



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**

**November
2023
Volume 42,
No. 11**



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

November is the month to give thanks for the many blessings we have. I am very thankful for all of you, our members and the great staff we have at the Center. The Center is fully staffed. Michelle is our new clerical assistant and she is doing a great job. Michelle is from Bridgeville and has 5 children. Gayle Sponaugle is our new bus driver and she is actually a member of the Center and lives in Harrington.

Gayle is doing a great job driving our members into the Center, to medical appointments, and trips.

Construction is moving forward with many subcontractors inside the building working. I know many of you are anxious to see inside the building, however the contractors have asked that we do not enter the building during construction. We have had many meetings over the last several weeks regarding water, electrical needs, kitchen equipment, office furniture, telephones, cameras, sound and video equipment, and exercise equipment to name a few. I can tell you the new building will be awesome and well worth the wait.

Remember to set your clocks back 1 hour on Saturday, November 4th before you go to bed!

Daylight Saving Time Ends
Set your clocks back one hour

PROSPECT CHURCH IS OFFERING TO MAKE A HOME-COOKED MEALS AND VISIT WITH ANY SHUT-IN THAT MAY BE IN NEED.

Call the Center to Sign-up and we will give them your contact information

Birthday & Veterans Day

Theme:

We will be celebrating November Birthdays and Veteran's Day on Thursday, November 9th

CENTER NEWS



SYMPATHY IS EXTENDED TO:

Beulah Simpson on the death of her son.

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

Gail Brown on the death of her brother.

Jim & Barbara Testerman on the death of Jim's brother.

Carla Buck on the death of her brother.

Ken Correll on the loss of his grandson.

Wanda Clark on the death of her brother-in-law.

Ed Skupejko on the death of his wife and HSC Member Maria.

Family of HSC Member Jane Berkmyre.



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. 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.



MAH JONGG

DATE: Every Monday

TIME: 12:30 pm

LOCATION: Room #5

LARSON'S Mower Shop
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Glenn Larson
Owner

302-786-2038

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CENTER NEWS/ACTIVITY



WREATHS ACROSS AMERICA

You still have time to sponsor wreaths to be placed on Veterans graves. The last day to purchase is November 24th.

Wreath Prices

One Wreath—\$17

Two Wreaths—\$34

Five Wreaths—\$85

You may write a check to Harrington Sunshine 4-H Club and they will place the order online or you can go to

<https://www.wreathscrossamerica.org/pages/163780/Overview/?relatedId=159283>

The 4-H Club receives \$5.00 for each wreath sold.



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

We need our bus riders 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: Tuesday, November 14th

TIME: 1:00 pm

LOCATION: DR

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, November 2nd
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



Our Capital Campaign is well under way. Some may say why do you still need money? You received money from the State and County and others have already donated money to the Capital Campaign Goal. The answer is easy.

1. We are going to have some cost overruns due to pricing and changes that have had to be made that were unexpected.
2. We need to make sure we have funds to purchase all of the furniture and items needed in a new building.
3. Our operating cost will be higher and we need to make sure we have funds to cover those expenses until we find other monies to cover these costs in the future.
4. The campaign recognition we are planning will be a way for members or others to remember or honor someone as a memorial. The recognition program will be on going as a way to continue to make donations in the future.
5. We will be contacting anyone that has already made a donation to the Capital Campaign to see the wording you want used.

A Letter and Form will be mailed shortly.



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 September Bingo Winners
Joanne Young, Betty Vincent, Craig Brodeur, Donna
Anthony, and Priscilla Ford.**



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.



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

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

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- Drive-Through Pharmacy
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- Over-the-counter Medicines

CENTER NEWS/SPONSORS/ACTIVITIES



SEPTEMBER WII SCORES—

The scores below are the total for the month.

- 1st—Don Cooley 257
- 2nd—Craig Brodeur 226
- 3rd—Bob Fagan 213
- 4th—Jackie Krech 198
- 5th—Eula Hoover 185
- 6th—Maddie Fagan 183
- 7th—Jeff Purse 173
- 8th—Adele Walker 139



SEPTEMBER 500 CARD SCORES

September 6th—Winner was Harold Brode with 3340; Second was Tom Shugars with 3180; Third was Dale Trammell with 2350.

September 13th—Winner was Harold Brode with 3600; Second was Ed Parry with 2790; Third was Tom Shugars with 2610.

September 20th—Winner was Ed Parry with 2750; Second was Dale Trammell with 2290; Third was a tie between Tom Brown and Tom Shugars each with 2230.

September 27th—Winner was Tom Brown with 4150; Second was Nancy Lawson with 2990; Third was Caren Parry 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.



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: November 17th

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, November 2nd & Thursday, November 30th

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

We have a variety so come and join in the fun.

DATE: Every Tuesday

TIME: 10:00 AM

LOCATION—Room #5 or DR



TAI CHI WITH RAN

DATE: Every Monday through November 20th.
Program will then be cancelled until January.

TIME: 2:30 PM—3:30 PM

LOCATION: Dining Room

The cost of the course is being covered by a grant so join us and for a relaxing class.

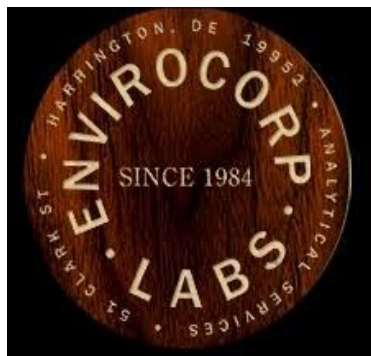


BLOOD PRESSURE CHECKS

DATE: WEDNESDAY, NOVEMBER 8TH & 29TH

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

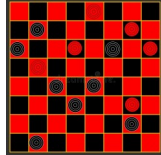
ACTIVITIES & EVENTS

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.

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ACTIVITIES & EVENTS & SERVICES

CARD GAME DAY AND TIMES



TUESDAYS:

**10:30 AM Bridge—
Dining Room**



WEDNESDAYS

**11:30 AM Canasta—
Room #5**



WEDNESDAYS

**12:30 PM 500—
Dining Room**



THURSDAYS:

**10:00 AM PHASE 10—
Dining Room**



**12:30 PM Pinochle—
Room #5**

**COME JOIN IN THE FUN!
ALL GROUPS ARE WILLING
TO TEACH YOU THEIR GAME!**



SERVICES OFFERED AT THE CENTER

MEMBER RATES

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

FAX—\$0.25 per page

COPIES— \$0.25 per page

COLOR COPIES—\$0.50 per page

NON—MEMBER RATES

NOTARY—\$5.00 (Free to those in the Military or Retired Military)

FAX—\$0.50 per page

COPIES—\$0.50 per page

COLOR COPIES— \$0.75 per page

LIQUOR

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

ONE STOP SHOP

ACTIVITIES/SPONSORSHIPS/TRIPS

The Harrington Senior Center Has Great News!

The Food Bank of Delaware will be at our center **EVERY Monday from 1 pm to 3 pm** 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)

MEDICARE QUESTIONS AND CONCERNS

**DATE:
Wednesday,
November 8th**

**TIME: By Appointment starting at
8:30 am and every 45 minutes
thereafter until 3:45 pm**

Now is the time to make changes to your health plans if you are not satisfied with your current plans.

Susan Dixon from United Health Care will be available to help with Medicare concerns and questions.

Please call for an appointment.

**Medicare Open Enrollment is now
through December 7th**



Harrington Logistics



111 Reese Avenue

Harrington DE 19952

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

INFORMATION/SPONSORSHIPS/TRIPS



**NOVEMBER
BIRTHDAY PARTY
AND VETERANS DAY
CELEBRATIONS WITH
A GUEST SINGER**

**DATE: Thursday,
November 9th**

**Free for Veterans &
Members with a**

November Birthday

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, November 7th

MENU: Roast Pork with Gravy, Mashed Potatoes, Sauerkraut, Buttered Peas, Roll, Cake, Ice Cream & Milk

CAKE: Jean Miller ICE CREAM: Grace Corcoran

**Happy
Veterans Day!**

**"Thank
You"**

**...to our Veterans
for their Service to
our Country.**



**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

CHRISTMAS CARD MAKING WITH SHIRLEY BAKER

DATE: Tuesday, November 14th

TIME: 2pm to 4pm

MEMBER COST: \$3.00

SIGN UP BEGINS: NOW

Room #3

**Come and make Christmas cards with
Shirley Baker.**



HARRINGTON NEW CENTURY CLUB INVITATION

DATE: Tuesday, November 14th

We would like to invite Seniors to sit in on our Speaker on November 14 at 1 PM. Diane Ballard from Zoey in Greenwood will be the speaker. She will be speaking on human trafficking in our area and in Delaware. This is very a serious problem for the United States. Recently a group running a human trafficking ring in Dover were raided and several young girls were found. We as grandparents must be aware of this. We must make our grandchildren aware of their surroundings and not to trust strangers approaching them.

Thank You

Bev Turner Harrington New century club.

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ACTIVITY & TRIP INFORMATION

Heater Repair/Replacement
For Qualified Delaware Homeowners



**Heater Repair/
Replacement Program**
*Addressing nonfunctioning and inefficient
heating system for Delaware homeowners*

**Statewide Emergency
Repair Program**

*Addressing emergency conditions threatening
the health or safety of qualified Delaware
owner-occupants and household members.*

Have an emergency?
Call: (302) 491-4010 or
Toll Free: (844) 413-0038



Millford Housing Development Corp.
977 East Masten Circle
Millford, DE 19963
<http://www.milfordhousing.com>

STATEWIDE EMERGENCY REPAIR PROGRAM PRESENTATION

**DATE: Wednesday,
November 15th**

TIME: 1:30PM

SIGN UP BEGINS: Now

Room #3

**Come and learn about
these programs offered
by the State to possibly
help you get some
repairs to your home
accomplished.**

NASHVILLE CHRISTMAS GET-AWAY PRE TRIP MEETING

**DATE: Monday,
November 27th**

TIME: 11:00 am

**TRIP DATE: December 5th—
9th, 2023**

**We will discuss the itinerary,
departure times, and parking for
the trip.**

**If you are unable to attend the
meeting, please arrange to come
in and meet with Karen by Friday,
December 1st.**



THANKSGIVING FEAST

**DATE: Thursday,
November 16th**

SIGN UP BEGINS: NOW

**THE LAST DAY TO SIGN UP IS
TUESDAY, NOVEMBER 14th**

**Curbside Available for Pick Up
11:00 am until 11:30 pm**

**Please arrive on time to allow
for parking for those eating on
site.**

In-Person Dining at NOON

**COST: \$7.00 for 60 and older
and \$10.00 for under age 60
which will be paid at the door.**

MENU:

Roasted Turkey with Gravy

Herb Dressing

Sweet Potatoes

Cranberry Sauce

Buttered Green Beans

Dinner Roll

Sweet Potato Pie

Milk

ACTIVITIES & PICTURES



SIGHT & SOUND “MIRACLE OF CHRISTMAS” & A BUFFET LUNCH AT LOXLEY’S

DATE: Tuesday, November 28th

DEPARTURE TIME: 7:30 am

Show is at 11:00 am

Lunch is at approximately 2:00 pm

Approximate Return: 6:30 pm

**We will depart from the Delaware
State Fair Handicap Parking Lot
behind the Administration
Building.**

***** DO NOT GO TO THE CASINO
PARKING LOT! *******



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.

\$75 Deposit is due at sign up.

**PLENTY OF SEATS ARE 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**

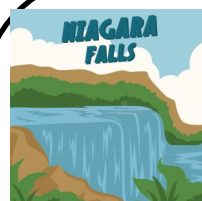
**RETURN TIME: Approximately
6:30 pm**

TRANSPORTATION: Coach Bus

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

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

SIGN UP NOW



NIAGARA FALLS 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.

Seats are still available!

INFORMATION/SPONSORS

JOIN THE FOOD BANK OF DELAWARE FOR...

FOOD SMARTS

AN INTERACTIVE NUTRITION EDUCATION PROGRAM FOR ADULTS

Sign up at the Harrington Senior Center office for this 4-week, 1-hour long series of classes that will introduce basic nutrition concepts and set the stage for lifelong healthy habits!

Monday November 6th, 13th, 20th, and 27th

from 2:00pm-3:00pm

Weekly Topics:

Week 1: Setting the Stage for Healthy Habits

Topics include methods to set goals for a healthier life.

Week 2: Building a Wholesome Diet

Topics include what types of foods make a healthy diet.

Week 3: Understanding Labels and Ingredients

Topics include how to read and understand the Nutrition Facts label.

Week 4: Best Practices for Healthy Living

Topics include tips to explore holistic practices for good health.



This institution is an equal opportunity provider.



Chick's

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NOVEMBER 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.

	NOTE:	1	2	3
		BBQ Chicken	Fried Fish	Meatball Sub
		Potato Salad	Scalloped Potatoes	French Fries
		Coleslaw	Stewed Tomatoes	Cole Slaw
		Wheat Bread	Corn Bread	Pudding
		Yogurt	Fruit	Milk
		Milk	Milk	
6	7	8	9	10
Spaghetti with Meat Sauce	Baked Chicken with Gravy	Navy Bean Soup	BIRTHDAY/ VETERAN'S DAY CELEBRATION	CLOSED FOR VETERANS DAY
Seasoned Green Beans	Mashed Potatoes	Turkey & Cheese on Bun with Mayo	Roast Pork with Gravy	
Garlic Bread	Buttered Spinach	Lettuce & Tomato	Mashed Potatoes	
Fruit	Applesauce	Pudding	Sauerkraut	
Milk	Wheat Bread	Milk	Broccoli	
	Milk		Roll	
			Cake & Milk	
13	14	15	16	17
Chili Con Carne	Fried Fish with Tarter Sauce	Vegetable Soup	THANKSGIVING FEAST	Salisbury Steak with Gravy
Seasoned Rice	Macaroni & Cheese	Chicken Salad on Bun	Roasted Turkey with Gravy	Mashed Potatoes
Buttered Peas	Stewed Tomatoes	Coleslaw	Herb Dressing	Mixed Vegetables
Wheat Bread	Corn Bread	Fruit	Sweet Potatoes/Mashed Potatoes	Wheat Bread
Cookies	Sherbet	Milk	Cranberry Sauce	Pudding
Milk	Milk		Buttered Green Beans	Milk
			Dinner Roll	
			Sweet Potato Pie/Milk	
20	21	22	23	24
Sloppy Joe on Bun	Fried Chicken	Minestrone Soup	CLOSED FOR THANKSGIVING HOLDIAY	CLOSED FOR THANKSGIVING HOLDIAY
Baked Potato with Sour Cream	Macaroni & Cheese with White Cheese	Tuna Salad on Bun		
Zucchini	Collard Greens	Broccoli Salad		
Fruit	Roll	Pudding		
Milk	Fruit	Milk		
	Milk			
27	28	29	30	
Chicken and Dumplings	Low Sodium Ham with Sauce	Meat Loaf with Gravy	Liver & Onions	
Mixed Vegetables	Red Boiled Potatoes	Wild Rice	Mashed Potatoes with Gravy	
Roll	Seasoned Green Peas	Baby Carrots	Seasoned Green Beans	
Cookies	Applesauce	Wheat Bread	Wheat Bread	
Milk	Wheat Bread/Milk	Fruit	Lemon Mousse/Milk	
		Milk		

CALENDAR OF ACTIVITIES

Monday	Tuesday	Wednesday
<p>FOR LOCAL SHOPPING CALL TO SCHEDULE AN APPOINTMENT</p>		<p>1 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>6 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) 12:45—Mat Yoga (DR) 1:00—Food Bank (SNAP) 1:30—Chair Yoga (DR) 2:00 - Food Smarts (RM#3) 2:30—Tai Chi with Ran (DR)</p>	<p>7 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (DR) 10:00— Bible Study (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>8 8:30-3:45 UNITED HEALTH CARE MEETING BY APPOINTMENT ONLY 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>13 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) 12:45—Mat Yoga (DR) 1:00—Food Bank (SNAP) 1:30—Chair Yoga (DR) 2:00 - Food Smarts (RM#3) 2:30—Tai Chi with Ran (DR)</p>	<p>14 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (DR) 10:00—Bible Study (RM#5) 10:30—Bridge (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—CANCELLED Sit & Sew (RM#3) 1:00—Members Meeting (RM#5) 1:00—New Century Club Meeting (RM #5) 2:00—Card Making (RM#3)</p>	<p>15 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) 1:30—Emergency Repair Program Presentation (RM#3)</p>
<p>20 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) 12:45—Mat Gentle Yoga (DR) 1:00—Food Bank (SNAP) 1:30—Chair Yoga (DR) 2:00 - Food Smarts (RM #3) 2:30—Tai Chi with Ran (DR)</p>	<p>21 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (DR) 10:00—Bible Study (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>22 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>27 9:30—Armchair Exercise—In-Person (DR) 10:15—Cardio Drumming Exercise Class (DR) 11:00—Nashville Trip Meeting (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (RM#5) 12:45—Mat Yoga (DR) 1:00—Food Bank (SNAP) 1:30—Chair Yoga (DR) 2:00 - Food Smarts (RM#3) CANCELLED Tai Chi with Ran (DR)</p>	<p>28 7:30—Depart for Sight & Sound 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (DR) 10:00—Bible Study (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>29 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>

NOVEMBER 2023

Thursday	Friday	Saturday
<p>2 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 & ZOOM</p>	<p>3 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>4 REMBMBER TO SET CLOCKS BACK 1 HOUR BEFORE GOING TO BED</p>
<p>9 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 (RM#3) 6:00—Board Meeting (DR)</p> <p style="text-align: center;">Birthday Party & Veterans Day Celebration</p>	<p>10 CLOSED VETERANS DAY HOLIDAY</p>	<p>11 HAPPY VETERANS DAY</p> <div style="text-align: center;">  </div>
<p>16 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;">THANKSGIVING FEAST</p>	<p>17 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>18</p>
<p>23</p> <p style="text-align: center;">CLOSED FOR THANKSGIVING</p> <div style="text-align: center;">  </div>	<p>24</p> <p style="text-align: center;">CENTER IS CLOSED</p>	<p>25</p>
<p>30 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 style="text-align: center;">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>	



NOVEMBER 2023 BIRTHDAY WISHES



November 1st
Donald DiMatteo

November 3rd
Nancy Jo Hendricks
Mary Pitlick

November 4th
Takako Kinney
Melissa Miller

November 5th
Nancy Brooks
Anastasia Pascoe

November 6th
Laura Soule

November 7th
Andy Andrew

November 8th
Robert Cooper, Sr.

November 10th
Debbie Hrupsa

November 11th
Kim Vincent

November 12th
Gene Price, Jr.
Jack Williamson

November 13th
Betty Culp

November 14th
Darlene Melko

Ruth Rader
Ralph Vurgich

November 15th
Watha Hostetler

November 16th
Marge Block

Karen Dennis
November 17th

Jim Callaway
Betty Reynolds

November 18th
Cynde Eakin

Randy Larimore
Grace Corcoran

November 19th
Mark Ruark

November 20th
Judy LaRusso

Cathy Saragino

November 21st
Kenna Adams

Carole Brennan
November 22nd

Betty Kemp
Loretta Steen

Tony Perrone, Jr.
William Newnom

November 23rd
Pollyann Doyle

November 24th
Rose Babinski

Parry Evans
Nellie Dennis

Tom Brown
Parry Evans, Jr.

November 25th
Doris Calhoun

Kim Hitchens
November 26th

Carla Buck
November 27th

Susan Rankin
Jane Taylor

November 28th
Elma Price

James Rolling, Jr.
November 29th

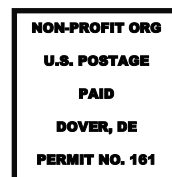
Catherine Garrett
Kathy Razzano

Linda McCain
November 30th

Norma Prettyman
Lois Harcum

Charlene Fuller

Harrington Senior Center
102 Fleming Street
Harrington DE 19952



Return Service Requested