



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**

**September
2023
Volume 42,
No. 9**



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

Wow, where did the summer go? Fall is just around the corner. I know everyone wants to know when will we be moving back into the Center. We do not have a tentative date as of yet. They are currently working inside the building now so we do not have any pictures to share at this time. We are currently interviewing for our Clerical Assistant position and hope to have it filled within a few weeks. Jim Eastman will be retiring as of September 28th, so we have posted for a bus driver and hope to have this position filled prior to Jim leaving so we have a smooth transition for our members that need the bus.

Celebrating September as National Senior Center Month



Many of you know that I have many friends and family affected by cancer. This year our Relay for Life Team (Sunshine 4-H) has been working hard to raise money to help with cancer research. Our relay event will take place on Sept. 9th in Georgetown. If you would like to donate, please give your donation to Karen Crouse. I appreciate any support you can give our team.

Checks get made payable to American Cancer Society.

Thanks

Heather Crouse (Co-Captain)

Birthday Theme:
 As fall is approaching come and join us for some fun. “An Apple A Day Keeps The Doctor Away”

CENTER NEWS



SYMPATHY IS EXTENDED TO:

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

Grace Jester on the death of her son.

Gayle Melvin on the death of her nephew.

Betty Vincent on the death of her nephew.

Barlynn Boone on the death of her brother-in-law.

Jan Mitchell 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!**



Ask About Our
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523 Thistlewood Rd, Houston, DE

Glenn Larson
Owner

302-786-2038

Pick-Up Available

Larsonmowershop.com

CENTER NEWS/ACTIVITY



LIVE A
HEALTHIER LIFE

WELLNESS WITH WE CARE 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

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.



We have a new kitchen manager so please welcome

AnnaMarie Carman. She lives in Harrington and is very happy to be here at the Center.



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

DATE: Tuesday, September 19th

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 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,
September 7th**

**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.



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

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CENTER NEWS/SPONSORS/ACTIVITIES



Congratulations to our July Bingo Winners

Laurie Gianatti, Louise Aptt, Betty Hammond, Sally Nehra, Don Cooley, Bill Carpenter, Shirley Carpenter, and Jean Miller



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>

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.

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

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



JUNE & JULY WII SCORES—The scores below are the total for the month.

JUNE

- 1st—Jan Mitchell 255
- 2nd—Don Cooley 238
- 3rd—Craig Brodeur 219
- 4th—Bob Fagan 21
- 5th—Maddie Fagan 198
- 6th—Jeff Purse 194
- 7th—Jackie Krech 187
- 8th—Eula Hoover 180

JULY

- 1st—Don Cooley 266
- 2nd—Jackie Krech 240
- 3rd—Bob Fagan 212
- 4th—Lila Olsen 212
- 5th—Craig Brodeur 204
- 6th—Jeff Purse 202
- 7th—Maddie Fagan 199
- 8th—Jan Mitchell 185
- 9th—Eula Hoover 157



JULY 500 CARD SCORES

July 5th—Winner was Dale Trammell with 2210; Second was Tom Brown with 1930; Third was Connie Raymond with 1800.

July 12th—Winner was Fran Jaquette, 2880; Second was a tie with Weldon Harcum and Connie Raymond each with 2800. Third was Joe Frederick with 2520.

July 19th—Winner was Dale Trammell with 2710; Second was Joe Frederick with 2180; Third was Connie Raymond with 1900.

July 24th—Winner was Joe Frederick with 2940; Second was Ed Parry with 2700; and Third was Harold Brode with 2420.

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.



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



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, September 8th & 22nd

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, September 7th

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.

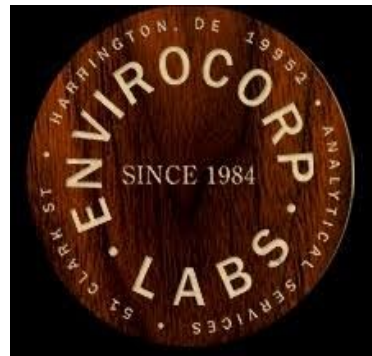


BLOOD PRESSURE CHECKS

DATE: SEPTEMBER 13TH AND 27TH

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

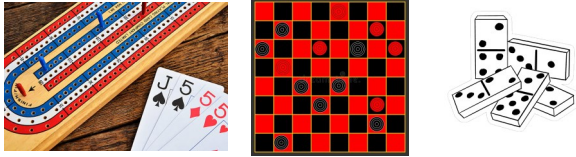
ACTIVITIES & EVENTS

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

Rev. Walton and Rev. Lewis will return to do Bible Study this

fall. **It will resume on Tuesday, September 19th at 11:00 am in room #5. Note new day and time.**

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!**



**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 NOW WE STILL HAVE SEATS
AVAILABLE**

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

LIQUOR

CIGARETTE OUTLET



LOCALLY OWNED AND OPERATED



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



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

ONE STOP SHOP

ACTIVITIES/SPONSORSHIPS/TRIPS



DAY AT REHOBOTH BEACH

DATE: Monday, September 11th

Rain Date will be September 18th

DEPARTURE TIME: 9:30 am

**APPROXIMATE RETURN TIME:
3:30 pm**

TRANSPORTATION: Center Bus

MEMBER COST: \$4.00

NON-MEMBER COST: \$6.00

SIGN UP BEGINS: September 7th

We will be having a fun and relaxing day at Rehoboth Beach.

You can walk the boardwalk, do some shopping, and eat all the great beach food.



DATE: Tuesday, September 12th

TIME: 9:30 am until 12:00 pm

SIGN UP STARTS NOW

Please sign up and indicate if you want the low dose or high dose so we are prepared with enough shots.

Please arrive 10 minutes prior to your appointment time to fill out the necessary paperwork.

THANK YOU HOMETOWN DRUGS FOR DOING OUR FLU SHOT CLINIC

COVID-19 Vaccines will be in October

Harrington Logistics



111 Reese Avenue

Harrington DE 19952

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

INFORMATION/SPONSORSHIPS/TRIPS



KALMAR FARM PRODUCE

**DATE: Wednesday,
September 13th**

DEPARTURE TIME: 1:30 pm

**APPROXIMATE RETURN TIME:
3:00pm**

TRANSPORTATION: Center Bus

**MEMBER COST: FREE to ride the
bus.**

SIGN UP BEGINS: September 7th

**You will be able to purchase local
produce.**

**Kalmar Farm Produce accepts the
Farmer Market Vouchers.
Remember these must be spent
out by the end of October.**



SEPTEMBER BIRTHDAY PARTY

**DATE: Thursday,
September 14th**

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, September
12th**

**MENU: Fried Fish, Au Gratin Potatoes,
Stewed Tomatoes, Dinner Roll, Cake &
Milk**

Cake: Thank you Jean Miller

Ice Cream— Elfrieda Bamford

Entertainment By: Cathy Gorman



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



NEW ORLEANS SIGN UP MEETING

**DATE: Monday,
September 18th at
10:30 am**

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

**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.



FIFER ORCHARD LUNCH DINE AROUND & SHOPPING

DATE: Wednesday, September 20th

DEPARTURE TIME: 11:30am

APPROXIMATE RETURN TIME: 2:30pm

TRANSPORTATION: Center Bus

MEMBER COST: \$1.00 plus cost of lunch

**NON-MEMBER COST: \$2.00 plus cost of
lunch**

SIGN UP BEGINS: September 7th

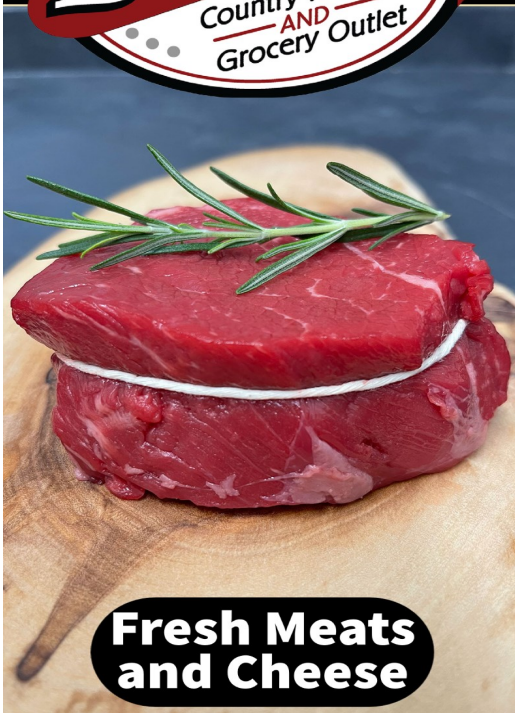
**Come join us and have lunch and ice
cream and visit Fifer Orchard's store for
fresh fruit and vegetables.**

**Fifer's Orchard accepts the Farmer's
Market Voucher.**



Your Neighborhood

Country Market & Grocery Outlet



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and Cheese**



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Lattes**



**Daily Baked
Bakery Goodies**



**Local Fresh
Produce**

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

ACTIVITY & TRIP INFORMATION

Celebrating
National Senior
Center Month



NATIONAL SENIOR CENTER MONTH CELEBRATION

**DATE: Thursday,
September 21st**

Come and celebrate with us anytime during the day and receive free snacks.

There will be raffle items and we will do the drawing at 3:30 pm on Facebook Live. Make sure you put your name in the basket.

Here is your challenge—Bring in a non-member and if they join while here you get a free lunch coupon to use on any day you choose.

You do not need to sign up for this event unless you are eating lunch that day so we have enough food for everyone. Lunch cost is on your own.



MIKE AND MEL'S LUNCH DINE AROUND

(Formerly Hall's
Restaurant in Wyoming)

DATE: Wednesday, September 27th

Sign up begins Thursday,
September 7th

DEPARTURE TIME: 11:30am

APPROXIMATE RETURN TIME:
2:00pm

TRANSPORTATION: Center Bus

MEMBER COST: \$1.00 plus cost of
your meal



NATIONAL JOHNNY APPLESEED DAY

DATE: Tuesday, September 26th

SIGN UP BEGINS: September 7th

We will be celebrating Johnny Applesseed with different apple delights from 12:30 pm until 2pm. Stop in anytime during the event time and join us for some surprises!

There is no charge. You just need you to sign up so we have enough delights.



RETIREMENT PARTY FOR JIM EASTMAN

DATE: Thursday, September 28th

TIME: Noon

COST: Lunch on your own

MANNA Menu

Roast Pork with Gravy, Mashed Potatoes, Buttered Peas & Carrots, Wheat Bread, Cake and Beverage

We will do a collection for a gift from all of us if you wish to contribute just drop it off to Karen or Melanie.

SIGN UP BEGINS: Thursday,
September 7th



LOCAL SHOPPING

DATE: Thursday, September 21st

TIME: 1:00 pm

PLEASE ORDER SUBS FROM BYLERS
AHEAD OF TIME.

ACTIVITIES & PICTURES



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.

SIGN UP ENDS: Tuesday, October 10th

Final payment due by October 10th.



SIGHT & SOUND “DAVID”

**Lunch at Miller’s
Smorgasbord**

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

DEPARTURE TIME: Approximately
7:00 am

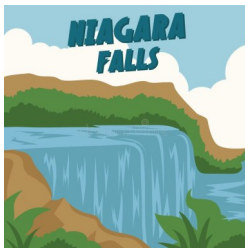
RETURN TIME: Approximately
6:30 pm

TRANSPORTATION: Coach Bus

COST: \$175.00 which includes show,
meal and meal tip.

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

SIGN UP BEGINS: Thursday,
September 7th



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, Insur-
ance Cost \$72.00 and \$968.00 Single and
insurance cost \$72.00

Cost includes: 4 nights lodging

8 Meals: 4 breakfast and 4 dinner

Admission fees, and all tips and gratuities

NASHVILLE CHRISTMAS GET-AWAY

December 5th—9th, 2023

Price includes: 2 nights at the Gaylord
Opryland Resort, 2 nights enroute, Coun-
try 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!)**

INFORMATION/SPONSORS



SERVICES OFFERED AT THE CENTER

MEMBER RATES

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

FAX—\$0.25 per page

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FRIENDS HELPING FRIENDS

is a day to enjoy great shopping, super savings and the chance to help thousands of charitable organizations at 49 Boscov's stores in Pennsylvania, Delaware, New Jersey, Maryland, New York, Connecticut, Ohio and Rhode Island. *Excludes New England.

WIN A \$100 BOSCOV'S SHOPPING SPREE
EACH STORE WILL GIVE AWAY A \$100 BOSCOV'S GIFT CARD

WEDNESDAY, OCTOBER 18TH, 2023
ALL BOSCOV'S STORES**
8AM-11PM

Shopping Pass Proceeds Benefit the Participating Non-Profit Organization of Your Choice

BECAUSE THAT'S WHAT FRIENDS ARE FOR!

25% OFF* LOWEST SALE PRICE
SHOPPING PASS

DONATE \$5 TO YOUR FAVORITE PARTICIPATING NON-PROFIT ORGANIZATION AND GET A 25% OFF SHOPPING PASS THAT CAN BE USED ALMOST ANYWHERE IN THE STORE. *Excludes 20% off sale items, Boscov's Rewards and Boscov's Home & Garden. **Excludes Boscov's Home & Garden. *Excludes 20% off sale items, Boscov's Rewards and Boscov's Home & Garden. **Excludes Boscov's Home & Garden.

This is one of our fundraisers as we keep the \$5.00 you donate for your shopping pass. This is a way that Boscov's gives back to non-profits such as us. We will be taking our bus on this day so you can shop!

Chick's

SADDLERY ☆ WESTERNWEAR

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Everything for Horse & Rider!

Follow Us

Saddles ~ Tack ~ Boots ~ Clothes
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SPONSORS

Fall Happenings



\$25,000
FALL FRENZY
Slot Tournament

FRIDAYS IN SEPTEMBER
5:00PM - 9:00PM





\$60,000
HARVEST WINNINGS

SATURDAYS IN SEPTEMBER
DRAWINGS:
8:00PM, 9:00PM & 10:00PM



WHERE WINNERS PLAY!

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



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

Thank You

TO OUR 2023 SPONSORS

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Harrington Raceway & Casino
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GOLD

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BRONZE

IN-KIND SPONSORS

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Harrington Lions Club
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Harrington Fire Company
Auxiliary
Home Instead Senior Care

SEPTEMBER MANNA MENU

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

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

NOTE:

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



1

Cheeseburger on Bun
Relish/Mustard/Ketchup
Baked Beans
Fresh Fruit
Milk

4

Center Closed
Labor Day Holiday



5

Chicken Parmesan
Linguine w/Marinara Sauce
Chef's Blend
Italian Bread
Ice Cream
Milk

6

Chef Salad w/Ham/Turkey/Cheese w/Dressing
Lettuce/Tomato/Grated Carrots
Roll
Fruit
Milk

7

Liver & Onion w/Gravy
Mashed Potatoes
Buttered Green Beans
Wheat Bread
Peaches
Milk

8

Meatloaf w/Gravy
Wild Rice
Baby Carrots
Wheat Bread
Cookies
Milk

11

Spaghetti w/Meat Sauce
Buttered Green Beans
Italian Bread
Cookies
Milk

12

LS Ham w/Mustard Sauce
Red Roasted Potatoes
Seasoned Cabbage
Wheat Bread
Cookies
Milk

13

Minestrone Soup
Chicken Salad on Bun
Lettuce & Tomato
Coleslaw
Fruit
Milk

14

Birthdays Luncheon
Fried Fish
Au Gratin Potatoes
Stewed Tomatoes
Dinner Roll
Cake
Milk

15

Baked Chicken w/Gravy
Buttered Rice
Mixed Vegetables
Wheat Bread
Fruit
Milk

18

Baked Ziti w/Meat Sauce
Buttered Broccoli
Wheat Bread
Cookies
Milk

19

Spanish Chicken w/ Rice & Beans
Zucchini & Red Peppers
Wheat Bread
Yogurt
Milk

20

Sloppy Joe on Bun
Baked Potato w/Sour Cream
Buttered Peas
Fruit
Milk
Potato Wedges HDM Only

21

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

22

Salisbury Steak w/Gravy
Mashed Potatoes
Seasoned Green Beans
Wheat Bread
Fruit
Milk

25

Beef a Roni Casserole
Spinach
Italian Bread
Applesauce
Milk

26

BBQ Chicken
Potato Salad
Baked Beans
Wheat Bread
Fruit
Milk

27

Taco Chili Salad
Sour Cream
Lettuce & Tomato
Salsa, Tortilla Chips
Cookies
Milk

28

Roast Pork w/ Gravy
Mashed Potatoes
Buttered Peas & Carrots
Wheat Bread
Fruit
Milk

29

Beef Stroganoff
Egg Noodles
Vegetable Blend
Wheat Bread
Pudding
Milk

CALENDAR OF ACTIVITIES

Monday	Tuesday	Wednesday
<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>		
<p>4</p> <p>CLOSED FOR LABOR DAY HOLIDAY</p> 	<p>5 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 & Sew (RM#3)</p>	<p>6 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) 3:00—Depart for Dinner & Shorebirds Game</p>
<p>11 9:30—Armchair Exercise— In-Person (DR) 9:30—Depart for Rehoboth Beach 10:00—Wellness with WeCare Class 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) 12:45—Chair Yoga (DR) 1:30—Mat Yoga (DR) 2:30—Tai Chi with Ran (DR)</p>	<p>12 9:30—Senior Walking Program In-Person (DR) CANCELLED 9:30 until Noon—Flu Shot Clinic 10:00—Inside Games (RM #5) CANCELLED 10:30—Bridge NOTE RM #5 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Sit & Sew (RM#3)</p>	<p>13 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) 1:30—Depart for Kalmar Farm Produce</p>
<p>18 9:30—Armchair Exercise— In-Person (DR) 10:00—Wellness with We Care Class 10:15—Cardio Drumming Exercise Class (DR) 10:30—New Orleans Trip Meeting (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (RM#5) 12:45—Chair Gentle Yoga (DR) 1:30—Mat Yoga (DR) 2:30—Tai Chi with Ran (DR)</p>	<p>19 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (RM #5) 10:30—Bridge (DR) 11:00— Bible Study (Rm #5) 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)</p>	<p>20 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) 11:30—Depart Fifer Orchard 12:00—Lunch Served (DR) 12:30—500 (DR)</p>
<p>25 9:30—Armchair Exercise—In-Person (DR) 10:00—Wellness with We Care Class 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) 12:45—Chair Yoga (DR) 1:30—Mat Yoga (DR) 2:30—Tai Chi with Ran (DR)</p>	<p>26 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (RM #5) 10:30—Bridge (DR) 11:00—Bible Study (Rm#5) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—2:00—National Johnny Appleseed Day Party 1:00—Sit & Sew (RM#3)</p>	<p>27 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) 11:30—Depart for Mike and Mel's Dine Around 12:00—Lunch Served (DR) 12:30—500 (DR)</p>

SEPTEMBER 2023

Thursday	Friday	Saturday
<p>The church is having an inside yard sale on Saturday September 16th. If you would like to donate items you may bring them starting September 11th through the 15th . You will place them in the back of the church.</p>	<p>1 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>2</p>
<p>7 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) 1:00—BINGO (DR) In-person or Zoom</p>	<p>8 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>9</p>
<p>14 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)</p> <p style="text-align: center;">BIRTHDAY LUNCHEON with Singer—Cathy Gorman</p>	<p>15 11:15—11:45 Grab N Go Lunch</p> <p style="text-align: center;">CENTER IS CLOSED FOR CHURCH YARD SALE SET UP MEALS ON WHEELS WILL STILL OPERATE & CURBSIDE ONLY</p> <p style="text-align: center;">OFFICES WILL BE OPEN OUR NORMAL TIMES</p>	<p>16</p> <p style="text-align: center;">8:00 am Church YARD SALE</p> <p style="text-align: center;">City of Harrington Yard Sale Day</p>
<p>21 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—Local Shopping</p> <p style="text-align: center;">NATIONAL SENIOR CENTER MONTH CELEBRATION</p>	<p>22 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>23</p>
<p>28 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) 12:00—Jim Eastman Retirement Party 12:30—Pinochle (RM#5) 1:00—Cribbage & Other Board Games (RM#3)</p>	<p>29 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>	



SEPTEMBER 2023 BIRTHDAY WISHES

**September 1st**

Tim Young

September 2nd

Jean Callaway

JoAnn Laskiewicz-Smith

September 3rd

Susan Adams

September 4th

Juanita Farrington

September 6th

Louise Hudson

Nelson "Allen" Jerread

Maryanne Ballard

Elfriede Bamford

September 7th

Betty Havelow

September 8th

Bob Tjaden

Jean Wothers

William (Bill) Chandler

September 9th

Sherry Spickes

Barbara Joseph

C. Louise Hopkins

September 11th

Mae Bates

Anthony "Tony" Barton

September 12th

Evelyn Collins

Jacqueline McGuckin

Christine Walsh

September 13th

Constance Freeman

Edward Purcell

September 14th

Michelle Baltrusch

September 16th

Richard Patton

September 17th

Donna Carter

Diane "Tina" Herring

Lynn Myers

September 18th

Jo Purcell

September 19th

Eddie Dennis

Joan Peterson

September 21st

Cindy Coverdale

H. Bonnie Poynter

Patricia Mendes

Barbara Lynn Outten

Lynn Thompson

Brenda "Jean" Mumford

September 22nd

Janet O'Neal

Reginald/Reggie Maguire

September 23rd

E. Franklin Smith

Irene Layton

Grace Jester

September 24th

Eleanor Swink

September 25th

Bonita Brown

Vicki Cannon

September 26th

Lucky Yoo

September 27th

Joan Botkin

Francis Hale

September 28th

Debra Cain

September 29th

Debra Simms

Charlene Norman

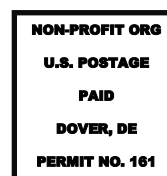
September 30th

John McDaniel

Marsee Morris

Donna Butler

Harrington Senior Center
 102 Fleming Street
 Harrington DE 19952



Return Service Requested