



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.

March Closings

Mid-County will be closed on Friday, March 29 in observance of Good Friday.

National Guard Construction

Throughout the months of March and April, part of the National Guard's portion of the building will undergo construction. **Please expect certain entrances and exits to be closed.** With the exception of ceramics, we don't anticipate any activity cancellations - and there will always be at least one entrance and exit available for members to use. With that said, please pay attention to signs on doors. If a door is closed, there's a reason!

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

MARCH REMINDERS

- We're still offering **free** tai chi, daytime yoga, and evening yoga! See page 6 for dates and times!
- Sam scheduled a Mid-County blood drive for Thursday, May 2, 2024. Interested in donating? Please see her!
- We're closed Friday, March 29, 2024 in observance of Good Friday.
- Did you know March is National Nutrition Month? See page 7 for tips on staying healthy! And remember: there's no such thing as being too hydrated. Drink that water!



WELCOME, NEW MEMBERS!

Barbara Baker	Sarah Erhart	Pete Hoffman	Mary O'Malley	Sue Smith
Johanna Barre	Carl Fink	Stephen Kingsberry	Gary Opromolla	Barbara Tobiansky
Katherine Barton	Phyllis Foster	Ken Lenoff	Shirley Pierce	Joann Ulkloss
Rodney Bennett Jr.	Marilyn Freda	Kathy Livingstone	Debora Jedlicka	Lawrence Ulkloss
Jim Burton	Ann Gawel	Julie Lober	Linda Reilly	Rob Walcome
Susan Burton	Patricia Gilpin	William Long	Carla Saunders-Bennett	Sara Wardell
Fred Clayton, Sr.	Richard Gilpin	Claire Long	Lawrence Saxton	Art Zimmerman
Joanne Coil	Candice Grindel	Jon Malick	Kathy Saxton	
Patricia Coverdale	Kevin Haigh	Ankine Mallerdino	Patricia Schmidt	
Barbara Davis	Helen Hasson	Grace Marando	Steve Smith	

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 for New Member Lunch is due by the Tuesday morning before.

Mid-County News

PICKLEBALL REGISTRATION

Pickleball registration for April, May, and June will open on Friday, March 15 at 8 a.m.

NO BALANCE CLASS ON 4/3

There will be no balance class on Wednesday, April 3, 2024.

VOLLEYBALL CLINIC RESCHEDULED

Saturday, March 16 | 1PM - 5PM | \$5.00 per player

NO CERAMICS / QUILTING IN MARCH

Due to construction in the National Guard portion of the building.

OFFICE VOLUNTEER

We're looking for an office volunteer on Tuesdays! Duties will include answering the phone, taking messages, and giving new members tours. Please see Sam if you're interested.

FRIDAY NIGHT PICKLEBALL

We're adding Friday night pickleball (from 6PM - 8PM) to our schedule beginning March 8. It will also be held on March 22. Additional dates for Friday night will be dependent on ambassadors' availability as well as gym availability.

We're also looking for a Friday afternoon pickleball ambassador! Please see Janet if interested.

INCLEMENT WEATHER

In the case of inclement weather, we will post our closing to WDEL and our Facebook page, as well as send an email out to our mailing list. If we don't have your email, please stop by the office!

- wdel.com/features/wdel-stormwatch/

- facebook.com/MidCountyCenter

BUS REMINDERS

- Transportation to and from Mid-County is available to those living in our area for \$2.00 a day. \$2.25 will be charged for no shows. This service bills monthly; prompt payment is encouraged
- Our bus leaves Mid-County to start the morning bus route at 8 a.m. Riders need to be ready by 8 a.m. Bus riders need to be ready to board the bus and leave Mid-County by 2 p.m.
- If you have any questions about our bus route or riding the bus, please call us!

Staff

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 3/10, 3/17, 3/24						Pickleball [2, 3, 4] 10AM - 12PM 3/9, 3/16, 3/23, 3/30
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 [2,3] 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 3/30
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	Pickleball [2, 3] 3:30PM - 5:30PM 3/8	
5PM							
6PM							
7PM		Pickleball [4, 5] 6PM - 8PM	Pickleball [4, 5] 6PM - 8PM		Pickleball [4, 5] 6PM - 8PM	Pickleball [4, 5] 6PM - 8PM 3/8, 3/22	
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 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)
	PINOCHLE (MAIN ROOM) (12PM - 2:30PM)			MAHJONG (GARDEN ROOM) (1PM - 3PM)
	RUMMIKUB (GARDEN ROOM) (1PM - 2:30PM)			
	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

Virtual Programs

Links to all programs are on our website

CARING AND SHARING GROUP

The Caring and Sharing group will meet virtually on Monday, March 11 at 10:30 a.m.

In Person Programs / Activities

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MAHJONG

Fridays | 1PM - 3PM | Garden Room

Following their learning how to play in February, our new mahjong group has decided to play on Friday afternoons!

CAPTION CALL INFORMATION SESSION

Monday, March 11 | 9:30AM - 10:30AM | Garden Room

Do you have a hard time hearing on the phone? This free informational session can help!

ESTATE PLANNING SEMINAR

Wednesday, March 13 | 9:30AM | Garden Room

Wade Scott, with the Delaware Elder Law Center, will present information on estate planning.

MONTHLY BOOK CLUB

Tuesday, March 19 | 12:30PM - 2PM | Garden Room

Join Sam Healey-Smith for our new monthly book club. The next book to be discussed is:

Thursday Murder Club by Richard Osman. Please see Sam to register.

UD HEALTH FOR ALL

Thursday, March 21 | 1PM - 3PM | Garden Room

BLOOD DRIVE

Thursday, May 2 | 1PM - 6PM | Garden Room

Please see Sam if you're 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

Thursdays 10:45 a.m. - 11:15 a.m. with Master Sun in the Main Room

Yoga

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

Mondays & Wednesdays from 11 a.m. - 12 p.m. with instructor Brittaney Valentino in the Garden Room

Thursdays 9 a.m. - 10 a.m. with Brittaney Valentino in the Garden Room

Tuesdays from 5:30 p.m. - 6:30 p.m. with Mary Kate in the Garden Room on:

March 5, 12, 26

April 2, 9, 16, 23, 30

May 14, 21, 28

Mental Health Workshops

We're bringing in a mental health professional for weekly discussions on topics around aging! Please stay tuned for more information!

Other Programs / Activities

FLOWER MARKET VOLUNTEERS

Friday - Sunday, May 9, 10, 11 | Daytime | Rockford Park

Sam is looking for volunteers to help her at the Flower Market! Please see her if interested.

ADOPT-A-SENIOR

Sam is also looking for volunteers to help her launch our Adopt-a-Senior program in 2024!

Please see her if interested. Stay tuned for updates on this program!

YARN CLUB: KNITTING AND CROCHET

Beginners are welcome. Interested in this program? Please see Sam.

DELAWARE MILITARY MUSEUM

Did you know Mid-County shares the building with the Delaware Military Museum?

The Delaware Military Museum tells the story of and recognizes the sacrifices of uniformed service members over the past 350 years. An extensive collection of military artifacts have been collected and are on display. Archival materials are available for students, educators and researchers. Admission is always free.

The Delaware Military Museum also hosts speakers and programs. Their next program, hosted on **Saturday, March 9, 2024**, covers “the Woolford family during the Revolutionary War”.

Admission is free, please join them!

March is National Nutrition Month

March is national nutrition month. Celebrate with these tips on “eating right for older adults”.

Make half your plate fruits and vegetables.

Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for “reduced sodium” or “no-salt-added” on the labels. Add fruit to meals, snacks, or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole.

Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Enjoy your food but be mindful of portion sizes.

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

Stay well-hydrated

Drink plenty of water throughout the day to help prevent dehydration and promote digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100-percent fruit juices. Choose these more often in place of sugary drinks.

Vary your protein choices.

Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry, and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified.

Cook more often at home, where you are in control of what’s in your food. When ordering out, look for dishes that include vegetables, fruits, and whole grains, along with a lean protein food. When portions are large, share a meal or save half for later.

Stand by Me 50+

SPRING CLEAN YOUR FINANCES

Spring is a great time to clean up and organize your finances. Here are some tips on how to spring-clean your finances and organize your financial life.

Review Your Budget: Take a close look at your income and expenses and see if there are any areas where you can cut back or adjust. You may be surprised at how much you can save by simply cutting unnecessary expenses.

Create a Financial Calendar: Use a financial calendar to keep track of important dates such as bill due dates, paydays, and any other financial obligations you have. This will help you avoid missed payments and late fees.

Consolidate Your Accounts: This will make it easier to manage your finances. This will also help you save time and avoid unnecessary fees.

Automate Your Finances: Set up automatic payments for bills and savings, so you don't have to worry about missing a payment or forgetting to save. This will also help you save time and reduce stress.

Review Your Credit Report: Review your credit report at least once a year is important to ensure it is accurate and up to date. You can get a free credit report from each of the three major credit bureaus once a year.

Evaluate Your Insurance Coverage: Make sure you have the right insurance coverage for your needs. Review your policies and make any necessary adjustments.

Reduce Your Debt: Plan to pay off your debt. Consider using a debt snowball method to help you stay motivated.

Save for Emergencies: This will help you prepare for unexpected expenses such as car repairs or medical bills. Aim to save at least three to six months' worth of expenses in your emergency fund.

Take time this spring to clean up your finances and set yourself up for a successful financial future. Meet with a Free Stand By Me Financial Coach to guide you through the process.

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, March 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

1 Person \$2,266

2 People \$3,052

Extra Help - pays part or all of your Part D (prescription) plan

1 Person \$1,843

2 People \$2,485

Heat Assistance

1 Person \$2,731

2 People \$3,573

Hospital Financial Assistance - free / reduced cost for services, forgives previous year's debt

1 Person \$4,860

2 People \$6,573



PLACE	DATE	PRICE
Mae's Mystery Lunch	Thursday, 3/7/24 10:45 a.m. - 2 p.m.	\$5.00 <i>Lunch on own</i>
Dover Downs Casino <i>Dover, DE</i>	Thursday, 3/21/24 8:30 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 8:20 a.m. - 3 p.m.	\$100.00 <i>Lunch on own after show</i>
Shady Maple <i>Lancaster, PA</i>	Wednesday, 3/27/24 9 a.m. - 3 p.m.	\$15.00 <i>Lunch on own</i>
Mae's Mystery Lunch	Thursday, 4/4/24 10:45 a.m. - 2 p.m.	\$5.00 <i>Lunch on own</i>
Harrington Casino <i>Harrington, DE</i>	Thursday, 4/18/24 8:30 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>
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>
Mae's Mystery Lunch	Thursday, 5/2/24 10:45 a.m. - 2 p.m.	\$5.00 <i>Lunch on own</i>
Hollywood Casino <i>Perryville, MD</i>	Thursday, 5/16/24 9:00 a.m. - 3 p.m.	\$15.00 <i>Lunch on own</i>
Delaware Center for Horticulture	Tuesday, 8/6/24 10 a.m. - 2 p.m.	\$30.00 <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.
- "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!

March Birthdays

Peggy Adams	Helen Chin	Don Harris	Jim McCay	William Schadel
Jerry Allen	Shirley Clark	Evelyn Hazzard	John McConnell	John Schmitt
Jose Alvarez	Kathleen Collado	Patti Hengy	Karen McDowell	Mary Schneider
Diane Aukzemas	Dennis Connolly	Susan Hennessey	Lynn-Marie McIlvain	Bill Schultise
Ken Austin	Carol Cook	Lois Henry	Jim McKay	Anna Sekerke
Diane Bacigalupi	Mary Coumatos	Janie Hewitt	Dorothy McKelvey	Camille (Pat) Shea
Carol Baker	Patricia Coverdale	Sharon High	Lynn Mclean	Suzanne Shealy
William Baker	Patricia Creutzburg	Terrence Hills	Carole Metzler	John Shellenberger
Robert Balaguer	Mark Davis	Barbara Howard	Joan Michaels	Nancy Shen
Judy Barboni	Susan Dobraniecki	Daniel Huber	Linda Mitchell	Chun Cha Shin
Darlene Bargelski	Colleen Donahue	Theresa Jelenek	Sharon Moore	Nancy Souden
Marcia Barone	Donna Dossett	Nancy Johnson	Ann Morris	Bernie Stahl
Linda Basler	Donna Douglas	Jacque Johnson	Bob Moser	Dana Stant
Betty Battan	Gail Douglas	Harold Johnson	James Mundy	Sajid Syed
Sue Beattie	James Draper	Norm Jones	Taryn Nole	John Tanzilli
David Bellflowers	Edwige Dufaj	Ken Jones	Theresa O'Connor	Marlene Taylor
Cecilia Benson	Anthony Duszak	Lynne Kielhorn	Stephen O'Leary	Carroll Terranova
Lucille Berni	Jeff Eastep	Karen Kochanski	Jan Owens	Jean Tompkins
Emily Blanchard	Edna Eitel	Rose Koppenhaver	Carolyn Palo	Loi Tran
Mary Lynn Bond	Linda Eklund	Kim Kunkle	Patricia Paloni	Frankie Truitt
Marie Bonk	Lon Elmer	Cathy Kuntzmann	Richard Pelletier	Nancy Turner
John Bonner	Sue Emmons	Cole Ed Kyle	Karen Peterson	Patel Vinodrai
Gloria Boone	David Eppler	Brad Lane	Lucy Pierce	Joan Wallace
Elson Botelho	Edward Farren	Irene Lanteigne	Sandra Poe	Orly Wallach
Jewel Boulet	Allene Ferguson	John Law	Mildred Prettyman	Charles Kevin Wallick
James Boyd	Patricia Ferich	Harry Layhue	Carol Ann Pryor	Beverly Webb
David Boyer	Dale Fernsler	Thomas Lemon	Helen Pukalski	Dan Welch
Dotti Brabson	Christine Finnegan	Andrew Levin	Lawrence Purcell	Donald Werkheiser
Sandra Bradley	Marie Fiorelli	Margaret Lindsay	Hannah Purcell-Long	Jill Wheeler
Kay Bramble	Bertha Fioretti	Lora Liu	Jack Quinlan	Patricia Whitman
Gretchen Broadwater	Leonard Fischer	William Long	David Radcliff	Jeff Williams
Betty Bronstein	Carol Ford	Anton Luke	Jennifer Randall	James Wilson
Bud Brooks	Donald Frisco	Joseph Lynch	Rose Marie Renzi	Pat Winward
Ann Budusky	Sandy Fulgony	Mary Lyons	Carol Reule	Connie Wittneben
Jim Burton	Elaine Fusco	Paul Makowski	Shirley Riley	Marann Wolanski
Anthony Carbone	Fred Gatlin	Janice Malloy	Rose Roberts	Kathleen Woods
Gerald Carter	Ann Gawel	Raymond Maniscalco	Susan Rossell	Helen Ye
Roxanne Cavender	Francis Giofre	Kathy Martin	Veronica Rutter	Jane Zhou
Kim Cerrato	Willis Grier Jr	Lorraine Mayhew	Anne Saathoff	Dorothy Zupon
Donna Chaillou	Charlene Halverson	Diane Mazzoni	Mitzi Sakata	
Clifton Chang	Mary Hanson	Martin McBride	Wayne Satterfield	

Happy Birthday!

Is your birthday in March? Do you and a guest want to attend our **FREE** birthday luncheon on **Tuesday, March 26, 2024**? If so, RSVP (for you & your guest, if you're bringing one) is needed by **Friday, March 22, 2024!**

MARCH 2024 LUNCH MENU

11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Salmon Filet with Lemon Dill Sauce Baked Potato Cauliflower White Wheat Bread Pudding
4 Swedish Meatballs over Egg Noodles Capri Blend Veggies 12 Grain Bread Tropical Fruit	5 Ham with Pineapple Sauce Mashed Potatoes Baby Carrots Croissant 	6 (new member lunch) RSVP by 3/5 Pot Roast with Gravy Baked Potato Lima Beans Applesauce Dinner Roll	7 Beef Goulash with Elbow Macaroni Green Beans Peach Cobbler	8 Baked White Fish Macaroni & Cheese Stewed Tomatoes Diced Peaches Dinner Roll 
11 Broccoli Stuffed Chicken Peas & Pearl Onions Carrots 12 Grain Bread Mixed Fruit	12 Chili with Mozzarella Cheese Baked Potato Broccoli Corn Muffin Orange Sour Cream 	13 (special lunch) Ham & Cabbage Baked Potato Wheat Roll Cupcake Sour Cream	14 Breaded Chicken Patty with Cheese & Pickles on Roll Seasoned Greens French Fries Fresh Apple	15 Cheese Ravioli in Marinara Sauce Italian Blend Veggies Apple Crisp 12 Grain Bread Slice
18 Spaghetti & Meatballs Mixed Salad with Cucumber & Tomato Applesauce Twelve Grain Bread	19 Chicken & Dumplings Scandinavian Blend Vegetables Diced Pears Yogurt	20 Salisbury Steak with Gravy Baby Bakers Stewed Zucchini Mandarin Oranges Corn Muffin	21 Orange Glazed Chicken Brown Rice Succotash Chocolate Chip Muffin Top Fruit Cocktail	22 Cheese Pizza Salad with Tomatoes, Carrots and Garbanzo Beans Chocolate Ice Cream Fresh Apple
25 Oven Fried Chicken Mashed Potatoes with Gravy Peas & Carrots Tropical Fruit 12 Grain Bread	26 (birthday lunch) RSVP by 3/22 Ham with Pineapple Sauce Asparagus Dinner Roll Baked Sweet Potato Coconut Cream Pie	27 Turkey & Swiss on Roll with Lettuce, Tomato, Onion Cream of Potato Soup with Bacon Diced Peaches	28 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread	29 CLOSED 

- Lunch is \$3.00 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: St. Patrick's Day

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

SodaBread
 Green
 Potatoes
 Cabbage
 BLARNEYSTONE

Potogold
 Clover
 irish
 Lucky
 Cornedbeef

Leprechaun
 Shamrock
 Goldcoins
 Rainbow
 Ireland