

September 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

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CHAIRMAN

DARREN WRIGHT  
VICE-CHAIRMAN

GREGORY YACUCCI  
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TOM HANDLING

HEATHER MILEA

KEN MOORE

BETH ORSEGA-SMITH



# SEPTEMBER



**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 and our "Fitness Room & 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!

## DINE-OUT CLUB

September's Dine-Out will be on  
**September 4, 2024 @ 4:30 p.m.**

### Texas Roadhouse

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!

## "Getting to Know You Week" September 9-12, 2024

We are super excited about the number of new members we have, but it is hard to keep track of everyone's name. So for the Wellness Week we are going to ask everyone to wear a name tag. This will give us all a chance to get to know our members. Many of you take classes with people but don't know their names. Lets change that and get to know each other. Remember Weston is a family, not just a place!

## 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 2:00 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 3:00 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 @ 12:45 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 Community 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 @ 12:45 p.m.** in the Dining 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** – The Fall Shuffleboard League will begin on Tuesday, September 10, 2024. If you are interested in joining the league, please see Beverly. The shuffleboard tables are available for anyone to use everyday, except on Tuesdays.



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



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



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



**Wii BOWLING LEAGUE UPDATE**– The Fall Wii Bowling League will begin on Monday September 9, 2024. Due to our “Wellness Week” all teams are being asked to pre-bowl prior to September 9, 2024.

**CORNHOLE** – Thursday's beginning @ 9:30 a.m. Show up and have fun! This is a drop in game, everyone is welcome!



**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**– Please take a moment to welcome back our Women's club. They will be returning on Wednesday, September 4, 2024. We have missed 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](http://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!

We will resume on Wednesday, September 11, 2024.



### DELAWARE HEALTH FOR ALL

**Thursday, September 12, 2024**

**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.

### FUNDRAISING

#### 10 WEEK CLUB

Tickets on sale now!

Cost- \$5.00.

Tickets will be drawn every

Wednesday from

October 16, 2024-

December 18, 2024

Weeks 1-9

\$15.00, \$10.00 & \$5.00

Week 10

\$150.00, \$100.00 & \$50.00

Tickets are on sale @ the 50/50 Table.

**Boscov's Friends & Family Coupons  
are available at the front desk**

**Cost: \$5.00.**

**This year's one-day sale is on  
Tuesday, October 22, 2024**

**Shop from 8:00 a.m.—11:00 p.m.**

**You will receive %25 off most items.**

## FUNDRAISING

### FUNDRAISING – JULY 2024



Below is our fundraising status  
(July 1, 2024–June 30, 2025).

50/50s		\$474.00
Donations-General		\$225.00
Donations-Memorial		\$325.00
Raise Right		\$14.28
July 2024		\$1,038.28
Total		\$1,038.28

### 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!!



### Goodbye Pop Tabs

As our Spoonful of Hope and Lunches with Love programs grow, we're constantly evaluating how to best serve our families. As we refine our efforts, we're prioritizing programs that have a high impact on families with sick children. Because of this, we have made the decision to retire our pop tab program starting

**January 1st, 2025. We will be accepting pop tab donations until December 31st, 2024.**

We understand that many have enjoyed collecting tabs over the years and that this has been a beloved fundraiser for our community. We are incredibly grateful for your longstanding dedication to this program and we hope that you'll explore other ways to continue your support of vital initiatives to help families in need.

#### . What you can do:

**Last Call for Pop Tabs:** To ensure a smooth transition, we'll be accepting pop tab donations until the end of the year. This gives you time to wrap up any fundraisers and drop off your collected tabs. You can bring them to 1901 Rockland Rd., Wilmington, DE 19803 any day between 9 a.m. and 8 p.m.

### WEEKLY 50/50 DRAWING

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

### August 2024 Winners

#### 50-50 Winners

Virginia Marion - 7/26/2024 - \$138  
Paul Coulby - 8/2/2024 - \$155  
Paul Coulby - 8/9/2024 - \$151  
Wanda Thornton - 8/16/2024 - \$127  
Jean Malloy - 8/23/2024 - 140

### 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, September 27, 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.**



### 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, October 1, 2024– Tuesday, November 5, 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. (No class on September 11th)

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.

ZUMBA GOLD– This is a 6-week class. Friday’s from 2:10-2:55 p.m. starting Friday, September 27, 2024- Friday, November 1, 2024.-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.

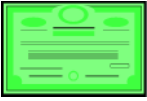


## SERVICES

**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 **Beginner Class** is scheduled for Tuesday, September 24, 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. **(We are waiting on a new supply)**



**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.

<u>September 2024</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 July 16, 2023 to August 15, 2023:

Diana Allen	Luwanne Caldwell	Sharon Champion	Theresa Cordrey	Francis Gross
Monica Johnson	Sarah Johnson	Jay Macklin	Don Mattia	Arulah Morris
Joseph Price		Brian Smith		Jeffrey Wetherson



**NEW- MAHJONG– Interest meeting Monday, September 16, 2024 @ 11:00 a.m.** 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 join us for our interest meeting.

**NEW- VETERANS SOCIAL CLUB – Interest meeting Monday, September 30, 2024 @ 11:00 a.m.** One of our members is interested in starting up a Veterans Social Group. If you are a Veteran and you might be interested, please join us for our meeting.

**NEW- BOOK CLUB–Interest Meeting–Monday, September 23, 2024 @ 11:00** One of our members is interested in starting a book club or “Good books I have read”. Please join us for our interest meeting.

### **SEPTEMBER**

**PEN PALS ARE COMING BACK!!**- Our pen pal group will be starting back up very soon. We will be keeping in touch via letters with our pen pals from a 4th grade class at Wilmington Manor School. If you are interested in becoming a pen pal, keep your eyes on the credenza. We will have a sign-up sheet ready as soon as we know how many children we will have.

**CLOSED MONDAY, SEPTEMBER 2, 2024– In celebration of Labor Day!**

**NATIONAL FOOD BANK BINGO– Friday, September 6th 2024 .** We will be collecting non-perishable food items to donate. Bring your own chips & dabbers. Lunch & Bingo \$5.00 (Cash Prizes and Door Prizes).

**FALL WII BOWLING LEAGUE– Begins on Monday, September 9, 2024.**

**FALL SHUFFLEBOARD LEAGUE– Begins Tuesday, September 10, 2024**

**STATE PRIMARY ELECTIONS– Tuesday, September 10, 2024 6:00 a.m.– 10:00 p.m. Community Room.**

**CHRONIC DISEASE SELF MANAGEMENT CLASS– Wednesday September 18-October 16, 2024 @ 12:30 p.m.** This evidence-based program is designed for adults with conditions such as arthritis, asthma, diabetes, lung disease, heart disease, stroke, and osteoporosis, who struggle to find ways to manage their condition. See the flyer for more information and to sign-up.

**WESTON'S WELLNESS WEEK- SEPTEMBER 9, 2024– SEPTEMBER 12, 2024 9:00 a.m.-1:00 p.m.**

Join us as we unveil our newest programs and our “Fitness Room & 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!

**AARP BEGINNER DRIVER SAFETY CLASS– Tuesday, September 24, 2024 @ 9:00 a.m.** 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.



October, November & December 2024

**PAINTING W/LIISA– Wednesday, October 9, 2024. “Harvest Canvas” Cost- \$15.00** Sign-up with Donna at the front desk.

**WONDEROUS FALL BINGO -October 11, 2024- @ 10:00 a.m.** Bring your own chips & dabbers. Lunch & Bingo \$5.00 (Cash Prizes and Door Prizes).

**BIG FALL BINGO - Sunday, October 13, 2024 @ 1:00 p.m. Doors open at 12:30 p.m.** Cost- \$25.00. You may purchase additional cards for \$10.00. Food and drinks will be available for sale. This is open to anyone 18 and over. Tickets are on sale now!

**MEDICARE PART D ASSISTANCE APPOINTMENTS-Beginning Tuesday, October 15–Saturday, December 7, 2024.** Each year it is recommended that you review your Part D plan. Please see Donna to sign-up.

- Please bring your: Social Security & Medicare Cards
- List of all prescriptions with quantity and how often you take them
- Verification of monthly income
- Letter from Delaware Prescription Assistance program (if this applies)

**BOSCOV’S FRIENDS HELPING FRIENDS– Tuesday, October 22, 2024.** This is a fundraiser for Weston. Purchase 25% off shopping pass for \$5.00. This pass is good for 1 day and is for in-store only. See Donna @ the front desk to purchase your pass.

**PAINTING WITH LIISA– Wednesday, October 23, 2024. “Wreath Canvas” 12:30 p.m.-3:00 p.m. Cost- \$15.00** Sign-up with Donna at the front desk.

**PAINTING WITH LIISA– Wednesday, November 13, 2024. “Red Barn Canvas” 12:30 p.m.-3:00 p.m. Cost- \$15.00** Sign-up with Donna at the front desk.

**WESTON’S ANNUAL CRAFT FAIR–** Thursday, November 14, 2024 9:00 a.m.-1:00 p.m.

**THANKSGIVING FEAST & BAKE SALE– Thursday, November 21, 2024.** Bake Sale- 9:00 a.m.– 11:30 a.m. Feast 12:00 noon Cost-\$5.00

**WINTER LINE DANCE PARTY– Friday, December 6, 2024, 9:00 a.m.– 2:00 p.m. Cost- \$15.00**

**HOLIDAY PARTY & FEAST– Thursday, December 19, 2024, 10:30 a.m. Feast Cost- \$5.00**

# WESTON'S WELLNESS WEEK!

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



MONDAY, SEPTEMBER 9, 2024–  
THURSDAY, SEPTEMBER 12, 2024

Join us as we unveil our newest programs and our  
“Fitness Room & Exercise Classroom.”

This week will be dedicated to being well.  
We will have vendors, health screenings,  
free chair massages,  
vaccination clinic, snacks,  
free exercise classes  
and tours of our new rooms.

Share this information with your friends and family!

Weston Senior Center– 1 Bassett Ave.,

New Castle, DE 19720

302-328-6626

# WESTON'S WELLNESS WEEK!

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

- **MONDAY– September 9th, 2024**

9:30-Vendors tables

Snacks and door prizes

Tours of new Exercise Classroom & Fitness Center

10:00-1:00-Chair Massage ( 10 Minute ) **Free** (12) in Dining Room

10:30-Chair Yoga (Exercise class room)

11:30-”Jump ~n~ Jive” Trampoline Demonstration in Dining Room

12:00– Lunch

1:00-Line Dancing w/ Joanne (Exercise Classroom)

- **TUESDAY– September 10, 2024**

9:30-Vendors tables,

Snacks and door prizes

Tours of new Exercise Classroom & Fitness Center

9:30- UofD– Blood Pressure & Blood Sugar Screenings

10:00-Speaker Dr. Beth Orsega-Smith: Blue Zone

12:00– Lunch

1:00-Cardio Drumming (Exercise Classroom)

- **WEDNESDAY-September 11, 2024**

9:30-Vendors tables

Snacks and door prizes,

Tours of new Exercise class room & Fitness Center

10:00-Speaker (Community Room)

UofD Nutrition for People with Autoimmune Disease

10:00-1:00-Chair Massage (10 minute) **Free** (12)

12:00– Lunch

12:30-1:15– Zumba Gold (Exercise Classroom)

- **THURSDAY, September 12, 2024**

9:30-Vendors tables

Snacks and door prizes

Tours of new Exercise Classroom & Fitness Center

9:30-Giant Pharmacy Vaccination Clinic

( **sign-up sheet on the credenza** )

10:00-Speaker Karen Summa-Mind Over Money (Community room)

Stand By Me 50+

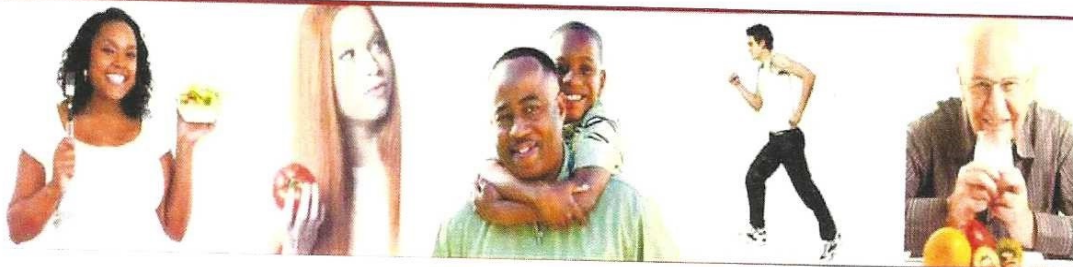
12:00– Lunch

1:00-Low Impact Cardio (Exercise Classroom)

**ALL EXERCISE  
CLASSES ARE  
FREE THIS WEEK.  
MONDAY,  
SEPTEMBER 9-  
THURSDAY,  
SEPTEMBER 12,  
2024**

**JOINING THE FITNESS CENTER**

- ♦ The cost to join the Fitness Center will be \$10.00 per month, till the end of the year.
- ♦ Beginning in January of 2025, you can join the Fitness Center for \$100.00 for the year (saving \$20.00) or pay \$10.00 on a month to month basis.
- ♦ In order for you to use the Fitness Center You must sign a waver, stating you are exercising at your own risk and have a training session with a staff member.
- ♦ Please check with your Doctor to determine if it is safe for you to exercise.
- ♦ We plan on applying to become a “Silver Sneakers” site. We will keep you posted.



## ***Free* Chronic Pain Workshop** **The Delaware Chronic Pain Self-Management Program**

Howard Weston Senior Center

1 Bassett Ave., Manor Park

New Castle, DE 19720

9/18/2024 - 10/23/2024

Wednesdays, from 12:30pm to 3:00pm  
(9/18, 9/25, 10/2, 10/9, 10/16 & 10/23)

**More knowledge about chronic pain management can:**

- Help prevent and/or delay health complications
- Identify techniques to help diminish chronic pain
- Help people with chronic pain understand the importance of an action plan for chronic pain control
- Improve chronic pain self-management

**Sign up for free classes!**



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health  
Health Promotion and Disease Prevention

Register online at [www.HealthyDelaware.org/SelfManagement](http://www.HealthyDelaware.org/SelfManagement)

For questions or help with registration call  
Self-Management Programs at 302-990-0522 or email us at  
DPHSMP@Delaware.gov



# 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)

- ⇒ 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.

### 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.

## Tomato Zucchini Casserole

This simple zucchini tomato casserole highlights the flavor of these favorite summer vegetables. It goes great with grilled meats or poultry.

### Ingredients

1 ½ cups grated Cheddar cheese

⅓ cup grated Parmesan cheese

2 cloves garlic, minced

½ teaspoon dried oregano

½ teaspoon dried basil

salt and pepper to taste

2 medium zucchinis, thinly sliced

5 plum tomatoes, thinly sliced

¼ cup butter

2 tablespoons finely chopped onion

¾ cup fine bread crumbs

Combine Cheddar, Parmesan, garlic, oregano, and basil in a large bowl. Season with salt and pepper; set aside.

Arrange 1/2 of the zucchini slices in the prepared pan. Sprinkle 1/4 of the cheese and herb mixture on top.

Arrange 1/2 of the tomatoes and top with another 1/4 of the cheese mixture. Repeat layers.

Melt butter in a skillet over medium heat. Add onions; cook and stir until soft and translucent. Stir in bread crumbs; cook until they have absorbed the butter.

Sprinkle on top of casserole.

Cover loosely with foil and bake in the preheated oven for 25 minutes. Remove foil and bake until the top is crusty and vegetables are tender, about 20 minutes.



### Directions

Gather all ingredients. Pre-heat the oven to 375 degrees F (190 degrees C). Lightly butter a 9x9-inch pan.

### 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

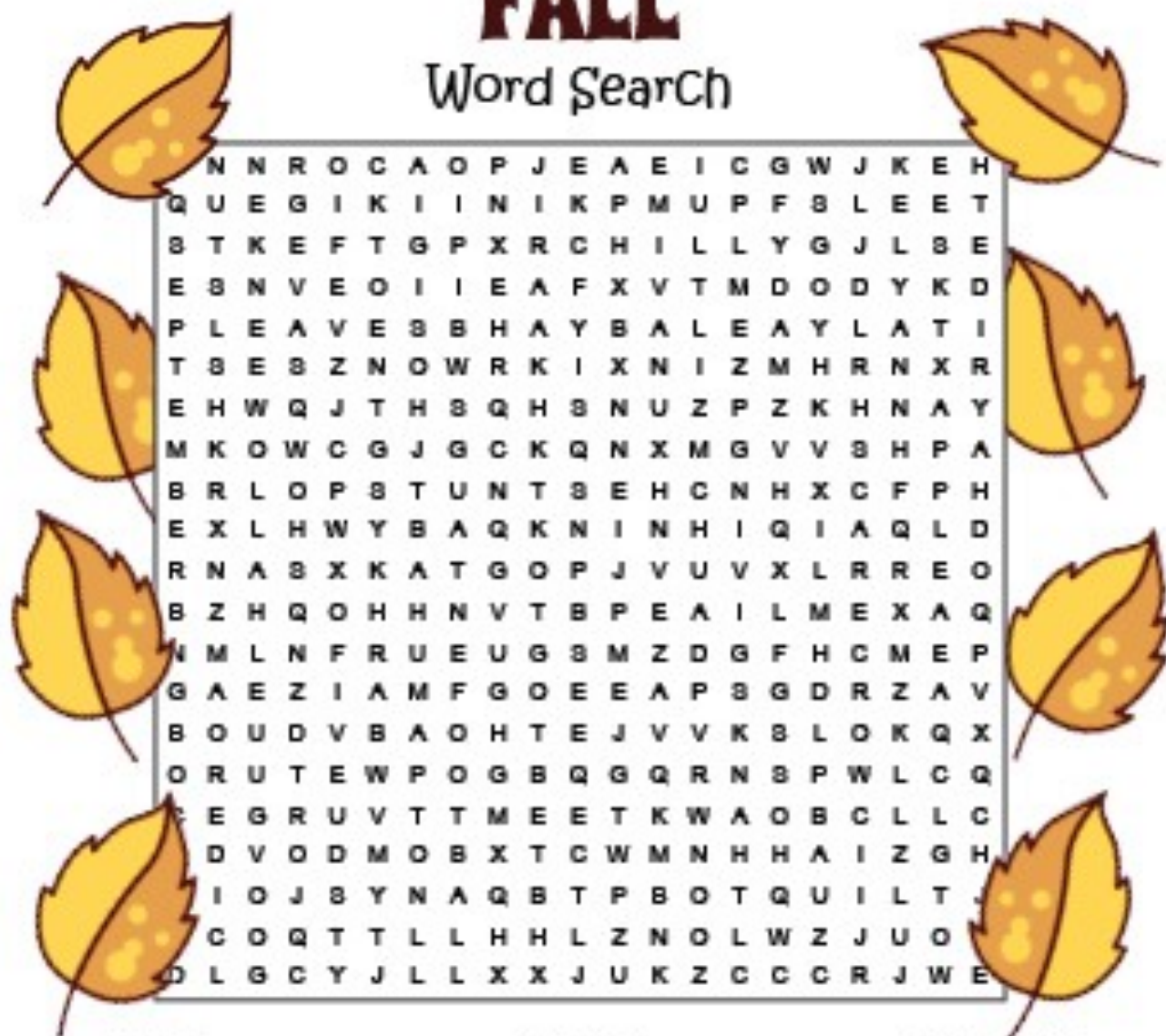
Holiday Feast - \$7.50

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# FALL

## Word Search










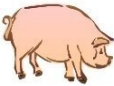














ACORN  
APPLE  
AUTUMN  
CHESTNUTS  
CHILLY  
CIDER  
COBWEB  
FALL  
FOOTBALL  
GOURD  
HALLOWEEN

HARVEST  
HAY BALE  
HAYRIDE  
LEAVES  
MAIZE  
NOVEMBER  
NUTS  
OCTOBER  
PUMPKIN  
QUILT  
RAKE

SCARECROW  
SEPTEMBER  
SLEET  
THANKSGIVING

**DIRECTIONS:**  
Find and circle the  
vocabulary words in  
the grid. Look for  
them in all directions  
including backwards  
and diagonally.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	9:00– iPhone & iPad help w/ Ron Pierce 10:30– Bible Study <b>12:45– Canasta</b> <b>1:00–Cardio Drumming</b> 	9:30- Bingo 10:00–Line Dance w/Joanne 11:00– Council Meeting <b>4:30– Dine-Out Texas Roadhouse</b> 	<b>9:00– Cornhole</b> 9:30-Pinochle 9:30- Bingo <b>12:30– Beginner Crocheting</b> <b>1:00–Low Impact Cardio w/ Mary Ellen</b>	9:30- Beginner Quilting <b>10:00– Food Bank Bingo &amp; Lunch</b> 2:10– Zumba Gold Exercise class w/ Gale
<b>WESTON'S</b> 9	<b>WELLNESS</b> 10	<b>WEEK</b> 11	12	13
9:30- Bingo 10:30–Chair Yoga 	<b>6:00– Primary Election Site</b> 9:00– iPhone & iPad help w/ Ron Pierce 9:30– Shuffleboard 10:30– Bible Study <b>12:45– Canasta</b> <b>1:00–Cardio Drumming</b>	9:30- Bingo 10:00– <b>NO</b> Line Dance w/Joanne 	<b>9:00– NO Cornhole</b> 9:30-Pinochle 9:30- Bingo <b>12:30– Beginner Crocheting</b> <b>1:00–Low Impact Cardio w/ Mary Ellen</b>	9:30- Beginner Quilting <b>2:10– Zumba Gold Exercise class w/ Gale</b> 
16	17	18	19	20
9:00–Wii Bowling 9:30- Bingo 10:30–Chair Yoga <b>11:00–Mahjong Meeting</b> <b>11:30– Red Hats</b>	9:00– Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 9:30–Shuffleboard 10:30– Bible Study <b>12:45– Canasta</b> <b>1:00–Cardio Drumming</b>	9:00– Wii Bowling 9:30- Bingo <b>9:30-1:30 Chair Massages</b> 10:00–_Line Dance w/Joanne <b>12:30– Chronic Pain Management Class</b>	<b>9:00– Cornhole</b> 9:00–Stand by Me 50+ 9:30-Pinochle 9:30- Bingo <b>12:30– Beginner Crocheting</b> <b>1:00–Low Impact Cardio w/ Mary Ellen</b>	9:30- Beginner Quilting <b>2:10– Zumba Gold Exercise class w/ Gale</b> 
23	24	25	26	27
9:00–Wii Bowling 9:30- Bingo 10:30–Chair Yoga <b>11:00– Book Club Meeting</b> 	<b>9:00– AARP Defensive Driving</b> 9:00– Wii Bowling 9:00– iPhone & iPad help w/ Ron Pierce 10:30– Bible Study <b>12:45– Canasta</b> <b>1:00–Cardio Drumming</b>	9:00– Wii Bowling 9:30– Bingo 9:30– Chair Massage 10:00– Line Dance w/Joanne <b>12:30– Chronic Pain Management Class</b>	<b>9:00– Cornhole</b> 9:30-Pinochle 9:30- Bingo <b>12:30– Beginner Crocheting</b> <b>1:00–Low Impact Cardio w/ Mary Ellen</b> 	9:30- Beginner Quilting <b>10:30– Food Distribution</b> <b>2:10– Zumba Gold Exercise class w/ Gale</b>
30				
9:00–Wii Bowling 9:30- Bingo 10:30–Chair Yoga <b>11:00–Veterans Social Club Meeting</b>	<b>September 9th-12th 2024</b> 			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>2</u>  <b>CENTER CLOSED</b>  <b><u>LABOR DAY</u></b>	<u>3</u>  Flounder Cheesy Broccoli Hush Puppies Cake	<u>4</u>  Beef Stew Salad Cornbread Cookies	<u>5</u>  Baked Chicken Red Bliss Mashed Potatoes Green Beans Pie	<u>6</u>  Hamburger Potato Salad Zucchini Watermelon
<u>9</u>  Stuffed Peppers Rice Chef's Choice Veggie Cake	<u>10</u>  BBQ Chicken Mashed Sweet Potatoes Green Beans Fruit	<u>11</u>  Spaghetti & Meatballs Salad Garlic Bread Cookies	<u>12</u>  Pork Loin Scalloped Potatoes Yellow Squash Pie	<u>13</u>  Reuben Sandwich Tomato Soup Assorted Desserts
<u>16</u>  Salisbury Steak Oven Roasted Potatoes Brussels Sprouts Cake	<u>17</u>  Chicken Parmesan Penne Pasta Zucchini Jell-O	<u>18</u> <b><u>FEAST</u></b>  Crab Cake Hush Puppies Glazed Carrots Lemon Bars	<u>19</u>  Meatloaf Mashed Potatoes Corn Cookies	<u>20</u>  Taco Salad Assorted Desserts
<u>23</u>  Sloppy Joe Corn Nuggets Salad Brownie	<u>24</u>  Potato Bar with Toppings Pudding	<u>25</u>  Stuffed Cabbage Rice Mixed Veggies Cookies	<u>26</u>  Pot Roast Au Gratin Potatoes Peas & Carrots Birthday Cake Ice Cream <b><u>BIRTHDAY DAY</u></b>	<u>27</u>  Sweet 'n Sour Pork Fried Rice Asian Veggies Pie
<u>30</u>  Country Fried Steak Potato Pancakes Peas Cake		<b><u>PLEASE NOTE:</u></b> 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.	<b><u>KITCHEN STAFF</u></b>  Mike Tedeschi Cook	<b><u>MENU</u></b>  <b><u>FOR</u></b>  <b><u>SEPTEMBER</u></b>  <b><u>2024</u></b> 

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