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HOURS

Monday - 8 AM - 3 PM
Tuesday - 8 AM - 3 PM
Wednesday - 8 AM - 3 PM
Thursday - 8 AM - 3 PM
Friday - 8 AM - 3 PM
Closed Saturday & Sunday

Harvest Years Senior Center, Inc.
Board of Directors 2018

Richard Reynolds.............President
Don Blakey..............Vice President
Linda McDonald..........Treasurer
Don Dean...............Secretary
Tom Bones..........Executive Director

Board Members: Vivian McDonald,
Dick Bewick, Barbara Morton, Joan Schwartz,
Judie Burke

Next Meeting: February 22, 2018

Our Sincerest Thank You to All
Who Contributed to our
Annual Giving Campaign

George & Mary Marasco
Frank & Paula McSweeney
Delores Adkins in Honor of my Family
Ennis & Eva Hightower
Irv Katz & Mary Nowacki
John & Patricia MacRonald
Clay & Ann Jester
George & Ginger Warnecker
Delores Rossetti in Memory of Daniel Rossetti
Linda Bond in Memory of Dan Rosetti
Dan & Karen Bailey
Avis Triplett
Charlotte Martinson in Memory of Perry Martinson
Mildred Perry
Theodore & June Dawson
Katherine Chalmers
Hannah McLennan
Richard & Donna Chappell
Alberto & Yolanda Sanchez
Claire Murray
Bill & Kathy Brennan in Honor of Billy Brennan
Newcomer’s Club
Eileen Tuthill
Elizabeth Wharton
Mary McCowan
Richard & Donna Chappell
Alberto & Yolanda Sanchez
Claire Murray
Bill & Kathy Brennan in Honor of Billy Brennan
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Bill & Kathy Brennan in Honor of Billy Brennan
Newcomer’s Club
Eileen Tuthill
Elizabeth Wharton
Mary McCowan
Richard & Donna Chappell
Alberto & Yolanda Sanchez
Claire Murray
Happy “February 2018” Birthdays

1 Bonnie Jo Hamilton 8 Marion Maly 20 Sheryl Ann Ford
1 Anne Noyes 9 Clarethia Ellerbe 20 Dorothy Kelly
1 Marie Wright 9 Victoria Livingston 20 Mary Jane McCowan
2 Ofelia Claros 11 Louron Styers 21 John Stanford
2 Don Witmer 12 Linda Dowlin 22 Larry Cheng
4 Barbara Carcanague 12 Charlotte Fitzwater 22 Diana Stevenson
5 Donald Blakey 13 Michael Abella 23 Dorothy Gampp
5 Kathy Elliott 13 Lillie Harris 23 Beverly Phipps
5 JoAnn McDaniel 13 Lillie Mae Harris 23 John Rohland
6 Virginia Broussard 13 Ben Shockley 24 Judith Burke
6 June Myers 13 Anthony Woolford 25 Janice Fasano
6 Paul Shay 15 Helen Causey 25 Carl Harlacker
6 Bertha Young 16 Barbara Badger 26 Mary Jane Bell
7 Delores Blakey 16 Betty Slack 26 Darryl Gustafson
7 Martha Collins 16 Helen Wagner 27 Michael Kissi
7 Linda Ferriner 17 Sandi Billings 27 Michael Warnecker
7 Chris Hertz 19 Gene Hobbs 29 Julia Errera
8 Russell Jordan 19 Ellen Jordan 29 Joanne Henning
8 Flora Leggins 20 Nancy Armour

***PLEASE BE SURE TO CALL - (302) 698-4285***

***PLEASE MAKE YOUR (RESERVATION) FOR A FREE BIRTHDAY LUNCH***

We invite you to a BIRTHDAY LUNCH here at Harvest Years as part of your membership. HOWEVER, you must attend the BIRTHDAY CELEBRATION on our “BIRTHDAY DAY” which is always the third Thursday of each month. You must “eat-in”. You may not “take-out” the free meal. If you do not see your name on the list of names for February it may be because you are not current with your annual dues and are not eligible for a free birthday lunch. If you think we have made an error do not hesitate to see Tom or Diane..... HAPPY BIRTHDAY and Thank You...

LUNCH IS SERVED DAILY MONDAY THRU FRIDAY 11:30 AM - 12:30 PM
YOU MUST CALL HARVEST YEARS SENIOR CENTER TO MAKE YOUR LUNCH RESERVATION by 10 AM. LET US KNOW IF YOU WILL BE CELEBRATING YOUR BIRTHDAY WITH US PRIOR TO FEBRUARY 20, 2018 PLEASE CALL (302) 698-4285.

TAX TIME IS HERE
FEBRUARY - APRIL 2018
AARP TAX-AIDE FOUNDATION VOLUNTEERS

WILL BE AT HARVEST YEARS SENIOR CENTER
30 SOUTH STREET, CAMDEN, DE

ON TUESDAY AND THURSDAY MORNINGS ONLY

Beginning Tuesday, February 6th and Ending Thursday, April 12th
From: 9 A.M. - 12 NOON

CALL: 698-4285 For More Information & Schedule an Appointment
FROM YOUR EXECUTIVE DIRECTOR
TOM BONES

Happy Ground Hog Day
February 2, 2018

I hope February finds you keeping warm and cozy, and beating the Winter blues and the Winter bugs!! The Harvest Years has a “lovely” month of special events planned for you! So bundle up and come on in!

Join us on Tuesday for our Annual Valentine’s Day Party featuring Gail and John as they help us swing into the spirit of Valentine’s Day. Great music, food and lots of fun are in store for us. On Wednesday, February 14th grab your sweetheart, or meet one here, and join us for some more good food and fun to celebrate your special Valentine. Wear your red, pink, Valentines best!

February 16th will be our 1st ever SOUP DAY! Stop in and sample several different soups and purchase one of your favorites to take home to enjoy! If you have a favorite soup and would like to donate it for this event please let us know.

February also kicks off tax season! We are again fortunate to host AARP and their Annual Assistance Program for all of your filing needs. Beginning on Tuesday, February 6th and continuing through Thursday, April 12th, AARP will be setting appointments on Tuesday and Thursdays to help you complete your 2017 taxes. Please stop by or call our reception desk to set up your appointment to take advantage of this free service.

Very Important: The Harvest Years Annual Membership dues were due to us as of January 1, 2018. If this has been overlooked, please stop by or call as soon as possible so that we can keep your membership up to date. We do not want you to miss anything!

I am asking each of you to join me thanking all of our fellow members and neighbors throughout the Camden/Wyoming community for all of their support during our Annual Giving Campaign! Our campaign for 2017 was a huge success. Your continued generosity throughout the years is deeply appreciated.

Stay warm and please be sure to check for any center closings or delayed openings due to winter weather.

Stay Safe! Tom

Activity Notes
by Diane Amoroso

Valentine's Day
Is a wonderful way
To make “I love you”
Easy to say.

A Valentine is nothing like
A chocolate or a rose.
For in a week these shall be gone,
But Valentines remain.

If love were always sweet to tongue
Or fragrant to the nose,
Each day would be like Valentine's,
And we would go insane.

A Valentine just hangs around
Waiting to be kissed
Long after special days have passed
And every days are here.

So one is wise to choose one well
And chocolates to resist.
For in the midst of mania
It's nice to have one near.

Winter Weather Alert

Winter weather will soon descend on us. Please be sure to listen to your radio (WDSD or Eagle 97) or check WBOC stations or websites to be certain the Center is open if inclement weather hits. You may also call the Center at (302) 698-4285 before you head out. If we are closed I will post a message on the phone service. We will also post notices on the HYSC Facebook page. If you haven’t “liked” our page yet, be sure to do so!!

“SAFETY FIRST”
THE ARK ENCOUNTER
And
CREATION MUSEUM
September 10 - 14, 2018
Tour Package: Motorcoach Transportation, 3 evening accommodations, 3 breakfasts, 4 dinners, which includes the Captains Dinner Cruise on the Ohio River, Admissions to Ark, Creation Museum and much more! Call Diane for full itinerary and pricing.
302 698-4285

MUSEUM OF THE BIBLE WASHINGTON , DC
TUESDAY, AUGUST 21st
Let’s visit this “New” Spectacular 40,000 square foot Museum. So much to see. Call Diane for Details and Pricing
302 698-4285

PIVOT
PHYSICAL THERAPY
www.pivotphysicaltherapy.com
Phone: (302) 735-4900
Modern Maturity, Governors Ave., Camden, Harrington, Smyrna
TRANSPORTATION AVAILABLE

Work Injuries Motor Vehicle Accidents Vestibular Rehabilitation Pre & Post Orthopedic Management

THE BUGGY Guy
302.242.5254
10% Senior Citizen Discount

keyrealty
Teresa Davis - Realtor
3841 N. Dupont Hwy., Dover, DE
302-674-4500 Office
302-423-6486 Cell
teresa@KRprops.com
View thousands of homes instantly at www.KRprops.com

Reach the Senior Market
ADVERTISE HERE

Joe Visconto to place an ad today!
jvisconto@4Lpi.com or (800) 477-4574 x6398

SAFER DRIVING CAN SAVE YOU MONEY
We Need Instructors!
Take the AARP Smart Driver™ Course and you could save money on your car insurance!* Refresh your skills and learn safe driving strategies. Sign up today!

CLASSROOM COURSE TO FIND A COURSE NEAR YOU:
$15 for AARP members
$20 for non-members
Call Roger at 302-697-1933
or visit www.aarp.org/findacourse

Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4Lpi.com Harvest Years Senior Center, Camden, DE 06-5270
Senior Centers and the 2019 State Budget: Follow the Money

Last month I wrote about the 20% cut the General Assembly imposed on Delaware’s senior centers in this year’s 2018 budget. I emphasized that the 20% cut was real and that it had a real impact on senior services. Senior centers were increasing their fees and asking for greater volunteer donations.

Many seniors are very concerned and want to see this 20% cut restored in next year’s budget. Maybe there could even be a little boost in funding to help senior centers provide continued, high quality services. Several readers have asked how they can “follow the money” as the Legislature develops the 2019 budget. Here’s some basic information.

The committee that builds the budget is the Joint Finance Committee. The JFC begins its process on Tuesday, January 30 at 10:30 AM in the basement level JFC Hearing Room in Legislative Hall. Through February and into early March, the JFC first gets updates on anticipated tax revenue to the State and then hears presentations from all State agencies about their needs for the next year. Very few actual decisions are made at this time. This is mostly information gathering.

All JFC hearing are open to the public. If you have an interest in a particular agency, you can find when that agency will present to JFC by going to https://legis.delaware.gov/Committee/JointFinance.

In mid-March, the JFC suspends its daily hearings and the entire General Assembly reconvenes. Over the next three months, members of the JFC – in fact, all Legislators - hear from constituents and advocacy groups about budget issues they are concerned with. This is a great time to make your views known to your own Legislators about senior center funding and other issues. From time to time, the JFC has formal meetings during this period to continue its process and to receive updates on anticipated revenue. You can continue to follow these meetings by going to the same web address as above.

Toward the middle of June, the JFC starts to meet more regularly, looking at its deadline of June 30 for the final budget, with all meetings posted at the above web address. It’s at this time that senior center funding starts to come into focus, along with funding for volunteer fire companies, veterans’ organizations and other non-profit organizations.

By the time we get to the middle of June, whether there is money to restore the 20% cuts will depend in large part on how much money we have appropriated to regular State agencies and to new programs. That’s why it’s important for people who have opinions on these matters to make those opinions known in March, April and May.

If you agree with me that senior centers like the Harvest Years Senior Center provide important services that greatly help sustain the quality of life of Delaware seniors, I suggest you pay attention to the budget process and make your opinions known to your Senators and Representatives. They really do want to know what you think.
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<tr>
<th>Monday</th>
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<tbody>
<tr>
<td><strong>REMINDER</strong></td>
<td><strong>ST. VALENTINE’S DAY PARTY</strong></td>
<td><strong>CALL EACH DAY TO ORDER A QUART TO TAKE HOME &amp; ENJOY</strong></td>
<td><strong>1. Hawaiian Chicken Scalloped Potatoes Lima Beans Bread or Rolls Chocolate Pudding</strong></td>
<td><strong>2. GROUND HOG DAY</strong></td>
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<td><strong>TUESDAY, FEB. 13th 10:30 A.M.</strong></td>
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<td><strong>Tomato Soup Grilled Turkey Sandwich Pickles/Chips Assorted Desserts</strong></td>
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<td>12. <strong>St. Valentines Party</strong> BBQ Pulled Pork Sandwich Baked Fries House Salad Pineapple</td>
<td>13. <strong>St. Valentines Party</strong> Spaghetti w/Meatsauce Tossed Salad Italian Bread Red Velvet Cake</td>
<td>14. <strong>VALENTINE’S DAY</strong> Baked Salmon Roasted Potatoes Peas &amp; Carrots Bread or Rolls Tropical Fruit</td>
<td>15. <strong>Happy Birthday Lunch</strong> Chicken &amp; Dumplings Peas Tossed Salad Bread or Rolls Ice Cream &amp; Cake</td>
<td>16. Italian Subs Pickles/Chips Assorted Desserts</td>
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<td>26. Tuna Salad Plate Macaroni Salad Lettuce, Tomato Crackers Cookie</td>
<td>27. Stuffed Pepper Baked Potato w/Sour Cream Mixed Vegetables Bread or Rolls Pudding</td>
<td>28. <strong>BBQ CHICKEN</strong> Chicken Potato Au gratin Broccoli Bread or Rolls Fresh Fruit</td>
<td>1. <strong>Baked Lasagna</strong> Tossed Salad Italian Bread Ice Cream</td>
<td>2. Sweet &amp; Sour Chicken Rice Green Beans Bread or Rolls Peaches</td>
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**Kent County Representatives District General Assembly Contact Information**

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<thead>
<tr>
<th>Name</th>
<th>Phone Number or E-Mail</th>
<th>District</th>
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<tbody>
<tr>
<td>Jeff N. Spiegelman - 302 744-4171 or <a href="mailto:Jeff.Spiegelman@state.de.us">Jeff.Spiegelman@state.de.us</a></td>
<td>RD 11</td>
<td></td>
</tr>
<tr>
<td>William J. Carson - 302 744-4113 or <a href="mailto:William.Carson@state.de.us">William.Carson@state.de.us</a></td>
<td>RD 28</td>
<td></td>
</tr>
<tr>
<td>Trey Charles Paradee - 302 744-4351 or <a href="mailto:Trey.Paradee@state.de.us">Trey.Paradee@state.de.us</a></td>
<td>RD 29</td>
<td></td>
</tr>
<tr>
<td>William R. Outten - 302 744-4033 or <a href="mailto:Bobby.Outten@state.de.us">Bobby.Outten@state.de.us</a></td>
<td>RD 30</td>
<td></td>
</tr>
<tr>
<td>Sean M. Lynn - 302 744-4351 or <a href="mailto:Sean.Lynn@state.de.us">Sean.Lynn@state.de.us</a></td>
<td>RD 31</td>
<td></td>
</tr>
<tr>
<td>Andrea L. Bennett - 302 744-4351 or <a href="mailto:Andrea.Bennett@state.de.us">Andrea.Bennett@state.de.us</a></td>
<td>RD 32</td>
<td></td>
</tr>
<tr>
<td>Charles S. Postles Jr. - 302 744-4081 or <a href="mailto:Charles.Postles@state.de.us">Charles.Postles@state.de.us</a></td>
<td>RD 33</td>
<td></td>
</tr>
<tr>
<td>Lyndon D. Yearick - 302 744-4171 or <a href="mailto:Lyndon.Yearick@state.de.us">Lyndon.Yearick@state.de.us</a></td>
<td>RD 34</td>
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</table>

**Senators Delaware General Assembly Contact Information**

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<tr>
<th>Name</th>
<th>Phone Number or E-Mail</th>
<th>District</th>
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<tr>
<td>Bruce C. Ennis - 302 744-4310 or <a href="mailto:Bruce.Ennis@state.de.us">Bruce.Ennis@state.de.us</a></td>
<td>SD 14</td>
<td></td>
</tr>
<tr>
<td>Dave G. Lawson <a href="mailto:Dave.Lawson@state.de.us">Dave.Lawson@state.de.us</a></td>
<td>SD 15</td>
<td></td>
</tr>
<tr>
<td>Colin Bonini - 302 744-4169 or <a href="mailto:Colin.Bonini@state.de.us">Colin.Bonini@state.de.us</a></td>
<td>SD 16</td>
<td></td>
</tr>
<tr>
<td>Brian J. Bushweller - <a href="mailto:Brian.Bushweller@state.de.us">Brian.Bushweller@state.de.us</a></td>
<td>SD 17</td>
<td></td>
</tr>
<tr>
<td>F. Gary Simpson - 302 744-4134 or <a href="mailto:Gary.Simpson@state.de.us">Gary.Simpson@state.de.us</a></td>
<td>SD 18</td>
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### February 2018 Activities

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<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td><img src="image" alt="Happy Valentine's Day" /></td>
<td><strong>REMINDER:</strong> <strong>FREE NEW SEMINAR</strong>&lt;br&gt;On Chronic Conditions&lt;br&gt;6 Consecutive Mondays&lt;br&gt;Beginning Feb. 26th&lt;br&gt;12:30 - 3 PM&lt;br&gt;CALL DIANE for Information &amp; Sign-Up - 698-4265</td>
<td><strong>SPRING IS ONLY 48 Days Away!!</strong></td>
<td>1. $8:30 AM - Yoga $8:00 AM - Yoga&lt;br&gt;9:45 AM - L.I.F.E. Aerobics Class&lt;br&gt;$5 PM - 6 PM $5 PM&lt;Br&gt;Perfect 10 Pilates</td>
<td>2. 10 AM - 11 AM&lt;br&gt;Line Dancing w/Ben &amp; Charlotte&lt;br&gt;12 NOON - Mah Jong&lt;br&gt;12:30 - Spades&lt;br&gt;1 P.M. - Pinochle</td>
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<td>5. 9:45 AM - L.I.F.E. Aerobics Class&lt;br&gt;9:30 AM - 500 Rummy&lt;br&gt;$5 PM - 5:45 PM $5 PM&lt;br&gt;FEARLESS YOGA</td>
<td>6. $8:30 AM - Yoga $8:30 AM - Yoga&lt;br&gt;9:30 AM - Crafts&lt;br&gt;12 NOON - Domino’s&lt;br&gt;$5 PM - 6 PM $5 PM&lt;br&gt;Perfect 10 Pilates</td>
<td>7. 9:30 AM - 10:30 AM Land Aerobics&lt;br&gt;9 AM - 11:30 AM Ceramics&lt;br&gt;12:30 - Hand &amp; Foot&lt;br&gt;$5 PM - 5:45 PM $5 PM&lt;br&gt;FEARLESS YOGA</td>
<td>8. Harrington Slots&lt;br&gt;Call Diane to Reserve a Seat&lt;br&gt;$8:30 AM - Yoga $8:30 AM - Yoga&lt;br&gt;9:45 AM - L.I.F.E. Aerobics Class&lt;br&gt;$5 PM - 6 PM $5 PM&lt;br&gt;Perfect 10 Pilates</td>
<td>9. 10 AM - 11 AM&lt;br&gt;Line Dancing w/Ben &amp; Charlotte&lt;br&gt;12 NOON - Mah Jong&lt;br&gt;12:30 - Spades&lt;br&gt;1 P.M. - Pinochle</td>
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<td>12. 9:45 AM - L.I.F.E. Aerobics Class&lt;br&gt;9:30 AM - 500 Rummy&lt;br&gt;$5 PM - 5:45 PM $5 PM&lt;br&gt;FEARLESS YOGA</td>
<td>13. $8:30 AM - Yoga $8:30 AM - Yoga&lt;br&gt;9:30 AM - Crafts&lt;br&gt;12 NOON - Domino’s&lt;br&gt;$5 PM - 6 PM $5 PM&lt;br&gt;Perfect 10 Pilates</td>
<td>14. 9:30 AM - 10:30 AM Land Aerobics&lt;br&gt;9 AM - 11:30 AM Ceramics&lt;br&gt;12:30 - Hand &amp; Foot&lt;br&gt;1 - 3 PM&lt;br&gt;$5 PM - 5:45 PM $5 PM&lt;br&gt;FEARLESS YOGA</td>
<td>15. $8:30 AM - Yoga $8:30 AM - Yoga&lt;br&gt;9:45 AM - L.I.F.E. Aerobics Class&lt;br&gt;$5 PM - 6 PM $5 PM&lt;br&gt;Perfect 10 Pilates</td>
<td>16. 10 AM - 11 AM&lt;br&gt;Line Dancing w/Ben &amp; Charlotte&lt;br&gt;12 NOON - Mah Jong&lt;br&gt;12:30 - Spades&lt;br&gt;1 P.M. - Pinochle</td>
</tr>
<tr>
<td>19. 9:45 AM - L.I.F.E. Aerobics Class&lt;br&gt;9:30 AM - 500 Rummy&lt;br&gt;$5 PM - 5:45 PM $5 PM&lt;br&gt;FEARLESS YOGA</td>
<td>20. $8:30 AM - Yoga $8:30 AM - Yoga&lt;br&gt;9:30 AM - Crafts&lt;br&gt;12 NOON - Domino’s&lt;br&gt;$5 PM - 6 PM $5 PM&lt;br&gt;Perfect 10 Pilates</td>
<td>21. 9:30 AM - 10:30 AM Land Aerobics&lt;br&gt;9 AM - 11:30 AM Ceramics&lt;br&gt;12:30 - Hand &amp; Foot&lt;br&gt;$5 PM - 5:45 PM $5 PM&lt;br&gt;FEARLESS YOGA</td>
<td>22. $8:30 AM - Yoga $8:30 AM - Yoga&lt;br&gt;9:45 AM - L.I.F.E. Aerobics Class&lt;br&gt;$5 PM - 6 PM $5 PM&lt;br&gt;Perfect 10 Pilates</td>
<td>23. 10 AM - 11 AM&lt;br&gt;Line Dancing w/Ben &amp; Charlotte&lt;br&gt;12 NOON - Mah Jong&lt;br&gt;12:30 - Spades&lt;br&gt;1 P.M. - Pinochle</td>
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<tr>
<td>26. 9:45 AM - L.I.F.E. Aerobics Class&lt;br&gt;9:30 AM - 500 Rummy&lt;br&gt;12:30 PM - Chronic Conditions Seminar #1 of 6 Classes&lt;br&gt;$5 PM - 5:45 PM $5 PM&lt;br&gt;FEARLESS YOGA</td>
<td>27. $8:30 AM - Yoga $8:30 AM - Yoga&lt;br&gt;9:30 AM - Crafts&lt;br&gt;12 NOON - Domino’s&lt;br&gt;$5 PM - 6 PM $5 PM&lt;br&gt;Perfect 10 Pilates</td>
<td>28. 9:30 AM - 10:30 AM Land Aerobics&lt;br&gt;9 AM - 11:30 AM Ceramics&lt;br&gt;12:30 - Hand &amp; Foot&lt;br&gt;1 - 3 PM&lt;br&gt;$5 PM - 5:45 PM $5 PM&lt;br&gt;FEARLESS YOGA</td>
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<td>2. 10 AM - 11 AM&lt;br&gt;Line Dancing w/Ben &amp; Charlotte&lt;br&gt;12 NOON - Mah Jong&lt;br&gt;12:30 - Spades&lt;br&gt;1 P.M. - Pinochle</td>
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***TRIP ALERT***

I have listed more trips in our February issue of our newsletter. If you are interested in signing up, please do so ASAP. A deposit of $25.00 is required on day trips. Overnight trips require more. The trips are filling up quickly.

Questions? - Please Call Diane 698-4285

---

**NOTICE**

WE WILL NOT HAVE A GOLDEN DINNER CLUB FUNDRAISER IN FEBRUARY!!

---

“HAIRCUTS by PAT”
30 SOUTH STREET, CAMDEN, DE 19934

Pat Reynolds, R.C.
PROFESSIONAL HAIR STYLIST

Hours: Tuesday, Wednesday, & Thursday
9 A.M. TO 3 P.M.
PLEASE CALL FOR AN APPOINTMENT
(302) 698-4285

---

Don’t know what to do now that you’ve turned on your computer or smart phone?

Let Terry help you! Terry Anderson, a retired Air Force Pilot and retired from the Department of Education, has volunteered his time and expertise to teach a one on one computer class.

He has now offered to teach a one on one class on how to use your Smart Phone. If you know the basics but would like to know more please give your name and telephone number to Diane and she will set up an appointment with the

“Computer Guy!”
Call Diane: 302 698-4285

---

ATTENTION TO ALL HYSC VOLUNTEERS

To all our volunteers. If you volunteer at Harvest Years you must remember to keep track of your hours in our RSVP Book located at the Front Desk. Any new volunteer please ask for the book & track your hours.

---

LIONS CLUB EYEGLASS COLLECTION BOX

THE BOX IS LOCATED AT HARVEST YEARS SENIOR CENTER. IF YOU HAVE ANY USED EYEGGLASSES PLEASE DROP THEM OFF AND THEY WILL BE PUT TO GOOD USE HELPING THOSE WHO ARE IN NEED OF GLASSES WORLDWIDE.

OUR SINCEREST THANK YOU.

---

HARVEST YEARS’ CLOTHING DOLLAR STORE FEATURES

GENTLY USED WOMEN’S & MEN’S - CLOTHING - SHOES - HATS -

ALL PRICED AT $1.00 EACH
STORE IS OPEN MONDAY - FRIDAY
8:30 AM - 3 PM
New Items Added Daily

You are invited to stop by and browse at our nice selections.
Dover, DE - The most common method your doctor will recommend to treat your neuropathy is with prescription drugs that may temporarily reduce your symptoms. These drugs have names such as Gabapentin, Lyrica, Cymbalta and Neurontin, and are primarily antidepressant or anti-seizure drugs. These drugs may cause you to feel uncomfortable and have a variety of harmful side effects.

Peripheral neuropathy is a result of damage to the nerves often causing weakness, pain, numbness, tingling and most debilitating balance problems. This damage is commonly caused by a lack of blood flow to the nerves in the hands and feet which causes the nerves to begin to degenerate due to lack of nutrient flow.

Figure 1: Notice the very small blood vessels surrounding each nerve.

Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach
assist.dhss.delaware.gov

Meet Oscar Sebastian at 11 AM on the second Tuesday of each month during 2018. If you are 50 years old or older, Oscar can answer any questions you may have about the SNAP program or he can assist you in filling out the required application.

If you are unable to stop in to see Oscar please feel free to call him at 302 734-1200

***Our Craft Room welcomes new friends to join us on Tuesday mornings at 9:30. We like to start new projects and would love your ideas. Call Diane for more information: 698-4285

AARP DRIVER SAFETY COURSE
Harvest Years Senior Center
30 South Street, Camden, DE

MONDAY, FEBRUARY 12, 2018
9 AM - 1 PM

REFRESHER COURSE ONLY

Member: $15.00 per person
Non-Member: $20.00 per person

Make Checks Payable To: AARP

CALL 302 698-4285 FOR YOUR RESERVATION
You Are All Invited To Join Us
For Lunch At
Harvest Years Senior Center
Monday thru Friday - 11:30 AM - 12:30 PM

COST:
Member - $4.50  -  Non- Member - $7.00
Delicious Food, Nice People & Good Times.
Bring A Friend Too!!

As a courtesy to our Kitchen Staff, please call by 10 AM
if you are planning to join us for lunch or to order
a take-out meal. Our lunch is cooked fresh daily in our
kitchen and we want to be sure we can serve everyone.
**698-4285**

JOIN HARVEST YEARS AND SAVE $1.00 !!
FOR NEW MEMBERS ONLY IN 2018

YOU ARE ENTITLED TO A ONE-TIME $1.00 OFF SAVINGS
COUPON TOWARDS YOUR 1ST LUNCH AT HARVEST YEARS
SENIOR CENTER, SEE FRONT DESK RECEPTIONIST FOR
YOUR $1.00 OFF COUPON.

Our Soup Kitchen has resumed.
Please call for our daily
Soup selection & cost.

EXTRA IN-HOUSE ITEMS
Desserts $2.00 each
Just Entrees $3.00 each
Starch/Vegetable $2.00 each
Homemade Desserts
$3.00 Cup / $4.00 Pint / $7.00 Quart
Sandwich entree price to be determined that day.
Any Other Items - See Tom or Marguerite

*As of October 1, 2016 we added an additional charge of $1.00
for TO-GO MEALS.
Bon Appetite!!

smile.amazon.com
SUPPORT HARVEST YEARS
SENIOR CENTER, INC.
By Shopping at
AmazonSmile

When you shop at AmazonSmile, Amazon will
donate to Harvest Years Senior Center, Inc.
Support us every time you shop.

Camden Lions Club

"Unselfish Service to the
Community"

The Camden Lions Club meets monthly at
Harvest Years Senior Center
30 South Street, Camden, DE.

Happy New Year
February Meetings
Monday, February 12, 2018
Monday, February 26, 2018

Dinner: 6:30 PM - Meeting Follows
Lions Club
Ready to Help, Worldwide

Whenever a Lions club gets together problems get
smaller, and communities get better. That’s because
we help where help is needed - in our own communities or around the world - with unmatched integrity and energy.

TRANSPORTATION SERVICES
The Harvest Years Senior Center offers transportation to
and from the center. Our pick-up times are between 9 AM
to 10 AM and the return time will start between 1 PM to 2
PM. Members can apply for transportation at our front
desk. Bus plan tickets may be purchased at our front desk.
You may purchase tickets ahead of time. You must
reserve your slot 24 to 48 hours ahead of time. Cost
per trip is:

$ .50 per Trip
$ 5.00 for 10 Trips
$ 10.00 for 20 Trips
$ 20.00 for 40 Trips

Art Classes
Harvest Years Senior Center

If you are interested in learning how to put your ‘hidden
artistic talents’ onto canvas, you are welcome to join our
art classes twice a month.
The cost for four classes is $25.00.
Classes: Wednesdays - 1 PM - 3 PM
Call DIANE for more Information: 698-4285
our SENIOR CENTER

A convenient source for local services

FIND AN ADVERTISER NEAR YOU
SEARCH SUPPORTERS OF OUR CENTER to find trusted services in our area!

Found 10 results while browsing "Dentist" near Bainbridge Island, WA

Dentist

Rainer Dental
11605 State Route 410 E Ste 300, Bonney Lake, WA 98391, USA
253-826-9800
View Profile

Bonneville Family Dental Care
2315 State Route 410 E Ste A, Bonney Lake, WA 98391, USA
253-826-9900
View Profile

Healthy Smiles of Steilacoom
PO Box 505, Steilacoom, WA 98388, USA
509-543-6398
View Profile

Sunrise Dental
14411 NE 39th Ave, Renton, WA 98058, USA
425-495-3400
View Profile

Prefile Dental Care
12000 NE 177th Pl, Bothell, WA 98011, USA
360-541-5800
View Profile

PLUS Sign up to have our newsletter emailed to you!
God Bless Our Troops
Always remember to keep them all in Our Daily Thoughts and Prayers.....

FEBRUARY 2018
Please Donate to The USO