

## 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 2017

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

Thelma Fox - Historian

Next Meeting: NOVEMBER 30, 2017

## Harvest Years Monthly

**NOVEMBER 2017**  
**VOLUME 15 - ISSUE 11**

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

1977 Celebrating 40 Years 2017

**HOME  
OF THE  
FREE  
BECAUSE  
OF THE  
BRAVE**

### **ANNUAL VETERAN'S DAY TRIBUTE**

**You are invited to attend our  
Annual Veteran's Day Tribute  
to honor those who  
have served and continue to  
Serve our Great Nation.**

We wish to say a special **"Thank You"**  
to those who Serve, and we send our  
**Warmest Condolences**  
to the families of those who have given  
the ultimate sacrifice to keep our  
Great Nation **FREE**.



We ask everyone to join us in this important day of  
Thanks, Remembrance, and Love.

We welcome back to our Annual Tribute,  
Gospel Singer, Thom Slaughter and his wife Debbie.

Thom served proudly in the United States Coast Guard  
and he will be with us again this year to participate in our  
Service with songs representing our Troops, their Families,  
our Freedoms, and our Love of Country and God.

You will enjoy singing along with Thom as he sings  
Old-Time Gospel Music: Songs you grew up singing at Sunday  
Morning Services. Additionally you are invited to sing along  
with pride our many Patriotic Songs.

Veteran's Day is a time to honor, a time to remember, a time to  
reflect, a time to pay tribute to our Soldiers and a time to Unite!

Our defenders need to know we stand behind them as they  
defend our Nation. They give so much and we need to give them  
our total support, Prayers, and love!!

**UNITED WE STAND, DIVIDED WE FALL.**

Remember our Veterans each and every day in your thoughts  
and prayers. Those of whom we have lost, those who are POW's -  
MIA's and all those who continue to serve their country to keep  
us Free. Be sure to say **"Thank You for your service"** to a soldier  
whenever you see young men or women in uniform.

May God Bless All Our Men & Women who Serve every day.

**GOD BLESS AMERICA**

# Happy "November 2017" Birthdays

1 Ruth Williams	11 Ken Reisen	18 Brenda Spriggs
2 Velenda Courtney	11 Pam Strausbaugh	20 William Landmesser
2 David Johnson	13 Sharon Larrimore	22 Frank Flynn
2 Joan Konopka	13 Alfred Martin	22 Cindy Richards
3 Betty Lou Ward	13 Robert Olivacz	22 Arlene Willard
4 Betty Jo Morgan	13 Gale Thornbury	23 Barbara Bradley
5 Lona "Dale" Hurley	14 Ruth Anne Rader	23 Candace Goodrich
5 Kum Raylman	15 Ruth Ann Miller	23 Harold Hurst
7 Betty Brunner	15 Lois Williams	23 Trish Weaver
8 Shirley Biddle	16 Sharon Mann	24 Betty Brown
8 Stephanie Liguori	16 Adele Mattock	24 Stephen Smith
9 Kathy Chalmers	16 Catherine (Kay) Roberson	26 Delores Rossetti
9 Carlton Walker	17 Ruth Ann Leister	28 Frances Block
10 Deborah Hrupsa	18 Grace Corcoran	28 Berniece Halfen
10 Gloria Miccarelli	18 Leola Johnson	30 Frances Aviles
11 Anthonette Brand	18 Ann Knight	30 Margaret Courtney
11 Rudy Mesnak	18 Sadie Nance	

*And Many Happy Returns....*



**Thanksgiving:** For each new morning with its light, For rest and shelter of the night, For health and food,  
For love and friends, For everything Thy goodness sends.  
- Ralph Waldo Emerson (1803-1882)

**\*\*\*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 **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, 2017. PLEASE CALL (302) 698-4285.**



## Winter Weather Alert

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

## **BAKE SALE**

**SATURDAY, NOVEMBER 4, 2017**  
**at Harvest Years Sr. Ctr.**

**If you LOVE to bake please donate your favorite cake, pie, bread or cookies. This sale is part of our Annual Craft Fair. You may drop off your baked donation on Friday, November 3rd by 3 PM. If you do not like to Bake a NO-BAKE Cash Donation will be appreciated.**

**THANK YOU**

**FROM YOUR EXECUTIVE DIRECTOR  
TOM BONES**



Daylight Savings Time Begins  
Sunday, November 5th.  
Turn your clocks **back** 1 hour  
before retiring Saturday Evening.

*The leaves are falling; the days are getting chillier and shorter. We are in one of our favorite seasons here at Harvest Years! November will bring many activities and opportunities to gather us together.*

*We will honor our Veterans on Friday, November 10th with a ceremony beginning at 10:30 AM, followed by lunch. We will 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 15th. A delicious holiday meal is planned, so please make your reservations early!*

*The **Daily Soup Kitchen** has been open and we have been serving warm delicious, homemade soups since the beginning of the fall season. Please check out our menu daily, for our soup dejour. You may purchase a cup, or a quart or two to take home and enjoy! Stock up for the weekend too.*

*A big Thank You to all of you that volunteered for both the Car Rally and our Annual Yard Sale that we had in October. We had positive feedback from the two events. Both were well attended. AGAIN, THANK YOU TO ALL OUR VOLUNTEERS!*

*During November, we will continue our **ANNUAL GIVING CAMPAIGN**. By now, you and your neighbors should have received our 2017 brochure outlining our programs. This annual campaign is vital for our financial security. Please encourage all you know to donate all they can. It is very much appreciated and a big thank you to those that have already given for 2017.*

**DUES ARE DUE FOR 2018 - JANUARY 1st!**  
**THANK YOU!!**

**Activity Notes**  
**by Diane Amoroso**



The Fall season has arrived in all it's glory. Cool days, beautiful evenings with wonderful sunsets, colorful leaves and flowers, and spiced teas, coffee, pumpkin pies, apple pies and let's not forget the aroma of a roasting Turkey with all the dressings. A bountiful time of year to be enjoyed by all our families and friends. Enjoy this Fall season and share the bounty of a seasonal feast.

You are all invited to celebrate Thanksgiving with us at Harvest Years Senior Center on Wednesday, November 15th. We will be serving a traditional Thanksgiving Luncheon. A grand celebration for everyone!!

Our 2017 trips are winding down. This month we are visiting the Zwaanenaal Museum in Lewes, De. The maritime museum was established by the Dutch in 1631. We all enjoy going to a museum. It promises to be an interesting trip.

The holiday season is almost upon us and what better way to get into the spirit of the season but to attend Irving Berlin's show "White Christmas" at the Dutch Apple Theatre in Lancaster, PA. This will be a magnificent show with a delightful buffet lunch.

To date our 2017 trips have been exciting and memorable for all our members. There are still a few more trips to round out this year.

I invited you to join us next year. Looking ahead to 2018 - Many of us took the time last month to discuss future trips and in our upcoming Newsletters I will post as many trips as I can so that you have an opportunity to sign-up for those you may be interested in sharing with us. We always have a great time when we go out visiting so many neat places.

Please consider joining us and let's go out and have fun!! That's what life is all about!!!



**WELCOME TO THE  
HARVEST YEARS SENIOR  
CENTER'S GIFT SHOP**



OUR GIFT SHOP FEATURES BEAUTIFUL HANDMADE CERAMICS, CRAFTS, JEWELRY, AND SPECIALTY ITEMS SUCH AS LAVENDER SCENT BATH OILS AND SPRAYS. WE INVITE YOU TO STOP IN AND LOOK OVER THE GIFTS WE OFFER AT TRULY GREAT PRICES. WE ARE SURE YOU WILL FIND A VERY SPECIAL GIFT FOR A VERY SPECIAL PERSON IN YOUR LIFE.

**\*\*NEW THIS YEAR: PERSONAL SAFETY ITEMS**  
*Pepper Spray, Tasers, Outdoor Warning Signs*

THE GIFT SHOP IS OPEN MONDAY — FRIDAY  
10 A.M. - 2 P.M. DAILY



**Think Holiday Gifts**  
**Black Friday Prices Every Day!!**

# Fall Craft Show

FALL CRAFT FAIR  
HARVEST YEAR'S  
SENIOR CENTER  
698-4285

SATURDAY,  
NOVEMBER 4th  
9 AM - 2 PM

20 Vendors

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Available



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### **Another National Guard Deployment Ceremony**

During my nine years in the Delaware State Senate, it has been both my honor and, in my view, my responsibility to represent the people of the 17<sup>th</sup> District in ceremonies recognizing the sacrifice and service of members of Delaware's Army and Air Guard as they deployed to foreign lands to defend our national interests and when they returned home from those deployments after performing proudly and with distinction.

Such was the case just last month when I attended a deployment ceremony for a detachment of about 30 soldiers from the Delaware Army National Guard who were deploying to the Middle East as part of Operation Inherent Resolve and Spartan Shield. Hundreds of well-wishers assembled in one of the huge hangars at the Guard facilities in New Castle on a bright, sunny October day. There were family members of the Guardsmen, elected officials, local and state police representatives, local fire companies (displaying a huge American flag from two ladder trucks), representatives of Veterans' Organizations and lots of others, including lots of other fellow Guardsmen themselves.

There was no question about the commitment of our local communities and of our entire state for these soldiers. It was an uplifting, positive and sincere expression of our faith in and appreciation for those who serve to protect us and our way of life.

The main message of support was delivered by the troops' "boss", the new Adjutant General of the Delaware National Guard, Major General Carol A. Timmons. General Timmons is the first woman to lead this force of 1,700 soldiers in the Army Guard and 1,100 airmen in the Air Guard. She came up "through the ranks" and is recognized as an outstanding military leader.

I should note that General Timmons succeeded Major General Frank Vavala just recently. General Vavala had been Adjutant General for 18 years, having first been appointed to the position by former Governor Tom Carper. I was Gov. Carper's Secretary of Public Safety when General Vavala was appointed. Thus, the General and I served together in the Governor's Cabinet until the end of the Carper Administration.

As most seniors know, the majority of members of the National Guard serve part-time in their Guard responsibilities. While leaders like Generals Timmons and Vavala are full time, as are certain other positions in the Guard, most serve and train on weekends and on more extended periods each year. However, as we know from the frequent deployment ceremonies like the one last month, Guardsmen convert to full time when needed. Most of these deployments are for a year, some longer.

In order for this system to work, the soldiers' and airmen's civilian employers need to cooperate. The Guard is thankful that most employers do so fully and willingly. They understand the importance of the Guard to America's comprehensive defense system. Just as we are proud and thankful for the Guardsmen themselves, we can all be proud of employers who embrace our country's needs in this important and patriotic way.





# - NOVEMBER 2017 MENU -

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>REMINDER</u></b> <b>THANKSGIVING LUNCHEON</b> <b>Wednesday, November 15th</b> <b>11:30 AM</b>		<b>1.</b> Homemade Beef Stew Biscuit Applesauce	<b>2.</b> Baked Ham Sweet Potatoes Succotash Bread or Rolls Pineapple	<b>3.</b> Baked Cod on a Bun Onion Rings Lettuce & Tomato Assorted Desserts
<b>6.</b> Chicken Salad On a Roll Tomato Salad Pickles/Chips Pudding	<b>7.</b> Spaghetti w/Meatsauce House Salad Italian Bread Fruit	<b>8.</b> Chicken Cordon Bleu Roasted Red Potatoes Broccoli Bread or Rolls Peaches	<b>9.</b> Tom's 3 Bean Chili Rice Cornbread Sherbert	<b>10. <u>Veterans Day Tribute</u></b> Roasted Pork Loin Mashed Potato Lima Beans Applesauce Bread or Rolls Assorted Desserts
<b>13.</b> Tomato Soup Grilled Cheese Pickles/Chips Cookie	<b>14.</b> Baked Flounder Macaroni & Cheese Stewed Tomatoes Bread or Rolls Fruit	<b>15. <u>Thanksgiving Lunch</u></b> Roasted Turkey Sweet Potatoes Stuffing Succotash Rolls Apple & Pumpkin Pies <b>\$6.00</b>	<b>16. <u>HAPPY BIRTHDAY</u></b> Baked Chicken Breast Mashed Potatoes Gravy Carrots Ice Cream & Cake	<b>17.</b> Chef's Salad Ham, Turkey, Cheese, Tomato, Egg Sweet Roll Assorted Desserts
<b>20. <u>ALL YOU CAN EAT BUFFET</u></b> Baked Ziti Tossed Salad Italian Bread Ice Cream <b>\$5.00</b>	<b>21.</b> Sweet & Sour Chicken over Rice Green Beans Bread or Rolls Jell-O w/Whipped Cream	<b>22.</b> Baked Meatloaf Gravy Mashed Potatoes Peas Bread or Rolls Fruit Cocktail	<b>23. <u>CLOSED</u></b> 	<b>24. <u>CLOSED FOR BLACK FRIDAY</u></b> 
<b>27.</b> Skillet Beans with Rice & Kielbasa House Salad Bread or Rolls Brownie	<b>28.</b> Baked Salmon Brown Rice Broccoli Bread or Rolls Cherry Cheesecake Cobbler	<b>29.</b> Baked Pork Chops Roasted Potatoes Mixed Vegetables Bread or Rolls Cake	<b>30.</b> Chicken Casserole Peas & Carrots Bread or Rolls Tropical Fruit	<b><u>REMINDER:</u></b> <b><u>Please Call by 10 AM</u></b> <b><u>IF YOU ARE JOINING US</u></b> <b><u>FOR LUNCH !!!!!</u></b>

## Kent County Representatives District General Assembly Contact Information

Name	Phone Number or E-Mail	District
Jeff N. Spiegelman - 302 744-4171 or Jeff.Spiegelman@state.de		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

Name	Phone Number or E-Mail	District
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

## - NOVEMBER 2017 ACTIVITIES -

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>REMINDER</u></b> <b>DAYLIGHT SAVINGS</b> <b>TIME BEGINS</b> <b>SUNDAY, NOVEMBER 5th</b> <b>TURN YOUR CLOCKS</b> <b>BACK</b> <b>1 HOUR SATURDAY</b> <b>EVENING!!</b>	<b><u>REMINDER</u></b> <b>Veterans Day Tribute</b> <b>Friday, November 10th</b> <b>10:30 A.M.</b> 	1. 9:30 AM - 10:30 AM Land Aerobics  9 AM - 11:30 AM Ceramics 12:30 - Hand & Foot 1 - 3 PM \$\$ ART CLASS \$\$ \$\$ 5 PM - 5:45 PM \$\$ <b>FEARLESS YOGA</b>	2. \$\$ 8:30 AM - Yoga \$\$  9:45 AM - L.I.F.E. Aerobics Class  \$\$ 5 PM - 6 PM \$\$ <b>Perfect 10 Pilates</b>	3. 8:45 AM - Tai Chi  10 AM - 11 AM Line Dancing w/Ben & Charlotte  12 NOON - Mah Jong  12:30 - Spades  1 P.M. - Pinochle
6. 9:45 AM - L.I.F.E. Aerobics Class  9:30 AM - 500 Rummy \$11 AM - Hands on Healing\$ Massage Therapist  \$\$ 5 PM - 5:45 PM \$\$ <b>FEARLESS YOGA</b>	7. \$\$ 8:30 AM - Yoga \$\$  9:30 AM - Crafts  12 NOON - Domino's  \$\$ 5 PM - 6 PM \$\$ <b>Perfect 10 Pilates</b>	8. 9:30 AM - 10:30 AM Land Aerobics  9 AM - 11:30 AM Ceramics 12:30 - Hand & Foot 1 - 3 PM \$\$ ART CLASS \$\$ \$\$ 5 PM - 5:45 PM \$\$ <b>FEARLESS YOGA</b>	9. <b>HARRINGTON SLOTS</b> <b>Call Diane for Bus Reserv.</b> <b>698-4285</b>  \$\$ 8:30 AM - Yoga \$\$  9:45 AM - L.I.F.E. Aerobics Class  \$\$ 5 PM - 6 PM \$\$ <b>Perfect 10 Pilates</b>	10. <b>Veterans Day Lunch</b>  8:45 AM - Tai Chi  <b>NO LINE DANCING</b>  12 NOON - Mah Jong  12:30 - Spades  1 P.M. - Pinochle
13. 9:45 AM - L.I.F.E. Aerobics Class  9:30 AM - 500 Rummy \$11 AM - Hands on Healing\$ Massage Therapist  \$\$ 5 PM - 5:45 PM \$\$ <b>FEARLESS YOGA</b>	14. \$\$ 8:30 AM - Yoga \$\$  9:30 AM - Crafts  12 NOON - Domino's  \$\$ 5 PM - 6 PM \$\$ <b>Perfect 10 Pilates</b>	15. 9:30 AM - 10:30 AM Land Aerobics  9 AM - 11:30 AM Ceramics 12:30 - Hand & Foot 1 - 3 PM \$\$ ART CLASS \$\$ \$\$ 5 PM - 5:45 PM <b>FEARLESS YOGA</b>	16. \$\$ 8:30 AM - Yoga \$\$  9:45 AM - L.I.F.E. Aerobics Class  \$\$ 5 PM - 6 PM \$\$ <b>Perfect 10 Pilates</b>	17. 8:45 AM - Tai Chi  10 AM - 11 AM Line Dancing w/Ben & Charlotte  12 NOON - Mah Jong  12:30 - Spades  1 P.M. - Pinochle
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# HARVEST YEARS SENIOR CENTER



## "HAIRCUTS by PAT"

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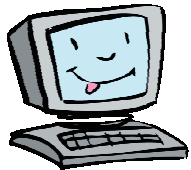
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Hours: Tuesday, Wednesday, & Thursday  
9 A.M. TO 3 P.M.

**PLEASE CALL FOR AN APPOINTMENT**

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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



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Beginning on Mondays at 11 AM in November  
Call Front Desk for an appointment  
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**Golden Dinner Club**

**Betsy Ross Pizza**

**Rt. 8 Dover, DE**

**Tues., November 28, 2017 - 5 PM**

*Please Bring All Your Friends &  
Family For A Fun Evening!!*

***This is our Monthly Fundraiser.***

***Please Call DIANE if you are planning to  
join us before November 20th !!***



## **LIONS CLUB EYEGLASS COLLECTION BOX**

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

**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  
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**STORE IS OPEN MONDAY - FRIDAY  
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*You are invited to stop by and  
browse at our nice selections.*



## Could This Get Rid of *Knee Pain Once and for All...* Without Drugs, Shots or Surgery?

### Do You Have Any of the Following Conditions?

- Arthritis • Knee Pain • Cartilage Damage
- Bone-on-Bone • Tendonitis • Bursitis
- Crunching & Popping Sounds

If you're suffering from these conditions, a **new breakthrough in medical technology** may completely eliminate your pain and help restore normal function to your knees. My name is Dr. Steve Goldschlager. Since we opened, we've seen hundreds of people with knee problems leave the office pain-free.

#### Finally, An Option Other Than Drugs or Surgery

Cold Laser is an outpatient, nonsurgical procedure, often used in physical therapy and sports medicine to accelerate the healing process. It offers noninvasive treatment to promote healing for those who suffer from pain in muscles, nerves, and joints, like that associated with chronic knee pain. **This same laser is used by professional sports teams including the New York Yankees and Cincinnati Bengals.**

#### It Promotes Rapid Healing Of The Injured Tissues

This pain-free, nonsurgical approach works by stimulating the body's natural healing processes, providing pain relief and reducing injury damage.

This leading-edge technology has an impressive success rate of returning patients to work, sports and competitive activities, as well as everyday life. Patients treated with Cold Laser often show a higher level of function, both during and after the treatment period. **The therapeutic laser provides a tremendous alternative for those facing surgery.**

**For the First 25 Callers Only,  
I'm running a very special offer  
where you can find out if you are  
a candidate for Cold Laser therapy.**

#### What does this offer include?

- An in-depth consultation about your problem where I will listen...really listen...to the details of your case.
- A complete neuromuscular examination.
- A thorough analysis of your exam findings so we can start mapping out your plan to being pain-free.

**\$60 CONSULT, EXAM  
AND ONE LASER TREATMENT**

(UP TO \$220 VALUE)  
FOR THE FIRST 25 CALLERS

**Forrest Family Chiropractic**  
77 Greentree Drive, Dover, DE  
302-735-5501

#### Here's what to do now:

Due to expected demand for this special offer, call our office at once. The phone number is 302-735-5501. Call today for your consultation and exam so we can see you as soon as there's an opening.

Yours in Good Health,  
Dr. Steve Goldschlager, D.C.

**Don't wait. Call now.**  
**302-735-5501**



## Supplemental Nutrition Assistance Program

Putting Healthy Food  
Within Reach

[assist.dhss.delaware.gov](http://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. One New Idea for 2018: **MISSION DOLLS**  
Call Diane for more information: 698-4285

## AARP DRIVER SAFETY COURSE

Harvest Years Senior Center  
30 South Street, Camden, DE



**NEXT CLASS WILL BE ON MONDAY,**

**November 20, 2017**

**9 AM - 1 PM**

**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 - To-Go Items Only**  
**\$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.*



**We Serve**

**Camden Lions Club**

**"Unselfish Service to the  
Community"**

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

***DINNER: 6:45 PM***

***Monday, November 13, 2017  
Monday, November 27, 2017***

***Meeting: Follows Dinner  
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.*

*We are back for the Fall Season and we look forward to seeing everyone at our next meeting.*

**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.*

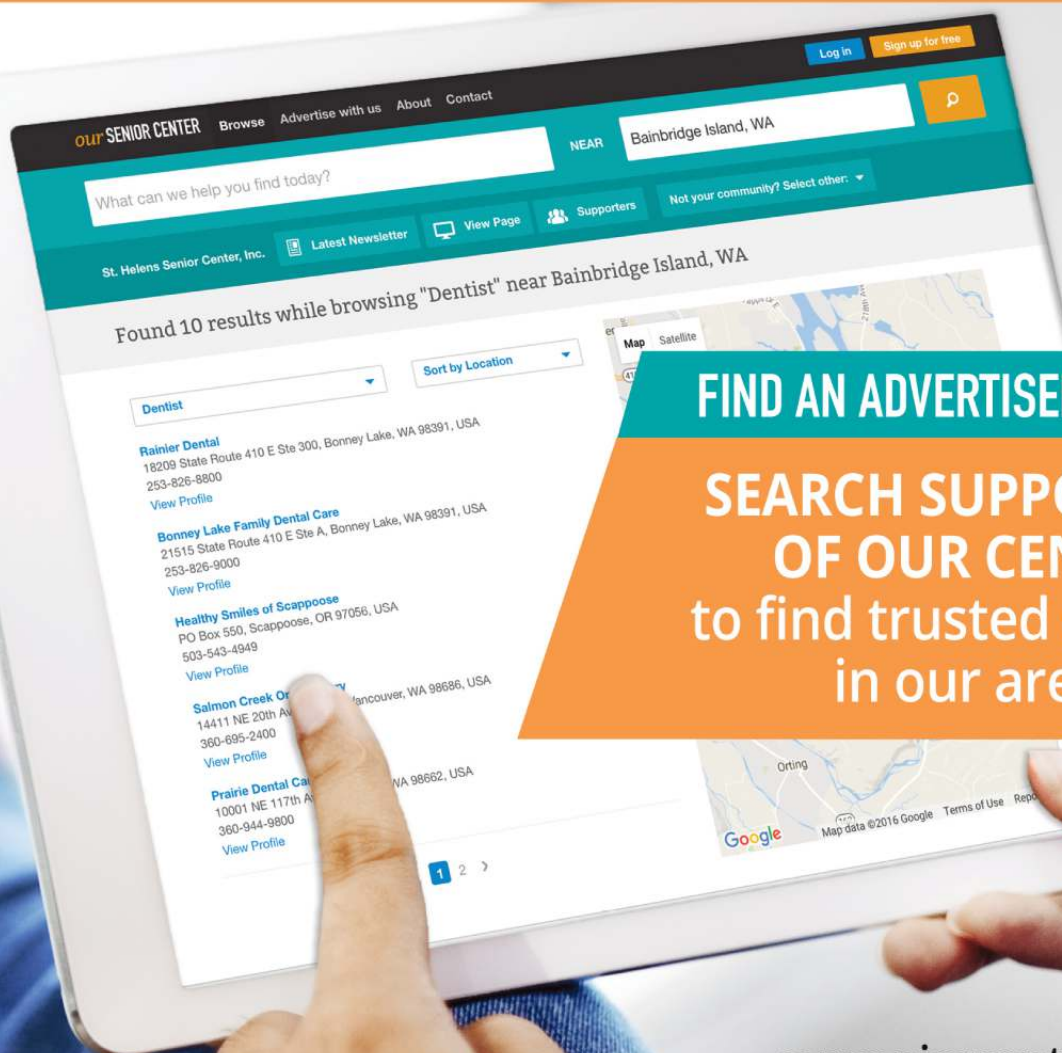
*Classes: Wednesdays - 1 PM - 3 PM*

**Call DIANE for more Information: 698-4285**



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A convenient source for local services



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in our area!

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**PLUS** Sign up to have our newsletter emailed to you!





**HARVEST YEARS SENIOR CENTER, INC.**  
**30 SOUTH STREET, CAMDEN, DE 19934**  
**PHONE: (302) 698-4285**  
**FAX: (302) 698-4286**  
**E-mail: [hysc@comcast.net](mailto:hysc@comcast.net)**



**HALL RENTALS AVAILABLE**  
**HOURS OF OPERATION — CALL MONDAY - FRIDAY**  
**8 A.M. - 3 P.M.**



**NOVEMBER 2017**  
*Please Donate to The USO*

