

News For All Seasons

April 2016

Issue 69

We need your input and feedback.

Each of the Area Agencies on Aging in Pennsylvania is working on their four year plan, as the State of Pennsylvania is preparing theirs (see article below). Each AAA submits a four year plan to the State and the State submits a four year plan to the Federal Government. There is a survey included in this newsletter, which will also be distributed to key areas out in the community and will be available on the internet at www.surveymonkey.com/r/WayneAAAsurvey



Please fill out the survey (online or by submitting the paper survey). Please provide us with feedback, input and ideas so that we can include the needs of our community in this planning process. We look forward to hearing from you.

TELL US WHAT YOU THINK

The Pennsylvania Department of Aging is required under the Older Americans Act to develop and implement a State Plan on Aging. The Plan is prepared every four years and provides a strategic framework that outlines how the Department will help older Pennsylvanians maintain their independence and age in place with the dignity and respect they deserve. Our next State Plan will cover the time period of October 1, 2016 through September 30, 2020.

To ensure that we develop a State Plan on Aging that is responsive and responsible, seven Community Listening Forums will be held in regions throughout the Commonwealth. These Forums will provide concerned stakeholders with an opportunity to tell us what they think about the programs and services we provide, are they benefitting older Pennsylvanians or are they not effective; and what they think is being done well and what needs to be improved.

Input received during the Community Listening Forums will be woven in to the existing framework of the State Plan and will enable us to create a Draft State Plan for final review and feedback. Public comment on the Draft State Plan will be received during three Public Hearings to be held in May. While the Public Hearing locations and dates are scheduled, details on registration are forthcoming.

We invite you to learn more about the State Plan on Aging by visiting aging.pa.gov and make arrangements to attend a Community Listening Forum where we will listen to what older Pennsylvanians and other concerned stakeholders have to share with us. (Community Listening Forum will take place April 18 – Lackawanna County, The Commonwealth Medical College – North Campus, Medical Sciences Building, 525 Pine St., Scranton, PA 18509)

If you are not able to attend a Forum, please take a few moments to complete a brief [online survey](#). (click on "state plan" from the aging.pa.gov website). It is intended to help you share comments and concerns.

<p>CONGREGATE MENU</p>			<p>MILK SERVED WITH ALL MEALS</p>	<p>1) Tossed salad WW Spaghetti Meat sauce Broccoli Ice cream</p> 
<p>4) Haddock Fish Patty WW Dinner Roll Tartar sauce Stewed tomatoes Asparagus Apricots</p> 	<p>5) Chicken Cacciatore over WW pasta Zucchini Succotash Jello cake</p>	<p>6) California burger On bun Lettuce, tomato, onion, mayo Sweet potato cubes Grapes</p>	<p>7) Vegetable lasagna Meatballs Broccoli Strawberries w/ Whipped topping</p> <p><i>Northern Wayne: Cran- berry juice, Baby spin- ach salad w/tomatoes n radishes, egg salad on rye, Pineapples n orange tidbits</i></p>	<p>8) Baby spinach salad w/tomatoes, radishes Chicken Tetrazzini White rice Green beans</p> <p>Pineapples n orange bits</p>
<p>11) Meatloaf Mashed potatoes Mixed vegetables Cornbread Warm cinn apple slices</p>	<p>12) Tom w/beans soup Cheeseburger on bun Potato Salad Pink Grapefruit</p>	<p>13) Tossed Salad Chicken Parme- san Over WW Rotini Broccoli Vanilla ice cream</p>	<p>14) Soup-butternut squash WW crackers Tunafish salad on Pita w/ Lettuce, tomato Vegetable Slaw Fruit Medley</p>	<p>15) Orange- pineapple juice Egg Omelette w/salsa Turkey Sausage Patty Potatoes Rye bread Grapes</p>
<p>18) Stuffed Shells Meatballs w/sauce Parmesan cheese Cauliflower Italian bread Pineapple tidbits</p> 	<p>19) Tossed salad Breaded pork- chop Garden Rotini Butternut squash Strawberries w/ whipped topping</p>	<p>20) Honey Mustard chicken Mashed potato Zucchini Mixed vegetables WW bread LornaDoones</p>	<p>21) Roast turkey w/Gravy Mashed potatoes Brussel spouts WW dinner roll Warm diced peaches On biscuit with topping</p> <p><i>N'thrn Wayne: Apple juice coleslaw, Turkey n cheese on rye, mayo, milk, diced peaches on biscuit</i></p>	<p>22) Coleslaw Baked cod Stewed tomatoes Sweet potato WW dinner roll Peanut butter Cookie</p>
<p>25) Baked Chicken Strips Over herbed brown rice Asparagus, Ital Style Steamed Buttered Cabbage Pink grapefruit</p>	<p>26) Cream potato soup WW crackers Baked tilapia Florentine Buttered car- rots Strawberries On biscuit W/ topping</p>	<p>27) Carrot/raisin salad WW Spaghetti Meat tomato sauce Apricots</p>	<p>28) Pork chop loin Pierogies Applesauce Peas n pearl onions Ambrosia</p> 	<p>29) Tossed salad Cheese Pizza Meatballs w/ Sauce Broccoli Vanilla Pudding</p>

Volunteer Appreciation Social

The Honesdale, Hawley, and Hamlin Senior Centers will each host a Volunteer Appreciation Social on April 29th, 2016 from 1:30pm-3 pm. Light refreshments will be served as we recognize our agency volunteers for their dedication. If you have served as a volunteer in the past year for the Wayne County Area Agency on Aging, please call 570-253-4262 to make a reservation and let us know in what capacity you served. We are looking forward to your presence. This event will take the place of the Volunteer Luncheon.

EVERYDAY AT THE HAMLIN CENTER

<u>Monday</u> Cards & Games 8:00-12 Pinochle	<u>Tuesday</u> Cards & Games 1:00 Bingo	<u>Wednesday</u> Cards & Games 10:00 Exercise	<u>Thursday</u> Cards & Games 10:00 Exercise 1:00 Crafts	<u>Friday</u> Cards & Games 10:00 Bingo
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BINGO				
12	18	41	47	61
7	26	39	54	70
4	27	FREE AND SPACE	49	63
5	23	35	58	73
3	30	32	52	75

EVERYDAY AT THE HAWLEY CENTER

<u>Monday</u> Cards & Games 8-3 Gym Equipment 10:30 – 11:30 Exercise 11:30 - 3 Mah Jong 1-3 Wii Bowling	<u>Tuesday</u> Cards & Games 8-3 Gym Equipment 1 - 2 Bingo 	<u>Wednesday</u> Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise 1-2 Tai Chi <i>*fee</i> 5:30 – 8:30 Mah Jong	<u>Thursday</u> Cards & Games 8-3 Gym Equipment 1:00 Bingo 11 – 2:30 Card Club	<u>Friday</u> Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise
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EVERYDAY AT THE HONESDALE CENTER

<u>Monday</u> 10:00 Walking Club 10:30 Bridge 12:00 Jazz Class 1:00 Crafts 2:00 Line Dancing	<u>Tuesday</u> 10:30 Exercise 1:00–4:00 Pinochle 	<u>Wednesday</u> 8:30 Quilting 10:30 Exercise 10:30 Bridge 11:00 Tai Chi <i>*fee</i> 1:00 Art Class 1:00 Bingo 1:30 Tap Dancing	<u>Thursday</u> 10:00 Walking Club 10:00 Games 10:00 - 12:00 Wii 1:00 Cards 	<u>Friday</u> 10:30 Exercise 1-2:30 Shuffleboard 1-2:30 Cribbage 1:00 Pool 1-2:30 Rummikub 1:30 Memoir Writing Group (1 st & 3 rd)
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CAREGIVER'S SUPPORT GROUP - WEDNESDAY, APRIL 13 at 1:30

NORTHERN WAYNE CENTER Thursday
APRIL 7 and APRIL 21

HOME DELIVERED MENU	April		MILK SERVED WITH ALL MEALS	1) WW Spaghetti Meat Sauce Broccoli Wax beans Graham crackers  APRIL FOOLS' DAY
4) Haddock Fish Patty WW Dinner Roll Stewed tomatoes Asparagus Apricots	5) Chicken Cacciatore over WW pasta Zucchini Succotash Jello cake	6) Cranberry juice cocktail Hamburger on bun Sweet potato cubes	7) Vegetable lasagna Meatballs Broccoli Warm Cinn Apple slices	8) Orange-pineapple juice Chicken Tetrizzini White rice Green beans Baby carrots
11) Meatloaf Mashed potatoes Mixed vegetables WW Dinner Roll Warm cinn appl slices	12) Tomato bean soup Cheeseburger on bun Sweet potato fries Pink Grapefruit	13) Chicken Parmesan over Pasta WW Rotini Broccoli Carrots Italian bread	14) Apple juice Pollock loin Garden rotini Wax beans Hubbard squash	15) Orange-pineapple juice Egg Omelette Turkey Sausage Patty Breakfast Potatoes Rye bread Warm peach slices
18) Stuffed Shells Meatballs with Sauce Cauliflower Spinach Italian bread	19) Breaded porkchop Garden Rotini Butternut squash Wax beans Strawberries	20) Honey Mustard chicken Mashed potato Zucchini Mixed vegetables WW bread LornaDoones	21) Roast turkey w/gravy Mashed potatoes Brussel spouts WW dinner roll Warm diced peaches on biscuit	22) Orange juice Baked cod Brown rice Stewed tomatoes Sweet potato WW bread
25) Grape juice Baked breaded Chix Strips Over herbed brown rice Asparagus Ital Style Steamed Buttered Cabbage	26) <u>HAWLEY CENTER ONLY</u> Cream potato soup WW crackers Baked tilapia Florentine Buttered carrots Strawberries on biscuit	27) WW Spaghetti Meat tomato sauce Cauliflower Green beans Granola bar 	28) Pork chop loin Pierogies Applesauce Peas and pearl onions Ambrosia	29) Apple juice Cheese Pizza Meatballs Sauce-on meatballs Broccoli Graham crackers

ONLINE VOTER REGISTRATION REACHES MILESTONE

Harrisburg, PA – Secretary of State Pedro A. Cortés announced that the number of online voter registration applications has surpassed paper submissions for the first time.

Since January 1, more than 85,000 eligible Pennsylvanians have used the state’s online voter registration (OVR) system to register for the first time or to update their voter information. During the same time period, 68,000 paper registration applications were submitted to counties across the Commonwealth.

“We expect that the difference between the numbers will continue to grow as more eligible citizens discover the convenience and accessibility of OVR,” Cortés said.

Governor Tom Wolf and Secretary Cortés announced the launch of OVR on August 27, 2015, as the application site went live at register.votesPA.com

Since then, more than 142,000 applications have been submitted through the online system. The OVR site can be used by eligible citizens registering for the first time as well as by voters who need to change their name, address or party affiliation.

Secretary Cortés reminded Pennsylvanians that March 28 is the deadline to register or update their record before the April 26 Primary Election. He urged eligible citizens to make use of the online voter registration site.

“The online option greatly increases accuracy of the voter rolls, which is valuable during a busy presidential election year,” Secretary Cortés said. “Pennsylvania’s counties are already seeing cost savings because there is less need for data entry from paper applications.”

A 2015 report by the Pew Charitable Trusts found that states with online voter registration saw cost reductions of between \$0.50 and \$2.34 per electronic transaction compared with paper.



The online system, which is available in English and Spanish, is more secure for applicants because the form is transmitted directly to the appropriate county voter registration office for processing. The latest protocols in data security have been built into the system and are constantly monitored and updated.



I can't believe what a wonderful time we had at our St. Patty's Day Party. Nelson Ray, a newcomer, entertained us with his music. We had a good time singing along and dancing to the holiday tunes. We had a delicious meal topped off with our favorite ice cream. Everyone enjoyed the tasty treats our seniors brought in. Thanks to everyone, our day was a great success. Now we can look forward to our Easter celebration. Has anyone heard the birds singing lately? We've seen a House Sparrow making her nest in the bird house we have hanging in the tree outside our center. That is a sure sign of Spring.

We are offering AARP Driver classes starting in April. Watch our Newsletter for

dates and times.

HAWLEY NEWS

Attorney General Janene Holter will be here on April 8th at 11:30 speaking about Scams. On Friday, April 8th starting at 11:30, Kelly from Caregivers of America will be here to speak on services they offer.

On Friday April 22nd, starting at 11 am, Juliann Doyle and Carl Albright will be here to discuss Aging and Transportation services.

This year we're having our Volunteer Appreciation Social here at the Hawley Senior Center on Friday, April 29th. Try to attend so we can show you how much your contribution to our center is appreciated. Call Lu a week in advance so we can be prepared for everyone.

Our April Birthday's are: Robert Hughes, Andy Anderson, Sandy Wegst, Ann Kreiter, Shara Jane Compton, Linda Gardepe, Jean Fasig, Dalla Galgan, Linda Barbitto, Yvette Emmet, Peggy Datto and Bill Luttenberger. Happy Birthday to all of you.



Linda Simons and Pat Vetter enjoying the Irish music



Nelson Rae playing music for our St. Patty's Party



Be active adults

10 tips to help adults include physical activity into their lifestyle

Being physically active is important for your health.

Adults who are physically active are less likely to develop some chronic diseases than adults who are inactive.

Physical activity is any form of exercise or movement of the body that uses energy. People of all ages, shapes, sizes and abilities can benefit from a physically active lifestyle.

1. **Start activities slowly and build up over time.** If you are just starting physical activity, build up slowly. This will help to prevent injury. After a few weeks, increase how often and how long you are active.
2. **Get your heart pumping.** For health benefits, do at least 2 ½ hours each week of physical activity that requires moderate effort. A few examples include brisk walking, biking, swimming and skating. Spread activities over the week, but do them at least 10 minutes at a time.
3. **Strength-train for healthy muscles and bones.** Do strengthening activities twice a week. Activities that build strength include lifting weights, doing push-ups and sit-ups, working with resistance bands, or heavy gardening
4. **Make active choices throughout the day.** Every little bit of activity can add up and doing something is better than nothing. Take the stairs instead of the elevator, go for a 10-minute walk on your lunch break, or park further away from work and walk.
5. **Be active your way.** Mix it up - there are endless ways to be active. They include walking, biking, dancing, martial arts, gardening, and playing ball. Try out different activities to see what you like best and to add variety.
6. **Use the buddy system.** Activities with friends or family are more enjoyable than doing them alone. Join a walking group, attend fitness classes at a gym, or play with the kids outside. Build a support network – your buddies will encourage you to keep being active.
7. **Set goals and track your progress.** Plan your physical activity ahead of time & keep records. It's a great way to meet your goals. Track your activities with the Physical Activities Tracker at <https://www.supertracker.usda.gov>. Use the My Journal feature to record what you enjoyed so you can build a plan right for you.
8. **Add on to your active time.** Once you get used to regular physical activity, try to increase your weekly active time. The more time you spend being physically active, the more health benefits you will receive.
9. **Increase your effort.** Add more intense activities once you have been moderately active for a while. You can do this by turning a brisk walk into a jog, swimming or biking faster, playing soccer, and participating in aerobic dance.
10. **Have Fun!** Physical activity shouldn't be a chore. It can help you feel better about yourself and the way you live your life. Choose activities that you enjoy and that fit your lifestyle.



Go to www.ChooseMyPlate.gov for more information.



Get **HELP** with your **MEdicarE** costs!



A Medicare Savings Program may help with some of your Medicare costs.

FOR ASSISTANCE, CALL:

Wayne County Area
Agency on Aging,
323-10th Street,
Honesdale, PA 18431
570-253-4262



**90% OF SUICIDES
ARE PREVENTABLE**

**24/7
Hotline**

☎ 570.253.0321

**Wayne County Office of Behavioral
and Mental Health Awareness**

**LIFE ; TO BE
CONTINUED.**

**1 IN 7 TEENS THIS YEAR
CONSIDERED SUICIDE**

**24/7
Hotline**

☎ 570.253.0321

**Wayne County Office of Behavioral
and Mental Health Awareness**

**LIFE ; TO BE
CONTINUED.**

Cleaning the House? Don't Forget the Refrigerator

When cleaning, many don't include their refrigerators on their list of places to check. Cleaning your refrigerator and freezer is an important step in any cleaning regime. Doing so will help you prevent foodborne illness.

Before you start cleaning, check your appliance thermometer to make sure your fridge is keeping your food at 40 °F or below. This temperature keeps bacteria growth at bay. If you don't already have an appliance thermometer, pick one up the next time you are at the grocery store. Your freezer should measure 0 °F or below.



Cleaning Your Refrigerator

- Keeping a trash bag handy, check the dates on ALL containers, packages and condiments. Dispose of anything that is past its date OR is not dated. Refer to our [Storage Times Chart](#) for guidelines on perishable products in the refrigerator.
- Do not attempt to taste items to see if they're still good. The bacteria that cause food poisoning cannot be smelled or tasted.
- While cleaning, follow the 2-hour rule. Leaving food out too long at room temperature can cause bacteria to grow to dangerous levels that can cause illness. Perishable foods should never be left out for longer than two hours.
- Wash removable shelves & drawers with soap and warm water. Avoid using solvent cleaning agents, abrasives, and all cleansers that may impart a chemical taste to food or ice cubes.
- To keep the refrigerator smelling fresh and help eliminate odors, place an opened box of baking soda on a shelf.

Organizing Your Refrigerator

Now that the refrigerator is squeaky clean, here's how to keep your refrigerator organized and free of potentially dangerous foodborne bacteria:

- Place meat, poultry or seafood in containers or sealed plastic bags to prevent their juices from dripping onto other food in the refrigerator. This prevents cross-contamination.
- Do not store perishable foods in the door. The temperature in the door fluctuate more than the temperature in the cabinet. It is safer to store perishables in the back of the refrigerator where it is colder and the temperature is more stable.
- Keep fruits and vegetables in separate drawers and away from raw meat, poultry, or seafood to avoid cross-contamination. Throw away fresh fruits and vegetables that have not been refrigerated within 2 hours of cutting, peeling, or cooking. www.foodsafety.gov



LAKESIDE NORTHERN WAYNE

On March 3rd we celebrated St. Patty's Day and on March 24th we enjoyed our Easter Party & Easter Bingo.

Speakers were Isa Kannebecker , who spoke on Stress Reduction and Lynn Guiser, our dietician, who spoke on nutrition.

In April, Kelly from Caregivers will be our guest speaker. Call Marie at 570-253-5540 for reservations.

Wednesday April 13Th



WITF and Mind Matters will present a satellite program on Gardening and Planting.

10 am—11:15 am

It will be shown in the dining room at the Honesdale Center.



The Speaker for March in our Honesdale Center was Nurse Judy Longo, R.N., B.S.N., Palliative Care and Case Manager from Compasses Hospice Care. She presented “March out of Pain”. Our Consumers highly enjoyed the in-service provided. Ms. Longo encour-

aged a “hands-on” approach among our seniors. It was delightful, as well as informative, as she showed how human touch can bring joy to our lives. The hand massage the seniors gave each other brought smiles to everyone’s face. For more information please call 570-253-4262.



AARP SMART DRIVER 4 and 8 hour defensive driving course is designed for qualified drivers aged 50 and older. There are no tests and membership in AARP is not necessary. All automobile insurance companies doing business in PA are required by state law to give a minimum discount of 5% to all qualified policyholders age 55 and over and who take the course.

The 8 hour class is given in two, four hour sessions and is required for first timers and those who have not taken the class within the past 36 months. The one day, four hour class, is only open to those who provide evidence of taking the class during the previous 36 months. A \$20 fee (\$15 for AARP members) is charged for each class. Class size is limited so advanced reservations are necessary for placement in any class. Please bring your driver’s license, AARP card if a member, and proof of your previous course (if taking the 4-hour refresher).

8 Hour Sessions: 1 pm – 5pm

HONESDALE CENTER
June 15 & June 16

HAWLEY CENTER
August 16 & August 17

4 Hour Sessions: (Must Have a Recent 8 Hour Course)		
April 4th	Hawley	1 pm—5 pm
April 21st	Honesdale	12:30 pm—4:30 pm
May 9th	Hawley	1 pm—5 pm
May 20th	Honesdale	12:30 pm—4:30 pm
September 12th	Hawley	1 pm—5 pm
September 22nd	Honesdale	12:30 pm—4:30 pm
October 14th	Hawley	1 pm—5 pm



A la CARTE MENU

APRIL

1) PARK ST
French onion soup, crou-
tons,cheese

*Tossed salad w/tom,
WW Spaghetti, Meat
sauce, Broccoli, milk,
Ice cream*
Grilled ham n swiss on rye
(\$2.00)

4) ParkSt
Italian Wedding soup
Crax

*Haddock pattie, stewed
tomatoes, asparagus, WW
Dinner roll, apricots, milk,
tartar sauce*

Cheesesteak hoagie
w/fried onions
(\$4.00)

Hotdog on bun (\$1.00)

5) Earl J Simon
*Chix Cacciatore, Sauce-
onion, pepper, mushr, over
Wh Wh Penne pasta, Zuc-
chini, Succotash, milk, Jello
Cake*

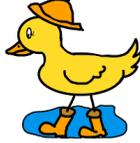
Sausage peppers, onions
sub
(\$2.50)

Spinach salad (small): eggs,
croutons, bacon, home-
made Spinach Salad Dress-
ing (\$3.00)

6) Park St
Hearty vegetable soup
Crackers

California Burger, bun, Lettuce,
tomato, onion, Mayo, Sweet
potato cubes, milk, Grapes

Reuben sandwich (\$3.50)



7) Earl J Simon

*Veget lasagna, meatballs,
broccoli, strawberries, milk*

Egg salad on rye (\$2.00)

Hotdog on bun w/sauerkraut
or onion sauce (\$1.00)

8) Park St
Cream of tomato soup,
Crackers

*Baby spinach salad
w/tomatoes, radishes,
Chicken Tetrizzini,
White rice, Green beans,
Pineapples n orange bits,
milk*

Grilled cheese on white
(\$1.50)

Taco salad (\$4.25)

11) PARK ST
Chicken n rice soup, crack-
ers

*Meatloaf, mashed pota-
toes, mixed vegetables,
cornbread, apple slices,
milk*

Sausage peppers, onions
(\$2.50)
Waffle fries (.50c)
Hotdog
w/sauerkraut/onion sauce
(\$1.00 +)

12) Earl J Simon
Tom w/beans soup, Crack-
ers

* Tom w/beans soup,
Cheeseburger on Bun, Po-
tato Salad, milk, Pink grape-
fruit*

Reuben SW on rye (\$3.50)

13) PARK ST
Beef and rice soup, Crackers

*Tossed salad, chicken parmesan
over rotini, broccoli, bread, milk*

Chicken parm hoagie (\$3.50)

Chef Salad (\$4.25)



14) Earl J Simon
Soup-Butternut Squash
Crackers

* Soup-Butternut Squash,
crackers, Tuna fish salad,
Pita, Lettuce, tomato, Veget
slaw, Fruit Medley, milk*

Turkey BLT on toast (\$3.25)

Hotdog on bun (\$1.00)

15) PARK ST
French onion, croutons,
cheese
Crackers

*Egg omelette, turkey
sausage patty, potatoes,
rye bread, grapes, juice,
milk*

Southwestern chicken
salad (\$4.50)

18) PARK ST
Chicken noodle soup,
Crackers

*Stuffed shells, meatballs,
cauliflower, bread, pineap-
ple tidbits, milk*

Cheeseburger on bun
(\$2.50)

Waffle fries (.50c)

19) Earl J Simon
*Tossed salad, breaded
pork chop, Gardn Rotini,
butternut squash, milk,
Strawberries-Dollup
whippd,*

Turkey club pannini-turkey,
swiss, bacon (\$3.25)

Hotdog
w/sauerkraut/onion sauce
(\$1.00 +)

20) PARK ST
Chicken vegetable soup, Crack-
ers

*Honey mustard Chix,
Mashed potato, Zucchini-oil n
garlic,
Mixd Veg (peas n carrots), WW
Bread, milk, Lorna Doones*

Grilled cheese (\$1.50)

Waffle fries /onion rings- (.50c)

21) Earl J Simon
*Roast turkey, mashed pota-
toes, brussel sprouts, gravy,
dinner roll, milk, peaches over
biscuit,*

Crisp Salad: greens, zucchini,
carrots, celery, onions, crou-
tons, almonds, sesame seeds,
HB egg, Dressing
(\$4.50)

22) PARK ST
Beef Barley soup
Crackers

*Coleslaw, cod, dinner roll,
stewed tomatoes, sweet
potato, peanut butter
cookie, milk*

Bagel w/cream cheese
(\$1.50)
Chicken tender – (\$1.50)
Waffle fries /onion rings-
(.50c)
Hotdog on bun (\$1.00)

25) PARK ST
Oriental Beef and Rice
soup, Crackers

*Bakd breaded Chix Strips-
Over herbed brown rice,
Asparagus Ital Style,
Steamed Butterd Cab-
bage,
Pink grapefruit, milk*
Meatball parm sub (\$2.50)
Bagel w/ cream cheese
(\$1.50)

26) Earl J Simon
Cream of Potato soup,
Crackers

*Crm of potato soup,
crackers, Bakd Tilapia
florentine, Carrots, Milk,
strawberries over bis-
cuit*

Grilled chicken with cheese,
lettuce, tomato, mayo, on
roll
(\$3.75)
Hotdog on bun (\$1.00)

27) PARK ST
Chunky beef soup, Crackers

Carrot/raisin salad, WW Spa-
ghetti, Ground beef tomato
sauce, Apricots, milk

Salad: Chicken, Apple, cranberry,
feta cheese, Almonds, Dressing
(\$4.75)

Hotdog on bun/sauce (\$1.00)

28) Earl J Simon

*Pork loin chop, pierogies,
applesauce, peas n pearl
onions, ambrosia, milk*

Chicken salad on pretzel
bread
(\$2.25)

29) PARK ST
Lobster Bisque, Crackers

*Tossed salad, dressing,
pizza, meatballs, broccoli,
vanilla pudding, milk*

Pizza- 1 slice (\$1.00)
Garden side salad (\$1.75)
Pork Roll (Taylor ham) and
melted American cheese on
Roll



New York City

9/11 Memorial and Museum and One World Observatory at the Freedom Tower
Tuesday, June 7, 2016 \$135.00 per person

Get ready to take your “skypod” to the top of the nation’s tallest building, at 1,776 feet. You will get a spectacular 360 degree view of the ever changing, fastest moving, no place on earth like it... New York City.

Tour the 9/11 Memorial and Museum. The museum displays artifacts associated with the events of 9/11, while presenting stories of loss and recovery.

Included in your trip will be lunch at Puglia’s restaurant, the museum and observatory, transportation and driver’s tip.

Reserve your seat with Marie at 253-5540 or Debbie at 689-3766.

Depart:

Honesdale McDonald’s @ 7:30am

Hawley Center @ 8:00am

Hamlin Center @ 8:30am

Arrive Home:

Honesdale @ 10:30pm

Hawley @ 10:00pm

Hamlin @ 9:30pm



Keep in mind these are approximat times for returning home due to traffic.

Wear comfortable shoes since this is a long day with a lot of walking.

Money needs to be in by Friday, May 27th. Cancellation Policy: Money refunded only if your seat can be filled. No refunds for any reason after Wednesday, June 1st. Make checks payable to:

Wayne County Aging.



Move to Music is a ½ hour class held on Mondays, 11:30-12:00, that incorporates rhythmic movement to various genres of music using beginner level tap dance technique taught by Jennifer O’Reilly. No prior dance lessons or formal dance training is necessary to join in the fun, all participants’ progress at their own level leaning basis steps and short step combinations. This is a FREE class.



CANCER SUPPORT GROUP

FIRST & THIRD Thursday of the Month 6:30 TO 8:00 P.M.

WAYNE MEMORIAL HOSPITAL CONFERENCE ROOM 3 (Located on the second floor)

Take Elevator A in the Main Lobby. APRIL 7TH & 21ST MAY 5TH & 19 JUNE 2ND & 16TH

DISCUSSION TOPICS INCLUDE: Self Advocacy, Nutrition, Financial Resources, Fitness/ Exercise, Pain Management, Stress Management and any other areas the group determines is discus- sion worthy. **CONTACTS:** Karen Stumpo or Christine Carlozzi (570) 253-7322

"Catch Me If You Can" Rainbow's Comedy Playhouse

Paradise, PA

Wednesday, May 11, 2016

\$75.00 per person

We are off to Amish country and a day full of laughs. Our day starts with a Lancaster - style buffet lunch at the theatre, followed by the comedy play "Catch Me If You Can" - A classic who done it. This mystery was the inspiration for the TV series, Columbo. Twist & turns abound as a husband on vacation reports his wife is missing. He said, she said, and maybe a murder or two. After the show we head to the Bird-In-Hand Farmer's Market for a little shopping and a bite to eat before heading home.



To reserve your seat call Marie at 253-5540 or Debbie at 689-3766.

Depart:

Honesdale McDonald's @ 7:00am

Hawley Center @ 7:30am

Hamlin Center @ 8:00am

Arrive Home:

Honesdale @ 9:30pm

Hawley @ 9:00pm

Hamlin @ 8:30pm

*Money needs to be in by Tuesday, May 3rd. *Make checks payable to Wayne County Aging. *
Cancellation Policy: Money refunded only if your seat can be filled. No refunds for any reason after May 4th.

History Teacher: "Why was George Washington standing in the bow of the boat as the army crossed the Delaware?"

Student: "Because he knew if he sat down, he would have to row."



Mohegan Sun Casino

Friday, April 8, 2016

\$22.00 per person

Price includes: \$25 free slot play, \$5 food voucher, bus transportation, & driver's tip.

Depart the casino at 3:00pm

Sign up with Marie at 253-5540 or Debbie at 689-3766.

Depart:

Honesdale McDonald's @ 9:00am

Hawley Senior Center @ 8:30am

Hamlin Center @ 9:00am

Return Home:

Honesdale @ 4:00pm

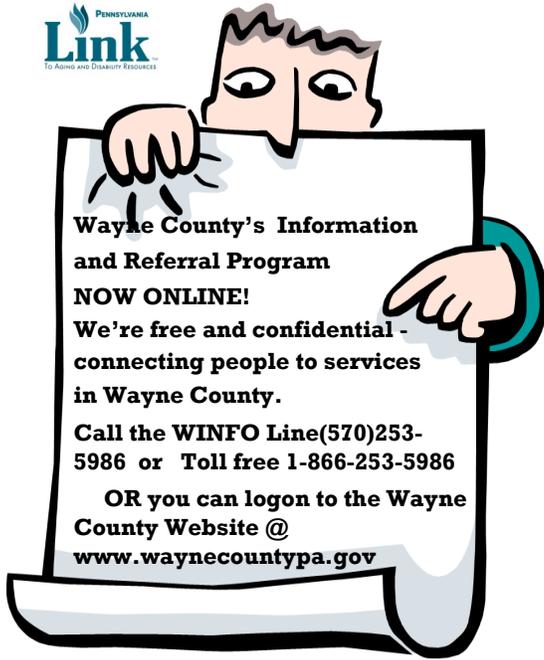
Hawley @ 4:30pm

Hamlin @ 4:00pm

*Money needs to be in by Friday, April 1st, 2016.

* Cancellation Policy: Your money refunded only if your seat can be filled, until April 1st. After April 1st money will not be refunded for any reason.





Wayne County's Information and Referral Program NOW ONLINE!
We're free and confidential - connecting people to services in Wayne County.

Call the WINFO Line (570) 253-5986 or Toll free 1-866-253-5986

OR you can log on to the Wayne County Website @ www.waynecountypa.gov

Production Coordinator: Kathy Robbins

Menu Coordinator: Lynn Guiser

Editor: Kathleen Chicoski

kchicoski@waynecountypa.gov

Honesdale Center Earl J. Simons Center 323 10th Street, Honesdale, PA 18431 570-253-4262/570-253-9115 fax end of 10th St. across from Stone Jail

Hamlin Center Salem Township Building, 15 Township Bld. Rd, Route 590 Hamlin, PA 18427 570-689-3766 // 570-689-5002 fax Route 191 South to Hamlin 4 corners turn right onto 590 West, go 1/2 mile turn right after Prudential sign

Hawley Center Robert J. Drake Senior Community Center 337 Park Place, Bingham Park Hawley, PA 18428 570-226-4209 // 570-226-3422 fax Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St

Northern Wayne satellite @ Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co) Meetings March-October - 1st & 3rd Thursday; Meetings November-February—1st Thursday only

Waymart satellite @ Masonic Hall 136 South Street, Waymart, PA 18472 Meetings 1st & 3rd Thursday. Call Kimber Best 570-267-2742.

Transportation 323 10th Street, Honesdale, PA 18431 8:00 am - 4:00 pm www.co.wayne.pa.us go to "human services" click on "transportation" 570-253-4280 out of 253 exchange 1-800-662-0780

Wayne County Veterans Affairs Representative: Honesdale 308-10th Street, 9-12, Tuesday and Thursday ONLY; Hamlin Senior Center, 9-12, 1st and 3rd Wednesdays; Hawley Senior Center, 9-12, 2nd and 4th Wednesdays. For more info please call: 570-253-5970, Ext. 3114.



Wayne County Area Agency on Aging
 323 Tenth Street, Honesdale, PA 18431
 570-253-4262 / 570-253-9115 fax
 Elder Abuse/Protective Services 800-648-9620



"You cannot do a kindness too soon because you never know how soon it will be too late."
 - Ralph Waldo Emerson (1803 - 1882)