



MARCH
2024
Volume 43,
No. 3



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

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 on the horizon and we are looking forward to longer days with daylight. We hope you have enjoyed the new programming we have been offering and hope to see you at these programs in March. Our membership is growing and we are very excited to see all members coming into the Center for activities.

When will we be moving? The contractor has given us a hint that it will be in the 2nd quarter of 2024 so hopefully by the end of June we will be back in a brand new/remodeled building. These are exciting times for all of us!

Also, please remember it is time to “Spring Forward” on March 10th so set those clocks up 1 hour before going to bed on March 9th.

WEATHER CLOSINGS



Winter it still with us and it is still possible 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.



See Page 17 for information on Easter Eggs we will be selling from Woodside Methodist Church.



2024 DUES INFORMATION

RENEWAL REMINDER

2024 dues are now due. This is the last newsletter you will receive if dues are not paid for the 2024 year.

CENTER ACTIVITIES

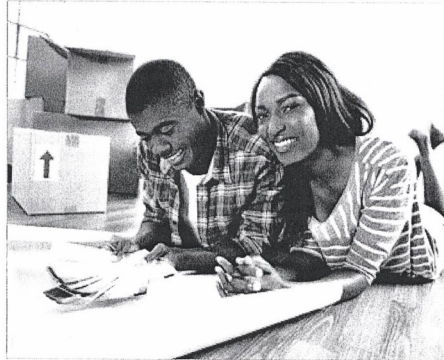


Take Control of Your Finances

FREE FINANCIAL COACHING IS JUST A CALL AWAY!

Free Personal Financial Coaching Can Help You:

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- Lower Debt and Improve Credit
- 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, March 8th

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



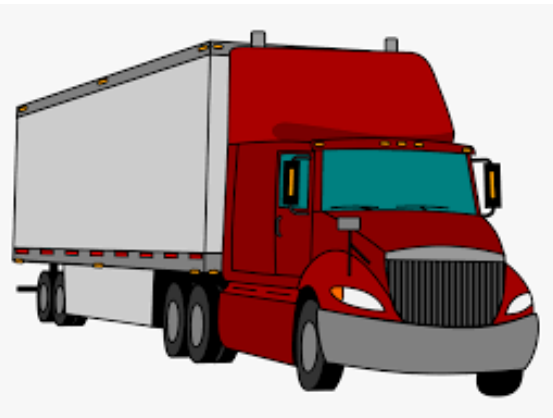
INCOME TAX PREPARATION

Tax time is here.

We have been working on taxes and still have appointment times available.

We are adding extra appointment times so if the Monday/Friday times do not work for you call and see what else is available. We will also add evening appointments by request.

Harrington Logistics



111 Reese Avenue

Harrington DE 19952

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

CENTER ACTIVITIES

CERAMICS LED BY GO PAINT CERAMICS

DATE: Monday, March 11th

TIME: 6:00pm to 8:00pm

SIGN UP BEGINS NOW

Come paint an Easter candy dish. You are sure to have lots of fun and go home with a one-of-a-kind heirloom.

This is a free event.



SHEN YUN CHINESE DANCERS AND LUNCH AT THE PLOUGH & THE STARS RESTAURANT

DATE: Wednesday, March 13th

DEPARTURE INFORMATION: Arrive at the Delaware State Fair Handicap Parking Lot at 8:45 am so we can prepare for an on time departure of 9:15 am.

11:30 am—Arrive at restaurant for lunch

MENU: Appetizer: Soup of the day or Poaches Pear Salad, Entrée Choices: Fish & Chips, Shepard's Pie, Organic Chicken Sandwich, Atlantic Salmon Wrap or Guinness Casserole.

1:00 pm—Depart the Restaurant

1:15 pm—Arrive at Miller Theatre

4:30 pm—Depart for Home

Arrive back to the Parking Lot at approximately 6:45 pm



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



MARCH BIRTHDAY PARTY

DATE: Thursday, March 14, 2024

TIME: 12:30 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, March 13th

**MENU: Pot Roast with Gravy, Mashed Potatoes, Buttered Peas & Carrots
Dinner Roll, Cake, Milk**

Sponsors:

Cake: Jean Miller

Ice Cream: Ann Milorey & Sandy Ryan

Wear Your Green!



EASTER FEAST & PARTY

DATE: Thursday, March 21st

TIME: 12:30 for In-Person

**11:15 am—11:45 am
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

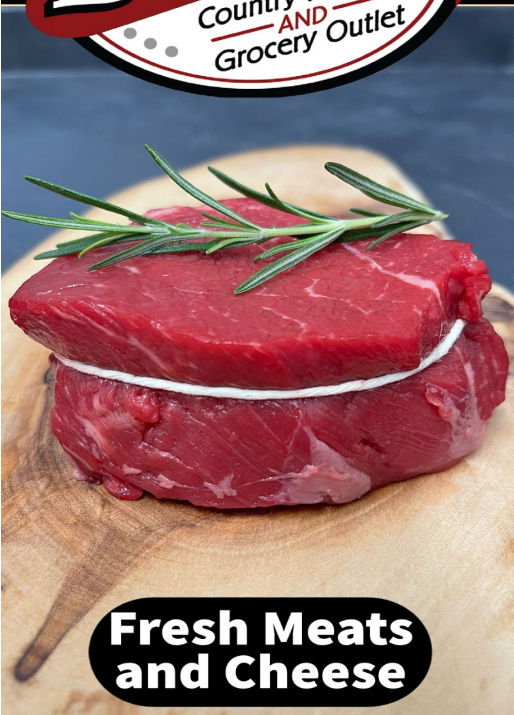
SIGN UP ENDS: Wednesday, March 18th

MENU: Sliced Ham with Cranberry Sauce, Macaroni & Cheese, Sweet Potatoes, Glazed Carrots, Dinner Roll, Pie & Milk



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

DINE AROUND AT GREEN STINGER

9996 S. Dupont Highway
Felton, DE 19943

DATE: Friday, March 22nd

DEPARTURE TIME: 11:15am

**APPROXIMATE RETURN TIME:
1:00pm**

TRANSPORTATION: Center Bus

MEMBER COST: \$2.00

**SIGN UP BEGINS: Thursday,
March 7th**



COME HAVE A GOOD TIME WITH “THE DYNAMIC PAINTING DUO”

**WE WILL BE PAINTING A
CERAMIC BIRD LUMINARY**

DATE: Monday, March 25th

TIME: 10:15am to 12:15pm

This is a free event.

SIGN UP BEGINS: Now



**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

NEW ORLEANS



**DATE: 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



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**

Final Payment Due March 29th

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

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

TRANSPORTATION: Coach Bus

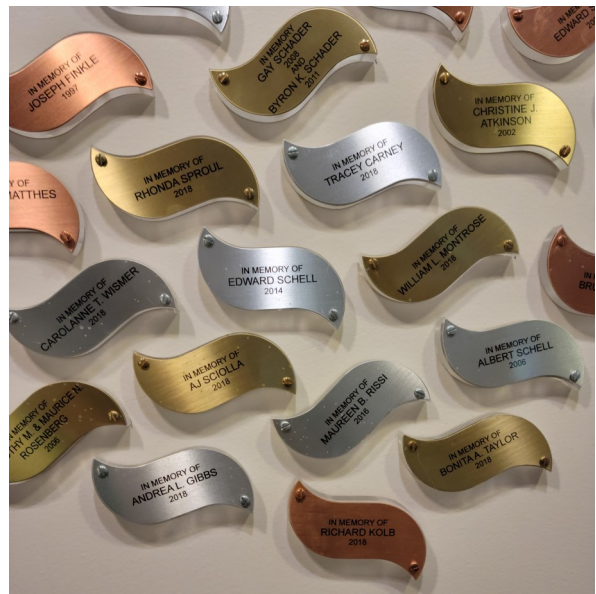
**COST: \$175.00 which includes show,
meal and meal tip. Deposit is \$75**

**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

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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: March 8th & 22nd

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: March 8th & 26th

TIME: 1:00 PM

LOCATION: Dining Room and on ZOOM

Join us for a chance to win \$5.00 Gift Cards For Virtual Bingo—you will receive one email with the ZOOM link and one with the Bingo Card link. You can have both opened on your computer at the same time by minimizing Zoom once you are logged in or you can call in on Zoom on your phone and only have the card on your computer. We will also print cards for you to pick up at the Center and then all you need to do is call in on your house or cell phone.

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



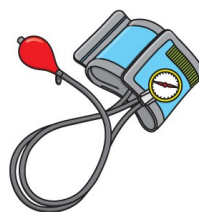
TAI CHI WITH RAN

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: MARCH 6TH & 20TH

TIME: 11:30 pm

LOCATION: Dining Room



MAH JONGG

DATE: Every Monday

TIME: 12:30 pm

LOCATION: Room #5



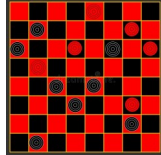
CENTER ACTIVITIES

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**

No Bible Study March 26th—Holy Week

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**



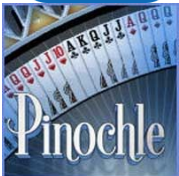
WEDNESDAYS

**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.



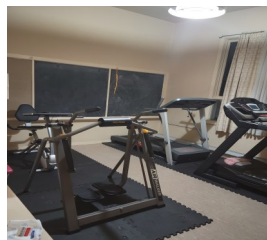
**MEMBERS MEETING
IN-PERSON & ON ZOOM**

DATE: Tuesday, March 19th

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, March 8th

TIME: 11:15 am – 12:15

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, March 15th

BUS DEPARTS: 10:30 am

RETURN TIME: 1:30 pm

SIGN UP BEGINS: Thursday, March 7th

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



ARTS & CRAFT CLASS

DATES: Monday, March 11th

TIME: 10:15 am

SIGN UP NOW—FREE CLASSES

Come join in the fun and do arts and crafts.

This is the make up class from February. You will be making the St. Patrick's Day Gnome. You can still register.



LET'S GO BOWLING

DATES: March 7th & 28th

DEPARTURE TIME: 12:30pm

APPROXIMATE RETURN TIME: 3:30pm

TRANSPORTATION: Center Bus

SIGN UP BEGINS: Thursday, March 7th

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, March 5th & 19th

DEPARTURE TIME: 11:00am

APPROXIMATE RETURN TIME: 1:00pm

TRANSPORTATION: Center Bus

SIGN UP BEGINS: Thursday, March 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



EVENING LINE DANCING CLASSES

DATE: Thursday, March 7th & 28th

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.



PAINT NIGHT

MYSTERY PAINT NIGHT

DATE: Thursday, March 21st

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, March 10th

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: Every Tuesday, March 5th, 12th, 19th, & 26th

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

TIME: 6:00pm

MEMBER COST: FREE

SIGN UP BEGINS NOW



MAT YOGA WITH ELENA

DATES: Every Wednesday, March 6th, 13th, 20th and 27th

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

Blooms of Hope

Freshcut paper bouquets



freshcut
paper



\$18 each or 3 for \$50

Additional options including personalized tributes available
- see website for more info

<http://go.rallyup.com/bloomsofhope>

Order by March 17, 2024

All proceeds benefit the American Cancer Society and can credit to
your Relay team or team member if applicable.
Contact your team captain or debbie.white@cancer.org



Dear Dahlia

Blooms of Hope



freshcut
paper



Lillies & Lupines

DESCRIPTION	PRICE	QTY	TOTAL
LILLIES & LUPINES PAPER FLOWER BOUQUET	\$18		
DEAR DAHLIA PAPER FLOWER BOUQUET	\$18		
(3) LILLIES & LUPINES PAPER FLOWER BOUQUET	\$50		
(3) DEAR DAHLIA PAPER FLOWER BOUQUET	\$50		
TRIBUTE BOUQUET OF HOPE (IN HONOR OR IN MEMORY)	\$25		
GIFT OF HOPE	\$25		
TOTAL - THANK YOU!			

BUYER'S NAME: _____ PHONE: _____

TEAM NAME: _____ EMAIL: _____

ADDRESS: _____

If you purchased a tribute bouquet, please use the reverse side of this form to identify in honor or memory,
the person's name, and their address so we can mail each tribute direct.

URN THIS FORM IN to your team captain or EMAIL to debbie.white@cancer.org by MARCH 17TH
All proceeds benefit American Cancer Society Relay For Life of Sussex and can credit to your team or a team member.

**The Harrington Sunshine
4-H Club has a Relay Team
so if you would like to place
an order to support them
please see Karen. These are
not real flowers. They are
PAPER bouquets.**

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

CHOCOLATE DIPPED EASTER EGGS

**The Center will once again
be selling the Chocolate
Dipped Easter Eggs from
Woodside Methodist
Church.**

Flavors are:

**Butter Cream, Coconut,
Peanut Butter, Chocolate,
and Maple Nut**

Cost: \$4.50 each

**Available starting
Tuesday, March 12th**





SYMPATHY IS EXTENDED TO

Robert & Della Watkinson—
Death of brother

James White—death of sister

Betty Pedersen—death of brother

Family of HSC Member Catherine Caulo

Jean Wothers—loss of her husband and

HSC Member Bill Wothers

Karen Williams—loss of father



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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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**

Pick-Up Available
Larsonmowershop.com

CENTER NEWS

JANUARY PHASE 10 SCORES FOR

1st—Baldy Sadler 185

2nd—Barlynn Boone 230

3rd—Jan Mitchell 235

4th—Don Cooley 300

5th—Eula Hoover 470



<https://www.domore24delaware.org/fundraisers/harrington-senior-center-inc>

March 7 beginning at 6:00 pm until March 8th
at 6:00 pm

Please Support The Harrington Senior Center!



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

**Thursday, March 7th
Beginning at 9:00 AM in
Room #1**

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



IT IS IMPORTANT TO SIGN UP

Signing up for events, activities, and trips is very important.

Please make sure you are signing up by the deadlines. This is important so we have room and items needed for the event. We also do not want to over order. Please look at the information for sign up dates and end dates. If you have questions, please contact us.

PICTURES IN THE NEWSLETTER, FACEBOOK & OUR WEBSITE



We take pictures at every event, on every trip, and just around the Center. We use these photos in various ways.

If you do not want your picture used, please make sure you do not get in the picture. If your picture is taken, please notify the person taking it to delete it so it is not used. Thank you for helping us with publishing our photos to help showcase our Center.

CENTER NEWS



CAPITAL CAMPAIGN GOAL



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

*Proud to Support
the Harrington
Senior Center!*

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



Harrington, DE

302-398-3884

www.melvinfuneralhome.com

CENTER NEWS



**Congratulations to our January
Bingo Winners**

**Laure Giannetta, Gayle Melvin,
Clarence Cole, Sandra Parson,
Christie Cole, Bill Carpenter,
Joanne Young, and Bonnie Melvin**



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

Phone: 302-450-1970

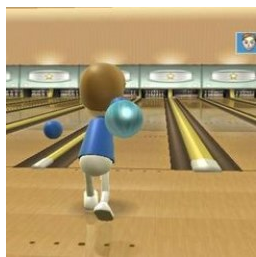
Address: 16819, S. Dupont Hwy, Harrington, DE 19952

FREE Rx DELIVERY

Our Major Services:

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

CENTER NEWS/SPONSORS/ACTIVITIES



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

- 1st—Don Cooley 235**
- 2nd—Jan Mitchell 224**
- 3rd—Craig Brodeur 210**
- 4th—Jeff Purse 205**
- 5th—Jackie Krech 204**
- 6th—Gloria Domina 202**
- 7th—Eula Hoover 185**
- 8th—Cynthia Small 155**



JANUARY 500 CARD SCORES

January 3rd—Winner was Connie Raymond with 4120; Second was Tom Brown with 3910; Third was Donna Shugars with 2590.

January 17th—Winner was Tom Shugars with 2960; Second was Tom Brown with 2810; Third was Harold Brode with 2750.

January 10th—Winner was Tom Brown with 2790; Second was Dale Trammell with 2180; Third was Nancy Lawson with 1990.

January 24th—Winners were Nelson Reed and Tom Brown with 2750; Second was Donna Shugars with 2540; Third was Harold Brode with 2400.

January 31st—Winner was Connie Raymond with 4160; Second was Tom Shugars with 3530; Third was Joyce Herrington with 3460.

Happy Tails

302-786-2528
25 Commerce Street
Harrington DE 19952

Hours:

Tuesday—Saturday
8:00 AM—4:00 PM



SPONSORS

Thank You

TO OUR 2024 SPONSORS PLATINUM

Blue Hen Construction
 Byler's
 Chick Harness & Supply Inc.
 Cooks Tire & Auto Repair Service
 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
 Ivins Florist
 Harrington Lions Club
 NeighborGood Partners
 Harrington Fire Company Auxiliary
 Home Instead Senior Care

MARCH 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.



<p style="text-align: center;">4</p> <p>Chicken Tetrizzini & Noodles</p> <p>Buttered Peas</p> <p>Wheat Bread</p> <p>Fruit</p> <p>Milk</p>	<p style="text-align: center;">5</p> <p>Meat Loaf with Gravy</p> <p>Mashed Potatoes</p> <p>Buttered Broccoli</p> <p>Wheat Bread</p> <p>Sherbet</p> <p>Milk</p>	<p style="text-align: center;">6</p> <p>Chicken Noodle Soup with Vegetables</p> <p>Turkey/Cheese on Bun with Mayo</p> <p>Macaroni Salad</p> <p>Fruit</p> <p>Milk</p>	<p style="text-align: center;">7</p> <p>Liver & Onions with Gravy</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Wheat Bread</p> <p>Tapioca Pudding</p> <p>Milk</p>	<p style="text-align: center;">1</p> <p>Fried Fish</p> <p>AU Gratin Potatoes</p> <p>Buttered Carrots</p> <p>Wheat Bread</p> <p>Fruit</p> <p>Milk</p>
<p style="text-align: center;">11</p> <p>Spaghetti with Meat Sauce</p> <p>Mixed Vegetables</p> <p>Italian Bread</p> <p>Pudding</p> <p>Milk</p>	<p style="text-align: center;">12</p> <p>Boneless Pork Chop with Gravy</p> <p>Mashed Potatoes</p> <p>Vegetable Blend</p> <p>Wheat Bread</p> <p>Mandarin Oranges</p> <p>Milk</p>	<p style="text-align: center;">13</p> <p>Fried Chicken</p> <p>Macaroni & White Cheese</p> <p>Collard Greens</p> <p>Corn Bread</p> <p>Rice Pudding</p> <p>Milk</p>	<p style="text-align: center;">14</p> <p>Pot Roast with Gravy</p> <p>Mashed Potatoes</p> <p>Buttered Peas & Carrots</p> <p>Dinner Roll</p> <p>Cake</p> <p>Milk</p> <p style="text-align: center;">BIRTHDAY</p>	<p style="text-align: center;">8</p> <p>Beef A Roni Casserole</p> <p>Buttered Italian Vegetables</p> <p>Italian Bread</p> <p>Fruit</p> <p>Milk</p>
<p style="text-align: center;">18</p> <p>Salisbury Steak with Gravy</p> <p>Mashed Potatoes</p> <p>Chef's Blend</p> <p>Wheat Bread</p> <p>Cookie</p> <p>Milk</p>	<p style="text-align: center;">19</p> <p>Chicken Pot Pie</p> <p>Vegetable Blend</p> <p>Applesauce</p> <p>Biscuit</p> <p>Milk</p>	<p style="text-align: center;">20</p> <p>Baked Ziti with Meat Sauce</p> <p>Italian Mixed Vegetables</p> <p>Italian Bread</p> <p>Fruit</p> <p>Milk</p>	<p style="text-align: center;">21</p> <p>Sliced Ham with Cranberry Glaze</p> <p>Macaroni & Cheese</p> <p>Sweet Potatoes</p> <p>Glazed Carrots</p> <p>Dinner Roll</p> <p>Pie</p> <p>Milk</p> <p style="text-align: center;">EASTER FEAST</p>	<p style="text-align: center;">22</p> <p>Fried Fish</p> <p>Scalloped Potatoes</p> <p>Mexican Corn</p> <p>Roll</p> <p>Cookies</p> <p>Milk</p>
<p style="text-align: center;">25</p> <p>Chicken Marsala</p> <p>Wild Rice</p> <p>Buttered Broccoli</p> <p>Wheat Bread</p> <p>Fruit</p> <p>Milk</p>	<p style="text-align: center;">26</p> <p>Jumbo Chili Beef Hot Dog on Bun with Relish, Ketchup, Mustard</p> <p>Baked Beans</p> <p>Oatmeal Cookies</p> <p>Milk</p>	<p style="text-align: center;">27</p> <p>BBQ Chicken</p> <p>Potato Salad</p> <p>Seasoned Greens</p> <p>Corn Bread</p> <p>Ice Cream</p> <p>Milk</p>	<p style="text-align: center;">28</p> <p>Italian Meatballs</p> <p>Spaghetti</p> <p>Green Beans</p> <p>Applesauce</p> <p>Italian Bread</p> <p>Milk</p>	<p style="text-align: center;">29</p> <p>GOOD FRIDAY</p> <p>CENTER CLOSED</p>



CALENDAR OF ACTIVITIES

Monday	Tuesday	Wednesday
<p>4 9:30—Armchair Exercise— In-Person (DR)</p> <p>10:15—Cardio Drumming Exercise Class (DR)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>12:00—Lunch Served (DR)</p> <p>12:30—Mah Jongg (RM#5)</p> <p>12:45—Mat Yoga (DR)</p> <p>1:30—Chair Yoga (DR)</p> <p>2:30—Tai Chi (DR)</p>	<p>5 9:30—Senior Walking Program In-Person (DR)</p> <p>10:00—Inside Games (DR)</p> <p>10:00— Bible Study (RM #5)</p> <p>10:30—Bridge (DR)</p> <p>11:00—Depart for LFHS Pool</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>12:00—Lunch Served (DR)</p> <p>1:00—Sit & Sew (RM#3)</p> <p>6:00—Tai Chi with Spike</p>	<p>6 9:30—Armchair Exercise—In-Person (DR)</p> <p>10:00— Noon—Stand-By-Me (RM#3)</p> <p>10:15—WII Bowling (DR)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>11:30—Canasta (RM#5)</p> <p>11:30—Blood Pressure Checks</p> <p>12:00—Lunch Served (DR)</p> <p>12:30—500 (DR)</p> <p>6:00— Mat Yoga with Elena</p>
<p>11 9:30—Armchair Exercise— In-Person (DR)</p> <p>10:15— Arts & Crafts (DR)</p> <p>10:15—Cardio Drumming Exercise Class (DR)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>12:00—Lunch Served (DR)</p> <p>12:30—Mah Jongg (RM#5)</p> <p>12:45—Mat Yoga (DR)</p> <p>1:30—Chair Yoga (DR)</p> <p>2:30—Tai Chi (DR)</p> <p>6:00—Ceramics (DR)</p>	<p>12 9:30—Senior Walking Program In-Person (DR)</p> <p>10:00—Inside Games (DR)</p> <p>10:00—Bible Study (RM #5)</p> <p>10:30—Bridge (DR)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>12:00—Lunch Served (DR)</p> <p>1:00—New Century Club Meeting (RM#5)</p> <p>1:00—Sit & Sew (RM#3)</p> <p>6:00— Tai Chi with Spike</p>	<p>13 8:45 - Depart for Shen Yun Trip</p> <p>9:30—Armchair Exercise In-Person (DR)</p> <p>10:15—WII Bowling (DR)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>11:30—Canasta (RM#5)</p> <p>12:00—Lunch Served (DR)</p> <p>12:30—500 (DR)</p> <p>6:00—Mat Yoga with Elena</p>
<p>18 9:30—Armchair Exercise— In-Person (DR)</p> <p>10:15—Cardio Drumming Exercise Class (DR)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>12:00—Lunch Served (DR)</p> <p>12:30—Mah Jongg (RM#5)</p> <p>12:45—Mat Yoga (DR)</p> <p>1:30—Chair Yoga (DR)</p> <p>2:30—Tai Chi (DR)</p>	<p>19 9:30—Senior Walking Program In-Person (DR)</p> <p>10:00—Inside Games (DR)</p> <p>10:00—Bible Study (RM #5)</p> <p>10:30—Bridge (DR)</p> <p>11:00—Depart for LFHS Pool</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>12:00—Lunch Served (DR)</p> <p>1:00—Sit & Sew (RM#3)</p> <p>1:00—Members Meeting (DR) In- Person & Zoom</p> <p>6:00— Tai Chi with Spike</p>	<p>20 9:30—Armchair Exercise—In-Person (DR)</p> <p>10:15—WII Bowling (DR)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>11:30—Canasta (RM#5)</p> <p>11:30—Blood Pressure Checks</p> <p>12:00—Lunch Served (DR)</p> <p>12:30—500 (DR)</p> <p>6:00—Mat Yoga with Elena</p>
<p>25 9:30—Armchair Exercise— In-Person (DR)</p> <p>10:15— Ceramics (DR)</p> <p>10:15—Cardio Drumming Exercise Class (DR)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>12:00—Lunch Served (DR)</p> <p>12:30—Mah Jongg (RM#5)</p> <p>12:45—Mat Yoga (DR)</p> <p>1:30—Chair Yoga (DR)</p> <p>2:30—Tai Chi (DR)</p>	<p>26 9:30—Senior Walking Program In-Person (DR)</p> <p>10:00—Inside Games (DR)</p> <p>10:00—Bible Study (RM #5) CANCELLED DUE TO HOLY WEEK</p> <p>10:30—Bridge (RM#5)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>12:00—Lunch Served (DR)</p> <p>1:00—Sit & Sew (RM#3)</p> <p>1:00—Bingo (DR) In-Person & Zoom</p> <p>6:00—Tai Chi with Spike</p>	<p>27 9:30—Armchair Exercise In-Person (DR)</p> <p>10:15—WII Bowling (DR)</p> <p>11:15—11:45 Grab N Go Lunch</p> <p>11:30—Canasta (RM#5)</p> <p>12:00—Lunch Served (DR)</p> <p>12:30—500 (DR)</p> <p>6:00—Mat Yoga with Elena</p>

MARCH 2024

Thursday	Friday	Saturday
	<p>1 9:00—New Beginner Line Dancers (DR) 9:30—Beginner Line Dancers (DR) 10:00—Improver Line Dancers (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR)</p>	<p>2</p>
<p>7 9:00—Trip Sign Up Day(RM#1) 9:30— Senior Walking Program In-Person (DR) 10:00—Phase 10 (RM#5) 10:00—12:00—Matter of Balance (DR) 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) 6:00—Line Dancing (DR)</p>	<p>8 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 (individual Appointments) 11:15—Mindfulness Session (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Computer Tech (RM#5) 1:00—Bingo (DR) In-Person & Zoom</p>	<p>9 Set your clocks forward 1 hour before going to bed</p> <p>10 2:00– 4:00 Bingocize</p>
<p>14 9:30—Senior Walking Program In-Person (DR) CANCELLED 10:00—Phase 10 (RM#5) 10:00– 12:00—Matter of Balance (DR) 11:15—11:45 Grab N Go Lunch 12:30—Lunch Served (DR) 12:30—Pinochle (RM#5) 1:00—Cribbage & Other Board Games (DR) 5:15 –Board Meeting starts at 102 Fleming St.</p> <p style="text-align: center;">BIRTHDAY PARTY</p>	<p>15 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>16</p>
<p>21 9:30— Senior Walking Program In-Person (DR) CANCELLED 10:00—Phase 10 (RM#5) 10:00– 12:00—Matter of Balance (DR) 11:15—11:45 Grab N Go Lunch 12:30—Lunch Served (DR) Easter Feast 12:30—Pinochle (RM#5) 12:30—Depart for Bowling 1:00—Cribbage & Other Board Games (RM#3) 6:00—Mystery Paint Night (DR)</p> <p style="text-align: center;">EASTER FEAST</p>	<p>22 9:00—New Beginner Line Dancers (DR) 9:30—Beginner Line Dancers (DR) 10:00—Improver Line Dancers (DR) 11:15—Depart for Dine Around Green Stinger 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Computer Tech (RM#5)</p>	<p>23</p>
<p>28 9:30—Senior Walking Program In-Person (DR) 10:00—Phase 10 (RM#5) 10:00– 12:00—Matter of Balance (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—Line Dancing (DR)</p>	<p>29 CENTER IS CLOSED FOR GOOD FRIDAY</p> <div style="text-align: center;">  </div>	<p>30</p> <p>31</p> <div style="text-align: center;">  </div>



MARCH 2024 BIRTHDAY WISHES

**March 1st**

Ronald Moore
Beverly Cox
Punky Harrington

March 2nd

Alfreda Smith

March 3rd

Verna Hawes

March 4th

Christine Weber
Shirley Murray

Junanne Meyer

Carole Baynard

Rachel Susen

March 5th

Kathleen Harris

Linda Evans

March 8th

Rae Frances Clarkson

Bruce Shockley

Theresa Groves

Stephen Albright

Marlene Graff

March 9th

Barry Fry

March 10th

Beverly Schweikert

Evelyn Sturges

March 11th

Florence Robinson

Bonnie McKenzie

March 12th

Adele Walter

March 13th

Joanne Matthews

Anne Sterling

Larry Messick

Priscilla Ford

March 16th

Kathryn Chaffee

March 17th

Alta Pontius

Donna Anthony

March 18th

Cathy Harrington

Sherri Larimore

Nanette Cassell

March 19th

Charlotte Davis

March 20th

Eileen Mitcheltree

Donna Wood

March 22nd

Helen Hannum

March 23rd

Don Cooley

Kim Glanden

March 24th

Joyce Olsen

March 25th

Jonathan King

March 26th

David Birch

March 27th

Sandra Bauer

Bonnie Shockley

March 29th

Brunson Edwards

Shirley Wilson

March 30th

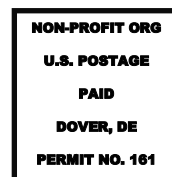
Connie Harrington

Vivian Dill

March 31st

Denise Eastman

Harrington Senior Center
102 Fleming Street
Harrington DE 19952



Return Service Requested