

April 2024

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

GREGORY YACUCCI
TREASURER

TOM HANDLING

BARBARA McCAFFERY

KEN MOORE

BETH ORSEGA-SMITH



MOTHERS, DAUGHTERS AND FRIENDS MOTHER'S DAY TEA PARTY

Thursday, May 9, 2024 @ 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 2, 2024.

DINE-OUT CLUB

April's Dine-Out will be on
April 3, 2024
Applebee's
900 Churchmans Rd.
@ 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

BUNCO

Thursday, April 18, 2024
1:00 p.m.-2:30 p.m.

Cost: \$5.00

Advanced sign-ups
required

As it is played today, bunco is a social dice game involving 100% luck and no skill (there are no decisions to be made), scoring and a simple set of rules. Cash prizes.

SPRING FLING DINNER DANCE

Friday, April 26, 2024
Doors open at 4:00 p.m.
Cost \$15.00

Includes
dinner, dancing and
a great time!

Joanne Brady will be our DJ,
so come ready to dance!

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, Jeannette Henretty,
Dutchie Jensen, Linda Loveless, 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 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 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– **NEW DAY** Thursdays @ 1:00 p.m. Join Donna every Thursday to learn a fun new skill!

CARDS AND GAMES ...



CANASTA - **Tuesdays @ 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 – Fall Shuffleboard league has begun. If you are not yet on a team and would like to play see Beverly. We are always looking for substitutes. Our Shuffleboard league meets on Tuesday's @ 9:30 a.m. The shuffleboard tables are available for anyone to use everyday, except on Tuesdays.



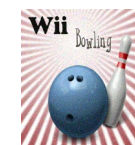
BILLIARDS – Monday-Friday. We have four billiard tables so there is always room for you to play.



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



2023-2024 Wii BOWLING LEAGUE UPDATE– The second session will end on Friday, April 12, 2024. The roll off will be held @ Oak Grove Senior Center on Monday, April 15, 2024 @ 9:00 a.m. This years banquet will be held on Friday, May 10, 2024 @ MOT Senior Center. Doors open @ 11:00 am. Please let Donna know if you will be attending.



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
- 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!

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



DELAWARE HEALTH FOR ALL

Tuesday, April 2, 2024

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- WESTON'S WELLNESS

"BE HEALTHY, BE HAPPY"

WE SURPASSED OUR GOAL!!

Together we have raised

\$ 21,115.00

(We will be adding to this number with additional prizes as soon as they become available.)

Thank you to all our friends, members and families who made contributions to Weston for this 24-hour fundraiser.

Our theme this year was

"BE HEALTHY, BE HAPPY"

The Funds that were raised will be used towards the creation of a designated exercise room w/workout equipment and a designated classroom for exercise classes.



FUNDRAISING

FUNDRAISING - FEBRUARY 2023

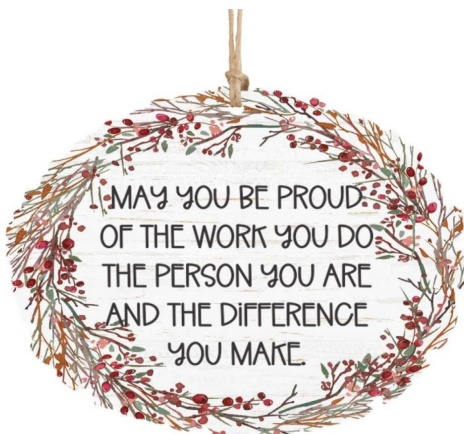


Below is our fundraising status
(July 1, 2023-June 30, 2024).

50/50s	\$485.00	
Donations-General	\$1000.00	
Raise Right	\$19.69	
Soup Sale	\$375.00	
February 2024	\$1,879.69	\$1,879.69
January 2024		\$490.00
December 2023		\$2984.86
November 2023		\$1,639.39
October 2023		\$924.61
September 2023		\$2,822.87
August 2023		\$545.33
July 2023		\$804.01
Total		\$12,090.76

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!!



WEEKLY 50/50 DRAWING

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

March 2024 Winners

50-50 Winners

Ray Bakomenko - 2/23/2024 - \$133
Wanda Thornton - 3/1/2024 - \$136
Linda Brown - 3/8/2024 - \$107
Lynn Shepherd - 3/15/2024 - \$135

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 orders on Friday, April 26, 2024
Thank you!

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.**

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!

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!



“NEW SESSION” CARDIO DRUMMING-Tuesdays from 1:00 p.m.-2:00 p.m. The next 6 week class will begin on Tuesday, April 2, 2024. 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, 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. (NO DANCE CLASS APRIL 10th)



LOW IMPACT CARDIO CLASS– Thursdays @ 1:00 p.m. Mary Ellen Louise is back! Thank you Gale for filling in for Mary Ellen when she was out. Join her for a wonderful workout utilizing bands, weights and balls to improve your cardio functions. The class is \$4.00.



NEW CLASS ZUMBA GOLD– This is a 6-week class. Friday’s from 2:10-2:55 p.m. starting Friday, May 3, 2024-Friday, June 14, 2024 (No class June 7th) Cost: \$ 25.00 Instructor: Gale Jones



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.



BLOOD PRESSURE SCREENINGS– Tuesday, April 2, 2024 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.



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 4 hr. refresher class is scheduled for Tuesday, May 14, 2024. 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 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 302-498-1192 .



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.



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!

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 2024		
4th: 9:30 a.m. to 11:30 a.m. Practice your skills.	11th: 9:30 a.m. to 11:30 a.m. Practice your skills.	18th: 9:30 a.m. to 11:30 a.m. Practice your skills
	25th: 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:



Thomas Burke	Helene Burke	Jan Burns	Robin Clarke	Wayne Cross
Michelle Cross	Louise Donaldson	Susan Frank	JoAnn Ford	Kathleen Gauthier
Mary Goldsborough	Mary Haley	Drucella Jackson	Robert Jones	Patricia Lehane
Cynthia Lewis	Erica McIntire	James Moran	Pat Moran	Judy Munn
Becky Ramos	Connie Reese	Margaret Szewczyk		



MAHJONG– A few of our members are interested in starting up a Mahjong group. Mahjong or mah-jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is played by four players. If you are interested please leave your name and number with Donna and we will be in touch.

MODEL TRAIN CLUB– One of our members is interested in starting up a model train club. If you are interested, leave your name and phone number with Donna @ the front desk.

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

APRIL 2024

9 WEEK AQUA CARDIO CLASS– **Tuesday March 5, 2024– April 30, 2024 @ 8:45 a.m.** Weston has partnered with the Fraim Center for Active Adults to offer a 9 week Aqua Cardio class to our members. The class will be held in the Fraim Center located @ 669 S Union St, Wilmington, DE 19805, in the Boys and Girls Club. The cost is \$25.00 for 9 weeks. Please sign-up with Donna @ the front desk.

CHAIR MASSAGE- **Wednesday, April 3 & 24, 2024 From 9:30 a.m.-1:30 p.m.** Cost– 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.

BINGO & LUNCH– **Friday, April 5, 2024 @ 10:00 a.m.** Cost-\$5.00. This month’s theme is “Pajama Bingo”. Roll out of bed and come as you are! Clothing required! Cash Prizes & Door Prizes. Sponsored by- The St Francis LIFE Program.

FREE DIABETES WORKSHOP– **Wednesday, April 10, 2024–May 15, 2024 @ 12:30 p.m.-2:30 p.m.** To sign-up call 302-990-0522. More knowledge about managing diabetes can: • Help you prevent and/or delay health complications • Improve your hemoglobin A1C (average blood sugar reading) • Help you make better food choices and lose weight • Help you better control your glucose levels through exercise and stress management • Help you communicate better with your healthcare providers.

PAINTING CLASS W/ LIISA– **Wednesday, April 10, 2024 -1:00 p.m.– 3:00 p.m.** Cost \$10.00
See the example on the front desk. Sign up with Donna.

WII BOWLING– **Friday, April 12, 2024** is the last day of the 2023-2024 season. The roll-off will be held on Monday, April 15, 2024 @ Oak Grove Senior Center.

SHUFFLEBOARD LEAGUE UP-DATE– **Tuesday, April 16, 2024** is the last day of the Fall Shuffleboard League. The end of the year party will be held on Tuesday, April 30, 2024 @ 9:30 a.m. Sign up with Donna.

IRON-ON T-SHIRT CLASS– **Tuesday’s from 9:30 a.m.-11:30 a.m.** This is a month long class. Only 3 people per Tuesday so don’t wait and sign-up soon. You will learn how to use the Cricut vinyl cutting machine as well as how to make your own iron-on design. The class is \$12.00 and includes hands-on instruction, shirt and all supplies.



APRIL 2024

SHUFFLEBOARD– Tuesday, April 16, 2024 is the last day of the 2023-2024 season. Shuffleboard party, Tuesday, April 30, 2024 @ 9:30 a.m. Please sign-up with Donna.

BUNCO- Thursday, April 18, 2024 1:00 p.m.-2:30 p.m. Cost: \$5.00 Advanced sign-ups required
As it is played today, bunco is a social dice game involving 100% luck and no skill (there are no decisions to be made), scoring and a simple set of rules. Cash prizes.

SPRING FLING DINNER DANCE– Friday, April 26, 2024. Doors open at 4:00 p.m. Cost \$15.00

MAY 2024

BINGO & LUNCH– Friday, May 3, 2024 @ 10:00 a.m. Cost-\$5.00. This month's theme is "Cinco de Mayo Bingo". Cash Prizes & Door Prizes.

BALLOON CLASS-Wednesday, May 8, 2024 @ 11:00 a.m. Join John , a professional clown, who will show you how to make balloon sculptures. Cost- \$2.00. See Donna to sign-up. This is a re-scheduled class.

WRITING THAT HEALS WORKSHOP-Thursday, May 9, 2024 @ 10:30 a.m.. This workshop will be a one-time event that will introduce participants to the idea of writing as a way of healing and to use low-stakes prompts to get participants to try some writing as healing out for themselves. This program is being presented by the UofD students. Sign-up with Donna.

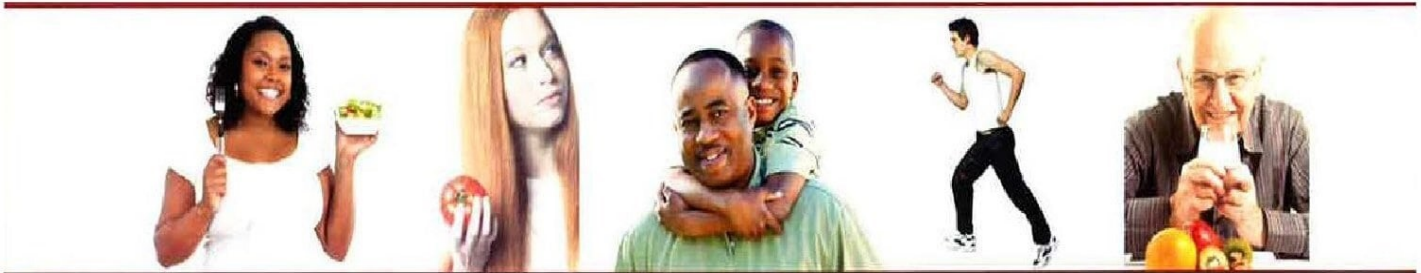
MOTHERS, DAUGHTERS AND FRIENDS MOTHER'S DAY TEA PARTY– Thursday, May 9, 2024 @ 1:00 p.m. Cost- \$5.00 pp. Please join us as we celebrate the women in our lives. It's time to share stories and relax with our friends and family over a cup of tea and some wonderful desserts. Bring your own special tea cup. Please sign-up with Donna at the front desk. Deadline to sign-up is Monday, May 2, 2024.

WII BOWLING BANQUET-Friday, May 10, 2024 @ 11:00 a.m. This year's end of the year Bowling Banquet will be held at the MOT Senior Center, 300 South Scott St., Middletown, DE. Please sign-up with Donna if you plan on attending.

BEE HIVE CRAFT CLASS– Tuesday, May 14, 2024 @ 9:30 a.m. Cost- \$12.00 See the sample on the credenza in the greeting area. Sign-up with Donna.

SUMMER WII BOWLING MEETING– Monday, May 20, 2024 @ 10:00 a.m. Anyone interested in playing Wii Bowling this summer should attend this meeting. It's a great way to improve your bowling, or to try out something new.

COVID BOOSTER & SHINGLES CLINIC– Thursday, May 23, 2024 @ 9:30 a.m. This Covid booster is for people 65 and over only. The Shingles vaccination is a 2 part series. We will be scheduling the second one in a few months. The sign-up sheet is on the credenza in the greeting area.



Free Diabetes Workshop

The Delaware Diabetes Self-Management Program

Howard Weston Senior Center ~ Manor Park

1 Bassett Ave

New Castle, DE 19720

Wednesday, April 10, 2024—May 15, 2024

@ 12:30 p.m.-3:00 p.m.

More knowledge about managing diabetes can:

- Help you prevent and/or delay health complications
- Improve your hemoglobin A1C (average blood sugar reading)
- Help you make better food choices and lose weight
- Help you better control your glucose levels through exercise and stress management
- Help you communicate better with your health care providers

Sign up for free classes!



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Health Promotion and Disease Prevention

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



WESTON WANDERERS GET READY!!

Extended Trips 2024

All flyers are available at the front desk and on our Website.

A \$100 deposit per person per extended trip is required to secure your place.

- ⇒ Pennsylvania Grand Canyon– May 1–3, 2024, \$525 pp double occupancy, \$680 pp single occupancy.
- ⇒ Newport, Rhode Island & Nordic– June 5-8, 2024, \$830 pp double occupancy, \$1,070 pp single occupancy (Wait List Only)
- ⇒ Virginia Wine Country– September 18-20, 2024, \$680 pp double occupancy, \$860 single occupancy.
- ⇒ Savannah, Georgia, New Year's Celebration– December 29, 2024– January 2, 2025 \$925 pp double occupancy, \$ 1,175 single occupancy.

Day Trip 2024

- ⇒ Magic and Wonder Dinner Theatre– Wednesday, August 21, 2024, \$139 pp.

*****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.
- ◆ 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.
- ◆ If you need to schedule a payment plan for any day trip, please see Vicki.

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 Paul when you are going through the lunch line.

Turkey and Vegetable Barley Soup

Ingredients

1 tablespoon canola oil
5 medium carrots, chopped
1 medium onion, chopped
2/3 cup quick-cooking barley
6 cups reduced-sodium chicken broth
2 cups cubed cooked turkey breast
2 cups fresh baby spinach
1/2 teaspoon pepper

Directions

1. In a large saucepan, heat oil over medium-high heat. Add carrots and onion; cook and stir until carrots are crisp-tender, 4-5 minutes.

2. Stir in barley and broth; bring to a boil.

Reduce heat; simmer, covered, until carrots and barley are tender, 10-15 minutes. Stir in turkey, spinach and pepper; heat through.



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.

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

Spring Break

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

life cycle

adventure

vacation

puddles

refresh

friends

weather

freedom

holiday

blossom

rainbow

flowers

shower

sprout

blooms

family

sleep

enjoy

games

relax















lazy























buds

sun

April 2024

Weston Senior Center Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:00– Fall Wii Bowling 9:30- Bingo 10:30–Chair Yoga 1:00– A Matter of Balance 	9:00– Fall Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:30– Tee Shirt Cricut Class 9:00– Blood Pressure Screening 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming 	9:00– Fall Wii Bowling 9:30- Bingo 9:30– Women's Club 9:30-1:30 Chair Massages 10:00– Line Dance w/Joanne 11:00– Council Meeting 4:30– Dine-out @ Applebee's	9:00-AARP Tax Assistance 9:00– Fall Wii Bowling 9:30-Pinochle 9:30- Bingo 1:00–Low Impact Cardio w/ Mary Ellen 1:00– Beginner Crocheting 	9:30- Beginner Quilting 10:00– “Pajama” BINGO & LUNCH \$5.00 
8	9	10	11	12
9:00– Fall Wii Bowling 9:30- Bingo 10:30–Chair Yoga 11:30– Red Hats 1:00– A Matter of Balance	9:00– Fall Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:30– 9:30– Tee Shirt Cricut Class 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming	9:00– Fall Wii Bowling 9:30- Bingo 9:30– Women's Club 10:00– <u>NO Line Dance w/Joanne</u> 1:00– Painting Class w. Liisa	9:00-AARP Tax Assistance 9:00– Fall Wii Bowling 9:30-Pinochle 9:30- Bingo 1:00–Low Impact Cardio w/ Mary Ellen 1:00– Beginner Crocheting	9:30- Beginner Quilting Last Day of Fall Wii Bowling 
15	16	17	18	19
9:00– Fall Wii Bowling Roll off @ Oak Grove 9:30- Bingo 10:30–Chair Yoga 1:00– A Matter of Balance	9:00– iPhone & iPad help w/ Ron Pierce 9:30– 9:30– Tee Shirt Cricut Class 9:30– Last Day of Fall Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming 	9:30– Women's Club 9:30- Bingo 10:00– Line Dance w/Joanne 	9:00-Stand by Me 50+ 9:30-Pinochle 9:30- Bingo 1:00–Low Impact Cardio w/ Mary Ellen 1:00– Bunco 1:00– Beginner Crocheting	9:30- Beginner Quilting 
22	23	24	25	26
9:30- Bingo 10:30–Chair Yoga 12:30– A Matter of Balance	9:00– iPhone & iPad help w/ Ron Pierce 9:30– Fall Wii Bowling Breakfast Party 9:30– Fall Shuffleboard 9:30– 9:30- Tee Shirt Cricut Class 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming	9:30-1:30 Chair Massages 9:30– Bingo 9:30– Women's Club 10:00– Line Dance w/Joanne 	9:30-Pinochle 9:30- Bingo 1:00–Low Impact Cardio w/ Mary Ellen 1:00– Beginner Crocheting 	9:30- Beginner Quilting 10:30– Food Distribution 4:00– Spring Fling Dinner Dance
29	30	1	2	3
9:30- Bingo 10:30–Chair Yoga 12:30– A Matter of Balance	9:00– iPhone & iPad help 9:30– Shuffleboard Breakfast Party 9:30– 9:30– Tee Shirt Cricut Class 10:30– Bible Study 12:45– Canasta 12:45-Pokeno 1:00-Cardio Drumming 			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1</u>  Oven Baked Chicken Roasted Potatoes Chef's Vegetable Pie	<u>2</u>  Cheeseburger Lettuce, Tomato & Onion Seasoned Fries Fruit	<u>3</u>  BBQ Pulled Pork Baked Beans Cole Slaw Cake	<u>4</u>  Ravioli Garden Salad Garlic Bread Lemon Tart	<u>5</u>  Philly Cheesesteak Onions & Peppers Cheddar Cheese Sauce Pasta Salad Cookies
<u>8</u>  All Beef Hot Dog French Fries Cole Slaw Fruit	<u>9</u>  Lasagna Garden Salad Bread Stick Pie	<u>10</u>  Italian Baked Chicken Roasted Potatoes Chef's Vegetable Pound Cake	<u>11</u>  Potato Bar w/ Fixins' Pudding	<u>12</u>  Baked Fish Rice Pilaf Vegetable Blend Assorted Desserts
<u>15</u>  Chicken Parmesan Spaghetti Zucchini Eclairs	<u>16</u>  Pork Loin Baked Potato Vegetable Blend Cake	<u>17</u>  Shepherd's Pie w/ Veggies Fruit	<u>18</u>  Meatloaf Mashed Potatoes Peas & Onions Pie	<u>19</u>  Fettuccini Alfredo Caesar Salad Assorted Desserts
<u>22</u>  Stuffed Peppers Macaroni & Cheese Pudding	<u>23</u>  Chicken a la King Biscuits Sugar Free Jell-O	<u>24</u>  Pork Chops Au Gratin Potatoes Vegetable Blend Pie	<u>25</u>  Pot Roast Mashed Potatoes Roasted Carrots Birthday Cake Ice Cream	<u>26</u>  Seafood Salad Croissant Lettuce & Tomato Assorted Desserts
<u>29</u>  Tuna Salad Sandwich Lettuce & Tomato Pasta Salad Pie	<u>30</u>  Baked Chicken Stewed Tomatoes Angel Food Cake Pie	<u>MENU FOR</u> <u>APRIL</u> <u>2024</u>	<u>KITCHEN STAFF</u> Mike Tedeschi Cook	<u>PLEASE NOTE:</u> The Howard J. Weston Community and Senior Center, Inc. does not discriminate on the basis of sex, creed, race, national origin or handicap.

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