November 2026

HOWARD WESTON SENIOR CENTER

1 BASSETT AVENUE,
MANOR PARK
NEW CASTLE,
DELAWARE 19720
(302) 328-6626

STAFF

VICKI K. SHERATON
EXECUTIVE DIRECTOR

GALE JONES
SITE MANAGER

BEVERLY J. MCCOOL
PROGRAM COORDINATOR

BETSEY MOORE
CRAFT INSTRUCTOR

MIKE TEDESCHI
CHEF

BOARD OF DIRECTORS

CHARLES S. STEPHAN
CHAIRMAN

DARREN WRIGHT
VICE-CHAIRMAN

GREGORY YACUCCI
TREASURER

TOM HANDLING

IDA (DEE) KELLEHER

HEATHER MILEA

KEN MOORE

BETH ORSEGA-SMITH

KEVIN WONG

Thanksgiving Holiday Feast, Bake Sale & Craft Fair

Thursday, November 19, 2026

Bake Sale & Craft Show begin @ 9:00 a.m.

Feast will be served beginning at 12:00 noon.

Cost: Holiday Feast $5.50

Tickets will go on sale Monday, November 2, 2026.
You may purchase 2 tickets, one for you and one for a friend.
This is a very popular event and tickets go fast.

DINE-OUT CLUB

November's Dine-Out will be on November 4, 2026
Cheesecake Factory– See Gale for a time slot.

For those of you who are not familiar with our "Dine-Out" program, we visit an area restaurant on the first Wednesday of each month. Instead of eating alone It is a great time to eat out with your friends. Please arrive on time and be courteous when being seated! Generally, the restaurant will give the center a gift card to their restaurant for one of our many baskets we raffle off throughout the year!

MEMBERSHIP

The Weston Senior Center welcomes all persons 50 years of age and over.
All members and guests participating in activities and programs offered by the center must be able to take care of their personal care needs and make independent decisions.

MISSION

THE WESTON SENIOR CENTER WAS ESTABLISHED IN 1978 FOR THE PURPOSE OF ENHANCING THE QUALITY OF LIFE FOR THE SENIOR POPULATION BY PROVIDING MUCH NEEDED SERVICES AND PROGRAMS.

VICKI'S E-MAIL – WestonSrCenter@aol.com **WESTON'S UNITED WAY number is 9336.**

BEVERLY'S E-MAIL– b.mccool.westonsc@gmail.com

WEBSITE –WestonSeniorCenter.org

FACEBOOK - Weston Senior Center

Website

E-mail

2026-2028 ADVISORY COUNCIL MEMBERS

Linda Brown, Ellie Bentz, Beverly Ellis, Kathleen Fallstick, Kenny Foster, Jeannette Henretty, Dutchie Jensen, Elaine Koronik, Louis Lopez, Linda Loveless, Debbie Martin, Michele Merlonghi, Roger Moseley, Carolyn Moore, Ginger Pettyjohn, Camilla Pfeil, Shirley Renn, Cecelia Sanders, Marsha Seaton, Diane Motta-Stevenson

ADVISORY COUNCIL – The Advisory Council meets on the first Wednesday of each month at 11:00 a.m. in the Community Room. If you have concerns or suggestions, please feel free to contact a staff member or a Council member. If you prefer, the suggestion box is always available for anonymous comments.

WESTON ADULT DAY CARE CENTER

Check out our NEW website: http://www.westonadultdaycare.org/

Weston has an Adult Day Care Center right in our building.

The Weston Adult Day Care Center is open
Monday through Friday from 8:00 a.m. to 4:00 p.m.
and provides services to those still independent but in need of supervision and assistance in an effort to delay their placement in long term care facilities (outside their homes).

Weston Adult Day Care is open Monday thru Friday from 8:00 a.m. to 4:00 p.m. Full days, half days and flexible schedules are available. Weston Adult Day Care is fully licensed by the State of Delaware. Contact Weston Adult Day Care: 302-328-6425

Programs: Socialization, as well as mental and physical stimulation, becomes even more important as we age. Our Director plans a variety of social, intellectual, cultural and educational group activities based on the individual interests of our participants.

Nutritious Meals: A registered dietitian oversees the daily menu, which includes a nutritious lunch, as well as snacks throughout the day.

Services: A Licensed Nurse on staff coordinates care with your physician. We provide professional nursing care, medication administration, wound care, assistance with activities of daily living, including toileting and assistance with meals.

Weston's Social Adult Day Care Program is the perfect solution for seniors who need assistance but would like to continue living at home. Our program is designed to provide the high quality social, nutritional, and daily living services your loved one needs in a safe, supportive and stimulating environment. This allows you, the caretaker, to go to work or take a break from your care-giving responsibilities and have the peace of mind knowing that your loved one is being cared for.

CAREGIVERS SUPPORT GROUP–Caregiver support is available in the Adult Day Care Center. If you know of anyone who would benefit from attending please contact us @ 302-328-6425

THE "ARTS" and THE "CRAFTS"

CRAFTS WITH BETSEY – Join our crafters daily from 9:00 a.m. to 2:00 p.m. Betsey is available Tuesdays thru Thursdays from 9:00 a.m. to 12:00 noon. Cemetery arrangements are available for $18.00 (see Betsey).

CERAMICS – The Ceramics Room is open daily from 9:00 a.m. to 3:00 p.m.
Join our talented painters as they create ceramic pieces for all occasions.

BEGINNER QUILTING CLASS– Sara Walker is our Quilting Instructor. The class is held on Fridays from 9:30 a.m.-11:30 a.m. All skill levels are welcome!

BEGINNER KNITTING CLASS – Tuesdays @ 9:30 a.m. If you have ever wanted to learn how to knit, here is your chance! Join Betsey and friends to learn how to knit.

BEGINNER CROCHETING– Thursdays @ 1:00 p.m. Join Donna & her merry band of "Happy Hookers" every Thursday to learn a fun new skill. This class is limited to 8 students.

CARDS AND GAMES …

CANASTA /HAND & FOOT- Tuesdays @ 1:00 p.m. in the Dining Room. If you are interested in playing, leave your name with Gale at the front desk and someone from the center will contact you..

POKENO – Pokeno will be held on the 2nd & last Tuesday of the month @ 1:00 p.m..
Spread the word! Everyone is welcome. Pokeno is held in the Dining Room.

BINGO – We would like to welcome everyone to play Bingo on Monday, Wednesday and Thursday mornings from 9:20 a.m. to 11:30 a.m. We have new and exciting games, plus an extra money pot on certain games played. Please join us – it's lots of fun and be sure to bring your pennies!

NEW POKENO GROUP– "D & G Beginner Pokeno" Wednesdays @ 1:00 p.m.
This is a new group for people who would like to learn how to play or want to improve their skills in a fun and relaxing atmosphere. Pokeno is a cross between Poker and Bingo. This group will be using nickels.

SHUFFLEBOARD – Fall Shuffleboard has begun. If you are interested in being a substitute please leave your name with Gale at the front desk and we will contact you.

BILLIARDS – Monday-Friday. We have four billiard tables so there is always room for you to play.

POKER GROUP- Fridays @ 9:30 a.m. 3 Fridays a month. (No poker on November 6, 2026) All are welcome. The Weston Senior Center has added "FRIENDLY POKER" to its list of activities. Experienced and beginner players are all welcome to join in on the fun. While poker has a reputation of being a very serious game, our aim is to keep it an easygoing, welcoming and fun experience for all members.

PINOCHLE - Join us on Thursdays @ 9:30 a.m. in the Dining Room. We will be playing double deck and it is open to everyone.

Wii BOWLING LEAGUE UPDATE– Fall Wii Bowling league has begun. If you are interested in being a substitute, please leave your name with Gale at the front desk and we will contact you. Don't forget to bowl your reserved games.

CORNHOLE – Thursdays beginning @ 9:30 a.m. Show up and have fun! This is a drop in game, everyone is welcome!

RED HATS– The "Red Hot Mamas" meet on the 2nd Monday of the month at 11:00 a.m. If you are interested in joining, stop by, they are always happy to welcome new members. See Dutchie Jensen to join the group or for additional information.

WOMEN'S CLUB DELAWARE– The Women's club is back. If you are interested in joining these ladies, please leave your name and contact information @ the front desk..

NEW CARD GAME– KINGS IN THE CORNER– Wednesday mornings @ 9:00 in the Dining Room. (also known as Kings Corner) is a multiplayer solitaire-style card game for 2 to 4 players. The objective is to be the first to get rid of all the cards in your hand by building sequences of cards in descending order and alternating colors (e.g., a black 9 on a red 10). Everyone is welcome.

WELLNESS AND PHYSICAL FITNESS …

CHAIR YOGA W/GALE - Mondays from 10:30 a.m..
Join Gale on Mondays from 10:30 a.m.–11:30 a.m. The charge is $5.00 per person.

CARDIO DRUMMING - Tuesdays from 1:00 p.m. The drop in charge is $5.00 per person or you can guarantee a seat by paying by the month. See Gale for more information.

LINE DANCE CLASS – Wednesdays @ 10:00 a.m. Join us on Wednesday mornings from 10:00 a.m. to 11:00 a.m. You are guaranteed to get some great exercise while having lots of fun. The charge is $5.00 per person.

LOW IMPACT CARDIO CLASS– Thursdays @ 1:00 p.m. Join Mary Ellen Luise for a wonderful workout utilizing bands, weights and balls to improve your cardio functions. The charge is $5.00 per person.

CARDIO DRUMMING-Thursdays 2:00 p.m. The charge for this class is $5.00 per person or you can guarantee a seat by paying by the month. See Gale for more information.

STRENGTH TRAINING w/GALE – Fridays @ 10:30 a.m. The charge for this class is $5.00 per person. One of the best ways to keep muscles healthy and strong is through exercise called strength training—sometimes known as weight lifting or resistance training.

WALK, WALK, WALK - Watch out in the hallways! Our "walkers" are off and walking!!
Walking will enhance your health and make you feel better. Did you know that 5 times around the "U" equals 1 mile?

HEALTH SERVICES

GOOD RX – Did you know you may be able to get a price break on your prescriptions? Visit GoodRX.com, enter your prescriptions and check the prices. If your prescription is available at a cheaper price, you simply print a coupon and take it to your pharmacy. If you have questions or need help navigating the website, please see Beverly.

ADVANCE HEALTH CARE DIRECTIVE – It is important for you to have an Advance Health Care Directive, more commonly referred to as a "living will". If you have never completed a "living will", see Gale for a form. For those who already have a "living will", you may want to review it periodically to see that it still reflects you wishes.

NEMOURS HEALTH CLINIC – Provides comprehensive dental care, eye examinations, eyeglasses, hearing tests and hearing aids to those who qualify. To qualify, you must be 65 years of age or older, a resident of Delaware and a United States Citizen. Income levels are $26,355 for a single person and $40,880 for a married couple after Medicare Part B is taken out. For more information, please contact the clinic at (800) 292-9538 .

CAREGIVER RESOURCE CENTER – The Howard Weston Senior Center is a "Caregiver Resource Center" site location. If you are a caregiver and in need of information on services available to you, please feel free to visit our display in the lobby by the fireplace.

DMOST provides a single document that functions as an actionable medical order and transitions with a patient through all health care settings in order that their wishes for life-sustaining treatment and CPR will be clearly indicated. The Delaware Medical Orders for Scope of Treatment (DMOST) program is designed to improve the quality of care people receive at the end of life by translating patient/resident goals and preferences into medical orders. See Beverly for the form!

SERVICES

BOOK AND VIDEO LENDING LIBRARY – Our Book and Video Lending Library has a great selection of books and videos for you to borrow. If you find something you would like to view, please check your videos out with Gale and let her know when they are returned.

GIFT CERTIFICATES – The Weston Senior Center has GIFT CERTIFICATES (and Lunch Tickets) available throughout the year in whatever denomination you desire. They are redeemable for anything available at the center and they make great gifts. Be sure to tell your family and friends that you want a gift certificate from the Weston Senior Center. You may want to give one to a friend.

SENIOR LEGAL HOTLINE – There is a resource available for Delawareans who are age 60 and older. The Senior Legal Hotline is now up and running. The hotline hours are 9:00 a.m. to 4:30 p.m., Monday thru Thursday. The phone number is 302-478-8850 in New Castle County.Callers can receive free legal advice on a variety of issues. There are no income requirements for the hotline. The advice will be provided by either a DVLS staff attorney or a volunteer attorney.

LEGAL AID – The Elder Law Program (ELP) of Community Legal Aid Society, Inc. provides limited legal assistance to Delawareans aged 60 years or older. The services provided by ELP are free of charge. What problems are handled by the elder law program? Powers of Attorney and Advance Health Care Directives (formerly known as Living Wills); consumer problems such as debt collection and home repair cases; housing problems such as evictions; benefits issues such as Medicaid and Social Security. Note: The Elder Law Program does not do simple wills. If you need assistance please call Michelle McLean @ 302-575-0666.

DELAWARE VOLUNTEER LEGAL SERVICES - Jacquelyn Chicona can assist you with more complex legal issues if you qualify for this program. For more information please call 302-478-8680.

DELAWARE ENERGY ASSISTANCE PROGRAM – The Delaware Energy Assistance Program provides assistance with the payment of energy bills for low-income households. You will need to supply documents verifying your income if you wish to apply for participation in this program the income limits change each year. The figures for this year are $34,903 for a single person and $45,042 for a couple. If you believe you qualify and want to apply or if you need more information, call 654-9295 or 654-6474.

AARP DRIVERS SAFETY CLASS –. The next Refresher class is scheduled for Tuesday, November 10, 2026. Class begins @ 9:30 a.m. The cost is $20.00 for AARP members and $25.00 for non-members. Please make checks payable to AARP. See Gale for more information.

STAND BY ME 50+ - Stand by Me 50+ will be here on the last Tuesday of each month from 9:00 a.m. until 11:30 a.m. in the Multi-Purpose Room. This program provides information, resources and support to increase the economic stability of Delawareans age 50 and older who are planning for or in, retirement. For more information or to schedule an appointment please call Karen Summa @ 302-565-9636 .

THE VIAL OF L.I.F.E. — The Vial of L.I.F.E program is a medical information form that the owner completes, then places in the provided medication bottle that is labeled “Vial of L.I.F.E” and placed in your refrigerator. The form includes your medical history, daily medications, demographics, doctor, hospital preference and an emergency contact. The medication bottle is kept in your refrigerator in direct view. The kit also comes with a Vial of L.I.F.E magnet to place on the refrigerator that signifies your participation in this program. * Make sure to up-date this information as your medications change. We have just received a restock of vials, see Beverly.

SENIOR ROLL CALL – Senior Roll Call is a program provided by the New Castle County Police. This telephone reassurance program calls senior citizens on a daily basis with a prerecorded safety message. To enroll in this program, call 302-395-8159. Senior Roll Call is looking for volunteers. If you have questions, please see Vicki or Beverly.

NEW PROGRAMS

POKER GROUP- **"Fridays @ 9:30 a.m.** 3 Fridays a month. No poker on Friday October 2, 2026. All are welcome. The Weston Senior Center has added "FRIENDLY POKER" to its list of activities. Experienced and beginner players are all welcome to join the fun. While poker has a reputation of being a very serious game, our aim is to keep it an easygoing, welcoming and fun experience for all members.

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CORNHOLE – Thursdays 9:00 a.m. in the Dining Room. Cornhole is a popular game where players take turns tossing fabric bean bags at an inclined wooden or aluminum board with a circular hole in the far end, aiming to land the bags on the board or sink them into the hole for points. This is a fun morning activity. Just show up and have fun! Everyone is welcome.

OUTDOOR BOCCE– Mondays @ 9:30 a.m. Bocce is a classic target game and one of the oldest forms of lawn bowling, dating back to the Roman Empire. The objective is to roll or toss your team's larger balls closer to a small target ball (the pallino) than your opponent's balls.

NON-DENOMINATIONAL BIBLE STUDY– Tuesdays @ 10:30 a.m. You are invited to join Barbara for a non-denominational Bible study every Tuesday at 10:30 a.m. This uplifting class explores various scriptures, and we encourage you to bring your Bible to read along with the group.

UNIVERSITY OF DELAWARE

DELAWARE HEALTH FOR ALL

November 5, 2026

9:00 a.m.– 11:00 a.m.

Blood Pressure Screenings

Weston will be partnering with the University of Delaware's HEALTH for All (Health, Empowerment, Access, Learning, Teaching, Humanity) program (formerly Mobile Health) this year. This program will provide education and outreach initiatives, as well as health screenings. Screenings would include but are not limited to, stroke, blood sugar, balance and blood pressure. The students will engage in education and outreach opportunities here at Weston on Tuesdays and Thursdays and we will post the dates and times on the bulletin board as they become available.

NOTARY SERVICES

Vicki and Beverly provide these services should you need to have papers notarized. You must bring identification with you and sign the document in the presence of the notary.

VIRTUAL CLASSES

Virtual & In-Person Chair Yoga w/ Gale
Mondays from 10:30 a.m. –11:30 a.m.

Non-Denominational Bible Study Virtual & In-Person
Tuesdays from 10:30 a.m.-11:30 a.m.

FUNDRAISING

FUNDRAISING – SEPTEMBER 2026

Below is our fundraising status
(July 1, 2026 – June 30, 2027)

September 50/50s	$406.00	
Memorial Donations	$145.00	
September 2026	$551.00	$551.00
August 2026		$317.00
July 2026		$773.04
Total		$1641.04

WEEKLY 50/50 DRAWING

Each ticket is $1.00
or 6 for $5.00. Drawings are held on Fridays @ 12:00 noon.

October 2026 Winners

Mee Maw	10/02/2026	$99
Jan Burns	10/09/2026	$96
Pat Price	10/16/2026	$83
Ken Thornton	10/23/2026	$77

UNITED WAY CAMPAIGN

United Way donations can be made to the center. Please tell your family and friends working in Delaware to designate the HOWARD WESTON SENIOR CENTER as the recipient of their United Way donation.
WESTON'S UNITED WAY number is 9336.
You may change your designation to WESTON by calling the Donor Choice Coordinator at 1-866-892-9335 or 302-573-3200 and giving them our number (9336)
Thank you for your support!!

Raise Right Gift Cards

This is our Gift Card Fundraiser.
There is an amazing selection of gift cards to choose from. See Gale for an order form. Turn around time should be approximately 1 week.
We will be placing our next order on Friday, November 20, 2026
Thank you!
(We need to have $1,000.00 in card orders to place an order.)

SUNSHINE CLUB

If you know of anyone who is sick, going through surgery, or you haven't seen them in a while, please leave their name with Gale so we can have a card sent to them.

INK CARTRIDGES

Thanks to everyone who donates their used ink cartridges to the center. We use them to earn credits for purchases that will benefit the center. Your donations are helping to reduce our supply costs. Keep them coming!

"Holiday 10 Week Club"

$ 5.00

1st Drawing – October 14
2nd Drawing – October 21
3rd Drawing – October 28
4th Drawing – November 4
5th Drawing – November 11
6th Drawing – November 18
7th Drawing – November 25
8th Drawing – December 2
9th Drawing – December 9
10th Drawing – December 16

Prizes
Weeks one through nine
$15 - $10 - $5
Week ten
$150 - $100 - $50

Indoor Flea Market Notice

Please bring all purchases to the front desk and pay Gale. Kindly do not place items on the sale table. If you have items to contribute, please leave them with Gale so they can be properly priced. Thank you for your cooperation and support!

CLOTHES CLOSET -

I wanted to share some exciting news regarding our Clothes Closet. Thanks to the hard work of Juliet and Karen, we have an amazing selection ready for you.
The Fall & Winter clothes are now out and organized by size. Everything is available at the bargain price of $3.00 a piece, so please come by and check it out!

NEWS FROM THE COMMUNITY…

DONATIONS FOR THE LION'S CLUB – Do you have any old eyeglasses or hearing aids lying around the house? Please donate them to someone who needs them. Bring them to the center and put them in the Lion's Club donation box.

PLEASE READ!

RESERVING SEATS/MOVING RESERVED SEATS – Our dining room is a very popular place – used for more than just dining. Seats can only be reserved daily when you arrive at the center. Please feel free to place a name tag at your seat. Your cooperation is greatly appreciated.

SAFETY FIRST! -Please help us keep the center and our members safe by hanging your coats/sweaters in the closets. Do not put them on the back of your chair. Also, please do not put your pocketbooks, bags or canes on the tables. Thank you!

PARKING LOT SAFETY

PLEASE FOLLOW THE ARROWS WHEN ENTERING AND EXITING THE SENIOR CENTER. We have had several "close calls." Please stay to the right when entering. The few additional seconds it takes you to follow the arrows may save someone's life. PLEASE BE SAFE!

DONATIONS

Donations are welcome at any time. We are currently collecting donations to help offset the cost of maintaining our building. Please support the center if you can! Special thanks to those that have made such generous contributions so far!

iPhone & iPad Help is Available!

Do you have an iPhone or iPad and are tired of asking your children & grandchildren for help? Ron Pierce has generously offered his services to answer questions about your iPhones and iPads.

He will be here every Tuesday from 9:00 a.m. - 11:00 a.m.

Stop by the computer lab and see him!

COMPUTER LAB

Please feel free to visit the lab to work on your computer skills, check your e-mail, send e-mail messages, surf the internet, play games, etc.

November 2026		
5th: 9:30 a.m. to 11:30 a.m. Practice your skills.	12th: 9:30 a.m. to 11:30 a.m. Practice your skills.	19th: 9:30 a.m. to 11:30 a.m. Practice your skills

NEW MEMBERS

Please take time to meet and welcome the newest members of the Weston Senior Center family. A BIG WELCOME to the following new members who joined our center from September 15, 2025 to October 15, 2026:

Melanie Angott	Shirley (Sammy) Brough	Robert Cycyk	Edward Davis	Dolores Davis
Margaret Earl	Francine Fennell	Carolyn Grimes	Delores Lee	Shantel McKnight
Calvin Moody	Akann Owoo	Michael Phillips	Thomas Poe, Jr.	Vernese Rowe
Cindy Schenck	Napoleon Slater	Trish Smith	Ann Tucker	Annette Wallace
	Saleema Williams		BerthaWilliams	

All Exercise Classes are held in our Exercise Classroom

MONDAY– Chair Yoga w/Gale 10:30 a.m. Cost $5.00 per class.

TUESDAY– Cardio Drumming w/Gale 1:00 p.m. Cost: You can pay a month at a time to reserve your spot or drop-in for just $5.00, space permitting. Check with Gale when you come in.

WEDNESDAY - Line Dancing w/Joanne 10:00 a.m. Cost $5.00 per class.

THURSDAY - Low Impact Cardio w/Mary Ellen 1:00 p.m. Cost $5.00 per class.

THURSDAY - Cardio Drumming w/Gale 2:00 p.m. Cost: You can pay a month at a time to reserve your spot or drop-in for just $5.00, if we have the space. Check with Gale when you come in.

FRIDAY– Strength Training w/Gale 10:30 a.m. Cost: $5.00 per class.

Fitness Center

- The cost to join the Fitness Center will be $10.00 per month until the end of the year.
- Each January you can join the Fitness Center for $100.00 for the up coming year (saving $20.00) or pay $10.00 on a month-to-month basis.
- In order for you to use the Fitness Center you must sign a waiver stating you are exercising at your own risk and have an orientation with a staff member.

CHAIR MASSAGE

Chair Massage every Wednesday from 9:30 a.m.-1:30 p.m.

10 Minutes-$5.00

15 Minutes- $10.00 30 Minutes- $25.00

Gale will be scheduling services at the front desk. Cash payment will be required at the time of sign-up.

TABLE MASSAGE!

Khalil will be offering fully clothed/full body massage.

This service is only offered on the first Tuesday of each month. It will be a table massage session. .

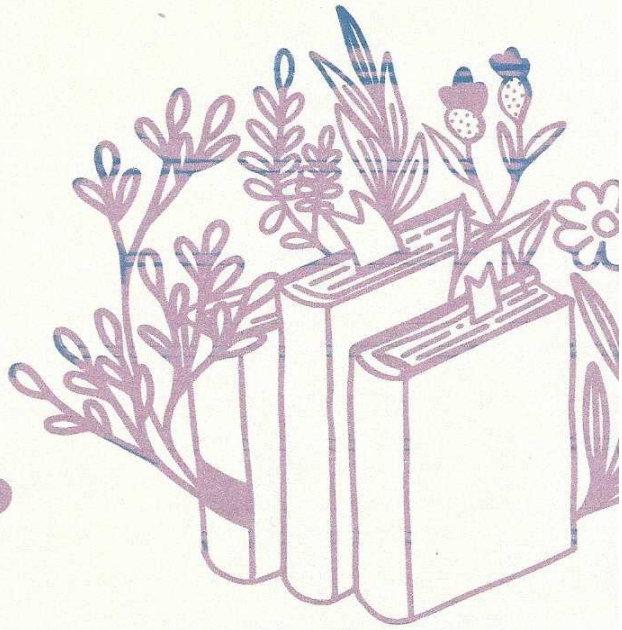
Session times: Clients can choose a 30 minute or 60 minute session.

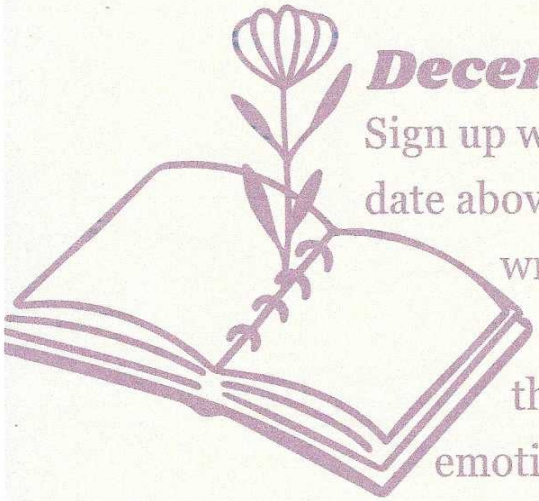
Please wear athletic attire for your massage.

Fees: 30 minute session - $25
60 minute session - $50

If you are interested in scheduling a session or have any questions, please let us know.

WRITING AS A WAY OF HEALING WORKSHOP

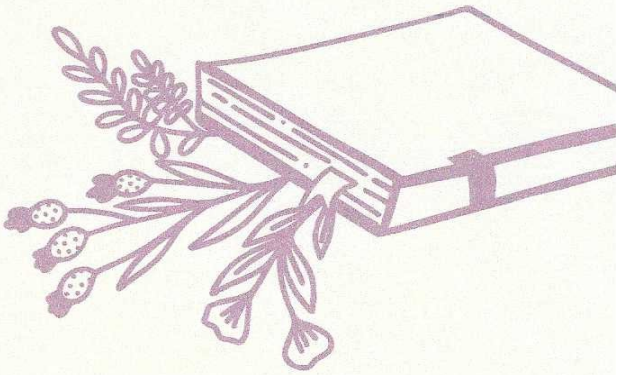




December 1st, 2026 12:30 - 1:30

Sign up with Gale at the front desk to join us on the date above for our workshop, where we will explore writing as a way of healing. This workshop will center on participating in writing activities that promote mindfulness of one's own emotions and help the writer come to terms with past trauma or future hopes.

Everyone is welcome and encouraged to participate. This workshop will be run by students from the University of Delaware in Weston's community room. No prior writing experience or knowledge is required.



For more information contact colebil@udel.edu

HANDS-ONLY CPR CLASS

Join New Castle County Paramedics as they present this program on when to act and what to do when someone is in cardiac arrest

Wednesday November 18, 2026

10:00-11:30 p.m.

Weston Senior Ctr.

Register with Gale at the front desk

For more information:
Lorraine Williams NCC*EMS Community Outreach Coordinator
Lorraine.k.williams@newcastlede.gov or 302-395-2736

This is an education class, not a certification program

MEMORY PILLOWS – The craft room will be creating memory pillows for our members who have lost a loved one. You will need to bring a t-shirt, flannel, sweatshirt or oxford shirt from your loved one. Each pillow will cost $15.00. If you are interested please see Betsey in the craft room.

STOCKINGS FOR SOLDIERS– One of our members is collecting new or used Christmas Cards to be included in a donated stuffed stocking to be delivered to Service Members deployed to combat zones or supporting combat operations, active duty installations, Guard/Reserve units, and Veteran patients in VA Hospitals across the country. Please leave your cards with Gale at the front desk. Thank you.

CROCHET SOCIAL GROUP – Thursdays 1:00 p.m. Now that you've refreshed your crochet skills, it's time to set you free! The Crochet Social Group will be meeting in the Community Room Thursdays beginning at 1:00 p.m. Bring your project to work on, share patterns, teach your fellow crocheters a new stitch and just spend time hanging out with friends! Donna will pop in from time to time to see what you're working on and answer any questions you may have.

BLANKETS - Calling all knitters, crocheters and quilters! We are looking for people who can knit, crochet or quilt lap blankets for adults to be donated during the winter months. Please see Betsey for details on materials to be used and sizes.

MEDICARE PART D REVIEW w/ Beverly-Annual Election Period (AEP / Open Enrollment): Runs from October 15 to December 7 each year, with approved changes taking effect on January 1 of the following year. See Gale at the front desk to schedule a date to review your part D plan.

November 2026

HOLIDAY FEAST TICKETS– Go on sale Monday, November 2, 2026 @ 9:00 a.m. cost- $5.50

ELECTION DAY Tuesday, November 3, 2026. We are a polling site and will be CLOSED for the day!

COOKING W/ ANITA– Wednesday, November 4, 2026 9:30 a.m. Game Day dip Challenge! Work in teams to create tasty dips. Taste, rate and help us pick the winning team. Advanced sign-ups required.

MEDICARE UPDATES W/ AIYANA LUCAS– Wednesday, November 4, 2026 11:00 a.m. Join Aiyana as she shares the new rules and plans for 2027.

U OF D HEALTHY FOR ALL & THE FOOD BANK OF DELAWARE– Thursday, November 5, 2026 9:00 a.m.– 11:00 a.m. The U of D will be here to do blood pressure and blood sugar screenings. The food bank of Delaware will have their truck in our parking lot to hand out boxes of food. WE NEED VOLUNTEERS TO HELP DISTRIBUTE FOOD BOXES, IF YOU ARE INTERESTED, PLEASE LEAVE YOUR NAME WITH GALE.

FRIDAY BINGO & LUNCH–Friday, November 6, 2026 @ 10:00 a.m. Our theme this month is “Children’s Book Week” (collecting new and gently used children’s books to give to a local school). Cost $6.00, includes 10 games of Bingo and lunch. Bring your dabbers.

NOVEMBER 2026

KINUSAIGA ART CLASS w/ Sara– Thursday, November 12, 2026. 9:30 a.m. Cost- $15.00. Kinusaiga is a traditional Japanese craft and art form where artists create detailed, mosaic-like pictures by tucking fabric scraps into pre-cut grooves on a board, without any sewing or glue. See the example on the credenza. Sign up with Gale at the front desk. **Wait List Only!**

STONEWARE BOWL CLASS– Tuesday, November 17, 2026 @ 9:00 a.m. Cost: will vary depending on what piece you want to work on. This class is an open class. You can do the Peacock effect, the Frozen Pond or create your own. Class is limited to 16. See Gale to sign up.

HANDS-ONLY CPR CLASS– Wednesday, November 18, 2026 10:00 a.m.
Join New Castle County Paramedics as they present this program on when to act and what to do when someone is in cardiac arrest. Register with Gale at the front desk. This is an education class, not a certification program

THANKSGIVING HOLIDAY FEAST, BAKE SALE AND CRAFT FAIR- Thursday, November 19, 2026
Bake Sale & Craft Show begin @ 9:00 a.m. Feast will be served beginning at 12:00 noon. Cost: Holiday Feast $5.50

CENTER IS CLOSED– Thursday, November 26th & Friday November, 27th to celebrate Thanksgiving!

CHRISTMAS HOLIDAY FEAST TICKETS– Go on sale Monday, November 30, 2026 @ 9:00 a.m. Cost- $5.50

December 2026

WRITING AS A WAY OF HEALING WORKSHOP - Tuesday, December 1, 2026 12:45 p.m. Sign up with Gale at the front desk to join us on the date above for our workshop, where we will explore writing as a way of healing. This workshop will center on participating in writing activities that promote mindfulness of one's own emotions and help the writer come to terms with past trauma or future hopes. Everyone is welcome and encouraged to participate. This workshop will be run by students from the University of Delaware in Weston's community room. No prior writing experience or knowledge is required.

STONEWARE BOWL CLASS– Wednesday, December 2, 2026 @ 9:00 a.m. Cost: will vary depending on what piece you want to work on. This class is an open class. You can do the Peacock effect, the Frozen Pond or create your own. Class is limited to 16. See Gale to sign up.

FRIDAY BINGO & LUNCH–Friday, December 4, 2026 @ 10:00 a.m. Our theme this month is "National Cookie Day" Cost $6.00, includes 10 games of Bingo and lunch. Bring your dabbers.

SCAMS & FRAUD DISCUSSION w/ RON– Wednesday, December 9, 2026 @ 11:00 a.m. Join Ron as he goes over some of the most common scams and how to avoid them.

CHRISTMAS PARTY & FEAST—Thursday, December 17, 2026 11:00 a.m. Come get your picture taken with Santa!

WESTON WANDERERS GET READY!!

Below is a list of trips for 2026
Please see the flyers on the bulletin board for more information

- Holly Dolly Christmas, Tennessee - November 30, 2026 -December 4, 2026
  $1,095 Double $1,455 Single **(Wait List Only)**
- Caribbean Cruise* January 23, 2027 - February 2, 2027 $1,475 Inside Double
  $1,915 Balcony Double $2,255 Inside Single $3,095 Balcony Single
  Additional form needs to be filled out. See Gale. PASSPORT NEEDED
  (Wait List Only)

HERE IS A SNEAK PEAK AT THE 2027 TRIP SCHEDULE!

- **Cape Cod, Martha's Vineyard & The Nordic Lobster Buffet– May 16-20, 2027**
- **Montréal and Québec City- (passport required) July 19-23, 2027**
- **Hudson Valley– September 13-17, 2027 (tentative)**
- **Chicago & The Obama Library– October 24-30, 2027**
- **Myrtle Beach, New Year– December 29, 2027 – January 2, 2028**

For more information and costs, check the main bulletin board and the December newsletter.
Day trips are being worked on as we speak!!!

Sign-Up Procedures

There is a drop box located in the lobby. Next to it will be trip sign-up/payment sheets. These sheets need to be filled out completely each time you are signing up for a trip or making a payment. Attach your check to the slip and drop it in the box. Cash payments will should be made at the front desk but you still need to complete the form before you take your payment to the desk. Sign-ups will be processed daily and if a trip is full, a note will be posted indicating wait list only. If a trip is full and you are interested, please put a note in the box indicating so (no deposit necessary). Many times we have cancellations and are looking at the wait list to fill the vacancies. Information regarding the trips will be hung in the lobby. Please use your phone to take a pictures of the planned trip itineraries as copies are limited. This information will also be viewable on our website.

Please note that the itineraries are subject to change.

***Reminder – Refunds will only occur if a trip is cancelled or if your spot is replaced by someone from the waitlist. Trip insurance is available. Ask if interested.**

OVERNIGHT TRIPS -- $100 deposit PER TRIP required.
Day trips must be paid in full at time of sign up.

What's Cooking?

News from the Kitchen!

If you are signed up for lunch, please be here by 11:45.
The front desk is closed from 11:45-12:45.
Lunch is served at 12:00 noon.

BRINGING FOOD INTO OUR CENTER

Our policy is that outside food is not permitted in the center. However, there are times that exceptions can be made. Examples are when someone has a food allergy and can't eat what's on the menu, medication requires eating frequently. Those needing an exception MUST get permission from a staff member. Your cooperation is appreciated.

SUGAR FREE DESSERT-For those of you who are Diabetic, we offer a sugar free option. Please ask Mike when you are going through the lunch line.

LUNCH POLICY

We are asking that our members **sign up for lunch the day before by 2:00 p.m.** This will allow us to determine how much food needs to be prepared. You will be permitted to call in for lunches before 8:00 a.m. You will also be allowed to order a month at a time.

TABLE CLEANING PROCEDURES

Each person will be responsible for their own lunch space. Buckets with soapy water will be stationed at the end of each table.
Thank you for your cooperation.

Slow Cooker 3-Bean Chili

Ingredients

1 (20 ounce) package 93%-lean ground turkey

1 (28 ounce) can diced fire-roasted tomatoes

1 (16 ounce) can tomato sauce

1 (15.5 ounce) can pinto beans, rinsed and drained

1 (15.5 ounce) can kidney beans, rinsed and drained

1 (15 ounce) can reduced-sodium black beans, rinsed and drained

1 small onion, chopped

1 (4.5 ounce) can chopped green chiles

2 tablespoons chili powder

1 tablespoon minced garlic

1 teaspoon oregano

1 pinch ground cumin

Directions

Gather all ingredients.

Cook and stir turkey in a large skillet over medium-high heat until crumbly and browned, 7 to 10 minutes; transfer to a slow cooker.

Stir in tomatoes, tomato sauce, pinto beans, kidney beans, black beans, onion, green chilies, chili powder, garlic, oregano, and cumin in the slow cooker.

Cover and cook on Low for 7 hours or High for 4 hours.

PRICE FOR LUNCH, FEASTS AND TAKE-OUT

The original definition of a "take-out" meal was to provide a noon-time meal for those who are homebound. Over the years, that has changed to a "take-out" meal for whoever wanted one. We must go back to the true definition of homebound and adjust the price of the three options for meals.

ALL TAKE OUT & HOMEBOUND MEALS CAN BE PICKED UP @ 12:30 P.M.

Our lunch, feast and buffet donations will be as follows.

EAT-IN -

Regular Lunch - $3.50
Feast - $4.50
Holiday Feast - $5.50

HOMEBOUND -

Regular Lunch - $4.50
Feast - $5.50
Holiday Feast - $6.50

TAKE-OUT -

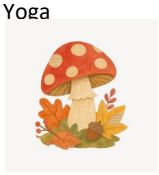
Regular Lunch - $6.00
Feast - $7.00
Holiday Feast - $8.00

Thanksgiving Word Search

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

Apple Cider
Blessings
Cornucopia
Cranberry Sauce
Dinner Rolls
Family
Feast
Football
Gratitude
Gravy Boat
Leftovers
Mashed Potatoes
Mayflower
Pilgrims
Pumpkin Pie
Stuffing
Sweet Potato
Thankful
Turkey
Wishbone

November 2026 Weston Senior Center Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Thanksgiving Feast Tickets go on sale today 9:00– Fall Wii Bowling 9:30– Bocce 9:30- Bingo 10:30–Chair Yoga	9:00– iPhone & iPad Help w/ Ron Pierce 9:00– Fall Wii Bowling **9:00– Full Body Massage** 9:30–Fall Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming 	9:00– Fall Wii Bowling 9:30– Chair Massage 9:30- Bingo **9:30– Cooking w/ Anita** 10:00– Line Dance **11:00– Advisory Meeting** **11:00-Medicare w/ Aiyana** 1:00– D&G Beginner Pokeno **1:00– YMCA Diabetes Prevention Program** **4:30– Dine Out– Cheesecake Factory**	**9:00– Blood Pressure & Blood Sugar Screenings** **9:30– Food Bank of Delaware** 9:30– Cornhole 9:30-Pinochle 9:30- Bingo 1:00– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio 2:00– Cardio Drumming	9:30- Beginner Quilting **10:00– Bingo & Lunch** 10:30– Strength Training w/ Gale
9	10	11	12	13
9:00– Fall Wii Bowling 9:30– Bocce 9:30- Bingo 10:30–Chair Yoga **11:00– Red Hats**	9:00– Fall Wii Bowling 9:00– iPhone & iPad help w/ Ron **9:30– AARP Defensive Driving** 9:30–Fall Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming **1:00– Pokeno** 	9:00– Fall Wii Bowling 9:30– Chair Massage 9:30- Bingo 10:00– Line Dance 1:00– D&G Beginner Pokeno 	9:30– Cornhole 9:30-Pinochle 9:30- Bingo **9:30- KINUSAIGA ART CLASS** 1:00– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio 2:00– Cardio Drumming	9:30– Poker 9:30- Beginner Quilting 10:30– Strength Training w/ Gale
16	**17**	**18**	**BAKE SALE & CRAFT FAIR 19**	**20**
9:00– Fall Wii Bowling 9:30– Bocce 9:30- Bingo 10:30–Chair Yoga 	9:00– Fall Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce **9:00-Stoneware Bowl Class** 9:30–Fall Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming	9:00– Fall Wii Bowling 9:30– Chair Massage 9:30- Bingo **10:00– Hands Only CPR** 10:00– Line Dance 1:00– Beginner Pokeno **1:00– YMCA Diabetes Prevention Program**	9:00– Bake Sale & Craft Fair 9:30-Pinochle 9:30- Bingo 9:30– Cornhole **12:00– Thanksgiving Feast** 1:00– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio 2:00– Cardio Drumming	9:30– Poker 9:30- Beginner Quilting 10:30– Strength Training w/ Gale
23	**24**	**25**	**26**	**27**
9:00– Fall Wii Bowling 9:30- Bingo 9:30– Bocce 10:30–Chair Yoga	9:00- Fall Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:30–Fall Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming **1:00– Pokeno**	9:00- Fall Wii Bowling 9:30– Chair Massage 9:30- Bingo 10:00– Line Dance 1:00– Beginner Pokeno 		
30	**December 1**	**2**	**3**	**4**
9:00– Fall Wii Bowling 9:30- Bingo 9:30– Bocce 10:30–Chair Yoga	9:00- Fall Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:30–Fall Shuffleboard 10:30– Bible Study 12:45– Canasta **12:45– Writing as a Way of Healing** 1:00-Cardio Drumming	9:00- Fall Wii Bowling **9:00– Stoneware Bowl class** 9:30– Chair Massage 9:30- Bingo 10:00– Line Dance 1:00– Beginner Pokeno **1:00– YMCA Diabetes Prevention Program** 	9:30– Cornhole 9:30-Pinochle 9:30- Bingo 1:00– Beginner Crocheting 1:00–Low Impact Cardio 2:00– Cardio Drumming 	9:30- Beginner Quilting **10:00– Friday Bingo & Lunch** 10:30– Strength Training w/ Gale

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Potato Bar with Fixin's Dessert	3 **CENTER CLOSED** **ELECTION DAY**	4 Taco Salad with Fixin's Dessert	5 Pork Chops Mashed Potatoes Gravy Carrots Dessert	6 Fish Sandwich French Fries Salad Fruit
9 Meatball Sub Cole Slaw Chips Fruit	10 Baked Chicken Potato au Gratin Cauliflower Dessert	11 Cream Chipped Beef Potato Veggie Biscuit Fruit	12 **FEAST** Meatloaf Mashes Potatoes Gravy Green Beans Dessert	13 Ham Sandwich Soup Fruit Dessert
16 Hamburgers Baked Beans Veggie Fruit	17 Fried Chicken Sweet Potato Casserole Veggie Dessert	18 Hot Dogs Sauerkraut Chips Fruit	19 **THANKSGIVING FEAST** Turkey, Stuffing, Sweet Potato Casserole Mashed Potatoes, Green Beans, Corn, Cranberry Sauce, Gravy, Roll, Pumpkin Pie	20 Turkey Sandwich Soup Chips Fruit
23 **FEAST** Salmon Rice Veggie Dessert	24 Wings Mac & Cheese Veggie Dessert	25 Roast Pork Noodles Veggie Dessert	26 **CENTER CLOSED** **THANKSGIVING**	27 **CENTER CLOSED** **THANKSGIVING HOLIDAY**
30 Chef Salad with Toppings Roll Dessert		**MENU FOR NOVEMBER 2026**	**PLEASE NOTE:** The Howard J. Weston Community and Senior Center, Inc. Nutrition Program does not discriminate on the basis of sex, creed, national origin, race or handicap.	**KITCHEN STAFF** Mike Tedeschi Cook

Although every effort will be made to serve the meals as indicated, the menu is, however, subject to change.