



Find us on the web at <https://waynecountypa.gov/101/human-services>



WHAT IS CHAIR YOGA?

Chair yoga, a gentle form of yoga that's done while seated or using a chair for balance, makes the practice more accessible. In chair yoga, it's possible to move into poses like cat/cow, warrior, sun salutations and forward folds, all while seated. Champion tennis player Arthur Ashe's quote, "Start where you are, use what you have, do what you can," is the perfect sentiment for chair yoga practice.

Whether yoga is done in a chair or on the mat, the practice still focuses on the same core principles: focusing on your breath, paying attention to your thoughts, and staying in the moment.

The Benefits of Chair Yoga

Research shows yoga is linked to decreased levels of stress, anxiety, and depression, lowered cholesterol and blood pressure, improved energy, better sleep quality, less pain, and reduced body mass index. Chair yoga is also a good, safe workout for beginners.

Who Should Try Chair Yoga?

Although chair yoga is often promoted as a practice for those who may struggle with a mat practice, anyone can benefit from this type of gentle exercise. Chair yoga is a good starting point to use muscles you haven't used in a while without the potential risks of overloading your muscles and joints or falling.

Wayne County Area Agency on Aging offers Chair Yoga classes at the Hamlin (570) 689-3766 and Honesdale (570) 253-5540 centers. Hamlin's classes are on Mondays at 1:00 PM and Honesdale's on Thursdays at 11:00 AM. For more information, please call the center of interest. To sign up and/or make reservations for transportation, please call (570) 253-4280 or toll free at 1-800-662-0780.

Remember to check with your health care professional before beginning an exercise program.





Suggested meal price: \$2.50

for 60 and over. Milk is included.

Menu subject to change due to availability.

(NW=Northern Wayne)

| | | | | |
|---|--|--|--|---|
| 1 Baked ham w/ Pineapple Mashed sweet po- tatoes Cauliflower Rye bread/ Butter Pears  | 2 Pasta with meat- balls and sauce Green beans Wheat bread/ Butter Fresh orange  | 3 Baked fish Floren- tine Creamed potatoes Carrots Wheat bread/ Butter Melon  | 4 Grape juice Cheese pizza w/ Sausage Broccoli Cottage cheese w/ Peaches NW; <i>Juice, ham & cheese sandwich, cottage cheese, peaches</i> | 5 <i>Cinco De Mayo</i> Chicken enchiladas Mexican rice Southwestern Maize* Plantains Churros *corn  |
| 8 Stuffed pepper Casserole Baked potato w/ butter Mixed vegetables Wheat dinner roll/ Butter Fresh apple | 9 Juice Baked cod w/ dill Sauce Pasta primavera Spinach Wheat bread/ Butter Pudding | 10 Spanish rice w/ Ground turkey Green beans Cornbread/butter Mandarin oranges  | 11 Pulled BBQ pork On wheat bun Sweet potatoes Sautéed cabbage Fresh orange  | 12 <i>Mother's Day</i> Chicken Cordon Bleu Mashed potatoes Vegetable blend Wheat bread/butter Strawberry short- cake on biscuit |
| 15 Meatloaf w/ gravy Brown rice Cauliflower Wheat dinner roll/ Butter Pineapple  | 16 Tomato juice Hot ham w/ Cheese on Croissant Carrots Fresh orange  | 17 Roasted chicken Potatoes O'Brien Vegetable blend Wheat roll/butter Cantaloupe slice  | 18 Fish patty/wheat Bun Tartar sauce Potato wedges Carrots Pudding w/ straw- berries NW: <i>Juice, ham & cheese on a croissant, pickled beets, pudding</i> | 19 Eggplant parmesan Pasta Broccoli Wheat bread/butter Cottage cheese w/ Peaches  |
| 22) Italian sausage w/ Peppers & onions Home fried po- tatoes Italian blend veg. Wheat bread/ Butter Fresh orange | 23) Red pepper and Broccoli quiche Creamed spinach Brussel sprouts Wheat bread/ Butter Fresh apple | 24) Open faced hot Turkey sandwich w/ gravy Mashed potatoes Brussel sprouts Pudding | 25) Stuffed cabbage Casserole Brown rice Baby carrots Wheat bread/ Butter Mandarin oranges | 26) <i>Memorial Day</i> BBQ chicken Potato salad Baked beans Wheat dinner roll/ Butter Red, white and blue dessert |
| 29) Closed <i>Memorial Day</i>  | 30) Stuffed shells Mini meatballs Marinara sauce Spinach w/butter and garlic Wheat bread/ Butter Fresh orange | 31) Juice Baked fish Scalloped pota- toes Broccoli Wheat bread/ butter Pudding |  | |

Please call 253-5540 one day prior by 1:00 PM to make a reservation.



With the summer months approaching, it is a good time to review safety rules regarding storing in-home meals at proper temperatures.

Please read the following instructions carefully and contact your assigned care manager at 570-253-4262 if you have any questions or concerns.

- Whenever possible, please be available to accept the meals in person from the delivery driver. If you are unable to meet the driver, please provide TWO coolers; one cooler is for hot items and the other for cold/frozen items.
- If you receive frozen meals and are unable to meet the driver, please provide ONE cooler that is large enough to accommodate your weekly meal delivery.

Please ensure that you remove all meals from the coolers as soon as possible. ***Meals left in coolers for longer than FOUR hours must be discarded. (Please note, drivers cannot leave fresh meals if coolers have not been emptied.)***

It is our pleasure to continue to provide safe and healthy meals to the older adult community of Wayne County. We greatly appreciate your attention to these safety procedures



HONESDALE, PA

4th Saturday | 11-11:45am
St. Mary Magdalene Catholic Church
Dave Nonnenmacher, (570) 253-3378

5th Saturday | 11-11:30am
Central United Methodist Church
Sue Keyes, (570) 470-3868

Hamlin Senior Center

HEALTHY STEPS EXERCISE – Classes held every Wednesday and Thursday at 10:00 AM.

MAHJONG – Every Mon. 12:30 – 3:00 PM in side room.

BINGO – Tue. at 1 PM and Fri. at 10 AM. **Special evening Bingo 5/5 and 5/26 at 5 PM.**

NEUROSCIENCE FOR SENIOR LIVING – Thur., 5/4. At 11 AM Exercises for the brain facilitated by Sharon Carroll, “Make the Best of What You Have.”

CINCO DE MAYO – Thur., May 5 all day! Bingo at 10 AM, good Mexican food and entertainment by “Windfall.”

ALCOHOL PAINT ON COASTERS – Tue., May 9 at 10:30 AM – Alcohol markers on tiles (coasters) facilitated by RoseEllyn Grohol in side room. Please RSVP by May 5.

FREE BLOOD PRESSURE SCREENINGS – Tue., May 9 at 11:00 AM in Becky’s office.

MOTHER’S DAY SOCIAL – Fri., May 12. Enjoy a bit of tea and scones. Bring your hats, boas, and your favorite china cup and saucer. A prize for the top three cup and saucer sets! Bingo at 1 PM.

ELECTION DAY – Tue., May 16. CENTER CLOSED.

NEW SENIORS FREE DAY – Wed., May 17 “Seniors for Seniors” theme. Invite friends who have never been part of our Senior Center experience; complimentary lunch for first-time visitors. Several high school seniors will be working with center seniors. Special games and exercises. Bring your arts/crafts, poem, woodwork, sing a song, play an instrument, provide a baked item, etc. The entry must be something you created. Please RSVP with Becky for lunch and if you are participating with the creative talent showcase.

SHUFFLEBOARD COMPETITION Fri., May 19 at 11 AM.

CRAFT DAY – May 23 at 10:30 AM. (Please RSVP by May 18)

GARDEN SPOT – Thur., May 25 at 11:00 AM. Vegetables and herb planting in the garden box, and flower planting at the pavilion. (Rain date – Wed., 5/31).

MEMORIAL DAY CELEBRATION – Fri., May 27. Wear your red, white, and blue, and let’s celebrate the onset of summer in the pavilion, weather permitting.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------|------------------------------------|---|---|-----------------------|
| 10:00 Cards/Games | 10:00 Cards/Games | 10:00—11:00 Healthy Steps Class | 10:00—11:00 Healthy Steps Class | 10:00 Bingo |
| 12:30 Mahjong | 1:00—2:00 Bingo | | | |
| 1:00—2:00 Chair Yoga | | | | |
| | *Schedule Subject to Change | | | |

MAY BIRTHDAYS

Colleen Mentz

5/6

Karen Hall

5/16

Iris Peper

5/17

Mark Birtel

5/20

Phyllis Parry

5/20

Tom Gillette

5/29



EASTER FUN

The Hamlin Senior Center had a wonderful day of Easter games, Bingo, and were also visited by none other than the Easter Bunny!. Many hands were at work inclusive of all our volunteers and Debbie Birtel.

ST PATTY’S CELEBRATION

The Hamlin Senior Center looked like a field of green as the members enjoyed their St. Patty’s celebration! It was a fun filled day with entertainment by Frank Gervasi. Our members danced, played games and took part in St. Patty’s Bingo. Thank you to everyone who made the event successful!

50TH ANNIVERSARY CELEBRATION

Mike and Anny Antenello celebrated their 50th Wedding Anniversary with us on 3/31/23. They brought in the cake and brought pictures from their wedding day. They were wearing Lithuanian wedding clothes and were so happy to share their special day with us! Thank you Mike and Anny for sharing your day with your Hamlin Center family!

TOP OF THE SCALE WEIGHT IN WINNER

Congratulations to Anny Antenello for losing the most weight during our January through March Weigh-In Program. Five of us participated in the competition. Everyone who participated are winners for working towards wellness.



Unfortunately, due to technical difficulties photos of activities at the Hamlin Center could not be uploaded this month. We hope to have this rectified as soon as possible.

Hawley Senior Center

HAPPY SPRING. We all can enjoy the wonders of the season.

Friday, May 5—Cinco De Mayo.

Friday, May 12—Mother's Day.

Wednesday, May 17—Older Americans Month. 2023 "Aging Unbound"—This year's theme explores diverse aging and how to combat stereotypes. We offer a free lunch with transportation for any senior who has not visited the center before. Call to make arrangements a week in advance.

Friday, May 26—celebrate the beginning of summer with our Memorial Day picnic lunch.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| 9:00-3:00 Exercise Equip. 10:30—11:30 Healthy Steps in Motion Class 10:30—2:00 Ceramics 11:00—2:30 Mahjong | 9:00—3:00 Exercise Equip. 10:30—2:00 Ceramics 1:00—2:15 Bingo *Schedule Subject to Change | 9:00—3:00 Exercise Equip. 10:00—10:30 Tai Chi 10:30—2:00 Ceramics 10:30—11:30 Healthy Steps in Motion Class 5:30—8:30 Mahjong | 9:00—3:00 Exercise Equip. 1:00—2:00 Bingo | 9:00—3:00 Exercise Equip. 10:30—11:30 Healthy Steps in Motion Class |

May Birthdays: Helene Burgess, Joan Russo, Gordon Wells, Anna Swartz, Robert Foell, Lenore Weisse, Dennis Hage, Peter Brown and Alison Paolini. Happy birthday to all!



Clockwise left to right: Bunny hoppers enjoying the Easter party. Thankful to Jim Firestein for always entertaining us on the organ. Happy to see a full dining room, below, once again!



Honesdale Senior Center

May 5, 2023—Cinco De Mayo AND Birthday Friday. Come in and enjoy the annual Fifth of May fiesta followed by a birthday treat to honor those born in May. Please call 570-253-5540 for a reservation.

May 12, 2023—Honoring mothers on this day so please join us whether you are a mother or not!

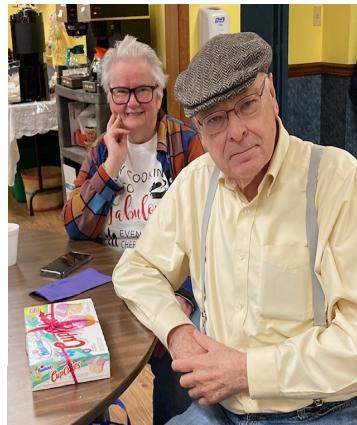
May 17, 2023—Older Americans Month celebration. If you have yet to visit the center, this is your opportunity to enjoy a complimentary meal. Also, if you try our transportation services for the first time your round trip will be free of charge. Please call 570-253-5540 for a lunch reservation one day prior by 1:00 PM and 570-253-4280 for a transportation reservation; must be at least two days prior to your trip.

May 26, 2023—Memorial Day celebration. We remember those who lost their lives as well as welcome the unofficial start of summer with a meal of barbecued chicken and sides.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| 9:00-10:00 "Mondays with Marie"—Exercise streamed live on Wayne County PA Human Services' FACEBOOK page 11:00-3:00 Bridge 1:00 PM Canasta | 10:30-11:30 Healthy Steps Class 1:00-4:00 Billiards Shuffleboard | 10:00-11:00 Healthy Steps Class 1:00-2:00 BINGO 2:00-3:30 Caregivers' Support Group—2nd Weds. each month | 10:00 AM Northern Wayne Center April 6 & 20 11:00 AM Chair Yoga 1:00 Shuffleboard Billiards | 10:30-11:30 Healthy Steps Class 1:00-4:00 Rummikub tile game Shuffleboard |
| | | | | |



April birthday celebrants above from left to right are Dorothy, Bob and Diane. Happy birthday to all!



Clockwise above are our lucky Easter raffle prize winners: Swadesh, Margaret, Janet, and Gordon, with Dorothy behind him..

Northern Wayne/Lakewood Center

Meetings this month are on May 4 and 18. Joe Liberatore will visit on May 4 and speak on heart health. Please see menu items on page two, and call Marie to make reservations at 570-243-5540.



Wayne County Veterans' Affairs

The poem *In Flanders' Fields* was written by Canadian military doctor and artillery commander Major John McCrae. During the Second Battle of Ypres a friend of Major McCrae's, Lieutenant Alexis Helmer was killed on May 2, 1915. Because the chaplain was away on another duty, Major McCrae was asked to conduct his friend's burial service. It is believed that he wrote the poem later that evening. But, why poppies? The poppy flower blooms between May and August. The seeds lie in a dormant state, until the ground is disturbed. The fighting in Belgium and France disturbed the ground and the seeds began to germinate in the warm weather of spring and summer. Those bright red flowers caught the attention of Major McCrae, as he was looking out among the recent burial grounds. The following poem is one of the most famous written during World War I.

In Flanders' Fields

*In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders' fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch: be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' Fields*

Protection from Abuse Orders (PFA's)

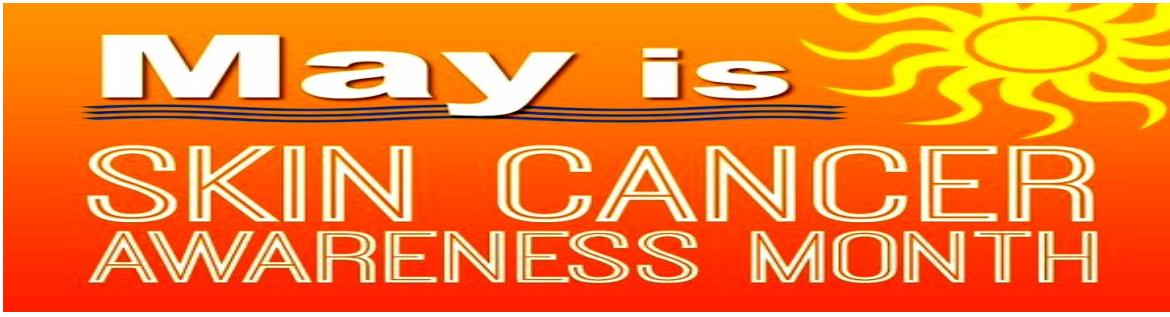


Obtaining a Protection from Abuse Order (PFA) can be a vital part of regaining freedom from abuse. When a PFA is granted, it can order that your abuser no longer harass, abuse, or contact you, and in some cases, a judge can also order them to leave the home and return personal items to the victim. Protection Orders can also be granted for minor children if they have a parent or guardian file on their behalf.

In Pennsylvania, a victim of abuse can file for a PFA against a partner or family member such as, spouses or ex-spouses, intimate partners, parents, anyone related by blood or marriage, and domestic partners. Anyone who is 18 years or older can apply for themselves. As stated above, children are able to apply for a PFA if they have a parent or adult guardian file on their behalf.

Victims Intervention Program (VIP) has fulltime Legal Advocates in each of our locations (Wayne & Pike counties) who are here to help guide through the process of filing for a PFA. The legal system can sometimes feel confusing and overwhelming, especially during a time of crisis. Our team cannot only help you file the paper work; they can be a support inside the court house as well by accompanying you to hearings. Though our Advocates are not attorneys, VIP does have a lawyer on staff to assist with Pike County PFA cases.

If you need a Protection from Abuse Order, or would just like more information about PFA's, call our office today at 570-253-4401.



May is SKIN CANCER AWARENESS MONTH

To help make sun protection a habit, the American Academy of Dermatology (AAD) encourages you to *Practice Safe Sun* every time you're outdoors this month and all summer. By practicing it every day, it is hoped that you'll continue to *Practice Safe Sun* for months and years to come.

Year-round sun protection plays an important role in keeping your skin looking its best. When you *Practice Safe Sun* while outdoors, you can:

- Reduce your risk of developing skin cancer
- Prevent sunburn
- Decrease signs of early skin aging like wrinkles and sun spots
- Diminish flare-ups of skin conditions like melasma and dark spots called hyperpigmentation

Sunscreen can protect your skin against skin cancer and premature aging. However, it is not as effective unless it's applied correctly. Follow these preventative tips from dermatologists and when applying sunscreen: Visit a board certified dermatologist for more skin cancer prevention tips.

- 1. Choose a sunscreen that has a sun protection factor (SPF) of 30 or higher, is water resistant, and provides broad-spectrum coverage**, which means it protects you from UVA and UVB rays.
- 2. Apply sunscreen before going outdoors.** It takes approximately 15 minutes for your skin to absorb the sunscreen and protect you. If you wait until you are in the sun to apply sunscreen, your skin is unprotected and can burn.
- 3. Use enough sunscreen.** Most adults need about 1 ounce — or enough to fill a shot glass — to fully cover their body. Rub the sunscreen thoroughly into your skin.
- 4. Apply sunscreen to all bare skin.** Remember your neck, face, ears, tops of your feet and legs. For hard to reach areas like your back, ask someone to help you or use a spray sunscreen. Hats are a must—wear a wide-brimmed one. Basal cell and squamous cell carcinomas account for up to 90% of all skin cancers and often appear on the head, neck and ears. Hats help safeguard your face, scalp and neck. To protect your lips, apply a lip balm with SPF of *at least 15*.
- 5. To remain protected when outdoors, reapply sunscreen every two hours, or immediately after swimming or sweating.** People who get sunburned usually didn't use enough sunscreen, didn't reapply it after being in the sun, or used an expired product.
- 6. When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays.** If wearing this type of clothing isn't practical, try to wear a T-shirt or beach cover-up. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing is certified under international standards as offering UV protection.
- 7. Sunglasses protect your eyes from UV rays and reduce the risk of cataracts.** They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side



Mother's Day Word Search



| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| O | H | L | V | E | Y | J | L | D | I | D | L | K | A | V | B | J | G |
| E | U | K | V | J | I | Z | Y | H | V | L | B | C | M | D | J | L | T |
| I | W | T | J | J | B | U | B | E | S | P | E | C | I | A | L | S | X |
| A | G | Q | D | Y | N | H | O | D | M | Q | A | C | U | D | I | P | G |
| Q | C | O | O | K | I | N | G | W | O | P | U | Q | S | S | F | F | R |
| R | L | O | V | E | E | L | A | J | W | J | T | F | O | E | W | G | A |
| B | L | U | A | F | E | S | C | D | S | G | I | O | J | S | I | D | N |
| J | Y | D | I | M | W | Z | E | C | E | Q | F | W | W | S | S | F | D |
| Y | F | M | D | T | I | F | H | O | C | S | U | F | S | I | D | P | M |
| L | E | V | O | U | R | V | I | M | F | Z | L | G | G | K | O | M | A |
| I | K | F | T | D | E | R | M | U | B | Y | I | M | O | M | M | Y | E |
| M | M | F | I | W | H | C | T | N | K | A | E | U | Q | S | K | O | T |
| A | S | T | A | E | T | C | C | L | S | V | T | V | J | R | H | U | C |
| F | G | H | O | U | O | U | E | S | I | L | H | T | A | I | B | G | F |
| K | U | F | R | C | M | V | P | A | H | X | D | Q | U | O | A | T | H |
| C | H | M | H | H | R | Z | S | R | V | V | B | L | N | J | Z | M | I |
| N | C | X | N | P | A | R | E | N | T | N | E | P | T | X | C | H | A |
| F | S | N | U | R | T | U | R | E | K | R | C | H | N | G | U | S | Q |



MOTHER
AUNT
FAMILY
RESPECT
COOKING



MOMMY
LOVE
PARENT
WISDOM
NURTURE



GRANDMA
SPECIAL
HUGS
KISSES
BEAUTIFUL



**Serving
Seniors
INC.**

**VOUNTEERS NEEDED FOR THE
OMBUDSMAN PROGRAM IN WAYNE PIKE
AND MONROE 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 Melinda Rispoli at 570-344-7190 or email:
mrispoli@servingseniorsnepa.org**



DO YOU HAVE EXTRA SPACE IN YOUR HOME?

WOULD YOU LIKE SOME COMPANIONSHIP?

EXTRA INCOME?

If you answered "yes" to these questions, the SHARE program may be just what you need.

SHARE (Shared Housing And Resource Exchange) is a housing program being offered in Carbon, Monroe, Pike and Wayne Counties.

Professional Housing Counselors screen and match people who have extra space in their homes with people seeking an affordable living situation.

If this sounds like a good idea for you or someone you know, please contact: Larisa Yusko (570) 832-5133, email lyusko@pikepa.org

Retired & Senior Volunteer Program of Berks, Pike & Wayne Counties



Volunteer Opportunities

♦ Wayne County Area Agency on Aging

Help at a Senior Center, Meal Delivery Drivers

♦ Wayne County Food Pantry

Packing / Distribution Day, Warehouse Pallet Assembly

♦ American Red Cross

Blood Donor Ambassador, Disaster Relief

♦ Serving Seniors, Inc.

Volunteer Ombudsman

♦ RSVP Senior CHAT Program

Make Calls to Seniors or Refer Someone to Receive Friendly Calls

♦ Lodore Camp, Retreat & Conference Center

Food Service, Program Instructor, Grounds Maintenance

♦ Salvation Army

Honesdale Extension

♦ Wayne County Housing



Call Dawn at: (570) 390-4540 or Email: houghtalingd@diakon.org



**AmeriCorps
Seniors**

**RSVP is funded by AmeriCorps and sponsored by Diakon Community Services.*

DIAKON COMMUNITY SERVICES
DIAKON CHILD, FAMILY & COMMUNITY MINISTRIES



Visitors Bureau Held Pick Up the Poconos April 22, 2023

The Pocono Mountains Visitors Bureau hosted Pick Up the Poconos, a four-county litter control effort, on Saturday, April 22. Last time the event was held in September, 400 volunteers fanned out across 28 locations and covered more than 100 miles of roadway in the four-county Pocono Region, including Wayne, Pike, Monroe and Carbon counties.

The PMVB's overall Pick Up the Poconos campaign has resulted in at least 25,839 bags of trash being picked up and properly disposed of during the past six years. The campaign includes Pocono C3, which is a unique partnership that employs individuals who are homeless or at risk of becoming homes, to clean roads on a weekly basis throughout Monroe County. Since 2019, this program has helped nearly 30 individuals obtain permanent housing, a vehicle and/or full-time employment.



The overall effort also includes Adopt-A-Highway Litter Removal Service of America Inc., which PMVB contracts to clean interstate 80 and 380 along with Route 33 and the highway entrance and exit ramps throughout the year. Finally, Pick Up the Poconos began in September 2018 in Monroe County and has been growing ever since and has now expanded into a region-wide effort that includes a second clean in April in honor of Earth Day.

"We know keeping the Poconos clean and green takes more than just one or two litter pickups a year. That's why we have invested significant funding, time, and resources into a variety of efforts," said Chris Barrett, President/CEO of the Pocono Mountains Visitors Bureau. "There are many dedicated individuals, groups, organizations, and associations that pick litter regularly. We want to be an advocate and supporter of those efforts as well."

Pick up the Poconos is supported by key partners including Keep Pennsylvania Beautiful, Leave No Trace, Monroe County Municipal Waste Management Authority, PennDOT, Waste Management and the participating boroughs and townships.

Wayne County



1406 Main Street

Honesdale, PA 18431

570-253-1220

www.waynelibraries.org

Connecting our community



MAY
PROGRAMS

Contact Miles Keesler

with questions and/or to register:

mkeesler@waynelibraries.org

570-253-1220

1. Funeral Planning: Brendan Murray will be speaking on the importance of pre-planning funerals, setting up burial services, completing your will and answering any questions regarding funerals on Wednesday, May 3 at 4:30 - 5:30 p.m.

2. Tech Neck: Join Kyle Passeri, DPT from Pivot Physical Therapy as he shows you how to manage neck and back pain. Wednesday, May 10 at 4:30 - 5:30 p.m.

3. Salt and Watercolor Art: Art teacher Kat Beisel will discuss and demonstrate the Watercolor/Salt Technique on Wednesday, May 17 at 4:30 - 5:30 p.m.

4. Sumi-e Japanese Art: Art Teacher Kat Beisel will guide you in meditative practice as you create a traditional Bamboo painting on Wednesday, May 24 at 4:30 - 5:30 p.m.

5. De-stressing with Abstraction: Join Art Teacher Kat Beisel as she shows you how to de-stress with neurographic art. Come and de-stress as you design! Wednesday, May 31 at 4:30 - 5:30 p.m.

6. Movies in May: Thursday, May 4--*The Empire Strikes Back* and Friday, May 26 *Saving Private Ryan*. Films shown at 12:30 p.m. Please call the library to register, 570-253-1220.



How lucky was the Honesdale Senior Center to be able to celebrate Doris Day's 100th birthday on Saint Patrick's Day?! Mrs. Day was feted by family (children, grandchildren, great grandchildren and GREAT great-grandchildren), friends, state and local dignitaries and Wayne County Aging's staff. Mrs. Day, a Rummikub aficionado, is shown cutting her custom cake as well as with various county, state and local dignitaries. Thank you Mrs. Day for letting us share your special day. We wish you many more years of playing cards and games as well as good health and happiness!





The Riverview Inn

Matamoras, PA

~ JoJo Russell ~

Comedy & Music Show

Experience a nightclub-style performance
that keeps guests coming back for more.

Thursday, October 19, 2023

\$70 per person

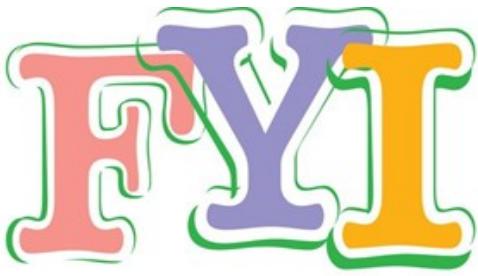
Included: Snack upon arrival, full course meal & beverages, entertainment from 1 PM to 3 PM, transportation and driver's tip. Sign up with Marie at 570-253-5540 or Debbie at 570-630-2385.

Depart:
Honesdale old K-Mart at 9:00 AM
Hawley Center at 9:30 AM
Hamlin Center at 10:00 AM

Arrive Home:
Honesdale at 5:30 PM
Hawley at 5:00 PM
Honesdale at 4:30 PM

*Payment due by Tuesday, Oct. 3.
*Make checks payable to: WCAA.

***Cancellation Policy: Money refunded only if your seat can be filled. No refunds after Oct. 3**



•FOR YOUR INFORMATION•

211 is a **FREE** and confidential service, connecting people to services in Wayne County.

Get Connected / Get Help

Dial 211 or 1-855-567-5341

Website: pa211ne.org

Text your zip code to: 898211



Production Coordinator: Kathy Robbins

Menu Coordinator:
Lynn Potter, RD LDN

Editor: Suzanne Putzi



Find us on Facebook at Wayne County Office of Human Services



Wayne County Area Agency on Aging

323 10th Street

Honesdale, PA 18431

570-253-4262 / 570-209-5770 fax

Elder Abuse/Protective Services:

1-800-648-9620

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

Hamlin Center: Salem Township Building, 15 Township Bldg. 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 "A" 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/Lakewood Satellite Center located at: Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co #) **November-February events — 1st Thursday only** events March-October - 1st & 3rd Thursday. **For reservations**, please call Marie at 570-253-5540.

Transportation: 323 10th Street, Honesdale, PA 18431; 8:00 AM—4:00 PM www.waynecountypa.gov. Go to "Human Services" click on "Transportation" Call 570-253-4280; out of 253 exchange 1-800-662-0780.

Wayne County Veterans' Affairs Representative: 314 10th Street, Honesdale, PA 18431; For an appointment call 570-253-5970, ext. 3114 or email: va@waynecountypa.gov

Wayne County Adult Day Program: Robert J. Drake Senior Community Center 337 "B" Park Place, Bingham Park, Hawley, PA 18428 **We are accepting applications for new participants. Please call: 570-390-7388; fax 570-390-4564.**