

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

Return Service Requested

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Permit # 147



NSC will be closed March 29th, for Good Friday.




Free to members, teams up to 6  
players, 1st place team will win  
free lunch for each player, 2nd  
place team will receive a bowl of  
homemade soup.

## Fraud

**Identity Theft and Fraud Seminar**

Tuesday, March 19th at 9:00 a.m.  
We've all been victims of Fraud. Join  
M&T Bank Fraud Department as they  
help us protect ourselves. Please sign  
up by March 15th.

Donuts and Coffee will be provided.

**Birthday Wishes and**  
**Leprechaun Kisses**   
Celebrating Birthdays and Saint Patrick's  
together, with our favorite Sky Brady.  
Details on page 6



## DUSTY VINYL

Join John and his Band, Friday  
night, March 22nd for an evening  
of FUN and Dancing, 6 to 8.

Get your tickets now, \$10:00

BYOB, food will be available for sale.

Doors open at 5:30

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





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**ATTENTION;  
FOR SAFETY'S SAKE**  
Please do not workout alone in the  
"Fitness Center", always have some-  
one there for your SAFETY and their  
SAFETY.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Maurice Bassier Frances Morris	2 LeRoy Harms Donna Powers Winnie Simon
3 Althea Dickerson Pat Glessner Dudley Lloyd Judy Schwartz	4 Bob VanKeuren Jeanne Warner Gary White	5 Karl Berkey Russell Daudelin Susan Massey	6 Victoria Bolden Carol Hill Sue Short	7 Barbara Cangiano David Melvin Steve Schwartz Pat Shannon Teresa Stinchcomb Jack Workman	8 Shirley Blackwell Marilynn Edwards Mary Spicer	9 Renee Callahan Vincent DeRasmo Steve Haigh
10 Bob Johnson	11 Denice Bellinger Linda Brown	12 Fred Burke Clara Thraen Marilyn Tringali	13 Karen Johnson	14 Carol Kelly Joyce Messick Barbara Weskot	15 Sue Comorat Franklin Morris Leroy Sciba Jane Webb Sharon Young	16 Michael Betts Gail Nunn
17 Shawn Ballard Betty Carson Pat Grasset Kathleen Hall Kim Jenkins Janet Viscomi	18 Pat Adams Jack Hassman Rita Procino Janice Tranberg	19 Malcolm Knopp Engram Lloyd Lisa Miller Alison Prongay Leonard Venzke	20 Cecilia Hann Travis Kouts Craig Moore Margaret Morrissey Reed Parks Bill Pfordt	21 Ethel Ellingsworth Karen Fohner Candee Logan Karen Witkowski	22 Madalene Pogwist	23 Faye Bowdle Kathy Harris Kathy Saunders
24 Dottie Christian Cathy Lejman	25 Gerry Chini Rhonda Cubbage Debbie Fallon Charles Jones Beverly Smith	26 Regina Pepper	27 George Brautigam Tom Haley Cathy Schafer	28 Gregory Blalock Kenneth Bolt	29 Sue Carino	30
31 Jose Barriocanal Ria Durig Carol Johnson Thomas Jones Paula Wells						

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

# March Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MENU SUBJECT TO CHANGE</b>				<p>1</p> <p><i>Cheese Burger Fries</i></p> <p><i>Chicken Noodle</i></p>
<p>4</p> <p><i>Spaghetti Corn Garlic Bread Cream of Crab</i></p>	<p>5</p> <p><i>Bacon / Sausage Fried Potatoes Applesauce Biscuit Cream of Crab</i></p>	<p>6</p> <p><i>Chicken Wraps with Soup</i></p> <p><i>Chef Choice</i></p>	<p>7</p> <p><i>Chicken &amp; Dumplings Dressing Green Beans</i></p> <p><i>Loaded Potato</i></p>	<p>8</p> <p><i>Meatball Sub Cole Slaw</i></p> <p><i>Loaded Potato</i></p>
<p>11</p> <p><i>Pork Yak Roll</i></p> <p><i>Minestrone Soup</i></p>	<p>12</p> <p><i>Baked Ziti Toss Salad Garlic Bread</i></p> <p><i>Minestrone Soup</i></p>	<p>13</p> <p><i>Beef Tips Over Rice Applesauce &amp; Roll</i></p> <p><i>Chef Choice</i></p>	<p>14</p> <p><b><i>Birthday Lunch and St. Patrick's Day See page 6 for details</i></b></p>	<p>15</p> <p><i>Fish Taco with Peach Salsa Pasta Salad</i></p> <p><i>Tomato Soup</i></p>
<p>18</p> <p><i>Sausage with Onions &amp; Peppers Potato Salad</i></p> <p><i>Creamy Tomato</i></p>	<p>19</p> <p><i>Breaded COD Butter &amp; Parsley Potatoes Green Beans Creamy Tomato</i></p>	<p>20</p> <p><i>Seafood Mac &amp; Cheese Broccoli</i></p> <p><i>Chef Choice</i></p>	<p>21</p> <p><i>Meatloaf Mashed Potatoes Peas &amp; Carrots</i></p> <p><i>Cream of Broccoli</i></p>	<p>22</p> <p><i>Cheesesteak Sub French Fries</i></p> <p><i>Cream of Broccoli</i></p>
<p>25</p> <p><i>Chip Beef Over Toast Applesauce</i></p> <p><i>Corn Chowder</i></p>	<p>26</p> <p><i>Liver &amp; Onions Mashed Potatoes Peas</i></p> <p><i>Corn Chowder</i></p>	<p>27</p> <p><i>Chili Dog With Soup</i></p> <p><i>Chef Choice</i></p>	<p>28</p> <p><i>BBQ Pulled Pork on a Bun Onion Rings NE Clam Chowder</i></p>	<p>29</p> <p><b><i>CLOSED Happy Easter</i></b></p>

## At A Glance-TRIPS

**3/1 Sign Up Day! 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. ONLY MEMBERS WILL BE ABLE TO SIGN UP FOR TRIPS AND EVENTS ON SIGN UP DAY AND THE FOLLOWING WEEK. After the first week, non-members may sign up. Thank you!!!**

**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.

**3/5 Tues. 11:30, JULIET, Don Chuey Mexican Restaurant, Bridgeville;** The authentic flavor in every dish. Members \$5 and nonmembers \$10. Bring money for lunch. (E)

**3/7 Thurs. 9:45, ROMEO, Thurston Pub, Bear, DE;** Come in, sit back and relax in what has become many people's extension of their living room. Members \$5 and nonmembers \$10. Bring money for lunch!! (E)

**3/8 Fri. 10:00, Dover Downs;** You gotta to play to win!! Members \$5, nonmembers \$10. (E)

**3/13 Wed. 9:00, Corbit-Sharp House, Odessa, DE;** Corbit-Sharp House is furnished according to an 1818 inventory of household furnishings and reflects the region's lifestyle in the late 18th century. Includes a 90 minute tour. Will stop for lunch on the way home. Members \$15, nonmembers, \$20. Bring money for lunch. (M-D)

**3/15 Fri. 9:30, Boys & Girls Club, open Swim;** 10 to 11 swim, then return to the Center for a box lunch. Members \$15, nonmembers \$20, includes lunch and swim time. (E-D)

**3/19 Tues. 11:15, Revelation Brewery, Georgetown;** Local brewery, local flavor, anything but ordinary. Their food truck will be on the grounds to enjoy lunch. Members \$5, nonmembers \$10. Bring money for lunch. (E-D)

**3/20 Wed. 10:45, McGlyn's Pub, Dover;** Your neighborhood Sports Bar & Irish Pub. Members \$5 and nonmember \$10. Bring money for lunch. (E)

**3/27 Wed. 10:30, ROMEO & JULIET, 410 Social, Berlin, MD;** You will love this bar-room and eatery. Great food and wonderful atmosphere. You will enjoy a piece of NSC as our old ballroom chandeliers hang from the ceiling. Members \$5 nonmembers \$10. Bring money for lunch. (E)

**3/28 Thurs. 8:00, Mystery Trip with Rhonda;** OH WHAT A LIFE!!! Members \$5 and nonmembers \$10. Bring money for lunch. (E)

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



**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 Cabbage; Director of Transportation*

**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

**Danny's Coffee Meeting**



State Representative, Danny Short  
will be here Wednesday, March 6th,  
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,  
March 18th, ice cream  
and toppings!!

*Welcome*

**New Members**

Leonard Venzke    Glen Cropley  
Deanna Hare    Peggy Banks  
John Morrissey  
Margaret Morrissey  
Lisa Carter    James Gorlich  
Melissa Pinkerton    Clara Thraen  
Peggy Del Fuoco  
Jean Young    Jeffrey Young  
Brenda Johnson    Milton Repa  
Allen Handy    Jessica Handy  
John Clawson



**WALKING CLUB**

Winter is here, the weather is finally cooler, its the best time to grab your shoes and walk with us. Every Monday at 12:30.



**Afternoon Delight**

March 21st, 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!!**

Want to know more about the Bible?  
Join us for our Bible Study called,  
**FIRM FOUNDATIONS.....**  
understanding what you believe and  
why you believe it.

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

**Special BINGO**

**March 8th**

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

Prizes need to be  
limited to one prize  
per game.



**AARP Beginners Class  
(six hour class)**

**March 12th and 26th  
9:00 to 3:00**

**Please be on time!!**

**Sign up is required!!**

AARP Members \$25.00

Nonmembers \$35.00

JOIN US FOR  
**BIBLE STUDY**







## GYM HOURS

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

Please use Gym wipes after using the gym equipment.

Please Keep Equipment Clean

**FITNESS**



# Membership

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

**Associate Membership : \$60/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@nanticoke seniorcenter.com

**We accept Medicaid & Private Insurance**

Nanticoke Senior Center is an EOE Employer

## Contact the Center

Main Office: 302-629-4939

Website: [www.nanticoke seniorcenter.com](http://www.nanticoke seniorcenter.com)

Outreach: outreach@nanticoke seniorcenter.com

Programs & Trips: programs@nanticoke seniorcenter.com

General Info.: info@nanticoke seniorcenter.com

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



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

Nanticoke Senior Center

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)

THE **NANTICOKE** CAFE



# Health & Wellness

## EXERCISE CLASSES

Instructor, Mary Lynn Huberty

### Exercise Classes

March 2024

Monday & Wednesday  
(sometimes) Friday

**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

March 2024

Mondays and Thursdays

Cost is \$2.00 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. Please sign up at the front desk by March 15th. Wear comfortable shoes, no heels, croc's or sandals please. Cost is \$3.00 per class.

## FITNESS

Our physical fitness trainer, Jorden, has taken an 8 to 5 job which does not allow him time in our gym. We thank you Jorden for everything you did to help us out.

## Drums Alive Cardio Workout Class

Thursday's, 9 to 9:45 in the  
Ballroom!!

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

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# St. Patrick's Day

## Word Search Puzzle

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

POT	CLOVER	CELEBRATE	HORSESHOE
PIPE	MARCH	GOOD LUCK	GOLD
LEPRECHAUN	HAT	COINS	RAINBOW
PATRICK	MAGIC	GREEN	IRELAND



Skip TO MY Lou.ORG

## Inquiring Minds

## Want To Know....



You know our world revolves around numbers. When you watch T.V. they are always talking about the economy in terms of numbers, your heart rate-interims of numbers, the stock market, those running for office-all in terms of numbers. Well guess what folks, our beloved Senior Center runs on numbers!! We (most of us) use the front door to make sure we sign in (and out) on the computer (there is one by the back door for those who use the new ramp). It's from these numbers that the Center is able to run efficiently as it does-but hey, I told you that one before-this is just a reminder, please sign in-you count. The more who use the Center, the better chances to get more funding to keep us going. Yeah, the computer gets cranky and acts up at times, but, one of the lovely ladies behind the glass window will help you. Just ask them.

Speaking of ladies, did you know the Sussex Sassy Dancers will be performing for us during lunch in the Ballroom for Saint Patrick's Day. The date is March 18th (a Monday). Please join us for lunch and be entertained by the lovely SASSY ladies.

AND, on April 1st (no fooling) starts a new class for line dancing 2:45-3:30. You will learn the basics during this 12 weeks, plus get exercise for that body of yours. Men are always welcome too. Who said going to the Senior Center is boring??? And don't forget Trivia. Bring a friend and join the fun. Every Wednesday at 12, noon.

This joint is hopping!! Until next time.

## IT'S TAX TIME Is Here

March, 1, 8, 15, & 22

April, 5 & 12th

Stop by the Center to pick up your packet and secure an appointment. Must bring last years tax information.

## 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.

## Price Increases Coming April 1st

The battle is over, we lost, price increases coming to our Center as of April 1st.

Exercise, Drums Alive, Exercise

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



## Birthday Wishes and Leprechaun Kisses

Celebrating Saint Patrick's Day and Birthdays  
with Sky Brady, one of our very favorites!!

# March 14th, at 10:30

Sky Brady  
brings the  
GREEN!!

Be sure  
to wear  
yours!

Members \$10.00 and  
Nonmembers \$15.00  
Must sign up by March 11th.

### MENU

Ham & Cabbage  
Parsley Potatoes  
Carrots  
St. Patty's Day Punch  
Special Dessert

**WEAR GREEN,** The tradition is tied to folklore that says wearing green makes you invisible to leprechauns, which like to pinch anyone they can see. Some people also think sporting the color will bring good luck, and others wear it to honor their Irish ancestry.

### Can You Help Our Center?

Nanticoke Senior Center is looking for  
“Gift Cards”!! Can you help??

The cards will be used in a variety of ways  
to support our fundraising events planned  
for 2024.

Cards from restaurants, movies, Amazon,  
Lowes etc. are all good choices. Purchas-  
ing local gift cards also helps support  
small businesses in our community.

If you can help by purchasing a gift card,  
please drop it off at the front office. As al-  
ways, any contribution you make to NCS  
is tax deductible, and we will gladly give  
you a receipt.

Thank you to those members that have al-  
ready donated cards to past and future  
events, we appreciate your generosity.

THANK YOU!!!

### MARCH MADNESS

#### Featuring “Hoosiers”

Best Pizza in Town  
and a Movie, March 19th,  
starting at 5:00.

Members \$7 and Nonmembers \$10

Join us for this classic 1986  
movie, and take a step back in  
time!!

Starring;

Gene Hackman, Barbara Hershey and  
Dennis Hopper.

This is one of my favorite movies.

### BOARD OF DIRECTORS

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