

September 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

PAUL O'BRIEN  
HEAD CHEF

BETSEY MOORE  
CRAFT INSTRUCTOR

BEVERLY J. MCCOOL  
PROGRAM COORDINATOR

## BOARD OF DIRECTORS

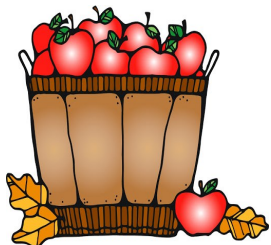
CHARLES S. STEPHAN  
CHAIRMAN

DARREN WRIGHT  
VICE-CHAIRMAN

LINDA MOFFETT  
SECRETARY

GREGORY YACUCCI  
TREASURER

BARBARA McCaffery



## **PLEASE READ: IMPORTANT MESSAGE**

Due to the coronavirus and the continuing social distancing requirements, we have had to cancel all our major fundraisers. As a non-profit we rely upon our fundraisers to help subsidize our center activities and to maintain our building. How can you help? Consider purchasing tickets to any or all of these small fundraisers going on right now: Weekly 50/50, Raffle Baskets, November Club (formally the June Club) and an Eagles Quilt we are selling chances on. Every little bit helps!! Thank you for your support !

### NEW LUNCH POLICY

Starting on Tuesday, September 1, 2020, we will be implementing a new lunch sign-up policy. We are asking that our members sign up for lunch the day before by 2:00 p.m. This will allow us to determine how much food needs to be prepared. You will be permitted to call in for lunches. You will also be allowed to order a week at a time. Thank you for helping us make this transition a smooth one.

### MEDICARE OPEN ENROLLMENT PART D

During Open Enrollment Medicare, which runs from November 1, 2020 to December 15, 2020, 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 Donna for an appointment.

### ALUMINUM CANS

Beginning in September we have made the hard decision to stop collecting cans for the foreseeable future. We will still be collecting can tabs. Thank you for your cooperation.

### 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

WESTON'S UNITED WAY number is 9336.

Website

E-mail

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

*Linda Brown Pat Burk Judy Egner Beverly Ellis Dot Evans Orval Foraker  
Jeannette Henretty Dutchie Jensen Jim McFarland Cecelia Sanders*



**ADVISORY COUNCIL** – The Advisory Council meets on the first Wednesday of each month at 11:00 a.m. in the Community Room. If you have concerns or suggestions, please feel free to contact a staff member or a council member. If you prefer, the suggestion box is always available for anonymous comments, etc.

# **WESTON ADULT DAY CARE CENTER**

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

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

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



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

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

**Services:** Licensed Nurse on staff who coordinates care with your physician. We provide professional nursing care, medication administration, wound care, assistance with activities of daily living, including toileting and assistance with meals.

Weston Adult Day Care  
is open  
Monday thru Friday  
from  
8:00 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**–Caregiver support is available in the Adult Day Care Center. If you know of anyone who would benefit from attending please contact us @ 302-328-6425

## THE "ARTS" and THE "CRAFTS"



**CRAFTS WITH BETSEY** – Join our crafters daily from 9:00 a.m. to 1:30 p.m. Betsey is available Tuesdays thru Thursdays from 9:00 a.m. to 12:00 noon. Check out our new "Make & Take Craft Table." Each month we will feature a new simple craft that you can make for free. All supplies and instructions will be located on the table and it is open to all members. One per person please!



**CERAMICS** – The Ceramics Room is open daily from 9:00 a.m. to 2:00 p.m.

Join our talented painters as they create ceramic pieces for all occasions.



**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 .

## 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. Pokeno is scheduled to begin on Tuesday, September 29, 2020. ( Masks must be worn at all times)



**BINGO** – We would like to welcome everyone to play Bingo on Monday, Wednesday and Thursday mornings from 9:30 a.m. to 11:30 a.m. We have new and exciting games, plus an extra money pot on certain games played. Please join us – it's lots of fun and be sure to bring your pennies! **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 Community Room every day. **New players are needed, so feel free to join a game.**



**SHUFFLEBOARD** – Shuffleboard is very popular. Check out our BRAND NEW Tables!! 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 a.m. in the Library/Computer Room. We will be playing double deck and it is open to everyone.



**Wii BOWLING BANQUET** – SAVE THE DATE- Our 2019/2020 in-house bowling banquet will be held on Tuesday, September 15, 2020. Time– 9:30 a.m. The center will be providing breakfast. Please let Donna know if you cannot make the party.

**2020/2021 BOWLING LEAGUE UPDATE**– The Wii Bowling Council has decided to hold off starting this years Wii Bowling League. We will be offering a shortened version that will begin in January. Anyone interested in joining the league please stop by and speak to Beverly.



**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.-2:00 p.m.

**Let's get moving!**  
**Join us for Virtual Chair Yoga w/ Gail**

Monday's at 10:30 a.m.

To join the class-

- First you must go to our Website- [www.westonseniorcenter.org](http://www.westonseniorcenter.org)
- On the front page of our website you will see an icon called "Virtual Classes & Activities"
- Click the "Learn More" Button
- You will see-

Chair Yoga w/ Gail 1 hr|Free

Join us Mondays from 10:30-11:30 a.m.

- Click the register button.
- Click on the date
- Click on the time 10:30 a.m.
- This will take you to the registration form, just fill it out and click confirm booking.
- You will receive an email with a link in it, save this email.
- On Monday, click the link and it will take you to the Zoom web site.
- If you do not have zoom on your PC/tablet/phone it will prompt you to download it. You will need to do this one time only.
- When finished you will be asked to join the exercise class.

**Card Making Class- "Miss You" Cards**

**Thursday, September 24, 2020**

**You will need to register on our website and then stop by the center to pick up your supplies.**

Join Pam as she teaches us how to make 2 different cards.

You will be making 4 of each design.

Time- 9:00 a.m.-11:00 a.m.

Cost-\$5.00 Sign-up at the front desk with payment.

See bulletin board for samples of the cards.

**"Think First to Prevent Falls"**

Injury Prevention Presentation, Christiana Care

**Friday, October 9, 2020-**

**10:00 a.m.-11:00 noon**

**You will need to register on our website**

Presented by: Christiana Care, Kate Angermeier

Description: "Falls are the leading cause of unintentional injury deaths for people over age 65, and a leading reason for emergency room visits in the United States each year. Falls can cause brain injuries, hip fractures and other devastating consequences.

Many falls could be avoided through simple preventative measures.



**Virtual Bingo!**

Virtual Bingo will be held on Wednesdays from 9:30 a.m. – 10:30 a.m.

To participate you will need to do the following-

- First you must go to our Website- [www.westonseniorcenter.org](http://www.westonseniorcenter.org)
- On the front page of our website you will see an icon called "Virtual Classes & Activities"
- Click the "Learn More" Button
- You will see-
- Wacky Wednesday "Bingo" 1 hr|Free
- Join us for virtual Bingo Wednesdays from 9:30-10:30 a.m.
- Click the register button.
- Click on the date
- Click on the time 9:30 a.m.
- This will take you to the registration form, just fill it out and click confirm booking.
- You will need to stop by the center to pick up your Bingo packets
- You will receive an email with a link in it, save this email.
- On Wednesday, click the link and it will take you to the Zoom web site.
- If you do not have zoom on your PC/tablet/phone it will prompt you to download it.
- You will need to do this one time only.
- When finished you will be asked to join the meeting/Bingo.

**Bingo Rules-**

- Each person will receive 30 paper cards in their packet.
- You may play up to 6 cards per game. (honor system)
- No dabbers will be used, just pennies or chips if you have them.
- We are not playing for money, but we are tracking everyone's wins.
- 1 point for every regular game & 2 points for every special.
- At the end of August we will award the top 3 players with prizes.
- Bingo will run from 9:30 a.m.-10:30 a.m.
- Whatever game we are playing at 10:30 a.m. will be the last game.

You may register for all events at one time or pick and choose the dates you want to play.

**NON-DENOMINATIONAL BIBLE STUDY- Beginning Tuesday, September 8, 2020**

Please join Barbara Petrucci for virtual Bible Study on Tuesdays from 10:30 a.m.-11:30 a.m. You will need to register on our website- [www.westonseniorcenter.org](http://www.westonseniorcenter.org).

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.



The Delaware Breast Cancer Coalition Presents...

# Yes<sup>2</sup>Health

**Yes2Health is a FREE 12-week program** featuring weekly meet-ups and educational programs including fitness, health, and wellness education.

**Join with a friend!**

**RSVP is required to join the 12-week program**

**Amanda Perdue**

**[aperdue@debreastcancer.org](mailto:aperdue@debreastcancer.org)**



**Start Date: Monday, September 14th, 2020**

**Weekly Time: 9:00 a.m. - 10:00 a.m.**

**Weekly Location: Virtual through Zoom**

**End Date: Monday, November 30th, 2020**

**Session 1: Introductions & Pre-Evaluations**

**Session 2: Goal Setting Workshop**

**Session 3: Open Topic**

**Session 4: Nutrition & Nutrition Labels**

**Session 5: Open Topic**

**Session 6: Healthy Habits Workshop**

**Session 7: Open Topic**

**Session 8: Open Topic**

**Session 9: Open Topic**

**Session 10: Open Topic**

**Session 11: Open Topic**

**Session 12: Post-Evaluations**

We will establish a nurturing, supportive, and safe environment for those struggling with health issues that put them at risk of developing breast cancer and/or other chronic illness.

The target audience for the program is women and men age 40 and over at risk for breast cancer and/or cardiovascular disease with at least one of the following: hypertension, high cholesterol, diabetes, or a body mass index of 30 or above.



Upon R.S.V.P., you will receive program confirmation and the Zoom link to access the weekly meet-up.

**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 ...**

**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.

**WALK, WALK, WALK** - Watch out in the hallways! Our “walkers” are off and walking!! Walking will enhance your health and make you feel better. Did you know that 5 times around the “U” equals 1 mile?



### **HEALTH SERVICES**

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



**ADVANCE HEALTH CARE DIRECTIVE** – It is important for you to have an Advance Health Care Directive, more commonly referred to as a “living will”. If you have never completed a “living will”, see Donna for a form. For those who already have a “living will”, you may want to review it periodically to see that it still does what you want.



**NEMOURS HEALTH CLINIC** – Provides comprehensive dental care, eye examinations, eyeglasses, hearing tests and hearing aids to those who qualify. To qualify, you must be 65 years of age or older, a resident of Delaware and a United States Citizen. Income levels are \$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 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 Chicon can assist you with more complex legal issues if you qualify for this program. See Donna 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 has suspended in person visits with members at our center for the remainder of the year. If you need assistance please call 302-575-0660.



**DELAWARE ENERGY ASSISTANCE PROGRAM** – The Delaware Energy Assistance Program provides assistance with the payment of energy bills for low-income households. You will need to supply documents verifying your income if you wish to apply for participation in this program. While the income limits change each year, we understand that the figures for this year are \$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 DRIVERS SAFETY CLASS** –AARP Driver Safety's (ADS) top priority is the health and well-being of our volunteers, our members and the community at large. While states across the country are in the process of reopening, AARP has made the difficult decision to cancel all sponsored in-person events and activities through the end of 2020, which include AARP Driver Safety events, to minimize COVID-19 exposure among our AARP family and our communities.



Take AARP Defensive Driving Online at: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)

25% Discount Promo Code: DRIVINGSKILLS Good Through: December 31, 2020

**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.



# MARK YOUR CALENDAR!

**Tuesday, September 15, 2020- IN-HOUSE Wii BOWLING BANQUET- NEWEST DATE - Breakfast Banquet!**

Time: 9:30 a.m. This will be our in-house as well as our end of the year banquet. We will hold this event in the dinning room. All food will be provided by the Weston Senior Center.

**Wednesday, September 16, 2020- Tree Painting w/ Styrofoam**

Join Liisa for another painting class. You do not need experience or talent. She will walk you through the entire process. Time- 12:30 p.m.- 2:00 p.m. Cost \$8.00. Sign-up at the front desk.

**Wednesday, September 30, 2020- FLU SHOTS** - Walgreens will administer Flu and Pneumonia shots at the center on @ 9:30 a.m. Sign-up sheet is located on the credenza by the restrooms.

**Thursday, October 1, 2020- "Ceramic Pumpkin Box"** -This is a one & done project. These pumpkins will be glazed and fired. You may choose your own color. Choose from orange, rust, white or you can create your own design, the sky is the limit. Cost- \$10.00. Time- 9:30 a.m. Sign-up with Donna at the front desk. Limited space is available , so don't wait!

**Wednesday, October 7, 2020- "Pour Painting"**-Join Kirsti as we try our hand at pour painting.

You will be doing 2 frames in this class. Cost- \$10.00. 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. Sign-up at the front desk with payment.

**Tuesday, October 13, 2020- "Fall Wreath Class"** You can choose either a pumpkin or a scarecrow. Cost- \$10.00 Time: 9:30 a.m. Check out the sample on the bulletin board. Payment is due when you sign-up with Donna. There is limited space.

**NOVEMBER CLUB (Previous June Club)** - NOVEMBER CLUB TICKETS ARE ON SALE NOW! Cost-\$5.00 1,000 tickets are for sale. Winners are determined by the Delaware State Lottery evening drawing (straight not boxed). If we sell all the tickets, we will have a winner every day in November. It is a great fundraiser for the center. We would be delighted to have you sell tickets to your family and friends. Get your tickets now! For more information speak to Donna at the front desk.

**WESTON'S CRAFT SHOW- Wednesday, November 4th- 9:30 a.m.-1:00 p.m. & November 5th - 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!

**NEW DATE- WINTER LINE DANCE PARTY - Friday, December 4, 2020.** 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! The menu has yet to be determined.

**BIG FALL BINGO**- Due to ongoing social distancing restrictions we have had to cancel our Fall Bingo. If you have already purchased tickets please see Donna for a refund.



## NEWS FROM THE COMMUNITY...



**WHY YOU SHOULD NOT ABBREVIATE 2020 WHEN SIGNING LEGAL DOCUMENTS**- It could potentially save you some trouble down the road. We've now entered the year 2020—but don't abbreviate 2020 when signing your legal documents. Police have warned that anyone signing important documents or checks with an abbreviation of 2020, i.e. "20," could put themselves at risk of fraud. They recommend writing out the date in full, as 2020, on legal documents and checks. This is sound advice and should be considered when signing any legal or professional document.



**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.

<b><u>September 2020</u></b>		
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.		



## DAY TRIPS

### HARRINGTON

Our Harrington trips have been cancelled for the remainder of this year. If you have paid for a trip, please stop by for your refund. If things change we will notify you. Thank you for your understanding.

**HERSHEY/SWEET LIGHTS- Tuesday, December 1, 2020.** Cost- \$125.00 Includes transportation, tour of Hershey & School, wine tasting, dinner and Sweet Lights tour.



### 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 March 1, 2020 to August 15, 2020:

Laurie Abel  
Lisa Carpenter  
Ruby Glover  
Josephine Kahn  
Dominic Yacucci

Donna Brooks  
Gail Daly  
Wanda Harris  
Warren Robinson  
Rosa Young  
Tina Zalewski

Diane & Sumblar Carroll  
Pam Fuhrman  
Quentin Hollis Sr.  
Jacki Swarty  
Jen Jen Wu

**2 BIG DAYS**  
**OCTOBER 14TH AND 15TH, 2020**  
**- 9AM TO 9PM -**

Shop on these days and when you get to the register tell them you are supporting the Howard J Weston Community and Senior Center.

No Coupon needed!

Thank you for your support!

**Shop with us!** Shop in-store or online October 14th & 15th - 9am-9pm

**SHOPPERS GET**

**20%<sup>\*</sup>**  
**OFF**

**OUR LOWEST  
SALE PRICES**

We'll take an extra 20% off at the register on almost everything you purchase.

\*10% discount items and exclusions apply. See below.

**BOSCOV'S DONATES**

**5%  
BACK**

**TO A NON-PROFIT  
OF YOUR CHOICE**

We'll donate 5% of your total purchase price to your participating non-profit

Select your charitable non-profit from the list of pre-registered organizations at the register in-store or during checkout online.

# Fall Word Search



ACORN  
APPLE  
AUTUMN  
CHESTNUTS  
CHILLY  
CIDER  
COBWEB  
FALL  
FOOTBALL  
GOURD

HALLOWEEN  
HARVEST  
HAY BALE  
HAYRIDE  
LEAVES  
MAIZE  
NOVEMBER  
NUTS  
OCTOBER  
PUMPKIN

QUILT  
RAKE  
SCARECROW  
SEPTEMBER  
SLEET  
THANKSGIVING





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>MENU</u></b>  <b><u>FOR</u></b> <b><u>SEPTEMBER</u></b> <b><u>2020</u></b>	<u>1</u>  All Beef Hot Dog Sauerkraut Potato Chips Ice Cream	<u>2</u>  Pork Fried Rice Vegetable Egg Roll Cake with Strawberries	<u>3</u>  Lasagna Chef's Choice Vegetable Garlic Bread Fruit	<u>4</u> <b><u>FEAST</u></b>  Baked Salmon Rice Chef's Choice Vegetable Assorted Desserts
<u>7</u>  <b><u>CENTER</u></b> <b><u>CLOSED</u></b> <b><u>LABOR DAY</u></b>	<u>8</u>  Shepherd's Pie Fruited Jello	<u>9</u>  Glazed Ham Au Gratin Potatoes Peas and Carrots Blueberry Tart	<u>10</u>  BBQ Chicken Baked Beans Chef's Choice Vegetable Butterscotch Pudding	<u>11</u>  Kielbasa and Kraut Carrots Assorted Desserts
<u>14</u>  Hot Turkey Sandwich w/ Gravy Mashed Potatoes Chef's Choice Vegetable Eclair	<u>15</u>  Baked Ziti Garden Salad Pound Cake	<u>16</u>  Italian Sausage on a Roll Peppers and Onions Pasta Salad Apple Pie	<u>17</u>  Meatloaf Mashed Potatoes Spinach Peaches	<u>18</u>  Fish & Chips Cucumber/Onion Salad Assorted Desserts
<u>21</u>  Philly Cheesesteak Broccoli Slaw Sweet Potato Fries Cookies	<u>22</u>  Fried Chicken Mashed Sweet Potatoes Corn Angel Food Cake	<u>23</u>  Sicilian Style Pizza Salad Lemon Meringue Pie	<u>24</u>  Hot Roast Beef Sandwich Mashed Potatoes Green Beans Birthday Cake <b><u>BIRTHDAY DAY</u></b>	<u>25</u>  Shrimp Salad Sandwich Lettuce & Tomato Fire Roasted Pasta Salad Assorted Desserts
<u>28</u>  Salisbury Steak O'Brien Potatoes Succotash Fruit Cobbler	<u>29</u>  Pulled Pork Mac and Cheese Apple Carrot Salad Fresh Fruit	<u>30</u>  Lemon Cod Roasted Potatoes Chef's Choice Vegetable Brownie	<b><u>PLEASE NOTE:</u></b> The Howard J. Weston Community and Senior Center, Inc. Nutrition Program does not discriminate on the basis of sex, creed, national origin, race or handicap.	<b><u>KITCHEN</u></b> <b><u>STAFF</u></b> Paul O'Brien Head Chef 

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