



New Castle Senior Center
at the
Booker T. Washington School
400 South Street New Castle Delaware
302-326-4209

OCTOBER 2018

“Where Friends Gather”

New Castle Senior Center

Incorporated September 2001

Telephone No. 302.326.4209

Website-www.newcastleseniorcenter.com

The Center is open Monday, Tuesday, Wednesday and Friday from 9:00 a.m. to 3:00 p.m.
On Thursdays, we are open from 9:00 a.m. to 7:00 p.m.

Mission Statement-to serve older adults with programs to enhance their health,
happiness and independence within the community.

Senior Center

Executive Board

Board President
Kim Wipf

Vice-President
Tish Gallagher

Treasurer
Candi Knotts

Secretary
Judy Barthel

Board of Directors

Marianne Caven
Sally Denton
Dee Duszak
Terry Gormley
Ted Joslin
Nicole Poore
Erica Suppa
Bob Thatcher

Center Staff

Executive Director
Natalie Kaplan

Assist. Director
Mike Pullan

Outreach/Activities Coordinator

Jo Ann Koon

Transportation
Susan Marinelli
Russ Paternostro
Tom Strawbridge

Receptionist
Glory Rolfe

Program Volunteers

Blood Pressure

Midge Berfield, RN

Program Instructors

Yoga
Strength Building
Line Dancing
A.B. C. Class
Zumba Gold
Tai Chi/Qi Gong
Evening Yoga
Arthritis Exercise

Gale Jones
Training by Liz
Rick Wilson
Training by Liz
Elisa Cordero
Susan Townsend
Kathleen Corcoran
Linda Adams

Family Medicine Center at the New Castle Senior Center

Annie Ingram, MSN, APRN, NP-C
302-327-7630

*New Castle Senior Center welcomes everyone
over 50 years of age regardless of race, religion, sex
ethnic origin or handicap. All members attending the
Center must be able to take care of their personal needs
and make appropriate independent decisions as they
participate in the activities of the day.*



Harvest Bazaar

Saturday, October 20, 2018

9:00 am-3:00 pm

TREASURE CHEST

New & Gently Used Items

GOOD EATS CAFÉ

Breakfast & Lunch Foods

GRANNY'S CUPBOARD

Homemade Baked Goods

MADE FOR YOU

Handmade Crafts
Sewing & Craft Supplies

THE READER'S CORNER

Fiction & Non-Fiction Books

TAROT CARD READER KATE SCOTT
TOMBOLI TABLE AND 50/50 RAFFLE
MUMS

New Castle Senior Center
400 South Street, New Castle, DE 19720

**NEW CASTLE SENIOR CENTER
OCTOBER
WEEKLY ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Billiards 9:00 Pool Exercise 10:00 Wii Bowling 12:00 Lunch 12:00 Mah Jongg 1:00 Chair Yoga	9-3:00 Billiards 10:00 Bingo 10:30 Shanghai 10:30 Wii Bowling 12:00 Lunch 1:00 Strength Building/Exercise	9-3:00 Billiards 11:00 Line Dancing 12:00 Lunch 1:00 Agility/Balance/Coordination Class	9-7:00 Billiards 9:30 Bridge 9:30 Wii Bowling 10:00 Games w/Tom 12:00 Lunch 12:30 Super Market 1:00 Wii Bowling 1:00 Zumba Gold 2:15 Tai Chi/Qi Gong 2:30 Bible Study 5:30 Yoga	9-3:00 Billiards 10:00 Bingo 10:00 Mah Jongg 10:30 Beginner's/Arthritis Exercise 12:00 Lunch

OCTOBER MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10:00 Always Best Care: Planning Meals on a Budget 10:30 Adult Coloring	9:30 The Garrison	10:00 Pinochle 10:00 Chair Yoga 10:00 Cigna: Medicare 1:30 YMCA Diabetes Prevention Program	9:00 Bank & PO 9:30 Massage Program 12:30 Food Lion 5:00 Pot Luck Dinner	11:30 Brain Boosters 12:30 New Castle Farmer's Market
8	9	10	11	12
CENTER CLOSED COLUMBUS DAY	12:30 Pokeno	8:30 Kitchen Kettle Village 10:00 Care Wear 1:30 YMCA Diabetes Prevention Program	12:30 Shop Rite 5:00 "Old is not Easy" 6:00 The Garrison	12:00 Entertainment-Suzette Pritchett
15	16	17	18	19
10:00 Dover Federal Credit Union: Debt Management/Credit Scores 10:30 Reminisce Group		9:00 Nat. Depression Day Screenings 10:00 Pinochle 10:00 Blood Work 11:45 Wilmington Western Railroad 1:30 YMCA Diabetes	9:00 Bank & PO 10:00 Blood Pressure 12:30 Food Lion No Bible Study No Tai Chi No Yoga Closing at 3:00	CENTER CLOSED BAZAAR SET UP
22	23	24	25	26
10:00 Bingo and lunch with C&D Senior Center (here)	12:30 Food Distribution	10:30 Book Club 1:00 Bazaar Wrap up Meeting 1:30 YMCA Diabetes Prevention Program	9:00 Stand by Me 12:30 Shop Rite 4:00 Movie Night	12:30 Dollar Store
29	30	31		
10:00 Highmark: Move to Get Healthy 10:00 Learn to Play Pool 12:15 Birthday Celeb 12:30 Brain Boosters		10:00 Atrium Indep. Senior Living 11:00 Lunch Out: Cracker Barrel 1:30 YMCA Diabetes Prevention Program		Don't forget the Harvest Bazaar! Saturday, Oct. 20 9:00-3:00

October Happenings!

Oct. 1- Presentation: 10:00 Jason Bower, from Always Best Care will bring “Planning Meals on a Budget”, a topic of interest to all of us who want to eat healthy, yet economically.

Oct. 1-Adult Coloring: 10:30 Let your stress and cares melt away as we color with friends.

Oct. 2, 11- Come learn about The Garrison, the newest modern apartments soon to open in historic New Castle. Malena Dawson, Property Manager, will be hosting two information sessions: Tuesday, October 2nd at 9:30 am, and Thursday, October 11th at 6 pm. Bring a friend and bring your questions!

Oct. 3, 17-Pinochle: 10:00 Join us on the 1st and 3rd Wednesday of the month to play pinochle.

Oct. 3-Chair Yoga: 10:00 Presented by the Cancer Support Community. For many, who are in some way caring for friends or family, this class offers a time to take care of yourself and be refreshed and energized.

Oct. 3- Presentation: 10:00 Christine Coneeny, from Cigna Health Spring will be here to talk about changes in Medicare in preparing for the annual enrollment period.

Oct. 3-YMCA Diabetes Prevention Program: Wednesdays at 1:30 This is a 12 month evidence based program designed to help those at risk of developing type 2 diabetes adopt and maintain healthy lifestyles. **You may be eligible to participate in this class with no out of pocket expenses.** Call the YMCA at 302-572-9622 to register.

Oct. 4-Massage Program: 9:30 Lisa Harzberger, a licensed massage technician, will be doing soft tissue massages for seniors and reflexology on hands and feet, according to the person’s needs...no lotions, no undressing. She will charge \$20.00 for 30 minutes. See sign-up sheet at front desk.

Oct. 5, 29-Brain Boosters Join us for a fun activity to help boost your brain.

Oct. 9-Pokeno: 12:30 This game is similar to bingo, but played with a deck of cards. If you’ve never played, come and learn! Bring your nickels.

Oct. 10-Kitchen Kettle Village: 8:30-5:00 Cost-\$35 for paid senior center members, \$45 for non-members. Price includes bus and driver’s tip. They day is yours to spend as you wish.

Oct. 12-Entertainment: 12:00 Suzette Pritchett will be singing songs from such artists as Aretha Franklin, Tony Bennett, Lou Rawls, Otis Redding, Patti Labelle and more. You won’t want to miss her!

Oct. 15- Presentation: 10:00 Susan Yocum, from the Dover Credit Union will be speaking to us about Debt Management and Credit Scores.

Oct. 15-Reminisce Group: 10:30 “Halloween in the Good Old Days” Let’s remember those days of trick-or-treating and the fun we had!

Oct. 17-National Depression Day Screenings: 9:00 Elizabeth Davis, of the Mental Health Association in DE, will give a brief talk on Depression and Seniors and spend time doing individual screenings.

Oct. 18-Blood Pressure Screenings: 10:00 Midge Berfield, RN will be here to do free BP screenings.

Oct. 22-Bingo & Lunch with C&D Senior Center: 10:00 Join us as we welcome our friends from C&D Senior Center for a morning of bingo. They will be staying for lunch and we hope you will too.

Oct. 24-Book Club: 10:30 Discussion will be on *Still Life With Bread Crumbs*, by Anna Quindlen.

Oct. 29- Presentation: 10:00 Donna Tuohey from Highmark will speak to us about Health Awareness and the importance of physical Activity in our lives, “Move to Get Healthy”.

Oct. 29-Learn to Play Pool: 10:00 Have you seen our pool tables and wish you knew how to play? Now is your chance to learn!

Oct. 31- Presentation: 10:00 Sydney Alford will be speaking to us about the benefits of Atrium Independent Senior Living.

Remember, the senior center is open on Thursday nights until 7:00 pm

Yoga w/light abs workout: 5:30-6:30 pm. Cost-\$8 per class.

Oct. 4-Potluck Dinner: 5:00 Bring your best German recipes for dinner or dessert as we celebrate “Oktoberfest”.

Oct. 11-“Old is Not Easy”: 5:00 Bring a sandwich and join the discussions about the “joys” of aging.

Oct. 25-Movie Night: 4:00 “*The Notebook*” starring Ryan Gosling and Rachel McAdams, tells the story set in 1940’s of a mill worker and a rich girl who fall desperately in love.

October Trips (Payment is due at time of sign up for all trips)

October 5- New Castle Farmer's Market: Cost-free for bus

October 17-Wilmington Western Railroad, Autumn Leaf Special: Cost \$16/members, \$18 non-members for train and bus. Bring a bag lunch.

October 26-Dollar Store: Cost-free for bus

October 31-Lunch out Cracker Barrel: Cost-\$3 members/\$5 non-members

SAVE THE DATE

November 14-Thanksgiving Lunch with entertainment by the Mt. Sophia Senior Chorale

December 18-Holiday Lunch

2018 CHARTER BUS TRIPS

Payment is due at time of sign up. If you need to cancel your trip, money will only be refunded if there is someone to take your place.

October 10-Kitchen Kettle Village, PA: 8:30-5:00. Cost-\$35 for paid senior center members, \$45 for non-members. Price includes bus and driver's tip.

November 7-Dutch Apple Theater: "Sister Act": 9:30-5:00. Cost-\$92 for paid senior center members, \$102 for non-members. Price includes show, lunch, gratuity, bus and driver's tip. Alcoholic drinks are not included.

Deadline to sign up is October 12.

December 5-Cape May, NJ: 8:00-5:00. Cost-\$46 for paid senior center members, \$56 for non-members. Price includes bus and driver's tip.

Trips will be canceled two weeks in advance if there is not enough participation, so sign up early!

Fundraisers

10 week club-The final winners for the Summer 10 week club were:

Week 8-Fred Gallagher, Vanessa Maxwell, Walter VanDunk

Week 9-Mary Bailey, Alice Jacobs, Eileen/Joe Blyskal

Week 10-Dorothy Woytowich, George Hendrix, Alice Jacobs

Annual Appeal-Our annual appeal letter will be sent out at the end of September. Any amount you can give is appreciated and goes a long way in helping the center. **Now you can donate online! Simply go to the center's website and click on the "donate" button on the homepage (www.newcastleseniorcenter.com)**

Harvest Bazaar

Saturday, October 20 from 9:00-3:00!

We have some great items this year! Stop by to do some shopping (it's never too early to buy holiday gifts), have something to eat, take a chance to win a quilt or one of our tomboli items. Help us make this the best bazaar ever! See flyer in this newsletter for more information.

Granny's Cupboard-Bakers are still needed! If you are able to make something, please sign the sheet in the lobby or contact Mike at the center (326-4209)

Volunteers are needed to help set up on October 19 and to help out the day of the bazaar, October 20. If you are able to volunteer, please contact Mike.

Just a reminder, no donations will be accepted after October 5.

CENTER PROGRAMS

All daytime exercises classes with an instructor, unless otherwise noted, are \$1.00 for paid members and \$3.00 for non-members.

AQUATIC EXERCISE-Water exercises at the Delaware Swim and Fitness Center from 9:00-10:00 a.m. The program runs on Monday, Wednesday and Friday of each week. Center transportation is provided on Mondays. **COST: \$3.00 PER SESSION PAYABLE AT THE FITNESS CENTER.**

CHAIR YOGA -Focuses on health and wellness at all levels of the person: physical, psychological and spiritual. Yoga, a simple yet profound stress management technique. **Gale is here on Mondays at 1:00.**

STRENGTH BUILDING/ EXERCISE-An invigorating routine choreographed to music, featuring low impact strength building and aerobic movements. Free weights are used. This is a great aerobic workout for people of all levels of fitness! **Join Training by Liz for a session Tuesday afternoons at 1:00 p.m.**

CAREWEAR-The group meets **the second Wednesday of every month at 10:00.** Volunteers sew, quilt, crochet and knit items for veterans, service men/women, nursing home residents, school children, shelter residents, and other vulnerable populations.

LINE DANCING-For those who want to learn to line dance, **11-11:30** will be a beginner's line dance class. This class will feature easy to learn dances to a variety of music. An intermediate class will follow from **11:30-12:00**, covering more elements of dancing. **Join Rick Wilson on Wednesdays** and be part of the fun!

AGILITY/BALANCE/COORDINATION (A.B.C. Class)-**Join Training by Liz on Wednesdays at 1:00.** The class focuses on agility, balance and coordination , with some relaxation techniques at the end, and can be modified for people of all ability levels.

\$TAND BY ME FINANCIAL COACH-Meet one-on-one with a Financial Coach to apply for Extra Help and find out what other benefits you may receive. **A coach will be at the center the fourth Thursday of every month from 9:00-12:00.** Call 651-3401 or 651-3427 for more info or to schedule an appt today!

ZUMBA GOLD-Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of active, older participants. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. **Join Elisa Cordero on Thursdays at 1:00.**

TAI CHI/QI GONG- This class is led on **Thursdays at 2:15 by Sue Townsend.** There is a \$5.00 suggested donation for this class, payable to the instructor.

BIBLE STUDY- Bible Study with Joan Teagle will be held on **Thursdays at 2:30.**

YOGA-**Join Kathleen Corcoran on Thursdays from 5:30-6:30 pm** for yoga w/light abs workout. A yoga mat or towel is needed. Cost is \$8 per class.

BEGINNER'S/ARTHRITIS EXERCISE CLASS-This exercise program is specifically geared for those who haven't exercised in a while and consists of a series of gentle, non-aggressive movements designed to reduce body aches, pain, stiffness, and increase range of motion and circulation. **Join Linda Adams from Gentle Wellness 4 Life on Fridays at 10:30.**

October Outreach

“In the entire circle of the year there are no days so delightful as those of a fine October.”

Alexander Smith

October is... Apple Month, National Dental Hygiene Month & Halloween

October 1 – International Coffee Day Enjoy a cup of coffee today, maybe even try a flavored coffee or creamer.

October 8 – Apple Month Buy some apples from a farm stand or Farmer’s Market and make some fresh applesauce or an apple pie.

October 21 – Dental Health Month Make an appointment to get your teeth cleaned, talk about memories of your first visit to the dentist or of losing your first tooth.

October 31 – Halloween Decorate pumpkins by painting faces on them, serve caramel corn and apple cider and watch the Charlie Brown favorite movie, “*It’s the Great Pumpkin, Charlie Brown*”.

We Know What Matters – It’s You Social Security

We named our blog *Social Security Matters* for a few reasons. Yes, we matter to millions of people. And the *matters* we write about – from policy changes to new programs – from online *my Social Security* features to popular baby names – are topics that affect you in one way or another. Our blogs provide a lot of information about our programs and services as well as our easy to use tools that can help you plan for retirement or do business with us from the comfort of your own home. So, we’d like to share our most informative blog posts from this past year. As you peruse these posts, consider sharing them with friends and family.

- Medicare or Medicaid? We know this can be a little confusing, so we broke down the differences in easy to understand terms at blog.ssa.gov/is-it-medicare-or-medicaid.
- Estimating your benefits is easy with our online calculators. It only takes a few minutes to see what your years of work will add up to at blog.sssa.gov/estimate-your-benefits-today-for-a-secure-tomorrow.
- Want to know how to increase your benefits beyond retirement age? We break it down here: blog.ssa.gov/how-you-can-grow-your-social-security-benefits-beyond-retirement-age.
- Do you need to replace a lost Social Security card? You may be able to do it online using your *my Social Security* account. [Find out more at blog.ssa.gov/1-million-social-security-replacement-cards-and-counting](http://blog.ssa.gov/1-million-social-security-replacement-cards-and-counting).

Osteoporosis

What is it? * It is a medical condition in which bones become brittle and fragile from loss of tissue, typically as a result of hormonal changes, or deficiency of calcium or Vitamin D. As a result, bones become weak and may break from a fall, or in serious cases from sneezing or minor bumps. Osteoporosis means “porous bone”.

Who’s got it? * Close to 10.2 million adults have the disease, and about 43.4 million more have low bone density according to the National Osteoporosis Foundation. People with a family history are between 50 and 85 percent more likely to get the condition.

What can you do about it? * Bone density testing – a bone X-ray called DXA measures bone strength and is recommended beginning at age 65 for women and 70 for men. Life style changes can help. Quit smoking, curtail alcohol, consume a balanced diet with adequate calcium and vitamin D, and talk to your doctor to see if medicines can benefit you.

October Brainteasers

September Brainteasers Answers

HIDDEN ANIMALS Identify animals that are hidden in the words that complete this list.

1. Wh_ _ _ barrow – A cart for moving loads. **Wheel - eel**
2. Video_ _ _ _ - Medium for recording visual images. **Video tape - ape**
3. _ _ _ _ _ radish – Pungent root used as a condiment. **Horse radish - horse**
4. **Kn _ _ _ edge – The facts, information and skills a person possesses. Knowledge - owl**
5. _ _ _ astrophe – A disaster. **Catastrophe - cat**

PRESIDENTIAL NICKNAMES Can you identify these U.S. presidents by their nicknames?

1. Bubba-**Bill Clinton**
2. Dubya - **George W. Bush**
3. The Teflon President- **Ronald Reagan**
4. Give ‘Em Hell Harry - **Harry Truman**
5. The Rail Splitter - **Abe Lincoln**
6. Ike- **Dwight Eisenhower**
7. Silent Cal- **Calvin Coolidge**
8. Barry- **Barack Obama**
9. Tricky Dick- **Richard Nixon**

Swimming Pool Fun A pipe can fill a swimming pool in three hours. A second pipe can fill the pool in two hours. If both pipes are turned on at the same time, how long will it take them to fill the pool?

1.2 hours $x/3 + x/2 = 1, 2x + 3x = 6 .5x = 6 x = 6/5 = 1.2$

SEPTEMBER IN HISTORY

1901 Following the assassination of this president, Theodore Roosevelt was sworn in as the 26th president of the United States. **Wm. McKinley**

October Brainteasers

Daily Double All of the two word answers in this game begin with the initials D and D.

1. Father who doesn't pay his child support...
2. Chicago-style pizza...
3. Nick-name for the 2-story red buses in London...
4. Rock Hudson's frequent co-star...
5. Person appointed to make sure everyone gets home safely after a night of drinking...
6. He is the third most popular cartoon character of all time...
7. In this jump rope game, two ropes are swung in opposite directions simultaneously...

Endings and Beginnings A compound word is made up of two smaller words, such as *stopwatch*. Here we provide the first half of one compound word and the second half of another. Figure out the word that completes them both. The first letter of the answer is provided as a hint.

- | | |
|----------------------------|----------------------------|
| 1. Super _____ power (M) | 8. Wall _____ pot (F) |
| 2. Drug _____ front (S) | 9. Bell _____ scotch (H) |
| 3. Pawn _____ keeper (S) | 10. Mouth _____ tub (W) |
| 4. Buck _____ paste (T) | 11. Ear _____ leader (R) |
| 5. Turn _____ cloth (T) | 12. Fire _____ pit (A) |
| 6. Pocket _____ keeper (B) | 13. Bird _____ robe (B) |
| 7. Stove _____ line (P) | 14. Hobby _____ radish (H) |

Egg on your face Which of these two sentences is correct: “The yolk of the egg are white” or “The yolk of the egg is white”?

Delaware Trivia What is the name of the interactive, multidisciplinary, hands-on museum for youngsters in New Castle County?

FALL

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

Abundant	Changing	Fireside	Leaves	Seasonal
Apples	Cider	Flannel	Orange	Spooky
Autumn	Crisp	Foraging	Pie	Squash
Bountiful	Earthy	Harvest	Pumpkin	Yellow