



February
2024
Volume 43,
No. 2



The Harrington Senior Center

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Fax: (302)-398-4421

Email: karen@harringtonseniorcenter.org

Website: harringtonseniorcenter.org

Facebook: Like Harrington Senior Center & Friend us at Harrington Senior

HOURS: Monday–Thursday 8:30 AM- 4:00 PM
Friday 8:30 AM–2:00 PM

The front desk closes 15 minutes prior to the Center closing time. Please handle all transactions by this time.

MESSAGE FROM THE EXECUTIVE DIRECTOR—KAREN CROUSE

We are excited to announce several new day and evening programs. This is all possible from a grant from the State of Delaware Division of Aging and Adults with Physical Disabilities. Please see pages 14, 15 and 16 to see all the new offerings. We need to have member participation in these events. If these offerings are successful, we will work on obtaining funding to keep some or all of them in place or at a reduced cost. Construction is moving forward and drywalling should start in February. I know everyone is very anxious for the work to be completed so we can return to the Center. We are very thankful for St. Stephen’s Episcopal Church for allowing us to continue to be here while work is completed. Please share with your friends all the exciting things that we are offering here at the Center.

 **WEATHER CLOSINGS**
Winter has arrived and with that it will more than likely bring Center closings due to bad weather. We will always error on the side of caution for our members and staff. Closings or delays will be announced on WBOC, our Facebook page, and an email will be sent out. With our new system we should be able to send calls.

RENEWAL REMINDER
2024 DUES INFORMATION
2024 dues are now due. Please pay your dues by February 15th as this will be the rollover date of our data to our new system and you will no longer receive emails or the newsletter if your dues are not paid. As a reminder, you are only allowed to attend 3 classes/events if you have not paid your dues. Trips will also now have a non-member rate due to raising costs.

CENTER ACTIVITIES



INCOME TAX PREPARATION

We will again be doing taxes for free for members starting on January 29th. We will be able to file most returns electronically to help you get your refunds faster. We will be doing things a little different this year. You will make an appointment to come in and meet with the preparer to review last year's return and the documents you bring in for 2023. Hopefully this will allow us to prepare your taxes faster. Once your return is completed, you will be called back to make an appointment to pick them up. Appointments will be Monday's & Friday's through April 5th.



FEBRUARY BIRTHDAY & VALENTINE'S PARTY

DATE: Thursday, February 8, 2024

TIME: NOON for In-Person

11:15 AM – 11:45 AM for Curbside Pick-Up

COST: \$6.00 suggested donation for age 60+ and \$9.00 required payment for under the age 60.

YOU WILL PAY AT THE DOOR

SIGN UP BEGINS: NOW

SIGN UP ENDS: Wednesday, February 7th

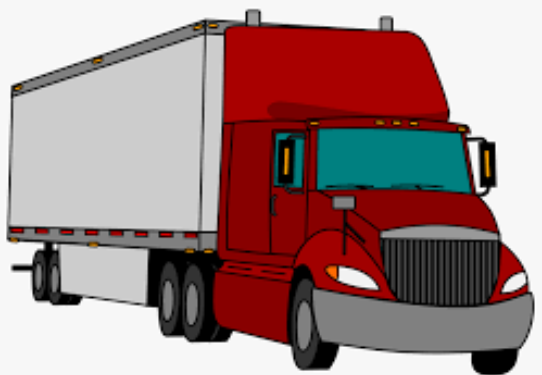
MENU: Roast Turkey with Gravy, Herb Dressing, Buttered Peas with Pearl Onions, Roll, Cake, Ice Cream & Milk

Sponsors:

Cake: Jean Miller

Ice Cream: Betty Taylor, and Baldy & Mary Sadler

Harrington Logistics



111 Reese Avenue

Harrington DE 19952

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

CENTER ACTIVITIES



VALENTINE'S DAY LUNCH AT TEXAS ROADHOUSE

Camden, DE

DATE: Wednesday, February 14th

DEPARTURE TIME: 11:00am

APPROXIMATE RETURN TIME:
1:00pm

TRANSPORTATION: Center Bus

MEMBER COST: \$14.50

SIGN UP BEGINS: Tuesday,
February 6th

This will be a special lunch just for
our Center.

Buffett will include pulled pork, herb
chicken, mashed potatoes, house
salad, green beans, rolls and iced tea.
Price includes meal, tip, and bus
ride. You will return to the Center
for an Ice Cream Sundae Party!



VALENTINE'S DAY LUNCH AT THE CENTER & ICE CREAM SUNDAE PARTY



DATE: Wednesday, February 14th

TIME: NOON

COST: \$6.00 suggested donation for age
60+ and \$9.00 required payment for un-
der the age 60.

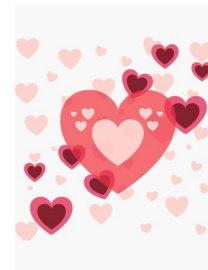
YOU WILL PAY AT THE DOOR

SIGN UP BEGINS: NOW

SIGN UP ENDS: Monday, February 12th

MENU: Baked Salmon with Lemon
Butter Sauce, White Rice, Oriental Blend
Vegetables, Roll, Mousse, and Milk

ICE CREAM SUNDAE BAR will follow
lunch at no additional charge.



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

CENTER ACTIVITIES



BLACK HISTORY MONTH TRIP, LUNCH AND PROGRAM

DATE: Thursday, February 22nd

DEPARTURE TIME: 10:15 am

Sign up begins: Tuesday, February 6th

We will go to the Greater Harrington Historical Society Museum to view and listen to their Black History Program. We will return back to the Center for lunch and a short program.

COST: \$6.00 suggested donation for age 60+ and \$9.00 required payment for under the age 60.

YOU WILL PAY AT THE DOOR

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



AARP REFRESHER SAFETY COURSE

DATE: Thursday, February 22nd

You will need to be at the center at 8:45am to fill out paperwork.

TIME: 9:00am to 2:00pm in Room 5.

**COST: \$20.00 FOR AARP MEMBERS
\$25.00 FOR NON AARP MEMBERS**

Lunch Break from 11:45 am- 12:30pm

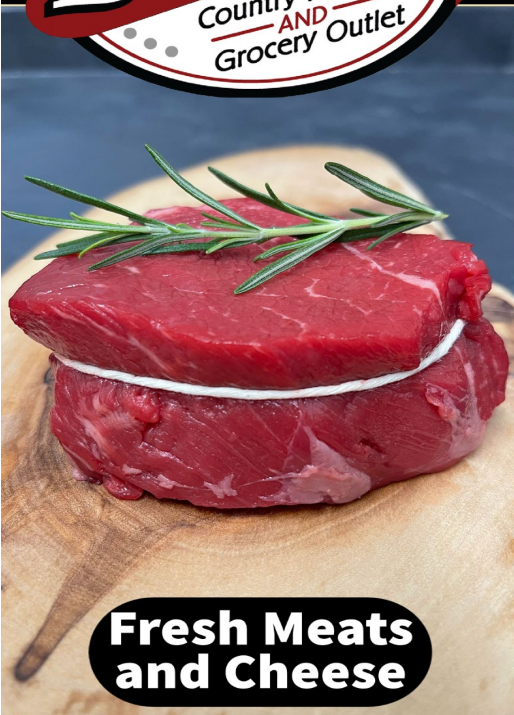
LUNCH IS AVAILABLE AT THE CENTER for \$6.00 per person (age 60 and over).

Sign Ups begin now. When signing up you need to fill out a form and prepay your fee. Should you need to cancel you will get your money back.



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

CENTER ACTIVITIES & TRIPS

Turner/Collins and the Outlaws



*A night of Classic country
music, dancing and 50/50*

**SAT. FEB.3 @ 6PM @THE
MOOSE RT. 13 IN HARRINGTON**

*\$10 per person all monies go to the Senior
Center.. Food and drinks on sale. for tickets and
info 3023825280.. Tickets at the door also*

**A Fundraiser to benefit the
remodeling of the Harrington
Senior Center, Sponsored by
the Harrington century
Club.**



AARP BEGINNER DEFENSIVE DRIVING SAFETY COURSE

DATE: Thursday, February 29th

**You will need to be at the center at
8:45am to fill out paperwork.**

**The class is from 9:00am to 4:00pm in
Room 5.**

**COST: \$20.00 FOR AARP MEMBERS
\$25.00 FOR NON-MEMBERS**

Lunch Break from 11:45 am- 12:30pm

**LUNCH AVAILABLE AT THE CENTER
for \$6.00 per person (age 60 and over).**

Sign Ups begin now.



SHEN YUN CHINESE DANCERS AND LUNCH AT A LOCAL RESTAURANT

DATE: Wednesday, March 13th

**LAST DAY TO SIGN UP: Wednesday,
February 7th**

**PACKAGE INCLUDES: Motorcoach
transportation, Lunch at a Local
Restaurant, Admission with reserved
seating at Miller Theatre—Philadelphia
PA and Bus Driver Tip**

COST: \$225.00

**Trip Cancellation Insurance available for an
additional \$21.00 payable to Senior Excursions.**

CENTER ACTIVITIES & TRIPS

NEW ORLEANS



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

PRE-TRIP MEETING

DATE: Monday, April 1, 2024

TIME: 10:00 am

Please make every effort to attend this meeting as we will review all the information regarding the trip and hand out luggage tags and other paperwork. Should you not be able to attend the trip please arrange to come in prior to the trip to receive all the information.

Tour Company—Diamond Tours



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 dinners

Admission fees, all tips and gratuities.

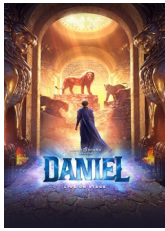
\$100 Deposit due at signup.

Seats are still available!

Tour Company—Diamond Tours

SIGHT & SOUND

“DANIEL”



Lunch at Miller's Smorgasbord

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

**LAST DAY TO SIGN UP: Tuesday,
April 2, 2024**

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

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

TRANSPORTATION: Coach Bus

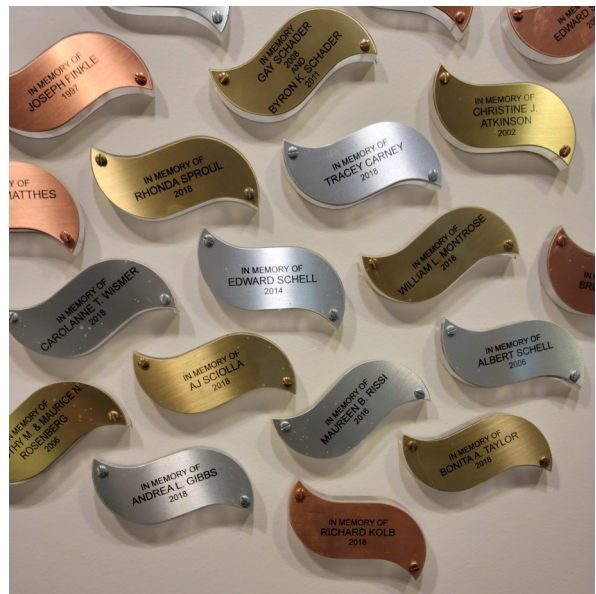
**COST: \$175.00 which includes show,
meal and meal tip. Deposit is \$75**

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

SIGN UP NOW



Some have asked what the stone and leaves will look like for the tree for the Campaign fundraiser. Here is an example of the stone and leave colors we are planning to use.



CENTER INFORMATION



Above is what the tree will look like with the leaves and stones. We are also planning for this to be added onto when someone leaves memorial money or wants to make a donation in memory of a loved one to the Center.

Chick's

SADDLERY ★ WESTERNWEAR

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Hats ~ Jewelry ~ Gifts & MORE!

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302-398-4630

18011 S DuPont Hwy
Harrington, DE 19952

CENTER ACTIVITIES



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.

CENTER ACTIVITIES



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, February 9th & 23rd

TIME: 1:00 pm—3:00 pm

Location: Room #5

Please call the Center to schedule an appointment.



© Can Stock Photo

IN-PERSON and VIRTUAL BINGO

DATE: Friday, February 9th & Thursday, February 22nd

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

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. Ran is back teaching the class.



BLOOD PRESSURE CHECKS

DATE: Wednesday, February 14th and 28th

TIME: 12:30 pm

LOCATION: Dining Room

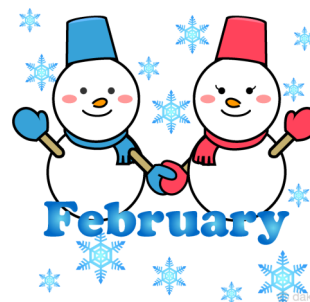


MAH JONGG

DATE: Every Monday

TIME: 12:30 pm

LOCATION: Room #5



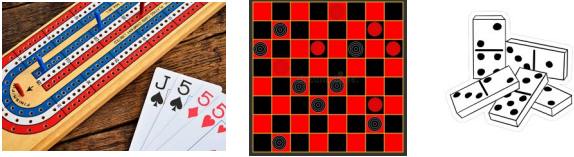
CENTER ACTIVITIES

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**

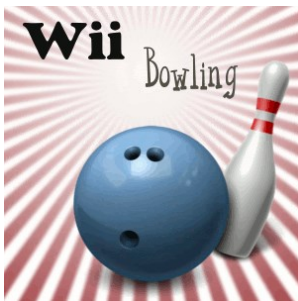
9:30 AM—Beginner Dancers

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

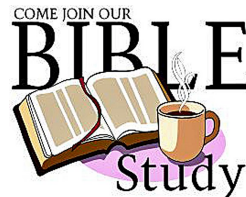
**DATE: Every
Wednesday**

TIME: 10:15 AM

**NOTE NEW START
TIME**

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

CENTER ACTIVITIES

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



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

It's the law: You must be 18 to purchase Delaware Lottery tickets and 21 to play Sports Lottery

CENTER GUIDELINES/NEWS/ACTIVITIES



BUS INFORMATION

We need our bus riders to 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

Let's Have
Lunch
TOGETHER

**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 2024.



MEMBERS MEETING IN-PERSON & ON ZOOM

DATE: Tuesday, February 20th

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.

NEW DAY & EVENING ACTIVITIES



MINDFULNESS SESSION

DATE: Friday, February 9th

TIME: 11:00 am – Noon

SIGN UP NOW—FREE SESSION

Come learn important ways to Reduce Stress, Increase Concentration, Manage Anxiety, Control Pain and Improve Self Esteem.

This will be held the second Friday through June. You do not need to come to every class.



MALL WALKS

DATE: Friday, February 16th

BUS DEPARTS: 10:30 am

RETURN TIME: 1:30 pm

SIGN UP BEGINS: Tuesday, February 6th—FREE TRIP

Come and walk the Dover Mall, shop and have lunch in the food court. This trip will be held the third Friday of every month through June.



ARTS & CRAFT CLASSES

DATES: Monday, February 12th & February 26th

TIME: 10:00 am—Noon

SIGN UP NOW—FREE CLASSES

Come join in the fun and do arts and crafts.

More daytime and nighttime class times to come in next months newsletter.



LET'S GO BOWLING

DATES: February 15th and 29th

DEPARTURE TIME: 12:30pm

APPROXIMATE RETURN TIME: 3:30pm

TRANSPORTATION: Center Bus

SIGN UP BEGINS: Tuesday, February 6th

This is a free event. There is no charge for the bus, bowling lane or shoe rental.

If the ball is too heavy they will have bowling ramps available.



JOIN US AT THE LAKE FOREST HIGH SCHOOL POOL

DATE: Tuesday, February 27

DEPARTURE TIME: 11:00am

APPROXIMATE RETURN TIME: 1:00pm

TRANSPORTATION: Center Bus

SIGN UP BEGINS: Tuesday, February 6th—FREE ACTIVITY

Bring your swimsuit and towel. Participants will do exercises for a portion of the time while in the pool.

NEW DAY & EVENING ACTIVITIES



IDENTITY THEFT CLASS with M&T BANK

DATE: February 27th

TIME: 2:00-3:00pm

SIGN UP NOW

LOCATION: Room #5

Cydney Johnson from M&T Bank will be here to discuss identity theft and offer information to avoid becoming a victim.



PAINT NIGHT

MYSTERY PAINT NIGHT

DATE: Thursday, February 15th

TIME: 6:00 pm—8:00 pm

SIGN UP NOW

Come to our Mystery Paint Night to enjoy painting a picture that we are sure everyone will like!

All supplies will be provided at no cost.



DATE: Sunday, February 18th

TIME: 2:00 pm

Come join in this new and fun way to play Bingo. While playing you will be able to gain knowledge on health education, improving and / or maintaining mobility and improve nutrition.

Prizes will be given and it will be a lots of fun.



TAI CHI with Spike

DATES: Tuesday, February 20th & 27th

This class will be held on Tuesday evenings through May 14, 2024

TIME: 6:00pm

MEMBER COST: FREE

SIGN UP BEGINS NOW

You do not need to attend every class to sign up.



MAT YOGA WITH ELENA

DATES: Wednesday, February 21st and 28th

TIME: 6:00pm

This course is 13 weeks and continues through May 22, 2024

You do not need to attend every class to sign up.

MEMBER COST: FREE

SIGN UP BEGINS NOW

DO YOU HAVE **concerns** **about falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

FREE

Classes once a week for 8 weeks

Starting:

Thursday, March 7th

Through

Thursday, April 25th

Time: 10:00 AM – 12:00 PM

Harrington Senior Center

190 Raughley Hill Road

Harrington, DE 19952

To Register:

Sign up at the Center!

**Presented by
Sussex County**

**VOLUNTEER
DELAWARE 50+**

COMMUNITY EVENTS



Annual Shrove Tuesday

ALL YOU CAN EAT PANCAKE SUPPER

**Tuesday, February 13, 2024
4:00 PM – 7:00 PM**

St. Stephen's Episcopal Church
190 Raughley Hill Road
Harrington, DE

ALL ARE WELCOME!

Tickets

Adults - \$10.00

Children 4-12 - \$5.00

Children 3 and Under -
Free



Snow
Date:
2/20/24

Menu

Regular and Blueberry Pancakes

Sausage and Scrapple

OJ, Tomato Juice, Milk, Coffee,
Tea
Jello

Harrington Fire Company Auxiliary

Winter Soup, Chicken Salad & Apple Dumpling Sale
February 24, 2024

To place a preorder call Betty 302-398-3498
Preorders are due by February 14, 2024

Apple Dumpling \$6.00
Chicken Salad Pints only \$9.00

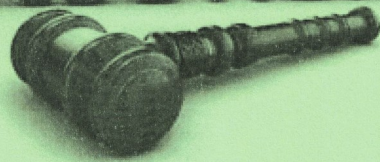
Soups are sold by the quart only

Vegetable Beef Soup \$12.00
BBQ Bean Soup \$12.00
White Chicken Chili \$12.00

Orders can be picked up from 11:00 am to 1:00 pm
At Harrington Fire Co. Community Dining Hall
20 Clark Street
Harrington, DE 19952

Harrington Lions Club Annual Live Auction

AUCTION



Saturday, March 2, 2024

5:00 p.m. (Doors open at 4:30 p.m.)

Harrington Moose Lodge

(16268 S. DuPont Hwy, Harrington DE)

Women of the Moose will have food available for purchase

All proceeds benefit our community service projects

**Come out and support these
organizations as they have
supported the Harrington Senior
Center in many ways.**

Upcoming
**COMMUNITY
EVENTS**



SYMPATHY IS EXTENDED TO

The family of HSC Member
Gloria Duschl.

The family of HSC Member
Brenda Sheline

The family of HSC Member Joe Prettyman



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.



Thank you

THANK YOU CRYSTAL TRUST

We have received a grant from Crystal Trust to cover the cost of the new exercise equipment for our new exercise room. We also plan to have this room open at designated times in the evenings for our members that work. Stay tuned for more information once we are back in the new building!

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



EVENING LINE DANCING CLASSES

**DATE: Thursday's
February 8th and 22nd**

TIME: 6:00 pm

Class will be one hour in length. You can be a beginner or advanced. This is a great time to come and have fun. Classes will be held the 2nd and 4th Thursday's of each month through June 2024.



Full service laboratory specializing in analysis for commercial and residential clients!

51 Clark Street
Harrington, DE 19952
(302) 398-4313



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

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

Tuesday, February 6th
Beginning at 9:00 AM in
Room #1

1. When you arrive please come in and take a number for only yourself and wait in the dining room to be called.
2. You may purchase tickets for yourself and one other member or guest as long as you have the money for all tickets.
3. You cannot sign up prior to the date listed in the newsletter under each event.
4. Credit/Debit cards are now accepted for all trips, activities, and dues.
5. One check is accepted for all trips and activities you are paying for.

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



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

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



Congratulations to our December Bingo Winners

December 21st—Joanne Young, Don Cooley, Baldy Sadler, Judy Walls, Sally Nehra, Jean Miller, and Barbara Boone.

December 28th—Judy Walls, Jean Miller, Clarence Cole, Sally Nehra, Donna Anthony, Christie Cole, Baldy Sadler, Lisa Holland, and Betty Vincent.

PLEASE CHECK OUT ALL OF OUR NEW PROGRAM OFFERINGS

We have received a wonderful grant to offer more programming at the Center and to expand our hours from now until June 30th.

Please encourage members to come out and join in the fun.

Consider sharing this with a friend and have them become a member of the Center. The success of these programs and the possibility of funding them into the future depends on the participation we have. We welcome any suggestions to make these and other programs better.

Hometown Drugs

Keeping you healthy & happy

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

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- Immunizations
- Accepting All Insurance
- Drive-Through Pharmacy
- Health Screening
- Over-the-counter Medicines

CENTER NEWS/SPONSORS/ACTIVITIES



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

- 1st—Jan Mitchell 256**
- 2nd—Don Cooley 255**
- 3rd—Jeff Purse 212**
- 4th—Jackie Krech 205**
- 5th—Craig Brodeur 195**
- 6th—Eula Hoover 166**



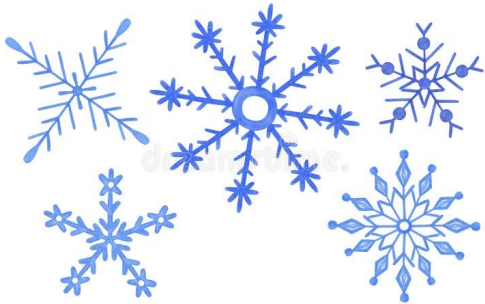
DECEMBER 500 CARD SCORES

December 6th—Winner was Connie Raymond with 3260; Second was Nancy Lawson with 2650; Third was Fran Jaquette with 2550.

December 13th—Winner was Connie Raymond with 2490; Second was Tom Brown with 2300; Third was Tom Shugars with 2110.

December 20th—Winner was Connie Raymond with 3430; Second was Donna Shugars with 2970; Third was Tom Brown with 2430.

December 27th—Winner was Connie Raymond with 3770; Secod was Tom Shugars with 3160; Third was Donna Shugars with 2810.



Happy Tails

302-786-2528
25 Commerce Street
Harrington DE 19952

Hours:

Tuesday—Saturday
8:00 AM—4:00 PM



SPONSORS

Love To Win



WIN YOUR SHARE
OF \$6,000!

**WEDNESDAYS
IN FEBRUARY**
9:00AM - 1:00PM



HOURLY DRAWINGS
**FRIDAYS
IN FEBRUARY**
8:00PM - 11:00PM



TOP PRIZE
\$5,000 CASH!
**SATURDAYS
IN FEBRUARY**
9:00PM



TOP PRIZE UP TO
\$4,000 CASH!
**TUESDAY
FEBRUARY 29**
7:00PM - 10:00PM

TABLE
GAME IN
PROMOTION!



WHERE WINNERS PLAY!

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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: 1-888-650-8888.

Thank You

TO OUR 2023 SPONSORS

PLATINUM

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

GOLD

- Thomas E. Melvin & Son
Funeral Home Inc.

SILVER

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

BRONZE

IN-KIND SPONSORS

- Harrington Sunshine 4-H Club
- Delaware State Fair
- Delaware State News
- Ivins Florist
- Harrington Lions Club
- NeighborGood Partners
- Harrington Fire Company
Auxiliary
- Home Instead Senior Care

FEBRUARY 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	2
			Meatloaf with Gravy Mashed Potatoes Broccoli & Cauliflower Wheat Bread Cookies Milk	Baked Chicken with Gravy Yellow Rice Buttered Spinach Wheat Bread Fruit Milk
			8	9
			BIRTHDAY/ VALENTINE'S PARTY Roast Turkey with Gravy, Herb Dressing Buttered Peas with Pearl Onions Roll Cake Milk	Italian Meat Balls Spaghetti Green Beans Italian Bread Fruit Milk
5	6	7		
Baked Ziti with Meat Sauce Chef's Blend Italian Bread Pudding Milk	Baked Pork Chops Mashed Potatoes Buttered Peas Wheat Bread Fruit Milk	Fried Chicken Macaroni & Cheese Collard Greens Corn Bread Ice Cream Milk		
12	13	14	15	16
Chicken & Dumplings Buttered Carrots Biscuit Pudding Milk	Beef Stroganoff Buttered Noodles Seasoned Zucchini Applesauce Wheat Bread Milk	Baked Salmon with Lemon Butter Sauce White Rice Oriental Blend Roll Mousse Milk	Liver & Onions with Gravy Mashed Potatoes Green Beans Wheat Bread Fruit Milk	Fried Fish Macaroni & Cheese Stewed Tomatoes Wheat Bread Yogurt Milk
	CENTER IS CLOSED FOR LUNCH			
19	20	21	22	23
PRESIDENT'S DAY CENTER IS CLOSED	Salisbury Steak with Gravy Mashed Potatoes Vegetable Medley Fruit Wheat Bread Milk	Low Sodium Ham & Cabbage Boiled Potatoes Pudding Wheat Bread Milk	Fried Chicken Macaroni & Cheese Mixed Greens Cornbread Ice Cream Milk	BBQ Pulled Pork on Bun Potato Wedges Coleslaw Fruit Milk
26	27	28	29	
Chicken Tetrazzini with Noodles Mixed Vegetables Applesauce Wheat Bread Milk	BBQ Chicken Potato Wedges Mexican Corn Sherbet Roll Milk	Navy Bean Soup Tuna Salad on Bun Lettuce & Tomato Fruit Milk	Pepper Steak Jasmine Rice Seasoned Broccoli Wheat Bread Bread Pudding Milk	



CALENDAR OF ACTIVITIES

Monday	Tuesday	Wednesday
<p>5 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) 1:30—Chair Yoga (DR) 2:30—Tai Chi (DR)</p>	<p>6 9:00—Trip Sign Up Day(RM#1) 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>7 9:30—Armchair Exercise—In-Person (DR) 10:15—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>12 9:30—Armchair Exercise— In-Person (DR) 10:00—Arts & Crafts (RM#3) 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) 1:30—Chair Yoga (DR) 2:30—Tai Chi (DR)</p>	<p>13 CENTER IS CLOSED FOR CHURCH PANCAKE SUPPER SERVING STARTS AT 4:00 pm</p> <div style="text-align: center;">  </div>	<p>14 9:30—Armchair Exercise In-Person (DR) 10:15—WII Bowling (DR) 11:15—11:45 Grab N Go Lunch 11:00— Valentine’s Day Lunch at Texas Roadhouse 11:30—Canasta (RM#5) 12:00—Lunch Served (DR) 1:00—Valentine’s Day Ice Cream Sundae Party (DR) 12:30—500 (DR) 12:30—Blood Pressure Checks (DR)</p>
<p>19 CENTER IS CLOSED FOR PRESIDENT’S DAY</p> <div style="text-align: center;">  </div>	<p>20 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) 1:00—Members Meeting (DR) 6:00— Tai Chi with Spike</p>	<p>21 9:30—Armchair Exercise—In-Person (DR) 10:15—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) 6:00—Mat Yoga with Elena</p>
<p>26 9:30—Armchair Exercise— In-Person (DR) 10:00—Arts & Crafts (RM#3) 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) 1:30—Chair Yoga (DR) 2:30—Tai Chi (DR)</p>	<p>27 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (DR) 10:00—Bible Study (RM #5) 10:30—Bridge (DR) 11:00—Depart for LFHS Pool 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Sit & Sew (RM#3) 2:00—Identity Theft Class (RM #5) 6:00—Tai Chi with Spike</p>	<p>28 9:30—Armchair Exercise In-Person (DR) 10:15—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) 12:30—Blood Pressure Checks (DR) 6:00—Mat Yoga with Elena</p>

FEBRUARY 2024

Thursday	Friday	Saturday
<p>1 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>2 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>3 6:00 pm The Outlaws at the Harrington Moose Lodge. Sponsored by the Harrington Century Club to benefit The Harrington Senior Center. We have tickets here or they can be purchased at the door.</p>
<p>8 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 (RM#5) 6:00—Line Dancing (DR)</p> <p style="text-align: center;">BIRTHDAY & VALENTINE'S PARTY</p>	<p>9 9:00—New Beginner Line Dancers (DR) 9:30—Beginner Line Dancers (DR) 10:00—Improver Line Dancers (DR) 11:00—Mindfulness Session (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Bingo (DR) In-person & Zoom 1:00—Computer Tech (RM #5)</p>	<p>10</p>
<p>15 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) 12:30—Depart for Bowling 1:00—Cribbage & Other Board Games (DR) 6:00—Mystery Paint Night (DR)</p>	<p>16 9:00—New Beginner Line Dancers (DR) 9:30—Beginner Line Dancers (DR) 10:00—Improver Line Dancers (DR) 10:30—Depart for Dover Mall Walk 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR)</p>	<p>17</p> <p>18—Sunday</p> <p>2:00 pm BINGOCIZE</p>
<p>22 8:45—AARP Refresher Defensive Driving Course (RM#5) 9:30—Senior Walking Program In-Person (DR) 10:00—Phase 10 (DR) 10:15—Depart for Black History Month Trip 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Pinochle (DR) 1:00—Cribbage & Other Board Games (RM#3) 1:00—Bingo (DR) In-person & Zoom 6:00—Line Dancing (DR)</p>	<p>23 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>24</p>
<p>29 8:45 AARP Beginner Defensive Driving Course (RM #5) 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 (DR) 12:30—Depart for Bowling 1:00—Cribbage & Other Board Games (DR)</p>		



FEBRUARY 2024 BIRTHDAY WISHES

**February 2nd**

Regina Timmons
Laure Giannetta
Mark McGuckin

February 4th

Betty Myers
B Z Chauka
Diane Lander

February 5th

Dorothy Church
Henry Bergfelder
Robin James

February 6th

Rose Ann Hall
Bonnie Voshell

February 7th

Bill Manship
Carolyn Jones
Robert Steigler

February 9th

Dorothy Collins
Bill Hanes

February 11th

Ronald Bowhall

February 12th

Maddie Fagan

February 13th

Linda Mullin
Terry Walsh

February 14th

Robin Rockemann

February 15th

Frances Chandler
Shirley Ann Carpenter

Robin James

February 16th

Kathleen Schlabach

February 17th

Frederick Lake, Sr.

February 18th

Bonnie Barton

February 20th

Penny Folkner-Bush
Judy Young

Sheryl Ford

February 21st

Doug Crouse

February 22nd

Richard Seeley

Flo Petroski

February 24th

Judy Walls

Al Drummond

February 25th

Helen Scott

February 26th

Nancy Lawson

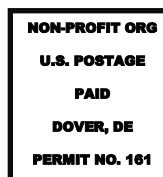
February 27th

Norma Frost

February 28th

Betty Pedersen

Harrington Senior Center
102 Fleming Street
Harrington DE 19952



Return Service Requested