

August 2025

# HOWARD WESTON SENIOR CENTER

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

## STAFF

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

GREGORY YACUCCI  
TREASURER

TOM HANDLING

HEATHER MILEA

KEN MOORE

BETH ORSEGA-SMITH

KEVIN WONG



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

Free 6 week program. Thursdays September 11-October 23, 2025 10:00 a.m.-11:00 a.m. 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.

Tickets go on sale  
Monday, August 4, 2025 for our  
**Fall Big Bingo**  
Saturday October 4, 2025  
\$25.00 pp.

Tickets go on sale for our  
**"Holiday 10 Week Club"**  
on Monday, August 4, 2025  
\$ 5.00

### DINE-OUT CLUB

August's Dine-Out will be on August 6, 2025 Red Robin Rt. 273  
near Boscov'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. 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

### 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.westonaduldaycare.org/>

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

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



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

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

**Services:** 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** – Starting in August, Pokeno will be held on the 2nd & 4th Tuesday of the month. Spread the word! Tuesday, August 12th & 26th, 2025 @ 1:00 p.m. Everyone is welcome.



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



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



**SHUFFLEBOARD** – Summer Shuffleboard league will run from Tuesday, June 10th-Tuesday, August 12th. Please sign up with Donna. Fall Shuffleboard meeting will be on Tuesday, August 19, 2025 @ 11:00 a.m.



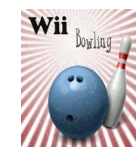
**BILLIARDS** – Monday-Friday. We have four billiard tables so there is always room for you to play.



**POKER GROUP**- Friday's @ 9:00 a.m. 3 Fridays a month. No poker on the first Friday. All Are welcome. (No poker on August 1, 2025)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 league will begin on Monday, June 9th-Friday, August 8th. This is a great time to learn how to Wii bowl. Everyone is welcome. Fall Wii bowling meeting will be held on Monday, August 18, 2025.



**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**– Women's club is down for the summer. We look forward to starting back up in September. If you are interested in joining these ladies, please leave your name and contact information with Donna. First meeting will be on Wednesday, September 3, 2025 @ 10:00 a.m.



## NEW PROGRAMS

### OUTDOOR BOCCE–

Monday's 9:00 a.m.-11:00 a.m Substitutes are always welcome!

### POETRY CLUB– NEW TIME

3rd Friday of the month. 1:00 p.m.  
All are welcome.

### POKER GROUP–

"Friday's @ 9:00 a.m. 3 Fridays a month.  
No poker on the first Friday. All Are welcome.  
(No poker on August 1, 2025)  
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.

### POKENO GROUP–

Pokeno will be meeting 2x a month starting in August. It will now meet on the 2nd & 4th Tuesday of the month @ 1:00 p.m.  
Everyone is welcome.



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

**August 14, 2025**

**9:00 a.m.– 11:00 a.m.**

#### **Blood Pressure Screenings**

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

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

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



#### Blue Rocks Ticket Raffle

Take a chance to win a pair of tickets to the

**August 13, 2025 home game!**

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

food included with these tickets.

But they offer \$2.00 hotdogs on this day.

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

Boscov's Friends & Family Coupons will be available at the front desk in August. Cost: \$5.00.

This year's one-day sale is on Tuesday, October 22, 2024  
Shop from 8:00 a.m.—11:00 p.m.  
You receive a %25 off most items.

## FUNDRAISING

### FUNDRAISING – JUNE 2025



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

50/50s	\$406.00	
Donations-General	\$230.00	
Donations Memorial	\$225.00	
Raise Right Gift Cards	\$54.90	
June 2025	\$915.90	\$915.90
May 2025		\$ 31,408.77
April 2025		\$1,204.00
March 2025		\$927.96
February 2025		\$1,017.00
January 2025		\$661.00
December 2024		\$2,388.14
November 2024		\$2,614.77
October 2024		\$714.00
September 2024		\$2,192.98
August 2024		\$912.00
July 2024		\$1,038.28
Total		\$45,994.80

### WEEKLY 50/50 DRAWING

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

### July 2025 Winners

Ann Wegrzynowski- 7/3/2025 - \$106  
Gabe Archangelo - 7/11/2025 - \$125  
Maxine Rossiter - 7/18/2025 - \$114

### 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, August 29, 2025.**

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

### UNITED WAY CAMPAIGN

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

### INK CARTRIDGES

Thanks to everyone who donates their used ink cartridges to the center. We use them to earn credits for purchases that will benefit the center. Your donations are helping to reduce our supply costs. Keep them coming!

### WATERCOLOR FLORAL PAINTING RAFFLE

\$1.00 each or 6 for \$5.00

Drawing will be held on Saturday, August 23, 2025  
@ our Prom. You don't need to be present to win!

This painting was created and donated by:

Phyllis Stawicki  
Thank you Phyllis!

### CLOTHES CLOSET -

Weston has a clothes closet set up for our members. It is filled with new and gently used clothes in sizes 10-3x. Each item is \$3.00.

The closet is open for business every day  
9:00 a.m.-1:30 p.m.

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

## WELLNESS AND PHYSICAL FITNESS ...

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

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



CARDIO DRUMMING-Tuesdays from 1:00 p.m.-2:00 p.m. The next 6 week class will begin on Tuesday, August 12, 2025–September 16, 2025. The cost is \$25.00. Please sign-up with Donna @ the front desk.



LINE DANCE CLASS – Wednesdays @ 10:00 a.m. Join us on Wednesday mornings from 10:00 a.m. to 11:00 a.m. You are guaranteed to get some great exercise while having lots of fun. The charge for this class will be \$4.00 per person.



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



STRENGTH TRAINING w/ GALE– Fridays @ 10:30 a.m. Cost: \$25.00 for 6 Weeks. July 18, 2025–August 22, 2025. One of the best ways to keep muscles healthy and strong is through exercise called strength training—sometimes known as weight lifting or resistance training.

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



## HEALTH SERVICES

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



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



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



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

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



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

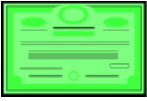


## SERVICES

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



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



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



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



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



**AARP DRIVERS SAFETY CLASS** – The next date for our AARP Driver Safety **Beginner class** will be held on Tuesday, August 12, 2025. Class begins @ 9:30 a.m. The next **Refresher class** is scheduled for Tuesday, September 9 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. We have just received a re-stock of vial’s, see Beverly.**



**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.



## 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>August 2025</u>		
7th: 9:30 a.m. to 11:30 a.m. Practice your skills.	14th: 9:30 a.m. to 11:30 a.m. Practice your skills.	21st: 9:30 a.m. to 11:30 a.m. Practice your skills
	28th: 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 June 15, 2025 to July 15, 2025:

Eileen Davis	Carolyn Gasidlo	Kenny Groff	Paul Kastner	Mary MacIntire
Spencer MacIntire	Khalil Abdul-Majid	Debbie Marinelli	Patty Price	





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.



**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.

**POETRY GROUP– NEW TIME!**– This group will be meeting 1x a month on the 3rd Friday. The next class will be held on Friday, August 15, 2025 @ 1:00 p.m. The idea is to write and share your poetry or short stories. Everyone is welcome!

**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– Friday's 9:00 a.m.-11:30 a.m. (No poker on Friday, August 1, 2025)** Everyone is welcome to join!

### **AUGUST 2025**

**FRIDAY BINGO & LUNCH–Friday, August 1, 2025 @ 10:00 a.m.** Our theme this month is “International Mason Jar, Can-It-Forward Day” . Cost \$5.00, includes 10 games of Bingo and lunch. Bring your dabbers.

**SWITCH GAME DAY– Tuesday, August 5, 2025 @ 10:00 a.m.** Come join us as we check out some of the other games that can be played on the Switch! It's not just for bowling!

**AARP REFRESHER DRIVING CLASS– A Beginner class will be held on Tuesday, August 12, 2025 @ 9:30 a.m.**\$ 20.00 for AARP Members and \$25.00 for non members. If you have AARP Supplemental Insurance, your class may be free. Sign up with Donna.

**STONEWARE BOWL CLASS– “The Peacock Effect” Tuesday, August 12 & Wednesday, August 20, 2025 @ 9:00 a.m.** Cost: Small \$18.00, Medium \$20.00 Cascade Bowl \$24.00 and large \$28.00. See Donna to sign up.



### AUGUST 2025

**FALL Wii BOWLING MEETING– Monday, August 18, 2025 @ 11:00 a.m.** Join us as we set up our teams for the 2025-2026 Wii Bowling League. We will discuss the rules and set up scheduled. If you can not attend and would like to play, please leave your name and number with Donna.

**FALL SHUFFLEBOARD MEETING– Tuesday, August 19, 2025 @ 11:00 a.m.** Join us as we set up our Fall league. If you are interested but can not make the meeting, please leave your name and number with Donna at the front desk.

**VETERANS SOCIAL CLUB –** We have started a Veterans Social Group. If you are a Veteran and are interested, please join us on **Tuesday, August 19, 2025 @ 11:00 a.m.** for a meeting.

**JEOPARDY CHALLENGE– Thursday, August 21, 2025 @ 10:00 a.m.** It's our annual Jeopardy Challenge Weston v/ MOT Senior Center. It is always a great time. Sign up to play or just come to watch. See Donna at the front desk.

**SENIOR PROM! –Weston and the Wilmington JC's present "Sunset By The Sea"**  
**Saturday, August 23, 2025.** Time– 4:30 p.m.–9:00 p.m. Cost \$ 15.00 pp. Dress code is resort casual. Tickets are on sale now. Joanne Brady will be our DJ.

**SENIOR MEDICARE PATROL PRESENTS: MEDICARE FRAUD & ABUSE –** Thursday, August 28, 2025 @ 11:00 a.m. It's hard to know where to turn when you think you may be a victim of Medicare errors, abuse, or fraud. Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse—and for Delawareans, DE SMP is here to help.

### SEPTEMBER 2025

**HEALTH AND WELLNESS EVENT– Thursday, September 18, 2025 9:00-11:30 a.m.** Vaccinations, resources, vendors, blood pressure & blood sugar screenings and much more! See the sign up sheet on the credenza. You can sign up for a maximum of 2 vaccinations.

**WITS: COGNITIVE HEALTH PROGRAM w/ UNIVERSITY OF DELAWARE COOPERTIVE EXTENSION–** Free 6 week program. Thursdays September 11-October 23, 2025 10:00 a.m-11:00 a.m. 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.

### OCTOBER 2025

**WESTON'S BIG FALL BINGO– Saturday, October 4, 2025 Doors open @ 11:30 a.m.** Cost \$25.00 We play 20 games with a total payout of \$600.00. You can purchase more bingo packets on that day for \$10.00. Tickets will go on sale August 4, 2025

### NOVEMBER 2025

**WESTON'S ANNUAL CRAFT FAIR– Thursday, November 13, 2025 9:00 a.m.-2:00 p.m.** This event is open to the public. Start your Christmas shopping with a variety of handmade items from our Ceramic, Crafting, Quilting and Crochet groups.

# WESTON WANDERERS GET READY!!

2025

## Overnight Trips

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

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

**September 21-28, 2025**— Cruise— Canada, New England, Nova Scotia— Norwegian Cruise Line  
10 Days— 9 Nights \$1350 Inside cabin, double occupancy, \$1855 Balcony cabin double occupancy.  
(The price for the balcony cabin has gone up by \$80.00 because we have sold our original 15 cabins  
and had to book more) **PASSPORT NEEDED. (Only 5 spots left)**

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

*We have added a new trip to our calendar.*

**December 31, 2025- January 1, 2026.** New Years Eve in Lancaster, PA. 2 days 1 night.  
Cost- \$ 310.00 pp double occupancy or \$410.00 for a single. To sign up requires a \$100.00 deposit pp.

## Day Trips

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

**October 22, 2025**— Mt Hope Murder Mystery & Dinner \$135.00 **(Wait list only)**

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

**WE TRAVEL**  
*not to escape life,*  
**BUT FOR LIFE**  
*not to escape us.*

## 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.

## Restaurant-Style Coleslaw

### Ingredients

½ cup mayonnaise

⅓ cup white sugar

¼ cup milk

¼ cup buttermilk

2 ½ tablespoons lemon juice

1 ½ tablespoons white wine vinegar

½ teaspoon salt

⅛ teaspoon ground black pepper

1 (16 ounce) package coleslaw mix

2 tablespoons minced onion

### Directions

Stir mayonnaise, sugar, milk, buttermilk, lemon juice, vinegar, salt, and pepper together in a bowl until smooth.

Combine coleslaw mix and onion in a large bowl. Pour mayonnaise mixture over top and stir until well combined. Chill for 1 hour before serving.



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

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

#### EAT-IN -

Regular Lunch - \$3.50

Feast - \$4.50

Holiday Feast - \$5.50

#### HOMEBOUND -

Regular Lunch - \$4.50

Feast - \$5.50

Holiday Feast - \$6.50

#### TAKE-OUT -

Regular Lunch - \$6.00

Feast - \$7.00

Holiday Feast - \$8.00






# WELCOME SUMMER

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












AUGUST  
BEACH  
BIKES  
CAMPING  
CARNIVAL  
COOKOUTS  
FIREFLIES  
FIREWORKS  
FISHING  
FLIPFLOPS

FUN  
HULA HOOPS  
ICE CREAM  
JULY  
JUMPROPE  
JUNE  
MOVIES  
PARADES  
PARTIES  
PICNICS  
POOL

POPSICLES  
ROLLERCOASTER  
SANDALS  
SPLASH  
SPRINKLER  
SNOWCONES  
SUNGLASSES  
SUNSCREEN  
SWIMMING  
THEME PARK  
VACATION

Monday	Tuesday	Wednesday	Thursday	Friday
				1
	Tickets go on sale Monday, August 4, 2025 for our Fall Big Bingo Saturday October 4, 2025 \$25.00	Tickets go on sale for our "Holiday 10 Week Club" on Monday, August 4, 2025 \$ 5.00		9:30- Beginner Quilting <u>10:00- "International            Mason Jar, Can-It-            Forward Day" Lunch            and Bingo</u> 10:30- Strength Training w/ Gale
4	5	6	7	8
9:00- Wii Summer Bowling 9:30- Bingo 9:30- Bocce 10:30- Chair Yoga 	9:00- iPhone & iPad help w/ Ron Pierce 9:30- Summer Shuffleboard <u>10:00- Switch Game Day</u> 10:30- Bible Study 12:45- Canasta 1:00- Cardio Drumming 	9:30- Chair Massage 9:30- Bingo 10:00- Line Dance <u>11:00- Advisory Council            Meeting</u> <u>4:30- Dine Out- Red Robin</u>	9:00- Cornhole 9:30- Pinochle 9:30- Bingo 1:00- Beginner Crocheting 1:00- Crochet Social 1:00- Low Impact Cardio	9:30- Beginner Quilting <u>9:30- Poker</u> 10:30- Strength Training w/ Gale 
11	12	13	14	15
9:30- Bingo 9:30- Bocce 10:30- Chair Yoga <u>11:30- Red Hats</u> 	9:00- iPhone & iPad help w/ Ron Pierce <u>9:00- Ceramic Bowl Class</u> 9:30- Summer Shuffleboard <u>9:30- AARP Defensive Driving Beginner            class</u> 10:30- Bible Study 12:45- Canasta 1:00- Cardio Drumming <u>1:00- Pokeno</u> 	9:30- Chair Massage 9:30- Bingo 10:00- Line Dance 	9:00- Cornhole <u>9:00- Blood Pressure            Screenings</u> 9:30- Pinochle 9:30- Bingo 1:00- Beginner Crocheting 1:00- Crochet Social 1:00- Low Impact Cardio	<u>9:30- Poker</u> 9:30- Beginner Quilting 10:30- Strength Training w/ Gale <u>1:00- Poetry Class</u> 
18	19	20	21	22
9:30- Bingo 9:30- Bocce 10:30- Chair Yoga <u>11:00- Fall Wii            Bowling Meeting</u> 	9:00- iPhone & iPad help w/ Ron Pierce 9:00- Stand by Me 50+ 10:30- Bible Study <u>11:00 - Veterans Social Meeting</u> <u>11:00- Fall Shuffleboard Meeting</u> 12:45- Canasta 1:00- Cardio Drumming 	<u>9:00- Ceramic Bowl Class</u> 9:30- Chair Massage 20 9:30- Bingo 10:00- Line Dance 	9:00- Cornhole 9:30- Pinochle 9:30- Bingo <u>10:00- Jeopardy Challenge</u> <u>Weston v/ MOT</u> 1:00- Beginner Crocheting 1:00- Crochet Social 1:00- Low Impact Cardio	<u>9:30- Poker</u> 9:30- Beginner Quilting <u>10:30- Food            Distribution</u> 10:30- Strength Training w/ Gale
25	26	27	28	29
9:30- Bingo 9:30- Bocce 10:30- Chair Yoga 	9:00- iPhone & iPad help w/ Ron Pierce 10:30- Bible Study 12:45- Canasta 1:00- Cardio Drumming <u>1:00- Pokeno</u> 	9:30- Chair Massage 9:30- Bingo 10:00- Line Dance 	9:00- Cornhole 9:30- Pinochle 9:30- Bingo <u>11:00- Medicare Fraud &amp;            information</u> 1:00- Beginner Crocheting 1:00- Crochet Social 1:00- Low Impact Cardio	<u>9:30- Poker</u> 9:30- Beginner Quilting 10:30- Strength Training w/ Gale 



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>MENU</u></b>  <b><u>FOR</u></b> <b><u>AUGUST</u></b> <b><u>2025</u></b>	<b>MIKE TEDESCHI</b>  Cook		<b><u>PLEASE NOTE:</u></b> The Howard J. Weston Community and Senior Center, Inc. does not discriminate on the basis of sex, race, handicap, national origin or creed.	<b><u>1</u></b>  Cheeseburger Baked Beans Chips Fruit
<b><u>4</u></b>  Chicken Pot Pie Rice Peas Pudding	<b><u>5</u></b>  Fish Sticks Fries Salad Fruit	<b><u>6</u></b>  Lasagna Mixed Vegetables Garlic Bread Cake	<b><u>7</u></b>  Baked Chicken Mashed Potatoes Broccoli Cookies	<b><u>8</u></b>  Roast Beef Sandwich Vegetable Soup Chips Assorted Desserts
<b><u>11</u></b>  Hot Dogs Baked Beans Chili Chips Fruit	<b><u>12</u></b>  Salmon Rice Broccoli Salad Cookies	<b><u>13</u></b>  Creamed Chip Beef Biscuit Tater Tots Cake	<b><u>14</u></b>  BBQ Chicken Mashed Potatoes Chef's Choice Veggie Pudding	<b><u>15</u></b>  Ham Sandwich Chef's Choice Soup Chips Assorted Desserts
<b><u>18</u></b>  Sloppy Joe Corn Nuggets Fruit	<b><u>19</u></b>  Oven Fried Chicken Roasted Potatoes Green Beans Pie	<b><u>20</u></b>  Chicken Sandwich Fries Cucumber Salad Cake	<b><u>21</u></b>  Meatloaf Mashed Potatoes Corn Fruit	<b><u>22</u></b>  Turkey Sandwich Chicken Noodle Soup Chips Assorted Desserts
<b><u>25</u></b>  Taco Salad w/ Assorted Toppings Pudding	<b><u>26</u></b> <b><u>FEAST</u></b>  Crab Cake Rice Chef's Choice Veggie Pie	<b><u>27</u></b>  Meatball Sandwich Cole Slaw Chips Fruit	<b><u>28</u></b>  Pork Chops Mashed Potatoes Peas Cake  <b><u>BIRTHDAY DAY</u></b>	<b><u>29</u></b>  Tuna Sandwich Tomato Soup Chips Assorted Desserts

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