

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



Congratulations Annette Stanley, Our 1000th Member (2023-2024)



March 7th, 2024!! Timing is everything.
Annette will soon retire from M&T Bank with
40 years of service. We wish her well and hope
to see her around the Center often!!



Every Wednesday, 12:00 to
1:30. Come have lunch
and stay to play!!

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.



Our FAVORITE time of year is finally here.
Greet the warmer weather at **Springfest**. Its four
days full of tasty treats, live music and crafts, all
located at the OC Inlet.

Join us May 2nd or 3rd for a fun, full day. Sign
ups begin April 1st. Members only, \$5.00.

Bus will leave here at 9:30 sharp!!!

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



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.

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.)

Main Office: 302-629-4939
Website: www.nantickeseniorcenter.com
Check out our Facebook Page
Hours of Operation: 7am - 4pm
(Monday through Friday)

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

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

Please use Gym wipes after using the gym equipment.
Please Keep Equipment Clean

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

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@nanticoke seniorcenter.com

We accept Medicaid & Private Insurance

Nanticoke Senior Center is an EOE Employer

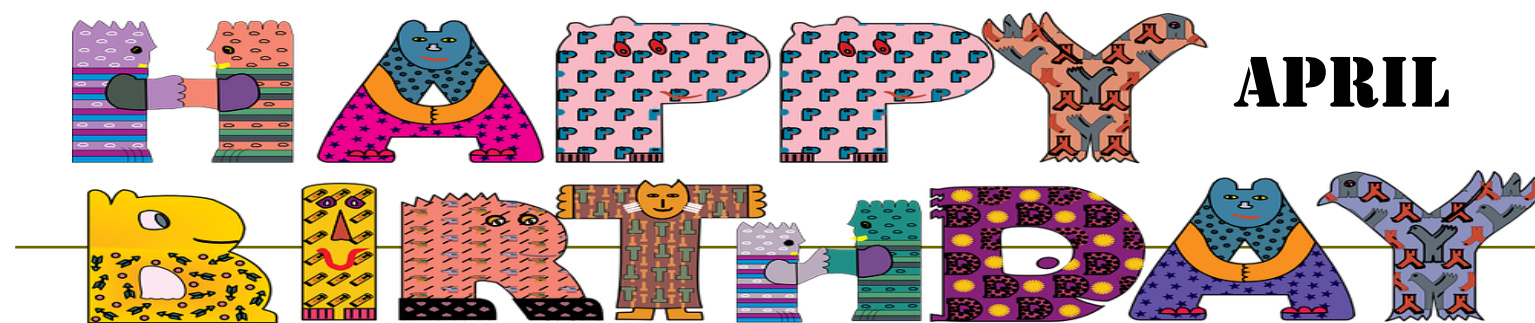


Stay up to date with
events and daily info on
our Facebook page.

Nanticoke Senior Center

THE NANTICOKE
&
ble
(daily) \$1

Breakfast snacks &
Coffee are available
7:30 - 10:30 am (daily) \$1.
Lunch is served daily from
11:30 a.m. to 12:45 p.m.
(See the menu)



Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

	1 Kathi Adams	2 Rebecca Quillen Milton Repa Darlene Whaley	3	4 Carolyn Dowling Ed Evans Janice Miller	5 Milton Brunner Noel Dykes	6 Luvenia Bailey Mary Hammer Beverly Marr Poppy John Sapp Sandra Ulibarri Jake Wyatt
7 Dora Cummings Janet Foskey Casey Ogden Marjory Schultz	8 Sylvester Bunting Charles Michel Charles Palmer	9 Ray Lechowicz	10 Linda Vincent	11 Joyce Adams Valerie Jefferson Linda Mueller Robert Sharp Ginger Speight	12 Kathy Phlipot	13 Nancy Harper Rose Taylor
14 Rocco Croce Laura Prophet	15 Gigi Hastings	16 Danny Short	17 Judi Pusey	18 Wayne Rigby Donna Timmons	19 Brenda Jones Leonard Perkoski	20 James Pinder
21 Sandra Lyle	22 Walter Moyer	23 Kay Jones Robert Jones Richard Stinchcomb	24 Leatha Foreman Everette Masten Polly Ward	25	26 Jackie Henley	27 Ellen Allio Suzanne Carmean Karen Hearn Larry Torbert
28 Harry Allen Carol Schreffler Christine Waller	29 Robin Beard James Thompson Karen Palmer Roger Tallent	30 Kathy Giannone Gail Love David Parker Zaida Petaia				

Have we MISSED your Birthday???
If so please let us know!!!

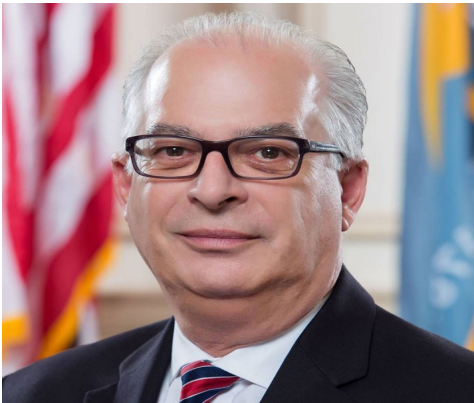
Have we MISSED your Birthday???
If so please let us know!!!

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
Rhonda Cubbage; Director of Transportation*

<u>Food Service Assistants</u>	<u>Receptionists</u>
Joanne Chairadonna	Lee Williams
Steve Carroll	Diane Keener
Libby Hudson	
Virginia Smith	
<u>Transportation</u>	<u>Building Specialists</u>
Dennis Smith	Kerry Hall
Gene Logan	Nelson Alston
Frank Repici	

Danny’s Coffee Meeting



State Representative, Danny Short will be here Wednesday, April 3rd, at 8:00 a.m. to share topics of interest within our community.
Free Coffee and Danish

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, April 15th, ice cream and toppings!!

Welcome
New Members

- | | |
|-------------------|------------------|
| Robin Beard | Herbert Higgins |
| Florence Hoffman | Norman Hoffman |
| Virginia Hastings | Caroline Cole |
| Kevin Hochstedler | Linda Vincent |
| Anna Holster | Leatha Foreman |
| Rebecca Quillen | Ron Quillen |
| Teresa Passwaters | Timothy Timmons |
| Brenda Everheart | Richard Hamilton |
| Steve West | Nancy West |
| Roberta Gosser | Louron Styers |
| Randy Lee | Ann Lee |
| Vincent Joy | Janet Wolridge |
| Marvin Gray | Margaret Gray |
| Gena Miller | Sandy Smith |

APRIL’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 Run with Rhonda 8:45 / 9:45 Exercise 10:00 Bridge 10:00 Canasta 10:30 Walking Club 1:30 Line Dancing	2 10:00 Dominos 1:00 Members Meeting	3 8:00 Danny’s Coffee (nonmembers welcome) 8:45 / 9:45 Exercise 10:00 Bridge 10:00 Bible Study 12:00 Poker 12:00 Trivia	4 9:00 Drums Alive 10:00 Pinochle 1:30 Line Dancing	5 9:00 AARP Taxes 10:00 Bridge 1:00 BINGO
8 Run with Rhonda 8:45 / 9:45 Exercise 10:00 Bridge 10:00 Canasta 10:30 Walking Club 1:30 Line Dancing	9 11:00 Avery Hall	10 8:45 / 9:45 Exercise 10:00 Bridge 10:00 Bible Study 12:00 Poker 12:00 Trivia	11 9:00 Drums Alive 10:00 Pinochle 10:30 Birthday Lunch 1:30 Line Dancing	12 9:00 AARP Taxes 10:00 Bridge 1:00 Special BINGO
15 Run with Rhonda 8:45 / 9:45 Exercise 10:00 Bridge 10:00 Canasta 10:30 Walking Club 1:30 Line Dancing	16 IN SERVICE DAY Closed to Members	17 9:00 Board Meeting 8:45 / 9:45 Exercise 10:00 Bridge 10:00 Bible Study 12:00 Poker 12:00 Trivia	18 9:00 Drums Alive 10:00 Pinochle 1:30 Line Dancing 2:00 Afternoon Delight	19 10:00 Bridge 1:00 BINGO
22 Run with Rhonda 8:45 / 9:45 Exercise 10:00 Bridge 10:00 Canasta 10:30 Walking Club 1:30 Line Dancing	23 10:00 Dominos 5:00 Pizza & Movie	24 8:45 / 9:45 Exercise 10:00 Bridge 10:00 Bible Study 12:00 Poker 12: Trivia	25 9:00 Drums Alive 10:00 Pinochle 1:30 Line Dancing	26 10:00 Bridge 1:00 BINGO
29 Run with Rhonda 8:45 / 9:45 Exercise 10:00 Bridge 10:00 Canasta 10:30 Walking Club 1:30 Line Dancing	30 10:00 Bridge			

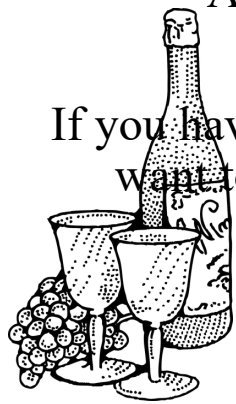
BINGO

Afternoon Delight

April 18th, 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!!

Every Friday
from 1:00 to
2:00 in the Ball-
room. Bring a
Friend!!!

Special BINGO

April 12th,

Two free cards, special
prizes, extra cards can be
purchased for \$3.00

Prizes need to be
limited to one prize
per game.

The Jones Boys Band Returns to NSC

Saturday, May 4th, 6:00 to 8:00

Tickets go on sale April 1st,

Food & Snacks will be avail-
able for purchase.

Doors open at 5:30



Happy Birthday

Nanticoke Senior Center welcomes the
return of our very favorite, Everett Spells.

April 11th, at 10:30,

Must sign up by April, 8th

PRICE; \$12.00



SPECIAL MENU:

Turkey and Dressing

Mashed Potatoes, Green Beans and
Cranberry Sauce

Homemade Pies for Dessert

Health & Wellness

EXERCISE CLASSES

Instructor, Mary Lynn Huberty

Exercise Classes

April 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

April 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, starting
Monday, April 1st. Wear comforta-
ble shoes, no heels, croc's or san-
dals please.

Cost is \$3.00 per class.

Drums Alive Cardio Workout Class

Thursday's, 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.

At A Glance-TRIPS

4/1 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.

4/4 Thurs. 10:30, Spaghetti House, Easton; The Spaghetti House offers authentic Italian Cuisine, including home made pasta, sauces and pizza. Members \$5, bring money for lunch. (E)

4/9 Tues. 9:30, JULIET, Browseabout Book Store, Rehoboth; Independent and Local, come in, have a seat, or find that special book. Then enjoy lunch at Blackwall At The Beach, freshest coastal flavors at the beach. Members \$5, bring money for lunch!! (E-M)

4/12 Fri. 10:00, Harrington Casino; You gotta to play to win!! Members \$5. (E)

4/17 Wed. 10:30, Romeo & Juliet, Matt’s Fish Camp, Lewis; Classis comfort foods and seafood favorites. Members \$5, bring money for lunch. (E)

4/18 Thurs. 10:30, ROMEO, Touchdown, Dover; Family owned restaurant in Dover. Homemade food, big screen T.V’s, cold beer. Members \$5. (E)

4/19 Fri. 9:30, Boys and Girls Club, Open Swim; 10 to 11 swim, then return to the Center for a box lunch. Members \$15, includes lunch and swim.

4/23 Tues. 9:30, Brush Factory, Lewis; The unique and unusual, for your home and garden. Then lunch, Above The Dunes, they have everything from lobster Rolls to Hamburgers. Members \$5,. Bring money for lunch. (E-M)

4/24 Wed. 9:30 Mystery Trip; Tip toe through the tulips with Frank, and enjoy one spicy meatball. Members \$5. Bring money for lunch. (M)

4/25 Thurs. Legislature Hall, Dover DE ; Gain a better understanding of the historical relevance of our State Capital. Danny Short will be on location as he gives us a private tour, plus lunch. Members \$5. (M)

4/27 Sat. 10:00, Bug & Bud Festival, Milford, DE; Come and enjoy this small town with lots of vendors, food and FUN. Members, \$5.00 . Bring money for food and purchases. (M-D)

4/30 Tues. 9:45, T-Shorebirds Game; Price includes tickets, hot dog, chips and a bottle of water. Members \$20. (M)

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

Name: _____

Date: _____

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

SPRING



Word Search

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



APRIL	GRASS	RAINCOAT
BABY ANIMALS	GROW	RAINBOW
BREEZE	HATCH	REBIRTH
BULBS	MARCH	SHOWERS
BUTTERFLY	MAY	SPRING BREAK
CLEANING	MELT	SPROUT
EASTER	MOTHER'S DAY	SUNSHINE
EGGS	NEST	THAW
FLOWERS	PUDDLES	UMBRELLA
GALOSHES	RABBIT	WARMING

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Honorary:

Travis Kouts Jane Webb

Price Increases As Of April 1st

The battle is over, we lost, price increases beginning April 1st.

Exercise, Drums Alive

Line Dancing, \$3.00 each

(\$3.00 tickets can be purchased for all the above)

Afternoon Delight, \$5.00

LUNCH

Combo's, \$8.00 (includes entrée or sandwich with a cup of soup)

Sandwiches, \$5.00

Soup, cup \$3.00 Bowl \$ 5.00

Dessert and Sides \$2.00

Chips and Drinks \$1.00

Inquiring Minds
Want To Know....



Long ago between the 40's and 60's there was Tom Todd's Pool Hall next to the Palace theatre on High Street. From late afternoons to early in the AM men would "rack them up" be it eight ball nine ball or straight pool.

Sadly Tom's closed and there was no Pool Hall available for 60 years until the Senior Center got a couple pool tables. Now from 9AM to 11AM you can hear the cue ball crack as it hits another ball (hopefully) in a side pocket. The 3 big differences from Tom Todd's Pool Hall and the Senior Center—NO smoking, women can play and its in the morning (we seniors need our naps.)

Now, if these pool sharks would play until 11:30 am they could join the rest of us for a delicious lunch prepared by Cheryl Johnson and her staff.

Every week the menu is different, freshly prepared and cooked by tender loving hands. If you don't want the entrée, you can choose ham & cheese sandwich, (even burnt and smashed), BLT on regular bread or toasted, tuna salad, cold tuna platter or a salad wedge special. All served to you at your decorated table by smiling assistances, plus-various desserts , ice tea, coffee or water w/lemon.

Because of inflation, prices are soaring in the grocery stores, the Senior Center is having to raise its price of lunch from \$7 to \$8 for the entrée. But hey, have you priced a "full Meal" from McDonald's, Burger King, Dairy Queen, P.K. or any other restaurants? AND at the Senior Center during or after lunch there might be Bingo (Fridays) , Trivia (Wednesdays), and many other activities.

I'm telling you, you can't beat the Senior Center for entertainment and good food..

Til next time!!

THE NANTICOKE CAFÉ

April Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Casserole w/ Broccoli & Rice Applesauce MD Crab Soup	2 Ham, Fried Potatoes w/ onions Cole Slaw MD Crab Soup	3 Hot Dog Loaded Baked Beans Chips Chef's Choice	4 Fried Chicken Potato Salad Corn Tomato Soup	5 Grilled Cheese w/ Bacon & Tomato Cup of Soup Tomato Soup
8 Hot Roast Beef Mashed Potato's Succotash Split Pea Soup	9 Fish Sticks Potato Logs Beets Split Pea Soup	10 3 Salad Cold Plate Croissant Chef's Choice	11 Birthday Lunch Turkey, Dressing Mashed Potatoes Green Beans	12 Bacon Cheeseburger French Fries Butternut Squash
15 Pancakes Scrambled Eggs Sausage or Bacon Peas & Dumplings Ice Cream Sundae	16 Pork Loin Wild Rice Broccoli Peas & Dumplings	17 Baked Chicken Baked Potato Carrots Chef's Choice	18 Pepper Steak Rice Mixed Veggies Beef & Veggie	19 Sub with chips Carrot Sticks Beef & Veggie
22 COD Mac & Cheese Stewed Tomatoes Chili	23 Meatloaf Scallop Potatoes Peas & Carrots Chili	24 Chef Salad Italian Bread Chef's Choice	25 Beef Stroganoff Cauliflower & Broccoli Loaded Potato	26 Salmon w/ Honey Dijon Sauce Butter Noodles Side Salad Loaded Potato
29 Chicken Pot Pie Applesauce Chicken Noodle	30 Liver & Onions Mashed Potatoes Peas Chicken Noodle		MENU SUBJECT TO CHANGE	