

August 2026

HOWARD WESTON SENIOR CENTER

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

STAFF

VICKI K. SHERATON
EXECUTIVE DIRECTOR

GALE JONES
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
TREASURER

TOM HANDLING

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HEATHER MILEA

KEN MOORE

BETH ORSEGA-SMITH

KEVIN WONG



NUTRITION FOR LIFELONG WELLNESS- Mondays at 1:00 p.m.
for six weeks beginning August 17th– September 7, 2026
Sign-up with Gale at the front desk.

HEALTHY WEIGHTLOSS MANAGEMENT- Wednesdays from 10:30
a.m. to 11:30 a.m., four weeks beginning
August 26th - September 16th.
Sign-up with Gale at the front desk.

DINE-OUT CLUB

August's Dine-Out will be on August 5, 2026
Dolly Spankers @ 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. Instead of eating alone It is a great time to eat out with your friends. Generally, the restaurant will give the center a gift card to their restaurant for one of our many baskets we raffle 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.



VICKI'S E-MAIL – WestonSrCenter@aol.com

WESTON'S UNITED WAY number is 9336.

BEVERLY'S E-MAIL– b.mccool.westonsc@gmail.com

Website

WEBSITE –WestonSeniorCenter.org

E-mail

FACEBOOK - Weston Senior Center

2026-2028 ADVISORY COUNCIL MEMBERS

Linda Brown, Ellie Bentz, Beverly Ellis, Kathleen Fallstick, Kenny Foster, Jeannette Henretty, Dutchie Jensen, Elaine Koronik, Louis Lopez, Linda Loveless, Debbie Martin, Michele Merlonghi, Roger Moseley, Carolyn Moore, Ginger Pettyjohn, Camilla Pfeil, Shirley Renn, Cecelia Sanders, Marsha Seaton, Diane Motta-Stevenson



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.

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: A Licensed Nurse on staff 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 cared for.

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

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. 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.

Stop by the computer lab and see him!

COMPUTER LAB

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>August 2026</u>		
6th: 9:30 a.m. to 11:30 a.m. Practice your skills.	13th: 9:30 a.m. to 11:30 a.m. Practice your skills.	20th: 9:30 a.m. to 11:30 a.m. Practice your skills
	27th: 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 June 15, 2025 to July 15, 2026:



Janet Atkins	Vickie Bloemer	Daisy Cochran	Jennifer Dark	Donald Downtin
Carolyn Gwynn	Lynn Hayden	Katrina Hankins	Ralph Parker	Lovin Spirit



University of Delaware
PARTICIPATE IN A RESEARCH STUDY

THRIVE IN FIVE

A GROUP HEALTH COACHING PROGRAM FOR LIVING AND AGING WELL

MONDAYS AT 1PM (JULY 13TH - AUGUST 10TH)
OR
WEDNESDAYS AT 10AM (JULY 15TH - AUGUST 12TH)

Sessions include:

- 5 group sessions (once per week)
- Topics: Emotional Health, Diet, Exercise, Cognitive Health**
- Group discussion, education, and hands-on activities

You may be eligible to participate if you are:

- 50+ years old
- Can speak/read English
- Have not been diagnosed with a cognitive disorder



**SIGN UP AT THE
FRONT DESK**

Questions? Contact Serena Schade
610-621-8608 (sschade@udel.edu)



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.

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 Gale or Betsey for details on materials to be used and sizes.

August 2026

FRIDAY BINGO & LUNCH–Friday, August 7, 2026 Has been cancelled.

NUTRITION FOR LIFELONG WELLNESS- Mondays at 1:00 p.m. for six weeks beginning August 17th– September 7, 2026

Sign-up with Gale at the front desk.

STONEWARE BOWL CLASS– Tuesday, August 25, 2026 @ 9:00 a.m. Has been postponed. A new date will be announced by the end of the month.

HEALTHY WEIGHTLOSS MANAGEMENT- Wednesdays from 10:30 a.m. to 11:30 a.m., four weeks beginning August 26th through September 16th.

Sign-up with Gale at the front desk.

SCAMS & FRAUD DISCUSSION w/ RON– Wednesday, August 26, 2026 @ 11:00 a.m. Join Ron as he goes over some of the most common scams and how to avoid them.

BIRTHDAY CARD CLASS w/ Diane– Thursday, August 27, 2026 @ 9:30 a.m. Class is \$7.00. Sign up with Gale at the front desk.

September 2026

HEALTH FAIR - Thursday, September 17, 2026 9:00 a.m. - 11:30 a.m. Sign up for your flu, RSV or Covid Vaccinations. Sign up sheets will be located on the credenza in the greeting area. We will have health screenings available.. There will be more information in next months newsletter.

WITS WORKOUT - Thursdays September 17, 24, October 1, 8, 15, 22, 10:00 a.m.– 11:00 a.m. University of Delaware Cooperative Extension & Weston Senior Center presents the WITS Workout Brain Health Program. A engaging, interactive, educational cognitive health program. Make friends, have fun and lets sharpen that memory. Sign up with Gale at the front desk.

Recreational Fall Meetings Monday, August 17th, 2026

Fall Wii Bowling Meeting-

Monday, August 17, 2026 9:30 a.m. Anyone who would like to join the Wii Bowling league this Fall should attend this meeting. We will be setting up teams and going over the new rules. If you are interested but can't attend this meeting please leave your name with Gale and we will be in contact.

Fall Shuffleboard Meeting-

Monday, August 17, 2026 10:30 a.m. Anyone who would like to join the Shuffleboard league this Fall should attend this meeting. We will be setting up teams and going over the new rules. If you are interested but can't attend this meeting please leave your name with Gale and we will be in contact.

Fall Bocce Meeting-

Monday, August 17, 2026 11:00 a.m. Anyone who would like to join the Bocce league this Fall should attend this meeting. We will be setting up teams and going over the new rules. If you are interested but can't attend this meeting please leave your name with Gale and we will be in contact.

Cornhole Meeting-

Monday, August 17, 2026 10:00 a.m. Anyone who would like to play cornhole this Fall should attend this meeting. We will be setting up teams and going over the rules. If you are interested but can't attend this meeting please leave your name with Gale and we will be in contact.

NEW PROGRAMS

POKER GROUP- "Fridays @ 9:30 a.m. 3 Fridays a month. All are welcome. 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.

NEW POKENO GROUP – "D & G Beginner Pokeno" Wednesdays @ 1:00 p.m.

This is a new group for people who would like to learn how to play or want to improve their skills in a fun and relaxing atmosphere. Pokeno is a cross between Poker and Bingo. This group will be using nickels. Everyone is welcome. Come join the fun!!

NEW CARD GAME – KINGS IN THE CORNER - Wednesday @ 9:00 a.m. in the dining room.

Also known as Kings Corner, is a multiplayer solitaire-style card game for 2 to 4 players. The objective is to be the first to get rid of all the cards in your hand by building sequences of cards in descending order and alternating colors (e.g., a black 9 on a red 10). Everyone is welcome.

CORNHOLE – Thursdays 9:00 a.m. in the Dining Room. Cornhole is a popular game where players take turns tossing fabric bean bags at an inclined wooden or aluminum board with a circular hole in the far end, aiming to land the bags on the board or sink them into the hole for points. This is a fun morning activity. Just show up and have fun! Everyone is welcome.

OUTDOOR BOCCE– Mondays @ 9:30 a.m. Bocce is a classic target game and one of the oldest forms of lawn bowling, dating back to the Roman Empire. The objective is to roll or toss your team's larger balls closer to a small target ball (the pallino) than your opponent's balls.

NON-DENOMINATIONAL BIBLE STUDY– Tuesdays @ 10:30 a.m. You are invited to join Barbara for a non-denominational Bible study every Tuesday at 10:30 a.m. This uplifting class explores various scriptures, and we encourage you to bring your Bible to read along with the group.

WESTON WANDERERS GET READY!!

Below is a list of trips for 2026

Please see the flyers on the bulletin board for more information

Extended Trips

- ♦ Island Hoppin', Ohio-August 4-7, 2026 \$760 Double \$1,020 Single
- ♦ Holly Dolly Christmas, Tennessee - November 30, 2026 -December 4, 2026
\$1,095 Double \$1,455 Single
- ♦ Caribbean Cruise* January 23, 2027 - February 2, 2027 \$1,475 Inside Double
\$1,915 Balcony Double \$2,255 Inside Single \$3,095 Balcony Single
Additional form needs to be filled out. See Gale. PASSPORT NEEDED

*Reminder – Refunds will only occur if a trip is cancelled or if your spot is replaced by someone from the waitlist. Trip insurance is available. Ask if interested.

OVERNIGHT TRIPS -- \$100 deposit PER TRIP required/*Cruise \$250

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 posted 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 are limited. This information will also be viewable on our website.

Please note that the itineraries are subject to change.

Name: _____ Date: _____



August

WORD SCRAMBLE DIRECTIONS:
Unscramble each set of letters to discover a vocabulary word relating to the month of August.

UNF _____

NUFELRSWO _____

MMSERU _____

ETAXINAORL _____

MAOCMHK _____

YLEBICC _____

RTUIF _____

CAMPING _____

AVCIONAT _____

EUERBBAC _____

LIPOCSPE _____

UDIMH _____

IAACCD _____

ARACKBDY _____

DSNSAAL _____

IYRELFF _____

TUASUG _____

TOELEMNWR _____

LKAE _____

AIBLOSTA _____

ANUOLDYRGP _____

SUSENINH _____

EVAETURND _____

HTO _____

Name: _____

Date: _____

It's time to uncover some summertime words in this word search! Imagine diving into a jumble of letters that captures the spirit of the season. Can you find all the hidden words related to August? Words may lurk in any direction—forward, backward, up, down, or diagonally. When you spot a word, circle it and check it off the list.

August

Word Search



AUGUST

BBQ

BEACH

BOATING

CAMPFIRE

CAMPING

FISHING

FLIP-FLOPS

FOREST

HEAT

HIKING

ICE CREAM

LEMONADE

OCEAN

PICNIC

RELAXATION

ROAD TRIP

SAND

SEASHELLS

SUMMER

SUN

SUNGLASSES

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



SUNSHINE

SURFING

SWIM

TANNING



TRAVEL

VACATION

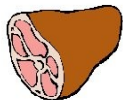
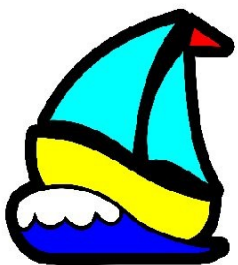
WATERMELON

WILDLIFE

August 2026

Weston Senior Center Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:00– Summer Wii Bowling <u>9:30– Bocce</u> 9:30- Bingo 10:30–Chair Yoga	9:00– iPhone & iPad Help w/ Ron Pierce <u>9:00– Full Body Massage</u> 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 1:00– D&G Beginner Pokeno <u>1:00– YMCA Diabetes Prevention Program</u> <u>4:30–Dine Out—Dolly Spankers</u>	9:30– Cornhole 9:30-Pinochle 9:30- Bingo 1:00– Crochet Social 1:00– Cardio Drumming 2:00–Low Impact Cardio	9:30– Poker 9:30- Beginner Quilting 10:30– Strength Training w/ Gale
10	11	12	13	14
9:00– Summer Wii Bowling <u>9:30– Bocce</u> 9:30- Bingo 10:30–Chair Yoga <u>11:00– Bad Hater</u> 	9:00– iPhone & iPad Help w/ Ron Pierce 9:30–Summer Shuffleboard 9:30– AARP Defensive Dr 10:30– Bible Study 12:45– Canasta 1:00-Cardio Drumming 1:00– Pokeno 	9:30– Chair Massage 9:30- Bingo 10:00– Line Dance <u>11:00– Advisory Meeting</u> 1:00– D&G Beginner Pokeno <u>1:00– YMCA Diabetes Prevention Program</u>	9:30– Cornhole 9:30-Pinochle 9:30- Bingo 1:00– Beginner Crocheting 1:00– Crochet Social 1:00– Cardio Drumming 2:00–Low Impact Cardio	9:30– Poker 9:30- Beginner Quilting 10:30– Strength Training w/ Gale 
17	18	19	20	21
9:00– Summer Wii Bowling <u>9:30– Fall Wii Meeting</u> <u>10: 00– Fall Cornhole Meeting</u> <u>10:30– Fall Shuffleboard Meeting</u> <u>11:00– Fall Bocce Meeting</u> 9:30- Bingo 10:30–Chair Yoga <u>1:00– NUTRITION FOR LIFE-LONG WELLNESS</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 1:00– D&G Beginner Pokeno <u>1:00– YMCA Diabetes Prevention Program</u> 	9:30– Cornhole 9:30-Pinochle 9:30- Bingo 1:00– Beginner Crocheting 1:00– Crochet Social 1:00– Cardio Drumming 2:00–Low Impact Cardio 	9:30– Poker 9:30- Beginner Quilting 10:30– Strength Training w/ Gale
24	25	26	27	28
9:00– Summer Wii Bowling 9:30- Bingo <u>9:30– Bocce</u> 10:30–Chair Yoga <u>1:00– NUTRITION FOR LIFE-LONG WELLNESS</u>	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 <u>10:00– Healthy Weight loss Management</u> <u>11:00– Frauds & Scams w/ Ron</u> 1:00– D&G Beginner Pokeno <u>1:00– YMCA Diabetes Prevention Program</u>	9:30– Cornhole 9:30-Pinochle 9:30- Bingo <u>9:30-Card Making Class</u> 1:00– Beginner Crocheting 1:00– Crochet Social 1:00– Cardio Drumming 2:00–Low Impact Cardio	9:30– Poker 9:30- Beginner Quilting 10:30– Strength Training w/ Gale
31				
9:00– Summer Wii Bowling 9:30- Bingo <u>9:30– Bocce</u> 10:30–Chair Yoga <u>1:00– NUTRITION FOR LIFE-LONG WELLNESS</u>				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>3</u>  Sloppy Joe Corn Nuggets Vegetable Dessert	<u>4</u>  Baked Chicken Potato Au Gratin Vegetable Dessert	<u>5</u>  Meatball Sub Fries Fruit Dessert	<u>6</u> <u>FEAST</u>  Salmon Rice Vegetable Dessert	<u>7</u>  Baked Spaghetti Green Beans Garlic Bread Dessert
<u>10</u>  Fish Fries Salad Fruit	<u>11</u>  Lasagna Green Beans Garlic Bread Dessert	<u>12</u>  Turkey Caesar Salad Roll Dessert	<u>13</u>  Hamburger Vegetable Chips Dessert	<u>14</u>  Ham Sub Chips Fruit Dessert
<u>17</u>  Cream Chip Beef Biscuit Vegetable Dessert	<u>18</u>  Hot Dog Cole Slaw Chips Dessert	<u>19</u>  Chicken & Dumplings Vegetable Biscuit Dessert	<u>20</u>  Pulled Pork Roll Three Bean Salad Dessert	<u>21</u>  Salisbury Steak Rice Gravy Vegetable Dessert
<u>24</u> <u>FEAST</u>  Pork Chop Mashed Potatoes Vegetable Dessert	<u>25</u>  BBQ Chicken Rice Vegetable Dessert	<u>26</u> <u>FEAST</u>  Shrimp Fries Fruit Dessert	<u>27</u>  Chef Salad Roll Dessert	<u>28</u>  Turkey Sub Chips Fruit Dessert
<u>31</u>  Fried Chicken Sweet Potato Casserole Vegetable Dessert	<u>MENU</u>  <u>FOR</u> <u>AUGUST</u> <u>2026</u>	<u>PLEASE NOTE:</u> The Howard J. Weston Community and Senior Center, Inc. does not discriminate on the basis of sex, creed, race, national origin or handicap.		<u>KITCHEN STAFF</u> Mike Tedeschi Cook

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