



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**

July
2023
Volume 42,
No. 7



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

It is hard to believe that we are almost half way through the summer. Construction has started at the Center. Please do not park in the front or back parking lots as there is all kinds of debris that you do not want in your tires. Like us on Facebook and you will see pictures posted each time we see something new being done. In the next few weeks you will be receiving a letter about our Capital Improvements Fundraising Drive. Please feel free to share it with family, friends and business owners. Our current location is air conditioned in the small rooms and the large dining room so if you need relief from the heat feel free to come and spend some time with us. Our Food Bank is also in need of donations if anyone would like to donate canned food items. We especially need fruit, vegetables, and canned potatoes.

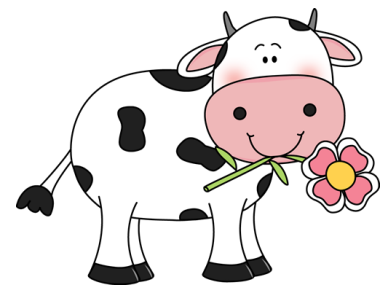
MESSAGE FROM MEMBERS' PRESIDENT—JAN MITCHELL

Everyone really enjoyed the night at the races as this was something a little different.
We have many opportunities for members or others to volunteer from time to time.
For Example:
Anyone is welcome to stay and help clean up after our special functions. No need to sign up just pitch in at the end of the event.
Preparing the newsletter and other things for mailing. You can sign up with Marsha to be on our calling list.
Teaching craft classes—See Melanie if you have a craft you would like to teach.

Birthday Theme:

It is almost Fair time and we are going to be celebrating our July Birthday's with a Cow Theme

Come join us for some fun!



CENTER NEWS



SYMPATHY IS EXTENDED TO:

The family of HSC Member Barbara Sena

The family of HSC Member
Nancy McManemon

The Bridge group will miss Nancy as at a spry age of 98 she faithfully came and played Bridge every Tuesday.



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.



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

LARSON'S Mower Shop
Since 1985

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



Ask About Our
Snow Blower
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Glenn Larson
Owner

302-786-2038

Pick-Up Available
Larsonmowershop.com

CENTER NEWS/ACTIVITY

SOUTH DAKOTA FUN



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 have marked off every morning and afternoon for bus pick up and drop offs.
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 trip block information 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 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.

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.



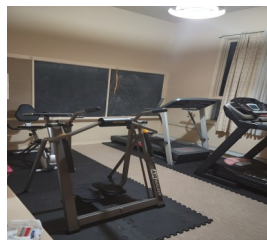
MEMBERS MEETING IN-PERSON & ON ZOOM

DATE: Tuesday, July 18th

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.

THANK YOU NOTE

Faith sent a beautiful thank you note thanking us for the beautiful flower arrangement, the VISA Gift Card and the wonderful meal in celebration of her new adventure. "I will always cherish the friendships and members at HSC. Your thoughtfulness is greatly appreciated."

♪ Faith ♪



TRIP/ACTIVITY SIGN UP DAY

Thursday, July 6th
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 **\$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. 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 May Bingo Winners

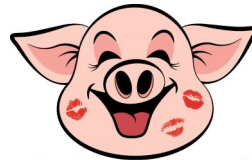
Joan Camac, Don Cooley, Judy Walls, and Joanne Young



FACT: The A & P was the first chain-store business to be established in 1842. Do you remember shopping at A & P?

IMPORTANT MESSAGE!!!!!!

Please make sure your are signing up for events, trips, and activities before the event. This is needed to make sure we have enough food, give aways, supplies and room for everyone that wants to participate.



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

MAY WII SCORES—

The scores below are the total for the month.

- 1st—Bob Fagan 258
- 2nd—Jan Mitchell 255
- 3rd—Jackie Krech 238
- 4th—Don Cooley 232
- 5th—Craig Brodeur 215
- 6th—Eula Hoover 213
- 7th—Maddie Fagan 194
- 8th—Jeff Purse 178



MAY 500 CARD SCORES

May 3rd—Winner was Nelson Reed with 1420; Second was Caren Parry with 1280; Third was Tom Brown with 1250.

May 10th—Winner was Harold Brode with 2300; Second was Joyce Herrington with 2170; Third was Ed Parry with 2080.

May 17th—Winner was Connie Raymond with 3090; Second was Dale Trammell with 3050; Third was Harold Brode with 3010.

May 24th—Winner was Harold Brode with 2960; Second was Tom Brown with 2650; Third was Ed Parry with 2600.

May 31st—Winner was Harold Brode with 2970; Second was Dale Trammell with 2300; and Third was Joyce Herrington with 2270.

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, July 7th & 14th

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, July 6th

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.

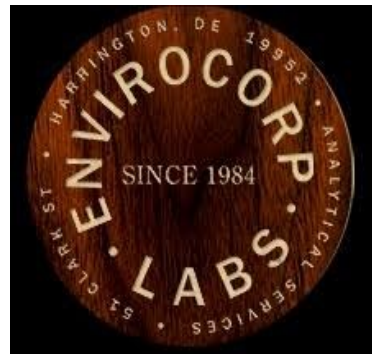


BLOOD PRESSURE CHECKS

DATE: JULY 12TH & 26TH

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

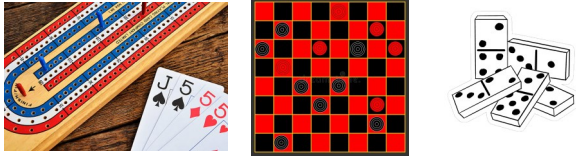
ACTIVITIES & EVENTS

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.



SHUFFLEBOARD

ROOM #4

Feel Free to play anytime your schedule allows.



LOCAL SHOPPING

DATE: **Tuesday, July 18th**

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 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:

**11:00 AM Bridge—
Dining Room**



WEDNESDAYS

**11:30 AM Canasta—
Room #5**



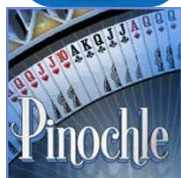
WEDNESDAYS

**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

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.



FELTON FIRE HOUSE ICE CREAM TRUCK

DATE: Friday, July 7th

DEPARTURE TIME: 4:15pm

**APPROXIMATE RETURN
TIME: 7:30pm**

TRANSPORTATION: Center Bus

MEMBER COST: \$1.00

**SIGN UP BEGINS: Thursday,
July 6th**



Harrington Logistics



111 Reese Avenue

Harrington DE 19952

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

INFORMATION/SPONSORSHIPS/TRIPS

GENTLE YOGA

**DATE: Monday, July 10 and
Monday, July 24th**

TIME: 1:00PM

SIGN UP BEGINS: Now

Class instructed by Elena Paladino

Location: Dining Room



NATIONAL BLUEBERRY MUFFIN DAY

DATE: Tuesday, July 11,th

TIME: 9:45am

COST: Free of charge

SIGN UP BEGINS: Now

Location: Dining Room

**Please sign up so we have enough
muffins for everyone.**



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

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

YOU MIGHT BE A CAREGIVER COMEDY SHOW

DATE: Tuesday, July 11

TIME: 10:30am

SIGN UP BEGINS: Now

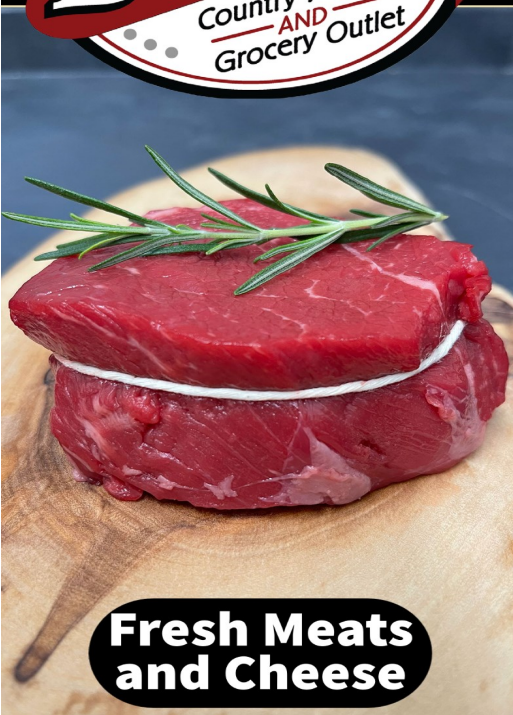
LOCATION: Dining Room

Come and see a little show and learn how important caregivers are and how to take care of yourself .



Your Neighborhood

Country Market & Grocery Outlet



Fresh Meats and Cheese



Crafted Coffees & Lattes



Daily Baked Bakery Goodies

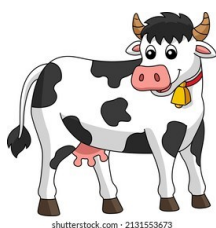


www.bylers.com
(302) 398-0398



Local Fresh Produce

ACTIVITY & TRIP INFORMATION



JULY BIRTHDAY PARTY

DATE: Thursday, July 13th

**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: Wednesday, July 5th

MENU:

Roast Beef with Gravy, Mashed Potatoes, Broccoli Florets, Roll, Milk

Cake: Thank you Jean Miller

Ice Cream— Thank you to Melvin Funeral Home & Bill Moore

NATIONAL PEACH ICE CREAM DAY

DATE: Monday, July 17th

TIME: 1:00pm

SIGN UP BEGINS: Now



MEDICARE SUPPLEMENT PLAN FRAUD PRESENTATION BY Insurance Commissioner Trinidad Navarro

DATE: Monday, July 17th

TIME: 12:30 pm

SIGN UP BEGINS: Now



**Lunch Dine
Around
Doc's
Downtown
Grille
Easton, MD**

DATE: Wednesday, July 19th

DEPARTURE TIME: 11:15 AM

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

TRANSPORTATION: Center Bus

**MEMBER COST: \$6.00 plus cost of
your lunch**

**SIGN UP BEGINS: Thursday,
July 6th**

ACTIVITIES & PICTURES

DELAWARE STATE FAIR TRIP

DATE: Thursday, July 27th

DEPARTURE TIME: 11:00 am

**APPROXIMATE RETURN TIME:
4:30 pm**

TRANSPORTATION: Center Bus

MEMBER COST: Free

SIGN UP BEGINS: Thursday, July 6th

Come and have lunch at the fair, browse the exhibits and watch the Pig Kissing Contest at 3:00 pm on the Free Entertainment Stage. Come and Cheer for Melanie to kiss the pig.



MYSTERY TRIP

**We still have
seats available**

**DATE: Sunday,
August 13th**

DEPARTURE TIME: 11:00AM

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

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.

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



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.**

INFORMATION/SPONSORS

SAVE THE DATES



April 2024—
New Orleans

May 16, 2024—Sight &
Sound to see Daniel

September 2024—
Niagara Falls—Be sure to check on those
passports. We are checking to see if we
are going on the Canadian Side.

JUNE BIRTHDAY PARTY

A large advertisement for Chick's Saddlery. The background is a photograph of a brown horse with a blonde mane standing in a field of yellow wildflowers under a blue sky with white clouds.

Chick's

SADDLERY ☆ WESTERNWEAR

Since 1975

Everything for Horse & Rider!

Follow Us

**Saddles ~ Tack ~ Boots ~ Clothes
Hats ~ Jewelry ~ Gifts & MORE!**

**www.ChickSaddlery.com 302-398-4630 18011 S DuPont Hwy
Harrington, DE 19952**

SPONSORS

SIZZLING SUMMER

\$15,000 JACKPOT
777 Frenzy
\$5,000 CASH
MONDAY JULY 31
8:00PM

\$40,000 Early Bird
777
SLOT TOURNAMENT
SUNDAYS JULY 2 & 30
10:00AM - 2:00PM

\$7,500 All You Can Catch
FRIDAYS JULY 7 & 14
8:00PM - 9:00PM & 10:00PM

EVERYONE'S A WINNER
Slot Tournament
\$26,000 in Prizes!
SATURDAY JULY 8 & SUNDAY JULY 9
4:00PM - 8:00PM
SATURDAY JULY 15 & SUNDAY JULY 16
4:00PM - 8:00PM

Thank You

TO OUR 2023 SPONSORS

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Harrington Raceway & Casino
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MidTown Liquor

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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: 1-888-850-8888.

JULY 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.

3
Cheeseburger on Bun with Pickles, Lettuce and Tomato
 Potato Salad
 Mixed Fruit
 Milk

NOTE :HSC IS CLOSED

MEALS on WHEELS WILL RECEIVE A FROXZEN MEAL THE WEEK BEFORE

4
CENTER IS CLOSED FOR INDEPENDENCE DAY



5
Meat Loaf with Gravy
 Yellow Rice
 Buttered Peas
 Wheat Bread
 Pudding
 Milk

6
Chef Salad with Egg, Turkey, Cheese & Dressing
 Lettuce, Tomato & Grated Carrots
 Dinner Roll
 Mandarin Oranges
 Milk

7
Baked Chicken with Gravy
 Wild Rice
 Chef's Blend Vegetables
 Applesauce
 Wheat Bread
 Milk

10
Low Sodium Ham with Sauce
 Boiled Potatoes
 Seasoned Cabbage
 Applesauce
 Wheat Bread
 Milk

11
Hot Dog on Bun/Relish
 Potato Wedges
 Coleslaw
 Cookies
 Milk

12
Turkey & Cheese on Bun with Mayo
 Lettuce & Tomato
 Macaroni Salad
 Fruit
 Milk

13
BIRTHDAY PARTY
Roast Beef with Gravy
 Mashed Potatoes
 Broccoli Florets
 Roll
 Milk

14
Salisbury Steak with Gravy
 Buttered Noodles
 Seasoned Zucchini
 Fruit
 Wheat Bread
 Milk

17
Chicken Pot Pie
 Buttered Squash
 Wheat Bread
 Cookies
 Milk

18
Meat Ball Sub
 Tater Tots
 Coleslaw
 Fruit
 Milk

19
Liver & Onions
Mashed Potatoes with Gravy
 Green Beans
 Yogurt
 Roll
 Milk

20
Fried Chicken
Macaroni & Cheese
 Collard Greens
 Corn Bread
 Bread Pudding
 Milk

21
Spaghetti with Meat Sauce
 Mixed Vegetables
 Garlic Bread
 Yogurt
 Milk

24
Beef A Roni Casserole
French Cut Green Beans
 Italian Bread
 Fruit
 Milk

25
Chicken Parmesan
Linguine with Marinara Sauce
 Baby Carrots
 Italian Bread
 Fruit
 Milk

26
BBQ Pulled Pork on Bun
 Baked Beans
 Potato Salad
 Fruit
 Milk

27
Baked Salmon with Sauce
Scalloped Potatoes
Peas with Pearl Onions
 Wheat Bread
 Mousse
 Milk

28
Williamsburg Chicken
 Buttered Rice
 Broccoli
 Applesauce
 Milk

31
Chicken & Dumplings
Broccoli/Cauliflower
 Biscuit
 Peaches
 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.

NOTE:
 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>3</p> <p style="text-align: center;">THE CENTER IS CLOSED This will give our staff an extra long holiday weekend!</p>  | <p>4</p> <p style="text-align: center;">THE CENTER IS CLOSED TO CELEBRATE THE 4th OF JULY</p>  | <p>5 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>10 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>11 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (RM #5) 9:45 - National Blueberry Muffin Day Party (DR) 10:30—You Might be a Caregiver Comedy Show (DR) 11:00—Bridge (RM #5) Room Change 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Sit & Sew (RM#3)</p> | <p>12 9:30—Armchair Exercise— In-Person (DR) 10:00—WII Bowling (DR) 11:00—Blood Pressure Checks (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>17 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) 12:30—Medicare Supplement Plan Fraud Presentation 1:00—National Peach Ice Cream Day Party 2:30—Tai Chi with Ran (DR)</p> | <p>18 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (RM #5) 11:00—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 and ZOOM 1:00—Local Shopping</p> | <p>19 9:30—Armchair Exercise In-Person (DR) 10:00—WII Bowling (DR) 11:15—Depart for Doc’s Downtown Grille Dine Around 11:15—11:45 Grab N Go Lunch 11:30—Canasta (RM#5) 12:00—Lunch Served (DR) 12:30—500 (DR)</p> |
| <p>24 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>25 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (RM #5) 11:00—Bridge (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Sit & Sew (RM#3)</p> | <p>26 9:30—Armchair Exercise—In-Person (DR) 10:00—WII Bowling (DR) 11:00—Blood Pressure Checks (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>31 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) 2:30—Tai Chi with Ran (DR)</p> | | <p>SHUFFLEBOARD TABLE CAN BE USED ANYTIME.</p> |

JULY 2023

| Thursday | Friday | Saturday |
|---|--|------------------|
| <p>6 9:00—Trip Sign Up Day 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 & Other Board Games (DR) 1:00—Bingo (DR) In-Person & Zoom</p> | <p>7 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) 1:00—Computer Tech (Rm#5) 4:15—Felton Fire House Ice Cream Truck Trip</p> | <p>8</p> |
| <p>13 9:30—Senior Walking Program In-Person (DR) CANCELLED 10:00—Phase 10 (DR) CANCELLED 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) Birthday Party 12:30—Pinochle (RM#5) 1:00—Cribbage & Other Board Games (RM#3) 6:00—Board Meeting (DR)</p> | <p>14 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) 1:00—Computer Tech (Rm #5)</p> | <p>15</p> |
| <p>20 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 & Other Board Games (DR)</p> | <p>21 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>22</p> |
| <p>27 9:30—Senior Walking Program In-Person (DR) 10:00—Phase 10 (DR) 11:00—Depart Delaware State Fair Trip 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Pinochle (RM#5) 1:00—Cribbage & Other Board Games (DR)</p> | <p>28 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>29</p> |
| <p>EXERCISE ROOM IN ROOM #2 SEE MARSHA TO SIGN UP FOR A DAILY TIME.</p> | <p>PUZZLES WILL BE IN ROOM #4 ANYTIME SOMEONE WANTS TO WORK ON THE PUZZLE.</p> | |

**July 1st**

Jody Parker
 Judith Melvin-Howard
 Sheila Kay-Lawrence
 Ted Welch
 Jeff Purse
 Jim Cain
 Carol Hammond

July 2nd

Kris Montoy

July 3rd

Charlyne Hughes
 Laura Welch
 Virginia Deputy
 Mike Coverdale

July 4th

Dolly Torres
 Ed Skupejko
 Robin Smith
 Ruth Rambo

July 5th

Louise Aptt
 Donna Purdy

July 2023 BIRTHDAY WISHES**July 6th**

Chicquita Allen
 Katherine Hurley
 Bonnie Melvin

July 7th

Cheryl Deering
 Barbara Beachy

July 8th

William Brous
 Gary Miller

July 9th

Karen DeLaVergne

July 10th

Karen Heyd
 Louise Savage
 Jim Corcoran

July 11th

Jack Redden
 Richard Parson
 Bill Moore
 Spike Adams
 Jesse Sauls

July 12th

Barbara Clark
 Gail Brown
 Jerri Outten

July 13th

Betty Wiggins
 Carol Fry

July 14th

Frank Russo
 Sue Killen
 Sharon Bean

July 15th

Tim Farrell
 Joanne DelGiudice

July 16th

Charlotte Wyatt

July 18th

Walter LeKites, III
 Beverly Davidson

July 19th

Attilio Zarrella
 Nancy Pellegrino
 Gloria Meredith
 Betty Bennett

July 20th

Sally Nehra
 Lisa Holland
 Barbara Opsitnik

July 21st

Michele Dill
 Charlotte Tarr

July 22nd

Charlin Nilram

July 23rd

Sara Towers
 Beverly Minner
 Nicole Shinn
 Rebecca Collison

July 25th

Doris Porter
 Jack Stewart

July 29th

Gene Turner

July 30th

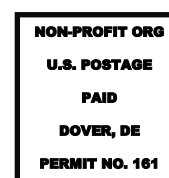
Debbie Dupre
 Penny Porter

July 31st

Teresa Trammell
 Norman Clough
 Heidi Seeley
 Bill Carpenter
 Clyde Bobar
 Joseph Frederick



Harrington Senior Center
 102 Fleming Street
 Harrington DE 19952



Return Service Requested