

July 2024

HOWARD WESTON SENIOR CENTER

1 BASSETT AVENUE,
MANOR PARK
NEW CASTLE,
DELAWARE 19720
(302) 328-6626

STAFF

SANDRA S. KRETT
EXECUTIVE DIRECTOR

VICKI K. SHERATON
DIRECTOR

DONNA HURLEY
SITE MANAGER

BETSEY MOORE
CRAFT INSTRUCTOR

BEVERLY J. MCCOOL
PROGRAM COORDINATOR

MIKE TEDESCHI
CHEF

BOARD OF DIRECTORS

CHARLES S. STEPHAN
CHAIRMAN

DARREN WRIGHT
VICE-CHAIRMAN

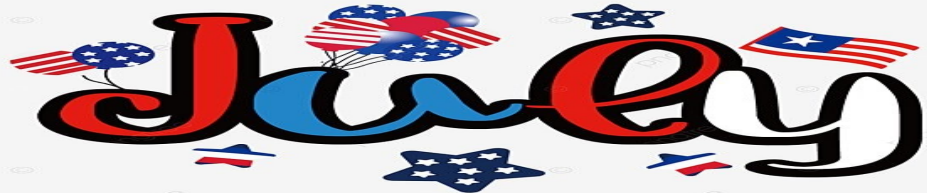
GREGORY YACUCCI
TREASURER

TOM HANDLING

BARBARA McCAFFERY

KEN MOORE

BETH ORSEGA-SMITH



SEPTEMBER 9, 2024 – SEPTEMBER 12, 2024

WESTON'S WELLNESS WEEK!

9:00 A.M.-1:00 P.M.



Join us as we unveil our newest programs, our "Fitness Room & our Exercise Classroom" This week will be dedicated to being well. We will have vendors, Health Screenings, Vaccination Clinic, snacks, free exercise classes and tours of our new rooms.

DINE-OUT CLUB

July's Dine-Out will be on

July 3, 2024 @ 4:30 p.m.

Crabby Dick's, Delaware City

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!

WESTON'S SENIOR PROM

Saturday, August 10, 2024

4:00 p.m. – 9:00 p.m.

Cost- \$10.00.

This event is being co-sponsored by the Wilmington JayCees. This fun filled evening will take you back to a different time. "Do You Remember?" is our theme and it will encompass the 1940's, 50's, 60's and 70's. So break out your dancing shoes and join us!

Tickets will go on sale July 1, 2024.

See Donna @ the front desk.

MEMBERSHIP

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

MISSION

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

E-MAIL – WestonSrCenter@aol.com

WEBSITE – WestonSeniorCenter.org

Facebook - Weston Senior Center

WESTON'S UNITED WAY number is 9336.

Website

E-mail

2024-2026 ADVISORY COUNCIL MEMBERS

*Linda Brown, Pat Burk, Beverly Ellis, Kathleen Fallstick, Jeannette Henretty,
Dutchie Jensen, Linda Loveless, Michele Merlonghi, Ginger Pettyjohn,
Camilla Pfeil, Shirley Renn, Cecelia Sanders*



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

WESTON ADULT DAY CARE CENTER

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

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

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



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

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

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

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



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

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

THE "ARTS" and THE "CRAFTS"



CRAFTS WITH BETSEY – Join our crafters daily from 9:00 a.m. to 1:30 p.m. Betsey is available Tuesdays thru Thursdays from 9:00 a.m. to 12:00 noon. Cemetery arrangements are available for \$15.00 (see Betsey).



CERAMICS – The Ceramics Room is open daily from 9:00 a.m. to 2:00 p.m. Join our talented painters as they create ceramic pieces for all occasions.



BEGINNER QUILTING CLASS– **Sara Walker is our Quilting Instructor.** The class is held on Fridays from 9:30 a.m.-11:30 a.m. All levels of skill are welcome!



BEGINNER KNITTING CLASS – Tuesdays @ 9:30 a.m. If you have ever wanted to learn how to knit, here is your chance! Join Betsey and friends to learn how to knit.



BEGINNER CROCHETING– Thursdays @ 12:30 p.m. Join Donna & her merry band of “Happy Hookers” every Thursday to learn a fun new skill or to refresh an old one!

CARDS AND GAMES ...



CANASTA - **Tuesdays @ 12:45 p.m.** in the Dining Room. If you are interested in playing, leave your name with Donna at the front desk and you will be contacted.

POKENO – **Last Tuesday of each month @ 12:30 p.m.** in the Community Room. If you are interested, please join us, we will teach you how to play.



BINGO – We would like to welcome everyone to play Bingo on Monday, Wednesday and Thursday mornings from 9:30 a.m. to 11:30 a.m. We have new and exciting games, plus an extra money pot on certain games played. Please join us – it's lots of fun and be sure to bring your pennies!



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 – Summer Shuffleboard has begun. Our Shuffleboard league meets on Tuesday's @ 9:30 a.m. The shuffleboard tables are available for anyone to use everyday, except on Tuesdays.



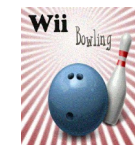
PUZZLE CORNER – If you like to do jigsaw puzzles, check out our puzzle corner in the Shuffleboard Room. We have a great selection of puzzles from which to choose. There are usually two or three puzzles in the process of being completed. Stop by and take a look. You just might find a piece or two.



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.



Wii BOWLING LEAGUE UPDATE– Summer Wii Bowling has begun. We are still in need of 2 players for one of our teams. They meet on Wednesday mornings. See Beverly if you are interested.



CORNHOLE – Thursday's beginning @ 9:00 a.m.



RED HATS– The “Red Hot Mamas” meet on the 2nd Monday of the month at 11:30 a.m. If you are interested in joining, stop by, they are always happy to welcome new members. See Dutchie Jensen to join the group or for additional information.



WOMEN'S CLUB DELAWARE– The Women's club is closed down for the summer. They will be coming back on Wednesday, September 4, 2024. To all our Women's club members, please stop by over the summer and join us for some of the fun activities we will be hosting. We love to see you!



VIRTUAL CLASSES

Attention all members-

If you are interested in joining one of our virtual classes but you do not own a laptop or iPad please see Beverly.

We have purchased 25 iPads that we can lend out to members for virtual classes. If you know of anyone who could benefit from this program, please pass along the information.

How to Join a Virtual Class

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

You will see-

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

ON-GOING VIRTUAL CLASSES

Virtual & In-Person Chair Yoga w/ Gale

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

Non-Denominational Bible Study Virtual & In-Person

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

Virtual Bingo!

Virtual Bingo will not be offered in June, July or August. We will resume on Wednesday, September 4, 2024.



DELAWARE HEALTH FOR ALL

NO DATE FOR JULY

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.



FREE NUTRITION WORKSHOP

"FOOD SMART"

Monday, July 29, 2024

Monday, August 26, 2024.

1:00 p.m.– 2:00 p.m.

You will learn about planning balanced tasty meals, developing strategies for eating healthy, learning about food safety and nutrition, strategies for shopping on a budget, fun and interactive activities and demonstrations!

Sign-up with Donna @ the front desk.



FUNDRAISING

FUNDRAISING – MAY 2024



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

50/50s	\$621.00	
Donations-General	\$163.00	
Raise Right	\$102.11	
May 2024	\$ 886.11	\$886.11
April 2024		\$25,530.00
March 2024		\$4,458.00
February 2024		\$1,879.69
January 2024		\$490.00
December 2023		\$2984.86
November 2023		\$1,639.39
October 2023		\$924.61
September 2023		\$2,822.87
August 2023		\$545.33
July 2023		\$804.01
Total		\$ 40,964.87

UNITED WAY CAMPAIGN

United Way donations can be made to the center. Please tell your family and friends working in Delaware to designate the HOWARD WESTON SENIOR CENTER as the recipient of their United Way donation. WESTON'S UNITED WAY number is 9336. If someone is already a contributor, it is easy for them to change their designation to WESTON by calling the Donor Choice Coordinator at 1-866-892-9335 or 302-573-3200 and giving them our number (9336). See Sandy or Vicki if you have questions or need more information.

Thank you for your support!!



WEEKLY 50/50 DRAWING

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

JUNE 2024 Winners

50-50 Winners

Dot Chicosky - 5/24/2024 - \$131
Jeannette Henretty - 5/31/2024 - \$116
Joyce Joy - 6/7/2024 - \$91
Jean Malloy - 6/14/2024 - \$145
Jean Malloy - 6/21/2024 - \$119

Raise Right Gift Cards

This is our Gift Card Fundraiser. There is an amazing selection of gift cards to choose from. See Donna for an order form. Turn around time should be approximately 1 week. We will be placing our next order on Friday, July 26, 2024. Thank you!
(We need to have \$1,000.00 in card orders to place an order.)

CLOTHES CLOSET -

Weston has a clothes closet set up for our members. It is filled with new and gently used clothes in sizes 10-3x. Each item is \$3.00. The closet is open for business every day 9:00 a.m.-1:30 p.m.

**Special thanks to Juliet and Joe Michaelian
for all their hard work keeping
things organized.**

ALUMINUM CANS/TABS

We have made the hard decision to stop collecting cans for the foreseeable future. We will continue to collect can tabs and take the tabs to the Ronald McDonald House.

PLEASE DO NOT SAVE CANS, JUST TABS!

INK CARTRIDGES

Thanks to everyone who donates their used ink cartridges to the center. We use them to earn credits for purchases that will benefit the center. Your donations are helping to reduce our supply costs. Keep them coming!

WELLNESS AND PHYSICAL FITNESS ...

CHAIR YOGA W/GALE-Mondays from 10:30 a.m.-11:30 a.m.

Join Gale on Mondays from 10:30 a.m.–11:30 a.m. The charge for this class will be \$4.00 per person. Stop by and check it out!



CARDIO DRUMMING-Tuesdays from 1:00 p.m.-2:00 p.m. The next 6 week class will begin on Tuesday, July 2, 2024– Tuesday, August 6, 2024. The cost is \$25.00. Please sign-up with Donna @ the front desk.



LINE DANCE CLASS – Wednesdays @ 10:00 a.m. Our dance instructor, Joanne Brady, is keeping us “moving and grooving”. Join us on Wednesday mornings from 10:00 a.m. to 11:00 a.m. You are guaranteed to get some great exercise while having lots of fun. The charge for this class will be \$4.00 per person.



LOW IMPACT CARDIO CLASS– Thursdays @ 1:00 p.m. Join Mary Ellen Louise for a wonderful workout utilizing bands, weights and balls to improve your cardio functions. The class is \$4.00. (No class on Thursday, July 4th)



NEW CLASS ZUMBA GOLD– This is a 6-week class. Friday’s from 2:10-2:55 p.m. starting Friday, June 28, 2024-Friday, August 2, 2024 (No class July 5th) Cost: \$ 25.00 Instructor: Gale Jones

WALK, WALK, WALK - Watch out in the hallways! Our “walkers” are off and walking!!

Walking will enhance your health and make you feel better. Did you know that 5 times around the “U” equals 1 mile?

HEALTH SERVICES

GOOD RX – Did you know you may be able to get a price break on your prescriptions? Visit GoodRX.com, enter your prescriptions and check the prices. If your prescription is available at a cheaper price, you simply print a coupon and take it to your pharmacy. If you have questions or need help navigating the website, please see Beverly.



ADVANCE HEALTH CARE DIRECTIVE – It is important for you to have an Advance Health Care Directive, more commonly referred to as a “living will”. If you have never completed a “living will”, see Donna for a form. For those who already have a “living will”, you may want to review it periodically to see that it still does what you want.



NEMOURS HEALTH CLINIC – Provides comprehensive dental care, eye examinations, eyeglasses, hearing tests and hearing aids to those who qualify. To qualify, you must be 65 years of age or older, a resident of Delaware and a United States Citizen. Income levels are \$23,800 for a single person and \$36,600 for a married couple after Medicare Part B is taken out. For more information, please contact the clinic at (800) 292-9538 .



CAREGIVER RESOURCE CENTER – The Howard Weston Senior Center is a “Caregiver Resource Center” site location. If you are a caregiver and in need of information on services available to you, please feel free to visit our display in the lobby by the fireplace.



DMOST provides a single document that functions as an actionable medical order and transitions with a patient through all health care settings in order that their wishes for life-sustaining treatment and CPR will be clearly indicated. The Delaware Medical Orders for Scope of Treatment (DMOST) program is designed to improve the quality of care people receive at the end of life by translating patient/resident goals and preferences into medical orders. See Beverly for the form!



SENIOR ROLL CALL – Senior Roll Call is a program provided by the New Castle County Police. This telephone reassurance program calls senior citizens on a daily basis with a prerecorded safety message. To enroll in this program, call 302-395-8159. Senior Roll Call is looking for volunteers. If you have questions, please see Vicki or Beverly.



SERVICES

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



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



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



LEGAL AID – The Elder Law Program (ELP) of Community Legal Aid Society, Inc. provides limited legal assistance to Delawareans aged 60 years or older. The services provided by ELP are free of charge. What problems are handled by the elder law program? Powers of Attorney and Advance Health Care Directives (formerly known as Living Wills); Consumer problems such as debt collection and home repair cases; Housing problems such as evictions; Benefits issues such as Medicaid and Social Security. Note: The Elder Law Program does not do simple wills. If you need assistance please call Michelle McLean @ 302-575-0666.



DELAWARE ENERGY ASSISTANCE PROGRAM – The Delaware Energy Assistance Program provides assistance with the payment of energy bills for low-income households. You will need to supply documents verifying your income if you wish to apply for participation in this program. While the income limits change each year, we understand that the figures for this year are \$34,903 for a single person and \$45,042 for a couple. If you believe you qualify and want to apply or if you need more information, call 654-9295 or 654-6474.



AARP DRIVERS SAFETY CLASS – The next date for our AARP Driver Safety 4 hr. refresher class is scheduled for Tuesday, July 16, 2024. The cost is \$20.00 for AARP members and \$25.00 for non-members. Please make checks payable to AARP. See Donna for more information.



STAND BY ME 50+ - Stand by Me 50+ will be here on the last Tuesday 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 Karen Summa @ 302-565-9636 .



SENIOR LEGAL HOTLINE – There is a resource available for Delawareans who are age 60 and older. The Senior Legal Hotline is now up and running. The hotline hours are 9:00 a.m. to 4:30 p.m., Monday thru Thursday. The phone numbers are 302-478-8850 in New Castle County. Callers can receive free legal advice on a variety of issues. There are no income requirements for the hotline. The advice will be provided by either a DVLS staff attorney or a volunteer attorney.



THE VIAL OF LIFE– The Vial of L.I.F.E program is a medical information form that the owner completes, then places in the provided medication bottle that is labeled “Vial of L.I.F.E” and placed in your refrigerator. The form includes your medical history, daily medications, demographics, doctor, hospital preference and an emergency contact. The medication bottle is kept in your refrigerator in direct view. The kit also comes with a Vial of L.I.F.E magnet to place on the refrigerator that signifies your participation in this program. *** Make sure to up-date this information as your medications change.** See Beverly for your Vial of Life.



NOTARY SERVICES – Sandy, Vicki and Beverly provide these services should you need to have papers notarized. You must bring identification with you and sign the document in the presence of the notary.



NEWS FROM THE COMMUNITY...



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

PLEASE READ!



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



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

PARKING LOT SAFETY



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

DONATIONS



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

COMPUTER LAB

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

iPhone & iPad Help is Available!

Do you have an iPhone or iPad and are you tired of asking your children & grandchildren to help you with it?

Ron Pierce has generously offered his services to answer questions

about your iPhones and iPads

He will be here every Tuesday from 9:00 a.m.-11:00 a.m.

July 2024		
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, 2023 to June 15, 2023:

Margaret Burwell	Gloria Dixon	Lori Forster	Lillian Gibbons	John Johnson
Cheryl Johnson	Minnie Register	Paula Sims	Michael Stoner	Vicki Tait
George Taylor Jr	Jan Tудay	Oliver Wilson	Priscilla Wilson	



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

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

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

JULY 2024

CENTER IS CLOSED– Thursday, July 4, 2024 & Friday, July 5, 2024 To observe the 4th of July Holiday.

ANEW-GOLD- Booster Session Aligning Nutrition Exercise & Well-being Thursday, July 11, 2024 1:00 p.m.
UD Health Coaching Clinic is offering a booster session for those previous participants of ANEW-GOLD group health coaching program! Review your awareness & understanding of nutrition, exercise, and overall well-being.

SUMMERTIME LINE DANCE PARTY– Friday, July 12, 2024 doors open @ 9:00 a.m. Cost \$15.00.
An all day line dance party!! No teaching, just dancing. Joanne Brady will be spinning the records and we will be sweating up a storm. A continental breakfast and lunch are included! Very Limited Space!

AARP DEFENSIVE DRIVING– Tuesday, July 16, 2024 @ 9:00 a.m. 4 hour refresher class. Cost- \$20.00 for AARP Members. \$25.00 for non-AARP Members. Sign-up with Donna at the front desk.

NUTRITION EDUCATION FOR PEOPLE WHO ARE PRE-DIABETIC OR HAVE DIABETES–Wednesday, July 17, 2024 @ 10:00 a.m. This program is being brought to us by the University of Delaware's Donna Paulhamus, MS, RDN Clinical Instructor & Nutrition Clinic Director. Eating healthy in today's fast-food, on-the-go world isn't always easy. It's never too late to start improving what and how you eat.

FRIDAY BINGO & LUNCH– Friday, July 19, 2024. Cost- \$5.00 Event starts at 10:00 a.m.
Our theme this month is “Summertime Fun”. We will have a guest speaker. So join us for the fun!

CHRISTMAS IN JULY RIBBON TREE CLASS– Tuesday, July 23, 2024 9:30 a.m. Cost- \$ 15.00 See sample on the credenza and sign-up with Donna.

FALL PREVENTION CLASS– Wednesday, July 24, 2024 10:00 a.m.– 11:00 a.m. “ThinkFirst To Prevent Falls” is now available as a presentation on the basics of fall prevention for older adults. Topics covered include: Overview of the Brain, Concussion Discussion, Significance of Falls, Fear of Falling, Safety Inside the Home, Community Safety, Talking With Your Physician, Nutrition, Exercise, Vision, Medications, and Community Resources. Sign-up with Donna at the front desk.



JULY 2024

FREE NUTRITION WORKSHOP “FOOD SMART”- Monday, July 29, 2024– Monday, August 26, 2024. 1:00 p.m.– 2:00 p.m. You will learn about planning balanced tasty meals, developing strategies for eating healthy, learning about food safety and nutrition, strategies for shopping on a budget, fun and interactive activities and demonstrations! Sign-up with Donna @ the front desk.

AUGUST 2024

STOP THE BLEED, FIRST AID TRAINING-Wednesday, August 7, 2024 @ 10:00 a.m.–11:00 a.m. The Stop the Bleed initiative was established as a national public awareness campaign in 2015, in the wake of the tragic mass shooting at Sandy Hook Elementary School. Stop the Bleed is a national awareness campaign and call-to-action. It is intended to cultivate grassroots efforts that encourages the public to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. The course is brief, precise, and designed so at the end of the presentation you will have a skill which you can use immediately. The course teaches three things: how to use your hands to control hemorrhage, how to pack a bleeding wound, and how to use a tourniquet. Limited space. Sign-up with Donna @ the front desk.

WESTON’S SENIOR PROM– Saturday, August 10, 2024 4:00 p.m.– 9:00 p.m. Cost- \$10.00. This event is being co-sponsored by the Wilmington JayCees. This fun filled evening will take you back to a different time. “Do You Remember?” is our theme and it will encompass the 1940’s, 50’s, 60’s and 70’s. So break out your dancing shoes and join us! Tickets will go on sale July 1, 2024. See Donna @ the front desk.

NUTRITION EDUCATION FOR PEOPLE WHO HAVE HYPERTENSION & HEART DISEASE-Wednesday, August 14, 2024@ 10:00 a.m. This program is being brought to us by the University of Delaware's Donna Paulhamus, MS, RDN Clinical Instructor & Nutrition Clinic Director. Eating healthy in today’s fast-food, on-the-go world isn’t always easy. It’s never too late to start improving what and how you eat.

SHINGLES VACCINATION CLINIC- Thursday, August 22, 2024 from 9:30 a.m.-11:30 a.m.
For those of you who had your first shot on Thursday, May 23, 2024, this will be your second and final injection. If you have not received your first shot and would like to receive the shingles vaccination you can do that on this day as well. Sign-up sheet is located on the credenza.

SEPTEMBER 9, 2024– SEPTEMBER 12, 2024

WESTON’S WELLNESS WEEK!

9:00 A.M.-1:00 P.M.

Join us as we unveil our newest programs, our “Fitness Room & our Exercise Classroom” This week will be dedicated to being well. We will have vendors, health screenings, vaccination clinic, snacks, free exercise classes and tours of our new rooms.

Share this information with your friends and family!

Save
♥ THE ♥
Date



WESTON'S SENIOR PROM

Saturday, August 10, 2024

4:00 p.m. – 9:00 p.m.

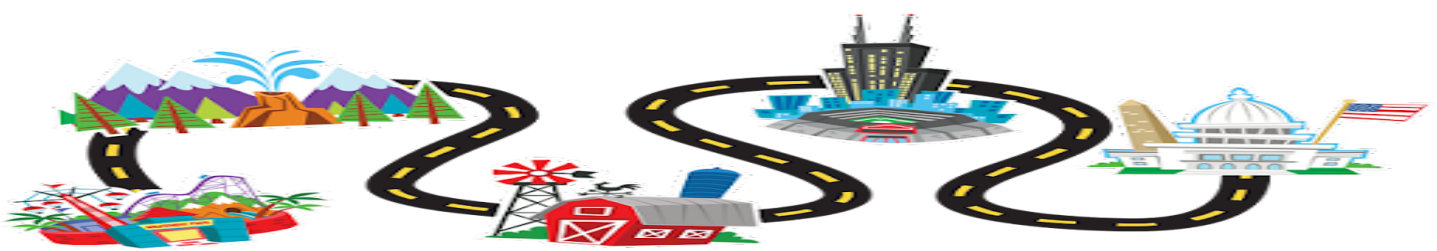
Cost- \$10.00.

This event is being co-sponsored by the Wilmington JayCees. This fun filled evening will take you back to a different time. “Do You Remember?” is our theme and it will encompass the 1940's, 50's, 60's and 70's.

There will be live music during the cocktail hour, Hors d'oeuvres, a beer & wine cash bar, dinner, fun and lots of dancing! Dress code is anything goes, but you must wear clothes. So break out your dancing shoes and join us!

Tickets will go on sale July 1, 2024.

See Donna @ the front desk.



WESTON WANDERERS GET READY!!

Extended Trips 2024

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

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

- ⇒ Virginia Wine Country– September 18-20, 2024, \$680 pp double occupancy, \$860 single occupancy.
- ⇒ Savannah, Georgia, New Year's Celebration– December 29, 2024– January 2, 2025 (Wait List Only) \$925 pp double occupancy, \$ 1,175 single occupancy.

Day Trip 2024

(Day trips must be paid in full at time of sign-up)

- ⇒ Magic and Wonder Dinner Theatre– Wednesday, August 21, 2024, \$139 pp.
- ⇒ Victorian Cape May, NJ– Tuesday, October 1, 2024, \$150 pp. (Wait List Only)
- ⇒ Bethlehem Christmas– Tuesday, November 12, 2024 \$95 pp.
- ⇒ Tropicana “Rat Pack Holiday”- Thursday, December 5, 2024 \$140 pp.

*****SIGN UP AS SOON AS POSSIBLE SO WE AREN'T FORCED TO CANCEL TRIPS.*****

To better understand the way trips work: The Center must submit payment to the tour companies in advance to book our trips. This is why payment is required ahead of time. When travelling with the center, please be sure to carry your identification and insurance cards with you. The information on these cards will prove invaluable in case of emergency.

- ◆ **We will enforce a sign-up deadline for all trips.** If we do not have sufficient travelers by said date, the trip **will** be cancelled. The center is required to pay deposits on most trips. In order to get our deposit back, we must cancel by a date set by the travel company or the venue.
- ◆ For extended trips, a deposit must be paid. In addition, when balance due dates are posted, it means the center must pay for the trip in full. We, therefore, must have all trips paid in full by the balance due date. Thank you for your cooperation.
- ◆ Weston trips are open to the public.
- ◆ All emergency forms must be on file prior to departure.
- ◆ For all trips involving a casino you must be 21 or older.
- ◆ We will board the bus in the order in which you signed up. So sign up early!
- ◆ Front of the bus! If you have a legitimate reason to sit in the front of the bus, please let us know when you sign up for a trip. We will make every effort to accommodate your needs.
- ◆ Seat partners! If you want to sit with a friend on the bus, please let us know when you sign up for a trip. Again, we will make every effort to accommodate your requests.
- ◆ If you need to schedule a payment plan for any day trip, please see Vicki.

What's Cooking?

News from the Kitchen!

BRINGING FOOD INTO OUR CENTER

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

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

Seafood Pasta Salad

Ingredients

16 ounces medium shell pasta or other short pasta
1 1/2 lemons divided
1 pound medium shrimp peeled and deveined
1 tablespoon kosher salt
2/3 cup mayonnaise or 1/3 cup mayonnaise and 1/3 cup plain yogurt or sour cream
1 tablespoon Dijon mustard
1 tablespoon capers coarsely chopped
1/4 cup finely chopped fresh dill plus more for garnish, optional
1 medium shallot minced
freshly ground black pepper to taste
8 ounces lump crab meat (recipe note #2)
3 ribs celery diced small

remove from heat and let stand 3 minutes, until just cooked through. Transfer with slotted spoon to ice bath. When shrimp are cool, lift out of ice bath with slotted spoon. Pat dry and add to large bowl. To a separate bowl add mayonnaise, Dijon mustard, capers, dill, and shallot. Squeeze remaining lemon half over (about 1 tablespoon of fresh juice). Whisk until well combined. Season to taste with pepper. Add pasta, lump crab, and celery to shrimp in salad bowl. Spoon mayonnaise mixture over and gently toss to coat evenly. Cover and refrigerate until ready to serve. Garnish with fresh dill if desired before serving.

Instructions

Cook pasta according to package directions. Drain; rinse with cold water and drain, shaking to remove as much water as possible. Set aside. Meanwhile, cut one lemon into wedges. (Reserve remaining half lemon for dressing.) Prepare ice bath for shrimp. Bring 2 quarts water, lemon wedges and kosher salt to boil in a large pot over medium-high heat. Add shrimp and cover;



LUNCH POLICY

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

TABLE CLEANING PROCEDURES

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

PRICE FOR LUNCH, FEASTS AND TAKE-OUT

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

EAT-IN -

Regular Lunch - \$3.00
Feast - \$4.00
Holiday Feast - \$5.00

HOMEBOUND -

Regular Lunch - \$4.00
Feast - \$5.00
Holiday Feast - \$6.00

TAKE-OUT -

Regular Lunch - \$5.50
Feast - \$6.50
Holiday Feast - \$7.50

INDEPENDENCE DAY

WORD SEARCH PUZZLE



HAPPY 4th OF JULY!

The words appear UP,
DOWN, BACKWARDS, and
DIAGONALLY.
Find and circle each word.

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

AMERICA
ANTHEM
BARBECUE
BLUE
CAMPING
CELEBRATE
DEMOCRACY

FIREWORKS
FLAG
FREEDOM
GAMES
HOLIDAY
INDEPENDENCE
LIBERTY













MONUMENTS
NATION
PARADE
PARTY
PICNIC
RED
STARS




STATES
STRIPES
SUMMER
UNCLE SAM
UNITED
VACATION
WHITE



July 2024

Weston Senior Center Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
PROM TICKETS GO ON SALE TODAY 9:00– Summer Wii Bowling 9:30- Bingo 10:30–Chair Yoga 	9:00– Summer Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:30– Summer Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming	9:00– Summer Wii Bowling 9:30- Bingo 9:30-1:30 Chair Massages 10:00– Line Dance w/Joanne 11:00– Council Meeting 4:30– Dine-Out Crabby Dick’s– Delaware City		
8	9	10	11	12
9:00– Summer Wii Bowling 9:30- Bingo 10:30–Chair Yoga 11:30– Red Hats 	9:00– iPhone & iPad help w/ Ron Pierce 9:00– Summer Wii Bowling 9:30– Summer Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming 	9:00– Summer Wii Bowling 9:30- Bingo 10:00– Line Dance w/Joanne 	9:00– Cornhole League 9:30-Pinochle 9:30- Bingo 12:30– Beginner Crocheting 1:00–Low Impact Cardio w/ Mary Ellen 1:00– ANEW Refresher class	9:00– LINE DANCE PARTY 9:30- Beginner Quilting 2:10– Zumba Gold Exercise class w/ Gale 
15	16	17	18	19
9:00– Summer Wii Bowling 9:30- Bingo 10:30–Chair Yoga 	9:00– Summer Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:00– AARP Defensive Driving 9:30– Summer Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming	9:00– Summer Wii Bowling 9:30- Bingo 9:30-1:30 Chair Massages 10:00– Line Dance w/Joanne 10:00– Nutrition Education for people who are Pre-Diabetic or have Diabetes	9:00– Cornhole League 9:00- Stand by Me 50+ 9:30-Pinochle 9:30- Bingo 12:30– Beginner Crocheting 1:00–Low Impact Cardio w/ Mary Ellen 	9:30- Beginner Quilting 10:00– “Summertime Fun” BINGO & LUNCH \$5.00 2:10– Zumba Gold Exercise class w/ Gale
22	23	24	25	26
9:00– Summer Wii Bowling 9:30- Bingo 10:30–Chair Yoga 	9:00– Summer Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:30– Summer Shuffleboard 9:30– Ribbon Tree Class 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming	9:00– Summer Wii Bowling 9:30– Bingo 10:00– Line Dance w/Joanne 10:00-Fall Prevention Class 	9:00– Cornhole League 9:30-Pinochle 9:30- Bingo 12:30– Beginner Crocheting 1:00–Low Impact Cardio w/ Mary Ellen	9:30- Beginner Quilting 10:30– Food Distribution 2:10– Zumba Gold Exercise class w/ Gale
29	30	31	August 1	August 2
9:00– Summer Wii Bowling 9:30- Bingo 10:30–Chair Yoga 1:00- FREE NUTRITION WORKSHOP “FOOD SMART”	9:00– Summer Wii Bowling 9:00– iPhone & iPad help 9:00– Stand By Me 50+ 9:30– Summer Shuffleboard 10:30– Bible Study 12:45– Canasta 12:45-Pokeno 1:00-Cardio Drumming	9:00– Summer Wii Bowling 9:30– Bingo 9:30-1:30 Chair Massages 10:00– Line Dance w/Joanne 	9:00– Cornhole League 9:30-Pinochle 9:30- Bingo 12:30– Beginner Crocheting 1:00–Low Impact Cardio w/ Mary Ellen	9:30- Beginner Quilting 2:10– Zumba Gold Exercise class w/ Gale 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1</u>  Tuna Lettuce & Tomato Chips Fruit	<u>2</u>  Grilled Chicken Mashed Potatoes Gravy Peas Cake	<u>3</u>  Lasagna Italian Blend Veggies Sherbet	<u>4</u>  CENTER CLOSED <u>INDEPENDENCE DAY</u>	<u>5</u>  CENTER CLOSED <u>INDEPENDENCE DAY HOLIDAY</u>
<u>8</u>  Baked Chicken Rice Broccoli Gravy Pie	<u>9</u>  Potato Bar Salad Fruit	<u>10</u>  Pork Chops Potato Pancakes Green Beans Cake	<u>11</u>  Sloppy Joe Cole Slaw Onion Rings Chips	<u>12</u>  Burgers Lettuce/Tomato Potato Salad Three Bean Salad Brownies
<u>15</u>  Country Fried Steak Mashed Potatoes Gravy Peas Cookies	<u>16</u>  Pork Loin Rice Pilaf Salad Banana Pudding	<u>17</u>  Salisbury Steak Scalloped Potatoes Asparagus Pie	<u>18</u>  Fish Rice Okra Pineapples	<u>19</u> Chicken Tenders Fries Chef Choice Veggie Assorted Desserts
<u>22</u>  Chili Dogs Baked Beans Cole Slaw Cobbler	<u>23</u>  Taco Salad Bar Pudding	<u>24</u>  Oven Fried Chicken Potato Pancakes Zucchini Fruit	<u>25</u>  Meatloaf / Gravy Mashed Potatoes Peas Birthday Cake Ice Cream	<u>26</u>  Stuffed Cabbage Rice Cucumber Salad Assorted Desserts
<u>29</u>  Meatball Sub Corn Nuggets Chips Fruit	<u>30 FEAST</u>  Crab Cakes Hush Puppies Salad Cobbler	<u>31</u>  Chicken Salad Lettuce/Tomato Chips Fruit	<u>MENU</u>  FOR JULY 2024	 <u>KITCHEN STAFF</u> Mike Tedeschi Cook

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