



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**

**APRIL
2024
Volume 43,
No. 4**

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

Spring is in the air! The new programming we are offering through The State of Delaware Department of Health Grant has had amazing attendance. We are looking at how we can continue many of these programs on a rotating basis. We will be doing a survey once the grant is over at the end of June to get your thoughts about the presenters, the classes and what you liked or what you would want to see differently.

The survey will be anonymous and we want your honest opinions. I know you have been asked to complete other surveys for us and the state and those will be used to see how we can get additional funding.

The Board of Directors took a tour of our new building and they loved it and feel you will as well. The kitchen floors are in, the ceiling grids are up for the drop ceilings, the sub flooring is getting ready to go in and the primer coat of paint is completed. I know everyone is anxious to move but we will not move until we have everything set up and ready for you. My hope is we get to start moving in items by late May to early June and we will be ready for a Grand re-opening and to start using the facility daily.

MEALS ON WHEELS VOLUNTEERS NEEDED

***Flexible availability Monday—Friday 11:00 am—2:00 pm**

***Mileage reimbursement for the use of your vehicle**

If interested in joining the volunteer staff and helping to deliver meals out to citizens in our community, please inquire to AnnaMarie, Meals on Wheels Site Coordinator by stopping into the Harrington Senior Center Monday-Friday 8:30 am until 2:30 pm or by calling 302-398-4860.



CENTER ACTIVITIES

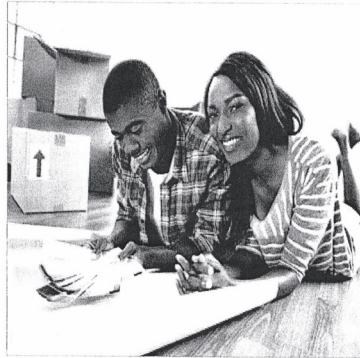


Take Control of Your Finances

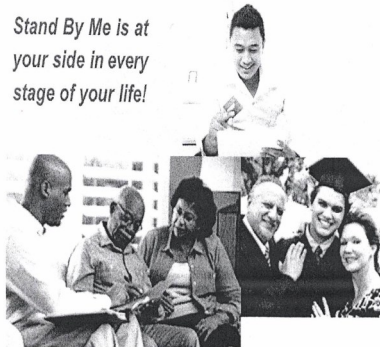
FREE FINANCIAL COACHING IS JUST A CALL AWAY!

Free Personal Financial Coaching Can Help You:

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- Access and Apply for Benefits
- Learn about Social Security Strategies
- Grow Your Savings and Plan Your Future
- *And So Much More!*



Stand By Me is at your side in every stage of your life!



Visit us at: www.standbyme.org

No fees? What's the catch?

Our services are free because as we are powered by the State of Delaware and United Way of Delaware, and our mission is to create financial stability for the people of Delaware.

For more information, contact:

Janet Hoskins
Financial Empowerment Coach
Goodwill of Delaware and Delaware County
18178 S. Sussex Highway
Bridgeville, DE 19933
jhoskins@goodwillde.org
Phone: 302-721-5018
www.goodwillde.org



Stand By Me One on One Sessions

DATE: Friday, April 5th

Call the center now to schedule your appointment. These are one on one appointments. See the flyer for more information.

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.

Harrington Logistics



111 Reese Avenue

Harrington DE 19952

Is A Proud Sponsor of the
Harrington Senior Center

CENTER ACTIVITIES



SIGHT & SOUND

“DANIEL”

Lunch at Miller’s
Smorgasbord

DATE: Thursday,
May 16, 2024

Final Payment is Due

DEPARTURE TIME: Approximately
7:00 am

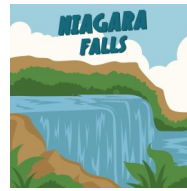
RETURN TIME: Approximately
6:30 pm

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.

WAITING LIST ONLY



NIAGARA FALLS TRIP

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

**You will need a
passport as we are staying on the
Canadian side. If you have
signed up for this trip please
bring, email or mail a copy of
your passport to us.**

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



BLUE HEN

CONSTRUCTION

Hours of Operation:

8:00 AM—5:00 PM Monday—Friday

9:00 AM—4:00 PM—Saturday

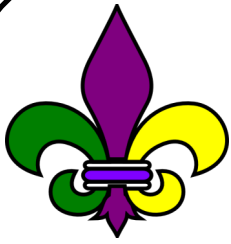
Owned by Darrin & Laura Simpson

Address: 1 Dorman Street

Harrington DE 19952

Telephone Number: (302) 363-0343

CENTER ACTIVITIES



NEW ORLEANS

TRIP DATES: Saturday, April 6, – 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



APRIL BIRTHDAY PARTY

DATE: Thursday, April 11th

TIME: 12:00 pm 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, April 10th

MENU: Roast Turkey with Gravy, Her Dressing, Buttered Peas with Pearl Onions, Dinner Roll, and Milk

Sponsors:

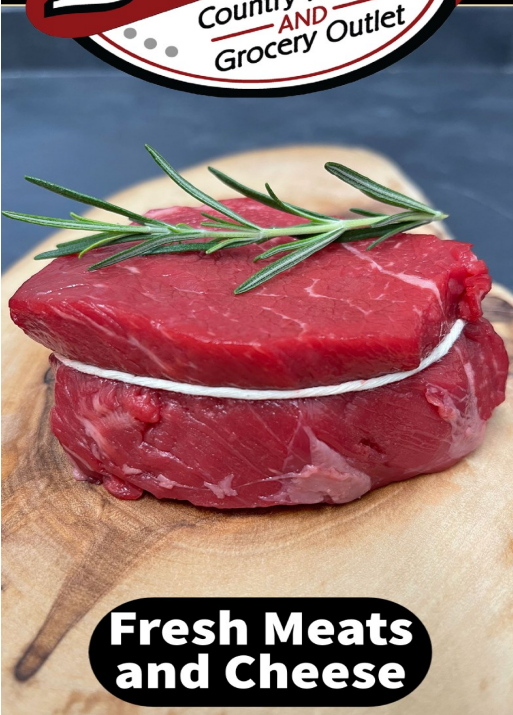
Cake: Jean Miller

Ice Cream: Judy Walls and An Anonymous Donor



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

SIGN PAINTING WORKSHOP with Stephanie Smith

DATE: Thursday, April 18th

TIME: 6:00 pm

COST: Free to Members

**SIGN UP BEGINS: Thursday, April 4th
and ends Friday, April 5th so supplies
can be ordered**

At sign up you will pick your vinyl design so you must come in person to sign up for this class. There are many designs to choose from.

You will paint the board and apply a high quality vinyl.



CRAFT WITH JAMI

SPONSORED BY PACE YOR LIFE

DATE: Monday, April 22nd

TIME: 10:15am-12:15pm

This is a free event.

SIGN UP BEGINS: Thursday, April 4th

There will also be cookies served.



**COOK'S TIRE
& AUTO REPAIR
TIRE PROS**

**(302) 398-3751
12 CLARK STREET
HARRINGTON, DE 19952**



HOURS OF OPERATION: Monday through Friday

8:00 am—5:00 pm

**Commercial Tires, Passenger/LT Tires, Auto Repair,
Custom Wheels**



CENTER ACTIVITIES & TRIPS



**DINE
AROUND AT
VINCENZOS
PIZZERIA &
GELATO
Dover, DE**

DATE: Tuesday, April 30th

Departure Time: 11:00 am

Approximate return: 2:00 pm

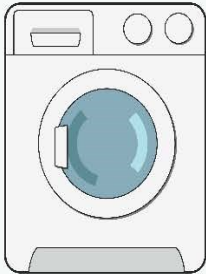
**MEMBER COST: \$2.00 for the bus and
lunch on your own.**

SIGN UP BEGINS: Thursday, April 4th



**SAVE THE DATE
October 17, 2024
We will travel to
Bird-in-Hand
Restaurant for
lunch and a show "Ryan &
Friends". Enjoy an uplifting mix
of wholesome comedy with
musical entertainment.**

**Tickets will go on sale on May
2nd.**



**NOW AT DOWNTOWN JUNCTION
QUICK & EASY
DRY CLEANING**

OUR SERVICES

- ✓ Dry Cleaning
- ✓ Drop off and pickup points
- ✓ Wash & Fold



302-398-4678

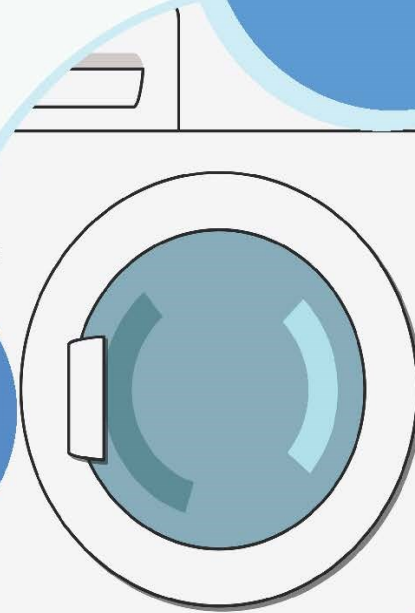


3 COMMERCE ST. HARRINGTON, DE

**LOCATED AT DOWNTOWN JUNCTION
ACROSS FROM THE POST OFFICE!**

**20% OFF
FOR NEW
CUSTOMERS**

**At home Pick-
up/Drop-off
coming soon!**



CENTER INFORMATION



INSURANCE AND
FINANCIAL
FOUNDATION LLC



*For all of your
insurance needs*



302-566-1356



3 Commerce Street,
Suite 203
Harrington, DE

*Ready to provide
coverage for
home, auto,
business, health,
life, annuities,
funeral expense
insurance, and
more!*

INDEPENDENT and LOCAL
- We work for YOU, not
insurance companies.

PERSONALIZED -
Dedicated to getting you
the coverage right for
you.

TRUSTWORTHY -
Committed to honesty,
integrity, and
transparency.

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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, April 5th and 19th

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, April 12th

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



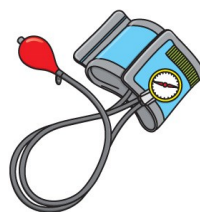
TAI CHI WITH RAN

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: APRIL 3RD & 24TH

TIME: 11:30 am

LOCATION: Dining Room



MAH JONGG

DATE: Every Monday

TIME: 12:30 pm

LOCATION: Room #5



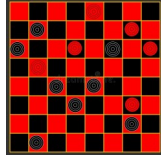
CENTER ACTIVITIES

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**



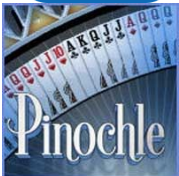
WEDNESDAYS

**12:30 PM 500—
Dining Room**



THURSDAYS:

**10:00 AM PHASE 10—
Room #5**



**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



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TOBACCO OUTLET**
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(Next to Byler's) 302 398 4447



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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



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.

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.



MEMBERS MEETING IN-PERSON & ON ZOOM

DATE: Tuesday, April 16th

TIME: 1:00 pm

LOCATION: DR

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



Members paint a heart scene at one of our paint nights. This is a free activity using the grant from DSAAPD.

NEW DAY & EVENING ACTIVITIES



MINDFULNESS SESSION

DATE: Friday, April 12th

TIME: 11:15 am – 12:15

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.

NOTE: Class is currently full.



MALL WALKS

DATE: Friday, April 19th

BUS DEPARTS: 10:30 am

RETURN TIME: 1:30 pm

SIGN UP BEGINS: Thursday, April 4th

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



FREE ARTS & CRAFT CLASSES

DATE: Monday, April 15th

TIME: 10:15 am

DATE: Monday, April 29th

Time: 6:00 pm—8:00 pm

SIGN UP BEGINS, Thursday, April 4th

Come join in the fun and do Diamond Art at both classes. Different choices at each class.



LET'S GO BOWLING

DATES: April 4th & 18th

DEPARTURE TIME:

12:30pm

APPROXIMATE RETURN TIME: 3:30pm

TRANSPORTATION: Center Bus

SIGN UP BEGINS: Thursday, April 4th

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: April 9th & 16th

DEPARTURE TIME: 11:00am

APPROXIMATE RETURN TIME: 1:00pm

TRANSPORTATION: Center Bus

SIGN UP BEGINS: Thursday, April 4th—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



EVENING LINE DANCING CLASSES

DATE: Thursday, April 11th & 25th

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.



MYSTERY PAINT NIGHT

FOR ONLY THOSE THAT HAVE NOT ATTENDED PREVIOUSLY

DATE: Monday, April 15th

TIME: 6:00 pm–8:00 pm

SIGN UP BEGINS: Thursday, April 4th

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



DATE: Tuesday, April 2nd at 1:00 pm

Thursday, April 25th at 1:00 pm

Sunday April 28th at 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.

You do not need to sign up ahead of time.



TAI CHI with Spike

DATES: Every Tuesday,

This class will be held on Tuesday evenings through April 16, 2024.

A new 8 week session will start on April 23rd through June 4th

TIME: 6:00pm

MEMBER COST: FREE



MAT YOGA WITH ELENA

DATES: Every Wednesday,

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

NEW DAY & EVENING ACTIVITIES



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

**DATES: April 4th, 11th, 18th &
25th**

TIME: 9:00 am—11:00 am

Class is currently full.

**We hope to start a new class
soon.**

AARP REFRESHER SAFETY COURSE

DATE: April 25, 2024

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

The class is from 9:00am to 2:00pm in Room 5.

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

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

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

Sign Ups Begin Now.

AARP BEGINNER DEFENSIVE DRIVING SAFETY COURSE

DATE: May 2, 2025 Sign Up Begins Now

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 at 11:45 am- 12:30pm **LUNCH AVAILABLE AT THE CENTER for \$6.00 per person (age 60 and over).**



Business Hours: Everyday

6:00 am—10:00 pm

Dine in or Take Out

Delivery Hours:

Monday-Thursday

9:00 am—9:00 pm

Friday—Sunday

9:00 am—10:00 pm

17064 S. Dupont Highway, Harrington DE 19952

302-786-2766



COMMUNITY EVENTS



**Authors ~ Vendors ~ Kids Crafts
FREE Admission**

Interested Authors & Vendors Contact:

bookfest@friendshpl.com

Michelle @ 302-265-5897 Deborea @ 443-799-1352

Harrington Public Library @ 302-398-4647

Sponsored by the Friends of the Harrington Public Library, Harrington DE

SAVE THE DATE
October 5, 2024
10:00 a.m. - 2:00 p.m.
The "Red Barn" @ Harrington Parks & Rec
114 East Liberty St., Harrington DE

COLLINS MECHANICAL INC.



**15294 S. Dupont
Highway
Harrington DE
19952**

**Call Collins for all of your
plumbing, electrical and HVAC
residential and business
services.**



BOOK SALE 2024



**9 am-
2 pm**

**110 E.
Center
Street**

April 20



CENTER NEWS



A beautiful painting at one of our paint nights. Thank you DSAAPD for the grant to host these programs for our Seniors.



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.



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

info@envirocorplabs.com

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CENTER NEWS

February PHASE 10 SCORES FOR

- 1st—Don Cooley 195
- 2nd—Pat Shufelt 255
- 3rd—Eula Hoover 290
- 4th—Jan Mitchell 300
- 5th—Baldy Sadler 310
- 6th—Darlene Marvel-Cole 340



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



Members participating in a Mindfulness Class. Thank you to DSAAPD for this grant



Laura D. Willis, Esq.
HUDSON, JONES, JAYWORK
& FISHER, LLC

225 South State Street
Dover De 19901
(302) 734-7401

lwillis@delawarelaw.com

Practice areas include estate planning and business counseling.

REDNER'S RECEIPTS



When turning in your Redner's receipts, please do not cut off the bottom. We must have the part that reads "Today's 1% Save-A-Tape Total" with the date and dollar amount. All receipts must be within the last three years to count.

THANK YOU!

CENTER GUIDELINES

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, April 4th
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 has been mailed to all members. You still have time to make a donation.



Monday-Friday

7:30 AM to 5:00 PM

Saturday

7:30 am until Noon

325 Walt Messick Road

Harrington DE 19952

302-398-3729

*Thomas E. Melvin
& Son Funeral Home, Inc.*



15522 S. DuPont Hwy.
Harrington, DE

(302) 398-3884

www.melvinfuneralhome.com

CENTER NEWS



**Congratulations to our
February Bingo Winners**

**2/9/24—Mildred Kennedy,
Grace Jester, Sandy Parsons,
Jackie McGuckin, Priscilla**

**Ford, Gayle Melvin, Betty Vincent,
Phyllis Wolfinger, and Joanne Young.**

**2/22/24—Gail Holden, Christie Cole, Craig, Brodeur, Betty Vincent,
Clarence Cole, Baldy Sadler, Joann Collison, Priscilla Ford,
Louise Aptt, and Joan Camac**



Hometown Drugs

Keeping you healthy & happy

Phone: 302-450-1970

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

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CENTER NEWS/SPONSORS/ACTIVITIES



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

- 1st—Don Cooley 249**
- 2nd—Jan Mitchell 231**
- 3rd—Craig Brodeur 201**
- 4th—Jeff Purse 187**
- 5th—Jackie Krech 185**
- 6th—Eula Hoover 156**
- 7th—Cynthia Small 139**
- 8th—John Morris 122**



Members go bowling twice a month free of charge. This is all possible through the DSAAPD Grant.



FEBRUARY 500 CARD SCORES

February 7th—Winner was Nelson Reed with 2710; Second was Dale Trammell with 2350; Third was Joyce Herrington with 2300.

February 14th—Winner was Fran Jaquette with 3450; Second was Harold Brode with 3280; Third was Terry Trammell with 3200.

February 21st—Winner was Fran Jaquette with 3760; Second was Tom Brown with 3260; Third was Harold Brode with 3150.

February 28th—Winner was Harold Brode with 4320; Second was Tom Shugars with 3800; Third was Joyce Herrington with 3440.



Happy Tails Dog Grooming

302-786-2528
25 Commerce Street
Harrington DE 19952

Hours:

Tuesday—Saturday
8:00 AM—4:00 PM

SPONSORS



Thank you to DSAAPD for the grant that has allowed us to offer many new programs to our members. We are offering day and night programs. All of these programs are free of charge. Come join us for fun activities.

Thank You

TO OUR 2024
SPONSORS

PLATINUM

Blue Hen Construction
Byler's Store
Chick Harness & Supply Inc.
Cooks Tire & Auto Repair Service
Downtown Junction
Harrington Logistics
Hendricks & Son Inc.
Hometown Drugs
Insurance & Financial Foundation LLC
MidTown Liquor
Rudy's Restaurant

GOLD

Collins Mechanical
Hudson, Jones, Jaywork & Fisher—
Laura D. Willis, Esq.
Thomas E. Melvin & Son Funeral Home

SILVER

Envirocorp Inc.
Happy Tails Dog Grooming
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
Ivins Florist
Harrington Lions Club
NeighborGood Partners
Harrington Fire Company Auxiliary
Home Instead Senior Care

APRIL 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. **IN-PERSON LUNCH is 12:00 until 12:30.**

1	2	3	4	5
Salisbury Steak with Gravy Mashed Potatoes Chef's Blend Wheat Bread Fruit & Milk	Baked Chicken with Gravy Wild Rice Buttered Carrots Wheat Bread Pudding & Milk	Vegetable Soup Tuna Salad on Bun Beet Salad Fruit Milk	Fried Chicken Macaroni & White Cheese Mixed Greens Roll Pudding Milk	Chili with Red Beans White Rice Green Beans Corn Bread Fruit Milk
8	9	10	11	12
Spaghetti & Meat Sauce Peas Breadsticks Pudding Milk	Boneless Pork Chops with Onion Gravy Mashed Potatoes Yellow Squash with Tomatoes Wheat Bread Brownie & Milk	Navy Bean Soup Turkey & Provolone Cheese on Bun with Mayonnaise Lettuce & Tomato Fruit Milk	Roast Turkey with Gravy Herb Dressing Buttered Peas with Pearl Onions Dinner Roll Cake Milk	Baked Cod Scalloped Potatoes Stewed Tomatoes Wheat Bread Pudding Milk
			BIRTHDAY PARTY	
15	16	17	18	19
Meat Loaf with Gravy Mashed Potatoes Spinach Wheat Bread Pudding & Milk	Chicken Breast with Cranberry Glaze Buttered Rice Broccoli Roll Cookies & Milk	Taco Chili Salad with Lettuce & Tomato Sour Cream Nacho Chips Yogurt & Milk	Liver & Onions with Gravy Mashed Potatoes Green Beans Wheat Bread Mousse & Milk	Baked Ziti with Sauce Tossed Salad with Dressing Italian Bread Fruit Milk
22	23	24	25	26
Chicken Pot Pie Buttered Peas & Carrots Applesauce Dinner Roll Milk	Jumbo Chili (no Beans) Dog on Bun Relish/Ketchup/Mustard Baked Beans Butter Cookies & Milk	Chicken Noodle Soup Chicken Salad Sandwich Broccoli Salad Fruit & Milk	Fried Fish Scalloped Potatoes Stewed Tomatoes Corn Bread Sherbet & Milk	Swedish Meat Balls Garlic Mashed Potatoes Italian Blend Vegetables Fruit Milk
29	30	<p>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.</p>		NOTE:
Sliced Ham with Pineapple Sauce Parslied Potatoes Buttered Cabbage Wheat Bread Oatmeal Cookies Milk	BBQ Chicken Macaroni & Cheese Mixed Greens Corn Bread Tapioca Pudding Milk	<p>Please be advised that food served here may contain these ingredients: Milk, Eggs, Wheat, Soybean, Peanuts, Tree Nuts, Fish, Shellfish and Seafood Base.</p>		

CALENDAR OF ACTIVITIES

Monday	Tuesday	Wednesday
<p>1 9:30—Armchair Exercise— In-Person (RM#5) 10:00—New Orleans Trip Meeting 10:15—Cardio Drumming Exercise Class (RM#5) 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>2 9:30—Senior Walking Program In-Person (DR) 10:00—Inside Games (DR) 10:00— Bible Study (RM #5) 10:30—Bridge (DR) move to Room #5 at lunch time 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Sit & Sew (RM#3) 1:00—3:00—Bingocize (DR) 1:00—New Century Club Meeting 6:00—Tai Chi with Spike</p>	<p>3 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) 11:30—Blood Pressure Checks 12:00—Lunch Served (DR) 12:30—500 (DR) 6:00— Mat Yoga with Elena</p>
<p>8 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>9 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) 6:00—Tai Chi with Spike</p>	<p>10 9:30—Armchair Exercise—In-Person (DR) 10:00— Noon—Stand-By-Me (RM#3) 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>15 9:30—Armchair Exercise— In-Person (RM#5) 10:15— Arts & Crafts (DR) 10:15—Cardio Drumming Exercise Class (RM#5) 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) 6:00—Paint Night (DR)</p>	<p>16 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) 1:00—Members Meeting (DR) In-Person & Zoom 6:00— Tai Chi with Spike</p>	<p>17 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>22 9:30—Armchair Exercise— In-Person (RM#5) 10:15—Cardio Drumming Exercise Class (RM#5) 10:15—Pace your Life—Succulent Planting & Snacks 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>23 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) 6:00— Tai Chi with Spike</p>	<p>24 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) 11:30—Blood Pressure Checks 12:00—Lunch Served (DR) 12:30—500 (DR) 6:00—Mat Yoga with Elena</p>
<p>29 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) 6:00—Arts & Crafts (DR)</p>	<p>30 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 Dine Around Vincenzos Pizzeria 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Sit & Sew (RM#3) 6:00—Tai Chi with Spike</p>	

APRIL 2024

Thursday	Friday	Saturday
<p>4 9:00—Trip Sign Up Day(RM#1) 9:00—11:00—Matter of Balance (DR) 9:30— Senior Walking Program In-Person (RM#5) 10:00—Phase 10 (RM#5) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Depart for Bowling 12:30—Pinochle (RM#5) 1:00—Cribbage & Other Board Games (RM#3)</p>	<p>5 9:00—New Beginner Line Dancers (DR) 9:30—Beginner Line Dancers (DR) 10:00—Improver Line Dancers (DR) 10:00—1:00— Stand By Me Appointments 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Computer Tech (RM#5)</p>	<p>6 New Orleans Trip Departs at 8:00 am from Delaware State Fairgrounds. Arrive by 7:30 am</p>
<p>11 9:00— 11:00 —Matter of Balance (DR) 9:30— Senior Walking Program In-Person (RM#5) 10:00—Phase 10 (RM#5) 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—Line Dancing (DR) 6:00—Board Meeting (RM#5)</p> <p style="text-align: center;">BIRTHDAY PARTY</p>	<p>12 9:00—New Beginner Line Dancers (DR) 9:30—Beginner Line Dancers (DR) 10:00—Improver Line Dancers (DR) 11:15—Mindfulness Session (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Bingo (DR) In-Person & Zoom</p>	<p>13</p> <p>14 New Orleans Trip arrives back at approximately 5:45 pm</p>
<p>18 9:00—11:00 —Matter of Balance (DR) 9:30—Senior Walking Program In-Person (RM#5) 10:00—Phase 10 (RM#5) 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—Sign Painting Workshop (DR)</p>	<p>19 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) 1:00—Computer Tech (RM#5)</p>	<p>20</p>
<p>25 9:00 —11:00—Matter of Balance (DR) 9:30— Senior Walking Program In-Person (RM#5) 10:00—Phase 10 (RM#5) 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- 3:00—Bingocize (DR) 6:00—Line Dancing (DR)</p>	<p>26 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>27</p> <p>28—Sunday 2:00 pm—4:00 pm Bingocize</p>



APRIL 2024 BIRTHDAY WISHES

**April 1st**

Pauline Jackson
Eiko Donnell

April 3rd

Martha Karras
Mary Brown

April 4th

Joan Woodall

April 5th

Becky DiMatteo

April 7th

Jim Testerman
Janice Dutcher
Norville Pontius

April 9th

James Tucker

April 10th

Donald Brown

April 13th

Pauline Nichols
Virginia Marvel

April 14th

Bob Garey
Sandy Ryan

April 16th

Russell Knaub
Wanda Medley

April 17th

Irene Holloway
Rich Ashley

April 18th

Ernie Pellegrino

April 20th

George Andreae

April 21st

Brenda King
Jimmy Anthony

Sharon Litano

Mildred Kennedy

Phyllis Masten

Frances West

April 22nd

Lila Ohlson
Ginny Cagle

April 23rd

Mary Ann Wilson

April 24th

Marylou Betts

April 25th

Jacquelyn Self

April 26th

Henrietta Chilton
Moseley Soule, Jr.

April 27th

Vivian Combs
Joann Collison

April 28th

Sandy Wood
Bob Fagan

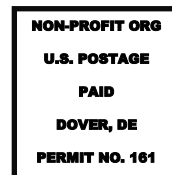
April 29th

Arleen Harris
Pam Lewis

April 30th

Eula Hoover
Libby Garey

Harrington Senior Center
102 Fleming Street
Harrington DE 19952



Return Service Requested