



August  
2023  
Volume 42,  
No. 8



### 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–2:00 PM

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

The summer heat is on! If you need a cool place during the day, please feel free to come and visit the Center during our business hours.



Check out the articles in the newsletter, we have many great activities and trips planned! Melanie and I will be starting to advertise our activities and trips for future months so we can give you as much time as possible to sign up and make payments. Many venues are starting to require payment in full much sooner than before, so please pay close attention to sign-up dates and end dates and when full payments are due.

The new Center is coming along nicely. I was able to do a walk through and see most of the layout and it looks great! The dining room is huge and we will be able to have space for everyone to participate in activities without being in tight spaces. Some of you have asked will there be designated rooms? We will have a sewing/craft room and a card/game room. The dining room will hold many groups at the same time but spread out so you feel like you have your own space. We have heard many of you say you would like a pool table. I promise I will look at the space once it is completed and hopefully find the space for a pool table. The new facility is going to be awesome!

Watch for our Capital Campaign letter to come out shortly and feel free to share it with friends and businesses that you think would like to help us raise funds, so we have enough funds to furnish our new facility.

**Birthday Theme:**  
**Summer is drawing quickly to an end so come celebrate Summer Fun with us!**

# CENTER NEWS



## SYMPATHY IS EXTENDED TO:

Christine Weber on the death of her grandmother and Mother-in-law.

Family of HSC member Rosalie Wise.

Libby Garey on the death of her sister.

Doris Calhoun on the death of her brother-in-law.

Louise Savage on the death of her brother-in-law.



## 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!**



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Owner

302-786-2038

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## CENTER NEWS/ACTIVITY



LIVE A  
HEALTHIER LIFE



### WELLNESS WITH WECARE WORKSHOPS

The Delaware Chronic Disease Self-Management Program

Offered at:

## Harrington Senior Center

August 14th, 21st, 28th, September 4th, 11th, 18th  
from 10 a.m. to 12 noon

More knowledge about chronic health conditions can:

- Prevent and/or delay health complications
- Deal with frustration, fatigue, pain and isolation
- Learn about appropriate exercise to maintain and improve strength, flexibility and endurance
- Communicate effectively with health professionals and others
- Understand the value of nutrition in your health

SIGN UPS BEGIN NOW



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.

## 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

## 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 have marked off every morning and afternoon for bus pick up and drop off.
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.
3. **You will receive a call by 3:00 pm the day before your ride with a pick up time.**



## 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 information trip block in the newsletter.

## 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.

## 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.

## 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.



## 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 older than 60 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.

## FRIENDS HELPING FRIENDS EVENT AT BOSCOV'S

Wednesday, October 18th

8:00 AM until 11:00 PM

We are selling coupons for \$5.00 and you receive 25% off the lowest sales price. See Marsha for a coupon.



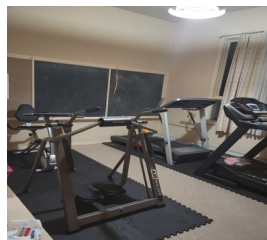
## MEMBERS MEETING IN-PERSON & ON ZOOM

**DATE: August Meeting is cancelled as there is no board meeting.**

**TIME: 1:00 PM**

**LOCATION:**

**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 workout 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.



## TRIP/ACTIVITY SIGN UP DAY

**Thursday, August 3rd**  
**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.

**SIGN UP**

## IT IS IMPORTANT TO SIGN UP

Signing up for events, activities, and trips is very important.

Please make sure you are signing up by the deadlines. This is important so we have room and items needed for the event. We also do not want to over order. Please look at the information for sign up dates and end dates. If you have questions, please contact us.

## 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 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 **\$42,183.00** to date. We will be designing a way to honor large contributions by placing your name on a plaque or another similar idea. We welcome any suggestions you have!



**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 June Bingo Winners

Carole Hammond, Joan Camac, Craig Brodeur, Lori Gianatti, Clarence Cole, and Stephen Albright.



### DO YOU NEED ACCESS TO WIFI AT HOME OR REDUCE YOUR CURRENT COST?

You may be eligible for \$30 per month toward home internet access through the Affordable Connectivity Program (ACP).

We will help you fill out the application if you are interested, just call for an appointment or sign up for Tech Day.

If you already have internet and want to see if you qualify for the \$30 per month go to <https://getacp.org/delaware>



We had 2 tables of members attending the MMC Red, White & Blue Show. Everyone had a great time!

# 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



Insurance Commissioner Trinidad Navarro speaking to members about Medicare Supplement plans and Fraud.



Our members with July Birthdays that attended our July Birthday Party. A special Happy 95th Birthday to Mr. Jack Redden (on the far left of the picture.)



### JUNE 500 CARD SCORES

**June 7th**—Winner was Nelson Reed with 2190; Second was Tom Brown with 2050; Third was Dale Trammell with 1710.

**June 14th**—Winner was Joe Frederickson with 2840; Second was Harold Brode with 2730; Third was Dale Trammell with 2180

**June 21st**—Winner was Nelson Reed with 3100; Second was Fran Jaquette with 2710; Third was Harold Brode with 2580.

**June 28th**—Winner was Tom Brown with 3660; Second was Nelson Reed with 3230; Third was Dale Trammell with 3030.

# 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

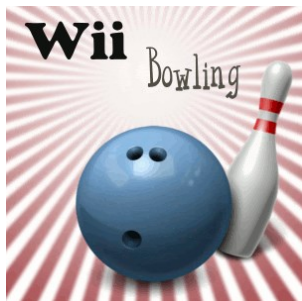
**DATE: Every Tuesday & Thursday**

**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: Friday, August 18th**

**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: Thursday, August 3rd & Thursday, August 31st**

**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**



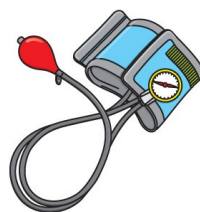
## TAI CHI WITH RAN

**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.

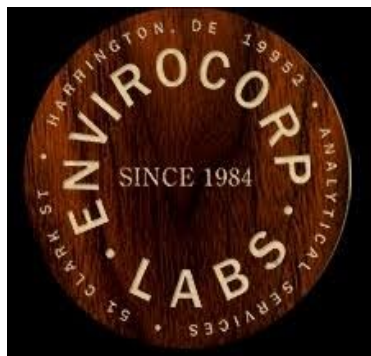


## BLOOD PRESSURE CHECKS

**DATE: Wednesday, August 9th & 30th**

**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



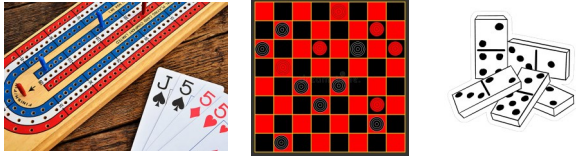
## ACTIVITIES & EVENTS

### CRIBBAGE OR OTHER BOARD GAMES

Every Thursday at 1:00 PM

Dining Room or Room #3

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



### 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.



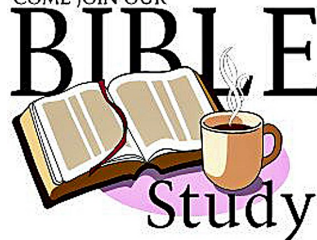
### LOCAL SHOPPING

**DATE: Tuesday,  
August 15th &  
Tuesday,  
August 29th**

**TIME: 1:00 pm**

**PLEASE ORDER SUBS FROM  
BYLERS AHEAD OF TIME. WE  
CANNOT WAIT FOR YOUR TO  
ORDER IT AT THE STORE**

COME JOIN OUR



### 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 in 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

### **T-shirt, Polo, and Sweatshirt Sale**

Order is being placed soon so do not miss out!

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.



### **GENTLE YOGA**

**DATE: Every Monday in August**

**TIME: 1:00 PM**

**You do not need to sign up to attend.**

**Class instructed by  
Elena Paladino**

**Location: Dining Room**



## Harrington Logistics



**111 Reese Avenue**

**Harrington DE 19952**

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



## INFORMATION/SPONSORSHIPS/TRIPS



### DINE AROUND AT BULLOCK'S DELI DENTON, MD

**DATE: Tuesday, August 8th**

**DEPARTURE TIME: 11:00 AM**

**APPROXIMATE RETURN TIME:  
2:00 PM**

**TRANSPORTATION: Center Bus**

**MEMBER COST: \$6.00**

**NON-MEMBER COST: \$10.00**

**SIGN UP BEGINS: Thursday,  
August 3rd**



### AUGUST BIRTHDAY PARTY

**DATE: Thursday,  
August 10th**

**TIME: NOON for In-Person**

**11:15 AM – 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, August 8th**

**MENU: Roast Turkey with Gravy,  
Stuffing, Buttered Peas with Pearl Onions,  
Dinner Roll, and Milk**

**Cake: Thank you Jean Miller**

**Ice Cream— Thank you Jean Sellers &  
Sharon Bean**

**Entertainment By: Bill Lyons**



# 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

## END OF THE SUMMER LUNCH AT FISHERMAN'S INN CRAB DECK



**DATE: Wednesday, August 16th**



**DEPARTURE TIME: 10:30 AM**

**APPROXIMATE RETURN TIME: 2:30 PM**

**TRANSPORTATION: Charter Bus—Depart from Delaware State Fair Handicap Parking Lot.**

**MEMBER COST: \$75.00 per person**

**NON-MEMBER COST: \$85.00 per person**

**Cost includes: All you can eat steamed crabs, Maryland vegetable red crab soup, corn on the cob, Country fried chicken tenders, hush puppies, coleslaw, vanilla ice cream with chocolate syrup and whipped cream, soda, lemonade, iced tea and coffee.**

**Also included is bus driver and server tips.**

**SIGN UP BEGINS: Thursday, August 3rd**

**SIGN UP ENDS: Monday, August 14th**

## NAILS WITH MARIE

**DATE: Friday, August 18th**

**TIME: 12:00 PM**

**Dining Room**

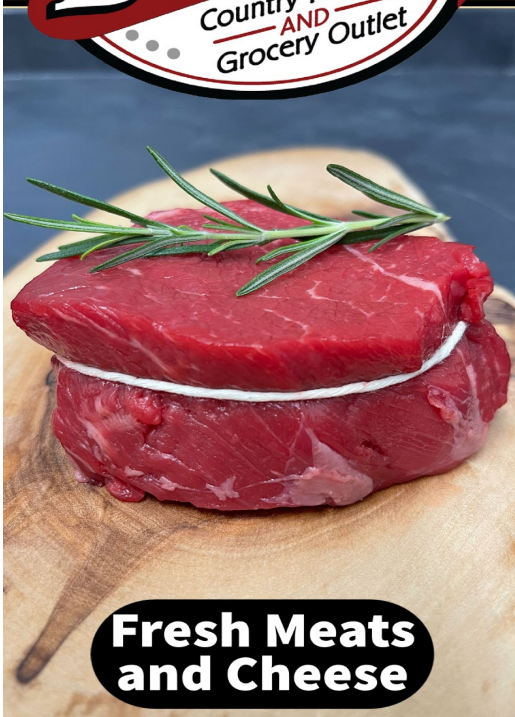
**MEMBER COST: Cost of the activity is between \$13 and \$16. Cost depends on the style of nail polish you chose. You can pay cash or check the day of the event directly to Marie.**

**SIGN UP BEGINS: August 3, 2023**



*Your Neighborhood*

## Country Market & Grocery Outlet



**Fresh Meats and Cheese**



**Crafted Coffees & Lattes**



**Daily Baked Bakery Goodies**



**www.bylers.com  
(302) 398-0398**

**Local Fresh Produce**



## ACTIVITY & TRIP INFORMATION



### MYSTERY TRIP

**DATE: Sunday,  
August 13th**

**DEPARTURE TIME:  
11:00AM**

We will depart from the Delaware State Fair Handicap Parking Lot

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

**TRANSPORTATION: Coach Bus**

**MEMBER COST: \$145.00**

**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.

**WAITING LIST ONLY**



### DINNER AT NICOLA PIZZA AND NAVY COMMODORES AT STANGO PARK

**IN LEWES, DE**

**DATE: Tuesday, August 22nd**

**DEPARTURE TIME: 3:00pm**

**APPROXIMATE RETURN TIME: 10:30pm**

**TRANSPORTATION: Center Bus**

**MEMBER COST: \$4.00 plus cost of your dinner**

**SIGN UP BEGINS: Thursday, August 3rd**

**SIGN UP ENDS: Friday, August 18th**

**Bring your own chair** and relax while listening to the Navy Commodores Band after a tasty dinner at Nicola Pizza



### NATIONAL SENIOR CITIZEN DAY

**DATE: Monday,  
August 21st**

**TIME: All Day**

Join us as we celebrate you our Seniors.

We will have donuts beginning at 8:30 AM until 11:00 AM. Snack Food from 11:00 AM until 4:00 PM.

Stop in and enjoy food and to pick up your free raffle ticket to win various door prizes & giveaways. You do not need to be present to win.

**YOU DO NOT NEED TO SIGN UP  
JUST STOP BY!**



### HARRINGTON HERITAGE DAY PARADE AND BOOTH

**DATE: Saturday, August 26th**

**TIME: Depart for Parade at 8:15 AM**

**Parade starts at 9:00 AM**

**Sign up to work our booth from  
8:30 AM until 2:00 PM**

**We will be handing out information  
about the Center**



# ACTIVITIES & PICTURES



## NIGHT AT THE SHOREBIRDS AND DINNER AT IRISH PENNY PUB AND GRILL

Salisbury, MD

**DATE: Wednesday, September 6th**

**DEPARTURE TIME: 3:00 PM**

**APPROXIMATE RETURN TIME:  
11:00 PM**

**TRANSPORTATION: Center Bus**

**MEMBER COST: \$18.00 plus cost of your dinner**

**SIGN UP BEGINS: Thursday, August 3rd**

**SIGN UP ENDS: Thursday, August 31st**

**Come join us for a night at the Shorebirds. We will be having dinner before the game in Salisbury.**



## SIGHT & SOUND "MIRACLE OF CHRISTMAS"

and 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.**

**SIGN UP ENDS: Tuesday, October 10th**

**Final payment due by October 10th.**



**DATE: Wednesday, October 18th**

**TIME: 8:00 AM until 11:00 PM**

**By purchasing a shopping pass for \$5.00, the Center keeps that profit and you will receive 25% off regular and sale priced merchandise. There are some exclusions.**

**The Center will be taking a bus up that day. More information in October's Newsletter.**

**Shopping Passes are Available Now!**

## SAVE THE DATES



**April 6th—14th  
2024—New Orleans**

Sign Up Meeting  
Monday, September 18th at  
10:30 AM

**May 16, 2024—Sight & Sound  
to see Daniel—Sign Up Begins  
Thursday, September 7th**

**September 30th—October 4th  
2024—Niagara Falls—**

Sign Up Meeting Monday, October  
2nd at 10:30 AM

**You will need a passport as we  
are staying on the Canadian  
side.**

## INFORMATION/SPONSORS

### 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**

**FINAL PAYMENT IS DUE BY  
OCTOBER 31st**



### FLU & COVID-19 SHOTS

**The Center will be offering Flu and the New COVID-19 shots this fall. Look for dates in our September Newsletter. The shots will be administered on different days at least 2 weeks apart.**

**Help stop the spread by getting vaccinated!**



# Chick's

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# SPONSORS

## Summer Winnings

**\$77,250**  
**TIKI CUP SHUFFLE**  
**KIOSK GAME**

**MONDAYS, WEDNESDAYS**  
**& THURSDAYS**  
**AUGUST 2 - 17**  
2:00PM - 7:00PM

**DRAWINGS**  
**SATURDAYS**  
**AUGUST 5, 12 & 19**  
8:00PM, 9:00PM & 10:00PM



**\$35,000**  
**JACKPOT**

**FRIDAYS**  
**AUGUST 4, 11, 18 & 25**  
**& THURSDAY**  
**AUGUST 31**  
8:00PM



**High Noon**  
**SHOWDOWN**

**SUNDAYS**  
**AUGUST 6, 13, 20 & 27**  
12:00PM - 4:00PM

**SLOT TOURNAMENT**



**Summer**  
**Crush**  
**SLOT TOURNAMENT**

**TUESDAY**  
**AUGUST 29**  
**& WEDNESDAY**  
**AUGUST 30**  
4:00PM - 8:00PM



Thank You

### TO OUR 2023 SPONSORS PLATINUM

Blue Hen Construction  
Byler's  
Chick Harness & Supply Inc.  
Happy Tails Dog Grooming  
Harrington Logistics  
Harrington Raceway & Casino  
Hendricks & Son Inc.  
Hometown Drugs  
MidTown Liquor

### GOLD

Thomas E. Melvin & Son  
Funeral Home Inc.

### SILVER

Envirocorp Inc.  
Hudson, Jones, Jaywork &  
Fisher—Laura D. Willis, Esq.  
Larson's Mower Shop  
Taylor & Messick



### BRONZE

### IN-KIND SPONSORS

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



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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.



# AUGUST 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.

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Hamburger on Bun Lettuce & Tomato Sweet Potato Fries Yogurt Milk	Taco Chili Salad Sour Cream, Lettuce, Tomato, Salsa and Tortilla Chips Pudding Milk	Liver & Onions with Gravy Mashed Potatoes Buttered Green Beans Roll Fruit Milk	Honey Mustard Chicken Boiled Potatoes Chef's Blend Wheat Bread Cookies Milk
	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Spaghetti with Meat Sauce French Cut Green Beans Italian Brad Fruit Milk	Chili Dog on Bun Tater Tots Mixed Fruit Milk	Vegetable Soup Chicken Salad on Bun with Mayonnaise Coleslaw Cookies Milk	<b>BIRTHDAY PARTY</b> Roast Turkey with Gravy Stuffing Buttered Peas with Pearl Onions Dinner Roll Cake Milk	<b>11</b> Meatball Sub Potato Wedges Corn Fruit Milk
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Chicken Pot Pie Buttered Broccoli Wheat Bread Cookies Milk	Swedish Meatballs Noodles Buttered Carrots Wheat Bread Fruit Milk	Sloppy Joe on Bun Mexican Corn Fruit Milk	Fried Chicken Macaroni & Cheese Mixed Greens Corn Bread Mousse Milk	Baked Ziti with Meat Sauce Succotash Roll Fruit Milk
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Chicken Tetrzzini Buttered Green Beans Applesauce Wheat Bread Milk	Roast Pork with Gravy Mashed Potatoes Green Beans Yogurt Roll Milk	Chicken Parmesan Linguine with Marinara Chef's Blend Italian Bread Pudding Milk	Fried Fish Au Gratin Potatoes Stewed Tomatoes Apple Crisp Roll Milk	Baked Chicken with Gravy Buttered Rice Mixed Vegetables Applesauce Roll Milk
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>NOTE:</b>
Meat Loaf with Gravy Mashed Potatoes Broccoli Applesauce Wheat Bread Milk	BBQ Chicken Potato Wedges Baked Beans Fruit Roll Milk	Chef Salad with Turkey, Cheese & Dressing Macaroni Croissant Cookies Milk	Pepper Steak over Wild Rice Vegetable Blend Wheat Bread Pudding Milk	Please be advised that food served here may contain these ingredients: Milk, Eggs, Wheat, Soybean, Peanuts, Tree Nuts, Fish, Shellfish and Seafood Base.

# CALENDAR OF ACTIVITIES

Monday	Tuesday	Wednesday
	<p><b>1</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)</p>	<p><b>2</b> 9:30—Armchair Exercise In-Person (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)</p>
<p><b>7</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)            1:00—Gentle Yoga (DR)            2:30—Tai Chi with Ran (DR)</p>	<p><b>8</b> 9:30—Senior Walking Program In-Person (DR)            10:00—Inside Games (RM #5)            10:30—Bridge (DR)  <b>11:00— Depart for Dine Around Bullock’s Deli</b>            11:15—11:45 Grab N Go Lunch            12:00—Lunch Served (DR)            1:00—Sit &amp; Sew (RM#3)</p>	<p><b>9</b> 9:30—Armchair Exercise— In-Person (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)</p>
<p><b>14</b> 9:30—Armchair Exercise— In-Person (DR)  <b>10:00—Wellness with WeCare Class</b>            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)            1:00—Gentle Yoga (DR)            2:30—Tai Chi with Ran (DR)</p>	<p><b>15</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—Local Shopping</b></p>	<p><b>16</b> 9:30—Armchair Exercise In-Person (DR)            10:00—WII Bowling (DR)  <b>10:30—Depart for Fisherman’s Crab Deck</b>            11:15—11:45 Grab N Go Lunch            11:30—Canasta (RM#5)            12:00—Lunch Served (DR)            12:30—500 (DR)</p>
<p><b>21</b> 9:30—Armchair Exercise— In-Person (DR)  <b>10:00—Wellness with We Care Class</b>            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)            1:00—Gentle Yoga (DR)            2:30—Tai Chi with Ran (DR)  <b>Happy National Senior Citizens Day</b>  <b>See the article in the newsletter for our plans for the day!</b></p>	<p><b>22</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>3:00—Depart for Dinner at Nicola Pizza &amp; Concert at Stango Park</b></p>	<p><b>23</b> 9:30—Armchair Exercise—In-Person (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)</p>
<p><b>28</b> 9:30—Armchair Exercise—In-Person (DR)  <b>10:00—Wellness with We Care Class</b>            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><b>29</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—Local Shopping</b></p>	<p><b>30</b> 9:30—Armchair Exercise—In-Person (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)</p>

# AUGUST 2023

Thursday	Friday	Saturday
<p><b>3 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 (RM#5)            1:00—Cribbage &amp; Other Board Games (RM#3)  <b>1:00—BINGO In-Person &amp; ZOOM (DR)</b></p>	<p><b>4 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>5</b></p>
<p><b>10 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)            1:00—Cribbage &amp; Other Board Games (RM#3)</p>	<p><b>11 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>12</b></p> <p><b>13</b>  <b>Mystery Trip</b></p>
<p><b>17 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)            1:00—Cribbage &amp; Other Board Games (DR)</p>	<p><b>18 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>12:00—Nails with Marie (DR)</b>  <b>1:00—Computer Tech (RM #5)</b></p>	<p><b>19</b></p>
<p><b>24 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)            1:00—Cribbage &amp; Other Board Games (DR)</p>	<p><b>25 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>26</b></p> <p><b>8:30—2:00 Sign up to work our booth at Heritage Day</b></p> <p><b>8:15—Depart for Heritage Day Parade</b></p>
<p><b>31 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)            1:00—Cribbage &amp; Other Board Games (RM#3)  <b>1:00—BINGO In-Person &amp; ZOOM (DR)</b></p>	<p><b>PUZZLES WILL BE IN ROOM #4 ANYTIME SOMEONE WANTS TO WORK ON THE PUZZLE.</b></p>	





# AUGUST 2023 BIRTHDAY WISHES



## August 2nd

Jean Sellers  
Reig Outten  
Kathleen Cain  
Sue Hickman

## August 4th

Paula Clendaniel  
Clem Pascoe  
Bertha Kennedy

## August 5th

Thelma Gustafson

## August 6th

Eleanor Lindenmeier  
Dicky Lander

## August 7th

Terry Smith

## August 8th

Patricia Martin  
Betty Benson

## August 9th

Marlene Jarrell

## August 10th

Donna Calhoun  
Elizabeth Wilson

## August 11th

Fay Lisiecki  
Elizabeth Coward  
Judith Aylward

## August 12th

Anna Farley

## August 13th

Barbara Bryant  
Jeff Robbins

## August 14th

Edward Layton  
Bonnie Baughan

## August 15th

Saundra Hochstedler  
Wesley Towers

Marian Moore

## August 16th

Kelly Virdin

## August 17th

Lucy Mondazze  
Mary Lane

## August 18th

Sheila Arnold  
Raymond Hannum  
Ada Greenly  
Will Fox

## August 19th

William Bynum  
John Hickey  
Helen Hadley

## August 20th

Lena Paskey  
Mary Bookhultz

## August 21st

Paula Fisher  
Barbara Andreae  
April King  
Sandra Parker

## August 22nd

Sylvia Arow  
Elizabeth Layton  
Nelson Reed

## August 23rd

Deborah Chaffinch  
LaMoyne Baker  
Joan Dau  
Audrey Govatos  
Barbara Testerman  
Carla Benson-Green

## August 24th

Marvin Davis

## August 25th

Linda Bennett

## August 26th

Tracey Parker

## August 28th

Shelly Callaway  
Ray Wright

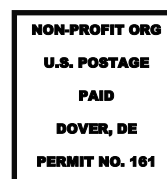
## August 29th

Robert Watkinson  
Peggy Johnson

## August 30th

Dolores Greenlee

Harrington Senior Center  
102 Fleming Street  
Harrington DE 19952



Return Service Requested