



Nanticoke Senior Center

Celebrating Aging

2026

NSC will be closed November 26 & 27 for Thanksgiving



**NSC's 3rd Annual
Shucking Good Time
Oyster-Fest
Saturday, January
16, 2027**

**Tickets on sale now in
the front office! \$50
Makes great stocking
stuffers!**



All You Can Eat
Fried Chicken Dinner
FUNDRAISER
at the Nanticoke Senior Center
1001 West Locust St. Seaford, DE 19973
Thursday, December 3rd
Serving 5:00 to 6:30

Menu:
Fried Chicken Dinner with
Mac & Cheese, Green beans,
dessert and drink
(sweet & unsweet tea, water, coffee)
sodas for purchase

\$17 AHEAD	or	\$20 AT THE DOOR	\$8 FOR KIDS 10 AND UNDER	\$17 TO GO BOXES AVAILABLE
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PREPAID TABLES AVAILABLE \$100
(Max 8 people)

Reservations preferred ☎ 302-629-4939

TICKETS ON SALE NOW

**MEMBERS'
MEETING**

**Tuesday, November 3rd at 1:00
PM in the ballroom. Come let
your voice be heard**



WHERE FRIENDS GATHER

GYM HOURS

7:00 a.m. to 3:45 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.

Membership

Membership (50+): \$75/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. Members meetings are held every other month.

SPECIAL MEMBER SERVICES

Transportation: (daily)

Please call the center before 7:25 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 on Mondays or after 1 p.m.)

Contact the Center

Main Office: 302-629-4939

Website: www.nanticokeseniorcenter.com

Check out our Facebook Page

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

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@nanticokeseniorcenter.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

Our Mission Statement

The mission of the Nanticoke Senior Center, Inc. is to serve, support and enhance the lives of individuals 50 years and older by providing programs and services which promote active, independent and healthy lifestyles.

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.
Price, \$8.00
(See the menu)



NOVEMBER'S MONTHLY ACTIVITIES AT THE CENTER

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
2 Run Around 8:45/9:45 Exercise Class 10:00 Bridge 1:30 Line Dancing	3 10:00 Pinochle 10:00 Bridge 11:00 Dominos 1:00 Members Meeting	4 8:45/9:45 Exercise Class 10:00 Bridge 100:00 Bible Study 10:00 Mahjong 12:00 Poker 12:00 Trivia	5 9:00 Drums Alive 10:00 Bridge 11:00 Pinochle 1:30 Line Dancing	6 10:00 Bridge 11:00 Yarn-tastic 1:00 BINGO
9 Run Around 8:45/9:45 Exercise Class 10:00 Bridge 1:30 Line Dancing <i>Ice Cream Sundaes</i>	10 10:00 Pinochle 10:00 Bridge 11:00 Dominos	11 8:45/9:45 Exercise Class 10:00 Bridge 100:00 Bible Study 10:00 Mahjong 12:00 Poker 12:00 NO TRIVIA	12 9:00 Drums Alive 10:00 Bridge 10:30 Birthday Lunch 11:00 Pinochle 1:30 Line Dancing	13 8:00 Flu Shots 10:00 Bridge 11:00 Yarn-tastic 1:00 BINGO
16 Run Around 8:45/9:45 Exercise Class 10:00 Bridge 1:30 Line Dancing	17 10:00 Pinochle 10:00 Bridge 11:00 Dominos 11:30 Thanksgiving Buffet	18 8:45/9:45 Exercise Class 9:00 Board Meeting 10:00 Bridge 10:00 Bible Study 10:00 Mahjong 12:00 Poker 12:00 Trivia	19 9:00 Drums Alive 10:00 Bridge 11:00 Pinochle 1:30 Line Dancing 2:00 Afternoon Delight	20 10:00 Bridge 11:00 Yarn-tastic 1:00 BINGO
23 Run Around 8:45/9:45 Exercise Class 10:00 Bridge 1:30 Line Dancing	24 10:00 Pinochle 10:00 Bridge 11:00 Dominos 9:30 DennisMcConnell 5:00 Pizza & Movie	25 8:45/9:45 Exercise Class 10:00 Bridge 10:00 Bible Study 10:00 Mahjong 12:00 Poker 12:00 Trivia	26 CLOSED	27 CLOSED
30 Run Around 8:45/9:45 Exercise Class 10:00 Bridge 1:30 Line Dancing			December 3, 2026 5:00-6:30 pm AYCE Fried Chicken Dinner Tickets available November 1st.	



BIRTHDAY LUNCH



All members welcome

Not your birthday month? Join us anyway!

“Harry Evans” is here to provide musical entertainment as we celebrate November Birthdays!

Thursday, November 12th ~10:30 to 12:30

\$12

MUST SIGN UP BY NOVEMBER 9th

MENU:

Meatloaf

Mashed Potatoes & Gravy

Carrots

Roll



Bible Study!

Wednesday's at 10:00.

All are welcome

Afternoon Delight

Thursday, November 19th from 2-3

Please sign up. \$5 per person

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

Come join us for an adult beverage, good company and great munchies!



Every Friday from 1:00 to 2:00 in the Ballroom. Bring a Friend!!!



We all wear many hats and do multiple jobs here. Sometimes we all need a little help to keep up. We are seeking volunteers to help with Bingo. Please let a staff member know if you are interested. Thank you!

“The Book Nook”

This little reading nook is located in the coffee room. Books will be available for your reading pleasure.



WE THANK EVERYONE WHO HAS DONATED TO OUR BOOK NOOK. WE ARE NOW FULLY STOCKED TO CAPACITY AND NO LONGER ACCEPTING ANY NEW DONATIONS.

COMING SOON

December 3rd ~ AYCE Fried Chicken

December 7 ~ 12 Days of Christmas

December 15 ~ Christmas Buffet

January 16, 2027 ~ Oyster-fest

January 21 ~ Coffee with Seaford PD

February 6, 2027 ~ Mardi Gras Party

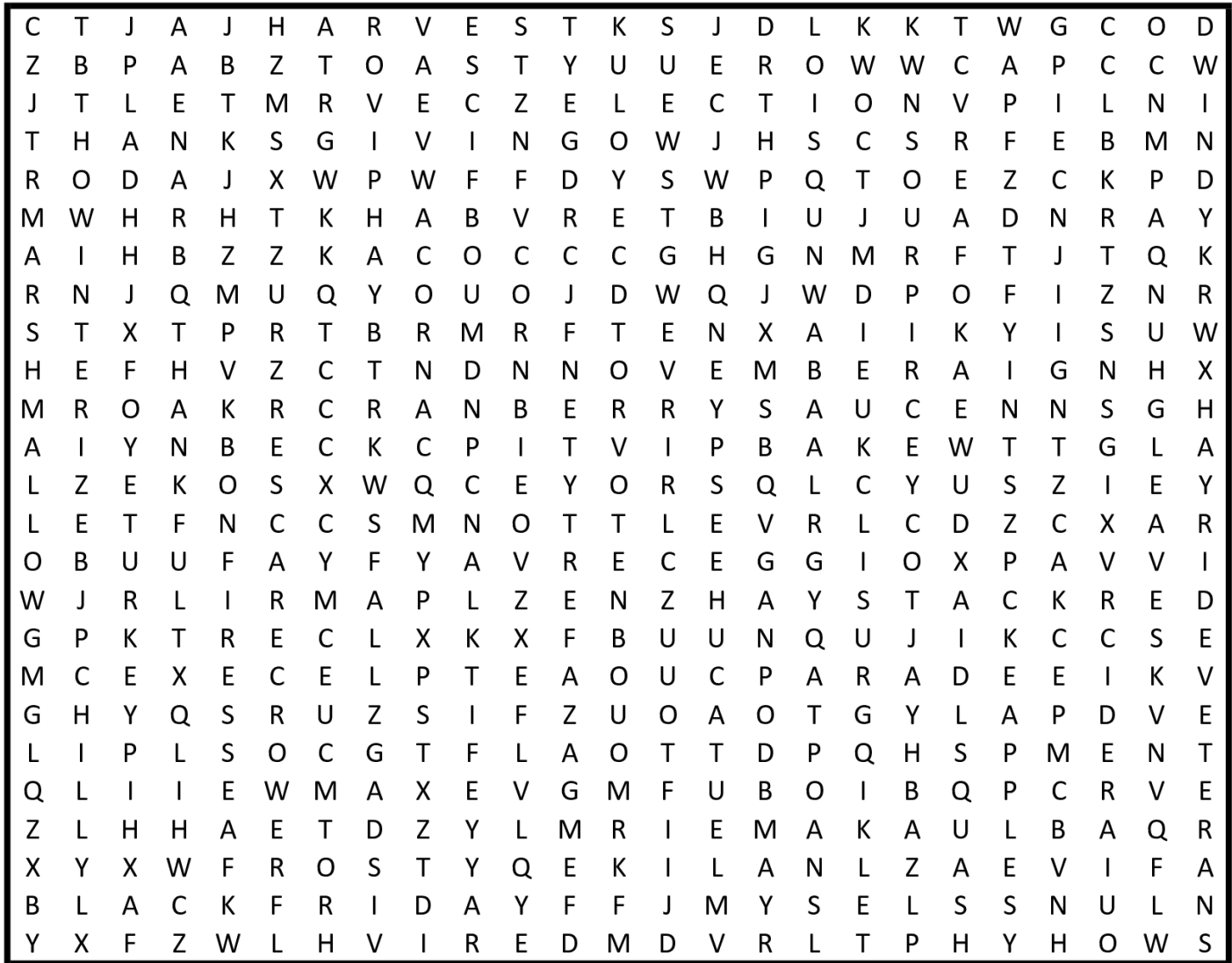
April 16, 2027 ~ Disco Fever Party

Spring 2027~Sight and Sound



Nanticoke Senior Center

November Word Search



Acorn	Coat	Football	November	Thankful
Apples	Corn	Frosty	Parade	Thanksgiving
Autumn	Cornucopia	Harvest	Pie	Toasty
Bake	Cranberry Sauce	Hay Stack	Pilgrim	Turkey
Black Friday	Election	Hayride	Pumpkin	Veterans
Bon Fires	Fall	Indian	Scarecrow	Vote
Chilly	Family	Leaves	Squash	Windy
Cider	Feast	Marshmallow	Stuffing	Winterize

Nanticoke Senior Center Staff:

Brenda Givens; *Director of Operations,*

Margaret Parks; *Assistant Director of Operations*

Mary Lynn Huberty; *Kitchen/Event Director*

Cheryl Johnson; *Kitchen Manager*

Melanie Stakiel; *Outreach & Marketing*

Diana Brittingham; *Office Manager*

Gene Logan; *Transportation Director*

Julie Willin; *RD-Registered Dietician*

Food Service Assistants

Joanne Chairadonna

Dee Splinter

Billy Monahan

Nelson Alston

Marlyn Evans

Building Specialists

Kerry Hall

Jose Ortiz

Receptionists

Lee Williams

Diane Keener

Fran Repici

Transportation

Dennis Smith

Frank Repici

Bill Messmer

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

Hard (H); extended periods of walking, may be steps, uneven surfaces, some inclines



Ice Cream Sundaes,

Monday, November 9th

Come have lunch and enjoy this special treat, ice cream and toppings!!



Tuesday, November 24th at 5:00

\$10

“The Art of Racing in the Rain”



Tuesday, November 17th

\$10 ~ 11:30 ~ 12:30

SIGN UP AND PAY AHEAD REQUIRED

Welcome



Christina Holt

Janet Foskey

Shirley Gillis

Bessie Christian

Gregory Cannon Sr.

Darian Powell

Joann Peters

Rosalee Moore

Mary Duker

Darlene Mulvaney

Caroline Clayville

Karen Coughlin

Danny Short's Coffee Meeting

Wednesday, November 4th

will be held at
**Delaware Technical
Community
College**



NSC's 3rd Annual Mardi Gras Party

Saturday, February 6, 2027

Tickets on sale now in the front office! \$30

Makes great stocking stuffers!





NOVEMBER BIRTHDAYS



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 Carol A. Johnson Starr Kulikauski Margaret Gray Shelly Hastings Sue Hoban	2 Dolly Borders Colleen Caldaugh	3 Rose Marie Hart Karen Potter Lee Black	4 Jack Connor Mary Ann Bradshaw Jim Emrich	5 Linda Barriocanal Randy Towers Melinda Losson John Christensen	6 Janice Gross	7 Lydia DeRasmo Janet McCabe
8 Florence Hoffman Diana Engle	9 Kathleen Sheldon Rose Vincent Tamera Timmons	10 Freddie Foxwell	11 Kathy Williams Joette Cerenov	12 Barry Calhoun Freddie Elliott Celestine Dorsey	13 Nancy Lowe Sharon Spencer	14 Sandi Dew Sandy Smith
15 Ric Marvel Deborah Lee Anna Stone	16 JoAnn Forsee Carol O'Day Bill Shipley JC Willin	17 David Clark Sue McCoy Elsie Willey	18 Frances Williams Gainor Urian Michelle Tennant	19 Wendy Emrich	20 Bucky Owens Cecilla Stafford Penny Bolden	21 Jim Paxson Jerome Aldridge, Sr
22 Elizabeth Carmody Charlene Warrington	23 Doris Dayton Leroy James Mary Parsons	24 Bill Drylie	25 Norma Temple Mary Parillo Robin Platts	26 Jim Bowden, Jr. Sheila Frank Meg Mulrine	27 Edna Messmer Bob Salensky Eric Teller`	28 Judy Taylor
29	30 Bill Kay Ileana Smith David Vincent					
Have we MISSED your Birthday??? If so please let us know!!!						

BOARD OF DIRECTORS

Lora Schuler
PRESIDENT

Jerry Dorsey
FIRST VICE PRESIDENT

Nancy Dorman
SECRETARY

Mark Hardesty
TREASURER

Jim Bowden

Lisa Miller

Ed Gibson

Cyndi Mulder

Alan King

Sam Miller

Deb Forespring

JC Willin

Mike Vincent

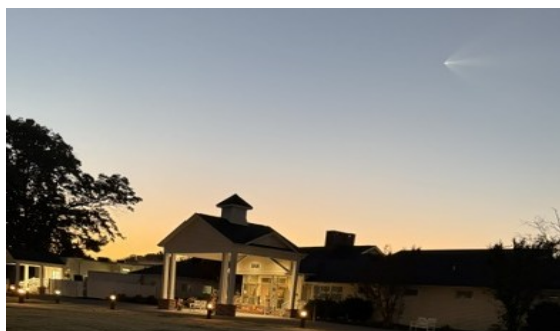
Celeste Dorsey

Pat McDowell

Phyllis Parker

Honorary:

Jane Webb



Did anyone see the SpaceX Falcon over Seaford on Tuesday, October 13? Member Jim Huston did and took this awesome picture on his way to the center! Thank you Jim!

This was caused by the CRS-35 mission, a commercial resupply flight carrying over 6,300 pounds of NASA cargo and scientific experiments to the International Space Station.

“Quotable Quotes”

“Life is like riding a bicycle. To keep your balance, you must keep moving.”

*Albert Einstein



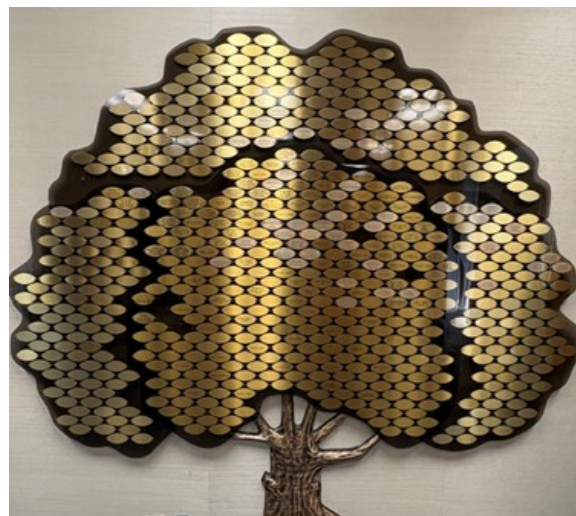
To our NSC members who served our country, come out on November 11th and have lunch on us!

Please bring military ID

Want to give an extra special gift this holiday season? Think about a leaf on our Recognition Tree located on the wall in the Fireplace Lounge.

Your \$100 donation purchases a beautiful engraved brass leaf with the name and message you specify, in memory or in honor of someone special. This helps fund the many services we offer here at the center.

See front office for more details.



November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breaded Fish Sandwich Potato Salad Clam Chowder	3 Bacon Cheeseburger Tomato/Lettuce Onion Rings Clam Chowder	4 Baked Chicken Mashed Potatoes/Gravy Broccoli Roll Chef's Choice	5 BBQ Pork Chops Seasoned Potato Wedges Corn Chef's Choice	6 Chicken Salad Sliders Pickled Beets Pears Tomato
9 Baked Cod Mac & Cheese Stewed Tomatoes Cream of Asparagus	10 Chicken Pot Pie Biscuit Cream of Asparagus	11 Chicken Cheesesteak Applesauce Chef's Choice	12 BIRTHDAY LUNCH Meatloaf Mashed Potatoes/ Gravy Carrots Roll Dessert	13 Cheese Filled Manicotti Mixed Vegetables Bread Creamy Tomato
16 Salisbury Steak/ Gravy Cheesy Potatoes Peas & Carrots Roll Cream of Crab	17 THANKSGIVING BUFFET Turkey Dressing Mashed Potatoes/Gravy Green Beans Roll	18 Chicken Alfredo Prince Edward Veggies Roll Chef's Choice	19 Build Your Own Chili Bar Chef's Choice	20 Sloppy Joes Cole Slaw Tomato
23 Spaghetti & Meatballs Sm Salad Garlic Bread Italian Wedding	24 Liver & Onions Mashed Potatoes/Gravy Peas Italian Wedding	25 Hamburger Steak Fried Potatoes Mixed Vegetables Roll Chef's Choice	26 27 	
30 Chili Dog French Fries Loaded Potato				Menu Subject to Change

At A Glance-TRIPS

*SEE TRIP DIFFICULTY LEVELS ON page 6

11/2 Monday, 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.

NSC Run Around, every Monday at 10:00. Need a few things? We can help. Bus driver has the scheduled route. Free!

11/5 Thu., 10:45 ROMEO-Johnny's Tavern, East New Market, MD (E)

Best burgers on the shore. A ROMEO favorite! Price: \$7. Bring money for lunch.

11/10, Tue 9:30, Mystery Trip, Revisited (M-H)

Empty spaces that would make your dreams come true! Price: \$7. Bring money for lunch.

11/11 Wed., 10:30, Veterans Ceremony at Kiwanis Park, Seaford (M-H)

All Veterans will be honored with memories and wreath -laying ceremonies. In the event of rain, ceremonies will be held at the Seaford High School. Lunch will follow at the VFW. Price: Free

11/18 Wed., 9:30, JULIET-Browse About Books-Lunch at Taco-Reho (M)

Taco Reho is a popular eatery offering tacos, burritos, bowls, quesadillas, and margaritas, with a strong emphasis on fresh ingredients. Price: \$7. Bring money for lunch.

11/19 Thu., 9:30, Seaford Village Shopping Center (M-H)

Food Lion, Roses and all the other shops you want! Price: \$7.00. Bring money for purchases.

11/24 Tue., 9:30, Ollie's in Milford and enjoy lunch at Arena's

11/30 Mon., 4:00, Gift of Lights-Dover Speedway. Dinner at Rudys (E-M)

Get ready to light up your holiday season at the Gift of Lights in where the Dover Motor Speedway transforms into a twinkling winter wonderland! Price: \$7.00. Bring money for dinner.

12/2 Wed., 9:30, Rehoboth Outlets (M-H)

Shop til you drop! Enjoy lunch at Irish Eyes in Lewes! Price: \$7.00. Bring money for lunch.

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

Health & Wellness

EXERCISE CLASSES

Video classes directed by Claire and Deb

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.

Drums Alive Cardio Workout Class

Thursdays at 9 am

\$3.00 per class

We promise you a banging good time!!

Thanksgiving Fun Facts

1. The 1621 celebration in Plymouth, Mass. Lasted 3 days and included about 50 Pilgrims and 90 Wampanoag people.
2. President Lincoln officially proclaimed Thanksgiving a national holiday in 1863 and Congress fixed the date as the 4th Thursday of November in 1941.
3. Americans cook about 46 million turkeys each Thanksgiving.
4. The first frozen TV dinners were created by Swanson in 1953 using roughly 260 tons of unsold turkeys.
5. An estimated 502 million pumpkin pies are eaten on Thanksgiving Day alone.
6. The average Thanksgiving meal contains roughly 4,500 calories.
7. While John F. Kennedy was the first president to informally spare a turkey, George H.W. Bush began the official annual turkey-pardoning tradition in 1989.
8. The Butterball Turkey hotline answers over 100,000 cooking questions every November and December.

YOUR MEDICARE OPTIONS

Do you have questions concerning your Medicare Options??

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

3rd Tuesday of the month.

Please call for an appointment

302-629-4939

Medicare Advantage, Supplemental Coverage & Medicare Options

Line Dancing Classes

Mondays and Thursdays

1:30 p.m. to 3:00 p.m.

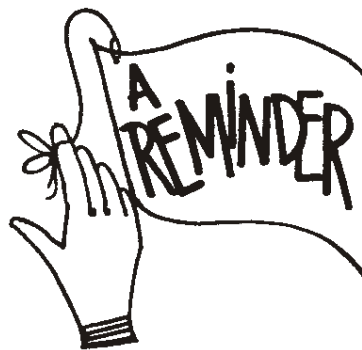
Cost is \$3.00 per class

Join Instructor Pat McDowell for the fun and fellowship of learning line dancing.

From beginner to intermediate level.

Wear comfortable footwear.

No heels, sandals or crocs.



With the flu season upon us and covid on the rise again, we are striving to keep everything clean and everyone safe.

PLEASE USE A GYM
WIPE BEFORE AND
AFTER USING
EXERCISE
EQUIPMENT.



It's that time of year again!

Sign up to get your Flu shot!

Friday, November 13th

8am ~ 9am

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

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

Return Service Requested



WHERE FRIENDS GATHER



302-629-4939
Fax: 302-629-2698
www.nanticokeseniorcenter.com