

January 2025

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 HURLEY
SITE MANAGER

BETSEY MOORE
CRAFT INSTRUCTOR

BEVERLY J. MCCOOL
PROGRAM COORDINATOR

MIKE TEDESCHI
CHEF

BOARD OF DIRECTORS

CHARLES S. STEPHAN
CHAIRMAN

DARREN WRIGHT
VICE-CHAIRMAN

GREGORY YACUCCI
TREASURER

TOM HANDLING

HEATHER MILEA

KEN MOORE

BETH ORSEGA-SMITH



DINE-OUT CLUB

January's Dine-Out will be on
January 8, 2025 @ 4:30 p.m.

Smileys

For those of you who are not familiar with our "Dine-Out" program, we visit an area restaurant on the first Wednesday of each month. It is a great time to eat out with your friends and for our singles, not having to eat alone. Generally, the restaurant will give the center a gift card to their restaurant to be used in one of our many baskets we chance off throughout the year!

NEW DATES-CHAIR MASSAGE

Chair Massage every Wednesday
From 9:30 a.m.-1:30 p.m.

10 Minutes-\$5.00

15 Minutes- \$10.00

30 Minutes- \$25.00

Donna will be scheduling services at the front desk. Cash payment will be required at the time of sign-up.

SNOW CLOSING – It's that time of year when we must think about winter and snow. So, we must be prepared for when the snowflakes begin to fall. Tune into your radio for snow closing information – W.S.T.W. (93.7 FM) or go to the website www.wstw.com Snow Watch. Look for WESTON SENIOR CENTER. 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!!

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

WESTON'S UNITED WAY number is 9336.

Website

E-mail

2024-2026 ADVISORY COUNCIL MEMBERS

*Linda Brown, Pat Burk, Beverly Ellis, Kathleen Fallstick, Jeannette Henretty,
Dutchie Jensen, Linda Loveless, Michele Merlonghi, Ginger Pettyjohn,
Camilla Pfeil, Shirley Renn, 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.westonaduldaycare.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 a.m. to 4:00 p.m.
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 2:00 p.m.

Betsey is available Tuesdays thru Thursdays from 9:00 a.m. to 12:00 noon. Cemetery arrangements are available for \$18.00 (see Betsey).



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.



BEGINNER QUILTING CLASS– Sara Walker is our Quilting Instructor. The class is held on Fridays from 9:30 a.m.-11:30 a.m. All levels of skill are welcome!

BEGINNER KNITTING CLASS – Tuesdays @ 9:30 a.m. If you have ever wanted to learn how to knit, here is your chance! Join Betsey and friends to learn how to knit.



BEGINNER CROCHETING– Thursdays @ 1:00 p.m. Join Donna & her merry band of “Happy Hookers” every Thursday to learn a fun new skill. This class is limited to 8 students. See Donna to sign up.

CARDS AND GAMES ...



CANASTA - Tuesdays @ 1:00 p.m. in the Community Room. If you are interested in playing, leave your name with Donna at the front desk and you will be contacted.

POKENO – Pokeno is coming back in January 2025! We have secured a volunteer to run the event. Spread the word! First date is Tuesday, January 28, 2025 @ 1:00 p.m. Everyone is welcome.



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!



NICKEL/NICKEL – If Nickel/Nickel is your game, join one of the games going on in the Community Room every day. If you are interested in learning how to play stop by and we will teach you!



SHUFFLEBOARD – The 2nd half of our season will begin on Tuesday, January 7, 2025. If you are interested in joining the league, please see Beverly. We are always looking for substitutes. The shuffleboard tables are available for anyone to use everyday, except on Tuesdays.



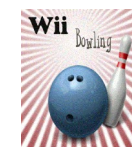
BILLIARDS – Monday-Friday. We have four billiard tables so there is always room for you to play.



PUZZLE CORNER – If you like to do jigsaw puzzles, check out our puzzle corner in the Shuffleboard Room. 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 Dining Room. We will be playing double deck and it is open to everyone.



Wii BOWLING LEAGUE UPDATE– The second session will begin on Monday, January 6, 2025. Make sure you are all bowling your reserved scores before we begin the 2nd session. We are always looking for substitutes, so if you are interested, please see Beverly.



CORNHOLE – Thursdays beginning @ 9:30 a.m. Show up and have fun! This is a drop in game, everyone is welcome!



RED HATS– The “Red Hot Mamas” meet on the 2nd Monday of the month at 11:30 a.m. If you are interested in joining, stop by, they are always happy to welcome new members. See Dutchie Jensen to join the group or for additional information.

WOMEN'S CLUB DELAWARE– These ladies are so much fun! Their group runs from September–May. They meet on Wednesdays from 9:30 a.m.-11:30 a.m. and do crafts and play games. If you are interested in joining in the fun, leave your name with Donna at the front desk.



VIRTUAL CLASSES

Attention all members–

If you are interested in joining one of our virtual classes but you do not own a laptop or iPad please see Beverly.

We have purchased 25 iPads that we can lend out to members for virtual classes. If you know of anyone who could benefit from this program, please pass along the information.

How to Join a Virtual Class

- First you must go to our Website- 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-

- A list of virtual classes.
- Click the register button.
- Click on the date.
- Click on the time .
- This will take you to the registration form, just fill it out and click confirm booking.
- On the day of your class you will receive a reminder email. 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.

ON-GOING VIRTUAL CLASSES

Virtual & In-Person Chair Yoga w/ Gale

Mondays from 10:30 a.m. – 11:30 a.m.

Non-Denominational Bible Study Virtual & In-Person

Tuesdays from 10:30 a.m.-11:30 a.m.

Virtual Bingo!

This virtual class has resumed.
Wednesday's from 9:30 a.m.-10:30 a.m.



DELAWARE HEALTH FOR ALL

Thursday, January 9, 2025

9:00 a.m.– 11:00 a.m.

Blood Pressure Screenings

Weston will be partnering with the University of Delaware's HEALTH for All (Health, Empowerment, Access, Learning, Teaching, Humanity) program (formerly Mobile Health) this year.

This program will provide education and outreach initiatives, as well as health screenings. Screenings would include but are not limited to, stroke, blood sugar, balance and blood pressure.

The students will engage in education and outreach opportunities here at Weston on Tuesdays and Thursdays and we will post the dates and times on the bulletin board as they become available.

DO MORE 24- WESTON'S WELLNESS

“ICE, ICE BABY”

Do More 24 Delaware 2025 will be held over 24 hours on March 6-7, 2025 starting at 6 p.m on Thursday, March 6, 2025 and ending at 6 p.m. on Friday, March 7, 2025.

What is Do More 24 Delaware?

Do More 24 Delaware is designed to be a fun and easy way for the entire community to impact philanthropy and be inspired to donate to non-profits serving Delaware. It is a unique 24-hour giving event that showcases the amazing and vital work of non-profit organizations serving our state. The goal is to inspire Delawareans to come together for 24 hours and contribute as much as they can financially to the causes and organizations that they support.

Please consider contributing to Weston for this 24-hour fundraiser. Our theme this year is **“ICE, ICE Baby”** Funds raised will be used to replace our out dated walk in refrigerator and to replace our ice machine. We will be collecting funds for the March event in order to maximize our fundraising potential by participating in various challenges during the 24-hour period. Any donations would be greatly appreciated.

FUNDRAISING

FUNDRAISING – November 2024



Below is our fundraising status
(July 1, 2024–June 30, 2025).

50/50s	\$604.00	
Donations-General	\$700.00	
Bake Sale	\$1195.00	
Raise Right Gift Cards	\$115.77	
November 2024	\$2,614.77	\$2,614.77
October 2024		\$714.00
September 2024		\$2,192.98
August 2024		\$912.00
July 2024		\$1,038.28
Total		\$7,472.03

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 or Vicki if you have questions or need more information.

Thank you for your support!!

December's Raffle

The Old World Santa that was
hand sculpted with handmade clothing created & donated
by Phyllis Stawicki was won by Joan Gartley.
Thank you Phyllis!

Weston's Christmas Giveback

Thank you all for your generous donations. Together we raised over \$800.00 to purchase gifts for two families at Wilmington Manor School. You all helped to make 7 children very happy. Thank you!

The gloves and mittens we collected at our December Bingo were delivered to our pen pal teacher and were distributed to the students. Thank you all!!

WEEKLY 50/50 DRAWING

Each ticket is \$1.00
or 6 for \$5.00. Drawings are held on
Fridays @ 12:00 noon.

December 2024 Winners

50-50 Winners

Gabe Archangelo - 11/27/2024 - \$90
Betty Springer - 12/6/2024 - \$126
Betty Springer - 12/13/2024 - \$112
Michele Merlonghi - 12/20/2024 - \$147

Raise Right Gift Cards

This is our Gift Card Fundraiser.
There is an amazing selection of gift cards to
choose from. See Donna for an order form.
Turn around time should be
approximately 1 week.

We will be placing our next order on
Friday, January 31, 2025.

Thank you!
(We need to have \$1,000.00 in card
orders to place an order.)

CLOTHES CLOSET -

Weston has a clothes closet set up for our
members. It is filled with new and gently used
clothes in sizes 10-3x. Each item is \$3.00.
The closet is open for business every day
9:00 a.m.-1:30 p.m.
Special thanks to Juliet and Joe Michaelian
for all their hard work keeping
things organized.

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!

WELLNESS AND PHYSICAL FITNESS ...

CHAIR YOGA W/GALE-Mondays from 10:30 a.m.-11:30 a.m.

Join Gale on Mondays from 10:30 a.m.–11:30 a.m. The charge for this class will be \$4.00 per person. Stop by and check it out!

CARDIO DRUMMING-Tuesdays from 1:00 p.m.-2:00 p.m. The next 6 week class will begin on Tuesday, January 7, 2025– Tuesday, February 11, 2025. The cost is \$25.00. Please sign-up with Donna @ the front desk.

LINE DANCE CLASS – Wednesdays @ 10:00 a.m. 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. THERE WILL BE NO LINE DANCING FOR THE MONTH OF JANUARY!

LOW IMPACT CARDIO CLASS– Thursdays @ 1:00 p.m. Join Mary Ellen Louise for a wonderful workout utilizing bands, weights and balls to improve your cardio functions. The class is \$4.00.

NEW EXERCISE CLASS! STRENGTH TRAINING w/ GALE– Fridays @ 2:10 p.m. Cost: \$25.00 for 6 Weeks January 10, 2025–February 14, 2025 . One of the best ways to keep muscles healthy and strong is through exercises called strength training—sometimes known as weight lifting or resistance training.

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 \$23,800 for a single person and \$36,600 for a married couple after Medicare Part B is taken out. For more information, please contact the clinic at (800) 292-9538 .

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.



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 Tickets) 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. For more information please call 302-478-8680.



LEGAL AID – The Elder Law Program (ELP) of Community Legal Aid Society, Inc. provides limited legal assistance to Delawareans aged 60 years or older. The services provided by ELP are free of charge. What problems are handled by the elder law program? Powers of Attorney and Advance Health Care Directives (formerly known as Living Wills); Consumer problems such as debt collection and home repair cases; Housing problems such as evictions; Benefits issues such as Medicaid and Social Security. Note: The Elder Law Program does not do simple wills. If you need assistance please call Michelle McLean @ 302-575-0666.



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 \$34,903 for a single person and \$45,042 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 –The next date for our AARP Driver Safety Refresher class is scheduled for Tuesday, January, 14, 2025. The cost is \$20.00 for AARP members and \$25.00 for non-members. Please make checks payable to AARP. See Donna for more information.



STAND BY ME 50+ - Stand by Me 50+ will be here on the last Tuesday 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 Karen Summa @ 302-565-9636 .



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. 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.



THE VIAL OF LIFE— The Vial of L.I.F.E program is a medical information form that the owner completes, then places in the provided medication bottle that is labeled “Vial of L.I.F.E” and placed in your refrigerator. The form includes your medical history, daily medications, demographics, doctor, hospital preference and an emergency contact. The medication bottle is kept in your refrigerator in direct view. The kit also comes with a Vial of L.I.F.E magnet to place on the refrigerator that signifies your participation in this program. *** Make sure to up-date this information as your medications change.** See Beverly for your Vial of Life. **(We are waiting on a new supply)**



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.



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

Donations are welcome at any time. We are currently collecting donations to help offset the cost of maintaining our building. Please support the center if you can! Special thanks to those that have made such generous contributions so far!

iPhone & iPad Help is Available!

Do you have an iPhone or iPad and are tired of asking your children & grandchildren to help you with it? Ron Pierce has generously offered his services to answer questions

about your iPhones and iPads

He will be here every Tuesday from 9:00 a.m.-11:00 a.m.

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>January 2025</u>		
5th: 9:30 a.m. to 11:30 a.m. Practice your skills.	12th: 9:30 a.m. to 11:30 a.m. Practice your skills.	19th: 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 November 16, 2024 to December 15, 2024:

Guy Clark	Mary Moseley	Michelle Perkins	Thelma Peyton	Sandra Probststein
Ronald Smith	Lewis Wagner			

- ♦ The cost to join the Fitness Center will be \$10.00 per month, till the end of the year.
- ♦ Beginning in January of 2025, you can join the Fitness Center for \$100.00 for the year (saving \$20.00) or pay \$10.00 on a month-to-month basis.
- ♦ In order for you to use the Fitness Center you must sign a waiver stating you are exercising at your own risk and have a training session with a staff member.
- ♦ Please check with your Doctor to determine if it is safe for you to exercise.
- ♦ We plan on applying to become a “Silver Sneakers” site. We will keep you posted.



CROCHET SOCIAL GROUP– Thursdays 1:00 p.m. Now that you've refreshed your crochet skills, it's time to set you free! A new Crochet Social Group will be meeting in the Arts & Crafts Room Thursdays beginning at 1:00pm. Bring your project to work on, share patterns, teach your fellow crocheters a new stitch and just spend time hanging out with friends! Donna will pop in from time to time to see what you're working on and answer any questions you may have.

BLANKETS FOR CHRISTIANA CARE- Calling all knitters, crocheters and quilters! We are looking for people who can knit, crochet or quilt lap blankets for adults or baby blankets for the NICU to be donated during the winter months. Please see Donna or Betsey for details on materials to be used and sizes.

VETERANS SOCIAL CLUB – One of our members is interested in starting up a Veterans Social Group. If you are a Veteran and you might be interested, please join us on **Tuesday, January 21, 2025 @ 11:00 a.m.** for a short meeting. If you are interested but can't make the meeting, please leave your name with Donna @ the front desk.

JANUARY 2025

CENTER CLOSED ON WEDNESDAY, JANUARY 1, 2025

ANNUAL MEMBERS' MEETING - Wednesday, January 8, 2025 @ 11:00 a.m. Our open Council Meeting is open to all members. Please plan on attending. The meeting will be held in the Dining Room.

BINGO & LUNCH– Friday, January 3, 2025, @ 10:00 a.m. Cost-\$5.00. This month's theme is "Winter Wonderland". Cash Prizes & Door Prizes.

TAXPAYER ASSISTANCE– At this time we are waiting on confirmation of days, times and procedures. As soon as we have confirmation we will be posting the information at the center, on Facebook and our website. We will be utilizing a special voicemail system. If you need an appointment please call 302-328-6626 Ext. 7 and leave a message. We will return your call.

MAMMOGRAMS– Monday, January 6, 2025 8:00 a.m.-12:00 p.m. Join us for our 33rd year of this important screening. The Helen Graham Center is working with us to make this event run as efficiently as possible. We have a conference room reserved where we can relax and enjoy Bingo while we wait. See the credenza in the lobby to signup and be sure to see Donna for your paperwork.

AARP DRIVERS SAFETY CLASS –The next date for our AARP Driver Safety **Refresher class** is scheduled for Tuesday, January, 14, 2025. The cost is \$20.00 for AARP members and \$25.00 for non-members. Please make checks payable to AARP. See Donna for more information.

SNOWMAN CRAFT CLASS– Tuesday, January 14, 2025 @ 9:30 a.m. Cost-\$10.00 See the example on the credenza. You need to sign up by Wednesday, January 8, 2025.

WILMINGTON MANOR LIONS CLUB "HOPP DROP" FOOD GIVEAWAY– Friday, January 24, 2025 @ 10:00 a.m. 1 box per car. Open to the public. Next date– February 23, 2024. Located in The Weston Senior Center parking lot.



FEBRUARY 2025

SUPER BOWL LIX PARTY– Thursday, February 6, 2025 @ 11:00 a.m. Who will win the Super Bowl this year? We don't know, but it sure is fun watching our team compete for the Lombardi trophy. It could be just a touchdown away. Join us as we play to WIN! Snacks and fun for everyone.

BINGO & LUNCH– Friday, February 7, 2025 @ 10:00 a.m. Cost-\$5.00. This month's theme is "Hearts & Flowers". Share with us what makes your holiday a joyful one. Cash Prizes & Door Prizes.

WESTON'S ANNUAL SOUP SALE– We will be offering 2 kinds of soup for sale. Cost \$7.50 a quart. Advanced sign-ups with payment will be required. Order forms will be available on January 6, 2025. Orders must be turned in by Thursday, January 30, 2025. Pick up will be on Thursday, February 6, 2025

PEN PALS UPDATE– We will be visiting our Pen Pals at their school. As soon as we have a date from the teacher we will let you know. If you are unable to attend, please let Vicki know as soon as possible.

BLACK HISTORY MONTH PRESENTATION– Thursday, February 27, 2025 @ 11:00 a.m. Please join us for our annual Black History Month presentation and stay for lunch. This years theme is yet to be determined. See February's newsletter for updates.

MAY 2025

SAVE THE DATE– **BasketFest is coming back!! Saturday, May 3, 2025.** We are collecting new items, wine, and gift cards to add to our baskets. If you have something you would like to donate see Vicki or Beverly. Thank you for all your help!

Notable January National Days:

There are two federal holidays in January, **New Years Day** (the day to make New Year's resolutions and recover from New Year's Eve) and the birthday of the inspirational leader, Martin Luther King, on **Martin Luther King Day**.

Keep warm during this chilly month by participating in Hot And Spicy Food Day, National Hot Buttered Rum Day, Hot Sauce Day, And National Hugging Day. Fun food days include National Spaghetti Day, National Milk Day, National Popcorn Day, National Pie Day, National Peanut Butter Day, National Chocolate Cake Day, National Croissant Day, National Bloody Mary Day, National Buffet Day.

Notable February National Days:

February is Black History Month. It originally commemorated the accomplishments and struggles of African-Americans in the U.S. Canada and the U.K. have joined the U.S. in honoring Black History Month.

Presidents Day is the only Federal holiday observed during February.

Valentine's Day is February's most popular day. However, a few days have been created as alternatives for Valentine's Day, like Galentine's Day and Singles Awareness Day. Valentine's Day is a day of romance, but it's also a day of stress; consider Madly In Love With Me Day for a fun alternative.

Ash Wednesday is the first day of Lent and is observed six weeks before Easter Sunday. Therefore, it can fall on either a day in February or in March. Mardi Gras is French for Fat Tuesday and runs from January 6th to the day before Ash Wednesday.



WESTON WANDERERS GET READY!!

Extended Trips 2024

All flyers are available at the front desk and on our Website.

A \$100 deposit per person per extended trip is required to secure your place.

2025

We are working on new trips (both day and extended) for 2025. If you have any suggestions on where you would like to travel to, please see Vicki or let one of the Advisory Council know and they will share it with the staff.



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 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.
- ♦ 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.
- ♦ If you need to schedule a payment plan for any day trip, please see Vicki.

What's Cooking?

News from the Kitchen!

BRINGING FOOD INTO OUR CENTER

Our policy is that outside food is not permitted in the center. However, there are times that exceptions can be made. Examples are when someone has a food allergy and can't eat what's on the menu, medication requires eating frequently. Those needing an exception MUST get permission from a staff member. Your cooperation is appreciated.

SUGAR FREE DESSERT-For those of you who are Diabetic, we offer a sugar free pudding option. Please ask Mike when you are going through the lunch line.

LUNCH 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.

TABLE CLEANING PROCEDURES

We have gone back to cleaning the tables with buckets and rags. Each person will be responsible for their own lunch space. Buckets with soapy water will be stationed at the end of each table.
Thank you for your cooperation.

Melt-in-Your-Mouth Pot Roast

Ingredients

1 pound medium red potatoes, quartered
1 cup fresh baby carrots
1 boneless beef chuck roast (3 to 4 pounds)
1/4 cup Dijon mustard
2 teaspoons dried rosemary, crushed
1 teaspoon garlic salt
1/2 teaspoon dried thyme
1/2 teaspoon pepper
1/3 cup chopped onion
1-1/2 cups beef broth
Minced fresh thyme, Optional



Directions

Place potatoes and carrots in a 5-qt. slow cooker. Cut roast in half. Combine the mustard, rosemary, garlic salt, thyme and pepper; rub over roast. Place in slow cooker; top with onion and broth. Cover and cook on low until meat and vegetables are tender, 6-8 hours. If desired, top with minced thyme.

PRICE FOR LUNCH, FEASTS AND TAKE-OUT

The original definition of a "take-out" meal was to provide a noon-time meal for those who are homebound. Over the years, that has changed to a "take-out" meal for whoever wanted one. We must go back to the true definition of homebound and adjust the price of the three options for meals. Our lunch, feast and buffet donations will be as follows.

EAT-IN -

Regular Lunch - \$3.00
Feast - \$4.00
Holiday Feast - \$5.00

HOMEBOUND -

Regular Lunch - \$4.00
Feast - \$5.00
Holiday Feast - \$6.00

TAKE-OUT -

Regular Lunch - \$5.50
Feast - \$6.50
Holiday Feast - \$7.50











WORD SEARCH

























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

BOOTS
 CELEBRATE
 CHILLY
 COLD
 EARMUFFS
 FREEZE
 FROSTY
 FROZEN
 GLOVES
 HAT
 HOT COCOA
 ICE
 ICICLE
 JANUARY
 NEW YEAR
 RESOLUTIONS
 SCARF
 SKIING
 SLEDDING
 SLIPPERY
 SNOWBALL
 SNOWFLAKE
 SNOWING
 SNOWMAN
 WINTER

January 2025

Weston Senior Center Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
 <p>Happy New Year!</p>	 <p>MARTIN LUTHER KING DAY</p>	9:00– Wii Bowling 9:30– Chair Massage 9:30- Bingo 9:30– Women’s Club 10:00– NO Line Dance w/Joanne 4:30– Dine Out– Smileys	9:00– Wii Bowling 9:00– Cornhole 9:30-Pinochle 9:30- Bingo 12:45– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio	9:30- Beginner Quilting 10:00– “Winter Wonderland” Lunch and Bingo 2:10– STRENGTH TRAINING w/GALE
6	7	8	9	10
8:00– Mammograms Helen Graham Center 9:00– Wii Bowling 9:30- Bingo 10:30–Chair Yoga	9:00– Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:00–Stand by Me 50+ 9:30–Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming	9:00– Wii Bowling 9:30– Chair Massage 9:30- Bingo 9:30– Women’s Club 10:00– NO Line Dance w/Joanne 11:00-ANNUAL MEMBERS’ MEETING	9:00– Wii Bowling 9:00– Cornhole 9:30-Pinochle 9:30- Bingo 12:45– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio	9:00– Wii Bowling 9:30- Beginner Quilting 2:10– STRENGTH TRAINING w/GALE
13	14	15	16	17
9:00–Wii Bowling 9:30- Bingo 10:30–Chair Yoga 11:30– Red Hats 	9:00– Wii Bowling 9:00– AARP Defensive Driving 9:00– iPhone & iPad help w/ Ron Pierce 9:30–Shuffleboard 9:30– Snowman Craft Class 10:30– Bible Study 12:45– Canasta	9:00– Wii Bowling 9:30– Chair Massage 9:30- Bingo 9:30– Women’s Club 10:00–_NO Line Dance w/Joanne 	9:00– Wii Bowling 9:00– Cornhole 9:30-Pinochle 9:30- Bingo 12:45– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio	9:00– Wii Bowling 9:30- Beginner Quilting 2:10– STRENGTH TRAINING w/GALE 
20	21	22	23	24
9:00–Wii Bowling 9:30- Bingo 10:30–Chair Yoga 	9:00– Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:30–Shuffleboard 10:30– Bible Study 11:00 - Veterans Social Meeting 12:45– Canasta 1:00-Cardio Drumming	9:00– Wii Bowling 9:30– Chair Massage 9:30- Bingo 9:30– Women’s Club 10:00–_NO Line Dance w/Joanne 	9:00– Wii Bowling 9:00– Cornhole 9:30-Pinochle 9:30- Bingo 12:45– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio	9:00– Wii Bowling 9:30- Beginner Quilting 10:30– Food Distribution 2:10– STRENGTH TRAINING w/GALE
27	28	29	30	31
9:00–Wii Bowling 9:30- Bingo 10:30–Chair Yoga 	9:00– Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming	9:00– Wii Bowling 9:30– Chair Massage 9:30- Bingo 9:30– Women’s Club 10:00–_NO Line Dance w/Joanne	9:00– Wii Bowling 9:00– Cornhole 9:30-Pinochle 9:30- Bingo 12:45– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio	9:00– Wii Bowling 9:30- Beginner Quilting 2:10– STRENGTH TRAINING w/GALE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <u>M E N U</u> <u>F O R</u> <u>JANUARY</u> <u>2 0 2 5</u>	<p><u>PLEASE NOTE:</u></p> <p>The Howard J. Weston Community and Senior Center, Inc. does not discriminate on the basis of sex, race, national origin, handicap or creed.</p>	<p><u>1</u> </p> <p><u>C E N T E R</u></p> <p><u>C L O S E D</u></p> <p><u>NEW YEAR'S DAY</u></p>	<p><u>2</u> </p> <p>Fish & Chips Salad Fruit</p>	<p><u>3</u> </p> <p>Chicken Noodle Soup Ham & Swiss Cheese Sandwich Chips Cookies</p>
<p><u>6</u> </p> <p>Taco Salad & Fixin's Fruit</p>	<p><u>7</u> <u>FEAST</u> </p> <p>Crab Cake Caesar Salad Fries Pie</p>	<p><u>8</u> </p> <p>BBQ Chicken Mac & Cheese Collard Greens Cookies</p>	<p><u>9</u> </p> <p>Pork Chop Mashed Potatoes Mixed Vegetables Pie</p>	<p><u>10</u> </p> <p>Potato Bar w/ Fixin's Salad Assorted Desserts</p>
<p><u>13</u> </p> <p>Chicken Salad Lettuce/Tomatoes Chips Fruit</p>	<p><u>14</u> </p> <p>Cream Chipped Beef Biscuit Mixed Veggies Brownies</p>	<p><u>15</u> </p> <p>Hot Dog Baked Beans Chips Pudding</p>	<p><u>16</u> </p> <p>Stuffed Peppers Rice Chef's Choice Vegetable Cookies</p>	<p><u>17</u> </p> <p>Salisbury Steak Mac & Cheese Peas Assorted Desserts</p>
<p><u>20</u> </p> <p>Lasagna Broccoli Cookies</p>	<p><u>21</u> </p> <p>Chicken Tenders Corn Nuggets Chef's Choice Vegetable Fruit</p>	<p><u>22</u> </p> <p>Hamburger Fries Chef's Choice Vegetable Fruit</p>	<p><u>23</u> </p> <p>Tuna Sandwich Chips Chef's Choice Vegetable Cake <u>BIRTHDAY DAY</u></p>	<p><u>24</u> </p> <p>Pizza Fries Salad Assorted Desserts</p>
<p><u>27</u> </p> <p>Beef Stew Rice Broccoli Pudding</p>	<p><u>28</u> </p> <p>Chicken and Dumplings Peas & Carrots Cookies</p>	<p><u>29</u> <u>FEAST</u> </p> <p>Pork Loin Rice Corn Cake</p>	<p><u>30</u> </p> <p>Oven Fried Chicken Mashed Potatoes Corn Cookies</p>	<p>Mike Tedeschi Cook</p> 

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