



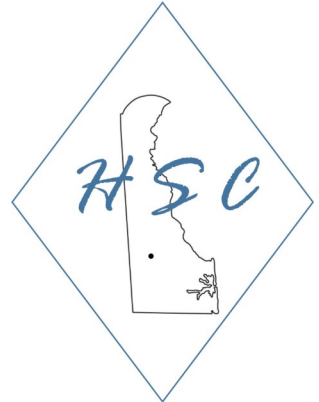
The Harrington Senior Center

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**

**October
2023
Volume 42,
No. 10**



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

Fall has arrived and with that changes are occurring in temperatures, leave colors, staff at the Center, and some programming. Please be patient as we are training new staff. We would like to welcome as our new Clerical Assistant Ms. Michelle Nichols. She started with us on September 25th, so please stop in and introduce yourself to her. We had hired a bus driver but learned he will not be joining our staff. Jim has agreed to help fill in and we hope to have a new driver hired by the middle of October. We will have limited bus transportation for the first couple of weeks in October.

Construction is moving forward and they are working on the electric, HVAC, plumbing and a host of other items inside the building. We do not have a firm date of completion, so it does not look like we will be moving in until late winter to early spring. However, the wait will be worth it as it is very spacious.

CRAFT DONATIONS NEEDED FOR FUNDRAISER
Are you crafty? Our Sit & Sew Group will be collecting any craft/sewing items to take to the Fire House Craft Show as a fundraiser for the Center. Please have donations to the Center by Friday, October 27th.

**Birthday Theme:
Fall is in the air & leaves are turning color and falling everywhere!**



CENTER NEWS



SYMPATHY IS EXTENDED TO:

Sherri Stubbs on the death of her brother and sister-in-law.

Gail Brown death of her brother.

Beulah Simpson death of her son.

Barbara Passwaters on the death of her daughter.



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.



FOOD PANTRY AT THE CENTER

Please stop by the Center and pick up food supplies. We will be partnering with the Food Bank to help us get in more food items for you as well as continuing to work with our community partners that have food drives for us.



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.



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
Service & Repair**

523 Thistlewood Rd, Houston, DE

Glenn Larson
Owner **302-786-2038** Larsonmowershop.com

Pick-Up Available

CENTER NEWS/ACTIVITY



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>

Harrington Senior Center T-shirt, Polo, and Sweatshirt Sale

T-Shirts-----\$15.00

Polo Shirts-----\$22.00

Sweatshirts-----\$22.00

Long Sleeve items will be available for fall and winter.

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



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.

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.



COVID 19 TEST KITS ARE NOW AVAILABLE FOR FREE

GO TO:

<https://covidtests.gov>

If you need help come into the Center and we will help you. You can get 4 test kits.



**MEMBERS MEETING
IN-PERSON & ON ZOOM**

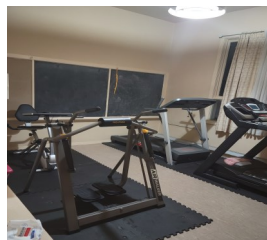
DATE: Monday, October 23rd

TIME: 11:00 AM

LOCATION: Dining Room

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

THIS IS A DAY AND TIME CHANGE FROM NORMAL



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,
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 **\$47375.70** 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 August Bingo Winners

August 3rd—Sally Nehra, Christi Cole, Clarence Cole, Betty Vincent, Joanne Young, Keith Alysse, Barlynn Boone, and Donna Anthony

August 31st—Sally Nehra, Betty Vincent, Joanne Young, Jean Miller, Joan Camac, Christie Cole, Clarence Cole, and Doug Crouse

ARE YOU A VETERAN?



If so, we are looking for the number of years you served, and the branch of service you served in. Many of you have given us the information, however we know we do not have it for everyone.



On December 14, 2023 at Harrington Fire Hall at 3:00 pm the Wreaths Across American Caravan will be coming for a service and we have been asked to honor our oldest living member that has served their country.

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



**AUGUST WII
SCORES—**
The scores below
are the total for the
month.

1st—Craig Brodeur 223
2nd—Don Cooley 195
3rd—Jan Mitchell 190
4th—Bob Fagan 180
5th—Eula Hoover 175
5th—Maddie Fagan 175
6th—Jackie Krech 163
7th—Jeff Purse 162
8th—Lila Olsen 148
9th—Adele Walter 145



**AUGUST 500 CARD
SCORES**

August 2nd—Winner was Tom Shugars with 3080; Second was Donna Shugars with 2820; Third was Connie Raymond with 2470.

August 9th—Winner was Connie Raymond with 3280; Second was Nelson Reed with 2080; Third was Joe Frederick with 1990.

August 16th—Winner was Joe Frederick with 3280; Second was Ed Parry with 2730; Third was Tom Shugars with 2570.

August 23rd—Winner was Tom Brown with 3180; Second was Ed Parry with 2400; Third was Caren Parry with 2350.

August 30th—Winner was Tom Brown with 2686; Second was Joe Frederick with 2555; Third was Nancy Lawson with 1400.

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.



YOGA

DATE: Every Monday

MAT YOGA TIME: 12:45 PM

CHAIR YOGA TIME: 1:30 PM

You do not need to sign up to attend.

Class instructed by Elena Paladino

Location: Dining Room



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.



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, October 13th & Friday, October 27th

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, October 26th

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.

GAMES

We have a variety so come check out what we have.

DATE: Every Tuesday

TIME: 10:00 AM

LOCATION—Room #5 or DR



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.

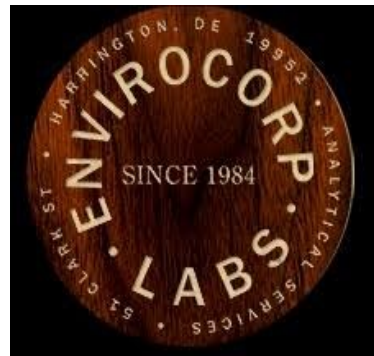


BLOOD PRESSURE CHECKS

DATE: Wednesday, October 18th

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

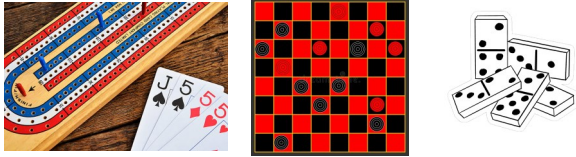
ACTIVITIES & EVENTS

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.



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.



BIBLE STUDY

**DATE: Every
Tuesday**

TIME: 10:00 am

**Pastor Lewis and Rev. Walton
will be leading the class.**

LOCATION: Room #5

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!**



NIAGARA FALLS

SIGN UP MEETING

**DATE: Monday, October
2nd at 10:30 am**

**Come learn what you will see on this
exciting trip!**

**TRIP DATE: September 30th—
October 4th 2024**

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

Cost: \$818.00 Double Occupancy,
\$968.00 Single Occupancy

Insurance cost \$72.00

Cost includes: 4 nights lodging

8 Meals: 4 breakfast and 4 dinner

Admission fees, all tips and gratuities.

\$100 Deposit due at signup.



LOCALLY OWNED AND OPERATED



**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

PUMPKIN PAINTING

October 10th at 11:00 am

Sign Up Begins Now

Last Day to Sign up is Friday,
October 6th



The Harrington Senior Center Has Great News!

Starting Monday, October 16th, the Delaware Food Bank of Delaware will be at our center **EVERY Monday from 1pm to 3pm** to help with navigating the Delaware Health and Social Services benefit programs and to process documents.

The Food Bank of Delaware Benefit Outreach worker will be able to provide the following assistance:

Health care coverage (Medicaid, Delaware Healthy Children Program and Qualified Medicare Beneficiary)

Cash Assistance (Temporary Assistance for Needy Families (TANF) and General Assistance benefits)

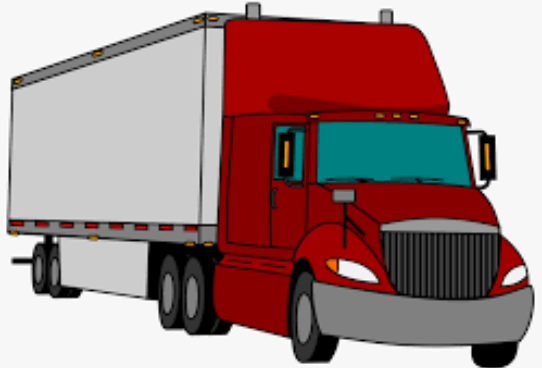
Childcare Benefits (Purchase of Care)

SNAP (food benefits to purchase groceries - initial application and renewals)

LIHEAP (Low-Income Home Energy Assistance Program)

Long-Term Care (nursing home services, home and community-based services and Children's Community Alternative Disability Program)

Harrington Logistics



111 Reese Avenue

Harrington DE 19952

Is A Proud Sponsor of the
Harrington Senior Center

INFORMATION/SPONSORSHIPS/TRIPS

National Depression Screening Day Site Information



If you are feeling sad, anxious or overwhelmed,

Take a free, anonymous mental health self-assessment.

DATE: Tuesday, October 17, 2023

TIME: 10:00a.m. – 12:30p.m.

SIGN UP BEGINS NOW

Depression is something that many people do not think they have. If you are not sure if you are depressed you should take the test.

BOSCOV'S SHOPPING TRIP

DATE: October 18th

DEPARTURE TIME: 9:30 am

APPROXIMATE RETURN TIME: 2:30 pm

TRANSPORTATION: Center Bus

MEMBER COST: \$1.00

NON-MEMBER COST: \$2.00

SIGN UP BEGINS: October 5th

During this **one-day in-store only event**, Boscov's offers its biggest sale of the year, 25% OFF* its Lowest Sale Prices with the purchase of a Shopping Pass. Passes are \$5 and can be purchased at the Harrington Senior Center. The Center keeps 100% of the \$5 as a fundraiser.



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

OCTOBER BIRTHDAY PARTY



DATE: Thursday, October 19th

NOTE: THIS IS CHANGED TO THE THIRD THURSDAY.

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, October 17th

MENU: Fried Chicken, Macaroni & Cheese, Mixed Greens, Corn Bread, Cobbler, Milk

**Cake: Thank you Jean Miller
Ice Cream— Elfreida Bamford**

LAURA WILLIS WILL PRESENT ON WILLS, POWER OF ATTORNEY and HEALTH CARE DIRECTIVES

DATE: Monday, October 23rd

TIME: 10:00 am

LOCATION: Room #5

SIGN-UP BEGINS: Now

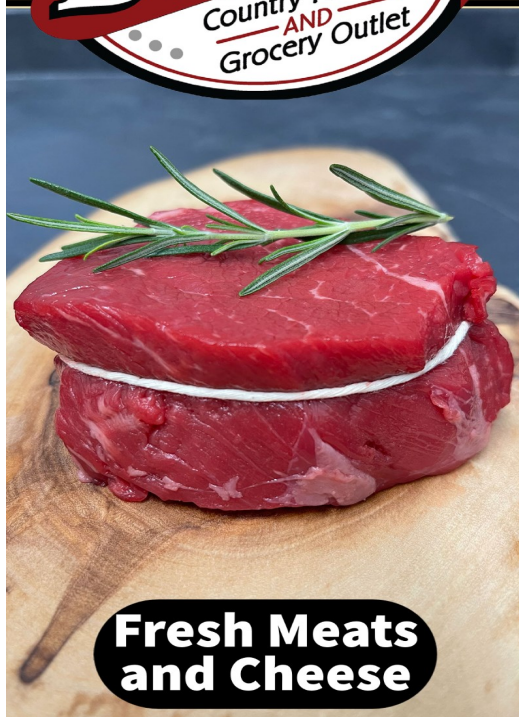


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Your Neighborhood

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



COVID 19 BOOSTER VACCINE SHOT CLINIC

DATE: Wednesday, October 25th

TIME: 9:30 am until Noon

Come in and get your COVID 19 Booster Shot and receive a \$6.00 gift card to use for lunch, trip, or an activity cost.

Thank you to HOMETOWN DRUGS for administering the vaccine.

Thank you to National Council of Aging for Sponsoring the Gift Cards.

Please bring your Medicare or Insurance Card. Veterans will need a Medicare Card in order to get the free vaccine here.



SIGN UP NOW



HALLOWEEN PARTY

DATE: Tuesday, October 31st

TIME: NOON

COST: \$10.00 which includes lunch from Chick-fil-A

(Chicken Sandwich, Chips, Dessert & Beverage)

SIGN UP BEGINS: Thursday, October 5th

SIGN UP ENDS: Friday, October 27th

No late sign-ups will be accepted due to ordering of the food.

Come dressed in your favorite costume and prizes will be awarded.



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 due by October 10th.

ACTIVITIES & PICTURES

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 6th (this is a change!)**



NEW ORLEANS

**DATE: Saturday, April 6,
2024—Sunday, April 14,
2024**

Departure Time: 8:00 am

**COST: Double Room Occupancy-
\$1,250.00 plus insurance of \$96.00**

**Single Room Occupancy—\$1580.00 plus
insurance of \$132.00**

COST INCLUDES:

8 nights lodging with 4 in New Orleans

14 Meals: 8 Breakfast & 6 Dinners

All admission fees, and tips.

We still have plenty of seats available.

\$75 Deposit is due at sign up.

PLENTY OF SEATS STILL AVAILABLE

STOP IN OR CALL FOR A FLYER



SIGHT & SOUND

“DANIEL”

**Lunch at Miller’s
Smorgasbord**

**DATE: Thursday,
May 16, 2024**

**DEPARTURE TIME: Approximately
7:00 am**

**RETURN TIME: Approximately
6:30 pm**

TRANSPORTATION: Coach Bus

**COST: \$175.00 which includes
show, meal and meal tip. Deposit is
\$75**

**BUS DRIVE TIP IS ON YOUR OWN—
We will do a collection on the bus.**

SIGN UP NOW



**Are you ready for Medicare?
Now’s the time to learn more.**

We are here to help make sure you know about and understand all the different programs and resources available with Medicare, so you can find the best plan for your needs and get the best care for you. Get all your questions answered at a safe, convenient, in-person meeting. For your safety, we will follow applicable public health safety guidelines.

Join others at a free meeting near you.

Harrington

10/24/2023, 12:30 PM
Harrington Senior Center
190 Raughley Hill Rd

Harrington

10/26/2023, 12:30 PM
Harrington Senior Center
190 Raughley Hill Rd

Dover

10/30/2023, 9:00 AM
James Williams State Service Center
805 River Rd

Learn more about your Medicare options.



Trisha Lynn Johnson
Licensed Sales Agent
302 572-9668, TTY 711
Trishalynn.uhc@gmail.com

**United
Healthcare**

For accommodation of persons with special needs at meetings, call 302 572-9668, TTY 711.
Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in these plans depends on the plan's contract renewal with Medicare.
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INFORMATION/SPONSORS



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**FRIDAYS
IN OCTOBER
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*IN PRIZES

**\$10,000
MONSTER
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HOURLY DRAWINGS!

**SATURDAYS
OCTOBER 7, 21 & 28
8:00PM - 10:00PM**

**BOO-TIFUL
HOT SEATS**

**DRAWING EVERY
30 MINUTES!**

**SUNDAY
OCTOBER 29
2:00PM - 6:00PM**

**\$10,000
SPOOKTACULAR
JACKPOT DRAWING**

**TOP PRIZE
\$5,000 SLOT DOLLARS!**

**TUESDAY
OCTOBER 31
8:00PM**



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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: 1-888-450-8888.

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OCTOBER 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.

2	3	4	5	6
Spaghetti with Meat Sauce	Baked Pork Chop with Gravy	Baked Chicken with Gravy	Liver & Onions with Gravy	Chili with Red Beans over Rice
Buttered Broccoli	Mashed Potatoes	Yellow Rice	Mashed Potatoes	Zucchini Squash
Italian Bread	Buttered Peas	Buttered Spinach	Buttered Green Beans	Wheat Bread
Fruit	Wheat Bread	Wheat Bread	Roll	Yogurt
Milk	Cookies	Pudding	Fruit	Milk
	Milk	Milk	Milk	
9	10	11	12	13
COLUMBUS DAY	Chicken Parmesan	Meat Loaf with Gravy	Roast Turkey with Gravy	Salisbury Steak with Gravy
CENTER IS	Linguini with Marinara	Wild Rice	Stuffing	Mashed Potatoes
CLOSED	Chef's Blend	Buttered Peas with Pearl Onions	Peas & Carrots	Buttered Green Beans
	Italian Bread	Wheat Bread	Dinner Roll	Applesauce
	Pudding	Fruit	Cake	Wheat Bread
	Milk	Milk	Milk	Milk
16	17	18	19	20
Beef A Roni	Low Sodium Glazed Ham	Vegetable Soup	BIRTHDAY LUNCHEON	Sloppy Joe on Bun
Buttered Broccoli	Sweet Potatoes	Tuna Salad on Bun	Fried Chicken	Mexican Corn
Wheat Bread	Vegetable Blend	Coleslaw	Macaroni & Cheese	Pudding
Fruit	Wheat Bread	Applesauce	Mixed Greens	Milk
Milk	Fruit	Milk	Corn Bread	
	Milk		Peach Cobbler	
			Milk	
23	24	25	26	27
Chicken Tetrazzini	Lasagna with Meat Sauce	Navy Bean Soup	Braised Beef Cubes with Gravy	Baked Ziti with Meat Sauce
Buttered Green Beans	Chef's Blend	Turkey & Cheese Sandwich	Egg Noodles	Succotash
Wheat Bread	Garlic Bread	Macaroni Salad	Mixed Vegetables	Pudding
Fruit	Butter Cookies	Pudding	Wheat Bread	Wheat Bread
Milk	Milk	Milk	Mousse	Milk
			Milk	
30	31			
Chicken Pot Pie	Pepper Steak			
Buttered Broccoli & Cauliflower	Wild Rice			
Wheat Bread	Vegetable Blend			
Cookies	Roll			
Milk	Fruit			
	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>2 9:30—Armchair Exercise— In-Person (DR)</p> <p>10:15—Cardio Drumming Exercise Class (DR)</p> <p>10:30—Niagara Falls Trip Meeting/ Sign Up</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>12:00—Lunch Served (DR)</p> <p>12:30—Mah Jongg (RM#5)</p> <p>12:45—Mat Yoga (DR)</p> <p>1:30—Chair Yoga (DR)</p> <p>2:30—Tai Chi with Ran (DR)</p>	<p>3 9:30—Senior Walking Program In-Person (DR)</p> <p>10:00—Inside Games (DR)</p> <p>10:00—Bible Study (RM #5)</p> <p>10:30—Bridge (DR)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>12:00—Lunch Served (DR)</p> <p>1:00—Sit & Sew (RM#3)</p>	<p>4 9:30—Armchair Exercise— In-Person (DR)</p> <p>10:00—WII Bowling (DR)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>11:30—Canasta (RM#5)</p> <p>12:00—Lunch Served (DR)</p> <p>12:30—500 (DR)</p>
<p>9</p> <p>CLOSED FOR COLUMBUS DAY HOLIDAY</p> 	<p>10 9:30—Senior Walking Program In-Person (DR)</p> <p>10:00—Inside Games (DR)</p> <p>10:00— Bible Study (RM #5)</p> <p>10:30—Bridge (DR)</p> <p>11:00—Pumpkin Painting</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>12:00—Lunch Served (DR)</p> <p>1:00—Sit & Sew (RM#3)</p>	<p>11 9:30—Armchair Exercise— In-Person (DR)</p> <p>10:00—WII Bowling (DR)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>11:30—Canasta (RM#5)</p> <p>12:00—Lunch Served (DR)</p> <p>12:30—500 (DR)</p>
<p>16 9:30—Armchair Exercise— In-Person (DR)</p> <p>10:15—Cardio Drumming Exercise Class (DR)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>12:00—Lunch Served (DR)</p> <p>12:30—Mah Jongg (RM#5)</p> <p>12:45—Mat Yoga (DR)</p> <p>1:30—Chair Yoga (DR)</p> <p>2:30—Tai Chi with Ran (DR)</p>	<p>17 9:30—Senior Walking Program In-Person (DR)</p> <p>10:00—Inside Games (DR)</p> <p>10:00—National Depression Screening Day (RM #3)</p> <p>10:00—Bible Study (RM#5)</p> <p>10:30—Bridge (DR)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>12:00—Lunch Served (DR)</p> <p>1:00—Sit & Sew (RM#3)</p>	<p>18 9:30—Armchair Exercise In-Person (DR)</p> <p>10:00—WII Bowling (DR)</p> <p>11:00— Blood Pressure Checks (DR)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>11:30—Canasta (RM#5)</p> <p>12:00—Lunch Served (DR)</p> <p>12:30—500 (DR)</p>
<p>23 9:30—Armchair Exercise— In-Person (DR)</p> <p>10:00—Laura Willis Presentation (RM #5)</p> <p>10:15—Cardio Drumming Exercise Class (DR)</p> <p>11:00—Members Meeting (DR)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>12:00—Lunch Served (DR)</p> <p>12:30—Mah Jongg (RM#5)</p> <p>12:45—Mat Gentle Yoga (DR)</p> <p>1:30—Chair Yoga (DR)</p> <p>2:30—Tai Chi with Ran (DR)</p>	<p>24 9:30—Senior Walking Program In-Person (DR)</p> <p>10:00—Inside Games (DR)</p> <p>10:00—Bible Study (RM #5)</p> <p>11:00—Bridge (RM #5)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>12:00—Lunch Served (DR)</p> <p>12:30—Medicare Meeting (DR)</p> <p>1:00—Sit & Sew (RM#3)</p>	<p>25 9:30—Armchair Exercise—In-Person (DR) CANCELLED</p> <p>9:30—Noon—COVID-19 Booster Clinic (DR)</p> <p>10:00—WII Bowling (DR) - CANCELLED</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>11:30—Canasta (RM#5)</p> <p>12:00—Lunch Served (DR)</p> <p>12:30—500 (DR)</p>
<p>30 9:30—Armchair Exercise—In-Person (DR)</p> <p>10:15—Cardio Drumming Exercise Class (DR)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>12:00—Lunch Served (DR)</p> <p>12:30—Mah Jongg (RM#5)</p> <p>12:45—Mat Yoga (DR)</p> <p>1:30—Chair Yoga (DR)</p> <p>2:30—Tai Chi with Ran (DR)</p>	<p>31 9:30—Senior Walking Program In-Person (DR)</p> <p>10:00—Inside Games (DR)</p> <p>10:00—Bible Study (RM#5)</p> <p>10:30—Bridge (DR)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>12:00—Lunch Served (DR)</p> <p>12:00—Halloween Party (DR)</p> <p>1:00—Sit & Sew (RM#3)</p>	

OCTOBER 2023

Thursday	Friday	Saturday
<p>5 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 (RM#3)</p>	<p>6 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>7</p>
<p>12 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 (RM#3)</p>	<p>13 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>14</p>
<p>19 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) 12:30—Pinochle (RM#5) 1:00—Cribbage & Other Board Games (DR) 6:00—Board Meeting (DR)</p> <p style="text-align: center;">BIRTHDAY LUNCHEON</p>	<p>20 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>21</p>
<p>26 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 (RM #3) 1:00—Bingo (DR) - In-person & ZOOM</p>	<p>27 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>28</p>
 <p style="text-align: center;">September Birthday Party</p>	<p>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</p>	



OCTOBER 2023 BIRTHDAY WISHES



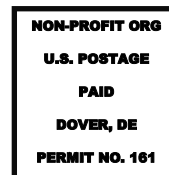
October 1st
 Michael Bennett
October 2nd
 Pat Gemma
 Lillian Williamson
 Betty Hammond
October 3rd
 Janetta Mescola
 Jean Johnston
October 5th
 Barbara Liimatta
 Donald Spiering
October 7th
 Francis Dill
 Frank Quillen
 John Dixon
October 8th
 Glenn Larson
 Frank Norman
 Ronald Link, Jr.
October 9th
 Mary Maloy
 Holly Perdue
 Sam Layton

October 10th
 Elizabeth Outten
 Joyce Dyer
 Timothy Messick
October 11th
 Karen Jerread
October 12th
 Craig Brodeur
October 13th
 Fran Jaquette
 Kelly Huffman
 Terry Porter
October 14th
 Sherri Stubbs
October 16th
 Betty Vincent
October 17th
 Fern Harrington
October 18th
 Bill Holland
 Joan Oakley
 Diana Faison
October 19th
 John Carter

October 20th
 Bill Wood
 Carolyn Porter
October 22nd
 Donna Shugars
 Dalton Pratt
 Diane Myers
 Margaret Christopher
 Linda Eastman
October 23rd
 Nancy Smith
 Edwards Knuckles
 Dale Trammell
October 25th
 Rhonda Hitchens
October 26th
 Suzanne Tepfenhart
 Helen Porter
October 27th
 Jack Hendricks
October 29th
 Frank Tolson
 Marlene Lake
 Betty Huffman

October 30th
 Ronald Link, Sr.
 Katherine LeKites
October 31st
 Trudy Killen

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 102 Fleming Street
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