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: NOVEMBER 29, 2018
12:30 PM

Veterans Day Tribute
November 9, 2018 - 11 AM

Taps

Day is done, gone the sun
From the lake, from the hills,
From the sky.
All is well, safely rest, God is nigh.

Fading light, dims the sight,
And a star gems the sky, gleaming bright
From afar, drawing night, falls the night.

Thanks and praise, for our days,
‘Neath the sun, ‘neath the stars, ‘neath the sky.
As we go, this we know, God is nigh.

Sun has set, shadows come,
Time has fled, scouts must go to their beds.
Always true to the promise that they made.

While the light fades from sight,
And the stars gleaming rays softly send,
To thy hands we our souls, Lord, commend.
Happy “November 2018” Birthdays

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

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 **NOVEMBER** 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 November 15, 2018**.

**PLEASE CALL (302) 698-4285.**

---

**Golden Dinner Club**

Our Monthly fundraiser is open to all our members, their families and friends. Each month we choose a local Restaurant and we get-together to eat, celebrate events and have fun.

**Best of All** we get a **donation** for our center.

---

**Winter Weather Alert**

Winter weather will be with us for at least the next five months, so 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 through March. You may also call the Center at (302) 698-4285 before you head out. If we are closed there will be a message posted 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.

---

May your Special Day be as lovely as all of you are. **ENJOY YOUR DAY!!**

---

**Happy Birthday**

2 Velenda Courtney
2 Edwina Groeflin
2 David Johnson
2 Joan Konopka
3 Betty Lou Ward
6 Kate Ravenstein
6 Nick Rossiter
7 Betty Brunner
7 Martin Kowalczyk
8 Shirley Biddle
8 Stephanie Ligouri
9 Kathy Chalmers
9 Carlton Walker
10 Gloria Miccarelli
11 Anthonette Brand
11 Ken Reisen
11 Pam Strausbaugh
13 Alfred Martin
13 Robert Olivacz
13 Gale Thornbury
14 Ruth Anne Rader
15 Ruth Ann Miller
15 Lois Williams
16 Sharon Mann
16 Adele Mattock
17 Ruth Ann Leister
18 Don Conroy
18 Grace Corcoran
18 Leola Johnson
18 Ann Knight
18 Brenda Spriggs
19 Lorraine Hrycyshyn
20 William Landmesser
21 Helen Stevenson
22 Frank Flynn
22 Arlene Willard
23 Barbara Bradley
23 Candace Goodrich
23 Trish Weaver
24 Betty Brown
24 Stephen Smith
27 Beatrice Caffee
28 Frances Block
28 Berniece Halfen
28 Sharon Simmons
28 Juan Torres
30 Frances Aviles
From Your Executive Director
Tom Bones

Happy THANKSGIVING Day

Activity Notes
by Diane Amoroso

It’s that time of the year already??
Let’s Celebrate!!

We invite you all to celebrate
at Harvest Years at our annual
Thanksgiving Luncheon
Wednesday, November 14th
at 11:30 AM.

Please make your reservation early and
let’s look forward to gathering together
and having a special time as one big
happy Harvest Years’ family.
A traditional Thanksgiving Feast
will be served.
We look forward to sharing this special
luncheon with all of you.

The Fall leaves are falling, the days are getting shorter and
collecter and we are in one of our favorite seasons here at
The Harvest Years! November will bring many activities
and opportunities to gather us together.

We will honor our Veterans on Friday, November 9th with
a ceremony beginning at 11 AM, followed by lunch. We
pay tribute to them and all that they have done for us and
our country.

Our holiday celebrations will kick off with a traditional
Thanksgiving luncheon on Wednesday, November 14th. A
delicious Thanksgiving turkey will be roasted, with all of
the trimmings, so please make your reservations early!

Do you need some soup on these chilly days? Our soup
kitchen is open for business! Please check out our daily
menu for our soup de Jour. You may purchase a cup or a
quart or two to take home and enjoy. Stock up for the
weekends too!!

A huge thank you, to all of you, that volunteered at our
October fundraisers. The Spaghetti Dinner, the Sub Sale
and our Annual Yard Sale were all successes because of
you!! The donations and baked goods were very much
appreciated. Thank you again!

During the month of November, our Annual Giving Cam-
paign continues. By now, you and your neighbors should
have received our 2018 Campaign Brochure outlining our
programs and activities here at The Harvest Years. This
annual campaign is VITAL for our financial securing.
Please encourage all you know to donate all that they can.
It is very much appreciated and all is put to good use. A
big thank you to those of you that have already given for
2018.

My sincerest best wishes to all of you and your families for
a very HAPPY THANKSGIVING.

VETERANS DAY

ANNUAL TRIBUTE
Friday, November 9, 2018
11 A.M.

THANK YOU VETERANS!!
God Bless You All!!
## Kent County Representatives
District General Assembly
Contact Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number or E-Mail</th>
<th>District</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jeff N. Spiegelman</td>
<td>302 744-4171 or <a href="mailto:Jeff.Spiegelman@state.de.us">Jeff.Spiegelman@state.de.us</a></td>
<td>RD 11</td>
</tr>
<tr>
<td>William J. Carson</td>
<td>302 744-4113 or <a href="mailto:William.Carson@state.de.us">William.Carson@state.de.us</a></td>
<td>RD 28</td>
</tr>
<tr>
<td>Trey Charles Paradee</td>
<td>302 744-4351 or <a href="mailto:Trey.Paradee@state.de.us">Trey.Paradee@state.de.us</a></td>
<td>RD 29</td>
</tr>
<tr>
<td>William R. Outten</td>
<td>302 744-4083 or <a href="mailto:Bobby.Outten@state.de.us">Bobby.Outten@state.de.us</a></td>
<td>RD 30</td>
</tr>
<tr>
<td>Sean M. Lynn</td>
<td>302 744-4351 or <a href="mailto:Sean.Lynn@state.de.us">Sean.Lynn@state.de.us</a></td>
<td>RD 31</td>
</tr>
<tr>
<td>Andrea L. Bennett</td>
<td>302 744-4351 or <a href="mailto:Andrea.Bennett@state.de.us">Andrea.Bennett@state.de.us</a></td>
<td>RD 32</td>
</tr>
<tr>
<td>Charles S. Postles Jr.</td>
<td>302 744-4081 or <a href="mailto:Charles.Postles@state.de.us">Charles.Postles@state.de.us</a></td>
<td>RD 33</td>
</tr>
<tr>
<td>Lyndon D. Yearick</td>
<td>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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<thead>
<tr>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>Bruce C. Ennis</td>
<td>302 744-4310 or <a href="mailto:Bruce.Ennis@state.de.us">Bruce.Ennis@state.de.us</a></td>
<td>SD 14</td>
</tr>
<tr>
<td>Dave G. Lawson</td>
<td><a href="mailto:Dave.Lawson@state.de.us">Dave.Lawson@state.de.us</a></td>
<td>SD 15</td>
</tr>
<tr>
<td>Colin Bonini</td>
<td>302 744-4169 or <a href="mailto:Colin.Bonini@state.de.us">Colin.Bonini@state.de.us</a></td>
<td>SD 16</td>
</tr>
<tr>
<td>Brian J. Bushweller</td>
<td><a href="mailto:Brian.Bushweller@state.de.us">Brian.Bushweller@state.de.us</a></td>
<td>SD 17</td>
</tr>
<tr>
<td>F. Gary Simpson</td>
<td>302 <a href="mailto:744-4134-Gary.Simpson@state.de.us">744-4134-Gary.Simpson@state.de.us</a></td>
<td>SD 18</td>
</tr>
</tbody>
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**We Need Instructors!**

Teresa Davis - Realtor
3841 N. Dupont Hwy.,
Dover, DE
302-674-4500 Office
302-423-6406 Cell
teresa@KRprops.com

View thousands of homes instantly at www.KRprops.com

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CONTACT

Joe Visconto to place an ad today!
jvisconte@lpiseniors.com
or (800) 477-4574 x6398

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

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

www.pivotphysicaltherapy.com
Phone: (302) 735-4900

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**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
- $25 for non-members

Call Roger at 302-697-1933 or visit www.aarp.org/findacourse
Thank you.

Readers of the Harvest Years Monthly may know that I decided more than a year ago to retire from the State Senate at the end of my current term. Thus, I am not a candidate for re-election in this month’s elections. Accordingly, this is my last Harvest Years Report. I want to thank Harvest Years for allowing me to share my thoughts on legislative matters each month for the past many years. I also want to thank the many Harvest Years members who have supported my efforts throughout my Senate service.

Serving the people of the 17th District has been a privilege and an honor I will cherish for the rest of my years. Knowing that the people placed their faith in me to represent their interests in so many different ways on so many important issues is both humbling and gratifying, not to mention, on occasion, daunting and challenging.

The decision to retire was actually fairly easy given that my wife Rocky and I are both now in our seventies and the allure of more time with children, grandchildren and each other is strong. It is not without regret, however. I will sincerely miss working with so many wonderful, committed Kent Countians and others in mutual efforts to make our community better.

In addition to my concern for fiscal responsibility as a member of the Joint Finance and Capital Improvement Committees, and to my efforts to balance the diverse views in the 17th on the many significant social issues that dominated much of my Senate tenure, I have tried to focus on specific, local initiatives that would make for a brighter future right here in Kent County. There were street issues: resolving the serious traffic problems on Thomas Harmon Drive in Camden, rebuilding North Street in downtown Dover (creating Loockerman Plaza in the process), and finally getting DelDOT to include the Camden ByPass in its Capital Transportation Program. Of particular satisfaction was the renaming of Court Street in Dover to be Martin Luther King, Jr. Boulevard, recognizing Dr. King’s fundamentally important contributions to the fabric of our nation.

I worked hard to allocate Community Transportation Funding fairly and productively among the three towns in the District - Wyoming, Camden and Dover, as well as the intervening neighborhoods, and to bring fairness to residents of manufactured home communities like Wild Meadows and Barclay Farms; to add cameras to the fight against crime in downtown Dover and to help maintain the vitality and viability of our senior centers, our veterans organizations, our fire companies and our homeowner associations.

Delaware State University was always in the forefront of my thinking and I am happy to have played a role in bringing the Inspire Scholarship to full bloom, in securing the former Civic Center acreage for future DSU development and in insuring fair treatment throughout the budget process for DSU - our flagship of higher education institutions.

Underlying virtually all my Senate activity has been a concern for good jobs here in Kent County. Every time I drive by the DE Turf in Frederica, and see the many hundreds of cars from all over the Mid-Atlantic region, I am proud to have been part of the group that fought long and hard to bring this job-creating, economic asset to fruition. And, finally, after years of struggle, we were able to address the serious mistakes the State had made with regard to our casino industry. Those mistakes threatened the jobs of nearly 2,500 Kent Countians. The passage of legislation just this past June will go a long way toward stabilizing this industry so important to our local economy.

I would not have had the opportunity to undertake these and other initiatives without the support of many, many people who helped me understand the issues, provided factual data and solid reasoning on those issues, who took the time to communicate their thoughts and ideas and who did myriad other things to help me serve the people of the 17th District to the best of my ability.

Thank you.
# November 2018 Menu

<table>
<thead>
<tr>
<th>Monday</th>
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<tr>
<td></td>
<td><strong>Daylight Savings Time ENDS SUNDAY, NOVEMBER 4TH</strong></td>
<td>1. Chicken &amp; Dumplings Peas Tossed Salad Bread or Rolls Peaches</td>
<td>2. <strong>Vets Day Tribute</strong> Roasted Pork Loin Mashed Potatoes Carrots Bread or Rolls Assorted Desserts</td>
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<td>5. Swedish Meatballs Buttered Noodles Peas &amp; Carrots Bread or Rolls Brownie</td>
<td>6. <strong>ELECTION DAY</strong> Spaghetti w/Meat Sauce House Salad Italian Bread Fruit</td>
<td>7. Oven Fried Chicken Sweet Potatoes Broccoli Bread or Rolls Sherbert</td>
<td>8. Cheese Steak Fried Onions Baked Fries Peaches</td>
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<td>9. <strong>ELECTION DAY</strong> Spaghetti w/Meat Sauce House Salad Italian Bread Fruit</td>
<td>10. <strong>Thanksgiving Lunch</strong> Roasted Turkey Stuffing/Sweet Potatoes Green Beans Cranberry Sauce/Rolls Apple or Pumpkin Pie $6.00</td>
<td>11. <strong>Happy Birthday Lunch</strong> Braised Beef over Noodles Peas Bread or Rolls Ice Cream &amp; Cake</td>
<td>12. <strong>ELECTION DAY</strong> Spaghetti w/Meat Sauce House Salad Italian Bread Fruit</td>
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<td>17. <strong>All You Can Eat Buffet</strong> Beef Hot Dogs Baked Beans Cole Slaw Cake $5.00</td>
<td>18. Baked Flounder Macaroni &amp; Cheese Stewed Tomatoes Bread or Rolls Cake</td>
<td>19. <strong>All You Can Eat Buffet</strong> Beef Hot Dogs Baked Beans Cole Slaw Cake $5.00</td>
<td>20. <strong>Closed</strong> Roasted Chicken Stuffing Green Beans Bread or Rolls Fruit</td>
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## Important Information for You!

Beginning this year, 2018, anyone taking a trip with Harvest Years Senior Center must carry with them a photo ID. Many of our trips will require security screenings. If you do not bring your ID you will not be permitted on the trip. **Thank You**
<table>
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<tr>
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<tr>
<td>REMINDER</td>
<td>REMINDER</td>
<td>Turn Clocks Back 1 Hr.</td>
<td>1. $8:30 AM - Yoga $$</td>
<td>2. 10 AM - 11 AM Line Dancing w/ Ben &amp; Charlotte</td>
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<tr>
<td>TUES., NOVEMBER 6th</td>
<td>AMERICAN MUSIC THEATRE NOVEMBER 6TH CHRISTMAS SHOW</td>
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<td>$9:45 AM - L.I.F.E. Aerobics Class</td>
<td>12 NOON - Mah Jong</td>
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<td>“THE FIRST NOEL”</td>
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<td>12:30 - Spades</td>
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<td>5. 9:45 AM - L.I.F.E. Aerobics Class</td>
<td>6. $8:30 AM - Yoga $$</td>
<td>7. 9:30 AM - 10:30 AM</td>
<td>8. Harrington Slots $$</td>
<td>9. 10 AM - 11 AM Line Dancing w/ Ben &amp; Charlotte</td>
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<td>$8:30 AM - Yoga $$</td>
<td>12 NOON - Mah Jong</td>
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<td>$9:45 AM - L.I.F.E. Aerobics Class</td>
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<td>20. $8:30 AM - Yoga $$</td>
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**SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY**
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.

Terry 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
**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 Extension 174.

---

**PERIPHERAL NEUROPATHY WARNING!**

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.

In order to effectively treat your neuropathy three factors must be determined

- What is the underlying cause?
- How Much Nerve Damage Has Sustained.
  NOTE: Once you have sustained 85% nerve loss, there is likely nothing that we can do for you.
- How much treatment will your condition require?

The treatment that Dr. Steve Goldschlager, D.C. provides has three main goals

1) Increase blood flow
2) Stimulate small fiber nerves
3) Decrease brain-based pain

Dr. Steve Goldschlager, D.C. will do a neuropathy severity examination to determine the extent of the nerve damage for only $60.00 for the first 25 callers. This neuropathy severity examination will consist of a detailed sensory evaluation, and a detailed analysis of the findings of your neuropathy.

Call 302-735-5501 to make an appointment to see if Dr. Goldschlager can help you.

Note: We are located at 77 Greentree Drive in the Greentree Shopping Center.

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**MEDICAL APPOINTMENTS SERVICE**

If you are in need of our “Medical Appointment Service”, please call our front desk at 698-4285 to make your Doctor’s appointment. Appointments must be made 2 - 3 weeks in advance, no later than 48 hours in advance. We will provide this service between the hours of 8 AM - 2 PM, Monday thru Friday. We will pick you up 1/2 hour prior to your scheduled appointment. There will be a $3.00 Trip Charge payable by cash, check, or money order. We will not go into Sussex County or New Castle County due to cost.

Call Harvest Years Senior Center for more information and scheduling.

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**Holiday Countdown**

Our Annual Holiday Party will be held at the STARGATE DINER in Harrington, DE

Tuesday, December 18th - 4:30 - 5 PM

Join us for a Holiday Celebration. This is also our monthly fundraiser.

Diane must know by Dec. 14th if you are joining us.
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 - 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.

It’s Fall and *Our Soup Kitchen*
Is Now Open - Call Daily for
Soup Specials.

**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!!

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**Camden - Wyoming Lions Club**

*Unselfish Service to the Community*

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

**Monday, NOVEMBER 12th, 2018**

**Dinner: 6:30 PM - Meeting Follows**

**HAPPY THANKSGIVING**

**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 commu-
nities or around the world - with unmatched integ-
rity and energy.

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**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:

- $ 0.50 per Trip
- $ 5.00 for 10 Trips
- $ 10.00 for 20 Trips
- $ 20.00 for 40 Trips

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**2019 TRIPS**

OUR TRIP MEETING ON OCTOBER 26TH
WAS VERY SUCCESSFUL. MORE THAN 25 PEOP-
LE ATTENDED AND MANY NEW IDEAS WERE
DISCUSSED. BY THE END OF THIS YEAR AN
UPDATED LIST OF TRIPS FOR 2019 WILL BE
AVAILABLE FOR YOUR REVIEW. IT IS GOING
TO BE ANOTHER EXCITING YEAR!!!

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**Support Harvest Years Senior Center, Inc.**

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

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Harvest Years Senior Center, Inc.
God Bless Our Troops
Always remember to keep them all in Our Daily Thoughts and Prayers…..

Thank You Veterans

NOVEMBER 2018
Please Donate to The USO