

Nanticoke Senior Center
1001 West Locust Street
P. O. Box 406
Seaford, DE 19973

Return Service Requested

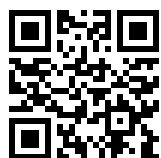
Non-Profit Organization
U. S. Postage Paid
Georgetown, DE 19947
Permit # 147



302-629-4939

Fax: 302-629-2698

www.nanticokeseniorcenter.com



Celebrating Aging!! **MAY** 2024
Nanticoke Senior Center

Nanticoke Senior Center will be Closed May 27th to celebrate Memorial Day!!

Short Term Memory Returns

Saturday, June 1st, 6-8pm

\$10 per person

Food Available for Purchase

BYOB and 50/50

Wear your Dancing Shoes

Tickets go on sale May 1st.



7TH ANNUAL TEE HIGH LET IT FLY GOLF TOURNAMENT
HOOPERS LANDING GOLF COURSE
SEAFORD, DE

JUNE 14TH, 2024
RAINDATE JUNE 17TH, 2024

- 8 AM Pastries and Coffee
- 9 AM Shotgun start, cart included
- Handicap, Scramble
- Two drink tickets
- Lunch with Awards

\$400 PER FOURSOME
PROCEEDS BENEFIT PROGRAMS & SERVICES PROVIDED BY

NANTICOKE SENIOR CENTER 302.629.4939

Diamond Tours and NSC Team Up Once Again!!

Experience Lancaster at its Finest, October 15 and 16 for only \$425

1 night lodging, 1 dinner, 1 breakfast, admission to see "Daniel" at Sight an Sound, Kitchen Kettle & more. For more information or to sign up, please call the Center and ask for Diana (302) 629-4939.

1001 West Locust Street - Seaford, DE 19973 - 302-629-4939 - www.nanticokeseniorcenter.com



GYM HOURS

7:00 a.m. to 4:00 p.m.

Please use Gym wipes after using the gym equipment.

Please Keep Equipment Clean

ATTENTION;

FOR SAFETY'S SAKE

Please do not workout alone in the "Fitness Center", always have someone there for your SAFETY and theirs's.



Membership

Membership (50+): \$50/year per person

The center is open to all without discrimination as to race, creed, gender, national origin, or sexual orientation. You may obtain a membership application at the front desk. Membership meetings are held every quarter.

SPECIAL MEMBER SERVICES

Transportation: (daily)

Please call the center before 8:00 a.m. to be added to each day's pick-up list.

Prescription Refills and Medical Appointments:

Contact the front desk to make arrangements. 48 hours notice is required for appointments-members only. **(No appointments after 1 p.m.)**

HOMEBOUND MEALS

We deliver up to (7) nutritious meals a week. We deliver three days a week (Monday, Wednesday, and Friday) to eligible individuals who live within the Seaford zip code.

If you or someone you know is eligible for Nanticoke Senior Center's Homebound Meal Program, call us at 629-4939 or email at outreach@nanticokecenter.com

We accept Medicaid & Private Insurance

Nanticoke Senior Center is an EOE Employer

Contact the Center

Main Office: 302-629-4939

Website: www.nanticokecenter.com

Check out our Facebook Page

Hours of Operation: 7am - 4pm
(Monday through Friday)



Stay up to date with events and daily info on our Facebook page.

Nanticoke Senior Center

Our Mission Statement

We provide a place for members 50+ to meet and participate in leisure and educational activities that address their health, happiness and Independence.

THE NANTICOKE CAFE

Breakfast snacks & Coffee are available 7:30 - 10:30 am (daily) \$1. Lunch is served daily from 11:30 a.m. to 12:30 p.m. (See the menu)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Have we MISSED your Birthday???</p> <p>If so please let us know!!!</p> </div>			1 Carole Hoffman	2 Meg Cook Cecelia Evans Connie Halter Bonny Hastings Rita Jones William Mulvaney Doreen Webb Frank Wills	3 Kathleen Kelleher	4 Fred Sponseller Geri Stagg
5 Peggy Hysan Edna Marvil Jean Mcgee Nancy Searcey	6 Andrew Pogan Kathy Whittaker	7 Sharon Brittingham Edward Smith	8 Paul Missfeldt	9 Alan King	10 Marvin Bolt Joey Grasset	11 Paula Gunson Barbara Loud George Schultz Debbie Short
12 Lois Chase Shirley Smith Roberto Villasenor	13	14 John Concannon Linda Dean John Isenhower Dolores Kusman	15 Janet Covey Pamela Gilbert Lynda Maloney	16 Susan Davis Ruth Palmer Thomas Shockley Patricia Sikora Lauri Slone Robert Webb	17 Donald Cecil	18 Ralph Buro Craig Havrilla Carol Jackson Cheryl Taylor
19	20 Shelia Callaway Allen Handy Junius Nichols	21 Donna Bennett Ejay Morales Doug O'Neal	22 Judy Paxson	23 Laooine Kouts Patricia Linnane	24 Liz Zimmerman	25 Carol Calloway Diana Trice
26 Ellie Carter Herbert Higgins	27 Marvin Gray Gordon Logan	28	29 Jeanne Dunning Randy O'Bier	30	31 Jonathan Hearn	

Nanticoke Senior Center Staff:

*Brenda Givens; Director of Operations,
Margaret Parks; Assistant Director of Operations
Mary Lynn Huberty; Kitchen Manager
Cheryl Johnson; Food Service Director
Melanie Stakiel; Outreach & Marketing
Diana Brittingham; Office Manager*

Food Service Assistants

Joanne Chairadonna
Steve Carroll
Libby Hudson
Virginia Smith

Receptionists

Lee Williams
Diane Keener

Transportation

Dennis Smith
Gene Logan
Frank Repici

Building Specialists

Kerry Hall
Nelson Alston

ACTIVITY LEVELS: The following activity levels will be assigned to trips to help you decide which trips are suitable to your walking capacity.

Easy (E); there will be minimal walking on primarily flat surfaces

Moderate (M); leisurely walking, possibly of stairs, some standing

Difficult (D); extended periods of walking, may be steps, uneven surfaces, some inclines



Ice Cream Sundaes,
Come have lunch and enjoy this special treat, May 20th, ice cream and toppings!!

New Members

Welcome

- Janet Vargas Sheila Tull
- Leeann Wells Edy Cordrey
- Shephen Falcher Annette Stanley
- Susan Wooters Jerry Wooters
- Josephine Bryant Sr. Charles Agan
- Theresa Simamcek Bonny Hastings
- James Cooper Melissa Cooper
- Bob Atkinson Kathy Porter
- Stephen MacEmcy Robert Tate
- Deborah Deckard Joyce Fisher
- Ruth Ann Cook Richard Fleetwood
- Jenny Carey Deanna Collins
- Deborah Starks Langjahr
- Patricia Jester Cheryl Taylor

Danny's Coffee Meeting



State Representative, Danny Short will be here Wednesday, May 1st, at 8:00 a.m. to share topics of interest within our community.
Free Coffee and Danish. Open to the public.

MAY'S MONTHLY ACTIVITIES AT THE CENTER

(Must be a Member to participate in the following events)

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
		1 8:00 Danny's Coffee (nonmembers welcome) 10:00 Bridge 10:00 Bible Study 12:00 Poker 12:00 Trivia	2 9:00 Drums Alive 10:00 Pinochle 1:30 Line Dancing 2 to 4, NSC Chicken Bucket to GO	3 10:00 Bridge 1:00 BINGO
6 Run with Rhonda 8:45 & 9:45 Exercise 10:00 Bridge 10:00 Canasta 12:30 Walking Club 1:30 Line Dancing	7 10:00 Bridge	8 8:45 & 9:45 Exercise 10:00 Bridge 10:00 Bible Study 12:00 Poker 12:00 Trivia	9 9:00 Drums Alive 10:00 Pinochle 10:30 Birthday Lunch 1:30 Line Dance 2 to 4, NSC Chicken Bucket to GO	10 10:00 Bridge 1:00 Special BINGO
13 Run with Rhonda 8:45 & 9:45 Exercise 10:00 Bridge 10:00 Canasta 12:30 Walking Club 1:30 Line Dancing	14 10:00 Bridge 11:00 Avery Hall	15 9:00 Board Meeting 8:45 & 9:45 Exercise 10:00 Bridge 10:00 Bible Study 12:00 Poker 12:00 Trivia	16 9:00 Drums Alive 10:00 Pinochle 2:00 Afternoon Delight 2 to 4, NSC Chicken Bucket to GO	17 10:00 Bridge 1:00 BINGO
20 Run with Rhonda 8:45 & 9:45 Exercise 10:00 Bridge 10:00 Canasta 11:30 Ice Cr 12:30 Walking Club 1:30 Line Dancing	21 10:00 Dominos 10:00 Bridge	22 8:45 & 9:45 Exercise 10:00 Bridge 10:00 Bible Study 12:00 Poker 12:00 Trivia	23 9:00 Drums Alive 10:00 Pinochle 1:30 Line Dancing 2 to 4, NSC Chicken Bucket to GO	24 10:00 Bridge 1:00 BINGO
27 CLOSED Happy Memorial Day	28 10:00 Bridge	29 8:45 & 9:45 Exercise 10:00 Bridge 10:00 Bible Study 12:00 Poker 12:00 Trivia	30 9:00 Drums Alive 10:00 Pinochle 1:30 Line Dancing 2 to 4 Chicken to GO	31 10:00 Bridge 1:00 BINGO



Every Friday from 1:00 to 2:00 in the Ballroom.
Bring a Friend!!!
Special Bingo, May 10th
Two free cards, special prizes.

Afternoon Delight

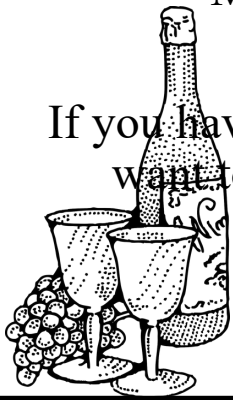
May 16th, from 2 to 3

Please sign up....

If you have a favorite kind of wine and want to bring it, please feel free.

All Wine Welcome!!

Price \$5.00



Root Beer Float Day May 24th

Come for lunch and have one of the BEST floats you've ever had (old school).



THE DAY AND THE LIFE

"Thank you for calling" are the first words they hear. Cheerful and Happy, our smiles they feel.

How can we help you, there's always a need. We'll find the answers, to the questions they plea.

Open at seven, a group wanders in. The first round of people, to work out in our gym.

A little bit later a class begins. Stretching and Moving, with our own Mary Lynn.

Bridge at ten, and trips galore. Or just having coffee, You'll always want more.

A puzzle in the hall, ready to be worked. Just one to two pieces you'll have to search.

Haven't had lunch? You're at the right place. Eight dollars for a meal in a nice cozy space.

There's BINGO, there's Line Dancing, Trivia and Billiard's too. All these things the Center has for you.

More than Senior Center, a Family are we. 1000 strong and happy as can be.

So many things happening I can't name them all. Just come in and try us, You'll have a ball.

Shared By; Diana Brittingham

Health & Wellness

EXERCISE CLASSES

Instructor, Mary Lynn Huberty

Exercise Classes

May 2024

Monday & Wednesday

\$3.00 per class

STRETCH & MOVE: This class meets on Mondays and Wednesdays from 8:45 to 9:30.

GENTLE EXERCISE: This class will meet on Monday and Wednesdays from 9:45 to 10:30.

YOUR MEDICARE OPTIONS

Do you have questions concerning your Medicare Options??

Come see Dennis McConnell and let him help you with your questions.

Monday, 10 to 12

Please call for an appointment

302-629-4939

Medicare Advantage, Supplemental Coverage & Medicare Options

Line Dancing Classes

May 2024

Mondays and Thursdays

Cost is \$3.00 per class

Intermediate class 1:30 to 2:45.

COME JOIN THE FUN!!

Want to "SPRING" into step? Come join the Basic Beginner Line Dance class every Monday and Thursday at 2:45 with Pat McDowell. Wear comfortable shoes, no heels, croc's or sandals please.

Cost is \$3.00 per class.

Drums Alive Cardio Workout Class

Thursdays, 9 to 9:45 in the Ballroom, \$3.00 per class

We promise you a banging good time!!

Mary Lynn Huberty, Instructor

www.averyhall.com 318 E. Main St., Salisbury, MD 21801

Medicare Questions?
Avery Hall Insurance Can Help!

NANTICOKE SENIOR CENTER
11001 West Locust Street
Seaford, DE 19973
2nd Tuesday of Every Month in 2023 11:00 AM
To RSVP please contact Diana or Mary Lynn at 302-629-4939

Navigate Medicare with Confidence with this FREE Educational Seminar!

TRACY K. JONES
AVERY HALL BENEFIT SOLUTIONS
302-330-2107
tjones@averyhall.com

Exercise, Line Dancing & Drums Alive Tickets are now \$3.00 each.

OR

Buy a book of 10 tickets for \$25.00 and save. Books of tickets can be used for all 3 classes.

SEE YOU ON THE DANCE FLOOR



Nanticoke Senior Center Welcomes

Three's A Crowd

May 9th, at 10:30,

Must sign up by May, 6th

PRICE; \$12.00

SPECIAL MENU:

Fettuccine Alfredo with Shrimp

Broccoli and Garlic Bread

Surprise Dessert

There will be "Boots", they are made for walking. Be sure to wear yours!!

*SEE TRIP DIFFICULTY LEVELS ON page 10

At A Glance-TRIPS

5/1 Sign Up Day! Members Only!! Trip sign ups must be done in person between the hours of 7 am and 10 am. After 10, members may call to sign up and pay for trips over the phone.

Run with Rhonda, every Monday at 10:00; Let us help you catch up on your errands. Seaford area only. Bring money for purchases. Free, to members only.

5/2&3 Thurs. and Fri. 10:00 to 2:00 , Springfest, Ocean City; Greet the warmer weather with tasty treats, lively music and crafts. Members \$5, bring money for lunch. (M-H)

5/8 Wed. 10:30, ROMEO & JULIET, Tidewater Inn, Easton; Hunter’s Tavern invites you to Savor an extraordinary culinary experience that embodies the essence of an Eastern Shore Meal. Members \$5, bring money for lunch!! (E-M)

5/10 Fri. 10:00, Ocean Downs; You gotta to play to win!! Members \$5. (E)

5/15 Wed. 9:00, JULIET & NOT so Mystery, Mystery Trip with Brenda, Bethany; We are giving away the secret this month due to the cost. We are off to the Board & Brush in Bethany. Price \$75, includes light lunch and painted board to bring home. (E)

5/16 Thurs. 11:30, ROMEO, R & R Bar and Grill, Laurel; Great food and daily drink specials. Members \$5, bring money for lunch.

5/18 Sat. 9:00 to 4:00, First State Air Show Dover AFB; Both F-35A Lightning II Demo Team and Golden Knights will headline this year’s open house and air show at Dover Air Force Base. Members \$5, bring sunscreen. Bring money for food and purchases. (M-H)

5/21 Tues. 9:45, Shorebird Game, Salisbury; Day game, price includes, hot dog, chips, and a water. Can’t beat that!! Members \$20 (M)

5/22 Wed. 9:30, Chesapeake Bay Museum, St. Michaels; This museum explores and preserves the history, environment, and culture of the entire Chesapeake Bay region, and makes this resource accessible to all. Members \$20. Bring money for lunch. (M-H)

5/23 Thurs. 10:30, Libby’s Coastal Kitchen, Stevensonville; From the moment you hop off the bus and enter our doors, we consider you a cherished family member and look forward to serving you. Bring money for lunch. Members \$5. (E)

5/29 Wed. 11:00, Suicide Bridge; Fresh Seafood, choice of hand cut steaks and homemade desserts. Members, \$5.00 . Bring money for food. (E)

5/30 Thurs. 9:45, Salisbury Zoo; The Salisbury Zoo chooses to mainly house species native to North, South America and Australia. LUNCH, will be a tasty treat at Chil-ies. Members \$5. (M-H)

Please note that the times provided are bus departure times. Please arrive 10 to 15 minutes early.

Name: _____ Date: _____

MERRY MONTH OF MAY

Word Search

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

BASEBALL


BLOSSOM

BUMBLEBEE

BUTTERFLY

CINCO DE MAYO

FLOWERS



GARDEN

GEMINI

GREEN

LADYBUG

LAWN MOWER

MAYPOLE

MEMORIAL DAY

MOM

MOTHER'S DAY

PIÑATA

PLANT

SEEDS

SPRING

SUNSHINE

TAURUS

TEACHER

© 2022 puzzles-to-print.com

BOARD OF DIRECTORS

Amy Higgins
PRESIDENT

Lora Schuler
FIRST VICE PRESIDENT

Jennifer Southard
SECOND VICE PRESIDENT

Nancy Dorman
SECRETARY

Phyllis Parker
TREASURER

Jim Bowden **Deb Forespring**
Lisa Miller **JC Willin**
Ed Gibson **T.L. Wright**
Eugene Franceschi **Cyndi Mulder**
Norman Poole **Jerry Dorsey**
Alan King **Celestine Dorsey**

Honorary:
Travis Kouts Jane Webb

The Jones Boys Band
Returns to NSC

Saturday, May 4th, 6:00 to 8:00
Price \$10.00, Doors open at 5:30



Inquiring Minds
Want To Know....



Home Bound Meals, at least 100 recipients rely on getting these fresh meals from the Senior Center every week of the year (rain, sleet, wind, snow, the food is delivered).

Okay, I love life, just not cooking. Yet those who work in our Center's kitchen go about their tasks 5 days a week preparing for those less fortunate. Meals that will nourish their souls. The Kitchen staff need gold stars in their crowns for all they do.

Before we sit down for lunch, the staff has already prepared 100 fresh meals to those Homebound members and sent the meals on their way by volunteers.

It has been a challenge and the job is quite demanding but Mary Lynn Huberty, Cheryl Johnson, Melanie Stakiel, along with guidance from Steve Carroll, have all managed, (I bet they are glad I didn't raise my hand to help!)

Oh, and just so you know, these Homebound meals are not free. The recipients pay their fair share just like you and I do for our lunch.

Speaking of us, have you noticed the new variety of lunches we are offered? Would you believe that only 1/3 of our membership join us for lunch-2/3 of you are missing out on great lunches, entertainment some days and great wonderful friendships.

Yeah, lunches are now \$8.00, still cheap for what you get, but whose fault is that? Those over in Washington seem to love inflation-politics...I got to go.....

Until next time!!!

NSC Lickin Good Chicken Bucket

Every Thursday in May from 2 to 4
\$12.00 per 8 piece Bucket



Must call ahead to place order!!

Orders must be placed no later than 10:00 a.m. on Thursday!!



May Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
MENU SUBJECT TO CHANGE		<i>Cheeseburger French Fries Beets Chef's Choice</i>	<i>Fried Chicken Potato Salad Applesauce Tomato & Mac</i>	<i>Salad Bar Tomato & Mac</i>
6	7	8	9	10
<i>Shepherds Pie Bean Salad NE Clam Chowder</i>	<i>Fish Fingers French Fries Macaroni Salad NE Clam Chowder</i>	<i>Reuben Sandwich with Soup Chef's Choice</i>	<i>Birthday Lunch Fettuccine Alfredo with Shrimp Broccoli Garlic Bread</i>	<i>Salad Bar Creamy Chicken</i>
13	14	15	16	17
<i>Cheesy Shrimp Casserole Peas & Roll Loaded Potato</i>	<i>Smothered Pork Chops Mashed Potatoes Peas & Carrots Loaded Potato</i>	<i>Baked Chicken Mashed Potatoes Green Beans Chef's Choice</i>	<i>Cold Cut Sub Onion Rings Creamy Tomato</i>	<i>Salad Bar Creamy Tomato</i>
20	21	22	23	24
<i>Salmon Patties Pasta Salad Peas Split Pea w/ Ham</i>	<i>Sloppy Joe Macaroni Salad Corn Split Pea w/ Ham</i>	<i>Baked Ziti Salad Garlic Bread Chef's Choice</i>	<i>Tuscan Chicken over Fettuccine Tossed Salad Garlic Bread Corn Chowder</i>	<i>Salad Bar Corn Chowder</i>
27	28	29	30	31
<i>CLOSED Happy Memorial Day</i>	<i>Liver and Onions Mashed Potatoes Peas Italian Wedding</i>	<i>Chicken Parm Buttered Noodles Carrots Chef's Salad</i>	<i>Beef & Broccoli Rice and Roll Italian Wedding</i>	<i>Salad Bar Chicken Noodle</i>