

July 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

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

IDA (DEE) KELLEHER

HEATHER MILEA

KEN MOORE

BETH ORSEGA-SMITH

KEVIN WONG



“Glory Days in The U.S.A.” Dinner Dance Celebrating our Countries' 250th Birthday!

Friday, July 24, 2026

4:00 p.m.- 8:00 p.m.

Cost - \$ 15.00

Includes dinner, dancing and a whole lot of fun!

DINE-OUT CLUB

July's Dine-Out will be on July 8, 2026

Portofino's @ 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.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: 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 – Summer Shuffleboard began on Tuesday, June 2, 2026. If you are interested in playing this summer 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– Summer Wii Bowling begins on Monday, June 1, 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 in hiatus for the summer. They will resume in September. 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. (No dance July 1, 2026)

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, July 14, 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 July 3rd or 10th. 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

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(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. 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

July 2, 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.

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!



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 – MAY 2026



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

50/50s	\$ 294.00	
Donations-General	\$150.00	
Basketfest	\$5,620.00	
10 Week Club	\$245.00	
May 2026	\$ 6,309.00	
April 2026		\$1,942.00
March 2026		\$31,034.00
February 2026		\$1,500.00
January 2026		\$920.55
December 2025		\$1,375.96
November 2025		\$585.27
October 2025		\$3,520.27
September 2025		\$456.00
August 2025		\$1,605.65
July 2025		\$1,026.12
Total		\$50,274.82

WEEKLY 50/50 DRAWING

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

June 2026 Winners

Shirley Smith 06/05/2026 \$78.00
Linda Healey 06/12/2026 \$72.00
Martha McQuaid 06/19/2026 \$ 56.00
Ken Thornton, 06/26/2026 \$56.00

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, July 31, 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!

UNITED WAY CAMPAIGN

United Way donations can be made to the cen-
ter. Please
tell your family and friends working in Delaware
to
designate the HOWARD WESTON SENIOR CEN-
TER 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!!

10 Week Club

Final Tickets on sale now!

Cost- \$5.00

Tickets will be drawn every Wednesday from
April 29th– July 1st, 2026

Weeks 1-9

\$15.00, \$10.00 & \$5.00

Week 10

\$150.00, \$100.00 & \$50.00

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!

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.

July 2026		
2nd: 9:30 a.m. to 11:30 a.m. Practice your skills.	9th: 9:30 a.m. to 11:30 a.m. Practice your skills.	16th: 9:30 a.m. to 11:30 a.m. Practice your skills
23rd: 9:30 a.m. to 11:30 a.m. Practice your skills		30th: 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 May 15, 2025 to June 15, 2026:



Linda Akins	Carol Atkins	Marsha Brown	Linda Caprice	Andre Carney
Beverly Chiffons	Rose Connell	Kim Correll-Comeau	Geraldine Daggett	Patricia Dolberry
Nelcenia Downer	John Furbush	Lamont Gordy	Karen Kozlowski	Evette Lewis
Elsie Lucas	Daniela Maas	Beth Mason	Ralph Orange	M. Patricia Quinn
Dianne Rakitsky	Eugenia Roberts	Zaida Rodriguez	Terica Saunders	Elizabeth Smith
	Patricia Warchock		Beverly Wilcher	

University of Delaware
PARTICIPATE IN A RESEARCH STUDY

THRIVE IN FIVE

A GROUP HEALTH COACHING PROGRAM
FOR LIVING AND AGING WELL

MONDAYS AT 1PM (JULY 13TH - AUGUST 10TH)
OR
WEDNESDAYS AT 10AM (JULY 15TH - AUGUST 12TH)

Sessions include:

- 5 group sessions (once per week)
- **Topics: Emotional Health, Diet, Exercise, Cognitive Health**
- Group discussion, education, and hands-on activities

You may be eligible to participate if you are:

- 50+ years old
- Can speak/read English
- Have not been diagnosed with a cognitive disorder



**SIGN UP AT THE
FRONT DESK**

Questions? Contact Serena Schade
610-621-8608 (sschade@udel.edu)



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.

THE YMCA DIABETES PREVENTION PROGRAM– Wednesdays 1:00 p.m.– 2:00 p.m.

This is a FREE 1 year program, 26 sessions in total; (16 weekly, 3 bi-weekly and 7 monthly) led by trained Healthy Living Coaches who guide and motivate you. For more information please leave your name and number with Gale.

July 2026

SUMMER MOVIE DAY - "HAMILTON" Thursday, July 9, 2026 @ 12:30 p.m. The original Broadway production of "Hamilton" combines the best elements of live theater, film and streaming to bring the cultural phenomenon to homes around the world for a thrilling, once-in-a-lifetime experience. "Hamilton" is the story of America then, told by America now. Featuring a score that blends hip-hop, jazz, R&B and Broadway, "Hamilton" has taken the story of American founding father Alexander Hamilton and created a revolutionary moment in theatre—a musical that has had a profound impact on culture, politics, and education. Filmed at The Richard Rodgers Theatre on Broadway in June of 2016, the film transports its audience into the world of the Broadway show in a uniquely intimate way. And YES we will have popcorn!!!

FRIDAY BINGO & LUNCH–Friday, July 10, 2026 @ 10:00 a.m. Our theme this month is "National Fried Chicken Day" Bingo. Cost \$6.00, includes 10 games of Bingo and lunch. Bring your dabbers.

THRIVE IN FIVE – A group health coaching program for living & ageing well! This program is offered at 2 different days and times. **Mondays @ 1:00 p.m. July 13th -August 10th & Wednesdays @ 10:00 a.m., July 15th – August 12th.** Join Serena from the UofD for this awesome program. Please sign up with Gale at the front desk.

STONEWARE BOWL CLASS– Tuesday, July 21, 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.



★ ★ ★

**“Glory Days in The U.S.A.” Dinner Dance
Celebrating our Country's 250th Birthday!**

Friday, July 24, 2026
4:00 p.m. - 8:00 p.m.

Cost - \$ 15.00

Includes dinner, dancing and a whole lot of fun!

★ ★ ★

August 2026

FRIDAY BINGO & LUNCH–Friday, August 7, 2026 @ 10:00 a.m. Our theme this month is “National Crayon Collection Month” (collecting boxes of crayons) Bingo. Cost \$6.00, includes 10 games of Bingo and lunch. Bring your dabbers.

STONEWARE BOWL CLASS– Tuesday, August 25, 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, August 26, 2026 @ 11:00 a.m. Join Ron as he goes over some of the most common scams and how to avoid them.

September 2026

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. There will be more information in next months newsletter.

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.

Wednesday, June 17, 2026

1:00 p.m. – 2:00 p.m.

Sign up with Gale at the front desk.

THE YMCA'S DIABETES PREVENTION PROGRAM

REDUCE YOUR RISK FOR TYPE 2 DIABETES

Did you know? Type 2 diabetes can often be prevented!

If you're at risk for Type 2 diabetes, the YMCA's Diabetes Prevention Program can help you take control of your health. In this supportive group setting you'll learn how to make small, realistic lifestyle changes—like eating healthier, increasing physical activity, and maintaining a healthy weight—that can make a big difference.

Eligibility: Participants must meet specific criteria based on a risk assessment or blood test values.

Cost: The program is covered by most insurance plans (check with your provider to confirm coverage).



PROGRAM HIGHLIGHTS

- One-Year Program: 26 sessions total — 16 weekly, 3 biweekly, and 7 monthly.
- Expert Coaches: Led by trained Healthy Living Coaches who guide and motivate you.
- Group Support: Build healthy habits alongside others on the same journey.
- Y Access: Includes access to all YMCA of Delaware locations.

Take the first step toward a healthier, happier life today!

Call (302) 572-9622, or email communityhealth@ymcade.org
www.ymcade.org/preventdiabetes.

Scan the QR code to learn more!



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

- ♦ Island Hoppin', Ohio-August 4-7, 2026 \$760 Double \$1,020 Single
- ♦ 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

Day Trips

- ♦ American Music Theatre "Winter Wonderland"– Tuesday, November 24, 2026.
Cost- \$190.00 includes show, lunch and motorcoach transportation.

***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.

Honey Berry Sheet Cake

Ingredients

1 cup sugar
1 cup canola oil
1 cup honey
3 large eggs
1/2 cup orange juice
1 teaspoon vanilla extract
3-1/2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 cup fresh or frozen raspberries
1 cup fresh or frozen blueberries

GLAZE:

1 cup confectioners' sugar
2 tablespoons honey
2 tablespoons 2% milk

Directions

Preheat oven to 350°. Grease a 13x9-in. baking pan. In a large bowl, beat sugar, oil, honey, eggs, orange juice and vanilla until well blended. In another

bowl, whisk flour, baking powder, baking soda and salt; gradually beat into sugar mixture.

Transfer to prepared pan. Bake for 15 minutes. Sprinkle top of cake with raspberries and blueberries. Bake until a toothpick inserted in center comes out clean, 30-35 minutes longer. Cool completely in pan on a wire rack. Combine glaze ingredients; drizzle over cake. Serve with additional berries if desired.



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.

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

Name: _____ Date: _____



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

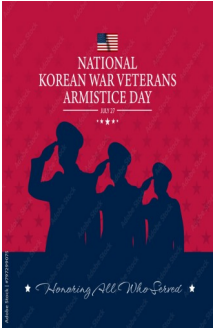











4TH OF JULY

























- ADAMS
- AMERICA
- BARBECUE
- COLONIES
- CONGRESS
- DECLARATION
- EQUALITY
- FIREWORKS
- FOURTH
- FREEDOM
- HOTDOGS
- INDEPENDENCE
- JEFFERSON
- JULY
- LIBERTY
- NATION
- PARADE
- REVOLUTION
- RIGHTS

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

- STATES
- THIRTEEN
- UNITED



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		9:30– Chair Massage 9:30- Bingo 10:00- NO Line Dance 11:00– Advisory Meeting 1:00– D&G Beginner Pokeno 1:00– YMCA Diabetes Prevention Program 	9:00– Blood Pressure Screenings 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	
6	7	8	9	10
9:00– Summer Wii Bowling 9:30– Bocce 9:30- Bingo 10:30–Chair Yoga 	9:00– iPhone & iPad Help w/ Ron Pierce 9:00– Full Body Massage 9:30–Summer Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming 	9:30– Chair Massage 9:30- Bingo 10:00– Line Dance 1:00– D&G Beginner Pokeno 1:00– YMCA Diabetes Prevention Program 4:30– Dine Out– Portafino’s	9:30– Cornhole 9:30-Pinochle 9:30- Bingo 12:30– Movie– Hamilton 1:00– Beginner Crocheting 1:00– Crochet Social 1:00– Cardio Drumming 2:00–Low Impact Cardio	9:30– Poker 9:30- Beginner Quilting 10:00– Bingo & Lunch 10:30– Strength Training w/ Gale 
13	14	15	16	17
9:00– Summer Wii Bowling 9:30– Bocce 9:30- Bingo 10:30–Chair Yoga 11:00-Red Hats 1:00– Thrive in 5 Health Coaching	9:00– iPhone & iPad help w/ Ron Pierce 9:30–Summer Shuffleboard 9:30– AARP Defensive Driving 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming 1:00– Pokeno 	9:30– Chair Massage 9:30- Bingo 10:00– Line Dance 10:00– Thrive in 5 Health Coaching 1:00– D&G Beginner Pokeno 1:00– YMCA Diabetes Prevention Program	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 
20	21	22	23	24
9:00– Summer Wii Bowling 9:30- Bingo 9:30– Bocce 10:30–Chair Yoga 1:00– Thrive in 5 Health Coaching	9:00– iPhone & iPad help w/ Ron Pierce 9:00– Stoneware Bowl Class 9:30–Summer Shuffleboard 10:30– Bible Study 11:00 - Veterans Social Meeting 12:45– Canasta 1:00-Cardio Drumming 	9:30– Chair Massage 9:30- Bingo 10:00– Line Dance 10:00– Thrive in 5 Health Coaching 1:00– D&G Beginner Pokeno 1:00– YMCA Diabetes Prevention Program	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 CLOSED @ 1:00 p.m. Reopen @ 4:00 for our diner dance
27	28	29	30	31
9:00– Summer Wii Bowling 9:30- Bingo 9:30– Bocce 10:30–Chair Yoga 1:00– Thrive in 5 Health Coaching	9:00– iPhone & iPad help w/ Ron Pierce 9:30–Summer Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming 1:00– Pokeno 	9:30– Chair Massage 9:30- Bingo 10:00– Line Dance 10:00– Thrive in 5 Health Coaching 1:00– D&G Beginner Pokeno 1:00– YMCA Diabetes Prevention Program	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 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><u>MENU</u> <u>FOR</u></p> <p style="text-align: center;"> <u>JULY</u> <u>2026</u></p> <p style="text-align: center;">Mike Tedeschi Cook</p>	<p><u>PLEASE NOTE:</u></p> <p>The Howard J. Weston Community and Senior Center, Inc. does not discriminate on the basis of sex, race, national origin, handicap or creed.</p>	<p><u>1</u> </p> <p>Chicken Parmesan Spaghetti Green Beans Dessert</p>	<p><u>2</u> </p> <p>Hot Dog Sauerkraut Chips Fruit</p>	<p><u>3</u> </p> <p style="text-align: center;">CENTER CLOSED</p> <p style="text-align: center;"><u>INDEPENDENCE DAY HOLIDAY</u></p>
<p><u>6</u> </p> <p>Lasagna Green Beans Garlic Bread Dessert</p>	<p><u>7</u> </p> <p>Chef Salad w/ Ham & Turkey Roll Dessert</p>	<p><u>8</u> <u>FEAST</u> </p> <p>Pork Chops Mashed Potatoes Peas & Onions Dessert</p>	<p><u>9</u> </p> <p>Creamed Chip Beef Biscuit Hash Brown Dessert</p>	<p><u>10</u> </p> <p>Chicken Potato Salad Broccoli Salad Watermelon</p>
<p><u>13</u> </p> <p>Wings Fries Vegetable Dessert</p>	<p><u>14</u> </p> <p>Beef Stew Cornbread Dessert</p>	<p><u>15</u> </p> <p>Sausage Peppers & Onions Cole Slaw Dessert</p>	<p><u>16</u> <u>FEAST</u> </p> <p>Shrimp Salad Fries Dessert</p>	<p><u>17</u> </p> <p>Turkey Sub Chips Fruit Dessert</p>
<p><u>20</u> </p> <p>Hamburger Onion Rings Chips Fruit</p>	<p><u>21</u> </p> <p>Chicken Wings Mac & Cheese Vegetable Dessert</p>	<p><u>22</u> </p> <p>Taco Salad w/ All the fixins' Dessert</p>	<p><u>23</u> <u>FEAST</u> </p> <p>Salmon Rice Green Beans Dessert</p>	<p><u>24</u> </p> <p>Ham & Cheese Hoagies Fruit Chips Dessert</p>
<p><u>27</u> </p> <p>Meatball Sub Macaroni Salad Vegetable Dessert</p>	<p><u>28</u> </p> <p>Potato Bar w/ All the fixins' Dessert</p>	<p><u>29</u> </p> <p>Pizza Salad Dessert</p>	<p><u>30</u> </p> <p>Chicken Fingers Fries Vegetable Cake</p>	<p><u>31</u> </p> <p>Roast Beef Sandwich Chips Fruit Fries</p>

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