

May 2019

HOWARD WESTON SENIOR CENTER

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

STAFF

SANDRA S. KRETT
EXECUTIVE DIRECTOR

VICKI K. SHERATON
DIRECTOR

DOROTHY J. LOVETT
SITE MANAGER

KRISTINE L. JONES
HEAD CHEF

BETSEY MOORE
CRAFT INSTRUCTOR

BEVERLY J. MCCOOL
PROGRAM COORDINATOR



WALK FOR A HEALTHY COMMUNITY

June 8 Frawley Stadium 9:00 am

To register or to donate visit
walkforahealthycommunity.org



“Cinco de Mayo”

Friday Bingo

Friday, May 10, 2019
@ 10:00 a.m.

Lunch & Bingo \$5.00
(Cash Prizes and Door Prizes)

(NO TAKE-OUTS)

Regular Lunch \$3.00
(2nd Friday of the month)

Dine-Out Club

May’s dine out will be on
May 1, 2019 at
Metro Diner,
Ogletown-Stanton Rd.
@ 4:30 p.m.

“PIRATES OF THE CARIBBEAN”

DINNER DANCE

Friday, May 3, 2019
@ 5:00 p.m.

Cost is \$10.00 pp.

The Center will serve
lunch at 11:30 and
then we will close.
The doors will re-open
for the dinner dance at
5:00 p.m.



JUNE CLUB TICKETS ARE ON SALE NOW! \$5.00

1,000 tickets are for sale. Winners are determined by the Delaware State Lottery evening drawing (Straight not boxed). If we sell all the tickets, we will have a winner every day in June. It is a great fundraiser for the center. We would be delighted to have you sell tickets to your family and friends. Get your tickets now! For more information speak to Dottie at the front desk.

BOARD OF DIRECTORS

JOHN D. TRAVIS
CHAIRMAN

CHARLES S. STEPHAN
VICE-CHAIRMAN

CLIFFORD B. HEARN JR.
SECRETARY/TREASURER

HARRY KUTCH

BARBARA McCAFFERY

LINDA MOFFETT

KATE SHANAHAN

DARREN WRIGHT

GREGORY YACUCCI

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

Tanya Bayard

Linda Brown

Pat Burk

Judy Egner

Beverly Ellis

Dot Evans

Orval Foraker

Jeannette Henretty

Dutchie Jensen

Frank Kersey

Jim McFarland



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

WESTON ADULT DAY CARE CENTER

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

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

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



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

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

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

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



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

THE "ARTS" and THE "CRAFTS"



CERAMIC TRAVEL MUG CLASS – Tuesday, May 7, 2019 @ 10:00 a.m. Cost-\$10.00. Please make payment to Dottie when you sign-up. See the sample in the lobby.



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.



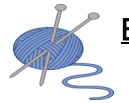
"STUFF THE BEAR DAY" – We are in need of volunteers to help Betsey stuff bears for Vitas Hospice. Many hands make the work easier. Join us on Wednesday, May 15, 2019 from 9:30 a.m.-12:00 noon.



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 (as long as we have enough people to play) and Thursday mornings from 9:45 to 11:30 a.m. We have new and exciting games, plus an extra money pot on certain games played. Please join us – it's lots of fun and be sure to bring your pennies! **We need a Bingo Caller for the 1st Wednesday of every month. Can you help?**



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.



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



PUZZLE CORNER – If you like to do jigsaw puzzles, check out our puzzle corner in Room 3. We have a great selection of puzzles from which to choose. There are usually two or three puzzles in the process of being completed. Stop by and take a look. You just might find a piece or two.



PINOCHLE - Join us on Thursdays @ 9:30 in the Community Room. We will be playing double deck and it is open to everyone.



Wii BOWLING LEAGUE –The League banquet will be held on Monday, **May 6, 2019 at 10:30 a.m.** at Absalom Jones Senior Center. We have secured the use of an Absalom Jones Bus to transport our members to the banquet. If you need a ride please sign-up with Dottie. Space is limited to 20 people. Bus will be picking us up at 10:00 on May 6th.

SUMMER WII BOWLING –Please join us for our kick-off meeting on Wednesday, May 22, 2019 @ 9:30 a.m. We will be discussing details at this meeting. The Wii Summer Bowling League will run from Monday, June 3, 2019 through Wednesday, August 7, 2019.

CLUBS and GROUPS ...



RED HATS –The “Red Hot Mamas” meet on the second Monday of each month at 11:00 a.m. in the Dining Room followed by lunch at a local restaurant. See Dutchie Jensen to join the group or for additional information.



DINING OUT CLUB – Our dine out group meets on the first Wednesday of each month at area restaurants at 4:30 p.m. Please check out our activities calendar near the back of this newsletter for locations and sign up on the sheet in the lobby if you will be joining us. It’s always fun to get together for a meal. If you need a ride, let us know. We can arrange carpooling. Important! This is a fundraiser for the center. Be sure to tell your family and friends. For those wanting to plan ahead, **our June’s dine out will be on May 5, 2019 @ Texas Roadhouse, Route 40, Bear.**



PEN PAL GROUP – **SAVE THE DATE!!** Our Pen Pals will be joining us for a fun day on Tuesday, May 21, 2019 @ 11:00 a.m.



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 ...



FREE MOVING FOR BETTER BALANCE, MODIFIED TAI CHI– Tuesdays & Thursdays -10:00 a.m.-11:00 a.m. March 19– July 5, 2019. Do you have a history of falls? Struggle with a balance problem? Experience leg weakness? Moving for Better Balance is for you. Moving for Better Balance is an exercise program that utilizes modified tai chi postures to help older adults improve their balance, movement and overall well-being. Twice-weekly, one hour classes extend over a 16 week period. This class is a filled, but we are taking names for a waiting list for the next class. See Dottie.



A MATTER OF BALANCE- Tuesday, April 16th-Tuesday, June 4th 2019. Time: 10:00 a.m.-12:00 noon. It is a nationally recognized program that helps participants address their fear of falling. The program is FREE and consists of two-hour classes offered once a week for a total of eight weeks.



UNIVERSITY OF DELAWARE COOPERATIVE EXTENSION-FREE FOOD AND NUTRITION EDUCATION PROGRAM - What you will learn– healthy eating & cooking for less, being active, keeping food safe, saving money at the grocery store, preparing tasty foods and planning meals. Classes will be held on Wednesdays- May 1, 8, 15, 29 & June 5, 2019 from 10:30-11:30 a.m. (No class on 5/22.) Class size is limited to 20. Sign-up sheet is posted on the bulletin board.



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

PLEASE NOTE: Be sure to check the schedule as there are days that Joanne will not be here.



MOVING TO THE OLDIES w/ Joanne (The Old Zumba Class)–Our low impact, moving-to-music class is held on Thursday mornings from 10:00 a.m. to 11:00 a.m. Classes are \$4.00 per person per class.

PLEASE NOTE: Be sure to check the schedule in the lobby as there are days that Joanne has other commitments and will not be here. **(No class May 16th)**



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



SENIOR WATER AEROBICS – Join us at the Delaware Swim and Fitness Center located near the Delaware Memorial Bridge on Monday, Wednesday and Friday mornings from 9:00 a.m. to 10:00 a.m. The Fitness Center has a “Senior Water Aerobics” program. The cost is \$3.00 per session.

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 – March 2019

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



50/50s	\$435.00	
Donations – General	\$1,000.00	
Memorial Donations	\$150.00	
Total For March 2019	\$1,585.00	\$1,585.00
Total for February 2019		\$798.00
Total for January 2019		\$725.00
Total for December 2018		\$684.00
Total for November 2018		\$1383.10
Total for October 2018		\$ 832.00
Total for September 2018		\$589.65
Total for August 2018		\$1,836.40
Total for July 2018		\$1,438.00
Total		\$9,871.15

Our fundraising for July 1, 2018 to June 30, 2019 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.



RONALD McDONALD
HOUSE CHARITIES
OF THE CAROLINAS

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

AMAZON SMILE – Make a donation to Weston without costing you a penny! How, you ask? When you make purchases through Amazon Smile, please designate Weston as your charitable organization. They will donate .05% of your purchase to Weston. Free money for us at no cost to you! Go to <https://smile.amazon.com/>



WALK FOR A HEALTHY COMMUNITY



June 8 Frawley Stadium 9:00 am

To register or to donate visit
walkforahealthycommunity.org

HIGHMARK 
Delaware
An Independent Licensee of the Blue Cross and Blue Shield Association

The 2019 Highmark Walk for a Healthy Community

will be held on **Saturday, June 8, 2019**, at Frawley Stadium at the Riverfront. **Weston** has been chosen as 1 of 28 health and human services organization in New Castle County to participate.

Highmark Inc. coordinates and underwrites the cost of the walk so that **100 percent of the money raised by walkers goes to the participating nonprofits.**

The primary goal of the Walk is to help participating organizations raise money for their individual missions. The secondary goal of the Walk is to energize community members to have a greater hand in their health by becoming or staying physically active.

WALK FOR WESTON!

HOW CAN YOU HELP?

- ◆ Join a room team:
Every room will have a team!
(ceramics, crafting, billiards, shuffleboard, bingo etc.)
- ◆ Support your team by raising money!
- ◆ Bring your change in and add it to our "Make a Change" container!
- ◆ Reach out to your hairdresser, mechanic, your plumber, etc. and ask them to support our center with a donation.
- ◆ Start a Family team! Get your whole family involved!

- ◆ Food, entertainment, prizes and fun activities for children are all part of the festivities. In addition, each nonprofit participating in the walk has a booth with information about their services.
- ◆ All registered walkers who raise or donate \$30.00 will receive a Walk for a Healthy Community T-shirt. For every \$50.00 that you donate to participating organizations, you will receive one chance for raffle prizes valued at more than \$1,000.

HEALTH SERVICES

THOUGHTFUL THURSDAY-“Education and Information Program” - Thursdays @ 11:30 a.m.
Thursday, May 9 –To Be Determined.

Thursday, May 23- Strano & Feeley Family Funeral Home. Q&A about Pre-planning.

Thursday, May 30- True Mobility, Inc. **This program begins at 11:00 a.m.**

BLOOD PRESSURE SCREENING – Please note blood pressure screenings have moved to Thursdays! Blood pressure screening is available at the center on the 1st and 3rd Thursday at 11:00 a.m. The nurse in the Weston Adult Day Care can check your blood pressure on the first Thursday and a nurse from Generations Homecare will be here on the third Thursday. Please remember that this service is not intended to replace regular visits to your doctor. Only your doctor is best able to determine your medical needs.

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

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

NEMOURS HEALTH CLINIC – provides comprehensive dental care, eye examinations, eyeglasses, hearing tests and hearing aids to those who qualify. To qualify, you must be 65 years of age or older, a resident of Delaware and a United States Citizen. Income levels are \$20,600 for a single person and \$31,900 for a married couple after Medicare Part B is taken out. For more information, please contact the clinic at 651-4405.

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

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

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

HEARING IMPAIRED-The Office of the Delaware State Fire Marshal is offering specialized smoke detectors free of charge to all Delaware residents who have a hearing impairment. These detectors feature a very high decibel audible tone as well as a flashing strobe light. For more information or to receive a smoke detector, contact Brian Ferguson, Office of State Fire Marshal, at (302) 257-3069.



SERVICES

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



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



DELAWARE VOLUNTEER LEGAL SERVICES - Jacquelyn Chicono can assist you with more complex legal issues if you qualify for this program. See Beverly for an appointment.



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



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



LEGAL AID – Michelle McLean of the Elder-law Program of Community Legal Aid is available to provide services to our center on the first Tuesday of the month. If you need legal aid, please see Dottie.



DELAWARE ENERGY ASSISTANCE PROGRAM – The Delaware Energy Assistance Program provides assistance with the payment of energy bills for low-income households. You will need to supply documents verifying your income if you wish to apply for participation in this program. While the income limits change each year, we understand that the figures for this year are \$22,340 for a single person and \$30,260 for a couple. If you believe you qualify and want to apply or if you need more information, call 654-9295 or 654-6474.



AARP DRIVER SAFETY PROGRAM – The next “Refresher” class of the AARP Driver Safety Program will be held on Tuesday, July, 2, 2019 from 10:00 a.m. to 2:30 p.m. The cost of the course is \$15.00 for A.A.R.P. members (you must present your membership card) and \$20.00 for non-members and should be paid when you sign up. Please make checks payable to A.A.R.P. Sign-ups are taken on a first come, first serve basis with the class being limited to 25 participants. Please note that lunch is not included in the price, but is available for \$2.00. Check the menu.



STAND BY ME 50+ - Geri Huss from Stand by Me 50+ will be here on the third Thursday of each month from 9:00 a.m. until 11:30 a.m. in the Multi Purpose room. This program provides information, resources and support to increase the economic stability of Delawareans age 50 and older who are planning for, or in, retirement. For more information or to schedule an appointment please call 302-651-3427.



SENIOR LEGAL HOTLINE – There is a resource available for Delawareans who are age 60 and older. The Senior Legal Hotline is now up and running. The hotline hours are 9:00 a.m. to 4:30 p.m., Monday thru Thursday. The phone numbers are 302-478-8850 in New Castle County and 1-800-773-0606 in Kent and Sussex Counties. Callers can receive free legal advice on a variety of issues. There are no income requirements for the hotline. The advice will be provided by either a DVLS staff attorney or a volunteer attorney.



FUN & GAMES

HORSE RACING-DERBY DAYS – Join us for what promises to be a few fun-filled weeks as the Weston Senior Center conducts it's own horse racing "Triple Crown" races. We have six (6) horses that have been adopted.

The Kentucky Derby will be held at 11:00 a.m. on **Thursday, May 2, 2019**,

The Preakness will be held at 11:00 a.m. on **Thursday, May 16, 2019**

The Belmont Stakes will be held at 11:00 a.m. on **Thursday, June 6, 2019**.



"PIRATES OF THE CARIBBEAN" DINNER DANCE– Friday, May 3, 2019 @ 5:00 p.m.
Cost is \$10.00 pp. Ahoy ye scurvy dogs! It's fair time to set sail for distant shores in search of buried treasure, pretty maidens, and the ole bottle o' rum. Notify the captain of your intent to join the crew right away, lest she sentence ye to walk the plank! Join us for a fun-filled night, with games, prizes and plenty of dancing with Joanne Brady. Chef Lennell from Churchman Village will be preparing a feast for us "Caribbean Style"! This event is sponsored in part by our partners, Churchman Village, Parkview Nursing Care & VITAS Hospice. Thank you all for your support!



POP-UP MOVIE DAY @ CHRISTIANA MOVIE THEATER- "POMS"

Tuesday, May 21, 2019 (Tentative time- 3:00 p.m.) Cost-\$5.00

POMS is an uplifting comedy about Martha (played by Diane Keaton), a woman who moves into a retirement community and starts a cheerleading squad with her fellow residents, Sheryl (Jacki Weaver), Olive (Pam Grier) and Alice (Rhea Perlman), proving that it's never too late to follow your dreams. Advanced sign-ups and payment required.



"PASTA-BILITIES" FRIDAY BINGO– Friday, June 7, 2019 @ 10:00 a.m.

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

LINE DANCE PARTY– FRIDAY, JUNE 28, 2019– 9:30 a.m.-2:00 p.m. Cost-\$10.00 pp.

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! Don't wait to sign-up. **Very Limited Space!** (Only 20 tickets left) Cash & Checks accepted. Make checks payable to Weston Senior Center.



SAVE THE DATE: 2019 HIGHMARK WALK FOR A HEALTHY COMMUNITY- Weston has been chosen as 1 of 28 health and human services organizations in New Castle County to participate in this amazing event. The walk will be held on Saturday, June 8, 2019, at Frawley Stadium at the Riverfront. Registration for the 2019 Highmark Walk for a Healthy Community is now open. Highmark Inc. coordinates and underwrites the cost of the walk so that 100 percent of the money raised by walkers goes to the participating nonprofits. The primary goal of the Walk is to help participating organizations raise money for their individual missions. The secondary goal of the Walk is to energize community members to have a greater hand in their health by becoming or staying physically active. Join us as we challenge our Board, Staff and Members to see who can raise the most money.

WHAT'S NEW ?

NEW WEB SITE– Over the last 3 months, the staff has been meeting with a team of University of Delaware Senior students who have been working with us to create a new and amazing web site. We have been talking with members to see what it is you want us to showcase on this web site. Some ideas include a separate tab for the lunch menu, more center pictures, more trip pictures, etc.. These ideas will be incorporated in our new web site. We do not have a kick-off date yet, but when we do, we hope you will check it out!!

PING PONG– Thanks to a very generous donation, Weston now has a beautiful new ping pong table. The table is being utilized in the Multi Purpose Room, across from the Bingo room. The tentative schedule for use is Monday, Wednesday, & Thursday from 9:00 a.m.-3:00 p.m.

JUNE CLUB 2019– 1,000 tickets are for sale. If we sell all the tickets, we will have a winner every day in June. It is a great fundraiser for the center. We would be delighted to have you sell tickets to your family and friends. Get your tickets now! For more information speak to Dottie at the front desk.

BASKETFEST 2019– We are accepting donations for this year’s Basketfest to be held on Sunday, **October 13, 2019**. We are looking for any NEW items, gift cards, wine, liquor or cash donations at this time. Please drop them off at the front desk when you come in and make sure you let Dottie know who donated them so they can be recognized.

SPECIAL DAYS AND HOLIDAYS

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

STAR WARS DAY – May 4, 2019-Lock up your Ewoks and get your light sabers in the air, because May 4 is Star Wars Day! That’s right, the most pun-tastic day of the year is set aside to celebrate George Lucas’ most famous space opera series. The reference to May 4 was used as a pun long before Star Wars Day was established. In 1979, Margaret Thatcher took office as Prime Minister of the United Kingdom. Her political party placed an ad in The London Evening News, which read “May the Fourth Be with You, Maggie. Congratulations.” The first Star Wars movie came out in 1973.

CINCO de MAYO – May 5, 2019 While often mistaken in the U.S. to be Mexico’s Independence Day, Cinco de Mayo actually celebrates Mexico’s victory over the French in the Battle of Puebla on May 5, 1862. Surprisingly, Cinco de Mayo is not a national holiday in Mexico. It is much more popular in the United States and has been celebrated by American citizens since the 1860s. The observation of this holiday began as a means of resistance against French rule in Mexico, but today it is observed primarily to celebrate Mexico and its culture. Every year on May 5, parties erupt all over the country in celebration. So let’s taco ‘bout Cinco de Mayo, shall we?

MOTHERS DAY-May 12, 2019

In 1961, the Peace Corps adopted the slogan “The toughest job you’ll ever love.” No offense, Peace Corps, but that adage is more appropriate for motherhood – a job that is ever-changing and frequently exasperating. Moms don’t get days off, nor do they receive handsome salaries or generous pensions. Instead, their rewards come in the form of sticky kisses, necklaces made of elbow macaroni, and the satisfaction of seeing their children grow up to be happy, healthy adults. That’s probably not adequate compensation—so give her an extra hug or twelve on Mother’s Day,

NEWS FROM THE COMMUNITY...



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

PLEASE READ!



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



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



PARKING LOT SAFETY

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



DONATIONS

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

HELP WANTED!



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

COMPUTER LAB

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

May 2019		
2nd: 9:30 a.m. to 11:30 a.m. Practice your skills.	9th: 9:30 a.m. to 11:30 a.m. Practice your skills.	16th: 9:30 a.m. to 11:30 a.m. Practice your skills.
23rd: 9:30 a.m. to 11:30 a.m. Practice your skills.	30th: 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 March 16, 2019 to April 15, 2019:

Carlotta Barrett	Patsy Boys	Jermayn Chappell
Jean DiFrancesco	Marlene Durnall	Estella Emory
Sarah Esteva	Kim Gallup	Justine Gilbert
Stanley & Kathy Kozlowski	Gail Lewis	Jeff Massey
David McKelvey	Penny Miller	Lois Morris
Barbara Mulvey	David & Paula Reynolds	Donna Jean Short
Robert Short	Debbie Stone	Pearl Wallace
Regina Watson		

TRIPS, TRIPS, TRIPS AND MORE TRIPS ...

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

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

- ◆ **We now will enforce a sign-up deadline for all trips.** If we do not have sufficient travelers by said date, the trip will be cancelled. The center is required to pay deposits on most trips. In order to get our deposit back, we must cancel by a date set by the travel company or the venue.
- ◆ We will no longer hold seats on trips. If you want to go on a trip, you will not be "signed up" unless you pay in full for DAY TRIPS.
- ◆ For extended trips, a deposit must be paid. In addition, when balance due dates are posted, it means the center must pay for the trip in full. We, therefore, must have all trips paid in full by the balance due date. Thank you for your cooperation.
- ◆ Weston trips are open to the public.
- ◆ All emergency forms must be on file prior to departure.
- ◆ For all trips involving a casino you must be 21 or older.
- ◆ We will board the bus in the order in which you signed up. So sign up early!
- ◆ Front of the bus! If you have a legitimate reason to sit in the front of the bus, please let us know when you sign up for a trip. We will make every effort to accommodate your needs.
- ◆ Seat partners! If you want to sit with a friend on the bus, please let us know when you sign up for a trip. Again, we will make every effort to accommodate your requests.
- ◆ See our **"Tripping with Weston"** board in the lobby advertising upcoming trips.



DAY TRIPS

HARRINGTON-MIDWAY SLOTS – It's back to Harrington-Midway Slots on Wednesday, May 8, 2019. and Wednesday, June 12, 2019. The cost of the trips is \$20.00 each and includes transportation, \$15.00 in slot play and \$7.00 towards the buffet. The bus will leave the center at 8:30 a.m. and leave Harrington at 2:30 p.m.

AMERICAN MUSIC THEATRE CHRISTMAS SHOW - "DECK THE HALLS"& SHADY MAPLE-

Tuesday, December 17, 2019 Bus leaves at 9:30 a.m. and returns approximately at 6:30 p.m.

\$85.00 PP (Includes Show, Lunch & Transportation) Feast on the delicacies at Shady Maple, browse the shops and then travel to the American Music Theater for their Christmas show "Deck the Halls." This year's show is sure to be the highlight of your holiday season. It will warm your heart and touch your soul with world-class entertainment and sentimental tributes to the true meaning of Christmas. Join us as we get into the spirit of the season. Sign up with Dottie. Payment due at time of sign up.

EXTENDED TRIPS

DUDE RANCH, NEW YORK- 5 Days/4 Nights Monday, September 16, 2019-Friday, September 20, 2019 Double- \$520 pp. Single-\$575 pp. Balance due 6/15/2019. Flyers available at the front desk.

VIRGINIA BEACH, VIRGINIA- Christmas at The Beach 3 Days—2 Nights - December 1-3, 2019 Cost: \$360.00 pp. (Double Occupancy). \$100 Deposit due July 1, 2019. Final payment due August 15, 2019. Flyers available at front desk.



How to Apply for a US Passport

- ◆ First-time passport applicants must apply in person at any of a variety of local locations (including select post offices, clerk of court offices, and public libraries), or at regional passport agencies.
- ◆ NOTE: You should only apply at a regional agency if you're traveling within 2 weeks, or you need a foreign visa within 2 to 3 weeks. In either case, you must schedule an appointment for your visit by calling the automated appointment system at (877) 487-2778. There isn't an extra fee to make an appointment.
- ◆ Even if this isn't your first U.S. passport, you'll still need to apply in person if any of the following are true:
 - ◆ You are under 16 years old.
 - ◆ Your first U.S. passport was issued when you were younger than 16 years old.
 - ◆ Your last U.S. passport was stolen, damaged, or lost.
 - ◆ You obtained your last U.S. passport more than 15 years ago.
 - ◆ You've changed your name after your last U.S. passport was issued and you can't provide legal documentation for your name change.
- ◆ <https://www.dmv.org/passports.php>

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.



Mother's Day

Second Sunday of May

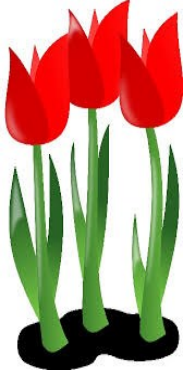













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E	N	E	A	M	L	O	A	E	U	S	T	F	I	G	T
T	D	A	O	O	M	R	N	I	I	O	C	W	I	S	E
H	E	M	V	F	M	O	S	I	D	H	O	S	U	T	P
E	R	E	O	S	H	B	R	E	A	K	F	A	S	T	R
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APPRECIATION
 BEAUTIFUL
 BREAKFAST
 CANDY
 CHARMING
 COMFORT
 DEVOTED
 FLOWERS
 FORGIVING
 GIFTS

GUIDANCE
 HUGS
 JEWELRY
 JOY
 KISSES
 LAUGHTER
 LOVE
 MATERNAL
 MOM
 MOTHER

NURTURE
 PERFUME
 PROTECTIVE
 SHARE
 TELEPHONE
 TENDER
 THE BEST
 WARM
 WISE



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		9:45- Bingo 10:00– Line Dance 11:00-Advisory Council 4:30– Dine Out Club– Metro Diner, Ogletown- Stanton Rd.  <i>Happy May Day</i>	9:30-Pinochle 9:45- Bingo 10:00-Tai-Chi Moving for Better Balance (ADC) 11:00 – Blood Pressure Screening (ADC) 11:00– KENTUCKY DERBY RACE 	Lunch will be served at 11:30 and then the center will close after lunch. The center will re-open at 5:00 for our Dinner Dance!
6	7	8	9	10
9:45- Bingo 10:30– End of the Year Wii Bowling Banquet @ Absalom Jones Senior Center 11:00-Red Hats	10:00– A Matter of Balance 10:00-Tai-Chi Moving for Better Balance (ADC) 10:00- CERAMIC TRAVEL MUG CLASS	8:30– Harrington Trip 9:45- Bingo 10:00– Line Dance 	9:30-Pinochle 9:45- Bingo 10:00 - Moving to the oldies w/ Joanne 10:00-Tai-Chi Moving for Better Balance (ADC) 	9:30- Quilting Class 10:00- “Cinco de Mayo” Friday Bingo 
13	14	15	16	17
9:45- Bingo 	10:00-Tai-Chi Moving for Better Balance (ADC) 10:00– A Matter of Balance	9:30-STUFF THE BEAR EVENT 9:45- Bingo 10:00– Line Dance	9:30-Pinochle 9:45- Bingo 10:00-Tai-Chi Moving for Better Balance (ADC) 11:00– THE PREAKNESS RACE	9:30- Quilting Class
20	21	22	23	24
9:45- Bingo 11:00-Red Hats 	10:00-Tai-Chi Moving for Better Balance (ADC) 10:00– A Matter of Balance 11:00– Pen Pal Visit 3:00-Pop up movie event at Christiana Movie Theater “POMS”	9:30-Summer Wii Bowling Meeting 9:45- Bingo 10:00– Line Dance 	9:00– Stand By Me 50+ 9:30-Pinochle 9:45- Bingo 10:00-Tai-Chi Moving for Better Balance (ADC) 11:00 – Blood Pressure Screening 11:30-Thoughtful Thursday-Strano & Feeley Family Funeral Home. Q&A about Pre-planning.	9:30- Quilting Class 
27	28	29	30	31
Closed 	10:00-Tai-Chi Moving for Better Balance (ADC) 10:00– A Matter of Balance 12:45 p.m. Pokeno	9:45- Bingo 10:00– Line Dance 	9:30-Pinochle 9:45- Bingo 10:00-Tai-Chi Moving for Better Balance (ADC) 11:00-Thoughtful Thursday-True Mobility, Inc.	9:30- Quilting Class 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>MENU</u> <u>FOR</u></p>  <p><u>MAY</u> <u>2019</u></p>	<p><u>PLEASE NOTE:</u></p> <p>The Howard J. Weston Community and Senior Center, Inc. does not discriminate on the basis of sex, race, national origin, handicap or creed.</p>	<p><u>1</u> </p> <p>Cheese Omelet Bacon Hash Browns Fruit Danish</p>	<p><u>2</u> <u>FEAST</u> </p> <p>Oven Fried Chicken Macaroni & Cheese Collard Greens Cornbread Derby Pie Bars</p>	<p><u>3</u> </p> <p>Tuna Salad on a Roll Carrot Raisin Salad Potato Chips Assorted Desserts</p>
<p><u>6</u> </p> <p>Teriyaki Glazed Salmon Fried Rice Asian Vegetables Chinese Almond Cookies</p>	<p><u>7</u> </p> <p>Pizza (Choice of Cheese or Pepperoni) Tossed Salad Pineapple Upside-Down Cake</p>	<p><u>8</u> </p> <p>Chicken Patty on a Roll Tater Tots Italian Vegetable Blend Coconut Cream Pie</p>	<p><u>9</u> <u>FEAST</u> </p> <p>BBQ Ribs Potato Salad Cole Slaw Assorted Desserts</p>	<p><u>BINGO</u> <u>10</u> </p> <p>Taco w/ Toppings Bar Rice Refried Beans Apple Empanadas NO TAKEOUTS.</p>
<p><u>13</u> </p> <p>Beef Stroganoff w/ Buttered Noodles Peas Brownies</p>	<p><u>14</u> </p> <p>Italian Sub Three Bean Salad Potato Chips Triple Dessert</p>	<p><u>15</u> </p> <p>Sautéed Chicken Breast Fettuccini Alfredo Broccoli Chocolate Cookie</p>	<p><u>16</u> </p> <p>Meatloaf Mashed Potatoes Gravy Green Beans Sunflower Cupcakes</p>	<p><u>17</u> </p> <p>Beer Battered Cod French Fries Tomato Cucumber Salad Assorted Desserts</p>
<p><u>20</u> </p> <p>Pepper steak Buttered Noodles Zucchini Casserole Strawberry & Cream Mousse</p>	<p><u>21</u> </p> <p>Chicken Tenders Macaroni & Cheese Veggie Sticks & Dip Sugar Cookies</p>	<p><u>22</u> </p> <p>Ham Scalloped Potatoes Normandy Vegetable Blend Spice Cake</p>	<p><u>23</u> <u>FEAST</u> </p> <p>Steamed Shrimp Baked Potato Roasted Vegetable Medley Lemon Delight</p>	<p><u>24</u> </p> <p>Grilled Cheese Tomato Soup Crackers Assorted Desserts</p>
<p><u>27</u> </p> <p><u>CENTER</u> <u>CLOSED</u> <u>MEMORIAL</u> <u>DAY</u></p>	<p><u>28</u> </p> <p>Chef Salad Choice of Dressing Bread Stick Peach Oatmeal Bar</p>	<p><u>29</u> </p> <p>Tilapia Lemon Rice Creamed Spinach Cherry Turnover</p>	<p><u>30</u> <u>FEAST</u> </p> <p>Chicken Wings (BBQ, Buffalo or Plain) Baked Potato Carrots & Celery w/ Ranch or Blue Cheese Cake and Ice Cream <u>BIRTHDAY DAY</u></p>	<p><u>31</u> </p> <p>Hamburgers French Fries Mixed Vegetables Assorted Desserts</p>

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