From the Director’s Desk

To start the New Year, I will begin by thanking those who volunteered in 2019 also my staff for being here and ready whenever they are needed. They always go the extra mile and I am thankful every day to have them. They treat the members with kindness and are always helpful. 2019 left several memories some good some sad. We lost a few members which is always sad. I was going to name them but at last count I was up to 15. I decided to stop counting. I would like to mention Joey. Everyone loved Joey. He worked in the garden and helped in our room whenever we needed him. His family ask to have donations made to the center and several of our members gave a donation. The total that we received was $250 and it was deposited into the seniors account. We sent thank you cards to all those people.

Now on to the happy note. We have enjoyed a good year at the center with several new members joining. The center went on LOTs of fun and educational trips. The New Year will bring new activities, educational and fun trips too. Stop in for a newsletter find out what is going on. The Staff would like to wish everyone a HAPPY HEALTHLY NEW YEAR. To my staff: life wouldn’t be the same WITHOUT YOU. Thank you for another wonderful year.

See you at the center!

Regards, Joan

JANUARY BIRTHDAYS

Pearl Beale
Henry Williams
Janet Tenovich
Louise Truitt Cece
Castella Le Compte
Bill Cochran
Linda Gonzalez
Lillian Stark
Bea Boyer
Clint Norvell
Gary Zupon
Norma Moore
Tony Donnelly
Lillian Stark
Yasmeen Abdullah
Lona Lowe
Evelyn Chervenic
Mildred Hamilton
Petra Young
Yvonne Laureano
Mary Wilmore
Mary Ann Mannering
Lola Riley
Elaine Showstead
Deborah Everette
Paul S. Murphy
Doreen Fields
Mitchell Fields
Florence Smith
Donald Starker
Zoraida Estares
Evelyn Romero
Louise Albright
Cynthia Brink
Linda A. Papalia
Blair Hayman
Robert Fontelle

UPCOMING ACTIVITIES AT THE CENTER

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

January 2, Trip sign up day at 9 A.M.
January 15, Yes, there are two trips. Each bus will take 19.
January 27, Reading Terminal 8:30 a.m. -2:30 p.m. Bus $4
January 31, Kick off the new year with a BIG win at Dover Down’s casino.
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 4, Philadelphia Flower Show (no price yet) 9 a.m.-2:30 p.m. Bus $4
March 30, National Shrine of the Immaculate Conception 8:30 a.m.-6:30 p.m. coach $40
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!

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.

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
Mary Daemer       Ceola Coles
Norman Holt       Sue & William Lee
Sheila Posey      Roy & Vickie Owens
Mary Lovelace     Lend Dyer
Sandra Marrow     Alicia Ahern
Gloria & Grafton Marshall

TRIVIA QUESTIONS
1. Spain literally means____   ____   ____  ____.
2. Identical twins do not have identical______.
3. The killer whale is not actually a whale but is the largest member of the ____family.
4. The average person blinks more than ____ times a year.

Senior of the Month: Richard Kersten

Richard Kersten and his lovely wife joined the center February 2017. It seems like yesterday. Richard was born in Philadelphia, PA. He now lives in Newport, DE. He graduated high school in 1961 and went to a trade school for mechanics. Richard went into the army in 1962 until 1965. Richard has four children: two boys and two girls. He has four grandchildren.

Richard’s favorite TV Show is the Big Bang Theory. His favorite food is pizza and Italian foods. His favorite vacation place is Ocean City Maryland and his hobbies are reading and exercise. Two good choices—one for our body and one for the mind.

Richards favorite lunch partner would be his beloved wife Rosemary. She is a beautiful and good person.

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>
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<td>9am-2pm: Trip Day</td>
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</tr>
<tr>
<td>9-10am: DE Swim &amp; Fitness Club</td>
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<td>9am-2pm: Trip Day</td>
<td>9am-2pm: Game Room and Fitness Center Open</td>
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</tr>
<tr>
<td>9:30am: Bank &amp; Post Office (1st Monday)</td>
<td>9:30am: Sitting Tai Chi with Kevin</td>
<td>9am-2pm: Trip Day</td>
<td>9am-2pm: Game Room and Fitness Center Open</td>
<td>9am: ShopRite</td>
</tr>
<tr>
<td>Computer Class</td>
<td>10am: Book Club (3rd Tuesday)</td>
<td>Beginner Line Dancing</td>
<td>9:30am: Sitting Tai Chi with Kevin</td>
<td>9am-11am: Movies in the computer room</td>
</tr>
<tr>
<td>9:45-11:30am: Surratte Pool (June-September)</td>
<td>10:30-11:15am: Dancing Frenzy with Rick (1st Tuesday)</td>
<td>10am: Bible Study</td>
<td>10-11:30am: Bingo</td>
<td>9:30am: Tai Chi</td>
</tr>
<tr>
<td>10:30-11:30am: Bible Study</td>
<td>12:30-1:30pm: Chess Club Group Exercise Class</td>
<td>10am: Video Armchair Exercise</td>
<td>10:30am: Bible Study</td>
<td>10am: Drama Club Practice</td>
</tr>
<tr>
<td>12:30-1:30pm: Debbie’s Cardio</td>
<td>1:30-2pm: Debbie’s Cardio</td>
<td>10am: Video Armchair Exercise</td>
<td>10:45-11:30am: Soul Line Dancing (First 4 Thursdays)</td>
<td>10:30-11:30am: Win Dance/Fitness Class</td>
</tr>
<tr>
<td>1:30-2pm: Pickle Ball</td>
<td>1:30-2pm: Pickle Ball</td>
<td>11:30am sharp!: Pinochle</td>
<td>11:30am sharp!: Pinochle</td>
<td>Art Therapy</td>
</tr>
<tr>
<td>FIRST TUESDAY OF THE MONTH… Sassy Ladies Meeting</td>
<td>LAST TUESDAY OF THE MONTH… Birthday Party!</td>
<td>12:30pm: Group Exercise Class</td>
<td>12-4pm: Bid Whist</td>
<td>(1st &amp; 3rd Friday)</td>
</tr>
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<td></td>
<td>2-3pm: Drama Club Practice</td>
<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!*
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<tr>
<td>10 9-2 Trip Ollies Dover 9:30: Tai Chi 10:30: Line Dancing 12: Bid Whist Cards</td>
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</tbody>
</table>
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
January 21, 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.

Pinochle Corner

November

4 Games 6 Games
Blanch Barlow 390 Peg Chandler 000
Angie Taylor 333 Tony Cubeta 415
Sue Decola 364 John Felmey 000
Betty Howe 362 Joe Kontur 000
Fran Kowalski 279 Joanne Nagy 473
Libby Ward 324 Dorothy Zupon 000
Joanne Tweed 324 Catherine Trakas 000
Marge Weidner 362 Clint Nordell 000
Donna Enyedy 399 Mary Mensinger 319
John Felmey 337

4 Game High Score 6 Game High Score
Blanch Barlow 1054 Joanne Nagy 473
CHECK OUT THESE ACTIVITIES & PROGRAMS AT OUR 55+ LIFESTYLE CENTERS

GARFIELD PARK REC CENTER

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

TAI 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
Tue 10-11 a.m.  Dec-Feb
No class 1/20, 2/3, 2/17
This workout sculpts, сліms 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

SITTING’ 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/Thu 8:30-10 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.