

September 2026

HOWARD WESTON SENIOR CENTER

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

STAFF

VICKI K. SHERATON
EXECUTIVE DIRECTOR

GALE JONES
SITE MANAGER

BEVERLY J. MCCOOL
PROGRAM COORDINATOR

BETSEY MOORE
CRAFT INSTRUCTOR

MIKE TEDESCHI
CHEF

BOARD OF DIRECTORS

CHARLES S. STEPHAN
CHAIRMAN

DARREN WRIGHT
VICE-CHAIRMAN

GREGORY YACUCCI
TREASURER

TOM HANDLING

IDA (DEE) KELLEHER

HEATHER MILEA

KEN MOORE

BETH ORSEGA-SMITH

KEVIN WONG



ICE CREAM & INFORMATION

Thursday, September 10, 2026 12:30 p.m.

Join Ingleside Home Health Care for some **FREE** Mr. Softee ice cream!! Yes the Mr. Softee truck will be here in our parking lot. Make plans to join us!!



shutterstock.com - 171793227

FALL BIG BINGO– Saturday, October 17, 2026–

Doors open at 11:30 a.m. Games begin @ 12:00 noon. Cost- \$25.00. This event is open to the public. So share this with your friends and neighbors. Extra cards may be purchased at the event. Food will be available for sale.

DINE-OUT CLUB

September's Dine-Out will be on September 2, 2026

Smiley's Diner @ 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. Instead of eating alone It is a great time to eat out with your friends. Generally, the restaurant will give the center a gift card to their restaurant for one of our many baskets we raffle 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.

VICKI'S E-MAIL – WestonSrCenter@aol.com

WESTON'S UNITED WAY number is 9336.

BEVERLY'S E-MAIL– b.mccool.westonsc@gmail.com

Website

WEBSITE –WestonSeniorCenter.org

E-mail

FACEBOOK - Weston Senior Center

2026-2028 ADVISORY COUNCIL MEMBERS

Linda Brown, Ellie Bentz, Beverly Ellis, Kathleen Fallstick, Kenny Foster, Jeannette Henretty, Dutchie Jensen, Elaine Koronik, Louis Lopez, Linda Loveless, Debbie Martin, Michele Merlonghi, Roger Moseley, Carolyn Moore, Ginger Pettyjohn, Camilla Pfeil, Shirley Renn, Cecelia Sanders, Marsha Seaton, Diane Motta-Stevenson



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.

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: A Licensed Nurse on staff 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 cared for.

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 skill levels of 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.

CARDS AND GAMES ...



CANASTA /HAND & FOOT- Tuesdays @ 1:00 p.m. in the Dining Room. If you are interested in playing, leave your name with Gale at the front desk and someone from the center will contact you..

POKENO – Pokeno will be held on the 2nd & last Tuesday of the month @ 1:00 p.m.. Spread the word! Everyone is welcome. Pokeno is held in the dining room.



BINGO – We would like to welcome everyone to play Bingo on Monday, Wednesday and Thursday mornings from 9:20 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!



NEW POKENO GROUP– “D & G Beginner Pokeno” Wednesdays @ 1:00 p.m.

This is a new group for people who would like to learn how to play or want to improve their skills in a fun and relaxing atmosphere. Pokeno is a cross between Poker and Bingo. This group will be using nickels.



SHUFFLEBOARD – Fall Shuffleboard begins on Tuesday, September 15, 2026. If you are interested in playing this Fall please leave your name with Gale at the front desk and we will contact you.



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



POKER GROUP- Fridays @ 9:30 a.m. 3 Fridays a month. **(No poker on July 10, 2026)** All are welcome. 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– Fall Wii Bowling league begins on Monday, September 14, 2026. If you are interested in joining a team, please leave your name with Gale at the front desk and we will contact you.

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 11:00 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– The Women's club will be back starting on Wednesday, September 9, 2026. If you are interested in joining these ladies, please leave your name and contact information @ the front desk..



NEW CARD GAME– KINGS IN THE CORNER– Wednesday mornings @ 9:00 in the dining room. (also known as Kings Corner) is a multiplayer solitaire-style card game for 2 to 4 players. The objective is to be the first to get rid of all the cards in your hand by building sequences of cards in descending order and alternating colors (e.g., a black 9 on a red 10). Everyone is welcome.

WELLNESS AND PHYSICAL FITNESS ...

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

Join Gale on Mondays from 10:30 a.m.–11:30 a.m. The charge is \$5.00 per person.



CARDIO DRUMMING - Tuesdays from 1:00 p.m. The drop in charge is \$5.00 per person or you can guarantee a seat by paying by the month. See Gale for more information.

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 is \$5.00 per person.



NEW TIME - LOW IMPACT CARDIO CLASS– Thursdays @ 2:00 p.m. Join Mary Ellen Luise for a wonderful workout utilizing bands, weights and balls to improve your cardio functions. The charge is \$5.00 per person.

NEW TIME CARDIO DRUMMING-Thursdays from 1:00 p.m.-2:00 p.m. The charge for this class is \$5.00 per person or you can guarantee a seat by paying by the month. See Gale for more information.



STRENGTH TRAINING w/GALE – Fridays @ 10:30 a.m. The charge for this class is \$5.00 per person. 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 Gale for a form. For those who already have a “living will”, you may want to review it periodically to see that it still reflects you wishes.



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 \$26,355 for a single person and \$40,880 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 Gale 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.



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 number is 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.



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 VOLUNTEER LEGAL SERVICES - Jacquelyn Chicon can assist you with more complex legal issues if you qualify for this program. For more information please call 302-478-8680.



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 the income limits change each year. 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 **Refresher class** is scheduled for Tuesday, September 8, 2026. Class begins @ 9:30 a.m. The cost is \$20.00 for AARP members and \$25.00 for non-members. Please make checks payable to AARP. See Gale 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 .



THE VIAL OF L.I.F.E. — 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.

NEW PROGRAMS

POKER GROUP- "Fridays @ 9:30 a.m. 3 Fridays a month. No poker on Friday September 11, 2026. All are welcome. 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.

NEW POKENO GROUP – "D & G Beginner Pokeno"

Wednesdays @ 1:00 p.m.

This is a new group for people who would like to learn how to play or want to improve their skills in a fun and relaxing atmosphere. Pokeno is a cross between Poker and Bingo. This group will be using nickels. Everyone is welcome. Come join the fun!!

NEW CARD GAME – KINGS IN THE CORNER

Wednesday @ 9:00 a.m. in the dining room.

(also known as Kings Corner) is a multiplayer solitaire-style card game for 2 to 4 players. The objective is to be the first to get rid of all the cards in your hand by building sequences of cards in descending order and alternating colors (e.g., a black 9 on a red 10). Everyone is welcome.

CORNHOLE – Thursdays 9:00 a.m. in the Dining

Room. Cornhole is a popular game where players take turns tossing fabric bean bags at an inclined wooden or aluminum board with a circular hole in the far end, aiming to land the bags on the board or sink them into the hole for points. This is a fun morning activity. Just show up and have fun! Everyone is welcome.

OUTDOOR BOCCE– Mondays @ 9:30 a.m. Fall Bocce begins on Monday, September 14, 2026

Bocce is a classic target game and one of the oldest forms of lawn bowling, dating back to the Roman Empire. The objective is to roll or toss your team's larger balls closer to a small target ball (the pallino) than your opponent's balls.

NON-DENOMINATIONAL BIBLE STUDY– Tuesdays @

10:30 a.m. You are invited to join Barbara for a non-denominational Bible study every Tuesday at 10:30 a.m. This uplifting class explores various scriptures, and we encourage you to bring your Bible to read along with the group.



DELAWARE HEALTH FOR ALL

September 17, 2026

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.

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.



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.

FUNDRAISING

FUNDRAISING – JUNE & JULY 2026



Below is our fundraising status
(July 1, 2026 – June 30, 2027)

June & July 50/50s	\$606.00	
June & July Donations-General	\$138.00	
Raise Right Gift Cards	\$29.04	
June & July 2026	\$773.04	\$773.04
Total		\$773.04

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.

You may change your designation to WESTON by calling the Donor Choice Coordinator at 1-866-892-9335 or 302-573-3200 and giving them our number (9336)

Thank you for your support!!

WESTON SENIOR CENTER “FALL” BINGO



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Saturday, October 17, 2026

12:00 noon

(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!

Open to the public! Tell your friends and neighbors!

WEEKLY 50/50 DRAWING

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

August 2026 Winners

Don Smith 8/7/26 \$41
Robert Malone 8/14/26 \$76
John Houben 8/21/26 \$91

Raise Right Gift Cards

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

**We will be placing our next order on
Friday, September 25, 2026**

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!

Indoor Flea Market Notice

Please bring all purchases to the front desk and
pay Gale. Kindly do not place items on the sale
table. If you have items to contribute, please leave
them with Gale so they can be properly priced.

Thank you for your cooperation and support!

CLOTHES CLOSET -

I wanted to share some exciting news regarding our
Clothes Closet. Thanks to the hard work of Juliet and
Karen, we have an amazing selection ready for you.
The spring and summer clothes are now out and orga-
nized by size. Everything is available at the bargain price
of \$3.00 a piece, so please come by and check it out!



Join today for only
\$15
(Reg. \$60)

BJ's Club membership for 1 year with BJ's Easy Renewal®
New members only.

Up to \$15 will go to your organization for every membership sold or renewed through this fundraiser.

To join or renew today, call 800-313-8887 and reference group promo code:

1 0 0 4 3 9



Or join today: www.bjs.com/partner/howardwestonseniorctr

BJ's CLUB MEMBER

BJ's Club membership with BJ's Easy Renewal

BJ's CLUB+ MEMBER

BJ's Club+ membership with BJ's Easy Renewal

New members BJ's Club+ membership: \$50¹
when you purchase a 1-year BJ's Club+ membership with BJ's Easy Renewal.

BJ's Club+ members receive 5¢ off/gal.² at BJ's Gas® every day and earn 2% back¹ in rewards on most BJ's purchases, plus two FREE same-day deliveries on eligible orders of \$50 or more during each annual membership period.²

New BJ's Club+ members: \$15 will go to your organization.

New BJ's Club members and renewing members: \$5 will go to your organization.

Existing members:

Renew BJ's Club membership with BJ's Easy Renewal for \$50¹. To renew at this discounted offer, you must call the above toll-free number.

Renew BJ's Club+ membership with BJ's Easy Renewal for \$100¹. To renew at this discounted offer, you must call the above toll-free number.

BJ's Membership Sales Representative: **Cheryl Fontana**

Email: **cfontana@bjs.com**

Offer expires: **September 30th, 2026**

I agree to BJ's membership terms, available in-club and on Bjs.com/terms, and agree to receive membership communications electronically.

Membership expires last day of month/year shown on your receipts and BJs.com account. Membership renewed within 2 months of expiration extend 12 months from expiration date; otherwise extend 12 months from last day of renewal month.

¹BJ's Easy Renewal enrollment required; you authorize BJ's to charge any payment method on record, an annual recurring charge in the amount of the then-current membership fee for all memberships on your account, plus applicable tax, starting the first day of the month your membership expires ("Start Date"), without notice unless required by law. Visit your BJs.com account, a member services desk, or call 800-BJS-CLUB to manage or cancel BJ's Easy Renewal; cancel before the Start Date to avoid being charged. Not combinable or redeemable for cash. Sales tax may apply. In order to renew at the Corporate Partnership Program discounted membership offer, you must renew via your BJ's Membership Sales Representative. Expires: **9/30/26**

²BJ's Club+ members earn 2% back in rewards (up to \$500/membership year) on eligible net BJ's purchases in-club and online. Terms apply — see Bjs.com/terms.

³Terms apply — see Bjs.com/terms.

⁴Each annual membership period, BJ's Club+ primary members receive 2 same-day deliveries with no standard delivery fee on eligible net orders of \$50+ placed on BJs.com or in the BJ's app. Same-day delivery is not available in all ZIP codes or for all orders and is not guaranteed. Residential addresses only. Terms apply, see Bjs.com/terms.

BJ's Membership Application



Special offer for employees of: Howard Weston Senior Center - promo code 100439

To qualify for this offer please complete this application in full, and return it to your Organization Rep at the address below.
Please include a check or credit card payment for the full amount.

Organization rep: **return to: Beverly McCool- Program Coordinator** Contact number: **302-328-6626**

Offer expires: **September 30th, 2026** Address: **1 Bassett Ave, Manor Park, New Castle, DE 19720**

☐ New member ☐ Renewing member Current membership # (if renewing) _____

Membership level: ☐ The Club Card \$ **new\$15/renew\$50** ☐ The Club+ Card \$ **new\$50/renew\$100**

Last name _____ First name _____ MI _____ Sex ☐ F ☐ M

Mailing address _____

City _____ State _____ ZIP code _____

Phone # _____ Email _____

If you choose to receive a second household membership card, please complete the following:

(Note: Household cardholder must reside at the same address as the primary cardholder.)

Last name _____ First name _____ MI _____

Primary signature – I understand that I am responsible for any checks and actions of the second cardholder.

Payments: Clubs no longer accept bank checks; cash or credit only.

Please choose your method of payment. (Sales tax may be added. ~~Make checks payable to BJ's Wholesale Club, Inc.~~)

~~XXXXXXX~~ ☐ Cash ☐ BJ's One™ Mastercard® ☐ Mastercard® ☐ American Express® ☐ Discover Network ☐ Visa®

Credit card account number _____

Expiration date _____ Total charge _____

Date (Month/Day/Year) ~~RENEWALS PLEASE CHECK YOUR AUTO-RENEWAL STATUS by calling 1-800-257-2662 before renewing~~

• ☐ **Payments: Clubs no longer accept bank checks; cash or credit only.**

BJ's Use Only

BJ's Membership Sales Representative signature Cheryl Fontana

Club # **086** Market code **THIS OFFER NOT AVAILABLE IN CLUB or ONLINE**

All BJ's memberships are subject to BJ's current membership terms, ask in-club or go to [BJs.com/terms](https://www.bjs.com/terms).

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. 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.

Stop by the computer lab and see him!

COMPUTER LAB

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 2026</u>		
3rd: 9:30 a.m. to 11:30 a.m. Practice your skills.	10th: 9:30 a.m. to 11:30 a.m. Practice your skills.	17th: 9:30 a.m. to 11:30 a.m. Practice your skills
	24rd: 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, 2026:



Josephine Cheatham	Kathleen Ferry	John Foster	Michael Grier	Chantel Henry
Elaine Keegan	Peter Octavio	Bill Shorter	Laura Shorter	Jeff Wetherson



ALL EXERCISE CLASSES ARE HELD IN OUR EXERCISE CLASSROOM

MONDAY– Chair Yoga w/Gale 10:30 a.m. Cost \$ 5.00 per class.

TUESDAY– Cardio Drumming w/Gale 1:00 p.m. Cost: You can pay a month at a time to reserve your spot or drop-ins for just \$5.00 space permitting. Check with Gale when you come in.

WEDNESDAY - Line Dancing w/Joanne 10:00 a.m. Cost \$5.00 per class.

THURSDAY - Low Impact Cardio w/Mary Ellen 2:00 p.m. Cost \$ 5.00 per class.

THURSDAY - Cardio Drumming w/Gale 1:00 p.m. Cost: You can pay a month at a time to reserve your spot or drop-ins for just \$5.00 if we have the space. Check with Gale when you come in.

FRIDAY– Strength Training w/Gale 10:30 a.m. Cost: \$5.00 per class.

FITNESS CENTER

- ♦ The cost to join the Fitness Center will be \$10.00 per month until the end of the year.
- ♦ Each January you can join the Fitness Center for \$100.00 for the up coming 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 an orientation with a staff member.

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

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



NEW SERVICE- TABLE MASSAGE!

Khalil will be offering fully clothed/full body massage. This service is only offered on the first Tuesday of each month. It will be a table massage session.

Session times: Clients can choose a 30 minute or 60 minute session.

Please wear athletic attire for your massage.

Fees: 30 minute session - \$25

60 minute session - \$50

If you are interested in scheduling a session or have any questions, please let us know.

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 Presents The Wits Workout
Brain Health Program.



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**

Please Sign-up

Thursdays

**2026 September 17, 24,
October 1, 8, 15, 22,
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!

This information is brought to you by the University of Delaware Cooperative Extension, a service of the UD College of Agriculture and Natural Resources — a land-grant institution. In accordance with Federal law and the U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin (including English proficiency), religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. (Not all prohibited bases apply to all programs)

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





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.

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 Gale or Betsey for details on materials to be used and sizes.

September 2026

PAINTING w/ Liisa– Canvas Bag Wednesday, September 9, 2026. 12:45 p.m. Join Liisa as she walks us through another fun painting project. Cost- \$12.00. Sign up with Gale. There is a limit to the number we can add, so don't wait.

STAFF v/ MEMBERS Wii Bowling Roll Off–Thursday, September 10, 2026 10:00 a.m. Come join the fun. Everyone gets to play! Sign up with Gale at the front desk.

FRIDAY BINGO & LUNCH–Friday, September 11, 2026 @ 10:00 a.m. Our theme this month is “Never Forget” Bingo. Cost \$6.00, includes 10 games of Bingo and lunch. Bring your dabbers.

HEALTH FAIR - Thursday, September 17, 2026 9:00 a.m. - 11:30 a.m. Sign up for your flu, RSV or Covid Vaccinations. Sign up sheets will be located on the credenza in the greeting area. We will have health screenings and vendors with lots of resources.

WITS WORKOUT - Thursdays September 17, 24, October 1, 8, 15, 22, 10:00 a.m.– 11:00 a.m. University of Delaware Cooperative Extension & Weston Senior Center presents the WITS Workout Brain Health Program. A engaging, interactive, educational cognitive health program. Make friends, have fun and lets sharpen that memory. Sign up with Gale at the front desk.

STONEWARE BOWL CLASS– Wednesday, September 23, 2026 @ 9:00 a.m. Cost: will vary depending on what piece you want to work on. This class is an open class. You can do the Peacock effect, the Frozen Pond or create your own. Class is limited to 16. See Gale to sign up.

WESTON v/ MOT Jeopardy Championship– Thursday, September 24, 2026 10:00 a.m. Lets show MOT what we can do! Sign up with Gale at the front desk. Everyone will have a chance to play!



October 2026

FRIDAY BINGO & LUNCH–Friday, October 2, 2026 @ 10:00 a.m. Our theme this month is “Never Forget” Bingo. Cost \$6.00, includes 10 games of Bingo and lunch. Bring your dabbers.

KINUSAIGA ART CLASS w/ Sara– Tuesday, October 13, 2026. 9:30 a.m. Cost- \$15.00. Kinusaiga (絹彩画) is a traditional Japanese craft and art form where artists create detailed, mosaic-like pictures by tucking fabric scraps into pre-cut grooves on a board, without any sewing or glue. See the example on the credenza. Sign up with Gale at the front desk.

PAINTING w/ Liisa– Black & White Design, Wednesday, October 14, 2026. 12:45 p.m. Join Liisa as she walks us through another fun painting project. Cost- \$12.00. Sign up with Gale. There is a limit to the number we can add, so don't wait.

MEDICARE w/Aiyana– Thursday, October 15, 2026– 11:00 a.m.. Join Aiyana (Jackie Baldwin's daughter) for the latest information about the upcoming 2027 Medicare changes.

FALL BIG BINGO– Saturday, October 17, 2026– Doors open at 11:30 a.m. Games begin @ 12:00 noon. Cost- \$25.00. This event is open to the public. So share this with your friends and neighbors. Extra cards may be purchased at the event. Food will be available for sale.

STONEWARE BOWL CLASS– Thursday, October 22, 2026 @ 9:00 a.m. Cost: will vary depending on what piece you want to work on. This class is an open class. You can do the Peacock effect, the Frozen Pond or create your own. Class is limited to 16. See Gale to sign up.

SCAMS & FRAUD DISCUSSION w/ RON– Wednesday, October 28, 2026 @ 11:00 a.m. Join Ron as he goes over some of the most common scams and how to avoid them.



Thanksgiving Holiday Feast, Bake Sale & Craft Fair

Thursday, November 19, 2026

Bake Sale & Craft Show begin @ 9:00 a.m.

Feast will be served beginning at 12:00 noon.

Cost: Holiday Feast \$5.50

Tickets will go on sale beginning Monday, November 2, 2026.

You may purchase 2 tickets, one for you and one for a friend.

This is a very popular event and tickets go fast.

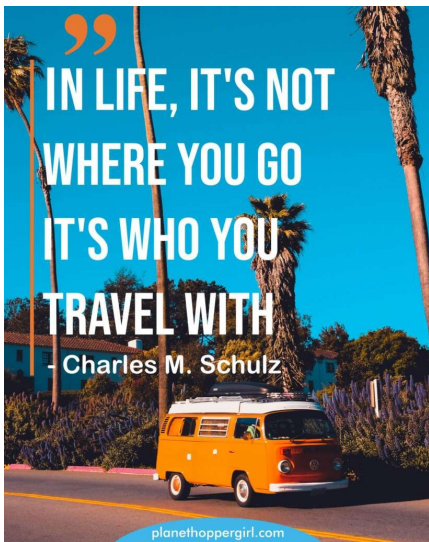
WESTON WANDERERS GET READY!!

Below is a list of trips for 2026

Please see the flyers on the bulletin board for more information

Extended Trips

- ♦ Holly Dolly Christmas, Tennessee - November 30, 2026 -December 4, 2026
\$1,095 Double \$1,455 Single
 - ♦ Caribbean Cruise* January 23, 2027 - February 2, 2027 \$1,475 Inside Double
\$1,915 Balcony Double \$2,255 Inside Single \$3,095 Balcony Single
- Additional form needs to be filled out. See Gale. PASSPORT NEEDED



*Reminder – Refunds will only occur if a trip is cancelled or if your spot is replaced by someone from the waitlist.

Trip insurance is available.

Ask if interested.

OVERNIGHT TRIPS -- \$100 deposit
PER TRIP required/*Cruise \$250



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 posted 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 are limited. This information will also be viewable on our website.

Please note that the itineraries are subject to change.

What's Cooking?

News from the Kitchen!

If you are signed up for lunch, please be here by 11:45.
The front desk is closed from 11:45-12:45.
Lunch is served at 12:00 noon.

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 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 before 8:00 a.m. 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.

Chocolate Pumpkin Cake

Ingredients

1 (15.25 ounce) package chocolate cake mix

1 (15 ounce) can pumpkin purée

2 large eggs

2 tablespoons vegetable oil

1 (16 ounce) container cream cheese frosting

baking dish; spread evenly.

Bake in the preheated oven until a toothpick inserted into center comes out clean, 35 to 40 minutes. Cool completely, 30 to 45 minutes.

Frost cooled cake with cream cheese frosting.

Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.

Beat cake mix, pumpkin purée, eggs, and oil in a bowl using an electric mixer on medium speed for 3 minutes. Pour batter into the prepared



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.

ALL TAKE OUT & HOMEBOUND MEALS CAN BE PICKED UP @ 12:30 P.M.

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

Eggs & Cholesterol: Time to Crack the Myth?

For years, eggs, especially the yolks, were blamed for raising cholesterol and increasing heart disease risk. Newer research tells a more balanced story. Egg yolks do contain cholesterol, but the cholesterol we eat is not the same as the cholesterol in our blood. For most people, saturated fat and the overall quality of the diet have a greater effect on LDL, or “bad” cholesterol, than the cholesterol in one egg. That means the whole meal matters. An egg with vegetables, whole-grain toast and fruit is very different from eggs served with bacon, sausage or buttery biscuits.

Recent research in adults age 70 and older is reassuring. Moderate egg intake, **about 1 to 6 times per week**, was linked with lower rates of death from heart disease and from all causes compared with rarely eating eggs. This does not prove that eggs caused the benefit, but it supports the idea that eggs can fit into a healthy eating pattern. Eggs are also a practical source of nutrition. One large egg provides about **6 grams of high-quality protein**, along with vitamin B12, choline, selenium and antioxidants. They are easy to prepare, easy to chew and relatively inexpensive. People with very high LDL cholesterol, heart disease, diabetes or an inherited cholesterol disorder may need more individualized guidance. ***So enjoy your egg. Just pay attention to what is sitting next to it on the plate.***

By Anita Dini, MS . Question? Email adini@udel.edu

Easy Southwest Egg Tacos

INGREDIENTS

- 8 small corn tortillas
- 4 eggs + 4 egg whites
- 8 oz cooked shredded chicken
- 1/2 cup low-sodium black beans, rinsed
- 1 cup chopped bell pepper and/or spinach
- 1/2 avocado, diced
- 1/2 cup chopped tomatoes
- 1/4 cup shredded sharp cheese
- 1 tsp olive oil

DIRECTIONS

1. Sauté vegetables in oil. Add eggs and egg whites; scramble until set.
2. Warm tortillas. Fill with egg mixture, chicken, and beans. Top with avocado, tomatoes, and a small sprinkle of cheese.



Shortcut: Use leftover or rotisserie chicken (skin removed).



Nutrition per serving

~390 calories | 34 g protein | 6–7 g fiber



Serves 4
(2 tacos each)

Just for Laughs: Nutrition Edition

I finally started reading nutrition labels.
Turns out the serving size for cookies is
not “until you feel better.”
That was disappointing news.



I checked the nutrition label on my ice cream.
It said, “Serves 4.”
Apparently, I’ve been a family of four for years.

What food am I?

I’m technically a fruit,
but most people treat me like a vegetable.
My biggest clue is hiding right in the center.

What am I?

Answers in next month’s newsletter!

hello September Word Search

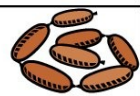
Find the September words below.

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

- SEPTEMBER
- AUTUMN
- FALL
- LEAVES
- APPLE
- HARVEST
- PUMPKIN
- SQUASH
- CIDER
- ACORN
- HAYRIDE
- BACK TO SCHOOL
- OUTDOORS
- WEATHER
- JACKET
- TRACTORS
- SUNSET
- FRIENDS



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:00– iPhone & iPad Help w/ Ron Pierce <u>9:00– Full Body Massage</u> 10:30– Bible Study 12:45– Canasta 1:00–Cardio Drumming 	9:30– Chair Massage 9:30– Bingo 10:00–Line Dance <u>10:30- HEALTHY WEIGHTLOSS MANAGEMENT</u> <u>11:00– Advisory Meeting</u> 1:00– D&G Beginner Pokeno <u>1:00– YMCA Diabetes Prevention Program</u> <u>4:30– Dine Out– Smiley’s</u>	9:30– Cornhole 9:30–Pinochle 9:30– Bingo 1:00– Beginner Crocheting 1:00– Crochet Social 1:00– Cardio Drumming 2:00–Low Impact Cardio 	9:30– Poker 9:30– Beginner Quilting 10:30– Strength Training w/ Gale
7	8	9	10	11
	9:00– iPhone & iPad Help w/ Ron Pierce <u>9:00– Full Body Massage</u> <u>9:30– AARP Defensive Driving</u> 10:30– Bible Study 12:45– Canasta 1:00–Cardio Drumming 	9:30– Chair Massage 9:30– Bingo 10:00– Line Dance <u>10:30- HEALTHY WEIGHTLOSS MANAGEMENT</u> <u>12:45–Painting w/ Liisa</u> 1:00– D&G Beginner Pokeno <u>1:00– YMCA Diabetes Prevention Program</u>	9:30– Cornhole 9:30–Pinochle 9:30– Bingo <u>10:00– Staff vs/ Members Wii Bowling roll off</u> <u>12:30–Ice Cream & Information FREE Ice cream</u> 1:00– Beginner Crocheting 1:00– Crochet Social 1:00– Cardio Drumming	9:30– Poker 9:30– Beginner Quilting <u>10:00– Bingo & Lunch</u> 10:30– Strength Training w/ Gale
Wii Bowling begins! Bocce Begins! 14	Shuffleboard Begins 15	16	17	18
9:00– Fall Wii Bowling <u>9:30– Bocce</u> 9:30– Bingo 10:30–Chair Yoga <u>11:00–Red Hats</u> <u>1:00– NUTRITION FOR LIFELONG WELLNESS</u>	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 <u>10:30- HEALTHY WEIGHTLOSS MANAGEMENT</u> 1:00– Beginner Pokeno <u>1:00– YMCA Diabetes Prevention Program</u>	<u>9:00– Vaccination clinic & Health Fair</u> 9:30–Pinochle 9:30– Bingo 1:00– Beginner Crocheting 1:00– Crochet Social 1:00– Cardio Drumming 2:00–Low Impact Cardio 	9:30– Poker 9:30– Beginner Quilting 10:30– Strength Training w/ Gale
21	22	23	24	25
9:00– Fall Wii Bowling 9:30– Bingo <u>9:30– Bocce</u> 10:30–Chair Yoga <u>1:00– NUTRITION FOR LIFELONG WELLNESS</u>	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 <u>9:00– Stoneware Bowl Class</u> 9:30– Chair Massage 9:30– Bingo 10:00– Line Dance 1:00– Beginner Pokeno <u>1:00– YMCA Diabetes Prevention Program</u>	9:30– Cornhole 9:30–Pinochle 9:30– Bingo <u>10:00– Weston vs/ MOT Jeopardy</u> 1:00– Beginner Crocheting 1:00– Crochet Social 1:00– Cardio Drumming	9:30– Poker 9:30– Beginner Quilting 10:30– Strength Training w/ Gale
28	29	30		
9:00– Fall Wii Bowling 9:30– Bingo <u>9:30– Bocce</u> 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 1:00– Beginner Pokeno <u>1:00– YMCA Diabetes Prevention Program</u>		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MENU</u>  <u>FOR</u> <u>SEPTEMBER</u> <u>2026</u>	<u>1</u>  Fish Herb-Roasted Baby Potatoes Roasted Green Beans Pears	<u>2</u>  Chicken Parm Spaghetti Vegetable Oranges & Pineapples	<u>3</u>  Hot Dog/Wheat Roll Sweet Potato Wedges Vegetable Berry-Oat Yogurt Parfait	<u>4</u>  Ham Sub Chips Assorted Desserts
<u>7</u> CENTER CLOSED  LABOR DAY	<u>8</u>  Creamed Chipped Beef Wheat Egg Noodles Carrots Apples	<u>9</u> <u>FEAST</u>  Salmon Mashed Potatoes Green Peas/Corn Peaches & Pears	<u>10</u>  Meatball Sub Wheat Sub Roll Garden Salad Oranges	<u>11</u>  Baked Spaghetti Roasted Broccoli Yogurt w/ Honey & Strawberries
<u>14</u>  Sloppy Joe Wheat Roll Roasted Cauliflower Pineapple	<u>15</u>  Herb Baked Chicken Rice Vegetable Melons	<u>16</u> <u>FEAST</u>  Pork Chop Baked Sweet Potato Salad Fruit	<u>17</u>  Taco Salad with Black Beans Baked Corn Tortilla Strips Watermelon	<u>18</u>  Turkey Sandwich Vegetable Chips Assorted Desserts
<u>21</u>  Tuna Salad on Wheat Roll Lettuce & Cucumber Slices Fruit Salad	<u>22</u>  Oven Fried Chicken Roasted Potato Wedges Peas & Carrots Baked Apples	<u>23</u>  Chef Salad w/ Egg & Chicken Yogurt Parfait	<u>24</u>  Lasagna Roasted Beans & Tomatoes Peach Cobbler	<u>25</u>  Roast Beef Sandwich Chips Assorted Desserts
<u>28</u>  Hamburger on Wheat Roll Corn Watermelon	<u>29</u>  BBQ Chicken Brown Rice Braised Cabbage Apple/Grape Salad	<u>30</u>  Sausage, Peppers & Onions Cucumber & Tomato Salad Baked Pears	MIKE TEDESCHI COOK 	
				<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.

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