

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



The May Talent Show was a huge success and great way to celebrate Older American's Month! We are so impressed with the many talented folks from the county and the center who participated!



On May 23rd, Mrs. Pohle and some students from Wayne Highlands Agricultural program volunteered time out of their day to donate plants and flowers and even helped plant them in the Honesdale Senior Center garden along with Pam from our kitchen. A big Thank You to everyone involved!

Honesdale's own, Robert Nonnemacher proudly displaying his certificate of appreciation for generously donating 19 gallons of blood!



The Annual Volunteer Recognition Luncheon was held in April by RSVP at Camp Lodore. Representatives from Wayne County Human Services joined in the fun for a photo op! Our volunteers make all the difference!





**Suggested meal
price: \$3.00 for 60
and over; \$9.00 all
others.**

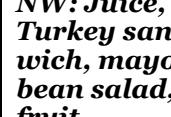
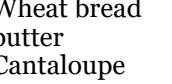
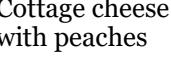
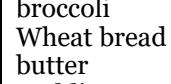
**Milk is Included
with all meals.**

**Menu subject to
change due to availa-**

To make a reservation please call the center of interest the day prior by 1:00 PM.

Legend: NW-Northern Wayne, HB-Homebound Meals

July 2025 Menu

	1) Orange Juice Cranberry glazed Pork Roast Mashed potatoes Capri blend Wheat bread butter Pudding 	2) Turkey roll up with cornbread stuffing/gravy Mashed sweet potatoes Peas Mandarin oranges 	3) 4th of July Party California burger on wheat bun Potato salad Baked beans Red, white and blue dessert NW: Juice, Turkey sand- wich, mayo pc, bean salad, fruit 	CLOSED FOR 4TH OF JULY 
7) Swedish meatballs Mashed potatoes Green beans Wheat bread butter Fresh orange 	8) Baked fish Florentine Creamed potatoes Carrots Wheat bread butter Cantaloupe 	9) Grape juice Vegetable cheese pizza with sausage Garlic spinach Cottage cheese with peaches 	10) Chicken Corn Chowder Baked potato with sour cream broccoli Wheat bread butter Pudding 	11) Hamlin picnic Baked ham with pineapple Mashed sweet potatoes Cauliflower Rye bread butter Pears 
14) Chicken Cacciatore over Cauliflower rice Broccoli Wheat bread butter Fruit cocktail 	15) Vegetarian chili Baked potato with butter Mixed vegetable Wheat dinner roll butter Fresh orange 	16) Orange Juice Ground beef stroganoff over noodles Green beans Wheat bread butter Applesauce 	17) Apple BBQ pork on wheat bun Baby Baker pota- toes Carrots Cantaloupe NW: Juice, Ham & cheese on a croissant, pickled beets, fruit 	18) Honesdale picnic Southwestern Fish Taco Baked French fries Spinach Wheat bread butter Pineapple 
21) Orange Juice Hot ham with cheese on a croissant Mixed vegetables Warm peaches 	22) Mediterranean meatloaf with gravy Mashed potatoes Cauliflower Wheat dinner roll butter fresh fruit cup 	23) Eggplant Par- mesan Pasta with sauce Broccoli Wheat bread butter Yogurt & peaches 	24) Fish patty on a wheat bun tartar sauce Potato puffs Carrots Fresh orange 	25) Hawley picnic Roasted chicken Potatoes O'Brien Vegetable blend Wheat dinner ro butter Cantaloupe 
28) Baked fish Scalloped potatoes Stewed tomatoes Wheat bread butter Pears 	29) Orange juice Open faced hot turkey sandwich on wheat bread with gravy Mashed potatoes Peas & Carrots Pineapple 	30) Cranberry juice Red pepper and broccoli quiche Cauliflower Warmed apple w cinnamor 	31) Chicken patty on a wheat bun Sweet potato fries Broccoli & cauli- flower blend Peaches 	Let's start our summer off with a BANG! We've got the month of July poppin' with parties and picnics galore. Come celebrate with us, it'll leave you wanting more! 

Honesdale Senior Center- July Events

July 3rd- Fourth of July Celebration. Wear your Patriotic Attire

July 4th- Center **Closed** for 4th of July Holiday

July 10th & 24th- Crafts with Sandy

July 11th- Birthday Friday (Delayed due to 4th of July Closure)

July 15th- Northeast Sight Services Meets

July 18th- Center **Closed** for Honesdale Picnic at Wayne County Fairgrounds from 10-3. See Kathy or call (570) 253-5540 for tickets. Donation \$10.00 (60 & over) Food provided by Red Schoolhouse. Roaring 20's theme, break out the Fedoras, Boas, & Feathers! Let's celebrate the Flapper Era!

Thursdays, 1pm-4pm- Mahjong & Bridge Clubs **New Players Always Welcome!**



Join The Fun

Come join us for a friendly game of bridge!

Whether you're a seasoned player or just brushing off the cobwebs, everyone is welcome. We meet Monday mornings at 10:30 AM at the Honesdale Senior Center. If you'd like to join, please give Bonnie a call beforehand at 203-362-7645. We'd love to have you!

- Bob Bryden



Join Our New Writers' Group: "Memoirs & More"

We're thrilled to announce that "Memoirs & More" is now meeting on the 1st and 3rd Friday of each month from 1-3 PM.

As we journey through life, our memories become a treasure trove of stories, insights, and lessons. This group is all about tapping into those experiences to create, connect, and share. "Memoirs & More" is not a writing skills workshop; it's a welcoming space where we come together to write, reflect, and support one another. Whether you want to capture personal history, tell a good story, or simply enjoy meaningful conversation, you'll find a community here. We'd love for you to join us!



HONESDALE ACTIVITIES



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
11:00-3:00 Bridge	10:30-11:30 Exercise Class	10:00-11:00 Exercise Class	10:00 Northern Wayne Center-1st and 3rd Thursday	10:30-11:30 Exercise Class
1:00 Canasta	1:00-4:00 Billiards Shuffleboard	1:00-2:00 BINGO	1:00 Crafts/ Crocheting 2nd and 4th Thur.	1:00 Rummikub tile game Billiards Shuffleboard
*schedule subject to change		1:00-4:00 Hozzie Card Game	1:00-4:00 Mahjong Group, Shuffleboard, Bil- liards	1:00-3:00 1st & 3rd Friday "Memoirs & More" Writers Group
		2:00-3:30 Caregivers Support Group 3rd Wed. each month	2:00-3:30 Grief Support Group 2nd & 4th Wed. each month	



Hamlin July Events



Tai Chi— with Peter Brown on Mondays at 10:30 AM

Chair Yoga— with Ruth Pipitone on Mondays at 1 PM on 7/7, 7/14, & 7/21. Going away party for Ruth on 7/21 at 2 PM

Walking for Health— Mondays, Wednesdays, & Fridays at 4 PM at the Salem Park

Balance & Strength Exercise Program— Wednesdays & Thursdays at 10 AM

Bingo— Tuesdays at 1 PM and Fridays at 10 AM

Pinochle— Mondays and Tuesdays at 9 AM

Poker— Mondays at 1 PM & Thursdays at 9 AM & 1 PM

Evening Pizza & Bingo— Fridays 7/18 & 7/25 from 5–7 PM

Veteran's Affairs Representative— Frank Araujo on-site Wednesday 7/2 from 9–12 PM

July 4th Celebration— Thursday 7/3 Wear your Red, White, & Blue! Bingo at 1 PM. Enjoy a special picnic meal!

Center Closed— Friday 7/4 in observance of July 4th holiday

How to Series—Tuesday 7/8 at 10 AM Making Japa Meditation Beads with Mala Beads

Hamlin's "The Roaring 20's" Senior Picnic— Friday 7/11 from 10-3 PM

Enjoy a great picnic at Evergreen Hill! Dress like the Roaring 20's. Dance the Charleston. Entertainment will be facilitated by Sarah Sings, our picnic meal catered by The Red Schoolhouse. We will have door prizes and then Bingo at 1:30 PM. Must RSVP with Becky.

Craft time with Theresa from Julia Ribaudo— Tuesday 7/15 at 10 AM in the Thrive Room. Craft TBA

How to Series— "Cooking for Two" Tuesday 7/22/25. We will be making "Greek Brown and Wild Rice Bowls" Please RSVP.

Representative Jeff Olsommer's Senior Outreach Program— Wednesday 7/23 from 9–12 PM

RUTH PIPITONE SAYS GOODBYE

The Hamlin Senior Center family wish to extend a fond farewell to Ruth Pipitone. Ruth has been the Chair Yoga Instructor specializing in elder care with us for nearly eight years. She started in the small room and became so popular that she graduated to the main room within a year. Such a special person, she and her exercise routines will be dearly missed.

Ruth and her husband will be leaving the cold winters to enjoy living by family in Arizona. She is a class act indeed who went out of her way to find a replacement with excellent credentials. Thank you for your loving service to all of us and best wishes for the future!



JULY BIRTHDAYS



Corette Stahley

Swadesh Ahluuwalia

Barbara Smith

Linda Bogenschneider

Elizabeth Sullivan

Patricia Parini

Linda Raser

Judith Franc

Gloria Czubowicz

Joan McElligott

Mary Ellen Boardl

Mary DeVito



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9-12 Pinochle (Thrive Room) Fun in Games	9-12 Pinochle & Fun in Games (Main Room)	10-11 Exercise Class	10-11 Exercise Class	9-12 Pinochle
10:30-11:30 Tai Chi	10:30-12 Program or craft (Thrive Room)	1-3 Nu-Step Machine	9-12 Texas Hold'em	10:00 Bingo
1-2 Chair Yoga	11-12 Garden Spot	1-3 Shuffleboard & Fun in Games	1-3 Fun in Games, Texas Hold'em & Crafts Your Way	1-3 Pinochle & Fun in Games (Every other Friday)
1-2 Poker (Thrive Room)	1-2 Bingo			5-7 Pizza & Bingo
1-3 Pinochle & Games	2-3 Fun in Games			7/18 & 7/25



Hawley July Events



Weekly Events

Mondays– 10:30-2:30 Ceramics; 10:30-11:30 Exercise; 11:00-2:30 Mahjong

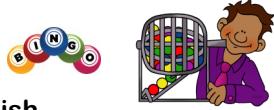
Tuesdays– (NEW) 10:00-11:00 Yoga with Jamie, Class limited to 15 people. Bring your own mat or call center if you need one. Call to reserve your spot (\$5.00); 1:00-2:00 Bingo

Wednesdays– 10:00-11:00 Tai Chi (\$5.00); 10:30-11:15 Healthy Steps In Motion Maintenance Class; 10:30-2:30 Ceramics

Thursdays– 10:30-2:30 Cards; 1:00-2:00 Bingo

Fridays—10:30-11:30 Exercise; June 20th Bingo/Pizza Night, Doors open 5:30 Bingo 6-7

Needed: Volunteer Bingo Caller(s) on Tuesdays and Thursdays from 12:45 -2:00 pm at the Hawley Center



Needed: Daily volunteer dish washers and kitchen clean up at the Hawley Center on Mondays, Wednesdays, Thursdays and Fridays from 12:00-2:00pm. Call 570-226-4209

↓ Intergenerational Days Photos ↓



Tuesdays– 10:30-11:30– Come down and take part in Jamie Leigh's Yoga class. Jamie is the owner of Empowered Alignment and is a certified and insured Yoga/Meditation/Mindfulness instructor. Classes are \$5.00

Thursday, July 3rd -Fourth of July Celebration Lunch–Come and join us for some burgers, macaroni salad, beans and a red, white, & blue dessert. Come dressed in your patriotic best and make sure you wear your dancing shoes!!

Friday, July 4th – Center Closed for 4th of July



Tuesday, July 8th- Gina from Representative Olsommer's office will be at the Hawley Center from 10:30-12:00 to assist with DOT registration, Rent/Property Tax Rebates, Unclaimed Money, and other questions.

Tuesday, July 8th– Come on down to the Hawley Center and meet Frank Araujo, Director/VSO, Wayne County Veterans Affairs from 8:00-12:00. Frank is our new Veteran's Affairs Officer. If you have any questions or concerns, he will be coming to our center once a month for any veteran in need of assistance.

Friday– July 11th– Sundae Making begins at 1:30 pm. Celebrate the summer and have some fun. It's Pina Colada and make your own sundae day. Come and have a mock Pina Colada Sundae for \$3.00 as a Center Activities Fundraiser and enjoy the sounds of the Beach Boys.



Friday, July 11th – 5:30-7:30pm Bingo/Hotdog Night. Bingo starts promptly at 6PM.

Monday, July 14th– 1:30-2:30–Let's celebrate Shark Week with some Shark Trivia, the movie Jaws and a special treat.



Wednesday , July 16th– National Hotdog Day. Come down and celebrate while contributing to our fundraiser. \$2.00 a hot dog with a hot dog condiment bar.

July Photography Theme– "Summer Stories" It could be summer moments, kids on the playground, a street market, a day at the beach, or a day at the fair. We should be able to look at it and feel the "mood" like a story out of a movie clip, leaving plenty of room for creativity. Printed photographs due by August 5th.

Friday, July 25– Hawley Center is Closed.

Friday, July 25th , 10:00-3:00 – Picnic at Hawley Center \$10 per person. Money due at the time of reservation. Limited to 100 people. Last date to reserve is July 11th. Come down for a Roaring Good Time, Music, Food, Friends & Fun! Roaring 20's theme.



Northern Wayne Senior Center



July 3rd-Fourth of July Celebration, wear your Red, White, & Blue! We'll have a special Red, white, and Blue dessert and also celebrate any birthdays!

10:30 Exercise Class

1:00 Bingo

July 24th- 10:30 Exercise Class

1:00 Bingo

*Board Games and Cards are always available...let's have some fun!!



For those who aren't aware, meetings are held at 10:00 AM at the Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood. We meet the 1st and 3rd Thursday March-October and the 1st Thursday of the month November-February (weather permitting, if schools are closed so are senior centers) Please call Kathy at (570) 253-5540 for more information or to make a reservation for lunch. See you soon!

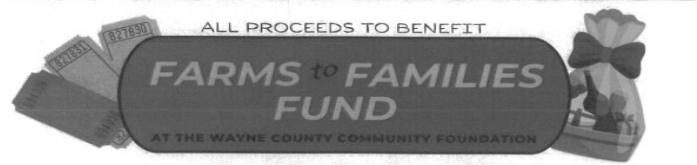


Timing is Everything! Isn't it about time that you found out what the **PA LINK** Can do for you? Are you over 60, have disability, or both?

Contact the **PA LINK** and get connected to the resources in your community.

1-800-753-8827

Don't waste another minute! Call Today!



HUGE BASKET RAFFLE

AUGUST 9 | 5:00 PM – 8:00 PM

LIVE MUSIC  **MR. JONES AND ME**

**LOCATION: R PLACE ON 590
482 HAMLIN HWY, HAMLIN, PA**

"Bringing fresh nutritious food from Wayne county farmers to Wayne county tables"

Complimentary Supplies for the Community

The Honesdale Senior Center often receives generous donations of gently used walkers, canes, wheelchairs, shower benches, and other supplies and equipment. In addition, we have adult protective undergarments available to ensure comfort and dignity for those who require them. Our mission is to assist you in maintaining your independence and improving your quality of life. If you are in need of any of these items, please don't hesitate to ask a member of our dedicated Senior Center staff if we have what you need. We are here to help and would be honored to provide support in any way we can.



Waymart Calvary United Methodist Church located at 151 Belmont St, Waymart Pa 18472 will be hosting a **free clothing shop**. The event is held every Friday from 9:30am-11:30am and the third Saturday of the month from 2pm-5pm.



May was Older American's Month and when the sun finally came out at the Hamlin Center we were able to give our picnic tables a fun, floral facelift! Artistic credits go to Anne Antonello and Becky Klepadlo and the painting and polyurethane were done by Mr. Vegh. A warm Thank You to all involved and we can't wait for many beautiful summer days to enjoy sitting at these lovely works of art!



Stay Connected with Community Events!

Wayne Tomorrow utilizes as many media platforms as possible to get community information out to the residents of Wayne County. Here are a couple ways to stay in the know:

You can tune into our weekly WJFF Radio Catskill interview on Thursdays at 10:15am.

You can follow our Wayne Tomorrow social media pages on Facebook, Instagram & X.

The County Newsletter, "News for You" will have Wayne Tomorrow updates in every edition.

Whatever way you prefer to get your news, be sure to look for the WT! updates!



For Those receiving Home Delivered Meals

- All Meals are Frozen and delivered weekly
- Due to staffing, we cannot guarantee delivery days
- Please call the office if you need to make any changes to your meal schedule



And...Don't forget to put your cooler out!!

Pennsylvania's Property Tax/Rent Rebate Program

Pennsylvania offers a valuable Property Tax/Rent Rebate Program, providing rebates to eligible homeowners and renters. Applicants can submit their applications online, by mail, or in-person. The deadline for applications is June 30, 2025, this deadline is often extended.

Eligibility and Income Limits

Applicants must be at least 65 years old, widowed and 50 years old or older, or 18 or older and permanently disabled. The rebate amounts are determined by the applicant's income. Here's a breakdown of the standard rebate amounts:

- **\$0 - \$8,270:** \$1,000
- **\$8,271 - \$15,510:** \$770
- **\$15,511 - \$18,610:** \$460
- **\$18,611 - \$46,520:** \$380

Please don't hesitate to call your Senior Center for assistance or to make an appointment.

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

Monthly on the 2nd & 4th Wednesday

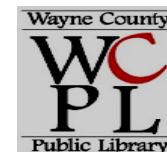
2:00-3:30 PM

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

Facilitated by volunteers Anthony Campbell &

Bill Reitsma

All Are Welcome



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

July Programs

Wednesday 7/16/25

Wood Carving 101 with Eileen Hetzel of Cherry Ridge Carvers from 4:30-5:30pm.

Wednesday 7/30/25

Learn how to connect to your Sixth Sense with Linda Bartels from 4:30-5:30 pm.

To Register Contact:

Miles Keesler

Phone: 570-253-1220



WAYNE LIBRARY
ALLIANCE
BETHANY • HAMLIN • HARLEY • HONESDALE • LAKWOOD
NEWFOUNDLAND • PLEASANT MOUNT

Who is Eligible?

- Individuals 18 or older caring for an older adult (60+)
- Parents (55+) caring for an adult child with a disability
- Grandparents (55+) raising grandchildren

What is Covered?

- Monthly reimbursement for pre-approved caregiving expenses
- Assistance with daycare, summer camp, or Adult Daily Living Center costs

How do I Qualify?

- Monthly reimbursement is determined by the care receiver's total household income
- Must be a Wayne County resident

Think you might Qualify?

Contact the Wayne County Area Agency on Aging at (570) 253-4262 and ask to speak with the Intake Department. Ask about the Caregiver Support Program!



Wayne Memorial Hospital Alzheimer's Support Group

Presented by: Alzheimer's Association of greater Pennsylvania

When: First Tuesday monthly from 5:30-6:30 pm

Where: Wayne Memorial Hospital-David Katz Room, 601 Park Street, Honesdale PA 18431

Alzheimer's Association support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.
- All are welcome, for information please call 800-272-3900 or go online to alz.org





HAWLEY SENIOR CENTER

My staff will be on-site to help with a variety of services, including but not limited to:



PennDOT paperwork



Any state-related issues



Property Tax/Rent Rebate applications



PACE/PACENET applications



Unclaimed property recovery



Handicapped plates and placards

**The 2ND TUESDAY
of every month**

9:30 a.m. to Noon



STATE REPRESENTATIVE
JEFF OLSOMMER

COMMUNITY OPEN HOUSE & SALUTE TO VETERANS

MOTORCYCLE & CLASSIC CAR SHOW

WEDNESDAY AUGUST 6TH

10AM - 3PM

LADORE LODGE: 398 SOUTH STREET, WAYMART PA

VENDOR BOOTHS **BOAT RIDES** **COMMUNITY LUNCH**

Honoring the brave Veterans of the Waymart area and beyond.

50 Years

FREE COMMUNITY EVENT

Ceremony to honor Veterans
Information Booths
Music
Community Lunch*
Served from 12pm - 1:30pm (donation)
*Registration required.
Pontoon Boat Rides
Classic Car & Motorcycle Show
Flea Market*
Please call for a space
and so much more!

RAIN OR SHINE EVENT

RESERVE YOUR SPOT AT THE COMMUNITY LUNCH!
RETURN THIS FORM OR CALL TODAY!

Please return form to: PO Box G Waymart, PA

Name:
Address:

Phone:
Car Entry:

Motorcycle Entry:
Number Attending:

More Information
(570) 488-6129

Summer Pasta Salad

1 pound gemelli, or other twisted pasta
1 cup olive oil
1/3 cup red wine vinegar
1 Tb honey
Salt & Pepper to taste
2 cups small cucumbers, halved & sliced

2 pints cherry tomatoes, halved
2 stalks celery, thinly sliced
2 cups radishes, thinly sliced
2 cups fresh corn kernels
1 medium shallot, thinly sliced
1/2 cup parsley, chopped
1/3 cup fresh dill, chopped



1. Bring a large pot of water to a boil, salt generously. Cook the pasta according to package directions until al dente. Drain and rinse under cold running water to cool the pasta and stop the cooking process. Drain and set aside.
2. Whisk together the olive oil, vinegar, mustard, honey, 2 teaspoons salt, and 3/4 teaspoon pepper in a large bowl. Add the pasta, cucumbers, tomatoes, celery, radishes, corn, shallot, parsley and dill. Toss to combine and allow to marinate at room temperature for a least 30 minutes or cover and refrigerate up to 8 hours. Season to taste with salt and pepper. Serve at room temperature.



Looking for something fun to do?



4th of July Fireworks-

Honesdale– 7/1 Honesdale Central Park at 6:30pm

Lake Ariel– 7/5 Lake Ariel Volunteer Fire Company at Dusk

Lake Wallenpaupack– 7/4 at Dusk; Parking at Wallenpaupack High School

Beach Lake– 7/4 at Mosey's Roadhouse on 652 at Dusk

Music-



Concerts in the Park at Honesdale Central Park; Concerts are held Monday & Thursdays evenings from 7//7/28 (No concert 7/30) Admision is free, bring chairs or blankets, snacks available

Wildflower Concert Series– Performances start at 6pm, seating opens at 5pm, seating is on a first come, first served basis. Food & beverages permitted at all outdoor performances. Call 570-253-5500 or visit www.dorflinger.org for more information.



Lisa Gilbert & Maggie Kielar planting plants and flowers generously donated by Megan Green with the Wayne County 4 H Program. Our garden has been such a source of joy for visitors and employees, not to mention the diverse selection of birds and insects the flowers attract.

Did you know about the Wayne County Farmer's Market Coupon Program?

Through the PA Dept of Agriculture, persons over 60 can qualify to receive vouchers to purchase fresh produce at farm stand and farmer's markets. When someone uses a voucher at the Wayne County Farmer's Market, they are given a WCFM coupon for the same amount which they can spend for anything at the market, produce, eggs, meat, maple syrup, breads, honey, etc. In other words, the coupons include items that you can't get with the Farmer's Market vouchers. Market vendors take the coupons like cash and are then reimbursed by the Wayne County Farmer's Market. What a wonderful way to give back to our seniors!



July Fourth

Word Scramble

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

ASTSET

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ENDDEEPPNICN

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DEARAP

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Fun Facts about July

*July is named after Roman General Julius Caesar, who was born in July

*July is the hottest month in the northern hemisphere and the coldest month in the southern hemisphere

*July has 2 birth flowers, the water lily and the larkspur, and one birthstone, the ruby

*July 4th is celebrated as the Independence Day of the United States, and many other countries also have national celebrations in July

*Louis Pasteur developed the first rabies vaccine in July 1885

*The first bikini debuted in Paris in July 1946



Fourth of July Word Search

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

ADAMS
BANDS
BARBECUE
BASEBALL
BONFIRE
CARNIVAL

CONCERT
DECLARATION
FAMILY
FEDERAL
FIREWORKS
FLAGS

GUN SALUTE
HOT DOG
JEFFERSON
MACYS
NATIONAL MALL
PARADE

PATRIOTIC
PICNIC
PYRAMIDS
SONGS
SPEECH
WAVING

Safe Gardening Tips for Seniors

Gardening is a great activity for seniors, offering physical exercise, mental stimulation, and a connection to nature. Safety should be a priority, here are some tips for preventing injuries and/or health issues.

- Wear sturdy shoes for stability
- Apply sunscreen & insect repellent
- Take regular breaks
- Avoid prolonged kneeling or heavy lifting
- Keep pathways clear of obstacles
- Use ergonomic tools designed to reduce strain
- Stay hydrated
- Raised garden beds make gardening more accessible
- Use kneeling pads, garden carts, and lightweight tools
- Be aware of meds that affect balance/coordination

With the right precautions, gardening can remain a fulfilling and rewarding hobby while prioritizing safety, health, and well-being. Happy Gardening!



Victims' Intervention Program



Independence: Living Life on Your Terms

Independence is more than living alone—it's about having the freedom to make choices that reflect who you are and how you want to live. As we grow older, independence may look different: managing our health, staying socially connected, and continuing to enjoy the activities that bring us meaning and joy. But real independence also means being safe, respected, and protected from abuse, neglect, or exploitation.

At any age, independence doesn't mean doing everything by yourself. In fact, having a strong support system—through family, friends, neighbors, or trusted community services—helps us stay active, empowered, and well.

Local programs like wellness visits, transportation services, and home care assistance are valuable tools for maintaining independence while making life more manageable and fulfilling.

Most importantly, your voice matters. Whether you're navigating medical decisions, managing your finances, or picking up a new hobby, being in control of your life brings confidence and peace of mind.

Remember—asking for help is a sign of strength. If something doesn't feel right, or if someone is trying to take away your choices, trust your instincts and reach out.

Independence doesn't mean going it alone. It means having the support and respect you need to live life fully, safely, and on your own terms.

If you or a loved one is being abused and are unsure what to do, Victims' Intervention Program is here to help.

Call us anytime, day or night, at 570-253-4401, or visit us online at VIPempowers.org.

F Y I

For Your Information

AllFullForm.com

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

Get Connected / Get Help



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County Office of Human Services**

AgingNewsletter@waynecountypa.gov



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 Dunkin Donuts.

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: 929 Court Street (Rear Entrance of Building), 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.**