



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.

National Guard Construction

Throughout the month of April, part of the National Guard's portion of the building will undergo construction. **Please expect certain entrances and exits to be closed.** 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](https://www.facebook.com/midcountycenter)

Mid-County Information

APRIL 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!

WORLD TAI CHI DAY

Saturday, April 27 | 11:30AM - 1PM | Hockessin Athletic Club

Join our tai chi instructor, Kevin Sun, at the Hockessin Athletic Club for World Tai Chi day! Some of our Mid-County tai chi participants will also be attending.

MAE'S CATS

If you know Mae, you know she loves animals! For the past few months, Mae has been taking care of a stray cat colony at Mid-County. Help fund her efforts by donating! Please see Mae to donate.



HAPPY
EASTER

WELCOME, NEW MEMBERS!

Barbara Bason

Kathleen Bear

Kevin Casey

Vickie Figliola

Debbie Ganassi

Sherri Haller

Linda Jordan

Dan Kowalski

Kathleen Lumley

Walter Lumley

Linda MaCleary

Heidi McGregor

Cynthia Ann Paoli

Gloria Radka

Dottie Randazzo

Beatrice Webb

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

MOTHER'S DAY FLOWERS

Sam is selling flowers for Mother's day - please see her if interested.

CAPTION CALL PROGRAM

Tuesday, April 16 | 11am | Main Room

Do you have trouble hearing on the phone? If so, this program can get you a captioned phone.

NO CARD PLAYING

Tuesday, April 23

There will be no card playing / bridge in the Garden Room on April 23 due to UD Health For All.

NO BALANCE CLASS ON 4/3

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

OFFICE VOLUNTEER

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

	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 4/14, 4/21, 4/28						Pickleball [2, 3, 4] 10AM - 12PM 4/13, 4/20, 4/27
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 [2,3] 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 4/13, 4/20
1PM							
1:30PM			Volleyball 1:30PM - 3PM		Volleyball 1PM - 3PM	Pickleball [3, 4] 12:30PM - 1:30PM	
2PM		Badminton 1:30PM - 3PM		Badminton 1:30PM - 3PM		Pickleball [3, 4] 1:30PM - 3:30PM	
3PM							
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 4/12, 4/26	
5PM							
6PM		Pickleball [4, 5] 6PM - 8PM	Pickleball [4, 5] 6PM - 8PM			Pickleball [4, 5] 6PM - 8PM 4/19	
7PM					Pickleball [4, 5] 6PM - 8PM		
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 our Executive Director.

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

LCR NIGHT

Friday, April 12 | Doors: 5PM, Games: 6PM | \$7.00 entry fee
Please pre-register - this event sells out!

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!

MONTHLY BOOK CLUB

Tuesday, April 16 | 12:30PM - 2PM | Garden Room

Join Sam Healey-Smith for our new monthly book club. The next book to be discussed is: *A Gentleman from Moscow* by Amor Towles. Please see Sam to register.

UD HEALTH FOR ALL

Tuesday, April 23 | 9AM - 11PM | Garden Room

BLOOD DRIVE

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

Please see Sam if you're interested!

LONGWOOD GARDENS PROGRAM

Late spring, early summer event

Are you interested in attending a Floral Design Arranging Class hosted by Longwood Gardens? See Sam in the office if you're interested in signing up.

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 10:30 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:

April 2, 9, 16, 23, 30

May 7, 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

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.

April is National Stress Awareness Month

Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life. We all experience stress – yet we may experience it in very different ways. There is no single definition for stress, but the most common explanation is a physical, mental, or emotional strain or tension.

Stress is a reaction to a situation where a person feels anxious or threatened. Common symptoms of stress can include: feeling sad, frustrated, and helpless, as well as difficulty concentrating and making decisions.



Long-term stress can prove to be more than just a mental issue. From headaches to stomach disorders to depression – even very serious issues like stroke and heart disease can come as a result of stress.

When you are placed in a stressful situation, specific stress hormones rush into your bloodstream leading to an increase in heart rate, blood pressure, and glucose levels. This is helpful in emergency situations, but having this “rush” for extended periods of time can be dangerous and make you susceptible to the issues mentioned previously.

In order to manage your stress, try to:

- Recognize when you don't have control, and let it go.
- Avoid getting anxious about situations that you cannot change.
- Take control of your reactions and focus your mind on something that makes you feel calm and in control.
- Take care of yourself – eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.
- Share your problems and how you are feeling and coping with a family member, friend, doctor, pastor or counselor.
- Recognize when you need more help – know when to talk to a psychologist, social worker or counselor if things continue.

Stand by Me 50+

PROTECT YOURSELF FROM SCAMS

- **Block unwanted calls and text messages.** Take steps to block unwanted calls and to filter unwanted messages. Do not answer calls that have unfamiliar phone numbers. If it is important, they will leave a message.
- **Don't give any personal or financial information in response to a request that you didn't expect.** Honest organizations won't call, email, or text to ask for your personal information such as your Social Security, bank account, or credit card numbers.
- **If you get an email or text message from a company you do business with and you think it's real, it's best not to click on any links.** Instead, contact them using a website you know is trustworthy. Or look up their phone number. Don't call the number they gave you or the number from your caller ID.
- **Resist the pressure to act immediately.** Honest businesses will give you time to decide. Anyone who pressures you to pay or give them your personal information is a scammer.
- **Scammers tell you to pay with cryptocurrency, a wire transfer service like Western Union or MoneyGram, a payment app, or a gift card.** Never deposit a check and send money back to someone.
- **Stop and talk to someone you trust.** Before you do anything else, tell someone, a friend, a family member, or a neighbor what happened. Talking about it could help you realize it's a scam.
- **Shred sensitive documents.** Keep banking records such as ATM, deposit slips and checks that you deposit through mobile banking until you reconcile them with your monthly statement, then shred. Store monthly checking and savings account statements securely until you file your taxes, then shred unless needed to prove a deduction on your tax return. One option is to sign up for eStatements to access statements online, anytime, anywhere.
- **Check your credit report.** Review your credit reports for any suspicious activity, such as accounts you didn't open. You can access your credit report for free at annualcreditreport.com. Another option is to meet with a free Stand By Me Financial Coach to retrieve and review your credit report.

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, April 3 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	\$1,822
2 People	\$2,465

Heat Assistance

1 Person	\$2,908
2 People	\$3,803

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, 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.	<i>Price TBD</i> <i>Lunch on own</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>
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!


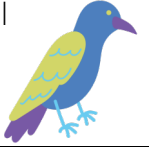


April Birthdays

Nilda Ada	Carole Evancho	Anne Irwin	Pat Patnaude	Diane Skipski
Robert Adelman	Gerald Evans	Ron Jackson	Irene Perrine	Charlotte Smith
Lisa Amos	Catherine Evans	Patricia Janvier	Patty Pfeifer	Eugene Smith
Roxine Archbald	Barbara Fahey	Dorothea Johnston	Sally Pilkington	Timothy Snow
Natalie Aussprung	Rae Ko Fairfield	Donna Jordan	Patty Pitts	Sharon Spencer
Staci Bagel	James Ferich	Milind Kantak	Sherry Polite	Faith Sroka
Cindy Baird	Rodney Field	Catherine Kearns	Deanna Porter	S. Douglas Steacy
Cinde Battisto	Katherine Figliola	Diane Keighley	Lynn Radla	Kathy Steiner
Ann Bawa	Edward Finnegan	Donna Klair	Linda Radwick	Margaret Stevenson
Rebecca Beale	Jane Fisher	Teresa Konkiel	Elizabeth Ray	Peggy Stilwell
Frank Bock	Barbara Fletcher	Anna Kuhar	Nancy Raymond	Jack Stone
Dan Boulet	Beatrice Foglio	Margie Kyle	Raelynn Reed	Ann Sylvester
Cyril Bowman	Kathy Foster	Nancy Lamkin	Bob Reed	Lois Tanzilli
Jean Boyd	Roberta	Pete Lentiti	Mary Anne Reid	Linda Tilley
Gabrielle Bradley	Zenas Gardner	Karen Lloyd	Shaun Reynolds	Phyllis Tramonte
Elizabeth Bremer	Diana Geier	Patricia Lloyd	Joanne Rhoades	Sharon Troiani
Mary Bruckner	Hal Giacomini	Anita Louie	Angeline Rholetter	Olquidia Tuon
Julie Bunville	Patricia Giesecke	Marianne Lovelund	Angeline Rholetter	Elizabeth Twitchell
George Callahan	Janet Gilbert	Orla Mackey	Patricia Riley	James Vanderslice Sr.
Marlene Carr	Ralph Giofre	Joanne Mandziuk	Rosalie Riley	Michael Vermillion
Fran Casarino	Bernardo Gonzolez	Toni Marioni	George Rittenhouse	Annetta Wallace
Jo Ann Cern	Carol Graybill	Charles Marshall	John Rogers	Barbra Walls
Julio Collado	Sally Green	Dorie McCarthy	Fran Romano	Karen Warner
Shirley Davis	Helen Groves	Marjory McConnell	Eugene Romeo	Angie Wasgatt
Larry Denburg	Tina Guerrero	Gail McInerney	Jeff Rosen	Carol Washington
Laurel Detzi	Janet Guochly	Eileen McKeown	Fred Rosenberg	Carolann Watson
Stephen DiGiovanni	Patricia Hagan	Dolores Milonas	Mike Rowles	Pam Waun
Robert Ditterline	Jerry Hager	Connie Mitchell	Betty Ruocco	Patrika Wellington
Evelyn Dolan	Dwayne Hall	Jean Molash	Larry Rutter	Judy Wells
Emma Dorrell	Helen Hasson	June Monger	Shahid (Shawn) Sadik	Maire White
Deirdra Dougherty	Luz Hawthorne	David Moore	Faith Sandstrom	Allen Wilkinson
Clasina Dreisbach	Monica Herrin	Robert Mowbray	Gladys Sangemino	Susan Wilson
Karen Dunn	Carl Hill	Rod Moyer	John Sangemino	Donna Wirt
Virgilia (Jill) Eastep	Jack Hoffman	Pamela Munger	Kelly Saunders	Sean Wycoff
Martha Eldreth	Barbara Hogan	Renae Nolan	Lucy Schaal	Kathy Zdrojewski
Carolyn Eldridge	Robert Hoguet	Richard Page	Judy Sharp	Peggy Zhang
Cheryl Ellithorpe	Ruth Hughes	Lorraine Page	Judy Sherman	
Barbara Elwood	Beth Hyland	Guy Palandrani	Camille Singh	
Vera Fay Elwood	Tracy Insley	Virginia Parker	Jerry Sizemore	

Happy Birthday!

Is your birthday in April? Do you and a guest want to attend our **FREE** birthday luncheon on **Wednesday, April 24, 2024**? If so, RSVP (for you & your guest, if you're bringing one) is needed by **Friday, April 19, 2024!**

APRIL 2024 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Salmon Filet with Lemon Dill Sauce Baked Potato Cauliflower White Wheat Bread Pudding	2 Oven Fried Chicken Mashed Potatoes with Gravy Peas & Carrots Tropical Fruit 12 Grain Bread	3 Turkey with Gravy Baked Sweet Potato Nantucket Blend Vegetables Fresh Apple Dinner Roll Cranberry Sauce	4 Cheeseburger Lettuce & Tomato French Fries Diced Pears Minestrone Soup with Crackers	5 Chicken & Vegetable Stir Fry Brown Rice Pineapples Apple Bear Cookie
8 Swedish Meatballs over Egg Noodles Capri Blend Veggies 12 Grain Bread Tropical Fruit	9 Ham with Pineapple Sauce Mashed Potatoes Baby Carrots Croissant	10 Pot Roast with Gravy Baked Potato with Sour Cream Broccoli Applesauce Dinner Roll 	11 Baked White Fish Macaroni & Cheese Stewed Tomatoes Yogurt Orange Dinner Roll	12 Beef and Elbow Macaroni Green Beans Diced Peaches Dinner Roll 
15 Broccoli Stuffed Chicken Peas & Pearl Onions Carrots 12 Grain Bread Mixed Fruit	16 Chili with Mozzarella Cheese Baked Potato Broccoli Corn Muffin Orange 	17 (Special lunch) Meat Lasagna with Marinara Sauce Salad with Spinach, Craisins, Oranges Italian Ice Wheat Dinner Roll	18 Chicken Patty with Cheese & Pickles on Roll Seasoned Greens French Fries Fresh Apple	19 Pork with Gravy over Mashed Potatoes Green Beans Fruit Cocktail Twelve Grain Bread
22 Orange Chicken Brown Rice Succotash Fruit Cocktail Chocolate Chip Muffin Top	23 Spaghetti & Meatballs Mixed Salad with Cucumber & Tomato Applesauce Twelve Grain Bread	24 (Birthday lunch) Chicken & Dumplings Scandinavian Blend Veggies Diced Pears Yogurt	25 Ham & Swiss on Roll with Lettuce, Tomato & Onion Orange Cream of Broccoli Soup	26 Salisbury Steak with Gravy Baby Bakers Stewed Zucchini Mandarin Oranges Corn Muffin
29 Breaded Flounder Corn Baby Carrots Mixed Fruit Dinner Roll Tartar Sauce	30 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread	1 BBQ Chicken Breast Baked Beans Green Beans Yogurt Corn Muffin 	2 Turkey & Swiss on Roll with Lettuce, Tomato, & Onion Diced Peaches Cream of Potato Soup with bacon	3 Beef Burgundy over Egg Noodles California Blend Vegetables Orange Dinner Roll

- Lunch is \$3.00 for those over 60. Special lunches are \$4.00 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: Springtime

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

daffodil

softball

flowers

garden

bunny

Passover

baseball

tulips

spring

April

sunshine

rainbow

Easter

bloom

rain