

January 2020

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 BONK
SITE MANAGER

HEAD CHEF
PAUL O'BRIEN

BETSEY MOORE
CRAFT INSTRUCTOR

BEVERLY J. MCCOOL
PROGRAM COORDINATOR

BOARD OF DIRECTORS

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CHAIRMAN

DARREN WRIGHT
VICE-CHAIRMAN

LINDA MOFFETT
SECRETARY

GREGORY YACUCCI
TREASURER

HARRY KUTCH

BARBARA McCAFFERY

JOHN D. TRAVIS



Dine-Out Club

January dine out will be on
January 8, at Smiley's,
Rt. 273 @ 4:30 p.m.



PAJAMA BINGO

Friday, January 10, 2020
@ 10:00 a.m.
Lunch & Bingo \$5.00
(Cash Prizes and Door Prizes)
Regular Lunch \$3.00

ANNUAL MEMBERS' MEETING

Our open Council Meeting
will be held on
Wednesday, January 8, 2020
at 11:00 a.m.
Please plan to attend.



VALENTINES' BINGO

Friday, February 7, 2020
@ 10:00 a.m.
Lunch & Bingo \$5.00
(Cash Prizes and Door Prizes)
Regular Lunch \$3.00

SNOW CLOSING – It's that time of year when we must think about winter and snow. So, we must be prepared for when the snowflakes begin to fall. Tune in your radio for snow closing information – W.D.E.L (1150 AM), W.S.T.W. (93.7 FM) We will make every effort to let you know our status as early as possible. We will be listed by name: WESTON SENIOR CENTER. If you don't hear our name announced, we will be open. For our paratransit riders, DART will make the decision regarding service.



PLEASE, LISTEN TO YOUR RADIO!! DO NOT CALL THE CENTER!!

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.com

Facebook - Weston Senior Center

Website

E-mail

2017-2019 ADVISORY COUNCIL MEMBERS

Linda Brown Pat Burk Judy Egner Beverly Ellis Dot Evans Orval Foraker

Jeannette Henretty Dutchie Jensen Frank Kersey Jim McFarland



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 am. to 4:00 pm. 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– The next meeting will be on January 3, 2020 at 1:00 p.m. in the Adult Day Care Center. If you know anyone who would benefit from attending, please let them know about our group.

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 on Tuesdays thru Thursdays from 9:00 a.m. to 12:00 noon.



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.



QUILTING – Our quilters meet on Friday mornings from 9:30 a.m. to 11:30 a.m.
in the multi-purpose room. Stop by and see the beautiful items these amazing ladies have created .



BEGINNER KNITTING CLASS – If you are interested, please stop by and speak to Betsey.

CARDS AND GAMES ...



POKENO – We have a group of Pokeno players who play on the last Tuesday of the month at
12:45 p.m. in the Dining Room. We welcome new players.



BINGO – We would like to welcome everyone to play Bingo on Monday, Wednesday and Thursday morn-
ings from 9:45 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! **We need a Bingo
Caller for the 1st Wednesday of every month. Can you help?**



NICKEL/NICKEL – If Nickel/Nickel is your game, join one of the games going on in the Dining
Room every day. **New players are needed, so feel free to join a game.**



SHUFFLEBOARD – Shuffleboard is very popular. Our two tables are ready and waiting for you.
We are always looking for new players. Stop by any time.



BILLIARDS – 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 Room 3. 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 in the Multi-Purpose Room. We will be playing double deck
and it is open to everyone.



Wii BOWLING LEAGUE –Our first session ended the week of December 9, 2019. Congratulations to all
our bowlers! Our Second Session will run from January 6, 2020-April 6, 2020. All teams must pre-bowl
one set of 3 games by January 6, 2020. These scores will be “reserved” scores and used at each cen-
ters’ discretion in the event they need to close due to inclement weather . They may not be used for
sickness or unexpected absences.



RED HATS –The “Red Hot Mamas” meet on the second and fourth Monday of each month at 11:00
a.m. in the Dining Room followed by lunch at a local restaurant. See Dutchie Jensen to join the group
or for additional information.



PING-PONG– Thanks to a very generous donation, Weston now has a beautiful new Ping-Pong table.
The table is being utilized in the Multi-Purpose Room, across from the Bingo Room. The schedule for
use are Mondays, Wednesdays and Thursdays from 9:00 a.m.-3:00 p.m.

CLUBS and GROUPS ...



NON-DENOMINATIONAL BIBLE STUDY– Please welcome Barbara Petrucci, who will be offering Bible Study on Tuesdays from 10:30-11:30 a.m. beginning January 21, 2020. She would love to have you come. Here is an outline to give you an idea as to what to expect; I play inspirational CDs at the beginning and then open with a prayer. We also close with a prayer. We read line by line. If you are comfortable reading aloud, I encourage you to do so as I want participation. We share thoughts and questions. The focus is the “Word”. We study for information but mostly for transformation. If you have a bible please bring it with you. I am excited to share with you all.



DINING OUT CLUB – Our dine out group meets on the first Wednesday of each month at area restaurants at 4:30 p.m. Please check out our activities calendar near the back of this newsletter for locations and sign up on the sheet in the lobby if you will be joining us. It’s always fun to get together for a meal. If you need a ride, let us know. We can arrange carpooling. Important! This is a fundraiser for the center. Be sure to tell your family and friends. For those wanting to plan ahead, our February dine out will be at **Season’s Pizza, Wilmington Manor on February 5, 2020 @ 4:30 p.m.**



PEN PAL GROUP – Thanks to all our members who joined our Pen Pal group. Please have your next letters in by January 8, 2020.



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.

SPECIAL MEMBERSHIP MEETING–Our open council Meeting will be held on Wednesday, January 8, 2020 at 11:00 a.m. Please plan on attending.

WELLNESS AND PHYSICAL FITNESS ...



A MATTER OF BALANCE– FREE 8-week class; Tuesday, January 14, 2020-Tuesday, March 3, 2020. Time: 10:00 a.m.-12:00 noon. It is a nationally recognized program that helps participants address their fear of falling. The program is FREE and consists of two-hour classes offered once a week for a total of eight weeks. This class is limited to 15 participants so don’t delay. Sign-up soon!



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.

PLEASE NOTE: Be sure to check the schedule in the lobby as there are days that Joanne will not be here. **(No classes January 1 ,15 & 22).**



MOVING TO THE OLDIES w/ Joanne (The Old Zumba Class)–Our low impact, moving-to-music class is held on Thursday mornings from 10:00 a.m. to 11:00 a.m. Classes are \$4.00 per person per class.

PLEASE NOTE: Be sure to check the schedule in the lobby as there are days that Joanne has other commitments and will not be here. **(No class January 16)**



WALK, WALK, WALK - Watch out in the hallways! Our “walkers” are off and walking!! Walking will enhance your health and make you feel better.



AQUA-CARDIO CLASS– In partnership with Fraim Center for Active Adults, Weston will be offering an aquatic exercise class-8 week Aqua Cardio-Tuesdays & Thursdays, 8:45 a.m.-9:30 a.m. From January 7, 2020-March 24, 2020. The cost is \$40.00, but you will need to supply your own transportation to the Fraim Center, located at 669 South Union St. Wilmington, DE 19805. Payment must be presented at time of sign-up. Please sign-up at the front desk.

HEALTH SERVICES

THOUGHTFUL THURSDAY-“Education and Information Program” - Thursdays @ 11:30 a.m.

BLOOD PRESSURE SCREENING – Please note blood pressure screenings have moved to Thursdays! Blood pressure screening is available at the center on the 1st Thursday at 11:00 a.m. The nurse in the Weston Adult Day Care can check your blood pressure on the first Thursday. Please remember that this service is not intended to replace regular visits to your doctor. Only your doctor is best able to determine your medical needs.

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 \$20,600 for a single person and \$31,900 for a married couple after Medicare Part B is taken out. For more information, please contact the clinic at 651-4405.

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.



Delaware Medical Orders For Scope Of Treatment



FUNDRAISING

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!!



FUNDRAISING – November 2019

Below is our fundraising status
(July 1, 2019–June 30, 2020).



50/50s	\$440.00	
Donations – General	\$135.00	
Cans	\$23.50	
Bake Sale	\$692.00	
Total For November 2019	\$1,290.50	\$1,290.50
Total for October 2019		\$ 6,856.30
Total for September 2019		\$1,544.20
Total for August 2019		\$655.30
Total for July 2019		\$7,072.15
Total		\$17,418.45

Our fundraising for July 1, 2019 to June 30, 2020 is underway. We sure have a challenge to surpass the fundraising of last year. We continue to look for new and innovative ways to raise funds for the center. If you have any ideas, please let us know. A great way for you to help the center is to talk to your children and grandchildren. If they work for companies that encourage their employees to donate to the United Way, they can designate that their donation goes to the Weston Senior Center. Our designation number is 9336. Be sure to tell your family, friends and neighbors.

ALUMINUM CANS/TABS –

We recycle cans here at the Weston Senior Center. Recycling cans is a win-win for everyone. We help the environment and at the same time, earn money for the center. Be sure to put your empty aluminum cans in the container in the Dining Room. Also, bring in can tabs. We pull all the tabs off the cans and put them in large jars. When the jars get full, we take the tabs to the Ronald McDonald House.



RONALD McDONALD
HOUSE CHARITIES
OF THE CAROLINAS



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/>

HIGHMARK WALK FOR A HEALTHY COMMUNITY– Saturday, June 13, 2020. We have been chosen as one of 32 non-profits to participate in the 2020 walk. We are very excited and will be bringing you more information soon. Get your walking shoes on and help us reach our goal.

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. See Beverly for an appointment.



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 is available to provide services to our center on the first Tuesday of the month. If you need legal aid, please see Donna.



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 \$22,340 for a single person and \$30,260 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 DRIVER SAFETY PROGRAM – The next “Beginner” class of the AARP Driver Safety Program will be held on Tuesday, January 14, 2020 from 9:00 a.m. to 3:00 p.m. The cost of the course is \$15.00 for A.A.R.P. members (you must present your membership card) and \$20.00 for non-members and should be paid when you sign up. Please make checks payable to A.A.R.P. Sign-ups are taken on a first come, first serve basis with the class being limited to 25 participants. Please note that lunch is not included in the price, but is available for \$2.00. Check the menu.



AARP TAX ASSISTANCE-Thursdays from February 6, 2020-April 9, 2020. Appointment time-9:00 a.m.-1:00 p.m. Sign-up at the front desk.

STAND BY ME 50+ - Geri 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.



Upcoming

EVENTS

JANUARY 2020

Please join us in welcoming 2 new staff members Donna Bonk our new Site Manager & Paul O'Brien our new Chef!

CENTER CLOSED- HAPPY NEW YEAR! - Wednesday, January 1, 2020.

ANNUAL MEMBERS' MEETING – Our open Council Meeting will be held on Wednesday, January 8, 2020 at 11:00 a.m. in the dining room. Please plan to attend.

SUPER BOWL PARTY– Thursday, January 30, 2020. Time-11:00. Kickoff time is drawing near. It's time to let out a great big cheer. Join our party for a whole lot of fun. The countdown to the game has begun. Games, snacks and shenanigans will be had by all.

FEBRUARY

A MONTH OF CREATIVITY– Join us all month for some new arts and craft ideas.

Wednesday, February 5, 2020– “Geso Painting”-This technique looks hard but it is not. Join Liisa as she shows us how much fun painting with Geso can be. Cost-\$8.00. Time– 9:30 am.-12:00 noon.

Wednesday, February 12, 2020– Jewelry making with Valerie Abreu. You will be making a necklace and matching bracelet. Examples will be displayed by the bulletin board. Cost- \$5.00. Time– 10:00 a.m-12:00 noon.

Wednesday, February 19, 2020- “Pour Painting”-Join Kirsti as we try our hand at pour painting. You will be doing a vase and tiles in this class. Cost- \$8.00. Time– 9:30 a.m-12:00 noon. Acrylic Pouring is a fascinating fluid painting technique. It is based on acrylic paint, which can be brought into a liquid, pourable consistency with the addition of Pouring Medium and other additives as required. Depending on the technique, this liquefied paint is then poured into each other and then onto a vase or tile.

FRIENDS AND LOVERS– Join us for a Weston edition of the Newlywed Game we are calling “Friends and Lovers”, Thursday, February 13, 2020. Time-11:00 a.m.

HAPPY BIRTHDAY! –We wish a very Happy Birthday to all of our members who celebrate their birthday in January. Check out the birthday display in the hallway. We offer a “free” lunch to those who eat at the center on their birthday. If you are here on your birthday, we will sing to you at lunch and we will celebrate everyone's birthday on our “birthday day” each month.

MARTIN LUTHER KING BIRTHDAY - Martin Luther King Jr. was born on January 15, 1929, in Atlanta, Georgia. King, both a Baptist minister and civil-rights activist, had a seismic impact on race relations in the United States, beginning in the mid-1950s. Through his activism, he played a pivotal role in ending the legal segregation of African-American citizens in the South and other areas of the nation, as well as the creation of the Civil Rights Act of 1964 and the Voting Rights Act of 1965. King received the Nobel Peace Prize in 1964, among several other honors. King was assassinated in April 1968, and continues to be remembered as one of the most lauded African-American leaders in history, often referenced by his 1963 speech, "I Have a Dream."

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 replacing our boilers. Please support the center if you can! Special thanks to those that have made such generous contributions so far!

HELP WANTED!



HELP WANTED!!! WE NEED YOU!!! – We need your help! Can you help out your center for even one day a month, whether it is with calling bingo, setting up for coffee or selling 50/50s? Many hands make light work, so volunteer to help. Most of the work will not interfere with your activities at the center and can be fun. Please consider lending a hand! See a council member for more details.

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>January 2020</u>		
2nd: 9:30 a.m. to 11:30 a.m. Practice your skills.	9th: 9:30 a.m. to 11:30 a.m. Practice your skills.	16th: 9:30 a.m. to 11:30 a.m. Practice your skills.
23rd: 9:30 a.m. to 11:30 a.m. Practice your skills.	30th: 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 November 16, 2019 to December 15, 2019:

Charlotte Cherry
Alice Johnson
Daphne Robertson

Jacqueline Cole
Larry Leonzio
Karla Twyman

Pat Demko
Robert Mason

A BRAIN TRAINING PROGRAM!

We need just a few more participants to get started, sign-up NOW!!

“HOLD THAT THOUGHT”

Weston Senior Center 1 Bassett Ave.

New Castle DE 19720

302-328-6626



We are open:

Tuesdays &
Thursdays

10:00 AM-
2:00 PM

Our Affordable

Rates:

Daily Rate:
\$20.00

(Includes
Lunch)

Billed
Monthly!

Are you starting to notice that you are not as sharp as you used to be?

HOLD THAT THOUGHT is a brain training tool that may help. With the guidance of a caring staff you will learn an assortment of skills to help navigate the changes that are taking place.

Our program offers a fun, safe and active environment. For more information or to schedule an appointment please contact Vicki Sheraton @ 302-328-6626





DAY TRIPS

HARRINGTON-MIDWAY SLOTS – *We regret having to increase the cost of our Harrington trips, but we can no longer cover the cost of the bus. Beginning with our January 15, 2020 Harrington Trip the cost will be \$23.00 per person.* It's back to Harrington-Midway Slots on Wednesday, January 15, 2020 and Wednesday, February 12, 2020. The cost of the trips is \$23.00 each and includes transportation, \$15.00 in slot play and \$7.00 towards the buffet. The bus will leave the center at 8:30 a.m. and leave Harrington at 2:30 p.m.

SPIRIT OF PHILADELPHIA– Bingo & lunch Cruise. Wednesday, July 22, 2020. Cost \$75.00.
Trip includes: transportation, cruise, bingo and lunch.

SIGHT & SOUND– QUEEN ESTHER–Tuesday, August 25, 2020. Cost-\$115.00. Trip includes: transportation, show & lunch at Shady Maple.

TROPICANA, ATLANTIC CITY–"Tribute to some of the world's most famous duets"–Monday, September 21, 2020. Cost-\$55.00 pp. Trip includes: transportation, \$20.00 in bonus slot play, admission to the 3:00 p.m. show at the Tropicana. Bus leaves at 9:00 a.m. and returns at 7:00 p.m.

EXTENDED TRIPS

NASHVILLE & PIGEON FORGE–Featuring The Smoky Mountain Shindig–8 days & 7 nights. May 11-18, 2020. Cost-\$1,295.00 pp. \$200 deposit due at time of sign-up. Balance is due by March 6, 2020. Flyers available at the front desk. Don't wait. This trip will sell out fast!

FINGER LAKES, NEW YORK–"Wine and dine in Scenery Divine"– 4 Days-3 Nights. October 5-8, 2020. Cost- \$650.00 pp. \$100 deposit to hold your place. Balance due by July 17, 2020. Flyers available at the front desk.

*****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 now 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. If you want to go on a trip, you will not be "signed up" unless you pay in full for 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. For all trips involving a casino you must be 21 or older.
- ◆ All emergency forms must be on file prior to departure.
- ◆ 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.

Winter Word Search

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

BLIZZARD

BOOTS

COAT

COCOA

COLD

DECEMBER

EARMUFFS

FEBRUARY

FIREPLACE

FROSTY

HAT

ICE

ICICLES

JANUARY

MARCH

MITTENS

PLOW

SCARF

SHOVEL

SKIING

SLEDDING

SNOW
















SWEATER

WINTER



January 2020

Weston Senior Center Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
			10:00 - Moving to the oldies w/ Joanne 9:30-Pinochle 9:45- Bingo	9:30- Quilting Class 1:00– Caregivers support meeting ADC
6	7	8	9	10
9:00 & 12:30– Wii Bowling 9:45- Bingo 	8:45– Aqua Cardio @ Fraim Center. 9:00 & 12:30– Wii Bowling 	9:00 & 12:30– Wii Bowling 9:00-Pen Pal Letters due! 9:45- Bingo 10:00– Line Dance 11:00-Advisory Council 4:30– Dine Out Club– Smiley’s Rt. 273	8:45– Aqua Cardio @ Fraim Center. 9:00 & 12:30– Wii Bowling 9:30-Pinochle 9:45- Bingo 10:00 - Moving to the oldies w/ Joanne 11:00 – Blood Pressure Screening (ADC)	9:30- Quilting Class 10:00- Pajama Bingo Lunch only- \$3.00
13	14	15	16	17
9:45- Bingo 9:00 & 12:30– Wii Bowling 11:00-Red Hats 	8:45– Aqua Cardio @ Fraim Center. 9:00 & 12:30– Wii Bowling 9:00-AARP Safe Driving Beginner Class 9:30– A Matter of Balance (Class 1)	8:30– Harrington Trip 9:00 & 12:30– Wii Bowling 9:45- Bingo 	8:45– Aqua Cardio @ Fraim Center. 9:00 & 12:30– Wii Bowling 9:00– Stand By Me 50+ 9:30-Pinochle 9:45- Bingo 	9:30- Quilting Class 
20	21	22	23	24
9:45- Bingo 9:00 & 12:30– Wii Bowling 	8:45– Aqua Cardio @ Fraim Center. 9:00 & 12:30– Wii Bowling 9:30– A Matter of Balance (Class 2) 10:30– Bible Study	9:00 & 12:30– Wii Bowling 9:45- Bingo 	8:45– Aqua Cardio @ Fraim Center. 9:00 & 12:30– Wii Bowling 9:30-Pinochle 9:45- Bingo 10:00 - Moving to the oldies w/ Joanne 11:00 – Blood Pressure Screening	9:30- Quilting Class 
27	28	29	30	31
9:00 & 12:30– Wii Bowling 9:45- Bingo 11:00-Red Hats 	8:45– Aqua Cardio @ Fraim Center. 9:00 & 12:30– Wii Bowling 9:30– A Matter of Balance (Class 3) 10:30– Bible Study 12:45 p.m. Pokemo	9:00 & 12:30– Wii Bowling 9:45- Bingo 10:00– Line Dance 	8:45– Aqua Cardio @ Fraim Center. 9:00 & 12:30– Wii Bowling 9:45- Bingo 9:30-Pinochle 10:00 - Moving to the oldies w/ Joanne	9:30- Quilting Class 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>MENU FOR JANUARY 2020</p>	<p>PLEASE NOTE: The Howard J. Weston Community and Senior Center, Inc. does not discriminate on the basis of sex, race, national origin, handicap or creed.</p>	<p><u>1</u>  CENTER CLOSED NEW YEAR'S DAY</p>	<p><u>2</u>  Three Cheese Ziti Tossed Salad Garlic Bread Chocolate Chip Cookie</p>	<p><u>3</u>  Tuna Salad Platter w/ Tomatoes, Hard Boiled Egg & Tuna Salad Bread Stick Assorted Desserts</p>
<p><u>6</u>  Chicken Tenders French Fries Green Beans Peach Crisp</p>	<p><u>7</u>  Grilled Ham & Cheese Tomato Soup Chips or Pretzels Jello</p>	<p><u>8</u>  Chef's Salad with Choice of Dressing Bread Stick Brownies</p>	<p><u>9</u>  Stuffed Shells w/ Marinara Sauce Italian Vegetable Blend Sugar Cookie</p>	<p><u>10</u>  Baked French Toast Scrambled Eggs Sausage Warm Spiced Apples</p>
<p><u>13</u>  Stuffed Cabbage in Tomato Sauce Mashed Potatoes Succotash Mandarin Oranges</p>	<p><u>14</u>  Hamburger on a Roll w/ Lettuce & Tomato Macaroni Salad Cucumber/Tomato Salad Applesauce</p>	<p><u>15</u>  Chicken with Sour Cream Mushroom Sauce Brown Rice Green Beans Peanut Butter Cup Mousse</p>	<p><u>16</u> FEAST  Roast Beef Mashed Potatoes Gravy German Vegetable Blend Cupcakes</p>	<p><u>17</u>  Italian Sub 3 Bean Salad Chips or Pretzels Assorted Desserts</p>
<p><u>20</u>  Spaghetti with Meatballs Tossed Salad Garlic Bread Fruit</p>	<p><u>21</u>  Baked Fish Macaroni & Cheese Stewed Tomatoes Vanilla Pudding</p>	<p><u>22</u>  Chicken Caesar Salad Cream of Potato Soup Crackers Oatmeal Raisin Cookie</p>	<p><u>23</u>  Meatloaf Mashed Potatoes Gravy Carrots Lemon Delight</p>	<p><u>24</u>  Egg Salad on a Roll w/ Lettuce & Tomato Veggie Pasta Salad Assorted Desserts</p>
<p><u>27</u>  Chili Green Beans Cornbread Peanut Butter Cookie</p>	<p><u>28</u>  Hot Dog on a Roll Sauerkraut Baked Beans Apple Pie</p>	<p><u>29</u>  BBQ Chicken Scalloped Potatoes Broccoli Sugar Free Jello</p>	<p><u>30</u> FEAST  Steamed Shrimp Baked Potatoes Cole Slaw Birthday Cake & Ice Cream BIRTHDAY DAY</p>	<p><u>31</u>  Taco Salad Tortilla Chips Assorted Desserts</p>

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