From the Director’s Desk

Do you believe it’s February? Soon we will plant our garden. This year we will plant early. We are in the second half of the Wii competition. Our center has four teams and they are competitive. We won second place with our tree at Hospice in November.

The tax season is around the corner. We offer tax aide every Tuesday starting at 9 a.m. last appointment 12 noon. You do have to call for an appointment. February 4 is our start date and April 14 will be the last day.

Our center calendar has an array of colorful activities just for you! Stop in - I’m sure you will not be disappointed. The center visits all the surrounding states for trips, not to mention New York City and Washington, DC. Going on a trip with us is truly an adventure and we fit it all in one day.

See you at the center!
Regards, Joan

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FEBRUARY BIRTHDAYS

Judith Govens  Barbara Lake  Mike Crampsey
Erlinda Ponce DeLeon  Geraldine Dawkins  Susan Vintigni
Carol Smith  Peg Chandler  Judith Govens
Helen Szerka  Patricia Piccoli  Frank Romano
Helen Chapman  Francis Romano  Donna Brown
Gay Vreken  Nancy Vance  Martha Duffy
Betty Smith  Dorothy Miller  Larry Grimes
Betty Anderson  Margaret Glandville
Dorothy Miller  Ronda S. Kungis

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UPCOMING ACTIVITIES AT THE CENTER

YOU MUST CALL FOR ALL INFO. BUS FILLS QUICKLY 302-995-7636.

February 10, First time at the Wind Creek Casino coach $40 8:30 a.m.-6:30 p.m.
February 12, Rainbow Comedy Play “Exit Laughing” tickets $54 9 a.m.-4 p.m.
March 3, Swanky Memory Testing, 10 a.m.-12 p.m. at the center
March 4, Philadelphia Flower Show $48 9 a.m.-2:30 p.m. Bus $4
March 19, Open House, Bake Sale and Flea Market. $5 tables. 10 a.m.-1:30 p.m.
March 30, National Shrine of the Immaculate Conception 8:30 a.m.-6:30 p.m. coach $45
April 15, Queen Esther @ Sight & Sound tickets $65 lunch extra. Show 3 P.M.

Registration and payment required for above trips.
PAYMENT DUE WHEN YOU SIGN UP. For info 302-995-7636
NO TRIP OR SHOW REFUNDS
UNLESS WE HAVE SOMEONE TO REPLACE YOU!

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New Castle County Senior Center
Mission Statement

New Castle County provides recreational, educational and nutrition services for seniors 55+ years of age regardless of race, religion, sex, ethnic origin or handicap.

All those attending the Center must be able to take care of their personal needs and make independent decisions as they participate in the activities of the day.

In case of inclement weather, please listen to WDEL (1150) or WILM (1450) am radio stations
To check for Center closings & transportation cancellations.

Please DO NOT call the Center.

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STAFF

Director
Joan Budrow
Assistant Director
Judy Panchisin
Site Manager
Sheila Kellam
Drivers
James Kula
Wayne Winters
Karen Murphy
Thinking of You
Ethel Moss      Cynthia Brown
Helen Chapman  Marti Duffy
Bea Boyer      Roberta Boyle
Marlene Coughlin Jeanne Daniels
Myrtle Geist  June Jump

Welcome New Members
Shirley & Curtis Smith
Bruce Abbott       June Walls
Margaret Kyle      Janice Harrison
Janet McGinnes     Patricia Meyer
Mark White         Peggy Vavalla
Mary Zielinski     David Hamilton

50/50 WINNER: Jackie Williams, $52

TRIVIA QUESTIONS
1. A rat can last longer without water than a ________________.
2. The word karate means _____________________________.
3. To see at night as well as an owl, you would need eyeballs as big as _________________.
4. A sneeze travels out of your mouth at more than _____ miles per hour. (Better cover your mouth fast!)

Senior of the Month: Marcia Grusczczynski

Marcia Grusczczynski was born December 15, 1943. She and her husband joined the center about two years ago. Marcia was born in Wilmington and lives in Wilmington. She took business classes at Goldey-Beacom after graduating high school. Marcia has three children one boy and two girls. She has four grandchildren.

Marcia’s favorite TV Show is the Hallmark channel. Her favorite food is crab cakes. Marcia’s favorite vacation spot is Rehoboth Beach. She has a couple hobbies including exercise and socializing. The person she would like to have lunch with is Mother Theresa because she was and still is very inspirational.

Thanks for sharing some of your life with your friends at the center.

We are awarding a monthly gift to a lucky birthday person. Every time the birthday person for that month comes to the Center for a meal or trip, we will enter their name in a drawing for a gift to be awarded at our birthday party. So the more times you get your name in the basket, the better chance you will have to win!
## Daily Activities

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9am-2pm: Game Room and Fitness Center Open</td>
<td>9am-2pm: Game Room and Fitness Center Open</td>
<td>9am-2pm: Trip Day</td>
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<tr>
<td>9:30am: Bank &amp; Post Office (1st Monday)</td>
<td>9:30am: Sitting Tai Chi with Kevin</td>
<td>9am-2pm: Game Room and Fitness Center Open</td>
<td>9:30am: Sitting Tai Chi with Kevin</td>
<td>9am-2pm: Game Room and Fitness Center Open</td>
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<tr>
<td>Computer Class</td>
<td>10am: Book Club (3rd Tuesday)</td>
<td>9:15-11:45am: Water Color Class (2nd &amp; 4th Wednesday)</td>
<td>10-11:30am: Bingo</td>
<td>9am-11am: Movies in the computer room</td>
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<tr>
<td>9:45-11:30am: Surratte Pool (June-September)</td>
<td>10:30-11:15am: Dancing Frenzy with Rick (1st Tuesday)</td>
<td>9:45-11:30am: Surratte Pool (June-August)</td>
<td>10:30am: Bible Study</td>
<td>9:30am: Tai Chi</td>
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<td>10:30-11:30am: Bible Study</td>
<td>12:30-1:30pm: Chess Club Group Exercise Class</td>
<td>10am: Video Armchair Exercise Tai Chi</td>
<td>10:45-11:30am: Soul Line Dancing (First 4 Thursdays)</td>
<td>10am-1pm: Cosmetologist (last Friday each month)</td>
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<tr>
<td>1:30-2pm: Debbie’s Cardio</td>
<td>1:30-2pm: Pickle Ball</td>
<td>Sewing/Quilting Class (1st &amp; 3rd Wednesday)</td>
<td>11:30am sharp!: Pinochle</td>
<td>10:30-11:30am: Win Dance Class</td>
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<tr>
<td>12:30pm: Debbie’s Cardio</td>
<td>FIRST TUESDAY OF THE MONTH… Sassy Ladies Meeting</td>
<td>12pm: Bid Whist</td>
<td>12:30pm: Group Exercise Class</td>
<td>12-4pm: Bid Whist</td>
</tr>
<tr>
<td>LAST TUESDAY OF THE MONTH… Birthday Party!</td>
<td></td>
<td>2-3pm: Drama Club Practice</td>
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<td>1pm: Walking the gym: 19 laps = 1 mile</td>
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</tbody>
</table>

## Activities & Services Offered Throughout the Year

**GAMES:** Bingo, pinochle, billiards, shuffleboard, pickle ball, Wii.  
*Game room is open daily from 9am-2pm.*

**HEALTH:** Blood pressure screening, Delaware Assistance Prescription Program, Vial of Life, Medicare information, Speakers

**FITNESS:** Dance classes, water aerobics, tai chi, group exercise, walk the gym, Beginners dance class, Debbie’s cardio

**SERVICES:** Elderinfo, Legal Aid, Tax assistance by AARP, defensive driving, computer classes, caregiver information, book and video lending library, Delaware Energy Assistance Program

**GROUPS:** Advisory Council, Red Hat Society “Sassy Ladies”, Chess Club, Crochet Club, Drama Club, Shuffleboard Club, Wii Bowling, Book Club

**ARTS & CRAFTS:** Watercolor class, paper flower making, candy making

*Look for dates and times in the newsletter or ask the Senior Center staff!*
<table>
<thead>
<tr>
<th>MONDAY</th>
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<tr>
<td><strong>FEBRUARY</strong></td>
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<tr>
<td></td>
<td>You must call for an appointment for TAX AIDE. Appointments start at 9 A.M. Last appointment is 12 noon.</td>
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<tr>
<td><strong>3</strong></td>
<td>Holiday Center Closed</td>
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<tr>
<td><strong>10</strong></td>
<td>8:30-6:30 Trip Wind Creek Casino 9-10:30: Computer Class 9:30: Scrabble/Upwords 10:30: Bible Study 12:30: Debbie’s Cardio</td>
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<tr>
<td><strong>11</strong></td>
<td>TAX AIDE 9:30: Bingo, Wii All Stars, Sitting Taichi 10:30: Dancing Frenzy 12:30: Group Exercise, Wii Foxy Ladies, Sassy Ladies Meeting 1:30: Cardio 2:4: Drama Club</td>
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<tr>
<td><strong>12</strong></td>
<td>9-2:30 Trip Shop @ QVC Store 9:30: Scrabble/Upwords 10: Arm chair Exercise, Sewing/Quilting Tai Chi Class, Wii Table Ten</td>
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<td><strong>21</strong></td>
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<tr>
<td><strong>24</strong></td>
<td>9-10: Computer Class 9:30 Scrabble/Upwords 10:30: Bible Study 12:30: Cardio</td>
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<tr>
<td><strong>26</strong></td>
<td>9-2 Trip IKEA 9: Water Color Class 9:30: Scrabble/Upwords 10: Armchair Exercise, Tai Chi 10:30: W”i Table Ten 12: Bid Whist Game</td>
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<tr>
<td><strong>28</strong></td>
<td>10-2 Trip Produce Junction in Dover 9:30: Tai Chi 10:30: Line Dancing 12: Bid Whist</td>
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</tbody>
</table>

**Holiday Center Closed**
Absalom Jones Senior Center

Advisory Board
President: John Smith
Vice-President: Norbert Quigley
Secretary: Castella LaCompte
Assist. Secretary: Joan Gay
Goodwill Ambassador: Annette Tomasello

Staff
Director: Joan Budrow
Assistant Director: Judy Panchisin
Site Manager: Sheila Kellam
Center Assistant: Katherine DeBose
Drivers: James Kula, Wayne Winters, Karen Murphy

Advisory Board Meeting
February 18, 12 P.M.

Legacy
You joined the ABj Center because you found a place to call home. The Center offers trips, activities, educational offerings, and resources that help you live a more fulfilling life. You have made friends that you accompanied on many trips. Some of you have made life-time friends. By remembering the ABj Senior Center in your will or even a donation, you can help preserve a place for others to come for many years. For more information and assistance, contact the Center Director.

Friendly Reminder
For your health and safety, please do not take items from the lunch trays and store them in your bag or purse. It is risky to have food items sit at room temperature. Please consume all food items at the Center. Thank you for your cooperation.

Book Buddy Program
This is a program to provide reading material to homebound seniors who are unable to visit their County library. To find out more or to sign up for this free service call 395-5656.

Greeting Cards
Check out the rack of cards in the game room. They are $.25 each and the money benefits the Center.

Emergency Food Assistance
New Castle County Department of Community Services/Division of Community Resources, in partnership with the Division of State Service Centers is pleased to offer emergency food assistance for seniors. If you are in need of food, call Absalom Jones Senior Center at (302) 995-7636 or the State Service Center at (302) 892-5972.

PINOCHELLE CORNER

DECEMBER

<table>
<thead>
<tr>
<th>4 GAMES</th>
<th>6 GAMES</th>
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<tbody>
<tr>
<td>Blanch Barlow</td>
<td>Peg Chandler</td>
</tr>
<tr>
<td>Angie Taylor</td>
<td>Tony Cubeta</td>
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<td>Sue Decola</td>
<td>John Felmey</td>
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<tr>
<td>Betty Howe</td>
<td>Joe Kontur</td>
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<tr>
<td>Fran Kowalski</td>
<td>Joanne Nagy</td>
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<tr>
<td>Libby Ward</td>
<td>Dorothy Zupon</td>
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<tr>
<td>Joanne Tweed</td>
<td>Catherine Trakas</td>
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<tr>
<td>Marge Weidner</td>
<td>Clint Nordell</td>
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<tr>
<td>Donna Enyedy</td>
<td>Mary Mensinger</td>
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<tr>
<td>John Felmey</td>
<td>Dominic Bernardo</td>
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<tr>
<td>Cele Kruger</td>
<td>James McKeller</td>
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<tr>
<td>Maggie King</td>
<td>Joanne Kautz</td>
</tr>
<tr>
<td>Irene Murphy</td>
<td>Nick Piccoli</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>4 GAME HIGH SCORE</th>
<th>6 GAME HIGH SCORE</th>
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<tbody>
<tr>
<td>Marge Weidner</td>
<td>Mary Mensinger</td>
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</tbody>
</table>

4 GAME HIGH SCORE   6 GAME HIGH SCORE
CHECK OUT THESE ACTIVITIES & PROGRAMS AT OUR 55+ LIFESTYLE CENTERS

BABY BOOMER FITNESS
Instructor: Andrew Holtz, PrimeUFitness.com
1-hour classes, $6 drop-in fee/class, FREE for 55+ Lifestyle Members
Tue/Thu 8:30-9:30 a.m. Dec-Feb
Tue/Thu 9:30-10:30 a.m. Dec-Feb
Learn how to use common fitness center equipment while developing an effective fitness program, focusing on safe strength training techniques and injury prevention.
Adults

BACKWARDS WALKING
Instructor: Andrew Holtz, PrimeUFitness.com
1-hour classes, $6 drop-in fee/class, FREE for 55+ Lifestyle Members
Wed 8:30-9:30 a.m. Dec-Feb
No class 12/25, 1/1
Walking backwards puts less strain and requires less range of motion from your knee joints, which is useful for people with knee problems or injuries. Adults

BEGINNER LINE DANCING
Instructor: Winston Gacutan
1-hour classes, $6 drop-in fee/class, FREE for 55+ Lifestyle Members
Mon/Thu 12-1 p.m. Dec-Feb
No class 1/20, 2/3, 2/17
Learn basic line dances and show off your skills in the last half of the class. Adults

TAE CHI
Instructor: Winston Gacutan
1-hour classes, $6 drop-in fee/class, FREE for 55+ Lifestyle Members
Tue 10:30-11:30 a.m. Dec-Feb
Tai Chi combines soft flowing movements with proper breathing techniques. Continued practice can relieve stress, increase strength and flexibility, energize the body and even lower blood pressure. Adults

BEGINNER/INTERMEDIATE YOGA
Instructor: Rebecca Keifer
1-hour classes, $6 drop-in fee/class, FREE for 55+ Lifestyle Members
Tue/Thu 9:30-10:30 a.m. Dec-Feb
Get introduced to yogic postures, alignment and breathing to promote energy and restore balance. Bring a yoga mat, towel and a bottle of water. Adults

HOCKESSIN REC CENTER

BRIDGE CLUB
2-hour programs, FREE
Tue 12:30-2:30 p.m. Dec-Feb
No program 12/24
Experienced players only are invited to join the Bridge Club. Adults

BARRE SCULPT
Instructor: Yolanda Hernandez
1-hour classes, $6 drop-in fee/class, FREE for 55+ Lifestyle Members
Mon 10-11 a.m. Dec-Feb
No class 1/20, 2/3, 2/17
This workout sculpts, slims and stretches your entire body to improve balance, flexibility, core strength and muscle tone. Using light hand weights, this low-impact workout is appropriate for various fitness levels. Bring a medium-thickness floor mat.
Adults

DANCE FIT
Instructor: Yolanda Hernandez
1-hour classes, $6 drop-in fee/class, FREE for 55+ Lifestyle Members
Tue 10:30-11:30 a.m. Dec-Feb
No class 12/24, 12/31
This is a fun dance fusion workout set to an eclectic collection of music. Each workout offers well-balanced intervals and movements to inspire and energize you.
Adults

ESSENTRICS
Instructor: Yolanda Hernandez
1-hour classes, $6 drop-in fee/class, FREE for 55+ Lifestyle Members
Wed 10-11 a.m. Dec-Feb
No class 12/25, 1/1
Essentrics is a dynamic flowing, strengthening and stretching workout that increases your overall strength and flexibility, makes your waist thinner, stomach flatter, legs leaner and butt toned. Adults

PROGRESSIVE LINE DANCING
Instructor: Joanne Brady
1-hour classes, $6 drop-in fee/class, FREE for 55+ Lifestyle Members
Wed 12-1 p.m. Dec-Feb
No class 12/25, 1/1, 1/22, 2/26
Learn the basic component steps to build a foundation for all types of line dancing from country and oldies to modern rock and pop.
Adults

SIT-TIN’ BE FIT
Instructor: Eric Wolf
1-hour classes, $6 drop-in fee/class, FREE for 55+ Lifestyle Members
Tue/Thu 9:15-10:15 a.m. Dec
No class 12/24, 12/31
As a beginner-paced workout designed for first-timers, seniors and the overweight, this training program targets gradual improvements in balance, strength and well-being over time. Adults

TAI CHI
Instructor: Art Ferris
1-hour classes, $6 drop-in fee/class, FREE for 55+ Lifestyle Members
Mon/Wed 9-10 a.m. Dec-Feb
No class 12/25, 1/20, 2/3, 2/17
Tai Chi combines soft flowing movements with proper breathing techniques. Continued practice can relieve stress, increase strength and flexibility, energize the body and even lower blood pressure. Adults

CHAIR YOGA
Instructor: Caitlin Reilly
1-hour classes, $6 drop-in fee/class, FREE for 55+ Lifestyle Members
Mon 11 a.m.-12 p.m. Dec-Feb
No class 1/20, 2/3, 2/17
Learn yogic breathing and a sequence of poses for strength, flexibility and balance using a chair as a prop. All levels welcome! Adults

SENIOR STRENGTH AND BALANCE
Instructor: Ricardo Narvaez
1-hour classes, $6 drop-in fee/class, FREE for 55+ Lifestyle Members
Tue 8:25-9:25 a.m. Dec-Feb
No class 12/24, 12/31
Focus on bone strength, posture, balance, flexibility and muscle tone. Use of dumbbells allows you to develop strength. Bring a padded mat and hand weights to class. Adults

SENIOR STRENGTH YOGILATES
Instructor: Caitlin Reilly
1-hour classes, $6 drop-in fee/class, FREE for 55+ Lifestyle Members
Thu 10:40-11:40 a.m. Dec-Feb
Designed specifically for seniors, a combination of yoga and Pilates movements help improve balance, strength and flexibility. Adults

Registration is required for most activities at nccde.org/happenings.
For some activities, you may register by phone.