any questions at (302) 598-3014. These teachings are given freely. Let Happiness Be! Free for members! You must be a member of MMC to participate.

Bible Study

DAY: Tuesdays
TIME: 9:30 to 10:30 a.m.
ROOM: Activity Room #7
FACILITATOR: Glenn Johnson

You are invited to participate in a comprehensive Bible study session facilitated by Glenn Johnson. This program will feature expository teaching, complemented by opportunities for questions and answers, allowing members to deepen their understanding of biblical texts. This session is open to members of all backgrounds who are interested in exploring the teachings and insights of the Bible in a structured and supportive environment. Free for members! You must be a member of MMC to participate.

Bible Study

DAY: Wednesdays
TIME: 11 a.m. to noon
ROOM: Activity Room #3
FACILIATATOR: Rev. Jerome Carey

We invite you to attend a session led by Rev. Jerome Carey of the Second Baptist Church of Dover, focusing on the benefits of embracing a Christian life and understanding Bible doctrine in its fundamental simplicity. This discussion aims to provide members with valuable insights into Christian principles and practical applications in daily living. Members are welcome to participate in this opportunity for spiritual growth and community connection. Free for members! You must be a member of MMC to participate.

Pray Until Something Happens

DAY: Fridays
TIME: 9 to 10 a.m.
ROOM: West Conference Room
FACILITATOR: Myra McNair

When all you have is questions, just P.U.S.H. P.U.S.H. is a christian group that comes together to pray for our community and individual family issues. You need to have prayer all the time not just when you attend church. Prayer time is preceded with a bible study to focus on how to pray more effectively. all are welcome. Free for members! You must be a member of MMC to participate.

Social Security Benefits Assistance

DAY: Wednesdays
TIME: 9 to 9:30 a.m.
ROOM: Activity Room #6

Coleman Jackson, a volunteer who has been certified by the Social Security Administration, will be here to answer any questions you may have regarding Social Security. He can also assist you if you need representation during the entire Social Security Administration process, request a review, reconsideration, or a hearing, on your behalf if necessary. ***(Please note day and time change.)*** Free for members! You must be a member of MMC to participate.

Fall Risk Screening Event

DATE: September 26
TIME: 9:30 a.m. to 1:30 p.m.
ROOM: West Conference Room
HOSTED BY: Delaware State University

When all you have is questions, just P.U.S.H. P.U.S.H. is a christian group that comes together to pray for our community and individual family issues. You need to have prayer all the time not just when you attend church. Prayer time is preceded with a bible study to focus on how to pray more effectively. all are welcome. Free for members! You must be a member of MMC to participate.

MMC Gospel Singing Workshop

DAY: Tuesdays
TIME: 10 to 11 a.m.
ROOM: AR #3
INSTRUCTOR: Carl Barefoot

Have you ever wanted to sing with a gospel group? Take your voice to the next level while you confidently sing praise while meeting others who share the same passion. It is Carl's great delight to help singers find the voice that was uniquely gifted to them. Free to members.

Building Tours

DAY: Monday – Friday
TIME: 9 a.m. to 12:30 p.m.

Have you been thinking about joining MMC but not sure about what the center has to offer? Would you like a tour of our facility? Stop by our Hostess stand and one of our Hostesses will gladly walk around with you and answer any questions you may have about all the programs and benefits we offer. You can even stay for lunch.

Diabetes Prevention Program

The Diabetes Prevention Program is set to launch educational sessions aimed at individuals who may have or are at risk of developing Type 2 diabetes. This program focuses on teaching participants how to prevent Type 2 diabetes through manageable changes in diet and exercise, promoting long-lasting positive lifestyle changes.

Starting on September 9, the program will run for 26 weeks, with sessions held every Tuesday from 1 to 2 p.m. in the West Conference Room. The schedule is designed to provide comprehensive support and will include 16 weeks of weekly meetings, followed by 5 weeks of bi-weekly sessions. The remaining time will consist of monthly meetings, with specific dates to be determined.

This program is open to both members and non-members, making it accessible to anyone interested in improving their health and preventing Type 2 diabetes. Participants will gain valuable knowledge and tools to help them make sustainable lifestyle changes that can lead to a healthier future.

Don't miss this opportunity to take control of your health—join us for the Diabetes Prevention Program starting September 9!

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