

October 2019

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

DOROTHY J. LOVETT
SITE MANAGER

BETSEY MOORE
CRAFT INSTRUCTOR

BEVERLY J. MCCOOL
PROGRAM COORDINATOR

ROBERT SCHNEIDER
HEAD CHEF

BOARD OF DIRECTORS

CHARLES S. STEPHAN
CHAIRMAN

DARREN WRIGHT
VICE-CHAIRMAN

LINDA MOFFETT
SECRETARY

GREGORY YACUCCI
TREASURER

HARRY KUTCH

BARBARA McCAFFERY

JOHN D. TRAVIS



10 WEEK CLUB

Tickets are on sale now!
Cost- \$5.00. Drawing begins
October 16th-December 18th

Dine-Out Club

October's dine out will be on
October 2, 2019 @
Red Lobster, Churchman's Rd.
@ 4:30 p.m.

WESTON'S CRAFT SHOW-

Wednesday, October
23rd- 9:30 a.m.-1:00
p.m. & Thursday, October
24th- 9:30 a.m.-2:00 p.m.

BASKETFEST-

OCTOBER 13, 2019

Join us for this wonderful
fundraiser.
Tickets are \$20.00 & on
sale now!

"OCTOBERFEST BINGO"

BINGO- Friday, October 4, 2019 @
10:00 a.m.

10 Games of Bingo with cash
prizes and a wonderful lunch.

Cost-\$5.00

(Just Lunch, \$3.00)

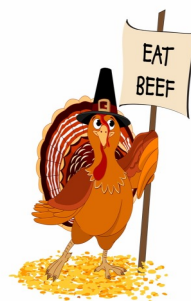
"NO TURKEY BINGO"

FRIDAY BINGO- Fri-
day, November 1,
2019 @ 10:00 a.m.

10 Games of Bingo
with cash prizes and a
wonderful lunch.

Cost-\$5.00

(Just Lunch, \$3.00)



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

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

Website

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"



WESTON'S CRAFT SHOW- Wednesday, October 23rd- 9:30 a.m.-1:00 p.m. & Thursday, October 24th- 9:30 a.m.-2:00 p.m. Start your Christmas shopping early!



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.



SPECIAL JEWELRY CLASS- "The Tree of Life Pendant"-Tuesday, November 26th. Time-9:30 a.m.-11:30 a.m. Cost \$ 10.00. Limited spaces available so don't wait. Sign-up sheet is on the bulletin board. Payment due at time of sign-up.

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 9:45 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?**



ALL- DAY BINGO- Join us as we play a new Bingo event once a month! On Wednesday, October 30, 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 – Welcome to all our Wii Bowlers! The league began on Monday, September 9th. All teams are required to bowl 3 games of "reserved scores" before 10/7/2019. We are looking for people willing to be substitutes when needed. If you are interested, please see Beverly. Good luck to all our teams!

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 November dine out will be on November 6, 2019 at Ruby Tuesday’s-Rt. 40 & 7.**



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.. (10/15, 10/22, 10/29, (NO CLASS Nov. 5) 11/12, 11/19 & 11/26)



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 as there are days that Joanne will not be here.



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 October 3rd & 10th)**



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. September 24th-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 – August 2019

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



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!!

50/50s	\$439.00	
Donations – General	\$75.00	
Donations - Memorial	\$25.00	
Cans	\$9.30	
Farmer Frank	\$107.00	
Total for August		\$655.30
Total for July		\$7,072.15
Total		\$7,727.45

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 OCTOBER 13, 2019– Join us for this wonderful fundraiser. We are in the process of creating over 50 themed baskets with a value of between \$35 & \$60 and Super Baskets ranging in value between \$200-\$500. How it works– We sell event tickets for \$20.00. You receive 20 regular tickets and 1 Super ticket to place in containers in front of the baskets you would like to win. The doors open at 1:30 p.m. and lunch is served at 2:30 p.m. (Lunch is included with your ticket price). You may purchase additional tickets at the event to increase your chances of winning! After lunch, we begin drawing tickets and make a lot of people happy! Tickets are on sale now! Don't wait. This is a VERY popular event!

10 WEEK CLUB- Tickets are on sale now! 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!

HEALTH SERVICES

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

Thursday, October 3-Ingleside-Denise “Up-date on Medicare part D, what you need to know!”

Thursday, October 10- Geri Huss- Stand by me 50+

Thursday, October 17- “Stop Senior Scammers”.



BLOOD PRESSURE SCREENING – Please note blood pressure screenings have moved to Thursdays! Blood pressure screening is available at the center on the 1st and 3rd Thursday at 11:00 a.m. The nurse in the Weston Adult Day Care can check your blood pressure on the first Thursday and a nurse from Generations Homecare will be here on the third 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 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 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 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 October. 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.

FLU SHOTS - Walgreens will administer Flu and Pneumonia shots at the center on Tuesday, October 8, 2019 @ 9:30 a.m. Sign-up sheet is at Dottie's desk..

BOSCOV’S “FRIENDS HELPING FRIENDS” DISCOUNT COUPONS –Help us with this great fundraiser! Each year, Boscov’s sponsors a “Friends Helping Friends” day to help area non-profit organizations raise money for their programs and services. The date this year is Wednesday, October 16, 2019 beginning at 9:00 a.m. Mark your calendar and be sure to ask your friends, family and neighbors to support the Weston Senior Center by buying a Boscov’s coupon. We have coupons available now for \$5.00 each!

WESTON’S CRAFT SHOW-Wednesday, October 23rd– 9:30 a.m.–1:00 p.m. & October 24th- 9:30 a.m.-2:00 p.m. Stop by and see what wonderful items the craft, ceramic & quilting rooms have been creating. This is a great time to pick up a beautiful handmade gift for the holidays. There will be plenty of Fall and Christmas items available for sale. Mark your calendar so you won’t miss out!

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.

HALLOWEEN PARTY- “GHOSTLY GATHERINGS” -THURSDAY, October 31, 2019 - 11:00 a.m. You're invited to a Halloween Scare come and join us if you dare. It's our way of saying thanks to all of our friends without pulling pranks. Creep, float or crawl to our costume party one and all! You could win a prize!

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.)

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.

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.

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

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.

<u>October 2019</u>		
3rd: 9:30 a.m. to 11:30 a.m. Practice your skills.	10th: 9:30 a.m. to 11:30 a.m. Practice your skills.	17th: 9:30 a.m. to 11:30 a.m. Practice your skills.
24th: 9:30 a.m. to 11:30 a.m. Practice your skills.	31st: 9:30 a.m. to 11:30 a.m. Practice your skills.	



NEW MEMBERS

Please take time to meet and welcome the newest members of the Weston Senior Center family.

A BIG WELCOME to the following new members who joined our center from June 16, 2019 to July 15, 2019:

Thomas Allen Sr.
Annette D'Antonio
Mary K. Johnson
Ray McDonald
Melvin Smith

Darlene Battle
Tempie Harding
Lois Lembers
Joseph Rodia
Liisa Trala

Donna Beltz
Richard Hutchinson
Janetrae McDonald
Brenda Saunders
Donna Whitmarsh

A BRAIN TRAINING PROGRAM!

“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 – It's back to Harrington-Midway Slots on Wednesday, October 9, 2019, and Wednesday, November 13, 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.



Halloween

WORD SEARCH

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

AUTUMN
BATS
BOO
CANDY
COSTUMES

GHOST
HALLOWEEN
HAUNTED
JACKOLANTERN
MONSTER




















MUMMY
OCTOBER
ORANGE
PUMPKIN
SKELETON

SPIDER
SPOOKY
TRICK
TREAT
VAMPIRE

October 2019

Weston Senior Center Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	8:45-Aqua Cardio @ Fraims 9:00-Fall Wii Bowling 9:30-Diabetes Self-Management Program 12:30-Fall V... Bowling 	9:45- Bingo 10:00- Line Dance 11:00-Advisory Council 4:30- Dine Out Club- Red Lobster, Churchman's Rd. 	9:30-Pinochle 9:45- Bingo 11:00-Blood Pressure Checks (ADC) 11:30 Thoughtful Thursday- Ingleside- Update on Medicare part D. What you need to know! 	9:30-Quilting Class 10:00-"Octoberfest Bingo!" \$5.00 (Just lunch \$3.00) 1:00-Care Givers Support Meeting (ADC)
7	8	9	10	11
9:00-Fall Wii Bowling 9:45- Bingo 12:30-Fall Bowling 	8:45-Aqua Cardio @ Fraims 9:00-FLU SHOTS 9:00-Fall Wii Bowling 12:30-Fall Wii Bowling	8:30- Harrington Trip 9:00-Fall Wii Bowling 9:45- Bingo 10:00- Line Dance 12:30-Fall Wii Bowling	9:00-Fall Wii Bowling 9:30-Pinochle 9:45- Bingo 11:30- Thoughtful Thursday- Stand By Me 50+ 	9:30-Quilting Class 
13/14	15	16	17	18
BASKETFEST \$20 DOORS OPEN AT 1:30 p.m. 9:00-Fall Wii Bowling 9:45- Bingo 12:30-Fall Wii Bowling	8:45-Aqua Cardio @ Fraims 9:00-Fall Wii Bowling 9:30-Chronic pain Self-Management Program 12:30-Fall Wii Bowling 	9:00-Fall Wii Bowling 9:00-Bocovs Friends Helping Friends 25% off 9:00-Trip-Hobby Lobby 9:45- Bingo 10:00- Line Dance 12:30-Fall Wii Bowling	9:00-Fall Wii Bowling 9:00- Stand By Me 50+ 9:30-Pinochle 9:45- Bingo 10:00 - Moving to the oldies w/ Joanne 11:00 - Blood Pressure Screening 11:30- Thoughtful Thursday- "Stop Senior Scammers". 	9:30-Quilting Class 
21	22	Craft Show- 23	Craft Show- 24	25
9:00-Fall Wii Bowling 9:45- Bingo 11:00-Red H 12:30-Fall W... Bowling 	8:45-9:30- Aqua Cardio @ Fraim's 9:30-Chronic pain Self-Management Program 12:30-Fall Wii Bowling	9:00-CRAFT SHOW 9:45- BINGO 10:00- Lin 12:30-Fall Bowling 	9:00- CRAFT SHOW 9:00-Fall Wii Bowling 9:30-Pinochle 9:45- Bingo 10:00 - Moving to the oldies w/ Joanne 	
28	29	30	31	
9:00-Fall Wii Bowling 9:45- Bingo 10:00- Technology 	8:45-9:30- Aqua Cardio @ Fraim's 9:30-Chronic pain Self-Management Program 12:30-Fall Wii Bowling 12:45-Pokeno	9:00-Fall Wii Bowling 9:45- ALL DAY BINGO 10:00- Line Dance 	9:00-Fall Wii Bowling 9:30-Pinochle 9:45- Bingo 10:00 - Moving to the oldies w/ Joanne 11:00-HALLOWEEN PAF "GHOSTLY GATHERING" 	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU  FOR OCTOBER 2019 ROB SCHNEIDER, HEAD CHEF	1  Grilled Cheese Sandwich Tomato Soup Crackers Chocolate Mousse	2  BBQ Chicken Macaroni Salad Collard Greens Cookies	3  Reuben Sandwich French Fries Cucumber Salad Ice Cream	BINGO  4 Bratwurst Sauerkraut German Potato Salad Red Cabbage Assorted Desserts
7  Spaghetti & Meatballs Caesar Salad Garlic Bread Pudding	8  Chef Salad Bread Stick Brownies	9  Chili Cornbread Green Beans Fruit	10  Bacon, Lettuce & Tomato Sandwich Broccoli Ice Cream	11  Italian Subs Cole Slaw Chips Assorted Desserts
14  Tuna Salad Sub Chips or Pretzels Carrot Raisin Salad Fruit	15  Beef Stew w/ Mixed Vegetables & Biscuit Jello	16  Pulled Pork Sandwich Cole Slaw Cookies	17  Meatloaf Mashed Potatoes Gravy Green Beans Cereal Bars	18  Bacon Cheeseburger Onion Rings Corn Assorted Desserts
21  Chicken & Broccoli Fried Rice Grilled Cabbage Pudding	22  Tilapia Buttered Noodles Peas Peach Crisp	23  Pesto Chicken Penne Salad Mandarin Oranges	24 FEAST  Honey Mustard Pork Chops Sweet Potatoes Apples Birthday Cake & Ice Cream BIRTHDAY DAY	25  Ham Steak Mashed Potatoes Gravy Mixed Vegetables Assorted Desserts
28 FEAST  Shrimp Scampi Noodles Green Beans Baked Apples	29  Cheesesteak French Fries Mixed Vegetables Cookies	30  Oven Fried Chicken Baked Potato Vegetable Medley Pie	31  Hot Dog in a Coffin Beastly Beans Scary Kraut Pumpkin Mousse	PLEASE NOTE: The Howard J. Weston Community and Senior Center, Inc. Nutrition Program does not discriminate on the basis of sex, creed, national origin, race or handicap.

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