



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

MAY SPOTLIGHT

- Mid-County will be **CLOSED** for Memorial Day: Monday, May 26
 - Trips have returned, be sure to check out page 8 for listings!
- Be sure to read Hannah's message on page 3 to find out about new Fitness Center Subscription as well as information about our upcoming Summer Camp!
- LCR is back May 30 - be sure to register online or in the office!

JUNE 2025 PICKLEBALL REGISTRATION

Friday, May 16 | 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

MAY 2025 MESSAGE FROM HANNAH

It's finally May, and we're so happy to be able to share with you some of the awesome things we've been working on! First, you've probably noticed the garden beds appearing in the entry and Garden room (big shout out to member Kathy Zdrojewski for volunteering her time to put these beds together!) and we'll officially be planting seeds this month. Whether you are an avid gardener or a novice who wants to get their hands dirty, stop by the office to be put on the Garden Club list to help get this thing going!

In honor of National Fitness Month, we're also starting a new option for folks to get active at Mid-County Center! For those of you who are interested in attending our fitness center but may not want to commit to the weekly classes with Nancy, we are excited to announce our new subscription just for the Fitness Center! We will be keeping our Strength Training Program (\$20/month) that includes access to Nancy's Strength Training Classes M/W/F **AND** access to the Fitness Center, but now we are adding the opportunity to just pay for access to the Fitness Center for \$10/month. If you are interested, come see us in the office and ask about the Fitness Center membership! Our Fitness Center is open 8am-3pm.

Fitness Instructor Nancy has also been cooking up some brand new ideas for fitness, so if you haven't yet, visit her on Tuesdays at 9:30-10:15 for DanceFit. We'll be alternating DanceFit with OntheMove every couple months to keep things fresh. DanceFit is a 45-minute cardio dance class, and you're guaranteed to get a good sweat going!

You may also have seen some brand new faces around: Trish Zavrel is our new Administrative Assistant in the office and will be helping answer questions, plan trips, collect payments, and more! – make sure you stop by and say hi! Dennis Shipman is our new trips bus driver - and boy do we have a summer full of trips! So look at our trips on page 8 and sign up!

Lastly, MCC staff has been working hard to bring special Summer Camp activities to Mid-County Center in June, July, and August. Reserve dates on your calendar for June 9-13, we'll be kicking off with a special lunch cookout featuring Woodside Creamery ice cream, and will keep the good times rolling with a Zumba instructor, various tournaments, and extra fun crafts. Keep an eye out for more upcoming info!

Staff

Hannah Ciolek - Executive Director

Larry Dineen - Maintenance Supervisor

Lori Lentz - Nutrition Site Manager

Nancy Schlott - Fitness Instructor

Trisha Zavrel - Administrative Assistant

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 Dance Fit 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:

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.

Strength Training (includes access to Fitness Center) - \$20.00 per month, paid to Mid-County

Fitness Center Access - \$10.00 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

SENIOR SUMMER CAMP 2025

Stay tuned for our Senior Summer Camp 2025 list of events in the June 2025 newsletter!

DERBY DAY

Friday, May 2 | 10AM - 11:30AM

Show up in your fun, floppy hats and flowy outfits to celebrate! And make sure to stick around for wooden horse racing - if you bet, you might win some money!

BOOK CLUB

Tuesday, May 13 | 12PM - 2PM

Book: *All Good People Here* by Ashley Flowers

DHSS SOCIAL WORKER

Wednesday, May 14 | 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. | May 6, 13, 20, 27

Information Sessions

HEARING LIFE HEARING AIDS

Wednesday, May 7 | 10AM - 10:30AM

DE HOSPICE

Friday, May 9 | 10:45AM - 10:30AM

DE ELDER LAW

Monday, May 12 | 10AM - 10:30AM

YMCA DIABETES PREVENTION PROGRAM

Monday, May 19 | 10:30AM - 11AM

ARIELLE SKINCARE

Friday, May 23 | 10AM - 2PM

Virtual Programs

CARING AND SHARING GROUP

The Caring and Sharing group will meet virtually on Monday, May 12 at 10:30 a.m.



MID-COUNTY
CENTER *Age well!*

BAY BREEZE



CHESAPEAKE, MD
RIVER CRUISE



**LUNCH FOLLOWING
AT SCHAEFER'S**



TUES., JUNE 17

9:30AM - 3:30PM

\$45.00

LUNCH ON OWN AT SCHAEFER'S CANAL HOUSE

MID-COUNTY CENTER

1 FIRST REGIMENT ROAD, WILMINGTON, DE 19808
302-995-6728 | SENCEN@MIDCOUNTYSENIORCENTER.ORG
MIDCOUNTYSENIORCENTER.ORG | [FACEBOOK.COM/MIDCOUNTYCENTER](https://www.facebook.com/midcountycenter)

PLACE	DATE	PRICE
Mystery Lunch	Tuesday, 5/06/25 10:45AM - 2PM	\$5.00 <i>Lunch on own</i>
Shady Maple <i>Lancaster, PA</i>	Tuesday, 5/13/25 9AM - 3:30PM	\$15.00 <i>Lunch on own</i>
Dover Downs Casino <i>Dover, DE</i>	Thursday, 5/22/25 9AM - 3PM	\$15.00 <i>Lunch on own</i>
Paradocx Winery <i>Landenberg, PA</i>	Tuesday, 5/24/25 11AM - 2:30PM	\$5.00 <i>Lunch on own</i>
Mystery Lunch	Thursday, 6/12/25 10:45AM - 2PM	\$5.00 <i>Lunch on own</i>
Bay Breeze River Cruise <i>Chesapeake City, MD</i>	Tuesday, 6/17/25 Thursday, 7/10/25 Tuesday, 8/5/25 9:45AM - 3:30PM	\$45.00 <i>Lunch on own following cruise at Schafer's Canal House</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>

TRIP GUIDELINES

- There are no refunds on trips unless we cancel the trip.
- Each trip is capped at a max limit, please register online or in the office to secure your spot.
- 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, 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!

MAY 2025 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Penne Pasta with Meat Sauce Peas & Carrots Cantaloupe Waffle Graham Cookie	2 Lemon Pepper White Fish Peas Roasted Baby Bakers Split Top Roll Applesauce
5 Chicken Tenders Roasted Baby Bakers 3 Bean Salad Split Top Roll Fresh Orange	6 BBQ Pulled Pork Hamburger Bun Sweet Potato Fries Green Beans Watermelon	7 Philly Cheesesteak with Provolone, Peppers, & Onions on a Roll Roasted Baby Bakers Fresh Cut Fruit	8 Chicken Fajitas with Peppers, Onions, Shredded Cheese, & Lettuce on a Tortilla Black Beans Pineapple Salsa	9 Tuna Salad on a Croissant with Lettuce & Tomato Minestrone Soup Crackers Diced Peaches
12 BBQ Chicken Bites Seasoned Greens Carrots Cheesy Grits Fresh Cut Fruit	13 Pot Roast with Gravy Mashed Potatoes Capri Vegetable Blend Split Top Roll Applesauce	14 Orange Chicken Stir Fry Broccoli Brown Rice Cantaloupe	15 Ground Beef Tacos on a Tortilla with Tomatoes, Lettuce & Sour Cream Brown Rice Watermelon	16 Bean Burger with Cheese on Bun Tater Tots Fresh Peach Guacamole
19 Ham with Scalloped Potatoes Carrots Hawaiian Roll Peach Cobbler	20 Salmon Broccoli Mashed Potatoes Applesauce Roll	21 Spaghetti & Meatballs Salad with Tomatoes & Cucumbers White Wheat Bread Fresh Pear	22 Breaded Tilapia Mac 'n Cheese Stewed Tomatoes Fresh Fruit Chocolate Chip Cookie	23 Ham & Cheese Sandwich with Lettuce & Tomato on Marble Rye Wedding Soup Fresh Tangerine
26 MID-COUNTY CLOSED FOR MEMORIAL DAY	27 Hamburger on a Bun Salad with Tomatoes & Cucumbers Pineapple	28 Dry Rub Bone in Chicken Wings Sweet Potato Fries Coleslaw Corn Muffin	29 BBQ Chicken Flat Bread Cucumber Salad Cantaloupe Jello	30 Home Fries & Cheese Omelette French Toast Sticks Fresh Cut Fruit Ketchup

- 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: Spring

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

springcleaning
daffodil
vibrant
clouds
roses
lilac

fresh air
sunshine
showers
tulips
seeds
grass

camellia
flowers
pastels
picnic
bloom
bees

umbrella
rainbow
ladybug
spring
birds
rain