

September 2025

HOWARD WESTON SENIOR CENTER

1 BASSETT AVENUE,
MANOR PARK
NEW CASTLE,
DELAWARE 19720
(302) 328-6626

STAFF

VICKI K. SHERATON
EXECUTIVE 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

KEVIN WONG



WITS: COGNITIVE HEALTH PROGRAM w/ UNIVERSITY OF DELAWARE COOPERTIVE EXTENSION

Free 6 week program. Thursdays September 11-October 23, 2025 10:00 a.m-11:00 a.m. Sign up with Donna.

This program challenges an individual's memory in a fun and interactive way. It also increases socialization among senior citizens as they work together to solve problems, be creative, and take a stroll down memory lane.



FITNESS CLASSES

At the conclusion of the current 6 week class sessions, all classes will be pay as you go. The cost per class will be \$5.00. This will go into effect the week of September 22, 2025.

DINE-OUT CLUB

September's Dine-Out will be on September 3, 2025

Perkins 700 Capital Trail, Newark @ 4:30 p.m.

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!

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, Kenny Foster, Jeannette Henretty, Dutchie Jensen, Linda Loveless, Debbie Martin, Michele Merlonghi, Ginger Pettyjohn, Camilla Pfeil, Shirley Renn, Cecelia Sanders, Marsha Seaton



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 – Starting in August, Pokeno will be held on the 2nd & last Tuesday of the month. Spread the word! Tuesday, September 9th & 30th., 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 Lunch Room every day. If you are interested in learning how to play stop by and we will teach you!



SHUFFLEBOARD – Fall Shuffleboard begins on Tuesday, September 9, 2025 @ 9:30 a.m. We have 11 2 person teams. We are happy to add more. If you are interested in playing leave your name and number with Donna @ the front desk. We are also looking for substitutes.



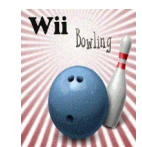
BILLIARDS – Monday-Friday. We have four billiard tables so there is always room for you to play.



POKER GROUP- Friday's @ 9:30 a.m. 3 Fridays a month. No poker on the first Friday. All are welcome. (No poker on September 5, 2025)The Weston Senior Center has added "**FRIENDLY POKER**" to its list of activities. Experienced and beginner players are all welcome to join in on the fun. While poker has a reputation of being a very serious game, our aim is to keep it an easygoing, welcoming and fun experience for all members.



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 Fall Wii Bowling League will begin play on Monday, September 9, 2025. Everyone needs to have paid their \$10.00 fee and signed off on the rules prior to September 9th. Reserved scores need to be recorded prior to October 13, 2025. Any questions 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– Women's club is down for the summer. We look forward to starting back up in September. If you are interested in joining these ladies, please leave your name and contact information with Donna. First meeting will be on Wednesday, September 3, 2025 @ 10:00 a.m.

NEW PROGRAMS

OUTDOOR BOCCE-

Fall Bocce Meeting will be held on Monday, September 8, 2025 @ 9:30.

Fall league will begin on Monday, September 15, 2025 @ 9:00 a.m. Substitutes are always welcome!

POETRY CLUB- NEW TIME

3rd Friday of the month. 1:00 p.m.
All are welcome.

POKER GROUP-

"Friday's @ 9:30 a.m. 3 Fridays a month.
No poker on the first Friday. All Are welcome.
(No poker on September 5, 2025)

The Weston Senior Center has added "**FRIENDLY POKER**" to its list of activities. Experienced and beginner players are all welcome to join in on the fun. While poker has a reputation of being a very serious game, our aim is to keep it an easygoing, welcoming and fun experience for all members.

POKENO GROUP-

Pokeno will be meeting 2x a month starting in August. It will now meet on the 2nd & 4th Tuesday of the month @ 1:00 p.m.
Everyone is welcome.



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!
September 3, 17 & 24 2025
Wednesday's from 9:30 a.m.-10:30 a.m.



DELAWARE HEALTH FOR ALL

September 18 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.

WESTON SENIOR CENTER

"FALL" BINGO

SATURDAY, OCTOBER 4, 2025

12:00 p.m.

(Doors open at 11:30 a.m.)

\$25.00 per person

**(Additional cards available
at the door)**

Over \$600 in cash prizes

Get your ticket today!

"Holiday 10 Week Club"

\$ 5.00

1st Drawing - October 13

2nd Drawing - October 22

3rd Drawing - October 29

4th Drawing - November 5

5th Drawing - November 12

6th Drawing - November 19

7th Drawing - November 26

8th Drawing - December 3

9th Drawing - December 10

10th Drawing - December 17

Prizes

**Weeks one
through nine
\$15 - \$10 -
\$5
Week ten
\$150 -
\$100 - \$50**

FUNDRAISING

FUNDRAISING – JULY 2025



Below is our fundraising status
(July 1, 2025–June 30, 2026)

| | | |
|------------------------|------------|------------|
| 50/50s | \$465.00 | |
| Donations-General | \$50.00 | |
| Summer 10 week club | \$485.00 | |
| Raise Right Gift Cards | \$26.12 | |
| July 2024 | \$1,026.12 | \$1,026.12 |
| Total | | \$1,026.12 |

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!!



Boscov's Friends & Family Coupons
are available at the front desk.

Cost: \$5.00.

This year's one-day sale is on
Tuesday, October 22, 2024

Shop from 8:00 a.m.—11:00 p.m.

You receive a 25% off most items.

NOTARY SERVICES

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.

WEEKLY 50/50 DRAWING

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

August 2025 Winners

Tom Parisi - 7/25/2025 - \$120
Jack Hoylman - 8/1/2025 - \$117
Glenna Matthews - 8/8/2025 - \$112
Nancy Leonard-Ferrari - 8/15/2025 - \$107
Jeannette Henretty - 8/22/2025 - \$97

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, September 26, 2025.

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

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!

ITALIAN GOURMET BASKET



\$1.00 each or 6 for \$5.00

Drawing will be held on
Saturday, October 4, 2025
You don't need to be present to
win!

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

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 until September 22, 2025. After September 22nd the class fee will be \$5.00. Stop by and check it out!



CARDIO DRUMMING-Tuesdays from 1:00 p.m.-2:00 p.m. The charge for this class will be \$4.00 per person until September 22, 2025. After September 22nd the class fee will be \$5.00.



LINE DANCE CLASS – Wednesdays @ 10:00 a.m. 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 until September 22, 2025. After September 22nd the class fee will be \$5.00.



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 charge for this class will be \$4.00 per person until September 22, 2025. After September 22nd the class fee will be \$5.00.



STRENGTH TRAINING w/ GALE– Fridays @ 10:30 a.m. The charge for this class will be \$4.00 per person until September 22, 2025. After September 22nd the class fee will be \$5.00. One of the best ways to keep muscles healthy and strong is through exercise 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!



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 –. Class begins @ 9:30 a.m. The next **Refresher class** is scheduled for Tuesday, September 9 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. We have just received a restock of vials, see Beverly.**



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.

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>September 2025</u> | | |
|---|--|---|
| 4th: 9:30 a.m. to 11:30 a.m. Practice your skills. | 11th: 9:30 a.m. to 11:30 a.m. Practice your skills. | 18th: 9:30 a.m. to 11:30 a.m. Practice your skills |
| | 25th: 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 July 15, 2025 to August 15, 2025:

| | | | | |
|-----------------|-----------------|---------------|----------------------|-------------------|
| Mary Lou Becnel | Irwin Becnel | JoAnn Borrer | Janet Williams-Coger | Sharon Moore |
| Edward Sayers | Valerie Solomon | Diana Swinson | Richard Williamson | Debbie Williamson |
| | | Susan Yates | | |
| | | | | |



ALL EXERCISE CLASSES ARE NOW HELD IN OUR EXERCISE CLASSROOM

Beginning September 22, 2025 all classes will be pay as you go and the cost will be \$ 5.00 per class.

MONDAY– Chair Yoga w/ Gale 10:30 a.m. Cost \$ 4.00 per class.

TUESDAY– Cardio Drumming w/ Gale 1:00 p.m. Cost \$25.00 for a 6 week session.
Drop-ins are available @ \$4.00 if we have the space. Check with Donna when you come in.

WEDNESDAY - Line Dancing w/ Joanne 10:00 a.m. Cost \$4.00 per class.

THURSDAY - Low Impact Cardio w/ Mary Ellen 1:00 p.m. Cost \$ 4.00 per class.

FRIDAY– Strength Training w/ Gale 10:30 a.m. Cost \$25.00 for a 6 week session. Drop-ins are available @ \$4.00 if we have the space. Check with Donna when you come in.

FITNESS CENTER

- ♦ The cost to join the Fitness Center will be \$10.00 per month, until the end of the year.
- ♦ Beginning in January 2026, 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.

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.

Discount Day!

Last Wednesday of the month!

Purchase a 10,15 or 30 minute massage at the regular price and then you are able to purchase a discounted 15 massage for \$5.00 (to be redeemed on the last Wednesday of the month only).
This offer is valid once a month. Purchase this special discounted massage for yourself or give it to a friend.



STOCKINGS FOR SOLDERS– One of our members is collecting new or used Christmas Cards to be included in a donated stuffed stocking to be delivered to Service Members deployed to combat zones or supporting combat operations, active duty installations, Guard/Reserve units, and Veteran patients in VA Hospitals across the country. Please leave your cards with Donna at the front desk. Thank you.

MEMORY PILLOWS– The craft room will be creating memory pillows for our members who have lost a loved one. You will need to bring a t-shirt, flannel, sweatshirt or oxford shirt from your loved one. Each pillow will cost \$15.00. If you are interested please see Betsey in the craft room.

POETRY GROUP– NEW TIME!– This group will be meeting 1x a month on the 3rd Friday. The next class will be held on Friday, September 19, 2025 @ 1:00 p.m. The idea is to write and share your poetry or short stories. Everyone is welcome!

CROCHET SOCIAL GROUP– Thursdays 1:00 p.m. Now that you've refreshed your crochet skills, it's time to set you free! The Crochet Social Group will be meeting in the Community 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 - Calling all knitters, crocheters and quilters! We are looking for people who can knit, crochet or quilt lap blankets for adults to be donated during the winter months. Please see Donna or Betsey for details on materials to be used and sizes.

NICKLE POKER GROUP– Friday's 9:00 a.m.-11:30 a.m. (No poker on Friday, September 5, 2025) Everyone is welcome to join!

SEPTEMBER 2025

FRIDAY BINGO & LUNCH–Friday, September 5, 2025 @ 10:00 a.m. Our theme this month is “Food Pantry Bingo & Lunch” We will be doing a food collection during the month of September. With food prices skyrocketing many people are having trouble buying food, so lets help! To kick this off we will start collecting food at our Bingo in September. Everyone who donates an item will receive an additional door prize ticket. We will have a collection box in the greeting area. Thank you for your support! Cost \$5.00, includes 10 games of Bingo and lunch. Bring your dabbers.

AARP REFRESHER DRIVING CLASS– A Refresher class will be held on Tuesday, September 9, 2025 @ 9:30 a.m.\$ 20.00 for AARP Members and \$25.00 for non members. If you have AARP Supplemental Insurance, your class may be free. Sign up with Donna.

VETERANS SOCIAL CLUB – We have started a Veterans Social Group. If you are a Veteran and are interested, please join us on Tuesday, September 16, 2025 @ 11:00 a.m. for a meeting.



SEPTEMBER 2025

STONEWARE BOWL CLASS– “The Peacock Effect” Thursday, September 25th, 2025 @ 9:00 a.m.

Cost: Small \$18.00, Medium \$20.00 Cascade Bowl \$24.00 and Large \$28.00. See Donna to sign up.

HEALTH AND WELLNESS EVENT– Thursday, September 18, 2025 9:00-11:30 a.m.

Vaccinations, resources, vendors, blood pressure & blood sugar screenings and much more! See the sign up sheet on the credenza. You can sign up for a maximum of 2 vaccinations.

WITS: COGNITIVE HEALTH PROGRAM w/ UNIVERSITY OF DELAWARE COOPERTIVE EXTENSION– Free 6 week program. **Thursdays September 11-October 23, 2025 10:00 a.m-11:00 a.m.** Sign up with Donna.

This program challenges an individual's memory in a fun and interactive way. It also increases socialization among senior citizens as they work together to solve problems, be creative, and take a stroll down memory lane.

OCTOBER 2025

MEDICARE UPDATES w/JACKI BALDWIN– Thursday, October 2, 2025 So many things are changing! Take time to be present at this meeting to learn about the changes that are coming.

FRIDAY BINGO & LUNCH–Friday, October 3, 2025 @ 10:00 a.m. Our theme for October is “National Denim Day” Our Sponsor is St. Francis Life Program. Cost is \$ 5.00 including lunch and 10 games of Bingo.

WESTON’S BIG FALL BINGO– Saturday, October 4, 2025 Doors open @ 11:30 a.m. Cost \$25.00

We play 20 games with a total payout of \$600.00. You can purchase more bingo packets on that day for \$10.00. Tickets are on sale now!

NOVEMBER 2025

WESTON’S ANNUAL CRAFT FAIR– Thursday, November 13, 2025 9:00 a.m.-2:00 p.m. This event is open to the public. Start your Christmas shopping with a variety of handmade items from our Ceramic, Crafting, Quilting and Crochet groups.

WESTON’S ANNUAL THANKSGIVING BAKE SALE– Thursday, November 20, 2025 @ 9:00 a.m. We will have a sign-up sheet at the front desk. We are in need of bakers!! Sugar free desserts are always welcome.

WESTON’S ANNUAL THANKSGIVING FEAST– Thursday, November 20, 2025 Cost: Eat In-\$5.50, Home bound-\$6.50 and Take Out-\$ 8.00. Tickets go on sale Monday, November 3, 2025. You may purchase 2 tickets, one for yourself and one for a friend.

DECEMBER 2025

HOLIDAYS FROM AROUND THE WORLD– Tuesday, December 2, 2025 10:00 a.m.-11:30 a.m. Join us for a fun morning of learning about different Holidays and how they are celebrated. The rooms will be set up to offer you a glimpse of the different holidays. Christmas, Hanukkah, Kwanzaa and many more. Sample foods, play games and hear music from around the world.

HOLIDAY PARTY & FEAST– Thursday, December 18, 2025. Time–11:00 a.m. Cost: Eat In-\$5.50, Home bound-\$6.50 and take out-\$ 8.00. Tickets go on sale Monday, December 1, 2025. You may purchase 2 tickets, one for yourself and one for a friend.



LISSA IS BACK!!!

Wednesday, September 17, 2025

1:00 p.m.-3:00 p.m.

Cost \$15.00

Learn The basic strokes so you can do vines, leaves, flowers, bees, butterfly's and dragon flies. These skills can be used on paper, wood and ceramics. The possibilities are endless!!



Wits Workout

ARE YOU AGE 55+ AND LOOKING TO
STAY COGNITIVELY SHARP WHILE
SOCIALIZING AND HAVING FUN?

JOIN US

University of Delaware Cooperative
Extension & The Weston Senior
Center Present Wits Workout Brain
Health Program.

Please Sign-up

Thursdays

2025 September 11, 18,
October 2, 9, 16, 23
10:00 a.m.-11:00 a.m.
1 Basset Ave, New
Castle, DE

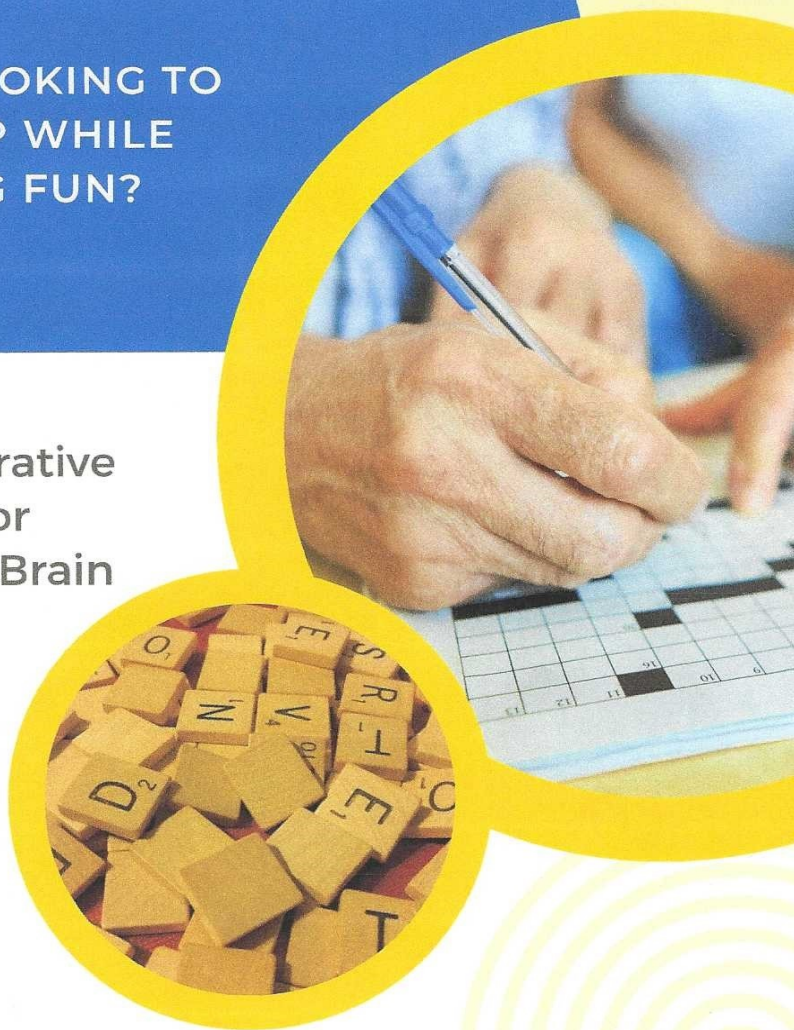
An Engaging, Interactive, Educational Cognitive Health
program.

Make friends, have fun, and let's sharpen that memory!



UNIVERSITY OF DELAWARE
COOPERATIVE
EXTENSION

Contact: Beverly McCool
email: b.mccool.westonsc@gmail.com
302-328-6626



WESTON WANDERERS GET READY!!

2025

Overnight Trips

-\$100 deposit PER TRIP required.

September 21-28, 2025— Cruise— Canada, New England, Nova Scotia— Norwegian Cruise Line 10 Days— 9 Nights \$1350 Inside cabin, double occupancy, \$1855 Balcony cabin double occupancy. (The price for the balcony cabin has gone up by \$80.00 because we have sold our original 15 cabins and had to book more) **PASSPORT NEEDED.**

December 8-10, 2025— Gaslights & Gingerbread, Cape May NJ. 3 Day—2 Nights. \$675 Double, \$915 Single

Day Trips

Full payment required at the time of sign-up.

October 22, 2025— Mt Hope Murder Mystery & Dinner \$135.00 **(Wait list only)**

WE TRAVEL
not to escape life,
BUT FOR LIFE
not to escape us.



Because the greatest part
of a road trip isn't arriving
at your destination. It's all
the wild stuff that happens
along the way.

New Trip Sign-Up Procedures

Due to an increase in activity at the front desk, it has become necessary
for us to change our trip sign-up

procedures. There will be a drop box located in the lobby. Next to it will be trip sign-up/payment sheets. These sheets need to be filled out completely each time you are signing up for a trip or making a payment. Attach your check to the slip and drop it in the box. Cash payments will need to be made at the front desk but you still need to complete the form before you take your payment to the desk. Sign-ups will be processed daily and if a trip is full, a note will be placed indicating wait list only. If a trip is full and you are interested, please put a note in the box indicating so (no deposit necessary). Many times we have cancellations and are looking at the wait list to fill the vacancies. Information regarding the trips will be hung in the lobby. Please use your phone to take a pictures of the planned trip itineraries as copies will be limited. This information will also be viewable on our website.

Please note that the itineraries are subject to change if necessary due
to unforeseen closures, etc.

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.

Stuffed Pepper Soup

Ingredients

1 pound ground sirloin

1 green bell pepper, chopped

1 cup finely diced onion

1 (29 ounce) can diced tomatoes

1 (15 ounce) can tomato sauce

1 (14 ounce) can chicken broth

¼ teaspoon dried thyme

¼ teaspoon dried sage

salt and pepper to taste

2 cups water

1 cup white rice

browned and crumbly, 5 to 7 minutes. Drain and discard grease.

Add green pepper and onion; cook and stir until onion has softened and turned translucent, about 5 minutes.

Add tomatoes, tomato sauce, broth, thyme, and sage; season with salt and pepper. Cover and simmer until peppers are tender, about 30 to 45 minutes.

Meanwhile, bring water and rice to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and water has been absorbed, 20 to 25 minutes.

Stir cooked rice into soup; heat through and serve.

Directions

Gather all ingredients.

Heat a large skillet over medium-high heat. Cook and stir ground beef in the hot skillet until



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.

NEW 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 - \$3.50

Feast - \$4.50

Holiday Feast - \$5.50

HOMEBOUND -

Regular Lunch - \$4.50

Feast - \$5.50

Holiday Feast - \$6.50

TAKE-OUT -

Regular Lunch - \$6.00

Feast - \$7.00

Holiday Feast - \$8.00



SEPTMBER

*September
national days
word search
printable
from Always
the Holidays*


| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | G | U | A | C | Y | A | D | T | O | I | R | T | A | P |
| T | E | R | Y | A | D | R | E | N | N | I | D | V | T | I |
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**PATRIOT DAY
PROPOSAL DAY
GRATITUDE DAY
DEAF DAY
BATMAN DAY
SOBER DAY
ALZHEIMERS DAY**

**PEANUT DAY
GYRO DAY
CHAI DAY
SALAMI DAY
FAMILY DAY
GREENPEACE DAY
SCARF DAY**

**VFW DAY
RHINO DAY
RESPECT DAY
SKYSCRAPER DAY
TV DINNER DAY
SUDOKU DAY
COFFEE DAY**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| 1 | 2 | 3 | 4 | 5 |
|  <p>WE WILL BE ★ closed ★ LABOR DAY</p> | 9:00– iPhone & iPad Help w/ Ron Pierce 10:30– Bible Study 12:45– Canasta 1:00–Cardio Drumming  | 9:30– Welcome back to the Women's Club! 9:30– Chair Massage 9:30- Bingo 10:00– Line Dance <u>11:00-Advisory Council Meeting</u> <u>4:30– Dine Out– Perkins</u> | 9:00– Cornhole 9:30-Pinocle 9:30- Bingo 1:00– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio | 9:30- Beginner Quilting <u>10:00– “Food Pantry” Lunch and Bingo</u> 10:30– Strength Training w/ Gale |
| 8 | 9 | 10 | 11 | 12 |
| 9:00– Fall Wii Bowling 9:30- Bingo <u>9:30– Fall Bocce Meeting</u> 10:30–Chair Yoga <u>11:30– Red Hats</u> | 9:00– Fall Wii Bowling 9:00– iPhone & iPad Help w/ Ron Pierce 9:30– AARP Defensive Driving Refresher 9:30–Fall Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00–Cardio Drumming 1:00– Pokeno  | 9:00– Fall Wii Bowling 9:30– Chair Massage 9:30- Bingo 10:00– Line Dance  | 9:00– Cornhole 9:30-Pinocle 9:30- Bingo 10:00– WITS– Brain Health Program 1:00– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio | 9:30- Beginner Quilting <u>9:30– Poker</u> 10:30– Strength Training w/ Gale  |
| 15 | 16 | 17 | 18 | 19 |
| 9:00– Fall Wii Bowling 9:30- Bingo 9:30– Fall Bocce 10:30–Chair Yoga  | 9:00– Fall Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:30–Fall Shuffleboard 10:30– Bible Study <u>11:00 - Veterans Social Meeting</u> 12:45– Canasta 1:00–Cardio Drumming | 9:00– Fall Wii Bowling 9:30– Chair Massage 9:30- Bingo 10:00– Line Dance 1:00- One Stroke Painting class w/ Liisa  | 9:00– Cornhole <u>9:00– Health & Wellness Fair</u> 9:30-Pinocle 9:30- Bingo 10:00– WITS– Brain Health Program 1:00– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio | <u>9:30– Poker</u> 9:30- Beginner Quilting 10:30– Strength Training w/ Gale <u>1:00– Poetry Class</u>  |
| 22 | 23 | 24 | 25 | 26 |
| 9:00– Fall Wii Bowling 9:30- Bingo 9:30– Fall Bocce 10:30–Chair Yoga  | 9:00– Fall Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:00–Stand by Me 50+ 9:30–Fall Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00–Cardio Drumming  | 9:00– Fall Wii Bowling <u>9:00– Ceramic Bowl Class</u> 9:30– Chair Massage 9:30- Bingo 10:00–Line Dance  | 9:00– Cornhole 9:00– Ceramic Bowl Class 9:30-Pinocle 9:30- Bingo 10:00– WITS– Brain Health Program 1:00– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio | <u>9:30– Poker</u> 9:30- Beginner Quilting 10:30– Food Distribution 10:30– Strength Training w/ Gale |
| 29 | 30 | 1 | 2 | 3 |
| 9:00– Fall Wii Bowling 9:30- Bingo 9:30– Fall Bocce 10:30–Chair Yoga  | 9:00– Fall Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:30–Fall Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00–Cardio Drumming <u>1:00– Pokeno</u>  | 9:00– Fall Wii Bowling 9:30– Chair Massage 9:30- Bingo 10:00– Line Dance  | 9:00– Cornhole 9:30-Pinocle 9:30- Bingo 10:00– WITS– Brain Health Program 1:00– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio | <u>9:30– Poker</u> 9:30- Beginner Quilting 10:30– Strength Training w/ Gale  |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| <u>1</u>  CENTER CLOSED <u>LABOR DAY</u> | <u>2</u>  Chicken Wings Mac & Cheese Chef's Choice Veggie Cake | <u>3</u>  Cheese Steak Fries Peas Fruit | <u>4</u>  Fish Sandwich Macaroni Salad Chef's Choice Veggie Pie | <u>5</u>  Baked Spaghetti Green Beans Garlic Bread Cake |
| <u>8</u>  Chicken & Dumplings Rice Broccoli Cobbler | <u>9</u>  Meatball Sandwich Cole Claw Cookie | <u>10</u>  Baked Chicken Mashed Potatoes Mixed Veggies Brownie | <u>11</u>  Potato Bar with Fixings Peas & Carrots Pie | <u>12</u>  Tuna Sandwich Tomato Soup Chips Assorted Desserts |
| <u>15</u>  Lasagna Mixed Veggies Garlic Bread Fruit | <u>16</u> <u>FEAST</u>  Crab Cakes Salad Fries Cookies | <u>17</u>  Pork Chops Mashed Potatoes Corn Applesauce | <u>18</u>  Meatloaf Mac & Cheese Carrots Cake | <u>19</u>  Roast Beef Sandwich Beef & Veggie Soup Chips Assorted Desserts |
| <u>22</u>  Pizza Fries Pasta Salad Fruit | <u>23</u>  BBQ Chicken Rice Chef's Choice Veggie Strawberry Shortcake | <u>24</u>  Cheeseburger Fries Broccoli Salad Pie | <u>25</u>  Salmon Rice Green Beans Birthday Cake Ice Cream | <u>26</u>  Turkey Sandwich Chicken Noodle Soup Chips Assorted Desserts |
| <u>29</u>  Hot Dog Baked Beans Chips Fruit | <u>30</u>  Chicken Sandwich Caesar Salad Fruit | <u>PLEASE NOTE:</u> The Howard J. Weston Community and Senior Center, Inc. Nutrition Program does not discriminate on the basis of sex, creed, national origin, race or handicap. | <u>MENU</u>  <u>FOR</u> <u>SEPTEMBER</u> <u>2025</u> |  <u>KITCHEN STAFF</u> Mike Tedeschi Cook |

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