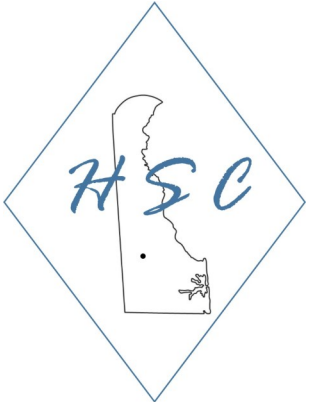




### The Harrington Senior Center

Phone: (302)-398-4224  
Fax: (302)-398-4421  
Email: karen@harringtonseniorcenter.org  
Website: harringtonseniorcenter.org  
Facebook: Like Harrington Senior Center & Friend us at Harrington Senior  
HOURS: Monday–Thursday 8:30 AM- 4:00 PM  
Friday 8:30 AM until 2:00 PM

June  
2023  
Volume 42,  
No. 6



The front desk closes 15 minutes prior to the Center closing time. Please handle all transactions by this time.

#### MESSAGE FROM THE EXECUTIVE DIRECTOR—KAREN CROUSE

Summer is on the horizon and construction has begun! We want to thank the City of Harrington for waving our permit fees for our construction project. The board has approved our Capital Fundraising Campaign and letters will be mailed out in a few weeks. The air conditioning system is being installed in the church parish hall and will be completed by the end of May. Be sure to stop by and welcome Marsh Hood as our new Clerical Receptionist.

#### MESSAGE FROM MEMBERS' PRESIDENT—JAN MITCHELL

The new addition is finally underway. I am sure everyone is ready to move back. There are great new programs being offered. Come out and support the new programs. Melanie is working hard to keep us active and welcomes your suggestions.

Quote: "One minute you're young and fun. The next minute you turn the car radio down to see better!" Author unknown



The Center is seeking applications for a substitute bus driver. Qualifications are the person must hold a CDL license with passenger endorsement. If you know of anyone that would like to apply for this position, please have them contact Karen at the Center.

#### Birthday Theme:



# CENTER NEWS



## SYMPATHY IS EXTENDED TO:

Jean Mumford on the death of her sister.

Family of Susan Clark (past ceramic class teacher).

Connie Harrington on the death of a relative.

Family of HSC Member Elizabeth Daisey.

Joyce Dyer on the death of her stepson.

Jeff Slocum on the death of his father.

Family of HSC Member Julianna Friend.



## FOOD PANTRY AT THE CENTER

Please stop by the Center and pick up

food supplies as our Food Pantry has been restocked. Many thanks to the groups and individuals of our community that have donated food for our Seniors.



## MAH JONGG

**DATE: Every  
Monday**

**TIME: 12:30 pm**

**LOCATION: Room #5**



## New Members—

Remember to use your coupon for a free lunch on

us. We look forward to you joining us on a day of your choice. Please bring your coupon in to redeem your lunch. You may also use your coupon for curbside as well.



## EMAILS and FACEBOOK

If we have your email address, you should be receiving emails from the Center almost daily. If you are not, please check your junk or spam mail. We also post on Facebook so please like our Harrington Senior Center Facebook page to follow us.



# LARSON'S Mower Shop

Since 1985

Your Local Shop With A **GREAT REPUTATION!**



Ask About Our  
**Snow Blower  
Service & Repair**

523 Thistlewood Rd, Houston, DE

Glenn Larson  
Owner

**302-786-2038**

**Pick-Up Available**

Larsonmowershop.com

# CENTER NEWS/ACTIVITY

## Healthy Heart Ambassador BLOOD PRESSURE Self-Monitoring Program

- Do you have **high blood Pressure (BP)** or take medication to control your BP?
- Do you struggle to keep your **BP under control**?
- Do you worry about the **health risks** of having high BP?



If you answered YES to the above questions, take advantage of a new **no cost** program that will teach simple yet effective skills to:

- Manage and understand BP.
- Set and achieve health goals.
- Identify and control triggers that can raise BP.
- Adopt healthier eating habits.
- Increase physical activity.



### Participants in this program will receive: *(at NO COST)*

- A BP monitor (if needed) and training on how to measure and track your blood pressure at home.
- Virtual one-on-one support from specially trained facilitators and virtual learning sessions over a four month period.
- Cooking demonstrations and nutritional education that will build your confidence to buy, prepare and cook affordable, delicious heart-healthy meals.
- Long-term support to help you make real changes to stay heart healthy.
- Classes will be held virtually (for now).

### Participation Requirements:

- ✓ Delaware resident
- ✓ Over 18 years old
- ✓ High BP diagnosis
- ✓ No cardiac events in the previous one year
- ✓ Don't have atrial fibrillation or other arrhythmias
- ✓ Do not have or at-risk for lymphedema



### Contact Us:

Please call **302-208-9097** or email [DHSS\\_DPH\\_HHA@delaware.gov](mailto:DHSS_DPH_HHA@delaware.gov) to enroll or for more information.



## YOUR RIGHTS UNDER TITLE VI

Harrington Senior Center operates its programs and services without regard to race, color, or national origin in accordance with Title VI of the 1964 Civil Rights Act. Any person who believes that she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with our agency.

Any such complaint must be in writing and filed with this agency within 180 days following the date of the alleged discriminatory occurrence. For information on our nondiscrimination obligations or how to file a complaint, please contact Harrington Senior Center by any of the methods listed below.

Harrington Senior Center  
102 Fleming Street  
Harrington DE 19952  
Phone – 302-398-4224

This publication was supported by the Cooperative Agreement Number NUS8DP006516 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention. Publication number DEDPH-HD-041221A



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health  
Diabetes and Heart Disease Prevention and Control Program



Laura D. Willis, Esq.  
HUDSON, JONES, JAYWORK  
& FISHER, LLC

225 South State Street  
Dover De 19901  
(302) 734-7401

[lwillis@delawarelaw.com](mailto:lwillis@delawarelaw.com)

Practice areas include estate planning and business counseling.

## REDNER'S RECEIPTS



When turning in your Redner's receipts, please do not cut off the bottom. We must have the part that reads "Today's 1% Save-A-Tape Total" with the date and dollar amount. All receipts must be within the last three years to count.

THANK YOU!

# CENTER GUIDELINES/NEWS

## BUS INFORMATION

Bus riders please help us maximize our bus by doing the following:

1. Call in and schedule the bus as soon as possible for daily pick ups. We will try to do a run every morning and afternoon so members can come in on a daily basis.
2. Please try to schedule all medical appointments between 10:00 am and 2:00 pm. Please call as soon as you schedule an appointment so we can accommodate your needs as well as our daily riders.



## BUS GUIDELINES



1. Bus guidelines will be given to all first time bus riders upon them being added to the list.
2. Bus guidelines will be posted on bulletin boards in the Center.
3. Title VI is displayed on bulletin boards in the Center, on our website, and on the bus.

## GUEST GUIDELINES



1. A guest may only participate in three daily activities per year without being a member.
2. Anyone may participate in trips and activities that list a non-member price.

## PARKING



We know parking is tight at our temporary location. Please do not park between the orange cones by the church as

we are using those spaces for the Meals on Wheels Drivers and truck from 9:00 am until approximately Noon. Please do not park in the area marked with orange cones as you enter the parking lot on the left as that is reserved for our bus and the Meals on Wheels van.

For large bus trips, we will be meeting and parking at the Delaware State Fair in the handicap lot behind the Administration building. We will note bus location in each trip block information in the newsletter.

## HARRINGTON LIONS CLUB—EYE GLASS COLLECTION BOX



Do you have glasses you no longer need? The Harrington Lions Club has placed a box here at the Center for you to drop off old glasses. Your donation helps support funding for children's eye glasses.



## LIBRARY & PUZZLES

You are welcome to come to the Center to check out library books and puzzles. They are located in Room #4.



## GRAB & GO LUNCHES

You may pick up lunch any day from 11:15 AM until 11:45 AM for a donation of \$6.00 for anyone age 60 and older and \$9.00 for those under the age of 60. You do not need to call ahead to register but you may if you wish or you may just stop in and pick up a meal. Grab & Go lunches are a function of the Meals on Wheels Program so their staff will be handling the meal pick up. Please let the HSC staff know if you have any issues with this new process. The Meals on Wheels office can be reached by calling 302-398-4860.

**PICK UP TIME DAILY**

**11:15 AM—11:45 AM**



**LUNCH IS SERVED AT NOON**

**COME IN FOR LUNCH**

You no longer need to sign up for lunch on the clipboards. We do ask if you are in the building for programs and want to stay for lunch that you sign up as you come in.

## MILES OF PENNIES



It takes 84,480 pennies to travel one mile. Let us see how far we can travel in 2023.



## ARMCHAIR VOLLEYBALL

**DATE: Monday, June 12th**

**TIME: 12:30 pm**

**LOCATION: Dining Room**



## MEMBERS MEETING IN-PERSON & ON ZOOM

**DATE: Tuesday, June 20th**

**TIME: 1:00 PM**

**LOCATION: Room #5**

**Come hear information on construction, finances, and other news about the Center.**

## EXERCISE ROOM

The exercise room is open during normal center business hours. We have two treadmills, one exercise bike, and the walker. Use the equipment at your own risk. Feel free to open the curtains. We only ask that you close them when you are finished. The Exercise Room is located in Room #2. Sign up with the office for your work out time.



# CENTER GUIDELINES, NEWS & TRIP INFO

## TRIP/ACTIVITY INFORMATION

1. We will begin boarding all trips approximately 15 minutes prior to the departure time. We board in the order in which you signed up for the trip.
3. All trips/activities must be paid for prior to the date of the trip/activity unless you are moved from the waiting list the day before. Should this occur you must pay before boarding the bus or participating in the activity.
4. **Refunds will only be issued if:**
  - A. We cancel the trip/activity
  - B. We are able to sell your seat
5. Everyone participating on a trip/activity must only need minimal assistance in transferring to seats, etc. Should you have an aide, they may sign up with you at the member price.

**Face masks may be required on any trip based on guidelines of the establishment.**

## CONGRATULATIONS TO:

**Lisa Holland & Jan Mitchell  
for winning the April  
Activity Bingo**



## TRIP/ACTIVITY SIGN UP DAY

**Thursday June 1st  
Beginning at 9:00 AM in  
Room #1**

1. When you arrive please come in and take a number for only yourself and wait in the dining room to be called.
2. You may purchase tickets for yourself and one other member or guest as long as you have the money for all tickets.
3. You cannot sign up prior to the date listed in the newsletter under each event.
4. Credit/Debit cards are now accepted for all trips, activities, and dues.
5. One check is accepted for all trips and activities you are paying for.

## PICTURES IN THE NEWSLETTER, FACEBOOK & OUR WEBSITE



We take pictures at every event, on every trip, and just around the Center. We use these photos in various ways.

If you do not want your picture used, please make sure you do not get in the picture. If your picture is taken, please notify the person taking it to delete it so it is not used. Thank you for helping us with publishing our photos to help showcase our Center.

## CENTER NEWS

### CAPITAL CAMPAIGN GOAL

#### What do we need to raise money for?

1. Removal and replacement of the front part of the building that has some structural issues that cannot be fixed.
2. Remodeling the kitchen to make it a commercial kitchen so we can use it for more activity related events.
3. Upgrading all electric and lighting in the building.
4. Replacement of 30-year old boiler with more energy efficient equipment.
5. Painting and laying new flooring.
6. Fixing issues on the outside of the building.
7. Purchasing the house next to the Center in order to expand the Center.



The current bids we have received estimate the project will cost over \$2 Million. However, we know there will be additional costs of the commercial kitchen appliances and other furniture and fixtures. We did receive \$2,075,000.00 from the state to help with this project.

We have started a Capital Fundraising Campaign and have raised **\$41,133.00** to date. We will be designing a way to honor large contributions by placing your name on a plaque or another similar idea. If you have suggestions, we welcome them.



**Monday-Friday**  
**7:30 AM to 5:00 PM**  
**Saturday**  
**7:30 AM to Noon**

325 Walt Messick Road  
Harrington DE 19952  
302-398-3729

*Proud to Support  
the Harrington  
Senior Center!*

*Thomas E. Melvin & Son  
Funeral Home, Inc.*



*Harrington, DE*

*302-398-3884*

*[www.melvinfuneralhome.com](http://www.melvinfuneralhome.com)*

## CENTER NEWS/SPONSORS/ACTIVITIES



### Congratulations to our April Bingo Winners

Sandra Parson, Jimmy Anthony, Betty Vincent, Craig Brodeur, Don Cooley, and Judy Walls

### FUNDRAISER INCOME

Calendar—\$264.19

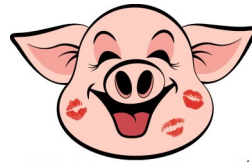
Easter Eggs—\$49.67

Paint Night—\$376.27

Purse Bingo—\$6843.01



May Birthday Group Picture



KISS THE PIG

Melanie will be representing the Center at the Pig Kissing Contest at the Fair. Please help her raise funds by putting money in her jug.

# Hometown Drugs

*Keeping you healthy & happy*

**Phone: 302-450-1970**

**Address: 16819, S. Dupont Hwy, Harrington, DE 19952**

**FREE Rx DELIVERY**

### Our Major Services:

- Personalized Service
- Immunizations
- Accepting All Insurance
- Drive-Through Pharmacy
- Health Screening
- Over-the-counter Medicines



## CENTER NEWS/SPONSORS/ACTIVITIES



### APRIL WII SCORES—

The scores below are the  
total for the month.

- 1st Don Cooley 238
- 2nd Jan Mitchell 237
- 3rd Bob Fagan 236
- 4th Craig Brodeur 223
- 5th Eula Hoover 203
- 6th Jackie Krech 202
- 7th Jeff Purse 192
- 8th Maddie Fagan 182



### APRIL 500 CARD SCORES

**April 5th**—Winner was Tom Shugars with 3430; Second was Tom Brown with 3380; Third was Connie Raymond with 3130.

**April 12th**—Winner was Harold Brode with 3600; Second was Nancy Lawson with 3290; Third was Fran Jaquette with 3200.

**April 19th**—Winner was Dale Trammell with 2770; Second was Harold Brode with 2760; Third was Tom Brown with 2570.

**April 26th**—Winner was Loki Harcum with 3290; Second was Nancy Lawson with 3030; Third was Connie Raymond with 2540.

# Happy Tails

**302-786-2528**

**25 Commerce Street  
Harrington DE 19952**

### Hours:

**Tuesday—Saturday  
8:00 AM—4:00 PM**



# ACTIVITIES & EVENTS



## CARDIO DRUMMING EXERCISE CLASS

**DATE: Mondays**

**TIME: 10:15 am**

**LOCATION: Dining Room**

Come be a part of this fun, exercise class. We will be drumming using exercise balls, a clothes basket and drumsticks! Sound interesting? We would love to see you join us as we drum to the beat of several songs. It will be a fun time and we will be seated while we are drumming. The class will last approximately 30 minutes. We may have the group perform for us at some point in time in the future.



## ARMCHAIR EXERCISE IN-PERSON

**DATE: Every Monday and Wednesday**

**TIME: 9:30 AM**

**LOCATION: Dining Room**

Take part in our Armchair Exercise. The program takes about 30 minutes. All you need is a chair without arms, a set of weights (or 2 cans of vegetables), and a towel.



## SENIOR WALKING EXERCISE PROGRAM IN-PERSON

**DATE: Every Tuesday & Thursday**

**TIME: 9:30 AM**

**LOCATION: Dining Room**

We will be exercising by simply walking. We will walk one mile to start and we will mix in a few other steps to keep the pace lively.

The video we have been using is Leslie Sansone Beginning Walk found on Youtube.com.



## WII BOWLING

**DATE: Every Wednesday**

**TIME: 10:00 AM**

**LOCATION: Dining Room**

Come join in the fun of WII Bowling. You will bowl in teams of 4 people. Each group bowls two games.



**DATE: Every Tuesday**

**TIME: 1:00 PM**

**LOCATION: Room #3**

Come and bring your sewing or craft project to the Center to work on with a group of great people. We have some machines here or you may bring your own.

# ACTIVITIES SPONSORSHIPS



## COMPUTER TECH SERVICES

Need help with your Smart Phone, Tablet, Laptop computer or software questions? This service is free to members with the exception of parts which you will need to pay for. You must be able to bring your device into the center.

**DATES: June 9th & 23rd**

**TIME: 1:00 PM—3:00 PM**

**LOCATION: RM #5**

Call to make an appointment.  
No walk-ins.



© Can Stock Photo

## IN-PERSON and VIRTUAL BINGO

**DATE: June 22nd**

**TIME: 1:00 pm**

**LOCATION: Dining Room and on ZOOM**

Join us for a chance to win \$5.00 Gift Cards For Virtual Bingo—you will receive one email with the ZOOM link and one with the Bingo Card link. You can have both opened on your computer at the same time by minimizing Zoom once you are logged in or you can call in on Zoom on your phone and only have the card on your computer. We will also print cards for you to pick up at the Center and then all you need to do is call in on your house or cell phone.

## INSIDE GAMES

**DATE: Every Tuesday**

**TIME: 10:00 AM**

**LOCATION—Room #5**



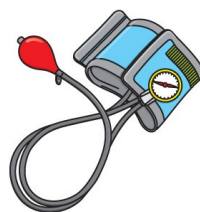
## TAI CHI WITH RAN

**DATE: Every Monday**

**TIME: 2:30 PM—3:30 PM**

**LOCATION: Dining Room**

Ran is back to lead our Tai Chi group. The cost of the course is being covered by a grant so join us and enjoy learning something new or to help get back into the swing of things.

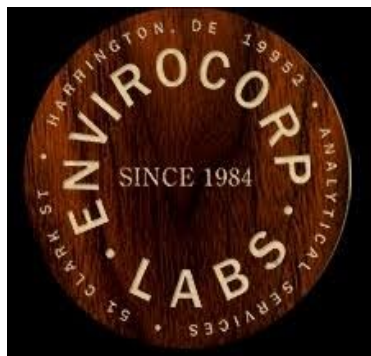


## BLOOD PRESSURE CHECKS

**DATE: June 7th & 21st**

**TIME: 11:00 AM**

**LOCATION: Dining Room**



Full service laboratory specializing in analysis for commercial and residential clients!

51 Clark Street  
Harrington, DE 19952

(302) 398-4313

Hours: Monday—Friday 8:00 AM —5:00 PM

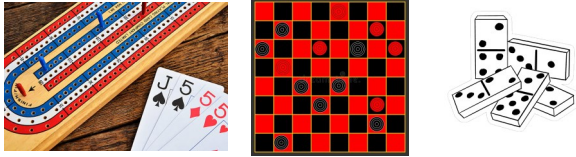
## ACTIVITIES & EVENTS

### CRIBBAGE OR OTHER BOARD GAMES

Every Wednesday at 1:00 pm

Dining Room

We are willing to purchase any games you want to play.



### SHUFFLEBOARD

ROOM #4

Feel Free to play anytime your schedule allows.



### LOCAL SHOPPING

DATE: **Tuesday, June 6th**

TIME: 1:30 pm



### LINE DANCING

DATE: **Every Friday**

TIME: 9:00 am—New Beginner Dancers

9:30 am—Beginner Dancers

10:00 am —Improver Dancers

This will give each level of dancer an hour of dancing. You are welcome to stay as long as you want for dancing.

LOCATION: Dining Room

Come join in the fun learning how to line dance. All levels of line dancers from beginners to the experienced are welcome to attend.



### BIBLE STUDY

Bible Study will be taking the summer off. We will see you in September!

## Hendricks & Son Inc.

John W. & Nancy Jo Hendricks

Serving the Agricultural Community Since 1952

# ACTIVITIES & EVENTS & SERVICES

## CARD GAME DAY AND TIMES



**TUESDAYS:**

**10:30 AM Bridge—  
Dining Room**



**WEDNESDAYS**

**11:30 AM Canasta—  
Room #5**



**WEDNESDAYS**

**12:30 PM 500—  
Dining Room**



**THURSDAYS:**

**10:00 AM PHASE 10—  
Dining Room**



**12:30 PM Pinochle—  
Room #5**

**COME JOIN IN THE FUN!  
ALL GROUPS ARE WILLING  
TO TEACH YOU THEIR GAME!**



**SERVICES OFFERED  
AT THE CENTER**

**MEMBER RATES**

NOTARY—\$2.00 (Free to those in the Military or Retired Military)

FAX—\$0.25 per page

COPIES— \$0.25 per page

COLOR COPIES—\$0.50 per page

**NON—MEMBER RATES**

NOTARY—\$5.00 (Free to those in the Military or Retired Military)

FAX—\$0.50 per page

COPIES—\$0.50 per page



**For those who like to do puzzles, we have a puzzle table now available for you to work at anytime the Center is open. Room #4**



**MIDTOWN LIQUOR &  
TOBACCO OUTLET**  
2/B Liberty Plaza, Harrington, DE  
(Next to Byler's) 302 398 4447



**Largest selection of Liquor, coldest Beer, Wine and Tobacco Products in town.**

**Easy in and out Sports Lottery – Lottery – Keno – ATM**

**ONE STOP SHOP**

# ACTIVITIES/SPONSORSHIPS/TRIPS

**21<sup>ST</sup> ANNUAL  
DIABETES WELLNESS EXPO**

**TUESDAY, JUNE 20, 2023**

9:00 A.M. TO 3:00 P.M.

DELAWARE TECHNICAL COMMUNITY COLLEGE - TERRY CAMPUS - DOVER  
DEL-ONE CONFERENCE CENTER - 100 CAMPUS DR., DOVER, DE

PROMOTING DIABETES SELF-MANAGEMENT AND HEALTHIER LIFESTYLES FOR:

- PEOPLE WITH DIABETES AND PREDIABETES
- HEALTH CARE PROVIDERS
- BUSINESSES
- DIABETES-RELATED ORGANIZATIONS
- OTHERS INTERESTED IN HEALTH PROMOTION

**FREE**  
LUNCH  
LEAD SCREENINGS  
FLU SHOTS  
HIV TESTING

EXHIBITORS  
GIVEAWAYS  
DIABETES INFORMATION  
HEALTH SCREENINGS

SKIP THE CHECK-IN LINE  
& PRE-REGISTER

SPONSORED BY:

 DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health  
Diabetes and Heart Disease Prevention and Control Program

 AMERIHEALTH CARITAS DELAWARE  
ANODYNE PAIN & WELLNESS SOLUTIONS  
DELAWARE FIRST HEALTH



[WWW.DEDIABETESCOALITION.ORG](http://WWW.DEDIABETESCOALITION.ORG)  [DIRECTOR@DEDIABETESCOALITION.ORG](mailto:DIRECTOR@DEDIABETESCOALITION.ORG)

## T-shirt, Polo and Sweatshirt Sale

**DATE: June 1st to June 23rd**

**T-Shirts-----\$15.00**

**Polo Shirts-----\$22.00**

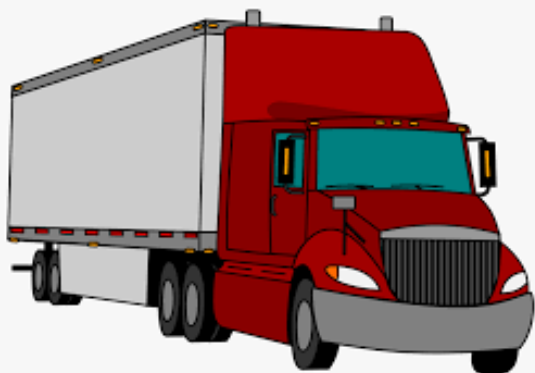
**Sweatshirts-----\$22.00**

**Please pick up an order form at  
either sign in table.**

**See Melanie if you need to try  
on shirts for sizing. We have  
Polo's in Men's and Women's  
sizes.**



# Harrington Logistics



**111 Reese Avenue**

**Harrington DE 19952**

**Is A Proud Sponsor of the  
Harrington Senior Center**

# INFORMATION/SPONSORSHIPS/TRIPS

## Delaware State Service Centers

The Division of State Service Centers administers a statewide network of safe, secure, well-maintained and efficiently operated service centers. These centers, 14 in total, serve as multi-service facilities in which various public and private agencies are collocated, with the goal of promoting access to Delaware's health and human service system through Division staff specializing in community resources and providing client support services that promote increased accessibility, enhanced service integration and efficient service monitoring. Annually, more than 600,000 visits are made to State Service Centers throughout Delaware. Based on demographic analyses and community outreach, each service center provides a mix of services appropriate to the communities which it serves. There are over 160 programs and services delivered through state service centers.

The Division of State Services Centers (DSSC) also administers the State Office of Volunteerism which includes the Foster Grandparent Program; Retired and Senior Volunteer Program (RSVP); Volunteer Link; and Volunteer Services. Its Office of Community Services manages the Low-Income Energy Assistance Program (LIHEAP); Weatherization Assistance Program; Community Services Block Grant; Emergency Housing Assistance Fund; Community Food and Nutrition Program; Emergency Transitional Housing Site Operations and AmeriCorps. Additionally, the Division through its Family Support Unit administers the Delaware Helpline, a public/ private partnership with the Department of Administrative Services and United Way of Delaware's 'First Call for Help'; the Hudson and Milford Family Visitation Centers; Nemours Pharmaceutical Assistance Program; Child Restraint Seat Loaner Program; Low Income Dental and Medical Transportation; Emergency Assistance Services; Community Resource and Assistance Program and publishes biannually the Directory of Human Services.

The Guiding Principles of the Division of State Service Centers are: "They offer courteous service, timely response and effective solutions to the unmet needs of the individuals and communities that they serve." DSSC employs approximately 150 persons located at 17 sites.

The location of the fourteen (17) State Service Centers are as follows:

### **New Castle County State Service Centers:**

**Appoquinimink State Service Center**, 122 Silver Lake Road, Middletown 19709, 696-3120  
**Belvedere State Service Center**, 310 Klamensi Rd., Wilmington 19804, 995-8545  
**Claymont State Service Center**, 3301 Green Street, Claymont 19703, 792-6505  
**Delaware State Service Center**, 500 Rogers Rd., New Castle 19720, 622-4500  
**Floyd I. Hudson State Service Center**, 501 Ogletown Rd., Newark 19711, 283-7500  
**Northeast State Service Center**, 1624 Jessup Street, Wilmington 19802, 552-3500  
**Winder Laird Porter State Service Center**, 509 W. 8th Street, Wilmington 19801, 777-2800

### **Kent County State Service Centers:**

**James W. Williams State Service Center**, 805 River Rd., Dover 19901, 857-5000  
Milford State Service Center Campus:  
**Milford Riverwalk Center**, 253 North East Front Street., Milford 19963, 424-7200  
**Milford Annex**, 13 S. W. Front Street, 424-7230  
**Milford Walnut Street Building**, 18 N. Walnut Street, 424-7300  
**Smyrna State Service Center**, 200 S. DuPont Blvd. Suite 101 Smyrna 19977, 514-4500

### **Sussex County State Service Centers:**

**Bridgeville State Service Center**, 400 Mill Street, Bridgeville 19933, 721-7005  
**Edward W. Pyle State Service Center**, 34314 Pyle Center Rd., Frankford 19945, 732-1700  
**Laurel State Service Center**, 31039 North Poplar Street, Laurel 19956, 875-8402  
**Thurman Adams State Service Center**, 546 S. Bedford St., Georgetown 19947, 515-3000  
**Anna C. Shipley State Service Center**, 350 Virginia Ave., Seaford 19973, 628-6700

### **Other Locations:**

**Central Office**, 1901 N. Dupont Highway, New Castle 19720, 255-9675  
**Carvel State Office Building**, 820 N. French Street, Wilmington 19801

For questions concerning the EMDF contact Delaware's Division of Public Health, 744-1020



**DELAWARE HEALTH AND SOCIAL SERVICES**  
Division of Public Health  
Diabetes and Heart Disease Prevention and Control Program



**Please see Melanie  
for more  
information on  
getting help with  
your Diabetic Meds  
or other  
information listed  
above.**



**BLUE HEN**  
**CONSTRUCTION**

### **Hours of Operation:**

**8:00 AM—5:00 PM Monday—Friday**

**9:00 AM—4:00 PM—Saturday**

**Owned by Darrin & Laura Simpson**

**Address: 1 Dorman Street**

**Harrington DE 19952**

**Telephone Number: (302) 363-0343**

# ACTIVITIES, TRIPS & SPONSORSHIPS

## MEMORIAL DAY PROGRAM & POT LUCK LUNCH

**DATE: Friday, May 26th**

**TIME: Noon**

**SIGN UP NOW—LAST DAY TO SIGN UP IS TUESDAY, MAY 23RD**

Come join us as we remember those that gave their life for our freedom.

Bring your favorite dish to share as we have our 1st Pot Luck Luncheon since COVID-19.

If you do not want to make a dish you can donate \$6.00 to help defray the cost of items we will need to purchase.



## SPOTLIGHT on SOUTH DAKOTA TRIP MEETING DATE: Monday, June 5th at 11:00 am

This meeting is for those that are signed up for the trip.

**Trip Dates June 13th—19th**

We will be reviewing the Itinerary booklet that they send, departure times, airline boarding passes and any other questions you have regarding the trip.

## FRIENDS HELPING FRIENDS EVENT AT BOSCOV'S

Wednesday, October 18th

8:00 am until 11:00 pm

We will be selling coupons for \$5.00 and you receive 25% of the lowest sales price.

**BYLER'S** SINCE 1974  
Country Market AND Grocery Outlet

Your Neighborhood **Country Market & Grocery Outlet**

74 COFFEE & CREAM

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## ACTIVITY & TRIP INFORMATION



### NIGHT AT THE RACES

**DATE: Wednesday, June 7th**

**DEPARTURE TIME: 3:30PM**

**APPROXIMATE RETURN  
TIME: 7:00PM**

**TRANSPORTATION: Center Bus**

**COST: Cost of your dinner**

**SIGN UP NOW**—we still have a few seats or you can meet us at the Raceway.

We will have dinner and watch live racing at Harrington Raceway. We will also have a race dedicated to the Harrington Senior Center. Everyone will come to the Winner's Circle to have their picture taken with the winning horse.

There will also be one lucky winner to ride in the starting car during one of the races.



### Ice Cream Soda Day

**DATE:  
Tuesday,  
June 20th**

**TIME:  
12:30Pm**

**MEMBER  
COST: \$2.00**

**All dad and grandads are free! - Happy Father's Day**

**SIGN UP BEGINS:  
Thursday, June 1st**

**Come join us for an Ice  
Cream Soda**



### JUNE BIRTHDAY PARTY

**Thursday, June 8th**

**TIME: NOON  
for In-Person**

**11:15am – 11:45 am for Curbside  
Pick-Up**

**COST: \$6.00 age 60+ and  
\$9.00 under age 60.**

**YOU WILL PAY AT THE DOOR**

**SIGN UP BEGINS: NOW**

**SIGN UP ENDS: Tuesday, June 6th**

**MENU:**

**Roasted Pork with Gravy, Mashed  
Potatoes, Sauerkraut, Roll, and Milk**

**Cake: Thank you Jean Miller  
Ice Cream— Pat Shufelt & Gayle Melvin**



**YOU PICK  
DINE  
AROUND!!**

**You chose where you have  
lunch. Jersey Mike's, Five  
Guys, Chipotle or Grottos.**

**DATE: Wednesday, June 21st**

**DEPARTURE TIME: 11:30am**

**APPROXIMATE RETURN  
TIME: 2:00pm**

**TRANSPORTATION: Center  
Bus**

**MEMBER COST: \$2.00**

**NON-MEMBER COST: \$4.00**

**SIGN UP BEGINS: Thursday,  
June 1st**

# ACTIVITIES & PICTURES

## GENTLE YOGA

**DATE: Monday, June 26th**

**TIME: 1:00PM**

**SIGN UP BEGINS: June 1st**

Please sign up by Friday, June 16th so we can order mats and other equipment needed for the class.

There is no charge for the class or the supplies.

Class instructed by Elena Paladino



**RED WHITE & BROADWAY SHOW & DINNER AT MMC**

**DATE: Tuesday, June 27th**

**DEPARTURE TIME: 4:45 pm**

**APPROXIMATE RETURN TIME: 10:00 pm**

**TRANSPORTATION: Center Bus**

**MEMBER COST: \$46.00**

**NON-MEMBER COST: \$50.00**

**Come and enjoy dinner and a show!**

**Tickets have been ordered so you can be put on a waiting list in case someone cancels.**



## WALMART MILFORD SHOPPING TRIP

**DATE: Thursday, June 29th**

**DEPARTURE TIME: 1:30 pm**

**APPROXIMATE RETURN TIME: 4:15 pm**

**TRANSPORTATION: Center Bus**

**NO COST TO MEMBERS**

**NON-MEMBER COST: \$4.00**

**SIGN UP BEGINS: Thursday, June 1st**



## MYSTERY TRIP

**DATE: Sunday, August 13th**

**DEPARTURE TIME: 11:00AM**

**APPROXIMATE RETURN TIME: 6:30PM**

**TRANSPORTATION: Coach Bus**

**MEMBER COST: \$145.00**

**SIGN UP NOW: \$50.00 deposit due at sign up. Final Payment due by July 6th.**

**Join us on a day trip of fun. You will have deluxe roundtrip motor coach transportation, a scrumptious lunch and entertainment. Bus Driver Tip is included. Limited Walking.**

## INFORMATION/SPONSORS



### SIGHT & SOUND “MIRACLE OF CHRISTMAS”

**Amish Lunch**

**Feast at a Local Restaurant**

**DATE: Tuesday, November 28th**

**Departure & Return time to be  
determined.**

**COST: \$185.00**

**(Includes, show ticket, charter bus, meal  
and gratuity, and bus driver gratuity).**

**SIGN UP NOW: A \$50 deposit is due at  
sign up. Final payment by October 10th.**

### NASHVILLE CHRISTMAS GET-AWAY

**December 5th—9th, 2023**

Price includes: 2 nights at the Gaylord Opryland Resort, 2 nights enroute, Country Christmas Dinner Show, Luncheon on General Jackson Showboat, Tour of Nashville, Reserved Grand Ole Opry Show, Ice Show at the Gaylord, Ride on the Delta Flatboats, meal gratuities for meals that are included in the trip, bus driver tip and snacks on the bus.

Traditional View—\$1100.00 per person Double Occupancy

Atrium View—\$1200.00 per person Double Occupancy .

**WAITING LIST ONLY**



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# SPONSORS

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Top Prize  
\$1,000 Slot Dollars!

**FRIDAYS**  
**JUNE 2, 9, 16 & 23**  
6:00PM - 10:00PM



Top Prize  
\$10,000 CASH!

**FRIDAY**  
**JUNE 30**  
8:00PM - 10:00PM



Win your share of  
\$60,000 Slot Dollars!

**SATURDAYS**  
**IN JUNE**  
8:00PM - 10:00PM



**BONZ PATIO**  
**SATURDAY JUNE 10**  
**9:00PM**  
TICKET \$20 AT THE DOOR  
FIRST COME FIRST SERVED



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\*In prizes. Must be 21 years of age. No one under the age of 21 can enter the casino unless noted. Harrington Raceway and Casino reserves the right to cancel or change any promotion or event without notice. See Players Club for more details. All games are controlled by the Delaware State Lottery. Play responsibly. If you or someone you know has a gambling problem, call the Delaware Gambling Help Line: 1-888-850-8888.

Thank You

### TO OUR 2023 SPONSORS

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Blue Hen Construction  
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MidTown Liquor

#### GOLD

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#### SILVER

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#### BRONZE

#### IN-KIND SPONSORS

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Ivins Florist  
Harrington Lions Club  
NeighborGood Partners  
Harrington Fire Company  
Auxiliary  
Home Instead Senior Care

# JUNE MANNA MENU

Lunch is served at 12 Noon. Meals are provided by the Modern Maturity Center, Inc. MANNA Programs. **Suggested Donation \$6.00 for ages 60 and up; \$9.00 payment required for Under 60 years of age** - Menu Subject to Change Without Notice.

Did you know? With funding from the Division of Services for Aging and Adults with Physical Disabilities, senior nutrition programs (Congregate and Meals on Wheels) are designed to provide balanced meals and services not met by other meal providers. We help you to live independently longer.

**NOTE:**

Please be advised that food served here may contain these ingredients: Milk, Eggs, Wheat, Soybean, Peanuts, Tree Nuts, Fish, Shellfish and Seafood Base.

- 5**  
**Beef A Roni Casserole**  
**Green Beans**  
**Italian Bread**  
**Fruit**  
**Milk**

- 6**  
**Low Sodium Ham with Sauce**  
**Boiled Potatoes**  
**Seasoned Cabbage**  
**Applesauce**  
**Wheat Bread**  
**Milk**

- 7**  
**Beef Chili Dog on Bun**  
**Coleslaw**  
**Fruit**  
**Milk**

- 8**  
**BIRTHDAY PARTY**  
**Roast Pork with Gravy**  
**Mashed Potatoes**  
**Sauerkraut**  
**Roll**  
**Cake**  
**Milk**

- 9**  
**Baked Chicken with Gravy**  
**Yellow Rice**  
**Vegetable Blend**  
**Wheat Bread**  
**Pudding**  
**Milk**

- 12**  
**Chicken Pot Pie**  
**Buttered Broccoli**  
**Dinner Roll**  
**Cookies**  
**Milk**

- 13**  
**Meat Loaf with Gravy**  
**Mashed Potatoes**  
**Peas & Carrots**  
**Wheat Bread**  
**Fruit**  
**Milk**

- 14**  
**Vegetable Soup**  
**Chicken Salad on Bun**  
**Lettuce & Tomato**  
**Vanilla Pudding**  
**Milk**

- 15**  
**BBQ Chicken**  
**Blackeye Peas**  
**Collard Greens**  
**Corn Bread**  
**Red Velvet Cake**  
**Milk**

- 16**  
**Chili with Red Beans**  
**Rice**  
**Vegetable Medley**  
**Wheat Bread**  
**Fruit**  
**Milk**

**19**  
**CENTER CLOSED FOR**  
**JUNTEENTH**



- 20**  
**Spaghetti with Meat Sauce**  
**Mixed Vegetables**  
**Garlic Bread**  
**Yogurt**  
**Milk**

- 21**  
**Hamburger on Bun**  
**Potato Wedges**  
**Coleslaw**  
**Lettuce & Tomato**  
**Cookies**  
**Milk**

- 22**  
**Fried Chicken**  
**Mashed Potatoes with Gravy**  
**Mixed Greens**  
**Wheat Bread**  
**Pudding**  
**Milk**

- 23**  
**Baked Ziti with Meat Sauce**  
**Broccoli**  
**Applesauce**  
**Roll**  
**Milk**

- 26**  
**Salisbury Steak with Gravy**  
**Mashed Potatoes**  
**Zucchini**  
**Wheat Bread**  
**Fruit**  
**Milk**




- 27**  
**Chicken Parmesan**  
**Linguine with Marinara Sauce**  
**Broccoli**  
**Garlic Bread**  
**Fruit**  
**Milk**

- 28**  
**Swedish Meat Balls over Egg Noodles**  
**Peas**  
**Roll**  
**Mousse**  
**Milk**

- 29**  
**Liver & Onions**  
**Mashed Potatoes with Gravy**  
**Green Beans**  
**Wheat Bread**  
**Fruit**  
**Milk**

- 30**  
**Williamsburg Chicken**  
**Buttered Rice**  
**Peas & Carrots**  
**Wheat Bread**  
**Pudding**  
**Milk**

# CALENDAR OF ACTIVITIES

Monday	Tuesday	Wednesday
<p style="color: red; text-align: center;"><b>PUZZLES WILL BE IN ROOM #4 anytime someone wants to work on the puzzle.</b></p> <p style="color: red; text-align: center;"><b>EXERCISE ROOM IN ROOM#2 See Marsha to sign up for a daily time.</b></p> <p style="color: red; text-align: center;"><b>SHUFFLEBOARD TABLE CAN BE USED ANYTIME.</b></p>	<div style="text-align: center;">  <p><b>Mother's Day Tea</b></p> </div>	<div style="text-align: center;">  <p><b>Ms. Lila celebrating Cinco De Mayo with us.</b></p> </div>
<p><b>5</b> 9:30—Armchair Exercise—In-Person (DR) 10:15—Cardio Drumming Exercise Class (DR) <b>11:00—South Dakota Trip Meeting (DR)</b> 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (RM#5) 2:30—Tai Chi with Ran (DR)</p>	<p><b>6</b> 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (RM #5) 10:30—Bridge (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) <b>1:30—Local Shopping</b> 1:00—Sit &amp; Sew (RM#3)</p>	<p><b>7</b> 9:30—Armchair Exercise—In-Person &amp; Facebook Live (DR) 10:00—WII Bowling (DR) <b>11:00—Blood Pressure Checks (DR)</b> 11:15—11:45 Grab N Go Lunch 11:30—Canasta (RM#5) 12:00—Lunch Served (DR) 12:30—500 (DR) 1:00—Cribbage &amp; Other Board Games (DR) <b>3:30—Depart for Night at the Races</b></p>
<p><b>12</b> 9:30—Armchair Exercise— In-Person (DR) 10:15—Cardio Drumming Exercise Class (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (RM#5) <b>12:30—Armchair Volleyball (DR)</b> 2:30—Tai Chi with Ran (DR)</p>	<p><b>13</b> 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (RM #5) 10:30—Bridge (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Sit &amp; Sew (RM#3) <b>1:00—New Century Club Meeting (RM#5)</b></p>	<p><b>14</b> 9:30—Armchair Exercise In-Person &amp; Facebook Live (DR) 10:00—WII Bowling (DR) 11:15—11:45 Grab N Go Lunch 11:30—Canasta (RM#5) 12:00—Lunch Served (DR) 12:30—500 (DR) 1:00—Cribbage &amp; Other Board Games (DR)</p>
<p><b>19</b> <b style="text-align: center;">CENTER IS CLOSED FOR</b></p> <div style="text-align: center;">  <p><b>JUNE TEENTH FREEDOM DAY</b></p> </div>	<p><b>20</b> 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (RM #5) 10:30—Bridge (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) <b>12:30—Ice Cream Soda Day (DR)</b> 1:00—Sit &amp; Sew (RM#3) <b>1:00—Members Meeting (RM#5)</b></p>	<p><b>21</b> 9:30—Armchair Exercise—In-Person and Facebook Live (DR) 10:00—WII Bowling (DR) <b>11:00—Blood Pressure Checks (DR)</b> 11:15—11:45 Grab N Go Lunch 11:30—Canasta (RM#5) <b>11:30—Depart for Dine Around Camden Area</b> 12:00—Lunch Served (DR) 12:30—500 (DR) 1:00—Cribbage &amp; Other Board Games (DR)</p>
<p><b>26</b> 9:30—Armchair Exercise—In-Person (DR) 10:15—Cardio Drumming Exercise Class (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (RM#5) <b>1:00—Gentle Yoga (DR) NEW Class</b> 2:30—Tai Chi with Ran (DR)</p>	<p><b>27</b> 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (RM #5) 10:30—Bridge (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Sit &amp; Sew (RM#3) <b>4:45 pm—Depart Modern Maturity Show</b></p>	<p><b>28</b> 9:30—Armchair Exercise—In-Person and Facebook Live (DR) 10:00—WII Bowling (DR) 11:15—11:45 Grab N Go Lunch 11:30—Canasta (RM#5) 12:00—Lunch Served (DR) 12:30—500 (DR) 1:00—Cribbage &amp; Other Board Games (DR)</p>

# JUNE 2023

Thursday	Friday	Saturday
<p><b>1 9:00—Trip Sign Up Day</b>            9:30—Senior Walking Program In-Person (DR)            10:00—Phase 10 (DR)            11:15—11:45 Grab N Go Lunch            12:00—Lunch Served (DR)            12:30—Pinochle (RM5)</p>	<p><b>2 9:00—New Beginner Line Dancers (DR)</b>            9:30—Beginner Line Dancers (DR)            10:00—Improver Line Dancers (DR)            11:15—11:45 Grab N Go Lunch            12:00—Lunch Served (DR)</p>	<p><b>3</b></p>
<p><b>8 9:30—Senior Walking Program In-Person (DR) CANCELLED</b>            10:00—Phase 10 (DR) <b>CANCELLED</b>            11:15—11:45 Grab N Go Lunch            12:00—Lunch Served (DR) <b>Birthday Party</b>            12:30—Pinochle (RM#5)            6:00—Board Meeting (DR)</p>	<p><b>9 9:00—New Beginner Line Dancers (DR)</b>            9:30—Beginner Line Dancers (DR)            10:00—Improver Line Dancers (DR)            11:15—11:45 Grab N Go Lunch            12:00—Lunch Served (DR)  <b>1:00—Computer Tech (Rm #5)</b></p>	<p><b>10</b></p>
<p><b>15 9:30—Senior Walking Program In-Person (DR)</b>            10:00—Phase 10 (DR)            11:15—11:45 Grab N Go Lunch            12:00—Lunch Served (DR)            12:30—Pinochle (RM#5)</p>	<p><b>16 9:00—New Beginner Line Dancers (DR)</b>            9:30—Beginner Line Dancers (DR)            10:00—Improver Line Dancers (DR)            11:15—11:45 Grab N Go Lunch            12:00—Lunch Served (DR)</p>	<p><b>17</b></p> <p><b>18—Happy Father's Day</b></p> <div style="text-align: center;">  </div>
<p><b>22 9:30—Senior Walking Program In-Person (DR)</b>            10:00—Phase 10 (DR)            11:15—11:45 Grab N Go Lunch            12:00—Lunch Served (DR)            12:30—Pinochle (RM#5)  <b>1:00—Bingo (DR &amp; Zoom)</b></p>	<p><b>23 9:00—New Beginner Line Dancers (DR)</b>            9:30—Beginner Line Dancers (DR)            10:00—Improver Line Dancers (DR)            11:15—11:45 Grab N Go Lunch            12:00—Lunch Served (DR)  <b>1:00—Computer Tech (Rm #5)</b></p>	<p><b>24</b></p>
<p><b>29 9:30—Senior Walking Program In-Person (DR)</b>            10:00—Phase 10 (DR)            11:15—11:45 Grab N Go Lunch            12:00—Lunch Served (DR)            12:30—Pinochle (RM#5)  <b>1:30—Walmart Shopping Trip</b></p>	<p><b>30 9:00—New Beginner Line Dancers (DR)</b>            9:30—Beginner Line Dancers (DR)            10:00—Improver Line Dancers (DR)            11:15—11:45 Grab N Go Lunch            12:00—Lunch Served (DR)</p>	



# JUNE 2023 BIRTHDAY WISHES

**June 3rd**

Peggy Reining  
Karen Crouse

**June 4th**

Charlotte Frederick  
Annette Ashley

**June 5th**

June Jerread

**June 6th**

Pat Shufelt  
James Christopher  
Mary Hirt

**June 7th**

Rosemarie Thureau  
Joe Prettyman  
Debra Hopkins  
Pat Smith

**June 9th**

Deborah Sterling

**June 11th**

Marjorie Needles

**June 12th**

Daniel Oswald

**June 13th**

Clifford Outten  
Erik Liimatta

June Brous

**June 14th**

Virginia Gleeson  
Lois Walters  
Bonnie Speicher

**June 15th**

Bob Tarr  
Emerson Brooks

**June 16th**

George Deering

**June 17th**

Kaye Sapp  
Bob Sherwood  
Henry Wilson, Jr.

**June 18th**

Kathy Gooden  
Viva Poore

**June 19th**

Pat Hickey

**June 20th**

Earl Davis

**June 21st**

Elima Bynum  
Lisa Poore  
Delores Collins

**June 22nd**

Gladys Argo  
Sandra Sponaugle  
Richard Pitlick

**June 25th**

Joanne Bedwell  
Deborah Webb

**June 26th**

Deanne Ryan  
Nancy Dellinger  
Gabby Pratt

**June 28th**

Nancy Kenton  
Gayle Melvin  
Sheila Clough

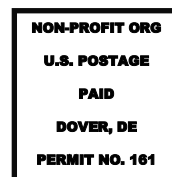
**June 29th**

Emilie Haines

**June 30th**

Tom Shugars  
Pat Weaver  
Mikell Wamsley

Harrington Senior Center  
102 Fleming Street  
Harrington DE 19952



Return Service Requested