

February 2020

# HOWARD WESTON SENIOR CENTER

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

## STAFF

SANDRA S. KRETT  
EXECUTIVE DIRECTOR

VICKI K. SHERATON  
DIRECTOR

DONNA BONK  
SITE MANAGER

PAUL O'BRIEN  
HEAD CHEF

BETSEY MOORE  
CRAFT INSTRUCTOR

BEVERLY J. MCCOOL  
PROGRAM COORDINATOR

## BOARD OF DIRECTORS

CHARLES S. STEPHAN  
CHAIRMAN

DARREN WRIGHT  
VICE-CHAIRMAN

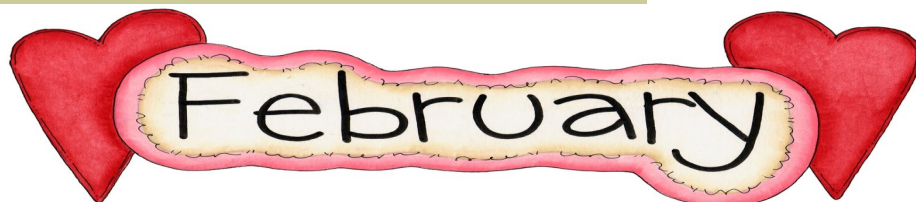
LINDA MOFFETT  
SECRETARY

GREGORY YACUCCI  
TREASURER

HARRY KUTCH

BARBARA McCaffery

JOHN D. TRAVIS



## Dine-Out Club

February dine out will be at  
Season's Pizza,  
Wilmington Manor on  
February 5, 2020  
@ 4:30 p.m.



## VALENTINES' BINGO

Friday, February 7, 2020  
@ 10:00 a.m.  
Lunch & Bingo \$5.00  
(Cash Prizes and Door  
Prizes)  
Regular Lunch \$3.00

## FRIENDS AND LOVERS

Join us for a Weston  
edition of the Newlywed  
Game we are calling  
"Friends and Lovers",  
Thursday, February 13,  
2020. Time-11:00 a.m.



## MEET THE CHEF DAY

THURSDAY,  
FEBRUARY 6, 2020  
\$1 LUNCH  
Chicken Pot Pie  
Garden Salad  
Brownie

**SNOW CLOSING** – It's that time of year when we must think about winter and snow. So, we must be prepared for when the snowflakes begin to fall. Tune in your radio for snow closing information – W.D.E.L (1150 AM), W.S.T.W. (93.7 FM) We will make every effort to let you know our status as early as possible. We will be listed by name: WESTON SENIOR CENTER. If you don't hear our name announced, we will be open. For our Paratransit riders, DART will make the decision regarding service.  
**PLEASE, LISTEN TO YOUR RADIO!! DO NOT CALL THE CENTER!!**



## MEMBERSHIP

The Weston Senior Center welcomes all persons 50 years of age and over. All members and guests participating in activities and programs offered by the center must be able to take care of their personal care needs and make independent decisions.

## MISSION

THE WESTON SENIOR CENTER WAS ESTABLISHED IN 1978 FOR THE PURPOSE OF ENHANCING THE QUALITY OF LIFE FOR THE SENIOR POPULATION BY PROVIDING MUCH NEEDED SERVICES AND PROGRAMS.



E-MAIL – WestonSrCenter@aol.com

WEBSITE – WestonSeniorCenter.com

Facebook - Weston Senior Center

Website

E-mail

### 2017-2019 ADVISORY COUNCIL MEMBERS

*Linda Brown Pat Burk Judy Egner Beverly Ellis Dot Evans Orval Foraker  
Jeannette Henretty Dutchie Jensen Frank Kersey Jim McFarland  
Cecelia Sanders*



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

# WESTON ADULT DAY CARE CENTER

Check out our NEW website: <http://www.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 am. to 4:00 pm.  
Full days, half days  
and flexible schedules  
are available.  
Weston Adult Day Care  
is fully licensed by the  
State of Delaware.  
Contact Weston Adult  
Day Care:  
302-328-6425



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

**CAREGIVERS SUPPORT GROUP**– The next meeting will be on January 3, 2020 at 1:00 p.m. in the Adult Day Care Center. If you know anyone who would benefit from attending, please let them know about our group.

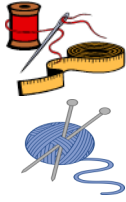
## THE "ARTS" and THE "CRAFTS"



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



**CERAMICS** – The Ceramics Room is open daily from 9:00 a.m. to 3:00 p.m.  
Join our talented painters as they create ceramic pieces for all occasions.



**QUILTING** – Our quilters meet on Friday mornings from 9:30 a.m. to 11:30 a.m.  
in the Multi-Purpose Room. Stop by and see the beautiful items these amazing ladies have created .

**BEGINNER KNITTING CLASS** – If you are interested, please stop by and speak to Betsey.

## CARDS AND GAMES ...



**POKENO** – We have a group of Pokeno players who play on the last Tuesday of the month at  
12:45 p.m. in the Dining Room. We welcome new players.



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



**NICKEL/NICKEL** – If Nickel/Nickel is your game, join one of the games going on in the Dining  
Room every day. **New players are needed, so feel free to join a game.**



**SHUFFLEBOARD** – Shuffleboard is very popular. Our two tables are ready and waiting for you.  
We are always looking for new players. Stop by any time. **Shuffleboard tournament with Claymore  
Thursday, March 12, 2020 Time-9:30 a.m.**



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



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



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



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



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



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

## CLUBS and GROUPS ...



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



**DINING OUT CLUB** – Our dine out group meets on the first Wednesday of each month at area restaurants at 4:30 p.m. Please check out our activities calendar near the back of this newsletter for locations and sign up on the sheet in the lobby if you will be joining us. It’s always fun to get together for a meal. If you need a ride, let us know. We can arrange carpooling. Important! This is a fundraiser for the center. Be sure to tell your family and friends. For those wanting to plan ahead, **our March dine out will be at Porto-Fino Pizza & Restaurant on March 4, 2020 @ 4:30 p.m.**



**PEN PAL GROUP** – Our Pen Pal group will be visiting the children on Monday, February 10, 2020. Please be at the center by 10:15 a.m. We will be supplying small gifts for all the children so please do not bring anything for your pen pal. If you are unable to attend please let Vicki know.



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

## WELLNESS AND PHYSICAL FITNESS ...



**A MATTER OF BALANCE– FREE** 8-week class; Tuesday, January 21, 2020-Tuesday, March 10, 2020. Time: 10:00 a.m.-12:00 noon. It is a nationally recognized program that helps participants address their fear of falling. The program is FREE and consists of two-hour classes offered once a week for a total of eight weeks. This class is limited to 15 participants so don’t delay. Sign-up soon!



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



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

**PLEASE NOTE:** Be sure to check the schedule in the lobby as there are days that Joanne will not be here. **(No classes February 26).**



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

**PLEASE NOTE:** Be sure to check the schedule in the lobby as there are days that Joanne has other commitments and will not be here. **(No class February 20 & 27).**



**WALK, WALK, WALK** - Watch out in the hallways! Our “walkers” are off and walking!!

Walking will enhance your health and make you feel better. Did you know that 5 times around the “U” equals 1 mile?



**AQUA-CARDIO CLASS**– In partnership with Fraim Center for Active Adults, Weston will be offering an 8 week aquatic exercise class on Tuesdays & Thursdays, 8:45 a.m.-9:30 a.m. from January 7, 2020-March 24, 2020. The cost is \$40.00, but you will need to supply your own transportation to the Fraim Center, located at 669 South Union St., Wilmington, DE 19805. Payment must be presented at time of sign-up. Please sign-up at the front desk.

## HEALTH SERVICES

**THOUGHTFUL THURSDAY**-“Education and Information Program” - Thursdays @ 11:30 a.m.  
Thursday, February 20 2020-“Occupational Therapy, What is it?” Presented by Ashley Crabbs,  
Fox Rehab.



**BLOOD PRESSURE SCREENING** –Our nurse “MaryAnn” from the Weston Adult Day Care will be available to check your blood pressure on the 1st & 3rd Thursday from 10:30 a.m–11:30 a.m. Please remember that this service is not intended to replace regular visits to your doctor. Only your doctor is best able to determine your medical needs.



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



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



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



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



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

Delaware Medical Orders For Scope Of Treatment



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



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

## FUNDRAISING

**UNITED WAY CAMPAIGN** – United Way donations can be made to the center. Please tell your family and friends working in Delaware to designate the HOWARD WESTON SENIOR CENTER as the recipient of their United Way donation. WESTON'S UNITED WAY number is 9336. If someone is already a contributor, it is easy for them to change their designation to WESTON by calling the Donor Choice Coordinator at 1-866-892-9335 or 302-573-3200 and giving them our number (9336). See Sandy if you have questions or need more information. Thank you for your support!!



### **FUNDRAISING – November 2019**

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



50/50s	\$266.00	
Donations – General	\$545.00	
Cans	\$8.10	
10 Week Club	\$925.00	
Dance Party	\$990.00	
Total for December 2019	\$2,734.10	\$2,734.10
Total For November 2019		\$1,290.50
Total for October 2019		\$ 6,856.30
Total for September 2019		\$1,544.20
Total for August 2019		\$655.30
Total for July 2019		\$7,072.15
Total		\$20,152.55

Our fundraising for July 1, 2019 to June 30, 2020 is underway. We sure have a challenge to surpass the fundraising of last year. We continue to look for new and innovative ways to raise funds for the center. If you have any ideas, please let us know. A great way for you to help the center is to talk to your children and grandchildren. If they work for companies that encourage their employees to donate to the United Way, they can designate that their donation goes to the Weston Senior Center. Our designation number is 9336. Be sure to tell your family, friends and neighbors.

### **ALUMINUM CANS/TABS –**

We recycle cans here at the Weston Senior Center. Recycling cans is a win-win for everyone. We help the environment and at the same time, earn money for the center. Be sure to put your empty aluminum cans in the container in the Dining Room. Also, bring in can tabs. We pull all the tabs off the cans and put them in large jars. When the jars get full, we take the tabs to the Ronald McDonald House.



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

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



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

## SERVICES

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



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



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



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



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



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



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



**AARP DRIVER SAFETY PROGRAM** – The next “Refresher” class of the AARP Driver Safety Program will be held on Tuesday, February 4, 2020 from 10:00 a.m. to 2:30 p.m. The cost of the course is \$15.00 for AARP members (you must present your membership card) and \$20.00 for non-members and should be paid when you sign up. Please make checks payable to AARP. Sign-ups are taken on a first come, first serve basis with the class being limited to 25 participants. Please note that lunch is not included in the price, but is available for \$2.00. Check the menu.



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

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



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



# Upcoming

## EVENTS

### FEBRUARY

**Wednesday, February 5, 2020- "Gesso Painting"**-This technique looks hard but it is not. Join Liisa as she shows us how much fun painting with Gesso can be. Cost-\$8.00. Time- 9:30 am.-12:00 noon.  
Sign-up at the front desk with payment.

**Wednesday, February 12, 2020- Jewelry making with Valerie Abreu.** You will be making a necklace and matching bracelet. Examples will be displayed by the bulletin board. Cost- \$5.00. Time- 10:00 a.m-12:00 noon.

**Thursday, February 13, 2020- Friends & Lovers** - Join us for a Weston edition of the Newlywed Game we are calling "Friends and Lovers", Time-11:00 a.m.

**Wednesday, February 19, 2020- "Pour Painting"**-Join Kirsti as we try our hand at pour painting. You will be doing a vase and tiles in this class. Cost- \$8.00. Time- 9:30 a.m-12:00 noon. Acrylic Pouring is a fascinating fluid painting technique. It is based on acrylic paint, which can be brought into a liquid, pourable consistency with the addition of Pouring Medium and other additives as required. Depending on the technique, this liquified paint is then poured into each other and then onto a vase or tile.  
Sign-up at the front desk with payment.

**Wednesday, February 26, 2020-Introduction to the Embroidery Machine** -Join Sarah in the crafting room to learn the basics of our embroidery machine. Once you have learned the basics you can add personalized touches to your creations. Time- 9:30 a.m.-11:30 a.m. Cost- \$10.00  
Sign-up at the front desk with payment.

**HAPPY BIRTHDAY!** -We wish a very Happy Birthday to all of our members who celebrate their birthday in February. Check out the birthday display in the hallway. We offer a "free" lunch to those who eat at the center on their birthday. If you are here on your birthday, we will sing to you at lunch and we will celebrate everyone's birthday on our "birthday day" each month.

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### MARCH

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

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

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



## NEWS FROM THE COMMUNITY...



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



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

### PLEASE READ!



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



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



### PARKING LOT SAFETY

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



### DONATIONS

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

### HELP WANTED!



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

### COMPUTER LAB

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

<u>February 2020</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 December 16, 2019 to January 15, 2019:

Gabriel Archangelo

Ricky Brewington

Debbie Cannon

Francis DaCosta

Walter Dumire

Ronald Gregory

Ruth Hazzard

Carmen Matos

Leonard Mele

Frances Romano

Judith Rosenberry

Rayford Winston

## A BRAIN TRAINING PROGRAM!

# **“HOLD THAT THOUGHT”**

*Weston Senior Center 1 Bassett Ave.*

*New Castle DE 19720*

*302-328-6626*



## **BRAIN BOOSTING CLASS**

Tuesdays, March 10-31, 2020

4 Week Brain Booster Class

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

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

Cost-\$20.00





### DAY TRIPS

**HARRINGTON-MIDWAY SLOTS** – *We regret having to increase the cost of our Harrington trips, but we can no longer cover the cost of the bus .The cost will be \$23.00 per person.* It's back to Harrington-Midway Slots on Wednesday, February 12 , 2020 and Wednesday, March 11, 2020 .The cost of the trips is \$23.00 each and includes transportation, \$15.00 in slot play and \$7.00 towards the buffet. The bus will leave the center at 8:30 a.m. and leave Harrington at 2:30 p.m.

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

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

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

### EXTENDED TRIPS

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

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

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

To better understand the way trips work: The Center must submit payment to the tour companies in advance to book our trips. This is why payment is required ahead of time.

When travelling with the center, please be sure to carry your identification and insurance cards with you.

The information on these cards will prove invaluable in case of emergency.

- ♦ **We now will enforce a sign-up deadline for all trips.** If we do not have sufficient travelers by said date, the trip **will** be cancelled. The center is required to pay deposits on most trips. In order to get our deposit back, we must cancel by a date set by the travel company or the venue.
- ♦ We will no longer hold seats on trips. If you want to go on a trip, you will not be "signed up" unless you pay in full for DAY TRIPS.
- ♦ For extended trips, a deposit must be paid. In addition, when balance due dates are posted, it means the center must pay for the trip in full. We, therefore, must have all trips paid in full by the balance due date. Thank you for your cooperation.
- ♦ Weston trips are open to the public. For all trips involving a casino you must be 21 or older.
- ♦ All emergency forms must be on file prior to departure.
- ♦ 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.

# WORD SEARCH!

## VALENTINE'S DAY

FIND AND CIRCLE THE WORDS ON THE LIST...WORDS MAY BE FOUND ACROSS, DOWN, OR DIAGONALLY  
--FORWARDS, BACKWARDS, AND SOMETIMES OVERLAPPING. HAVE FUN!

### WORD LIST

BALLOONS

BE MINE

CANDLES

CANDY

CARDS

CHOCOLATE

FLOWERS

GIFTS

HEARTS

I LOVE YOU

JEWELRY

KISS

LOVEBIRDS

MUSIC

PINK

POETRY

RED

ROMANCE

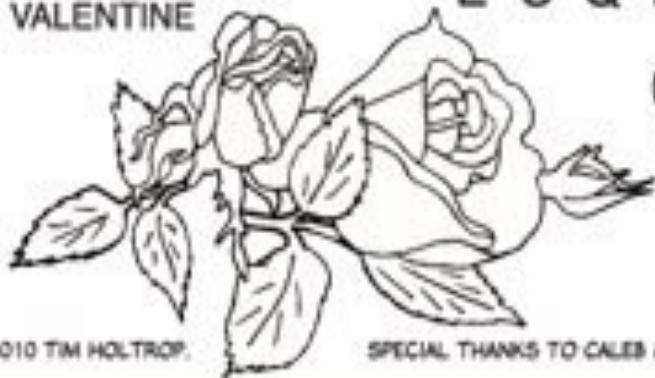
ROSE

SERENADE

STUFFED ANIMALS







VALENTINE

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



# February 2020 Weston Senior Center Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	MEET THE CHEF! 6	7
9:00 & 12:30– Wii Bowling 9:45- Bingo 	<b>8:45– Aqua Cardio @ Fraim Center.</b> 9:00 & 12:30– Wii Bowling 9:00-AARP Safe Driving Refresher Class <b>9:30– A Matter of Balance (Class 3)</b> <b>10:30– Bible Study</b>	9:00 & 12:30– Wii Bowling <b>9:15– Chair Exercise Class</b> <b>9:30–"Gesso Painting" class</b> 9:45- Bingo 10:00– Line Dance 11:00-Advisory Council 4:30– Dine Out Club– Season's Pizza, Wilmington Manor	<b>8:45– Aqua Cardio @ Fraim Center.</b> <b>9:00– AARP Tax Assistance</b> 9:00 & 12:30– Wii Bowling 9:30-Pinocle 9:45- Bingo 10:00 - Moving to the oldies w/ Joanne <b>10:30– Blood Pressure screening</b>	9:30- Quilting Class <b>10:00– Valentines Bingo</b> <b>Lunch only-\$3.00</b> <b>1:00– Caregivers support meeting ADC</b> 
10	11	12	13	14
9:00 & 12:30– Wii Bowling 9:45- Bingo 10:15– Pen Pal visit to school. 11:00-Red Hats 	<b>8:45– Aqua Cardio @ Fraim Center.</b> 9:00 & 12:30– Wii Bowling <b>9:30– A Matter of Balance (Class 4)</b> <b>10:30– Bible Study</b> <b><u>CENTER WILL CLOSE @ 1:00 P.M. FOR STAFF TRAINING</u></b>	8:30– Harrington Trip 9:00 & 12:30– Wii Bowling <b>9:15– Chair Exercise Class</b> 9:45- Bingo 10:00– Line Dance <b>10:00-Jewelry Class</b> 	<b>8:45– Aqua Cardio @ Fraim Center.</b> 9:00– AARP Tax Assistance 9:00 & 12:30– Wii Bowling 9:30-Pinocle 9:45- Bingo 10:00 - Moving to the oldies w/ Joanne <b>11:00-Friends and Lovers Party</b>	9:30- Quilting Class 
17	18	19	20	21
9:45- Bingo 9:00 & 12:30– Wii Bowling 	<b>8:45– Aqua Cardio @ Fraim Center.</b> 9:00 & 12:30– Wii Bowling <b>9:30– A Matter of Balance (Class 5)</b> <b>10:30– Bible Study</b>	9:00 & 12:30– Wii Bowling <b>9:15– Chair Exercise Class</b> <b>9:30-Pour Painting Class</b> 9:45- Bingo <b>10:00– Line Dance</b> 	<b>8:45– Aqua Cardio @ Fraim Center.</b> 9:00 & 12:30– Wii Bowling 9:00– AARP Tax Assistance 9:00– Stand By Me 50+ 9:30-Pinocle 9:45- Bingo <b>11:00 – Blood Pressure Screening</b>	9:30- Quilting Class 
24	25	26	27	28
9:45- Bingo 9:00 & 12:30– Wii Bowling 11:00-Red Hats 	<b>8:45– Aqua Cardio @ Fraim Center.</b> 9:00 & 12:30– Wii Bowling <b>9:30– A Matter of Balance (Class 6)</b> <b>10:30– Bible Study</b> 	9:00 & 12:30– Wii Bowling <b>9:15– Chair Exercise Class</b> <b>9:30-Introduction to the embroidery machine</b> 9:45- Bingo 	<b>8:45– Aqua Cardio @ Fraim Center.</b> 9:00 & 12:30– Wii Bowling 9:00– AARP Tax Assistance 9:30-Pinocle 9:45- Bingo 	9:30- Quilting Class 







 Sunday, February 2– Ground Hog Day, Friday, February 14– Valentines Day,  
 Monday, February 17-Presidents Day, Wednesday, February 26– Ash Wednesday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>  Italian Sausage Peppers & Onions Creamy Risotto Sugar Cookie	<b>4</b>  Ravioli Caesar Salad Garlic Toast Peach Cobbler	<b>5</b>  Shepherd's Pie Normandy Vegetable Blend Rosy Pears	<b>6</b>  <u><b>MEET THE CHEF DAY \$1 LUNCH</b></u> Chicken Pot Pie Garden Salad Brownie	<b>7</b>  Pulled Pork Sandwich Baked Beans Cole Slaw Cornbread Butterscotch Pudding
<b>10</b>  Cheeseburger Lettuce & Tomato French Fries Apple Pie	<b>11</b>  Glazed Ham Stuffing Succotash Cinnamon Apples	<b>12</b>  Stuffed Shells Capri Blend Vegetables Roll Chocolate Cake	<b>13</b>  <u><b>FEAST</b></u> Chicken Cordon Blue Rice Pilaf Petit Carrots Strawberry Shortcake	<b>14</b>  Tilapia Parmesan Mashed Sweet Potatoes Peas & Onions Assorted Desserts
<b>17</b>  Chili with Beans Rice Cornbread Mandarin Oranges	<b>18</b>  Lasagna Caesar Salad Breadstick Fruited Jello	<b>19</b>  <u><b>FEAST</b></u> Pork Lion Adobo Potatoes Au Gratin Vegetable Blend Tapioca Pudding	<b>20</b>  Meatloaf Mashed Potatoes Vegetable Blend Pound Cake	<b>21</b>  Fish Sandwich Lettuce & Tomato Hush Puppies Assorted Desserts
<b>24</b>  Hot Dog with Bun Seasoned Potato Wedges Sauerkraut Fruit Cocktail	<b>25</b>  Hot Turkey Sandwich Mashed Potatoes Gravy Carrots King Cake	<b>26</b>  Pizza Garden Salad Chocolate Chip Cookie	<b>27</b>  Stuffed Peppers Mashed Potatoes Yellow Cake <u><b>BIRTHDAY DAY</b></u>	<b>28</b>  Lemon Baked Cod Scalloped Potatoes Spinach Assorted Desserts
<b>31</b>  Spaghetti with Meatballs Garlic Bread Salad Fruit	 	<u><b>PLEASE NOTE:</b></u> The Howard J. Weston Community and Senior Center, Inc. does not discriminate on the basis of sex, creed, race, national origin or handicap.	<b>KITCHEN STAFF</b>  Paul O'Brien Head Chef 	<u><b>MENU FOR FEBRUARY 2020</b></u>

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