

November 2022

HOWARD WESTON SENIOR CENTER

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

STAFF

SANDRA S. KRETT
EXECUTIVE DIRECTOR

VICKI K. SHERATON
DIRECTOR

DONNA HURLEY
SITE MANAGER

BETSEY MOORE
CRAFT INSTRUCTOR

BEVERLY J. MCCOOL
PROGRAM COORDINATOR

PAUL O'BRIEN
CHEF

BOARD OF DIRECTORS

CHARLES S. STEPHAN
CHAIRMAN

DARREN WRIGHT
VICE-CHAIRMAN

GREGORY YACUCCI
TREASURER

BARBARA McCAFFERY

BETH ORSEGA-SMITH



Dine-Out Club

November Dine-Out will be on
November 2, 2022

Bear Diner

603 Pulaski Hwy, Bear, DE 19701

@ 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. It is a great time to eat out with your friends and for our singles, not having to eat alone. Generally, the restaurant will give the center a gift card to their restaurant to be used in one of our many baskets we chance off throughout the year!

NEW

Greeting cards are available for sale.

10 for \$1.00

Holiday, Birthday, Sympathy and more.

The rack is located in the hallway
across from the Ceramic room.

See Donna to pay for your items.

MAMOGRAMS

Tuesday, December 13, 2022

8:00 a.m.-12:00 p.m.

Join us for our 31st year of this important screening. The Helen Graham Center is working with us to make this event run as efficiently as possible. We have a conference room reserved where we can relax and enjoy Bingo while we wait.

See the credenza in the
lobby to sign-up.

SNOWFLAKE DINNER DANCE



Friday, December 9, 2022

4:00 p.m.-9:00p.m

Cost \$ 15.00

Includes dinner, dancing and a great time! Joanne Brady will be our DJ, so come ready to dance!

Holiday attire is requested.

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.

E-MAIL – WestonSrCenter@aol.com

WEBSITE – WestonSeniorCenter.org

Facebook - Weston Senior Center

WESTON'S UNITED WAY number is 9336.

Website

E-mail

2022-2024 ADVISORY COUNCIL MEMBERS

*Linda Brown Pat Burk Carol Cathell Judy Egner Beverly Ellis Dot Evans
Jeannette Henretty Dutchie Jensen Linda Loveless Barbara Markey
Michele Merlonghi Cecelia Sanders*



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, etc.

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).



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: Licensed Nurse on staff who 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 well taken care of.

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 1:30 p.m.

Betsey is available Tuesdays thru Thursdays from 9:00 a.m. to 12:00 noon. Check out our "Make & Take Craft Table." Each month we will feature a new simple craft that you can make for free. All supplies and instructions will be located on the table and it is open to all members. One per person please! Cemetery arrangements are available for \$15.00 (see Betsey).



CERAMICS – The Ceramics Room is open daily from 9:00 a.m. to 2:00 p.m.

Join our talented painters as they create ceramic pieces for all occasions.



BEGINNER QUILTING CLASS– Sara Walker is our new Quilting Instructor. The class will be on Friday's from 9:30 a.m.-11:00 a.m. If you are interested in joining the class please see Donna at the front desk.

CARDS AND GAMES ...



POKENO – Last Tuesday of each month @ 12:30 p.m. in the Community Room. If you are interested, please join us, we will teach you how to play.



BINGO – We would like to welcome everyone to play Bingo on Monday, Wednesday and Thursday mornings from 9:30 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! **The Bingo Room is looking for volunteers to call Bingo once or twice a month. Please see the sign-up sheet in the Bingo room.**



NICKEL/NICKEL – If Nickel/Nickel is your game, join one of the games going on in the Community Room every day. If you are interested in learning how to play stop by and we will teach you!



SHUFFLEBOARD – Our Fall league has begun! We have 10 teams that meet every Tuesday @ 9:30 a.m. We are looking for substitutes. If you are interested please leave your name with Donna at the front desk.



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



PUZZLE CORNER – If you like to do jigsaw puzzles, check out our puzzle corner in the Shuffleboard Room. We have a great selection of puzzles from which to choose. There are usually two or three puzzles in the process of being completed. Stop by and take a look. You just might find a piece or two.



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.



2022-2023 BOWLING LEAGUE UPDATE–The first session of the Fall Wii Bowling League began on Monday, September 12, 2022 and ends on Friday, December 16, 2022. We have 9 teams playing this year. We are looking for substitutes. If you are interested please leave your name with Donna.



TABLE TENNIS– Have you ever played Table Tennis? Want to try something new? We have started a Table Tennis group. This group will meet on Thursday's from 9:30 a.m.-11:30 a.m. If you are interested in playing please sign-up with Donna @ the front desk.



RED HATS– Our Red Hats group is back! The "Red Hot Mamas" meet on the 2nd Monday of the month at 11:30 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– These ladies are so much fun! Their group runs from September–May. They meet on Wednesdays from 9:30 a.m.-11:30 a.m. and do crafts and play games. If you are interested in joining in the fun, leave your name with Donna at the front desk.



VIRTUAL CLASSES

Attention all members–

If you are interested in joining one of our virtual classes but you do not own a laptop or iPad please see Beverly.

We have purchased 25 iPads that we can lend out to members for virtual classes. If you know of anyone who could benefit from this program, please pass along the information.

How to Join a Virtual 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-

- A list of virtual classes.
- Click the register button.
- Click on the date.
- Click on the time .
- This will take you to the registration form, just fill it out and click confirm booking.
- On the day of your class you will receive a reminder email. 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.

ON-GOING VIRTUAL CLASSES

Virtual Chair Yoga w/ Gail

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.

Virtual Bingo!

Wednesdays from 9:30 a.m.– 10:30 a.m.



DELAWARE HEALTH FOR ALL

Thursday, November 3, 2022

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.



UNIVERSITY OF DELAWARE

**COOPERATIVE
EXTENSION**

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM
(EFNEP)

EATING SMART & MOVING MORE

November 2,9,16,23,30 &

December 7, 2022

Wednesday's 10:30-11:30 a.m.

Six weekly sessions

You will learn about:

Healthy eating and cooking for less, Saving money at the grocery store, Keeping food safe, Being active, Preparing tasty foods, and Planning meals

With EFNEP lessons, you will receive information on foods, recipes, and:

Calendar or cookbook, Grocery shopping list, Analysis of diet, Measuring cups and spoons, Food thermometer, Graduation certificate

This program is brought to you in part by the University of Delaware Cooperative Extension, a service of the UD College of Agriculture and Natural Resources—a land-grant institution.

FUNDRAISING

FUNDRAISING – AUGUST 2022



Below is our fundraising status
(July 1, 2022–June 30, 2023).

50/50s	\$448.00	
Donations – General	\$155.00	
Donations-Memorial	\$155.00	
Scrip	\$67.29	
Total for September 2022	\$825.29	\$825.20
Total for August 2022		\$649.66
Total for July 2022		\$658.79
Total		\$2,133.74

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. If someone is already a contributor, it is easy for them to change their designation to WESTON by calling the Donor Choice Coordinator at 1-866-892-9335 or 302-573-3200 and giving them our number (9336). See Sandy if you have questions or need more information. Thank you for your support!!

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!

AMAZON SMILE – Make a donation to Weston without costing you a penny! How, you ask? When you make purchases through Amazon Smile, please designate Weston as your charitable organization. They will donate .05% of your purchase to Weston. Free money for us at no cost to you! Go to <https://smile.amazon.com>.

SHOP WITH SCRIP- This is our Gift Card Fundraiser. There is an amazing selection of gift cards to choose from. See Donna for an order form. Turn around time should be approximately 1 week. We will be placing our next order on Friday, November 18, 2022. Thank you!

ALUMINUM CANS/TABS

We have made the hard decision to stop collecting cans for the foreseeable future. We will continue to collect can tabs and take the tabs to the Ronald McDonald House.

PLEASE DO NOT SAVE CANS, JUST TABS!

WEEKLY 50/50 DRAWING

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

October 2022 Winners

Ray Bakomenko - 9/23/2022 - \$75
Pat Burk - 9/30/2022 - \$91
Linda Brown - 10/7/2022 - \$93
Ray Bakomenko - 10/14/2022 - \$101
Wanda Thornton 10/21/2022- \$91

10 WEEK CLUB

You can still buy your tickets!
Cost- \$5.00.

Tickets will be drawn every
Wednesday from
October 19, 2022-December 21, 2022
Weeks 1-9
\$15.00, \$10.00 & \$5.00
Week 10
\$150.00, \$100.00 & \$50.00

Attention all members-

During the holiday season we at Weston try to support a good cause, by gathering donations for a local organization.

This year we have chosen to support our local churches that offer assistance to the homeless population during a "Code Purple" event.

Code Purple: A Code Purple is declared when severe snowstorms or below-freezing temperatures hit the First State, prompting emergency shelters to open to expand bed capacity beyond year-round shelter bed availability.

Our local churches put together Code Purple bags to be given out to the homeless.

We are asking for donations so we can help make these bags. If you are able to help, it would be greatly appreciated. Many, if not all these items can be purchased at the Dollar Store. Once we have collected these items we will pick a day to create our bags. Let us know if you would like to help!

Thank you all for your generosity!

**THERE IS A LIST OF NEEDED ITEMS
ON THE FRONT DESK**

WELLNESS AND PHYSICAL FITNESS ...

LINE DANCE CLASS – Our dance instructor, Joanne Brady, is keeping us “moving and grooving”. 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 for this class will be \$4.00 per person.



LOW IMPACT CARDIO CLASS– **Friday's @ 10:00 a.m.**– Mary Ellen Louise who will be our new cardio instructor. Join us for a wonderful workout utilizing bands, weights and balls to improve your cardio functions. The class will be \$4.00.



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 Donna for a form. For those who already have a “living will”, you may want to review it periodically to see that it still does what you want.



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 \$21,900 for a single person and \$33,800 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!



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.



HEARING IMPAIRED–The Office of the Delaware State Fire Marshal is offering specialized smoke detectors free of charge to all Delaware residents who have a hearing impairment. These detectors feature a very high decibel audible tone as well as a flashing strobe light. For more information or to receive a smoke detector, contact Brian Ferguson, Office of State Fire Marshal, at (302) 257-3069.



BLOOD PRESSURE SCREENINGS– Thursday, November 3, 2022, from 9:00 a.m.-11:00 a.m. presented by University of Delaware's HEALTH for All program.

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 Donna and let her know when they are returned.



GIFT CERTIFICATES – The Weston Senior Center has GIFT CERTIFICATES (and Lunch Certificates) 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.



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.



DMAB – is a program to assist you with problems you may have with the complex and often confusing health insurance system. If you need help with Medicare questions, please leave your name and number with Donna.

NOTARY SERVICES – Sandy, 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.



LEGAL AID – Michelle McLean of the Elder-law Program of Community Legal Aid has suspended in person visits with members at our center. As soon as we have a date for in-person meetings we will let you know. If you need assistance please call 302-575-0660.



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. While the income limits change each year, we understand that the figures for this year are \$25,776 for a single person and \$34,848 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 dates for our AARP Driver Safety 4 hr. refresher class are scheduled for Tuesday, November 15, 2022 (WAITING LIST ONLY) from 9:00 a.m.-2:00 p.m. Sign-up with Donna at the front desk. The cost is \$20.00 for AARP members and \$25.00 for non members. Please make checks payable to AARP. We have scheduled dates for 2023. See Donna for more information.



STAND BY ME 50+ - Gerri Huss from Stand by Me 50+ will be here on the third Thursday 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 302-651-3427.



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 numbers are 302-478-8850 in New Castle County and 1-800-773-0606 in Kent and Sussex Counties. 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.



THE VIAL OF LIFE— 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. See Beverly for your Vial of Life.

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 or an increase in your insurance rates. 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!

COMPUTER LAB

If you have computer skills, 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.

iPhone & iPad Help is Available!

Do you have an iPhone or iPad and are you tired of asking your children & grandchildren to help you with it?

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.

<u>November 2022</u>		
3rd: 9:30 a.m. to 11:30 a.m. Practice your skills.	10th: 9:30 a.m. to 11:30 a.m. Practice your skills.	17th: 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 16, 2022 to September 15, 2022:

Debbi Hammond

Barbara Hill

William McLaughlin

Susan Naughton

James Odom

Ida Shinder

Stephen Shinder

Barbara White



PEN PALS ARE BACK!!- WE STILL NEED MORE PEOPLE TO SIGN UP—Our pen pal group will be starting back up very soon. We will be keeping in touch via letters with our pen pals from Mrs. Prescott's 4th grade class at Wilmington Manor School. If you are interested in becoming a pen pal, keep your eyes on the credenza. We will have a sign-up sheet ready as soon as we know how many children we will have.

NOVEMBER 2022

FALL CRAFT SALE– Wednesday, November 2 & Thursday, November 3, 2022 From 9:30 a.m.-1:30 p.m.

Start your Christmas shopping early. There will be items from our Crafters, Ceramic Artists and Quilters. You can't beat the prices!!

FREE EAT SMART & MOVE MORE- November 2,9,16,23,30 & December 7, 2022 Wednesday's 10:00-11:00 a.m. Six weekly sessions. You will learn about: Healthy eating and cooking for less, Saving money at the grocery store, Keeping food safe, Being active, Preparing tasty foods, and Planning meals. With EFNEP lessons, you will receive information on foods, recipes, and: Calendar or cookbook, Grocery shopping list, Analysis of diet, Measuring cups and spoons, Food thermometer, Graduation certificate

"NATIONAL CANDY DAY" BINGO & LUNCH- Friday, November 4, 2022 @ 10:00 am Cost- \$5.00.

Cash prizes, door prizes and lunch are included.

CENTER IS CLOSED FOR ELECTION DAY– Tuesday, November 8, 2022

GLASS TREE CLASS w/Liisa– Wednesday, November 9, 2022 @ 10:30 a.m. Cost- \$15.00 .

See the flyer on the bulletin board for more information & a picture

VETERANS DAY CELEBRATION– Thursday, November 10, 2022 @ 10:30 a.m. Please join us as Steve Gonzer presents, *No Denying: Delawareans Bear Witness to the Holocaust*. To honor and express gratitude to our courageous Veterans, for their service to our country. The documentary features first-hand eyewitness accounts of Delaware members of the United States Army, who liberated Nazi concentration camps, and several Delaware Holocaust survivors they liberated.

CHRISTMAS CARD CLASS w/ Pam– Friday, November 11, 2022 @ 12:30 p.m. Cost \$10.00 (6 cards).

See the examples on the credenza. Sign-up with Donna at the front desk. .

COVID BOOSTER VACCINATION CLINIC– Monday, November 14, 2022 from 9:00 a.m.-11:00 a.m.

Sign-up sheet is located on the credenza. Open to the public.

AARP DRIVERS SAFETY CLASS –AARP Driver Safety 4 hr. Refresher Class Tuesday, November 15, 2022 (WAITING LIST ONLY) from 9:00 a.m.-2:00 p.m. The cost is \$20.00 for AARP members and \$25.00 for non members. Please make checks payable to AARP. We have scheduled dates for 2023. See Donna for more information.

CANDY CANE DOOR WREATH- Tuesday, November 15, 2022 @ 9:30 a.m. Cost- \$ 15.00 Don't wait there is a limited amount of space available. Sign-up with Donna. See example on door in lobby.



NOVEMBER

THANKSGIVING PIE FOR SENIORS– Tuesday, November 15, 2022 @ 11:00 a.m. Join us for some of your favorite Holiday Pie and enjoy a gift to take home. Hosted by Aetna all are welcome.

THANKSGIVING FEAST– Thursday, November 17, 2022 @ 12:00 noon. We will not be utilizing our buffet. Lunch will be offered through the serving line. (Cost \$4.50 & Take Out is \$7.00) Tickets go on sale Tuesday, November 1, 2022. You may purchase a ticket for yourself and one for a friend (2 ticket limit per person).

BAKE SALE– Thursday, November 17, 2022 From 9:00 a.m.-11:30 a.m. We will have a sign-up sheet on the bulletin board. We need bakers and buyers!! (Sugar Free options are most welcome)

CENTER IS CLOSED FOR THANKSGIVING– Thursday, November 24 & Friday, November 25

DECEMBER

CHRISTMAS MAILBOX– The center will provide a Christmas mailbox again this year for those wishing to exchange cards with other members. Cards can be deposited beginning Thursday, December 1, 2022. With the cost of postage, this is a great way to save. PLEASE address cards to persons who regularly attend our center. Each year we have a pile of undelivered cards addressed to those who rarely come to the center.

SECRET SANTA– This year we will be hosting a Secret Santa Gift Exchange. Anyone who would like to participate will need to sign-up with Donna at the front desk by Friday, December 2, 2022. You will be asked to write your name and 3 suggestions of what kind of gift you would like. All gifts have a \$5.00 limit. Names will be drawn on Monday, December 5, 2022. Please bring your wrapped gift on Monday, December 12, 2022 for our exchange. Half the fun is guessing who your Secret Santa is.

“HELPING HANDS” BINGO & LUNCH- Friday, December 2, 2022 @ 10:00 am Cost- \$5.00.

Cash prizes, door prizes and lunch are included. We will be gathering donation for our “Code Purple” bags. There is a list of items needed at the front desk.

SNOWFLAKE DINNER DANCE- Friday, December 9, 2022 4:00 p.m.-9:00p.m Cost \$ 15.00

Includes dinner, dancing and a great time! Joanne Brady will be our DJ, so come ready to dance! Holiday attire is requested.

HOLIDAY FEAST & ENTERTAINMENT- Thursday, December 15, 2022 @ 11:00 a.m. Tickets for this event will be available starting Thursday, December 1, 2022. The cost is \$4.50. You may purchase 2 tickets, one for yourself and one for a friend. There are limited seats so sign-up early. This year we will be entertained by Mary Ellen Louise & The Delaware Diamond Dancers in the classic holiday play “The Grinch that Stole Christmas”. We will also be exchanging “Secret Santa Gifts”.

STARTING IN LATE JANUARY 2023– OUR NEW INTERN FROM THE UofD

“Hello! My name is Allison Kenny and I am a senior Health Behavior Science Major with a minor in Public Health at the University of Delaware. On campus, I am a student volunteer for Lori’s Hands and a member of Alpha Delta Pi sorority. I was born and raised in Stony Brook, NY and enjoy spending time by the beach and in nature throughout my hometown. Alongside my academic interests, I also have many hobbies that I enjoy. Reading is something that I have loved from a young age, especially Mysteries and Classics (Jane Eyre is my favorite book of all time). Additionally, I love working out, anything involving art, and baking with my roommates. I am looking forward to spending time at Weston Senior Center and getting to meet some wonderful people!”



WESTON WANDERERS GET READY!!

2023

Sandy & Vicki are hard at work putting together Day and Extended Trips for 2023. Although we do not have dates or costs at the time of this printing. We will have more information in Decembers Newsletter.

Mackinac Island, Michigan- Wildwood, NJ- Dude Ranch in upstate NY- Wineries,
Dinner Theaters- Casinos and so much more.

⇒ WHEELING, WEST VIRGINIA, FESTIVAL OF LIGHTS– November 29-December 1, 2022.

Cost- \$485.00 pp. (double occupancy) Package Includes: 2 nights lodging, 2 breakfasts, 1 Holiday Dinner show, Festival of Lights tour, Toy & Train Museum, Wheeling Island Casino & Race Track w/Casino bonus, tours and so much more! WAIT LIST ONLY!

DAY TRIPS 2022

American Music Theatre Christmas Show: Home for the Holidays - Tuesday, December 6, 2022

Cost: \$145.00 pp. Includes- Motorcoach Transportation, “Home for The Holidays” Show, Lunch at Hershey Farms. WAIT LIST ONLY!

A 50% down payment must be presented at the time of sign-up.

*****SIGN UP AS SOON AS POSSIBLE SO WE AREN'T FORCED TO CANCEL TRIPS.*****

To better understand the way trips work: The Center must submit payment to the tour companies in advance to book our trips. This is why payment is required ahead of time. When travelling with the center, please be sure to carry your identification and insurance cards with you. The information on these cards will prove invaluable in case of emergency.

- ♦ **We will enforce a sign-up deadline for all trips.** If we do not have sufficient travelers by said date, the trip will be cancelled. The center is required to pay deposits on most trips. In order to get our deposit back, we must cancel by a date set by the travel company or the venue.
- ♦ We will no longer hold seats on trips. A 50% down payment must be presented at the time of sign up for any DAY TRIPS.
- ♦ For extended trips, a deposit must be paid. In addition, when balance due dates are posted, it means the center must pay for the trip in full. We, therefore, must have all trips paid in full by the balance due date. Thank you for your cooperation.
- ♦ Weston trips are open to the public.
- ♦ All emergency forms must be on file prior to departure.
- ♦ For all trips involving a casino you must be 21 or older.
- ♦ We will board the bus in the order in which you signed up. So sign up early!
- ♦ Front of the bus! If you have a legitimate reason to sit in the front of the bus, please let us know when you sign up for a trip. We will make every effort to accommodate your needs.
- ♦ Seat partners! If you want to sit with a friend on the bus, please let us know when you sign up for a trip. Again, we will make every effort to accommodate your requests.

What's Cooking?

News from the Kitchen!

LUNCH PRICE

Due to the rising cost of food and paper products it has been determined that we will need to increase our lunch cost. Our regular in-house lunch will go to \$3.00. A Feast lunch will be \$4.00. Homebound meals will be \$4.00 for a regular meal and \$ 5.00 for a Feast. Take-out lunches will go up to \$5.50 for a regular meal and \$6.50 for a Feast. As always, if you are experiencing a food hardship, please see Sandy or Vicki.

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. You will also be allowed to order a week at a time.

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.

TABLE CLEANING PROCEDURES

We have gone back to cleaning the tables with buckets and rags. 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.

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

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

EAT-IN -

Regular Lunch - \$3.00
Feast - \$4.00
Holiday Feast - \$4.50

HOMEBOUND -

Regular Lunch - \$4.00
Feast - \$5.00
Holiday Feast - \$5.50

TAKE-OUT -

Regular Lunch - \$5.50
Feast - \$6.50
Holiday Feast - \$7.00

Cheddar Broccoli Soup

Ingredients

1 small onion, chopped
2 garlic cloves, minced
2 tablespoons butter
2 tablespoons all-purpose flour
1 can (14-1/2 ounces) beef broth
1-1/2 cups 2% milk
1 package (10 ounces) frozen chopped broccoli
1 teaspoon ground mustard
1 teaspoon Worcestershire sauce
1/4 teaspoon ground nutmeg
1 cup shredded cheddar cheese
Additional shredded cheddar cheese, optional

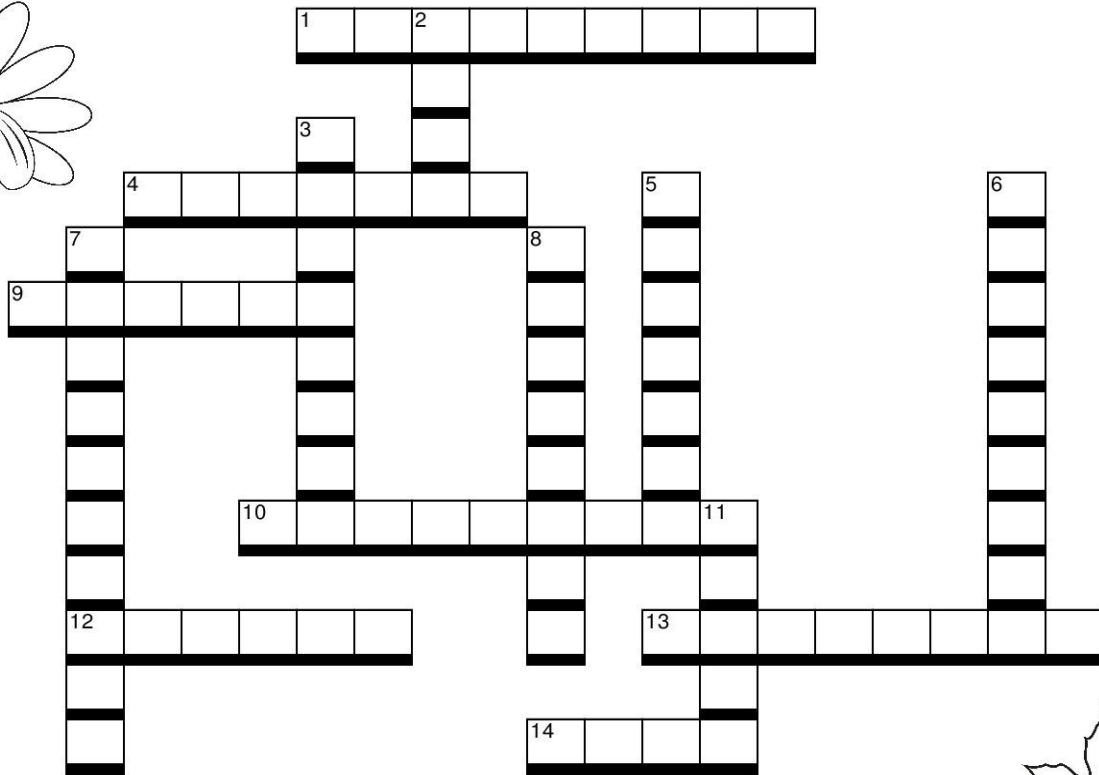
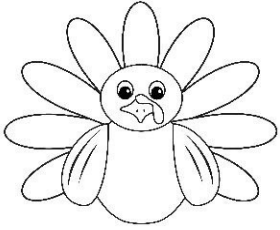


Directions

1. In a large saucepan, saute onion and garlic in butter until tender. Stir in flour until blended. Gradually stir in broth; bring to a boil. Cook and stir for 2 minutes.
2. Stir in the milk, broccoli, mustard, Worcestershire sauce and nutmeg. Bring to a boil. Reduce heat; simmer, uncovered, for 6-8 minutes or until heated through. Stir in cheese until melted. If desired, serve with additional cheese.

Name _____

Thanksgiving Crossword Puzzle



© 2017 | Real Life at Home - <https://www.reallifeathome.com>



ACROSS

- 1 This is the Native American tribe that was at the first Thanksgiving with the Pilgrims
- 4 Thanksgiving is also celebrated in Canada, but they do it in this month
- 9 Macy's has a famous one each year in New York on Thanksgiving
- 10 Each year, the _____ pardons a turkey and spares it from being eaten
- 12 Benjamin Franklin wanted this popular Thanksgiving bird to be the national bird of the United States
- 13 Massachusetts Governor William _____ planned a festival to celebrate a good harvest (the first Thanksgiving) in 1621
- 14 Sarah Josepha _____ wrote letters for 17 years trying to convince a president to make Thanksgiving a national holiday

DOWN

- 2 This gender of turkey is the only one that makes a gobble sound
- 3 Thanksgiving in the United States is in this month
- 5 This president declared a national day of thanksgiving in 1863
- 6 The Pilgrims came to America on this ship
- 7 Even though he didn't make Thanksgiving a national holiday, he was the first president to issue a proclamation for a day of public thanksgiving in 1789
- 8 Thanksgiving in the United States is always on this day of the week
- 11 This is how many days the first Thanksgiving celebration lasted

Name: _____

Date: _____

Fall Word Search



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






















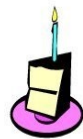

NOVEMBER
HAYSTACK
SQUIRREL
SEPTEMBER
PEARS
SQUASH

PUMPKIN
ACORN
CORN
PINE CONE
AUTUMN
RAINCOAT

HALLOWEEN
LEAVES
YELLOW
ORANGE
CHANGE
APPLE

THANKSGIVING
OCTOBER
SEASON
FESTIVAL
MIGRATION
CHESTNUTS

Monday	Tuesday	Wednesday	Thursday	Friday
	1	CRAFT FAIR 9:00 -2:00 2	CRAFT FAIR 9:00-2:00 3	4
TICKETS GO ON SALE FOR THE THANKSGIVING FEAST ON TUESDAY, NOVEMBER 1, 2022	9:00– Fall Wii Bowling 9:00– i-Phone & iPad help w/ Ron Pierce 9:30– Fall Shuffleboard 10:30– Virtual Bible Study w/ Barbara. 	9:30- Bingo & Virtual Bingo 9:30– Women’s Club 10:00– Line Dance w/Joanne 10:30– EAT SMART, MOVE MORE 11:00-Advisory Council 	9:00– Blood Pressure Screening 9:30-Pinochle 9:30- Bingo 9:30– Fall Wii Bowling 	10:00– “NATIONAL CANDY DAY” BINGO & LUNCH Cost- \$5.00 10:00– Low Impact Cardio 9:30– Beginner Quilting
7	8	9	10	11
9:00– Fall Wii Bowling 9:30- Bingo 10:30– Virtual Chair Yoga		9:30- Bingo & Virtual Bingo 9:30– Women’s Club 10:00– Line Dance w/Joanne 10:30– EAT SMART, MOVE MORE 10:30– Glass Tree Class w/ Liisa \$15.00	9:30-Pinochle 9:30- Bingo 9:30– Fall Wii Bowling 10:30- VETERANS DAY CELEBRATION- To honor and express gratitude to our courageous Veterans, for their service to our country	9:30- Beginner Quilting 9:30– Card making Class w/ Pam \$10.00 10:00– Low Impact Cardio
14	15	16	BAKE SALE 9:00 -11:30 17	18
9:00– Covid Vaccinations 9:00– Fall Wii Bowling 9:30- Bingo 10:30– Virtual Chair Yoga 11:30– Red Hats	9:00– Fall Wii Bowling 9:00– Defensive Driving Class 9:00– i-Phone & iPad help w/ Ron Pierce 9:30– Fall Shuffleboard begins 10:30– Virtual Bible Study w/ Barbara. 11:00– Pie for Seniors W/ Aetna	9:00– Fall Wii Bowling 9:30- Bingo & Virtual Bingo 9:30– Women’s Club 10:00– Line Dance w/ Joanne 	9:30– Fall Wii Bowling 9:30-Pinochle 9:30- Bingo 9:00-Geri Huss, Stand by Me 50+ 12:00-Thanksgiving Feast	9:30- Beginner Quilting 10:00– Low Impact Cardio Class
21	22	23	CLOSED 24	CLOSED 25
9:00– Fall Wii Bowling 9:30- Bingo 10:30– Virtual Chair Yoga 	9:00– Fall Wii Bowling 9:00– AARP Defensive Driving 9:00– i-Phone & iPad help w/ Ron Pierce 9:30– Fall Shuffleboard 10:30– Virtual Bible Study w/ Barbara. 10:30– EAT SMART, LIVE STRONG 12:30– Pokeno	9:00– Fall Wii Bowling 9:30– Bingo & Virtual Bingo 9:30– Women’s Club 10:00– Line Dance w/ Joanne 		
28	29	30	1	2
9:00– Fall Wii Bowling 9:30- Bingo 10:30– Virtual Chair Yoga.	9:00– Fall Wii Bowling 9:00– i-Phone & iPad help w/ Ron Pierce 9:30– Fall Shuffleboard 10:30– Virtual Bible Study w/ Barbara.	9:00– Fall Wii Bowling 9:30– Bingo & Virtual Bingo 9:30– Women’s Club 10:00– Line Dance w/ Joanne 	9:00– Fall Wii Bowling 9:30-Pinochle 9:30- Bingo 	9:30- Beginner Quilting 10:00– Low Impact Cardio Class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <u>MENU</u> <u>FOR</u> <u>NOVEMBER</u> <u>2022</u>	<u>1</u>  Cheese Tortellini w/ Tomato Sauce Garden Salad Cake	<u>2</u>  Grilled Chicken Breast Fries Peas & Onions Fruit	<u>3</u>  Pork Loin Au Gratin Potatoes Chef's Vegetables Pudding	<u>4</u>  Chicken Salad Sandwich Lettuce & Tomato Three Bean Salad Cake
<u>7</u>  Sausage Gravy Biscuits Egg Patty Hash Browns Assorted Desserts	<u>8</u> <u>CENTER</u> <u>CLOSED</u> <u>ELECTION</u> <u>DAY</u>	<u>9</u>  Three Cheese Lasagna Caesar Salad Garlic Bread Cookies	<u>10</u>  All Beef Hot Dog Baked Beans Slaw Pie	<u>11</u>  Baked Cod Rice Pilaf Green Beans Almandine Assorted Desserts
<u>14</u>  Ham & Beans Corn Bread Cake	<u>15</u>  Spaghetti & Meatballs Caesar Salad Eclairs	<u>16</u>  Kielbasa Sauerkraut German Potato Salad Cookies	<u>17</u>  <u>THANKSGIVING</u> <u>FEAST</u> Turkey, Stuffing, Fixins, Mashed Potatoes, Vegetables, Pie	<u>18</u>  Meatloaf Mashed Potatoes Chef's Vegetable Assorted Desserts
<u>21</u>  Chicken & Dumplings Carrots Cake	<u>22</u>  Cabbage Rolls Roasted Potatoes Pudding	<u>23</u>  Cheeseburger Lettuce & Tomato Fries Fruit	<u>24</u> <u>CENTER</u>  <u>CLOSED</u> <u>THANKSGIVING</u>	<u>25</u> <u>CENTER</u> <u>CLOSED</u> <u>THANKSGIVING</u> <u>HOLIDAY</u> 
<u>28</u>  Taco Salad Sour Cream, Guac, Diced Tomato & Lettuce Sugar Free Jell-O	<u>29</u>  Chicken Pot Pie w/ Vegetables Biscuits Apple Pie	<u>30</u>  Italian Sausage Peppers & Onions Scalloped Potatoes Pound Cake w/ Strawberries <u>BIRTHDAY DAY</u>	Paul O'Brien Cook 	<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.

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