



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**

May
2023
Volume 42,
No. 5



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

Construction is starting at the Center. You will soon see the footers and concrete work being completed. The church is working on air conditioning the Hall and back Sunday School wing so we should be comfortable during the upcoming warmer months.

We have many new activities planned, so check out the newsletter. We are open to suggestions!



The Center is seeking applications for a Clerical Assistant and a substitute bus driver. If you know of anyone that would like to apply for either of these positions, please have them contact Karen at the Center.

MESSAGE FROM MEMBERS' PRESIDENT—JAN MITCHELL

Nice weather and good friends, what a great connection. Come out and join us.

There were 50 people at the April Birthday Luncheon.

Seems like we are finally underway with the new Center.

Fact: Horses rise from the ground on their legs first.




May Birthday Theme:

April Showers bring us May Flowers!

CENTER NEWS



SYMPATHY IS EXTENDED TO:

Felecia McCoy on the death of her sister.

Richard Patton on the death of his wife and HSC Member Maria Patton.



Members with April Birthdays



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

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Owner

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CENTER NEWS/ACTIVITY



Doris Calhoun won the rabbit filled with Jelly Beans by guessing the number of Jelly Beans in the jar.



Bunny Ear Ring Toss . Lisa Holland is always ready to have fun!



Members writing down how many Jelly Beans they think are in the container.

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



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

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

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 LUNCHESES

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.



Our sewing group donated 3 boxes of blankets to Bayhealth Sussex Campus.



MEMBERS MEETING IN-PERSON & ON ZOOM

DATE: Tuesday, May 16th

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.



SPOTLIGHT on SOUTH DAKOTA Featuring Mount Rushmore & The Badlands

**TRIP MEETING DATE: Monday,
June 5th at 11:00 am**



Our crew that traveled to see Moses at Sight & Sound. We had an awesome trip.



TRIP/ACTIVITY SIGN UP DAY

**Thursday May 4th
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 **\$40,933.00** 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

CENTER NEWS/SPONSORS/ACTIVITIES



Congratulations to our March Bingo Winners

3/16/23—Jimmy Anthony, Craig Brodeur, Donna Anthony, Joanne Young, Shirley A. Carpenter, Grace Jester, Carole Hammond, and Christie Cole

3/30/23—Grace Jester, Elfrieda Bamford, Betty Vincent, Joanne Young, Keith Alysse, Jimmy Anthony, Don Cooley, and Bill Holland

PHASE 10 MARCH SCORES

1st—Eula Hoover 165

2nd—Heidi Seely 170

3rd—Barlynn Boone 250

4th—Don Cooley 275

5th—Jan Mitchell 290

6th—Bill Carpenter 360

7th—Baldy Sadler 435

ARMCHAIR VOLLEYBALL

DATE: Monday, May 22nd

TIME: 12:30 pm

LOCATION: Dining Room



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

FREE Rx DELIVERY

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

CENTER NEWS/SPONSORS/ACTIVITIES



MARCH WII SCORES—

The scores below are the
total for the month.

- 1st Jan Mitchell 255
- 2nd Don Cooley 246
- 3rd Bob Fagan 233
- 4th Eula Hoover 223
- 5th Darlene Melko 214
- 6th Maddie Fagan 190
- 7th Craig Brodeur 190
- 8th Baldy Sadler 184
- 9th Jeff Purse 169
- 10th Keith Alyasse 157
- 11th Laure Giannetta 142



MARCH 500 CARD SCORES

March 1st—Winner was
Connie Raymond with 3570;

Second was Joyce Herrington with 3220;
Third was Terry Trammell with 2940

March 8th—Winner was Connie
Raymond with 3340; Second was Harold
Brode with 3180; Third was Terry
Trammell with 3120.

March 15th—Winner was Nelson Reed
with 2820; Second was Dale Trammell
with 2710; Third was Harold Brode with
2630.

March 22nd—Winner was Tom Shugars
with 3350; Second was Harold Brode with
3230; Third was Tom Brown with 2340.

March 29th—Winner was Tom Shugars
with 3030. Second was Harold Brode with
2920; Third was Connie Raymond with
2300.

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 and FACEBOOK LIVE

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.



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.



SENIOR WALKING EXERCISE PROGRAM IN-PERSON and FACEBOOK LIVE

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.



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: Friday, May 5th

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: Monday, May 8th

TIME: 12:30 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.

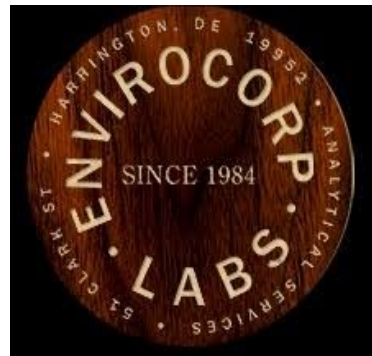


BLOOD PRESSURE CHECKS

DATES: Tuesday, May 3rd and May 17th

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

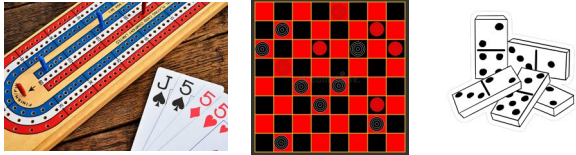
ACTIVITIES & EVENTS

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, May 9th

TIME: 1:00 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 held on Thursdays at

10:00 am in Room#5

Hendricks & Son Inc.

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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 &
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(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



CINCO DE MAYO PARTY & FAITH'S FAREWELL PARTY

**DATE: Friday,
May 5th**

TIME: Noon

MEMBER COST: \$8.00

NON-MEMBER COST: \$10.00

SIGN UP NOW

**Cost Includes : 2 tacos, chips, salsa,
salad and dessert.**

**OR YOU MAY PURCHASE THE
REGULAR LUNCH MENU which is
Spaghetti with Meatballs for the \$6.00
donation OR bring your own lunch.**

**Come out and celebrate Cinco de Mayo
and say goodbye to Faith as she begins
her journey in a new position at Kent
County Levy Court.**

**There will also be live music by
Paul deWolfe**



MAY BIRTHDAY PARTY

**DATE: Thursday,
May 11th**

**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, May 9th

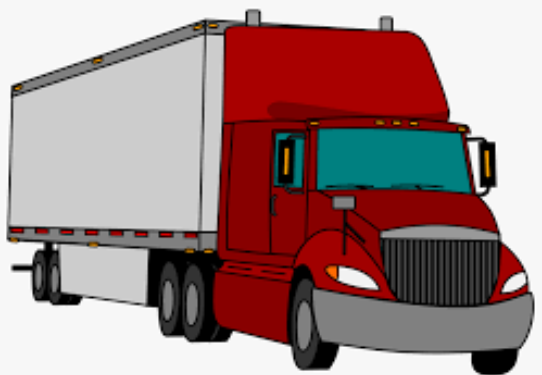
MENU:

**Roast Beef with Gravy, Mashed
Potatoes, Chef's Blend, Roll.**

Milk

**Cake: Thank you Jean Miller
Ice Cream— Michael & Billie
Humphrey**

Harrington Logistics



111 Reese Avenue

Harrington DE 19952

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

INFORMATION/SPONSORSHIPS/TRIPS



We have learned that the Farmer's Market Vouchers will be available approximately on May 1st for distribution. You will begin to use them as of June 1st. Please contact the office if you are interested in being placed on the list. Once we have more information we will share it with everyone. It will be like a credit card not individual vouchers is our understanding.



GREATER HARRINGTON HISTORICAL SOCIETY MEMORIAL DAY PARADE

DATE: Monday, May 29th

DEPARTURE TIME: 8:15 am

TRANSPORTATION: Center Bus

SIGN UP BEGINS: Thursday, May 4th

Come ride the bus in the parade!



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



CHICKEN SCRATCH EMBROIDERY CLASS CONTINUED FROM APRIL

**DATE: Thursday,
May 4th (Dining Room) &
May 11th (Rm #3**

TIME: 10 am to Noon

This is only for members who started
the class in April.



MOTHER'S DAY TEA

DATE: Friday, May 12th

TIME: 10:00am

SIGN UP BEGINS: Thursday, May 4th

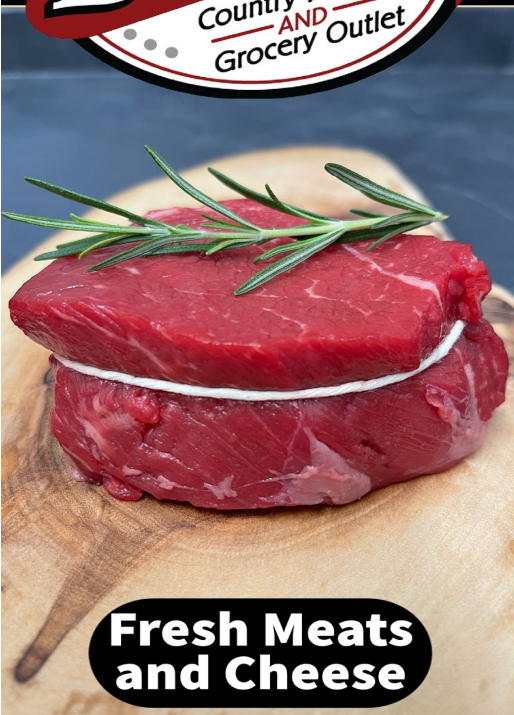
**Celebrating Mothers with tea and
pastries.**

**All mothers in attendance will be entered
in A Thirty-On Reversible Tote raffle.**



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ACTIVITY & TRIP INFORMATION



Emma's Restaurant Dine Around

Greenwood, DE

DATE: May 17th

DEPARTURE TIME: 11:30am

APPROXIMATE RETURN TIME: 2:00pm

TRANSPORTATION: Center Bus

MEMBER COST: \$2.00 plus cost of your lunch

NON-MEMBER COST: \$4.00 plus cost of your lunch

SIGN UP BEGINS: Thursday, May 4th

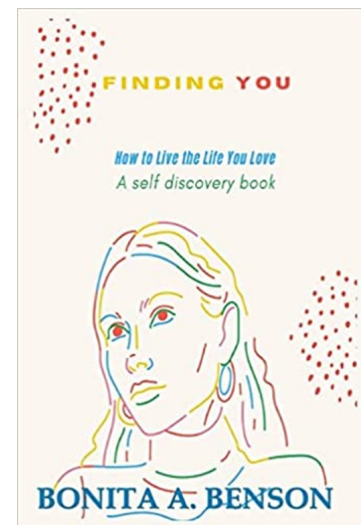
LOCAL AUTHOR BONITA BENSON WILL BE HERE TO PRESENT HER BOOK "FINDING YOU"

DATE: Monday, May 15th

TIME: 11:30AM

SIGN UP BEGINS: Thursday, May 4th

Bonita Benson will be here to discuss her book. Please come out and listen to a local author.



YOU MIGHT BE A CAREGIVER COMEDY SHOW

DATE: Thursday, May 18th

TIME: 2:00pm

SIGN UP BEGINS: Thursday, May 4th

YOU MIGHT BE A CAREGIVER

A lesson in Awareness of your personal journey with Chronic Disease. Management of self and others!

A humorous look at how your personality, your role, and your title can impact your health and the health of others.

LIVE, LAUGH, & LEARN

LEARN HOW:

- "You Might Be a Caregiver" whether it be by nature or by nurture, professional or personal.
- To determine your present personality type *virtually* (they can evolve and change)
- To embrace your inner -Caregiver in order to release YOU as an individual and reduce stress
- YOU can redirect your energy and efforts to benefit yourself... without feeling selfish
- YOU can use the internet to gain control of your own mental and physical wellbeing

SPEAKER: LON KIEFFER

Lon Kieffer, the Executive Director of Milford Wellness Village, AKA the "Defender of Caregivers" will lead this interactive, humorous workshop sharing evidence-based research to help reduce stress and improve overall health of caregivers.

This program will also introduce the Chronic Disease Self Management Education programs available at www.HealthyDelaware.gov provided online and in-person at Modern Maturity Center and the Milford Wellness Village.

Defender of Caregivers
defenderofcaregivers.com

#LETHUMORWORK

Flavors-Fun-Fitness EXPO

Living your best life!

May 18, 2023
11 a.m. to 2 p.m.

Modern Maturity Center 1121 Forrester Ave., Dover DE
FREE! and Open to the Public

Participating organizations:

- PAM Rehabilitation Hospital
- Delaware Division of Public Health
- Caregiver Resource Center
- Garden Club
- Senior Olympics
- Diabetes Prevention Program
- General Federation of Women's Clubs
- SNAP
- Social Security Administration
- Delaware Division of the Arts



• *Flavors of the World*: samplings of foods from more than 18 countries

- Performances by Ida Kirkendoll's classes
- A Farmer's Market

ACTIVITIES & PICTURES



MEMORIAL DAY PROGRAM & POT LUCK LUNCH

DATE: Friday, May 26th

TIME: Noon

SIGN UP BEGINS: Thursday, May 4th

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.



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

SIGN UP BEGINS: Thursday, May 4th and end May 5th as tickets must be ordered on the morning of the 9th

Come and enjoy dinner and a show!



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 BEGINS: Thursday, May 4th

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.



MYSTERY TRIP

DATE: Sunday, August 13th

DEPARTURE TIME: 11:00AM

APPROXIMATE RETURN TIME: 6:30PM

TRANSPORTATION: Coach Bus

MEMBER COST: \$145.00

SIGN UP BEGINS: Thursday, May 4th. \$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 scrumptuous 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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Harrington, DE 19952**

SPONSORS

SPRING INTO *Winning*

\$60,000
JACKPOT
Drawing

**FRIDAYS
IN MAY**
8:00PM

\$12,000
50+
SLOT TOURNAMENT



**FRIDAYS
IN MAY**
9:00AM - 12:00PM

\$75,000
PRIZE MANIA

**SATURDAYS
IN MAY**
HOURLY:
7:00PM - 11:00PM



WHERE WINNERS PLAY!

1-888-887-5687 | HARRINGTONRACEWAY.COM |  



*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: 1-888-950-9888.

Thank You

TO OUR 2023 SPONSORS

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MAY 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 for Under 60 years of age - Menu Subject to Change Without Notice.

1	2	3	4	5
Salisbury Steak w/Gravy	Baked Chicken w/Gravy	Taco Chili Salad	Fried Fish	Italian Meat Balls
Mashed Potatoes	Yellow Rice	Lettuce & Tomato	Scalloped Potatoes	Spaghetti
Carrots	Beets	Sour Cream	Stewed Tomatoes	Peas & Carrots
Wheat Bread	Wheat Bread	Tortilla Chips/Salsa	Corn Bread	Wheat Bread
Fruit	Butter Cookies	Mousse	Pudding	Peaches/Milk
Milk	Milk	Milk	Milk	OR Our Party Menu see article in newsletter
8	9	10	11	12
Chicken Pot Pie	Beef A Roni Casserole	White Bean Soup	BIRTHDAY PARTY	Baked Ziti with Meat Sauce
Buttered Zucchini	Tossed Salad	Turkey & Cheese on Bun	Roast Beef w/Gravy	Broccoli
Wheat Bread	Italian Bread	Lettuce & Tomato	Mashed Potatoes	Italian Bread
Pudding	Fruit	Mayonnaise	Chef's Blend	Fruit
Milk	Milk	Brownies	Roll	Milk
		Milk	Cake	
			Milk	
15	16	17	18	19
Chicken Tetrizzini with Noodles	Pork Chop w/Gravy	Spaghetti with Meat Sauce	Fried Chicken	Meat Loaf with Gravy
Peas	Mashed Potatoes	Mixed Vegetables	Macaroni & Cheese	Mashed Potatoes
Wheat Bread	Peas & Carrots	Applesauce	Seasoned Collard Greens	Mixed Vegetables
Fruit	Bread	Bread Sticks	Roll	Wheat Bread
Milk	Yogurt	Milk	Ice Cream	Cookies
	Milk		Milk	Milk
22	23	24	25	26
Ham w/Sauce	Cantonese Chicken	Hamburger on Bun	Liver & Onions w/Gravy	BBQ Chicken
Parslied Potatoes	Buttered Rice	Ketchup	Mashed Potatoes	Baked Beans
Seasoned Cabbage	Steamed Broccoli	Potato Wedges	Green Beans	Potato Salad
Wheat Bread	Roll	Lettuce & Tomato	Wheat Bread	Roll
Pudding	Mandarin Oranges	Cookies	Yogurt	Ambrosia Fruit Salad
Milk	Milk	Milk	Milk	Or
				Our Covered Dish Picnic See Newsletter for Details
29	30	31		NOTE:
CENTER CLOSED	Sloppy Joe on Bun	Vegetable Soup		Please be advised that food served here may contain these ingredients: Milk, Eggs, Wheat, Soybean, Peanuts, Tree Nuts, Fish, Shellfish and Seafood Base
MEMORIAL DAY	Steamed Broccoli	Tuna Salad on Bun		
HOLIDAY	Potato Wedges	Lettuce & Tomato		
	Fruit	Applesauce		
	Milk	Milk		


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.



CALENDAR OF ACTIVITIES

Monday	Tuesday	Wednesday
<p>1 9:30—Armchair Exercise— In-Person & Facebook Live (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) 2:30—Tai Chi with Ran (DR)</p>	<p>2 9:30—Senior Walking Program In-Person & Facebook Live (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 & Sew (RM#3)</p>	<p>3 9:30—Armchair Exercise— In-Person & Facebook Live (DR) 10:00—WII Bowling (DR) 11:00—Blood Pressure Checks 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 & Other Board Games (DR)</p>
<p>8 9:30—Armchair Exercise— In-Person & Facebook Live (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) 12:30—BINGO (DR) 2:30—Tai Chi with Ran (DR)</p>	<p>9 9:30—Senior Walking Program In-Person & Facebook Live (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—Local Shopping 1:00—Sit & Sew (RM#3) 1:00—New Century Club Meeting (RM#5)</p>	<p>10 9:30—Armchair Exercise— In-Person & 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 & Other Board Games (DR)</p>
<p>15 9:30—Armchair Exercise— In-Person & Facebook Live (DR) 10:15—Cardio Drumming Exercise Class (DR) 11:15—11:45 Grab N Go Lunch 11:30—Author Bonita Benson Presentation (DR) 12:00—Lunch Served (DR) 12:30—Mah Jongg (RM#5) 2:30—Tai Chi with Ran (DR)</p>	<p>16 9:30—Senior Walking Program In-Person & Facebook Live (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 & Sew (RM#3) 1:00—Members Meeting (RM#5) In-Person & Zoom</p>	<p>17 9:30—Armchair Exercise In-Person & Facebook Live (DR) 10:00—WII Bowling (DR) 11:00—Blood Pressure Checks 11:15—11:45 Grab N Go Lunch 11:30—Canasta (RM#5) 11:30—Depart for Dine Around at Emma’s 12:00—Lunch Served (DR) 12:30—500 (DR) 1:00—Cribbage & Other Board Games (DR)</p>
<p>22 9:30—Armchair Exercise— In-Person & Facebook Live (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) 12:30—Armchair Volleyball (DR) 2:30—Tai Chi with Ran (DR)</p>	<p>23 9:30—Senior Walking Program In-Person & Facebook live (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 & Sew (RM#3)</p>	<p>24 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 & Other Board Games (DR)</p>
<p>CLOSED MEMORIAL DAY HOLIDAY</p>  <p><i>Memorial</i> DAY</p>	<p>30 9:30—Senior Walking Program In-Person & Facebook live (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 & Sew (RM#3)</p>	<p>31 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 & Other Board Games (DR)</p>

MAY 2023

Thursday	Friday	Saturday
<p>4 9:00—Trip Sign Up Day 9:30—Senior Walking Program In-Person & Facebook Live (DR) 10:00—Phase 10 (DR) 10:00—Bible Study (RM#5) 10:00—Chicken Scratch Embroidering Class (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Pinochle (RM5)</p>	<p>5 9:00—New Beginner Line Dancers (DR) 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) 12:00—Cinco De Mayo & Faith’s Farewell Party 1:00—Computer Tech (RM#5)</p>	<p>6</p>
<p>11 9:30—Senior Walking Program In-Person & Facebook Live (DR) CANCELLED 10:00—Phase 10 (DR) CANCELLED 10:00—Bible Study (RM#5) 10:00—Chicken Scratch Embroidering Class (RM#3) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) BirthDay Party 12:30—Pinochle (RM#5) 6:00—Board Meeting (DR)</p>	<p>12 9:00—New Beginner Line Dancers (DR) - CANCELLED 9:30—Beginner Line Dancers (DR) - CANCELLED 10:00—Improver Line Dancers (DR) - CANCELLED 10:00—Mother’s Day Tea (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR)</p>	<p>13</p> <p>Sunday May 14th</p> 
<p>18 9:30—Senior Walking Program In-Person & Facebook Live (DR) 10:00—Phase 10 (DR) 10:00—Bible Study (RM#5) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Pinochle (RM#5) 2:00—You Might be a Caregiver Comedy Show (DR)</p>	<p>19 9:00—New Beginner Line Dancers (DR) 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>20</p>
<p>25 9:30—Senior Walking Program In-Person & Facebook Live (DR) 10:00—Phase 10 (DR) 10:00—Bible Study (RM#5) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Pinochle (RM#5)</p>	<p>26 9:00—New Beginner Line Dancers (DR) 9:30—Beginner Line Dancers (DR) 10:00—Improver Line Dancers (DR) 11:15—11:45 Grab N Go Lunch 12:00—Memorial Day Program & Potluck Lunch (DR)</p>	<p>27</p>
	<p>PUZZLES WILL BE IN ROOM #4 anytime someone wants to work on the puzzle.</p> <p>EXERCISE ROOM IN ROOM#2 See Faith to sign up for a daily time.</p> <p>SHUFFLEBOARD TABLE CAN BE USED ANYTIME.</p>	



MAY 2023 BIRTHDAY WISHES



MAY 1st

Libby Butler
Virginia Hitchens
Betty Link
Jan Mitchell

MAY 2nd

Vicky Maguire
Eleanor Cain

MAY 3rd

Etta Moyer
Diane Knuckles

MAY 4th

Russell Rash

MAY 6th

Rick Harmel
Robert Rothermel
Earl Rambo

MAY 7th

Carolyn Kennedy
Connie Raymond

MAY 8th

Nancy Ricker
Ed Parry

MAY 10th

Carol Carlisle

MAY 11th

Jay McCoy

MAY 13th

Jim Eastman
Sam Ellingsworth

MAY 16th

Brenda Hanes

MAY 18th

Bill Wothers
Roland Dupre
Elnora Knowles

MAY 19th

Jackie Rash
Sharon Dunn

MAY 20th

Rosemary Vincent
Edward Needles

MAY 21st

Rosalie Wise
Shirley Carpenter

MAY 22nd

Sandy Parson

MAY 24th

Karen Williams
Donna Chandler

MAY 25th

Anna Mae Draper
Billie Humphrey

MAY 26th

Jeannie Wood
Barbara Pearson

MAY 28th

Weldon Harcum
Alton Collins
Jean Toscano

MAY 29th

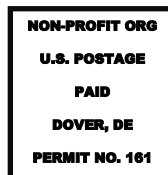
Sandy Dearman

MAY 30th

Connie Cooper
Barbara Pavelka
Arlene Stanchi-Callaghan



Harrington Senior Center
102 Fleming Street
Harrington DE 19952



Return Service Requested