

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

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2025





SEPTEMBER

**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 availability.**

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

Legend: NW-Northern Wayne, HB-Homebound Meals

	<p>2) Fish patty on a wheat bun Tartar sauce Tater tots Carrots Fresh orange</p> 	<p>3) Eggplant parmesan Pasta with sauce Broccoli Wheat bread Butter Yogurt and peaches</p> 	<p>4) Roasted chicken Potatoes O'Brien Vegetable blend Wheat roll Butter Cantaloupe NW: Tomato Soup, Juice, Ham & cheese sandwich, Yogurt w/ peaches</p>	<p>5) Orange juice Hot ham & cheese on a croissant Mixed vegetables Warm peaches Hike: Orange Juice Ham & cheese sandwich, mustard pc, pickled beets, fruit cup</p>
<p>8) Italian sausage with peppers & onions Home fried potatoes Italian blend Italian bread Butter Fresh orange</p> 	<p>9) Chicken patty on a wheat bun Sweet potato roasted root vegetables Creamed spinach Peaches</p> 	<p>10) Cranberry juice Red pepper and broccoli quiche Broccoli Warm apples with cinnamon HB: cheese omelet, wheat bread, butter</p>	<p>11) Orange juice Open faced Hot Turkey on wheat bread with gravy Mashed potatoes Peas and carrots Pineapple</p> 	<p>12) Baked fish Scalloped potatoes Stewed tomatoes Wheat bread Butter Mandarin Oranges</p> 
<p>15) Stuffed shells Mini meatballs Marinara sauce Creamed spinach Wheat bread Butter Peaches</p> 	<p>16) Juice Fish Sticks Macaroni & cheese Stewed tomatoes Wheat bread butter Cantaloupe</p> 	<p>17) Senior Center Month Juice Chicken Marsala Mashed potatoes Italian Vegetable blend Wheat dinner roll/ butter Chocolate Mousse</p> 	<p>18) Stuffed cabbage casserole Brown rice Carrots Wheat bread Butter Fresh orange NW: Juice, Vegetable Soup, Tuna fish sandwich, Bean salad, Choc. Mousse</p>	<p>19) White Chili Cauliflower rice Roasted Broccoli Corn bread Butter Fruit cocktail</p> 
<p>22) Honey ginger chicken Roasted red potatoes Cauliflower Wheat dinner roll/ butter Peaches</p> 	<p>23) Meat lasagna Spinach California blend Wheat bread Wheat bread Butter Fresh pear</p> 	<p>24) Cranberry glazed pork roast Mashed potatoes Capri blend Wheat bread Butter Vanilla pudding With strawberries</p> 	<p>25) Baked fish patty French fries Broccoli Wheat bread Butter Fresh orange</p> 	<p>26) Turkey roll ups with cornbread stuffing Gravy Sweet potato fries Brussel sprouts Pineapple</p> 

Tasty Tidbits: Farewell long sunny day. Fall will soon be on its way. The leaves will be turning and the nights will get cool. All the kids are back to school, say hello to your cozy sweater and pumpkin spice, what could be better?! Oh summer, how we'll miss you dear. See you again come next year. Hot dog season has ended.

Honesdale Senior Center- September Events

LABOR DAY

Monday September 1st– Center Closed in observance of Labor Day

Friday September 5th– Annual Senior Hike at Lock 31. Enjoy a group hike along the scenic canal, outdoor games, and bagged lunch. Reservations Required.

Friday September 12th– Birthday Friday Celebration. (Date moved due to scheduling)



Wednesday September 17th– Senior Free Day. Visitors can come in, check out the center, enjoy a free lunch, exercise and bingo. Transportation available.

Friday September 19th– Lois from the Department of Health will speak about Sepsis

Tuesday September 30th– Penn State Extension will present “People & Plants-Health Benefits of PA Forests” facilitated by Cathryn Pugh. Nature walk to follow at Industrial Park from 1:45-2:15.



September is Senior Center Month! More than 1000 senior centers across the country are *flipping the script* on aging by creating inclusive, engaging spaces where older adults thrive. Through the years, senior centers have continually evolved to meet the changing needs of older adults and their communities. To recognize Senior Center Month, Wayne County Senior Centers will be hosting a “Free Day,” where **first time** visitors, after filling out a brief membership form, can see all we have to offer. Lunch and transportation, if needed, are free with advance reservations. Call your center of choice to register!



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



Grief Support Group

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

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



Hamlin September Events



LABOR DAY – Monday 9/1 Center closed for Labor Day.

TAI CHI – Mondays at 10 AM facilitated by Peter Brown

CHAIR YOGA – Thursdays at 2 PM, 9/4, 9/11, 9/18, & 9/25 facilitated by Mindy Hill.

HEALTHY STEPS IN MOTION– Mondays at 11 AM, Wednesdays at 10 AM, & Thursdays at 10 AM

WCAAA SENIOR HIKE – Friday 9/5 9 AM–1 PM. The Walk is taking place at Lock 31 Canal outside of Hawley on Rt. 6.

Starting at 9 AM. Enjoy a craft or enjoy the sights on the easy-going path along the canal. Bag lunch provided and reservations are required.

PENN STATE EXTENSION- Tuesday 9/9 10 AM-12 PM - **How to Series** with MaryAnn “Canning the Easy Way” Applesauce.

BIRTHDAY BASH – Tuesday 9/9 following lunch. Special 95th year birthday recognition for Joe. Shh...It's a surprise!

BINGO – Tuesdays at 1PM and Fridays at 10 AM

SENIOR NIGHT OUT - Friday 9/12 at 5PM at Drafts in Lake Ariel.

EVENING BINGO & PIZZA – Fridays 9/19 & 9/26 from 5 PM–7 PM

DEPT OF HEALTH – Tuesday 9/16 at 11 AM “Sepsis Awareness” with Lois Elick

SENIOR FREE DAY – Wednesday 9/17 All Day. Invite a friend who has never been part of a senior center experience.

We want to show them what we are all about! Ribbon Pumpkin Craft at 10 AM. Trivia with Tony at 11 AM. Lunch and Transportation are free with advance registration. Please RSVP with Becky.

FRANK'S VETERANS AFFAIRS TALK – Tuesday 9/23 at 11 AM. Invite your veteran friends! Frank, our Veteran's Affairs Representative will be sharing about Veteran's benefits. Come hear all the latest!

PENN STATE EXTENSION – Tuesday 9/30 at 10:30 AM “People & Plants-Health Benefits of PA Forests” facilitated by Cathryn Pugh. Nature walk to follow from 11:15-12:00 PM.

REPRESENTATIVE OLSOMMER'S SENIOR PROGRAM- Wednesday 9/17 9 AM–12 PM

****Schedule Subject to Change****



Donna Schreyer
Joan Elmore
Joseph Attard
Carol Hineline

John Noon
Judy Sadlon
Mary Benko



THE PENN STATE EXCHANGE - Cooking with Diabetes

Many of us need guidance as we live with diabetes. We don't often know how to make the most out of the meals we consume, believing healthier foods don't provide the flavor and satisfaction we crave. Thank goodness for the Penn State Extension for providing classes during the month of August to help us understand the whys of this disease and how to enjoy meals while managing prediabetes and diabetes. Twelve members took advantage of the 5-week course. All of us are grateful for Christina Pulman, the program leader, and Becky Smith, the nutritionist, for providing a very informational and educational opportunity.

<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 HSIM	10-11 HSIM	9-12 Pinochle
10-11 Tai Chi	10:30-12 Program or craft (Thrive Room)	1-3 Nu-Step Machine	9-12 Texas Hold'em	10:00 Bingo
11-12 HSIM	11-12 Garden Spot	1-3 Shuffleboard & Fun in Games	2-3 Chair Yoga	1-3 Pinochle & Fun in Games (Every other Friday)
1-3 Poker (Thrive Room)	1-2 Bingo		1-3 Fun in Games, Texas Hold'em & Crafts Your Way	5-7 Pizza & Bingo
1-3 Pinochle & Games	2-3 Fun in Games		1-3 Poker	8/8 & 8/22



Hawley September Events



September 1st, Monday—Center Closed in Observance of Labor Day.

September 5th, Friday—Join us in our Annual Hike and enjoy nature, good friends, and a few laughs. (Call transportation to reserve your spot)

September 9th, Tuesday— 11:30 am Lynn Potter will be speaking. The topic is Choose My Plate, Nutrition Food Label, Choose Healthy Fats

September 12th, Tuesday— 9:00-12:00 Gina from Representative Olsommer's office will be here to address your concerns or needs.

September 17th, Wednesday— Senior Free Day! Who says there's no free lunch ?? Do you know of any FIRST TIME active adults 60+ who would like to come and visit the center? This is their day to have a free lunch and free transportation to the center. Come and enjoy our activities for the day. Make new Friends and have a few laughs. Come in and pick up a flyer and ticket for them.

September 22nd, Monday— First Day of Autumn. Come on in and Make an Autumn Centerpiece. Please sign up by September 17th so we can have enough supplies

September 25th , Thursday— 9:00 am –12:00pm Frank Araujo, Director/VSO

Wayne County Veterans Affairs will be here to answer your questions and discuss your concerns.

September 30th , Friday— 11:00 am Lois from the PA Dept. of Health will be here to discuss Infection Prevention.

**** We are seeking volunteers to assist in the Hawley Center with Kitchen help and Exercise Program instructors who are willing to be trained and conduct classes in accordance with the PA Dept. of Health and Wellness Programs****

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10:30-2:30 Ceramics 10:30-11:30 Exercise 11:2:30 Mahjong 	10:00-11:00— Ukulele with Todd 10:30--11:30 Yoga with Jamie \$5.00 /class 1-2 Bingo	10-11 Tai Chi with Peter Brown \$5.00/ class 10:30-11:15 HSIM— Maintenance Exercise Class 10:30-2:30 Ceramics	10:30-2:30 Cards 1-2 Bingo	10:30-11:30 Exercise

Northern Wayne Senior Center

Thursday September 4– Grandparents' Day Celebration. Let's share stories and/or pictures of your grandkids or even your own grandparents!

10:30 Exercise Class

11:00 Angela Reeve, Public Health Nurse, will check blood pressure and do a short presentation

1:00 Bingo

Thursday September 18– The Craft will be rock painting

10:30 Exercise Class



1:00 Bingo

- ◆ Located at the Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood
- ◆ Meets at 10am the 1st & 3rd Thursdays March-October
- ◆ Meets at 10am the 1st Thursday November-February (weather permitting)
- ◆ Call Kathy (570) 253-5540 for information & lunch reservations



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!



Spotlight on US!



This month's recipient for the staff spotlight is **Kim McGinnis**. She is an Administrative Assistant at the Aging Office and has worked here since 2018.

Here are some things her co-workers have to say about her:

"She is willing to help everyone, always smiling & spreading positivity!"

"She's a great asset to the organization & works for all of us in one way or another."

"She does so much for the community & for the staff. From Wayne County Food Pantry, to handling donations, to letting us know when the meter man is on the hunt...she always has a smile & something funny to say."

"Kim genuinely cares about everyone she deals with and does so with warmth, laughter, & humility. She knows *at least* a little about how everything in the building runs & gets things done while making it all look easy!"

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.





HAMLIN PICNIC



THANK YOU TO OUR FABULOUS HAMLIN PICNIC SPONSORS

The Lake Ariel Rotary

Dunkin Donuts

Philly Pretzel Kitchen

Sunoco-Hamlin

REMAX Best-Hamlin/Lake Ariel

Dutch's Market

Piero's

Trendsetter's

Century 21– Hamlin Branch

Isabella's

R Place

Weis Markets

Robert Kravetz

John's Italian Restaurant

Roadside Bistro

Yo Po

California Taco

Lori's Corner Kitchen

Strada's Hair Salon

Chapman Insurance

Comfort Inn

Overflow Thrift Store

Smokin Joe's

Sandy Field Gifts

For Those receiving Home Delivered Meals



We have switched to PLASTIC TRAYS!

- ◆ Oven and microwave safe
- ◆ Freezable to -40°F
- ◆ Oven safe to 350°F for 30 minutes on a sheet pan
 - ◆ Reheating of sealed trays: up to 180°F
- ◆ Sealed compartments: no cross-contamination
- ◆ Easy to open, just vent film & heat
- ◆ **Environmental & Sustainable**



If you prefer not to heat and/or eat in the plastic tray, you can transfer the meal onto a microwaveable plate, heat, and **ENJOY!!



- ◆ All Meals are Frozen and delivered weekly
- ◆ Delivery Days are subject to change due to inclement weather, holidays, and staffing issues.
- ◆ Please call the office if you need to make any changes to your meal schedule
- ◆ If you are unable to answer the door to accept the meals, please place a cooler outside and be sure to remove the meals as soon as possible.

WHAT IS THE CAREGIVER SUPPORT PROGRAM?

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



**The Honesdale Senior Center extends a warm
Thank You to the following 2025 Picnic Sponsors**

Grimm Construction	Honesdale Nat'l Bank
Case Tire Service	Lorri Fearon
Mountain Quiltworks	Highhouse Energy
Beach Lake Bakery	Jeannie Salon
Alissa's Salon	Stevens Pharmacy
Woodloch Pines Resort	Settlers Inn
Shear Expressions	Universal Hair
Dime Bank	Citizens Savings Bank
Remax Wayne	Home Depot
Honesdale Farm & Garden	Weis
Dave's Super Duper	Z. Group
Gibney's	Jersey Mike's
Seaman's Marine	Dirlam's Lumber
Sunrise Market	

*Thank
you!*

SENIOR GATHERINGS AT THE COOPERAGE

These Gatherings will be held from 1:30–3:30pm on the 2nd and 4th Thursdays of each month at The Cooperage Project, 1030 Main Street, Honesdale, PA.

These welcoming afternoons are designed to bring older adults (60+) together in a warm and friendly setting. Enjoy light refreshments, engaging conversation, and curated programming in the heart of your community. These free, drop-in gatherings are a great way to stay connected and unwind with neighbors.

Here's what's left of the 2025 schedule:

September 11

September 25

October 9

October 23

November 13

December 11



Self-Care Isn't Selfish: It's Survival

As we age, we often spend more time caring for others- grandchildren, partners, friends, neighbors. But too often, we forget someone very important: *ourselves*.

At VIP, we work with many people who are navigating difficult life experiences- grief, loss, trauma, or even abuse or neglect. One thing we always remind survivors is that **self-care is not a luxury. It's a necessity**. It's how we refill our emotional and physical tank so we can keep going, keep healing, and keep showing up for the people and things we love.

Self-care doesn't have to be expensive or complicated. It can be as simple as:

- Saying *no* to something that drains your energy.
- Taking a daily walk or stretching your body gently.
- Making time for a phone call with someone who lifts your spirits.
- Sitting outside with a cup of tea and listening to the birds.

Talking to someone you trust when you're feeling overwhelmed.

And if you've experienced harm or violence, recently or long ago, self-care might also look like reaching out for support. Healing is possible at *any* age, and you deserve to be safe, respected, and heard.

If you or someone you know is dealing with abuse, neglect, or trauma, our team is here to help. We offer free and confidential support, and we believe in the strength and wisdom of survivors.

Take care of yourself- you're worth it.

Call VIP at 570-253-4401 or visit www.vipempowers.org to learn more.



SEPTEMBER

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

Cider	Libra	Fall
September	Windy	Harvest
Holiday	Gloves	Leaves
Squash	Autumn	Scarf
Apples	Quilt	Football
Chilly	School	Equinox



Wayne County Senior Walk

Friday September 5, 2025 9AM-2PM

Lock 31 Canal Trail

179 Texas Palmyra Hwy

Hawley, PA 18428



Come out for an all new day of adventure! Experience nature, play games, do a craft, and enjoy a prepared bagged lunch! RSVP by 9/3/25 to the Honesdale Senior Center at (570) 253-5540.

- SCENIC & BOTH EASY/ACCESSIBLE WALKING TRAILS
- PAVILION ACTIVITIES— CRAFT, CORN HOLE, AXE THROWING, & POPULAR GAMES
- BAGGED LUNCH



Cultivating a Vibrant Future

www.WayneTomorrow.com



Over the course of 50 years our Wayne County Transportation System has grown from one station wagon to a fleet of vehicles that services our county. Last year, we were able to provide over 60,000 trips for our residents.

As our fleet of vehicles has grown, so has our need to provide proper storage for them. Wayne County Transportation Director Carl Albright was happy to announce this solution: “The Pennsylvania Department of Transportation has recognized the work we are doing here and has offered Wayne County a grant that would fund the construction of a new garage, administration building and rinse area. The total cost of the project will be provided by the Commonwealth of PA.”

We are excited to see this project come to fruition. It will provide shelter, allowing our fleet to stay in its best condition, while also providing a centralized location for all transportation administration, allowing the process to be more streamlined and even more efficient than ever before.

The future is very bright for public transportation in Wayne County. All residents are welcome to use transportation services. There are subsidies for our elderly population as well as those with disabilities. To register or for more information scan the QR code above or call 570-253-4280.



HAWLEY PICNIC



A warm "Thank You" to the following donors and to all the wonderful center members who donated their time, items, and gifts for our raffles and baskets!

AM Skier Insurance

Coopers Seafood Restaurant

Gravity Ice Cream

Tanglewood Resorts

B. Madigan Jewelry and Gifts

Davis R. Chant Realtors

Lukans Farm Resorts

Threaded Treasures

Chicks Cliques

Dyberr Forks

Pat's Bar & Grill

Wallenpaupack Scenic Boat

Costa's Family Fun Center

The Johnsons

Settler's Inn

Tours



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

Editor: Christina Pane

Menu Coordinator: Lynn Potter, RD LDN

AgingNewsletter@waynecountypa.gov



Find us on Facebook at Wayne County Office of Human Services

*IT'S NICE
To Be Nice*

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, 570-253-5540 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 Ginny 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.**