

July 2022

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

PAUL O'BRIEN
CHEF

BETSEY MOORE
CRAFT INSTRUCTOR

BEVERLY J. MCCOOL
PROGRAM COORDINATOR



Dine-Out Club is Back!

July's Dine-Out will be on July 6, 2022
at Seasons on Rt. 13
@ 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!

B.J.'s Fundraiser

Starting on July 11, 2022 and ending on July 22, 2022 we will be running a BJ's fundraising event. Up to \$10.00 will go to Weston for every membership sold or renewed through this fundraiser. The cost for a new Inner Circle Membership will be \$25.00. Tell your friends and family and help Weston raise money.

BOARD OF DIRECTORS

CHARLES S. STEPHAN
CHAIRMAN

DARREN WRIGHT
VICE-CHAIRMAN

LINDA MOFFETT
SECRETARY

GREGORY YACUCCI
TREASURER

BARBARA McCAFFERY



EFFECTIVE JULY 5, 2022 LUNCH PRICE INCREASE

Due to the rising cost of food and paper products it has been determined that we will need to increase our lunch cost.

Starting Tuesday, July 5, 2022 our regular in-house lunch will go to \$3.00 and 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.

MEMBERSHIP

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

MISSION

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

E-MAIL – WestonSrCenter@aol.com

WEBSITE –WestonSeniorCenter.org

Facebook - Weston Senior Center

WESTON'S UNITED WAY number is 9336.



2022-2024 ADVISORY COUNCIL MEMBERS

*Linda Brown Pat Burk Carol Cathell Judy Egner Beverly Ellis Dot Evans
Jeannette Henretty Dutchie Jensen Linda Loveless Barbara Markey
Michele Merlonghi Cecelia Sanders*



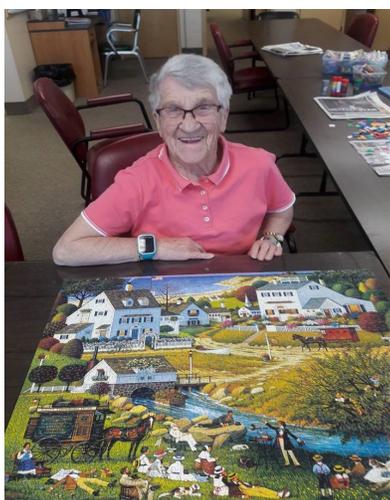
ADVISORY COUNCIL – The Advisory Council meets on the first Wednesday of each month at 11:00 a.m. in the Community Room. If you have concerns or suggestions, please feel free to contact a staff member or a Council member. If you prefer, the suggestion box is always available for anonymous comments, etc.

WESTON ADULT DAY CARE CENTER

Check out our NEW website: <http://www.westonadultdaycare.org/>

Weston has an Adult Day Care Center right in our building.

The Weston Adult Day Care Center is open Monday through Friday from 8:00 a.m. to 4:00 p.m. and provides services to those still independent but in need of supervision and assistance in an effort to delay their placement in long term care facilities (outside their homes).



Programs: Socialization, as well as mental and physical stimulation, becomes even more important as we age. Our Director plans a variety of social, intellectual, cultural and educational group activities based on the individual interests of our participants.

Nutritious Meals: A Registered Dietitian oversees the daily menu, which includes a nutritious lunch, as well as snacks throughout the day.

Services: Licensed Nurse on staff who coordinates care with your physician. We provide professional nursing care, medication administration, wound care, assistance with activities of daily living, including toileting and assistance with meals.

Weston Adult Day Care is open Monday thru Friday from 8:00 a.m. to 4:00 p.m. Full days, half days and flexible schedules are available. Weston Adult Day Care is fully licensed by the State of Delaware. Contact Weston Adult Day Care: 302-328-6425



Weston's Social Adult Day Care Program is the perfect solution for seniors who need assistance but would like to continue living at home. Our program is designed to provide the high quality social, nutritional, and daily living services your loved one needs in a safe, supportive and stimulating environment. This allows you, the caretaker, to go to work or take a break from your care-giving responsibilities and have the peace of mind knowing that your loved one is being well taken care of.

CAREGIVERS SUPPORT GROUP–Caregiver support is available in the Adult Day Care Center. If you know of anyone who would benefit from attending please contact us @ 302-328-6425

THE "ARTS" and THE "CRAFTS"



CRAFTS WITH BETSEY – Join our crafters daily from 9:00 a.m. to 1:30 p.m.

Betsey is available Tuesdays thru Thursdays from 9:00 a.m. to 12:00 noon. 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– Will be suspended for the summer. Starting back up in September, this class will move to Fridays. The class will be from 9:30 a.m.-11:00 a.m. starting on Friday September 9, 2022. If you are interested in joining the class in the Fall, please see Donna at the front desk.

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 Summer league will begin on Tuesday, June 14, 2022. If you are interested in playing please leave your name with Donna at the front desk.



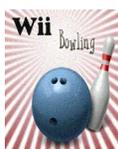
BILLIARDS – We have four billiard tables so there is always room for you to play.



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



2022 BOWLING LEAGUE UPDATE– The Summer Wii bowling league has started. We have 5 teams so far and room for more. This is a great time to practice or to try Wii bowling before the fall league begins. Sign-up with Donna at the front desk.



PING-PONG– Have you ever played Ping Pong? Want to try something new? We are trying to start a up a Ping Pong group. This group will meet on Wednesday's from 9:30 a.m.-11:30 a.m. A kick off meeting will be held on Wednesday, July 13, 2022 @ 10:30 a.m. in the Multi-Purpose Room. If you are interested please make a point to attend this meeting.



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 and they meet on Wednesday's 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. The club will start back up on Wednesday, September 7, 2022.



VIRTUAL CLASSES

Attention all members-

If you are interested in joining one of our virtual classes but you do not own a laptop or iPad please see Beverly. We have purchased 25 iPads that we can lend out to members for virtual classes. If you know of anyone who could benefit from this program, please pass along the information.

How to Join a Virtual Class

- First you must go to our Website- www.westonseniorcenter.org
- On the front page of our website you will see an icon called "Virtual Classes & Activities"
- Click the "Learn More" Button

You will see-

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

ON-GOING VIRTUAL CLASSES

Virtual Chair Yoga w/ Gail

Mondays from 10:30 a.m. - 11:30 a.m.

Non-Denominational Bible Study Virtual & In-Person

Tuesdays from 10:30 a.m.-11:30 a.m.

Virtual Bingo!

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



DELAWARE HEALTH FOR ALL

Thursday, July 7, 2022

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.

Seniors Farmers' Market Nutrition Program

The Seniors Farmers' Market Nutrition Program is offered statewide in Delaware from June thru October each year. The program provides fresh fruits, vegetables, herbs, and honey at no cost to low-income senior citizens at 15 farmers' markets and 14 on-farm markets in Delaware. Funding for the program is provided by the Delaware Department of Agriculture and the United States Department of Agriculture.

Eligible seniors will receive a booklet of five \$10 coupons (for a total of \$50) which can be used at participating farmers' markets to purchase fresh, locally grown fruits, vegetables, herbs, or honey.

Recipients may redeem the coupons through October 31 and may designate another person to shop for them if they are unable to attend a farmers' market.

Eligibility Requirements

- A resident of Delaware;
- Be 60 years or older; and
- Have a household income not exceeding 185 percent of the current Income Eligibility Guidelines
- Coupons are distributed on a first-come, first-served basis, beginning in June.

We have given out all our coupons, but we are starting a waiting list. There should be more coming in July. See Beverly to sign-up.

Club **for a Cause**



A membership that gives back.



Up to \$10 will go to your organization
for every membership sold or renewed through this fundraiser.

Joining a great cause comes with great benefits:

Up to 25% off grocery store prices

We beat supermarket prices on big brands every day so you can stock up for less.

Shop BJ's.com

Pick up in-club, or have groceries delivered right to your door.** Get your order fast – in as little as 2 hours.

Download our mobile app

Access our digital coupons and add them to your membership card – no clipping.

One-stop shopping

Save money AND time – make fewer shopping trips when you can find everything you need in one place.

See back of flyer for offer details.

Club **for a Cause**

A Membership that gives back.



Membership sign-up for: Howard Weston Senior Center

To qualify for this offer please complete this application in full, and return it to your Organization Rep at the address below. Please include a check or credit card payment for the full amount.

Organization Rep: Beverly McCool, Program Coordinator Contact Number: b.mccool.westonsc@gmail.com

Offer Expires: July 22nd, 2022 Address: 1 Bassett Ave, Manor Park, New Castle, DE 19720

New Member Renewing Member Current Membership # (if renewing) _____

Membership Level: BJ's Inner Circle® Membership \$ _____ BJ's Perks Rewards® Membership \$ _____

Last Name _____ First Name _____ MI _____ Sex F M

Mailing Address _____

City _____ State _____ ZIP Code _____

Phone # _____ Email _____

If you choose to receive a second Household Membership Card, please complete the following:

(Note: Household Cardholder must reside at the same address as the Primary Cardholder.)

Last Name _____ First Name _____ MI _____

Primary Signature – I understand that I am responsible for any checks and actions of the second Cardholder.

Please choose your method of payment. (Sales tax may be added. Make checks payable to BJ's Wholesale Club, Inc.)

Check Cash My BJ's Perks® Mastercard® Mastercard® American Express® Discover Network Visa®

Credit Card Account Number _____

Expiration Date _____ Total Charge _____

Date (Month/Day/Year) CHECK YOUR AUTO-RENEW STATUS by calling 1-800-257-2582

BJ's Use Only

BJ's Sales Representative's Signature Cheryl Fontana - CORPORATE MEMBERSHIP

Club # PANJ/DE/MD/VA/NC Market Code THIS OFFER NOT AVAILABLE IN CLUB

All BJ's Memberships are subject to BJ's current Membership Terms, ask in-Club or go to BJs.com/terms.

Membership Expiration and Renewals: Your Membership expiration date is the last day of the month and year shown on your register receipts and on your "My Account" page on BJs.com. Paid Memberships renewed within two months after expiration will be extended 12 months from the expiration date.

FUNDRAISING

FUNDRAISING – May 2022



Below is our fundraising status
(July 1, 2021–June 30, 2022).

50/50s	\$381.00	
Scrip-Gift Cards	\$29.27	
Donations – General	\$201.00	
Total for May 2022	\$611.27	\$611.27
Total for April 2022		\$1848.00
Total for March 2022		\$23,489.10
Total for February 2022		\$351.01
Total for January 2022		\$513.03
Total for December 2021		\$1,529.21
Total for November 2021		\$1,410.73
Total for October 2021		\$1,084.80
Total for September 2021		\$3,531.40
Total for August 2021		\$590.51
Total for July 2021		\$760.76
Total		\$35,719.82

Weston does a weekly 50/50 drawing!
Have you bought your tickets today?
Each ticket is \$1.00
or 6 for \$5.00. Drawings are held on
Friday's @ 12:00 noon.

May 2022 Winners

Dot Evans - 5/20/2022 - \$74
Pat Paladinetti - 5/27/2022 - \$97
Jeanette Henretty - 6/3/2022 - \$88
Cil & Al Kastner - 6/10/2022 - \$98

B.J.'s FUNDRAISER-

Starting on July 11, 2022 and
ending on July 22, 2022.

Up to \$10.00 will go to Weston for every
membership sold or renewed through this
fundraiser. Please make checks payable to
Weston Senior Center. The cost for a new Inner
Circle Membership will be \$ 25.00.
Applications are available at the front desk, on
Facebook and our Website. Tell your friends
and family and help Weston raise money!

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.**

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 orders once a month. Friday, July 29, 2022 will be our next order date. Thank you to all of you that have helped make this fundraiser such a great success.

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.

No class on July 20th & 27th.



MOVING TO THE OLDIES w/ Joanne—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 in July .**



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.



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.

BLOOD PRESSURE SCREENINGS– Thursday, July 7, 2022, from 9:00 a.m.-11:00 a.m. presented by University of Delaware's HEALTH for All program.

SERVICES

BOOK AND VIDEO LENDING LIBRARY – Our Book and Video Lending Library has a great selection of books and videos for you to borrow. If you find something you would like to view, please check your videos out with Donna and let her know when they are returned.



GIFT CERTIFICATES – The Weston Senior Center has GIFT CERTIFICATES (and Lunch Certificates) available throughout the year in whatever denomination you desire. They are redeemable for anything available at the center and they make great gifts. Be sure to tell your family and friends that you want a gift certificate from the Weston Senior Center. You may want to give one to a friend.



DELAWARE VOLUNTEER LEGAL SERVICES - Jacquelyn Chicono can assist you with more complex legal issues if you qualify for this program. For more information please call 302-478-8680.



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

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 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 open date for our AARP Driver Safety 4 hr. refresher class is scheduled for Tuesday, September 27, 2022 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.



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.

COVID POLICY UPDATE – MARCH 7, 2022

Effective immediately, members are no longer required to wear masks or have their temperature checked at the center. The following procedures will remain in effect: -ALL UNVACCINATED MEMBERS AND VISITORS MUST WEAR MASKS AT ALL TIMES (unless eating). -Hand sanitizing when entering the building and at lunch will remain in effect. These procedures are in place to protect everyone so please follow them! While COVID numbers have significantly decreased, COVID still exists. If you are feeling sick, please stay home! Be considerate of others attending the center. As a reminder, if you test positive for COVID or come in direct contact with someone who tests positive for COVID, please notify Vicki. Your information will be kept confidential, but this will allow us to notify anyone at the center who was in contact with you and who may need to be alert for symptoms. Your diligence has enabled us to remain open (except when required to shut down by the Governor). Please stay diligent and thank you for all your help in keeping our center safe!

NEWS FROM THE COMMUNITY...



DONATIONS FOR THE LION'S CLUB – Do you have any old eyeglasses or hearing aids lying around the house? Please donate them to someone who needs them. Bring them to the center and put them in the Lion's Club donation box.

PLEASE READ!



RESERVING SEATS/MOVING RESERVED SEATS – Our dining room is a very popular place – used for more than just dining. Seats can only be reserved daily when you arrive at the center. Please feel free to place a name tag at your seat. Your cooperation is greatly appreciated.



SAFETY FIRST! -Please help us keep the center and our members safe by hanging your coats/sweaters in the closets. Do not put them on the back of your chair. Also, please do not put your pocketbooks, bags or canes on the tables. Thank you!



PARKING LOT SAFETY

PLEASE FOLLOW THE ARROWS WHEN ENTERING AND EXITING THE SENIOR CENTER. We have had several “close calls.” Please stay to the right when entering. The few additional seconds it takes you to follow the arrows may save someone’s life or an increase in your insurance rates. PLEASE BE SAFE!



DONATIONS

Donations are welcome at any time. We are currently collecting donations to help offset the cost of maintaining our building. Please support the center if you can! Special thanks to those that have made such generous contributions so far!

COMPUTER LAB

If you have computer skills, please feel free to visit the lab to work on your computer skills, check your e-mail, send e-mail messages, surf the internet, play games, etc.

<u>July 2022</u>		
7th: 9:30 a.m. to 11:30 a.m. Practice your skills.	14th: 9:30 a.m. to 11:30 a.m. Practice your skills.	21st: 9:30 a.m. to 11:30 a.m. Practice your skills
	28th: 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, 2022 to June 15, 2022:



Peggy Hunter

Mary McLimans



CHEERLEADING SQUAD– Rah, Rah! Get your pom-poms out! Weston has formed a cheerleading squad. **Reminder: To all of our cheerleaders: There will be no practice during the summer. We will start back up in September.**

BRIDGE– We have had a few members interested in starting a Bridge group. If you are interested please leave your name and phone number at the front desk and we will contact you with a meeting date.

HEALTH COACHING w/ UNIVERSITY OF DELAWARE- What is health coaching?

Coaches will work with you to help you identify the health changes you'd like to make.

Coaches will help you create strategies to better manage changes such as a healthier diet, increased physical activity, improved sleep, decreased stress and more. You will be able to work with a coach for FREE for 6 sessions over a 12-week period. Sign-up with Donna at the front desk.

JULY 2022

PAJAMA BINGO– **Friday, July 8, 2022 @ 10:00 a.m.** We will be playing in the Dining Room. Bring your own chips & dabbers. Lunch & Bingo \$5.00 (Cash Prizes and Door Prizes)

SUMMER PING-PONG MEETING–**Wednesday, July 13, 2022 @ 10:30 a.m.** Have you ever played Ping Pong? Want to try something new? We are trying to start a up a Ping Pong group. This group will meet on Wednesday's from 9:30 a.m.-11:30 a.m. A kick off meeting will be held on in the Multi-Purpose Room. If you are interested please make a point to attend this meeting.

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WINDOW PANE PAINTING ON CANVAS– **WEDNESDAY, July 13, 2022 @ 12:30 p.m.** Liisa is back with a new creation. You don't need any experience just a willingness to try! Don't wait, there is a limited amount of space available. Sign-up with Donna at the front desk. See the example on the credenza bulletin board.

MY HEALTHY PICKS– **EXERGAME STUDY, w/University of Delaware.**

Group 1: Tuesdays /Thursdays July 12, 14 , 19, 21 9:30 a.m-10:30 a.m,
10:45-11:45 a.m or 12:30 p.m.-1:30 p.m.

Group 2: Tuesday/Thursdays July 26, 28, August 2, 4 9:30 a.m.-10:30 a.m,
10:45-11:45 a.m or 12:30 p.m.-1:30 p.m.

Play in teams of 3. Game may help you learn about healthy eating and physical activity. Game also includes trivia questions and brain challenges! Research part will examine brain activity while playing the game and ask you about your eating and physical activity habits and your opinions of the game. To sign-up or for more information see Donna @ the front desk.

WESTON SUMMER CAMP– **Thursday, August 11, 2022.** The fun begins @ 9:30 a.m. We have some great activities planned so you can earn your badges. Sailboat racing, first aid and crafts to name a few! Please sign-up to be a part of the fun. Each troop will include 6 people so grab some friends and sign-up. Don't worry there will be plenty of "Bug Juice" and s'mores!



WESTON WANDERERS GET READY!!

Sandy has been busy working on trips for 2022. As of this newsletter we have 2 extended trip scheduled. She is also working on numerous day trips and we will be posting them as soon as they become available.

⇒ CHARLESTON, SC & SAVANNAH, GA- September 18-23, 2022.

Cost- \$880.00 pp. (double occupancy) Package Includes: 5 nights lodging, 5 breakfasts, 3 dinners including a family style dinner at Paula Deen's "The Lady & Sons", guided tours of Savannah, GA & Charleston, SC, additional tours, Harbor Cruise and so much more! **ONLY 3 SEATS LEFT**

⇒ WHEELING, WEST VIRGINIA, FESTIVAL OF LIGHTS- November 29-December 1, 2022.

Cost- \$485.00 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, tours and so much more! **ONLY 2 SEAT LEFT!**

DAY TRIPS 2022

Spirit of Philadelphia Bingo Lunch & Cruise - Tuesday, July 26, 2022 Cost: \$105.00 pp

Trip includes: Motorcoach Transportation, A 2-hour cruise from Penn's Landing with incredible waterfront views, Signature lunch buffet, Lively rounds of Bingo with prizes and other onboard games, Onboard DJ Entertainment with crowd favorites from decades past. **WAITING LIST ONLY!**

St. Michaels Cruise & Lunch - Tuesday, August 23, 2022 Cost: \$135.00 pp

Trip Includes- Motorcoach Transportation, Patriot Narrated Historical Cruise, Lunch (the restaurant has been changed). **WAITING LIST ONLY!**

American Music Theatre Christmas Show: Home for the Holidays - Tuesday, December 6, 2022

Cost: \$145.00 pp. Includes- Motorcoach Transportation, "Home for The Holidays" Show, Lunch at Hershey Farms

A 50% down payment must be presented at the time of sign-up.

Because the greatest part of a road trip isn't arriving at your destination. It's all the wild stuff that happens along the way.

What's Cooking?

News from the Kitchen!

EFFECTIVE JULY 5, 2022 LUNCH PRICE INCREASE

Due to the rising cost of food and paper products it has been determined that we will need to increase our lunch cost. Starting Tuesday, July 5, 2022 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.

BRINGING FOOD INTO OUR CENTER

Our policy is that outside food is not permitted in the center. However, there are times that exceptions can be made. Examples are when someone has a food allergy and can't eat what's on the menu, medication requires eating frequently. Those needing an exception MUST get permission from a staff member. Your cooperation is appreciated.

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

Fruit and Yogurt Smoothie

This yogurt smoothie recipe is delicious! You may substitute the strawberries for any other berries or fruit.

Ingredients

- 1 cup strawberries
- 1 banana
- ½ cup yogurt
- ¼ cup pineapple juice
- 1 ½ teaspoons white sugar
- 1 teaspoon orange juice
- 1 teaspoon milk

Directions

Step 1

Combine strawberries, banana, yogurt, pineapple juice, sugar, orange juice, and milk in a blender; blend until smooth.

Nutrition Facts

Per Serving: 146 calories; protein 4.5g; carbohydrates 31.1g; fat 1.4g; cholesterol 3.7mg; sodium 44.9mg.



LUNCH POLICY

We are asking that our members sign up for lunch the day before by 2:00 p.m. This will allow us to determine how much food needs to be prepared. You will be permitted to call in for lunches. You will also be allowed to order a week at a time.

TABLE CLEANING PROCEDURES

We have gone back to cleaning the tables with buckets and rags. Each person will be responsible for their own lunch space. Buckets with soapy water will be stationed at the end of each table. Thank you for your cooperation.

PRICE FOR LUNCH, FEASTS AND TAKE-OUT

The original definition of a “take-out” meal was to provide a noon-time meal for those who are homebound. Over the years, that has changed to a “take-out” meal for whoever wanted one. We must go back to the true definition of homebound and adjust the price of the three options for meals. Our lunch, feast and buffet donations will be as follows.

EAT-IN -

- Regular Lunch - \$3.00
- Feast - \$4.00
- Holiday Feast - \$4.00

HOMEBOUND -

- Regular Lunch - \$4.00
- Feast - \$5.00
- Holiday Feast - \$5.00

TAKE-OUT -

- Regular Lunch - \$5.50
- Feast - \$6.50
- Holiday Feast - \$6.50

Fourth of July

Word Search Puzzle

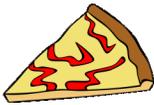


R U Q O G Y K J Q E K R O I Y F V
E N T G G P A T R I O T I C O T A
V H O L I D A Y S C C Q Q A T L P
O I H U U M Z S O F R E E D O M E
L I N D E P E N D E N C E A H Y S
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T D O Q G G J D R Y A L P S T P M
I W L N F A M I L Y S E B B D I M
O C O B N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



ADAMS	FLAG	LIBERTY
AMERICA	FOURTH	MUSIC
BARBECUE	FREEDOM	PARADE
CELEBRATION	HOLIDAY	PATRIOTIC
COLONIES	HOT DOGS	PICNIC
CONGRESS	INDEPENDENCE	REVOLUTION
FAMILY	JEFFERSON	STATES
FIREWORKS	JULY	SUMMER

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				9:30- Quilting Group
4	5	6	7	8
	9:00– Summer Wii Bowling 10:30– Virtual Bible Study w/ Barbara 	9:00– Summer Wii Bowling 9:30- Bingo & Virtual Bingo 10:00– Line Dance w/Joanne 11:00-Advisory Council	9:00– Blood Pressure Screening 9:30-Pinochle 9:30- Bingo 10:00 - NO Moving to the Oldies w/ Joanne	9:30- Quilting Group 10:00– Pajama Bingo & Lunch Cost- \$5.00
11	12	13	14	15
<u>B.J.'s Fundraiser begins today!</u> 9:00– Summer Wii Bowling 9:30- Bingo 10:30– Virtual Chair Yoga 11:30– Red Hats	9:00– Summer Wii Bowling 9:30– Summer Shuffleboard League Begins 10:30– Virtual Bible Study w/ Barbara MY HEALTHY PICKS– EXERGAME STUDY, w/University of Delaware	9:00– Summer Wii Bowling 9:30- Bingo & Virtual Bingo 10:00– Line Dance w/ Joanne 10:30– Summer Ping Pong Meeting 12:30– Window Pane Painting on Canvas	9:30-Pinochle 9:30- Bingo 10:00 - NO Moving to the Oldies w/ Joanne 9:00-Geri Huss, Stand by Me 50+ MY HEALTHY PICKS– EXERGAME STUDY, w/University of Delaware	9:30- Quilting Group 
18	19	20	21	22
9:00– Summer Wii Bowling 9:30- Bingo 10:30– Virtual Chair Yoga 	9:00– Summer Wii Bowling 9:30– Summer Shuffleboard League 10:30– Virtual Bible Study w/ Barbara. MY HEALTHY PICKS– EXERGAME STUDY, w/University of Delaware	9:30– Bingo & Virtual Bingo 10:00– NO Line Dance w/ Joanne 	9:30-Pinochle 9:30- Bingo 10:00 - NO Moving to the Oldies w/ Joanne 11:30– Speaker-Ingleside Homes MY HEALTHY PICKS– EXERGAME STUDY, w/University of Delaware	<u>B.J.'s Fundraiser ends today!</u> 9:30- Quilting Group 
25	26	27	28	29
9:00– Summer Wii Bowling 9:30- Bingo 10:30– Virtual Chair Yoga. 	Spirit of Philadelphia Bingo Lunch & Cruise 9:00– AARP Defensive Driving 9:00– Summer Wii Bowling 9:30– Summer Shuffleboard League 10:30– Virtual Bible Study w/ Barbara. 12:30– Pokeno MY HEALTHY PICKS– EXERGAME STUDY, w/University of Delaware	9:30– Bingo & Virtual Bingo 10:00– NO Line Dance w/ Joanne 	9:30-Pinochle 9:30- Bingo 10:00 - NO Moving to the Oldies w/ Joanne MY HEALTHY PICKS– EXERGAME STUDY, w/University of Delaware 	9:30- Quilting Group 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MENU</p> <p>FOR</p> <p>JULY</p> <p>2022</p> 	<p>PAUL O'BRIEN Cook</p>		<p>PLEASE NOTE: The Howard J. Weston Community and Senior Center, Inc. does not discriminate on the basis of sex, race, handicap, national origin or creed.</p>	<p><u>1</u></p>  <p>Shrimp Salad on a Keiser Roll Lettuce & Tomato Cole Slaw Assorted Desserts</p>
<p><u>4</u></p>  <p>CENTER CLOSED</p> <p>INDEPENDENCE DAY</p>	<p><u>5</u></p>  <p>Baked Fish Rice Vegetable Medley Fresh Fruit</p>	<p><u>6</u></p>  <p>Four Cheese Lasagna Caesar Salad Garlic Toast Chilled Peaches</p>	<p><u>7</u></p>  <p>Creamed Chipped Beef Biscuit Home Fries Baked Apples</p>	<p><u>8</u></p>  <p>Chicken Salad on a Croissant Lettuce & Tomato Potato Salad Assorted Desserts</p>
<p><u>11</u></p>  <p>Kielbasa Sauerkraut German Potato Salad Cookies</p>	<p><u>12</u></p>  <p>FEAST</p> <p>Seafood Newburg Linguini Vegetable Blend Cake</p>	<p><u>13</u></p>  <p>Roast Beef Sandwich Lettuce & Tomato Macaroni & Cheese Tapioca Pudding</p>	<p><u>14</u></p>  <p>Pizza Caesar Salad Eclairs</p>	<p><u>15</u></p>  <p>Egg Salad on a Potato Roll Lettuce & Tomato Cole Slaw Assorted Desserts</p>
<p><u>18</u></p>  <p>All Beef Hot Dog Seasoned Fries Baked Beans Brownie</p>	<p><u>19</u></p>  <p>Tortellini Red Meat Gravy Garden Salad Fresh Fruit</p>	<p><u>20</u></p>  <p>Glazed Pork Loin Redskin Potatoes Peas & Onions Pie</p>	<p><u>21</u></p>  <p>Meatloaf Mashed Potatoes/Gravy Chef's Choice Vegetable Cobbler</p>	<p><u>22</u></p>  <p>Tuna Salad on a Croissant Lettuce & Tomato Pasta Salad Assorted Desserts</p>
<p><u>25</u></p>  <p>Cheeseburger Seasoned Fries Cole Slaw Fresh Fruit</p>	<p><u>26</u></p>  <p>Turkey BLT Chips Pudding</p>	<p><u>27</u></p>  <p>Citrus Tilapia Rice Pilaf Vegetable Medley Lemon Meringue Pie</p>	<p><u>28</u> BIRTHDAY DAY</p> <p>Sausage on a Bun Peppers & Onions Tater Tots Birthday Cake Ice Cream</p> 	<p><u>29</u></p>  <p>Grilled Chicken Sandwich Lettuce & Tomato Macaroni & Cheese Assorted Desserts</p>

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