

October 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



"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

FALL BIG BINGO– Saturday, October 17, 2026–

Doors open at 11:30 a.m. Games
begin @ 12:00 noon. Cost- \$25.00.

This event is open to the public.
So share this with your friends and
neighbors. Extra cards may be
purchased at the event.

Food will be available for sale.

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.

DINE-OUT CLUB

October's Dine-Out will be on October 7, 2026

Texas Roadhouse @ 4:30 p.m.

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. 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

WEBSITE –WestonSeniorCenter.org

E-mail

FACEBOOK - Weston Senior Center

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.westonaduldaycare.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).



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 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



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 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 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 your 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!

Delaware Medical Orders For Scope Of Treatment



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 Chicon 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, October 13, 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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Wednesdays @ 1:00 p.m.

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NEW CARD GAME – KINGS IN THE CORNER
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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.



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 – AUGUST 2026



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

August 50/50s	\$297.00	
August Donations-General	\$20.00	
August 2026	\$317.00	\$317.00
July 2026		\$773.04
Total		\$1090.04

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!!

WESTON SENIOR CENTER “FALL” BINGO



shutterstock.com · 1521097496

Saturday, October 17, 2026

12:00 noon

(Doors open at 11:30 a.m.)

\$25.00 per person

(Additional cards available
at the door)

Over \$600 in cash prizes

Get your ticket today!

Open to the public! Tell your friends and neighbors!

WEEKLY 50/50 DRAWING

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

September 2026 Winners

Elaine Koronik 9/4 \$104
Linda Di Martine 9/11 \$95
Ken Thornton 9/18 \$109
Don Smith 9/25 \$95

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, October 30, 2026**

Thank you!
(We need to have \$1,000.00 in card
orders to place an order.)

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!

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 bar-
gain price of \$3.00 a piece, so
please come by and check it out!

**Boscov's Friends &
Family Coupons
are available at the
front desk.**

Cost: \$5.00.

**This year's one-day
sale is on
Tuesday, October 21,
2026**

**Shop from 8:00 a.m.—
11:00 p.m.**

**You receive a 25% off
most items.**

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.

<u>October 2026</u>		
1st: 9:30 a.m. to 11:30 a.m. Practice your skills.	8th: 9:30 a.m. to 11:30 a.m. Practice your skills.	15th: 9:30 a.m. to 11:30 a.m. Practice your skills
22nd: 9:30 a.m. to 11:30 a.m. Practice your skills	29th: 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 August 15, 2025 to September 15, 2026:



Jacqueline Almes	Terry Foraker	Teresa Foster	Annette Grinnage	Adedeji (Henry) Ilori
Lisa Lancaster	Bernard Mack	Caroline Montgomery	Brenda Nelson	Thomas Robinson
Rita Robinson	Laura Shelton	Cynthia Slater	Edward Wheeler	Elaine (Vicky) Wheeler

ALL EXERCISE CLASSES ARE HELD IN OUR EXERCISE CLASSROOM

Wits Workout

ARE YOU AGE 55+ AND LOOKING TO
STAY COGNITIVELY SHARP WHILE
SOCIALIZING AND HAVING FUN?

JOIN US

University of Delaware Cooperative
Extension & The Weston Senior
Center Presents The Wits Workout
Brain Health Program.



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**

Please Sign-up

Thursdays

**2026 September 17, 24,
October 1, 8, 15, 22,
10:00 a.m.-11:00 a.m.
1 Basset Ave, New
Castle, DE**

**An Engaging, Interactive, Educational Cognitive Health
program.**

Make friends, have fun, and let's sharpen that memory!

This information is brought to you by the University of Delaware Cooperative Extension, a service of the UD College of Agriculture and Natural Resources — a land-grant institution. In accordance with Federal law and the U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin (including English proficiency), religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. (Not all prohibited bases apply to all programs)

Contact: Beverly McCool
email: b.mccool.westonsc@gmail.com
302-328-6626





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.

October 2026

FRIDAY BINGO & LUNCH-Friday, October 2, 2026 @ 10:00 a.m. Our theme this month is “National Popcorn Day”. Cost \$6.00, includes 10 games of Bingo and lunch. Bring your dabbers.

KINUSAIGA ART CLASS w/ Sara– Tuesday, October 13, 2026. 9:30 a.m. Cost- \$15.00. Kinusaiga (絹彩画) 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.

PAINTING w/ Liisa– Black & White Design, Wednesday, October 14, 2026. 12:45 p.m. Join Liisa as she walks us through another fun painting project. Cost- \$12.00. Sign up with Gale. There is a limit to the number we can add, so don't wait.

VACCINATION CLINIC– WEDNESDAY, October 14, 2026 9:30 a.m.– 11:00 a.m. Sign up sheet is located on the credenza. First come first served. Please bring your Medicare card and ID.

MEDICARE w/Aiyana– Thursday, October 15, 2026– 11:00 a.m.. Join Aiyana (Jackie Baldwin's daughter) for the latest information about the upcoming 2027 Medicare changes.

CHRISTMAS CARD CLASS w/Diane-Thursday, October 15, 2026 9:30 a.m. Cost-\$8.00 See examples on the main bulletin board.

FALL BIG BINGO– Saturday, October 17, 2026– Doors open at 11:30 a.m. Games begin @ 12:00 noon. Cost- \$25.00. This event is open to the public. So share this with your friends and neighbors. Extra cards may be purchased at the event. Food will be available for sale.



October 2026

STONEWARE BOWL CLASS– Thursday, October 22, 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.

SCAMS & FRAUD DISCUSSION w/ RON– Wednesday, October 28, 2026 @ 11:00 a.m. Join Ron as he goes over some of the most common scams and how to avoid them.

November 2026

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

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.

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.

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.

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

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.

WESTON WANDERERS GET READY!!

Below is a list of trips for 2026

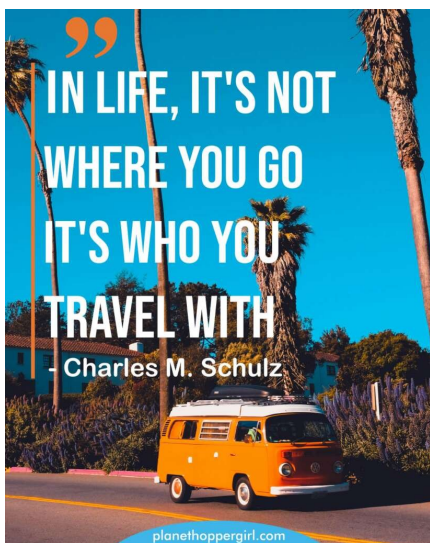
Please see the flyers on the bulletin board for more information

Extended Trips

- ♦ 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)



*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/*Cruise \$250



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.

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.

Sausage and Tortellini soup

A simple and cozy fall dinner recipe to try is a One-Pot Italian Sausage and Tortellini soup or skillet meal loaded with cheese tortellini, crumbled sausage, and fresh herbs.

Ingredients

1 lb Italian sausage (casings removed)
1 package (9-10 oz) cheese tortellini
1 chopped onion and minced garlic
4 cups chicken broth
2 cups chopped kale or spinach
Fresh herbs (rosemary, sage, or basil)
Salt and pepper to taste

Brown the sausage: Cook the Italian sausage in a large pot over medium heat until fully crumbled and browned, breaking it apart with a spoon.

Sauté aromatics: Add the chopped onion and garlic to the pot, cooking for 3 to 4 minutes until soft.

Simmer the broth: Pour in the chicken broth and bring the mixture to a gentle boil.

Add pasta: Stir in the cheese tortellini and cook according to the package directions (usually 3 to 5 minutes) until tender.

Add greens: Toss in the kale or spinach and herbs, letting them wilt for 2 minutes before serving warm.



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

Keep Things Moving with Fiber!

Fiber is a part of plant foods that our bodies do not fully digest, but it still plays an important role in our health. Different types of fiber work in different ways-helping keep bowel movements regular, soften stool, and lower cholesterol. Some fiber also feeds the good bacteria in our gut, helping support a healthy digestive system.

Most Americans get only about 17 grams of fiber a day, which is less than recommended. Adults over 50 should aim for about **21 grams a day for women and 30 grams for men**. Eating enough fiber can support healthy digestion, blood sugar, and cholesterol, and is linked with a lower risk of heart disease, type 2 diabetes, colorectal cancer, obesity, and other chronic diseases. Good sources of fiber include **beans, lentils, chickpeas, oats, barley, whole grains, berries, pears, apples with the skin, vegetables, nuts, and seeds**.

You may have heard of "**fibermaxxing**," a social-media trend that encourages people to eat much more fiber. The positive side is that it brings attention to a nutrient most Americans do not get enough of. But suddenly adding a large amount of fiber can lead to gas, bloating, cramping, and changes in bowel habits. More is not always better. The best approach is to **increase fiber gradually and drink enough fluids**. Water helps fiber hold moisture and keeps stools softer and easier to pass. Increasing fiber without enough fluid may actually make constipation or discomfort worse.

Food is usually the best place to start, but psyllium fiber may help some people who do not get enough fiber from food. It can help with constipation and may also lower LDL ("bad") cholesterol. Psyllium should always be taken with plenty of water, and it is a good idea to check with your doctor or pharmacist first because fiber supplements can affect how some medicines are absorbed. People with swallowing problems, a history of bowel blockage, certain digestive conditions, or fluid restrictions should get medical guidance before using fiber supplements.

The takeaway: You do not need to "max out" your fiber. Add more fiber-rich foods little by little, drink enough fluids for your needs, and let a variety of plant foods do most of the work.

FACT OR MYTH?

"Drinking a glass of water before bed can prevent a heart attack."

MYTH. There is no good scientific evidence that drinking water specifically before bedtime prevents a heart attack or blood clot.

Staying well hydrated supports normal circulation and blood-pressure regulation, and some studies have linked better hydration with a lower risk of heart failure or cardiovascular death. But these studies do not prove that extra water at night prevents heart attacks.

The better message: Stay adequately hydrated throughout the day rather than relying on a special bedtime glass. If your healthcare provider has told you to limit fluids, follow that advice.

COZY PUMPKIN & WHITE BEAN SOUP

Simple fall lunch or light dinner • Serves 4

INGREDIENTS

- 1 Tbsp olive oil
- 1 small onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- 1 (15-oz) can pumpkin puree
- 1 (15-oz) can no-salt-added white beans, rinsed
- 2 1/2 cups low-sodium vegetable broth
- 1/2 tsp dried thyme or sage
- 1/4 tsp black pepper
- 1/4-1/2 cup light coconut milk (optional)



DIRECTIONS

1. Cook onion, carrots, and celery in olive oil for 5-6 minutes. Add garlic; cook for 30 seconds.
2. Stir in pumpkin, beans, broth, thyme or sage, and pepper.
3. Simmer for 12-15 minutes, until vegetables are tender.
4. Mash some beans or blend part of the soup. Stir in coconut milk, if using. Serve warm.

Why we like it: Beans, pumpkin, carrots, and celery add fiber; broth adds fluid.

Flavor tip: A pinch of cinnamon adds warmth. Use pumpkin pie spice sparingly.

Fall & Autumn Word Search

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

ACORN

AUTUMN

BONFIRE

CHESTNUT

CIDER

CORN

CRISP

EQUINOX

FOLIAGE

GOURD

HARVEST

HAYRIDE

LEAVES

MIGRATION

NOVEMBER

OCTOBER

ORCHARD

PLAID

PUMPKIN

SCARECROW

SPICES

SWEATER

THANKSGIVING

TURKEY

WIND

October 2026

Weston Senior Center Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			9:30– Cornhole 9:30-Pinocle 9:30- Bingo <u>10:00– WITS Brain Training</u> 1:00– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio 2:00– Cardio Drumming	9:30- Beginner Quilting <u>10:00– Bingo & Lunch</u> 10:30– Strength Training w/ Gale 
5	6	7	8	9
9:00– Fall Wii Bowling 9:30– Bocce 9:30- Bingo 10:30–Chair Yoga	9:00– iPhone & iPad Help w/ Ron Pierce <u>9:00– Full Body Massage</u> 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming 	9:30– Chair Massage 9:30- Bingo 10:00– Line Dance <u>11:00– Advisory Meeting</u> 1:00– D&G Beginner Pokeno <u>1:00– YMCA Diabetes Prevention Program</u> <u>4:30– Dine Out– Texas Roadhouse</u>	9:30– Cornhole 9:30-Pinocle 9:30- Bingo <u>10:00– WITS Brain Training</u> 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 
12	13	14	15	16
9:00– Fall Wii Bowling 9:30– Bocce 9:30- Bingo 10:30–Chair Yoga <u>11:00-Red Hats</u>	9:00– Fall Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce <u>9:30– AARP Defensive Driving</u> <u>9:30- KINUSAIGA ART CLASS</u> 9:30–Fall Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming <u>1:00– Pokeno</u> 	9:00– Fall Wii Bowling <u>9:30– Vaccination Clinic</u> 9:30– Chair Massage 9:30- Bingo 10:00– Line Dance <u>12:45-Painting w/ Llisa</u> 1:00– Beginner Pokeno <u>1:00– YMCA Diabetes Prevention Program</u> 	9:30-Pinocle 9:30- Bingo 9:30– Cornhole <u>9:30– Christmas Card Class w/Diane</u> <u>10:00– WITS Brain Training</u> <u>11:00– Medicare w/ Aiyana</u> 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 
19	20	21	22	23
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 <u>11:00 - Veterans Social Meeting</u> 12:45– Canasta 1:00-Cardio Drumming 	Bosco's annual Friends Helping Friends 9:00- Fall Wii Bowling <u>9:00– Stoneware Bowl Class</u> 9:30– Chair Massage 9:30- Bingo 10:00– Line Dance 1:00– Beginner Pokeno <u>1:00– YMCA Diabetes Prevention Program</u>	<u>9:00– Pottery Bowl Class</u> 9:30– Cornhole 9:30-Pinocle 9:30- Bingo <u>10:00– WITS Brain Training</u> 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 
26	27	28	29	30
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 <u>1:00– Pokeno</u> 	9:00- Fall Wii Bowling 9:30– Chair Massage 9:30- Bingo 10:00– Line Dance <u>11:00– Fraud & Scams w/ Ron</u> 1:00– Beginner Pokeno <u>1:00– YMCA Diabetes Prevention Program</u>	9:30– Cornhole 9:30-Pinocle 9:30- Bingo <u>10:00– WITS Brain Training</u> 1:00– Beginner Crocheting 1:00–Low Impact Cardio 2:00– Cardio Drumming	9:30– Poker 9:30- Beginner Quilting 10:30– Strength Training w/ Gale 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>M E N U</u> <u>F O R</u> <u>O C T O B E R</u>  <u>2026</u>	<u>PLEASE NOTE:</u> 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.	<u>KITCHEN</u> <u>STAFF</u> Mike Tedeschi 	<u>1</u>  Potato Bar w/ Assorted Toppings Grapes	<u>2</u>  Chicken Salad Sandwich Broccoli Salad Chips Fruit
<u>5</u>  Cream Chipped Beef Biscuit California Blend Vegetables Herb & Garlic Potatoes Peaches	<u>6</u>  Ham Mac & Cheese Green Beans Almandine Fresh Pineapple	<u>7</u>  Taco Bar w/ Assorted Toppings Mixes Melon Cups	<u>8</u>  Catfish Brown Rice Pilaf Cabbage-carrot Slaw Apple-Pie Parfait	<u>9</u>  Turkey Sandwich Macaroni/Vegetable Soup Apple Slices w/ Cinnamon & Vanilla Yogurt
<u>12</u>  Tuna Salad Whole Grain Crackers Garden Salad Pumpkin Crunch	<u>13</u>  Baked Chicken w/ Marinara & Mozzarella Herb Orzo Roasted Broccoli & Cauliflower Mandarin Oranges	<u>14</u>  Pork Loin Brown Rice Caesar Salad Cranberry-Pear Compote Crunch	<u>15</u> <u>FEAST</u>  Meatloaf Mashed Potatoes Green Beans & Mushrooms Pears	<u>16</u>  Hot Dog on Roll Potato Wedges Braised Cabbage & Onions Baked Cinnamon Pear
<u>19</u>  Meatball Sub Potato Wedges Roasted Red Peppers & Onions Grapes	<u>20</u>  Oven Fried Chicken Mashed Sweet Potatoes Southern Green Beans Watermelon	<u>21</u>  Chef Salad w/ Assorted Toppings Whole Grain Roll Blueberry Yogurt Parfait	<u>22</u>  Salmon Brown Rice Mixed Green Salad w/Greens, Onion, Cranberry & Rasp. Vinaigrette Orange Wedges	<u>23</u>  Turkey & Swiss Sandwich Vegetable Barley Soup Fresh Peach/ Pineapple Fruit Cup
<u>26</u>  Lasagna Salad Fruit	<u>27</u>  BBQ Chicken Whole Grain Cornbread Roasted Zucchini & Squash Apple Harvest Salad	<u>28</u>  Hamburger Potato Wedges California Blend Vegetables Grapes	<u>29</u>  Pork Chops Herbed Barley Pilaf Sautéed Spinach Pumpkin Pie	<u>30</u>  Whole Wheat Penne Pasta Salad w/ Chicken, Cheese Assorted Veggies Tossed into Pasta Cantaloupe

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