

# HOWARD WESTON SENIOR CENTER

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

### STAFF

SANDRA S. KRETT  
EXECUTIVE DIRECTOR

VICKI K. SHERATON  
DIRECTOR

DONNA HURLEY  
SITE MANAGER

BETSEY MOORE  
CRAFT INSTRUCTOR

BEVERLY J. MCCOOL  
PROGRAM COORDINATOR

MIKE TEDESCHI  
CHEF

### BOARD OF DIRECTORS

CHARLES S. STEPHAN  
CHAIRMAN

DARREN WRIGHT  
VICE-CHAIRMAN

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TREASURER

TOM HANDLING

HEATHER MILEA

KEN MOORE

BETH ORSEGA-SMITH



### DINE-OUT CLUB

**March's Dine-Out will be on  
March 5, 2025 @ 4:30 p.m.**

#### Applebee's

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!

### DO MORE 24- "ICE, ICE BABY"

Do More 24 Delaware 2025 will be held over 24 hours on March 6-7, 2025 starting at 6 p.m. on Thursday, March 6, 2025 and ending at 6 p.m. on Friday, March 7, 2025.

We are asking our supporters to fill the Bulletin Board with Ice Cubes!.

As always any donation is greatly appreciated.

**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](http://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!!  
**DO NOT CALL THE CENTER!!**

### MEMBERSHIP

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

### MISSION

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



E-MAIL – WestonSrCenter@aol.com

WEBSITE –WestonSeniorCenter.org

Facebook - Weston Senior Center

WESTON'S UNITED WAY number is 9336.

Website

E-mail

### 2024-2026 ADVISORY COUNCIL MEMBERS

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



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

# WESTON ADULT DAY CARE CENTER

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

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

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



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

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

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

Weston Adult Day Care is open Monday thru Friday from 8:00 a.m. to 4:00 p.m. Full days, half days and flexible schedules are available. Weston Adult Day Care is fully licensed by the State of Delaware. Contact Weston Adult Day Care: 302-328-6425



Weston's Social Adult Day Care Program is the perfect solution for seniors who need assistance but would like to continue living at home. Our program is designed to provide the high quality social, nutritional, and daily living services your loved one needs in a safe, supportive and stimulating environment. This allows you, the caretaker, to go to work or take a break from your care-giving responsibilities and have the peace of mind knowing that your loved one is being well taken care of.

**CAREGIVERS SUPPORT GROUP**–Caregiver support is available in the Adult Day Care Center. If you know of anyone who would benefit from attending please contact us @ 302-328-6425

## THE "ARTS" and THE "CRAFTS"



**CRAFTS WITH BETSEY** – Join our crafters daily from 9:00 a.m. to 2:00 p.m. Betsey is available Tuesdays thru Thursdays from 9:00 a.m. to 12:00 noon. Cemetery arrangements are available for \$18.00 (see Betsey).



**CERAMICS** – The Ceramics Room is open daily from 9:00 a.m. to 3:00 p.m. Join our talented painters as they create ceramic pieces for all occasions.



**BEGINNER QUILTING CLASS**– **Sara Walker is our Quilting Instructor.** The class is held on Fridays from 9:30 a.m.-11:30 a.m. All levels of skill are welcome!

**BEGINNER KNITTING CLASS** – Tuesdays @ 9:30 a.m. If you have ever wanted to learn how to knit, here is your chance! Join Betsey and friends to learn how to knit.



**BEGINNER CROCHETING**– Thursdays @ 1:00 p.m. Join Donna & her merry band of “Happy Hookers” every Thursday to learn a fun new skill. This class is limited to 8 students. See Donna to sign up.

### CARDS AND GAMES ...



**CANASTA** - **Tuesdays @ 1:00 p.m.** in the Community Room. If you are interested in playing, leave your name with Donna at the front desk and you will be contacted.

**POKENO** – We have secured a volunteer to run the event. Spread the word! Tuesday, March 25, 2025 @ 1:00 p.m. Everyone is welcome.



**BINGO** – We would like to welcome everyone to play Bingo on Monday, Wednesday and Thursday mornings from 9:30 a.m. to 11:30 a.m. We have new and exciting games, plus an extra money pot on certain games played. Please join us – it’s lots of fun and be sure to bring your pennies!

**NICKEL/NICKEL** – If Nickel/Nickel is your game, join one of the games going on in the Community Room every day. If you are interested in learning how to play stop by and we will teach you!



**SHUFFLEBOARD** – If you are interested in joining the league, please see Beverly. We are always looking for substitutes. The shuffleboard tables are available for anyone to use everyday, except on Tuesdays.



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



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



**PINOCHLE** - Join us on Thursdays @ 9:30 a.m. in the Dining Room. We will be playing double deck and it is open to everyone.



**Wii BOWLING LEAGUE UPDATE**– This year’s roll-off will be held at Oak Grove Senior Center on Friday, April 11, 2025. This year’s end of the year Bowling Banquet will be held at the MOT Senior Center on Friday, May 2, 2025. We are always looking for substitutes, so if you are interested, please see Beverly.



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



**RED HATS**– The “Red Hot Mamas” meet on the 2nd Monday of the month at 11:30 a.m. If you are interested in joining, stop by, they are always happy to welcome new members. See Dutchie Jensen to join the group or for additional information.



**WOMEN’S CLUB DELAWARE**– These ladies are so much fun! Their group runs from September–May. They meet on Wednesdays from 9:30 a.m.-11:30 a.m. and do crafts and play games. If you are interested in joining in the fun, leave your name with Donna at the front desk.



## VIRTUAL CLASSES

Attention all members-

If you are interested in joining one of our virtual classes but you do not own a laptop or iPad please see Beverly. We have purchased 25 iPads that we can lend out to members for virtual classes. If you know of anyone who could benefit from this program, please pass along the information.

### How to Join a Virtual Class

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

#### You will see-

- A list of virtual classes.
- Click the register button.
- Click on the date.
- Click on the time .
- This will take you to the registration form, just fill it out and click confirm booking.
- On the day of your class you will receive a reminder email. Click the link and it will take you to the Zoom web site.
- If you do not have zoom on your PC/tablet/phone it will prompt you to download it.
- You will need to do this one time only.
- When finished you will be asked to join the meeting.

### ON-GOING VIRTUAL CLASSES

#### Virtual & In-Person Chair Yoga w/ Gale

Mondays from 10:30 a.m. -11:30 a.m.

#### Non-Denominational Bible Study Virtual & In-Person

Tuesdays from 10:30 a.m.-11:30 a.m.

#### Virtual Bingo!

This virtual class has resumed.  
Wednesday's from 9:30 a.m.-10:30 a.m.



### DELAWARE HEALTH FOR ALL

**Thursday, March 6, 2025**

**9:00 a.m.– 11:00 a.m.**

#### **Blood Pressure Screenings**

Weston will be partnering with the University of Delaware's HEALTH for All (Health, Empowerment, Access, Learning, Teaching, Humanity) program (formerly Mobile Health) this year.

This program will provide education and outreach initiatives, as well as health screenings. Screenings would include but are not limited to, stroke, blood sugar, balance and blood pressure.

The students will engage in education and outreach opportunities here at Weston on Tuesdays and Thursdays and we will post the dates and times on the bulletin board as they become available.

### DO MORE 24- "ICE, ICE BABY"

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#### 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 non-profits serving Delaware. It is a unique 24-hour giving event that showcases the amazing and vital work of non-profit 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.

Please consider contributing to Weston for this 24-hour fundraiser. Our theme this year is "**ICE, ICE Baby**" Funds raised will be used to replace our outdated walk-in refrigerator and to replace our ice machine. We will be collecting funds for the March event in order to maximize our fundraising potential by participating in various challenges during the 24-hour period. Any donations would be greatly appreciated.

# FUNDRAISING

## FUNDRAISING – January 2025



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

50/50s	\$501.00	
Donations-General	\$160.00	
January 2025	\$661.00	\$661.00
December 2024		\$2,388.14
November 2024		\$2,614.77
October 2024		\$714.00
September 2024		\$2,192.98
August 2024		\$912.00
July 2024		\$1,038.28
<b>Total</b>		<b>\$10,521.17</b>

### UNITED WAY CAMPAIGN

United Way donations can be made to the center. Please tell your family and friends working in Delaware to designate the HOWARD WESTON SENIOR CENTER as the recipient of their United Way donation. WESTON'S UNITED WAY number is 9336. If someone is already a contributor, it is easy for them to change their designation to WESTON by calling the Donor Choice Coordinator at 1-866-892-9335 or 302-573-3200 and giving them our number (9336). See Sandy or Vicki if you have questions. or need more information.

Thank you for your support!!

### Weston Senior Center 2025 Summer Ten Week Club

**Tickets - \$5.00 each on sale Monday, February 3, 2025**

1st Drawing – April 30	
2nd Drawing – May 7	
3rd Drawing – May 14	
4th Drawing – May 21	<u>Prizes</u>
5th Drawing – May 28	Weeks one through nine
6th Drawing – June 4	\$15 - \$10 - \$5
7th Drawing – June 11	
8th Drawing – June 18	Week ten
9th Drawing – June 25	\$150 - \$100 - \$50
10th Drawing – July 2	

### WEEKLY 50/50 DRAWING

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

### February 2025 Winners

Pat Paladinetti - 1/31/2025 - \$115  
Jeannette Henretty - 2/7/2025 - \$155  
Dean Edwards - 2/14/2025 - \$89  
Linda Brown - 2/21/2025 - \$150

### 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, March, 28, 2025.**

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

### CLOTHES CLOSET -

Weston has a clothes closet set up for our mem-  
bers. It is filled with new and gently used clothes  
in sizes 10-3x. Each item is \$3.00. The closet is  
open for business every day  
9:00 a.m.-1:30 p.m.

**Special thanks to Juliet and Joe Michaelian  
for all their hard work keeping  
things organized.**

### 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!

## WELLNESS AND PHYSICAL FITNESS ...

### CHAIR YOGA W/GALE-Mondays from 10:30 a.m.-11:30 a.m.

Join Gale on Mondays from 10:30 a.m.–11:30 a.m. The charge for this class will be \$4.00 per person. Stop by and check it out!



CARDIO DRUMMING-Tuesdays from 1:00 p.m.-2:00 p.m. The next 6 week class will begin on Tuesday, February 25, 2025– Tuesday, April 5, 2025. The cost is \$25.00. Please sign-up with Donna @ the front desk.



LINE DANCE CLASS – Wednesdays @ 10:00 a.m. Our dance instructor, Joanne Brady, will be taking a few months off to take care of a family matter, Mary Ellen Louise will be filling in for her. Join us on Wednesday mornings from 10:00 a.m. to 11:00 a.m. You are guaranteed to get some great exercise while having lots of fun. The charge for this class will be \$4.00 per person.



LOW IMPACT CARDIO CLASS– Thursdays @ 1:00 p.m. Join Mary Ellen Louise for a wonderful workout utilizing bands, weights and balls to improve your cardio functions. The class is \$4.00.

STRENGTH TRAINING w/ GALE– Fridays @ 10:30 a.m. Cost: \$25.00 for 6 Weeks. February 28, 2025– April 4, 2025 . One of the best ways to keep muscles healthy and strong is through exercises called strength training—sometimes known as weight lifting or resistance training.



WALK, WALK, WALK - Watch out in the hallways! Our “walkers” are off and walking!! Walking will enhance your health and make you feel better. Did you know that 5 times around the “U” equals 1 mile?

## HEALTH SERVICES

GOOD RX – Did you know you may be able to get a price break on your prescriptions? Visit GoodRX.com, enter your prescriptions and check the prices. If your prescription is available at a cheaper price, you simply print a coupon and take it to your pharmacy. If you have questions or need help navigating the website, please see Beverly.



ADVANCE HEALTH CARE DIRECTIVE – It is important for you to have an Advance Health Care Directive, more commonly referred to as a “living will”. If you have never completed a “living will”, see Donna for a form. For those who already have a “living will”, you may want to review it periodically to see that it still does what you want.



NEMOURS HEALTH CLINIC – Provides comprehensive dental care, eye examinations, eyeglasses, hearing tests and hearing aids to those who qualify. To qualify, you must be 65 years of age or older, a resident of Delaware and a United States Citizen. Income levels are \$23,800 for a single person and \$36,600 for a married couple after Medicare Part B is taken out. For more information, please contact the clinic at (800) 292-9538 .



CAREGIVER RESOURCE CENTER – The Howard Weston Senior Center is a “Caregiver Resource Center” site location. If you are a caregiver and in need of information on services available to you, please feel free to visit our display in the lobby by the fireplace.



DMOST provides a single document that functions as an actionable medical order and transitions with a patient through all health care settings in order that their wishes for life-sustaining treatment and CPR will be clearly indicated. The Delaware Medical Orders for Scope of Treatment (DMOST) program is designed to improve the quality of care people receive at the end of life by translating patient/resident goals and preferences into medical orders. See Beverly for the form!



Delaware Medical Orders for Scope of Treatment



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

## SERVICES

**BOOK AND VIDEO LENDING LIBRARY** – Our Book and Video Lending Library has a great selection of books and videos for you to borrow. If you find something you would like to view, please check your videos out with Donna and let her know when they are returned.



**GIFT CERTIFICATES** – The Weston Senior Center has GIFT CERTIFICATES (and Lunch Tickets) available throughout the year in whatever denomination you desire. They are redeemable for anything available at the center and they make great gifts. Be sure to tell your family and friends that you want a gift certificate from the Weston Senior Center. You may want to give one to a friend.



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



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



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



**AARP DRIVERS SAFETY CLASS** –The next date for our AARP Driver Safety Refresher class is scheduled for Tuesday, March 11, 2025. The cost is \$20.00 for AARP members and \$25.00 for non-members. Please make checks payable to AARP. See Donna for more information.



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



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



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



**NOTARY SERVICES** – Sandy, Vicki and Beverly provide these services should you need to have papers notarized. You must bring identification with you and sign the document in the presence of the notary.



**NEWS FROM THE COMMUNITY...**



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

**PLEASE READ!**



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



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

**PARKING LOT SAFETY**



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



**DONATIONS**

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

**iPhone & iPad Help is Available!**

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

**about your iPhones and iPads**

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

**COMPUTER LAB**

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

<b><u>March 2025</u></b>		
6th: 9:30 a.m. to 11:30 a.m. Practice your skills.	13th: 9:30 a.m. to 11:30 a.m. Practice your skills.	20th: 9:30 a.m. to 11:30 a.m. Practice your skills
	27th: 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 January 15, 2024 to February 15, 2024:



Vincent Brittingham	Brenda Brittingham	Lula Johnson	Pauline Kugmoh	Donna Martin
Sharon May	Nellie Messing	Mary Moseley		



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

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

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

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

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

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

## FITNESS CENTER

- ◆ The cost to join the Fitness Center will be \$10.00 per month, until the end of the year.
- ◆ Beginning in January 2025, you can join the Fitness Center for \$100.00 for the year (saving \$20.00) or pay \$10.00 on a month-to-month basis.
- ◆ In order for you to use the Fitness Center you must sign a waiver stating you are exercising at your own risk and have a training session with a staff member.
- ◆ Please check with your Doctor to determine if it is safe for you to exercise.
- ◆ We plan on applying to become a “Silver Sneakers” site. We will keep you posted.

### NEW DATES-CHAIR MASSAGE

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

10 Minutes-\$5.00

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



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



**Dear Members, Family and Friends,**

Over the past 3 years Weston has participated in a state wide 24-hour fundraiser, “Do More 24”. To kick off our fundraising efforts we have come up with some fun ways to include our members. We have organized “Penny Wars”, The Envelope Challenge and the Beehive.

As our theme this year is

**“Ice, Ice Baby”**

we will be asking our supporters to fill the Bulletin Board with Ice Cubes!.

As always any donation is greatly appreciated.

You will need to see Donna to make your donation.

Do More 24 Delaware 2025 will be held over 24 hours starting at 6 p.m. on Thursday, March 6, 2025 and ending at 6 p.m. on Friday, March 7, 2025.

### **What is Do More 24 Delaware?**

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**“ICE,ICE BABY”**

Funds raised will be used towards the purchase of a new walk-in refrigerator and Ice machine. We will be collecting funds for the March event in order to maximize our fundraising potential by participating in various challenges during the 24-hour period.



# DO YOU HAVE CONCERNS ABOUT FALLING



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

**CONCERNED ABOUT FALLS? A MATTER OF BALANCE HELPS MANAGE FALLS  
AND BOOSTS ACTIVITY LEVELS FOR OLDER ADULTS.**

**FREE SPRING CLASSES ONCE A WEEK FOR 8 WEEKS  
STARTING:**

**HOWARD WESTON SENIOR CENTER  
NEW CASTLE**

**(302) 328-6626**

**MARCH 13TH - MAY 1ST**

**THURSDAYS, 9:30 AM TO 11:30 AM**

For more information

Arundhati Ghosh

302-255-9101

[arundhati.ghosh@delaware.gov](mailto:arundhati.ghosh@delaware.gov)

The logo features a stylized yellow figure with arms raised, positioned above the text "VOLUNTEER DELAWARE 50+". The text is in blue, with "50+" in a larger font size.



**AARP TAX ASSISTANCE**– AARP will be @ Weston on Thursdays from 9:00 a.m. – 12:00 noon. February 6, 2025– April 10, 2025. You must call into the center and leave a message on the designated voice mail extension. We will return your call to schedule your appointment. After you have your scheduled appointment you must come into the center and pick up your paperwork and the list of documents you will need to bring with you. If you have any questions please see Donna @ the front desk.

**CROCHET SOCIAL GROUP– Thursdays 1:00 p.m.** Now that you've refreshed your crochet skills, it's time to set you free! A new Crochet Social Group will be meeting in the Arts & Crafts Room Thursdays beginning at 1:00pm. Bring your project to work on, share patterns, teach your fellow crocheters a new stitch and just spend time hanging out with friends! Donna will pop in from time to time to see what you're working on and answer any questions you may have.

**BLANKETS FOR CHRISTIANA CARE-** Calling all knitters, crocheters and quilters! We are looking for people who can knit, crochet or quilt lap blankets for adults or baby blankets for the NICU to be donated during the winter months. Please see Donna or Betsey for details on materials to be used and sizes.

**VETERANS SOCIAL CLUB –** One of our members is interested in starting up a Veterans Social Group. If you are a Veteran and you might be interested, please join us on **Tuesday, March 18, 2025 @ 11:00 a.m.** for a short meeting. If you are interested but can't make the meeting, please leave your name with Donna @ the front desk.

### **March 2025**

**QUALITY INSIGHTS -** Thursday, March 6, 2025 @ 9:30 a.m. Quality insights will be hosting a table in the dining room. They will have current information and resources for people with pre-diabetes and diabetes.

**FRIDAY BINGO & LUNCH**–Friday, March 7, 2025 @ 10:00. Our sponsor this month is Ingleside Housing. Our theme this month is “National Cereal Day”. Please bring a box of cereal or shelf stable milk for us to donate to Wilmington Manor Elementary School’s food pantry.

**DO MORE 24 -** Thursday, March 6, 2025 @ 6:00 p.m. thru Friday, March 7, 2025 @ 6:00 p.m. Please consider contributing to Weston for this 24-hour fundraiser. Our theme this year is “ICE, ICE Baby” Funds raised will be used to replace our out dated walk in refrigerator and to replace our ice machine. We will be collecting funds for the March event in order to maximize our fundraising potential by participating in various challenges during the 24-hour period. Any donations would be greatly appreciated.

**DAYLIGHT SAVINGS TIME– SPRING FORWARD!** - Sunday, March 9, 2025

**NUTRITION & EXERCISE PRESENTATION -** Tuesday, March 11, 2025 @ 11:00 a.m. Please join us for this informative talk presented by the U of D.

**A MATTER OF BALANCE**– This is a FREE 8 week class. Thursdays March 13-May 8, 2025 @ 9:30 a.m. Participants learn about the importance of exercise in preventing falls and practice exercises to improve strength, coordination, and balance. Participants also conduct a home safety evaluation and learn to get up and down safely. Sign-up with Donna @ the front desk.



March 2025

**COPING STRATEGIES FOR GOOD MENTAL HEALTH**– Wednesday, March 19, 2025 @ 11:00 a.m.

"Join the Mental Health Association in Delaware as we discuss coping strategies for seasonal depression, stress, anxiety, and grief. The last few weeks of winter don't have to be dreary!"

**MEDICARE ADVANTAGE PLAN INFORMATION SESSION**– Thursday, March 20, 2025 @ 11:00 with Jackie Baldwin.

**CRAFT CLASS– EASTER CARROT DOOR HANGING**– Thursday, March 20, 2025 @ 9:30 a.m. Cost- \$10.00 Sign-up with Donna at the front desk.

April 2025

**BAKE SALE AND EASTER FEAST**– Thursday, April 17, 2025. Bake sale begins @ 9:00 a.m. Please see the sign-up sheet in the greeting area. The feast will begin at 12:00 noon. Tickets go on sale Monday, March 31, 2025. Cost-\$ 5.00. You may purchase 1 ticket for yourself and 1 additional ticket.

**CENTER IS CLOSED– GOOD FRIDAY**– Friday, April 18, 2025.

MAY 2025

**SAVE THE DATE**– **BasketFest is coming back Saturday, May 3, 2025 !!** We are collecting new items, wine, and gift cards to add to our baskets. If you have something you would like to donate see Vicki or Beverly. Thank you for all your help! **Tickets are on sale now! Cost \$25.00**



Please join me in welcoming Michaela Farrell & Ava Greco 2 University of Delaware student Interns who will be joining us here at Weston in February.

I have no doubt that all of you will make them both feel like a part of our family!

Hello everyone!

My name is Michaela Farrell and I am a senior at University of Delaware. I'm from a small town in New Jersey close to the Jersey Shore. I'm passionate about making a positive impact and bringing joy to others. I'm excited to be here and assist with activities! I'm looking forward to meeting all of you!!

-Michaela Farrell

Hi! My name is Ava Greco, I'm 20 years old from Norwalk, Connecticut. I'm a junior at the University of Delaware, studying Health Behavior Science. I've always been passionate about helping others, and I'm excited to bring that energy to my internship here at the Weston Senior Center. In the future, I hope to work on the business side of healthcare, combining my love for organization and making a positive impact. I'm grateful for this opportunity and look forward to the meaningful experiences ahead!

# WESTON WANDERERS GET READY!!

2025

## Overnight Trips

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

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

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

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

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

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

## Day Trips

**Full payment required at the time of sign-up.**

**April 17, 2025**- Medieval Times- Lunch and entertainment \$135.00

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

**October 22, 2025**- Mt Hope Murder Mystery & Dinner \$135.00

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

### New Trip Sign-Up Procedures

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

# What's Cooking?

## News from the Kitchen!

### BRINGING FOOD INTO OUR CENTER

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

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

### LUNCH POLICY

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

### TABLE CLEANING PROCEDURES

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

## Six Can Chicken Tortilla Soup

### Ingredients

2 (14.5 ounce)  
cans chicken broth

1 (15 ounce) can whole  
kernel corn, drained

1 (15 ounce) can black  
beans

1 (10 ounce) can chunk  
chicken

1 (10 ounce) can diced  
tomatoes with green chile  
peppers, drained

crushed tortilla chips  
(Optional)

shredded Cheddar cheese  
(Optional)

### Directions

Gather all ingredients.

Pour chicken broth, corn, black beans, chunk chicken, and diced tomatoes with green chilies into a large saucepan or stockpot over medium heat.

Simmer, stirring occasionally, until chicken is heated through, about 15 minutes.

Serve hot, topped with tortilla chips and grated cheese.



### PRICE FOR LUNCH, FEASTS AND TAKE-OUT

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

#### EAT-IN -

Regular Lunch - \$3.00  
Feast - \$4.00  
Holiday Feast - \$5.00

#### HOMEBOUND -

Regular Lunch - \$4.00  
Feast - \$5.00  
Holiday Feast - \$6.00

#### TAKE-OUT -

Regular Lunch - \$5.50  
Feast - \$6.50  
Holiday Feast - \$7.50

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

AWAKENING  
BASKETBALL  
BLOSSOM  
DAFFODIL  
DAYLIGHT SAVING  
EASTER  
EQUINOX  
FLOWER  
FRESH  
GREEN  
GROWTH  
HOLI  
KITE  
LEPRECHAUN  
LUCK  
MADNESS  
MARCH  
PARADE  
POT OF GOLD  
RAIN  
REBIRTH  
RENEWAL  
SHAMROCK  
SHOWERS  
SPRING  
ST. PATRICK'S DAY  
WINDY



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	Do More 24 6	Do More 24 7
9:00– Wii Bowling 9:30- Bingo 10:30–Chair Yoga  	9:00– Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:30–Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming	9:00– Wii Bowling 9:30– Chair Massage 9:30- Bingo 9:30– Women’s Club 10:00– Line Dance w/Mary Ellen <b>11:00-Advisory Council Meeting</b> <b>4:30– Dine Out–Applebee’s</b>	9:00– Wii Bowling 9:00– Cornhole 9:00– Blood Pressure Screenings 9:30-Pinochle 9:30- Bingo 12:45– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio	9:00– Wii Bowling 9:30- Beginner Quilting <b>10:00– “National Cereal Day” Lunch and Bingo</b> 10:30-STRENGTH TRAINING w/GALE
10	11	12	13	14
9:00– Wii Bowling 9:30- Bingo 10:30–Chair Yoga <b>11:30– Red Hats</b>  	9:00– Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:30–Shuffleboard 9:30– AARP Defensive Driving Refresher class 10:30– Bible Study <b>11:00– U of D Nutrition &amp; Exercise talk.</b> 12:45– Canasta 1:00-Cardio Drumming	9:00– Wii Bowling 9:30– Chair Massage 9:30- Bingo 9:30– Women’s Club 10:00– Line Dance w/Mary Ellen  	9:00– Wii Bowling 9:00– Cornhole 9:30-Pinochle <b>9:30– A Matter of Balance</b> 9:30- Bingo 12:45– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio	9:00– Wii Bowling 9:30- Beginner Quilting 10:30– STRENGTH TRAINING w/GALE  
17	18	19	20	21
9:00–Wii Bowling 9:30- Bingo 10:30–Chair Yoga  	9:00– Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:30–Shuffleboard 10:30– Bible Study <b>11:00 - Veterans Social Meeting</b> 12:45– Canasta 1:00-Cardio Drumming  	9:00– Wii Bowling 9:30– Chair Massage 9:30- Bingo 9:30– Women’s Club 10:00– Line Dance w/Mary Ellen <b>11:00– Coping Skills for Good Mental Health</b>  	9:00– Wii Bowling 9:00– Cornhole 9:30-Pinochle 9:30- Bingo <b>9:30-Carrot Wall Hanging Class</b> <b>9:30– A Matter of Balance</b> <b>11:00-Medicare Advantage with Jackie Baldwin</b> 12:45– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio	9:00– Wii Bowling 9:30- Beginner Quilting 10:30– STRENGTH TRAINING w/GALE  
24	25	26	27	28
9:00–Wii Bowling 9:30- Bingo 10:30–Chair Yoga  	9:00– Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:00-Stand by Me 50+ 9:30–Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming <b>1:00– Pokeno</b>	9:00– Wii Bowling 9:30– Chair Massage 9:30- Bingo 9:30– Women’s Club 10:00–_Line Dance w/Mary Ellen  	9:00– Wii Bowling 9:00– Cornhole 9:30-Pinochle 9:30- Bingo <b>9:30– A Matter of Balance</b> 12:45– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio	9:00– Wii Bowling 9:30- Beginner Quilting <b>10:30– Food Distribution</b> 10:30– STRENGTH TRAINING w/GALE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>3</u>  Chicken & Dumplings Wax Beans Cake	<u>4</u>  Taco Salad Pie	<u>5</u>  Cod Rice Peas & Carrots Assorted Desserts	<u>6</u>  Baked Chicken Mashed Potatoes Broccoli Fruit	<u>7</u>  Omelet Hash Browns Sausage Danish Fruit
<u>10</u>  Stuffed Cabbage Rice Green Beans Fruit	<u>11</u>  Pizza Onion Rings Salad Cookies	<u>12</u>  Sausage Peppers & Onions Potato Pancakes Brownies	<u>13</u>  Cream Chip Beef Biscuit Hash Browns Cake	<u>14</u>  Pollock Sticks Fries Peas Assorted Desserts
<u>17</u>  Glazed Ham Scalloped Potatoes Green Beans Pie	<u>18</u>  BBQ Chicken Garlic Mashed Potatoes Peas Cookies	<u>19</u>  Chicken Pot Pie Biscuit Broccoli Fruit	<u>20</u>  Meatloaf Mashed Potatoes Gravy Corn Cake	<u>21</u>  <b><u>FEAST</u></b> Crab Cake Caesar Salad Fries Cookies
<u>24</u>  Lasagna Creamed Spinach Lemon Tart	<u>25</u>  Oven Fried Chicken Fries Chef's Choice Veggie Cookies	<u>26</u>  Hamburgers Corn Nuggets Chef's Choice Veggie Pie	<u>27</u> <b><u>FEAST</u></b>  Pork Chops Oven Roasted Potatoes Broccoli Cake <b><u>BIRTHDAY DAY</u></b>	<u>28</u>  Salmon Rice Asian Vegetables Assorted Desserts
<u>31</u>  Sloppy Joe Chef's Choice Veggie Chips Fruit	<b><u>MENU</u></b> <b><u>FOR</u></b>  <b><u>MARCH</u></b> <b><u>2025</u></b>	<b><u>PLEASE NOTE:</u></b> The Howard J. Weston Community and Senior Center, Inc. does not discriminate on the basis of sex, creed, race, national origin or handicap.		<b><u>KITCHEN STAFF</u></b> Mike Tedeschi Cook

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