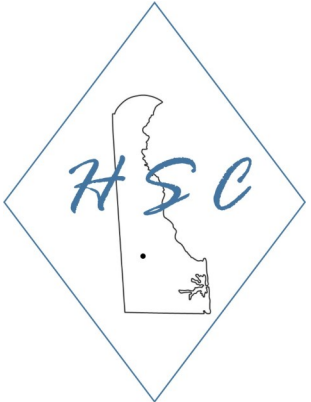




**The Harrington Senior Center**

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

**OCTOBER  
2024  
Volume 43,  
No. 10**



**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**



**Wow the time has come to start planning to move to our new remodeled and larger home. Hard to believe that two years ago we moved out of the Center and into the church. We did a final walk through this week and there is a punch list of things to be completed which will happen over the next couple of weeks. The schedule to move is as follows:**

**Weeks of October 21st through November 1st: we will be moving items out of the church into the new facility. We are planning to move things slowly.**

**Week of November 4th—8th: we will be closed for all activities as the staff and the kitchen will be working at the new Center. While I know you cannot wait to see it, please let us have this week to get adjusted and everything organized for you.**

**Opening Week:**

**Monday, November 11th: Center is Closed for Veteran’s Day.**

**Tuesday, November 12th: Thursday, November 14th we will be open for all activities so watch your November newsletter for times and dates.**

**Friday, November 15th at 10:00 am we will hold our official ribbon cutting ceremony.**

**Week of November 18th—22nd: This will be our grand re-opening week long celebration. We are planning to be open in the evenings and have refreshments and giveaways.**

## CENTER ACTIVITIES & TRIPS



**STAND  
BY ME**

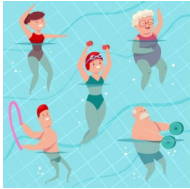
**STAND  
BY ME  
ONE ON  
ONE**

Powered by the State of Delaware & United Way of Delaware **SESSIONS**

**DATE: Friday, October 4th**

**Sign Up Begins: Now—**

**Call the Center to make your appointment.**



### Lake Forest High School Pool

**Dates: Thursday, October 3rd & October 17th**

**Tuesday, October 29th**

**Departure Time: 2:30 pm**

**Return Time: 4:30 pm**

**SWIM TIME IS 3:00 pm—4:00 pm**

**Call the Center to Sign Up!**



### HARRINGTON PUBLIC LIBRARY'S RIBBON CUTTING & GRAND OPENING

**DATE: Monday, October 7th**

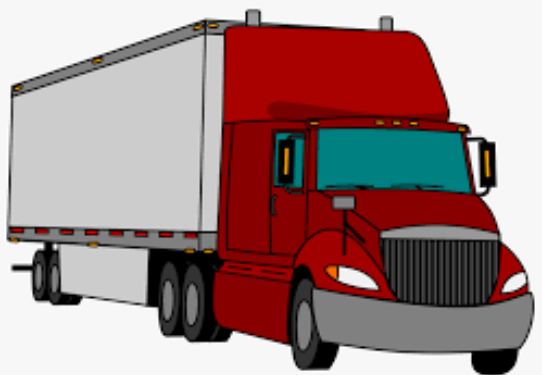
**DEPARTURE TIME: 9:30 AM**

**APPROXIMATE RETURN TIME:  
11:00 AM**

**Come celebrate the opening of the library and see all it has to offer. We have partnered with the library on several things so it will be great to support them.**

**Waiting List Only for the bus but you can certainly drive and meet us there.**

# Harrington Logistics



**111 Reese Avenue**

**Harrington DE 19952**

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

## CENTER ACTIVITIES & TRIPS



### NEEDLEWORK EXHIBITION & GROTTO PIZZA

**DATE: Tuesday,  
October 8th**

**DEPARTURE TIME: 9:30am**

**APPROXIMATE RETURN TIME:  
3:00pm**

**TRANSPORTATION: Center Bus**

**MEMBER COST: \$4.00 plus lunch**

**SIGN UP NOW: 3 Seats Remaining**

We will visit Rehoboth Beach  
Museum to see all the beautiful  
work of the participating stitchers.  
We will then make a stop at Grotto  
Pizza in Lewes for lunch.



# 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



## BIRD-IN-HAND LUNCHEON AND SHOW IN LANCASTER, PA

**DATE: Thursday, October 17th**

**DEPARTURE TIME: 8:15 AM**

Bus will board at 8:00 am

Delaware State Fair Grounds Parking Lot  
Behind Administration Building

**APPROXIMATE RETURN TIME:  
5:00 pm**

Lunch is 11:15 to 12:45

Show is 1:00 pm

Depart for home at 2:30 pm

**TRANSPORTATION: COACH BUS**

**INVITE YOUR FRIENDS!**

**Wait List Only is Available as tickets  
were ordered**



## BOSCOV'S SHOPPING PASS DAY TRIP

**DATE: Tuesday, October 22nd**

**DEPARTURE TIME: 9:00 am**

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

**TRANSPORTATION: Center Bus**

**SIGN UP STARTS: Monday, October 7th**

**FREE OF CHARGE**

**Make sure you have purchased  
your \$5.00 Shopping Pass to get  
those great discounts that day.  
The Center gets to keep the money  
from every coupon we sell.**

**BYLER'S** SINCE 1974  
Country Market AND Grocery Outlet

Your Neighborhood **Country Market & Grocery Outlet**

74 COFFEE & CREAM

**Fresh Meats and Cheese**

**Crafted Coffees & Lattes**

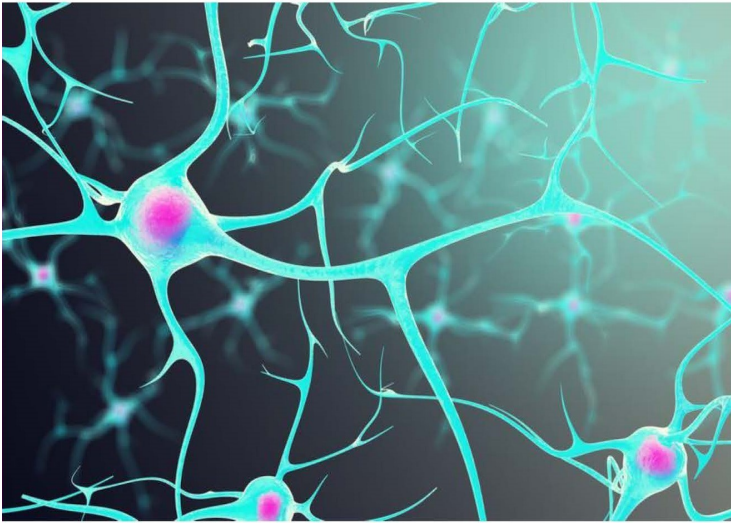
**Daily Baked Bakery Goodies**

**Local Fresh Produce**

[www.bylers.com](http://www.bylers.com)  
(302) 398-0398

# CENTER ACTIVITIES & TRIPS

## National Depression Screening Day 2024



If you are feeling sad, anxious or overwhelmed,  
Take a free, anonymous mental health self assessment.

Screening Day Site Information Here:

Tuesday, October 22, 2024

Hours: 10:00a.m.-1:00p.m.

Harrington Senior Center  
190 Raughley Hill Road  
Harrington DE 19952

Sign Ups begin: NOW  
You do not have to be  
a member to attend.

## DINE AROUND AT BIG OYSTER BREWERY

6152 South Rehoboth Blvd  
Milford, DE 19963

**DATE: Friday, October 25th**

**DEPART AT: 11:00am**

**APPROXIMATE RETURN TIME:  
2:00pm**

**TRANSPORTATION: Center Bus  
MEMBER COST: \$2.00 plus lunch**

**SIGN UP BEGINS:  
Monday, October 7th**



**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



## HALLOWEEN TRUNK or TREAT

**DATE: Monday, October 28th**

**TIME: 5:00 pm until 7:00 pm**

**LOCATION: 106 Dorman Street**

The Center will be having a car decorated for Trunk or Treat. Please let Dana know if you would like to help hand out candy. We are also looking for donations of candy to hand out. Please bring all candy to the Center by Friday, October 25th.

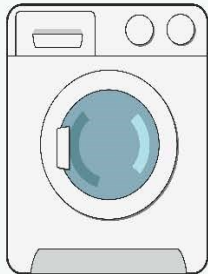
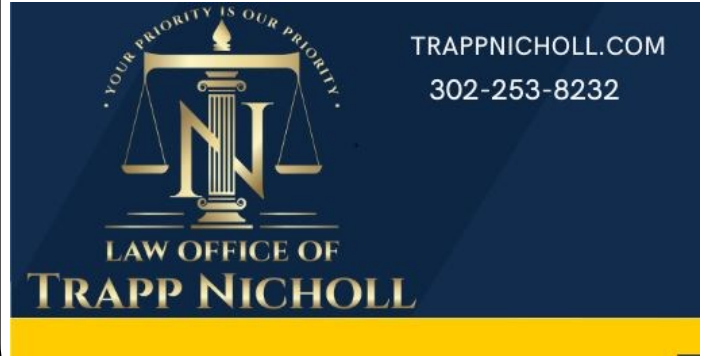
**Accepting Candy Donations!!**

## ESTATE PLANNING & ASSETS PROTECTION FOR PEACE OF MIND

**DATE: Wednesday, October 30th**

**TIME: 10:30 am**

**LOCATION: To Be Announced**



## 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



### HALLOWEEN PARTY CHICK-FIL-A

(Chicken Sandwich, Chips,  
Cookie & Beverage)

**DATE: Thursday, October 31st**

**TIME: Noon**

**COST: \$10.00 per person**

**SIGN UP BEGINS: Now**

We will have a costume contest prior  
to eating lunch!

Prizes will be awarded!



### MUSIC MOUNTAIN THEATRE IN NEW JERSEY

PRESENTS "WHITE CHRISTMAS"  
LUNCH INCLUDED AT A FINE LOCAL  
RESTAURANT BEFORE THE SHOW

**DATE: SUNDAY, NOVEMBER 3rd**

**DEPARTURE TIME: TBA**

**APPROXIMATE RETURN TIME: TBA**

**SHOW TIME IS 3:00 PM**

**MEMBER COST \$ 160.00 NON-MEMBER  
COST \$165.00**

**TRIP CANCELLATION PROTECTION IS  
AVAILABLE FOR \$19.00**

**Waiting List Only**

**Tickets have been ordered**



# Chick's

## SADDLERY ☆ WESTERNWEAR

Since 1975

### Everything for Horse & Rider!

Follow Us



Saddles ~ Tack ~ Boots ~ Clothes  
Hats ~ Jewelry ~ Gifts & MORE!

[www.ChickSaddlery.com](http://www.ChickSaddlery.com) 302-398-4630 18011 S DuPont Hwy  
Harrington, DE 19952



# CENTER ACTIVITIES & TRIPS



## OCTOBER & NOVEMBER BIRTHDAY PARTY

**DATE: Thursday, November 14th**

We want to celebrate October & November Birthday's in our new facility so we have more room. It is great that our participation is growing so to make everyone more comfortable we will celebrate BIG on November 14th. More information will be in the November Newsletter.



## MMC DINNER THEATRE PRESENTS: HOLIDAY BLOCK PARTY

**DATE: Wednesday, December 4th**

**DEPARTURE TIME: 5:00 pm**

**Dinner at 6:00 pm—Show at 7:00 pm**

**TRANSPORTATION: Center Bus**

**MEMBER COST: \$45.00 per person**

**NON-MEMBER COST: \$50.00 per person**

**SIGN UP BEGINS: Monday, October 7th. Last day to sign up is October 18th**



## VICTORIAN CHRISTMAS CAPE MAY NEW JERSEY—

### NO LONGER A MYSTERY TRIP

**DATE: Tuesday, December 3rd**

**DEPART AT APPROXIMATELY: 7:00 am**

**APPROXIMATE RETURN TIME: 8:00pm**

**TRANSPORTATION: Motor Coach**

**MEMBER COST: \$115.00**

**NON MEMBER COST : \$125.00**

**Includes all entrance fees and bus driver tip.**

**SIGN UP BEGINS: NOW**

**Visit Winter Wonderland at Congress Hall**

**Holiday Lights Trolley Ride**

**Shopping & Eating on Washington St. Mall Decked out for the holidays.**

**Lunch and dinner are on your own**

**Bring a blanket for the trolley ride if it is chilly.**



## FUNDRAISER FOR THE CENTER



**Our Crafters are looking for new hand made donations for our craft table at the Harrington Fire House Craft Show on Saturday, November 2nd. Please bring all donations to the Center by Monday, October 28th.**



# 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

## REGULAR BINGO

**We will resume regular bingo in November at our new Center**



## MAH JONGG

**DATE: Every Monday**

**TIME: 12:30 pm**

**LOCATION: Room #5**



## BLOOD PRESSURE CHECKS

**DATES: OCTOBER 9TH & 30TH**

**TIME: 11:30 am LOCATION: Dining Room**



**Bingo + Exercise = Bingocize®**

**We will resume Bingocize in November at our new Center.**



## BIBLE STUDY

**Everyone is welcome to come join Bible Study held every Tuesday at 10:00 am in room #5.**

# CENTER ACTIVITIES

## CRIBBAGE

**Every Thursday at 1:00 PM**

**Dining Room or Room #3**



## 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 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.



## 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: Only Emergency tech services will be scheduled due to computer tech moving items to the new building.**



## 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, October 22nd**

**TIME: 1:30 pm**

**LOCATION: Dining Room**

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



## LINE DANCING

**DATE: Every Friday**

**TIME: 9:00 AM—New Beginner Dancers**

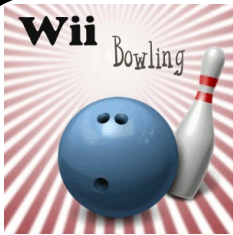
**9:30 AM—Beginner Dancers**

**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



**TUESDAYS:**

**10:30 AM Bridge—  
Dining Room**



**WEDNESDAYS  
11:30 AM Canasta—  
Room #5**



**WEDNESDAYS  
12:30 PM 500—  
Dining Room**



**THURSDAYS:  
10:30 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!**

**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.

### RESOURCE LISTS

The Center has gathered list of folks that assist with cleaning, being aides, yard work, drivers to appointments, and other needs. We are looking for folks that will do any of these services for seniors. Please let us know if you have anyone you can recommend we contact to see if they are interested in being placed on our list. If you would like a copy of this list, please call or email us.

# Hendricks & Son Inc.

John W. & Nancy Jo Hendricks

## Serving the Agricultural Community Since 1952

## CENTER ACTIVITIES



*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.



3 Commerce Street,  
Suite 203  
Harrington, DE



302-566-1356



badri@pramukhinsadvisor.com



**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.**



## 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.

**Donate your Pennies Today!**

## 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.



## CANDLE FUNDRAISER TO SUPPORT HARRINGTON SENIOR CENTER

Kent County Candles created this candle just for the Harrington Senior Center.

This beautiful blue jar is filled with the scent of Salted Carmel and Vanilla. The Jar has engraving on the front and comes with a cork lid.

**PURCHASE PRICE— \$20.00**

We have candles in stock and also are taking orders.

Stop by the Harrington Senior Center to purchase your candle or place your order.



## PARTNERING WITH LAKE FOREST CENTRAL ELEMENTARY SCHOOL

We will be trying something new this year and that is working with students and staff at Central Elementary.

**Pen Pals—Looking for 50 members to become Pen Pals with students. You will write encouraging letters to them monthly and we will have a breakfast reveal party on April 29th at 8:45 am**

**Book Fair Help—October 15th from 5:30 pm—7:30 pm (need 6 to 8 people)**

**Book Fair Help—March 18th from 5:30—7:30 pm need (6 to 8 people)**

**Sign up with Dana anytime for the above.**

**Save the Dates**

**December 12th—Chorus will perform at 1:00 pm**

**May 29th Chorus will perform at 1:00 pm followed by an Ice Cream Social with the chorus.**

**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**

**Rudy's**  
FAMILY RESTAURANT  
& PIZZERIA



# CENTER ACTIVITIES



**SERVICE 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

**SAVE THE DATE—Tuesday,  
August 19, 2025**

**Sight & Sound in Lancaster PA  
“NOAH”**

**We will have reserved seating  
and an Amish Lunch at a local  
restaurant.**

**Estimated Price will be \$220.00  
per person for a member and  
\$225.00 for non-members.**

**Price includes, show ticket,  
lunch, bus, and all tips.**

**TICKETS WILL GO ON SALE IN  
JANUARY 2025**

**READERS, WRITERS  
& BOOKS, OH MY!**



**FRIENDS OF THE LIBRARY BOOK FEST**

Regional Authors Children Activities Vendors Food  
Mini Canvas Art Show Raffle Baskets Door Prizes



**October 5, 2024, 10AM - 2PM**

William R. Outten Complex, 114 E. Liberty St, Harrington DE  
Receive free door prize ticket for every canned food item donated.

*Once Upon a Wine...*

Friday, October 4, 6-9PM + Attire/Dressy Casual

Harrington Public Library, 101 Little Masten's Corner Road, Harrington DE  
Ticket Sales Start August 13

Advance: \$35/Person, \$70/Couple At the Door: \$40/Person, \$75/Couple

Author Readings - Wine Tasting - Grazing Board



All proceeds support the Harrington Public Library.



Sponsored By: Blue Hen Construction, Mad Clay Homes, LLC, Cook's Tires, Daily State News, American Finance



**SYMPATHY IS  
EXRENDED TO  
HSC MEMBERS  
AND THEIR  
FAMILIES**

**Virginia Cagle on the death  
of her husband Jerry.**

**Family of HSC Member  
John Morris**



# CENTER ACTIVITIES



## MACKINAC ISLAND

**TRIP DATES:  
August 29th—  
September 6,  
2025**

Come join us on a  
9 Day adventure

to Chicago, Millennium Park, Frederik Meijer  
Gardens & Sculpturer Park, Mackinac Island,  
Grand Hotel, Frankenmuth, Henry Ford  
Museum & Greenfield Village.

8 Breakfast & 4 Dinners are included

TENTITIVE ITINERARY AT A GLANCE

Days 1 & 2 Hyatt Regency Chicago Illinois

Day 3 Canopy by Hilton Grand Rapids  
Downtown, Grand Rapid Michigan

Days 4 & 5 Grand Hotel, Mackinac Island MI

Day 6 Double Tree by Hilton Hotel Bay City—  
Riverfront, Bay City MI

Day 7 & 8 Westin Hotel Southfield Detroit,  
Southfield MI

Cost: \$3,999.00 Each Double Occupancy

\$4,999 Each Single Occupancy

Trip Insurance is \$429.00

We have Flyers available at the Center

**STOP BY THE CENTER AND SIGN UP!**

**INVITE FRIENDS AND FAMILY!**



## BOARD GAME TIME

Every Tuesday at 10:00 AM

LOCATION: Dining Room

Come have fun playing a  
variety of board games. We  
have ordered a variety of  
board games to be played by  
members. If we do not have a  
game you like, please let us  
know. Once we move back to  
the Center, board games will  
be available everyday.



## FITNESS CLASSES

**CONNER  
CALLAWAY  
Fitness  
Trainer**

**Every Monday 6:00 pm—  
7:00 pm**

**Every Thursday 9:45 am—  
10:30 am**

Come enjoy working  
out with Conner on  
exercises designed for  
Seniors.

**NOTE: No classes will  
be held on days the  
Center is Closed**







## We Need Your Suggestions & Ideas

1. Dine Arounds
2. Day Trips
3. Long Distant Trips
4. Fund Raising Ideas
5. Activities at the Center

**Please come to our members meeting and help give us your input.**



## 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.

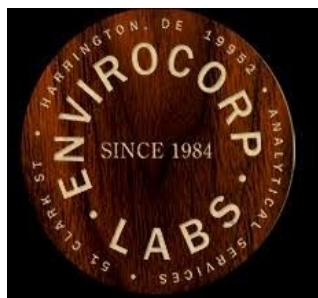
## FOOD PANTRY AT THE CENTER

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](mailto:info@envirocorplabs.com)

**LARSON'S Mower Shop**  
Since 1985

Your Local Shop With A **GREAT REPUTATION!**

Ask About Our Snow Blower Service & Repair

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Glenn Larson  
Owner 302-786-2038

Pick-Up Available  
[Larsonmowershop.com](http://Larsonmowershop.com)

## CENTER NEWS

### AUGUST PHASE 10 SCORES

- 1st Linda Miller 150
- 2nd Gayle Sponaugle 170
- 3rd Bill Carpenter 205
- 3rd Beverly Hollinger 205
- 5th Barlynn Boone 210
- 6th Baldy Sadler 235
- 7th Watha Hostetler 255
- 8th Ginny Brooks 265
- 9th Heidi Seeley 280
- 10th Jan Mitchell 315
- 11th Darlene Marvel Cole 335
- 12th Pat Shufelt 345
- 13th Don Cooley 350
- 14th Eula Hoover 410



### 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



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

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

[lwillis@delawarelaw.com](mailto: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.



## 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.



## TRIP/ACTIVITY SIGN

**Monday, October 7th**  
**Doors open at 8:00 to pick up your number.**

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.



## 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.



**MAKE A CAPITAL CAMPAIGN CONTRIBUTION TODAY!!**



**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](http://www.melvinfuneralhome.com)

## CENTER NEWS



### CONGRATULATIONS TO OUR AUGUST BINGO WINNERS

Don Cooley, Keith Alysse,  
Gayle Melvin, Sally Nehra, Denise  
Woods, Ella Mae Korell, and Joanne  
Young

Come join in the fun and a chance to win \$5.00 gift cards!



### TIME TO GET YOUR COVID-19 BOOSTER SHOT

**DATE: Wednesday, October 23rd**

**TIME: 9:00 am until 11:30 am**

**Please bring a copy of your insurance cards.**

**SIGN UP BEGINS NOW**

# 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



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

- 1st—Jan Mitchell 267**
- 2nd—Craig Brodeur 236**
- 3rd—Don Cooley 224**
- 4th—Jeff Purse 219**
- 5th—Jackie Krech 190**
- 6th—Beverly Hollinger with 189**
- 7th—Eula Hoover with 180**
- 8th—Ginny Brooks with 176**



## **AUGUST 500 CARD SCORES**

**August 7th— Winner was Connie Raymond with 3330; Second was Tom Brown with 3040; 3rd was Caren Parry with 2380.**

**August 14th—Winner was Tom Brown with 2600; Second was Caren Parry with 2270; Third was Nelson Reed with 2140.**

**August 21st—Winner was Tom Brown with 3170; Second was Connie Raymond with 2820; Third was Nelson Reed with 2580.**

**August 28th—Winner was Dale Trammell with 2880; Second was Harold Brode with 2820; Third was Joe Frederick with 2590.**

## **COLLINS MECHANICAL INC.**



**Plumbing-HVAC  
Residential &  
Commercial**

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

**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

# WICKED WINNINGS

**RONALD  
MCDONALD**  
*Fund Raising Event*

**SATURDAY  
OCTOBER 5**  
12:00PM - 8:00PM

**\$125,000**  
**CELEBRATE  
THE WINS**

**FRIDAYS  
IN OCTOBER**  
HOURLY:  
7:00PM - 11:00PM

**\$30,000**

**THURSDAYS  
OCTOBER  
10, 17 & 24**  
2:00PM - 8:00PM

**SPOOKTACULAR  
Slot Tournament**

TOP PRIZE:  
\$3,000 SLOT DOLLARS



WHERE WINNERS PLAY!

888-887-5687 | HARRINGTONRACEWAY.COM



\*Prizes: Must be 21 years of age. No one under the age of 21 can enter the casino or less noted.  
Harrington Raceway and Casino reserves the right to not collect any prize for the event  
without advice. See Playbook for more details. All prizes awarded by the Delaware State  
Lottery. Play responsibly. If you or someone you know has a gambling problem, call the  
Delaware Gambling Helpline: 1-888-850-8883.

# OCTOBER 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.

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>Meat Loaf with Gravy</b>	<b>Chili with Red Beans over Rice</b>	<b>Baked Salmon with Lemon Herb Sauce</b>	<b>Boneless Chicken Breast with Mango Sauce</b>
	<b>Mashed Potatoes</b>	<b>Mixed Squash</b>	<b>Boiled Potatoes</b>	<b>Buttered Rice</b>
	<b>Seasoned Green Beans</b>	<b>Corn Bread</b>	<b>Buttered Peas &amp; Carrots</b>	<b>Vegetable Blend</b>
	<b>Wheat Bread</b>	<b>Yogurt</b>	<b>Challah Bread</b>	<b>Wheat Bread</b>
	<b>Fruit</b>	<b>Milk</b>	<b>Tropical Fruit</b>	<b>Tapioca Pudding</b>
	<b>Milk</b>		<b>Milk</b>	<b>Milk</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Spaghetti with Meat Sauce</b>	<b>Chicken Marsala</b>	<b>Cream of Cauliflower Soup</b>	<b>Roast Beef with Gravy</b>	<b>Swedish Meatballs</b>
<b>Mixed Vegetables</b>	<b>Buttered Rice</b>	<b>Chicken Salad on Bun</b>	<b>Mashed Potatoes</b>	<b>Egg Noodles</b>
<b>Applesauce</b>	<b>Chef's Blend</b>	<b>Lettuce &amp; Tomato</b>	<b>Buttered Peas with Pearl Onions</b>	<b>Buttered Spinach</b>
<b>Italian Bread</b>	<b>Wheat Bread</b>	<b>Macaroni Salad</b>	<b>Dinner Roll</b>	<b>Wheat Bread</b>
<b>Milk</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Cake</b>	<b>Fruit</b>
	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Columbus Day Center is Closed</b>	<b>Meatball Sub</b>	<b>Low Sodium Ham</b>	<b>Fried Chicken</b>	<b>Sloppy Joe on Bun</b>
	<b>Potato Wedges</b>	<b>Sweet Potatoes</b>	<b>Macaroni &amp; Cheese</b>	<b>Mexican Corn Pudding</b>
	<b>Succotash</b>	<b>Seasoned Vegetable Blend</b>	<b>Mixed Greens</b>	<b>Milk</b>
	<b>Butter Cookies</b>	<b>Wheat Bread</b>	<b>Corn Bread</b>	
	<b>Milk</b>	<b>Tropical Fruit</b>	<b>Apple Crisp</b>	
		<b>Milk</b>	<b>Milk</b>	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Chicken Tetrizzini</b>	<b>German Sauerbraten</b>	<b>Navy Bean Soup</b>	<b>Liver &amp; Onions with Gravy</b>	<b>Williamsburg Chicken</b>
<b>Peas &amp; Carrots</b>	<b>Sauerkraut</b>	<b>Turkey &amp; Cheese on Bun</b>	<b>Mashed Potatoes</b>	<b>Buttered Rice</b>
<b>Applesauce</b>	<b>Red Potatoes</b>	<b>w/Mayonnaise</b>	<b>Buttered Green Beans</b>	<b>Glazed Carrots</b>
<b>Wheat Bread</b>	<b>Roll</b>	<b>Lettuce &amp; Tomatoe</b>	<b>Roll</b>	<b>Wheat Bread</b>
<b>Milk</b>	<b>German Chocolate Cake</b>	<b>Butter Cookies</b>	<b>Bread Pudding</b>	<b>Fruit</b>
	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>NOTE:</b>
<b>Chicken Pot Pie</b>	<b>Boneless Port Chop with Gravy</b>	<b>Braised Beef Tips with Gravy</b>	<b>Fried Fish</b>	Please be advised that food served here may contain these ingredients: Milk, Eggs, Wheat, Soybean, Peanuts, Tree Nuts, Fish, Shellfish and Seafood Base
<b>Buttered Broccoli</b>	<b>Mashed Potatoes</b>	<b>Noodles</b>	<b>Scalloped Potatoes</b>	
<b>Wheat Bread</b>	<b>Buttered Kale</b>	<b>Mixed Vegetables</b>	<b>Stewed Tomatoes</b>	
<b>Fruit</b>	<b>Applesauce</b>	<b>Wheat Bread</b>	<b>Roll</b>	
<b>Milk</b>	<b>Wheat Bread</b>	<b>Pudding</b>	<b>Tropical Fruit</b>	
	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	

# CALENDAR OF ACTIVITIES

Monday	Tuesday	Wednesday
	<b>1</b> 9:30—Senior Walking Program In-Person (DR) 10:00—Various Board 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)	<b>2</b> 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) <div style="text-align: right; margin-top: 10px;">  </div>
<b>7</b> <b>8:00—Trip Sign Up (RM#1)</b> 9:30—Armchair Exercise— In-Person (DR) <b>9:30—Depart for Library Ribbon Cutting</b> 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—Fitness Trainer (RM#5)	<b>8</b> <b>9:30—Depart for Needlework Trip</b> 9:30—Senior Walking Program In-Person (DR) 10:00—Various Board 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)	<b>9</b> 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) <b>11:30—Blood Pressure Checks (DR)</b> 12:00—Lunch Served (DR) 12:30—500 (DR)
<b>14</b> <b>CENTER IS CLOSED</b> 	<b>15</b> 9:30—Senior Walking Program In-Person (DR) 10:00—Various Board 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) <b>5:30—7:30 Help at Central Book Fair</b>	<b>16</b> 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)
<b>21</b> 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—Fitness Trainer (DR)	<b>22</b> <b>9:00— Depart for Boscov's Shopping Trip</b> 9:30—Senior Walking Program In-Person (DR) <b>10:00—National Depression Screening Day (RM#3)</b> 10:00—Various Board Games (DR) 10:00—Bible Study (RM#5) 10:30—Bridge (DR) 11:15—11:45 Grab N Go Lunch 12:00—Lunch Served (DR) 1:00—Sit & Sew (RM#3) 1:30—Members Meeting (DR)	<b>23</b> <b>Armchair &amp; WII –CANCELLED</b> <b>9:00—11:30 COVID 19 Booster Clinic</b> 11:15—11:45 Grab N Go Lunch 11:30—Canasta (RM#5) 12:00—Lunch Served (DR) 12:30—500 (DR)
<b>28</b> 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) <b>5:00—Trunk or Treat at City Hall</b> 6:00—Fitness Trainer (DR)	<b>29</b> 9:30—Senior Walking Program In-Person (DR) 10:00—Various Board 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) <b>2:30—Depart for a LFHS Pool</b>	<b>30</b> 9:30—Armchair Exercise—In-Person (DR) 10:15—WII Bowling (DR) <b>10:30—Estate Planning &amp; Asset Protection Class</b> 11:15—11:45 Grab N Go Lunch 11:30—Canasta (RM#5) <b>11:30—Blood Pressure Checks (DR)</b> 12:00—Lunch Served (DR) 12:30—500 (DR)



# OCTOBER 2024

Thursday	Friday	Saturday
<p><b>3</b>            9:30—Senior Walking Program In-Person (DR)            9:45—Fitness Trainer (DR)            10:30—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 (RM#3)  <b>2:30—Depart for LFHS Pool</b></p>	<p><b>4</b> 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)  <b>10:00 pm—Niagara Falls Trip Returns</b></p> <p><b>Stand by Me - Individual Appointments must be scheduled. No Walk-ins</b></p>	<p><b>5</b></p>
<p><b>10</b> 9:30— Senior Walking Program In-Person (DR)            9:45—Fitness Trainer (DR)            10:30—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 (RM#3)</p>	<p><b>11</b> 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> <div data-bbox="808 640 1052 877" data-label="Image"> </div>	<p><b>12</b></p> <p><b>13—Sunday</b>  <b>1:00—4:00 pm Kenny &amp; Nicole Shinn will have Wheelers Park Open</b></p>
<p><b>17</b> <b>8:15—Depart for Bird-In-Hand Trip</b>            9:30—Senior Walking Program In-Person (DR)            9:45—Fitness Trainer (DR)            10:30—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 (RM#3)  <b>2:30—Depart for LFHS Pool</b></p>	<p><b>18</b> 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><b>NOTE: Last Day to sign up for MMC Christmas Show &amp; Dinner</b></p>	<p><b>19</b></p>
<p><b>24</b> 9:30—Senior Walking Program In-Person (DR)            9:45—Fitness Trainer (DR)            10:30—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 (RM#3)</p>	<p><b>25</b> 9:00—New Beginner Line Dancers (DR)            9:30—Beginner Line Dancers (DR)            10:00—Improver Line Dancers (DR)  <b>11:00—Depart for Big Oyster Brewery Dine Around</b>            11:15—11:45 Grab N Go Lunch            12:00—Lunch Served (DR)</p> <p>Note: Candy due for Trunk or Treat</p>	<p><b>26</b></p> <p><b>Please bring all craft donations to the Center by Monday, October 28th</b></p>
<p><b>31</b> 9:30—Senior Walking Program In-Person (DR)            9:45—Fitness Trainer (DR)            10:30—Phase 10 (RM#5)            11:15—11:45 Grab N Go Lunch            12:00—Lunch Served (DR)  <b>12:00—Halloween Party (Chick-Fil-A)</b>            12:30—Pinochle (RM#5)            1:00—Cribbage (RM#3)</p> <div data-bbox="457 1864 592 2032" data-label="Image"> </div>	<div data-bbox="824 1726 1101 1942" data-label="Image"> </div> <p>shutterstock.com · 2330425085</p>	



# OCTOBER 2024 BIRTHDAY WISHES



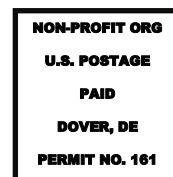
**October 1st**  
 Melville Taylor  
 Michael Bennett  
**October 2nd**  
 Pat Gemma  
**October 4th**  
 Shirley Carroll  
**October 5th**  
 Barbara Liimatta  
 Janie DeVeau  
**October 7th**  
 John Dixon  
 Luke Picone  
 Francis Dill  
 Frank Quillen  
**October 8th**  
 Glenn Larson  
 Ronald Link, Jr.  
 Frank Norman  
**October 9th**  
 Sam Layton  
 Holly Perdue

**October 10th**  
 Joyce Dyer  
 Tim Messick  
 Elizabeth Outten  
**October 11th**  
 Karen Jerread  
**October 12th**  
 Craig Brodeur  
 Ginny Brooks  
**October 13th**  
 Fran Jaquette  
 Kelly Huffman  
**October 14th**  
 Sherri Stubbs  
**October 15th**  
 David Lowe  
**October 16th**  
 Joyce Lake  
 Betty Vincent  
 Beverly Hay  
**October 17th**  
 Anna Plummer  
 Fern Harrington

**October 18th**  
 Joan Oakley  
 Bill Holland  
 Diana Faison  
**October 19th**  
 John Carter  
**October 20th**  
 Carolyn Porter  
 Bill Wood  
**October 21st**  
 Marc Jean Francois  
**October 22nd**  
 Margaret Christopher  
 Donna Shugars  
 Linda Eastman  
 Sarah Cannon  
 Dalton Pratt  
**October 23rd**  
 Edward Knuckles  
 Dale Trammell  
**October 26th**  
 Helen Porter  
**October 27th**  
 Jack Hendricks

**October 29th**  
 Frank Tolson  
 Betty Huffman  
**October 30th**  
 Gail Holden  
 Kathy LeKites  
 Ronald Link, Sr.  
**October 31st**  
 Trudy Killen

Harrington Senior Center  
 102 Fleming Street  
 Harrington DE 19952



Return Service Requested