

March 2020

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 BONK
SITE MANAGER

PAUL O'BRIEN
HEAD CHEF

BETSEY MOORE
CRAFT INSTRUCTOR

BEVERLY J. MCCOOL
PROGRAM COORDINATOR



Dine-Out Club

March dine out will be at
Porto-Fino's, New Castle
March 4, 2020
@ 4:30 p.m.



Tuesday, March 17, 2020-
St. Patrick's Day Party
Time-11:00 a.m.



FEAST DAY CHANGES

In order to accommodate all our members
who wish to join us for lunch on Feast Days,
we are asking you to sign-up the
day before a scheduled feast.

Feast Days this month are-

Friday, March 6, 2020

Tuesday, March 10, 2020

Tuesday, March 17, 2020

Friday, March 20, 2020

The cost is \$ 3.00

Thank you for your support and understanding.

SHAKE YOUR SHAMROCK BINGO

Friday, March 6, 2020
@ 10:00 a.m.
Lunch & Bingo \$5.00
(Cash Prizes and Door
Prizes)

MEET THE CHEF DAY

Thursday, March 12, 2020
\$1 LUNCH
Creamed Chip Beef,
Biscuits, Home Fries and
Baked Apples



BIG SPRING BINGO

Sunday, March 29, 2020
The event begins at 2:00
p.m. w/ doors opening at
1:30 p.m.
Tickets are \$20.00
See Donna for tickets

BOARD OF DIRECTORS

CHARLES S. STEPHAN
CHAIRMAN

DARREN WRIGHT
VICE-CHAIRMAN

LINDA MOFFETT
SECRETARY

GREGORY YACUCCI
TREASURER

BARBARA McCAFFERY

JOHN D. TRAVIS

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.com

Facebook - Weston Senior Center

Website

E-mail

2019-2021 ADVISORY COUNCIL MEMBERS

*Linda Brown Pat Burk Judy Egner Beverly Ellis Dot Evans Orval Foraker
Jeannette Henretty Dutchie Jensen Jim McFarland 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 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.

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"



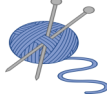
CRAFTS WITH BETSEY – Join our crafters daily from 9:00 a.m. to 1:30 p.m.
Betsey is available on Tuesdays thru Thursdays from 9:00 a.m. to 12:00 noon.



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 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 and Thursday
mornings from 9:45 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! **We need a
Bingo Caller for the 1st Wednesday of every month. Can you help?**



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 with Claymore
Thursday, March 12, 2020 Time-9:30 a.m.**



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 a.m. in the Multi-Purpose Room. We will be playing double
deck and it is open to everyone.



Wii BOWLING LEAGUE –SAVE THE DATE- This bowling year, the date for the roll off is Monday, April 20,
2020. End of year Luncheon & Awards Ceremony will be held on the Tuesday, May 5, 2020 at
Absalom Jones, please plan accordingly.



RED HATS –The “Red Hot Mamas” meet on the second and fourth 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.



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

CLUBS and GROUPS ...



NON-DENOMINATIONAL BIBLE STUDY– Please welcome Barbara Petrucci, who will be offering Bible Study on Tuesdays from 10:30 a.m.-11:30 a.m. She would love to have you come. Here is an outline to give you an idea as to what to expect; I play inspirational CDs at the beginning and then open with a prayer. We also close with a prayer. We read line by line. If you are comfortable reading aloud, I encourage you to do so as I want participation. We share thoughts and questions. The focus is the “Word”. We study for information but mostly for transformation. If you have a bible please bring it with you. I am excited to share with you all.



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 April dine out will be at Red Lobster, Churchman’s Rd. on April 1, 2020 @ 4:30 p.m.**



PEN PAL GROUP – Our Pen Pal group had a wonderful time meeting and visiting with our pen-pals. **The children will be coming to Weston on Wednesday, May 27, 2020, so keep this date open.**



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 ...

CANCER, THRIVING AND SURVIVING – FREE 6-week class; Tuesday, March 10, 2020-Tuesday, April 14, 2020. Time: 10:00 a.m.-12:00 noon. This program will provide those affected by cancer with tools they need to live a healthier life. ... For those who are just starting their cancer treatment journey or those who have completed it, these tools will provide you an opportunity to live your life to the fullest. This class is limited to 15 participants so don’t delay. Sign-up soon!



CHAIR EXERCISE CLASS- FREE– Wednesdays 9:15 a.m.-10:00 a.m. Join Gail for a great way to start your day. Everyone is welcome. Getting healthy starts with small steps so give it a try!



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 in the lobby 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 March 19, 2020).**



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?



AQUA-CARDIO CLASS– In partnership with Fraim Center for Active Adults, Weston will be offering an 8 week aquatic exercise class on Tuesdays & Thursdays, 8:45 a.m.-9:30 a.m. from March 10, 2020-April 28, 2020. The cost is \$40.00, 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 at the front desk.

HEALTH SERVICES

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

Thursday, March 5- Aging in Your Home-Ingleside Senior Services.

Thursday, March 12 –Trinidad Navaro Insurance Commissioner.



BLOOD PRESSURE SCREENING –Our nurse “MaryAnn” from the Weston Adult Day Care will be available to check your blood pressure on the 1st & 3rd Thursday from 10:30 a.m.–11:30 a.m. 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 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 \$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!

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.

FUNDRAISING

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!!



FUNDRAISING – JANUARY 2019

Below is our fundraising status
(July 1, 2019–June 30, 2020).

50/50s	\$403.00	
Donations – General	\$ 245.00	
Cans	\$14.70	
Total for January 2020	\$662.70	\$662.70
Total for December 2019		\$2,734.10
Total For November 2019		\$1,290.50
Total for October 2019		\$ 6,856.30
Total for September 2019		\$1,544.20
Total for August 2019		\$655.30
Total for July 2019		\$7,072.15
Total		\$20,815.25



Our fundraising for July 1, 2019 to June 30, 2020 is underway. 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.

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.

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/>

HIGHMARK WALK FOR A HEALTHY COMMUNITY– Saturday, June 13, 2020. We have been chosen as one of 32 non-profits to participate in the 2020 walk. We are very excited and will be bringing you more information soon. Get your walking shoes on and help us reach our goal.

JUNE CLUB TICKETS ON SALE NOW– Tickets are \$5.00 and can be purchased at the 50/50 Table. Winners are determined by the Delaware Daily Evening Pick 3 lottery number. (Straight not Boxed).

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. 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 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 is available to provide services to our center on the first Tuesday of the month. If you need legal aid, please see Donna.



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 “Basic” class of the AARP Driver Safety Program will be held on Tuesday, April 28, 2020 from 9:00 a.m. to 3:00 p.m. The cost of the course is \$15.00 for AARP 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 AARP. 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.



AARP TAX ASSISTANCE-Thursdays from February 6, 2020-April 9, 2020. Appointment time-9:00 a.m.-1:00 p.m. Sign-up at the front desk.

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.



Upcoming

EVENTS

MARCH

Tuesdays, March 10-31, 2020– 4 Week Brain Boosters Class–(designed to help improve your Brain Health). Join Patti for this 4 week session to learn tricks and tips for improving your memory. This class will include information on ways to stimulate your brain through brain boosting activities, diet and crafts to name a few. Time-9:30 a.m.-11:30 a.m. Cost-\$20.00

Tuesday, March 17, 2020– St. Patrick's Day Party–Tis the season of the Irish and the wearin 'o' the green, we are looking for a reason to celebrate, we think you know what we mean! A light heart lives longest so the Irish say and so we're having a party to celebrate St. Patrick's Day! Time-11:00 a.m.

Thursday, March 19, 2020– Easter Card Making Class– Join Pam as she teaches us how to make 2 different Easter cards. You will be making 4 of each design. Time– 9:30 a.m.-12:00 noon. Cost-\$5.00 Sign-up at the front desk with payment. See bulletin board for samples of the cards.

Sunday, March 29, 2020- BIG SPRING BINGO– Cost-\$ 20.00. Additional cards are available on that day for \$10.00. Food will be available for sale, so please do not bring in outside food. Doors open at 1:30 p.m.

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

APRIL

Thursday, April 9, 2020– Easter Buffet & Bake Sale– Break out your cook books and find some yummy recipes to help with our bake sale. Tickets for the buffet will go on sale Monday, April 6, 2020. Tickets are \$ 4.00 (You may purchase 1 for yourself and 1 for a friend).

Tuesday, April 14, 2020– Grandparents & Grandkids Spring Fun Day- Join us to celebrate the warm weather of Spring. with a Grandparent/Great-Grandparent/Grandkids Party! from 10:30 a.m.-1:30 p.m. We will be doing an age -appropriate craft, lunch, special dessert and Spring bingo! This event requires advanced sign-ups and payment. Cost- \$ 3.00 pp. When signing up, please let Donna know how old your grandkids are. This event is open to children ages 4-12.

Wednesday, April 15, 2020– Tree Painting w/ Styrofoam– Join Liisa for another painting class. You do not need experience or talent. She will walk you through the entire process. Time– 12:30 p.m.-2:30 p.m. Cost \$8.00. Sign-up at the front desk.

Tuesday, April 21, 2020– In house Bowling Party– Time-11:00 a.m. in the Bingo Room. Please bring a covered dish to share. The center will provide the protein. Sign-up sheet is posted on the bulletin board.

VOLUNTEER WEEK- April 19-25, 2020. WE LOVE OUR VOLUNTEERS! Many thanks to all of you who volunteer at Weston! Your time and effort help make Weston such a wonderful center. Please enjoy a treat on us in appreciation for all you do!

NEWS FROM THE COMMUNITY...



WHY YOU SHOULD NOT ABBREVIATE 2020 WHEN SIGNING LEGAL DOCUMENTS- It could potentially save you some trouble down the road. We've now entered the year 2020—but don't abbreviate 2020 when signing your legal documents. Police have warned that anyone signing important documents or checks with an abbreviation of 2020, i.e. "20," could put themselves at risk of fraud. They recommend writing out the date in full, as 2020, on legal documents and checks. This is sound advice and should be considered when signing any legal or professional document.



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

PLEASE READ!



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



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

PARKING LOT SAFETY



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

PLEASE BE SAFE!



DONATIONS

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

HELP WANTED!



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

COMPUTER LAB

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

<u>March 2020</u>		
5th: 9:30 a.m. to 11:30 a.m. Practice your skills.	12th: 9:30 a.m. to 11:30 a.m. Practice your skills.	19th: 9:30 a.m. to 11:30 a.m. Practice your skills
26th: 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 January 16, 2019 to February 15, 2019:

Jonielle Bellamy
Judith Rosenberry

Dottie Cole
Rosie Tillman

Mary Emory
Stephen Wing

A BRAIN TRAINING PROGRAM!

“HOLD THAT THOUGHT”

Weston Senior Center 1 Bassett Ave

New Castle DE 19720

302-328-6626



BRAIN BOOSTING CLASS

Tuesdays, March 10-31, 2020

4 Week Brain Booster Class

This class is designed to help improve your Brain Health. Join Patti for this 4 week session to learn tricks and tips for improving your memory. This class will include information on ways to stimulate your brain through brain boosting activities, diet and crafts to name a few.

Time-9:30 a.m.-11:30 a.m.

Cost-\$20.00





DAY TRIPS

HARRINGTON-MIDWAY SLOTS - *We regret having to increase the cost of our Harrington trips, but we can no longer cover the cost of the bus .The cost will be \$23.00 per person.* It's back to Harrington-Midway Slots on Wednesday, March 11 , 2020 and Wednesday, April 8, 2020 .The cost of the trips is \$23.00 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.

SPIRIT OF PHILADELPHIA- Bingo & lunch Cruise. Wednesday, July 22, 2020. Cost \$75.00.
Trip includes: transportation, cruise, bingo and lunch.

SIGHT & SOUND- QUEEN ESTHER-Tuesday, August 25, 2020. Cost-\$115.00. Trip includes: transportation, show & lunch at Shady Maple.

TROPICANA, ATLANTIC CITY-”Tribute to some of the world’s most famous duets”-Monday, September 21, 2020. Cost-\$55.00 pp. Trip includes: transportation, \$20.00 in bonus slot play, admission to the 3:00 p.m. show at the Tropicana. Bus leaves at 9:00 a.m. and returns at 7:00 p.m.

HERSHEY/SWEET LIGHTS-Tuesday, December 1, 2020. Includes transportation, tour of Hershey & School ;wine tasting, dinner and Sweet Lights tour. Cost- \$ 125.00

AMERICAN MUSIC THEATER & SHADY MAPLE- Tuesday, December 15, 2020. Includes transportation, lunch @ Shady Maple and tickets to the “Deck the Halls” Christmas show. Cost- \$ 115.00

EXTENDED TRIPS

NASHVILLE & PIGEON FORGE-Featuring The Smoky Mountain Shindig-8 days & 7 nights. May 11-18, 2020. Cost-\$1,295.00 pp. \$200 deposit due at time of sign-up. Balance is due by March 6, 2020. Flyers available at the front desk. **WAITING LIST ONLY**

WILDWOOD, NEW JERSEY- **“Oh Those Wildwood Days!** September 14-16, 2020. 2 nights & 3 days. Cost- \$ 375.00 pp (double occupancy) \$50.00 deposit due at time of sign-up. Balance due Friday, July 10, 2020.

FINGER LAKES, NEW YORK-”Wine and Dine in Scenery Divine”- 4 days & 3 nights. October 5-8, 2020. Cost- \$650.00 pp. \$100 deposit to hold your place. Balance due by July 17, 2020. Flyers available at the front desk. **WAITING LIST ONLY**

*****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.

st patrick's day

WORD SEARCH



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

SHAMROCK

GOLD

EMERALD

CHARM

HOLIDAY

IRISH

IRELAND

PATRICK

RAINBOW

MARCH

GREEN

CLOVER

LEPRECHAUN

LUCK

JIG


















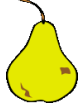


BLARNEY

March 2020



Weston Senior Center Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9:00 & 12:30– Wii Bowling 9:45- Bingo 	8:45– Aqua Cardio @ Fraim Center. 9:00 & 12:30– Wii Bowling 9:30– A Matter of Balance (Class 3) 10:30– Bible Study 	9:00 & 12:30– Wii Bowling 9:15– Chair Exercise Class 9:45- Bingo 10:00– Line Dance 11:00-Advisory Council 4:30– Dine Out Club– Porto-Fino’s 	8:45– Aqua Cardio @ Fraim Center. 9:00– AARP Tax Assistance 9:00 & 12:30– Wii Bowling 9:30-Pinochle 9:45- Bingo 10:00 - Moving to the oldies w/ Joanne 10:30– Blood Pressure screening	9:30- Quilting Class 10:00– Shake your Shamrock Bingo Lunch only- \$3.00 
9	10	11	MEET THE CHEF! 12	13
9:00 & 12:30– Wii Bowling 9:45- Bingo 11:00-Red Hats 	8:45– Aqua Cardio @ Fraim Center. 9:00 & 12:30– Wii Bowling 9:30– Brain Booster Class 9:30-Cancer, thriving & surviving 10:30– Bible Study	8:30– Harrington Trip 9:00 & 12:30– Wii Bowling 9:15– Chair Exercise Class 9:45- Bingo 10:00– Line Dance 	8:45– Aqua Cardio @ Fraim Center. 9:00– AARP Tax Assistance 9:00 & 12:30– Wii Bowling 9:30-Pinochle 9:30-Shuffleboard Tournament w/ Claymore 9:45- Bingo 10:00 - Moving to the oldies w/ Joanne	9:30- Quilting Class 
16	17	18	19	20
9:45- Bingo 9:00 & 12:30– Wii Bowling 	8:45– Aqua Cardio @ Fraim Center. 9:00 & 12:30– Wii Bowling 9:30– Brain Booster Class 9:30-Cancer, Thriving & Surviving 10:30– Bible Study 11:00-St. Pat’s Party	9:00 & 12:30– Wii Bowling 9:15– Chair Exercise Class 9:45- Bingo 10:00– Line Dance 	8:45– Aqua Cardio @ Fraim Center. 9:00 & 12:30– Wii Bowling 9:00– AARP Tax Assistance 9:00– Stand By Me 50+ 9:30-Pinochle 9:30-Easter Card Making class 9:45- Bingo 11:00 – Blood Pressure Screening	9:30- Quilting Class 
23	24	25	26	27
9:45- Bingo 9:00 & 12:30– Wii Bowling 11:00-Red Hats 	8:45– Aqua Cardio @ Fraim Center. 9:00 & 12:30– Wii Bowling 9:30– Brain Booster Class 9:30-Cancer, Thriving & Surviving 10:30– Bible Study	9:00 & 12:30– Wii Bowling 9:15– Chair Exercise Class 9:45- Bingo 	8:45– Aqua Cardio @ Fraim Center. 9:00 & 12:30– Wii Bowling 9:00– AARP Tax Assistance 9:30-Pinochle 9:45- Bingo 	9:30- Quilting Class 
29/30	31			
BIG BINGO– DOORS OPEN AT 1:30 P.M. 9:00 & 12:30– Wii Bowling 11:00-Red Hats	8:45– Aqua Cardio @ Fraim Center. 9:00 & 12:30– Wii Bowling 9:30-Cancer, Thriving & Surviving 10:30– Bible Study 12:30-Pokeno			KISS ME  I'M IRISH <small>©wonderlicparts.com</small>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>2</u>  Philly Cheesesteak Peppers & Onions Mac & Cheese Cookies	<u>3</u>  Grilled Chicken Breast Au Gratin Potatoes Garden Salad Lemon Meringue Pie	<u>4</u>  Kielbasa Sauerkraut German Potato Salad Fruited Jello	<u>5</u>  Pizza Caesar Salad Tapioca Pudding	<u>6</u> <u>FEAST</u>  Steamed Shrimp Baked Potato Bar Green Beans Assorted Desserts
<u>9</u>  Minestrone Soup Grilled Cheese Tater Tots Chocolate Pudding	<u>10</u> <u>FEAST</u>  BBQ Pot Roast Baked Beans Greens Cornbread Pears	<u>11</u>  Cream of Potato Soup Tuna Melt Green Pasta Salad Cake w/ Strawberries	<u>12</u> <u>MEET THE CHEF</u> <u>\$1 LUNCH</u> Creamed Chipped Beef Biscuits Home Fries Baked Apples 	<u>13</u>  Fish and Chips Cole Slaw Assorted Desserts
<u>16</u>  Baked Chicken Scalloped Potatoes Chef's Choice Vegetable Apple Pie	<u>17</u> <u>FEAST</u>  Corned Beef Cabbage Parslied Potatoes Pattie's Cupcakes	<u>18</u>  Sweet and Sour Pork Fried Rice Oriental Vegetables Butterscotch Pudding	<u>19</u>  Meatloaf Mashed Potatoes Gravy Glazed Carrots Cherry Cobbler	<u>20</u> <u>FEAST</u>  Seafood Newburg Linguini Vegetable of the Day Assorted Desserts
<u>23</u>  All Beef Hot Dog Seasoned Fries Baked Beans Fresh Fruit	<u>24</u>  Hot Turkey Sandwich Mashed Redskins Creamed Corn Mandarin Oranges	<u>25</u>  Four Cheese Lasagna Garden Salad Garlic Toast Chilled Peaches	<u>26</u>  Sausage on a Bun Peppers and Onions Pasta Salad Brownie & Ice Cream	<u>27</u>  Herbed Crusted Fish Rice Pilaf Stewed Tomatoes Assorted Desserts
<u>30</u>  Salisbury Steak Au Gratin Potatoes Chef's Choice Vegetable Rosy Pears	<u>31</u>  Spaghetti and Meatballs Caesar Salad Breadstick Sugar Cookies	<u>PLEASE NOTE:</u> The Howard J. Weston Community and Senior Center, Inc. Nutrition Program does not discriminate on the basis of sex, creed, national origin, race or handicap.	<u>KITCHEN STAFF</u> Paul O'Brien, Head Chef 	 <u>MENU</u> <u>FOR</u> <u>MARCH</u> <u>2020</u>

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