

HOWARD WESTON SENIOR CENTER

1 BASSETT AVENUE, MANOR PARK

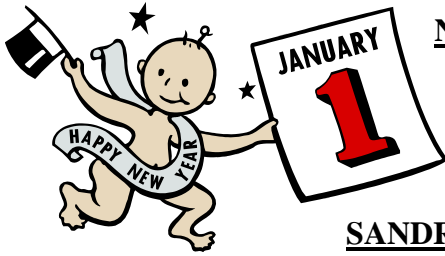
NEW CASTLE, DELAWARE 19720

(302) 328-6626

JANUARY 2013

SANDRA S. KRETT, EXECUTIVE DIRECTOR

DOROTHY LOVETT, SITE MANAGER



HOURS OF OPERATION

The center is open Monday thru Friday
from 9:00 a.m. to 3:00 p.m.
unless otherwise announced.



"I AM RESOLVED TO..."

To be so busy, brave and true, that I will
have no time to fuss, fight or worry.
To be better to my neighbors
and help them to be better to me.
To have something good to say,
or nothing about my fellow man.



To think, plan and talk
health, happiness and prosperity.
To think best thoughts, to do best deeds
and expect the best results.
To see and emphasize the good in everyone.



To see and point out the
bright side of each situation.
To be guided by "what's the good?"
rather than "what's the harm?"
To forgive, even if I can't forget
every injustice.
To keep so busy building up
that I will have no time for tearing down.
To think, speak and act so as to promote
peace, security and good will.



By: J.R. Grant

HOWARD J. WESTON COMMUNITY AND SENIOR CENTER, INC.
1 Bassett Avenue, Manor Park
New Castle, DE 19720
(302) 328-6626 Fax (302) 328-6128

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.



Board of Directors

John D. Travis, Chairman
Clifford B. Hearn, Jr., Secretary/Treasurer
Frances J. Kearns
Aaron Miller
Leroy B. O'Neal
Robert S. Powell
Charles S. Stephan
Carol A. Zeigler

Staff

Sandra S. Krett, Executive Director
Dorothy J. Lovett, Site Manager
Kristine L. Jones, Head Chef
Amandell Ridley, Assistant Chef
Sara G. Walker, Craft & Quilting Instructor
Diane Frasher, Ceramic & Stamping Instructor
Margaret "Peggy" D. Barker, Program & Marketing Coordinator



2012-2013 ADVISORY COUNCIL MEMBERS



Pat Burk
Dutchie Jensen
Pat Raughley

Joyce Carter
Frank Kersey

John Houben
Karl Pfeil
Dee Westbrook

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.

THE “ARTS” and THE “CRAFTS”...

ART CLASS – meets on Wednesday mornings at 9:00 a.m. in the Community Room. Join our talented artists. New members are always welcome.



CRAFTS WITH SARA WALKER – Join our crafters daily from 9:00 a.m. to 1:30 p.m. Sara is available on Tuesdays and Thursdays from 9:00 a.m. to noon.



CERAMICS WITH DIANE FRASHER – Ceramics is available daily from 9:00 a.m. to 1:30 p.m. Join our talented painters as they create ceramic pieces for all occasions.



QUILTING WITH SARA – Our quilters meet on Thursday afternoons from 1:00 p.m. to 3:00 p.m. in the Conference Room. Be sure to stop by and see the beautiful work our quilters do.



STAMPING WITH DIANE – Be sure to keep your eyes and ears open for the date of the next meeting of our Stamp Club.

FITNESS...

ZUMBA!

ZUMBA GOLD – Our Zumba Gold classes are held on Thursday mornings from 9:15 a.m. to 10:00 a.m. What has happened to all of our participants? If our numbers don't increase, we may be forced to cancel this program. So, come and join in the fun. Classes are \$2.00 per person per class.



DANCE CLASS – Wow! What a great time we are having in dance class! Our dance instructor, Joanne Brady, is keeping us “stepping”. 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. There is a charge of \$2.00 per person per class.



WALK, WALK, WALK - Watch out in the hallways! Our “walkers” are off and walking!! Walking will enhance your health and make you feel better. We have some “walking logbooks” from the Division of Services for the Aging in partnership with the Delaware Senior Olympics where you can chart the miles you walk.



SENIOR WATER AEROBICS – Join us at the Delaware Swim and Fitness Center located near the Delaware Memorial Bridge on Monday, Wednesday and Friday mornings from 9:00 a.m. to 10:00 a.m. The Fitness Center has a “Senior Water Aerobics” program. The cost is \$3.00 per session. The aerobics are done in the shallow end (3½ feet) of the pool, so you don't have to be a swimmer to participate. This is just another way to make you feel better and it's also great for that arthritis. If you would like to participate in this activity and don't have transportation, please let us know. We can arrange carpooling.

HEALTH, Etc...

BLOOD PRESSURE SCREENING – Blood pressure screening is available twice a month.

1st Wednesday at 11:00 a.m. – Bayada Nurses – January 2, 2013.

3rd Wednesday at 11:00 a.m. – Generations Homecare – January 16, 2013.

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.



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 \$19,100 for a single person and \$29,400 for a married couple. For more information, please contact the clinic at 651-4405.



HEALTH, Etc. cont...

LOOKING TO LOSE SOME WEIGHT? – Our “Losing Weight Program” continues every Tuesday morning through February 12, 2013 in the Community Room. Weigh-in is at 9:00 a.m. on Tuesday mornings followed by our meeting at 9:30 p.m.



DELAWARE PRESCRIPTION ASSISTANCE PROGRAM (DPAP) – offers assistance to low income seniors with their prescription costs. If you are over the age of 65 and have an annual income of less than \$21,780, you may qualify. See Peggy if you have any questions.



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.



SERVICES...

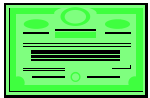


NOTARY SERVICES – Sandy and Peggy provide these services should you need to have papers notarized. You must bring identification with you and sign the document in the presence of the notary.



AARP DRIVER SAFETY PROGRAM – The next class of the *AARP Driver Safety Program* will be held on Tuesday, January 8, 2013. Class is from 10:00 a.m. to 2:30 p.m. The cost of the course is \$12.00 for A.A.R.P. members (you must present your membership card) and \$14.00 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. If you have already taken a course, you must renew the course every three years to retain the savings on your insurance.

The next class will be held in March 2013. Watch for the date.



GIFT CERTIFICATES – The **Weston Senior Center** has **GIFT 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 just may want to give one to a friend.



ELDERINFO – is a program to assist you with problems you may have with the complex and often confusing health insurance system. See Peggy for assistance.



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 reading lounge in Room 1.



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 the video out with Dottie. Be sure to see Dottie when you return the video you borrowed.



SENIOR LEGAL HOTLINE – There is a new 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. If the issue requires more than advice, the caller will be screened for free legal services and, if eligible, will be referred to CLASI, DVLS or the Legal Services Corporation of Delaware.

SERVICES cont...



LEGAL AID – Michelle McLean of the Elder-law Program of Community Legal Aid will be here on Tuesday, January 8, 2013 at 9:30 a.m. in the Community Room. If you need assistance, please make an appointment with Dottie to see Ms. McLean.

DELAWARE VOLUNTEER LEGAL SERVICES - Jacquelyn Chicon can assist you with more complex legal issues if you qualify for this program. See Peggy for an appointment.



DELAWARE ENERGY ASSISTANCE PROGRAM – The Delaware Energy Assistance Program provides assistance with the payment of heating bills for low-income households. In order to participate in this program (that's if you qualify), you must apply **NOW**. 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 \$19,600 for a single person and \$26,400 for a couple. If you believe you qualify and want to apply or if you need more information, call 654-9295 or 654-6474. As part of the Delaware Energy Assistance Program, those who qualify are also eligible to participate in the Home Weatherization Program. If you qualify for the Delaware Energy Assistance Program and would like more information about the Home Weatherization Program, see Peggy.

CLUBS and GROUPS...

ADVISORY COUNCIL – The Advisory Council will meet on Wednesday, January 2, 2013 at 11:15 a.m. in the Conference Room. If you have concerns or suggestions, please feel free to contact a staff member or one of the council members. If you prefer, the suggestion box is always available for anonymous comments, etc.



ALZHEIMER'S SUPPORT GROUP – The next meeting of our Alzheimer's Support Group will be on Friday, January 4, 2013 at 10:30 a.m. in the Adult Day Care Center. If you know of anyone who would benefit from attending our support group meeting, please let us know. Be sure to tell them about our group.



RED HATS – The next meeting of the “*Red Hot Mamas*” will be on Monday, January 14, 2013 at 10:30 a.m. in the Community Room followed by lunch at a local restaurant. See Barbara Hudson to join the group.



DINING OUT CLUB – Our next “*dining out*” will be on Wednesday, January 2, 2013 at **GROTTO'S** (Route 40) at 4:30 p.m. Please sign up on the sheet in the lobby if you will be joining us at **GROTTO'S!** Don't forget to get a coupon from Dottie. You must present the coupon to your waitress in order for us to get credit. 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. Thanks so much for your support!



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. Join us and bring a friend. We have lots of fun – check us out on Tuesday, January 29, 2013.



BINGO – We would like to welcome everyone to play Bingo on Monday and Thursday mornings from 9:45 to 11:30 a.m. and Wednesday afternoons from 12:45 to 2:30 p.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!

CARDS AND GAMES cont...



NICKEL/NICKEL – If Nickel/Nickel is your game, join one of the games going on in the Dining Room every day. There is always room for new players.

SHUFFLEBOARD – Shuffleboard is very popular. Our two tables are ready and waiting for you.



Wii – The second half of our 2012-2013 season of the “Wii Generation Bowling League of Northern Delaware” begins on January 7, 2013 and runs through April 12, 2013. Don’t forget, bowlers, we need to get our second half snow scores in before January 7, 2013.

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 always two or three puzzles in the process of being completed. Stop by and take a look, you just might find a piece or two.

SPECIAL DAYS AND HOLIDAYS

HAPPY BIRTHDAY! - We wish a very Happy Birthday to all of our members who celebrate their birthday in January. Check out the birthday display in the hallway. We will continue to 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 continue to celebrate everyone’s birthday on our “birthday day” each month.



NEW YEAR’S

Greetings – The staff would like to wish everyone a very **Happy New Year**. If you will be traveling over this long holiday weekend to welcome in the New Year, please drive with extreme care.



Center Closing – The center will be closed on Tuesday, January 1, 2013 in observance of **New Year’s** and to allow the staff to celebrate the holiday with their families.

MOVIE DAY - Our “movie days” in January will be on Friday, January 11, 2013 and on Friday, January 25, 2013. The movies will be shown in the Conference (bingo) Room beginning at 9:30 a.m. Check the sign in the lobby for a description of the movie being featured.



BASKETFEST – Our Basketfest in September 2011 was so successful that we are planning a repeat event for April 14, 2013. We will be looking for donations of things to put in the baskets. Let us know what basket themes you think will be most successful.



MESSAGE FROM THE DIRECTOR



As we transition from 2012 to 2013, let us reflect on the many blessings we have received. We are so grateful for the many new friends we have made and for the many memories of those we have lost. 2013 promises to be an exciting year for the Weston Senior Center. Beginning January 1, 2013, we reduced the age requirement to join the center from 55 to 50. We hope those newly qualified to join the center will enjoy the center and all we have to offer.

The Weston Senior Center is now part of the “cyber world”. We have our own website thanks to four great students from the University of Delaware. Our website site is a “work in progress” as we personalize it to meet our needs. Be sure to visit us at www.westonseniorcenter@weebly.com We have also joined the “social network” with our own facebook page.

Thank you so much for all of the cards, gifts and good wishes. You are wonderful!

As we make our 2013 New Year’s resolutions, let us resolve to be the very best we can be and to take care of ourselves and our friends and neighbors. I wish each of you much love, health and happiness.

May there be Peace on Earth.

FUNDRAISING

FUNDRAISING – NOVEMBER 2012 – Below is our fundraising status (July 1, 2012 – June 30, 2013).

50/50's	\$ 434.00	
United Way	\$ 363.89	
Cans	\$ 53.35	
Olive Garden	\$ 50.00	
Member Donations	<u>\$ 150.00</u>	
Total for November 2012	\$ 1,051.24	\$ 1,051.24
Total for October 2012		\$ 6,349.36
Total for September 2012		\$ 620.00
Total for August 2012		\$ 2,017.59
Total for July 2012		<u>\$ 985.43</u>
Year to Date Totals		\$11,023.62



We are already well underway with our July 1, 2012 to June 30, 2013 fundraising. With the increased cost of goods and services, we need to be diligent in reducing costs if we are to stay within our budget. This, too, means that we have a tough job ahead of us raising additional funds through our fundraising program. 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.

Important! **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!!



MADE TO ORDER BREAKFAST – The kitchen has joined in our fundraising efforts by cooking breakfast each month on designated days. They will prepare your breakfast just as you like it. Breakfast sandwiches and platters are available for \$2.00 and omelets are available for \$3.00. Pre-orders are welcome and encouraged. The date this month is Wednesday, January 16, 2013.



ALUMINUM CANS/TABS – If you don't already know, we recycle cans here at the Weston Senior Center. Recycling cans is a win-win for everyone. We help the environment and at the same time, earn money for the center. Be sure to put your **empty** aluminum cans in the container in the Dining Room. Also, be sure to bring in can tabs. We pull all the tabs off the cans we get and put them in a large jar. When the jar gets full, we take the tabs to the Ronald McDonald House.



CHINESE NEW YEAR BINGO – Plans for our “Chinese New Year Bingo” to be held on Sunday, February 10, 2013 are well underway. The event begins at 2:00 p.m. with doors opening at 1:30 p.m. Tickets are \$20.00 and include three bingo cards for each of the 20 games we will play and a ticket on the Basket Door Prize. Additional bingo cards will be available for sale at the event for those wanting to play more than three cards per game. Also, additional tickets for the Basket Door Prize will be available. Hot dogs and various snacks will be available for purchase. We only have 150 seats available. Get your ticket(s) today! This promises to be a sell-out, so don't delay buying yours now. You must be 18 years of age to attend.



TRIPS, TRIPS, TRIPS AND MORE TRIPS...

CASINO TRIPS – When we have two buses for our casino trips, we must have at least 40 passengers on each bus to get the casino package. This sometimes necessitates us moving travelers from one bus to another. We will continue to make every effort to keep groups together, but there may be times when it just isn't possible. We appreciate your cooperation in this matter.



IMPORTANT! – Harrington-Midway Slots have changed their policy once again and are not requiring a five (5) hour visit. So, we have adjusted our departures. **We will continue to leave the center at 8:30 a.m., but will now depart Harrington-Midway Slots at 2:30 p.m**



HARRINGTON-MIDWAY SLOTS – It's back to Harrington-Midway Slots on Tuesday, January 15, 2013. The cost of the trip is \$20.00 and includes transportation, \$15.00 in slot play and a free buffet. The bus(es) will leave the center at 8:30 a.m. and leave Harrington at 2:30 p.m.



HARRINGTON-MIDWAY SLOTS – It's back to Harrington-Midway Slots on Tuesday, February 12, 2013. The cost of the trip is \$20.00 and includes transportation, \$15.00 in slot play and a free buffet. The bus(es) will leave the center at 8:30 a.m. and leave Harrington at 2:30 p.m.



HARRINGTON-MIDWAY SLOTS – It's back to Harrington-Midway Slots on Tuesday, March 19, 2013. The cost of the trip is \$20.00 and includes transportation, \$15.00 in slot play and a free buffet. The bus(es) will leave the center at 8:30 a.m. and leave Harrington at 2:30 p.m.



HARRINGTON-MIDWAY SLOTS – It's back to Harrington-Midway Slots on Tuesday, April 16, 2013. The cost of the trip is \$20.00 and includes transportation and a package to be determined. The bus(es) will leave the center at 8:30 a.m. and leave Harrington at 2:30 p.m.

EXTENDED TOURS FOR 2013



FOXWOODS CASINO – Calling all gamblers and bingo players! We have received many requests for a return trip to Foxwoods Casino. So, we have put together a package and have reservations for March 11-13, 2013. The cost of this 3 day/2 night trip is \$325 per person double occupancy and includes 2 nights lodging at the Great Cedar Hotel, 2 breakfasts (casino vouchers), 2 dinners (casino vouchers), a \$20 in slot play from Foxwoods, a visit to Mohegan Sun Casino, a visit to the MGM Grand Casino, the Submarine Base Museum, transportation, baggage handling and more. A \$100 per person deposit is required when you sign up with the balance being due by January 11, 2013.



TENNESSEE – **Our first bus is sold out. We are now working on a second bus.** This trip is for all of our “country” lovers as we will be visiting Nashville, Memphis and Dollywood. The dates for this 9 day/8 night trip are May 2-10, 2013 and the cost is \$1,445.00 per person double occupancy. The cost includes 8 nights lodging (two nights at the Opryland Hotel), 8 breakfasts, 5 dinners, Elvis Presley's Graceland, shows at the Grand Ole Opry, Texas Troubadour Theatre and the Smoky Mountain Opry, guided tour of Nashville, the Country Music Hall of Fame, Dollywood Theme Park, Opry Mills, Smoky Mountain Tour, tour and tasting at the Ole Smoky Tennessee Moonshine, transportation, baggage handling and more. A \$300 per person deposit is required when you sign up with the balance being due by March 1, 2013. Wow! This trip is full of fun things!



A MYRTLE BEACH CHRISTMAS – There's no better way to get in the Christmas spirit than to join us on this fantastic 4 day/3 night trip to Myrtle Beach, South Carolina on November 4-7, 2013. The cost of the trip is \$475.00 per person double occupancy and includes 3 nights lodging in Myrtle Beach, 3 breakfasts, 3 full course dinners, holiday performances at the Carolina Opry, the Alabama Theatre and the Palace Theatre, a visit to Broadway at The Beach, Barefoot Landing, the Tanger Outlets, transportation, baggage handling and more. A \$100 per person deposit is required when you sign up with the balance being due by September 6, 2013.



IMPORTANT!

PLEASE READ THIS IMPORTANT STUFF!!



SNOW CLOSING – Winter is here and we are sure to get some snow. So, we must be prepared for when the snowflakes begin to fall. Tune in your radio for snow closing information – W.D.E.L (1150 AM), W.S.T.W. (93.7 FM) or W.J.B.R. (99.5 FM). We will make every effort to let you know our status as early as possible. We will be listed by name: **WESTON SENIOR CENTER**. **If you don't hear our name announced, we will be open.** For our paratransit riders, DART will make the decision regarding service. **PLEASE, LISTEN TO YOUR RADIO!! DO NOT CALL THE CENTER!!**

PERSONAL BELONGINGS – are the sole responsibility of the individual to whom they belong. The Weston Senior Center accepts no responsibility for items lost or damaged.

Not Responsible!

QUIET, PLEASE – We need to be quiet during announcements and when we have guest speakers. Please do not talk to your neighbor or play cards at this time. You will miss important information as will those around you.



SEATING – Please do not put pocketbooks, packages or bags on chairs to save seats. Saving seats is not permitted. Our policy is first come, first served. **NO ONE OWNS A SEAT!**



COATS, ETC. – Please do not hang your coats or jackets on the back of a chair, but rather hang them in one of the closets. Also, please place canes and walkers carefully so they are not a tripping hazard.



DINING ROOM – If you need to eat with the first table called in order to make a doctor's appointment, you must notify Dottie prior to lunch. If Dottie is not sitting at the front desk, you must speak to the person taking her place.



PARKING LOT ETIQUETTE – We need to take a course in “parking lot etiquette”. Just take a look at how we are parking! We're parking in “no parking areas”, we're not parking within the parking space lines and we're parking in the restricted areas of the handicapped parking spaces. We're not following the directional arrows and we're driving too fast in the parking lot. We need to do better. No one wants to get their car dented by a car parked too close to the line. Worst of all, no one wants to be in an accident that could result from driving against the flow of traffic or by driving too fast. Let's all make an effort to do a better job of parking and driving. For our members with handicap tags, please let the most handicapped members park in the designated handicap spaces. And, if you should accidentally hit another car in the parking lot, please be respectful and let us know. Think about how you would feel if you found that someone had hit your car and didn't report it. Thank you.



MANAGE STRESS – Now that the busy holiday season is almost over, we need to get rid of all that holiday stress as well as the stresses of everyday life. Here are some ways to help you manage that stress – • take 10 deep breaths • laugh often • think positively • laugh at yourself • set realistic goals • smile • listen to soothing music • prioritize tasks • make someone smile • find a quiet spot to relax • read a good book • daydream • hug someone • take it one day at a time • see problems as challenges • get plenty of sleep • watch the clouds go by • recognize the beauty around you.



FOR YOUR COMFORT...



BRING A SWEATER – It's January and the weather is sure to be cold. Although our heaters work hard to keep us comfortable, they sometimes just can't keep up with the extreme temperatures. You would be wise to bring a sweater with you especially if you are inactive while playing cards or bingo, etc. It is always better to be prepared.

MEMBERS



Please take time to meet and welcome the newest members of the Weston Senior Center family. A **BIG WELCOME** to the following new members who joined our center from November 16, 2012 to December 15, 2012:



Joan Ansalvish
Frances Benson
Yvonne Davis
Vilma Drysdale
Charles Harvell



Katherine Issaris
William James
Joan Kiser
Gordy Mays



William Miles
Cora Neal
Jennifer Ransom
Kathleen Urban
Elwyn Young, Sr.



COMPUTER CLASS

If you have computer skills, please feel free to visit the lab to work on your computer skills, check your e-mail, send e-mail messages, surf the internet, play games, etc.

<u>JANUARY 2013</u>			
<u>3</u>	9:30 a.m. to 11:30 a.m. Practice your skills.	<u>10</u>	9:30 a.m. to 11:30 a.m. Practice your skills.
<u>17</u>	9:30 a.m. to 11:30 a.m. Practice your skills.	<u>24</u>	9:30 a.m. to 11:30 a.m. Practice your skills.
<u>31</u>	9:30 a.m. to 11:30 a.m. Practice your skills.		



NEWS FROM THE COMMUNITY...



NEW HORIZONS HAIR BOUTIQUE – Are you aware that we have a beauty shop right here in our building? What a convenience. You can come to the center, enjoy the activities, have lunch and get your hair done - all in one place. Many of our members are customers. Are you? If not, why not?

Stop by to see Judy or Carol on Tuesday through Friday. They will be happy to tell you all about the services they provide. They also offer “senior discounts”. Their telephone number is 322-0779.



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.

SAVE THE DATE

In order to allow you time to plan, you might want to put these activities on your calendar.



Chinese New Year Bingo – Join us on **Sunday, February 10, 2013** for Chinese New Year Bingo.

Basketfest – Our next Basketfest will be held on **Sunday, April 14, 2013**.

HAPPY NEW YEAR

"A FROSTY MORNING"



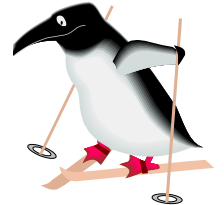
1. ARISE
2. BIRDS
3. BREATHE
4. BRIGHT
5. BUNDLE UP
6. CHILL
7. CLEAN
8. CLOUDY
9. COAT
10. COLD
11. CRISP
12. CRUNCH
13. DARK
14. DINGY
15. DRAB
16. EARLY
17. ENJOY
18. FOREST
19. FRESH
20. FREEZE
21. FROST
22. GRAY
23. ICE
24. INSPIRE
25. INVIGORATE
26. JOG
27. LATE



S O L U T I O N
D E C E M B E R
W O R D S C A N



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



28. LISTEN
29. LOVE
30. MIST
31. MORN
32. NICE
33. OBSERVE
34. REFRESH
35. RUN
36. SHOVEL

37. SNOW
38. SPARKLE
39. STEAM
40. SUN
41. THAW
42. UGLY
43. WALK
44. WRAP
45. ZERO



"T'WAS THE NIGHT BEFORE CHRISTMAS"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------



<p><u>MENU FOR</u> <u>JANUARY</u> <u>2013</u></p>  <p><u>KRISTINE</u> <u>JONES</u> <u>Head Chef</u></p> <p><u>AMANDELL</u> <u>RIDLEY</u> <u>Asst. Chef</u></p>	<p><u>1</u>  <u>HAPPY</u> <u>NEW</u> <u>YEAR</u></p> <p><u>CENTER</u></p> <p><u>CLOSED</u></p> <p><u>NEW YEAR'S</u> <u>DAY</u></p>	<p><u>2</u> </p> <p>Hamburger on a Roll Tater Tots California Vegetable Blend Ice Cream</p>	<p><u>3</u> <u>FEAST</u></p> <p>Baked Tilapia with Shrimp Scampi Sauce  Pasta Tossed Salad Banana Cream Pie</p>	<p><u>4</u></p> <p>Chicken Patty on a Roll Tomato Rice Soup Crackers Assorted Desserts</p>
<p><u>7</u> </p> <p>Spaghetti With Meat Sauce Garlic Bread Tossed Salad Peach Crisp</p>	<p><u>8</u> </p> <p>Reuben Sandwich French Fries Corn Chocolate Oatmeal Cookies</p>	<p><u>9</u> </p> <p>Beef Stew with Peas & Carrots Over a Biscuit Spice Cake with Cream Cheese Frosting</p>	<p><u>10</u> <u>FEAST</u></p> <p>Stuffed Chicken Breast Mashed Potatoes Gravy  Green Beans Cranberry Mousse</p>	<p><u>11</u> </p> <p>Tomato, Spinach & Feta Quiche Hash Browns Assorted Desserts</p>
<p><u>14</u> </p> <p>Sweet and Sour Chicken Brown Rice Stir Fried Veggies Chinese Almond Cookies</p>	<p><u>15</u> </p> <p>Baked French Toast Sausage Scrambled Eggs Pears</p>	<p><u>16</u> <u>Made to Order</u> <u>Breakfast</u></p> <p>Chili Cheese Dog Onion Rings  Cole Slaw Cherry Lime Shortbread Cookie</p>	<p><u>17</u> </p> <p>Meatloaf Mashed Potatoes Gravy Glazed Carrots Triple Delight</p>	<p><u>18</u> </p> <p>Bacon, Lettuce and Tomato on a Roll Italian Wedding Soup Crackers Assorted Desserts</p>
<p><u>21</u> </p> <p>Cheese Steak with Fried Onions Broccoli Cookies and Cream Mousse</p>	<p><u>22</u> </p> <p>Creamed Chipped Beef over a Biscuit Fried Potatoes Fruit Cocktail</p>	<p><u>23</u></p> <p>Manicotti with Marinara Sauce Tossed Salad  Garlic Bread Red Velvet Cookies</p>	<p><u>24</u> <u>FEAST</u></p> <p>Pork & Sauerkraut Mashed Potatoes Gravy  Applesauce Peanut Butter Cupcakes</p>	<p><u>25</u> </p> <p>Chicken Salad on a Whole Wheat Roll Chips Carrot Raisin Salad Assorted Desserts</p>
<p><u>28</u> </p> <p>Baked Chicken Buttered Noodles Peas Jelly Thumbprint Cookies</p>	<p><u>29</u> </p> <p>Fish Sandwich with Lettuce & Tomato Vegetable Pasta Salad Double Lemon Cookies</p>	<p><u>30</u> </p> <p>Ham and Cabbage Red Skinned Potatoes Applesauce Bread Pudding</p>	<p><u>31</u> </p> <p>Salisbury Steak with Gravy Onions/Peppers Mashed Potatoes Creamed Spinach Cake & Ice Cream <u>BIRTHDAY DAY</u></p>	<p><u>PLEASE NOTE:</u></p> <p>The Howard J. Weston Community and Senior Center, Inc. does not discriminate on the basis of sex, creed, race, national origin or handicap</p>

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