



Upcoming Closures

- Mid-County will be **closed on Thursday, August 6, 2026** for a staff in-service day. There will be no after-hours pickleball.
- Mid-County will be **closed on Monday, September 7, 2026** in observance of Labor Day.

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.

Office Staff

Hannah Ciolek - Executive Director

Jess Perry - Events / Outreach Coordinator

Sharon Rosengarten - Program Coordinator

Haley Williams - Information & Design Director

Staff

Larry Dineen - Maintenance Supervisor

Lori Lentz - Nutrition Site Manager

Mid-County Center

Hours of Operation: Monday - Friday, 8AM - 3PM

Phone: 302-995-6728 | **Email:** sencen@midcounty.org

First Regiment Road, Sherwood Park II, Wilmington, DE 19808

midcounty.org | facebook.com/midcountycenter

OVERVIEW: AUGUST 2026

See page 3 for more information

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 Nutrition Presentation 10:30AM	6 CLOSED In-service day No pickleball	7
10	11 Garden Club 11:30AM	12 DHSS Social Worker 10AM Evening Session: Mahjong Class 6PM - 8PM	13 Eric PT 10AM - 12PM Teach Me Tech 11AM	14
17	18 Travel Club 12PM Book Club 12:30PM	19 Candlelight Theatre Trip: Annie 10AM - 4PM	20 Eric PT 10AM - 12PM Memory Café 10AM Craft with Sharon 12PM	21 Pickleball Sign-Ups Open 8AM
24	25 Pet Day Activities 10:30AM	26 Evening Session: Dance Fitness 6PM - 8PM	27 Eric PT 10AM - 12PM Teach Me Tech 11AM	28 End-of-Summer Dance Party 9:30AM LCR 5PM - 9PM

Important in August

See page 3 for more information!

- Introducing: special evening hours! We are trying out evening hours on certain Wednesday nights. This allows members who are still working to participate in Mid-County programs! We have two evening sessions scheduled in August: intro to mahjong (8/12, 6PM) and a fitness class (8/26, 6PM). Have an idea for an evening session? Let us know!
- LCR is back on Friday, August 28 after a summer break! Doors open at 5PM, games start at 6PM. Advance registration and payment are required, and we are asking everyone to register by Friday, August 21. We will not be taking walk-ins. There will also be no reserved tables or assigned seating. As always, outside food is welcome!
- Pickleball dates for September will open at 8AM on Friday, August 21, 2026.
- The Garden Club will meet outside at 11:30AM on Tuesday, August 11. For now, the Garden Club will continue to meet once a month.

CARING AND SHARING

VIRTUAL GROUP

Monday, August 10 | 12PM - 2PM

DHSS SOCIAL WORKER

Wednesday, August 12 | 10AM - 12PM

Appointments are not required.

ADVENTURERS' TRAVEL CLUB

Tuesday, August 18 | 12PM | Topic: Italy

BOOK CLUB

Tuesday, August 18 | 12:30PM

Book: *The Mitford Affair* By Marie Benedict

STAND BY ME 50+

Wednesday, August 5 | 8AM

Appointments are required.

MEMORY CAFE

Thursday, August 20 | 10AM - 12PM

CITY FARE: NUTRITION PRESENTATION

Wednesday, August 5 | 10:30AM

City Fare's registered dietitian, Megan DeMers, will visit to discuss nutrition with members! August's topic is an overview and discussion of Dr. William Li's book *Eat to Beat Disease*, a bestseller about the human body's ability to heal itself. No knowledge of the book is necessary to participate!

EVENING PROGRAMS

Wednesday, August 12 from 6PM - 8PM | Wednesday, August 26 from 6PM - 8PM

- Intro to Mahjong, 8/12/26: what is mahjong and how do you play? This class has you covered! Light snacks will be provided, outside food welcome. Registration encouraged but not required.
- Dance Fitness with Rebeca, 8/26/26: Rebeca Reyes of KiddmcFIT promises to make exercise fun with this full body dance fitness class! Registration encouraged but not required.

TEACH ME TECH

Thursday, August 13 & Thursday, August 27 | 11AM | Annex Room

Janna Rosengarten will lend her professional expertise to members looking to learn more about their devices (phones, tablets, laptops, etc.)! Janna is most experienced with Apple products, but can help with other brands, too.

SUMMER CRAFT WITH SHARON

Thursday, August 20 | 12PM

Craft your own summer-themed coasters using rope and stencils! All supplies provided.

AUGUST PET DAY ACTIVITIES

Tuesday, August 25 | 10:30AM

Both National Dog Day (8/26) and International Cat Day (8/8) are in August - celebrate with us by bringing in photos of current or former pets to reminisce or share! In addition, we'll be making dog & cat toys for members to take home to their pets or bring to a shelter.

DANCE PARTY

Friday, August 28 | Following Strength Training | Main Room

Instructor Jen Pernsley is throwing an "end-of-summer" dance party following Strength Training on August 28! Strength Training will end early to accommodate the festivities. Refreshments will be provided, but members should also bring snacks to share! This party is free and open to all members.

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		Pickleball [3,4] 11:30AM - 12:30PM		Pickleball [3,4] 11:30AM - 12:30PM		Pickleball [2,3] 11AM - 12PM		
11:30AM								
12PM					Pickleball [2,3] 12PM - 1PM			
12:30PM		Pickleball [3,4] 12:30PM - 1:30PM	Badminton 11:30AM - 1PM	Pickleball [2,3] 12:30PM - 1:30PM		Walking 12PM - 1PM		
1PM								
1:30PM		Badminton 1:30PM - 3PM	Volleyball 1PM - 3PM	Badminton 1:30PM - 3PM	Volleyball 1PM - 3PM	Pickleball [3,4] 1PM - 3PM		
2PM								
3PM								
4PM		Pickleball [3, 4] 3:30PM - 5:30PM	Pickleball [2] 3:30PM - 5:30PM		Pickleball [2, 3] 3:30PM - 5:30PM			
5PM								
6PM		Pickleball [2, 3] 6PM - 8PM	Pickleball [4, 5] 6PM - 8PM		Pickleball [4, 5] 6PM - 8PM	Pickleball [3,4] 5PM - 7PM <i>Select Dates</i>		
7PM								
8PM								

Fitness Classes

STRENGTH TRAINING

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

This energetic 1-hour class, led by local 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! Haven't exercised in a bit? No problem - Jen can modify for all abilities!

SENIOR ZUMBA

Tuesday | 10:30AM - 11AM | FREE! | Main Room

Zumba, led by the energetic Talia Goren, features modified, easy-to-follow dance rhythms that prioritize cardiovascular health, flexibility, and balance without putting strain on the joints. Sitting mods are available.

E-Z-CISE

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

Offered once a week, this 45-minute class is led by rotating local instructors! E-Z-Cise is for folks who want to build strength and coordination, with an emphasis on body weight and resistance exercises.

BALANCE

Wednesday | 10:30AM - 11:15AM | FREE! | Main Room

Summer substitute teacher Liz Watkins will teach Balance, a 45-minute workout for both your physical body and vestibular system, throughout July & August! Designed to improve balance and coordination, benefits of this class include reducing the risk of falls and improving 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 session that aims to build 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

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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.

	MON	TUES	WED	THUR	FRI
Puzzles Main Room	All Day	All Day	All Day	All Day	All Day
Pool Table Stage	8AM - 10AM	8AM - 10AM	8AM - 10AM	8AM - 10AM	8AM - 10AM
Playing Cards Garden Room	10:30AM - 11:45AM	10:30AM - 11:45AM	10:30AM - 11:45AM	10:30AM - 11:45AM	10:30AM - 11:45AM
Shuffleboard Main Room	All Day	All Day	All Day	All Day	All Day
E-Z-CISE Main Room					10:30AM - 11:15AM
Senior Zumba Main Room		10:30AM - 11AM			
Lunch Main Room	11:45AM - 12: 15PM	11:45AM - 12: 15PM	11:45AM - 12: 15PM	11:45AM - 12: 15PM	11:45AM - 12: 15PM
Penny Bingo Garden Room	12:15PM – 2PM		12:15PM – 2PM		12:15PM – 2PM
Pinochle Activity Room	12:15PM - 2:30PM	12:15PM - 2:30PM		12:15PM - 2:30PM	
Mahjong Activity Room	12PM - 3PM		12PM - 3PM	12PM - 3PM	12PM - 3PM
Rummikub Main Room				10:30AM - 11:30AM	

WEEKLY PROGRAMS

Bridge: Tuesdays from 9:30AM - 12:15PM in our Garden Room
 Afternoon Bridge (summer only): Tuesdays from 12:30PM - 3PM in our Garden Room
 Balance: Wednesdays 10:30AM - 11:15AM 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: 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 stop by the office or get in touch.

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 (payment by card includes a \$2.00 transaction fee).

Penny Bingo - 1¢ per card, per game, paid to the community pots. A 25¢ game is played last.

2026 Trips

- Our trips now feature a 30 passenger coach bus (no bathroom).
 - Payment for trips is required at the time of sign up.
- There are no refunds for trip cancellations within 30 days of the trip, unless we can find someone to fill the spot.
- Is the trip you want to go on sold out? Always put your name on the waitlist in case someone cancels, it happens more than you think!

Candlelight Dinner Theatre: *Annie*

Arden, DE (in North Wilmington)

Only 1 spot left!

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.

Phillies Game

Citizens Bank Park, Philadelphia, PA

Only 8 spots left!

Thursday, September 10, 2026 | 11AM - 5PM | \$90.00

We're taking members out to the ball game - in this case, it's the Phillies verses the Astros! The game starts at 1:05PM and will likely go until around 3:30PM; expect to arrive back at Mid-County around 5PM. While the trip costs \$90.00, this only includes the ticket and parking - lunch and other refreshments are on your own (meaning you pay and settle your bill). Keep in mind concessions are cashless and vendors only accept cards (cash to card machines are available at the Park). We recommend budgeting at least \$50.00 for refreshments to be on the safe side. Please remember your hats and sunscreen!

American Music Theatre: *Winter Wonderland*

Lancaster, PA

Only 13 spots left!

Thursday, December 3, 2026 | 9AM - 4PM | \$100.00

Step into the magic of the season with *Winter Wonderland*, American Music Theatre's 2026 Christmas show! This dazzling production features stunning sets, gorgeous costumes, and live performances of your favorite holiday songs. The bus leaves Mid-County at 9AM for a 10:30AM show time. Lunch at Cracker Barrel will follow the show. While the trip costs \$100.00, lunch is on your own (meaning you pay and settle your bill).

AUGUST 2026 LUNCH MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Bruschetta chicken with mozzarella & balsamic glaze Penne in red sauce Broccoli Diced peaches	4 Breaded flounder with tartar sauce Stewed tomatoes Mac and cheese Fresh fruit	5 Chicken po boy with provolone, lettuce, tomato, & pickle on roll Wedding soup Watermelon	6 Pasta salad: rotini, cucumbers, onion, tomatoes, mozzarella, & grilled chicken Fresh peach	7 Cheeseburger with lettuce & onion Potato wedges Fresh pineapple
10 Dry rub bone in chicken wings 3 bean salad Split top roll Fresh fruit	11 Tuna salad on a croissant with lettuce & tomato Pea soup Diced pears	12 BBQ pulled pork on Kaiser roll Sweet potato fries Green beans Honeydew melon	13 Mediterranean white fish Caribbean vegetable blend Brown rice Fresh fruit	14 Breaded chicken sandwich with pickles on Kaiser roll Roasted Brussels sprouts Tater tots Diced peaches
17 Pot roast with gravy Mashed potatoes Carrots Split top roll Cantaloupe	18 Chicken gyro with lettuce, red onion, & tzatziki on pita Broccoli Tropical fruit	19 *special lunch* Oven fried chicken Coleslaw Green beans Corn muffin Peach cobbler with vanilla ice cream	20 Grilled cheese with tomato soup Succotash Fresh fruit	21 Burrito bowl: rice, ground beef, black beans, lettuce, cheese, salsa, & guacamole Diced pineapple
24 Chicken tenders Black bean & corn salad Split top roll Watermelon Honey mustard	25 Caesar salad with salmon (romaine, parmesan, croutons, & Caesar dressing) Fresh orange	26 Ham with scalloped potatoes Green beans Split top roll Tropical fruit	27 Chicken stir fry with vegetables in ginger teriyaki sauce Brown rice Mandarin oranges	28 Rachel sandwich: turkey, Swiss, sauerkraut, & Russian dressing on marble rye Vegetable soup Apple slices
31 BBQ chicken bites Seasoned greens Cheesy grits Cantaloupe	1 Crab cake sandwich with tartar sauce & lettuce on roll Sweet potato fries Coleslaw Honeydew melon	2 Chicken salad platter on lettuce & tomato Celery Sliced apples Crackers	3 Chicken cheesesteak with provolone, peppers, & onions on roll Roasted broccoli Fresh fruit	4 Spaghetti & meatballs Salad with tomatoes & cucumbers Diced pear

- Lunch is served Monday - Friday at 11:45AM. Running late? Please let us or Lori know ASAP.

- The suggested donation per meal is \$4.00 for those 60+. Days marked "special lunch" may cost more.

- 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 guarantee a lunch, you must call or sign up in person by 11AM the day before.** For example, if you want to eat with us on a Wednesday, you have to be signed up by 11AM on Tuesday. Lori *may* be able to accommodate those who show up last minute without reserving a lunch, but this varies day to day and is in no way guaranteed.

- Your signature is required in the lunch book (located on Lori's desk). City Fare is required to authenticate each meal provided to ensure accuracy of distribution.

- Have questions about lunch? Please call City Fare: (302) 421-3734.

Word Search: Dog Breeds

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

Golden Retriever
Dachshund
Chihuahua
Labrador
Beagle

Cocker Spaniel
Pekingese
Sheepdog
Mastiff
Poodle

Jack Russell
Greyhound
Shih Tzu
Bulldog
Pug