



## March Spotlights

- Mid-County will be closed to members on Thursday, March 12, 2026 for a staff in-service day. After-hours pickleball sessions (3:30PM & 6PM) are still on.
  - Trips are back! See page 6 for more info.
- It's that time of year! If we have to close due to snow, ice, etc., notice will be sent out via email. Not sure if you're on our email list? Stop by the Office and ask! Closures will also be posted on our Facebook page and WDEL's SnoWatch page ([wdel.com/features/wdel-stormwatch](http://wdel.com/features/wdel-stormwatch)).

## APRIL 2026 PICKLEBALL REGISTRATION

Friday, March 20, 2026 | 8AM

## 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.

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

# Mid-County Information

## MARCH 2026 MESSAGE FROM HANNAH

March has finally arrived, and we can already feel the warm weather building (or so we hope!). The staff has been preparing all winter for engaging activities and speaking events, and we can't wait to share everything we have planned. We're thrilled to announce several new coach bus trips, offering fresh opportunities to explore, connect, and enjoy time together. First up? Shady Maple on Thurs., 4/2/26! For more information, stop by and chat with Trish.

As part of our Advancing Healthy Lifestyles Grant (made possible through the DE Division of Public Health's Physical Activity, Nutrition, and Obesity Prevention Program (PANO)), we have several March activities offered to our members at no cost (see page 6 for more info):

- Our third Cook-Along class for kids and seniors is on **Saturday, March 14 from 12PM - 2PM** - this class is a perfect chance to spend time with local kids, share a few laughs, and enjoy a delicious creation at the end.

- Crowd-favorite City Fare Registered Dietitian Megan DeMers will visit on **Wednesday, March 18 at 10AM** for a nutrition talk with snacks and giveaways.

- We're also offering a free yoga class on **Saturday, March 21 from 10AM - 11AM**.

Our instructor is Brittaney Valentino (who also runs our weekly yoga at the Center), and her sessions are welcoming, energizing, and accessible for all levels. It's a great way to stretch, breathe, and reset as we head into spring.

And that's just the beginning. March is packed with activities, gatherings, and opportunities to stay active and connected. We hope you'll join us for as many as you can - your presence is what makes this community so special.

Wishing you a vibrant and joyful month ahead!

### Office Staff

**Hannah Ciolek** - Executive Director

**Jess Kress** - Events / Outreach Coordinator

**Haley Williams** - Information & Design Director

**Trisha Zavrel** - Administrative Assistant

### Staff

**Larry Dineen** - Maintenance Supervisor

**Lori Lentz** - Nutrition Site Manager

### 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 - 10:15AM	Strength Training 9AM - 10AM	Bocce 8AM - 10:15AM	Strength Training 9AM - 10AM	
9:30AM							
10AM	Pickleball [3, 4, 5] 10AM - 12PM <i>Select Dates</i>	Yoga 10AM - 11AM	Tai Chi 10:30AM - 11:30AM	Yoga 10AM - 11AM	Tai Chi 10:30AM - 11:30AM	Pickleball [3,4] 10AM - 11AM	Pickleball [2, 3, 4] 10AM - 12PM <i>Select Dates</i>
10:30AM							
11AM							
11:30AM		Pickleball [3,4] 11:30AM - 12:30PM	Badminton 11:30AM - 1PM	Pickleball [3,4] 11:30AM - 12:30PM	Pickleball [2,3] 11AM - 12PM		
12PM							
12:30PM		Pickleball [3,4] 12:30PM - 1:30PM	Volleyball 1PM - 3PM	Pickleball [2,3] 12:30PM - 1:30PM	Pickleball [3, 4] 12PM - 1PM		
1PM							
1:30PM		Badminton 1:30PM - 3PM	Pickleball [2, 3] 3:30PM - 5:30PM	Badminton 1:30PM - 3PM	Pickleball [2, 3] 3:30PM - 5:30PM		
2PM							
3PM							
4PM							
5PM							
6PM		Pickleball [2, 3] 6PM - 8PM	Pickleball [4, 5] 6PM - 8PM		Pickleball [4, 5] 6PM - 8PM		
7PM							
8PM							

## Fitness Classes

### STRENGTH TRAINING

**Monday, Wednesday, & Friday | 9AM - 10AM | \$20.00 per month | Gym**

This energetic 1-hour class led by local personal trainer and group fitness instructor Jen Pernsley is designed to build muscle and improve cardio endurance by using everything from traditional hand weights and resistance bands to playground balls and other fun equipment! Haven't exercised in a while? No problem - Jen provides modifications for all abilities.

### E-Z-CISE

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

Offered twice a week, this 45-minute class is led by local personal trainer and group fitness instructor Becki O'Neill. E-Z-Cise is designed for folks who want to engage in building strength and coordination, but are more comfortable with body weight and resistance rather than weights. Becki provides modifications for seated and standing activities.

### BALANCE

**Wednesday | 10:30AM - 11AM | FREE! | Main Room**

Becki O'Neill also teaches Balance, a 30-minute workout for both your physical body and vestibular system! Designed to improve balance and coordination, benefits of this class include improving coordination, reduce your risk of falls, improve and spatial awareness.

### TAI CHI

**Tuesday & Thursday | 10:30AM - 11:30AM | FREE! | Gym**

Follow the Sun School of Taiji & Martial Arts with "Meditation in Motion", a 45 minute tai chi session with the goal of creating a strong body and clear mind.

### YOGA

**Monday & Wednesday | 10AM - 11AM | FREE! | Gym**

With guidance from local yoga and mindfulness meditation teacher Brittaney Valentino, this hour-long class is perfect for those who practice regularly or are brand new!

# 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.

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

## WEEKLY PROGRAMS

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

Balance: 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

Guitar Jam: Wednesdays from 10AM - 12PM in our New Activity 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.**

## CARING AND SHARING

### VIRTUAL GROUP

Monday, March 9 | 12PM - 2PM

## DHSS SOCIAL WORKER

Wednesday, March 11 | 10AM - 12PM

Appointments are not required.

## BOOK CLUB

Tuesday, March 17 | 12:30PM

Book: *Weyward* by Emilia Hart

## STAND BY ME 50+

Wednesday, March 4 | 8AM

Appointments are required.

## CITY FARE NUTRITION PRESENTATION

Tuesday, March 3 | 10AM | New Activity Room

City Fare's Registered Dietitian Megan DeMers will visit to educate members on diabetes!

## MID-COUNTY STAFF IN-SERVICE DAY 3/12/26

Mid-County will be closed to members on Thursday, March 12, 2026 for a staff in-service day.

After-hours pickleball sessions (3:30PM & 6PM) are still on.

## FREE ADVANCING HEALTHY LIFESTYLES PROGRAMS

**Cooking Class (with kids!):** Sat., 3/14/26 from 12PM - 2PM. Registered Dietitian April Callahan will lead us in preparing healthy meals! Small groups of seniors will be paired with local children to foster intergenerational learning! Sign up in the office or by email by 3/6/26.

**Nutrition Presentation:** Wed., 3/18 at 10AM with Registered Dietitian Megan DeMers from City Fare.

**Intergenerational Fitness Class:** Sat., 3/21/26 from 10AM - 11AM with Brittaney Valentino of Rooted Nest Yoga.

## MEMORY CAFE

Thursday, March 19 | 10AM - 12PM | New Activity Room

Memory Café is for people with mild memory loss and their caregivers to share stories, support, and friendships! No sign up required.

## SOCIAL SECURITY INFORMATION SESSION

Tuesday, March 24 | 9:30AM - 10:30AM | New Activity Room

Cameron Michalak and Ben Schoeffler are back to talk about social security claiming strategies and how seniors can maximize benefits and avoid common mistakes!

## UD HEALTH FOR ALL

Tuesday, March 31 | 9AM - 12PM | Main Room

Site activities include, but are not limited to, physical and behavioral health screenings and education (blood pressure and blood sugar screenings, health education materials, etc.).

## SPRING HAND BELLS PERFORMANCE

Wednesday, April 22 | 10AM - 11AM | Main Room

Ed Brugel and his hand bells will be here to welcome in spring!

## FOOD BANK OF DE MOBILE FOOD PANTRY

Tuesday, April 28 | 12PM - 3PM | Front Guard Parking Lot

# 2026 Trips

Please note: we are so happy to announce trips are back on the schedule!

Moving forward, our trips will now feature a 30 passenger coach bus. Our trip schedule has also been reduced, with us going on around 6 trips per year. The trips below are through August 2026, please check back later in the year for additional trips!

## Shady Maple

*East Earl, PA (near Lancaster, PA)*

Thursday, April 2, 2026 | 9AM - 3:30PM | \$25.00

Just in time for Easter, this trip to Shady Maple is the perfect opportunity to stock up on fresh produce, baked goods, and other specialties. Lunch will follow at the famous Shady Maple Smorgasbord, America's largest buffet! While the trip costs \$25.00, lunch is on your own - meaning you pay and settle your bill. The Smorgasbord costs approximately \$24.00, so we recommend budgeting at least \$30.00 for lunch to be on the safe side.

## 1776: The Musical

*Walnut Street Theatre, Philadelphia, PA*

Thursday, May 28, 2026 | 10AM - 5PM | **SOLD OUT!**

Celebrate 250 years of America at our nation's oldest theatre!

The founding fathers come alive in this classic, award-winning Broadway musical. Join John Adams, Benjamin Franklin, and Thomas Jefferson as they fight for independence against a deadlocked Continental Congress in a retelling filled with humor, romance, pathos, and nail-biting tension. Lunch will be at a local restaurant near the theatre before show time.

While the trip costs \$100.00, lunch is on your own - meaning you pay and settle your bill.

We recommend budgeting at least \$50.00 for lunch to be on the safe side.

## Bay Breeze: Chesapeake Boat Cruise

*Chesapeake City, MD*

Thursday, June 25, 2026 | 9:30AM - 3:30PM | \$50.00

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 \$50.00, lunch is on your own - meaning you pay and settle your bill. We recommend budgeting at least \$50.00 for lunch to be on the safe side.

## Candlelight Dinner Theatre: Annie

*Arden, DE (in North Wilmington)*

Wednesday, August 19, 2026 | 10AM - 3PM | \$100.00

Little orphan Annie charms everyone's hearts as she attempts to find the parents who abandoned her years ago on the doorstep of a New York City orphanage. Annie has become a worldwide phenomenon and was the winner of seven Tony Awards, including Best Musical. Lunch is included in the price of this trip. Lunch is served at the Theatre from 11AM - 12:30PM, and the show starts at 1PM.

# MARCH 2026 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> BBQ chicken bites Cheesy grits Side salad with cucumbers and tomatoes Fresh orange	<b>3</b> Oven fried chicken Mashed potatoes with gravy Seasoned greens Split top roll Fresh apple	<b>4</b> Chili with shredded cheese Baked potato Corn muffin Mandarin oranges	<b>5</b> Spaghetti & meatballs Italian vegetable blend White wheat bread Spiced pears	<b>6</b> French toast sticks Turkey sausage Cheese omelet Home fries Fresh cut fruit
<b>9</b> Dry rub chicken Caribbean blend Vegetables Stuffing Diced peaches	<b>10</b> Italian sausage with peppers & onions on club roll Sweet potato fries Apple slices	<b>11</b> Turkey sandwich on Kaiser roll with cranberry sauce Pea soup Fresh orange	<b>12</b>  CLOSED	<b>13</b> Breaded flounder with tartar sauce Stewed tomatoes Mac and cheese Applesauce
<b>16</b> Stuffed peppers with marinara sauce Mashed potatoes Diced pears Split top roll	<b>17</b> Ham with scalloped potatoes Cooked cabbage Rye bread Apple crumble with ice cream	<b>18</b> Chicken cordon bleu Roasted baby potatoes Green beans Split top roll Fresh cut fruit	<b>19</b> Ham & Swiss on whole wheat bread Broccoli soup Fresh pear	<b>20</b> Fish patty sandwich on a brioche bun Potato wedges Peas Tartar sauce Pickles Applesauce
<b>23</b> Meatloaf with gravy Mashed potatoes Broccoli White/wheat bread Fresh orange	<b>24</b> Chicken & dumplings Peas & carrots Spiced peaches	<b>25</b> Lemon garlic chicken with zucchini Brown rice Fresh cut fruit	<b>26</b> Swedish meatballs Bow tie pasta Brussel sprouts Apple slices	<b>27</b> Salmon with dill sauce Fresh baked sweet potato Cauliflower Hawaiian roll Fresh pear
<b>30</b> Chicken stir fry with peppers and onions Brown rice Mandarin oranges Vegetable egg roll	<b>31</b> Reuben (roast beef, Swiss, sauerkraut, Russian dressing) Vegetable soup Fresh cut fruit	<b>1</b> Roasted turkey with gravy Yams Green beans Whole grain bread Fresh pear	<b>2</b> Pork loin with mushroom gravy Bow tie noodles Peas Fruit cup	<b>3</b>  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: Spring Flowers

National Plant a Flower Day is celebrated on Thursday, March 12!

National Plant a Flower Day is a holiday that encourages planting flowers, signaling the start of spring and supporting vital pollinators like bees and butterflies. It promotes environmental biodiversity, boosts mental well-being, and beautifies spaces. Celebrate by completing the word search below!

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

rhododendron

hyacinth

daffodil

zinnia

peony

iris

honeysuckle

marigold

anemone

aster

lilac

hydrangea

lavendar

catmint

poppy

daisy

hollyhock

geranium

petunia

pansy

tulip