



The Importance of Staying Hydrated



Staying hydrated is crucial for everyone, especially older adults. As we age, our bodies undergo changes that can make us more susceptible to dehydration. Here are some practical tips to help seniors stay hydrated:

Understand the Importance of Hydration:

- Water is essential for almost all bodily functions, from lubricating joints to pumping blood to the heart.
- Being hydrated means having enough fluids for your body to function properly.
- Check the color of your urine: Pale and clear urine indicates good hydration, while darkcolored urine may signal dehydration.

Why Seniors Are More Vulnerable to Dehydration:

- Appetite and thirst tend to diminish with age, so seniors might not be aware they need more fluids.
- Changes in body composition leave older adults with less water in their bodies.
- Medications can increase dehydration risk.
- Seniors' bodies don't regulate temperature as efficiently, making them more prone to dehydration during exercise or activity.

Symptoms of Dehydration: Even mild dehydration can cause discomfort and health issues. Look out for:

- Dark-colored urine
- Urinating less frequently
- Fatigue or weakness
- Irritability
- Dizziness

Practical Tips for Seniors to Stay Hydrated

Choose Water You Like: If plain water isn't appealing, try adding a slice of lemon or cucumber for flavor.

Set Reminders: Use alarms or phone notifications to remind yourself to drink water throughout the day.

Eat Hydrating Foods: Consume fruits and vegetables with high water content, such as watermelon, cucumber, and oranges.

Monitor Medications: Be aware of medications that may increase dehydration risk and adjust fluid intake accordingly.

Use a Reusable Water Bottle: Carry a water bottle with you to encourage regular sips.

Limit Alcohol and Caffeine: These can contribute to dehydration, so consume them in moderation.

Consume Soups and Broths: These provide both hydration and nutrients.

Remember, staying hydrated is essential for overall health and well-being. We encourage you to prioritize water intake and adopt these simple strategies to maintain proper hydration levels.













The Wayne County Senior Centers offer a great weekday respite from the heat. Come for lunch, activities and to spend time with or make new friends. Please call Hamlin (570)689-3766, Hawley (570)226-4209 or Honesdale/Northern Wayne (570)253-5540 for information or find the schedules inside this newsletter. For information about the Adult Day Program in Hawley, please call (570)390-7388.



**Suggested meal price:
\$2.50 for 60 and over;**

**\$5.50 all others. Milk
is included.**

**Menu subject
to change
due to avail-
ability.**

<p>Tasty Tidbits from the Kitchen!</p> <p>Hey! Did you know that there's a secret garden (not so secret anymore) behind the Honesdale Senior Center? Well you do now! Recently the kitchen and the Senior Center staff teamed up to plant herbs and veggies that were donated by various members of the county.</p> <p>Now that's fresh!</p> <p>If you would like one of our delicious meals, whether from the Honesdale Senior Center or our Ala Carte just give us a call! 570-253-4262</p>				
<p>1) Juice Fish sticks Macaroni & cheese Stewed tomatoes Wheat bread butter Fresh Cantaloupe NW: juice, egg salad on rye, Quinoa salad, peaches</p>			<p>2) Grandparent's day Grape juice Pizza Broccoli salad HB-broccoli Center's Root Beer Float HB-pie</p> 	
<p>5) Corn & bean salad Cheese omelet Turkey sausage Home fries Wheat bread Butter Fresh orange</p>	<p>6) Turkey roll ups with corn bread stuffing/Gravy Baked Sweet Potato wedges Roasted Brussel Sprouts Pineapple</p>	<p>7) Juice Cranberry glazed Pork Roast Butter noodles Summer Squash Wheat bread butter Vanilla pudding with 1/2 c. Strawberries</p>	<p>8) Meat lasagna Spinach California blend Wheat bread Butter Fresh Pear</p> 	<p>9) Honey ginger Chicken Roasted red potatoes Broccoli Wheat dinner roll butter Peaches</p> 
<p>12) Baked Ham with pineapple Mashed sweet potatoes Cauliflower Rye bread Butter Fresh apple</p> 	<p>13) Juice Chicken Corn Chowder Baked Potato with sour cream Broccoli Wheat bread butter Pudding</p> 	<p>14) Grape juice Vegetable cheese Pizza Garlic Spinach Cottage cheese with 1/2 c. Peaches</p> 	<p>15) Baked fish Florentine Creamed potatoes Carrots Wheat bread butter Cantaloupe NW: Juice, Ham & cheese on rye, mustard pc, cottage cheese, peaches</p>	<p>16) Woodstock day Orange Juice Mushroom Burgers on wheat bun French fries Vegetable blend Brownies</p> 
<p>19) Vegetarian stuffed pepper Casserole Baked potato with butter Mixed vegetables Wheat dinner roll butter Pudding</p>	<p>20) Ground beef Stroganoff Cauliflower rice Green beans Wheat bread Butter Fresh Orange</p>	<p>21) Southwestern Fish Taco Baked French fries Spinach Cantaloupe</p> 	<p>22) Chicken Cacciatore over Cauliflower rice broccoli Wheat bread butter Fruit Cocktail</p>	<p>23) Apple BBQ pork on a wheat bun Baby potatoes Sautéed cabbage Mandarin oranges</p> 
<p>26) Fish patty on a wheat bun Tartar sauce Potato wedges Carrots Fresh orange</p> 	<p>27) Eggplant parmesan broccoli Vegetable pasta with sauce Wheat bread butter cottage cheese with 1/2 c. fruit</p>	<p>28) Tomato soup Hot ham with cheese on a croissant mixed vegetables warm peaches</p> 	<p>29) Roasted chicken Potatoes O'Brien Mixed Vegetables Wheat dinner roll butter Cantaloupe</p> 	<p>30) Labor Day Juice California Burgers on wheat bun Macaroni salad Baked beans Red, White & blue dessert (1/2c)</p>

Legend: NW-Northern Wayne

The Annual Picnic in Honesdale was a great success. We want to thank the following donors that helped to make it a memorable day for our seniors. This event would not be possible without the generous support of our community.

Brooks Charles Estadt, State Farm Insurance

Charles Grim Construction

Citizen's Savings Bank

FNCB Bank

Gibney's Restaurant

The Home Depot

Highhouse Oil Company

Jeannie's Chapel Street Salon

Dirlam Brothers Lumber Company

Platform Industries

Two Guys From Italy

Firmstone Oil Company

Honesdale Agway

Dave's Super Duper

Case Tire Service

Shear Expressions

Seaman's Marine

Remax Wayne

Pioneer Construction

Murray Physical Therapy, Inc.

Mountain Quiltworks

Alissa's Salon

Universal Hair Designs

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Paulie's Hot Dogs

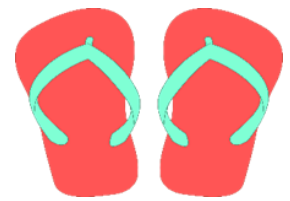
Weis Markets Honesdale

Honesdale Agway



We will list the sponsors for Hawley and Hamlin in future editions of our newsletter.

Hamlin Senior Center-August Activities



Tai Chi – Monday at 10:30 AM, 8/5, 8/12, 8/19&8/26

Chair Yoga – Monday at 1 PM, 8/5, 8/12, 8/19&8/26

Healthy Steps – Wednesday and Thursday at 10 AM

Bingo – Tuesday at 1 PM and Friday at 10 AM

Grandparent's Day – Bring your grandchildren on Friday 8/2. Bingo at 10 AM with one FREE bingo card per/child. Basketball Shoot-Off at 11 AM. Pizza for lunch!

How To Series – Tuesday 8/6, "Inheritance Tax Understanding" facilitated by Tim Barna

Woodstock Day – Friday 8/16, Wear your favorite 70's styled clothes. Recall and review your favorite band/vocalist and memories. Enjoy GROOVY food and FAR OUT Bingo.

Decoupage Flower Pot Craft – Tuesday 8/20, Taking place in the "Thrive" Room at 10:30 AM. Please sign up on the posted sheet.

How To Series: – Tuesday TBA at 10:30 AM, "Foraging Mushroom Presentation" facilitated by Natalie from the Lac-Awac Sanctuary.

Friday Evening Pizza & Bingo – 8/09 and 8/23, 5–7 PM.

Be Good To Yourself Day – Tuesday 8/27, 10:30 AM. Enjoy a little pampering with a refreshing facial mask with relaxing music, and waters infused with fruit.

State Rep. Olsommer's Senior Outreach Program – Wednesday 8/28, 9 AM-12 PM. The program assists with a variety of topics.

****Schedule Subject to Change**

August Birthdays:

Donna Reifler

Keith Good

Mary Ann Vaccaro

Clare Karnick



Loretta Curtis

Irene Rosenberger

Debbie Carlson

Cindy Waters



Second Harvest Food Bank Interactive Presentation A BIG thank you goes out to Meagan from Second Harvest for providing a special interactive food day.



One of Our Many Talented Seniors-Cindy Waters, a Hamlin Senior, has been working on a project to provide yarn animals for Guatemalan children for Christmas. This project is being completed by Cindy on behalf of the Hamlin Senior Center for Christmas this year. Thank you very much Cindy!

<u>Monday</u> 8:00-12:00 Fun in Games Pinochle Dominoes and Rummikub 10:30-11:30 Tai Chi 12:30 Mah-jong	<u>Tuesday</u> 8:00-11:30 Fun in Games 10:00 Shuffle-board 10:00-11:00 Garden Spot	<u>Wednesday</u> 10:00 Healthy Steps 10:00 Fun in Games 1:00 Poker Group <i>*Schedule subject to change</i>	<u>Thursday</u> 10:00 Healthy Steps 1:00-3:00 Fun in Games Pinochle, Dominoes and Rummikub	<u>Friday</u> 10:00-2:00 BINGO 11:00 Weigh in Fridays 1:00 Yoga & Meditation
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Hawley Senior Center- August Activities



As I write this newsletter, I find myself looking back on all the wonderful, exciting and sometimes overwhelming memories I am taking with me on my new journey. I must say how very much everyone has meant to me and how very much you all will be missed. I will say though, I will be back.

I want to Thank each and everyone of you for showing me all your support, love and friendship throughout my 20 years. The send off you gave me was a very emotional day for me. I will carry that day with me forever. I will never forget you. How can I not love the Hawley Center.

Now let's move onto center news:

We had our annual picnic and what a great turn out we had. Music, great food, door prizes and all the enjoyment with friends and family. I would like to thank everyone who made this year's picnic a great success especially all of my wonderful volunteers who helped with the preparation so it would flow smoothly. I know you know who you are, so with that said, here is a **BIG THANK - YOU** to all of you.

Music by Sarah Sings was such a great success, her voice leaves us with such awe and the notion to get up and DANCE!!!! Pictures to follow in our next edition of News for all Seasons.

On Thursday June 27th we had our cooking class with Mackenzie Kirsher from Second Harvest Food Bank. Seven clients joined her and enjoyed healthy fruit smoothies.

We will celebrate **Grandparent's Day** on **Friday August 2nd** starting @ 11am. Bring your grandchildren and enjoy a slice of pizza, a vegetable and a Root beer float. Let Michelle know if you plan to come and how many grandchildren will be attending. Please bring your own article to tie dye, pillowcase, bag or shirt.

There is a presentation Wednesday **August 7th**, the highlight is on Balance/Dizziness and Falls by Dr. Jordon Gay DPT (Doctor of Physical Therapy) 11:00 am to 12:00 noon.

Woodstock Day is Friday **August 16th**. Peace, Love and Rock & Roll. Dress the part and lets feel the LOVE.

Now this means the end of summer, we will have a **Labor Day Celebration** with a traditional meal consisting of a California burger, baked beans and macaroni salad it will be on **Friday August 30th**.

Lunch at the center-Please remember everyone must sign in the book, call, or put in your lunch order the day before to receive a lunch, or there might not be enough lunches for everyone.

August Birthdays:

Patricia Schmidt, Barbara Beecroft, Ed Reim, Danielle Muscari, Dorothy Sherman, Joseph Rago, Mary Day, Ann Kovatch, Dan Murphy, Bob Molle and Steve Knutsen.



<u>Monday</u> 9:00-3:00 Exercise Equip	<u>Tuesday</u> 9:00-3:00 Exercise Equip	<u>Wednesday</u> 9:00-3:00 Exercise Equip	<u>Thursday</u> 9:00-3:00 Exercise Equip	<u>Friday</u> 9:00-3:00 Exercise Equip
10:30-11:30 Healthy Steps in Motion Class	1:00-2:15 Bingo	10:00-10:30 Tai Chi	11:00-2:30 Card Group	10:30-11:30 Healthy Steps in Motion Class
11:30-2:30 Mahjong		10:30-2:00 Ceramics	1-2:00 Bingo	10:30-2:00 Ceramics
		10:30-11:30 Healthy Steps		
	<i>*Schedule subject to change</i>	1:30-3:00 Crafts		

Honesdale Senior Center-August Activities



August 2nd (Friday)-Grandparents Day, come and enjoy a root beer float and pizza party with your grandchildren. (Ages 1-16 for prizes)

August 8th & 22nd (Thursday)- 10:00-11:30, Crafts with Sandy Kline

August 16th (Friday)- Woodstock Day, wear your favorite tie dye shirts and enjoy a mushroom burger and brownies. It's guaranteed to be a groovy time.

August 18th (Sunday)-Ride the Rails train excursion trip

August 30th(Friday)-Labor Day Celebration come and enjoy a California Burger with us.

Congratulations to Michelle Braida on her promotion to Hawley Senior Center Operator 2.

We are considering two new activities for the Senior Center and we need your input and assistance! We would like to resume the writing and literacy group, Memoirs and More. We also would like to start a crochet/knitting group. We would need a volunteer to facilitate the group. Let Christina or Amanda know if you are interested.



Our Craft Group making a waterfall project with Sandy.



Thank-you Tim Barna from Barna Law, for your presentation on elder law.



Bob and Christina playing billiards on our Pool Party Day. Bob won the game!



A visitor to our back courtyard. She stopped by for a quick snack of flowers.



Our cowboy duck army getting ready for our Annual Picnic.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10:00-11:00 Walking in the Park	10:30-11:30 Healthy Steps Class	10:00-11:00 Healthy Steps Class	10:00-11:00 Walking in the Park	10:30-11:30 Healthy Steps Class
11:00-12:00 Mind Matters	1:00-4:00 Billiards	1:00-2:00 BINGO	10:00 Northern Wayne Center-1st and 3rd Thursday	1:00 Rummikub tile game
Weekly Lecture Series	Shuffleboard	2:00-3:30 Caregivers Support Group 2nd Wed. each month	10:00 Crafts/Crocheting 2nd and 4th Thur.	Billiards
11:00-3:00 Bridge	<i>*schedule subject to change</i>	2:00-3:30 Grief Support Group 4th Wed. each month	1:00 Shuffleboard	Shuffleboard
1:00 Canasta			Billiards	

Northern Wayne Senior Center

August 15th(Thursday)-We have a guest speaker from the Department of Health coming to talk about vaccine awareness.

Our meetings next month will be September 5th and 19th. We will celebrate Labor Day a few days late on September 5th.

Sheet Pan Garlic Butter Steak Bites with Veggies

1 lb. tiny new red and/or yellow potatoes, halved
12 oz. green beans, trimmed
1 small red onion, cut into 1 inch wedges
2 tbsp. olive oil
2 tbsp. butter
2 tsp. chopped fresh rosemary or parsley

1/2 tsp. of kosher salt
1/2 tsp. black pepper
1 lb. sirloin steak cut into 1 1/2 inch pieces
1 tbsp. Worcestershire sauce
1 clove garlic, grated

1. Set oven rack about 6 inches from heat source. Preheat oven to 450 degrees F. Lightly coat a 10x15 inch baking sheet with cooking spray.
2. Toss together potatoes, green beans, onion, 1 tbsp. olive oil, and 1/4 tsp. each salt and pepper in a medium bowl. Spread vegetable mixture in an even layer on prepared pan. Roast, stirring halfway through, 15 minutes.
3. Meanwhile, toss together steak; Worcestershire sauce; and remaining 1 Tbsp. oil, 1/2 tsp. salt, and 1/4 tsp. pepper in the same medium bowl.
4. Preheat broiler. Push vegetables to edges of pan. Arrange steak in an even layer in the center of the pan. Broil turning steak halfway through, until desired darkness (140-145 degrees F for medium), 6-8 minutes.
5. Melt butter in a small saucepan over low heat. Add garlic and cook until fragrant, about 30 seconds. Drizzle garlic butter over steak and vegetables. Sprinkle with rosemary or parsley. Enjoy!



For Those Receiving In-Home Meal Delivery

Presently all meals delivered to your home will arrive frozen; we are not offering hot meal deliveries at the moment. You will receive one delivery per week. Regrettably, due to staffing constraints, we cannot promise fixed delivery days. You will receive a phone call in the morning of your delivery day to notify you. If you won't be available at home, kindly leave your cooler out for the driver.

World Senior Citizens Day: Celebrating Wisdom and Experience

World Senior Citizens Day is observed annually on August 21st. It's a day dedicated to honoring and appreciating the contributions of older adults in our communities. Let's delve into the significance of this day and why it matters.

Acknowledging Wisdom and Experience

As the global population ages, it becomes increasingly important to recognize the wisdom and experience that seniors bring to society. They have lived through decades of history, witnessed significant changes, and accumulated valuable knowledge. World Senior Citizens Day serves as a reminder to appreciate their contributions and learn from their experiences.

Promoting Well-Being

This day also emphasizes the well-being of older adults. It encourages us to consider their physical, mental, and emotional health. Activities such as exercise, social interaction, and mental stimulation play a crucial role in maintaining a high quality of life for seniors. Communities and organizations often organize events, workshops, and health screenings to promote senior well-being.

Bridging Generations

World Senior Citizens Day provides an opportunity to bridge generational gaps. Younger generations can learn from seniors, and seniors can benefit from the energy and fresh perspectives of the youth. Intergenerational interactions foster understanding, empathy, and mutual respect.

Advocacy and Support

Advocacy for senior citizens' rights and needs is another focus of this day. It's essential to address issues such as healthcare access, social isolation, and financial security. Governments, NGOs, and individuals can work together to create a more inclusive and supportive environment for seniors.

Conclusion

On World Senior Citizens Day, let's celebrate the resilience, wisdom, and contributions of our older adults. Whether it's spending time with a grandchild, volunteering at a senior center, or advocating for better policies, every effort counts. Together, we can create a world where seniors thrive and continue to enrich our lives.

Remember, age is not a barrier to making a positive impact. Happy World Senior Citizens Day! 🌟🧓👵

Northeast Sight Services offers a number of different Support Services to adults based on the following qualifications: Geographic Area: · Lives in the Counties of Upper Luzerne, Pike, Wayne, and Wyoming.

Visual Eligibility (based on one or more of these four factors): · A corrected visual acuity of 20/70 or greater in the better eye · A visual field loss of 20 degrees or greater · A diagnosis of a progressive sight threatening disease · A significant functional limitation from vision loss Individuals who meet these qualifications are eligible for: Adjustment to Vision Loss Services (Initial Evaluation & Referral) Vision Rehabilitation Therapy Assistive Technology In-Home Independent Living Support Educational and Social Events

Address: 1825 Wyoming Avenue, Exeter PA 18643

Email: sara@northeastsight.org

Website: www.northeastsight.org

Toll free: 1-877-693-3555

Phone: 570-693-3555



**NORTHEAST
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— Since 1918 —

OUR VISION IS CLEAR:
SIGHT LOSS SUPPORT & PREVENTION™

Transportation Task Force Launches Shuttle Survey



Transportation Survey



The Wayne Tomorrow! Transportation Task Force seeks input on the feasibility of a shared-ride shuttle service along Route 6.

This service would be provided by a third-party, private enterprise and WOULD NOT BE OPERATED by the Wayne County Transportation Department.



SCAN OR VISIT <https://waynetomorrow.com/373/Transportation-Survey>.

HONESDALE – The Wayne Tomorrow! Transportation Task Force has been charged with identifying the changing needs and challenges of transportation for the residents of Wayne County, and they need your help.

The Task Force launched a short survey that will help to gauge the feasibility of shared-ride shuttle service along Route 6.

While maintaining and repairing roads and bridges is important, so, too, is the need for accessible and affordable public transportation that can help citizens engage in the economy, educational opportunities, health care, recreation and more.

“This is especially true in the post-pandemic era,” explained Community Network Specialist Mikki Uzupes, “Our partner agencies tell us that in recent years, the costs of purchasing, operating, maintaining and insuring a personal vehicle have been growing out of the reach of some families, compounding the hardships presented by the absolute need for reliable transportation in our rural area.”

Last summer, the Task Force was introduced to a representative from Via Transportation, which provides software and mobility services to communities around the globe. The Task Force provided information about “points of interest” along Route 6, and Via proposed a full-blown shuttle system, running from Waymart to Hawley at a projected cost of more than \$2 million for the first year.

The Wayne Tomorrow! Community Impact Network generally agreed that the price tag was simply too high for a rural community to sustain, even with grant, philanthropic and other funding assistance. A discussion of the realities of the transportation landscape, however, led the network to conclude, ‘We need to do something.’

Earlier this year, a pair of local entrepreneurs started a new taxi service in the community and have also sought a license for a fixed-route shuttle service focused on Route 6. The Task Force hopes to use the results of the survey to better inform this private initiative.

The survey is currently live; you can learn more and find a link at WayneTomorrow.com.

Victims' Intervention Program

We are here for you!



VIP was established in 1988 with the purpose of serving victims of domestic violence, sexual assault. Since then we have grown to provide services to victims of other serious crimes including, but not limited to, human trafficking, stalking homicide, DUI crashes, identity theft, bullying, child abuse and elder abuse. Our mission is simple: to educate, empower and envision. We educate the community on the issues of violence-we empower victims and survivors to make the best choices for their individual situations-and we invite the community to envision a world free from violence.

The services include, but are not limited to, the following: crisis hotline, emergency shelter, and medical and legal advocacy/accompaniment, individual supportive counseling, support groups, economic empowerment, community educational presentations, prevention programs and special awareness events. All services are confidential and provided at no cost to women, men and children ages five and older. VIP also provides assistance to anyone touched by these issues, such as the survivor's family and friends or any person who has witnessed a crime or abuse.

If you or someone you have been a victim of violence, call our hotline today to speak with an advocate.

Phone: 570-253-4401, or visit our website at vipempowers.org!

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

PAY ONE PRICE!

\$12
Per Person

**Admits Everyone to
the Wayne County Fair**

(includes 24 months+ of age)

Must have wrist band to ride.

**All rides have posted
height requirements.**

PAY-ONE-PRICE (POP) admission includes:
parking, small stage shows, most grandstand
shows, and best of all ...

ride all day at no further cost!

POP does not include Food, Beverages, Midway Games and Shows,
Demolition Derbies or Monster Truck Show.

* Price of Admission to the grandstand includes
10% Amusement Tax levied by Dyberry Township

**SENIOR CITIZEN'S (Age 62)
and MILITARY/VETERAN DAYS**

Friday, August 2 and Wednesday, August 7
\$6.00 Admission on both days.

SEASON TICKETS – \$50

SAVE BY PURCHASING TICKETS IN ADVANCE!
Season Tickets are for admission to the grounds only,
and do not include rides.

SEASON TICKETS ARE ON SALE AT:

- Dirlam Brothers Lumber Co. – 250 Sunrise Avenue, Honesdale
- Turkey Hill Convenient Store – 1050 Main Street, Honesdale
- Iron Hill at 1940 – 228 Roosevelt Hwy., Waymart
- Wayne County Fair Office – Fair Week Only

• Fair Grounds Open at 9 AM

• Midway & Rides Open 12 Noon to 11 PM

• Exhibit Buildings Open 10 AM to 10 PM

(Please note that all livestock exhibits and shows
will take place in the arena. NOTICE: For the public's safety,
the barns will be closed during all livestock shows.)

Sorry, no pets are allowed on the fairgrounds.
No alcoholic beverages allowed on fairgrounds or property.
No firearms allowed on the fairgrounds or property.

ATM's Are Available at
the Main Gate, on the Midway and North End of the Midway.

For more information go to:

www.waynecountyfair.com



THE CHOICE OF THE
162nd WAYNE COUNTY FAIR

2025 Fair Dates: August 1 – 9

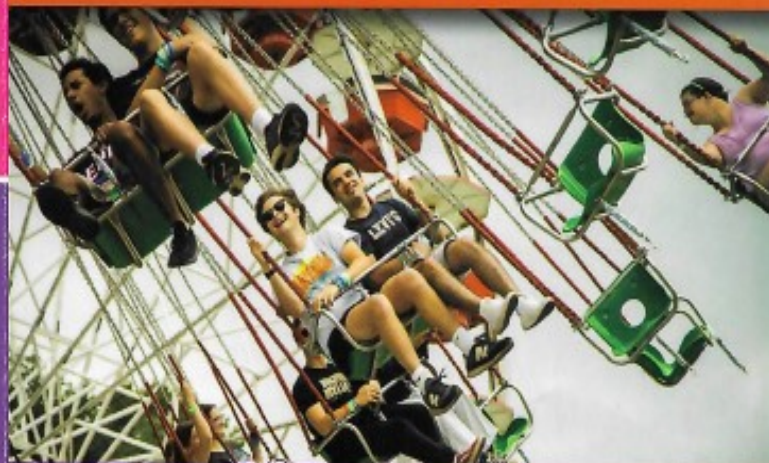
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WAYNE COUNTY

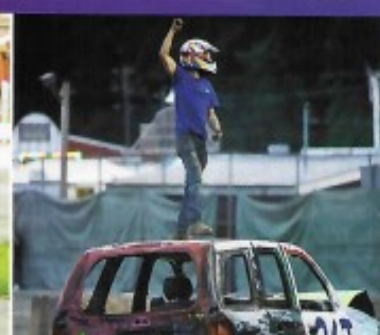
FAIR

August 2–10, 2024

270 Miller Drive,
Rte. 191 N., Honesdale, PA



RIDES • GAMES • ENTERTAINMENT • 4H EXHIBITS • GREAT FOOD



www.waynecountyfair.com

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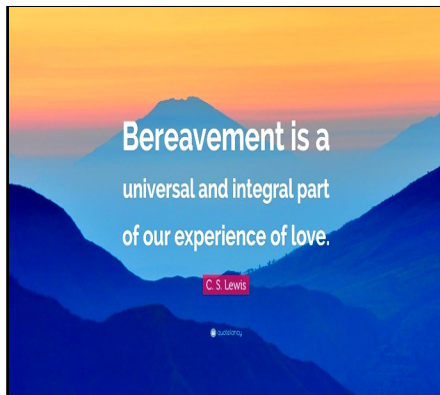
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www.hnbbank.bank 800-HNB-9515

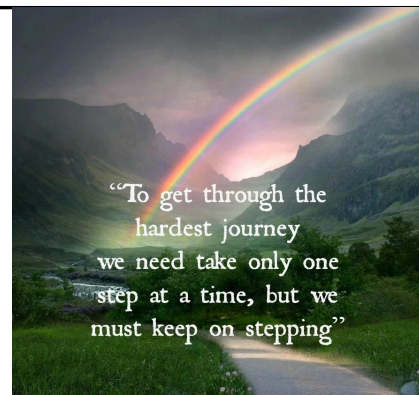
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ATMs will be available at the Security Office and Main Gate!



Grief Support Group



If you've experienced a loss and find yourself needing extra support, please join us.

HONESDALE SENIOR CENTER

323 10th Street

Honesdale, PA 18431

Virtual option available upon request

4th Wednesday of each month

2:00-3:30 PM

Please RSVP if you plan to attend (570) 253-4262

All Are Welcome

Wayne County 1406 Main Street
Honesdale, PA 18431
570-253-1220
www.waynelibraries.org
Connecting our community

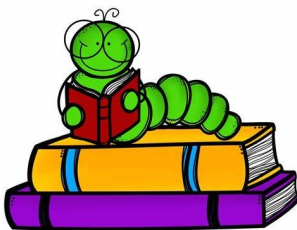


TO REGISTER CONTACT:

Miles Keesler

570-253-1220 or

Email: mkeeslerwaynelibraries.org



August Programs:

1. Author talk Michelle Oram (Song of Me a Poetic Memoir).

Wednesday 8/7/2024 at 4-5pm.

2. Elm Tree Physical Therapy Jenna Snell PT,DPT will discuss the many benefits of physical therapy.

Wednesday 8/21/2024 at 4:30-5:30pm.

3. How to connect with your Spirit Guides.

Wednesday 8/28/2024 4:30-5:30pm. Presenter Miles Keesler

FUN IN THE SUN!



F I S H I N G M
S P I Q A Q T U J P D Y
C P P O H N X B T H O O Z E
J S R S J O D K E E G P P U R J
K U W I U P T C P A H H S W X W N V
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AUGUST
BARBECUE
BEACH
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BOAT
FISHING
HOT
ICE CREAM
JULY



JUNE
LEMONADE
OCEAN
PARK

PICNIC
POPSICLE
SANDCASTLE
SANDALS



SHORTS
SPRINKLER
SUNGLASSES
SUNSCREEN
SUNTAN
SWIMMING
VACATION
WATER SLIDE



• **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*

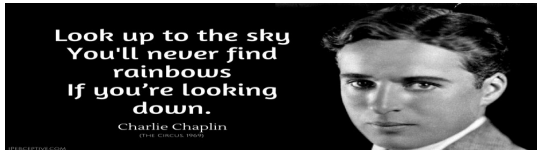
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Lynn Potter, RD LDN

Editor: *Christina Tiel*

AgingNewsletter@waynecountypa.gov



**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. Meetings are November—February, first Thursday only; March—October –first and third Thursday. **For reservations**, please call Christina 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.***