



# News For All Seasons



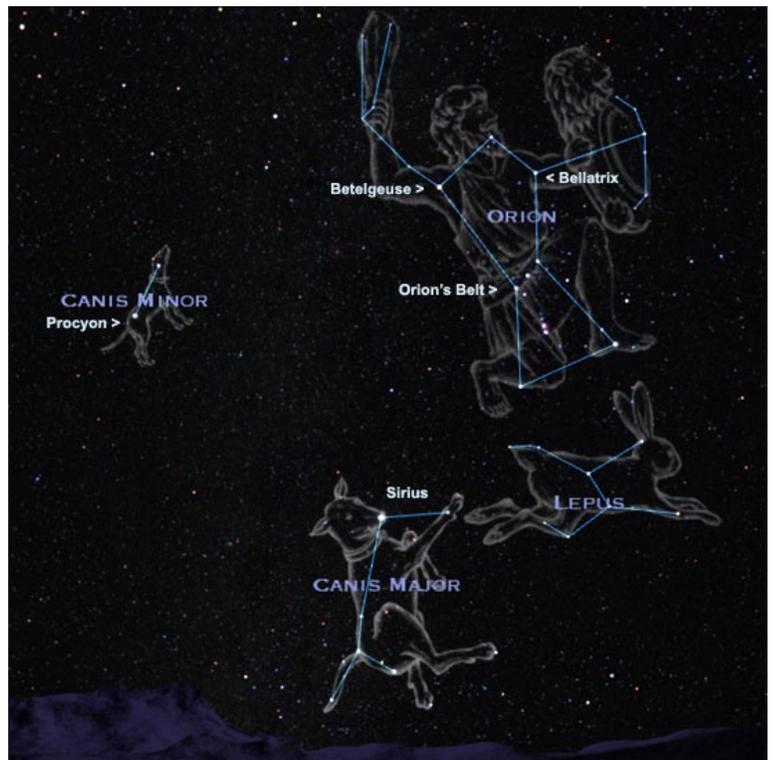
It's that time of year again! Honesdale's senior annual picnic and BBQ is July 8<sup>th</sup> and will be held at the Wayne County Fairgrounds! The down home country theme will have us rolling in the hay and sipping tea out of our Mason Jars. So wear your best dancing boots, your favorite cowboy hat and your overalls. A knee slapping good time will be had! The Hamlin and Hawley centers will host their picnic at Lake Genero on July 22<sup>nd</sup>. Musical entertainment will be provided by Frank Gervasi for both picnics! Tickets are \$6 and can be purchased at any center ahead of time.

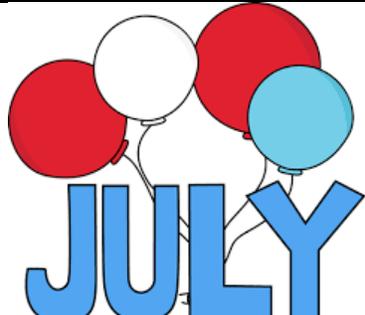
Some say that summer's "dog days" signify hot sultry days "not fit for a dog,"

But the "dog days" are actually defined as the period from July 3 through Aug. 11 when the Dog Star, Sirius, rises in conjunction (or nearly so) with the sun.

Sirius is the brightest star in the night sky. As a result, some felt that the combination of the sun and the brightest star of night (Sirius) was responsible for the extreme heat that is experienced during the height of the summertime.

A more sensible view was put forward by the astronomer Geminus around 70 B.C. He wrote ". . . the star merely marks a season of the year when the sun's heat is the greatest."



<p><b>CONGREGATE MENU</b></p> 			<p><b>MILK SERVED WITH ALL MEALS</b></p> 	<p><b>1) Fourth of July Meal</b></p> <p>California Burger On WW Bun Lettuce, tomato, onion Mayo Sweet Potato wedges Cucumber onion salad Watermelon</p>
<p><b>4) CENTERS CLOSED</b></p> 	<p><b>5) Cream of potato soup</b> WW Crackers</p> <p>Tilapia Florentine Buttered carrots Pecan Sandies</p>	<p><b>6) Broccoli n Chick pea salad- WW Spaghetti Meat Sauce Apricots</b></p>	<p><b>7) Pork Loin Pierogies Applesauce Peas n Pearl onions Sour Cream Ambrosia</b></p> <p><u>Northern Wayne:</u> Grape juice-Tossed salad, chix salad sandwich, ambrosia, oatmeal raisin cookie</p>	<p><b>8) HAWLEY n HAMLIN</b></p> <p>Tossed Salad Pizza Sausage bites Broccoli Vanilla pudding</p> 
<p><b>11) Corn chowder WW Bread Salisbury w/Gravy Mashed potato CapeCod blend veget Fruit cocktail</b></p>	<p><b>12) Pork Barbecue On Bun Coleslaw Cauliflower Wrm Diced peaches Over Biscuit whipped topping</b></p>	<p><b>13) Veget chile Baked salmon WW Rotini Baby carrots Rye Bread Orange segments</b></p>	<p><b>14) Side_Caesar salad Ham Wrm Pineappl slices Parmesan buttered Fettuccini Sweet potato Vanilla Ice cream</b></p>	<p><b>15) Breaded Chix tender Baked potato w/sour cream Cabbage Cornbread Fresh cut cantaloupe</b></p>
<p><b>18) Haddock Patty on Bun Tartar sauce Stewed tomatoes Brussels Oatmeal raisin cookie</b></p> 	<p><b>19) Chix Cacciatore over Wh wh pasta Zucchini Succotash Jello cake</b></p>	<p><b>20) California Burger On WW Bun Lettuce, tomato, onion Mayo Sweet Potato wedges Cucumber onion salad Pineapple tidbits</b></p>	<p><b>21) Veget lasagna Sausage bites Broccoli Strawberries- Whippd topping</b></p> <p><u>Northern Wayne:</u> cranberry juice, Spinach salad, egg salad on pita, strawberries</p>	<p><b>22) HONESDALE ONLY</b> Baby Spinach salad Chicken tetrazzini White rice Green beans Fresh cut Honeydew</p> 
<p><b>25) Meatloaf Mashed potatoes Mixed vegetables Cornbread Apple Betty</b></p>	<p><b>26) Tom bean soup Cheeseburger Regular bun- Potato Salad Pink Grapefruit</b></p>	<p><b>27) Tossed Salad Chicken Parmesan WW Rotini Broccoli Vanilla Ice Cream</b></p>	<p><b>28) Soup-Butternut Squash WW crackers Tuna fish salad on Pita Vegetable slaw Fruit Medley</b></p>	<p><b>29) Orange-pineapple juice Egg omelettes Salsa Turkey Sausage Patty Hash brown patty Rye Bread Oatmeal raisin cookie</b></p>

**NORTHERN WAYNE CENTER \* Thursday \* JULY 7 and JULY 21**



*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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*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 *fee 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*

**CAREGIVER'S SUPPORT GROUP – WEDNESDAY, JULY 13 – 1:30**

<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 *fee 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 (1st & 3rd)
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**ALL CENTERS CLOSED – MONDAY  
JULY 4 – INDEPENDENCE DAY**



# HAMLIN NEWS

Welcome Summer! Get ready to dance at our 18<sup>th</sup> annual picnic on Friday, July 22<sup>nd</sup>. Once again the Hamlin seniors are looking forward to joining with the Hawley seniors for our summer picnic. Our theme this year is a “Down Home Country” picnic. So get out those straw hats and corn cob pipes and hurry on down to the grove at Lake Genero. We’ll be serving up BBQ chicken, sausage & peppers and corn on the cob with all the fixin’s. Music will be provided by Frankie Gervasi and George Rittenhouse. Swing your partner round and round with the square dancers who will perform at 11:30. There will be raffles, door prizes, and of course, we finish off the day with bingo! Where else can you get a day full of fun for just \$6? Tickets can be purchased from Lu or Debbie at the centers.

We have 3 more bus trips planned for the year. Please check out our Cape May trip in September. We need about 10 more people to make this trip happen so tell your friends. This trip is a great value for all the sights we’ll see, along with food and entertainment. If you need more details call Debbie at 570-689-3766.



## Fourth of July Word Scramble



Unscramble the words, then use the highlighted letters to write out the scrambled secret message.

ASTSET	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ENDDEEPPNICN	<input type="checkbox"/>
DEARAP	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
LUEB	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
TENIUUD	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
TWEHI	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
AEQTIULY	<input type="checkbox"/>
ERIRFKWOS	<input type="checkbox"/>
ARLANCDITEO	<input type="checkbox"/>
FDREOME	<input type="checkbox"/>
DER	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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© www.fun-words.com

## HONESDALE HAPPENINGS



- You are invited to join in the Fourth of July celebration for the Senior Centers on July 1<sup>st</sup>. The centers will be closed on the 4<sup>th</sup> of July to acknowledge Independence Day.
- The speaker on July 13<sup>th</sup> is Roy Harrity. He will be speaking about the cardiovascular system.
- The speaker on July 20<sup>th</sup> is Theresa Hillart who will be doing an interactive presentation on Medicare by presenting a Medicare bingo game!

# ADD MORE VEGETABLES TO YOUR DAY

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1. **Discover fast ways to cook** Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2. **Be ahead of the game** Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



3. **Choose vegetables rich in color** Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4. **Check the freezer aisle** Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish. Look for frozen vegetables without added sauces, gravies, butter or cream.



5. **Stock up on veggies** Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as “reduced sodium,” “low sodium,” or “no salt added.”

6. **Make your garden salad glow with color** Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good too.

7. **Sip on some vegetable soup** Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetable.

8. **While you're out** If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9. **Savor the flavor of seasonal vegetables** Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10. **Try something new** You never know what you may like. Choose a new vegetable — add it to your recipe or look up how to fix it online. Find recipes at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)



This month we're looking forward to our annual picnic @ Lake Gen-ero's and the beginning of summer. We hope you are making plans to join us this year with the Hamlin seniors. Bring your friends and family for a day of music, and dancing, door prizes and a delicious

**HAWLEY NEWS**

forward to our annual picnic @ Lake Gen-summer. We hope you are making plans Hamlin seniors. Bring your friends and dancing, door prizes and a delicious



chicken lunch. This years theme is a Down Home Country Picnic . Wear your toe stomping boots & country outfit. The events will start around 10 am with coffee & snack. Raffle tickets, music & entertainment. I hope all the Fathers enjoyed their day with family and friends. We are also looking forward to our 4th of July celebration on Friday the 1st of July. Come in and join us for music with Andy Anderson, good food and fire works.( HA HA don't we wish.) Also Miracle Ear will be here starting at 11am to check your hearing and give some good information on ear care.

Stop by and see the variety of activities we have to offer here at the center. And check out our News For All Seasons for times and dates.



News on our robins eggs . . . . it doesn't look good. I had to move the nest from the front door of the center and apparently the momma didn't like it. So, no baby birds for us. Maybe next year.

Ray Harrity will be here on Friday July 8th @ 11:15 to discuss Vascular Cardio/ B/P screening. On Friday, July 15th - Theresa Hillart from CMS will be here for a few games of Medicare Bingo. Plan to be here for fun and some interesting information on both topics.

We are still looking for an able bodied person to volunteer in our kitchen for Wednesday's & Thursday's from 11:30 to 1:30. Please stop in an see Lu Seagraves if you are interested.

Our July Birthdays are: Tom Bates, Jeanne Smack, Jeanne Lawler, Trish Ianniello, Joann Thurgood, Pablo E. Ocampo, Al Guzzo, Jean Pollaro, Justine Burmeister and Josephine Tramutola. Happy Birthday to all of you!

<p><b>HOME DELIVERED MENU</b></p>	<p><b>MILK SERVED WITH ALL MEALS</b></p> 			<p><b>1) <u>Fourth of July Meal</u></b>  <b>Cranberry Juice</b>  <b>Cocktail</b>  <b>Cheeseburger</b>  <b>WW Bun</b>  <b>Sweet potato wedges</b></p>
<p>4) <b>OFFICE CLOSED- Frozen HD Only:</b>  <b>Grape juice</b>  <b>Baked chix strips</b>  <b>Asparagus Italian style</b>  <b>Stmd buttered Cabbage</b>  <b>Rice Pilaf</b></p>	<p>5) Apple Juice          Cream potato soup          WW Crackers          Baked Tilapia          Florentine          Butterd carrots          Pecan Sandies</p>	<p>6) WW Spaghetti          Meat Sauce          Cauliflower          Green beans          Granola bar</p> 	<p>7) Pork Chop Loin          Pierogies          Applesauce          Peas n Pearl onions          Ambrosia</p>	<p>8) Orange segments          Pizza          Sausage bites          Broccoli          Graham crax</p> 
<p>11) Orange juice          Corn chowder          WW Bread          Salisbury w/Gravy          Cape Cod Blend</p> 	<p>12) Pork barbecue          On Bun          Asparagus          Cauliflower          Diced peaches          On 1/2 Biscuit</p>	<p>13) Veget chili          Baked salmon          W W Rotini          Rye Bread          Pink grapefruit</p>	<p>14) Apple juice          Ham          Wrm Pineapple slices          Parmesan butterd          Fettuccini          Sweet potato</p>	<p>15) Bread Chix tnders          Baby Bakers          Baby carrots          Cabbage          WW bread</p>
<p>18) Fish          Patty on Bun          Stewed tomatoes          Brussels          Oatmeal raisin cookie</p>	<p>19) Chix Cacciatore over WW Penne          Zucchini          Succotash          Jello Cake</p>	<p>20) Cranberry juice          Hamburger          WW Bun          Sweet potato wedges</p>	<p>21) Veget lasagna          Sausage bites          Broccoli          Wrm Cinnamon          Applesauce</p>	<p>22) Orange-pineapple j          Chicken tetrazzini          White rice          Baby carrots          Green beans</p>
<p>25) <b>Meatloaf</b>  <b>Mashed potatoes</b>  <b>Mixed vegetables</b>  <b>WW dinner roll</b>  <b>Apple Betty</b></p>	<p>26) Tom bean soup          Cheeseburger on bun          Sweet potato fries          Pink grapefruit</p>	<p>27) Chicken Parm          WW Rotini          Carrots          Broccoli          Italian bread</p> 	<p>28) Apple juice          Garden Rotini          Wax beans          Apricots</p>	<p>29) Orange-pineapple j          Egg omelettes          Turkey Sausage Patty          Potatoes          Rye Bread          Warm Peach slices</p>

**Health and Breakfast:** By Lynn Guiser, Licensed & Registered Dietitian, ext 3190



We all need to eat breakfast-everyday. Some of us didn't eat breakfast when we were younger. It's never too late to change. I'm offering a few convincing reasons to encourage eating your morning spread.

- 1.If we come to the senior center without having eaten breakfast, ***we may succumb to more donuts and cakes with our coffee*** than we would normally eat if we had eaten breakfast before arriving. If at home, the same could happen.
- 2.***We could feel weak and/or faint*** from not eating or drinking in the morning, and risk taking a fall.
- 3.***Eating breakfast 'breaks' the fast.*** We sleep-therefore fast- for 7-8 hours. Our body slows down, goes into idle mode without any food to move around and break down. Breakfast gets your body metabolism going again.
4. ***We can't get all of the nutrients we need in a day if we skip a meal.*** Our nutrition program lunch offers one third of the nutrients needed in a day by a 70 year old person. We need to feed ourselves the other two thirds of energy and nutrients on our own.
5. ***It's not true that skipping meals and taking a vitamin/mineral supplements are the same as eating food.*** Scientists have yet to discover all the nutrients, components and health benefits in the foods we eat. And, the way nutrients work together with each other when we consume whole foods is not the same as taking a supplement. So, eat your breakfast!

You may be thinking about what to eat in the morning. Put together a breakfast that contains: fruit/vegetable, grain, a protein, and calcium rich food- milk/yogurt/cheese. **Breakfast examples:**

1. Hot or cold cereal with raisins, banana, berries, or other fruit. Add nuts or peanut butter. Mix with yogurt or add milk.
2. Toast, egg with cheese, banana or small juice.
3. Omelette in a mug– make with an egg, cut cherry tomatoes/spinach, onions / peppers, shredded cheese, butter and milk. Add meat if desired. Small juice or fresh fruit, and toast or English Muffin. Enjoy!

**8 Hour Sessions: 1 pm – 5pm**  
 HAWLEY CENTER  
 August 16 & August 17



**4 Hour Sessions: Must Have a Recent 8 Hour Course**

September 12th	Hawley	1 pm—5 pm
September 22nd	Honesdale	12:30 pm—4:30 pm
October 14th	Hawley	1 pm—5 pm



AARP SMART DRIVER 4 and 8 hour defensive driving courses are designed for qualified drivers age 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). For more information please call Wayne County Area Agency on Aging at (570) 253-4262 or to make a reservation and get directions.



## Cape May, New Jersey

“... One of America’s Treasures”

Featuring a Trolley Tour of the Historic District, The Physick Estate, Elaine’s Dinner Theatre, a Boat Cruise, a day in Atlantic City & much more

**4 Days – 3 Nights**

**Tuesday thru Friday, September 13<sup>th</sup> – 16<sup>th</sup>**

\$519 per person double occupancy \$719 pp single occupancy

Your package includes: 3 nights lodging at the Grand Hotel, 3 breakfasts, 2 dinners, including Elaine’s Dinner Theatre, Carriage House exhibit, Tour of the Physick Estate, Trolley tour, Dolphin Watch Boat Cruise, taxes, gratuities and motor coach transportation.



Thursday will be a free day for you to explore Cape May on your own or spend the day in Atlantic City. We need at least 25 people to go to A.C. to get a casino rebate so I’ll be taking names before the trip if you want to go.

More detailed information and cancellation insurance available upon request.

Reserve your seat with Marie at 570-253-5540 or Debbie at 570-689-3766.

\*Please have a \$300.00 deposit in by Friday, July 8, 2016. Balance due by Friday, August 5

Make checks payable to: Wayne County Aging. Cancellation Policy: Money refunded only if your seat can be filled. Trip insurance is available.



### Fourth of July Word Scramble

Unscramble the words, then use the highlighted letters to write out the scrambled secret message.

- ASTSET     **S T A T E S**
- ENDDEEPPNICN     **I N D E P E N D E N C E**
- DEARAP     **P A R A D E**
- LUEB     **B L U E**
- TENIUJ     **U N I T E D**
- TWEHI     **W H I T E**
- AEQTIULY     **E Q U A L I T Y**
- ERIRFKWOS     **F I R E W O R K S**
- ARLANCDITEO     **D E C L A R A T I O N**
- FDREOME     **F R E E D O M**
- DER     **R E D**
- ILBEYTR     **L I B E R T Y**

**A L L M E N A R E  
C R E A T E D E Q U A L**

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### Wellness Chair Yoga Class

With Diana Torre

Diana is a Certified Kriplau Yoga teacher since 1993 who for the summer months is volunteering her time at the Honesdale Center. (Kriplau Yoga is defined as compassionate self acceptance, observing the activity of the mind and body without judgement and taking what is learned into daily life). Diana is a yoga practitioner for thirty + years. She also leads classes for Silver Sneakers/YMCA/Arthritis Foundation/ and meditation certifications.

Yoga provides benefits for all ages and abilities. You will notice increased length and strength. Stress relief through breathing techniques and is known to provide arthritis relief, decreased blood pressure, relaxation, encourage meditation and more.

Please come join us for these enlightening, healthful classes for our mental and physical well being.

Classes are scheduled to begin on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of every month, from 10:30-11:15 am, at the Honesdale Senior Center. Give us a call at 570-253-4262 for further information.



# The Woodstock Museum and Bethel Wood Center for the Arts & Monticello Raceway and Casino

Tuesday, August 9, 2016 \$32.00 per person

Take a step into our time machine and travel back to “Woodstock and the Sixties.” Remember way back to 1969... maybe you were there at the famous concert, maybe you remember the music, remember the movie. Who can forget? Relive it again at The Woodstock Museum. After our museum tour we head to Monticello Casino for lunch and a little gaming.

Tuesday is senior day; the buffet is 15% off for seniors.  
Call Marie at 253-5540 or Debbie at 689-3766 to reserve your seat.



Depart:

- Hamlin Center @ 8:30am
- Hawley Center @ 9:00am
- Honesdale McDonald's @ 9:30am

Arrive Home:

- Hamlin Center @ 5:30pm
- Hawley Center @ 5:00pm
- Honesdale @ 4:30pm

- \*Please have your money in by August 1<sup>st</sup>.
- \*Cancellation Policy: Money refunded only if your seat can be filled. No refunds after August 2<sup>nd</sup> for any reason.

## Oktoberfest at Split Rock Resort

Thursday, October 20, 2016

**\$60.00 per person**

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

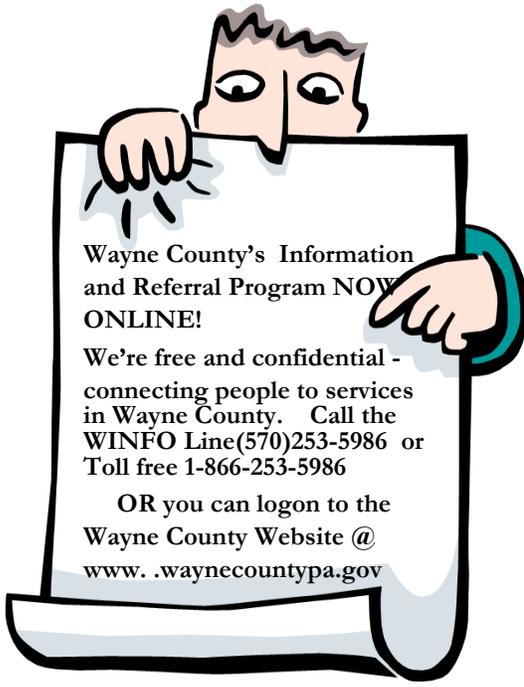
- \*Please have your money in by Friday, Oct. 7<sup>th</sup>.
- \*Make checks payable to: Wayne County Aging.
- Cancellation Policy: Money refunded only if your seat can be filled.
- No money refunded after Oct. 13<sup>th</sup> for any reason.

- Depart:
- Honesdale McDonald's @ 9:00am
  - Hawley Center @ 9:30am
  - Hamlin Center @ 10:00am

- Arrive Home:
- Honesdale @ 6:30pm
  - Hawley @ 6:00pm
  - Hamlin @ 5:30pm

Enjoy the versatile musical stylings of The Adlers Band. They will get you up and dancing! Entertaining in the Poconos since 1979. They are the quintessential American Oktoberfest band, playing the best of Austrian-German songs and party music.

Plus a German style buffet luncheon, bingo, and other activities the resort offers... like the indoor pool.



**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 logon to the Wayne County Website @ [www. waynecountypa.gov](http://www.waynecountypa.gov)

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**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 Cross-town 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 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](http://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 308-10<sup>th</sup> Street, 9-12, Tuesday and Thursday ONLY; Hamlin Senior Center, 9-12, 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays; Hawley Senior Center, 9-12, 2<sup>nd</sup> and 4<sup>th</sup> 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**

