



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

APRIL SPOTLIGHT

- Mid-County will be closed for Good Friday on Friday, April 18, 2025.
- There will be no E-Z-Cise or Balance from Monday, April 21 - Friday, April 25. Strength training will continue as usual.
- There will be no yoga on Wednesday, April 30.
- All trips in April have been cancelled.

MAY 2025 PICKLEBALL REGISTRATION

Mid-County will be closed on Friday, April 18, 2025, which is our normal pickleball sign up day. Because of this, pickleball registration for May 2025 will open on Friday, April 25, 2025 at 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



LEFT CENTER RIGHT

**The fun
dice
game!**



**DOORS:
5PM
START:
5:30PM**

\$7.00
ENTRY FEE

\$30.00
TO PLAY WITH

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

**FRIDAY,
MAY 30,
2025**

REGISTER
CALL OR EMAIL
MUST PROVIDE NAMES
IF REGISTERING IN ADVANCE.
NO RESERVED TABLES.
CHAIRS & TABLES ARE ON A
FIRST COME,
FIRST SERVED BASIS.

MID-COUNTY CENTER

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

Mid-County Information

APRIL 2025 MESSAGE FROM HANNAH

April is always a fun month because the worst of the cold is behind us, and a new season is finally here. More color, fun, and knowing that summer is within reach! The staff has been working hard over the last few months, and we have a few exciting announcements:

- We were just awarded a mini-grant from the New Castle Conservation District to create a mini-garden! We will be purchasing six elevated garden beds, tools, a composter, a rain collector, - and more! - to enhance the outdoor space in front of the Center, making it more lively and exciting with new activities. Please stay tuned for more announcements in the upcoming months, as we will be looking for volunteers to help with this new project.

- As you may have noticed, we are currently making cosmetic changes around the Center. We acknowledge that change can bring some discomfort, but we aim to create a more welcoming, multifunctional space. If you have any questions about where something is, please don't hesitate to ask! As we create more programs, invite more members, and experience growth, some changes are inevitable. However, we hope you are excited about what is to come!

- Building on the success of previous celebrations, we are excited to host additional parties at the Center. Check out the Gunning Bedford Middle School Choir on the 7th, our Spring Craft on the 15th, Ed Brugel playing the bells on the 16th, and prepare yourself for A Day at the Races on May 2nd. There are even more presentations and activities on page 6, so be sure to mark those calendars!

Lastly, April is Volunteer Appreciation Month, and we want to take a moment to recognize the many, many volunteers who keep Mid-County Center running smoothly.

From our office volunteers Jeanette Lavecchia, Shirley Tielleman, and Beverly Syed, to the bingo callers Bonnie Heist, Patti Hengy, and Cindy Brink, to our pickleball ambassadors Carrie Bolen & Greg Blythe, Alice Conlin, Jill Hannagan & Bob Streckfuss, Karen Kral, Pat Patnaude, Dottie Randazzo, Christine Schaal, and Bob Zappaterrini, as well as the many other individuals who are always helping around the Center without formal titles – we cannot say enough how much we (and all the members of the Center) appreciate you! Thank you!

Happy spring and we hope to see all of you soon!

Staff

Hannah Ciolek - Executive Director

Larry Dineen - Maintenance Supervisor

Nancy Schlott - Fitness Instructor

Samantha Healey-Smith - Growth Director

Haley Williams - Info. & Design Director

Lori Lentz - Nutrition Site Manager

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	Badminton 11:30AM - 1PM	Pickleball [4] 11:30AM - 12:30PM	Pickleball [4] 11:30AM - 12:30AM	Pickleball [2] 11:30AM - 12:30PM	
12PM							
12:30PM	Pickleball [3,4] 12:30PM - 1:30PM	Badminton 1:30PM - 3PM	Pickleball [2, 3] 12:30PM - 1:30PM	Volleyball 1PM - 3PM	Pickleball [3, 4] 12:30PM - 1:30PM	Pickleball Skills & Drills Class 12:30PM - 2:30PM Select Dates	
1PM							
1:30PM					Pickleball [3, 4] 1:30PM - 3:30PM		
2PM							
3PM							
4PM		Pickleball [3, 4] 3:30PM - 5:30PM	Pickleball [2] 3:30PM - 5:30PM		Pickleball [2, 3] 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

6

KNITTING / CRAFTING CLUB

Friday, April 4 & Friday, April 11 | 10AM | Annex Room

All skill levels are welcome! Join instructor Leslie Healey as she teaches how to knit. Crocheters and any other crafters are welcome!

GUNNING BEDFORD MIDDLE SCHOOL CHOIR

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

BOOK CLUB

Tuesday, April 8 | 12:30PM - 2PM

Book: *This Tender Land* by William Kent Krueger

DHSS SOCIAL WORKER

Wednesday, April 9 | 10AM - 12PM

Appointments are not required; walk-ins accepted.

EVENING YOGA DATES

Evening yoga will continue for free through June 2025.

Tuesday evenings from 5:30 p.m. - 6:30 p.m. | April 1, 8, 15, 22

HANDBELLS WITH ED BRUGEL

Wednesday, April 16 | 10:30AM - 11:30AM

Ring in spring - *literally!* - with Ed and his handbells!

Information Sessions

AETNA MEDICARE

Monday, April 14th | 10AM - 11AM

CAPTION CALL

Wednesday, April 23 | 10:45AM - 11:45AM

DOHERTY FUNERAL HOMES

Wednesday, April 30 | 10AM - 11AM

Virtual Programs

Links to all programs are on our website

CARING AND SHARING GROUP

The Caring and Sharing group will meet virtually on Monday, April 14 at 10:30 a.m.



MID-COUNTY
CENTER *Age well!*

A DAY AT THE RACES

CELEBRATE THE
DERBY WITH US!

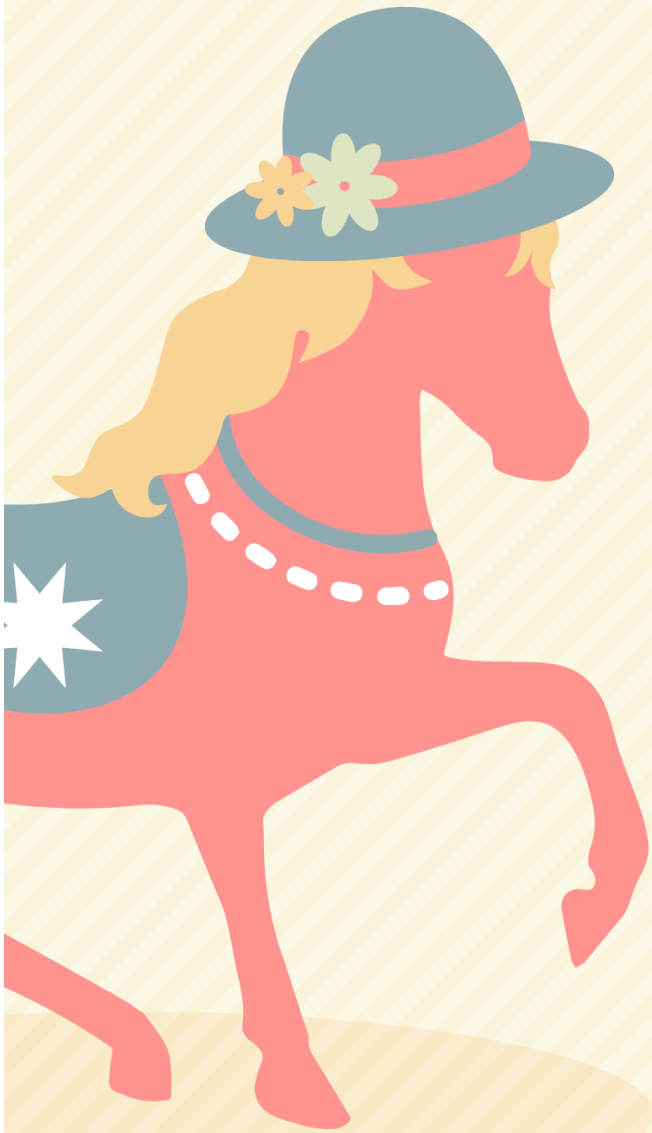
FRIDAY, MAY 2
10AM – 11:30AM

To get in the spirit,
wear your fun floppy hats,
bow ties, or flowy outfits!

*Sign up with Sam to bring light
brunch fare to help celebrate.*

Stick around for wooden
horse racing - if you're lucky,
you might win some money!

\$5.00 per race



MID-COUNTY CENTER

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PLACE	DATE	PRICE
Escape to Margaritaville At Candlelight Dinner Theatre Arden, DE	Wednesday, 8/20/25 10AM - 3PM	\$80.00 <i>Lunch included</i>

POTENTIAL FUTURE TRIPS (see office if interested)		
PLACE	DATE	PRICE
Overnight at Rehoboth Beach	September 2025	\$200.00 <i>Food and entertainment on own</i>

Trips planned for spring 2025 are on hold for right now.

Please check back in May 2025.

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, drinking, or any other illicit substances are allowed on the premises at any time. If we suspect a member has violated this policy, they will be asked to leave.
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!

Word Search: Springtime

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

- | | | | | | | |
|-------------|-----------|-----------|----------|----------|----------|----------|
| springbreak | chocolate | butterfly | umbrella | sunshine | daffodil | crawfish |
| vibrant | showers | rainbow | pastels | ladybug | holiday | goodies |
| flowers | buzzing | blossom | tulips | spring | rabbit | puddle |
| picnic | easter | carrot | bubble | bonnet | basket | seeds |
| peeps | march | lilac | grass | chick | candy | bunny |
| bloom | birds | april | rain | nest | lily | lamb |
| kite | hunt | eggs | duck | bees | new | may |