

August 2019

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

DOROTHY J. LOVETT
SITE MANAGER

BETSEY MOORE
CRAFT INSTRUCTOR

BEVERLY J. MCCOOL
PROGRAM COORDINATOR

ROBERT SCHNEIDER
HEAD CHEF

BOARD OF DIRECTORS

JOHN D. TRAVIS
CHAIRMAN

CHARLES S. STEPHAN
VICE-CHAIRMAN

CLIFFORD B. HEARN JR.
SECRETARY/TREASURER

HARRY KUTCH

BARBARA McCAFFERY

LINDA MOFFETT

KATE SHANAHAN

DARREN WRIGHT

GREGORY YACUCCI



10 WEEK CLUB

Tickets go on sale Monday,
August 5th
Cost- \$5.00. Drawing begins
October 16th-December 18th



"KEEPING IT COOL"

FRIDAY BINGO- Friday, August 2,
2019 @ 10:00 a.m.
10 Games of Bingo with cash
prizes and lunch.
Cost-\$5.00

FALL Wii BOWLING LEAGUE MEETING-

Tuesday, August 13th
@ 11:00 a.m.



"BACK TO SCHOOL BINGO"

FRIDAY BINGO- Friday, September 6,
2019 @ 10:00 a.m.
10 Games of Bingo with cash
prizes and a wonderful picnic for
lunch. Cost-\$5.00



FAMILY FEUD RETURNS-

Join us on Tuesday,
August 20th at
10:30 a.m.



Dine-Out Club

August's dine out will be on
August 7, 2019 at
Crabby Dick's-
Delaware City
@ 4:30 p.m.

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

Website

E-mail

2019-2021 ADVISORY COUNCIL MEMBERS

Tanya Bayard

Linda Brown

Pat Burk

Judy Egner

Beverly Ellis

Dot Evans

Orval Foraker

Jeannette Henretty

Dutchie Jensen

Frank Kersey

Jim McFarland



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 am. to 4:00 pm. 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.

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 on Tuesdays thru Thursdays from 9:00 a.m. to 12:00 noon.

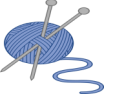
CERAMICS – The ceramics room is open daily from 9:00 a.m. to 3:00 p.m.
Join our talented painters as they create ceramic pieces for all occasions.



QUILTING – Our quilters meet on Friday mornings from 9:30 a.m. to 11:30 a.m.
in the multi-purpose & bingo room. Stop by and see the beautiful items these amazing ladies
have created .



BEGINNER KNITTING CLASS – If you are interested, please stop by and speak to Betsey.



CARDS AND GAMES ...



POKENO – We have a group of Pokeno players who play on the last Tuesday of the month at
12:45 p.m. in the Dining Room. We welcome new players.

BINGO – We would like to welcome everyone to play Bingo on Monday, Wednesday (as long as we
have enough people to play) and Thursday mornings from 9:45 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! **We need a Bingo Caller for the 1st Wednesday of every month.**
Can you help?



ALL- DAY BINGO– Join us as we kick off a new Bingo event once a month! On Wednesday, August
28th, we will be hosting all-day bingo. From 9:30-11:30 we will play bingo, have lunch and then bingo
from 12:30-2:30. This is Penny/Nickel Bingo. So bring your chips and your money!!



NICKEL/NICKEL – If Nickel/Nickel is your game, join one of the games going on in the Dining
Room every day. **New players are needed, so feel free to join a game.**



SHUFFLEBOARD – Shuffleboard is very popular. Our two tables are ready and waiting for you.
We are always looking for new players. Stop by any time.

SHUFFLEBOARD TOURNAMENT- Weston vs/ New Castle. Join us on Monday, August 12th @ Weston
Senior Center-10:00 a.m. Please sign-up in the shuffleboard room.



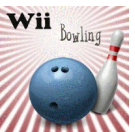
BILLIARDS – We have four billiard tables so there is always room for you to play.



PUZZLE CORNER – If you like to do jigsaw puzzles, check out our puzzle corner in Room 3. 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 in the Community Room. We will be playing double deck and
it is open to everyone.



SUMMER Wii BOWLING-The Wii Summer Bowling League ends on Wednesday, August 7, 2018. We will
be having an end-of-the- season luncheon at "Legends," Rt .13, on Monday, August 19th @ 11:30. You
will be responsible for your own lunch. Please let Dottie know if you will be attending.



FALL Wii BOWLING LEAGUE MEETING– Tuesday, August 13th @ 11:00 a.m. We will be going over the
rules and setting up teams. If you have bowled in the past and would like to continue or if you are new
to Wii bowling and would like to join a team, please attend this meeting. We look forward to seeing
you!

CLUBS and GROUPS ...



PING PONG— Thanks to a very generous donation, Weston now has a beautiful new ping pong table. The table is being utilized in the Multi Purpose Room, across from the Bingo room. The schedule for use is Mondays, Wednesdays, & Thursdays from 9:00 a.m.-3:00 p.m.



RED HATS –The “Red Hot Mamas” meet on the second Monday of each month at 11:00 a.m. in the Dining Room followed by lunch at a local restaurant. See Dutchie Jensen to join the group or for additional information.



DINING OUT CLUB – Our dine out group meets on the first Wednesday of each month at area restaurants at 4:30 p.m. Please check out our activities calendar near the back of this newsletter for locations and sign up on the sheet in the lobby if you will be joining us. It’s always fun to get together for a meal. If you need a ride, let us know. We can arrange carpooling. Important! This is a fundraiser for the center. Be sure to tell your family and friends. For those wanting to plan ahead, **our September dine out will be on September 4, 2019 at Michaels-Churchman's Rd.**



PEN PAL GROUP – If you are interested in next year’s pen-pal group, leave your name with Dottie and we will keep you posted.



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.

WELLNESS AND PHYSICAL FITNESS ...



DIABETES SELF-MANAGEMENT PROGRAM— More knowledge about how to manage your 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 and more knowledge about diabetes can improve your life! Sign up for this free workshop! When: 8/27–10/01/19-Tuesdays, from 9:30 a.m.–12 p.m.. (8/27, 9/3, 9/10, 9/17, 9/24 & 10/01)



SIT & BE FIT— FREE 8 week chair exercise class. Mondays from 10:00-11:00 a.m. Starting June 24th & ending Monday, August 12th. Sign-up sheet is on the bulletin board.



LINE DANCE CLASS – 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.

PLEASE NOTE: Be sure to check the schedule as there are days that Joanne will not be here.



MOVING TO THE OLDIES w/ Joanne (The Old Zumba Class)—Our low impact, moving-to-music class is held on Thursday mornings from 10:00 a.m. to 11:00 a.m. Classes are \$4.00 per person per class.

PLEASE NOTE: Be sure to check the schedule in the lobby as there are days that Joanne has other commitments and will not be here. **(No class August 1 & 8.)**



WALK, WALK, WALK - Watch out in the hallways! Our “walkers” are off and walking!! Walking will enhance your health and make you feel better.



LETS DO IT AGAIN! AQUA-CARDO CLASS— In partnership with Fraim Center for Active Adults, Weston will be offering an aquatic exercise class. 8-week Aqua-Cardio- Tuesdays 8:45 a.m.-9:30 a.m. September 24th-November 12th. Cost- \$20.00 , but you will need to supply your own transportation to the Fraim Center located at 669 South Union St. Wilmington, DE 19805. Payment must be presented at time of sign-up. Please sign-up with Dottie.

FUNDRAISING



FUNDRAISING – June 2019

Below is our fundraising status
(July 1, 2018–June 30, 2019).



Our fundraising for July 1, 2018 to June 30, 2019 has come to an end. We continue to look for new and innovative ways to raise funds for the center. If you have any ideas, please let us know. A great way for you to help the center is to talk to your children and grandchildren. If they work for companies that encourage their employees to donate to the United Way, they can designate that their donation goes to the Weston Senior Center. Our designation number is 9336. Be sure to tell your family, friends and neighbors.

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!!

ALUMINUM CANS/TABS –

We recycle aluminum cans here at the Weston Senior Center. Recycling cans is a win-win for everyone. We help the environment and at the same time, earn money for the center. Be sure to put your empty aluminum cans in the container in the Dining Room. Also, bring in can tabs. We pull all the tabs off the cans and put them in large jars. When the jars get full, we take the tabs to the Ronald McDonald House.

INK CARTRIDGES - Thanks to everyone who donates their used ink cartridges to the center. We use them to earn credits for

50/50s	\$364.00	
Donations – General	\$50.00	
June Club	\$2035.00	
Cans	\$39.20	
B.J's Fundraiser	\$100.00	
Total for June 2019	\$2,588.20	
Total for May 2019		\$541.60
Total for April 2019		\$3083.00
Total For March 2019		\$1,585.00
Total for February 2019		\$798.00
Total for January 2019		\$725.00
Total for December 2018		\$684.00
Total for November 2018		\$1383.10
Total for October 2018		\$ 832.00
Total for September 2018		\$589.65
Total for August 2018		\$1,836.40
Total for July 2018		\$1.438.00
Total		\$16,083.95

purchases that will benefit the center. Your donations are helping to reduce our supply costs. Keep them coming!

AMAZON SMILE – Make a donation to Weston without costing you a penny! How, you ask? When you make purchases through Amazon Smile, please designate Weston as your charitable organization. They will donate .05% of your purchase to Weston. Free money for us at no cost to you! Go to <https://smile.amazon.com/>

BASKETFEST 2019– We are now accepting donations for this year's Basketfest to be held on Sunday, October 13th, 2019. We are looking for any NEW items, gift cards, wine, liquor or cash donations at this time. Please drop off all donations to Dottie at the front desk.

HEALTH SERVICES

THOUGHTFUL THURSDAY–“Education and Information Program” - Thursdays @ 11:30 a.m.

Thursday, August 1- Bankers Life Medicare

Thursday, August 8 -Why talking to your doctor matters– ways to make your time at the doctor’s office worthwhile,-Ingleside Senior Services

Thursday, August -15- NO SPEAKER

Thursday, August 22- Senior Medicare Patrol

BLOOD PRESSURE SCREENING – Please note blood pressure screenings have moved to Thursdays! Blood pressure screening is available at the center on the 1st and 3rd Thursday at 11:00 a.m. The nurse in the Weston Adult Day Care can check your blood pressure on the first Thursday and a nurse from Generations Homecare will be here on the third Thursday. Please remember that this service is not intended to replace regular visits to your doctor. Only your doctor is best able to determine your medical needs.

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 Dottie 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 \$20,600 for a single person and \$31,900 for a married couple after Medicare Part B is taken out. For more information, please contact the clinic at 651-4405.

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.

HEARING IMPAIRED–The Office of the Delaware State Fire Marshal is offering specialized smoke detectors free of charge to all Delaware residents who have a hearing impairment. These detectors feature a very high decibel audible tone as well as a flashing strobe light. For more information or to receive a smoke detector, contact Brian Ferguson, Office of State Fire Marshal, at (302) 257-3069.



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 Dottie 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. See Beverly for an appointment.



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 Dottie.

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.



LEGAL AID – Michelle McLean of the Elder-law Program of Community Legal Aid is available to provide services to our center on the first Tuesday of the month. If you need legal aid, please see Dottie.



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 \$22,340 for a single person and \$30,260 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 DRIVER SAFETY PROGRAM – The next “Beginners” class of the AARP Driver Safety Program will be held on Tuesday, September 3, 2019 from 9:00 a.m. to 3:00 p.m. The cost of the course is \$15.00 for A.A.R.P. members (you must present your membership card) and \$20.00 for non-members and should be paid when you sign up. Please make checks payable to A.A.R.P. Sign-ups are taken on a first come, first serve basis with the class being limited to 25 participants. Please note that lunch is not included in the price, but is available for \$2.00. Check the menu.



STAND BY ME 50+ - Geri 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.



FUN & GAMES

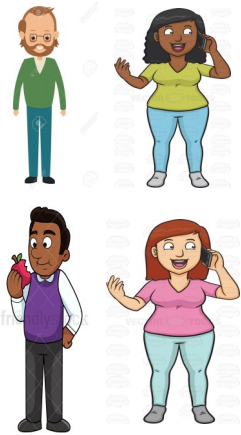
SUMMER OF ARTS & CRAFTS– In August ,we will be offering make and take craft projects. Advanced sign-ups will be required and payment is due at the time of sign-up. Classes will be limited to 12.

Wednesday, August 7th– 9:30-11:30 a.m. “Patriotic Wreath”, taught by Dottie Lovett- Cost 15.00.

Wednesday, August 21st– 9:30-11:30 a.m. “Whirligigs,” taught by Betsey Moore - Cost -\$3.00.

WANDERING WITH WANDA & WALTER WESTON!-Dear Members.

We wonder where are members go, what they enjoy and what is important to them when they leave Weston. We came up with an idea to create a way for you to show everyone a piece of your life. Meet Wanda & Walter Weston! Please pick up one of our ambassadors and take them with you wherever you go. Take a picture(or many pictures) with Wanda or Walter that shows what your activities and adventures are . Print your pictures and bring them back to the center or email the picture to Beverly @ b.mccool.westonsc@gmail.com . If you can't do that bring Beverly your phone/camera and she will download your pictures and print them out. We will be creating a bulletin board to share all the fun and interesting things our members do. You can pick up your Wanda or Walter doll at the front desk- just ask Dottie!



“COOLING OFF WITH THE GRANDKIDS” ICE CREAM PARTY- Join us to celebrate the dog days of summer with a Grandparent/Great-grandparent/Grandkids Ice Cream Party! Thursday, August 15th, 2019 from 10:30 a.m.-1:30 p.m. We will be doing an age - appropriate craft, lunch, ice cream sundaes and ice cream bingo! This event requires advanced sign-ups and payment. Cost- \$ 3.00 pp. When signing up, please let Dottie know how old your grandkids are. This event is open to children ages 4-12.



FAMILY FEUD RETURNS– Join us on Tuesday, August 20th at 10:30 a.m. as we challenge St. Anthony's SC to a Family Feud Showdown! If you want to be a part of OUR family team, sign-up on the bulletin board in the main greeting area. We have invited other senior centers to come watch in the hopes of expanding this program. Come cheer on your “Weston Family”!

HAPPY BIRTHDAY! –We wish a very Happy Birthday to all of our members who celebrate their birthday in August. Check out the birthday display in the hallway. We offer a “free” lunch to those who eat at the center on their birthday. If you are here on your birthday, we will sing to you at lunch and we will celebrate everyone’s birthday on our “birthday day” each month.

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 replacing our boilers. Please support the center if you can! Special thanks to those that have made such generous contributions so far!

HELP WANTED!



HELP WANTED!!! WE NEED YOU!!! – We need your help! Can you help out your center for even one day a month, whether it is with calling bingo, setting up for coffee or selling 50/50s? Many hands make light work, so volunteer to help. Most of the work will not interfere with your activities at the center and can be fun. Please consider lending a hand! See a council member for more details.

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</u>		
1st: 9:30 a.m. to 11:30 a.m. Practice your skills.	8th: 9:30 a.m. to 11:30 a.m. Practice your skills.	15th: 9:30 a.m. to 11:30 a.m. Practice your skills.
22nd: 9:30 a.m. to 11:30 a.m. Practice your skills.	29th: 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 16, 2019 to July 15, 2019:

Madeline Anderson

Beverly Christina

Ruth Hall

Gwen Lang

Joanne Tulowitzki

Pearl Baylor

Barbara Dooley

Marie Hellengreen

Jalaliyeh Moainie

Annetta Wallace

Phyllis Bradley

Kathy Greer

Joyce Hoopes

Denise Shea

A BRAIN TRAINING PROGRAM FOR PEOPLE WITH EARLY MEMORY LOSS

“HOLD THAT THOUGHT”

Weston Senior Center 1 Bassett Ave.

New Castle DE 19720

302-328-6626



We are open:

Tuesdays &

Thursdays

10:00 AM-

2:00 PM

Our Affordable

Rates:

Daily Rate:

\$20.00

(Includes

Lunch)

Billed

Monthly!

Hold that Thought is open to people experiencing early stages of Dementia, Alzheimer's or any other cognitive impairment. This group provides a safe, positive, strength-based environment where members will learn, share & engage with a caring staff.

Our program offers caregivers some respite time knowing that their loved ones are in a safe, fun and active environment. For more information or to schedule an appointment, please call 302-328-6626.



Benefits of our Program



DAY TRIPS

HARRINGTON-MIDWAY SLOTS – It's back to Harrington-Midway Slots on Wednesday, August 14, 2019, and Wednesday, September 11, 2019. The cost of the trips is \$20.00 each and includes transportation, \$15.00 in slot play and \$7.00 towards the buffet. The bus will leave the center at 8:30 a.m. and leave Harrington at 2:30 p.m.

AMERICAN MUSIC THEATRE CHRISTMAS SHOW - "DECK THE HALLS" & SHADY MAPLE -

Tuesday, December 17, 2019. Bus leaves at 9:30 a.m. and returns approximately at 6:30 p.m.

\$85.00 PP (Includes show, lunch & transportation) Feast on the delicacies at Shady Maple, browse the shops and then travel to the American Music Theater for their Christmas show "Deck the Halls." This year's show is sure to be the highlight of your holiday season. It will warm your heart and touch your soul with world-class entertainment and sentimental tributes to the true meaning of Christmas. Join us as we get into the spirit of the season. **THIS TRIP IS SOLD OUT-WAITING LIST ONLY!**

EXTENDED TRIPS

DUDE RANCH, NEW YORK- 5 Days/4 Nights Monday, September 16, 2019-Friday, September 20, 2019
Double- \$520 pp. Single-\$575 pp. Flyers available at the front desk. Waiting list only!

VIRGINIA BEACH, VIRGINIA- Christmas at The Beach 3 Days—2 Nights - December 1-3, 2019
Cost: \$360.00 pp. (Double Occupancy). Final payment due August 15, 2019. Flyers available at front desk.

*****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 now 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. If you want to go on a trip, you will not be "signed up" unless you pay in full for 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.



Summer Word Search



Find and circle the list of words
in the word puzzle below.



August
Barbecue
Beach
Camping
Humid
Ice cream







July
Lemonade
Ocean
Picnic
Sailing
Sand





Sandals
Shorts
Sunglasses
Sunny
Towel
Warm

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

August 2019

Weston Senior Center Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			9:30-Pinochle 9:45- Bingo 11:00-Blood Pressure Checks (ADC) 11:30- Thoughtful Thursday-Bankers Life, Medicare	9:30-Quilting Class 10:00- "Keeping it Cool" Bingo! \$5.00
5	6	7	8	9
9:00-Summer Wii Bowling 9:45- Bingo 10:00-SIT & BE FIT! 11:00-Red Hats 10 Week Club Tickets on Sale starting today!	8:45-9:30- Aqua Cardio @ Fraim's 10:00-BRAIN TRAINING w/Brianna and the U of D 	9:45- Bingo 9:30-Summer of Arts & Crafts- Patriotic Wreath Class 10:00- Line Dance 11:00-Advisory Council 12:30-Summer Wii Bowling 4:30- Dine Out Club- Crabby Dick's	9:30-Pinochle 9:45- Bingo 11:30- Thoughtful Thursday-Why talking to your doctor matters. Ways to make your time at the doctor's office worthwhile-Ingleside Senior Services 	9:30-Quilting Class 
12	13	14	15	16
10:00-SIT & BE FIT! 9:30-Shuffleboard Tournament w/ New Castle SC @ Weston 9:45- Bingo 	8:45-9:30- Aqua Cardio @ Fraim's 11:00-Fall Wii Bowling League Meeting 	8:30- Harrington Trip 9:45- Bingo 10:00- Line Dance 	9:00- Stand By Me 50+ 9:30-Pinochle 9:45- Bingo 10:00 - Moving to the oldies w/ Joanne 10:30- Ice-cream Event-Grandkids & Grandparents 11:00 - Blood Pressure Screening 	9:30-Quilting Class 
19	20	21	22	23
9:45- Bingo 11:00-Red Hats 11:30-Summer Wii Bowling Luncheon @ The Legends 	8:45-9:30- Aqua Cardio @ Fraim's 10:30- Family Feud St. Anthony's vs/ Weston @ Weston 	9:45- Bingo 10:00- Line Dance 9:30-Summer of Arts & Crafts - "Whirligigs," 	9:30-Pinochle 9:45- Bingo 10:00 - Moving to the oldies w/ Joanne 11:30- Thoughtful Thursday-Senior Medicare Patrol 	9:30-Quilting Class 
26	27	28	29	30
9:45- Bingo 	9:30-Diabetes Self-Management Program 12:45-Pokeno 	9:30- ALL DAY BINGO 10:00- Line Dance 	9:30-Pinochle 9:45- Bingo 10:00 - Moving to the oldies w/ Joanne 	9:30-Quilting Class 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>MENU FOR AUGUST 2019</p>	<p>PLEASE NOTE: The Howard J. Weston Community and Senior Center, Inc. Nutrition Program does not discriminate on the basis of sex, creed, national origin, race or handicap.</p>	<p>KITCHEN STAFF Rob Schneider, Head Chef</p>	<p>1 </p> <p>Pot Roast Buttered Noodles Broccoli Danish</p>	<p>BINGO </p> <p>2</p> <p>Chicken Salad on a Croissant Cucumber/Tomato Salad Chips or Pretzels Watermelon</p>
<p>5 </p> <p>Baked Fish Dirty Rice Cajun Tomatoes Ice Cream</p>	<p>6 </p> <p>Egg Rolls Stir Fried Vegetables Fried Rice Five-Spice Bread Pudding</p>	<p>7 </p> <p>Spaghetti w/ Meat Sauce Salad Garlic Bread Cookies</p>	<p>8 </p> <p>Chicken Fajitas Black Beans Spanish Corn Tres Leches Pudding</p>	<p>9 </p> <p>Grilled Chicken Caesar Salad Parmesan Bread Assorted Desserts</p>
<p>12 </p> <p>Roasted Pork Loin Apple Sauce Brussels Sprouts Brownies</p>	<p>13 </p> <p>Comed Beer & Cabbage Potatoes O'Brien Carrots Fruit Cup</p>	<p>14 </p> <p>BBQ Chicken Potato Salad Peas Peaches</p>	<p>15 </p> <p>Hot Dog Corn on the Cob Chips or Pretzels Sundaes</p>	<p>16 </p> <p>Chef Salad Tomato Bread Assorted Desserts</p>
<p>19 </p> <p>Jerk Chicken Rice & Peas Cabbage & Carrots Jamaican Donuts</p>	<p>20 FEAST </p> <p>Seafood Stuffed Fish Boardwalk Fries Carrots & Celery Fire Roasted Oranges</p>	<p>21 </p> <p>Chili Cornbread Tossed Salad Chocolate Pudding</p>	<p>22 </p> <p>Meatloaf Mashed Potatoes Gravy Corn Cookies</p>	<p>23 </p> <p>Tuna Salad Sub Chips & Pretzels Salad Assorted Desserts</p>
<p>26 </p> <p>Sausage, Egg & Cheese Bagel Sandwich Hash Browns Fruit Coffee Cake</p>	<p>27 </p> <p>Beef Nachos Black Beans Grilled Corn Churros</p>	<p>28 </p> <p>Pulled Pork Sandwich Slaw Collards Brownies</p>	<p>29 </p> <p>Korean BBQ Lettuce Wrap Asian Broccoli Salad Garlic/Soy Potatoes Cake and Ice Cream</p> <p>BIRTHDAY DAY</p>	<p>30 </p> <p>Chicken & Sausage Jambalaya Rice Sweet Potato Fries Assorted Desserts</p>

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