

July 2025

HOWARD WESTON SENIOR CENTER

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

STAFF

VICKI K. SHERATON
DIRECTOR

DONNA HURLEY
SITE MANAGER

BETSEY MOORE
CRAFT INSTRUCTOR

BEVERLY J. MCCOOL
PROGRAM COORDINATOR

MIKE TEDESCHI
CHEF

BOARD OF DIRECTORS

CHARLES S. STEPHAN
CHAIRMAN

DARREN WRIGHT
VICE-CHAIRMAN

GREGORY YACUCCI
TREASURER

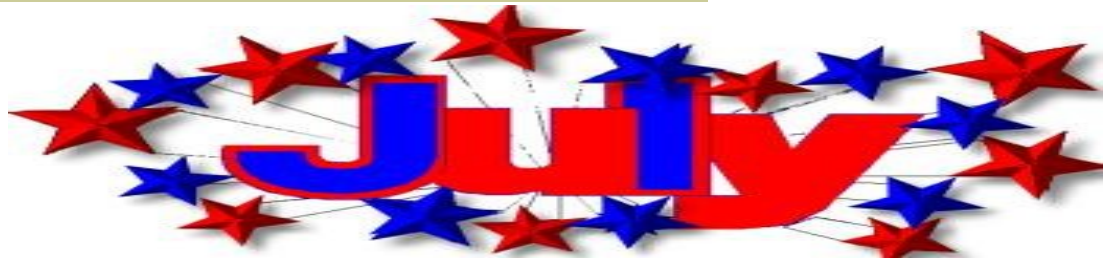
TOM HANDLING

HEATHER MILEA

KEN MOORE

BETH ORSEGA-SMITH

KEVIN WONG



*The Weston family would like to thank Sandy Krett for
47 years of dedicated service to the Howard J Weston
Community & Senior Center.
Best wishes for a happy & fun retirement.
We will miss you!*



DINE-OUT CLUB

July's Dine-Out will be on July 2 , 2025 Miller's Ale House @ 4:30 p.m.

For those of you who are not familiar with our "Dine-Out" program, we visit an area restaurant on the first Wednesday of each month. It is a great time to eat out with your friends and for our singles, not having to eat alone. Generally, the restaurant will give the center a gift card to their restaurant to be used in one of our many baskets we chance off throughout the year!

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, Kenny Foster, Jeannette Henretty, Dutchie Jensen, Linda Loveless, Debbie Martin, 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.westonaduldaycare.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 \$18.00 (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 @ 1:00 p.m. Join Donna & her merry band of “Happy Hookers” every Thursday to learn a fun new skill. This class is limited to 8 students. See Donna to sign up.

CARDS AND GAMES ...



CANASTA - Tuesdays @ 1:00 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 – We have secured a volunteer to run the event. Spread the word! Tuesday, July 29, 2025 @ 1:00 p.m. Everyone is welcome.



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 Lunch Room every day. If you are interested in learning how to play stop by and we will teach you!



SHUFFLEBOARD – Summer Shuffleboard league will run from Tuesday, June 10th-Tuesday, August 12th. Please sign up with Donna. More details will be discussed at the party.



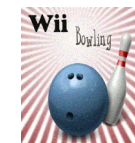
PUZZLE CORNER – If you like to do jigsaw puzzles, check out our puzzle corner in the Shuffleboard Room. We have a great selection of puzzles from which to choose. There are usually two or three puzzles in the process of being completed. Stop by and take a look. You just might find a piece or two.



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



Wii BOWLING LEAGUE UPDATE– Summer Wii Bowling league will begin on Monday, June 9th-Friday, August 8th. This is a great time to learn how to Wii bowl. Everyone is welcome.



CORNHOLE – Thursdays 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– Women's club is down for the summer. We look forward to starting back up in September. If you are interested in joining these ladies, please leave your name and contact information with Donna.

NEW PROGRAMS

OUTDOOR BOCCE-

Monday's 9:00 a.m.-11:00 a.m Substitutes are always welcome!

POETRY CLUB-

3rd Friday of the month. 11:00 a.m.
All are welcome.

POKER GROUP-

"Friday's @ 9:00 a.m. 3 Fridays a month.
No poker on the first Friday. All Are welcome.
(No poker on July 4th or 11th)
The Weston Senior Center has added "**FRIENDLY POKER**" to its list of activities. Experienced and beginner players are all welcome to join in on the fun. While poker has a reputation of being a very serious game, our aim is to keep it an easygoing, welcoming and fun experience for all members.

POKENO GROUP-

Pokeno will be meeting 2x a month starting in August. It will now meet on the 2nd & 4th Tuesday of the month @ 1:00 p.m.
Everyone is welcome.



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!
This virtual class has resumed.
Wednesday's from 9:30 a.m.-10:30 a.m.



DELAWARE HEALTH FOR ALL

August date coming soon!

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.



Blue Rocks Ticket Raffle

Take a chance to win a pair of tickets to the

August 13, 2025 home game!

We are raffling off 10 sets of 2 tickets. The seats are located in one of the Blue Rocks climate controlled Suites. There is no transportation or food included with these tickets.

But they offer \$2.00 hotdogs on this day.

Tickets are \$1.00 each or 6 for \$5.00
Drawing on July 31, 2025

FUNDRAISING

FUNDRAISING – May 2025



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

50/50s	\$592.00	
Donations-General	\$ 25,140.00	
Donations Memorial	\$135.00	
Basketfest 2025	\$5,502.00	
Raise Right Gift Cards	\$39.77	
May 2025	\$31,408.77	\$ 31,408.77
April 2025		\$1,204.00
March 2025		\$927.96
February 2025		\$1,017.00
January 2025		\$661.00
December 2024		\$2,388.14
November 2024		\$2,614.77
October 2024		\$714.00
September 2024		\$2,192.98
August 2024		\$912.00
July 2024		\$1,038.28
Total		\$45,078.90

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!

WATERCOLOR FLORAL PAINTING RAFFLE

\$1.00 each or 6 for \$5.00

Drawing will be held on Saturday, August 23, 2025
@ our Prom. You don't need to be present to win!

This painting was created and donated by:

Phyllis Stawicki

Thank you Phyllis!

WEEKLY 50/50 DRAWING

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

June 2025 Winners

Linda Brown - 5/30/2025 - \$110

Al Rose - 6/6/2025 - \$136

Nancy Leonard-Ferrari - 6/13/2025 - \$111

Bruce Glenn - 6/20/2025 - \$50

Gabe Archangelo 6/27/2025 - \$109

Raise Right Gift Cards

This is our Gift Card Fundraiser.
There is an amazing selection of gift cards to
choose from. See Donna for an order form. Turn
around time should be
approximately 1 week.

**We will be placing our next order on
Friday, July 31, 2025.**

Thank you!
(We need to have \$1,000.00 in card
orders to place an order.)

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.

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.**

WELLNESS AND PHYSICAL FITNESS ...

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

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



CARDIO DRUMMING-Tuesdays from 1:00 p.m.-2:00 p.m. The next 6 week class will begin on Tuesday, July 1, 2025– Tuesday, August 5, 2025. The cost is \$25.00. Please sign-up with Donna @ the front desk.



LINE DANCE CLASS – Wednesdays @ 10:00 a.m. Join us on Wednesday mornings from 10:00 a.m. to 11:00 a.m. You are guaranteed to get some great exercise while having lots of fun. The charge for this class will be \$4.00 per person.



LOW IMPACT CARDIO CLASS– Thursdays @ 1:00 p.m. Join Mary Ellen Louise for a wonderful workout utilizing bands, weights and balls to improve your cardio functions. The class is \$4.00.



STRENGTH TRAINING w/ GALE– Fridays @ 10:30 a.m. Cost: \$25.00 for 6 Weeks. May 30, 2025– July 11, 2025 . One of the best ways to keep muscles healthy and strong is through exercise called strength training—sometimes known as weight lifting or resistance training.

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.

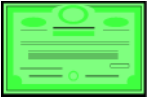


SERVICES

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 Tickets) 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 Chicon 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 Refresher class is scheduled for Tuesday, July 8, 2025. 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. The next Beginner class will be held on Tuesday, August 12, 2025. Class begins @ 9:30 a.m.



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. We have just received a re-stock of vial's, see Beverly.**



NOTARY SERVICES – 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!

iPhone & iPad Help is Available!

Do you have an iPhone or iPad and are 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.

COMPUTER LAB

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

<u>July 2025</u>		
3rd: 9:30 a.m. to 11:30 a.m. Practice your skills.	10th: 9:30 a.m. to 11:30 a.m. Practice your skills.	17th: 9:30 a.m. to 11:30 a.m. Practice your skills
24th: 9:30 a.m. to 11:30 a.m. Practice your skills.		31st: 9:30 a.m. to 11:30 a.m. Practice your skills

NEW MEMBERS



Please take time to meet and welcome the newest members of the Weston Senior Center family. A BIG WELCOME to the following new members who joined our center from May 15, 2025 to June 15, 2024:

Phyllis Alexander	Kenneth Bey	David Brown	Anise Brown	Candy Elliott
John Elliott	Kimberly Foskey	Donald Hillard	Khalil Abdul-Majid	Christina O'Connor
Carol Richardson	Temple Satchell	Beverly Seay	Bernadette Simmons	Dorothy Smith
	Stephanie Tadlock		April Lee Wilson	



Purchase a 10,15 or 30 minute massage at the regular price and then you are able to purchase a discounted 15 massage for \$5.00 (to be redeemed on the last Wednesday of the month only). This offer is valid once a month. Purchase this special discounted massage for yourself or give it to a friend.



MEMORY PILLOWS– The craft room will be creating memory pillows for our members who have lost a loved one. You will need to bring a t-shirt, flannel, sweatshirt or oxford shirt from your loved one. Each pillow will cost \$15.00. If you are interested please see Betsey in the craft room.

POETRY GROUP– This group will be meeting 1x a month on the 3rd Friday. The next class will be held on Friday, July 18, 2025 @ 11:00 a.m. The idea is to write and share your poetry or short stories. Everyone is welcome!

CROCHET SOCIAL GROUP– Thursdays 1:00 p.m. Now that you've refreshed your crochet skills, it's time to set you free! The Crochet Social Group will be meeting in the Community Room Thursdays beginning at 1:00pm. Bring your project to work on, share patterns, teach your fellow crocheters a new stitch and just spend time hanging out with friends! Donna will pop in from time to time to see what you're working on and answer any questions you may have.

BLANKETS - Calling all knitters, crocheters and quilters! We are looking for people who can knit, crochet or quilt lap blankets for adults to be donated during the winter months. Please see Donna or Betsey for details on materials to be used and sizes.

VETERANS SOCIAL CLUB – We have started a Veterans Social Group. If you are a Veteran and are interested, please join us on **Tuesday, July 15, 2025 @ 11:00 a.m.** for a meeting.

NICKLE POKER GROUP– Friday's 9:00 a.m.-11:30 a.m. No poker on Friday, July 4th or 11th. Everyone is welcome to join!

JULY 2025

AARP REFRESHER DRIVING CLASS– Tuesday, July 8, 2025 @ 9:30 a.m. \$ 20.00 for AARP Members and \$25.00 for non members. If you have AARP Supplemental Insurance, your class may be free. Sign up with Donna.

STONEWARE BOWL CLASS– “The Peacock Effect” Thursday, July 10, 2025 @ 9:00 a.m. Cost: Small \$18.00, Medium \$20.00 Cascade Bowl \$24.00 and large \$28.00. See Donna to sign up.

SWITCH GAME DAY– Thursday, July 10, 2025 @ 10:00 a.m. Come join us as we check out some of the other games that can be played on the Switch! It's not just for bowling!

FRIDAY BINGO & LUNCH–Friday, July 11, 2025 @ 10:00 a.m. Our theme this month is "National Make Your Own Sundae Day". Cost \$5.00, includes 10 games of Bingo and lunch. Bring your dabbers.



JULY 2025

SANDY'S RETIREMENT PARTY- "A Dedicated Career in the Books" Saturday, July 12, 2025

Dinner and dancing included. Beer, Wine and Soda Cash Bar. Time- 3:00 p.m. – 8:00 p.m.
Cost \$15.00. Tickets are on sale now!

STAFF V/MEMBERS Wii BOWLING TOURNAMENT-Tuesday, July 22, 2025 9:30 a.m. The staff has challenged the membership to a Wii Bowling roll off. If you are interested and think you can beat the staff, leave your name with Donna. We will draw teams on that day. May the best team win!!

SENIOR MEDICARE PATROL PRESENTS: MEDICARE FRAUD & ABUSE – Thursday, July 24, 2025 @ 11:00 a.m. It's hard to know where to turn when you think you may be a victim of Medicare errors, abuse, or fraud. Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse-and for Delawareans, DE SMP is here to help.

AUGUST 2025

SENIOR PROM! –Weston and the Wilmington JC's present "Sunset By The Sea"
Saturday, August 23, 2025. Time- 4:30 p.m.–9:00 p.m. Cost \$ 15.00 pp. Dress code is resort casual.
Tickets are on sale now. Joanne Brady will be our DJ.

SEPTEMBER 2025

HEALTH AND WELLNESS EVENT- Wednesday, September 17, 2025 9:00-11:30 a.m. Vaccinations, resources, vendors, blood pressure & blood sugar screenings and much more!

WITS: COGNITIVE HEALTH PROGRAM w/ UNIVERSITY OF DELAWARE COOPERTIVE EXTENSION- Free 6 week program. Thursday's September 11-October 23, 2025 10:00 a.m-11:00 a.m. Sign up with Donna.

OCTOBER 2025

WESTON'S BIG FALL BINGO- Saturday, October 4, 2025 Doors open @ 11:30 a.m. Cost \$25.00
We play 20 games with a total payout of \$600.00. You can purchase more bingo packets on that day for \$10.00. Tickets will go on sale August 4, 2025

NOVEMBER 2025

WESTON'S ANNUAL CRAFT FAIR- Thursday, November 13, 2025 9:00 a.m.-2:00 p.m. This event is open to the public. Start you Christmas shopping with a variety of handmade items from our Ceramic, Crafting, Quilting and Crochet groups.

WESTON WANDERERS GET READY!!

2025

Overnight Trips

-\$100 deposit PER TRIP required.

July 15-17, 2025– Baltimore MD Rail & Sail 3 Days– 2 Nights \$640 Double, \$790 Single

(Wait List Only)

August 27-28, 2025– Chinese Lantern Festival. \$410 Double, \$440 Single

September 21-28, 2025– Cruise– Canada, New England, Nova Scotia– Norwegian Cruise Line
10 Days– 9 Nights \$1350 Inside cabin, double occupancy, \$1855 Balcony cabin double occupancy.
(The price for the balcony cabin has gone up by \$80.00 because we have sold our original 15 cabins
and had to book more) **PASSPORT NEEDED. (Only 5 spots left)**

December 8-10, 2025– Gaslights & Gingerbread, Cape May NJ. 3 Day—2 Nights. \$675 Double,
\$915 Single

Day Trips

Full payment required at the time of sign-up.

October 22, 2025– Mt Hope Murder Mystery & Dinner \$135.00
(Wait list only)

November 18, 2025– Magic & Wonder Dinner Theatre-
“Holly Jolly Jukebox” \$170.00

WE TRAVEL
not to escape life,
BUT FOR LIFE
not to escape us.

New Trip Sign-Up Procedures

Due to an increase in activity at the front desk, it has become necessary
for us to change our trip sign-up

procedures. There will be a drop box located in the lobby. Next to it will be trip sign-up/payment sheets. These sheets need to be filled out completely each time you are signing up for a trip or making a payment. Attach your check to the slip and drop it in the box. Cash payments will need to be made at the front desk but you still need to complete the form before you take your payment to the desk. Sign-ups will be processed daily and if a trip is full, a note will be placed indicating wait list only. If a trip is full and you are interested, please put a note in the box indicating so (no deposit necessary). Many times we have cancellations and are looking at the wait list to fill the vacancies. Information regarding the trips will be hung in the lobby. Please use your phone to take a pictures of the planned trip itineraries as copies will be limited. This information will also be viewable on our website.

Please note that the itineraries are subject to change if necessary due

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.

Taco Dip

Ingredients

1 (16 ounce) container nonfat sour cream

1 (8 ounce) package cream cheese, softened

1 (1.25 ounce) package taco seasoning mix

¼ head iceberg lettuce - rinsed, dried, and shredded

1 cup shredded Cheddar cheese

3 medium chopped tomatoes

1 medium green bell pepper, chopped

1 (2.25 ounce) can black olives, drained

Directions

Mix sour cream, cream cheese, and taco seasoning together in a medium bowl until smooth. Spread mixture in a 9- or 10-inch round serving dish.

Top with shredded lettuce, then sprinkle Cheddar cheese, tomatoes, bell pepper, and black olives on top.

Can You Make Taco Dip Ahead of Time?

Yes, this taco dip makes a great make-ahead appetizer. Simply store it in an airtight container in the refrigerator for up to three days. To ensure the vegetables stay crisp, add them right before serving.



NEW 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 - \$3.50

Feast - \$4.50

Holiday Feast - \$5.50

HOMEBOUND -

Regular Lunch - \$4.50

Feast - \$5.50

Holiday Feast - \$6.50

TAKE-OUT -

Regular Lunch - \$6.00

Feast - \$7.00

Holiday Feast - \$8.00

Name: _____ Date: _____



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

4TH OF JULY

ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS
FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY
NATION
PARADE
REVOLUTION
RIGHTS















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



STATES
THIRTEEN
UNITED



July 2025

Weston Senior Center Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:00– iPhone & iPad help w/ Ron Pierce 9:30–Summer Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming 	9:30– Chair Massage 9:30- Bingo 10:00– Line Dance <u>11:00-Advisory Council Meeting</u> <u>4:30– Dine Out– Millers Ale House</u>	9:00– Cornhole 9:30-Pinochle 9:30- Bingo 1:00– Beginner Crocheting 1:00– Crochet Social 1:00– <u>NO</u> Low Impact Cardio	<u>CLOSED</u> 
7	8	9	10	11
9:00– Wii Summer Bowling 9:30- Bingo 9:30– Bocce 10:30–Chair Yoga 	9:00– iPhone & iPad help w/ Ron Pierce 9:30–Summer Shuffleboard <u>9:30– AARP Defensive Driving Refresher class</u> 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming 	9:30– Chair Massage 9:30- Bingo 10:00– Line Dance 	9:00– Cornhole <u>9:00– Ceramic Bowl Class</u> 9:30-Pinochle 9:30- Bingo <u>10:00– Switch Game Day</u> 1:00– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio	9:30- Beginner Quilting <u>10:00– Ice cream Sude Day” Lunch and Bingo</u> 10:30– Strength Training w/ Gale <u>CENTER CLOSED @ 1:00</u>
14	15	16	17	18
9:00– Wii Summer Bowling 9:30- Bingo 9:30– Bocce 10:30–Chair Yoga <u>11:30– Red Hats</u>	9:00– iPhone & iPad help w/ Ron Pierce 9:30–Summer Shuffleboard 10:30– Bible Study <u>11:00 - Veterans Social Meeting</u> 12:45– Canasta 1:00-Cardio Drumming 	9:30– Chair Massage 9:30- Bingo 10:00– Line Dance 	9:00– Cornhole 9:30-Pinochle 9:30- Bingo 1:00– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio	<u>9:30– Poker</u> 9:30- Beginner Quilting 10:30– Strength Training w/ Gale <u>11:00– Poetry Class</u>
21	22	23	24	25
9:00– Wii Summer Bowling 9:30- Bingo 9:30– Bocce 10:30–Chair Yoga 	9:00– iPhone & iPad help w/ Ron Pierce 9:00-Stand by Me 50+ 9:30–Summer Shuffleboard <u>9:30– Wii Bowling Staff v/ Members</u> 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming 	9:30– Chair Massage 9:30- Bingo 10:00–Line Dance 	9:00– Cornhole 9:30-Pinochle 9:30- Bingo <u>11:00– Medicare Fraud & Abuse Information</u> 1:00– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio	<u>9:30– Poker</u> 9:30- Beginner Quilting <u>10:30– Food Distribution</u> 10:30– Strength Training w/ Gale
28	29	30	31	
9:00– Wii Summer Bowling 9:30- Bingo 9:30– Bocce 10:30–Chair Yoga	9:00– iPhone & iPad help w/ Ron Pierce 9:30–Summer Shuffleboard 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming <u>1:00– Pokeno</u> 	9:30– Chair Massage 9:30- Bingo 10:00– Line Dance 	9:00– Cornhole 9:30-Pinochle 9:30- Bingo 1:00– Beginner Crocheting 1:00– Crochet Social 1:00–Low Impact Cardio	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MENU</u> <u>FOR</u> <u>JULY</u> <u>2025</u> Mike Tedeschi Cook 	<u>1 FEAST</u>  Fried Shrimp Hush Puppies Chef's Choice Vegetable Pudding	<u>2</u>  Chicken Salad Three Bean Salad Chips Fruit	<u>3</u>  Taco Salad Spanish Rice Cake	<u>4</u>  CENTER CLOSED <u>INDEPENDENCE</u> <u>DAY</u>
<u>7</u>  Pizza Onion Rings Salad Fruit	<u>8 FEAST</u>  Crab Cakes Fries Caesar Salad Cake	<u>9</u>  Sloppy Joe Corn Nuggets Cucumber Salad Cookies	<u>10</u>  Chicken Sandwich Three Bean Salad Chips Cake	<u>11</u>  Hot Dogs Baked Beans Broccoli Salad Assorted Desserts
<u>14</u>  Pork Chops Mashed Potatoes Vegetable Blend Pudding	<u>15</u>  BBQ Chicken Rice Carrots Pie	<u>16</u>  Baked Spaghetti Salad Cookies	<u>17</u>  Meatloaf Seasoned Mashed Potatoes Mixed Vegetables Fruit	<u>18</u>  Roast Beef Sandwich Beef Vegetable Soup Chips Assorted Desserts
<u>21</u>  Baked Ham Scalloped Potatoes Green Beans Pie	<u>22 FEAST</u>  Salmon Rice Peas & Onions Cake	<u>23</u>  Meatball Sub Pasta Salad Carrots Fruit	<u>24</u>  Creamed Chip Beef Biscuit Hash Browns Cookies	<u>25</u>  Turkey Sandwich Chicken Noodle Soup Chips Assorted Desserts
<u>28</u>  Stuffed Peppers Rice Chef's Choice Vegetable Cake	<u>29</u>  Fried Chicken Mac & Cheese Chef's Choice Vegetable Pie	<u>30</u>  Fish Sandwich Potato Salad Squash Cookies	<u>31</u>  Tuna Sandwich Soup Chips Cake Ice Cream <u>BIRTHDAY DAY</u>	<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.

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