

HOWARD WESTON SENIOR CENTER

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

STAFF

VICKI K. SHERATON
EXECUTIVE DIRECTOR

DONNA HURLEY
SITE MANAGER

BETSEY MOORE
CRAFT INSTRUCTOR

BEVERLY J. MCCOOL
PROGRAM COORDINATOR

MIKE TEDESCHI
CHEF

BOARD OF DIRECTORS

CHARLES S. STEPHAN
CHAIRMAN

DARREN WRIGHT
VICE-CHAIRMAN

GREGORY YACUCCI
TREASURER

TOM HANDLING

HEATHER MILEA

KEN MOORE

BETH ORSEGA-SMITH

KEVIN WONG



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

Look for WESTON SENIOR CENTER.

We will make every effort to let you know our status as early as possible. We will be listed by name:
WESTON SENIOR CENTER.

If you don't hear our name announced, we will be open.

For our Paratransit riders, DART will make the decision regarding service. PLEASE, LISTEN TO YOUR RADIO!!

DINE-OUT CLUB

February's Dine-Out will be on February 4, 2026

Legends @ 4:30 p.m.

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

MEMBERSHIP

The Weston Senior Center welcomes all persons 50 years of age and over. All members and guests participating in activities and programs offered by the center must be able to take care of their personal care needs and make independent decisions.

MISSION

THE WESTON SENIOR CENTER WAS ESTABLISHED IN 1978
FOR THE PURPOSE OF ENHANCING THE QUALITY OF LIFE
FOR THE SENIOR POPULATION BY PROVIDING MUCH
NEEDED SERVICES AND PROGRAMS.

E-MAIL – WestonSrCenter@aol.com

Website

WEBSITE –WestonSeniorCenter.org

Facebook - Weston Senior Center

E-mail

WESTON'S UNITED WAY number is 9336.

2024-2026 ADVISORY COUNCIL MEMBERS

Linda Brown, Pat Burk, Beverly Ellis, Kathleen Fallstick, Kenny Foster, Jeannette Henretty, Dutchie Jensen, Linda Loveless, Debbie Martin, Michele Merlonghi, Ginger Pettyjohn, Camilla Pfeil, Shirley Renn, Cecelia Sanders, Marsha Seaton



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

WESTON ADULT DAY CARE CENTER

Check out our NEW website: <http://www.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 /HAND & FOOT- Tuesdays @ 1:00 p.m. in the Community Room. If you are interested in playing, leave your name with Donna at the front desk and you will be contacted.



POKENO – Pokeno will be held on the 2nd & last Tuesday of the month. Spread the word! Tuesday, February 10 & 24, 2026 @ 1:00 p.m. Everyone is welcome.



BINGO – We would like to welcome everyone to play Bingo on Monday, Wednesday and Thursday mornings from 9:20 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. Everyone is welcome. Come join the fun!!



SHUFFLEBOARD – Fall Shuffleboard has 11 2-person teams. We are happy to add more. If you are interested in playing leave your name and number with Donna @ the front desk. We are also looking for substitutes.



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



POKER GROUP – Friday's @ 9:30 a.m. 3 Fridays a month. **(No poker on February 6, 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 – The Fall Wii Bowling League has begun. We are always looking for substitutes and 2 more permanent bowlers. Any questions please see Beverly.



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



RED HATS – The “Red Hot Mamas” meet on the 2nd Monday of the month at 11:00 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 – Welcome back to our Women's group. If you are interested in joining these ladies, please leave your name and contact information with Donna.

NEW PROGRAMS

POKER GROUP- "Fridays @ 9:30 a.m. 3 Fridays a month. No poker on the 1st. Friday. (February 6, 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.

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POETRY CLUB- NEW DAY & TIME

The Poetry Club will now meet on the third Monday of the month beginning in April. Going forward the club will meet from April-October. This is a like minded group of people who enjoy writing, reading and reciting poetry. Everyone is welcome!

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.

Virtual Bingo!

There will be no virtual Bingo in November or December.

Bingo will resume as of January 7, 2026

Wednesday's from 9:30 a.m.-10:30 a.m.



DELAWARE HEALTH FOR ALL

March 5, 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.

"DO MORE 24"



Members- Again this year, we will be participating in "Do More 24"

Our goal this year will be \$15,000.

Our plan is to use this money to re-stripe & resurface our parking lot. .

Do More 24 Delaware 2026 will be held over 24 hours on March 5-6, 2026, Starting at 6 PM EST on Thursday, March 5, 2026 and ending at 6 PM EST on Friday, March 6, 2026.

What is Do More 24 Delaware?

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

FUNDRAISING

FUNDRAISING – DECEMBER 2025



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

50/50s	\$303.00	
Donations-General	\$1,000.00	
Raise Right GC	\$72.96	
December 2025	\$1,375.96	\$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		\$8,569.27

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

CLOTHES CLOSET - SALE!!!

For the month of February we are hosting a BOGO Sale in our clothing closet.

2 for the price of one.

OR Fill a brown bag for \$10.00 See Donna to pick up your bag and pay for it.

10 Week Club

Tickets go on sale Monday March 2, 2026

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

WEEKLY 50/50 DRAWING

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

January 2026 Winners

Jackie Kelson - 1/2/2026 - \$60

Debbie Wiggins - 1/9/2026 - \$128

Betty Springer - 1/16/2026 - \$112

Jim McCarnan - 1/23/2026 - \$97

Raise Right Gift Cards

This is our Gift Card Fundraiser.

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

We will be placing our next order on Friday, February 27, 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!

SAVE THE DATE-BASKETFEST 2026!

Our most popular fundraiser is scheduled for

Saturday, May 16, 2026

Tickets will be \$30.00 and

Includes 20 regular tickets, 1 super ticket and lunch.

This fundraiser is open to the public, so let your friends and family know!

Tickets go on sale

Monday, March 2, 2026

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 is \$5.00 per person. Stop by and check it out!



CARDIO DRUMMING-Tuesdays from 1:00 p.m.-2:00 p.m. The charge for this class will be \$5.00 per person or you can guarantee a seat by paying by the month. See Donna 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 for this class is \$5.00 per person.



NEW TIME -LOW IMPACT CARDIO CLASS- Thursdays @ 12:45 p.m. Join Mary Ellen Louise for a wonderful workout utilizing bands, weights and balls to improve your cardio functions. The charge for this class is \$5.00 per person.



NEW CARDIO DRUMMING-Thursday from 2:00 p.m.-3:00 p.m. The charge for this class will be \$5.00 per person or you can guarantee a seat by paying by the month. See Donna 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 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 \$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 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 Chicona can assist you with more complex legal issues if you qualify for this program. For more information please call 302-478-8680.



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



DELAWARE ENERGY ASSISTANCE PROGRAM – The Delaware Energy Assistance Program provides assistance with the payment of energy bills for low-income households. You will need to supply documents verifying your income if you wish to apply for participation in this program. While the income limits change each year, we understand that the figures for this year are \$34,903 for a single person and \$45,042 for a couple. If you believe you qualify and want to apply or if you need more information, call 654-9295 or 654-6474.



AARP DRIVERS SAFETY CLASS – Class begins @ 9:30 a.m. The next **Refresher class** is scheduled for Tuesday, February 10, 2026. The cost is \$20.00 for AARP members and \$25.00 for non-members. Please make checks payable to AARP. See Donna for more information.



STAND BY ME 50+ - Stand by Me 50+ will be here on the last Tuesday of each month from 9:00 a.m. until 11:30 a.m. in the Multi-Purpose Room. This program provides information, resources and support to increase the economic stability of Delawareans age 50 and older who are planning for or in, retirement. For more information or to schedule an appointment please call Karen Summa @ 302-565-9636 .



SENIOR LEGAL HOTLINE – There is a resource available for Delawareans who are age 60 and older. The Senior Legal Hotline is now up and running. The hotline hours are 9:00 a.m. to 4:30 p.m., Monday thru Thursday. The phone numbers are 302-478-8850 in New Castle County .Callers can receive free legal advice on a variety of issues. There are no income requirements for the hotline. The advice will be provided by either a DVLS staff attorney or a volunteer attorney.



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



SENIOR ROLL CALL – Senior Roll Call is a program provided by the New Castle County Police. This telephone reassurance program calls senior citizens on a daily basis with a prerecorded safety message. To enroll in this program, call 302-395-8159. Senior Roll Call is looking for volunteers. If you have questions, please see Vicki or Beverly.

NEWS FROM THE COMMUNITY...



DONATIONS FOR THE LION'S CLUB – Do you have any old eyeglasses or hearing aids lying around the house? Please donate them to someone who needs them. Bring them to the center and put them in the Lion's Club donation box.

PLEASE READ!



RESERVING SEATS/MOVING RESERVED SEATS – Our dining room is a very popular place – used for more than just dining. Seats can only be reserved daily when you arrive at the center. Please feel free to place a name tag at your seat. Your cooperation is greatly appreciated.



SAFETY FIRST! -Please help us keep the center and our members safe by hanging your coats/sweaters in the closets. Do not put them on the back of your chair. Also, please do not put your pocketbooks, bags or canes on the tables. Thank you!

PARKING LOT SAFETY



PLEASE FOLLOW THE ARROWS WHEN ENTERING AND EXITING THE SENIOR CENTER. We have had several “close calls.” Please stay to the right when entering. The few additional seconds it takes you to follow the arrows may save someone’s life or an increase in your insurance rates. PLEASE BE SAFE!



DONATIONS

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

iPhone & iPad Help is Available!

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

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

COMPUTER LAB

If you have computer skills, please feel free to visit the lab to work on your computer skills, check your e-mail, send e-mail messages, surf the internet, play games, etc.

<u>February 2026</u>		
5th: 9:30 a.m. to 11:30 a.m. Practice your skills.	12th: 9:30 a.m. to 11:30 a.m. Practice your skills.	19th: 9:30 a.m. to 11:30 a.m. Practice your skills
	26th: 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 December 15, 2025 to January 15, 2026:

Nancy Bridegam	Kathleen Carter	Maureen Cross	Dolores Demski	Diane Haddock
Patricia Houi	Cynthia Hugo	Rosalind Jacono	Karen Johnson	Pat McNeal
Michael Malloy	Kim Phillips	Nancy Plocharz	Judith Taylor	Robert Taylor
George Taylor	Kris Viar	Terry Wilde		



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: This class, you can pay a month at a time or drop-ins @ \$5.00 if we have the space. Check with Donna when you come in.

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

THURSDAY - NEW TIME! Low Impact Cardio w/ Mary Ellen 12:45 p.m. Cost \$ 5.00 per class.

THURSDAY - Cardio Drumming w/ Gale 2:00 p.m. Cost: This class , you can pay a month at a time or drop-ins @ \$5.00 if we have the space. Check with Donna 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.
- ◆ Beginning in January 2026, you can join the Fitness Center for \$100.00 for the year (saving \$20.00) or pay \$10.00 on a month-to-month basis.
- ◆ In order for you to use the Fitness Center you must sign a waiver stating you are exercising at your own risk and have a training session with a staff member.
- ◆ Please check with your Doctor to determine if it is safe for you to exercise.
- ◆ We plan on applying to become a “Silver Sneakers” site. We will keep you posted.

CHAIR MASSAGE

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

10 Minutes-\$5.00

15 Minutes- \$10.00 30 Minutes- \$25.00

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

Discount Day!

Last Wednesday of the month!

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



TAXPAYER ASSISTANCE– Tax prepares will be here beginning Thursday, February 5, 2026 through Thursday, April 9, 2026. We will be utilizing a special voicemail system. If you need an appointment please call 302-328-6626 Ext. 7 and leave a message. We will return your call.

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

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

NICKLE POKER GROUP– **Fridays 9:00 a.m.-11:30 a.m. (No poker on Friday, February 6, 2026)** Everyone is welcome to join!

FEBRUARY 2026

SUPER BOWL LIX PARTY– **Thursday, February 5, 2026 @ 11:00 a.m.** Who will win the Super Bowl this year? We don't know, but it sure is fun watching our team compete for the Lombardi trophy. It could be just a touchdown away. Join us as we play to WIN! Snacks and fun for everyone.

BINGO & LUNCH– **Friday, February 6, 2026 @ 10:00 a.m.** Cost-\$6.00. This month's theme is "National Wear Red Day". Cash Prizes & Door Prizes.

WESTON'S ANNUAL SOUP SALE– We will be offering 2 kinds of soup for sale. Cost \$8.00 a quart. Advanced sign-ups with payment will be required. Orders must be turned in by **Thursday, January 29, 2026**. Pick up will be on **Thursday, February 5, or Friday, February 6, 2026**.

STONEWARE BOWL CLASS– **"The Peacock Effect" Wednesday, February 11, 2026 @ 9:00 a.m.** Cost: Small \$18.00, Medium or Plate \$20.00, Chip and Dip set \$30, See Donna to sign up.

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

Thursdays February 12-March 19 2026 10:00 a.m-11:00 a.m. Free 6 week program. Sign up with Donna. This program challenges an individual's memory in a fun and interactive way. It also increases socialization among senior citizens as they work together to solve problems, be creative, and take a stroll down memory lane.



February 2026

MAMMOGRAMS- Tuesday, February 17, 2026 8:00 a.m.-12:00 p.m. Join us for our 34th year of this important screening. The Helen Graham Center is working with us to make this event run as efficiently as possible. We have a conference room reserved where we can relax and enjoy Bingo while we wait. See the credenza in the lobby to signup and be sure to see Donna for your paperwork.

THINK FIRST TO PREVENT FALLS- Wednesday, February 25, 2026 @ 10:30

ThinkFirst To Prevent Falls is now available as a presentation on the basics of fall prevention for older adults. Topics covered include: overview of the brain, concussions, significance of falls, fear of falling, safety inside the home, community safety, talking with your physician, nutrition, exercise, vision, medications, and community resources.

BLACK HISTORY MONTH PRESENTATION- Thursday, February 26, 2026 @ 11:00 a.m. Please join us for our annual Black History Month presentation and stay for lunch. This years theme is "Oh! How We Have Overcome!" Please Take a moment to look at our bulletin boards that are created in honor of Black History Month.

March 2026

BASKETFEST & 10 WEEK CLUB TICKETS GO ON SALE- Monday March 2, 2026 Basketfest tickets are \$30.00 and 10 Week Club tickets are \$5.00

ADVISORY COUNCIL NOMINATION & ELECTIONS- Monday, March 2 & Tuesday, March 3, 2026. Grab your ballot from Donna at the front desk and drop it into the bucket in the dining room. Elections will be held on Thursday, March 5, 2026 if necessary.

A MATTER OF BALANCE- Thursdays March 5- April 23 2026, from 9:30 a.m.- 11:30 a.m. A Matter of Balance is an evidence-based program designed for older adults (60+) to reduce the fear of falling and increase activity levels. The program features eight, two-hour sessions focusing on viewing falls as controllable, making environmental changes, and improving strength and balance.

BINGO & LUNCH- Friday, March 6, 2026 @ 10:00 a.m. Cost-\$6.00. This month's theme is "Rock your Socks" Show off your miss matched socks in honor of National Downs Syndrome Day. Cash Prizes & Door Prizes.

THINK FIRST FOR LIFE- Wednesday, March 18, 2026 @ 10:30 a.m.

This program offers information on safe driving practices and tips to reduce the risk of crash-related injuries. As people age, they undergo physical, visual, and mental changes that make them more susceptible to medical conditions that can affect their ability to drive safely. Think First For Life aims to educate on the changes in driving as we age and how to stay safe on the road while preserving independence.

STONEWARE BOWL CLASS- "The Peacock Effect" Tuesday, March 24, 2026 @ 9:00 a.m.

Cost: Small \$18.00, Medium or Plate \$20.00, Chip and Dip set \$30, See Donna to sign up.

“DO MORE 24”

“Let’s Get in Line-Paving the Way to Fun at the Senior Center!”



Members- Again this year, we will be participating in “Do More 24” Our goal this year will be \$15,000. Our plan is to use this money to re-stripe & resurface our parking lot.

Do More 24 Delaware 2026 will be held over

24 hours on March 5-6, 2026,

Starting at 6 PM EST on Thursday, March 5, 2026 and ending at 6 PM EST on Friday, March 6, 2026.

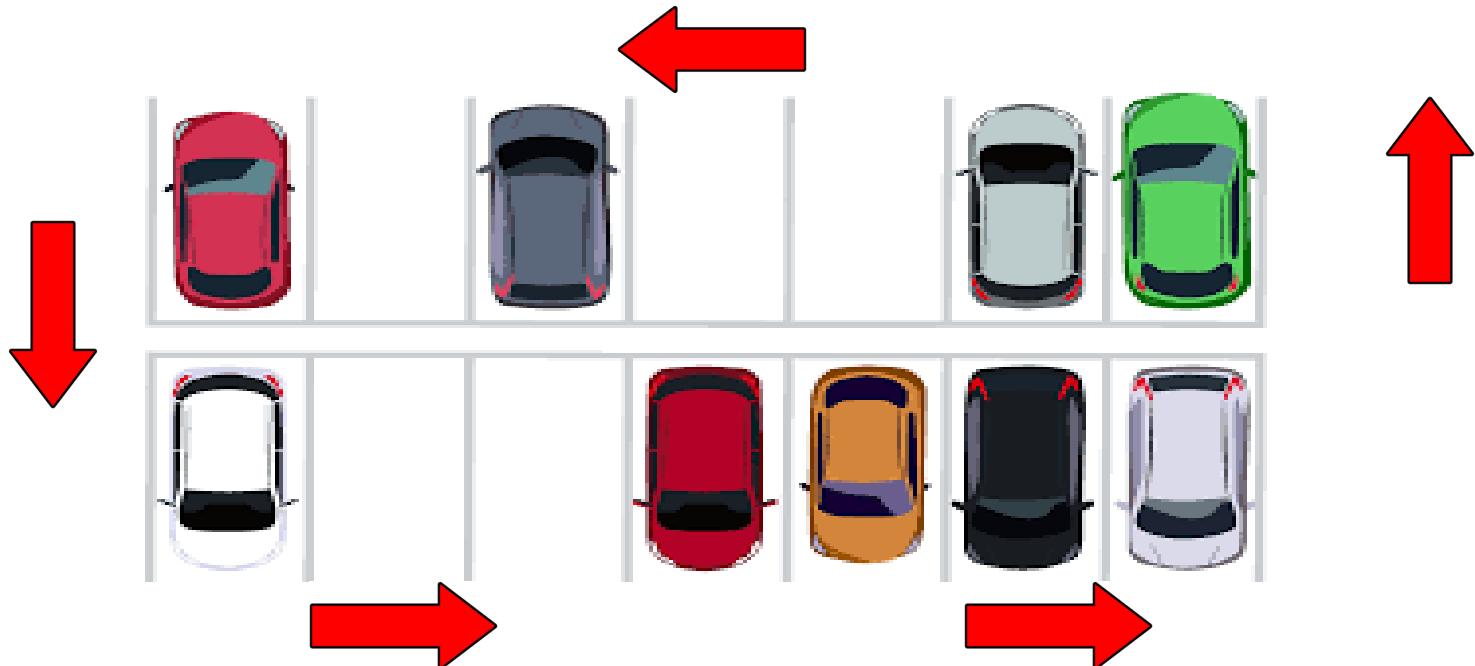
As our theme this year is

“Let’s Get in Line-Paving the Way to Fun at the Senior Center!”

We will be asking our supporters to fill the parking lot.

A donation of \$10 will add a compact car, while a donation of \$25 will add a SUV, \$50 will add a pickup truck, a \$100 donation will add a luxury sports car and for donation of \$150 you can have a staff parking spot!. As always any donation is greatly appreciated.

You will need to see Donna to make your donation.



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.

Please Sign-up

Thursdays

**2026 February 12, 19, 26
March 5, 12, 19,
10:00 a.m.-11:00 a.m.
1 Basset Ave, New
Castle, DE**



UNIVERSITY OF DELAWARE
COOPERATIVE
EXTENSION

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



**An Engaging, Interactive, Educational Cognitive Health program.
Make friends, have fun, and let's sharpen that memory!**

WESTON WANDERERS GET READY!!

Below is a list of trips for 2026.

Please see the flyers on the bulletin board for more information.

- ◆ Dude Ranch, New York- May 6-8, 2026 \$690 Double \$690 Single
- ◆ The Ark, Kentucky - June 1-5, 2026 \$950 Double \$1,290 Single
- ◆ 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 Donna. 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 placed indicating wait list only. If a trip is full and you are interested, please put a note in the box indicating so (no deposit necessary). Many times we have cancellations and are looking at the wait list to fill the vacancies. Information regarding the trips will be hung in the lobby. Please use your phone to take a pictures of the planned trip itineraries as copies will be limited. This information will also be viewable on our website. Please note that the itineraries are subject to change if necessary due to unforeseen closures, etc.

What's Cooking?

News from the Kitchen!

BRINGING FOOD INTO OUR CENTER

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

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

Chicken and Gnocchi Soup

Ingredients

- 1 tablespoon olive oil
- 1 small onion, diced
- 3 stalks celery, diced
- 3 cloves garlic, minced
- 2 carrots, shredded
- 1 pound cooked, cubed chicken breast
- 4 cups chicken broth
- 1 (16 ounce) package mini potato gnocchi
- 1 (6 ounce) bag baby spinach leaves
- 1 tablespoon cornstarch (Optional)
- 2 tablespoons cold water (Optional)
- 2 cups half-and-half cream
- salt and ground black pepper

Directions

Gather all ingredients.

Heat oil in a large pot over medium heat. Cook carrots, celery, onion, and garlic in hot oil until onion is translucent, about 5 minutes. Stir in cubed chicken and chicken broth; bring to a simmer.

Stir gnocchi into soup and cook until they begin to float, 3 to 4 minutes. Stir in spinach and cook until wilted, about 3 minutes.

Whisk cornstarch into cold water in a measuring cup until smooth. Stir the cornstarch mixture and half-and-half into soup. Cook until soup thickens slightly, about 5 minutes. Season with salt and pepper.



LUNCH POLICY

We are asking that our members sign up for lunch the day before by 2:00 p.m. This will allow us to determine how much food needs to be prepared. You will be permitted to call in for lunches. You will also be allowed to order a week at a time.

TABLE CLEANING PROCEDURES

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

Thank you for your cooperation.

NEW PRICE FOR LUNCH, FEASTS AND TAKE-OUT

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

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

February
national
days
word
search

FEBRUARY

Printable
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Always
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Holidays



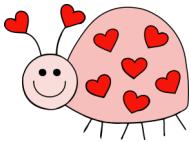
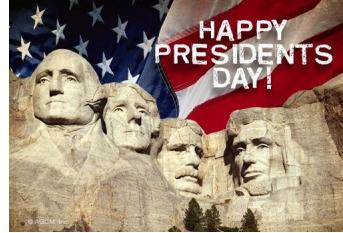
BLACK HISTORY MONTH
ROSA PARKS DAY
SUSAN B ANTHONY DAY
GROUNDHOG DAY
VALENTINES DAY
SAFER INTERNET DAY
ORGAN DONOR DAY
DAY OF SOCIAL JUSTICE
SUPER BOWL SUNDAY
NAACP DAY
GALENTINES DAY

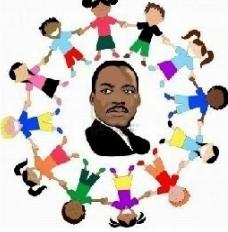
KISS DAY
CHOCOLATE MINT DAY
OPERA DAY
RARE DISEASE DAY
HOMEMADE SOUP DAY
SCIENCE DAY
PISTACHIO DAY
TILE DAY
MISSING PERSONS DAY
ROSE DAY
FROZEN YOGURT DAY

FOOTBALL HANGOVER DAY
PIZZA DAY
MAKE A FRIEND DAY
MAN DAY
TUG OF WAR DAY
RADIO DAY
GET OUT YOUR GUITAR DAY
DRINK WINE DAY
SPAY DAY
CHERRY PIE DAY
LASH DAY

February 2026

Weston Senior Center Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	Soup pick-up 5	Soup pick-up 6
9:00– Fall Wii Bowling 9:30- Bingo 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 	9:00– Fall Wii Bowling 9:30– Women's Club! 9:30- Chair Massage 9:30- Bingo 10:00– Line Dance 1:00– D &G Beginner Pokeno <u>4:30– Dine Out– Legends</u>	9:00– Fall Wii Bowling 9:30– <u>NO Cornhole</u> 9:30-Pinochle 9:30- Bingo <u>11:00– Super Bowl Party</u> 12:45–Low Impact Cardio 1:00– Beginner Crocheting 1:00– Crochet Social 2:00– Cardio Drumming	9:30- Beginner Quilting <u>10:00– Bingo & Lunch</u> 10:30– Strength Training w/ Gale 
9	10	11	12	13
9:00– Fall Wii Bowling 9:30- Bingo 10:30–Chair Yoga 11:00-Red Hats 	9:00– Fall Wii Bowling 9:00– iPhone & iPad Help w/ Ron Pierce 9:30–Fall Shuffleboard <u>9:30– AARP Defensive Driving Class</u> 10:30–Bible Study 12:45– Canasta 1:00-Cardio Drumming <u>1:00– Pokeno</u>	9:00– Fall Wii Bowling <u>9:00– Stoneware Bowl Class</u> 9:30– Women's Club! 9:30- Chair Massage 9:30- Bingo 10:00– Line Dance 1:00– D &G Beginner Pokeno	9:00– Fall Wii Bowling 9:30– Cornhole 9:30-Pinochle 9:30- Bingo <u>10:00– WITS Class</u> 12:45–Low Impact Cardio 1:00– Beginner Crocheting 1:00– Crochet Social 2:00– Cardio Drumming	9:30- Beginner Quilting 9:30– Poker 10:30– Strength Training w/ Gale 
16	17	18	19	20
9:00– Fall Wii Bowling 9:30- Bingo 10:30–Chair Yoga 	<u>8:00– Mammogram's @ Helen Graham Center</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 	9:00– Fall Wii Bowling 9:30– Chair Massage 9:30– Women's Club! 9:30- Bingo 10:00– Line Dance 1:00– D&G Beginner Pokeno 	9:00– Fall Wii Bowling 9:30– Cornhole 9:30-Pinochle 9:30- Bingo <u>10:00– WITS Class</u> 12:45–Low Impact Cardio 1:00– Beginner Crocheting 1:00– Crochet Social 2:00– Cardio Drumming	9:30– Poker 9:30- Beginner Quilting 10:30– Strength Training w/ Gale 
23	24	25	26	27
9:00– Fall Wii Bowling 9:30- Bingo 10:30–Chair Yoga 	9:00– Fall Wii Bowling 9:30–Fall Shuffleboard 10:30–Bible Study <u>11:00 - Veterans Social Meeting</u> 12:45– Canasta 1:00-Cardio Drumming <u>1:00– Pokeno</u> 	9:00– Fall Wii Bowling 9:30– Chair Massage 9:30- Bingo 9:30– Women's Club! <u>10:30– Think First To Prevent Falls</u> 10:00– Line Dance 1:00– D&G Beginner Pokeno	9:00– Fall Wii Bowling 9:30– Cornhole 9:30-Pinochle 9:30- Bingo <u>10:00– WITS Class</u> <u>11:00– Black History Month Presentation</u> 12:45–Low Impact Cardio 1:00– Beginner Crocheting 1:00– Crochet Social 2:00– Cardio Drumming	9:30– Poker 9:30- Beginner Quilting 10:30– Strength Training w/ Gale 
				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 	4 	5 	6 
Tuna Chips Fruit Dessert	Sloppy Joe Corn Nugget Vegetable Dessert	Pizza Chips Salad Cookie	Wings Sweet Potato Casserole Celery/Carrots Fruit	Chicken 'n Dumplings Biscuit Vegetable Dessert
9 	10 	11 	12 <u>FEAST</u>	13 
Cream Chipped Beef Biscuit Hash Brown Dessert	Chicken Pot Pie Biscuit Vegetable Dessert	Meatball Sub Cole Slaw Chips Dessert	Meatloaf Mashed Potatoes Vegetable Dessert	Turkey Sandwich Chicken Noodle Soup Chips Dessert
16 	17 	18 <u>FEAST</u> 	19 	20 
Chicken Fingers Fries Vegetable Dessert	BBQ Chicken Rice Vegetable Dessert	Crab Cake Caesar Salad Vegetable Dessert	Stuffed Peppers Rice Vegetable Dessert	Ham Sandwich Minestone Soup Chips Assorted Desserts
23 	24 	25 	26 <u>FEAST</u> 	27 
Hot Dog Baked Beans Vegetable Dessert	Baked Chicken Oven Roasted Potatoes Vegetable Dessert	Lasagna Vegetable Dessert	Salmon Sweet Potato Casserole Mac & Cheese Collard Greens Cornbread Cobbler	Roast Beef Noodles Vegetable Dessert
<u>MENU</u> <u>FOR</u>  <u>FEBRUARY</u> <u>2026</u>		PLEASE NOTE: The Howard J. Weston Community and Senior Center, Inc. Nutrition Program does not discriminate on the basis of sex, creed, national origin, race or handicap.	 	<u>KITCHEN STAFF</u> Mike Tedeschi Cook 

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