

November 2019

# HOWARD WESTON SENIOR CENTER

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

## STAFF

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EXECUTIVE DIRECTOR

VICKI K. SHERATON  
DIRECTOR

DOROTHY J. LOVETT  
SITE MANAGER

BETSEY MOORE  
CRAFT INSTRUCTOR

BEVERLY J. MCCOOL  
PROGRAM COORDINATOR

ROBERT SCHNEIDER  
HEAD CHEF

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## Dine-Out Club

November's dine out will be  
on November 6, 2019 @  
Ruby Tuesday's Rt. 40 & 7  
@ 4:30 p.m.

## BIG CASH BINGO-

SUNDAY, NOVEMBER 3rd. The event  
begins at 2:00 p.m. w/ doors  
opening at 1:30 p.m. Tickets are  
\$20.00. See Dottie for tickets.

## THANKSGIVING DAY BUFFET & BAKE SALE

**Thursday, November 21, 2019.**

Tickets will be available on  
Monday, November 18, 2019.  
A \$4.00 donation is requested for this  
special meal. You may purchase two  
tickets per person. The menu of the day is  
listed on the menu page of  
this newsletter.

## 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**

**WEBSITE** – WestonSeniorCenter.org

**Facebook** - Weston Senior Center

**E-mail**

## **2019-2021 ADVISORY COUNCIL MEMBERS**

Tanya Bayard

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**

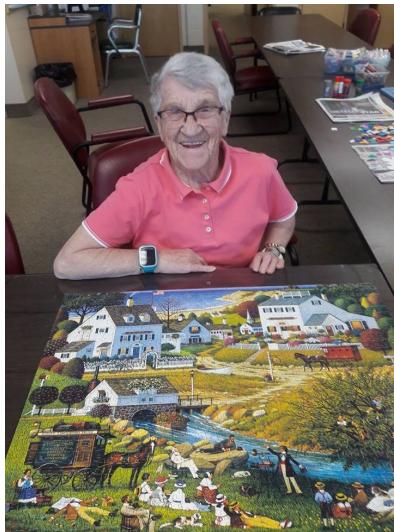
**Check out our NEW website: <http://www.westonadultdaycare.org/>**

**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.

**CAREGIVER'S SUPPORT GROUP** – The next meeting will be on October 4, 2019 at 1:00 p.m. in the Adult Day Care Center. If you know of 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 & bingo 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 Community Room. We welcome new players.



**BINGO** – We would like to welcome everyone to play Bingo on Monday, Wednesday (as long as we have enough people to play) and Thursday mornings from 9:40 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?



**ALL- DAY BINGO** – Join us as we play a new Bingo event once a month! On Wednesday, November 20, we will be hosting all-day bingo. From 9:45-11:30 a.m. we will play bingo, have lunch and then bingo from 12:30-2:30 p.m. This is Penny/Nickel Bingo. So bring your chips and your money!!



**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 Community Room. We will be playing double deck and it is open to everyone.



**FALL Wii BOWLING LEAGUE** – In 2020 the "Wii Bowling League of Northern Delaware" will be celebrating 10 Years of keeping seniors active and involved. In honor of this milestone, we are holding a contest to create a tee-shirt design that represents our organization.

Rules- Each team may submit as many ideas as they would like, there is no limit. Each design must be created by member/members of a team. Please use the tee-shirt template for your design. The design is for the FRONT ONLY. The Design is 1 color ONLY. All designs must be emailed or hand delivered to Sean @ St. Anthony's by Friday, January 31, 2020. The designs will be voted on by the Wii Bowling Council and the winning team will receive a prize. This is a voluntary request; you are not obligated to participate.

## CLUBS and GROUPS ...



**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 is Mondays, Wednesdays, & Thursdays from 9:00 a.m.-3:00 p.m.



**RED HATS** – The “Red Hot Mamas” meet on the 2nd & 4th 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.



**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 December dine out will be on December 4, 2019 @ Legend Restaurant (Formerly Arner's, Rt 13)**.



**PEN PAL GROUP** – If you are interested in this year’s pen-pal group, leave your name with Dottie and we will keep you posted.



**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.

## WELLNESS AND PHYSICAL FITNESS ...



**CHRONIC PAIN SELF-MANAGEMENT PROGRAM**- More knowledge about chronic pain can: help prevent and/or delay health complications, identify techniques to help diminish chronic pain, help people with chronic pain understand the importance of an action plan for chronic pain control and improve chronic pain self-management. More knowledge about chronic pain can improve your life! When: 10/15-11/26 -Tuesdays, from 9:30 a.m.-12 p.m.. (NO CLASS Nov. 5) 11/12, 11/19 & 11/26)



**FREE CHAIR EXERCISES & MORE-FREE** 8 Week Chair Exercise Class– Wednesdays and Fridays from 9:15-10:00 am. Wednesdays– November 13th, 20th, 27th & December 4th. Fridays–November 1st, 8th, 15th, 22nd. These exercises are designed to improve balance, endurance, strength and flexibility. You will learn breathing techniques as well as exercises you can do at home at your leisure. We will start slowly and gradually increase the repetitions for each activity. Part of the program will include health information to improve your health and well-being. Join us for this interactive and fun class!



**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.



**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 in November)**



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



**LETS DO IT AGAIN! AQUA-CARDIO CLASS**- In partnership with Fraim Center for Active Adults, Weston will be offering an aquatic exercise class. 8-week Aqua-Cardio- Tuesdays, 8:45 a.m.-9:30 a.m. through-November 12th. Cost- \$20.00 , 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 with Dottie.

## FUNDRAISING



### **FUNDRAISING – September 2019**

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



50/50s	\$285.00	
Donations – General	\$1,150.00	
Donations - Memorial	\$75.00	
Cans	\$34.20	
Total for September	\$1,544.20	\$1,544.20
Total for August		\$655.30
Total for July		\$7,072.15
Total		\$9,271.65

Our fundraising for July 1, 2019 to June 30, 2020 has begun. 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.

**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!!

### **ALUMINUM CANS/TABS –**

We recycle aluminum 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.

**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/>

**BASKETFEST 2019** – Thank you to all our members, friends, staff and Board who supported us with this event. Together we raised over \$5,740.00

**10 WEEK CLUB**- Tickets are still for sale! Cost- \$5.00. Each Wednesday, starting October 16th, we will draw 3 winners (\$15- \$10- \$5). If your name is drawn, your ticket will be put back into the pot and you could win again. The 10th week winners will receive, \$150- \$100- \$50. Get your tickets NOW!

**HIGHMARK WALK FOR A HEALTHY COMMUNITY 2020**– 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 we will be bringing you more information soon! Get your walking shoes on and help us to reach our goal!

## HEALTH SERVICES

### THOUGHTFUL THURSDAY—"Education and Information Program" - Thursdays @ 11:30 a.m.

Thursday, November 7-To be Determined  
Thursday, November 14- Senior Medicare Patrol  
Thursday, November 21-NO SPEAKER  
Thursday, November 28-CLOSED- NO SPEAKER



**BLOOD PRESSURE SCREENING** – Unfortunately the organization which that we had come in to do blood pressure screenings has gone out of business. We are in the process of securing a new company to take over. More information to come in Decembers newsletter. Weston's nurse in our Adult Day Care will still be available to check blood pressures on the first Monday of the month.



**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 Dottie 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.



## 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 Dottie 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 Chicona 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 Dottie.



**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 Dottie.

**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 “Refresher” class of the AARP Driver Safety Program will be held on Tuesday, November 5, 2019 from 10:00 a.m. to 2:30 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.



**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 Dining 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.





**HAPPY BIRTHDAY!** -We wish a very Happy Birthday to all of our members who celebrate their birthday in November. 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.

**MEDICARE OPEN ENROLLMENT PART D** -During Open Enrollment Medicare, which runs from October 15 thru December 7 for a January 1, 2020 effective date, you can switch your Part D plan. It is important to review your plan because the drug formularies can change each year. If you would like help with choosing a plan, see Dottie for an appointment.

**TECHNOLOGY FOR SENIORS** – 3 part series-Monday; October 28th, November 4th & 11th @ 10:00 a.m-11:30 a.m. cost- \$5.00 .You will learn about–Your device operating system (cell phone, tablet or laptop). What model, service plan, and type of system you have, including maintenances, how to know if you are connected to the WIFI (cell phone and Tablet feature or Public Access), understand your level of strength to the WIFI (3G, 4G or 5G). Security and privacy settings (how to protect your device and personal information). Common tasks on your phone or tablet. Working with Apps (Downloading, Adding and Deleting Apps.). Basic Apps, (making phone calls, Text Messaging, email, Gmail , Internet or Browser, photos and videos, downloading apps, Voice Activation and more). Setting up email accounts. Discussion of social media and how to protect yourself using (Facebook, Groupon, Google Services and others). There is a limited amount of space, so sign-up soon. (Please bring your phone, tablet or laptop to class with you.) **WAITING LIST ONLY!**

**MAMMOGRAMS** – Tuesday, November 19, 2019. For more information, see Dottie at the front desk.

**THANKSGIVING BUFFET & BAKE SALE** Thursday, November 21, 2019. (Cost-\$ 4.00 & take out is \$ 5.50). Tickets go on sale Monday, November 18, 2019.

**THANKSGIVING HOLIDAY**– The center will be closed on Thursday, November 28th & Friday, 29th to celebrate Thanksgiving!

**STOCKINGS FOR SOLDERS**– We are going to be creating care packages for our solders overseas. If you would like to contribute, there will be a list posted on the small bulletin board with a list of items we are looking for! Thank you for your support.

**PENGUIN LINE DANCE PARTY**-Friday, December 6, 2019. Doors open at 9:30 a.m. Cost- \$10.00. An all-day line dance party!! No teaching, just dancing. Joanne Brady will be spinning the records and we will be sweating up a storm. A continental breakfast and lunch are included! Loaded Baked Potato Soup or Chicken Rice Soup, Ham & Cheese or Chicken Salad Sandwich, chips or pretzels, fruit, dessert. coffee, hot tea, iced tea and water.

**WAITING LIST ONLY**

**CRAFT, QUILTING AND CERAMIC ROOM HOLIDAY PARTY**– Tuesday, December 10, 2019. Time- 11:00 a.m. This will be a pot luck party like last year and it will be held in the Bingo room. Sign-up sheets will be posted in the rooms by November 4th.

**CHRISTMAS BUFFET**-Thursday, December 19, 2019. (Cost-\$ 4.00 & take out is \$ 5.50) Tickets go on sale Monday, December 16, 2019.

**RINGING IN THE NEW YEAR WITH GRANDKIDS**– Thursday, January 2, 2020. Time-10:30 a.m.-1:00 p.m. Cost-\$3.00 pp. Join us to celebrate the New Year with a Grandparent/Great-grandparent/Grandkids Party! We will be doing an age -appropriate craft, lunch, dessert and New Year Bingo! This event requires advanced sign-ups and payment. When signing up, please let Dottie know how old your grandkids are. This event is open to children ages 4-12.

## 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

Monetary donations are welcome at any time. We are currently collecting donations to help offset the cost of replacing our walk-in freezer. 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.

November 2019		
7th: 9:30 a.m. to 11:30 a.m. Practice your skills.	14th: 9:30 a.m. to 11:30 a.m. Practice your skills.	21st: 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 June 16, 2019 to July 15, 2019:

Janet Beaumont

Patricia Brouillette

Carolyn Butler

Terry Chang

Betty Episcopo

Sue Garlewski

May Lin

Curt Matherly

Darlene Matherly

Mary Oliver

Carleton Washington

Sherry Wimmer

David Wyre

Nerina Wyre

### A BRAIN TRAINING PROGRAM!

## **“HOLD THAT THOUGHT”**

*Weston Senior Center 1 Bassett Ave.*

*New Castle DE 19720*

*302-328-6626*



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

#### We are open:

Tuesdays & Thursdays

10:00 AM- 2:00 PM

Our Affordable Rates:

Daily Rate: \$20.00

(Includes Lunch)

Billed Monthly!





## DAY TRIPS

HARRINGTON-MIDWAY SLOTS – It's back to Harrington-Midway Slots on Wednesday, November 13, 2019, and Wednesday, December 11, 2019. The cost of the trips is \$20.00 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.

## AMERICAN MUSIC THEATRE CHRISTMAS SHOW -“DECK THE HALLS”& SHADY MAPLE-

Tuesday, December 17, 2019. Bus leaves at 9:30 a.m. and returns approximately at 6:30 p.m. \$85.00 PP (Includes show, lunch & transportation) Feast on the delicacies at Shady Maple, browse the shops and then travel to the American Music Theater for their Christmas show “Deck the Halls.” This year’s show is sure to be the highlight of your holiday season. It will warm your heart and touch your soul with world-class entertainment and sentimental tributes to the true meaning of Christmas. Join us as we get into the spirit of the season. **THIS TRIP IS SOLD OUT-WAITING LIST ONLY!**

## EXTENDED TRIPS

### VIRGINIA BEACH, VIRGINIA– Christmas at The Beach 3 Days–2 Nights - December 1-3, 2019

Cost: \$360.00 pp. (Double Occupancy). There are still a few seats available. Flyers available at 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.
- ◆ 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.



# Thanksgiving Word Search

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

1. Carve	11. Holiday
2. Celebrate	12. November
3. Colonist	13. Pilgrim
4. Cornucopia	14. Platter
5. Cranberry	15. Pumpkin
6. Dessert	16. Thanksgiving
7. Farmer	17. Tradition
8. Feast	18. Turkey
9. Gather	19. Vegetable
10. Harvest	20. Worship



November 2019

Weston Senior Center Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				9:30- Quilting Class 9:30- FREE Chair Exercise & More Class 10:00- "No Turkey Bingo!" \$5.00 (Just lunch \$3.00) 1:00-Care Givers Support Meeting (ADC)
3/4	5	6	7	8
<b>Big Fall Bingo</b> Doors open at 1:30 Cost-\$20.00	<b>8:45-Aqua Cardio @ Fraims</b> <b>9:00-Fall Wii Bowling</b> <b>10:00-AARP Refresher Driving Class</b> <b>12:30-Fall Wii Bowling</b>	<b>9:00- Wii Bowling</b> 9:40- Bingo 10:00- Line Dance 11:00-Advisory Council <b>12:30-Wii Bowling</b> 4:30- Dine Out Club- Ruby Tuesday's Rt 40 & 7	<b>9:00-Wii Bowling</b> 9:30-Pinochle 9:40- Bingo	9:30- Quilting Class 9:30- FREE Chair Exercise & More Class
<b>9:00-Wii Bowling</b> 9:30- FREE Chair Exercise & More 9:40- Bingo <b>12:30-Wii Bowling</b>				
11	12	13	14	15
<b>9:00- Wii Bowling</b> 9:30-FREE Chair Exercise & More 9:40- Bingo <b>12:30-Wii Bowling</b>  	<b>8:45-Aqua Cardio @ Fraims</b> 9:00-Wii Bowling <b>9:30-Jewelry class-The Tree of life.</b> <b>9:30-Chronic pain Self-Management Program</b> 12:30-Wii Bowling	<b>8:30- Harrington Trip</b> <b>9:00-Wii Bowling</b> 9:40- Bingo <b>12:30- Wii Bowling</b> 	<b>9:00-Fall Wii Bowling</b> 9:00- Stand By Me 50+ 9:30-Pinochle 9:40- Bingo 11:30- Thoughtful Thursday- Senior Medicare Patrol	9:30- Quilting Class 9:30- FREE Chair Exercise & More Class  
18	19	20	21	22
<b>9:00- Wii Bowling</b> 9:30-FREE Chair Exercise & More 9:40- Bingo 11:00-Red Hats <b>12:30-Wii Bowling</b>	<b>8:30- Mammograms</b> <b>8:45-9:30- Aqua Cardio @ Fraim's</b> <b>9:30-Chronic pain Self-Management Program</b> 12:30-Wii Bowling	<b>9:40- All Day BINGO</b> 10:00- Line Dance <b>12:30- Wii Bowling</b> 	<b>9:00-BAKE SALE</b> <b>9:00-Wii Bowling</b> <b>9:00- Stand By Me 50+</b> 9:30-Pinochle 9:40- Bingo <b>12:00-Thanksgiving Buffet</b>	9:30- Quilting Class 9:30- FREE Chair Exercise & More Class  
25	26	27	28	29
<b>9:00-Fall Wii Bowling</b> 9:40- Bingo <b>10:00- Technology for Seniors Part 1</b> <b>12:30-Wii Bowling</b>  	<b>8:45-9:30- Aqua Cardio @ Fraim's</b> <b>9:30-Chronic pain Self-Management Program</b> <b>9:30-Jewelry class-The Tree of life.</b> <b>12:30-Wii Bowling</b> 12:45-Pokeno	<b>9:00-Fall Wii Bowling</b> 10:00- Line Dance <b>12:30-Fall Wii Bowling</b> 	<b>CLOSED</b>  	<b>CLOSED</b>  

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MENU FOR NOVEMBER 2019</b>		ROB SCHNEIDER Head Chef 	<b>PLEASE NOTE:</b> The Howard J. Weston Community and Senior Center, Inc. does not discriminate on the basis of sex, race, handicap, national origin or creed.	 <b>1</b> Cheese Burgers Baked Potato w/ toppings bar Cole Slaw Assorted Desserts
<b>4</b>  Roasted Herb Chicken Scalloped potatoes Green Beans Brownies	<b>5</b>  Cheese Ravioli in Sauce Green Salad Rolls Cookies	<b>6</b>  Sausage, Egg & Cheese on a Biscuit Hash Browns Fruit	<b>7</b>  Sloppy Joes Roasted Carrots Chips or Pretzels Cookies & Cream Mousse	<b>8</b>  Turkey, Cranberry & Spinach Wraps Creamed Corn French Fries Assorted Desserts
<b>11</b>  Sausage & Peppers on a Roll Dill Cucumber Salad Coffee Cake	<b>12</b>  Beef Empanadas Corn & Black Beans Spanish Rice Churros	<b>13</b>  Baked Tilapia Baked Potato Salad Ice Cream	<b>14</b>  Meatloaf Mashed Potatoes Gravy Glazed Carrots Cookies & Cream Mousse	<b>15</b>  Breaded Fish Sandwich with Lettuce & Tomato Broccoli Salad Chips or Pretzels Assorted Desserts
<b>18</b>  Grilled Cheese Tomato Soup Peas Brown Sugar Apples	<b>19</b>  BLT Chicken Salad Dinner Roll 3 Bean Salad Chips or Pretzels Chocolate Pudding	<b>20</b>  Baked Ziti Garlic Bread Salad Brownies	<b>21</b> <u>THANKSGIVING BUFFET</u>  Roast Turkey, Gravy Mashed Potatoes Sweet Potatoes Stuffing, Rolls Two Veggies Salad Bar Pumpkin Pie	<b>22</b>  Bobbie Sandwich Potato Cakes Mixed Vegetables Assorted Desserts
<b>25</b>  Baked Potato Soup Salad Rolls Peanut Butter Mousse	<b>26</b>  BBQ Chicken Legs Peas Tater Tots Cookies	<b>27</b>  Pulled Pork Sandwich Cole Slaw Baked Beans Cake & Ice Cream <u>BIRTHDAY DAY</u>	<b>28</b> <u>Thanksgiving</u> <u>CENTER</u> <u>CLOSED</u> <u>THANKSGIVING</u> <u>DAY</u>	<b>29</b>  <u>CENTER</u> <u>CLOSED</u> <u>THANKSGIVING</u> <u>HOLIDAY</u>

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