

AUGUST, 2020

HOWARD WESTON SENIOR CENTER

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SPECIAL EDITION

To Our Weston Family:

OH, HAPPY DAY! We are so excited that our doors are open (August 3) for our members! We do, however, ask for your patience. Due to Covid-19, many of our “normal” happenings at the center have been modified. Please work with us as we navigate our “new normal.”

Our “Special Edition” newsletters will focus on up-to-the moment information that needs to be relayed to you. Please take time to review the newsletter carefully as there are many changes taking place at the center in order to comply with regulations set forth by the State (and the current regulations are subject to change at any time).

A few significant changes are as follows:

- ◆ **Our hours will be Monday through Friday from 9:00 a.m. – 2:00 p.m.**
- ◆ **Masks must be worn at all times (except when eating).**
- ◆ **Seating for lunches will be limited to 30.**
- ◆ **Take-out meals must be ordered the day before you would like the take-out meal by 2:00 p.m.**
- ◆ **All rooms have capacity limits.**

For those not comfortable returning to the center, check out our virtual classes. This is a great way to stay connected to the center and participate in activities you enjoy. Be sure to check back often as more classes will be added.

We have missed you at the center and have been hard at work in your absence. We hope you like the changes to the center.

WELCOME HOME!

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.

PLEASE UNDERSTAND THAT THESE TRIPS & EVENTS ARE SUBJECT TO CHANGE AS OUR SITUATION CHANGES!

AARP DRIVERS SAFETY CLASS –AARP Driver Safety’s (ADS) top priority is the health and well-being of our volunteers, our members and the community at large. While states across the country are in the process of reopening, AARP has made the difficult decision to cancel all sponsored in-person events and activities through the end of 2020, which include AARP Driver Safety events, to minimize COVID-19 exposure among our AARP family and our communities.

Our dates were September 1st- Refresher class and November 10th - Basic Class.

Take AARP Defensive Driving Online at: www.aarpdriversafety.org

25% Discount Promo Code: DRIVINGSKILLS Good Through: December 31, 2020

NEW DATE-“GESSO PAINTING” - Wednesday, August 26, 2020. This technique looks hard but it is not. Join Liisa as she shows us how much fun painting with Gesso can be. Cost-\$8.00. Time- 12:30 p.m.-2:30 p.m. Sign-up at the front desk with payment.

IN-HOUSE Wii BOWLING BANQUET – NEWEST DATE - Tuesday, September 15, 2020. Breakfast Banquet!

Time: 9:30 a.m. This will be our in-house as well as our end of the year banquet. We will hold this event in the dining room. All food will be provided by the Weston Senior Center.

FLU SHOTS - Walgreens will administer Flu and Pneumonia shots at the center on Wednesday, September 30, 2020 @ 9:30 a.m. Sign-up sheet is located on the credenza by the restrooms.

NOVEMBER CLUB (Previous June Club) - NOVEMBER CLUB TICKETS ARE ON SALE NOW! Cost-\$5.00 1,000 tickets are for sale. Winners are determined by the Delaware State Lottery evening drawing (straight not boxed). If we sell all the tickets, we will have a winner every day in November. It is a great fundraiser for the center. We would be delighted to have you sell tickets to your family and friends. Get your tickets now! For more information speak to Donna at the front desk.

NEW DATE- WINTER LINE DANCE PARTY – Friday, December 4, 2020. Doors open at 9:30 a.m. Cost- \$10.00. An all-day line dance party!! No teaching, just dancing! Joanne Brady will be spinning the records and we will be sweating up a storm. A continental breakfast and lunch are included! The menu has yet to be determined.

BIG FALL BINGO- NEW DATE- Sunday, October 11, 2020. Anyone who has already purchased a ticket for the previous date, your money will be transferred. Cost- \$ 20.00. Additional cards are available on that day for \$10.00. Food will be available for sale, so please do not bring in outside food. Doors open at 1:30 p.m.

HARRINGTON

Our Harrington trips for August & September have been cancelled. All money received has been moved to our October 14, 2020 trip. If you are unable to attend this trip, your money will be refunded or moved to a Harrington trip of your choice.

NEW DATE- SIGHT & SOUND – QUEEN ESTHER- Tuesday, October 27, 2020. Cost-\$115.00. Trip includes: transportation, show & lunch at Shady Maple.

HERSHEY/SWEET LIGHTS- Tuesday, December 1, 2020. Cost- \$125.00 Includes transportation, tour of Hershey & School, wine tasting, dinner and Sweet Lights tour.

AMERICAN MUSIC THEATER & SHADY MAPLE-Tuesday, December 15, 2020. Includes transportation, lunch @ Shady Maple and tickets to the “Deck the Halls” Christmas show. Cost- \$115.00



VIRTUAL CLASSES

Let's get moving!

Join us for Virtual Chair Yoga w/ Gail

Monday, August 3, 10, 17, 24 & 31 2020 at 10:30 a.m.

To join the class-

- First you must go to our Website- www.westonseniorcenter.org
- On the front page of our website you will see an icon called "Virtual Classes & Activities"
- Click the "Learn More" Button

• You will see-

Chair Yoga w/ Gail 1 hr | Free

Join us Mondays from 10:30-11:30 a.m.

- Click the register button.
- Click on the date- Monday, August 3, 10, 17, 24 & 31, 2020
- Click on the time 10:30 a.m.
- This will take you to the registration form, just fill it out and click confirm booking.
- You will receive an email with a link in it, save this email.
- On Monday, click the link and it will take you to the Zoom web site.
- If you do not have zoom on your PC/tablet/phone it will prompt you to download it. You will need to do this one time only.
- When finished you will be asked to join the exercise class.

Virtual "Covid" "Miss you" Card Class

Thursday, August 20, 2020-

You will need to register on our website and then stop by the center to pick up your supplies.

Join Pam as she teaches us how to make 2 different cards.

You will be making 4 of each design.

Time- 9:00 a.m.-11:00 a.m.

Cost-\$5.00 Sign-up at the front desk with payment.

See bulletin board for samples of the cards.



Virtual Bingo!

We are bringing BINGO BACK!!! Virtual Bingo will be held on Wednesdays from 9:30 a.m. – 10:30 a.m. To participate you will need to do the following-

- First you must go to our Website- www.westonseniorcenter.org
- On the front page of our website you will see an icon called "Virtual Classes & Activities"
- Click the "Learn More" Button
- You will see-
- Wacky Wednesday "Bingo" 1 hr | Free
- Join us for virtual Bingo Wednesdays from 9:30-10:30 a.m.
- You must register by Friday, July 24, 2020 and stop by the center to pick up your cards.
- Click the register button.
- Click on the date- Wednesday, July 29, 2020
- Click on the time 9:30 a.m.
- This will take you to the registration form, just fill it out and click confirm booking.
- You will need to stop by the center to pick up your Bingo packets prior to Wednesday, July 28 2020.
- You will receive an email with a link in it, save this email.
- On Wednesday, click the link and it will take you to the Zoom web site.
- If you do not have zoom on your PC/tablet/phone it will prompt you to download it.
- You will need to do this one time only.
- When finished you will be asked to join the meeting/Bingo.

Bingo Rules-

- Each person will receive 30 paper cards in their packet.
- You may play up to 6 cards per game. (honor system)
- No dabbers will be used, just pennies or chips if you have them.
- We are not playing for money, but we are tracking everyone's wins.
- 1 point for every regular game & 2 points for every special.
- At the end of August we will award the top 3 players with prizes.
- Bingo will run from 9:30 a.m.-10:30 a.m.
- Whatever game we are playing at 10:30 a.m. will be the last game.

"Think First to Prevent Falls"

Injury Prevention Presentation, Christiana Care

Monday, August 17, 2020-

11:00 a.m.-12:00 noon

You will need to register on our website

Presented by: Christiana Care, Kate Angermeier

Description: "Falls are the leading cause of unintentional injury deaths for people over age 65, and a leading reason for emergency room visits in the United States each year. Falls can cause brain injuries, hip fractures and other devastating consequences. Many falls could be avoided through simple preventative measures.



Summer Holidays



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

- | | | | | |
|----------|----------|-----------|------------|--------------|
| August | canoeing | holidays | pool | sprinkler |
| barbecue | cottage | ice cream | popsicles | strawberries |
| beach | family | July | puzzles | summer camp |
| biking | friends | lake | reading | swimming |
| bonfires | games | lemonade | relax | traveling |
| books | hammock | memories | road trips | vacation |
| camping | hiking | picnics | sports | watermelon |

Take Care

ACROSS

1. Operator of a "2001" space plane
6. Feature of sportscasts and TiVos
11. Short sleepwear?
14. NAACP locale
15. Historically popular food fowl
16. The safe side
17. Flavorful name for an East coast city
19. Dedicated work
20. 1962 "Space Age" hit for The Tornadoes
21. Kind of neat?
23. Discovered, in Derbyshire
26. Classical tune featured in "Ordinary People"
33. "Fooled ya!"
34. Mad Cow Disease, initially
35. Ending with centi- or milli-
36. She was seduced by Zeus

1	2	3	4	5		6	7	8	9	10		11	12	13
14						15						16		
17						18						19		
20									21		22			
				23			24	25						
26	27	28	29									30	31	32
33							34				35			
36						37	38				39			
40						41				42				
43				44				45	46					
			47											
48	49	50						51			52	53	54	55
56					57		58	59						
60					61					62				
63					64					65				

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37. Changes shade after seeing one?
39. Believe, old style
40. Let go
41. GP's grp.
42. Variety show
43. Four before "Hi-ho, the derry-o"
47. Without leadership
48. Tired-out trotter
51. Son of Cedric, per Scott
56. Critter compound
57. The part you point, and a hint to 17, 26, and 43 across
60. Messenger maker
61. Former White House Bush
62. Not so hot
63. Had, at the table
64. Oglers

65. Emulates Ella

DOWN

1. Short shot in the U.S. Open
2. 1968 winner of the US Open
3. Coward on stage
4. B1 landing spots
5. Restaurant VIP
6. Egyptian beetle or brooch
7. Luxury spot?
8. The other side: abbr.
9. Blackstrap, e.g.
10. "Be right there!"
11. Two fourths of an antacid sound
12. Force user
13. Spotted

18. Manx man, e.g.

22. Adjusted
24. He played opposite Schwimmer and Perry
25. Dutch diva Delange
26. Rice dish
27. Billy Joel's singing daughter
28. It may be hard or mulled
29. Chief
30. Chutzpah
31. Two-time batting champ Lefty
32. Stairway support
37. Country called "The Heart of America"
38. Arab chief
42. Moulds a statue anew

44. Make possible

45. ___ a rail
46. Where you might find your honey
48. Emerald City princess
49. Word with art or heart
50. Accomplished
52. 11 in. of wire, as distributed by Grace Hopper
53. Trademarked filter technology
54. "I've already started that task!"
55. TV personalities Byrnes and Hall
58. Litigate
59. Factory second label: abbr.

Due to Covid 19 restrictions, we will be limiting our in house lunch program to 30 people per day. Take-out orders must be placed the day before by 2:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>3</u> </p> <p>Baked Chicken Cheddar Mashed Potatoes Mixed Vegetables Apple Pie</p>	<p><u>4</u> </p> <p>All Beef Hot Dog Seasoned Fries Baked Beans Fresh Fruit</p>	<p><u>5</u> </p> <p>Ham Potatoes Au Gratin Green Beans Ice Cream</p>	<p><u>6</u> </p> <p>Cream Chipped Beef Biscuit Home Fries Baked Apples</p>	<p><u>7</u> </p> <p>Baked Fish Rice Vegetable Medley Assorted Desserts</p>
<p><u>10</u> </p> <p>Kielbasa Sauerkraut German Potato Salad Oatmeal Raisin Cookies</p>	<p><u>11</u> </p> <p>Chicken Salad Croissant Lettuce/Tomato Cole Slaw Pears</p>	<p><u>12</u> </p> <p>Roast Beef Sandwich Lettuce/Tomato Mac & Cheese Cookies</p>	<p><u>13</u> </p> <p>Pizza Caesar Salad Tapioca Pudding</p>	<p><u>14</u> </p> <p>Spaghetti with Meatballs Vegetable Blend Breadstick Assorted Desserts</p>
<p><u>17</u> </p> <p>Chicken Pot Pie Biscuit Watermelon</p>	<p><u>18</u> </p> <p>Egg Salad on a Roll Lettuce/Tomato Pasta Salad Brownie</p>	<p><u>19</u> </p> <p>FEAST Glazed Pork Lion Baked Red Skin Potato Peas & Onions Fresh Fruit</p>	<p><u>20</u> </p> <p>Meatloaf Mashed Potatoes Gravy Glazed Carrots Cherry Cobbler</p>	<p><u>21</u> </p> <p>Seafood Newburg Linguini Vegetable of the Day Assorted Desserts</p>
<p><u>24</u> </p> <p>Cheeseburger Lettuce/Tomato Potato Salad Cole Slaw Fresh Fruit</p>	<p><u>25</u> </p> <p>Turkey BLT Fries Carrot Cake</p>	<p><u>26</u> </p> <p>Citrus Tilapia Rice Pilaf Vegetable Medley Lemon Meringue Pie</p>	<p><u>27</u> </p> <p>Sausage on a Bun Peppers & Onions Pasta Salad Cake</p>	<p><u>28</u> </p> <p>Sloppy Joe Garden Salad Assorted Desserts</p>
<p><u>31</u> </p> <p>Chicken & Dumplings Vegetable Blend Fruit Salad</p>	<p><u>TAKE-OUTS NEW POLICY</u> Take outs must be ordered the day before by 2:00 p.m. Note- There will be a limited number of take outs available.</p>	<p><u>PLEASE NOTE:</u> The Howard J. Weston Community and Senior Center, Inc. does not discriminate on the basis of sex, creed, race, national origin or handicap.</p>	<p><u>KITCHEN STAFF</u> Paul O'Brien, Head Chef</p>	<p> <u>MENU FOR AUGUST 2020</u></p>

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