

Harvest Years

1977



2021

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 2021

Jack Walters.....President
Judie Burke.....Vice President
Barbara Morton.....Treasurer
Judy Lomax.....Secretary

Tom Bones.....Executive Director

Board Members: Sandi Billings, Gary Kutsch

Next Meeting: TBA

We Need Volunteers

Harvest Years Monthly



OCTOBER 2021
VOLUME 19 - ISSUE 10

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

1977 - Celebrating 44 Years - 2021



**OCTOBER IS
BREAST CANCER
AWARENESS
MONTH**



1 in 8
WOMEN
WILL BE DIAGNOSED WITH
Breast Cancer
IN THEIR LIFETIME



**MAKE YOUR APPOINTMENT
AND GET
SCREENED TODAY!!**

Happy October Birthdays

- | | | |
|-----------------------|--------------------------|-----------------------|
| 1 Patricia Reynolds | 10 Rebecca (Becky) Eason | 23 Janice Agan |
| 1 Carol Walters | 10 Patricia Pfeiffer | 23 Margarita Catanese |
| 2 Juanita Bridges | 10 Ann Marie Taylor | 24 Cecelia Zeno |
| 2 Maureen Gregersen | 11 Betty Harvath | 25 James O'Brien |
| 2 Marjory Sears | 11 Aleta Ridgway | 28 Phillip Larrimore |
| 3 Doris Moore | 12 Elizabeth Van Vessen | 29 Peg Cloues |
| 4 Angelina Hutcherson | 14 Dennis Wright | 29 Linda Sciukas |
| 6 Elaine Crowell | 16 Patrick Abel | 30 Maryanne Hashem |
| 6 Joan Mokoski | 16 Frances Green | 30 Joanna Jones |
| 6 Sharon Noone | 16 Harry Thornbury | |
| 7 Marian Leister | 18 Carl Cram | |
| 8 Awilda Cruz | 18 Gay Walker | |
| 9 Leanna Bilow | 20 Catherine Valeika | |
| 9 Marie Melson | 20 Dee (Dianne) Waud | |



A Birthday in **OCTOBER** can be a special treat, the harvest has begun of pumpkins, gourds and wheat. So on your happy day, here's a Birthday wish for you - May you all gather joy and laughter, love and friendships too.

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

*****PLEASE CALL TO ORDER YOUR FREE BIRTHDAY LUNCH***** to be delivered to your home on the third Thursday of **October**. Order by 10 AM and your lunch will be delivered between 11:30 AM - 1:30 PM. If you do not see your name on the Birthday 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 call Tom or Diane..... **HAPPY BIRTHDAY and Thank You...**

LUNCHES WILL CONTINUE TO BE DELIVERED DAILY MONDAY THRU FRIDAY 11:30 AM - 1:30 PM

Dine-In Lunch at the Center is OPEN. Please call for your Reservation. SERVED AT 11:45 A.M.
Thank You, the Management

AARP DRIVER SAFETY COURSE



**Canceled until January 2022
(or later)**

HARVEST YEARS SENIOR CENTER

is offering **FREE** lunch delivery service to our members. Be sure to call in your lunch order by 10 AM each day. The meals will be delivered to your home Monday thru Friday between the hours of 11:30 AM - 1:30 PM. COST: \$5.00 PER





From Your
Executive Director
Tom Bones



Fall has arrived! Warm, sunny days and chilly, cozy nights mean it also must be **October!** It is a new month and a new season and there are many new things going on here at The Harvest Years Senior Center. Please come celebrate Autumn with us!

Keeping you well and healthy is always a top priority for our members. Flu shots will be offered on Wednesday, October 6th here at the center. Also available, the Pneumonia shot, and the Shingles shot. All will be offered to our members with current Medicare cards. All must sign up and schedule a time with our reception desk for an appointment that Wednesday. Simply call the center to make your appointment anywhere from 9 AM - 12 Noon.

A warm cup of soup sounds delicious to bring in the new season. Perhaps a quart would do the trick for a weekday or weekend dinner. Our **'Soup-to-Go Program'** is back! For the upcoming Fall and Winter months beginning Wednesday, October 13th. You may call in an order or come in to enjoy a cup, or two, in house.

Looking ahead, please mark your Calendars for our next important fundraiser - our Spaghetti Dinner on **Friday, November 5th**. We will be taking dining reservations on a limited basis, so call early. There will be plenty of 'to-go' orders for pick up or delivery. Deliveries will be scheduled between 3 - 6 PM.

The Harvest Years Senior Center **Annual Giving Campaign** is getting ready to roll out for 2021! As always it will run from mid-October through the Holiday Season. We will be reaching out to all of our center members, their closest friends and families, the Camden/Wyoming Community residents, businesses, and nearby neighbors. Many, many thanks to those of you who have already offered to help behind the scenes with this huge, and oh so important campaign. Many hands lessen the load. Please let me know how you can help.

Lastly, thanks again to our members, as well as our State Legislatures that helped us get "over the top" with our **POW/MIA Flag Pole Project**. Thank you to all that attended the **Dedication Ceremony** on **Friday, September 17th**.



POW/MIA RECOGNITION DAY



Notes From Your
Activities Director
Diane Amoroso

Halloween Luncheon Friday, October 29th 11:45 AM



**Special Halloween gifts for all!
Call to make your reservations!!**



**Are you all ready to travel?
If your answer is "YES" - Great!!**

**Let's start with having our
Annual Trip Meeting**

**DATE: Friday, October 22nd
12:30 PM**

I would like to discuss the trips we had to cancel in 2020 and try to re-instate as many as possible. Feel free to bring some of your own new ideas to add to the 2022 travel plans.



GERMAN ROULADEN

WHAT TO DO:

1. Lay beef slices on a flat surface; sprinkle evenly with 1/2 teaspoon salt and 1/2 teaspoon pepper.
2. Sprinkle about 1 Tablespoon each of onion, pickles, and raw bacon on each slice of beef. Roll up meat tightly and secure with a toothpick.
3. In a large pot over medium-high heat, heat oil. Place meat rolls in pot and sauté until browned on all sides. Add remaining broth and bring to a boil. Reduce heat to low, cover, and simmer 50-55 minutes or until beef is fork tender.
4. Remove beef to a platter and remove toothpicks. Cover and set aside.
5. In a small bowl, whisk flour and water. Pour mixture into pot and stir constantly until thickened. Stir in remaining salt and pepper. Pour gravy over beef and serve immediately.
6. Serve with noodles, rice or spätzle's.
7. Serve with an ice cold German Brew.



WHAT YOU'LL NEED:

12 thin slices top round beef
 3/4 teaspoon salt, divided
 3/4 teaspoon black pepper, divided
 3/4 cup finely chopped onion, divided
 3/4 cup finely chopped bread & butter pickles
 1/2 pound raw bacon, diced, divided
 3 Tablespoons vegetable oil
 2 cups beef broth
 1/4 cup all-purpose flour
 1/3 cup water



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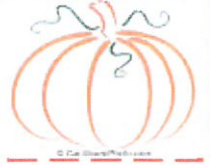
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OCTOBER 2021 REPORT

GEORGE "JODY" SWEENEY, KENT COUNTY LEVY COURT
COMMISSIONER, 5th DISTRICT








*See You In
November !!*



Breast Cancer Awareness Month

- OCTOBER 2021 MENU -

Monday	Tuesday	Wednesday	Thursday	Friday
			HAPPY BIRTHDAY UNITED STATES NAVY OCTOBER 13TH	1. Cheeseburger on a Bun Lettuce & Tomato Pickles/Chips Assorted Desserts
4. Ham Subs Lettuce & Tomato Pickles/Chips Cherry Cheesecake	5. Tom's 3 Bean Chili Rice Tossed Salad Cornbread Fruit Cocktail	6. Chicken & Dumplings Peas Bread Tropical Fruit	7. Baked Pork Chop Stuffing Green Beans Bread Apple	8. Pizza Tossed Salad Chips Assorted Desserts
11. COLUMBUS DAY CLOSED 	12. Meatball Sub House Salad Pickles/Chips Vanilla Pudding	13. OKTOBERFEST  Baked Honey Mustard Ham Sweet Potatoes Mixed Vegetables Roll Pumpkin Pie	14. Shepard Pie House Salad Bread Fruit	15. BBQ Chicken Baked Beans Cole Slaw Roll Assorted Desserts
18. Rotisserie Chicken Stuffing Carrots Bread Tropical Fruit	19. Roast Beef w/Gravy Mashed Potatoes Broccoli Roll Brownie	20. Baked Salmon Roasted Potatoes Vegetable Blend Roll Jell-O w/Fruit	21. BirthDay Luncheon Baked Meatloaf Gravy Mashed Potatoes Succotash Bread Cake	22. Baked Flounder Macaroni & Cheese Stewed Tomatoes Bread Assorted Desserts
25. Chef's Salad Turkey, Ham, Lettuce, Tomato, Onion, 1/2 Egg Roll Fruit	26. Roasted Pork Loin Buttered Noodles Spinach Roll Applesauce	27.  NAVY DAY Baked Ziti House Salad Italian Bread Cookie	28. Baked Chicken Potatoes Au Gratin Stewed Tomatoes Bread Doughnut	29. Halloween Party Witches Meatballs Mystery Noodles Peas & Carrots Assorted Desserts 

FYI: Please be advised that food prepared at Harvest Years Senior Center may contain the following ingredients: Milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, shellfish and seafood base.
MENU IS SUBJECT TO CHANGE



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.

OCTOBER 2021 LIMITED ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Happy Halloween Sunday, OCTOBER 31st</p>			 <p>GOD BLESS AMERICA</p>	<p>1. 12 NOON - Mah Jong 12:30 - Spades</p>
<p>4. 9:45 AM - L.I.F.E. Aerobics Class \$\$ FEARLESS YOGA \$\$ 5 - 5:45 PM</p>	<p>5. \$\$ FEARLESS YOGA \$\$ 8:30 - 9:15 AM 9:30 AM - Crafts 12 NOON - Domino's \$\$ WAYS TO FITNESS \$\$ 5:15 - 6 PM</p>	<p>6. 9:15 AM - 10:15 AM Land Aerobics \$\$ FEARLESS YOGA \$\$ 5 - 5:45 PM</p>	<p>7. \$\$ FEARLESS YOGA \$\$ 8:30 - 9:15 AM 9:45 AM - L.I.F.E. Aerobics Class 12:30 PM - Hand & Foot 12 NOON - Rummy Q</p>	<p>8. 12 NOON - Mah Jong 12:30 - Spades</p>
<p>11. COLUMBUS DAY CLOSED</p> 	<p>12. \$\$ FEARLESS YOGA \$\$ 8:30 AM - 9:15 AM 9:30 AM - Crafts 12 NOON - Domino's \$\$ WAYS TO FITNESS \$\$ 5:15 - 6 PM</p>	<p>13. 9:15 AM - 10:15 AM Land Aerobics 10:30 AM - Bridge \$\$ FEARLESS YOGA \$\$ 5 - 5:45 PM</p>	<p>14. \$\$ FEARLESS YOGA \$\$ 8:30 - 9:15 AM 9:45 AM - L.I.F.E. Aerobics Class 12:30 PM - Hand & Foot 12 NOON - Rummy Q</p>	<p>15. 12 NOON - Mah Jong 12:30 - Spades</p>
<p>18. 9:45 AM - LIFE Aerobics Class \$\$ FEARLESS YOGA \$\$ 5 - 5:45 PM</p>	<p>19. \$\$ FEARLESS YOGA \$\$ 8:30 - 9:15 AM 9:30 AM - Crafts 12 NOON - Domino's \$\$ WAYS TO FITNESS \$\$ 5:15 - 6 PM</p>	<p>20. 9:15 AM - 10:15 AM Land Aerobic \$\$ FEARLESS YOGA \$\$ 5 - 5:45 PM</p>	<p>21. \$\$ FEARLESS YOGA \$\$ 8:30 - 9:15 AM 9:45 AM - L.I.F.E. Aerobics Class 12:30 PM - Hand & Foot 12 NOON - Rummy Q</p>	<p>22. 12 NOON - Mah Jong 12:30 - Spades</p>
<p>25. 9:45 AM - L.I.F.E. Aerobics Class \$\$ FEARLESS YOGA \$\$ 5 - 5:45 PM</p>	<p>26. \$\$ FEARLESS YOGA \$\$ 8:30 - 9:15 AM 9:30 AM - Crafts 12 NOON - Domino's \$\$ WAYS TO FITNESS \$\$ 5:15 - 6 PM</p>	<p>27. 9:15 AM - 10:15 AM Land Aerobics \$\$ FEARLESS YOGA \$\$ 5 - 5:45 PM</p>	<p>29. \$\$ FEARLESS YOGA \$\$ 8:30 - 9:15 AM 9:45 AM - L.I.F.E. Aerobics Class 12 NOON - Rummy Q</p>	<p>29. 12 NOON - Mah Jong 12:30 - Spades</p>

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PLEASE CALL FOR AN APPOINTMENT



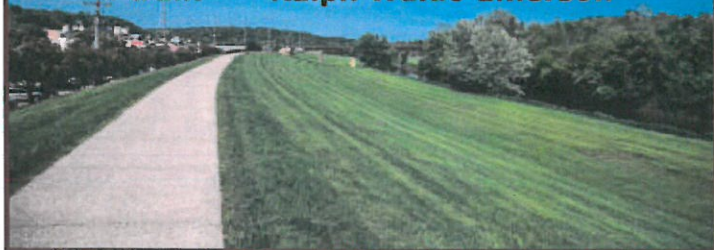
Don't know what to do now that you've turned on your computer or smart phone?

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 also 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 Tom if you need help in signing up for our new **Virtual Audio Program** highway61.co and our **i-Pad Lending Program**.

Do not go where the path may lead, go instead where there is no path and leave a trail. — Ralph Waldo Emerson



Health Care Transportation Program

If you are in need of our "Medical Appointment Service", please call our front desk at **698-4285** to schedule your 'Pick-Up Time'. Pick-Up times should be made 1--2 weeks in advance, no later than 48 hours in advance. Scheduled appointments must be made between 9 AM - 1:30 PM, Monday - Friday. We will pick you up 1/2 hour prior to your scheduled appointment. There will be a **\$3.00 'Trip Donation'** payable by cash or check. We will not go into Sussex County or New Castle County due to cost. Please call Harvest Years Senior Center for more information and scheduling. **NOTE:** We must be notified of any cancellations **48 hours in advance**.

FYI: Due to liability issues, beginning November 1st, we will require you to have a caregiver travel with you if you are using a wheelchair or have cognitive difficulties.

October Happenings

October 6th - Flu Shots Clinic - By Appointment ONLY. Also available: Pneumonia, Shingles and Covid -19 Booster shots. Call to schedule your time slot. 9 AM - 12 Noon.

October 11th - Columbus Day - CLOSED

October 13th - Annual Oktoberfest! Lunch deliveries between 11:30 AM - 1:30 PM. In house lunches serving at 11:45 AM. Call by 10 AM to reserve your seat or place your delivery order.

October 21 - Monthly Birthday Party. Call by 10 AM to reserve your seat or place your delivery order and tell us if it is your *Birthday Month*.

October 22nd - Trip Meeting - 12:30 PM.

October 29th - Annual Halloween Party - Lunch w/Special Prizes - 11:45 AM. Call by 10 AM to reserve your seat or place your delivery order.

698-4285

SUPPORT OUR ADVERTISERS!



BORN IN OCTOBER

- Loves to talk
- Beautiful inside out
- Not deceitful
- Sympathetic
- Always making friends and popular
- Easily hurt but recovers easily
- Daydreamer
- Emotional
- Loves to travel, the arts and literature
- Loves the outdoors
- Spendthrift



Grandmother's Honey Cake

What You'll Need:

- | | |
|----------------------------|---------------------------|
| 1 Cup Honey | 1/4 Cup Red Wine |
| 2 teaspoons Baking Soda | 3/4 Cup All-Purpose Flour |
| 3 Eggs | 1 teaspoon Cinnamon |
| 1/2 Cup Vegetable Oil | 1 teaspoon Ground Nutmeg |
| 1 teaspoon Vanilla Extract | 1 teaspoon Ground Cloves |
| 1 Cup Sugar | 1/4 teaspoon Salt |
| 1 Cup Brewed Coffee | |

What To Do:

1. Preheat oven to 325 degrees F. Coat two 4 x 8 inch loaf pans with cooking spray.
2. In a small bowl, combine honey & baking soda; mix well and set aside.
3. In a large bowl, beat eggs, oil, vanilla, and sugar. Add coffee and wine; mix well. Add remaining ingredients and the honey mixture and beat until thoroughly combined. Pour into loaf pans.
4. Bake 60-65 minutes, or until toothpick inserted in center comes out clean. Cool on wire rack.



**You Are All Invited To Join Us
For Lunch At
Harvest Years Senior Center**

COST:

Member - \$5.00 - Non-Member - \$7.00

Delicious Food, Nice People & Good Times.
Join us and Bring A Friend Too!!

**JOIN HARVEST YEARS AND RECEIVE A \$1.00 OFF COUPON
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FOR NEW MEMBERS ONLY - 2021**

Homemade Soups
\$3.00 Cup / \$4.00 Pint / \$5.00 Qua

EXTRA IN-HOUSE ITEMS

Desserts \$2.00 each

**Our 'Soup-To-Go Kitchen' is
OPEN**

*Please call in for your
Daily Soup*



**Just Entrees \$3.00 each
Starch/Vegetable \$2.00 each**

**Sandwich entree price to be determined that
day. Any Other Items - See Tom or Marguerite**

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 Meetings:

OCTOBER 25, 2021

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 communi-
ties 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: CANCELED UNTIL FURTHER NOTICE**



**\$.50 per Trip
\$ 5.00 for 10 Trips
\$ 10.00 for 20 Trips
\$ 20.00 for 40 Trips**



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