December 2025 Newsletter

MID·COUNTY CENTER *Age well!*

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

DECEMBER SPOTLIGHT

- There will be no Balance class on Wednesday, December 17.

- Our gym will be closed all day on Monday, December 8, 2025 - there will be no after hours pickleball.

- We will be closed Wednesday, 12/24, Thursday, 12/25, and Friday, 12/26 as well as Wednesday, 12/31, Thursday, 1/1, and Friday 1/2.

- In case of inclement weather, please visit our Facebook page or check WDEL's SnoWatch (wdel.com/features/wdel-stormwatch/) for closure information.

DECEMBER 2025 PICKLEBALL REGISTRATION

Friday, December 19, 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
First Regiment Road, Sherwood Park II, Wilmington, DE 19808
midcountyseniorcenter.org | facebook.com/midcountycenter

MID·COUNTY CENTER *Age well!*

HOLIDAY PARTY

17

DEC 2025

9:30AM - 11:30AM

Everyone's favorite crooner will return to Mid-County to help us all get in the holiday spirit! In addition to Miguel, we'll have a dessert potluck (bring in your favorite sweet treat!) and festive cider and eggnog. Don't forget to wear your ugliest holiday sweater!

Mid-County Center
1 First Regiment Road, Wilmington, DE 19808
302-995-6728 I sencen@midcountyseniorcenter.org
midcountyseniorcenter.org I Facebook.com/midcountycenter

Mid-County Information

DECEMBER 2025 MESSAGE FROM HANNAH

We've reached the end of 2025 and are excited to show you what we've been planning for 2026!

But first, in celebration of 2025, I'd like to take a moment to recognize *just some* of our fantastic volunteers who have assisted us this year:

- First, our office volunteers: Jeanette Lavecchia, Shirley Tielleman, and Beverly Syed – they've helped us make thousands of phone calls, assisted us at events, organized membership forms, and so much more!

- Our pickleball ambassadors, who make evening and weekend pickleball possible: Jill Hannagan, Bob Streckfuss, Carrie Bolen, Greg Blythe, Christine Schaal, Orla Mackey, Alice Conlin, Dottie Randazzo, Karen Kral, and Pat Patnaude.

- Our Bingo callers: Cindy Brink, Bonnie Heist, and backup Patti Hengy.

Thank you! Mid-County Center would not be possible without its volunteers!

We also are a couple months into our Advancing Healthy Lifestyles Grant from the American Lung Association, made possible through the Delaware Division of Public Health's Physical Activity, Nutrition, and Obesity Prevention Program (PANO). If you enjoy learning about nutrition, getting some physical activity, and very soon even cooking with some local kids (expect more about this Saturday class soon!) – you're in luck! Read more about our free grant activities on page 6!

Lastly, thank you again for another great year! We are beginning our 2025 Annual Appeal in December, so please consider donating to our non-profit, as we use 100% of the funds for operating the Center, bringing new activities, throwing parties for the members, and more. We love keeping this Center free to join and hope to continue offering our programs at as low a cost as possible.

Office Staff

Hannah Ciolek - Executive Director
Jess Kress - Events / Outreach Coordinator
Haley Williams - Information & Design Director
Trisha Zavrel - Administrative Assistant

Staff

Sharon Burns - Bookkeeper
Larry Dineen - Maintenance Supervisor
Lori Lentz - Nutrition Site Manager
Nancy Schlott - Fitness Instructor

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

	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 9AM - 10AM	Bocce 8AM - 9:15AM Dance Fit 9:30AM - 10:15AM	Strength Training 9AM - 10AM	Bocce 9:15AM - 10:15AM	Strength Training 9AM - 10AM	
9:30AM							
10AM	Pickleball [3, 4, 5] 10AM - 12PM *Select Dates*						Pickleball [2, 3, 4] 10AM - 12PM *Select Dates*
10:30AM		Yoga 10AM - 11AM	Tai Chi 10:30AM - 11:30AM	Yoga 10AM - 11AM	Tai Chi 10:30AM - 11:30AM	Pickleball [2,3] 10AM - 11AM	
11AM							
11:30AM		Pickleball [3,4] 11:30AM - 12:30PM		Pickleball [3,4] 11:30AM - 12:30PM		Pickleball [2,3] 11AM - 12PM	
12PM			Badminton 11:30AM - 1PM		Pickleball [2,3] 12PM - 1PM		
12:30PM		Pickleball [3,4] 12:30PM - 1:30PM		Pickleball [3,4] 12:30PM - 1:30PM		Pickleball [3, 4] 12PM - 1PM	
1PM					Volleyball 1PM - 3PM		
1:30PM		Badminton 1:30PM - 3PM	Volleyball 1PM - 3PM	Badminton 1:30PM - 3PM		Pickleball [3, 4] 1PM - 3PM	
2PM							
3PM					Pickleball [2, 3] 3:30PM - 5:30PM		
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							

Fitness Classes with Nancy Schlott

STRENGTH TRAINING

Monday, Wednesday, & Friday I 9AM - 10AM I $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 I 10:30AM - 11:15AM I 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 I 10:30AM - 11AM I 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 *CURRENT* (ROTATES SEASONALLY WITH ON THE MOVE)

Tuesday I 9:30AM - 10:15AM I 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 SEASONALLY WITH DANCE FIT)

Tuesday I 9:30AM - 10:15AM I 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
Puzzles *Main Room*	All Day	All Day	All Day	All Day	All Day
Pool Table *Stage*	8AM - 10AM	8AM - 10AM	8AM - 10AM	8AM - 10AM	8AM - 10AM
Playing Cards *Garden Room*	10:30AM - 11:45AM	10:30AM - 11:45AM	10:30AM - 11:45AM	10:30AM - 11:45AM	10:30AM - 11:45AM
Shuffleboard *Main Room*	9:30AM - 10:30AM		9:30AM - 10:30AM		
E-Z-CISE *Main Room*		10:30AM - 11:15AM			10:30AM - 11:15AM
Lunch *Main Room*	11:45AM - 12: 15PM	11:45AM - 12: 15PM	11:45AM - 12: 15PM	11:45AM - 12: 15PM	11:45AM - 12: 15PM
Penny Bingo *Main Room*	12:15PM – 2PM		12:15PM – 2PM		12:15PM – 2PM
Pinochle *Activity Room*	12:15PM - 2:30PM	12:15PM - 2:30PM		12:15PM - 2:30PM	
Mahjong *Activity Room*	12PM - 3PM		12PM - 3PM	12PM - 3PM	12PM - 3PM (*Beginner friendly*)
Rummikub *Main Room*		1PM - 2:30PM		10:30AM - 11:30AM	

Programs 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 Garden Room
Mexican Train Dominoes: Thursdays from 10AM - 12PM in the Main 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 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, paid to Mid-County - fees may be paid at the time of online registration 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

MOVIE MATINEE

Tuesday, December 23 I 12PM - 2PM
The movie is Scrooge (1970) with Albert Finney.

BOOK CLUB

Wednesday, December 16 I 12:30PM
Book: *Christmas with the Queen* by Hazel Gaynor & Heather Webb

DHSS SOCIAL WORKER

Wednesday, December 10 I 10AM - 12PM
Appointments are not required.

STAND BY ME 50+

Wednesday, December 3 I 8AM
Appointments are required.

HOLIDAY CRAFT

Friday, December 12 I 10AM
We're making pinecone Christmas trees with art teacher extraordinaire Lori Woerner!

HOLIDAY PARTY WITH MIGUEL

Wednesday, December 17 I 9:30AM - 11:30AM
Everyone's favorite crooner will return to Mid-County to help us all get in the holiday spirit! In addition to Miguel, we'll have a dessert potluck (bring in your favorite!) and festive cider and eggnog. Don't forget to wear your ugliest holiday sweater!

KITCHEN GRAND OPENING LUNCHEON

Thursday, December 18 I 10AM - 2PM
Celebrate the new kitchen by having lunch, on us! Lunch is served at 11:45AM, but be sure to get here by 10:30AM to see Ed Brugel's handbells performance! Read more about that below. On the menu: baked chicken wings, Caribbean-blend vegetables, dinner roll, & sliced peaches. If you would like to attend this lunch, please get in touch with us by Monday, December 15.
Please note: if you RSVP for this lunch, you are committed to attending.

HOLIDAY HANDBELLS WITH ED BRUGEL

Ed Brugel and his handbells will be here just in time for the winter holidays on Thursday, December 18 at 10:30AM! His set list includes hand bell renditions of classic holiday carols.

FREE ADVANCING HEALTHY LIFESTYLES PROGRAMS

City Fare nutrition program: Tuesday, December 16 at 9:30AM
Holiday produce giveaway: Wednesday, December 17 – Friday, December 19
Fitness class: Saturday, December 20, 2025 at 10AM with Asst. Athletic Director Ally Taylor of Newark Charter School

TRIPS

Until further notice, all trips are cancelled. We're sorry for the inconvenience .

Virtual Programs

Links to all programs are on our website

CARING AND SHARING GROUP

The Caring and Sharing group will meet virtually on Monday, December 8 at 10:30 a.m.

DECEMBER 2025 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pot Roast with Mushroom Gravy on Egg Noodles Peas Fruit Cup	**2** Italian Sausage with Peppers & Onions on Roll Sweet Potato Fries Apple Slices	**3** Lemon Pepper Chicken with Zucchini Brown Rice Fresh Orange	**4** Breaded Flounder with Tartar Sauce Stewed Tomatoes Mac and Cheese Applesauce	**5** Turkey Sandwich on Roll with Cranberry Sauce Pea Soup Fresh Cut Fruit Crackers
8 Swedish Meatballs on Egg Noodles Brussel Sprouts Baked Apples	**9** Fish Patty Sandwich Roasted Baby Bakers Peas Tartar Sauce Pickles Applesauce	**10** Stuffed Peppers with Marinara Sauce Side Salad with Tomatoes & Cucumbers Diced Pears Split Top Roll	**11** Chicken Stir Fry Teriyaki Sauce Broccoli & Carrots Brown Rice Fresh Cut Fruit	**12** Roast Ham & Swiss Sandwich Tomato Soup Fresh Pear Mustard Crackers
15 Meatloaf with Gravy Mashed Potatoes Broccoli White Wheat Bread Fresh Orange	**16** Salmon with Dill Sauce Fresh Baked Sweet Potato Cauliflower Split Top Roll Fresh Pear	**17** Roast Ham Au Gratin Potatoes Green Beans Almondine Stuffing Apple Pie	**18** Dry Rub Baked Chicken Wings Caribbean Blend Vegetables Split Top Roll Diced Peaches	**19** Chicken & Dumplings Peas & Carrots Spiced Peaches
22 BBQ Chicken Bites Cheesy Grits Side Salad with Cucumbers & Tomatoes Fresh Orange	**23** Chicken Cordon Bleu Mashed Potatoes Broccoli Split Top Roll Fresh Pear	**24** CLOSED	**25** CLOSED	**26** CLOSED
29 Roast Beef, Swiss, & Sauerkraut on Rye Garden Vegetable Soup Fresh Cut Fruit Crackers	**30** Spaghetti & Meatballs Italian Vegetable Blend White Wheat Bread Spiced Pears	**31** CLOSED	**1** CLOSED	**2** CLOSED

- The suggested donation price per meal is $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.

- Questions about lunch? Please call City Fare: (302) 421-3734.

Word Search: Primates

Sunday, December 14 is international Monkey Day! Monkey Day celebrates monkeys and "all things simian", including other primates such as apes, tarsiers, and lemurs. Monkeys are characterized by their long limbs and tails, which help them to swing between trees. Most monkeys, unlike their relatives the great apes (chimpanzees, gorillas, orangutans, etc.) spend the majority of their time in tree canopies, where they eat fruit and berries and avoid predators like jaguars and snakes. To celebrate, complete the word search below!

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

SPIDER MONKEY
MANDRILL
GORILLA
HOWLER
PATAS
HUMAN
CHIMPANZEE
MARMOSET
MACAQUE
BONOBO
DIANA
LEMUR
BUSH BABY
TAMARIN
GIBBON
BABOON
LORIS
APE