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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

Christmas Luncheon
Wednesday, December 19, 2018
You are all invited to join us for this very special day. We look forward to celebrating with all of you. A traditional Holiday luncheon will be served. Please call Harvest Years and make your reservations early.

Happy New Year
Let’s Celebrate!! Welcome 2019
New Year’s Eve Luncheon
Friday, December 28, 2018
11:30 AM
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.

Happy “December 2018” Birthdays

1 Luis Bechini
1 Pat Brown
1 Glenda Perry
2 William McNiece
3 Bill Burke
4 Joseph Daniels
4 George Justus
5 J.W. Vincent Longfellow
6 Lillie Mae Harris
7 Leroy Bookhultz
8 Doris Brown
8 Gloria Fili
9 Elaine Ford
10 Nancy Gardner
10 Frank McSweeney
10 Kenneth Smith
11 Irene Pernol
12 Larry Dougherty, Sr.
12 Thomas Nevins
13 Ann Burke
13 John Stuart
14 Philip De Rocili
14 Vera Kundler
14 Evelyn White
15 Clarena Jones
15 Howard Lehuquet
15 Mary Lou Rowlands
16 Joyce Diltz
17 Darlene Guidry
17 James Hanacek Jr
18 Elwood Lord
19 Jeanette Kossman
20 Hannah McLennan
20 Tess (Teresa) Urban
21 Lois Ayvazian
21 Betty Harris
22 Karen Baker
22 Lynda Davis
23 Carol Likens
23 Carol Malloy
23 Lewis Shields
24 Ronald Miccarelli
24 Joanne Semple
25 Lynda Hultman
25 Luther Wagner
26 Amelia Watson
27 Donald Dean
27 Leota Farrall
27 Frances Fox
27 Carol Whyte
28 Joann McIlvain
28 John Strausbaugh
28 Jean Tassinari
29 George Brummell
29 Bertina Ward

***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 DECEMBER 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 DECEMBER 20, 2018.
PLEASE CALL (302) 698-4285.

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.
Welcome to the start of the Holiday Season of 2018! The Harvest Years has been trimming the tree and putting the final pieces in place for all of the festivities and December’s events to come.

With the calendar year coming to a close, it also means that it is Membership renewal time. Your Harvest Years membership registration for 2019 is due by January 1, 2019 to keep your membership current. Do not delay!

If you know of any other seniors in our area who are not already members, please invite them to join us. As you already know, The Harvest Years has so much to offer for just $1.67 per month.

Our Annual Giving Campaign continues throughout the month of December. Please consider giving generously as we need your support. We never know what type of budget cut we will be facing in 2019. Please continue to ask family members and friends in the community to contribute as well, if they haven’t already done so. Every little bit helps in some way to keep our senior community thriving.

A special Thank You at this time of year to all the members of our center who helped in some way. All of the volunteers before, during and after our Holiday Craft Show both here and off site were invaluable. A special thank you as well to the ceramic and craft class for all the beautiful items they made! Our Yard Sale, Sub Sale and Spaghetti Dinner would not have been possible without all of you. Next up is our Soup Festival in January! Stay tuned for more details.

Please note on our calendar, that we will be closed on Monday, 12/24 & Tuesday, 12/25 for Christmas and on Monday, 12/31 & Tuesday, 1/1 for New Years.

On behalf of the Harvest Years Board of Directors and myself, I would like to wish each of you a very safe and Happy Holiday Season. May you all enjoy much good health and happiness in 2019!!

Harvest Years Senior Center, Inc.

From Your Executive Director
Tom Bones

Activity Notes
by Diane Amoroso

It’s The Holiday Season!!
Let’s Celebrate this special time of the year together.

Our Golden Dinner Club Christmas Party will be held at the Stargate Diner on Route 13 in Harrington, De on December 18th. We always have a fun night out with family and friends. Please join us!

Harvest Years’ Annual Christmas Lunch is scheduled for Wednesday, December 19th at 11:30 AM

Our HAPPY NEW YEAR 2019 Luncheon will be held on Friday, December 28, 2018 at 11:30 AM

Happy New Year 2019

Joyce Galaviz

Harvest Years
2019
### April
- **Thursday, April 18th** - Rainbow’s Dinner Playhouse - Presents, “NANA DOES VEGAS” - All Inclusive $89.00 Per Person - Motorcoach Transportation, Driver Gratuity, Tickets, and Buffet Lunch. Deposit on Sign-Up $25.00 Per Person RATED: (E)

- **Tuesday, April 30th** - Hershey’s Chocolate World - Fun-filled, exciting day. If you LOVE CHOCOLATE, this trip is for you! All Inclusive: $89.00 Per Person RATED: (E)

### May
- **Friday, May 3rd** - Let’s visit the United States Marine Corps Museum, Quantico, VA. All Inclusive: Tour Bus, Driver Gratuity and a Private Tour of the Museum. $50.00 Per Person Lunch on your own in one of the two restaurants in the Museum.

- **Monday, May 13th** - Tuesday, May 16th - Wildwood, New Jersey Seafood Fest - Also including a visit to Cape May, Atlantic City and Smithville, New Jersey. $535.00 Per Person Dbl. Occupancy - Single: Add $200.00. Trip insurance Recommended - Trip Insurance Recommended RATED: (MD)

### June
- **Monday, June 17** - Saturday, June 22nd - Springtime in Connecticut and The Newport Rhode Island Flower Show - Call for Itinerary - All Inclusive: $779.00 Per Person - Singles add $250.00 additional. RATED: (MD)

- **Wednesday, June 26th** - The Fulton Theatre Presents “Mama Mia” - $90.00 Per Person for Tour Bus Transportation, Driver Gratuity, Show Tickets. Lunch on your own ($21.95) at Huckleberry’s Restaurant RATED: (E) SOLD OUT - A WAIT LIST IS AVAILABLE

### July
- **Tuesday, July 16th** - American Music Theatre Presents “Ovation” - A must see Musical Theatre Show!! All Inclusive: $90.00 Per Person. Tour Bus, Driver Gratuity, Show Tickets and Lunch at Huckleberry’s Restaurant RATED: (E)

### August
- **Wednesday, August 7th** - Rainbow’s Comedy Playhouse - “DIVORCE SOUTHERN STYLE” - All Inclusive: $89.00 Per Person - RATED: (E)

- **Tuesday, August 27th** - Riverboat Queen Paddleboat Excursion along the Delaware River. Dine aboard and enjoy the beautiful ride and watch the sun set on the way back to dock. All Inclusive: $110.00 Per Person - Tour Bus, Driver Gratuity, Dinner and our own Private Charter.

### September
- **Tuesday, September 17th** - Visit the U.S. Holocaust Memorial Museum, Washington, DC - $55.00 Per Person - Lunch off the Menu & on your own at the Fisherman’s Inn on the way home.

### October
- **Thursday, October 10th** - Dutch Apple Theatre - “Will Rogers Follies” - All INCLUSIVE - $90.00 Tour Bus Transportation, Driver Gratuity, Buffet Lunch, Show Tickets

**More Trips Will Be On The Schedule In The Upcoming Months** - Keep A Close Eye On The Calendar

**SOLD OUT—Wait List On Following Trips:**
- Shorebirds - July 26th
- Mystery Run - March 22nd
- Fulton Theatre - June 26th
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<thead>
<tr>
<th>Monday</th>
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<tr>
<td>Taco’s Hard/Soft Fix-ins Bar Chips/Salsa Cookie</td>
<td>Roast Beef Mashed Potatoes Gravy/Broccoli Bread or Rolls Pudding</td>
<td>Sweet &amp; Sour Chicken Rice Mixed Vegetables Bread or Rolls Fruit Cocktail</td>
<td>Stuffed Peppers Baked Potato Carrots Bread or Rolls Peaches</td>
<td>Pearl Harbor Day Tom’s 3 Bean Chili Rice House Salad Assorted Desserts</td>
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<td>Liver &amp; Onions Mashed Potatoes Beets Bread or Rolls Fruit</td>
<td>Baked Flounder Macaroni &amp; Cheese Stewed Tomatoes Bread or Rolls Cake</td>
<td>Beef Goulash Buttered Carrots Bread or Rolls Fruit Cocktail</td>
<td>Roasted Pork Loin Mashed Potatoes Gravy/Mixed Vegetables Bread or Rolls Jell-O / Whipped Cream</td>
<td>Chef’s Salad Turkey, Ham, Tomato, Egg, Lettuce Italian Bread Assorted Dessert</td>
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<td>Chicken Pot Pie Tossed Salad Bread or Rolls Peaches</td>
<td>Pulled BBQ Pork Sandwich Pickles/Chips Pudding</td>
<td>Christmas Luncheon Baked Honey Ham Sweet Potatoes Green Beans Cole Slaw/Rolls Assorted Desserts $6.00</td>
<td>Happy Birthday Lunch Baked Meatloaf Mashed Potatoes Gravy/Peas &amp; Carrots Bread or Rolls Cake &amp; Ice Cream</td>
<td>WINTER BEGINS BLT Sandwich Baked Fries House Salad Assorted Desserts</td>
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<td>Kwanzaa Begins</td>
<td>Oven Fried Chicken Baked Beans Cole Slaw Bread or Rolls Tropical Fruit</td>
<td>Toast to 2019 Baked Salmon Brown Rice Broccoli Fruit Sparkling Cider</td>
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<td>Swedish Meatballs Noodles Peas Bread or Rolls Pudding</td>
<td>Beef Stew Biscuit Applesauce Brownie</td>
<td>Meatball Sub Pickles/Chips Assorted Desserts</td>
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**IMPORTANT INFORMATION FOR YOU!**

Anyone taking a trip with Harvest Years Senior Center must carry 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**
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<td>4. 9:30 AM - Crafts</td>
<td>5. 9:30 AM - 10:30 AM Land Aerobics</td>
<td>6. $8:30 AM - Yoga $$</td>
<td>7. Pearl Harbor Day</td>
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<td>9:30 AM - 500 Rummy</td>
<td>9 AM - 11:30 AM Ceramics</td>
<td>9 AM - 11:30 AM Ceramics</td>
<td>9:45 AM - L.I.F.E. Aerobics Class</td>
<td>10 AM - 11 AM Line Dancing</td>
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<td>12:30 - Hand &amp; Foot</td>
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<td>w/ Ben &amp; Charlotte</td>
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**DECEMBER 2018 ACTIVITIES**

- **31. CLOSED**
  - **HAPPY New Year**
- **24. CLOSED**
  - **Merry Christmas**
Don’t know what to do now that you’ve turned on your computer or smartphone?

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

**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 $30.00.

Classes: Wednesdays - 1 PM - 3 PM

Call DIANE for more Information: 698-4285

Come In and Join Us For This Fun, Exciting and Educational Class!!

NEXT CLASS: WEDNESDAY, DECEMBER 12TH

**GOLDEN DINNER CLUB**

TUESDAY, DECEMBER 18th

4:30 ‘til 6:30 PM

HAPPY HOLIDAY PARTY

Stargate Diner, Rt. 13. Harrington, DE

JOIN US FOR OUR MONTHLY FUNDRAISER – We Always Have A Great Time!!

PLEASE Call Diane before December 14th if you are planning on joining us.

**JOIN OUR NEW “COFFEE MUG CLUB”**

BUY A COFFEE MUG FOR $10.00 with Limited Edition Numbers And Use It For Unlimited Coffee

**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 really 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.

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 have 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 Greenbriar Drive in the Greenbriar Shopping Center.

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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

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Medicare 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.

---

Our Annual Holiday Party will be held at the
Stargate Diner
in Harrington, DE

Tuesday, December 18th - 4:30 - 6:30 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 To Go* 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.

NEXT MEETING: MONDAY, JANUARY 14, 2019
Dinner: 6:30 PM - Meeting Follows
HAPPY HOLIDAYS
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

FYI NOTICE:
As a reminder, I will be out of my office beginning January 7th, 2019. If all goes well I intend on returning to work in 3 weeks. **Deposits on 2019 trips will be taken after Feb. 1st.**
THANKS, DIANE

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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.
Season's Greetings

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

DECEMBER 2018

Please Donate to The USO