



## 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

### JULY SPOTLIGHT

- Mid-County will be closed Friday, July 4, 2025 in observance of Independence Day.
- Just a reminder: The kitchen is getting a complete makeover! We'll be under construction June 2025 - September 2025.
- Learn about The Loft - our newly reconfigured activity space - on page 3!
- We're getting a vending machine! Read more about it on page 6.

### JULY 2025 PICKLEBALL REGISTRATION

Friday, July 18, 2025 | 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](mailto:sencen@midcountyseniorcenter.org)

First Regiment Road, Sherwood Park II, Wilmington, DE 19808

[midcountyseniorcenter.org](http://midcountyseniorcenter.org) | [facebook.com/midcountycenter](https://facebook.com/midcountycenter)



MID-COUNTY  
CENTER *Age well!*

# JULY ART SESSIONS

See page 6  
for more info!

JULY 14 - JULY 18  
10AM



# Mid-County Information

## JULY 2025 MESSAGE FROM HANNAH

Happy July everyone! Sending out the biggest “thank you!” from the Staff here at Mid-County Center for your grace and understanding during our first month of construction. We still have a few more months to go until our kitchen remodel and new activity space are complete, but the hardest part - the adjustment period in the beginning - is over and everyone has been able to shift gears with a great attitude!

Currently, the only date we’re closed in July is for the July 4th holiday, but please keep an eye on your emails, our Facebook page, and our website for other, construction-related closures.

Want to beat the heat this summer and make something new? We have a wonderful guest, Lori Woerner, local art teacher, volunteering her time and art supplies every day during the week of July 14 - July 18 in The Loft - see more info on this on page 6.

But wait, what’s “The Loft”? It’s the new name for our former Ceramics Room! Where is it? Following the directions to the Fitness Center, continue up the steps and take a left - you’ll see The Loft on the left before you reach the Military Museum! And don’t worry, we’ll have signs along the way! This space, especially during construction, will be used for group meetings, activities, and smaller presentations.

We’re also going to begin collecting Sneakers for recycling! Did you know most people throw away their unwanted sneakers after 250-400 miles (less than a year of use!), without ever thinking about recycling? Since sneakers are manufactured with materials that are not biodegradable, they remain in landfills or are incinerated which leads to toxic chemicals in our air and soil. Mid-County Center is helping out – have any sneakers (and just sneakers) that you don’t wear hanging around? Drop them off at the office!

We’re looking forward to another summer with you at Mid-County – so be sure to share about all our activities with your friends and family!

## Staff

**Hannah Ciolek** - Executive Director

**Larry Dineen** - Maintenance Supervisor

**Lori Lentz** - Nutrition Site Manager

**Nancy Schlott** - Fitness Instructor

**Haley Williams** - Info. & Design Director

**Trisha Zavrel** - Administrative Assistant

## 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!

# 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		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 [2, 3] 10:30AM - 11:30AM	Pickleball [2, 3, 4] 10AM - 12PM Select Dates
10:30AM							
11AM		Pickleball [2,3] 11:30AM - 12:30PM		Pickleball [4] 11:30AM - 12:30PM	Pickleball [4] 11:30AM - 12:30AM	Pickleball [2] 11:30AM - 12:30PM	
11:30AM							
12PM		Pickleball [3,4] 12:30PM - 1:30PM	Badminton 11:30AM - 1PM	Pickleball [2, 3] 12:30PM - 1:30PM			
12:30PM							
1PM		Badminton 1:30PM - 3PM	Volleyball 1PM - 3PM	Badminton 1:30PM - 3PM	Volleyball 1PM - 3PM	Pickleball [3, 4] 12:30PM - 1:30PM	
1:30PM							
2PM		Pickleball [3, 4] 3:30PM - 5:30PM	Pickleball [2] 3:30PM - 5:30PM		Pickleball [2, 3] 3:30PM - 5:30PM	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		
5PM							
6PM		Pickleball [2, 3] 6PM - 8PM (off for summer)	Pickleball [4, 5] 6PM - 8PM		Pickleball [4, 5] 6PM - 8PM		
7PM							
8PM							

## Fitness Classes with Nancy Schlott

### STRENGTH TRAINING

Monday, Wednesday, & Friday | 9:15AM - 10:15AM | \$20.00 per month

This energetic, 1-hour class is designed to build muscle and improve endurance by using hand weights, resistance bands, playground balls, drumsticks, and other fun equipment! Chairs are used at first for warm up exercises, but the majority of the class is done standing. The class finishes with cool down stretching. A doctor's note is required to participate.

### E-Z-CISE

Tuesday & Friday | 10:30AM - 11:15 AM | FREE!

Offered twice a week, this 45-minute class opens with chair-based warm up exercises designed to increase range of motion. E-Z-Cise then progresses to standing leg-strengthening movements, along with footwork for coordination and balance. Resistance tubing and drum sticks are also used.

### BALANCE

Wednesday | 10:30AM - 11AM | FREE!

Balance begins with a brief chair-based warm up, followed by standing exercises to improve coordination. Next up, standing balance and balancing on alternating feet. The class concludes with cool down exercises.

### DANCE FIT (ROTATES WITH ON THE MOVE)

Tuesday | 9:30AM - 10:15AM | FREE!

A fast-paced 45-minute class that has choreographed steps taught at the start of each dance. Come learn the cupid shuffle, a country line dance, and some Zumba-inspired moves!

### ON THE MOVE (ROTATES WITH DANCE FIT)

Tuesday | 9:30AM - 10:15AM | FREE!

Looking to improve your walking gait and feel more secure navigating everyday errands? This physical therapist -designed class can help! Featuring standing warm ups, walk patterns, and obstacle cones, On the Move will improve confidence in coordination.

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

### Held Weekly:

Bridge: Tuesdays from 9:30AM - 12:15PM & 12:30PM - 3PM in our **Garden Room**

Summer Bridge: Tuesday from 12:15PM - 3PM in our **Garden Room**

Balance with Nancy: Wednesdays 10:30AM - 11AM in our **Main Room**

Bible Study: Thursdays 10:30AM - 12PM in our **Garden 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**

**Special Note:** Our DSAAPD grant for free tai chi and yoga has been approved for another year! That means these programs will continue to be free through July 2026!

## ACTIVITY PRICES

Every effort is made to keep activities at low or no cost. If you need financial assistance, please see the office.

**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, per game, paid to the community pots. A 25¢ game is played as the last game.



## Other Programs / Activities

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### SHERWOOD PARK II POOL

1105 Highgate Rd, Wilmington, DE 19808

Monday - Thursday | 12PM - 3PM

Mid-County members are welcome to use Sherwood Park II's pool at the above listed hours - must bring MCC ID card.

### GARDENING HOURS

Monday, Wednesday, Friday | 8AM - 10AM

### SUMMER MOVIE MATINEE

Tuesday, July 15 | 12PM - 2PM

The next movie will be *Breakfast at Tiffany's* (1961), with Audrey Hepburn and George Peppard!

### BOOK CLUB

Tuesday, July 8 | 12PM - 2PM

The book club title for July 2025 is *James* by Percival Everett.

### DHSS SOCIAL WORKER

Wednesday, July 9 | 10AM - 12PM

Appointments are not required; walk-ins accepted.

### JULY ART SESSIONS

Monday, July 14 - Friday, July 18 | 10AM - 10:30AM | FREE!

*Walk ins welcome, spots limited to 15 - sign up in the office now!*

Monday, July 14: Rock painting

Tuesday, July 15: Sunrise / sunset painting on canvas

Wednesday, July 16: Paint a canvas tote bag

Thursday, July 17: Decoupage flower vase

Friday, July 18: Wooden birdhouse painting

### VENDING MACHINE

We're getting a vending machine in July 2025! Look for it next to the current soda machine in the main room in the coming weeks. The new vending machine will bring new snacks and drinks - like chilled Gatorade and protein bars - to Mid-County! Because of this, we're retiring the snack cart - but don't worry, the snacks will be transferred to the vending machine.

## Virtual Programs

*Links to all programs are on our website*

### CARING AND SHARING GROUP

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

## Herr's Factory Tour

**Tuesday, July 8, 2025 | 9:45AM - 2:30PM | SOLD OUT**

Do you know how potato chips are made? Find out on our tour of the Herr's Snack Factory in Nottingham, PA! Prepare to learn educational tidbits & technological feats, all while eating snacks. Just a reminder, this trip requires some walking, so be sure to wear comfortable shoes. Lunch follows the tour at Nottingham Inn Kitchen & Creamery. While the trip costs \$15.00, lunch is on your own - meaning you pay and settle your bill. We recommend budgeting at least \$30.00 for lunch to be on the safe side.

## Mystery Lunch

**Thursday, July 17, 2025 | 10:45AM - 2PM | \$5.00**

We're taking members out to lunch - where they end up is a surprise! Will it be pizza, sushi, or noodles? Who knows! While the trip costs \$5.00, lunch is on your own - meaning you pay and settle your bill. We recommend budgeting at least \$30.00 for lunch to be on the safe side.

## Bay Breeze #2: Chesapeake, MD Cruise

**Tuesday, August 5, 2025 | 9:45AM - 3:30PM | \$45.00**

Get ready to set sail on the Chesapeake Bay! While the trip leaves from Mid-County, members will board the boat next door to Schaefer's Canal House in Chesapeake City, MD. The river cruise will take members along the Back Creek and down the Elk River. Following the boat trip, members will have lunch at Schaefer's Canal House. While the trip costs \$45.00, lunch is on your own - meaning you pay and settle your bill. We recommend budgeting at least \$40.00 for lunch to be on the safe side.

## Phillies Game

**Wednesday, August 6, 2025 | 10AM - 5PM | SOLD OUT**

We're taking members out to the ballgame - in this case, it's the Phillies verses the Orioles! The game starts at 12:35PM and will likely go until around 3:30PM. Please remember your hats and sunscreen! While the trip costs \$75.00, lunch is on your own - meaning you pay and settle your bill. We recommend budgeting at least \$40.00 for lunch to be on the safe side.

**Is the trip you want sold out? Ask to be put on the waitlist!**



PLACE	DATE	COST
<b>Bay Breeze #2</b> <i>Chesapeake City, MD</i>	Tuesday, 8/5/25 9:45AM - 3:30PM	<b>SOLD OUT!</b>
<b>Phillies Game</b> <i>Philadelphia, PA</i>	Wednesday, 8/6/25 10AM - 5PM	<b>SOLD OUT!</b>
<b>Mystery Lunch</b>	Thursday, 8/14/25 10:45AM - 2PM	\$5.00 <i>Lunch on own</i>
<b>Candlelight Theatre: Escape to Margaritaville</b> <i>Arden, DE</i>	Wednesday, 8/20/25 10AM - 3PM	<b>SOLD OUT!</b>
<b>Dover Downs Casino</b> <i>Dover, DE</i>	Tuesday, 9/9/25 9AM - 3:15PM	\$15.00 <i>Lunch on own</i>
<b>Mystery Lunch</b>	Thursday, 9/18/25 10:45AM - 2PM	\$5.00 <i>Lunch on own</i>
<b>Paradocx Vineyard / Winery Tour</b> <i>Landenberg, PA</i>	Thursday, 9/25/25 10:45AM - 2PM	\$10.00 <i>Lunch on own</i>
<b>Mystery Lunch</b>	Thursday, 10/9/25 10:45AM - 2PM	\$5.00 <i>Lunch on own</i>
<b>American Music Theatre: Deck the Halls</b> <i>Lancaster, PA</i>	Wednesday, 11/12/25 8:30AM - 3:30PM	\$60.00 <i>Lunch on own following show at Cracker Barrel</i>

## TRIP GUIDELINES

- Bus driver Dennis is the boss! Please follow his instructions and directions.
  - All trips depart from and return to Mid-County Center.
  - There are no refunds on trips unless we cancel the trip.
- Each trip is capped at a max limit, please register early 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.
- All of our trips, unless otherwise stated, use our 16 passenger bus - which does not have a bathroom. Please plan accordingly.



# JULY 2025 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> BBQ Chicken with a Roll Green Beans Tropical Fruit Cup Jell-O	<b>2</b> Beef Hamburger on a Bun Broccoli Pineapple	<b>3</b> Chicken Tenders Sweet Potato Fries Peas & Carrots Corn Muffin Chocolate Chip Cookie	<b>4</b>  Mid-County CLOSED
<b>7</b> Lemon Pepper Flounder with Tartar Sauce Peas Roasted Baby Bakers Split Top Roll Applesauce	<b>8</b> Breaded Chicken Sandwich with Cheese on a Roll Italian Blend Vegetables Roasted Baby Bakers Mixed Fruit	<b>9</b> Beef Italian Sausage Baked Beans Zucchini Biscuit Tropical Fruit Cup	<b>10</b> Penne Pasta with Meat Sauce Peas & Carrots Fresh Tangerine Waffle Graham Cookie	<b>11</b> Baked Chicken Cauliflower Sweet Potato Diced Peaches Split Top Roll
<b>14</b> Philly Cheesesteak with Provolone Cheese, Peppers & Onions on a Roll Roasted Baby Bakers Fresh Tangerine	<b>15</b> Tuna Salad on a Croissant with Lettuce & Tomato Cucumber Salad Fresh Cut Fruit	<b>16</b> Hamburger & Hot Dog Lettuce, Tomato, Onion Green Beans Spiced Peaches Brownie	<b>17</b> Chicken Fajitas Peppers, Onions, Shredded Cheese Tortilla Black Beans Pineapple Salsa	<b>18</b> BBQ Pulled Pork Hamburger Bun Sweet Potato Fries Green Beans Diced Peaches
<b>21</b> Orange Chicken Stir Fry Broccoli Brown Rice Mandarin Oranges	<b>22</b> Ground Beef Tacos on a Tortilla with Salsa & Sour Cream Brown Rice Black Bean and Corn Salad Sliced Apples	<b>23</b> Pot Roast with Gravy Mashed Potatoes Capri Vegetable Blend Split Top Roll Applesauce	<b>24</b> BBQ Chicken Bites Zucchini Brown Rice Tropical Fruit Cup	<b>25</b> Bean Burger with Cheddar Cheese on Hamburger Bun Tater Tots Fresh Peach Guacamole
<b>28</b> Penne & Meatballs Italian Vegetable Blend White Wheat Bread Fresh Pear	<b>29</b> Herb Baked Chicken with Gravy Italian Vegetable Blend Brown Rice Pears	<b>30</b> Salmon with Tartar Sauce Broccoli Mashed Potatoes Applesauce Split Top Roll	<b>31</b> Breaded Chicken Sandwich with Cheese on a Roll Italian Blend Vegetables Roasted Baby Bakers Mixed Fruit	

- Our kitchen is currently under construction - we're still serving lunch, but it's grab and go style (TV dinners) instead of being cooked in house.

- 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: Fourth of July

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

Independence  
Patriotic  
England  
White  
War

Declaration  
Fireworks  
Cannons  
Flag  
Red

Old glory  
Colonies  
America  
Blue