

Harvest Years

1977



2018

Senior Center

30 SOUTH STREET, CAMDEN, DE 19934

Harvest Years Monthly

OCTOBER 2018
VOLUME 16 - ISSUE 10

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

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1977 Celebrating 41 Years 2018



2018



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

Join Us For Our
Annual Halloween Party

Tuesday, October 30, 2018
 11:30 A.M.

**Wear A Costume And Win
 A Prize!!!**



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: OCTOBER 25, 2018
12:30 PM

Happy "October 2018" Birthdays

- | | | |
|-----------------------|-----------------------|----------------------|
| 1 Mary Garrison | 9 Thomas McDonald | 20 Dee (Dianne) Waud |
| 1 Harriett Purnell | 10 Beverly Moore | 21 Carol Carey |
| 1 Patricia Reynolds | 10 Patricia Pfeiffer | 21 Shonna Hobbs |
| 1 Nancy Steward | 11 Patricia Zentgraf | 22 Katharine Butcher |
| 1 Carol Walters | 12 Ronald Reb | 23 Janice Agan |
| 2 Linda Essenmacher | 14 Evelyn Nonnemacher | 24 Harold Johnson |
| 2 Maureen Gregersen | 14 Dennis Wright | 26 Patricia Thomas |
| 2 Marjory Sears | 15 Catherine Walter | 27 Richard Carson |
| 3 Doris Moore | 16 Jaye Brown | 29 Peg Cloues |
| 4 Angelina Hutcherson | 16 Harry Thornbury | 29 Irmgard Jones |
| 4 Dottie Tapper | 17 Greta Craig | 29 Linda Sciukas |
| 5 Shelia Dennis | 18 Carl Cram | 29 Paula Sharp |
| 6 Robert Dennis | 18 Gay Walker | 30 Gloria Cregar |
| 6 Joan Amelia Mokoski | 19 Linda McDonald | 30 Joanna Jones |
| 6 Sandra Parrott | 20 Barbara Booth | 30 Janet O'Brien |
| 7 Marian Leister | 20 Richard Reynolds | 30 Carolyn Payk |
| 9 Leanna Bilow | 20 Catherine Valeika | |



Wishing you all a 'special day' filled with happiness and everything you enjoy!!

— HAPPY BIRTHDAY —



*****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 **OCTOBER** 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 OCTOBER 18, 2018 .

PLEASE CALL (302) 698-4285.



2018 FLU SHOTS
Tuesday, October 23, 2018
9:00 - 11:30 AM
Sign-Up Today at the Front Desk

Regular Shots Available
****Senior Shots Available****

Medicare Approved

Non-Medicare: \$20.00 Fee

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.



Warm days, chilly nights... it must be Fall! It's a new month, new season, and lots of new things to do here at The Harvest Years. Come on in and celebrate Autumn with us!

Staying healthy is always a priority for our members. Flu shots will be offered on Tuesday, October 23rd. For those members that have Medicare cards this is offered free of charge! If you do not have a current Medicare card, the fee is only \$20.00. You must sign up and schedule an appointment for that Tuesday.

A fresh, warm, cup of soup sounds great! Our *Soup to Go* program is in full swing for the next few, chilly months. Come in and enjoy a cup and take a quart home with you for dinner.

Saturday, October 6th is the date for our semi-annual yard sale. It will be held rain or shine, because it is indoors. So many volunteer opportunities still await...

Subs are back as well. Our Fall Sub Sale is scheduled for Friday, October 26th. Your choices are either a Turkey Sub or an Italian Sub, you choose the add-ons. Please pre-order, and prepay by Wednesday, October 24th.

Looking ahead to November, our *Annual Craft Fair* is on the calendar for Saturday, November 3rd. Many helping hands are needed to make this event a success! Set up for the fair starts on Friday, November 2nd and of course we need lots of hands for cleaning up afterwards. 'Tis the season for our Harvest Years crafters to participate in many off-site craft shows and fairs. Any additional assistance you can offer would be greatly appreciated as well.

Please stop by our reception desk, or call in, to say that you can help with any of these fall activities.

Lastly, the *2018 Harvest Years Annual Giving Campaign* is ready to roll out as always on October 1st and run throughout the Holiday Season. As in past years, we will again be reaching out to all of our Center members, their closest friends and family, the Camden and Wyoming community residents and businesses and our nearby neighbors. Many, many thanks to those of you who have made a "pre-campaign" contribution, and to those of you who have offered to help in this huge effort. We need everyone's help.

Sincerely, Tom



Happy Halloween



Autumn has arrived and we are now experiencing cooler weather and shorter days. Please do not despair!!! We have lots of things happening at The Harvest Years to help you enjoy this very beautiful time of the year.

October is going to be filled with exciting trips to the *Fulton Theatre* in Lancaster, a trip to the magnificent *Longwood Gardens* with the Fall theme of beautiful trees and flowers depicting yellows, oranges, golds, and magenta colors. **Pumpkins** will be on display along with mums of every color!!

Mid-month we are going to test our **Luck** at the new *MGM Grand Casino* in Maryland. We hope everyone wins **BIG!!** We will have something to celebrate on the way home!!

Our final trip for the month will be to the *WBOC—TV Studio* in Salisbury, MD. We will be attending the taping of "*Delmarva Life*" TV Show. This show airs every day at 5 PM. We were there last year and it was so interesting we decided to go back. It is fun to watch.

2019 TRIPS - To date there are 9 trips scheduled with many more pending. Keep an eye on your Newsletter for updates!
Do Not Wait To Sign Up!!
Tickets are going fast!!!

**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.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 - 302 744-4171 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-Gary.Simpson@state.de.us		SD 18



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

Autumn in Delaware

Autumn is my favorite season. This year, after a summer of heat, humidity and rain, the cooler, dryer temperatures are especially welcome. The weather is more comfortable and more inviting for local excursions exploring the historic sites our historic state has to offer.

I surfed through “www.visitdelaware.com” for some ideas on how to spend a few days this fall enjoying our historic state. Visitdelaware.com is the official website of the State of Delaware. It is chock full of great ideas about how to learn more about and enjoy our little “gem” of a state.

For example, up in New Castle County, there is the Hagley Museum and Library that tells the story of Delaware’s prestigious DuPont family. One of my favorite sites in Wilmington is the Old Swedes Church, now a National Landmark, that was built in 1698 by Swedish colonists who had established Delaware’s first permanent European settlement in 1638. And there is the Old Court House in New Castle, one of the oldest surviving courthouses in the United States and itself a National Landmark.

Sussex County has its own sites well worth a visit. The Fort Miles Historical Area at Cape Henlopen State Park showcases one of America’s most important East Coast fortifications during World War II. South of Rehoboth, the Indian River Life-Saving Station reminds us of the many perils experienced by those who sailed Atlantic waters during the heyday of coastal trading. A stroll along the boardwalk in Rehoboth or Bethany Beach is always a pleasure.

I think some of the very best sites, however, are right here in Kent County. The Green in Dover is one of the most historic sites in America. It was on our Green that Delaware’s delegation to the Constitutional Convention of 1787 voted to ratify that constitution. They were the first of the original thirteen states to ratify, and Delaware has enjoyed the status of being the “First State” ever since.

Stroll around the Green and stop at the John Bell House, a marvelously restored building now used as a base by the Division of Historical and Cultural affairs. The Old State House on the Green evokes centuries of Delaware history. Behind the Old State House is the Biggs Museum. “The Biggs” houses one of America’s finest collections of fine and decorative arts.

South of Dover on the south end of Dover Air Force Base is the Air Mobility Command Museum. Visited by more than 100,000 people a year, the AMC Museum displays military aircraft large and small outlining the history of military aviation in America. Included is a jetliner dubbed “Air Force Two” as it was used by Vice Presidents of the United States.

A tad further south of the Air Base is the John Dickinson Mansion on the road to Kitts Hummock. John Dickinson was known as the “Penman of the Revolution” for his numerous writings that helped frame the original philosophical underpinnings of our democratic republic.

Try “visitdelaware.com” yourself to plan a day. You can also go to “visitdelawarevillages.com” for more Kent County ideas. Kent County has lots to offer. Maybe this fall is the time to see it all!



- OCTOBER 2018 MENU -

Monday	Tuesday	Wednesday	Thursday	Friday
1. Cup of Navy Bean Soup Turkey & Cheese Sandwich Lettuce & Tomato Brownie	2. Baked Salmon Parsley Potatoes Broccoli Bread or Rolls Fruit	3. Spaghetti w/Meatsauce Tossed Salad Italian Bread Cherry Yum Yum	4. Rotisserie Chicken Mashed Potatoes Gravy Bread or Rolls Peaches	5. Tuna Salad Lettuce & Tomato Pickles/Chips Assorted Desserts
8.  COLUMBUS DAY HOLIDAY	9. Shepard's Pie House Salad Bread or Rolls Fruit Cocktail	10. <u>OCTOBERFEST</u> Grilled Bratwurst Cabbage Red Potatoes Rye Bread Apple Cake	11. Baked Lasagna Tossed Salad Italian Bread Ice Cream Bar	12. Taco's Hard or Soft Fix'in Bar Chips & Salsa Assorted Desserts
15. Liver & Onions Mashed Potatoes Buttered Beets Bread or Rolls Pineapple	16. Stuffed Peppers Baked Potato Carrots Bread or Rolls Peaches	17. Oven Roasted Chicken Potatoes Au Gratin Green Beans Bread or Rolls Sherbet	18. <u>Happy Birthday Lunch</u> Baked Honey Ham Sweet Potatoes Broccoli Bread or Roll Ice Cream & Cake	19. Baked Flounder Macaroni & Cheese Stewed Tomatoes Bread or Rolls Assorted Desserts
22. <u>All You Can Eat Buffet</u> Baked Ziti Tossed Salad Italian Bread Cookie \$5.00	23. Baked Salmon Roasted Potatoes Mixed Vegetables Bread or Rolls Brownie	24. Meatball Sub Chips/Pickles Cake	25. Roast Beef Mashed Potatoes Gravy Vegetable Blend Fruit	26. Pancakes & Eggs Hash Browns Bread or Rolls Assorted Desserts
29. Cobb Salad Turkey, Bacon, Blue Cheese, Eggs, Cheese Onions, Lettuce Pineapple	30. <u>Halloween Lunch</u> Scary Beef Stew Mystery Biscuit Cob Web Applesauce Mud Pie	31. Sweet & Sour Chicken White Rice Green Beans Fruit Cocktail	1. Chicken & Dumplings Peas Tossed Salad Bread or Rolls Peaches	2. Tom's Chili w/Rice House Salad Corn Bread Assorted Desserts



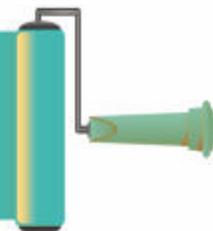
IMPORTANT INFORMATION FOR YOU!

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**

- OCTOBER 2018 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1. 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>2. \$\$8:30 AM - Yoga\$\$</p> <p>9:30 AM - Crafts</p> <p>12 NOON - Domino's</p> <p>\$\$ 5 PM - 6 PM \$\$ Total Body Workout</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>\$\$ 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 \$\$ Total Body Workout</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>8. CENTER CLOSED</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 \$\$ Total Body Workout</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>\$ 1 - 3 PM - ART CLASS \$</p> <p>\$\$ 5 PM - 5:45 PM \$\$ FEARLESS YOGA</p>	<p>11. <u>Harrington Slots</u></p> <p>\$\$ 8:30 AM - Yoga \$\$</p> <p>9:45 AM - L.I.F.E. Aerobics Class</p> <p>\$\$ 5 PM - 6 PM \$\$ Total Body Workout</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>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 \$\$ Total Body Workout</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>\$\$ 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 \$\$ Total Body Workout</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>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 \$\$ Total Body Workout</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>\$ 1 - 3 PM - ART CLASS \$</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 \$\$ Total Body Workout</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>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 \$\$ Total Body Workout</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>\$\$ 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 \$\$ Total Body Workout</p>	<p>2. 10 AM - 11 AM Line Dancing w/Ben & Charlotte</p> <p>12 NOON - Mah Jong</p> <p>12:30 - Spades</p>

**SUPPORT THE ADVERTISERS
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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.

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

AARP DRIVER SAFETY COURSE



Harvest Years Senior Center
30 South Street, Camden, DE
302 698-4285

**NEXT CLASS - MON. OCTOBER 15, 2018
9 AM - 1 PM**

Member: \$15.00 per person
Non-Member: \$20.00 per person
Make Checks Payable To: AARP



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!!

OCTOBER DATES: 10th & 24th



GOLDEN DINNER CLUB
TUESDAY,
October 23, 2018

Betsy Ross of Dover

Route 8 - 4:30 PM

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

**PLEASE Call Diane before October 19th
if you are planning on joining us.**



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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*You are invited to stop by and
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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.

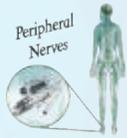


Figure 1: Notice the very small blood vessels surrounding each nerve.

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.

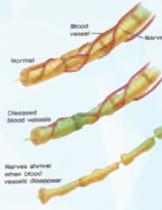


Figure 2: When these very small blood vessels become diseased they begin to shrivel up and the nerves begin to degenerate.

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 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



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.





**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!!

smile.amazon.com



**SUPPORT HARVEST YEARS
SENIOR CENTER, INC.**

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



We Serve

***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, OCTOBER 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



***TRIP MEETING
FRIDAY, OCTOBER 26th
1 PM***

***EVERYONE IS INVITED....BRING YOUR
IDEAS AND WE WILL DISCUSS THE
UPCOMING TRIPS FOR 2019!!!***



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