

# NEWS FOR ALL SEASONS

Honesdale Mardi Gras Party— Fran Ford got the piece of the King Cake that had the baby

March Birthday Celebrations in Honesdale—from left:- Doris Day, Nancy Kutch, Nelsa Loscig



## *The Arrow and the Song*

I shot an arrow into the air,  
It fell to earth, I knew not where;  
For, so swiftly it flew, the sight  
Could not follow it in its flight.

I breathed a song into the air,  
It fell to earth, I knew not where;  
For who has sight so keen and strong,  
That it can follow the flight of song?

Long, long afterward, in an oak  
I found the arrow, still unbroke;  
And the song, from beginning to end,  
I found again in the heart of a friend.

Henry Wadsworth Longfellow

## NATIONAL WALKING DAY



The first Wednesday in April is National Walking Day. The American Heart

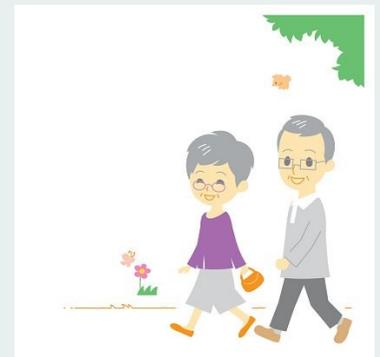
Association sponsors this day to remind people about the health benefits of taking a walk. Wear your sneakers (or take them with you) to work, and at some point in the day, you are encouraged to take a 30-minute walk.

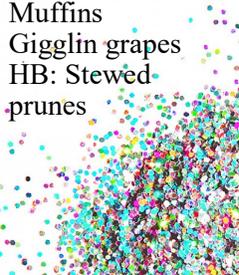
Here are some great ways to make that 30-minutes more enjoyable:



- Wear comfortable clothes.
- Take a friend to pass the time.
- Make sure to stretch those muscles.
- Drink plenty of water.
- Move your arms, too.
- Make sure you have good posture.

Source: Nationaldaycalendar



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Salmon in a honey mustard Sauce Parslied Buttered Potatoes Roasted Carrots WG Roll with Butter Chunky Fruit Cocktail</p>	<p>4/2 Roast Chicken Legs Risotto Roasted Brussel Sprouts Garden Sweet Peas Beaming Bananas HB: Pineapple Chunks</p> 	<p>4/3 Juicy Pork Chops au jus Whipped Sweet Potatoes Cauliflower au gratin WG roll with butter Baked apples with cinnamon &amp; golden raisins</p>	<p>4/4 Swiss Steak Fluffy whipped potatoes Wild Wax Beans Blueberry WG Muffins Gigglin grapes HB: Stewed-prunes</p> 	<p>4/5 Italian Day Stuffed cheese shells with a Mama Mia Marinara Sauce Raw Vegetable anti-pasto/side of red pepper hummus HB: Italian Green Beans Bruschetta w/olive oil &amp; roasted tomatoes HB: Garlic Bread Kiwi Fruit slices Italian Ices</p>
<p>4/8 Creamy tomato soup with fresh basil Hot LS Ham and LS cheese on a WG croissant Sweet Potato Chunks Broccoli Salad HB: Roasted broccoli Mandarin Orange Slices</p>	<p>4/9 Sweet and sour pork Cantonese Fluffy Brown Rice Blistry Beets Chinese Stir Fry Veggies Hawaiian Pineapple chunks</p> 	<p>4/10 Turkey Tetrizzini Spring Mix Shredded Carrots Cucumber slices (rind on) Low calorie dressing HB: Roasted butternut squash Side of marinated garbanzo beans Gigglin grapes HB: Chunky fruit cocktail</p>	<p>4/11 <b>Ginger Chicken Breasts</b> <b>Whipped Pumpkin w/ drizzle of maple syrup</b> <b>French style Green Beans</b> <b>WG Baguettes</b> <b>Chilled Peach slices</b></p> 	<p>4/12 Lentil Soup Vegetable Crunch Pizza Spinach salad with slices of strawberries Low calorie Dressing HB: Sautéed spinach in olive oil and garlic Emerald Pears</p> 
<p>4/15 Our own minestrone soup Shaved turkey hoagies (WG Bun) Lettuce Wedges Tomato Slices HB: Roast turkey Fluffy whipped potatoes Capri Veggies WG roll/butter Strawberry/Banana/ Pineapple Cup</p>	<p>4/16 Soft shell tacos Shredded Lettuce Chopped Tomatoes LS Salsa Fluffy Brown Rice Black Beans Golden whole kernel corn Citrus Orange Sections</p>	<p>4/17 Holiday Meal Honey Glazed Ham Scalloped Potatoes Marmalade Glazed Carrots with candied pecans “ Specialty Bread” Fresh fruit salad HB: Tropical fruit salad Coconut Cream Pie</p>	<p>4/18 <b>Stir Fry Beef</b> <b>Oven Farro</b> <b>Roasted asparagus</b> <b>Chilled pears</b></p> 	<p>4/20 Centers &amp; Offices Closed</p>
<p>4/22 <b>Earth Day</b> <b>Black Bean Burgers on WG Ciabatta rolls</b> <b>Twice Baked Potatoes</b> <b>Avocado Slices</b> <b>HB: Guacamole Scoop</b> <b>Roasted Rainbow Peppers</b> <b>Peace and Love Peaches</b></p>	<p>4/23 <b>Beefy Tater Tot Casserole</b> <b>Spring Mix</b> <b>Shredded Carrots</b> <b>Cucumber Slices</b> <b>Low Calorie Dressing</b> <b>HB: Blistry Beets</b> <b>WG roll with butter</b> <b>Melon slice</b> <b>HB: Mandarin Orange Slices</b></p>	<p>4/24 <b>Mediterranean Meatloaf</b> <b>Fluffy Whipped Potatoes]</b> <b>Garden Sweet Peas</b> <b>WG Banana Loafs</b> <b>Chilled applesauce</b> <b>Diet Jell-O cubes with a dollop of whipped cream</b></p>	<p>4/25 Tuscan style chicken w/basil, white beans and tomatoes Risotto Italian Green Beans Garlic Bread Beaming bananas</p>	<p>4/26 Open faced roast beef sandwich on WG bread w/gravy Fluffy whipped potatoes Broccoli salad HB: Roasted Broccoli Gigglin Grapes HB: Chilled pears</p>
<p>4/29 Sloppy Joe on a WG roll Sweet potato French fries Luscious lima beans Chilled peaches</p>	<p>4/30 <b>Turkey Roll ups with cornbread stuffing and gravy</b> <b>Candied Yams</b> <b>Roasted Cauliflower</b> <b>Strawberry/Banana/ Pineapple Cup</b> HB:Hawaiian Pineapple chunks</p>	 		

All Centers & Offices Closed–Friday, April 19

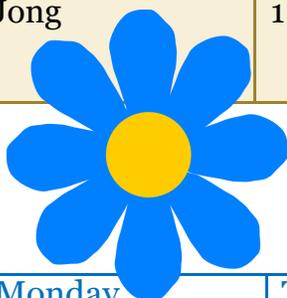
*Happy Easter & Happy Passover*



**NORTHERN WAYNE  
THURSDAY  
APRIL 4 & APRIL 18**

**EVERYDAY AT THE HAWLEY CENTER**

<p><u>Monday</u> 8-3 Cards &amp; Games 8-3 Gym Equipment 10:30 – 11:30 Exercise 11:30 - 3 Mah Jong</p>	<p><u>Tuesday</u> 8-3 Cards &amp; Games 8-3 Gym Equipment 10-12 Crafts 11:00 Sing-A-Long with Jim 1 - 2 Bingo</p>	<p><u>Wednesday</u> 8-3 Cards &amp; Games 8-3 Gym Equipment 10-12 Crafts 10:30 – 11:30 Exercise 10-1:30 Ceramics Class 1-2 Tai Chi 5:30 – 8:30 Mah Jong</p>	<p><u>Thursday</u> 8-3 Cards &amp; Games 8-3 Gym Equipment 1:00 Bingo 11 – 2:30 Card Club 11:00 Sing-A-Long with Jim</p>	<p><u>Friday</u> 8-3 Cards &amp; Games 8-3 Gym Equipment 10:30 – 11:30 Exercise</p>
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**EVERYDAY AT THE HAMLIN CENTER**

<p><u>Monday</u> Cards &amp; Games 8:00-12 Pinochle 10:00 Chair yoga</p>	<p><u>Tuesday</u> Cards &amp; Games 10:30 Tai Chi 1:00 Bingo</p>	<p><u>Wednesday</u> Cards &amp; Games 10:00 Exercise 12:30 Mahjong 7 pm-9 pm Square Dancing</p>	<p><u>Thursday</u> Cards &amp; Games 10:00 Exercise 1:00 Zumba Gold</p>	<p><u>Friday</u> Cards &amp; Games 10:00 Bingo 1:00 Hamlin Jingers Choral Group Practice</p>
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**CAREGIVER'S SUPPORT GROUP – WEDNESDAY, APRIL 10 – 1:30**

**EVERYDAY AT THE HONSDALE CENTER**

<p><u>Monday</u> 10:30 Bridge 1:00 Crafts 12-2 Advanced Class Line Dancing 2-4 Beginning / Intermediate Line Dancing</p>	<p><u>Tuesday</u> 10:30 Exercise 1:00–4:00 Pinochle</p>	<p><u>Wednesday</u> 10:30 Exercise 11:00 Tai Chi 1:00 Art Class 1:00 Bingo 1:00 Mah Jong 1:30-2:30 Jazz Class</p>	<p><u>Thursday</u> 10:00 Games 1:00 Cards</p>	<p><u>Friday</u> 10:30 Exercise 1-2:30 Shuffleboard 1:00 Pool 1-2:30 Rummikub 1-3 Memoir Writing Group (1<sup>st</sup> &amp; 3<sup>rd</sup>)</p>
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*St. Patrick's  
Day  
in  
Honesdale*



## HONESDALE NEWS

### March 5—Mardi Gras/Fat Tuesday Party Recap

We had a great time celebrating Fat Tuesday. Fran Ford was the lucky recipient of the little baby in her piece of King Cake—According to legend, Fran can expect good luck for a year!

### March 15—St. Patrick's Day Party Recap

We had a full house for our St. Patrick's Day party! Some possessed the luck of the Irish and left with door prizes. (See photos page 4)

### April 5—Italian Day

Manga! Today we celebrate all things Italian. Please join us for an Italian themed lunch and Italian treats. Please call Kathy at 570-253-5540 to make a reservation.



### April 17—Easter Party

A traditional Easter meal of honey glazed ham and trimmings is planned for lunch. Rumor has it that everyone's favorite rabbit, the Easter Bunny, will be hopping by with door prizes. Please call Kathy at 570-253-5540 to make a reservation.



### April 19 ---Good Friday – The Center is closed.

### April 29– Craft Group Meets

Please call Suzanne at 570-253-5540 if you plan to attend. No cost to attend or for supplies. The group meets on the last Monday of each month (holiday Mondays being the exception).



**Birthdays** - The first Friday of every month is Birthday Friday—come celebrate and enjoy a slice of birthday cake during your birth month!

**MindMatters Video Lecture Series** - The Pennsylvania Department of Aging MindMatters program

has a free, interactive lecture series available to share on television at senior centers in Pennsylvania. There are many topics available including Gardening and Planting; The Science of Dreams; and The Climate of Belief: American Public Opinion on Climate Change. A list of and description of lectures is available. For more information, please call Suzanne at 570-253-5540.

**Lending Library** - Are you looking for a book on tape or CD, puzzle or magazine, hard-cover or paperback book, DVD or video? Our lending library has many—stop by Monday through Friday and check out the varied and expansive collection.

**Art and Games** - Art class meets every Wednesday at 11 to work on various projects. Curious about Mahjong? A group meets on Wednesdays at 1:00 p.m. to play—beginners welcome. A group meets on Friday at 1:00 PM to play Rummicub, the rummy/mahjong styled tile game—all are welcome. Call Suzanne at 570-253-5540 for details.

# Elder Justice Day

FREE!

Speakers on topics such as Scams

Door Prizes

Vendor Tables

Complimentary Lunch & Transportation

Please join us at:  
**Ladore's P.A.R.C. Building**  
Owego Tpke  
9am-1pm

Always Report  
Elder Abuse  
1-800-490-8505

**RSVP: 570-253-4262**  
Wayne County Area Agency on Aging

## May 8, 2019

## **NORTHERN WAYNE NEWS**

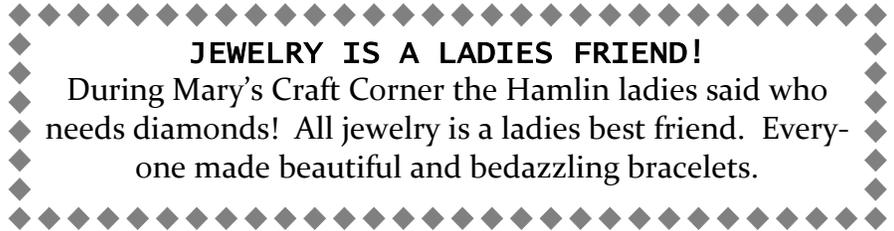
Our next meeting will be April 4 and a tunafish sandwich, bean salad and grapes are on the menu.



Our Easter party will be on April 18 and lunch will feature a turkey hoagie, fruit cup & coconut cream pie.



Please call Marie at 570-253-5540 for reservations.



### **JEWELRY IS A LADIES FRIEND!**

During Mary's Craft Corner the Hamlin ladies said who needs diamonds! All jewelry is a ladies best friend. Everyone made beautiful and bedazzling bracelets.



### **Wayne Co Public Library 1406 Main St Honesdale**

#### 1. Knitting-Crocheting for Beginners--

Open to both teens and adults. First class Thursday, April 4th from 10:00 to 12:00 and meeting every other Thursday after that.



#### 2. Gardening Tips and Composting--

Learn about soil preparation, crop rotation, caring for garden tools and composting on April 17 from 5:30 to 6:30.

Contact Elizabeth to register at 570-253-1220 or [ewilson@waynelibraries.org](mailto:ewilson@waynelibraries.org)

### **TAI CHI FOR ARTHRITIS**

4 week Tai Chi Course

Wayne County Area Agency on Aging, in concert with D. Paul Lam, Tai Chi for Arthritis and Health Institute.

Honesdale Senior Center

Mondays and Thursdays 11:-00 to 12:00

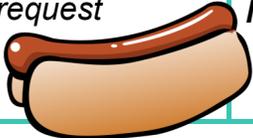
April 1, April 4, April 8, April 11, April 15, April 18, April 22 and April 25

Instructed by Sifu Mike Liuzzo, 40 year practitioner in the arts, certified under Dr. Lam.

Please call Marie at 570-253-5540 to register

A proven and enriched program. Dr. Lam, with a team of medical and Tai Chi experts created this safe and easy to learn program. Medical studies confirm Tai Chi for Arthritis, relieves pain, reduces fall, and improves balance and quality of life.

Promoted by the American Arthritis Foundation

1) Soup of the day Turkey, Bacon ranch wrap	2) Soup of the day Taco salad 	3) Soup of the day Cottage cheese and pineapple	4) Soup of the day Ham, cheese lettuce & tomato wrap	5) Stromboli 
8) Soup of the day Turkey and cheese with lettuce and tomato sandwich	9) Italian hoagie	10) Soup of the day BLT wrap	11) Soup of the day Egg salad sandwich 	12) Soup of the day Pizza
15) Mandarin, cranberry, feta Cuc, walnut, onion salad	16) BLT sandwich	17) Ham & cheese sandwich	18) Pizza rolls	19) 
22) Tomato soup Grilled cheese sandwich	23) Soup of the day Chicken patty lettuce & tomato on roll	24) Soup of the day Bacon Cheese-burger with chips	25) Soup of the day Cottage cheese & fruit	26) Rubeen sandwich
29) Soup of the day Chicken Quesadilla	30) Soup of the day Stromboli			<i>Hot dogs available upon request</i> 
				<b>Ala carte Menu</b>

On March 20, 2019 several students of Sifu Mike Liuzzo's Tai Chi class received certificates—Debbie Nuernberger, Level I and Art Nicolas, Level II. Congratulations to Debbie and Art. Tai Chi meets on Wednesdays at 11:00 AM to 12 noon, \$5 per person, per class. For more information, please call Marie Alexander at 570-253-5540.



Sitting left to right: Cissy Bruce, Debbie Nuernberger, Sifu Mike Liuzzo, Art Nicolas, and Dottie Samson

Standing left to right: Susan Lory, Kay Johnson, Tom Bradburn, Gerald Frisbie, Kathy Kasper, and Carol Rocklin

We have finally made it. Spring is here. Listen to the birds singing, flowers blooming and the warm weather coming our way. Soon I will put out the humming bird feeders. One thing I love to do is watch those magnificent tiny birds swinging back and forth in flight, putting on a magical dance for us all to watch in amazement. All of us can now look forward to our winter wanderers



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coming back to join us at the center.

We had a lot of Irish people here for St Patrick's Day. We enjoyed some traditional Irish music by Jim Firestine, good old fashion Irish Soda bread with all the fixings and a great Irish dinner that ended with Chocolate ice cream pie. Wow! How the Irish can party. I want to thank

everyone who came to our celebration and wished me and my husband a Happy Anniversary.

We had Jennifer Loy from Mid-Valley Manor Personal Care Home here to speak on the programs and eligibility of their business. It was a pleasure to hear that personal care homes still exist to accommodate our senior population.

Here are some of the activities for the month of April: On Friday, April 5th we will all become Italian for a day and enjoy Italian culture steeped in arts, architecture, music and food. Make your reservations a couple of days ahead to make sure we can accommodate everyone. We have our Polish Festival Bus Trip at the Hotel Anthracite on Thursday April 11<sup>th</sup>, featuring The Polka Punch Band. Make your reservations no later than Monday April 1<sup>st</sup>. As I understand the Settler's Inn from Hawley, Pa has taken over the Anthracite. Sign up and give it a try. Then for our delight, we will welcome the Easter Bunny AKA Ann Morgan, music by Andy Anderson and a delicious Easter dinner with all the delicacies.



2019/3/4

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That will be held on Wednesday April 17<sup>th</sup> starting at 11am. Mark your calendars and make your reservations a couple a days in advance.

We will be closed on Friday April 19<sup>th</sup> in Observance of Good Friday. Happy Easter to all.

Pictures are from our Mardi Gras celebration. Party attendees had a good laugh & a good time taking pictures, eating King Cake and listening to original Mardi Gras music.

April Birthday's to celebrate this month are; Robert Hughes, Andy Anderson, Sandra Wegst, Anne Kreiter, Linda Gardepe, Carlene Guzzo, Jean Fasig, Della Galgan, Linda Barbitto, Yvette Emmet, Peggy Datto. Joann Rohrbach, Diana Torre, Linda Darling, Donald Guida and Ann Guida . Happy Birthday to all of you.



# Sounds of Summer

Musical Tribute to The Beach Boys  
Mt. Airy Casino  
Tuesday, June 18  
\$55.00 per person

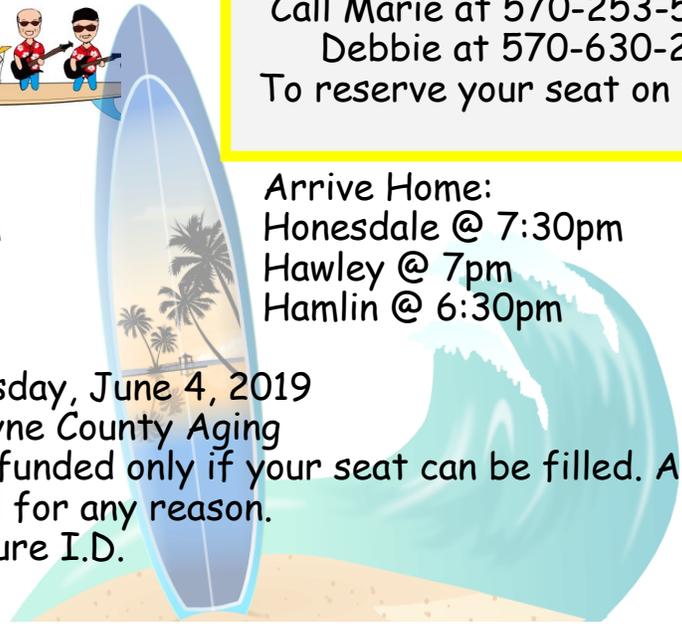


Package includes: \$15.00 slot play, buffet lunch, "The Beach Boys" tribute show at 3pm, transportation and driver's tip. Depart the casino at 5:30pm. Call Marie at 570-253-5540 or Debbie at 570-630-2385 To reserve your seat on the bus.

Depart:  
Honesdale McDonald's @ 10am  
Hawley Center @ 10:30am  
Hamlin Center @ 11am

Arrive Home:  
Honesdale @ 7:30pm  
Hawley @ 7pm  
Hamlin @ 6:30pm

- \*Money needs to be in by Tuesday, June 4, 2019
- \*Make checks payable to: Wayne County Aging
- \*Cancellation Policy: Money refunded only if your seat can be filled. After June 4<sup>th</sup> money will not be refunded for any reason.
- \*Remember to bring your picture I.D.

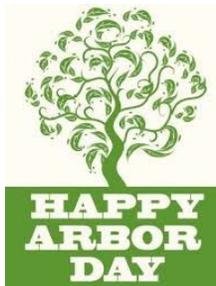


## VOLUNTEERS NEEDED FOR THE OMBUDSMAN PROGRAM IN LACKAWANNA, MONROE, PIKE & WAYNE COUNTIES

Volunteer Ombudsmen are community neighbors who are specially trained to help clarify responsibilities and rights of consumers in long term living facilities. If you are available for a few hours a month, over 18 years of age, concerned about the rights of nursing home and assisted living/personal care home residents and interested in making a difference in the lives of long term living residents, then you may be perfect for the

Volunteer Ombudsman Program. For more information, please contact:

Ombudsman Linda Korgeski by phone at 570-344-7190 or send email to [ombudsman@epix.net](mailto:ombudsman@epix.net)

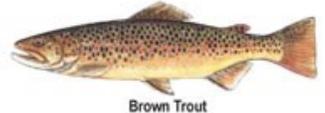


APRIL IS NATIONAL VOLUNTEER MONTH

### 2019 Pennsylvania Trout Season



Brook Trout-PA's Official State Fish



Brown Trout



Rainbow Trout



Golden Rainbow Trout



Lake Trout



Brown trout has dark spots, few or none on tail.



Rainbow trout has dark spots, especially on tail, and a pink lateral stripe.



Lake trout has light spots over entire body. Tail deeply forked.

Depart:

Hamlin Center @ 8am

Hawley Center @ 8:30am

Honesdale

McDonald's @  
9am



Arrive Home:

Hamlin Center @ 7:30pm

Hawley @ 7pm

Honesdale @ 6:30pm

## The Woodstock Museum at Bethel Woods Center for the Arts & Resorts World Catskills

Wednesday, May 8, 2019 \$35.00 per person

Take a step into our time machine and travel back to "Woodstock and the Sixties." After our guided tour we will head to the new Resorts World Casino for lunch and gaming. Included in our day: Woodstock guided tour, \$20 slot play, \$10 food voucher, transportation and driver's tip. We leave for home at 5:30pm.

Call Marie at 570-253-5540 or Debbie at 570-630-2385

to reserve your space in the time machine.



## CAPE MAY, NJ

Come along with me to the beautiful seashore...

## Cape May, New Jersey

Featuring a Trolley Tour of the Historic District, Elaine's Dinner Theatre, Dolphin Watch Boat Cruise, Cape May Zoo, Leaming Run Botanical Gardens, Atlantic City, lodging at The Grand Hotel and much more...

4Days – 3 Nights

Monday – Thursday, September 23 – 26, 2019

\$550.00 per person double occupancy

\$760.00 per person single occupancy

More detailed information and cancellation insurance available by calling Debbie.

Reserve your seat with Marie at 570-253-5540  
Or Debbie at 570-630-2385

Depart: Honesdale McDonald's at 8:00am,  
Hawley Center at 8:30am and Hamlin Center at 9:00am

\*Please have a \$350 deposit in by Thursday, June 6<sup>th</sup>.  
Balance due by Thursday, July 11<sup>th</sup>. Make checks payable to:  
Wayne County Aging. Cancellation Policy: Money refunded only  
if your seat can be filled. Trip insurance is available.

\*Please have your money in by  
Wednesday, April 17, 2019.

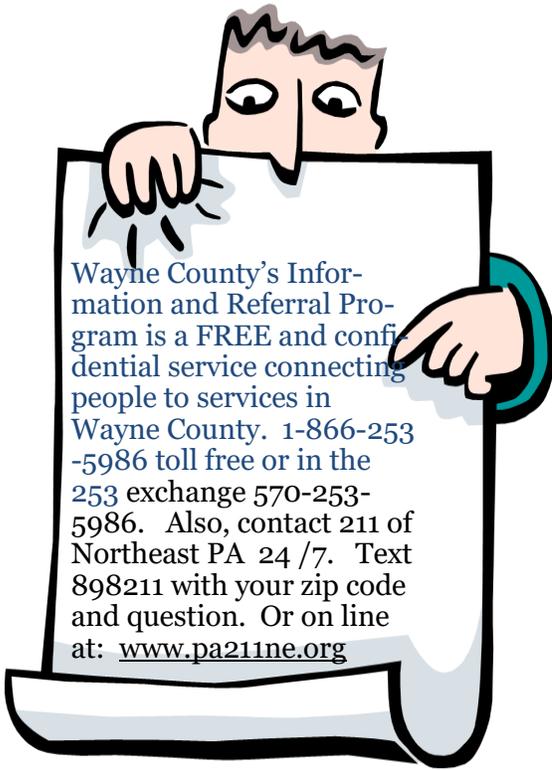
\*Cancellation Policy: Money  
refunded only if your seat can  
be filled.

After April 17<sup>th</sup> money will not  
be refunded for any reason.

\*Make checks payable to:  
Wayne County Aging

\*Remember to bring your pic-  
ture I.D.





Wayne County's Information and Referral Program is a FREE and confidential service connecting people to services in Wayne County. 1-866-253-5986 toll free or in the 253 exchange 570-253-5986. Also, contact 211 of Northeast PA 24 /7. Text 898211 with your zip code and question. Or on line at: [www.pa211ne.org](http://www.pa211ne.org)

Production Coordinator: Kathy Robbins  
 Menu Coordinator: Joanne Pesota  
 Editor: Kathleen Chicoski [kchicoski@waynecountypa.gov](mailto: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 UPS 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** @ St. Mary's Rectory at 242 Carbondale Road, Waymart. Meetings 1st & 3rd Thursday. Call Kimber Best 570-766-1916.

**Transportation** 323 10th Street, Honesdale, PA 18431; 8:00 am -4:00 pm [www.waynecountypa.gov](http://www.waynecountypa.gov) go to "human services" click on "transportation" 570-253-4280; out of 253 exchange 1-800-662-0780

**Wayne County Veterans Affairs Representative:** 314 10th Street, Honesdale: Walk-In Fridays or for appointment call 570-253-5970, ext 3114



The Wayne County Adult Day Service is open Monday – Friday. To contact the center please call: 570-390-7388 in Hawley; fax 570-390-4564

**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**

