOM) (10:30AM - 11AM)
PINOCHLE (GARDEN ROOM) (12PM - 2:30PM)	LUNCH (MAIN ROOM) (11:45AM - 12:15PM)	YOGA (GARDEN ROOM) (11AM - 12PM)	LUNCH (MAIN ROOM) (11:45AM - 12:15PM)	LUNCH (MAIN ROOM) (11:45AM - 12:15PM)
PENNY BINGO (MAIN ROOM) (12:15PM - 2PM)	PENNY BINGO (MAIN ROOM) (12:15PM - 2PM)	PENNY BINGO (MAIN ROOM) (12:15PM - 2PM)	PINOCHLE (GARDEN ROOM) (12PM - 2:30PM)	PENNY BINGO (MAIN ROOM) (12:15PM - 2PM)
	RUMMIKUB (GARDEN ROOM) (1PM - 2:30PM)		PENNY BINGO (MAIN ROOM) (12:15PM - 2PM)	
	YOGA (GARDEN ROOM) (5:30PM - 6:30PM)			

## 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

**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

## 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.

## 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.

## DSAAPD GRANT PROGRAMS

We've received a generous grant for programming from the state of Delaware's DSAAPD program - the funded programs, which are free to members, are listed below. Please see page 2 for more details!

### Tai Chi

*Pre-registration not required, just scan your card and check in to Tai Chi!*

Tuesdays from 10:45a.m. - 11:30 a.m. with Master Sun in the Gym, as of 1/2/24

Thursdays 10:45 a.m. - 11:30 a.m. with Master Sun in the Garden Room as of 2/22/24

### Yoga

*Pre-registration not required, just scan your card and check in to Yoga!*

Mondays & Wednesdays from 11 a.m. -12 p.m. with new instructor Brittaney Valentino in the Garden Room, as of 1/15/24

Thursdays 9 a.m. - 10 a.m. with Brittaney Valentino in the Garden Room, as of 1/11/24

Tuesdays from 5:30 p.m. -6:30 p.m. with Mary Kate in the Garden Room on January 2, 9, 16, 30; February 6, 13, 20, 27; March 5, 12, 26, 2024. Additional dates announced in March 2024.

### Mental Health Workshops

We're bringing in a mental health professional for weekly discussions on topics around aging! See our flyer for topics, location, and times. These sessions are free. Members need not register or sign-in for these workshops, we will merely take a head count for attendance.

## SPRING TALENT SHOW

Do you have any hidden talents or skills? We want to find out what they are! For this event, we are looking for two volunteer committee members. The first committee meeting is set for the first week in January 2024. Contact Sam Healey-Smith if you're interested.

## MONTHLY BOOK CLUB

Tuesday, January 9 | 12:30 p.m. - 1:30 p.m. | Garden Room

Join Sam Healey-Smith for our new monthly book club. The first book to be discussed is: The Boys in the Boat by Daniel James Brown. February's book will be determined by the group.

## Virtual Programs

*Links to all programs are on our website*

## CARING AND SHARING GROUP

The Caring and Sharing group will meet virtually on Monday, January 8 at 10:30 a.m.



## Other Programs / Activities

### SUPER BOWL GAME

\$5.00 per square | Winners announced Monday, February 12, 2024

Sam is getting us ready for Super Bowl Sunday on February 11, 2024 by playing the "Super Bowl Square Game"! At the end of the first, second, third, and fourth quarters, the four people who chose the winning score square will win the prize money. You may purchase as many squares as you want.

Reserve your square before it's taken. The Super Bowl raffle basket's winner will be announced Friday, February 9th. The drawing, to determine the number order, will be held on Friday, February 9th. Please see Sam for details.

### 2024 ADOPT-A-SENIOR VOLUNTEERS NEEDED

Sam is looking for volunteers for her Adopt-A-Senior program in 2024! Adopt A Senior is for seniors that are alone during the 2024 holiday season. We need the volunteers to help share how our program will benefit our community and implement our program. See Sam for details.

### THE ANNEX ROOM, PING PONG, & CARD PLAYING

#### Ping Pong in the Annex Room

Until we secure a ping pong room (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 understanding.

#### Card Playing in the Annex Room

Mid-County is growing! 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.

## 2023 Annual Appeal Donors

Charles Baldwin	Linda Eklund	Marcie Knox	Nina & David Sneeringer
Alexis Banaszak	Carole Evancho	Arlene Kotash	Christine Sowinski
Richard Behling	Sue & Bill Getman	Jeanette Lavecchia	Robert & Marge Spittle
Carol Bergner	Sally Green	Mary Ann Lougheed	Cecelia Stegura
Greg Biederman	Becky Gutin	Dorothy McBride	Jon Stewart
Mary Anne Bonner	John Haug	Michele & Robert Mowbray	William Tansey
Robert Boyer	Jeanne Havrilla	Theresa O'Connor	Marian Taylor
David Brownlee	Janie Hewitt	Joan Pappas	Arlene Thompson
Grace Burris	Ellen Hinrichs	Ottie Pondman	Bruce Tobiansky
Flossie Calhoun	Harold Holeman	Filomena Protack	Jo-Anne Townsend
Vincieann Corde	Fran Holmes	Francis & Nancy Raymond	Nancy Turner
Patricia Creutzburg	Elizabeth Hughes	Rose Resende	Annetta Wallace
Gina DeFrancesco	George & Stephanie Humeniuk	Diane Rhynes	Joan Wallace
Annette DeMarco	Bob Hurlock	Betty Ruocco	Donald Werkheiser
Marjori Diorio	Maria Keating	Christine Schaal	Chris Witham
Jill Eastep	Marge Knitowski	Nancy Schlott	Margo Woodacre
		Sid Sharma	Gail Zimmerman



# Stand by Me 50+

## WAYS TO SAVE IN THE NEW YEAR

People who make a habit of saving regularly, even saving small amounts, are well on their way to financial independence. It's important to open a bank or credit union account so it will be simple and easy for you to save regularly. Then, use your savings to plan for life events and to be ready for unplanned or emergency needs.

### Actions you can take:

- Start saving, form a savings habit, and pay yourself first! To pay yourself first, commit to putting some of your paycheck or Social Security check in a savings account. You can arrange with your bank to automatically transfer a certain amount from your check or your checking account to savings every month.
- Open and keep an account at a bank or credit union that meets your needs.
- Explore moving your savings to a high interest savings account so money will work harder for you.
- Track your savings. You may save more because you have it on their minds.
- Keep the savings in an insured bank or credit union account that you can access if you need it.
- Plan for short-term and long-term goals.
- Build up emergency savings for unexpected events.



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, December 6 at 8 a.m.  
Appointments are required.

## STAND BY ME 50+ 2024 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	\$4,860
2 People	\$6,573

# January is National Blood Donor Month

## A snapshot of **blood** donation today



### Every two seconds

someone in America needs a blood transfusion.

### The need is great

extending beyond unexpected emergencies like car crashes, encompassing a wide range of medical treatments such as cancer therapies, cardiovascular and orthopedic surgeries, and organ and bone marrow transplants.

### 3% of Americans currently donate blood

despite 65 percent of the population being eligible to do so. Additionally, less than 20 percent of blood donations come from individuals in communities of color, and donations from individuals aged 19-24 have declined by nearly 32 percent from 2019 to 2021.

### Nearly 7 million people

selflessly give blood every year, serving as a lifeline for countless individuals in need. This includes trauma victims, patients battling sickle cell disease or Thalassemia, as well as those who require organ or bone marrow transplants.

## Looking for more information on America's blood supply and its donors?



Scan this code to access the *U.S. Blood Donation Statistics and Public Messaging Guide*, a first of its kind guide from America's Blood Centers and ADRP designed to provide the latest look at America's blood supply and its donors. It uses data curated from published research, credible public sources, and input from industry experts as well as editable social media graphics.



PLACE	DATE	PRICE
Mae's Mystery Lunch	Thursday, 1/4/24 11:15 a.m. - 2:30 p.m.	\$5.00 <i>Lunch on own</i>
Millcreek Fire Station Tour	Wednesday, 1/17/24 10 a.m. - 2:30 p.m.	\$5.00 <i>Lunch on own</i>
Harrington Casino	Thursday, 1/18/24 8:30 a.m. - 3 p.m.	\$15.00 <i>Lunch on own</i>
Dogfish Head Brewery <i>Milton, DE</i>	Thursday, 1/25/24 10 a.m. - 3 p.m.	\$25.00 <i>Lunch on own</i>
Mae's Mystery Lunch	Thursday, 2/1/24 11:15 a.m. - 2 p.m.	\$5.00 <i>Lunch on own</i>
Dover Downs Casino	Thursday, 3/21/24 8 a.m. - 3 p.m.	\$15.00 <i>Lunch on own</i>
Daniel: <i>Sight and Sound Theatre, Lancaster, PA</i>	Tuesday, 3/26/24 9 a.m. - 3 p.m.	\$100.00 <i>Lunch on own after show</i>
Shady Maple <i>Lancaster, PA</i>	Thursday, 3/27/24 9:15 a.m. - 3 p.m.	\$15.00 <i>Lunch on own</i>
Longwood Gardens <i>Kennett Square, PA</i>	Thursday, 4/25/24 9 a.m. - 3 p.m.	Price TBD <i>Lunch on own</i>
New York City <i>Payment deadline: 1/16/24</i>	Tuesday, 5/7/24 8 a.m. - 8 p.m.	\$90.00 <i>Day &amp; Lunch on own</i>
9 to 5: Candlelight Theatre <i>Arden, Delaware</i> <i>Payment deadline: 4/28/24</i>	Wednesday, 9/18/24 9:30 a.m. - 3 p.m.	\$80.00 <i>Lunch included</i>

## TRIP GUIDELINES

- There are no refunds on trips.
- Members must make transportation arrangements for trips that run past normal hours.
- "Lunch on own" means members will buy their own lunch during the trip.

### 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!

# January Birthdays


Diane Zulli	Vincieann Corde	Wayne Hanna	Daniel Malloy	Louise Senior
June Akell	Charlottte Cossaboon	Herbert Harrington	Jane Marshall	Dana Silverman
William Alden	Cathy Cowin	John Hassiepen	Betty Martin	Cynthia Simkins-Welch
George Alicknavitch	Brenda Cox	Xintao He	Dorothy Dee Massey	Gianinder Singh
Kerry Alphin	Eileen Craig	Philip Hengy	Robert McCauley	Thomas Skean
Mary Ellen Bane	Barbara Cullis	Kimberly Hermansen	Janetrae McDonald	Marsha Sloan
Marilyn Bauman	Lula Curry	Cheryl Hodge	Vince McIntosh	Ruth Smith
Ann Beattie	Vu Dang	Evelyn Horner	Mario Mili	Chris Snyder
Todd Behling	Debbie Degliobizzi	Ronna Howell	Jim Miller	Jenny Socha
William Richard Bennett	Katherine Degliobizzi	Mary Howrey	James Morgan	Paul Spencer
Barry Benson	Ann Delle Cave	Laura Huber	Rita Napoliton	Charles Spurlin
Richard Benson	Diane DiClemente	Kenneth Hughes	Donna Nash	Barbara Sweeney
Gene Bergey	Florence Dilks	Stephanie Humeniuk	Emily Nicoll	Rosemary Takahashi
Pauline Bigby	Donna Dill	David Iannone	Clinton Norvell	Edward Thomas
Irene Biggs	Judy Dishmon	Sarah Ivey	Bernard O'Donnell	Bruce Tobiansky
Carroll Blue	Eileen Donnelly	Fateh Jain	Marsha Orlov	Patricia Todd
Conceicao Boklho	Millie Dorris	Mary Jamison	Ana Ortiz	Rosa Tomas
Conceicao Botelho	Vemelle Dowtin	Susan Jester	Ann Ossman	Patricia Trembl
Jane Bouza	Rose Marie Dresser	Belinda Johnson	Ben Parncutt	Mark Trivits
Helena Bradley	Robin Duquella	Constance Johnson	Deborah Piekarski	Dan Tucker
Regina Bradshaw	Janet Dutcher	Lorraine Julian	Richard Pierce	Jane Twardowski
Cindy Brink	Rashmi Dwivedy	Kathleen Kasper	Ray Plepys	Rajeev Vaidya
Watson Brown	Ramesh Dwivedy	Mary Keogh	Dennis Quinn	Oscar Valdes
Jim Brown	Maryann Eastep	Maggie King	Bruce Reinhold	Barbara Viera
Carrie Bryan	Dot Fausey	Maria Korzeniwsky	Lauren Rhoades	Justine Voell
Kathleen Buckley	Nick Fermani	Kathy Koterwas	Janice Ridings	Frances Walker
Henry Burns	Ann Ford	Ron Koterwas	Joanne Ridley	Wendy Wang
Ted Calhoun	Steve Fomo	Kathy Kuck	Lola Riley	Bennette White
Beatrice Camp	Mary Jane Frasier	Wo Kong Kwok	Jeri Riley	Sharon White
Judith Carinci	Pam Gambacorta	Elizabeth Lee	Timothy Riley	Susan Williams
Margaret Carlson	Irene Ganc	Louis Leoni Jr.	Patricia Rittenhouse	Bob Williamson
Thomas Carter	Mildred Garrison	Edmund Leung	Elizabeth Rizzuto	Donna Wisniewski
Raymond Chaillou	Barbara Garyantes	Ruth Liu	Deborah (Deb) Roselle	Glen Woods
Cecilia Chandlee	Jean Grant	Mary Ellen Long	Barbara Rowland	Sally Wright
Evelyn Chervenik	Catherine Gray	Joan Loveless	Jennifer Ruebush	Young Yee
Kathleen Chidester	Karen Griffin	Ching Lu	Garry Saroukos	Karen Zucca
Margaret Clark	Charles Griffin	Joanne Lubach	Rita Savage	
Pat Colonna	Zhixu Guan	Sandra Maguire	Greg Schneck	

## Happy Birthday!

Is your birthday in January? Do you and a guest want to attend our **FREE** birthday luncheon on Wed., Jan. 31, 2024? If so, RSVP (for you & your guest, if you're bringing one) by Fri., Jan. 26, 2024!

# JANUARY 2024 LUNCH MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> CLOSED 	<b>2</b> Meatloaf with Mushroom Gravy Macaroni & Cheese Brussels Sprouts Applesauce Dinner Roll	<b>3</b> Chili with Mozzarella Cheese Baked Potato Corn Muffin Orange Sour Cream	<b>4</b> Chicken Patty with American Cheese & Pickles on Bun Seasoned Greens French Fries Fresh Apple	<b>5</b> Cheese Pizza Salad with Tomatoes, Carrots and Garbanzo Beans Chocolate Ice Cream
<b>8</b> Orange Glazed Chicken Brown Rice Succotash Chocolate Chip Muffin Top	<b>9</b> Spaghetti & Meatballs Mixed Salad with Cucumber & Tomato Applesauce Twelve Grain Bread	<b>10</b> Chicken & Dumplings Scandinavian Blend Vegetables Diced Pears Yogurt	<b>11</b> Ham & Swiss on Roll Lettuce, Tomato, & Onion Orange Cream of Broccoli Soup 	<b>12</b> Salisbury Steak with Gravy Baby Baked Potatoes Stewed Zucchini Mandarin Oranges Corn Muffin
<b>15</b> CLOSED 	<b>16</b> Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread	<b>17</b> Chicken Cordon Bleu Mashed Potatoes with Gravy Cherry Graham Tart With Whipped Cream Broccoli	<b>18</b> Turkey & Swiss on a Roll with Lettuce, Tomato, & Onion Diced Peaches Cream of Potato Soup with Bacon Crackers	<b>19</b> Calzone with Turkey Pepperoni and Turkey Sausage Marinara Sauce Capri Blend Vegetables Mixed Fruit
<b>22</b> Salmon Filet with Lemon Dill Sauce Baked Potato with Sour Cream Cauliflower White Wheat Bread Pudding	<b>23</b> Oven Fried Chicken Mashed Potatoes with Gravy Peas & Carrots Tropical Fruit	<b>24</b> Turkey with Gravy Baked Sweet Potato Nantucket Blend Vegetables Fresh Apple Dinner Roll Cranberry Sauce	<b>25</b> Cheeseburger on Bun Lettuce & Tomato French Fries Diced Pears Minestrone Soup	<b>26</b> Chicken & Vegetable Stir Fry Brown Rice Pineapples Apple Bear Cookie
<b>29</b> Swedish Meatballs Over Egg Noodles Capri Blend Vegetables 12 Grain Bread Tropical Fruit	<b>30</b> Ham with Pineapple Mashed Potatoes Baby Carrots Croissant 	<b>31 (birthday lunch)</b> Pot Roast with Gravy Baked Potato with Sour Cream Lima Beans Applesauce Dinner Roll	<b>1</b> Baked White Fish Macaroni & Cheese Stewed Tomatoes Yogurt Diced Peaches	<b>2</b> Beef Goulash over Elbow Macaroni Green Beans Peach Cobbler Dinner Roll

- 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: Winter

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

WINTER  
SLEET  
SLUSH  
SHOVEL  
SNOWMAN  
FLAKES  
FREEZING

NIPPY  
HOCKEY  
BOOTS  
FROSTY  
GLOVES  
COCOA  
COLD

FROSTBITTEN  
MUG  
IGLOO  
FLANNEL  
HAT  
HOT  
SNOW

EARMUFFS  
AVALANCHE  
WHITE  
JANUARY  
SCARF  
HEART

BOBSLED  
MELT  
LAYERS  
COZY  
BLUSTERY  
WARM