

Harvest Years

1977



2017

Senior Center

30 SOUTH STREET, CAMDEN, DE 19934

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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: JANUARY 25, 2018

Harvest Years Monthly

JANUARY 2018
VOLUME 16 - ISSUE 1

302 698-4285 - Website: <http://harvestyears.org>

1977 Celebrating 40 Years 2017



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

Mr. & Mrs. Jack Walters

George Justus

Helen & David Baird

Robert & Coletta Vignal

Regina & Bill Taylor

Marie & Dennis Wright

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Claudia Boyles

Phyllis Craig

Marion Maly in Memory of Richard Maly

Ann & William Burke

Barbara Cain in Memory of John Cain

Eastern Shore Equipment Co.

Margaret Butterworth

Connie & Stephen Welde in Honor of Ruth Leister

Maureen Gregersen

Margaret Ciminera

Kenneth McKenna

Chris Herrmann

Audra Rivers in Memory of Brainard Briel

Shirley Erickson

Margaret Waldner

Robert H. Finney

Mary & Bill Muffley

James Dunn

Kathleen Strawn in Memory of Robert & Theresa West

Pam & John Strausbaugh

Judith & William Burke

Kathy & Brian Lessard

TO BE CONTINUED:

Happy "January 2018" Birthdays

1 Grant Barner	10 Betsy Gustafson	23 Hazel Korell
1 Michael Cohill	10 Claudine Marcum	23 Patricia Leyh
1 Ruth Harthausen	15 Edward Konopka	23 Vivian Tomlin
1 Kyle Kellam	15 Joan Schwartz	24 Veronica Christopher
1 Debbie Sterling	15 Phyllis Tarburton	25 Debra Glanden
5 Shirley Erickson	16 Charles Keighton	26 Alice Dunning
5 Charles Henning	17 Sandra Dennis	26 Mary Schaffle
5 Robert Wilkerson	18 Charles Rafa	27 Helen Baird
6 Evelyn Pierotti	19 Patrina Spiezio	27 William Berryhill
6 Beverly Ratty	19 Gregory Tyler, Sr.	27 John Dewar
7 Patti Donophan	20 Delema Carter	28 Joan (Lydia) Dryden
7 Henry Harvey	20 Francis Edna	28 Pam Slocum
7 Curtis Pratt	21 Elizabeth Wharton	28 Willis Wilson
8 Patricia Melchionda	22 Alice Condina	29 Robert Craig
9 Dorothy Kochel	22 Shirley Martin	30 Pattie McGhee
10 Harvey Ahlstrom	23 Diane Amoroso	31 Eva Dixon

Laughter Is The Best Medicine

Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel!!

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 **January** 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 JANUARY 18, 2018 PLEASE CALL (302) 698-4285.

The AARP Tax-Aides

will be available to file your taxes beginning on TUESDAY, FEBRUARY 6th and ending on THURSDAY, APRIL 12th.

Please call to make your appointment ASAP.

302 698-4285

REMINDER

**2018 Membership
Dues Are Due**

January 1st - December 31st

**FROM YOUR EXECUTIVE DIRECTOR
TOM BONES**

As we all begin to ring in the new year and celebrate 2018, we must thank our donors to our **"Annual Giving Campaign"**. We have been so fortunate to have received the donations that we have. Every little bit helps, and helps our center grow further. If you have not made a donation to this year's campaign, and would like to do so, please do. It is not too late!

This winter is an excellent time for you and other members to take advantage of our Transportation Service here at the center. Transportation can be provided for you to and from the center to all our lunches and daytime events here at the Harvest Years. Please call our front desk and arrange to be picked up on the days that you choose.

We also have available to you our Shopping Program. We have very dedicated people that work for the Harvest Years that would be happy to help you get your groceries and run other errands, if you should need their help. Please ask for additional information if this is something that could really help you, especially for these upcoming winter months.

Your Annual Harvest Years Membership is due by January 1, 2018! The cost is just \$20.00 per person per year. You may mail it in, or stop by our reception desk to renew your membership. Now would be the perfect time to ask new members to join us as well!!

On behalf of all of us here at Harvest Years Senior Center, I would like to wish each of you and your families a very Happy, Healthy, and Safe New Year. I thank each of you for the outstanding support you have shown the Harvest Years in 2017, and wish you only good things in 2018.

HAPPY★NEW★YEAR

***Activity Notes
by Diane Amoroso***



Let's welcome in another New Year! My *Best Wishes* to all of our members, their families and friends for a *Happy, Healthy, and Prosperous 2018*.

We are facing several winter months ahead and we want you to stay safe. Please do not go out if the weather is inclement with ice and snow. We do not want you slipping and falling down. The worst thing for a senior is to break a bone. Nothing is that important for you to go out in bad weather.

If you would like to join us for lunch at Harvest Years we can pick you up and take you home if our bus is able to navigate through the streets. Our bus will not go out if the weather is too severe.



Winter Weather Alert

Winter weather will soon descend on us. Please be sure to listen to your radio (WDSB 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

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Call Diane for full itinerary and
pricing**

302 698-4285

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40,000 square foot
Museum. So much to see.
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and Pricing*

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\$20 for non-members

TO FIND A COURSE NEAR YOU:

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

How Important Are Senior Centers to Older Delawareans?

The title of this column poses a question that will be asked, in one way or another, in one forum or another, by many, many people across our state over the next six months. And, that includes State Senators and State Representatives.

This question will be asked because this month the Governor and the General Assembly began building the Fiscal Year 2019 budget. One of the significant challenges in that process will be how to restore the 20% cut in state aid to senior centers the State imposed in the current year's budget.

That 20% cut is real. It has had a real impact on the services senior centers offer. It has made even tighter the budgets of senior centers that were already stretched. It has forced senior centers to increase fees they charge for services and to ask their members for increased voluntary contributions.

This year's 20% cut was a direct result of continued, sluggish growth of state revenues. When combined with continued, significant increases in other areas of the budget, like Medicaid, state employee health care costs and steady growth in the number of students in our public schools, not enough was left to fully fund the State's historic commitment to non-profit organizations like senior centers, fire companies, veterans' organizations and others. That 20% cut amounted to more than \$8.6 million for those organizations.

Just before Christmas, the official revenue forecast for FY 2019 suggested that the period of sluggish growth may not be over yet. The current forecast predicts an increase of \$87.5 million in revenue, which is a little more than 2% of this year's total budget. And, while we don't yet have the actual estimates of increases in the typical growth areas of the budget like health care and education, in previous years, those items alone often accounted for more than the current forecasted revenue increase.

As we go through the budget process, and get closer to our June 30 deadline for finalizing a budget, additional forecasts will be forthcoming. If those forecasts do not noticeably improve over where we are now, it may be impossible to restore the 20% cut. Some legislators have proposed raising certain taxes if that is the case. I myself have supported the idea of one or two new income tax brackets on higher income earners. Right now, the highest tax bracket in the state income tax starts at \$60,000 of taxable income. That means a couple with taxable income of \$60,000 pays the same tax rate as a couple with \$1,000,000 (or more) of taxable income. It seems reasonable to me that new brackets with modest increases at \$150,000 and \$300,000 would be very fair and would raise sufficient revenue to meet the state's needs.

Without a revenue increase of some kind beyond the currently predicted 2%, the many programs of the Harvest Years Senior Center will be in jeopardy. Congregate meals, holiday lunches, volunteer opportunities, social activities, trips and tours, Hair Cuts by Pat, shopping program. And more.

How important are all these services and activities to older Delawareans? Stay tuned for the answer.



- JANUARY 2018 MENU -

Monday	Tuesday	Wednesday	Thursday	Friday
1. CLOSED 	2. Chicken Parmigiana Spaghetti Tossed Salad Italian Bread Ice Cream Sundae	3. Homemade Beef Stew Biscuit Applesauce Cake	4. Roasted Chicken Macaroni & Cheese Spinach Bread or Rolls Pineapple	5. Navy Bean Soup Deli Ham & Cheese On a Roll Lettuce/Tomato Assorted Desserts
8. Chicken Cheesesteak Fried Onions Baked Fries Tossed Salad Fruit	9. Roast Beef Mashed Potatoes Gravy/Peas Bread or Rolls Peaches	10. Liver & Onions Rice & Gravy Buttered Beets Bread or Rolls Jell-O w/Whipped Cream Alt: Salisbury Steak	11. Roasted Pork Loin Mashed Potatoes Gravy Vegetable Blend Bread or Rolls Applesauce	12. Cheeseburger on a Roll Baked Fries Lettuce, Tomato, Onion Assorted Desserts
15. Martin Luther King's Birthday Baked Meatloaf Mashed Potatoes Gravy & Peas Cherry Cheesecake Cobbler	16. Hearty Vegetable Soup Grilled Reuben Sandwich Brownie	17. Baked Salmon Brown Rice Carrots Bread or Rolls Peaches	18. Happy Birthday Lunch Baked Chicken Breast Stuffing/Green Beans Bread or Rolls Ice Cream & Cake	19. Cobb Salad Turkey, Bacon, Eggs, Blue Cheese & Onion Sweet Roll Assorted Desserts
22. All You Can Eat Swedish Meatballs Buttered Noodles Vegetable Blend Bread or Rolls Cake \$5.00	23. Roasted Turkey Stuffing Broccoli Bread or Rolls Fruit Cocktail	24. Spaghetti w/Meatsauce Tossed Salad Italian Bread Sherbert	25. Baked Ham Boiled Potatoes Cabbage Bread or Rolls Apple Strudel	26. Chicken Salad Platter Lettuce, Tomato, Macaroni Salad Assorted Desserts
29. Three Bean Chili Cornbread Rice Cookie	30. Baked Flounder Macaroni & Cheese Stewed Tomatoes Bread or Rolls Fruit	31. BBQ Pork Chop Roasted Potatoes Peas & Carrots Bread or Rolls Tropical Fruit	1. Sweet Hawaiian Chicken Scalloped Potatoes Lima Beans Bread or Rolls Pudding	2. Tomato Soup Grilled Turkey Sandwich Pickles/Chips Assorted Desserts


**Kent County Representatives District General Assembly
Contact Information**

<u>Name</u>	<u>Phone Number or E-Mail</u>	<u>District</u>
Jeff N. Spiegelman - 302 744-4171 or Jeff.Spiegelman@state.de.us		RD 11
William J. Carson - 302 744-4113 or William.Carson@state.de.us		RD 28
Trey Charles Paradee - 302 744-4351 or Trey.Paradee@state.de.us		RD 29
William R. Outten - 302 744-4083 or Bobby.Outten@state.de.us		RD 30
Sean M. Lynn - 302 744-4351 or Sean.Lynn@state.de.us		RD 31
Andrea L. Bennett - 302 744-4351 or Andrea.Bennett@state.de.us		RD 32
Charles S. Postles Jr. - 302 744-4081 or Charles.Postles@state.de.us		RD 33
Lyndon D. Yearick - 302 744-417 or Lyndon.Yearick@state.de.us		RD 34

**Senators Delaware General Assembly
Contact Information**

<u>Name</u>	<u>Phone Number or E-Mail</u>	<u>District</u>
Bruce C. Ennis - 302 744-4310 or Bruce.Ennis@state.de.us		SD 14
Dave G. Lawson Dave.Lawson@state.de.us		SD 15
Colin Bonini - 302 744-4169 or Colin.Bonini@state.de.us		SD 16
Brian J. Bushweller - Brian.Bushweller@state.de.us		SD 17
F. Gary Simpson - 302 744-4134 or Gary.Simpson@state.de.us		SD 18

- JANUARY 2018 ACTIVITIES -

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1. CLOSED</p> 	<p>2. \$\$8:30 AM - Yoga\$\$</p> <p>9:30 AM - Crafts</p> <p>12 NOON - Domino's</p> <p>\$\$ 5 PM - 6 PM \$\$ Perfect 10 Pilates</p>	<p>3. 9:30 AM - 10:30 AM Land Aerobics</p> <p>9 AM - 11:30 AM Ceramics</p> <p>12:30 - Hand & Foot</p> <p>1 - 3 PM \$\$ ART CLASS \$\$</p> <p>\$\$ 5 PM - 5:45 PM \$\$ FEARLESS YOGA</p>	<p>4. \$\$ 8:30 AM - Yoga \$\$</p> <p>9:45 AM - L.I.F.E. Aerobics Class</p> <p>\$\$ 5 PM - 6 PM \$\$ Perfect 10 Pilates</p>	<p>5. 10 AM - 11 AM Line Dancing w/Ben & Charlotte</p> <p>12 NOON - Mah Jong</p> <p>12:30 - Spades</p> <p>1 P.M. - Pinochle</p>
<p>8. 9:45 AM - L.I.F.E. Aerobics Class</p> <p>9:30 AM - 500 Rummy</p> <p>\$\$ 5 PM - 5:45 PM \$\$ FEARLESS YOGA</p>	<p>9. \$\$8:30 AM - Yoga\$\$</p> <p>9:30 AM - Crafts</p> <p>12 NOON - Domino's</p> <p>\$\$ 5 PM - 6 PM \$\$ Perfect 10 Pilates</p>	<p>10. 9:30 AM - 10:30 AM Land Aerobics</p> <p>9 AM - 11:30 AM Ceramics</p> <p>12:30 - Hand & Foot</p> <p>\$\$ 5 PM - 5:45 PM \$\$ FEARLESS YOGA</p>	<p>11. Harrington Slots Call Diane to Reserve a Seat</p> <p>\$\$ 8:30 AM - Yoga \$\$</p> <p>9:45 AM - L.I.F.E. Aerobics Class</p> <p>\$\$ 5 PM - 6 PM \$\$ Perfect 10 Pilates</p>	<p>12. 10 AM - 11 AM Line Dancing w/Ben & Charlotte</p> <p>12 NOON - Mah Jong</p> <p>12:30 - Spades</p> <p>1 P.M. - Pinochle</p>
<p>15. 9:45 AM - L.I.F.E. Aerobics Class</p> <p>9:30 AM - 500 Rummy</p> <p>\$\$ 5 PM - 5:45 PM \$\$ FEARLESS YOGA</p>	<p>16. \$\$8:30 AM - Yoga\$\$</p> <p>9:30 AM - Crafts</p> <p>12 NOON - Domino's</p> <p>\$\$ 5 PM - 6 PM \$\$ Perfect 10 Pilates</p>	<p>17. 9:30 AM - 10:30 AM Land Aerobics</p> <p>9 AM - 11:30 AM Ceramics</p> <p>12:30 - Hand & Foot</p> <p>1 - 3 PM \$\$ ART CLASS \$\$</p> <p>\$\$ 5 PM - 5:45 PM \$\$ FEARLESS YOGA</p>	<p>18. \$\$ 8:30 AM - Yoga \$\$</p> <p>9:45 AM - L.I.F.E. Aerobics Class</p> <p>\$\$ 5 PM - 6 PM \$\$ Perfect 10 Pilates</p>	<p>19. 10 AM - 11 AM Line Dancing w/Ben & Charlotte</p> <p>12 NOON - Mah Jong</p> <p>12:30 - Spades</p> <p>1 P.M. - Pinochle</p>
<p>22. 9:45 AM - L.I.F.E. Aerobics Class</p> <p>9:30 AM - 500 Rummy</p> <p>\$\$ 5 PM - 5:45 PM \$\$ FEARLESS YOGA</p>	<p>23. \$\$8:30 AM - Yoga\$\$</p> <p>9:30 AM - Crafts</p> <p>12 NOON - Domino's</p> <p>\$\$ 5 PM - 6 PM \$\$ Perfect 10 Pilates</p>	<p>24. 9:30 AM - 10:30 AM Land Aerobics</p> <p>9 AM - 11:30 AM Ceramics</p> <p>12:30 - Hand & Foot</p> <p>\$\$ 5 PM - 5:45 PM \$\$ FEARLESS YOGA</p>	<p>25. \$\$8:30 AM - Yoga\$\$</p> <p>9:45 AM - L.I.F.E. Aerobics Class</p> <p>\$\$ 5 PM - 6 PM \$\$ Perfect 10 Pilates</p>	<p>26. 10 AM - 11 AM Line Dancing w/Ben & Charlotte</p> <p>12 NOON - Mah Jong</p> <p>12:30 - Spades</p> <p>1 P.M. - Pinochle</p>
<p>29. 9:45 AM - L.I.F.E. Aerobics Class</p> <p>9:30 AM - 500 Rummy</p> <p>\$\$ 5 PM - 5:45 PM \$\$ FEARLESS YOGA</p>	<p>30. \$\$8:30 AM - Yoga\$\$</p> <p>9:30 AM - Crafts</p> <p>12 NOON - Domino's</p> <p>\$\$ 5 PM - 6 PM \$\$ Perfect 10 Pilates</p>	<p>31. 9:30 AM - 10:30 AM Land Aerobics</p> <p>9 AM - 11:30 AM Ceramics</p> <p>12:30 - Hand & Foot</p> <p>1 - 3 PM \$\$ ART CLASS \$\$</p> <p>\$\$ 5 PM - 5:45 PM \$\$ FEARLESS YOGA</p>	<p>1. \$\$8:30 AM - Yoga\$\$</p> <p>9:45 AM - L.I.F.E. Aerobics Class</p> <p>\$\$ 5 PM - 6 PM \$\$ Perfect 10 Pilates</p>	<p>2. 10 AM - 11 AM Line Dancing w/Ben & Charlotte</p> <p>12 NOON - Mah Jong</p> <p>12:30 - Spades</p> <p>1 P.M. - Pinochle</p>

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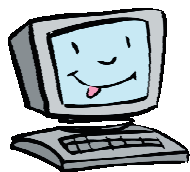
Pat Reynolds, R.C.

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

****NOTICE****

**WE WILL NOT HAVE A
GOLDEN DINNER CLUB
FUNDRAISER IN JANUARY!!**

*****TRIP ALERT*****

*I have listed more trips in our January 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. Over- night trips require
more. The trips are filling up quickly.*

Questions? - Please Call Diane 698-4285



LIONS CLUB EYEGGLASS 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.



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.

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.*

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.



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

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.

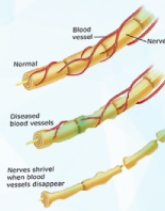


Figure 2: When these very small blood vessels become diseased they begin to shrivel up and the nerves begin to degenerate.

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

- **What is the underlying cause?**
- **How Much Nerve Damage Has Been 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**

Figure 3: The blood vessels will grow back around the nerves much like a plant's roots grow when watered.



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.



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 2017. 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 an 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, JANUARY 22, 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 2017

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



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Camden Lions Club

We Serve

**"Unselfish Service to the
Community"**

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

Happy New Year

January Meetings

Monday, January 8, 2018

Monday, January 22, 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.

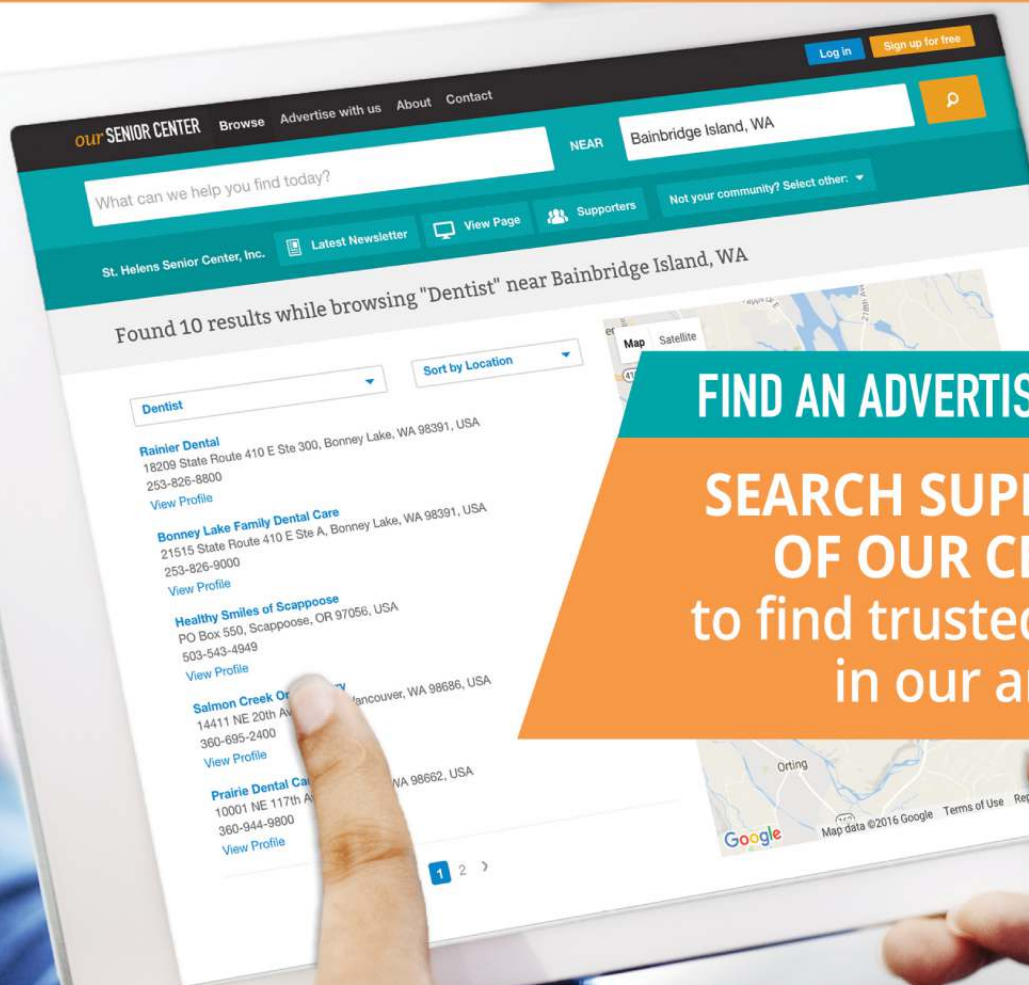
Classes: Wednesdays - 1 PM - 3 PM

Call DIANE for more Information: 698-4285



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happy new year
2018



God Bless Our Troops
Always remember to keep
them all in Our Daily Thoughts
and Prayers.....

JANUARY 2018

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