

April 2023

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

PAUL O'BRIEN
CHEF



Weston Family –

You all certainly know how to “light up” a fundraiser! We can’t thank you enough for your generous contributions to our Do More 24 Fundraiser. Getting a jump start with our envelope challenge, the center raised \$11,725. We then added another \$1,738 in on-line donations for a total of \$13,463. Throughout the 24 hours, we added another \$8,350 in prize money, bringing our total to \$21,813. Additionally, we received another \$130 in donations after the 6:00 p.m. deadline, increasing our total to **\$21,943**. There are still a few prizes that have not yet been announced, including our share of the stretch pool money so our number will be going up!

As soon as we have the grand total, we will post it at the center.

**Again, thank you for all
you do at the center!**

BOARD OF DIRECTORS

CHARLES S. STEPHAN
CHAIRMAN

DARREN WRIGHT
VICE-CHAIRMAN

GREGORY YACUCCI
TREASURER

TOM HANDLING

BARBARA McCAFFERY

KEN MOORE

BETH ORSEGA-SMITH



Dine-Out Club

April’s Dine-Out will be on April 5, 2023

Kirkwood Diner

Kirkwood Highway

@ 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 –WestonSeniorCenter.org

Facebook - Weston Senior Center

WESTON'S UNITED WAY number is 9336.



2022-2024 ADVISORY COUNCIL MEMBERS

*Linda Brown Pat Burk Carol Cathell Judy Egner Beverly Ellis Dot Evans
Jeannette Henretty Dutchie Jensen Linda Loveless Barbara Markey
Michele Merlonghi 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 1:30 p.m. Betsey is available Tuesdays thru Thursdays from 9:00 a.m. to 12:00 noon. Cemetery arrangements are available for \$15.00 (see Betsey).



CERAMICS – The Ceramics Room is open daily from 9:00 a.m. to 2:00 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 on held on Friday from 9:30 a.m.-11:30 a.m. All levels of skill are welcome!

CARDS AND GAMES ...



CANASTA - Monday's 12:45 p.m. in the Dining Room. If you are interested in playing, leave your name with Donna at the front desk and you will be contacted.



POKENO – Last Tuesday of each month @ 12:30 p.m. in the Community Room. If you are interested, please join us, we will teach you how to play.



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! **The Bingo Room is looking for volunteers to call Bingo once or twice a month. Please see the sign-up sheet in the Bingo room.**



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 – Our 2022-2023 league will end on Tuesday, April 25, 2023. We will be having a party to celebrate with a continental breakfast on Tuesday, May 9, 2023 @ 9:30 a.m. Please sign-up with Donna at the front desk. Summer Shuffleboard league will begin on Tuesday, June 6, 2023.

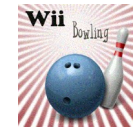


BILLIARDS – Monday-Friday. We have four billiard tables so there is always room for you to play.



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.



2022-2023 BOWLING LEAGUE UPDATE–The season ends on Friday, April 14, 2023. The roll-off will be on Wednesday, April 19, 2023. Place and time are yet to be determined. This years Bowling Banquet will be held at the MOT Senior Center in Middletown on Friday, May 12, 2023. More information will be forthcoming. Please let Donna know if you will be attending.



TABLE TENNIS– Have you ever played Table Tennis? Want to try something new? We have started a Table Tennis group. This group will meet on Thursday's from 9:30 a.m.-11:30 a.m. If you are interested in playing please sign-up with Donna @ the front desk.



RED HATS– Our Red Hats group is back! 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
- 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 Chair Yoga w/ Gail

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!

Wednesdays from 9:30 a.m. - 10:30 a.m.



DELAWARE HEALTH FOR ALL

Thursday, April 6, 2023

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.



NUTRITION EDUCATION for OLDER ADULTS

FREE SERIES!

Wednesday's @ 1:00 p.m.

April 19, 26, May 3 & 10

Learn techniques to Age in Place by eating more fruits and vegetables, exercising regularly, and shopping on a budget!

Classes:

Session 1: Reach Your Goals, Step By Step

Session 2: Challenges and Solutions

Session 3: Colorful and Classic Favorites

Session 4: Eat Smart, Spend Less

Sign-up with Donna at the front desk.

FUNDRAISING

FUNDRAISING – JFEBRUARY 2023



Below is our fundraising status
(July 1, 2022–June 30, 2023).

50/50s	\$505.00	
Soup Sale	\$385.00	
Scrip	\$86.88	
Total for February 2023	\$976.88	\$976.88
Total for January 2023		\$2,179.00
Total for December 2022		\$2,038.56
Total for November 2022		\$2,620.02
Total for October 2022		\$3,426.00
Total for September 2022		\$825.20
Total for August 2022		\$649.66
Total for July 2022		\$658.79
Total		\$ 13,3742

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 if you have questions or need more information. Thank you for your support!!

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!

SHOP WITH SCRIP- 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, April 28, 2023. Thank you!

WEEKLY 50/50 DRAWING

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

March 2023 Winners

Beverly Ellis - 2/17/2023 - \$118
Dot Evans - 2/24/2023 - \$133
Betty Springer - 3/3/2023 - \$144
Ray Giegerich - 3/10/2023 - \$133

SAVE THE DATE-BASKETFEST 2023!

Basketfest is back!!!

Our most popular fundraiser is
scheduled for

Sunday, April 23, 2023.

Tickets are \$25.00 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 are on sale now!

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.

ALUMINUM CANS/TABS

We have made the hard decision to stop collecting
cans for the foreseeable future. We will continue
to collect can tabs and take the tabs to the Ronald
McDonald House.

PLEASE DO NOT SAVE CANS, JUST TABS!

JUNE CLUB TICKETS ARE ON SALE NOW!

Tickets \$5.00 each

Winner is determined by the Delaware Daily
Evening Pick 3 Lottery Number (Straight–NOT
boxed). Person holding the winning number
each day during the month of June 2023 will
receive \$25.00. June 6, 14, 22 & 30, 2023
are bonus days. Person holding the winning
number on these days will receive an
additional \$25.00.

Tickets are available at the front desk.

WELLNESS AND PHYSICAL FITNESS ...

NEW- CHAIR YOGA W/ GAIL-Monday's from 10:30 a.m.-11:30 a.m.

Chair yoga is a beneficial form of yoga for any fitness level, from active seniors to those recovering from an injury. Join Gail in the Community Room on Monday's from 10:30 a.m.-11:30 a.m. The first class is FREE. After that it will be \$4.00 per person. Stop by and check it out!



LINE DANCE CLASS - Wednesday's @ 10:00 a.m. Our dance instructor, Joanne Brady, is keeping us "moving and grooving". 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"- Tuesday's 1:00 p.m. .- Mary Ellen Louise will be out for 6 weeks due to health reasons. Gale Jones our Chair Yoga Instructor will be substituting for her. Join us for a wonderful workout utilizing bands, weights and balls to improve your cardio functions. The class is \$4.00.



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 \$21,900 for a single person and \$33,800 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.



BLOOD PRESSURE SCREENINGS- Thursday, April 6, 2023, from 9:00 a.m.-11:00 a.m. presented by University of Delaware's HEALTH for All program.

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 Certificates) 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.



DMAB – is a program to assist you with problems you may have with the complex and often confusing health insurance system. If you need help with Medicare questions, please leave your name and number with Donna.



LEGAL AID – Michelle McLean of the Elder-law Program of Community Legal Aid has suspended in person visits with members at our center. As soon as we have a date for in-person meetings we will let you know. If you need assistance please call 302-575-0660.

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 \$25,776 for a single person and \$34,848 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 4 hr. refresher class is scheduled for Tuesday, May 16, 2023 from 9:00 a.m.-2:00 p.m. The next refresher class is on Tuesday, July 11, 2023. We have also scheduled a Beginner Driver Safety class on April 18, 2023. This class runs from 9:00 a.m.-3:00 p.m. 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+ - Gerri Huss from Stand by Me 50+ will be here on the third Thursday 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 302-651-3427.



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 and 1-800-773-0606 in Kent and Sussex Counties. 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.



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!

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.

iPhone & iPad Help is Available!

Do you have an iPhone or iPad and are you 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.

April 2023		
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 February 16, 2023 to March 15, 2023:

- | | | | | |
|----------------|----------------------|---------------|----------------|-----------------|
| Candy Anderson | Dwight Anderson | Margaret Dodd | Robert Elliott | Marlene Elliott |
| Malik Harris | Marcella Lukowski | David Mayo | Jack Nabb | Barbara Nabb |
| | Sharon Williams-Mayo | Bucky Wrigley | Mary Wrigley | |



BOOK CLUB– One of our members is interested in starting a book club. If you are interested and would like more information please leave your name and number with Donna. We will contact you!

GREETING CARD SALE- 10 for \$1.00

Holiday, Birthday, Sympathy and more. The rack is located in the hallway across from the Ceramic room. See Donna to pay for your items.

T-SHIRT QUILT– The quilting room would like to offer a new project to our members. This class will be centered around making a t-shirt quilt using your own t-shirts. The class is tentatively scheduled to start in September with a cost of \$10.00. If you are interested please see Donna to sign-up and receive a supply list. If you have any questions, stop by quilting class on Friday's and speak to Sara.

CANASTA -We have a few members who would like to start up this card group. Tentative day & Time– Monday's @ 12:45 p.m. Leave your name with Donna if you are interested and you will be contacted.

APRIL 2023

BAKE SALE AND EASTER FEAST– Thursday, April 6, 2023. 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.

GOOD FRIDAY- Friday, April 7, 2023 The Center will be closed to observe the Easter Holiday.

BUBBLE PAINTING– Thursday, April 13, 2023 @ 9:30 a.m. Cost \$10.00. This class is limited to 12, first come first served. Join Beverly as we make this fun serving bowl. Please choose a color when you sign-up. See the flyer on the bulletin board for more information.

LUNCH & BINGO– Friday, April 14, 2023 @ 10:00 a.m. Theme- “Bunnies & Chicks” Cost- \$5.00
This Bingo is sponsored by Scott Dow, owner of “Care Patrol”.

BEGINNER AARP DRIVER SAFETY CLASS– Tuesday, April 18, 2023 9:00 a.m.–3:00 p.m.
Cost– AARP members \$20.00 non-members \$25.00. Advanced sign-ups required.
See Donna at the front desk.

VOLUNTEER WEEK- April 17-21, 2023 WE LOVE OUR VOLUNTEERS! Many thanks to all of you who volunteer at Weston! Your time and effort help make Weston such a wonderful center. Please enjoy a treat on us in appreciation for all you do!

EAT SMART, LIVE STRONG– Wednesday's 1:00 p.m.-2:00 p.m. This FREE 4 week class begins on April 19, 2023 and ends on May 10, 2023. Learn techniques to age in place by eating more fruits and vegetables, exercising regularly, and shopping on a budget! Space is limited so please sign-up early with Donna at the front desk.

BASKETFEST 2023– Sunday, April 23, 2023. Tickets are on sale now! Cost is \$25.00. This fundraiser is open to the public.

SPEAKER– Thursday, April 27, 2023 @ 11:00 a.m. Brian Doherty. Brian is a critically acclaimed and award winning author of “Getting Paid to Wait– Bigger Social Security Benefits the Simple and Easy Way”. This program is designed for people who are ALREADY on Social Security and those who are getting ready to begin the journey. Join us for this informative event.



MAY 2022

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM– Free 6 week class beginning on **Tuesday, May 2, 2023** and ending on **Tuesday, June 6, 2023 @ 12:30 p.m.** This evidence-based program is designed for adults with conditions such as arthritis, asthma, diabetes, lung disease, heart disease, stroke, and osteoporosis, who struggle to find ways to manage their condition. Register online at www.HealthyDelaware.org/SelfManagement. For questions or help with registration call Self-Management Programs at 302-990-0522 or email us at DPHSMP@Delaware.gov

CINCO DE MAYO BINGO & LUNCH - **Friday, May 5, 2023 @ 10:00 a.m.** We will be playing in the Dining Room. Bring your own chips & dabbers. Lunch & Bingo \$5.00 (Cash Prizes and Door Prizes)

END OF THE YEAR SHUFFLEBOARD PARTY– **Tuesday, May 9, 2023 @ 9:30 a.m.** Please sign-up with Donna so we will know how many will attend.

HORSE RACING-DERBY DAYS – Join us for what promises to be a few fun-filled weeks as the Weston Senior Center conducts it's own horse racing "Triple Crown" races. We have six (6) horses that need to be adopted. Each horse will need a 4 person team, a jockey, a trainer, an owner and a clean up person. The theme of our races is "**An Elegant Affair**", to get us ready for our 45th Anniversary Party in October. Each horse will need a name that reflects our theme. Please dress up your horse and come dressed for the races. **The Kentucky Derby** will be held at 11:00 a.m. on **Thursday, May 11, 2023**, **The Preakness** will be held at 11:00 a.m. on **Thursday, May 25, 2023** and **The Belmont Stakes** will be held at 11:00 a.m. on **Thursday, June 8, 2023**. Our cheerleaders will be in attendance to cheer on all the contestants.

END OF THE YEAR Wii BOWLING BANQUET– **Friday, May 12, 2023 @ MOT Senior Center.** The doors open at 11:00 a.m. Please sign-up with Donna at the front desk by Friday, April 14, 2023.

SPRING LINE DANCE PARTY- **Friday, May 19, 2023- Doors open @ 9:30 a.m.- Cost- \$12.00.** An all-day line dance party!! No teaching, just dancing. Joanne Brady will be spinning the records and we will be sweating up a storm. A continental breakfast and lunch are included! Space is limited so sign-up with Donna at the front desk.

IN-HOUSE Wii BOWLING PARTY– **Monday, May 22, 2023 @ 11:00 a.m.** Please sign-up with Donna at the front desk so we will know how many are coming.

MOTHERS, DAUGHTERS AND FRIENDS MOTHER'S DAY TEA PARTY– **WEDNESDAY, May 24, 2023 @ 1:00 p.m.** Cost- \$5.00 pp. Please join us as we celebrate the women in our lives. It's time to share stories and relax with our friends and family over a cup of tea and some wonderful desserts. Bring your own special tea cup. Please sign-up with Donna at the front desk. Deadline to sign-up is Monday, May 15, 2023.



WESTON WANDERERS GET READY!!

2023

Sandy & Vicki have been working hard putting together Trips for 2023.

- ⇒ **CASTLES OF NEW YORK**– May 1-5, 2023. Cost- \$895.00 per person/double. Single-\$1,195
Flyers are available at the front desk.
- ⇒ **WILDWOOD DO WOP**– June 4-7, 2023. Cost- \$575.00 per person/double. Single- \$715.00
Flyers are available at the front desk.
- ⇒ **MACKINAW ISLAND, MI**– September 25-30, 2023. Cost- \$945.00 per person/double. Single- \$1,290.00
Flyers are available at the front desk. (4 spaces left)
- ⇒ **WHEELING, WEST VIRGINIA, FESTIVAL OF LIGHTS**– November 28-30, 2023.(WAIT LIST ONLY)
Cost- \$585.00 pp. (double occupancy) Package Includes: 2 nights lodging, 2 breakfasts, 1 Holiday
Dinner show, Festival of Lights tour, Toy & Train Museum, Wheeling Island Casino & Race Track
w/Casino bonus, Side trip to Flight 93 (911) memorial and so much more.

Day trips

- ⇒ **SIGHT & SOUND “MIRACLE OF CHRISTMAS”**- Tuesday, November 14, 2023 Cost- \$180.00 Includes–
show, lunch and transportation. More information will be in the next newsletter. A deposit of \$90.00 will
hold your seat. See Donna to sign-up.

*****SIGN UP AS SOON AS POSSIBLE SO WE AREN'T FORCED TO CANCEL TRIPS.*****

To better understand the way trips work: The Center must submit payment to the tour companies in advance to book our trips. This is why payment is required ahead of time. When travelling with the center, please be sure to carry your identification and insurance cards with you. The information on these cards will prove invaluable in case of emergency.

- ◆ **We will enforce a sign-up deadline for all trips.** If we do not have sufficient travelers by said date, the trip **will** be cancelled. The center is required to pay deposits on most trips. In order to get our deposit back, we must cancel by a date set by the travel company or the venue.
- ◆ We will no longer hold seats on trips. A 50% down payment must be presented at the time of sign up for any DAY TRIPS.
- ◆ For extended trips, a deposit must be paid. In addition, when balance due dates are posted, it means the center must pay for the trip in full. We, therefore, must have all trips paid in full by the balance due date. Thank you for your cooperation.
- ◆ Weston trips are open to the public.
- ◆ All emergency forms must be on file prior to departure.
- ◆ For all trips involving a casino you must be 21 or older.
- ◆ We will board the bus in the order in which you signed up. So sign up early!
- ◆ Front of the bus! If you have a legitimate reason to sit in the front of the bus, please let us know when you sign up for a trip. We will make every effort to accommodate your needs.
- ◆ Seat partners! If you want to sit with a friend on the bus, please let us know when you sign up for a trip. Again, we will make every effort to accommodate your requests.

What's Cooking?

News from the Kitchen!

LUNCH PRICE

Due to the rising cost of food and paper products it has been determined that we will need to increase our lunch cost. Our regular in-house lunch will go to \$3.00. A Feast lunch will be \$4.00. Homebound meals will be \$4.00 for a regular meal and \$ 5.00 for a Feast. Take-out lunches will go up to \$5.50 for a regular meal and \$6.50 for a Feast. As always, if you are experiencing a food hardship, please see Sandy or Vicki.

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.

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.

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.

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

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.

Spring Asparagus

Ingredients

- 1-1/2 pounds fresh asparagus, trimmed and cut into 2-inch pieces
- 2 small tomatoes, cut into wedges
- 3 tablespoons cider vinegar
- 3/4 teaspoon Worcestershire sauce
- 1/3 cup sugar
- 1 tablespoon grated onion
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1/3 cup canola oil
- 1/3 cup sliced almonds, toasted
- 1/3 cup crumbled blue cheese, optional



Directions

1. In a large saucepan, bring 1 cup water to a boil. Add asparagus; cook, covered, until crisp-tender, 3-5 minutes. Drain; place in a large bowl. Add tomatoes; cover and keep warm.
2. Place vinegar, Worcestershire sauce, sugar, onion, salt and paprika in a blender; cover and process until smooth. While processing, gradually add oil in a steady stream. Toss with asparagus mixture. Top with almonds and, if desired, cheese.

EAT-IN -

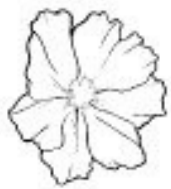
- Regular Lunch - \$3.00
- Feast - \$4.00
- Holiday Feast - \$5.00 (NEW PRICE)

HOMEBOUND -

- Regular Lunch - \$4.00
- Feast - \$5.00
- Holiday Feast - \$6.00 (NEW PRICE)

TAKE-OUT -

- Regular Lunch - \$5.50
- Feast - \$6.50
- Holiday Feast - \$7.50 (NEW PRICE)



Spring



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



BIRDS

BLOSSOM

BUGS

BUNNY

BUTTERFLY

CALF

CATERPILLAR

CHICKS

FLOWERS

FROG

GARDEN

GRASS

HATCH

INSECTS

LADYBUG

LAMB

NATURE

NEST

RABBIT

ROBIN

SNAIL

SPRING

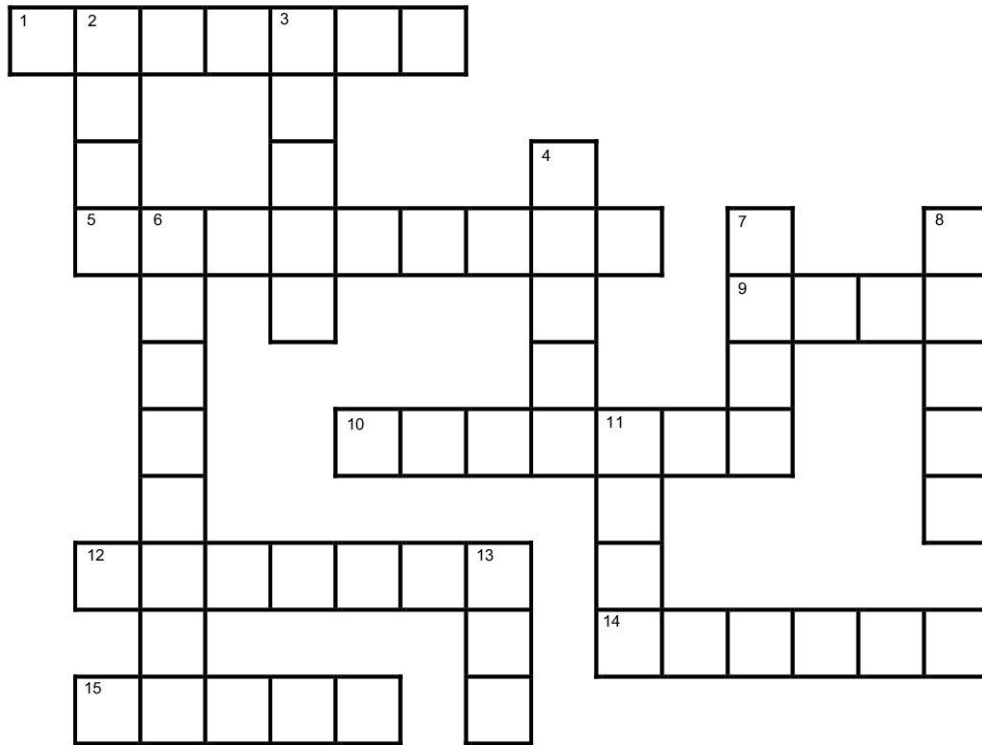
SPROUT

TULIP

WORM

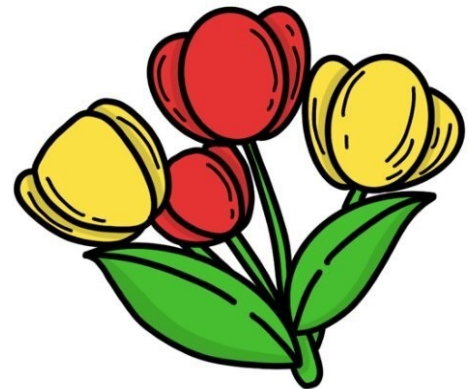


Spring Crossword















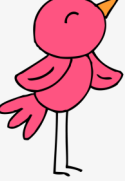
Across








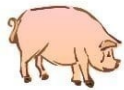










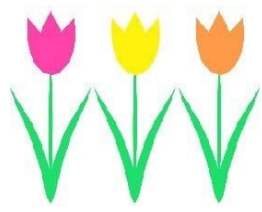

1. Lots of flowers on a tree
5. A brightly coloured flying insect
9. Bees live in this
10. There is said to be a pot of gold at the end of one of these
12. You may give someone special a bunch of these
14. Holiday associated with eggs
15. When a young bird breaks out of its shell



Down

2. A baby sheep
3. The umbrella in the picture has lots of these
4. Get the dustpan and brush out for a Spring one of these
6. Something you put up when it is raining
7. When it warms up the snow does this
8. Birds build these to lay their eggs
11. The sky is this colour
13. After winter you see more of this in the sky during the Spring

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:00– Wii Bowling 9:30- Bingo 10:30– CHAIR YOGA 12:45– Canasta	9:00– Wii Bowling 9:00– i-Phone & iPad help w/ Ron Pierce 9:30– Shuffleboard 10:30– Virtual Bible Study w/ Barbara 1:00–Low Impact Cardio w/ Gail 	9:00– Wii Bowling 9:30- Bingo & Virtual Bingo 9:30– Women’s Club 10:00– Line Dance w/Joanne 11:00-Advisory Council 4:30– Dine-out “Kirkwood Diner” 	9:00– Bake Sale 9:00– Blood Pressure Screening 9:00– AARP Tax Assistance (by appointment only) 9:00– Wii Bowling 9:30-Pinochle 9:30- Bingo 12:00 noon– Easter Feast	
10	11	12	13	14
LAST WEEK OF Wii BOWLING				
9:00– Wii Bowling 9:30- Bingo 10:30– CHAIR YOGA 11:30– Red Hats 12:45– Canasta	9:00– Wii Bowling 9:00– i-Phone & iPad help w/ Ron Pierce 9:30– Shuffleboard 10:30– Virtual Bible Study w/ Barbara 1:00–Low Impact Cardio w/ Gail 	9:00– Wii Bowling 9:30- Bingo & Virtual Bingo 9:30– Women’s Club 10:00– Line Dance w/Joanne 	9:00– Wii Bowling 9:00– AARP Tax Assistance (by appointment only) 9:30-Pinochle 9:30- Bingo 9:30– Wii Bowling 9:30– Bubble Painting \$10.00 advanced sign-up	9:30- Beginner Quilting 10:00 “Chicks & Bunnies” BINGO & LUNCH- Cost- \$5.00. Sponsored by– Care Patrol
17	18	19	20	21
9:30- Bingo 10:30– CHAIR YOGA 12:45– Canasta 	9:00– AARP Beginner Driver Safety Class 9:00– i-Phone & iPad help w/ Ron Pierce 9:30– Shuffleboard 10:30– Virtual Bible Study w/ Barbara 1:00–Low Impact Cardio w/ Gail	9:30– Wii Bowling Roll off @ Sellers 9:30- Bingo & Virtual Bingo 9:30– Women’s Club 10:00– Line Dance w/ Joanne 1:00– Eat Smart, Live Strong Class	9:00-Geri Huss, Stand by Me 50+ 9:30-Pinochle 9:30- Bingo 	9:30- Beginner Quilting 
24	25	26	27	28
LAST DAY OF SHUFFLEBOARD				
9:30- Bingo 10:30– CHAIR YOGA 12:45– Canasta	9:00– i-Phone & iPad help w/ Ron Pierce 9:30– Last Day of Fall Shuffleboard League. 10:30– Virtual Bible Study w/ Barbara 12:30– Pokeno 1:00–Low Impact Cardio w/ Gail	9:30– Bingo & Virtual Bingo 9:30– Women’s Club 10:00– Line Dance w/ Joanne 1:00– Eat Smart, Live Strong Class 	9:30-Pinochle 9:30- Bingo 	9:30- Beginner Quilting 10:30– Food Distribution 
1	2	3	4	5
CASTLES OF NEW YORK MAY 1-5				
9:30- Bingo 10:30– CHAIR YOGA 12:45– Canasta	9:00– i-Phone & iPad help w/ Ron Pierce 10:30– Virtual Bible Study w/ Barbara 1:00–Low Impact Cardio w/ Gail 12:30– Chronic Disease Self Management Class	9:30– Bingo & Virtual Bingo 9:30– Women’s Club 10:00– Line Dance w/ Joanne 1:00– Eat Smart, Live Strong Class 	9:00– Blood Pressure Screening 9:30-Pinochle 9:30- Bingo 	9:30- Beginner Quilting 10:00 “Cinco de Mayo” BINGO & LUNCH- Cost- \$5.00.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 </p> <p>Soup Corned Beef on Rye Slaw Chips Cookies</p>	<p>4 </p> <p>Cheese Pizza Salad Fruit</p>	<p>5 </p> <p>Baked Chicken Potatoes au Gratin Vegetable Blend Pie</p>	<p>6 <u>EASTER LUNCH</u> </p> <p>Glazed Pineapple Ham Carrots Snow Peas Roll/Butter Cheesecake</p>	<p>7 </p> <p>CENTER CLOSED</p> <p>GOOD FRIDAY</p>
<p>10 </p> <p>Chicken Parmesan Spaghetti Zucchini Ice Cream</p>	<p>11 </p> <p>Beef Stew w/ Vegetables Egg Noodles Dinner Roll Pie</p>	<p>12 </p> <p>Soup Pork Loin Roasted Potatoes Balsamic Brussels Sprouts Jell-O</p>	<p>13 </p> <p>All Beef Hot Dog Baked Beans French Fries Cake</p>	<p>14 </p> <p>Grilled Chicken Breast Roasted Potatoes Chef's Vegetable Fruit</p>
<p>17 </p> <p>Stuffed Peppers Macaroni & Cheese Pudding</p>	<p>18 </p> <p>Biscuits & Gravy Hash Browns Cake</p>	<p>19 </p> <p>Seafood Lasagna Caesar Salad Garlic Bread Cookies</p>	<p>20 </p> <p>Meatloaf Mashed Potatoes Chef's Choice Veggie Apple Pie</p>	<p>21 </p> <p>Italian Sausage Sandwich Peppers & Onions Fries Assorted Desserts</p>
<p>24 </p> <p>Chicken Cordon Bleu Redskin Potatoes Garden Salad Fruit</p>	<p>25 </p> <p>Fish & Chips Cole Slaw Cake</p>	<p>26 </p> <p>Taco Salad Seasoned Beef, Lettuce, Tomato, Cheese, Guacamole, Sour Cream Pie</p>	<p>27 </p> <p>Pork Chops Stuffing Vegetable Blend Birthday Cake Ice Cream <u>BIRTHDAY DAY</u></p>	<p>28 </p> <p>Baked Potato Bar Assorted Desserts</p>
<p><u>MENU</u> <u>FOR</u> <u>APRIL</u> <u>2023</u></p> <p></p>	<p><u>KITCHEN</u> <u>STAFF</u></p> <p>Paul O'Brien Cook</p>	<p></p>	<p><u>PLEASE NOTE:</u></p> <p>The Howard J. Weston Community and Senior Center, Inc. does not discriminate on the basis of sex, creed, race, national origin or handicap.</p>	<p></p>

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