

November 2025

HOWARD WESTON SENIOR CENTER

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

STAFF

VICKI K. SHERATON
EXECUTIVE DIRECTOR

DONNA HURLEY
SITE MANAGER

BETSEY MOORE
CRAFT INSTRUCTOR

BEVERLY J. MCCOOL
PROGRAM COORDINATOR

MIKE TEDESCHI
CHEF

BOARD OF DIRECTORS

CHARLES S. STEPHAN
CHAIRMAN

DARREN WRIGHT
VICE-CHAIRMAN

GREGORY YACUCCI
TREASURER

TOM HANDLING

HEATHER MILEA

KEN MOORE

BETH ORSEGA-SMITH

KEVIN WONG



Weston's Annual Give Back!

It's that time of year again when Weston chooses a worthy cause to support.

This year we have chosen 2 causes– 15 Elementary School Families
and a local Food Pantry.

We recognize that times are tough for everyone. However, Weston has so
much to be thankful for that we thought we could share a little with those
less fortunate. Items being collected

include the following: shampoo, deodorant, toothpaste, dental floss, body wash,
soap, puffy loofah, gum, candy, chapstick, small hand creams, juice, cereal,
pasta, peanut butter, jelly, canned fruit, applesauce, etc.

Please see a complete list on the bulletin board in the lobby.

Any contribution is greatly appreciated.

We will also gladly accept monetary donations as well.

DINE-OUT CLUB

November's Dine-Out will be on November 5, 2025

Outback Steakhouse @ 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

2024-2026 ADVISORY COUNCIL MEMBERS

Linda Brown, Pat Burk, Beverly Ellis, Kathleen Fallstick, Kenny Foster, Jeannette Henretty, Dutchie Jensen, Linda Loveless, Debbie Martin, Michele Merlonghi, Ginger Pettyjohn, Camilla Pfeil, Shirley Renn, Cecelia Sanders, Marsha Seaton



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.westonaduldaycare.org/>

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

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



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

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

Services: 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 2:00 p.m. Betsey is available Tuesdays thru Thursdays from 9:00 a.m. to 12:00 noon. Cemetery arrangements are available for \$18.00 (see Betsey).



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



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

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



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

CARDS AND GAMES ...



CANASTA /HAND & FOOT- Tuesdays @ 1:00 p.m. in the Community Room. If you are interested in playing, leave your name with Donna at the front desk and you will be contacted.

POKENO – Pokeno will be held on the 2nd & last Tuesday of the month. Spread the word! Tuesday, November 11th & 25th 2025 @ 1:00 p.m. Everyone is welcome.



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!



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



SHUFFLEBOARD – Fall Shuffleboard has 11 2-person teams. We are happy to add more. If you are interested in playing leave your name and number with Donna @ the front desk. We are also looking for substitutes.



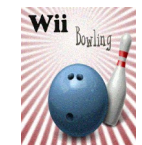
BILLIARDS – Monday-Friday. We have four billiard tables so there is always room for you to play.



POKER GROUP- Friday's @ 9:30 a.m. 3 Fridays a month. No poker on the first Friday. (**No poker on November 7, 2025**) All are welcome. The Weston Senior Center has added "**FRIENDLY POKER**" to its list of activities. Experienced and beginner players are all welcome to join in on the fun. While poker has a reputation of being a very serious game, our aim is to keep it an easygoing, welcoming and fun experience for all members.



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



Wii BOWLING LEAGUE UPDATE– The Fall Wii Bowling League has begun. We are always looking for substitutes. Any questions please see Beverly.



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



RED HATS– The “Red Hot Mamas” meet on the 2nd Monday of the month at 11:30 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– Welcome back to our Women's group. If you are interested in joining these ladies, please leave your name and contact information with Donna.

NEW PROGRAMS

POKER GROUP- "Fridays @ 9:30 a.m. 3 Fridays a month. No poker on the first Friday. (November 7, 2025) All Are welcome. The Weston Senior Center has added **"FRIENDLY POKER"** to its list of activities. Experienced and beginner players are all welcome to join in on the fun. While poker has a reputation of being a very serious game, our aim is to keep it an easygoing, welcoming and fun experience for all members.

NEW POKENO GROUP– "D & G Beginner Pokeno" **WEDNESDAYS @ 1:00 p.m.**

They will be playing on the 2nd and 4th Wednesday of the month. This is a new group for people who would like to learn how to play or want to improve their skills in a fun and relaxing atmosphere. Pokeno is a cross between Poker and Bingo. This group will be using nickels. Everyone is welcome. Come join the fun!!

POETRY CLUB– NEW TIME

3rd Friday of the month. 1:00 p.m.
All are welcome.



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!

There will be no virtual Bingo in November or December.
Bingo will resume as of January 7, 2026
Wednesday's from 9:30 a.m.-10:30 a.m.



DELAWARE HEALTH FOR ALL

November 6, 2025

9:00 a.m.– 11:00 a.m.

Blood Pressure Screenings

Weston will be partnering with the University of Delaware's HEALTH for All (Health, Empowerment, Access, Learning, Teaching, Humanity) program (formerly Mobile Health) this year.

This program will provide education and outreach initiatives, as well as health screenings. Screenings would include but are not limited to, stroke, blood sugar, balance and blood pressure.

The students will engage in education and outreach opportunities here at Weston on Tuesdays and Thursdays and we will post the dates and times on the bulletin board as they become available.

NOTARY SERVICES

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

STOCKINGS FOR SOLDIERS- CHRISTMAS CARD COLLECTING

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



FUNDRAISING

FUNDRAISING – SEPTEMBER 2025



Below is our fundraising status
(July 1, 2025–June 30, 2026)

50/50s	\$366.00	
Donations-General	\$90.00	
September	\$456.00	\$456.00
August 2025		\$1,605.65
July 2025		\$1,026.12
Total		\$3087.77

UNITED WAY CAMPAIGN

United Way donations can be made to the center. Please tell your family and friends working in Delaware to designate the HOWARD WESTON SENIOR CENTER as the recipient of their United Way donation. WESTON'S UNITED WAY number is 9336. 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 or Vicki if you have questions or need more information.

Thank you for your support!!

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

Weston's Annual Give Back!

It's that time of year again when Weston chooses a worthy cause to support. This year we have chosen 2-15 Elementary School Families and a local Food Pantry. We recognize that times are tough for everyone. However, Weston has so much to be thankful for that we thought we could share a little with those less fortunate. Items being collected include the following: shampoo, deodorant, toothpaste, dental floss, body wash, soap, puffy loofah, gum, candy, chapstick, small hand creams, juice, cereal, pasta, peanut butter, jelly, canned fruit, applesauce, ect.

Please see a complete list on the bulletin board in the lobby. Any contribution is greatly appreciated.

We will also gladly accept monetary donations as well.

WEEKLY 50/50 DRAWING

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

October 2025 Winners

Bonnie Taddeo - 9/26/2025 - \$65
Valerie Abreu - 10/3/2025 - \$103
Richard Walls - 10/10/2025 - \$107
Ralph DeLaria - 10/17/2025 - \$117
Charlie Saylor - 10/24/2025 - \$98

Raise Right Gift Cards

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 21, 2025.

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

INK CARTRIDGES

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

"Holiday 10 Week Club"

\$ 5.00

1st Drawing – October 13
2nd Drawing – October 22
3rd Drawing – October 29
4th Drawing – November 5
5th Drawing – November 12
6th Drawing – November 19
7th Drawing – November 26
8th Drawing – December 3
9th Drawing – December 10
10th Drawing – December 17

Prizes

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

WELLNESS AND PHYSICAL FITNESS ...

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

Join Gale on Mondays from 10:30 a.m.–11:30 a.m. The charge for this class is \$5.00 per person. Stop by and check it out!



CARDIO DRUMMING-Tuesdays from 1:00 p.m.-2:00 p.m. The charge for this class will be \$5.00 per person or you can guarantee a seat by paying by the month. See Donna for more information.



NEW CARDIO DRUMMING-Thursdays from 2:00 p.m.-3:00 p.m. The charge for this class will be \$5.00 per person or you can guarantee a seat by paying by the month. See Donna for more information.

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



NEW TIME -LOW IMPACT CARDIO CLASS– Thursdays @ 12:45 p.m. Join Mary Ellen Louise for a wonderful workout utilizing bands, weights and balls to improve your cardio functions. The charge for this class is \$5.00 per person.



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



WALK, WALK, WALK - Watch out in the hallways! Our “walkers” are off and walking!!

Walking will enhance your health and make you feel better. Did you know that 5 times around the “U” equals 1 mile?



HEALTH SERVICES

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



ADVANCE HEALTH CARE DIRECTIVE – It is important for you to have an Advance Health Care Directive, more commonly referred to as a “living will”. If you have never completed a “living will”, see 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!



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



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.



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



DELAWARE 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 –. Class begins @ 9:30 a.m. The next **Refresher class** is scheduled for Tuesday, November 11, 2025. This will be our last Driver Safety Class for this year. 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+ - Stand by Me 50+ will be here on the last Tuesday of each month from 9:00 a.m. until 11:30 a.m. in the Multi-Purpose Room. This program provides information, resources and support to increase the economic stability of Delawareans age 50 and older who are planning for, or in, retirement. For more information or to schedule an appointment please call Karen Summa @ 302-565-9636 .



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. 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. We have just received a restock of vials, see Beverly.**



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

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!



iPhone & iPad Help is Available!

Do you have an iPhone or iPad and are 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.

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.

<u>November 2025</u>		
6th: 9:30 a.m. to 11:30 a.m. Practice your skills.	13th: 9:30 a.m. to 11:30 a.m. Practice your skills.	20th: 9:30 a.m. to 11:30 a.m. Practice your skills
	27th: Center is closed!	

NEW MEMBERS

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



Peggy Cross	Aurelia Best Harvey	Linda Johnson	Jacqueline Kelson	Marlene Mikus
Irene Muzzi	Paul Osborn	David Pasternak	Susan Shockley	Tina Townsend
Gene VanSant	Faye Vaughn	Cindi Yeakle		



MEDICARE PART D REVIEW W/BEVERLY-Donna has Beverly's schedule. Every year it is recommended that everyone check their Part D to make sure you are saving the most money and still getting good coverage. Stop by the front desk and sign-up for a time slot. We begin on Wednesday, October 15-December 7, 2025.

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

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

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

NICKLE POKER GROUP- Fridays 9:00 a.m.-11:30 a.m. (No poker on Friday, November 7, 2025) Everyone is welcome to join!

NOVEMBER 2025

STONEWARE BOWL CLASS- "The Peacock Effect" Wednesday, November 5, 2025 @ 9:00 a.m.

Cost: Small \$18.00, Medium \$20.00, Plate \$22.00, Vase \$22.00 Cascade Bowl \$24.00 and Chip & Dip \$30.00. See Donna to sign up.

CARD MAKING CLASS w/DIANE -Thursday, November 6, 2025 Time: 9:30 a.m. Cost for 2 cards- \$7.00

Get Crafty This Autumn! Join us for a cozy, creative session where you'll design beautiful, handmade cards inspired by the rich colors and charm of fall. Whether you're a seasoned crafter or just getting started, this class is the perfect way to celebrate the season with paper, stamps, and a little sparkle.

BLOOD PRESSURE SCREENINGS- THURSDAY, November 6, 2025 9:00 a.m-11:30 a.m. Thanks to the UofD for joining us today.

APPOINTMENTS W/JACKIE BALDWIN CONCERNING MEDICARE ADVANTAGE PLANS- Thursday, November 6 & Monday, November 10, 2025. If you need to schedule an appointment with Jackie see Beverly.

FRIDAY BINGO & LUNCH-Friday, November 7, 2025 @ 10:00 a.m. Our theme for November is "National Eat Cake Day" Our Sponsor is Closed Caption. Cost is \$ 5.00 including lunch and 10 games of Bingo.

AARP REFRESHER DRIVING CLASS- A Refresher class will be held on Tuesday, November 11, 2025 @ 9:30 a.m. This will be our last class for this year. \$ 20.00 for AARP Members and \$25.00 for non-members. If you have AARP Supplemental Insurance, your class may be free. Sign up with Donna.



NOVEMBER 2025

WESTON'S ANNUAL CRAFT FAIR– Thursday, November 13, 2025 9:00 a.m.-2:00 p.m. This event is open to the public. Start your Christmas shopping with a variety of handmade items from our Ceramic, Crafting, Quilting and Crochet groups.

VETERANS SOCIAL CLUB – We have started a Veterans Social Group. If you are a Veteran and are interested, please join us on **Tuesday, November 18, 2025 @ 11:00 a.m.** for a meeting.

WESTON'S ANNUAL THANKSGIVING BAKE SALE– Thursday, November 20, 2025 @ 9:00 a.m. We will have a sign-up sheet at the front desk. We are in need of bakers!! Sugar free desserts are always welcome.

WESTON'S ANNUAL THANKSGIVING FEAST– Thursday, November 20, 2025 12:00 noon Cost: Eat In-\$5.50, Home bound-\$6.50 and Take Out-\$ 8.00. Tickets go on sale Monday, November 3, 2025. You may purchase 2 tickets, one for yourself and one for a friend.

STONEWARE BOWL CLASS– “The Peacock Effect” Friday, November 21, 2025 @ 9:00 a.m. Cost: Small \$18.00, Medium \$20.00 Cascade Bowl \$24.00, Chip & Dip Bowl set \$30.00 . See Donna to sign up.

DECEMBER 2025

TEA & TATAS– Tuesday, December 2, 2025 9:30 a.m.-11:30 a.m. Join us for a meaningful morning of tea, treats and togetherness as we raise awareness, share stories and support those who get mammograms. RSVP to Donna at the front desk.

FRIDAY BINGO & LUNCH–Friday, December 5, 2025 @ 10:00 a.m. Our theme for December is “National Cookie Cutter Week” Cost is \$ 5.00 including lunch and 10 games of Bingo.

WINTER WONDERLAND LINE DANCE PARTY w/JOANNE BRADY– Friday, December 12, 2025 from 9:00 a.m.-2:00p.m. Cost: \$15.00 Price includes dancing, continental breakfast and lunch. See Donna for more information.

CERAMIC, QUILTING, CRAFTS AND CROCHET MEMBERS ROOM PARTY– Tuesday, December 16, 2025 @ 11:30 a.m. Every year we get together around the holidays to eat, socialize and have fun. This year we thought we would do it a little bit different. Instead of a pot-luck, we have decided to gather at Legends for lunch. Everyone will be paying for their own lunch. Make sure to bring a wrapped gift and please leave your name with Donna at the front desk if you plan on attending.

HOLIDAY PARTY & FEAST– Thursday, December 18, 2025. Time–11:00 a.m. Cost: Eat In-\$5.50, Home bound-\$6.50 and take out-\$ 8.00. Tickets go on sale Monday, December 1, 2025. You may purchase 2 tickets, one for yourself and one for a friend.

The Staff and Board of Director wish you and your family a safe, happy and joyous Holiday Season!

THE CENTER IS CLOSED WEDNESDAY, DECEMBER 24, THURSDAY, DECEMBER 25 AND FRIDAY DECEMBER 26 FOR THE CHRISTMAS HOLIDAY.

WESTON WANDERERS GET READY!!

2025

Overnight Trips

-\$100 deposit PER TRIP required.

December 8-10, 2025— Gaslights & Gingerbread, Cape May NJ. 3 Day—2 Nights. \$675 Double, \$915 Single

Day Trips

Full payment required at the time of sign-up.

WE TRAVEL
not to escape life,
BUT FOR LIFE
not to escape us.



Because the greatest part
of a road trip isn't arriving
at your destination. It's all
the wild stuff that happens
along the way.

New Trip Sign-Up Procedures

Due to an increase in activity at the front desk, it has become necessary
for us to change our trip sign-up

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

Please note that the itineraries are subject to change if necessary due
to unforeseen closures, etc.

What's Cooking?

News from the Kitchen!

BRINGING FOOD INTO OUR CENTER

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

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

LUNCH POLICY

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

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.

Spaghetti Squash Au Gratin

Ingredients

- 1 spaghetti squash, halved and seeded
- 3 tablespoons light margarine
- 1 small yellow onion, thinly sliced
- 1 teaspoon red pepper flakes
- ¼ teaspoon garlic powder
- salt and freshly ground black pepper to taste
- ¾ cup fat-free sour cream
- 1 cup shredded light Cheddar cheese
- cooking spray



Directions

1. Place spaghetti squash in a covered dish and add 1/4 inch of water. Microwave for 10 to 12 minutes. Scrape insides of squash with a fork and transfer to a small bowl.
2. Heat margarine in a medium skillet over medium heat while spaghetti squash is cooking and cook onion, red pepper flakes, garlic powder, salt, and pepper until the onion is browned, 5 to 10 minutes.
3. Preheat the oven to 375 degrees F (190 degrees C). Grease a baking dish with nonstick cooking spray.
4. Mix spaghetti squash, onion mixture, sour cream, and 1/2 of the Cheddar cheese together. Transfer to the prepared baking dish and top with remaining Cheddar cheese.

Bake in the preheated oven for 20 to 25 minutes. Turn on broiler for the last 2 to 3 minutes and broil until gratin is golden brown on top.

NEW 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 - \$3.50

Feast - \$4.50

Holiday Feast - \$5.50

HOMEBOUND -

Regular Lunch - \$4.50

Feast - \$5.50

Holiday Feast - \$6.50

TAKE-OUT -

Regular Lunch - \$6.00

Feast - \$7.00

Holiday Feast - \$8.00



AUTUMN

WORD SEARCH



WORD LIST

ACORN
AUTUMN
BONFIRE
BRISK
CIDER
CORN
CRISP
EQUINOX
FALL
FESTIVAL
FOLIAGE
FOOTBALL
GOURD
HALLOWEEN
HARVEST
HAYSTACK
JACKET
LEAVES
NOVEMBER
OCTOBER
PINE CONE
PUMPKIN
SCHOOL
SEPTEMBER
SQUASH
SWEATER
THANKSGIVING
TREES

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



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:00– Fall Wii Bowling 9:30- Bingo 9:30– Fall Bocce 10:30–Chair Yoga <u>Thanksgiving feast tickets go on sale today!</u> 	9:00– Fall Wii Bowling 9:00– iPhone & iPad Help w/ Ron Pierce 9:30–Fall Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming 	<u>9:00– Ceramic Bowl Class</u> 9:30– Women's Club! 9:30– Chair Massage 9:30- Bingo 10:00– Line Dance <u>10:00– Jackie Baldwin</u> <u>11:00-Advisory Council Meeting</u> <u>4:30– Dine Out– Outback Steakhouse</u>	9:00– Fall Wii Bowling <u>9:00 Blood Pressure Screening</u> <u>9:30-Fall Card Making Class</u> 9:30– Cornhole 9:30-Pinochle 9:30- Bingo <u>12:45–Low Impact Cardio</u> 1:00– Beginner Crocheting 1:00– Crochet Social <u>2:00– Cardio Drumming</u>	9:30- Beginner Quilting <u>10:00– “National Eat Cake Day” Lunch and Bingo</u> 10:30– Strength Training w/ Gale 
10	VETERANS DAY! THANK YOU! 11	12	13	14
9:00– Fall Wii Bowling 9:30- Bingo 9:30– Fall Bocce <u>10:00– Jackie Baldwin</u> 10:30–Chair Yoga	9:00– Fall Wii Bowling 9:00– iPhone & iPad Help w/ Ron Pierce 9:30–Fall Shuffleboard <u>9:30– AARP Defensive Driving Refresher</u> 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming <u>1:00– Pokeno</u> 	9:00– Fall Wii Bowling 9:30– Women's Club! 9:30– Chair Massage 9:30- Bingo 10:00– Line Dance <u>1:00– D&G Beginner Pokeno</u>	<u>9:00-CRAFT SHOW</u> 9:00– Fall Wii Bowling 9:30– Cornhole 9:30-Pinochle 9:30- Bingo 1:00– Beginner Crocheting 1:00– Crochet Social 12:45–Low Impact Cardio 2:00– Cardio Drumming	9:30- Beginner Quilting <u>9:30– Poker</u> 10:30– Strength Training w/ Gale 
17	18	19	20	21
9:00– Fall Wii Bowling 9:30- Bingo 9:30– Fall Bocce 10:30–Chair Yoga <u>11:30– Red Hats</u>	9:00– Fall Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:30–Fall Shuffleboard 10:30– Bible Study <u>11:00 - Veterans Social Meeting</u> 12:45– Canasta 1:00-Cardio Drumming	9:00– Fall Wii Bowling 9:30– Chair Massage 9:30– Women's Club! 9:30- Bingo 1 	<u>9:00– Bake Sale</u> 9:00– Fall Wii Bowling 9:30– Cornhole 9:30-Pinochle 9:30- Bingo <u>12:00-Thanksgiving Feast</u> 1:00– Beginner Crocheting 1:00– Crochet Social 12:45–Low Impact Cardio	<u>9:00– Ceramic Bowl Class</u> <u>9:30– Poker</u> 9:30- Beginner Quilting 10:30– Strength Training w/ Gale <u>1:00– Poetry Class</u>
24	25	26	27	28
9:00– Fall Wii Bowling 9:30- Bingo 9:30– Fall Bocce 10:30–Chair Yoga 	9:00– Fall Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:00-Stand by Me 50+ 9:30–Fall Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming 1:00-Pkeno 	9:00– Fall Wii Bowling 9:30– Chair Massage 9:30– Women's Club! 9:30- Bingo 10:00–Line Dance <u>1:00– D&G Beginner Pokeno</u>		



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>3</u>  Oven Fried Chicken Sweet Potato Casserole Peas & Carrots Cake	<u>4</u>  Baked Spaghetti Green Beans Garlic Bread Cookies	<u>5</u>  Beef Stew Mixed Vegetables Pie	<u>6</u>  Lasagna Salad Fruit	<u>7</u>  Chicken & Dumplings Broccoli Cookies
<u>10</u>  Meatball Sub Fries Corn Cake	<u>11</u> <u>FEAST</u>  Salmon Rice Broccoli Brownie	<u>12</u>  Cream Chip Beef Biscuit Fruit	<u>13</u>  BBQ Chicken Mac & Cheese Peas Cake	<u>14</u>  Chef Salad Veggie Soup Crackers Assorted Desserts
<u>17</u>  Pork Chops Mashed Potatoes Mixed Veggies Cake	<u>18</u>  Salisbury Steak Rice Green Beans Pie	<u>19</u>  Hot Dog Baked Beans Chef's Choice Veggie Cookies	<u>20</u>  <u>THANKSGIVING FEAST</u> Turkey, Stuffing, Mashed Potatoes, Green Beans, Corn, Cranberry Sauce, Gravy, Roll, Strawberry Shortcake	<u>21</u>  Bobbi Sandwich (Turkey, Stuffing, Cranberry Sauce) Chef's Choice Veggie Assorted Desserts
<u>24</u>  Hamburger Fries Mixed Veggies Fruit	<u>25</u> <u>FEAST</u>  Shrimp Corn Nuggets Chef's Choice Veggie Pie	<u>26</u>  Baked Chicken Rice Mixed Vegetables Cake	<u>27</u> <u>CENTER</u> <u>CLOSED</u>  <u>THANKSGIVING</u>	<u>28</u>  <u>CENTER</u> <u>CLOSED</u> <u>THANKSGIVING HOLIDAY</u>
	<u>MENU</u> <u>FOR</u> <u>NOVEMBER</u> <u>2025</u>	<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.		<u>KITCHEN STAFF</u> Mike Tedeschi Cook

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