



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**

**MAY
2024
Volume 43,
No. 5**

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 has sprung and flowers are blooming. I know the big question is when will we be moving back to the renovated Center. We hope to move back in June but we do not have a firm date as of yet. We are missing one “big piece of the puzzle” that will allow us to move in and that is a custom made 600 amp electrical panel.

We need to ask members to help us with picking up trash and things you drop on the floor as we currently do not have a custodian and we will be utilizing the church custodian until we move back to The Center. We will hire a new custodian at that time. If you find the restroom or other areas that need our attention, please let myself or Melanie know so we can take care of those areas. For the groups needing water please see one of our staff and please do not go to the kitchen staff. We are also in the process of replacing the Clerical Assistant Position. Change is not easy and we are going through a growing period so change will happen.

"Times and conditions change so rapidly that we must keep our aim constantly focused on the future." — Walt Disney



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 & TRIPS

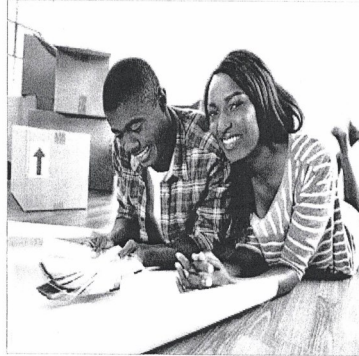


Take Control of Your Finances

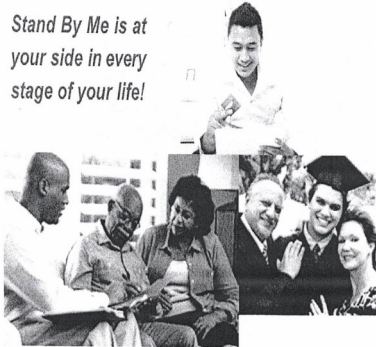
FREE FINANCIAL COACHING IS JUST A CALL AWAY!

Free Personal Financial Coaching Can Help You:

- Build a Budget
- 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, May 10th

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

FOODBANK/STAND BY ME

DATE: Friday, May 17th

TIME: 10am until noon

Help processing Food Benefits, Medicaid, Child Care Applications and Renewals.

This is open to anyone in the community.



Powered by the State of Delaware & United Way of Delaware

Harrington Logistics



111 Reese Avenue

Harrington DE 19952

Is A Proud Sponsor of the
Harrington Senior Center

CENTER ACTIVITIES & TRIPS



MAY BIRTHDAY PARTY

DATE:
Thursday,
May, 9th

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, May 8th

MENU:

Roast Beef with Gravy, Mashed
Potatoes, Green Beans, Roll, Cake,
Milk

Cake: Jean Miller

Ice Cream Sponsors: Cathy Saragino
and Gayle Melvin



MOTHER'S DAY SPECIAL EVENT

THE HARRINGTON SENIOR CENTER
PRESENTS FOR THE FIRST TIME OUR
VERY OWN TALK SHOW.

Hear from our panelists to learn “Mom
Friend Conversation Starters” around
topics to include hobbies/interest,
travel, wellness, self care, lifestyles,
entertainment, current events and
more! Come join in the fun with your
host Melanie Rosser.

DATE: Friday, May 10th

TIME: 1:00pm -3:00pm

Desserts will be provided

This is a free event.

SIGN UP BEGINS: Now



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

CERAMIC BOOT PLANTER

Come have fun painting!

DATE: Monday, May 13th

TIME: 10:15 am

This is a free event

SIGN UP BEGINS: Monday, May 6



SIGHT & SOUND

“DANIEL”

Lunch at Miller’s
Smorgasbord

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



Final Payment is Due

DEPARTURE TIME: 7:30 am

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

TRANSPORTATION: Coach Bus

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

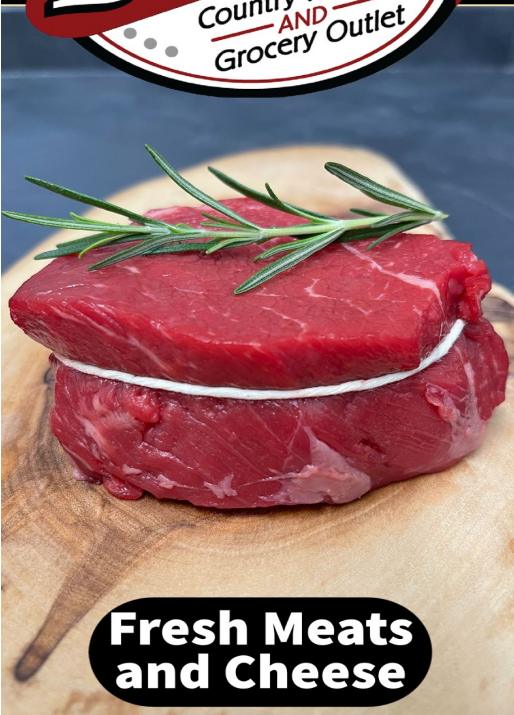
WAITING LIST ONLY

**WE WILL DEPART FROM THE
DELAWARE STATE FAIR HANDICAP
PARKING LOT AREA. (Behind the
DSF Administration Office)**



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

MYSTERY PAINT NIGHT

DATE: Monday, May 20th

TIME: 6:00pm

This is open to any member even if you have attended a painting class before as it will be a new picture.

SIGN UP BEGINS: Monday, May 6th

This is a free event.



JOIN US IN LEARNING HOW TO MAKE CANDLES!



Kent County Candles will teach you the basics of chandlery and walk you through the process of making your first candle. Written literature is

provided, as well as all raw materials.

DATE: Wednesday, May 22nd

TIME: 6:00pm

SIGN UP BEGINS: Monday, May 6th

**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



State Farm™

**STATE FARM INSURANCE OF
HARRINGTON**

**State Farm will present their
insurance options.**

DATE: Thursday, May 23rd

TIME: 10:00 AM

Room 5

SIGN UP BEGINS: NOW



**MEMORIAL DAY
CELEBRATION
PROGRAM &
LUNCH**

**DATE: Friday,
May 24th**

TIME: 11:30 AM

COST: \$7.00

MENU:

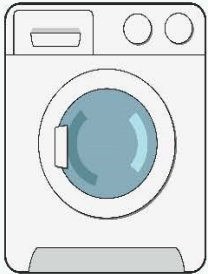
Royal Farms Chicken

Potato Salad

Bake Beans

Dessert & Beverage

SIGN UP BEGINS, Monday, May 6th



NOW AT DOWNTOWN JUNCTION

**QUICK & EASY
DRY CLEANING**

OUR SERVICES

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



302-398-4678

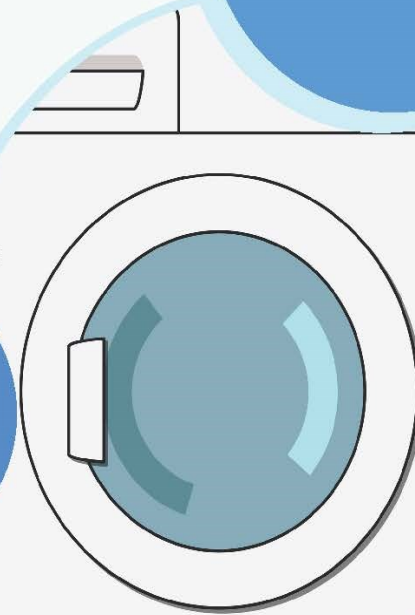


3 COMMERCE ST. HARRINGTON, DE

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

**20% OFF
FOR NEW
CUSTOMERS**

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



CENTER ACTIVITIES & TRIPS



DINE AROUND

9 EAST TAP HOUSE

9 E. Lookerman Street

Dover, DE 19901

DATE: Wednesday, May 29th

DEPARTURE TIME: 11:00am

**APPROXIMATE RETURN TIME:
1:30pm**

TRANSPORTATION: Center bus.

MEMBER COST: \$2.00 per person

Lunch is on your own.

SIGN UP BEGINS: Monday, May 6th



FLOWERING ARRANGING CLASS WITH CHUCK IVINS FROM IVINS FLORIST

You will learn how to make a beautiful flower arrangement. All flowers and supplies will be provided.

DATE: Thursday, May 30th

TIME: 6:00 PM

This is a free event.

SIGN UP BEGINS: Monday, May 6th



Chick's

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Harrington, DE 19952

CENTER ACTIVITIES & TRIPS



MMC DINNER THEATRE PRESENTS AMERICAN BANDSTAND REVISITED

DATE: Tuesday, June 25th

DEPARTURE TIME: 5:00 pm

APPROXIMATE RETURN TIME: 10:00 pm

TRANSPORTATION: Center Bus

COST: \$47.00

SIGN UP BEGINS: Monday, May 8th and ends Friday, May 10th in order to purchase tickets.

Come join us for an evening of entertainment!



BIRD-IN-HAND LUNCHEON AND SHOW

**DATE: Thursday,
October 17, 2024**

DEPARTURE TIME: TBA

APPROXIMATE RETURN TIME: TBA

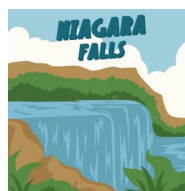
TRANSPORATION: COACH BUS

COST: \$150.00

**Includes—Buffet Lunch, Show,
Transportation and Bus Driver Tip**

SIGN UP BEGINS: Monday, May 6th

Comedy rules when Ryan returns to the stage with every one of his friends. Come hear comedy and songs ranging from Country to Broadway. Don't miss out on music and entertainment that comes with a great message!



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

Final Payment is due by July 1st

**Cost includes: 4 nights lodging
8 Meals: 4 breakfast and 4 dinners
Admission fees, all tips and gratuities.**

Seats are still available!



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

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.



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



© Can Stock Photo

IN-PERSON and VIRTUAL BINGO

DATE: Tuesday, May 7th & 21st

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.



MAH JONGG

DATE: Every Monday

TIME: 12:30 pm

LOCATION: Room #5



BLOOD PRESSURE CHECKS

DATE: WEDNESDAY, MAY 8TH & 22ND

TIME: 11:30 am

LOCATION: Dining Room



BIBLE STUDY

Bible Study will resume in the fall.

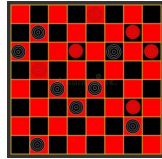
CENTER ACTIVITIES

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.



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, May 3rd & 17th

TIME: 1:00 pm–3:00 pm

Location: Room #5

Please call the Center to schedule an appointment.



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



ARMCHAIR EXERCISE IN-PERSON

DATE: Every Monday and Wednesday

TIME: 9:30 AM LOCATION: Dining Room

Take part in our Armchair Exercise. The program takes about 30 minutes. All you need is a chair without arms, a set of weights (or 2 cans of vegetables), and a towel.



SENIOR WALKING EXERCISE PROGRAM IN-PERSON

DATE: Every Tuesday & Thursday

TIME: 9:30 AM

LOCATION: Dining Room

We will be exercising by simply walking. We will walk one mile to start and we will mix in a few other steps to keep the pace lively.

The video we have been using is Leslie Sansone Beginning Walk found on Youtube.com.



DATE: Every Tuesday

TIME: 1:00 PM

LOCATION: Room #3

Come and bring your sewing or craft project to the Center to work on with a group of great people. We have some machines here or you may bring your own.

CENTER ACTIVITIES



MEMBERS MEETING IN-PERSON & ON ZOOM

DATE: Tuesday, May 14th

TIME: 1:00 pm

LOCATION: DR

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



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

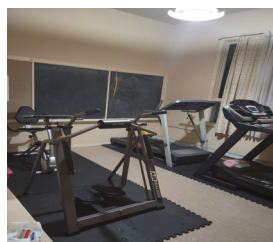
Come join in the fun of WII Bowling. You will bowl in teams of 4 people. Each group bowls two games.



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.

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.



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.

CENTER ACTIVITIES

CARD GAME DAY AND TIMES



BRIDGE

TUESDAYS:

**10:30 AM Bridge—
Room #5**



CANASTA

WEDNESDAYS

**11:30 AM Canasta—
Room #5**



500

WEDNESDAYS

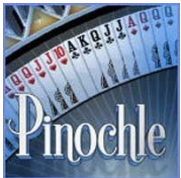
**12:30 PM 500—
Dining Room**



**Phase
10**

THURSDAYS:

**10:00 AM PHASE 10—
Room #5**



Pinochle

**12:30 PM Pinochle—
Room #5**

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

**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.

AARP BEGINNER DEFENSIVE DRIVING SAFETY COURSE

**DATE: Thursday, May 2nd
Sign Up Begins Now**

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

TIME: 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**

Hendricks & Son Inc.

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CENTER ACTIVITIES



INSURANCE AND
FINANCIAL
FOUNDATION LLC



*For all of your
insurance needs*

*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.



302-566-1356



3 Commerce Street,
Suite 203
Harrington, DE



**SPORTS
PICK**
DELAWARE SPORTS LOTTERY

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

**Delaware
Lottery
Games**

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.**



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

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.



MILES OF PENNIES

It takes 84,480 pennies to travel one mile. Let us see how far we can travel in 2024.

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.



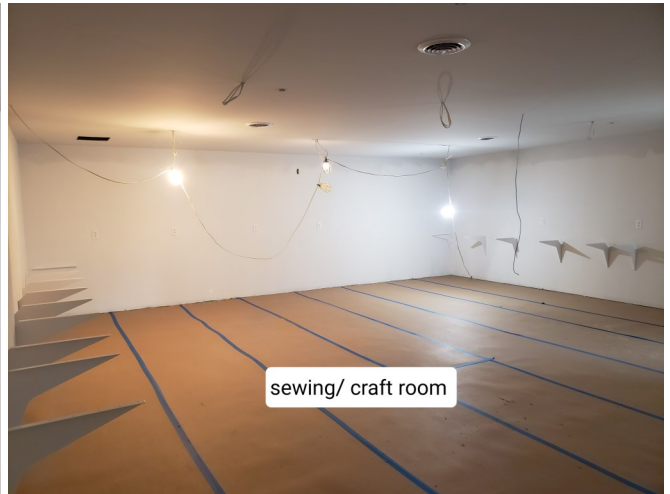
LIBRARY & PUZZLES

You are welcome to come to the Center to check out library books and puzzles. They are located in Room #4.

CENTER GUIDELINES /NEWS/ACTIVITIES



kitchen



sewing/ craft room



reception/ front area



multi-purpose room

Here are a few pictures of the inside of the building. These are from about 2 weeks ago. We are getting closer!!!



**Business Hours: Every-
day 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



NEW DAY & EVENING ACTIVITIES



MINDFULNESS SESSION

DATE: Friday, May 10th

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 WALK & LUNCH AT CHIC-Fil-A

DATE: Friday, May 17th

BUS DEPARTS: 9:30 am

RETURN TIME: 2:00 pm

SIGN UP BEGINS: Monday, May 6th

FREE TRIP

Come and walk the Dover Mall, shop and lunch will be at Chic-Fil-A. This trip will be held the third Friday of every month through June.



TAI CHI with Spike

DATES: Every Tuesday, April 23rd through June 4th

TIME: 6:00pm

MEMBER COST: FREE



LET'S GO BOWLING

DATES: Thursday, May 2nd, 23rd & 30th

DEPARTURE TIME: 12:30pm

APPROXIMATE RETURN TIME: 3:30pm

TRANSPORTATION: Center Bus

SIGN UP BEGINS: NOW

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, May 7th & 21st

DEPARTURE TIME: 11:00am

APPROXIMATE RETURN TIME: 1:00pm

TRANSPORTATION: Center Bus

SIGN UP BEGINS: NOW

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, May 9th & 23rd

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.



**Happy 90th
Birthday
Ms. Pauline**



**DATE/TIME: Thursday, May 2nd
5:30 pm til 7:30 pm**

**Sunday, May 19th
2:00 pm til 4:00 pm**

**Friday, May 31st
1:00pm til 3:00 pm**

These are all In-Person Only

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



CHAIR YOGA WITH ELENA

NOTE: This has changed to Chair Yoga instead of Mat Yoga

DATES: Every Wednesday,

TIME: 6:00pm

This course continues through June

You do not need to register you can just come on the nights that work for you!

MEMBER COST: FREE





Diamond Art Class—Making a set of coasters.

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.



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



New Members—

Remember to use your coupon for a free lunch on us. We look forward to you joining us on a day of your choice. Please bring your coupon in to redeem your lunch. You may also use your coupon for curbside as well.



EMAILS and FACEBOOK

If we have your email address, you should be receiving emails from the Center almost daily. If you are not, please check your junk or spam mail. We also post on Facebook so please like our Harrington Senior Center Facebook page to follow us.



LARSON'S Mower Shop

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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

MARCH PHASE 10 SCORES FOR

1st—Darlene Marvel Cole 205

2nd—Don Cooley 230

3rd—Gayle Sponaugle 315

4th—Jan Mitchell 340

5th—Eula Hoover 405

6th—Pat Shufelt 405

7th—Barlynn Boone 425

8th—Donna Matlack 560



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

**Monday, May 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.



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 MARCH BINGO WINNERS

March 8th—Joan Camac, Gail Holden, Bill Carpenter, Baldy Sadler, Connie Cooper, Betty Vincent, Christie Cole, Darlene Marvel-Cole, Elnora Knowles, and Judy Walls.

March 26th—Joan Camac, Joann Collison, Don Cooley, Florence Robinson, Christie Cole, May Fletcher, Jackie McGuckin, Phyllis Wolfinger, Baldy Sadler, Elfrieda Bamford, and Darlene Marvel-Cole.

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



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

- 1st—Don Cooley 278**
- 2nd—Jackie Krech 230**
- 3rd—Craig Brodeur 215**
- 4th—Jeff Purse 200**
- 5th—Adele Walter 193**
- 6th (Tied)—Arleen Harris 178**
Cynthia Small 178
- 7th—Eula Hoover 158**
- 8th—Susan Howarth 121**



MARCH 500 CARD SCORES

March 6th—Winner was Harold Brode with 3590; Second was Tom Brown with 3520; Third was Dale Trammell with 2970.

March 13th—Winner was Harold Brode with 3970; Second was Dale Trammell with 3130; Third was Tom Brown with 2760.

March 20th—Winner was Donna Shugars with 2890; Second was Tom Shugars with 2840; Third was Dale Trammell with 2700.

March 27th—Winner was Harold Brode with 3090; Second was Nancy Lawson with 2260; Third was Dale Trammell with 2040.

COLLINS MECHANICAL INC.



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Highway
Harrington DE
19952**

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

302-398-8877



HAPPY TAILS

DOG GROOMING

302-786-2528

25 Commerce Street

Harrington DE 19952

Hours:

Tuesday—Saturday

8:00 AM—3:30 PM

**Web Address: [https://
www.happytailsde.com](https://www.happytailsde.com)**

SPONSORS



**TO OUR 2024
SPONSORS**

PLATINUM

- Blue Hen Construction
- Byler's Store
- Chick Harness & Supply Inc.
- Cooks Tire & Auto Repair Service
- Downtown Junction
- Harrington Logistics
- Harrington Raceway & Casino
- 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
- 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

MAY 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.**

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	3
	Taco Chili Salad with Lettuce, Tomato, Sour Cream, Salsa, & Tortilla Chips	Pepper Steak White Rice Peas & Carrots Roll Yogurt Milk	Baked Chicken with Gravy Mashed Potatoes Steamed Broccoli Wheat Bread Fruit Milk
	Mousse Milk		
	6	8	9
Sloppy Joe on Bun Potato Wedges Mexican Corn Sherbet Milk	Chicken Parmesan Spaghetti Buttered Spinach Italian Bread Yogurt Milk	Broccoli Cheese Soup Tuna on Bun Lettuce & Tomato Brownie Milk	Birthday Luncheon Roast Beef with Gravy Mashed Potatoes Green Beans Roll Cake Milk
	7	10	
		Chicken Pot Pie Buttered Zucchini Wheat Bread Pudding Milk	
13	14	15	16
Chicken Tetrazzini with Noodles Buttered Peas Wheat Bread Fruit Milk	Meat Loaf with Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Lemon Pudding Milk	Cod Buttered Rice Buttered Broccoli Wheat Bread Fruit Milk	Fried Chicken Macaroni & Cheese Seasoned Collard Greens Roll Ice Cream Milk
		17	
		Jumbo Beef Chili Dog on Bun Potato Wedges Coleslaw Fruit Milk	
20	21	22	23
Pork Chop with Gravy Mashed Potatoes Sauerkraut Roll Butter Cookies Milk	Boneless Chicken Breast with Mango Salsa Buttered Rice Steamed Broccoli Roll Mandarin Oranges Milk	Hamburger on Bun Ketchup, Mustard Mayonnaise, Lettuce & Tomato Sidewinder Fries Coleslaw Cookies Milk	Liver & Onions with Gravy Mashed Potatoes Peas & Carrots Bread Bread Pudding Milk
			24
			MEMORIAL DAY CELEBRATION BBQ Chicken Baked Beans Potato Salad Roll Mixed Fruit Salad Milk
27	28	29	30
CENTER CLOSED FOR MEMORIAL DAY	Chicken & Dumplings Buttered Green Beans Applesauce Biscuit Milk	Spaghetti with Meat Sauce Mixed Vegetables Italian Bread Sherbet Milk	Fried Fish Au Gratin Potatoes Stewed Tomatoes Corn Bread Pudding Milk
			31
			Meatball Sub French Fries Broccoli Salad Fruit Milk
			HSC Will Be Our Own Luncheon



CALENDAR OF ACTIVITIES

Monday	Tuesday	Wednesday
		<p>1 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— Chair Yoga with Elena</p>
<p>6 9:00—Trip Sign Up (RM#1) 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>7 9:30—Senior Walking Program In-Person (DR) 10:30—Bridge (RM#5) 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—Bingo (DR) In-Person & Zoom 6:00—Tai Chi with Spike</p>	<p>8 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) 11:30—Blood Pressure Checks (DR) 12:00—Lunch Served (DR) 12:30—500 (DR) 6:00— Chair Yoga with Elena</p>
<p>13 9:30—Armchair Exercise— In-Person (DR) 10:15— Ceramics (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)</p>	<p>14 9:30—Senior Walking Program In-Person (DR) 10:30—Bridge (RM#5) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Sit & Sew (RM#3) 1:00—Members Meeting (DR) In-Person & Zoom 6:00— Tai Chi with Spike</p>	<p>15 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—Chair Yoga with Elena</p>
<p>20 9:30—Armchair Exercise— In-Person (DR) 10:15—Cardio Drumming Exercise Class (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 12:30—Mah Jongg (RM#5) 12:45—Mat Yoga (DR) 1:30—Chair Yoga (DR) 2:30—Tai Chi (DR) 6:00—Paint Night (DR)</p>	<p>21 9:30—Senior Walking Program In-Person (DR) 10:30—Bridge (RM#5) 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—Bingo (DR) In-Person & Zoom 6:00— Tai Chi with Spike</p>	<p>22 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 (DR) 12:00—Lunch Served (DR) 12:30—500 (DR) 6:00—Cancelled Chair Yoga with Elena 6:00—Candle Making (DR)</p>
<p>27 CENTER IS CLOSED FOR MEMORIAL DAY HOLIDAY </p>	<p>28 9:30—Senior Walking Program In-Person (DR) 10:30—Bridge (RM#5) 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>29 9:30—Armchair Exercise—In-Person (DR) 10:15—WII Bowling (DR) 11:00—Depart for Dine Around—9 East Tap House 11:15—11:45 Grab N Go Lunch 11:30—Canasta (RM#5) 12:00—Lunch Served (DR) 12:30—500 (DR) 6:00—Chair Yoga with Elena</p>

MAY 2024

Thursday	Friday	Saturday
<p>2 8:45 Defensive Beginner 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—Depart for Bowling 12:30—Pinochle (RM#3) 1:00—Cribbage & Other Board Games (RM#3) 5:30—Bingocize (In-Person Only)</p>	<p>3 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>4</p>
<p>9 9:30—Senior Walking Program In-Person (DR) 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>10 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—Mother’s Day Event Stand by Me one on one sessions by Appointments Only</p>	<p>11</p> <p>12th HAPPY MOTHER’S Day</p> 
<p>16 7:00—Depart for Sight & Sound 9:30—Senior Walking Program In-Person (DR) 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 (DR)</p>	<p>17 9:00—New Beginner Line Dancers (DR) 9:30—Beginner Line Dancers (DR) 9:30—Depart for Dover Mall Walk/ Chic Fil A for lunch 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) Stand by Me one on one sessions—Walk Ins 10:00 am until Noon</p>	<p>18</p> <p>19 2:00 pm Bingocize (In-Person Only)</p>
<p>23 9:30—Senior Walking Program In-Person (DR) 10:00—Phase 10 (DR) 10:00—State Farm Insurance Presentation (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 (RM#3) 1:00— 3:00—Bingocize (DR) (In-Person Only) 6:00—Line Dancing (DR)</p>	<p>24 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 11:30—Memorial Day Program & Luncheon 12:00—Lunch Served (DR) (Manna Menu)</p>	<p>25</p>
<p>30 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 (RM#3) 6:00—Flower Arranging Class (DR)</p>	<p>31 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—Bingocize (DR) In-Person Only</p>	



MAY 2024 BIRTHDAY WISHES

**May 1st**

Libby Butler
 John Phillips
 Jan Mitchell
 Virginia Richard Hitchens
 Betty Link

May 2nd

Charlotte Kemp
 Karen Krensky-Day
 Susan Howarth
 Eleanor Cain
 Vicky Maguire

May 3rd

Diane Knuckles
 Etta Moyer

May 6th

Earl Rambo
 Robert Rothermel

May 7th

Connie Raymond
 Edwina Sloane
 Carolyn Kennedy

May 8th

Nancy Ricker
 Ed Parry
 Sheila Dennis

May 10th

Deborea Jones
 Carol Carlisle

May 11th

Jay McCoy

May 13th

Sam Ellingsworth
 Jim Eastman

May 16th

Brenda Hanes

May 18th

Jimmy White
 Elnora Knowles
 Roland Dupre

May 19th

Jackie Rash
 Sharon Dunn

May 20th

Rosemary Vincent

May 21st

Melanie Smith
 Shirley Carpenter
 Ella Korell

May 22nd

Sandra Parson
 Debbie Fry

May 24th

Elaine Straughn
 Donna Chandler
 Karen Williams
 Kim Knaub

May 25th

Anna Mae Draper

May 26th

Billie Humphrey
 Jeannie Wood

May 27th

David Herron

May 28th

Jean Toscano
 Alton Collins
 Weldon Harcum
 Bill Lyons

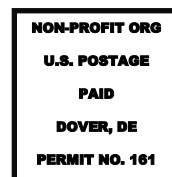
May 29th

Sandy Dearman

May 30th

Arlene Stanchi-Callaghan
 Connie Cooper
 Barbara Pavelka

Harrington Senior Center
 102 Fleming Street
 Harrington DE 19952



Return Service Requested