

October 2023

# 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

TOM HANDLING

BARBARA McCAFFERY

KEN MOORE



We are thrilled with all the new members who are joining us. Please make sure they feel welcome. If you see new members sitting by themselves, ask them to join you and your friends. As small as Delaware is, you probably have a lot in common. Let's start some new friendships!

### NEW EQUIPMENT FOR THE CRAFT ROOM!

Betsey has recently purchased a long arm quilting machine. Longarm quilting is the process by which a longarm sewing machine is used to sew together a quilt top, quilt batting and quilt backing into a finished quilt. Stop by and speak to Betsey or Sara for a demonstration and more information.

There will be a fee for using this machine.

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

Cost: \$5.00. This years one  
day sale in on  
Wednesday, October 18, 2023  
Shop from 8:00 a.m.—11:00 p.m.  
You receive a %25 off most items.

### Dine-Out Club

October's Dine-Out will be on  
October 4, 2023

Millers Ale House, 1323 Churchman Rd.  
@ 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!

### 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  
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. 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 Quilting Instructor.** The class is held on Fridays from 9:30 a.m.-11:30 a.m. All levels of skill are welcome!



**BEGINNER KNITTING CLASS** – Tuesdays @ 10:00 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.

## CARDS AND GAMES ...



**NEW DAY-CANASTA - Tuesdays @ 12:45 p.m.** in the Dining Room. If you are interested in playing, leave your name with Donna at the front desk and you will be contacted.

**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** – Fall Shuffleboard league has begun. If you are not yet on a team and would like to play see Beverly. We are always looking for substitutes.



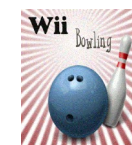
**BILLIARDS** – Monday-Friday. We have four billiard tables so there is always room for you to play.



**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.



**2023-2024 Wii BOWLING LEAGUE UPDATE**–Our 2023-2024 Fall Tournament kicked off on Monday, Sept. 11, 2023. We are thrilled to announce we have 11 teams playing this year and I need 2 more players to make another team. If you are interested in playing and are not yet on a team please see Beverly. Don't forget your reserved scores are due no later than October 13, 2023.



**RED HATS**– 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](http://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 & 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.

#### **Virtual Bingo!**

Wednesdays from 9:30 a.m. – 10:30 a.m.

**We will start back up on Wednesday, October 4, 2023**



### **DELAWARE HEALTH FOR ALL**

**Thursday, October 5, 2023**

**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.

### **MARK YOUR CALENDARS**

#### **Weston's 45th Anniversary Dinner Dance**

“Sea Glass, Sunsets & Sandy Beaches”

Saturday, October 14, 2023

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

Cost: \$15.00

(Cash bar: Beer, Wine & Soda)

Tickets are on sale now!

There are only a few tickets left! Don't wait!

#### **Weston's Commemorative**

#### **45th Anniversary Cookbook**

We have created a cookbook to commemorate our 45th Anniversary.

We would like to thank all our members who generously shared their family recipes with us.

Our cookbook will go on sale

**Monday, October 2, 2023**

and the cost will be \$15.00

Happy 45th Weston!



## FUNDRAISING

### FUNDRAISING – AUGUST 2023



Below is our fundraising status  
(July 1, 2023–June 30, 2024).

50/50s	\$485.00	
Donations-General	\$20.00	
Scrip	\$40.33	
August 2023	\$545.33	\$545.33
July 2023		\$804.01
Total		\$ 1,349.34

### 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!!

### GIVING BACK TO OUR COMMUNITY

Every year Weston gathers items to donate to a special cause. We have honored our service men and women, our pen pals and our 4 legged friends. This year we would like to honor the "Caregivers" whose families are in Hospice. Many of you know what its like to care for a loved one during this stressful time. We would like to make "Care Bags/Baskets" to let them know we understand how hard it is. Below is a list of items we will be collecting. Many of these can be purchased at the Dollar Store. We will have a box set up in the greeting area to collect donations. Thank you all for your help!

- ◆ Body Lotion for Hand Massages
- ◆ Word Search/Sudoku Puzzle Books
- ◆ Small Jar Candles
- ◆ Mints/Chocolate Candy (Individually Wrapped)
- ◆ Socks (comfy)
- ◆ Pack of Note Cards
- ◆ Tea Bags
- ◆ Coffee/Tea Mugs
- ◆ Monetary Donations accepted to offset the cost of additional items

### WEEKLY 50/50 DRAWING

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

### September 2023 Winners

#### 50-50 Winners

Nancy Leonard Ferrari - 8/25/2023 - \$124  
Ann Wegrzynowski - 9/1/2023 - \$116  
Lois Oneschuk - 9/8/2023 - \$128  
Betty Springer - 9/15/2023 - \$145

### 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, October 27, 2023. Thank you!

### CLOTHES CLOSET -

Weston has a clothes closet set up for our  
members. It is filled with new and gently used  
clothes in sizes 10-3x. Each item is \$3.00.

The closet is open for business every day  
9:00 a.m.-1:30 p.m.

**Special thanks to Juliet and Joe Michaelian  
for all their hard work keeping  
things organized.**

### 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!**

### 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!

## WELLNESS AND PHYSICAL FITNESS ...

### CHAIR YOGA W/GALE-Mondays from 10:30 a.m.-11:30 a.m.

Chair yoga is a beneficial form of yoga for any fitness level, from active seniors to those recovering from an injury. Join Gale in the Community Room on Mondays from 10:30 a.m.–11:30 a.m. The charge for this class will be \$4.00 per person. Stop by and check it out!



**“NEW CLASS” CARDIO DRUMMING-Tuesdays from 1:00 p.m.-2:00 p.m.** This 6 week introductory class will begin on Tuesday, October 3, 2023. The cost is \$25.00. Please sign-up with Donna @ the front desk.



**LINE DANCE CLASS – Wednesdays @ 10:00 a.m.** 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– Thursdays @ 1:00 p.m.** Join Gale for a wonderful workout utilizing bands, weights and balls to improve your cardio functions. The class is \$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 \$23,800 for a single person and \$36,600 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



**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.

**BLOOD PRESSURE SCREENINGS**– Thursday, October 5, 2023, 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 Chicono 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.



**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 \$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 date for our AARP Driver Safety 4 hr. refresher class is scheduled for November 15, 2023. The cost is \$20.00 for AARP members and \$25.00 for non-members. Please make checks payable to AARP. 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 302-685-2577 .



**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. **\* Make sure to up-date this information as your medications change.** See Beverly for your Vial of Life.



**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.



## 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!

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### 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.**

#### October 2023

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

24th: 9:30 a.m. to 11:30 a.m.  
Practice your skills

31st: 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, 2023 to September 15, 2023:

Gwen Byrd	Nina Carden	Patricia Cole	Nancy Colteryahn	Steve Colteryahn
Cathy DiMaio	Donna Dvorak	Jo Ann Freebery	Anita Golden	Terry Hendrickson
Elaine Hill	Patricia Linton	Marlene Moore	John Moore	Andrea Rattley
Albert Rose	Chanel Tarrant	Elaine Walker		





**MODEL TRAIN CLUB**– One of our members is interested in starting up a model train club. If you are interested, leave your name and phone number with Donna @ the front desk.

**BOOK CLUB**– One of our members is interested in starting a book club or “Good books I have read”. If you are interested and would like more information please leave your name and number with Donna. We will contact you!

**PEN PALS ARE COMING BACK!!**- Our pen pal group will be starting back up very soon. We will be keeping in touch via letters with our pen pals from a 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.

### **October 2023**

**FLU SHOT CLINIC**- Thursday, October 3, 2023 9:00 a.m.-11:00 a.m. Sign-up sheet is on the credenza in the greeting area. Fill out the paperwork and bring it with you along with your Medicare card, Supplemental Insurance card & your license. We are not taking reservations. It will be first come, first served.

**MEDICARE INFORMATION 101**– Wednesday, October 4, 2023 @ 11:00 a.m. Join Amira Glover as she explains the basics of how Medicare works. Bring your questions!

**CHAIR MASSAGE**– Wednesday, October 4th, 18th & 25th, 2023 From 9:30 a.m.-1:30 p.m.  
Cost– 10 Minutes-\$5.00 15 Minutes- \$10.00, 30 Minutes- \$25.00. Donna will be scheduling services at the front desk. Cash payment will be required at the time of sign-up.

**OCTOBERFEST BINGO**– Friday, October 6, 2023 @ 10:00 a.m. We will be playing in the Dining Room. Bring your own chips & dabbers. Lunch & Bingo \$5.00 (Cash Prizes and Door Prizes). Sponsored by: Ray Vandegrift, Equitable Advisors.

**CENTER CLOSED AFTER LUNCH**– **Friday, October 13, 2023.**

**45th ANNIVERSARY DINNER DANCE PARTY**- “Sea Glass, Sunsets & Sandy Beaches”, Saturday, October 14, 2023 4:00 p.m.- 9:00 p.m. Cost: \$15.00

**CAR CARE CLINIC**– Monday, October 16, 2023 @ 11:00 a.m. Come out and learn all about proper care and how to be a better, healthier driver behind the wheel. Presented by Greg Buckley, owner of Buckley Auto Care. Greg will hold monthly classes. All classes are fun and engaging and best of all they are free. This class is about Brakes and how they operate, What to expect when replacing them, Brake Fluid and why it needs to be replaced.

**ATTENTION STATE OF DELAWARE RETIREES**- Retired State Senator Karen Peterson will be visiting Weston Senior Center Tuesday, October 17, 2023 Time: 10:30 a.m. She will be here to discuss the State's attempts to change its Medicare Supplement Plan (Special Medicfill) to an inferior Medicare Advantage plan. If you or family members are retired State employees you won't want to miss this discussion. Learn what the State is trying to do and what you can do to keep your excellent healthcare insurance.



### October 2023

**MEDICARE PART D ASSISTANCE APPOINTMENTS**—Beginning Monday, October 16—Thursday, December 7, 2023. Each year it is recommended that you review your Part D plan. Please see Donna to sign-up.

- Please bring your: Social Security & Medicare Cards
- List of all prescriptions with quantity and how often you take them
- Verification of monthly income
- Letter from Delaware Prescription Assistance program (if this applies)

**BOSCOV'S FRIENDS HELPING FRIENDS**— Wednesday, October 18, 2023. This is a fundraiser for Weston. Purchase 25% off shopping pass for \$5.00. This pass is good for 1 day and is for in-store only. See Donna @ the front desk to purchase your pass.

**OCTOBER BUNCO PARTY** – Thursday, October 19, 2023 @ 1:00 p.m. Cost- \$ 5.00 Bunco is an easy-to-learn dice game that is loads of fun. You don't need to know how to play we will teach you!

**MEDICARE ADVANTAGE PLANS 101**– Thursday, October 19, 2023 @ 11:00 a.m. Join Jackie Baldwin as she explains how Medicare Advantage plans work and are they right for you? Bring your questions!

**RSV CLINIC**– Tuesday, October 24, 2023 from 9:30 a.m.-11:30 a.m. This vaccine is recommended for anyone who is 60 and older. Anyone who has Medicare D prescription coverage will be able to get it at no cost. Sign-up sheet is located on the credenza in the greeting area.

**LEVINSON LAW FIRM**– Thursday, October 26, 2023 @ 11:00 a.m. “Medicaid Basics”. This is a FREE event. Everyone is welcome.

**THANKSGIVING HOLIDAY FEAST TICKETS**– Go on sale Monday, October 30, 2023 @ 9:00 a.m. in the dining room. \$ 5.00. A limit of 2 tickets per person.

### November & December 2023

**WESTON'S ANNUAL CRAFT FAIR**– Wednesday, November 8th & Thursday November 9, 2023 9:00 a.m.-1:00 p.m.

**AARP DRIVERS SAFETY CLASS** –The next date for our AARP Driver Safety 4 hr. refresher class is scheduled for Tuesday, November 14, 2023. The cost is \$20.00 for AARP members and \$25.00 for non-members. Please make checks payable to AARP. See Donna for more information.

**THANKSGIVING FEAST & BAKE SALE**– Thursday, November 16, 2023 Bake Sale- 9:00 a.m.– 11:30 a.m. Feast 12:00 noon Cost-\$5.00

**WINTER LINE DANCE PARTY**– Friday, December 8, 2023, 9:00 a.m.– 2:00 p.m. Cost- \$12.00

**HOLIDAY PARTY & FEAST**– Thursday, December 14, 2023, 10:30 a.m. Feast Cost- \$5.00



# WESTON WANDERERS GET READY!!

## 2023

- ⇒ WHEELING, WEST VIRGINIA, FESTIVAL OF LIGHTS– November 28-30, 2023.(WAIT LIST ONLY)  
Cost- \$585.00 per person/double. 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, Side trip to Flight 93 (9/11) memorial and so much more.

## Day trips

- ⇒ SIGHT & SOUND “MIRACLE OF CHRISTMAS”– Tuesday, November 14, 2023 Cost- \$180.00  
Trip includes–show, lunch and transportation. See Donna to sign-up. (WAIT LIST ONLY)

**We are making plans and setting up trips for 2024.**

**If you have any suggestions on where you would like to travel, please write them down and put them in the suggestion box on the credenza.**

### **\*\*\*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.
- ♦ 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.
- ♦ If you need to schedule a payment plan for any day trip, please see Vicki.

# 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.

## Curried Pumpkin Soup

### Ingredients

- 4 Macintosh apples - peeled, cored and chopped
- 1 tablespoon butter
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- 1 (15 ounce) can pumpkin puree
- 4 cups chicken broth
- 1 cup water
- 1 teaspoon white sugar



### Directions

Melt butter in a large saucepan over medium heat. Add onion, garlic, curry, and cumin; sauté, stirring often, until onion is soft and fragrant.

Stir in apples, pumpkin, broth, water, and sugar. Bring to a boil, stirring often. Cover, and reduce heat to low. Simmer for 25 minutes, stirring occasionally.

### EAT-IN -

- Regular Lunch - \$3.00
- Feast - \$4.00
- Holiday Feast - \$5.00

### HOMEBOUND -

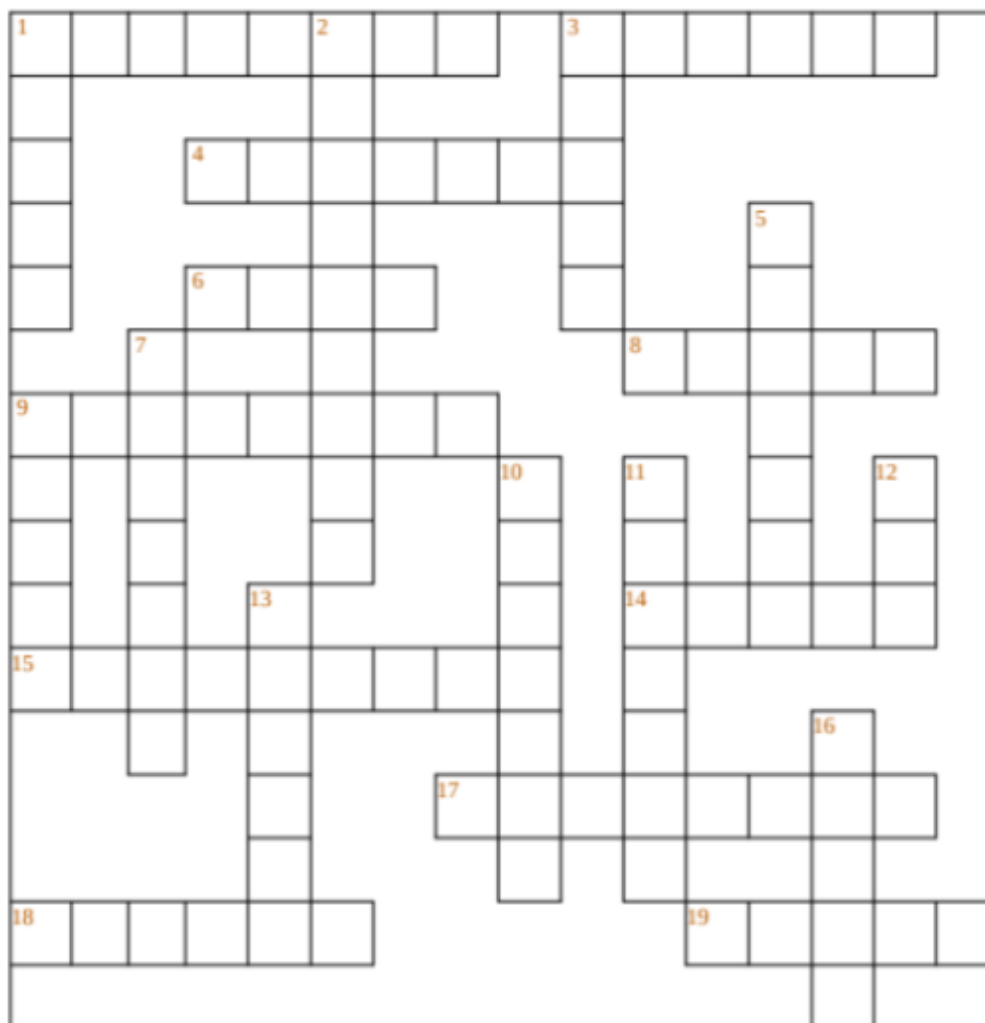
- Regular Lunch - \$4.00
- Feast - \$5.00
- Holiday Feast - \$6.00

### TAKE-OUT -

- Regular Lunch - \$5.50
- Feast - \$6.50
- Holiday Feast - \$7.50



# Halloween



## Across

- 1 A bunch of bones
- 3 Where vampires sleep
- 4 Can be carved into a Jack-o-lantern
- 6 Worn to cover your face
- 8 Egyptian monster
- 9 Comes out during a full moon
- 14 "Trick or \_\_\_\_!"
- 15 The last day of October
- 17 Place full of graves
- 18 Makes cobwebs
- 19 A spirit, back from the dead

## Down

- 1 Frightening
- 2 Marks a grave
- 3 What children get on Halloween
- 5 Drinks blood
- 7 Famous vampire from Transylvania
- 9 Woman with magic and a pointed hat
- 10 \_\_\_\_ house; A spooky place
- 11 Halloween month
- 12 Flying, nocturnal mammal
- 13 Walking corpse
- 16 A witch's ride

# Fall Word Search

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



CORN  
 AUTUMN  
 BONFIRE  
 BOOTS  
 OCTOBER  
 RAKE


THANKSGIVING  
 HARVEST  
 LEAVES  
 CARNIVAL  
 APPLES  
 APPLE CIDER

PUMPKIN  
 FOOTBALL  
 SWEATER  
 NOVEMBER  
 SEPTEMBER  
 SUNFLOWER



# October 2023

# Weston Senior Center Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9:00– Fall Wii Bowling 9:30- Bingo 10:30–Chair Yoga 	9:00– Fall Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce <b>9:30- FLU SHOT CLINIC</b> 9:30– Fall Shuffleboard 10:30– Bible Study w/ Barbara <b>12:45– Canasta</b> 	9:00– Fall Wii Bowling 9:30– Women's Club 9:30- Bingo <b>9:30-1:30 Chair Massages– sign-ups</b> <b>9:30– Knitting Class</b> 10:00– Line Dance w/Joanne <b>11:00-Medicare 101</b> <b>1:00– A Matter of Balance</b> <b>4:30– Dine-out @ Millers Ale House</b>	9:00– Fall Wii Bowling <b>9:00– Blood Pressure Screening</b> 9:30- Bingo <b>1:00–Low Impact Cardio w/ Gale</b> 	9:30- Beginner Quilting <b>9:30-Tee shirt Quilt Class</b> <b>10:00- “Octoberfest” BINGO &amp; LUNCH- Cost- \$5.00</b>
9	10	11	12	13
9:00– Fall Wii Bowling 9:30- Bingo 10:30–Chair Yoga 11:30– Red Hats	9:00– Fall Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:30– Fall Shuffleboard 10:30– Bible Study w/ Barbara <b>12:45– Canasta</b>	9:00– Fall Wii Bowling 9:30- Bingo 9:30– Women's Club <b>9:30– Knitting Class</b> 10:00– Line Dance w/Joanne <b>1:00– A Matter of Balance</b> 	9:00– Fall Wii Bowling 9:00-Geri Huss, Stand by Me 50+ 9:30-Pinocle 9:30- Bingo <b>1:00–Low Impact Cardio w/ Gale</b>	9:30- Beginner Quilting <b>9:30-Tee shirt Quilt Class</b> <b><u>CLOSED AFTER LUNCH</u></b>
16	17	18	19	20
9:00– Fall Wii Bowling 9:30- Bingo 10:30–Chair Yoga <b>11:00– Car Care</b> 	9:00– Fall Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:30– Fall Shuffleboard <b>10:30-Karen Peterson</b> 10:30– Bible Study w/ Barbara <b>12:45– Canasta</b>	<b>9:00-Boscovs Friends Helping Friends Event</b> 9:00– Fall Wii Bowling <b>9:30– Knitting Class</b> 9:30– Women's Club <b>9:30-1:30 Chair Massages– sign-ups</b> 9:30- Bingo 10:00– Line Dance	9:00– Fall Wii Bowling 9:00-Geri Huss, Stand by Me 50+ 9:30-Pinocle 9:30- Bingo <b>1:00– Bunco Party</b> <b>1:00–Low Impact Cardio w/ Gale</b>	9:30- Beginner Quilting <b>9:30-Tee shirt Quilt Class</b> 
23	24	25	26	27
9:00– Fall Wii Bowling 9:30- Bingo 10:30–Chair Yoga 	9:00– Fall Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:30– Fall Shuffleboard <b>9:30– RSV Shot Clinic</b> 10:30– Bible Study w/ Barbara <b>12:45– Canasta</b>	9:00– Fall Wii Bowling 9:30– Bingo <b>9:30– Knitting Class</b> 9:30– Women's Club <b>9:30-1:30 Chair Massages– sign-ups</b> 10:00– Line Dance w/Joanne <b>1:00– A Matter of Balance</b> 	9:00– Fall Wii Bowling 9:30-Pinocle 9:30- Bingo <b>11:00– Levinson Law Firm</b> <b>1:00–Low Impact Cardio w/ Gale</b>	9:30- Beginner Quilting <b>9:30-Tee shirt Quilt Class</b> <b>10:30– Food Distribution</b>
30	Happy Halloween 31	1	2	3
<b>9:00– Tickets Go On Sale for Thanksgiving Feast</b> 9:00– Fall Wii Bowling 9:30- Bingo 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 w/ Barbara <b>12:30– Pokeno</b> <b>12:45– Canasta</b>	9:00– Fall Wii Bowling 9:30– Bingo <b>9:30– Knitting Class</b> 9:30– Women's Club <b>9:30-1:30 Chair Massages– sign-ups.</b> 10:00– Line Dance w/ Joanne <b>1:00– A Matter of Balance</b> 	9:00– Fall Wii Bowling 9:30-Pinocle 9:30- Bingo <b>1:00–Low Impact Cardio w/ Gale</b> 	9:30- Beginner Quilting <b>9:30-Tee shirt Quilt Class</b> <b>10:00– “Give Thanks” BINGO &amp; LUNCH \$5.00</b>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>2</u>  Chicken Cacciatore Rice Fruit	<u>3</u>  Cream of Potato Soup Beef & Macaroni Vegetable Blend Pears	<u>4</u>  Bratwurst Sauerkraut German Potato Salad Pudding	<u>5</u>  Ravioli Garden Salad Eclairs	<u>6</u>  Beef Stew Egg Noodles Green Beans Chocolate Cream Pie
<u>9</u>  Glazed Pork Loin Mashed Sweet Potatoes Carrots Pound Cake	<u>10</u>  Spaghetti & Meatballs Caesar Salad Fruit Salad	<u>11</u>  Chicken Pot Pie w/ Vegetables Biscuits Pudding	<u>12</u>  Italian Sausage on a Roll Peppers & Onions Fries Ice Cream	<u>13</u>  Baked Fish Rice Chef's Vegetable Assorted Desserts
<u>16</u>  Pork Chop Potatoes au Gratin Chef's Vegetable Cinnamon Apples	<u>17</u>  White Chicken Chili Corn Bread Sugar Free Jell-O	<u>18</u>  Lasagna Garden Salad Garlic Bread Cookies	<u>19</u>  Meatloaf Mashed Potatoes Vegetable Blend Pie	<u>20</u>  Hot Italian Sub Caesar Salad Assorted Desserts
<u>23</u>  Oven Fried Chicken Creamy Cheese Shells Vegetable Medley Angel Food Cake	<u>24</u>  Cheeseburger Lettuce & Tomato Tater Tots Pudding	<u>25</u>  Pulled Pork Baked Beans Succotash Brownie	<u>26</u>  Fish & Chips Slaw Birthday Cake Ice Cream  <b><u>BIRTHDAY DAY</u></b>	<u>27</u>  Hot Turkey Sandwich Mashed Potatoes Peas & Onions Pumpkin Pie
<u>30</u>  Glazed Ham Baked Sweet Potato Green Beans Fruit	<u>31</u>  Pot Roast Roasted Redskin Potatoes Baby Carrots Rice Pudding	<b><u>PLEASE NOTE:</u></b> 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.		<b><u>MENU</u></b>  <b><u>FOR</u></b>  <b><u>OCTOBER</u></b>  <b><u>2023</u></b>  

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