

February 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

## BOARD OF DIRECTORS

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DARREN WRIGHT  
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GREGORY YACUCCI  
TREASURER

BARBARA McCAFFERY

KEN MOORE

BETH ORSEGA-SMITH



## Dine-Out Club

February's Dine-Out will be on  
February 1, 2023

Season's Pizza  
Wilmington Manor  
@ 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!

## AARP TAX ASSISTANCE

We are fortunate to have the services of the very capable volunteers from AARP. again this year to assist you with your tax returns.

**The only way to secure a tax appointment is to call our main number and leaving your name and number on the AARP Tax assistance appointment voice mail box.**

We will return calls in the order in which they are received. The volunteers will be here on Thursdays from February 2nd until April 13th from 9:00 a.m. to Noon.

**SNOW CLOSING** – It's that time of year when we must think about winter and snow. So, we must be prepared for when the snowflakes begin to fall. Tune into your radio for snow closing information – W.S.T.W. (93.7 FM) or go to the website [www.wstw.com](http://www.wstw.com) Snow Watch. Look for WESTON SENIOR CENTER. We will make every effort to let you know our status as early as possible. We will be listed by name: WESTON SENIOR CENTER. If you don't hear our name announced, we will be open. For our Paratransit riders, DART will make the decision regarding service. PLEASE, LISTEN TO YOUR RADIO!!  
**DO NOT CALL THE CENTER!!**

## MEMBERSHIP

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

## MISSION

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

E-MAIL – WestonSrCenter@aol.com

WEBSITE – WestonSeniorCenter.org

Facebook - Weston Senior Center

WESTON'S UNITED WAY number is 9336.

Website

E-mail

### 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. Check out our "Make & Take Craft Table." Each month we will feature a new simple craft that you can make for free. All supplies and instructions will be located on the table and it is open to all members. One per person please! 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 new Quilting Instructor. The class is on held on Friday from 9:30 a.m.-11:00 a.m. All levels of skill are welcome!

## CARDS AND GAMES ...



**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 Fall league has begun! We have 10 teams that meet every Tuesday @ 9:30 a.m. We are looking for substitutes. If you are interested please leave your name with Donna at the front desk.



**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 second session begins on January 9, 2023. Each team needs to bowl 3 reserved scores before January 9, 2023. We are looking for substitutes. If you are interested please leave your name with Donna.



**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](http://www.westonseniorcenter.org)
- On the front page of our website you will see an icon called “Virtual Classes & Activities”
- Click the “Learn More” Button

#### **You will see-**

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

### **ON-GOING VIRTUAL CLASSES**

#### **Virtual 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, February 2, 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.



### **STARTING IN LATE JANUARY 2023–**

#### **OUR NEW INTERN FROM THE UofD**

“Hello! My name is Allison Kenny and I am a senior Health Behavior Science Major with a minor in Public Health at the University of Delaware. On campus, I am a student volunteer for Lori’s Hands and a member of Alpha Delta Pi sorority. I was born and raised in Stony Brook, NY and enjoy spending time by the beach and in nature throughout my hometown. Alongside my academic interests, I also have many hobbies that I enjoy. Reading is something that I have loved from a young age, especially Mysteries and Classics (Jane Eyre is my favorite book of all time). Additionally, I love working out, anything involving art, and baking with my roommates. I am looking forward to spending time at Weston Senior Center and getting to meet some wonderful people!”



## FUNDRAISING

### FUNDRAISING – DECEMBER 2022



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

50/50s	\$517.00	
Donations – General	\$610.00	
10 Week Club	\$520.00	
Scrip/Raise Right	\$191.56	
Restricted Donation	\$200.00	
Total for December 2022	\$2,038.56	\$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		\$10,218.32

### 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!

**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>.

**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, February 24, 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.

### January 2023 Winners

Gabe Archangelo - 12/30/22 - \$57  
Ralph Delaria - 1/6/23 - \$98  
Beverly Ellis - 1/13/2023 - \$125

### SAVE THE DATE-BASKETFEST 2023!

Basketfest is returning in 2023!!!

Our most popular fundraiser is  
scheduled for

**Sunday, April 23, 2023.**

Tickets will be \$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 go on sale

**Monday, February 6, 2022.**

### 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!**

## WELLNESS AND PHYSICAL FITNESS ...

**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. **There will be no class on Wednesday, February 1 & 8**



**LOW IMPACT CARDIO CLASS** – **Friday's @ 10:00 a.m.** – Mary Ellen Louise is our new cardio instructor. Join us for a wonderful workout utilizing bands, weights and balls to improve your cardio functions. The class will be \$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, February 2, 2023, from 9:00 a.m.-11:00 a.m. presented by University of Delaware's HEALTH for All program.

**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.

## 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, March 14, 2023 from 9:00 a.m.-2:00 p.m. Sign-up with Donna at the front desk. 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. 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!

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### 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.**

February 2023		
2nd: 9:30 a.m. to 11:30 a.m. Practice your skills.	9th: 9:30 a.m. to 11:30 a.m. Practice your skills.	16th: 9:30 a.m. to 11:30 a.m. Practice your skills
	23rd: 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 December 16, 2022 to January 15, 2022:

Donald Barnett	Clarence Brown	David Citro	Doris Crabill	Donald Dodd
Bob Drain	Eudel Drain	David Feasel	Susan Feasel	Christine Fidance
Al Fidance	John Kral	Tyrouse Moody	Kathleen Moseley	Roger Moseley
Susan Orr	Janis Riley	Bruce Robinson	Kay Schorah	Steven Schorah
		Claire Sherman		





**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.

**FEBRUARY**

**ENVELOPE FUNDRAISER– Wednesday, February 1, 2023**

**BINGO & LUNCH– Friday, February 3, 2023 @ 10:00 a.m. Cost-\$5.00.** This month's theme is "Ground Hog Day". Share with us what makes your holiday a joyful one. Cash Prizes & Door Prizes.

**BASKETFEST 2023– Sunday, April 23, 2023.** Tickets go on sale **Monday, February 6, 2023.** Cost is \$25.00. This fundraiser is open to the public.

**SUPER BOWL LVII PARTY– Thursday, February 9, 2023 @ 11:00 a.m.** Who will win the Super Bowl this year? We don't know, but it sure is fun watching our team compete for the Lombardi trophy. It could be just a touchdown away. Join us as we play to WIN! Snacks and fun for everyone.

**WESTON'S ANNUAL SOUP SALE**– Order forms are available at the front desk. We are offering Split Pea soup and Chili. The cost is \$7.00 a quart. You must order by Friday, February 3, 2023. Pick up is on Thursday, February 9 or Friday, February 10, 2023. Advanced sign-ups with payment will be required.

**IN-HOUSE MOVIE EVENT– Thursday, February 16, 2023 @ 9:30 a.m.** Movie- "Dog Gone" Based on the true story of a father and son who repair their fractured relationship during a forced hike of the Appalachian trail to find their beloved lost dog.

**BLACK HISTORY MONTH PRESENTATION– Thursday, February 23, 2023 @ 11:00 a.m.** Please join us for our annual Black History Month presentation. Lunch will be \$3.50. Sign-up early!

**MARCH**

**DO MORE 24** - Starting at 6:00 p.m. on Thursday, March 2, 2023 and ending at 6:00 p.m. on Friday, March 3, 2023. Help us "Light Up Weston".

**CHRONIC PAIN SELF MANAGEMENT PROGRAM**– This is a FREE 6 week class. It begins on **Tuesday, March 7, 2023 and ends on Tuesday, April 11, 2023.** Chronic pain can be debilitating. If you are dealing with it, our program can help you develop skills to manage it so that you can get on with your life. Chronic pain impacts your life physically and emotionally. Chronic pain is pain that lasts six months or longer. It not only impacts a person physically, but also alters a person's ability to plan for day-to-day challenges. This evidence-based program can help you gain the skills to manage these issues in coordination with your health care team. Register online at [www.HealthyDelaware.org/SelfManagement](http://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](mailto:DPHSMP@Delaware.gov)



### What is the Envelope Challenge?

The Envelope Challenge is the popular paper envelope fundraiser: a wall of envelopes, each numbered with a specific dollar amount, for our members and friends to select and purchase.

(For example, the 37th envelope is worth \$37.00. The 10th envelope is worth \$10.)

Supporters select an envelope of their desired gift size, put their money in it, fill out the form inside and return it to the treasure chest in the main greeting area. This can be done as an individual or a group can get together and choose an envelope. Inside the form will ask what activities you participate in.

The activity that raises the most money will receive a prize.

If all the envelopes are taken down we will raise \$5,050. Not too shabby!

This money will be added to our "Do More 24" Fundraiser.

This fundraiser will begin on Wednesday, February 1, 2023.



## Weston's Fundraisers



### DO MORE 24- “Light Up Weston”

Do More 24 Delaware 2023 will be held over 24 hours on March 2-3, 2023, Starting at 6 p.m. on Thursday, March 2, 2023 and ending at 6 p.m. on Friday, March 3, 2023

### What is Do More 24 Delaware?

Do More 24 Delaware is designed to be a fun and easy way for the entire community to impact philanthropy and be inspired to donate to non-profits serving Delaware. It is a unique 24-hour giving event that showcases the amazing and vital work of non-profit organizations serving our state. The goal is to inspire Delawareans to come together for 24 hours and contribute as much as they can financially to the causes and organizations that they support.

Please consider contributing to Weston for this 24-hour fundraiser. Our theme this year is “Light Up Weston” Funds raised will be used towards the replacing our out dated lighting with energy efficient units.

We will be collecting funds for the March event in order to maximize our fundraising potential by participating in various challenges during the 24-hour period.

Any donations would be greatly appreciated.

To make an online donation please stop by our page.

<https://www.domore24delaware.org/fundraisers/howard-j-weston->





# 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.
- ⇒ **WHEELING, WEST VIRGINIA, FESTIVAL OF LIGHTS– November 28-30, 2023.**  
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 schedule will be available in the next newsletter.*

## **\*\*\*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.

#### 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)

## Buffalo Chicken Dip

### Ingredients

1 package (8 ounces) cream cheese, softened  
1 cup chopped cooked chicken breast  
1/2 cup Buffalo wing sauce  
1/2 cup ranch or blue cheese salad dressing  
2 cups shredded Colby-Monterey Jack cheese  
French bread baguette slices, celery ribs or tortilla chips



### Directions


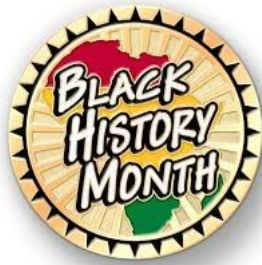








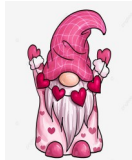

1. Preheat oven to 350°. Spread cream cheese into an ungreased shallow 1-qt. baking dish. Layer with chicken, wing sauce and salad dressing. Sprinkle with cheese.
2. Bake, uncovered, until cheese is melted, 20-25 minutes. Serve with baguette slices.



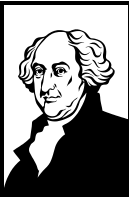

















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# valentine word search

ADMIRER	ENAMORED
ADORE	ENDEARMENT
AFFECTION	ENVELOPE
AMOROUS	FEBRUARY
ANGEL	FLAME
BALLOONS	FLIRT
BELOVED	FLOWERS
BOUQUET	FONDNESS
CANDY	FRIEND
CARD	GIFT
CARNATION	HEART
CHARMED	HEARTTHROB
CHERISH	HOLIDAY
CHERUB	HONEY
CHOCOLATE	HUG
COURTING	KISS
COURTSHIP	LIKE
CRAZY	LOVE
CRUSH	LOVEBIRDS
CUPID	PINK
DARLING	POEM
DATE	RED
DEAR	ROMANCE
DECORATE	SWEETHEART
DESIRE	SWEETS
DEVOTION	TENDERNESS
DOVES	VALENTINE
EMBRACE	



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		9:30- Bingo & Virtual Bingo <b>9:30- Women's Club</b> 10:00- <b>NO</b> Line Dance w/Joanne 11:00-Advisory Council <b>4:30- Dine-out "Seasons Pizza"</b>	<b>9:00- Blood Pressure Screening</b> <b>9:00- AARP Tax Assistance (by appointment only)</b> 9:30-Pinochle 9:30- Bingo	9:30- Beginner Quilting <b>10:00</b> <b>"Ground Hog Day" BINGO &amp; LUNCH- Cost- \$5.00.</b> 10:00- <b>NO</b> Low Impact Cardio
6	7	8	9	10
9:00- Wii Bowling 9:30- Bingo 10:30- Virtual Chair Yoga 	9:00- Wii Bowling <b>9:00- i-Phone &amp; iPad help w/ Ron Pierce</b> 9:30- Shuffleboard 10:30- Virtual Bible Study w/ Barbara. <b>12:30-Free Diabetes Workshop</b>	9:00- Wii Bowling 9:30- Bingo & Virtual Bingo <b>9:30- Women's Club</b> 10:00- <b>NO</b> Line Dance w/Joanne 	9:00- Wii Bowling <b>9:00- AARP Tax Assistance (by appointment only)</b> 9:30-Pinochle 9:30- Bingo 9:30- Wii Bowling <b>11:00- Football Party</b>	9:30- Beginner Quilting 10:00- <b>NO</b> Low Impact Cardio 
13	14	15	16	17
9:00- Wii Bowling 9:30- Bingo 10:30- Virtual Chair Yoga <b>11:30- Red Hats</b>	9:00- Wii Bowling 9:00- AARP Defensive Driving <b>9:00- i-Phone &amp; iPad help w/ Ron Pierce</b> 9:30- Shuffleboard 10:30- Virtual Bible Study w/ Barbara. <b>12:30-Free Diabetes Workshop</b>	9:00- Wii Bowling 9:30- Bingo & Virtual Bingo <b>9:30- Women's Club</b> 10:00- Line Dance w/ Joanne 	9:00-Geri Huss, Stand by Me 50+ <b>9:00- AARP Tax Assistance (by appointment only)</b> 9:30-Pinochle 9:30- Bingo 9:30- Wii Bowling <b>9:30- In House Movie "Dog Gone"</b>	9:30- Beginner Quilting 10:00- Low Impact Cardio Class 
20	21	22	23	24
9:00- Wii Bowling 9:30- Bingo 10:30- Virtual Chair Yoga 	9:00- Wii Bowling <b>9:00- i-Phone &amp; iPad help w/ Ron Pierce</b> 9:30- Shuffleboard 10:30- Virtual Bible Study w/ Barbara. <b>12:30-Free Diabetes Workshop</b>	9:00- Wii Bowling 9:30- Bingo & Virtual Bingo <b>9:30- Women's Club</b> 10:00- Line Dance w/ Joanne 	9:00- Wii Bowling <b>9:00- AARP Tax Assistance (by appointment only)</b> 9:30-Pinochle 9:30- Bingo <b>11:00- Black History Month Celebration</b>	9:30- Beginner Quilting 10:00- Low Impact Cardio Class <b>12:00- Food distribution in parking lot</b>
27	28	1	2	3
9:00- Wii Bowling 9:30- Bingo 10:30- Virtual Chair Yoga	9:00- Wii Bowling <b>9:00- i-Phone &amp; iPad help w/ Ron Pierce</b> 9:30- Shuffleboard 10:30- Virtual Bible Study w/ Barbara. 12:30- Pokemo	9:00- Wii Bowling 9:30- Bingo & Virtual Bingo <b>9:30- Women's Club</b> 10:00- Line Dance w/ Joanne 	9:00- Wii Bowling <b>9:00- AARP Tax Assistance (by appointment only)</b> 9:30-Pinochle 9:30- Bingo 	9:30- Beginner Quilting 10:00- Low Impact Cardio Class 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>MENU</b> <b>FOR</b> <b>FEBRUARY</b> <b>2023</b>	 	<u>1</u>  <p>Stuffed Peppers Roasted Potatoes Pie</p>	<u>2</u>  <p>Chicken Kiev Rice Carrots Cake</p>	<u>3</u>  <p>Sausage Gravy Biscuits Hash Browns Fruit</p>
<u>6</u>  <p>Spinach Ravioli Caesar Salad Éclair</p>	<u>7</u>  <p>Pork Loin Scalloped Potatoes Brussel Sprouts Pie</p>	<u>8</u>  <p>Oven Fried Chicken Stuffing Vegetable Medley Chocolate Pudding</p>	<u>9</u>  <p>All Beef Frank Baked Beans Fries Cake</p>	<u>10</u>  <p>Tuna Salad on a Croissant Lettuce &amp; Tomato Potato Chips Assorted Desserts</p>
<u>13</u>  <p>Fettuccine Carbonara Ham, Peas &amp; Mushrooms Éclair</p>	<u>14</u> <b>FEAST</b>  <p>Seafood Newburg Linguini Asparagus Cake</p>	<u>15</u>  <p>Chicken Pot Pie w/ Vegetables Biscuits Baked Apples</p>	<u>16</u>  <p>Meatloaf Mashed Potatoes Vegetable Medley Brownies</p>	<u>17</u>  <p>Pizza Garden Salad Assorted Desserts</p>
<u>20</u>  <p>Grilled Chicken Sandwich Lettuce &amp; Tomato Slaw Cookies</p>	<u>21</u>  <p>Cheeseburger Lettuce &amp; Tomato Fries Cupcakes</p>	<u>22</u>  <p>Three Cheese Lasagna Italian Vegetable Blend Birthday Cake Ice Cream <b>BIRTHDAY DAY</b></p>	<u>23</u>  <p>Catfish Sweet Potato Casserole Collard Greens Corn Bread Lemon Meringue Pie</p>	<u>24</u>  <p>Tortellini Caesar Salad Garlic Stick Assorted Desserts</p>
<u>27</u>  <p>Pork Chop Mashed Potatoes Peas &amp; Carrots Rice Pudding</p>	<u>28</u>  <p>Beef Stew Egg Noodles Fruit</p>	<p>Paul O'Brien Cook</p> 		<p><b><u>PLEASE NOTE:</u></b></p> <p>The Howard J. Weston Community and Senior Center, Inc. does not discriminate on the basis of sex, race, national origin, handicap or creed.</p>

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