

July 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

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CHAIRMAN

CHARLES S. STEPHAN
VICE-CHAIRMAN

CLIFFORD B. HEARN JR.
SECRETARY/TREASURER

HARRY KUTCH

BARBARA McCAFFERY

LINDA MOFFETT

KATE SHANAHAN

DARREN WRIGHT

GREGORY YACUCCI



WALK FOR A HEALTHY COMMUNITY

THANK YOU, to all of our members, friends, staff and board who supported us in our walk. We had beautiful weather and together we raised \$5,474.00 for the Weston Senior Center!

"PATRIOTIC PICNIC"

FRIDAY BINGO- Friday, July 5,
2019 @ 10:00 a.m.

10 Games of Bingo with cash prizes and a wonderful picnic for lunch. Cost-\$5.00

"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

LUAU PARTY-

Thursday, July 25th @10:30.
Cost \$5.00 Break out your Hawaiian shirt and dust off your grass skirt, we are having a Luau Party! Join us for fun, games, music and wonderful food! Please see Dottie for tickets!



Dine-Out Club

July's dine out will be on
July 3, 2019 at
Miller's Ale House
Churchman's Rd.
@ 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.

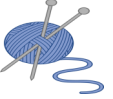
CERAMICS – The ceramics room is open daily from 9:00 a.m. to 3:00 p.m.
Join our talented painters as they create ceramic pieces for all occasions.



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, July 24, we
will be hosting all-day bingo. From 9:30-11:30 we will play bingo then have lunch and then bingo from
12:30-2:30. This is Penny/Nickle 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 v/ New Castle. Join us on Monday, August 12th @ New Castle
Senior Center-10:00 a.m. Please sign-up in the shuffleboard room. (Lunch is \$2.25.)



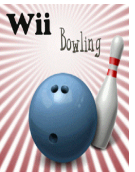
BILLIARDS – We have four billiard tables so there is always room for you to play.



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 will run from Monday, June 3, 2019 through
Wednesday, August 7, 2018 (Mondays and Wednesdays Only). Bowling starts at 12:30 p.m. as long as
the majority of the lunch crowd is finished eating. Otherwise, please wait until 1:00 p.m.
(Wii Bowling is also available on Monday mornings) New bowlers may join the league at any time.
However, scores are cumulative beginning the week of June 3, 2019.



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 tentative
schedule for use is Mondays, Wednesdays, & Thursdays from 9:00 a.m.-3:00 p.m.

CLUBS and GROUPS ...



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 August dine out will be on August 7, 2019 at Crabby Dick's, Delaware City .**



PEN PAL GROUP – If you are interested in next years 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 ...

“BRAIN TRAINING” W/ Brianna and the U of D- 8 Week FREE program Tuesdays from 10-11:30 a.m. June 18, 25, July 2, 9, 16, 23, 30 & August 6. Sign-up sheet is on the bulletin board.



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 July 4 & 18.)**



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



AQUA CARDO CLASS- In partnership with Fraim Center for Active Adults, Weston will be offering an aquatic exercise class. 8-week Aqua Cardio Tuesdays 8:45-9:30 a.m. July 2nd-August 20th. 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.

SPECIAL PRESENTATION-Sickle Cell Disease– Join us for this very important discussion, on Wednesday, July 24th @ 10:00 a.m. SCD affects millions of people throughout the world and is particularly common among those whose ancestors come from subSaharan Africa, regions in the Western Hemisphere (South America, the Caribbean, and Central America), Saudi Arabia, India, and Mediterranean countries such as Turkey, Greece, and Italy.



FUNDRAISING



FUNDRAISING – May 2019

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



Our fundraising for July 1, 2018 to June 30, 2019 is coming to an end. We sure have a challenge to surpass the fundraising of last year. 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.

50/50s	\$347.00	
Donations – General	\$111.00	
Memorial Donations	\$50.00	
Cans	\$33.60	
Total for May 2019	\$541.60	\$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		\$13,495.75

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 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.



RONALD McDONALD
HOUSE CHARITIES
OF THE CAROLINAS

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/>

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, July 11th-To Be Determined.

Thursday, July 18th-Bankers Life-Medicare up-dates.

Thursday, July 25th-Griswold Home Care-Clutter : Keep It or Toss It.



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 “Refresher” class of the AARP Driver Safety Program will be held on Tuesday, July, 2, 2019 from 10:00 a.m. to 2:30 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 June, July and 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, July 17th– 9:30-11:30 a.m. “Christmas in July Craft”, taught by Santa! - Cost \$5.00.

Wednesday, July 31st–9:30-11:30 a.m. “Cement Stepping Stones”, taught by Beverly McCool - Cost \$8.00.

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.



LUAU PARTY



LUAU PARTY- Break out your Hawaiian shirt and dust off your grass skirt, we are having a Luau Party! Join us for fun, games, music and wonderful food!
Thursday, July 25th 10:30. Cost \$5.00. Please see Dottie for tickets!

“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.



HAPPY BIRTHDAY! –We wish a very Happy Birthday to all of our members who celebrate their birthday in July. 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.

FOURTH OF JULY- Independence Day 2019, also known as Fourth of July, is a federal holiday observed yearly. It is the anniversary of the signing of the Declaration of Independence of the United States of America from Great Britain in 1776.

PARENTS DAY– **July 28th**, 2019 is a holiday celebrated, annually, on the fourth Sunday of July that combines the concepts of a Fathers' Day and Mothers' Day. It is a day that commemorates parenthood and appreciates all parents (including mothers, fathers, grandmothers and grandfathers, great-grandmothers and great-grandfathers, stepmothers and stepfathers, and foster mothers and fathers) as well as their contribution to society.

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.

July 2019		
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 May 16, 2019 to June 15, 2019:

Jacqueline Banks-Shephard

Ralph Delaria

Terry Reese

Youngluck Sheen

Judy Cathell

Sharon Duncan

Yvonne Seeley

Elaine Shumway

Cathie & Jack Christian

Marie Kotash

William Seyfert

An Early Memory Loss Program

“HOLD THAT THOUGHT”

Weston Senior Center 1 Bassett Ave.

New Castle DE 19720

302-328-6626



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.

We are open:

Tuesdays &
Thursdays

10:00 AM-
2:00 PM

Our Affordable
Rates:

Daily Rate:
\$20.00

(Includes
Lunch)

Billed
Monthly!



Benefits of our Program



DAY TRIPS

HARRINGTON-MIDWAY SLOTS – It's back to Harrington-Midway Slots on Wednesday, July 10, 2019. and Wednesday, August 14, 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. Sign up with Dottie. Payment due at time of sign up.

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). \$100 Deposit due July 15, 2019.
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.



July Fourth Word Search



























ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS

FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY

NATION
PARADE
REVOLUTION
RIGHTS
STATES
THIRTEEN
UNITED

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:00-Summer Wii Bowling 9:45- Bingo 10:00-SIT & BE FIT! 	8:45-9:30- Aqua Cardio @ Fraim's 10:00-BRAIN TRAINING w/Brianna and the U of D 10:00-Tai-Chi Moving for Better Balance (ADC) 10:00- AARP Defensive Driving Refresher Class	9:45- Bingo 11:00-Advisory Council 12:30- Summer Wii Bowling 4:30- Dine Out Club- Millers Ale House 	CLOSED 	9:30- Quilting Class 10:00- "Patriotic" Friday Bingo 
8	9	10	11	12
9:00-Summer Wii Bowling 9:45- Bingo 10:00-SIT & BE FIT! 11:00-Red Hats 	8:45-9:30- Aqua Cardio @ Fraim's 10:00-BRAIN TRAINING w/Brianna and the U of D 10:00-Tai-Chi Moving for Better Balance (ADC)	8:30- Harrington Trip 9:45- Bingo 10:00- Line Dance 12:30-Summer Wii Bowling 	9:30-Pinochle 9:45- Bingo 10:00 - Moving to the oldies w/ Joanne 	9:30- Quilting Class 
15	16	17	18	19
9:00-Summer Wii Bowling 10:00-SIT & BE FIT! 9:45- Bingo 	8:45-9:30- Aqua Cardio @ Fraim's 10:00-BRAIN TRAINING w/Brianna and the U of D 	9:30-Summer of Arts & Crafts- Christmas in July Craft 9:45- Bingo 12:30-Summer Wii Bowling 	9:30-Pinochle 9:45- Bingo 11:00 - Blood Pressure Screening 	9:30- Quilting Class 
22	23	24	25	26
9:00-Summer Wii Bowling 9:45- Bingo 10:00-SIT & BE FIT! 11:00-Red Hats	8:45-9:30- Aqua Cardio @ Fraim's 10:00-BRAIN TRAINING w/Brianna and the U of D	9:30- ALL DAY BINGO 10:00- Line Dance 10:00-Special presentation- sickle cell disease 12:30-Summer Wii Bowling	9:00- Stand By Me 50+ 9:30-Pinochle 9:45- Bingo 10:00 - Moving to the oldies w/ Joanne 10:30-LUAU PARTY!! 	9:30- Quilting Class 
29	30	31		
9:00-Summer Wii Bowling 9:45- Bingo 10:00-SIT & BE FIT! 	8:45-9:30- Aqua Cardio @ Fraim's 10:00-BRAIN TRAINING w/Brianna and the U of D 12:45-Pokeno	9:30- Summer of Arts & Crafts- "Cement Stepping Stones", 		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1</u>  Sloppy Joe Baked Potatoes Zucchini/Squash Vanilla Pudding	<u>2</u>  Italian Penne w/ Tomato Sauce & Mozzarella Green Beans Garlic Bread Cookies	<u>3</u>  Cheesesteak French Fries Mixed Vegetables Peanut Butter Mousse	<u>4</u>  CENTER CLOSED <u>INDEPENDENCE DAY HOLIDAY</u>	<u>5</u>  Hamburger or Hot Dog Potato Salad Cole Slaw Watermelon
<u>8</u>  Cheese Omelet Home Fries Sausage Fruit	<u>9</u>  BBQ Chicken Macaroni Salad Collard Greens Cookies	<u>10</u>  Spaghetti with Meatballs Garlic Bread Caesar Salad Peach Crisp	<u>11</u> FEAST  Wings Pasta Salad Broccoli Ice Cream Cup	<u>12</u>  Grilled Cheese Sandwich Tomato Soup Crackers Assorted Desserts
<u>15</u>  BLT Sandwich Chips Green Salad Chocolate Pudding	<u>16</u>  Asian Chicken & Broccoli Fried Rice Stir Fried Vegetables Jello with Fruit	<u>17</u>  Quiche (Spinach, Broccoli & Cheese) Home Fries Fruit Cup	<u>18</u>  Meatloaf Mashed Potatoes Gravy Glazed Carrots Cookies	<u>19</u>  Tacos Mexican Corn Refried Beans Assorted Desserts
<u>22</u>  Subs Tomato/Cucumber Salad Chips Brownies	<u>23</u>  Chicken Fingers Macaroni & Cheese Broccoli Cookies	<u>24</u> FEAST  Crab Cakes Baked Potato Cole Slaw Cookies & Cream Mousse	<u>25</u> LUAU \$5  Polynesian Pork w/ Island Fruit Macaroni Salad Pineapple Salsa & Chips Pineapple Upside Down Cake BIRTHDAY DAY	<u>26</u>  Pizza (Cheese or Pepperoni) Tossed Salad Assorted Desserts
<u>29</u>  Salmon Baked Potato Candied Carrots Strawberry Shortcake	<u>30</u>  Chef Salad Bread Stick Cookies	<u>31</u>  Lasagna Garlic Bread Tossed Salad Ice Cream	<u>PLEASE NOTE:</u> The Howard J. Weston Community and Senior Center, Inc. does not discriminate on the basis of sex, race, handicap, national origin or creed. ROB SCHNEIDER Head Chef	<u>MENU</u>  <u>FOR</u> <u>JULY</u> <u>2019</u>

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