

May 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

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CHAIRMAN

DARREN WRIGHT  
VICE-CHAIRMAN

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TREASURER

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HEATHER MILEA

KEN MOORE

BETH ORSEGA-SMITH



Let all Americans stand proud for the red, white, and blue  
In tribute to the sacrifice of soldiers and to their families too  
When our freedom was in danger they answered the call  
Leaving their families to fight bravely, determined to give their all  
Let the names etched on stone, fill us with gratitude and pride  
And be a reminder of the men and women that fought and died  
On this Memorial Day, let us celebrate in the land of the free  
Giving thanks to those that gave that right to you and me

## 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*



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

# WESTON ADULT DAY CARE CENTER

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

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

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



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

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

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

Weston Adult Day Care is open Monday thru Friday from 8:00 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** – We have secured a volunteer to run the event. Spread the word! Tuesday, May 27, 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** – End of the year Shuffleboard party Tuesday, June 3, 2025 @ 9:30 a.m. Summer Shuffleboard league will begin on Tuesday, June 10th-Tuesday, August 12th. Please sign up with Donna. More details will be discussed at the party.



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



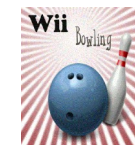
**PUZZLE CORNER** – If you like to do jigsaw puzzles, check out our puzzle corner in the Shuffleboard Room. We have a great selection of puzzles from which to choose. There are usually two or three puzzles in the process of being completed. Stop by and take a look. You just might find a piece or two.



**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**– In-house end of the year Wii Bowling party Thursday, May 29, 2025 @ 9:30 a.m. Please sign up with Donna. Summer Wii Bowling league will begin on Monday, June 9th-Friday, August 8th. We will discuss the detail of summer Wii Bowling at the party.



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

#### You will see-

- 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, May 1, 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.



### Blue Rocks Ticket Raffle

Take a chance to win a pair of tickets to the

August 13, 2025 home game!

We are raffling off 10 sets of 2 tickets. The seats are located in one of the Blue Rocks climate controlled Suites. There is no transportation or food included with these tickets.

But they offer \$2.00 hotdogs on this day.

Tickets are \$1.00 each or 6 for \$5.00  
Drawing on July 31, 2025

# FUNDRAISING

## FUNDRAISING – March 2025



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

50/50s	\$617.00	
Donations-General	\$220.00	
Donations Memorial	\$25.00	
Raise Right	\$65.96	
March 2025	\$927.96	\$927.96
February 2025		\$1,017.00
January 2025		\$661.00
December 2024		\$2,388.14
November 2024		\$2,614.77
October 2024		\$714.00
September 2024		\$2,192.98
August 2024		\$912.00
July 2024		\$1,038.28
<b>Total</b>		<b>\$12,466.13</b>

### WEEKLY 50/50 DRAWING

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

#### April 2025 Winners

Libby Malone - 3/28/2025 - \$131  
Juliet Michaelian - 4/4/2025 - \$135  
Ralph DeLaria - 4/11/2025 - \$104  
Pat Paladinetti - 4/17/2025 - \$120  
Wendy Gibbs - 4/25/2025 - \$91

### 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, May 30, 2025.**

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

### 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.

### 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!

### Weston Senior Center 2025 Summer Ten Week Club

Tickets - \$5.00 each

1st Drawing – April 30

2nd Drawing – May 7

3rd Drawing – May 14

4th Drawing – May 21

5th Drawing – May 28

6th Drawing – June 4

7th Drawing – June 11

8th Drawing – June 18

9th Drawing – June 25

10th Drawing – July 2

#### Prizes

Weeks one  
through nine

\$15 - \$10 - \$5

Week ten

\$150 - \$100 - \$50

### 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.**

## 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, May 20, 2025– Tuesday, June 24, 2025. The cost is \$25.00. Please sign-up with Donna @ the front desk.



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.



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.

STRENGTH TRAINING w/ GALE– Fridays @ 10:30 a.m. Cost: \$25.00 for 6 Weeks. May 23, 2025– June 27, 2025 . 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!



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, May 13, 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. The next refresher class will be held on Tuesday, June 10, 2025. Class begins @ 9:30 a.m.



**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 notary.

the



**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.

<b><u>May 2025</u></b>		
1st: 9:30 a.m. to 11:30 a.m. Practice your skills.	8th: 9:30 a.m. to 11:30 a.m. Practice your skills.	15th: 9:30 a.m. to 11:30 a.m. Practice your skills
22nd: 9:30 a.m. to 11:30 a.m. Practice your skills.	29th: 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 March 15, 2025 to April 15, 2024:



Brooklyn Antwine	Eric Best	Mary Best	Wendy Bonnett	Jeffrey Boyles
Dan Clark	Carolyn Grimes	Shirley Smith	Sabie Strzala	



# SENIOR FARMER'S MARKET NUTRITION Program



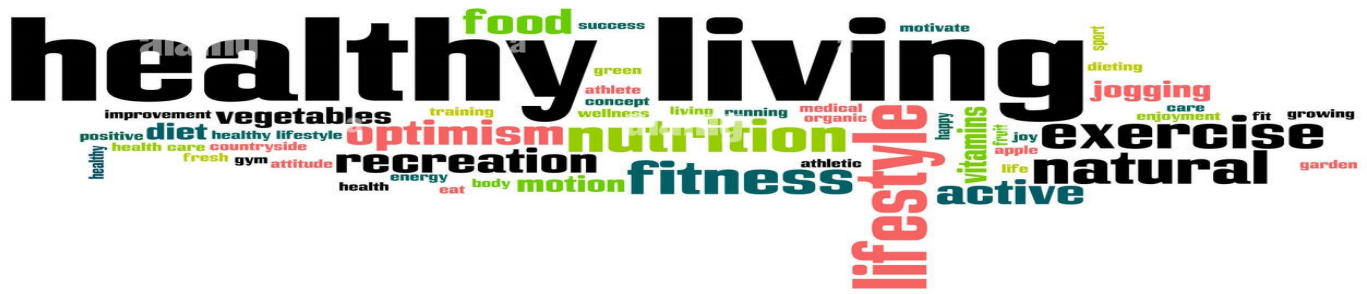
The Seniors Farmers' Market Nutrition Program is offered statewide in Delaware from June thru October each year. The program provides fresh fruits, vegetables, herbs, and honey at no cost to low-income senior citizens at 15 farmers' markets and 14 on-farm markets in Delaware. Funding for the program is provided by the Delaware Department of Agriculture and the United States Department of Agriculture.

Seniors will receive cards that will be loaded with \$30.00 which can be used at participating farmers' markets to purchase fresh, locally grown fruits, vegetables, herbs, or honey. Recipients may use the cards through October 31 and may designate another person to shop for them if they are unable to attend a farmers' market. Cards are distributed on a first-come, first-served basis, beginning in May.

Cards will not be activated until June 1, 2025.

There are a limited amount of cards available.

**See Beverly for the form and cards.**



## ALL EXERCISE CLASSES ARE NOW HELD IN OUR EXERCISE CLASSROOM

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– NEW TIME Strength Training w/ Gale 10;30 a.m. Cost \$25.00 for a 6 week session. Drop-in's 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 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.

### 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.



### Attention All Members

Due to the rising cost of food and fuel we have had to make the hard decision to increase our lunch prices starting on May 1, 2025.

The new price for a regular congregate meal will now be \$3.50.

The homebound meal will be \$4.50 and a takeout meal will now be \$6.00.

A feast will now be \$4.50, homebound \$5.50 and a takeout will be \$7.00

A holiday meal will now cost \$5.50, homebound \$6.50 and a takeout will be \$8.00

If you are having a problem paying for your lunch, please see Vicki.

**SEWING 101 CLASS**– This class is designed to teach you how to sew on a machine. Simple and easy projects will be taught over a 4 week period beginning Thursday, June 6, 2025 and ending on Thursday, June 27, 2025. The class will run from 9:30 a.m. – 11:30 a.m. Please sign-up with Donna at the front desk. Limited to 4 students.

**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 \$12.00. If you are interested please see Betsey in the craft room.

**POETRY GROUP**– This group will be meeting 1x a month on the 3rd Friday. The next class will be held on Friday, May 16, 2025 @ 11:00 a.m. The idea is to write and share your poetry or short stories. Everyone is welcome!

### **SPRING FLING CLOTHING SALE!!**

Stop by our clothing closet and pick up a bargain. For the month of May, all clothing & shoes are Buy One, Get One FREE!!! Yes that's right, each piece is \$3.00, so now you get 2 for \$3.00.

**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** – We have started a Veterans Social Group. If you are a Veteran and you might be interested, please join us on **Tuesday, May 20, 2025 @ 11:00 a.m.** for meeting. If you are interested but can't make the meeting, please leave your name with Donna @ the front desk.

**POKER GROUP**– We have had a number of people interested in starting a poker group. If this is something you might be interested in please join us for an introduction meeting on **Friday, June 13, 2025 @ 11:00 a.m.** If you can't make this meeting but are interested please leave your name and number with Donna and we will contact you when we have a day and time to begin.





## MAY 2025

**BOCCE MEETING– Tuesday, May 6, 2025 @ 11:00 a.m.** We have a new outdoor Bocce court, built by a local Eagle Scout. If you are interested in playing please join us for our informational meeting. Bocce is a very popular summer sport. All are welcome. If you can't make the meeting but are interested in joining , please leave you name and number with Donna.

**FRIDAY BINGO & LUNCH–Friday, May 9, 2025 @ 10:00.** Our sponsor this month is Ingleside Housing. Our theme this month is “National Drink Water Week” Bingo. Cost \$5.00, includes 10 games of Bingo and lunch. Bring your dabbers.

**MOTHERS, DAUGHTERS AND FRIENDS MOTHER’S DAY TEA PARTY– Wednesday, May 14, 2025 @ 9:30 a.m.** Cost- \$6.00 pp. Please join us as we celebrate the women in our lives. It’s time to share stories and relax with our friends and family over a cup of tea and some wonderful breakfast items. Please bring your own special tea cup and share with us it’s story. Please sign up with Donna at the front desk. Deadline to sign-up is Monday, May 7, 2025.

**CERAMIC CLASS, PEACOCK TECHNIQUE– Monday, May 19, 2025 9:00 a.m.** Cost: Small bowl- \$18.00 Large bowl- \$28.00.In this class you will create the “Peacock Effect” on a stoneware bowl. This is an easy project, you do not need to have any painting experience. The class is limited to 12. Sign up with Donna.

**PEN PAL VISIT @ WESTON– Wednesday, May 21, 2025 @ 10:30 a.m.** For those of our members who have been corresponding with our 3rd grade pen pals, its time for them to come to Weston for a visit. We will have a craft, Bingo and they will stay for lunch. You will need to sign-up for lunch. We will take care of the pen pals. If you are unable to attend, please let Vicki know as soon as possible.

**END OF THE YEAR Wii BOWLING PARTY– Thursday, May 29, 2025 @ 9:30 a.m.** Please join us as we celebrate another year of Wii bowling. Please let Donna know if you will be able to attend. Summer Wii bowling information will be discussed at the party.

## JUNE 2025

**END OF THE YEAR SHUFFLEBOARD PARTY-Tuesday, June 3, 2025 @ 9:30 a.m.** Please join us as we celebrate another year of shuffleboard. Please let Donna know if you will be able to attend. Summer shuffleboard information will be discussed at the party.

## AUGUST 2025

**SAVE THE DATE– THE SENIOR PROM IS COMING BACK!** – Saturday, August 23, 2025.  
More information to come in the next newsletter.

# WESTON WANDERERS GET READY!!

2025

## Overnight Trips

**-\$100 deposit PER TRIP required.**

**June 16-21, 2025**- Louisville, Kentucky– Bourbon Trail & Churchill Downs  
6 Days - 5 Nights \$1,275 Double, \$1,675 Single

**July 15-17, 2025**– Baltimore MD Rail & Sail 3 Days– 2 Nights \$640 Double, \$790 Single

**(Wait List Only)**

**August 27-28, 2025**– Chinese Lantern Festival. \$410 Double, \$440 Single

**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. (Only 5 spots left)**

**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.**

**August 5, 2025**- “Sea” Atlantic City, cruise and casino package \$135.00

**October 22, 2025**– Mt Hope Murder Mystery & Dinner \$135.00 **(2 Seats left)**

**November 18, 2025**– Magic & Wonder Dinner Theatre- “Holly Jolly Jukebox” \$170.00

### 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

# 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.

## Classic American-Style Potato Salad

### Ingredients

- 2 pounds red boiling potatoes, scrubbed
- 2 tablespoons red wine vinegar
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 3 hard-cooked eggs
- 1 small celery stalk
- ¼ cup chopped sweet pickle (not relish)
- 3 scallions
- 2 tablespoons chopped fresh parsley
- ½ cup mayonnaise
- 2 tablespoons Dijon-style mustard

### Directions

Place potatoes in a pot with water to cover. Bring to a boil, cover and simmer, stirring to ensure even cooking, until a thin-bladed paring knife or a metal skewer inserted into a potato can be removed with no resistance, 25 to 30 minutes. Drain, rinse under cold water, and drain again. Cool slightly.

Cut warm potatoes into 3/4-inch dice. Layer them in a bowl, seasoning with vinegar, salt, and pepper as you go.

Cut eggs, celery, and pickle in 1/4-inch dice. Thinly slice scallions. Add to potatoes, along with parsley. Stir in mayonnaise and mustard until everything is combined. Chill, covered, before serving.



### 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



Name: \_\_\_\_\_ Date: \_\_\_\_\_

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

BASEBALL

BLOSSOM

BUMBLEBEE

BUTTERFLY

CINCO DE MAYO

FLOWERS



# MERRY MONTH OF MAY

## Word Search



GARDEN

GEMINI

GREEN

LADYBUG

LAWNMOWER

MAYPOLE

MEMORIAL DAY

MOM

MOTHER'S DAY

PIÑATA

PLANT

SEEDS

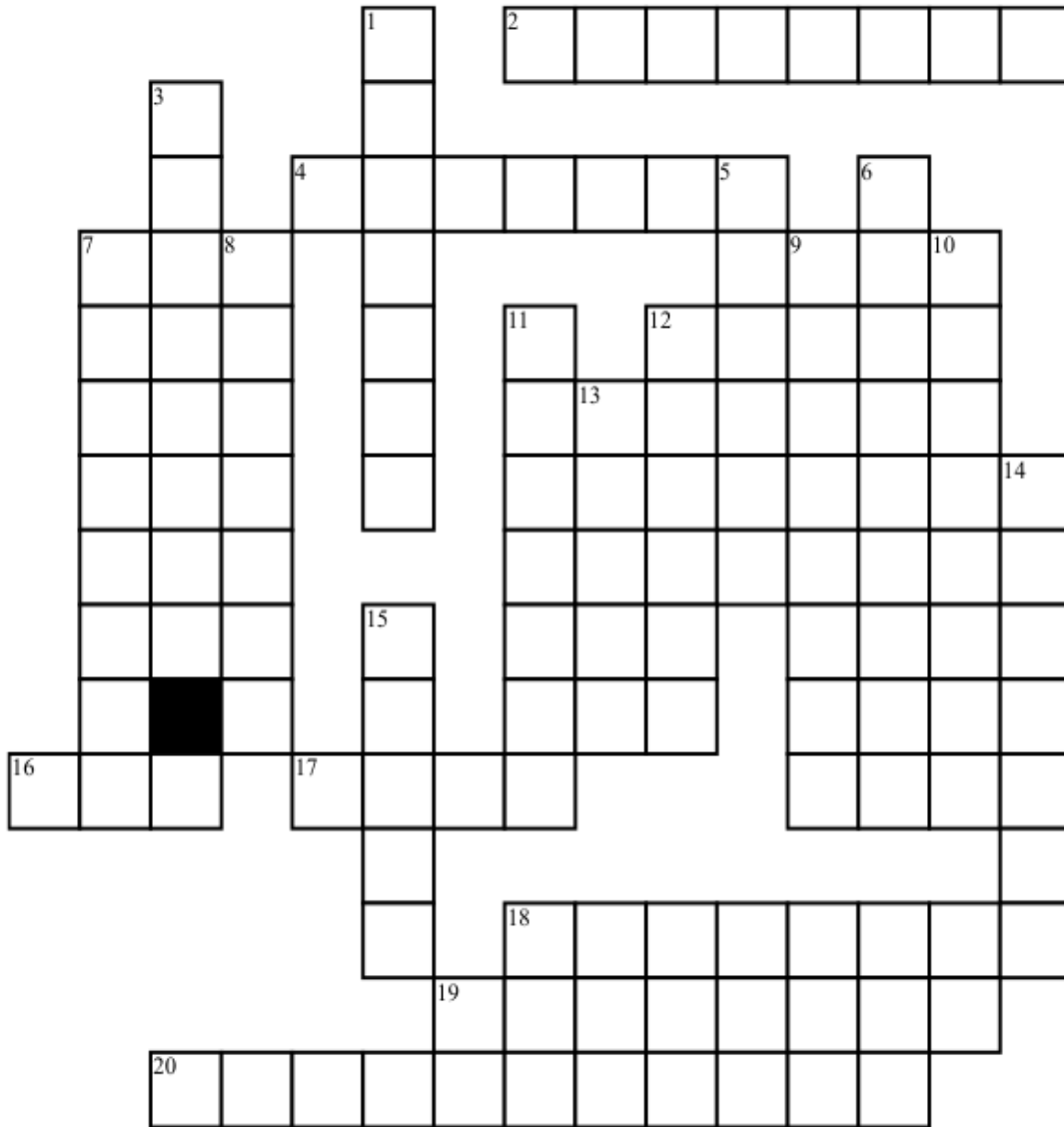
SPRING

SUNSHINE

TAURUS

TEACHER

# Spring



## Across

- 2.** "Blooms"  
**4.** Leisure time lake sport  
**16.** Honey producers  
**17.** Animal aviator  
**18.** Wiping & dusting for examples  
**19.** Initial act of growing a garden

**20.** Butterfly or moth larva

## Down





















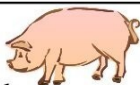


- 1.** Colored arch  
**3.** March's birthday flower  
**5.** Where flowers & vegetables grow  
**6.** Winged insect, also a swimming stroke  
**7.** Bright, daily light & warmth

**8.** Small pools of rainwater

- 9.** Game played on a diamond  
**10.** Portable rain shield  
**11.** Spring blooming tree  
**12.** Slow, cool wind  
**13.** Commons Dutch flower  
**14.** Spotted "good luck" beetles  
**15.** Wet, showery day

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
	 <p>Memorial Day REMEMBER AND HONOR</p>		9:00– Wii Bowling 9:00– Cornhole 9:30-Pinochle 9:30- Bingo <b>9:30– A Matter of Balance</b> 1:00– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio	9:30- Beginner Quilting 10:30-STRENGTH TRAINING w/ GALE <b>11:00– Wii Bowling Banquet @ MOT Senior Center</b>
5	6	7	8	9
9:30- Bingo 10:30–Chair Yoga 	9:00– iPhone & iPad help w/ Ron Pierce 9:30–Shuffleboard 10:30– Bible Study <b>11:00– Bocce Meeting</b> 12:45– Canasta 1:00-Cardio Drumming 	9:30– Chair Massage 9:30- Bingo 9:30– Women’s Club 10:00– Line Dance <b>11:00-Advisory Council Meeting</b> <b>4:30– Dine Out– Little Vinnie’s</b>	9:00– Cornhole 9:30-Pinochle 9:30- Bingo 1:00– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio	9:30- Beginner Quilting <b>10:00– “National Drink Water Lunch and Bingo</b> 10:30– STRENGTH TRAINING w/GALE
12	13	14	15	16
9:30- Bingo 10:30–Chair Yoga <b>11:30– Red Hats</b> 	9:00– iPhone & iPad help w/ Ron Pierce 9:30–Shuffleboard <b>9:30– AARP Defensive Driving Refresher class</b> 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming 	9:30– Chair Massage 9:30- Bingo <b>9:30– Mothers, Sisters &amp; Friends Tea Party</b> 9:30– Women’s Club 10:00– Line Dance 	9:00– Cornhole 9:30-Pinochle 9:30- Bingo 1:00– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio	9:30- Beginner Quilting 10:30– STRENGTH TRAINING w/GALE <b>11:00– Poetry Class Meeting</b> 
19	20	21	22	23
9:30- Bingo 10:30–Chair Yoga 	9:00– iPhone & iPad help w/ Ron Pierce 9:00-Stand by Me 50+ 9:30–Shuffleboard 10:30– Bible Study <b>11:00 - Veterans Social Meeting</b> 12:45– Canasta 1:00-Cardio Drumming 	9:30– Chair Massage 9:30- Bingo 9:30– Women’s Club 10:00–Line Dance <b>10:30– Pen Pal Visit</b> 	9:00– Cornhole 9:30-Pinochle 9:30- Bingo 1:00– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio	9:30- Beginner Quilting <b>10:30– Food Distribution</b> 10:30– STRENGTH TRAINING w/GALE 
26	27	28	29	30
9:30- Bingo 10:30–Chair Yoga 	9:00– iPhone & iPad help w/ Ron Pierce 9:30–Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming <b>1:00– Pokeno</b> 	9:30– Chair Massage 9:30- Bingo 9:30– Women’s Club 10:00– Line Dance 	9:00– Cornhole 9:30-Pinochle 9:30- Bingo <b>9:30– In- House Wii Bowling Party</b> 1:00– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio	9:30- Beginner Quilting 10:30– STRENGTH TRAINING w/GALE 



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MENU</b> </p> <p><b>FOR</b></p> <p><b>MAY</b></p> <p><b>2025</b></p>	<p><b>PLEASE NOTE:</b> The Howard J. Weston Community and Senior Center, Inc. Nutrition Program does not discriminate on the basis of sex, creed, national origin, race or handicap.</p>	<p><b>KITCHEN STAFF</b></p> <p>Mike Tedeschi</p>	<p><u>1</u> </p> <p>Chicken Parmesan Spaghetti Mixed Veggies Cake</p>	<p><u>2</u> </p> <p>Pizza Salad Assorted Desserts</p>
<p><u>5</u> </p> <p>Country Fried Steak Rice Green Beans Blackberry Cobbler</p>	<p><u>6</u> </p> <p>Fish Sticks Baked Potato Chef's Choice Veggie Cookies</p>	<p><u>7</u> </p> <p>Oven Fried Chicken Broccoli Mashed Potatoes Pie</p>	<p><u>8</u> </p> <p>Lasagna Salad Fruit</p>	<p><u>9</u> </p> <p>Hamburgers Tater Tots Chips Cookies</p>
<p><u>12</u> </p> <p>Tuna Fish On a Roll Chips Chef Choice Veggie Pie</p>	<p><u>13</u> </p> <p>Pork Loin Rice Broccoli Cake</p>	<p><u>14</u> </p> <p>Grilled Chicken Scalloped Potatoes Carrots Fruit</p>	<p><u>15</u> </p> <p>Meatloaf Mashed Potatoes Squash Cookies</p>	<p><u>16</u> </p> <p>Sloppy Joe Onion Rings Peas Assorted Desserts</p>
<p><u>19</u> </p> <p>Stuffed Cabbage Rice Green Beans Pie</p>	<p><u>20</u> </p> <p>BBQ Chicken Mac and Cheese Cauliflower Fruit</p>	<p><u>21</u> </p> <p>Chicken Tenders Fries Carrots Cookies</p>	<p><u>22</u> </p> <p>Cream Chipped Beef Biscuit Potatoes Birthday Cake/ Ice Cream <b>BIRTHDAY DAY</b></p>	<p><u>23</u> </p> <p>Hot Dogs Baked Beans Sauerkraut Assorted Desserts</p>
<p><u>26</u></p> <p><b>CENTER CLOSED MEMORIAL DAY</b> </p>	<p><u>27</u> <b>FEAST</b> </p> <p>Crab Cake Caesar Salad Fries Pie</p>	<p><u>28</u> </p> <p>BBQ Pork Baked Beans Cole Slaw Fruit</p>	<p><u>29</u> </p> <p>Salisbury Steak Au Gratin Potatoes Green Beans Cookies</p>	<p><u>30</u> </p> <p>Stuffed Peppers Rice Broccoli Assorted Desserts</p>

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