



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 Facebook page for updates.

Updates

MARCH HIGHLIGHTS

- LCR is back! Join us on Friday, March 7 for a fantastic fundraiser where you can win money too!
 - See page 6 for more details on our Pi / Pie Day Bake Off!
 - Starting March 12, a DHSS social worker will visit us once a month! See details on page 3!
- As part of our Empowered Aging program, leftover, free produce will be available on the tables in the Main room starting on Thursdays at 12PM.
- Bingo will be going down to 3 days a week starting in March - Monday, Wednesday, and Friday.

APRIL 2025 PICKLEBALL REGISTRATION

Friday, March 21 | 8AM

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.

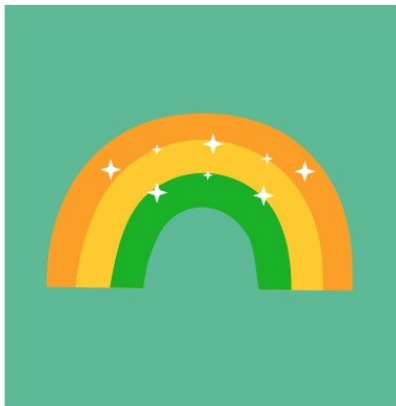
Title VI Notice

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



DOORS:
5PM
START:
6PM

LEFT CENTER RIGHT

*The fun
dice
game!*

\$7.00
ENTRY FEE

\$30.00
TO PLAY WITH

**BRING
YOUR
\$30 IN
\$1 BILLS!**

FRIDAY, MARCH 7, 2025

REGISTER
CALL OR EMAIL
MUST PROVIDE NAMES
IF RESERVING IN ADVANCE.
NO RESERVED TABLES.
SPACE IS FIRST COME,
FIRST SERVE.

MID-COUNTY CENTER
1 FIRST REGIMENT ROAD, WILMINGTON, DE 19808
302-995-6728 | SENCEN@MIDCOUNTYSENIORCENTER.ORG
MIDCOUNTYSENIORCENTER.ORG | FACEBOOK.COM/MIDCOUNTYCENTER

Mid-County Information

MARCH MESSAGE FROM HANNAH

March is here! And while it is still a bit chilly, we do have some new things on the horizon to get us excited and out of bed! March will be the beginning of a few awesome new schedule updates and the return of a fan favorite: LCR Night!

Mid-County will be introducing our DHSS Social Worker, who will visit Mid-County on the second Wednesday of every month starting Wednesday, March 12 from 10AM - 12PM! This is a fantastic resource to take advantage of, as this person can help you find information or services relevant to you. No appointments required!

We bought two sets of large print dominoes for members to play “Mexican Train Dominoes” in the Garden Room on Thursdays from 10:00am-12:00pm. Stop by to see what it’s all about!

LCR Night making its return March 7th – this is an extremely popular event we love to host, so make sure to sign up in the office as we have limited space for walk-ins!

Speaking of resources, I’d like to thank everyone who has been donating to the Mid-County Supplies Cabinet – it has been extremely utilized and we’re so excited that those who need a little extra support are able to obtain it at Mid-County. We’re opening back up to donations in the office, highlighting the highest need items are shampoo, conditioner, soap, and toothpaste. Only unopened items, please!

Lastly, as part of Advancing Healthy Lifestyles grant with Delaware Division of Public Health’s Physical Activity, Nutrition, and Obesity Prevention Program (PANO), we will have spare produce on Thursdays at 12pm open to all members. Items will vary week to week, but please bring your own bags if you choose to bring any home with you.

BUS REMINDERS

- Transportation to and from Mid-County is available to those living in our area for \$3.00 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

Hannah Ciolek - 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 - Info. & Design 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		Strength Training 9:15AM - 10:15AM	Bocce 8AM - 9:15AM On the Move 9:30AM - 10:15AM	Strength Training 9:15AM - 10:15AM	Bocce 9:15AM - 10:15AM	Strength Training 9:15AM - 10:15AM	
9:30AM							
10AM	Pickleball [3, 4, 5] 10AM - 12PM Select Dates	Pickleball [4] 10:30AM - 11:30AM	Tai Chi 10:30AM - 11:15AM	Pickleball [4] 10:30AM - 11:30AM	Tai Chi 10:30AM - 11:15AM	Pickleball New Player Clinic [0, 1] Select Dates	Pickleball [2, 3, 4] 10AM - 12PM Select Dates
10:30AM							
11AM							
11:30AM		Pickleball [2,3] 11:30AM - 12:30PM		Pickleball [4] 11:30AM - 12:30PM	Pickleball [4] 11:30AM - 12:30AM		
12PM							
12:30PM		Pickleball [3,4] 12:30PM - 1:30PM	Badminton 11:30AM - 1PM	Pickleball [2, 3] 12:30PM - 1:30PM	Volleyball 1PM - 3PM	Pickleball [2] 11:30AM - 12:30PM	Pickleball Skills & Drills Class 12:30PM - 2:30PM Select Dates
1PM							
1:30PM		Badminton 1:30PM - 3PM	Volleyball 1PM - 3PM	Badminton 1:30PM - 3PM	Pickleball [2, 3] 3:30PM - 5:30PM	Pickleball [3, 4] 12:30PM - 1:30PM	
2PM							
2PM					Pickleball [3, 4] 1:30PM - 3:30PM		
3PM							
4PM		Pickleball [3, 4] 3:30PM - 5:30PM	Pickleball [2] 3:30PM - 5:30PM				
5PM							
6PM		Pickleball [2, 3] 6PM - 8PM	Pickleball [4, 5] 6PM - 8PM		Pickleball [4, 5] 6PM - 8PM		
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. Players will be charged for no shows and late cancellations (within 24 hours). 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

Activity Schedule

Listed below are the general times for activities at Mid-County. Programs listed in the room will have preference, however no room is completely reserved for any group – please be accommodating of members participating in other activities. Please also note these activities and times are subject to change and monthly clubs or other programming may alter schedules as determined by staff.

	MON	TUES	WED	THUR	FRI
Puzzles/Wii <i>Main Room</i>	All Day	All Day	All Day	All Day	All Day
Pool Table <i>Stage</i>	8AM - 10AM	8AM - 10AM	8AM - 10AM	8AM - 10AM	8AM - 10AM
Playing Cards <i>Main Room</i>	8AM - 10:30AM	8AM - 10:30AM	8AM - 10:30AM	8AM - 10:30AM	8AM - 10:30AM
Shuffleboard <i>Main Room</i>	9:30AM - 10:30AM		9:30AM - 10:30AM		
Yoga - Day <i>Garden Room</i>	11AM - 12PM		11AM - 12PM		
E-Z-CISE <i>Main Room</i>		10:30AM - 11:30AM			10:30AM - 11:30AM
Lunch <i>Main Room</i>	11:45AM - 12: 15PM	11:45AM - 12: 15PM	11:45AM - 12: 15PM	11:45AM - 12: 15PM	11:45AM - 12: 15PM
Penny Bingo <i>Main Room</i>	12:15PM – 2PM	12:15PM – 2PM	12:15PM – 2PM		12:15PM – 2PM
Pinochle <i>Garden Room</i>	12:15PM - 2:30PM	12:15PM - 2:30PM		12:15PM - 2:30PM	
Mahjong <i>Garden Room</i>	12PM - 3PM		12PM - 3PM	12PM - 3PM	12PM - 3PM <i>(Beginner friendly)</i>
Ping Pong <i>Annex</i>	12PM - 3PM	12PM - 3PM	12PM - 3PM	12PM - 3PM	12PM - 3PM
Rummikub <i>Main Room</i>		1PM - 2:30PM		10:30AM - 11:30AM	

Held Weekly:

Ceramics: Tuesdays from 10AM - 1:30PM in our **Ceramics Room**
 Bridge: Tuesdays from 9:30AM - 12:15PM in our **Garden Room**
 Balance with Nancy: Wednesdays 10:30AM - 11AM in our **Main Room**
 Bible Study: Thursdays 10:30AM - 12PM in our **Annex Room**
 Mexican Train Dominoes: Thursdays from 10AM - 12PM in the **Garden Room**
 Corn Hole: 2nd & 4th Friday of the month 9:30AM - 10:30AM in our **Main Room**

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

In Person Programs / Activities

KNITTING CLUB

Fridays in March (Mar. 7, 14, 21, 28) | 10AM

All skill levels are welcome! Join instructor Leslie Healey as she teaches how to knit.

DEL-TECH DENTAL STUDENTS PRESENTATION

Monday, March 10 | 10:30AM

BOOK CLUB

Tuesday, March 11 | 12:30PM - 2PM

Book: The Housemaid by Freida McFadden

ALZHEIMER'S ASSOCIATION PRESENTATION

Friday, March 14 | 10AM

PI / PIE DAY BAKE OFF

Friday, March 14 | 11:30AM - 12:30PM

Celebrate Pi Day with some pie! Can you bake? Do you want to be part of our pie baking contest? If you want to participate, members are asked to bring in their pie from 9AM - 9:30AM on the day of the event. We're also looking for 3 judges to taste the pies and declare a winner!

Please see Sam to participate.

INGLESIDE HOMES PRESENTATION

Monday, March 24 | 10AM

***NEW* MEXICAN TRAIN DOMINOES**

Thursdays in the Garden Room | 10AM - 12PM

GUNNING BEDFORD MIDDLE SCHOOL CHOIR

Monday, April 7 | 10AM - 11:30AM

DOHERTY FUNERAL HOMES

Wednesday, April 16 | 10AM - 11AM

Doherty will host an information session at Mid-County.

EVENING YOGA MARCH DATES

Evening yoga will continue for free through June 2025.

Tuesday evenings from 5:30 p.m. - 6:30 p.m. | March 4, 11, 18, 25

Virtual Programs

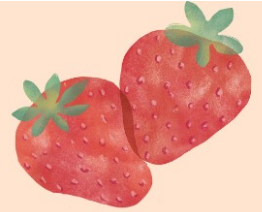
Links to all programs are on our website

CARING AND SHARING GROUP

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



MID-COUNTY
CENTER *Age well!*



PI / PIE DAY BAKE OFF

FRI., MARCH 14, 2025

10:30AM - 11:30AM

Celebrate Pi Day with some pie!

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MID-COUNTY CENTER

1 FIRST REGIMENT ROAD, WILMINGTON, DE 19808

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MIDCOUNTYSENIORCENTER.ORG | [FACEBOOK.COM/MIDCOUNTYCENTER](https://www.facebook.com/midcountycenter)

PLACE	DATE	PRICE
Mae's Mystery Lunch	Tuesday, 3/4/25 10:45AM - 2PM	\$5.00 <i>Lunch on own</i>
Hollywood Casino <i>Perryville, MD</i>	Wednesday, 3/12/25 8:45AM - 3PM	\$15.00 <i>Lunch on own</i>
Boscov's and Lunch <i>Wilmington, DE</i>	Friday, 3/21/25 9:30AM - 2PM	\$5.00 <i>Lunch on own</i>
Mae's Mystery Lunch	Thursday, 4/3/25 10:45AM - 2PM	\$5.00 <i>Lunch on own</i>
Shady Maple <i>Lancaster, PA</i>	Wednesday, 4/16/25 8:45AM - 3PM	\$15.00 <i>Lunch on own</i>
Dover Downs Casino <i>Dover, DE</i>	Wednesday, 4/30/25 9AM - 3:15PM	\$15.00 <i>Lunch on own</i>
Escape to Margaritaville <i>At Candlelight Dinner Theatre Arden, DE</i>	Wednesday, 8/20/25 10AM - 3PM	\$80.00 <i>Lunch included</i>

TRIP GUIDELINES

- There are no refunds on trips unless we cancel the trip.
- 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. If a trip runs during "normal" lunch hours (11 - 2), a lunch pit stop will be included in the trip timeline.
- We try to keep trips within an hour of Mid-County. Additionally, we typically don't go to big cities (i.e. Philadelphia) on trips.

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 2025 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pesto Chicken with Penne Pasta Zucchini Diced Pears 12 Grain Bread	4 Chicken Gumbo Brown Rice Green Beans Tropical Fruit Salad Mardi Gras Cupcake	5 Oven Fried Chicken Corn Seasoned Greens Split Top Roll Diced Peaches	6 Pepper Steak & Broccoli Carrots Brown Rice Mandarin Oranges	7 Tuna Sandwich with Lettuce & Tomato Cream of Tomato Soup Tangerine
10 Philly Flat Bread with Peppers & Onions Marinara Sauce and Mozzarella Side Salad Applesauce	11 Dry Rub Bone In Chicken Wings Sweet Potato Fries Coleslaw Corn Muffin	12 Pot Roast with Gravy Mashed Potatoes Carrots Split Top Roll Strawberry Waffle Graham	13 Chili with Shredded Cheese Baked Potato Corn Muffin Baked Apples Sour Cream	14 Breaded Flounder with Tartar Sauce Stewed Tomatoes Mac and Cheese Applesauce
17 Ham with Cabbage Scalloped Potatoes Applesauce St. Patrick's Day Cookie	18 Spaghetti & Meatballs Salad w/ Tomatoes & Broccoli White Wheat Bread Fresh Pear	19 General Tso's Chicken Peppers & Onions Brown Rice Fresh Orange	20 Flounder with Mixed Vegetables	21 Pierogis with Onions & Sour Cream Broccoli White/Wheat Bread Fresh Plum
24 Lasagna Roll Up with Meat Sauce Italian Blend Vegetables Bread Applesauce	25 Shepard's Pie 12 Grain Bread Fresh Orange	26 Blush Sauce Chicken & Penne Pasta Broccoli Cantaloupe Split Top Roll	27 Swedish Meatballs Green Beans Egg Noodles Baked Apples	28 Crab Cake with Tartar Sauce Roasted Baby Bakers Peas Corn Muffin
31 TBD <i>We will update it when we have it!</i>				

- 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: St. Patrick's Day

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

- | | | | | |
|-------------|-------------|------------|-----------|-----------|
| seventeenth | St. Patrick | leprechaun | blessings | corn beef |
| horseshoe | shammrock | rainbows | cabbage | emerald |
| Ireland | parade | top hat | celtic | clover |
| charm | dance | green | Irish | March |
| pinch | gold | kiss | luck | pot |