

Lifestyles™

Northeastern Pennsylvania

OVER 50

SUMMER 2025

Elan Gardens –
p. 9

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Cover Story

PLACES TO VISIT



For many seniors, travel isn't just about getting away; it's about staying connected, being curious, and making the most of every season in life.

Today's senior travelers are rewriting the rulebook. They're seeking out experiences that blend comfort with adventure — scenic drives instead of strenuous hikes, cultural tours that spark learning,

and trips that allow for both relaxation and discovery. Travel doesn't always mean a passport stamp; travel also fosters wellness. Studies show that new experiences keep the mind sharp, while a change of scenery refreshes the spirit. And let's not forget the joy of making memories with family and friends, or the pleasure of meeting new people along the way.

In this issue, we've gathered inspiration and resources to help you plan your next adventure — big or small. Whether you're looking for senior-friendly destinations, budget-friendly travel tips, or stories from fellow travelers, we hope you'll find encouragement to pack a bag, roll down the windows, and embrace the journey ahead. After all, travel isn't about how far you go, but how fully you live life along the way.

Bon Voyage,

Marci Kacyon
Executive Editor

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www.L-Aadvertising.com/LIFESTYLES

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Northeastern Pennsylvania
LIFESTYLES
OVER 50

LIFESTYLES Over 50 Northeastern Pennsylvania is a print magazine distributed 6x annually, connecting seniors with local healthcare providers, senior living facilities, health-related resources, healthy-living activities and community events. Delving into topics of interest to seniors of NEPA, we hope to encourage vibrant, healthy and productive living through the stories we share about the people we meet and the businesses that serve this great region.

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**COVERING 10 COUNTIES
OF NORTHEASTERN
PENNSYLVANIA**



Pay

IT FORWARD

CALLING ALL NONPROFITS & VOLUNTEERS

LIFESTYLES Over 50 Northeastern Pennsylvania is a print magazine distributed 6x annually, connecting seniors with local healthcare providers, senior living facilities, health-related resources, healthy-living activities and community events. Delving into topics of interest to seniors of NEPA, we hope to encourage vibrant, healthy and productive living through the stories we share about the people we meet and the businesses that serve this great region.

Pay it Forward

Each issue, LIFESTYLES Over 50 Northeastern Pennsylvania intends to “pay it forward” by recognizing a local nonprofit or volunteer for their work, and with a check donation – a small token of our appreciation for your commitment to our seniors of NEPA.

If you are a local nonprofit or volunteer serving within our coverage area of Northeastern Pennsylvania (see our counties map on page 3), we’d like to hear from you. Please call 570-390-3350 or e-mail your information to NEPA@LIFESTYLESover50.com

Spirit Of Giving

VOLUNTEERING AMONG SENIORS

Volunteering among seniors has been linked to improved quality of life, stronger social networks, increased levels of physical activity, and lower mortality rates. One of the key benefits of volunteering is social support, and the prevention of loneliness and isolation. Following are a few more!

It’s good for your mental health

Volunteering keeps the brain active, which contributes to better mental health. Meaningful and productive activities can help you feel happier and provide you with a positive outlook on life.

It increases physical activity

Volunteering keeps you moving, whether you are serving meals at a shelter, helping to clean up your local parks, or walking with someone as a companion.

It gives you a feeling of purpose

Children grow up and move out of the house, we retire from our jobs, and family and friends pass away. Regaining a feeling of purpose through volunteering can help older adults feel recharged with a new purpose for living.

It helps you learn new skills

Many volunteer activities allow you to try things you’ve never done before and learn new skills. Embrace opportunities that are a little outside of your comfort zone.

Following are just a few organizations that could use your help:

- Area Agency on Aging
- Foster Grandparent Program
- Meals on Wheels
- Ombudsman Program
- Senior Community Service Employment Program
- Senior Companion Program

Call 610-570-390-3350 or e-mail NEPA@LIFESTYLESover50.com and we’ll be happy to refer you to the right organization and contact.

Tech Savvy Seniors

SMART HOME DECOR

From thermostats to appliances, there's an entire fleet of convenient, user-focused Smart Home devices readily available for consumers who want to upgrade their homes or personal living spaces for greater energy efficiency, improved safety and convenience.

Smart Homes refers to the use of a range of devices that are connected to a central hub, commonly using the Internet. At the heart of any Smart Home device is customization. For example, you can control the temperature remotely or according to the time of day; you can lock your doors automatically based on whether you are home or not; and you can even turn on your oven while you are away so that your meal is ready when you return. These are just a few examples of the use of smart technology in the home.

But how is Smart Home technology being used for interior design?

In the world of interior design, technology is now available to improve the look and feel of your home's décor. The following is a list of Smart Home devices designed to better suit your unique style and mood in the comfort of your own personal living space:

Photo frames

- Aura Frame or Skylight Frame – Auto-rotates family photos via Wi-Fi
- Amazon Echo Show – Doubles as a digital photo display and voice assistant

Curtains and blinds

- SwitchBot Curtain or IKEA Smart Shades – Motorized control by remote or App

Candles and diffusers

- Pura or Moodo – Set schedules or change scents by voice or App

Mirrors

- Touchscreen LED bathroom mirrors – Include lights, anti-fog, weather display or news headlines
- Mirror or Echelon Reflect – Double as stylish decor and workout/fitness tool

Wall art

- Meural Canvas II by Netgear – Displays classic art or personal photos in ultra-HD
- Samsung Frame TV – Looks like framed art when not in use; customizable bezel options

Planters and gardens

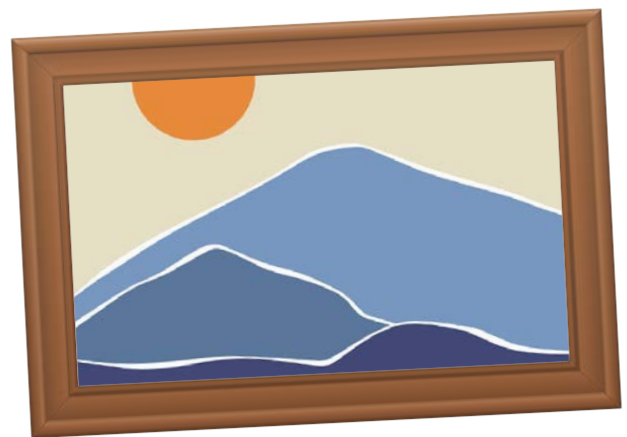
- Click & Grow Smart Garden or Rise Garden – Self-watering, auto-lighting indoor herb/flower planters

Furniture

- End tables with wireless charging and Bluetooth speakers
- Coffee tables with mini-fridges or built-in LED lights
- Lift chairs with USB ports, massage/vibration and heat

Projection

- Seasonal window displays (Halloween, Christmas)
- Ceiling stars or ambient light for bedrooms or relaxation rooms



Choose Smart Home Decor that complements your room's color scheme and layout and personal design preferences. Look for cordless or wireless options for cleaner aesthetics and tripping prevention. Prioritize voice control or automation for ease of use, especially for older adults or those with mobility limitations.

Courtesy Wikipedia, decormatters.com and homedepot.com

In Your Neighborhood

HAWLEY, PA

A Borough in Wayne County

QUICK FACTS

County: Wayne

Population: 1,229 (2020 census)

Mayor: John Nichols

Website: Hawley-borough.org



Welcome to Hawley

Hawley is a borough on the Lackawaxen River in Wayne County and was named after Irad Hawley, the first president of the Pennsylvania Coal Company.

Early industry centered on the transportation and support of nearby coal mining operations. The Bellemonte Silk Mill (regarded as the largest bluestone building in the world) and the J.S. O'Connor American Rich Cut Glassware Factory are listed on the National Register of Historic Places.

Today, downtown Hawley and Lake Wallenpaupack offer plenty of indoor and outdoor activities for everyone. Whether you're in the mood for wine tastings, art classes, golf outings, fishing, boating, theater performances, a train ride, a visit to the farmer's market, or walking the many trails, you'll find lots of things to do in and around Hawley.

Local attractions include:

- Bellemonte Silk Mill - renovated by Peter Bohlin now features shops, boutiques, a gym, a spa, offices and a college
- Hotel Belvidere - a historical hotel
- Lake Wallenpaupack – a 13-mile lake with walking trails
- Ritz Company Playhouse - a community theater offering musicals and comedies during the summer months and holidays
- Woodloch Pines & Woodloch Springs – a resort and golf course

Other things to do and places to visit in Hawley:

- Costa's Family Fun Park
- Eddy Dance Studio
- Harmony in the Woods
- Pennsylvania Rail Bike
- Pirate's Cove Marina
- Ritz Company Playhouse
- Three Hammers Winery
- Wallenpaupack Brewing Company
- Wallenpaupack Scenic Boat Tours
- Woodloch Pines & Woodloch Springs

Sources Wikipedia, poconos.com and hawley-borough.org



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Weekend Getaways

IN NORTHEAST PA

Kalahari Resorts & Convention Center

250 Kalahari Boulevard, Pocono Manor, PA 18349

At Kalahari, there's no age limit on fun! With 220,000 square feet of wet and wild indoor fun, you and our family will be able to splash all day at Kalahari Resorts & Conventions. Authentic African-themed restaurants, imported fixtures, and spacious rooms and suites will transport you to a world away. Voted by USA TODAY 10BEST Readers' Choice Awards as the #1 Best Indoor Water Park, you'll discover a full-service spa, fitness center, retail shops, Family Entertainment Center, The Arena (an ultimate VR experience), and so much more.

Ledges Hotel

119 Falls Avenue, Hawley, PA 18428

Whether you crave adventure or a quiet retreat, nature is always within reach from the historic 1890s Federalist-style Ledges Hotel. This unexpected retreat sits along the cliffs above Paupack High Falls, located in the heart of the Poconos. Once a thriving turn-of-the-

century glass factory, today it stands as a boutique escape, seamlessly blending industrial heritage with modern refinement. Amid towering rock ledges and cascading waters, the Ledges Hotel is just minutes from Lake Wallenpaupack, hiking trails, and the Hawley Silk Mill.

Skytop Lodge

1 Skytop Drive, Skytop, PA 18357

Choose from the grand, historic lodge or the serene privacy of deluxe cottages, the AAA Four Diamond-rated Skytop Lodge has been a premier northeastern resort for over 90 years. For those who love golf, the Inn offers luxury accommodations right on the course. Fine dining and outdoor activities abound with sport courts and courses, nature trails, water features, and more. When you stay at Skytop Lodge, the 5,500-acre playground is yours to explore. Exclusively available to its guests, Skytop's private hiking trails lead to breathtaking sights like Indian Ladder, Upper Ladder Falls, and Leavitt Falls.

The French Manor Inn & Spa

50 Huntingdon Drive, Newfoundland, PA 18445

The French Manor is a beautiful inn with an elegant and intimate ambiance that specializes in exclusive intimate events for up to 50 people. Tailored to each couple's taste and budget, the French Manor will not host any other weddings on your special day. Equipped with the staff and expertise to assist you with your planning, the French Manor is AAA Four Diamond-rated for both its accommodations and restaurant.

The Lodge at Woodloch

109 River Birch Lane, Hawley, PA 18428

Built in 1911, this historic retreat has welcomed generations of outdoor enthusiasts on 250 acres of majestic mountain scenery and historic charm within the 70,000-acre Delaware Water Gap National Recreation Area. Packages include lavish accommodations, artfully-crafted gourmet meals, stimulating speakers and workshops, and experiences for the mind, body and soul. Accommodations include resort rooms and suites, premium cottages and Glamping sites.

Sources pawilds.com and poconomountains.com

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LIFESTYLES
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Scenic Train Rides

IN NORTHEASTERN PENNSYLVANIA

Once the province of pioneers and patriots, our railroads are your ticket to a land lost in time. Board any one of the following century-old rail cars for a scenic train ride amongst the beautiful mountainous region of northeastern Pennsylvania.

Lehigh Gorge Scenic Railway

1 Susquehanna Street, Jim Thorpe, PA 18229

Relax and ride comfortably in vintage coaches built as early as 1917 and pulled by diesel engines. The 70-minute narrated round-trip follows the majestic Lehigh River over bridges, through Glen Onoko, and into the Lehigh Gorge State Park. High-rising cliffs, mountain scenery, and wildlife surround the train along the forested route to Old Penn Haven. Great for family trips and seasonally themed excursions.

The Stourbridge Line

812 Main Street, Honesdale, PA 18431

Experience a relaxing, scenic train excursion in vintage railroad coaches along the Lackawaxen River Valley. The Stourbridge Line offers a variety of scenic excursions and themed train rides from Presidents' Day through the holiday season including the popular fall foliage season. The Stourbridge Line is great for a family day trip or vacationing in the area. Grab your ticket and climb aboard to enjoy the history and beauty of the Northern Poconos.



Steamtown National Historic Site

350 Cliff Street, Scranton, PA 18503

Take off on a train tour to the Pocono Mountains. Steamtown National Historic Site offers seasonal excursions from its central hub in downtown Scranton to select spots in the region.

Pennsylvania Rail Bike

Hawley Train Station

4 Columbus Avenue, Hawley, PA 18428

The Pocono Mountains first and only electric rail biking recreational adventure. Electric rail biking is a fun outdoor way to experience the nature and wildlife found on hiking trails, but from the comfort of a bicycle seat that can easily be enjoyed by all. Custom-made electric rail bikes fit comfortably and perfectly onto the railroad tracks and are easily powered by gentle pedaling. Ride tandem (two-seater) or quads (four-seater) allowing friends and families to enjoy the experience. Enjoy a scenic ride specifically chosen for its lush views and fascinating history along the six-mile route of the Lackawaxen River.

Sources *discovernepa.com*, *poconomountains.com* and *nps.gov*



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A Jewish Senior Life Community



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465 Venard Road, Clarks Summit, PA 18411
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Funnies

TELL ME I'M OLD WITHOUT SAYING, "YOU'RE OLD!"

You get up in the morning, look at yourself in the mirror and think, "That can't be accurate."

You recorded a song that you love off a transistor radio and onto a tape recorder.

Your wild nights out as a teen meant skating in circles while a DJ played music.

You catch yourself saying, "Kids these days ..."

You still have a rotary phone.

You've waited two weeks to get film developed only to find out the pictures were all bad.

You ate food that you didn't take pictures of.

The thing that inspires you most to get out of bed in the morning is your bladder.

You watched a black and white TV with less than 10 channels and used foil rabbit ears for antenna.

Your bones make funny sounds when you stand up.

You bend down to tie your shoe ... and look around for anything else to do while you're already down there.

You know all the words to songs playing at the grocery store, and they call them classic hits.

You meet someone new and instead of asking what they do, you ask, "Who's your doctor?"

You hear a new slang word and immediately must Google it.



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Antique Markets

TREASURE HUNTERS

Focus: Searching for antiques (typically items over 100 years old, or at least vintage/collectible).

Atmosphere: Often curated — antique shops, malls, or fairs where dealers specialize in furniture, art, jewelry, or historical pieces.

Price point: Usually higher, since items are considered collectible, rare, or valuable.

Experience: More like treasure hunting with a focus on history, craftsmanship, and authenticity.

Buyers: People looking for décor with character, collectors, or those who appreciate older craftsmanship.

Why not take a day trip with some light walking to tour some quaint shops to search for a rich treasure. You can also seek out a nearby café, historical rest stop or vineyard to do some wine tasting. First, do some research to determine how far you are willing to travel.

Northeastern Pennsylvania:

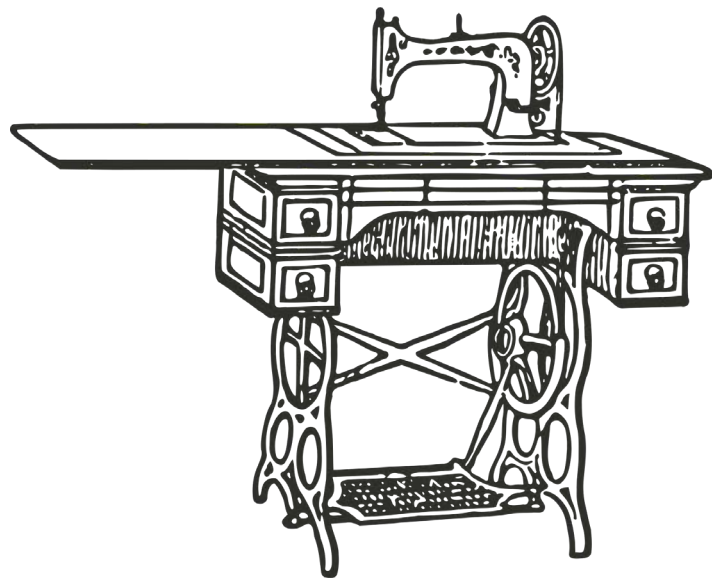
- Backroads Antiques (Henryville) – Cozy shop packed with collectibles, décor, toys and furniture that evoke a bygone era.
- Olde Good Things (Scranton) – Architectural artifact dealer offering reclaimed building materials and antiques. This is a massive 200,000-square-foot wonderland of salvage, including stained glass and lighting fixtures to unique furniture pieces.

Outside of NEPA:

- The North Easterner (Erie) – Find vintage jewelry and collectibles to lamps and vinyl records. Many shoppers describe the setting as a ‘walk down memory lane.’
- Treva’s Trinkets (Erie) – A great mix of estate-sale treasures ranging from true antiques to mid-century and modern pieces.
- re.FOUND.ry (Erie) – A creative marketplace featuring antiques, salvage items and hand-crafted goods with multiple shops under one roof and nearby cafes and local wineries.

The Antiques Capital of Pennsylvania:

Located along a seven-mile stretch of road in northern Lancaster County along route 272, beginning in Adamstown, there are dozens of antique shops and markets featuring thousands of dealers. Chances are that you will need more than a day to explore the markets and attractions near Adamstown. You might explore extending your stay to enjoy a local inn or B&B to enjoy the full experience.



Please check store hours before you travel. And make sure that the trunk of your automobile is empty before you go on your expedition, so you have plenty of space to store those treasures for the trip home.

Sources Wikipedia and pabucketlist.com

Summer Bucket List

RENTING AN RV

Summer vacations with the family are the stuff of lifetime memories, funny stories and learning experiences. A family trip in a recreational vehicle (RV) can be the ultimate adventure, with opportunities for the whole family to participate and bond. The great news is that you don't have to commit to RV ownership to enjoy the one-of-kind vacation that an RV trip delivers. RVshare is the largest online community for RV owners and renters in the United States, and includes more than 100,000 vehicles ranging from luxury motorhomes to cozy camper vans.

Why an RV trip is the perfect family getaway

1. You can take the long way: There's no rushing through airports or desperate searches for a bathroom; everything you need is on board! Anyone who has traveled with a potty training toddler knows what we're talking about here. You can leisurely enjoy the ride to your destination and make some fun stops along the way.

2. Opportunities to save money: Bringing the whole family out for meals on vacation can eat up your budget real quick. Many RVs are equipped with full kitchens, including refrigerators, microwaves, stoves and ovens, making meal prep a breeze!

3. It's a great way to get your family to unplug: After a long day of exploring outside, roasting marshmallows around the campfire and playing a riveting game of Go Fish at the dinette table, no one is going to be thinking about switching on the TV when they face plant into bed.

4. It's fun for all ages: There is an RV to accommodate every sized family -- and every age -- both young kids that will be tossing a coin for the top bunk and teenagers who need their own space will be happy. Whether your kids prefer hiking, wild-life viewing or just reading in the sunshine, there's something for everyone on an RV trip.

5. You can bring the family pet along: Don't leave your furry, feathered, or scaled friends at home - many RV owners have the option to bring a

pet! Not only will they not have to miss you while you're gone, you can save the money of a pet sitter. Just remember to pack all their essentials and make sure they are up-to-date on medications and vaccinations!

6. Time in nature: RVing is the perfect way to enjoy time outside with all the comforts of home in tow. Even the most outdoors-averse will find some joy in breathing in the fresh air around them knowing they have a comfy bed to retreat to at the end of the day.

7. They are a great way to explore the country: Whether you've had a national park on your must-see list for ages or prefer to stay close at a nearby state park or campground, an RV trip is a great option. You'll get to enjoy all the fun amenities and breathtaking views with your own home on wheels in tow.

If your travel dreams involve a cross-country tour of national parks or just a weekend of camping under the stars, RVshare has your wheels. RVshare connects you to RV owners in your local area or at your destination, and you can easily use RVshare.com to browse thousands of models for any style of adventure or number of travelers. Another plus? More than 60% of the vehicles on RVshare offer delivery, which is an ideal option if you are flying to a destination before driving the RV, or for those who prefer not to drive the RV, but to have it stationed in place and ready for them on arrival at their destination. RVshare also offers roadside assistance, 24/7 customer service, and insurance to protect your trip and payment.

According to RVshare's 2024 Travel Trend Report, 87% of respondents are planning to travel at least as much in 2024 as they did in 2023, and 57% said they are planning a road trip or a vacation in an RV. So, don't miss out and join them! Summer is the busiest season for RV travel, so start planning your trip now to get the best rental options. Happy camping!

Visit [RVshare.com](https://www.rvshare.com) to learn more.

Courtesy NewsUSA

Nature Without The Hike

SENIOR-FRIENDLY SCENIC SPOTS

If hiking isn't your thing, Northeastern Pennsylvania offers a rich tapestry of peaceful, scenic spots that are accessible to seniors or anyone that prefers minimal walking. Whether you're into unique geology, historic overlooks, peaceful waterfronts or fall foliage, there's a beautiful nature-scape waiting for everyone.

Pennsylvania

1. **World's End State Park** (Loyalsock Canyon and High Knob Vistas) offers ADA-accessible, scenic roads with minimal walking required. Bonus: The drive itself is scenic, and additional overlooks are available within the park.
2. **Big Pocono State Park** (Camelback Mountain) features a paved, 1.4-mile scenic drive with parking and overlooks offering sweeping views over three states.



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Masonic Village at Dallas
36 Ridgway Drive, Dallas, PA 18612
570-364-4845
MasonicVillageDallas.org



3. **Shikellamy State Park** (Sunbury) offers beautiful views over the Susquehanna River and Northumberland county. Multiple, easy-access vantage points with picnic areas and convenient parking are available.
4. **Viaduct Valley Way** (Route 92) is a designated scenic byway showcasing the impressive Starrucca and Tunkhannock Viaducts with viewing areas right along the route.
5. **Route 6** (Pennsylvania) is a 400+ mile scenic drive recommended by National Geographic that meanders through the mountainous areas of the Pennsylvania Grand Canyon (Pine Creek Gorge) and Kinzua Bridge State Park with many pull-offs that offer beautiful vistas.

Outside of NEPA

Scenic drives and overlooks with limited to no hiking required.

- **Covered Bridge Tour** (Bucks County): A 96-mile loop through the quaint countryside of historic covered bridges and drive-by scenery with opportunities to pull over.



- **Kelly Drive** (Philadelphia): Follow the beautiful, urban scenic route along the Schuylkill River as it winds through Fairmount Park.
- **Conestoga Ridge Road** (Lancaster County): Drive along the peaceful route of rolling hills and Amish farmland.
- **National Road** (Pennsylvania): Formally the Cumberland Road and later celebrated as "Main Street of America" and the United States first federally financed highway.

Sources dcnr.pa.gov, pawilds.com and hertz.com

Flea Markets

BARGAIN HUNTERS

Focus: A wide mix of goods from secondhand items, crafts, everyday bargains, vintage finds, and sometimes antiques.

Atmosphere: Casual, often outdoors, with many vendors ranging from hobbyists to professional sellers.

Price point: Usually lower, with lots of haggling. You can find cheap odds-and-ends alongside hidden gems.

Experience: More eclectic — you might find tools, clothes, toys, fresh produce, or an antique table all in the same row.

Buyers: Bargain hunters, resellers, casual shoppers, and collectors hoping to spot overlooked treasures.

Why not take a day trip with some light walking to tour some outdoor venues. You can also seek out a nearby café, historical rest stop or favorite restaurant for a bite to eat. First, do some research to determine how far you are willing to travel.

Tips before you go and when you get there:

- Check the weather – Dress comfortable with appropriate walking shoes and dress in layers. Take an umbrella and appropriate clothing for the season.
- Bring a measuring tape – Know your dimensions before shopping.
- Bring your own bags and/or carts to transport your bargains back to the car.
- Have cash available – Usually vendors prefer this method of payment and it may be the safest solution.
- Plan to get there early – The early bird gets the worm. However, shop late and you may get a better bargain because most sellers want to pack less before going home.
- Make sure to check the condition of each item and don't be afraid to ask questions.
- Have a budget. Don't overspend.
- Haggle politely – Haggling is expected but be respectful. Try using a phrase like, "Would you take \$___?"
- Bring a buddy to help you carry your purchases.

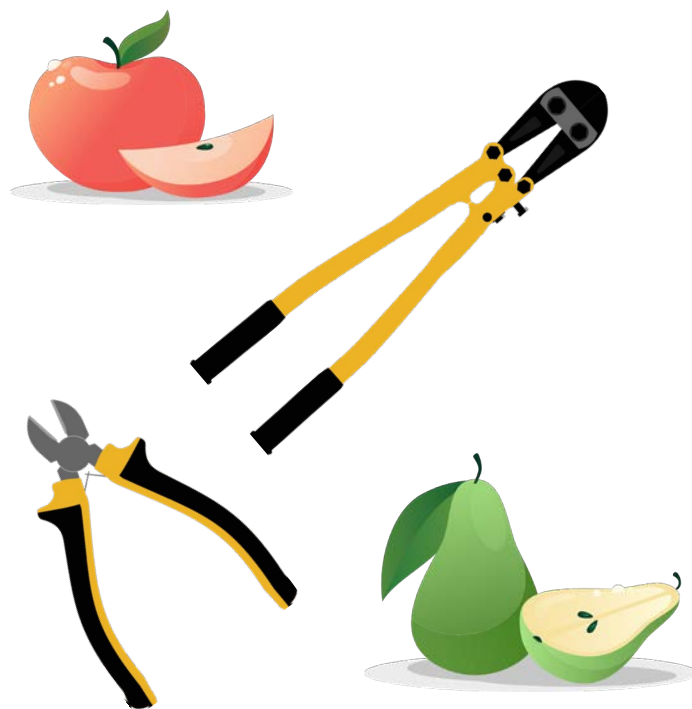
Northeastern Pennsylvania:

- Circle Drive-In – Largest outdoor flea market in NEPA with hundreds of vendors every Sundays from mid-March to mid-November, starting at 6:00 am to 2:00 pm.
- Pocono Bazaar – A small flea market in East Stroudsburg with food trucks and a variety of vendors. Lots of stuff to sort through with great deals.
- Blue Ridge Flea Market – Hosts 300+ vendors and offers everything from collectibles to fresh produce since 1976.

Outside of NEPA:

Quakertown Flea Market (Quakertown) – Founded in 1932 as a year-round destination. Rain or shine, it features about 120 indoor and 450 outdoor vendors. It's been described as a local institution with doo-dads, trinkets, collectibles, restaurants, candies and produce. And if you're up for making this trip as a weekend get-away, Quakertown is nearby the beautiful Lahaska and New Hope villages which are two other great shopping experiences.

Sources Wikipedia, poconobazaar.com and pabucketlist.com



Wine, Dine & Relax

IN NORTHEASTERN PENNSYLVANIA

NEPA is the perfect place to celebrate an anniversary, a birthday or enjoy time with friends and family over a local brew or fine wine paired with farm-to-table dining.

Mountain View Vineyard, Winery, Brewery & Distillery

2332 Walters Road, Stroudsburg, PA 18360

Sample sustainable, locally-produced wines at this family-owned vineyard nestled in the Pocono Mountains. Mountain View Vineyard offers 100 acres of space for outdoor seating and enjoyment that includes a 2,200 square foot porch, outdoor patio, children's playground and more.

Blue Ridge Estate Vineyard & Winery

239 Blue Ridge Road, Saylorsburg, PA 18353

Enter through a crystal chandelier stairway and see roots growing from the ceiling before being seated in plush chairs at a beautifully handcrafted table of jet-black color with gold trim in the Underground Room (beneath 14 feet of earth). Wines are paired with not only lights and sound but also stories of hope, love, trust and the joy of living. Take home a commemorative 'Underground' wine glass to remember your experience.

The Frogtown Chophouse

472 Red Rock Road, Cresco, PA 18326

Executive Chef Lyman Winner and wife Ann alongside Restaurateur Eric Noone and Wedding/Event Coordinator wife Christina invite you to experience some of the finest American cuisine in the Poconos. Lyman, a graduate of a prestigious culinary college in Baltimore and Eric, an Off-Broadway actor, turned restaurateur have been in the industry for a combined fifty years.

Glass – Wine. Bar. Kitchen

119 Falls Avenue, Hawley, PA 18428

Overlooking the dramatic Paupack High Falls, Glass offers a vibrant dining experience inspired by its historic roots and natural surroundings. Savor inventive small plates, curated spirits, and unforgettable views in a one-of-a-kind setting.

Nick's Lake House Restaurant

20 South Lake Drive, Lake Harmony, PA 18624

Overlooking the water, this dog-friendly restaurant blends casual comfort with a diverse American menu, making Nick's Lake House the perfect setting for a relaxed meal with a view. Whether you're grabbing a cold beer on the deck or sitting down for a family dinner, Nick's has something to satisfy every craving. Appetizers include nachos grande, spinach and artichoke dip, jumbo wings, and pizza fries. For main courses, guests can choose from hand-tossed pizzas, Stromboli, and signature burgers. Entrees include the New York Strip Forestier with exotic mushrooms and a red wine glaze, Maryland jumbo lump crab cakes, Cajun seared salmon, Caribbean jerk chicken, pan-seared pork chops, and jumbo ravioli.

Sources discovernepa.com and poconomountains.com

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Performing Arts Centers

NORTHEASTERN PENNSYLVANIA

Our region is alive with performing arts centers for all to enjoy!

Available for all ages, treat your group of friends, a loved one or your grandchildren to a family-friendly musical or play at any one of northeastern Pennsylvania's indoor and outdoor venues. The performing arts may include theatre, dance, music, opera, magic, mime, puppetry, performance and more.

Be sure to visit any one of these fine performing arts centers:

Act Out Theatre Group

802 S Main Street
Suite 804D
Taylor, PA 18517
actouttheatre.com

F.M. Kirby Center for the Performing Arts

71 Public Square
Wilkes-Barre, PA 18701
kirbycenter.org

Fine & Performing Arts Center

Hill Street
East Stroudsburg, PA 18301
esu.edu/theatre-performances

Harmony in The Woods

19 Imagination Way
Hawley, PA 18428
harmonyinthewoods.org

Imagine NEPA - Performing Arts Center

113 Church Street
Dalton, PA 18414
imaginepenpa.com

Music Box Dinner Playhouse

196 Hughes Street
Swoyersville, PA 18704
musicbox.org

Providence Playhouse

1256 Providence Road
Scranton, PA 18508
actorscircle.com

Scranton Cultural Center at the Masonic Temple

420 North Washington Avenue
Scranton, PA 18503
scrantonculturalcenter.org

Shawnee Playhouse

552 River Road
Shawnee on Delaware, PA 18356
theshawneeplayhouse.com

The Mauch Chunk Opera House

14 W Broadway
Jim Thorpe, PA 18229
mcohjt.com

Sources poconomountains.com and visitpa.org

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Northeastern Pennsylvania
OVER 50

I Did Not Know That

USES OF DAWN DISHWASH LIQUID

Try some of these home remedies. They could save you time and money.

Make Bubbles: Recipe: ½ cup Dawn Ultra; 1/2 gallon warm water; and 1 tablespoon glycerin (available at any drug store) or white Karo Syrup works too. Stir gently. Skim foam off the top (too much foam breaks down the bubbles). Dip a bubble wand into the solution and enjoy good, clean fun.

Remove Hair Product Buildup: Once a month use Dawn Original as you would shampoo. It will remove excess oil from your hair and scalp and strip away any build-up of styling products without any damage.

A Manicure Secret: Soak fingers in full-strength Dawn Blue. It makes the cuticles soft and easy to work with. And it removes the natural oil from the fingernails, which allows the polish to adhere better.

Repel Houseplant Insects: A safe, effective way to repel insects from your houseplants, including aphids, spider mites and mealy bugs is to put a drop of Dawn in a spray bottle, fill the rest of the bottle with water, shake well, and mist your household plants with the soapy water.

Remove Grease Stains: Dab a small amount of Dawn soap to the stain, gently rub it in and allow it to sit for a few minutes before starting the washing machine.

Clean Your Windows: Mix 3 drops of Dawn in 1 gallon of water and fill a spray bottle with the solution. Spritz and wipe as you would with any window cleaner.

Bathe Pets: Use Dawn to bathe the dogs. It kills fleas on contact and is much cheaper than expensive dog shampoos.

Clean Automotive Tools: After you have finished your automotive repair project, soak your dirty tools in Dawn before you put them away to remove the oil and grime. Dawn also helps prevent rust from forming on the tools.

Create Ice Packs: Partially fill a strong zip-type sandwich bag with Dawn, close and freeze it. The liquid soap stays cold much longer, and it can be re-frozen many times. It will conform to the area where you need an ice pack.

Clean Tub and Shower: Take a spray bottle and fill it halfway with white vinegar. Heat in the microwave (do not over heat). Fill the bottle the rest of the way with Dawn Blue. Put lid on and shake to mix well. Spray on your tub and shower walls. Allow to sit for a few minutes and rinse away. It will remove any bath ring created by dirt and grime.

Unclog Toilets: Pour a cup of Dawn soap into clogged toilet and let sit for 15 minutes. Then pour bucket of hot water into the toilet by holding it a few feet above the seat.

Lubricate Doors: A drop of Dawn will lubricate the hinge of a swinging door or the track of a sliding door.



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Remember When?

HISTORICAL PLACES IN NEPA

ASA Packer Mansion: Jim Thorpe

Built in 1861, the Asa Packer Mansion stands as one of the area's most iconic landmarks – a stunning example of Victorian architecture. It was once the home of Asa Packer, a philanthropist, railroad tycoon and founder of Lehigh University. This beautifully preserved mansion (now a museum) offers visitors a glimpse into the opulence and innovation of 19th-century America. It was constructed using a cast iron frame, which was an uncommon for residential buildings of the 1860s. Under its striking red roof are 18 rooms that remain remarkably intact, showcasing detailed woodwork, original furnishings and elegant design elements.

Eckley Miners' Village: Weatherly

Coal mining was one of northeastern Pennsylvania's more prosperous industry's during the late 19th and into the early 20th centuries. Small 'patch' towns arose all over NEPA during this period to support the influx of European immigrant miners and their families. But by the mid-20th century, the anthracite coal industry had nearly disappeared. Eckley Miners' Village is one of only a few that remain as a small re-creation of a traditional patch town. The village features multiple 19th-century buildings, including company housing, and a general store used in the 1970 film, *The Molly Maguires*.

Electric City Trolley Station: Scranton

The Electric City Trolley Station earned its nickname as the birthplace of one of the first electric trolley lines in the United States. The station hosts a variety of themed rides throughout the year, making it an ideal destination for all ages. The museum itself is home to a collection of fascinating artifacts that date back to 1887, the year Scranton first opened its trolley line. Interactive exhibits and vintage trolley cars provide hands-on learning opportunities, with special displays about electricity and a giant model trolley set.

Lackawanna Coal Mine Tour: Scranton

Northeastern Pennsylvania owes its character to the resilient men and women, mostly immigrants from Eastern and Southern Europe, who labored in the coal mines. Experience what I was like to work 300

feet underground when you enter the Lackawanna Coal Mine. Stand at the controls of a lace machine or imagine cooking on an old stove in the tiny kitchen of a company-supplied house.

Quiet Valley Living Historical Farm: Stroudsburg

Quiet Valley Living Historical Farm offers a hands-on journey into the routines of 19th-century rural life, including a one-room schoolhouse and a variety of other preserved buildings. Listed on the National Register of Historic Places, this working farm and living history museum invites guests of all ages to explore Pennsylvania's agricultural roots through immersive, family-friendly experiences, such as candle making, seasonal chores and food preservation. Children and adults alike can meet and interact with farm animals including goats, horses, ducks, pigs, turkeys and chickens.

Steamtown: Scranton

This working train depot and museum preserve the history of the railroad industry in northeastern Pennsylvania. Visitors can view photos, old tools and step inside antique train cars to learn about the importance of trains and railroads and the lives of the people who built and maintained them. Guests can walk along the trainyard, visit the roundhouse and even take a short ride on a steam train.

Tunkhannock Viaduct: Nicholson

The Tunkhannock Viaduct stands as one of the region's most iconic landmarks. This breathtaking concrete structure spans an impressive 2,375 feet (nearly half a mile) and rises 240 feet above the Tunkhannock Creek. Upon completion in 1915, the viaduct was one of the largest concrete bridges in the world, and it remained a monumental feat of engineering for many years. Originally built as a direct throughway for the Delaware, Lackawanna & Western (DL&W) railroad, it offers a striking reminder of NEPA's industrial past.

Sources discovernepa.com, poconomountains.com and pa.gov

Games

AND ACTIVITIES

.....SUDOKU.....

8	9			5		7		4
3						6		
			3			2	8	5
		6	2		7	8	9	
2			4		5			7
	8	7	9		3	5		
9	5	4			8			
		8						1
7		3		9			2	8

					6	7		5
3			5	7		4		1
1					2	6		
8	9				3			
	6	1	7		5	3	8	
			2				1	6
		4	6					9
6		9		2	7			3
7		3	8					

Sudoku Directions:

Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 “squares” made up of 3 x 3 spaces. Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9,

without repeating any numbers within the row, column or square.

Answers are provided on page 23.

ANNUAL DIRECTORY

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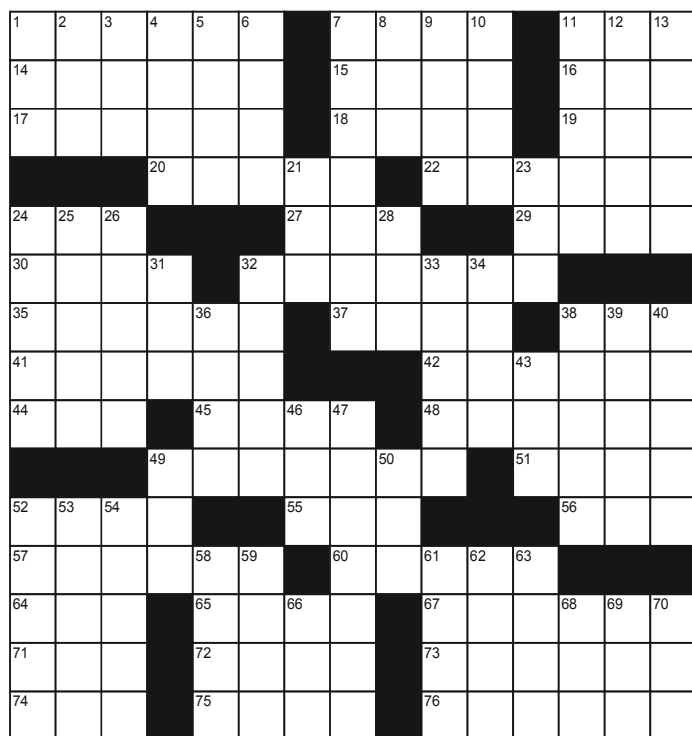
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Games

AND ACTIVITIES

CROSSWORD PUZZLE



ACROSS

- 1 Percussion rattle
- 7 Spanks
- 11 Owns
- 14 Very, very tiny
- 15 Adjoin
- 16 Brand of laundry detergent
- 17 Middle
- 18 Convexity
- 19 Note of debt
- 20 Distrust
- 22 Gets up
- 24 Pouch
- 27 Umpire
- 29 U.S. President
- 30 Beers
- 32 Honors
- 35 Leniency

DOWN

- 37 Travel by horse
- 38 Genetic code
- 41 Fern seeds
- 42 Envelop
- 44 Expression of surprise
- 45 Cola
- 48 "Only one substance" believer
- 49 ___ Braves baseball team
- 51 Welt
- 52 False bible god
- 55 Novel
- 56 Tricky
- 57 Colorless person
- 60 Applesauce brand
- 64 Rookie
- 65 Ammunition
- 67 Small farer
- 71 Bullfight cheer

- 71 Bullfight cheer
- 72 Was looked at
- 73 Royalty's residence
- 74 Negative
- 75 Green Gables dweller
- 76 Breakfast egg

DOWN

- 1 Mayan language
- 2 Snacked
- 3 Pole
- 4 Among
- 5 See ya!
- 6 American Civil Liberties Union (abbr.)
- 7 Haughtiness
- 8 Large computer co.
- 9 Brass
- 10 Load
- 11 Short poem
- 12 Soothing agents
- 13 Partially frozen snow
- 21 Lingerie
- 23 Abdominal muscles (abbr.)
- 24 Type of wood
- 25 First letter in Hebrew alphabet
- 26 City
- 28 Last day of the wk.
- 31 Title of respect
- 32 Household cleaner brand
- 33 Swelling
- 34 Comedian Jay
- 36 Experiment
- 38 Takes away water
- 39 Whining speech

- 40 Fitly
- 43 Compass point
- 46 Newsman Rather
- 47 Buttercup family plants
- 49 Boxer Muhammad
- 50 Duo
- 52 Breakfast meat
- 53 Birds "thumb"
- 54 Convent
- 58 Rocket builders
- 59 Bode
- 61 Typing error
- 62 Sport group
- 63 Solitary
- 66 Women's partners
- 68 Bad (prefix)
- 69 Genius
- 70 Profit

Answers are provided on page 23.

Jokes & Funnies

INDIAN HILLS SIGNS, COLORADO

If you have to wear both a mask and glasses,
you may be entitled to condensation.

Ghosts like to ride in elevators
because it lifts their spirits.

My son wants to
study burrowing
rodents. I told
him to gopher it.

I'll take the high
road and you take
the psycho path.

When you teach a
wolf to meditate he
becomes aware wolf.

What do you call a hippie's
wife? Mississippi.

Past, present and
future walked into a
bar. It was intense.

When you said life would
get back to normal after
June ... Julyed.

My fear of moving
stairs is escalating.

Eyes on the road
and head out of
your Apps.

If clowns attack,
go for the juggler.

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Games

AND ACTIVITIES

Word Search

Places to Visit

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

- Antiquing

Bargain

Bygones

Collectibles

Dine

Escapes

Grapes

Hawley

History

Journey

Nature

Oenotourism
- Railroad

Railway

Relax

Rummage

Train

Travel

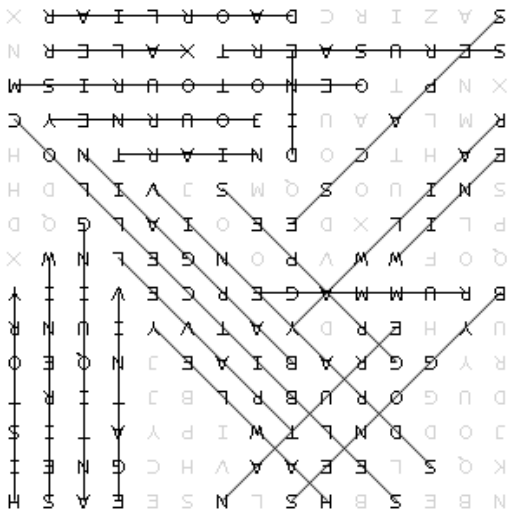
Treasures

Vineyards

Vintage

Wine

Wineries



SUDOKU ANSWERS

7	1	3	8	5	9	2	6	4
6	8	9	4	2	7	1	5	3
2	5	4	6	3	1	8	7	9
5	3	7	2	8	4	9	1	6
4	6	1	7	9	5	3	8	2
8	9	2	1	6	3	5	4	7
1	7	5	9	4	2	6	3	8
3	2	6	5	7	8	4	9	1
9	4	8	3	1	6	7	2	5

8	2	4	6	9	5	3	1	7
1	5	9	4	3	7	8	2	6
6	7	3	8	2	1	4	5	9
2	4	5	3	6	9	7	8	1
7	6	1	5	8	4	9	3	2
3	9	8	7	1	2	6	4	5
5	6	1	3	7	9	2	8	4
9	1	6	2	4	8	5	7	3
4	3	7	1	5	6	2	9	8

CROSSWORD PUZZLE ANSWERS

MARACA	HITS	HAS
ATOMIC	ABUT	ALL
MEDIAL	UMBO	IOU
DOUBT	AWAKES	
BAG	REF	BUSH
ALES	LAURELS	
LENITY	RIDE	DNA
SPORES	ENWRAP	
AHA	SODA	MONIST
ATLANTA	WEAL	
BAAL	NEW	SLY
ALBINO	MOTTS	
CUB	AMMO	YEOMAN
OLE	SEEN	PALACE
NAY	ANNE	OMELET

What To Do

WITH YOUR GRANDCHILDREN

Whether you want to spend some valuable time with your grandchildren or organize a destination-style family event, the Pocono Mountains has something for everyone at any age to enjoy!

ARCADE GAMES

The Big Game Room

250 Kalahari Boulevard
Pocono Manor, PA 18349

The Big Game Room is packed with games, rides, experiences, and prizes for all ages. From arcade games to 3D escape rooms, mini golf, and mini bowling, there is something for everyone. When you're done playing, redeem your Prize Points at the Prize Store.

ESCAPE ROOM

Klues Escape Room

542 Main Street
Stroudsburg, PA 18360

Klues Escape Room is a truly unique experience for family and friends. Klues has two uniquely themed rooms: The Moonshiner and Mad Scientist. Complete your mission in under one hour by working together to find clues, decode locks, solve puzzles, and more.

GO-KARTS

S&S Speedways & Indoor Go-Karts

7062 Route 209
Stroudsburg, PA 18360

S&S offers family fun for the newcomer and racing enthusiast alike. Handicap accessible, S&S offers a hand-controlled car in addition to indoor go-karts. The tri-oval track requires a 54-inch minimum height. A snack bar, pool table and video games are available. Private parties accommodated.

UNIQUE ESCAPES

LASER TAG

Camelback Resort & Aquatopia Indoor Waterpark
193 Resort Drive
Tannersville, PA 18372

Your action hero dreams are about to come true at Lasertron Laser Tag. Get your crew together to play five different game types over two levels of playing area for the best, most action-packed laser tag around. Children under 42 inches tall must be accompanied by an adult.

MINI GOLF

Frontier Falls Mini Golf

5255 Buttermilk Falls Road
East Stroudsburg, PA 18301

This challenging, 36-hole miniature golf course is fun for the entire family.

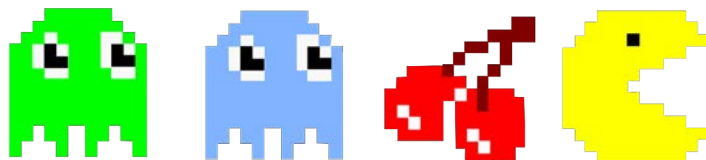
ROCK CLIMBING

Pocono Rocks

1428 Pocono Boulevard
Mount Pocono, PA 18344

Designed to accommodate all ages and levels of difficulty, the custom-built boulder climbing wall is the idea that started it all. In addition, Pocono Rocks also offers a ninja warrior course and three obstacle courses and bounce houses. The ninja warrior course is designed to accommodate kids and adults. While, the obstacle courses and bounce houses are designed for kids only. After your adventure, enjoy a latte or cappuccino along with a full menu of food items at the Little Rock Cafe featuring a free Wi-Fi lounge.

Sources poconomountains.com and tripadvisor.com



Events Calendar

NATIONAL BEACH DAY

Established in 2014, National Beach Day is celebrated on August 30 every year. It's a fun, summer holiday that encourages people to enjoy the beach while also raising awareness about keeping beaches clean and protecting our ocean wildlife.

While not an official federal holiday, it was founded by Colleen Paige (a conservationist who also started National Dog Day) to celebrate the joy of the beach and encourage conservation. Communities, environmental groups and recreation centers hold events to educate beach goers on the importance of reducing litter, protecting sea life and preserving the natural beauty of our shores.

Ways it is celebrated

- Beach clean-up events organized by local groups or schools
- Family outings with swimming, picnics and sandcastle-making contests
- Community festivals near waterfronts with music, food vendors and activities
- Educational programs about ocean conservation and wildlife

Senior-friendly celebration ideas (for those not near the beach)

National Beach Day works well as a summer celebration for seniors since it's festive, colorful and can be easily adapted to the indoors. Maybe schedule your own indoor Beach Party! Get everyone involved in planning and participating, such as:

- Decorate with seashells, beach balls and tropical colors
- Hand out leis or sun hats
- Play surf rock or Hawaiian music
- Serve mocktails, fresh fruit or snow cones
- Make beach-themed crafts
- Create seashell picture frames
- Create sand art in jars

- Play beach games adapted for the indoors
 - Beach volleyball (while seated)
 - Bean bag toss (while seated)
- Hold a trivia contest on the topic of our oceans
- Show a lighthearted beach-themed movie

Community outing (for those that can travel)

Organize a group trip to a nearby lake, community pool or beach for a picnic, short walk or just enjoying the warm sun.

How you can help

There are many organizations that help keep our beaches clean, safe and fun all year long. Many beach communities have groups that advocate for environmentally-friendly behavior. If you live near a beach, check out your local organization to volunteer.

After enjoying the beach, leave nothing behind. Just remember to do your part to protect one of our most cherished natural resources — our beaches.

Sources Wikipedia, nationaltoday.com



Giving Back

WE WANT TO HEAR FROM YOU!

Giving back to your community through volunteer groups, non-profit organizations, charities or other means does so much to help those in need and contribute to the common good. You can give back in different ways, by giving of your money or your time. No matter how you do it, giving back to your community will touch many people's lives.

Following are three ways by which you can give back:

1 Volunteer: Give back by volunteering your time. You'll be amazed with the people you meet and the experiences you have when you help others in need. Volunteering at your local senior center is a great way to help. Other ways you can help include aiding seniors with daily tasks by keeping them independent and in their own homes.

2 Offer your skills: Are you a handyman? Give back by offering to help a neighbor with some household fixes. A writer? Help your favorite charity promote their work by preparing press releases, managing their social media and updating their Website. Offering your skills to those who can use them is an empowering way to give back.

3 Donate to a charity: Help those in need by giving a few dollars to your favorite charity. Don't have extra money to give? Donate your unused clothing to your local Salvation Army or Goodwill store. Offer your used books to a local library, school or shelter. Or, donate food supplies to an animal shelter or to your local food bank.

Calling all non-profits and volunteers!

LIFESTYLES Over 50 Northeastern Pennsylvania is a print magazine distributed 6x annually, connecting seniors with local healthcare providers, senior living facilities, health-related resources, healthy-living activities and community events. Delving into topics of interest to seniors of NEPA, we hope to encourage vibrant, healthy and productive living through the stories we share about the people we meet and the businesses that serve this great region.

Each issue, LIFESTYLES Over 50 Northeastern Pennsylvania recognizes a local nonprofit, individual or group for their contribution to our region.

If you are a local nonprofit, individual or group serving within Northeastern Pennsylvania (see our counties map on page 3), please call 570-390-3350 or e-mail your information to NEPA@LIFESTYLESover50.com.

We're interested in sharing what others are doing to give back!



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