



Matthew Meyer
County Executive
Div. of Comm. Resources

Absalom Jones Senior Center

310 Kiamensi Rd., Wilmington, DE 19804 995-7636

Open Monday through Friday, 9am to 2pm

Hot lunch and salad bar served daily at 11:30am

January 2020

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 HEALTHY 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

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.

JANUARY BIRTHDAYS

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

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.

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!

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9am-2pm: Game Room and Fitness Center Open</p> <p>9-10am: DE Swim & Fitness Club</p> <p>9:30am: Bank & Post Office (1st Monday)</p> <p>Computer Class</p> <p>9:45-11:30am: Surratte Pool (June-September)</p> <p>10:30-11:30am: Bible Study</p> <p>Surratte Pool</p> <p>12:30pm: Medicine Pickup at Your Drugstore (2nd Monday)</p> <p>Debbie's Cardio</p>	<p>9am-2pm: Game Room and Fitness Center Open; Bingo</p> <p>9:30am: Sitting Tai Chi with Kevin</p> <p>10am: Book Club (3rd Tuesday)</p> <p>10:30-11:15am: Dancing Frenzy with Rick (1st Tuesday)</p> <p>12:30-1:30pm: Chess Club Group Exercise Class</p> <p>1:30-2pm: Debbie's Cardio</p> <p>1:30-2pm: Pickle Ball</p> <p>FIRST TUESDAY OF THE MONTH... <i>Sassy Ladies Meeting</i></p> <p>LAST TUESDAY OF THE MONTH... <i>Birthday Party!</i></p>	<p>9am-2pm: Trip Day</p> <p>9am-2pm: Game Room and Fitness Center Open</p> <p>Beginner Line Dancing</p> <p>9:15-11:45am: Water Color Class (2nd & 4th Wednesday)</p> <p>9:45-11:30am: Surratte Pool (June-August)</p> <p>10am: Video Armchair Exercise</p> <p>Tai Chi</p> <p>12pm: Bid Whist</p>	<p>9am-2pm: Game Room and Fitness Center Open</p> <p>9am: ShopRite</p> <p>9:30am: Sitting Tai Chi with Kevin</p> <p>10-11:30am: Bingo</p> <p>10:30am: Bible Study</p> <p>Cosmetologist, Jeanice (3rd Thursday)</p> <p>10:45-11:30am: Soul Line Dancing (First 4 Thursdays)</p> <p>11:30am sharp!: Pinochle</p> <p>12:30pm: Group Exercise Class</p> <p>2-3pm: Drama Club Practice</p>	<p>9am-2pm: Trip Day</p> <p>9am-2pm: Game Room and Fitness Center Open</p> <p>9am-11am: Movies in the computer room</p> <p>9:30am: Tai Chi</p> <p>10am: Drama Club Practice</p> <p>10:30-11:30am: Win Dance/ Fitness Class</p> <p>Art Therapy (1st & 3rd Friday)</p> <p>12-4pm: Bid Whist</p> <p>1pm: Walking the gym: 19 laps = 1 mile</p>

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!

ABSALOM JONES SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CENTER CLOSED HAPPY NEW YEAR	2 9: ShopRite, Wii Four Dames 9:30: Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11:15: Pinochle Club 12:30: Exercise Group	3 9-2 Trip Byler's Country Store 9:30: Tai Chi 10:30: Line Dancing, Art Therapy 12: Bid Whist Cards
6 9-12: Trip Price Corner 9: Scrabble/Upwords, Computer Class 10:30: Bible Study 12:30: Cardio	7 9 -2: Bingo 9:30: Sitting Taichi 9:45: BP Screening 10:30: Dancing Frenzy, Wii All Stars 11:30: Speaker 12:30: Sassy Ladies MT Exercise, Wii Foxy Ladies 1:30: Cardio	8 9-2 Trip Bakers Restaurant 10: Arm chair exercise, Tai Chi, Water Color Class 10:30: Wii Table Ten 12: Bid Whist Cards	9 9: ShopRite, Wii Four Dames 9:30: Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11:15: Pinochle Club 12:30: Group Exercise	10 9-2 Trip Ollies Dover 9:30: Tai Chi 10:30: Line Dancing 12: Bid Whist Cards
13 9-12 Trip AC Moore 9: Scrabble/Upwords, Computer Class 10:30: Bible Study 12:30: Cardio	14 9: Bingo 9:30: Sitting Taichi 9:45: BP Screening 10:30: Dancing Frenzy, Wii All Stars 12:30 Group Exercise, Wii Foxy Ladies 1:30: Cardio	15 9-4 Trip National Watch & Clock Museum 10: Arm chair exercise, Tai Chi, Sewing /Quilting 10:30: Wii Table Ten, 12: Bid Whist Cards	16 9: Shop Rite, Wii Four Dames 9:30: Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11:15: Pinochle Club 11:30: Speaker: St Francis 12:30: Group Exercise	17 9-2 Trip Farmers Market Rt 13 9:30: Tai Chi 10:30: Line Dancing, Art Therapy 12-Bid Whist
20 CENTER CLOSED HOLIDAY Martin Luther King Jr. Day	21 9: Bingo 9:30: Sitting Taichi 10:30: Dancing Frenzy 12:30: Group Exercise, Wii Foxy Ladies 12:30: Cardio	22 8:30-3 Trip Jamboree 9-2 Trip Woody's Sea Food 9: Scrabble/Upwords, Water Color Class 10: Armchair Exercise, Tai Chi, Water Color Class, Sewing/Quilting 10:30 Wii Table Ten, Tai Chi 12: Bid Whist	23 9: ShopRite, Wii Four Dames 9:30: Sitting Taichi 10:45: Dancers Knowledge 11: Speaker: Blind Sight DE 11:15: Pinochle Club 12:30: Group Exercise	24 9-2 Trip Breakfast Dollar Store 9:30: Tai Chi 10:30: Line Dancing 12: Bid Whist
27 8:30-2:30 Trip Reading Terminal \$3 9: Computer Class, Scrabble/ Upwords 10:30: Bible Study 12:30: Cardio	28 9: Bingo 9:30: Sitting Taichi 10:30: Dancing Frenzy 12:30: Wii Foxy Ladies, Group Exercise 1:30: Cardio	29 9-2 Trip Mystery Ride \$5 + lunch 9: Scrabble/Upwords 10: Armchair Exercise, Tai Chi 10:30: Wii Table Ten, 12 Bid Whist Cards	30 9: ShopRite, Wii Four Dames 10:45: Dancers Knowledge 11:15: Pinochle Club 12:30: Group Exercise	31 9-2 Trip Dover Downs Casino 9:30: Tai chi 10:30: Line Dancing 12: Bid Whist

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 Felmeý	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 Felmeý	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 12:30-2:30p.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**

SITTIN' 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 ncde.org/happenings.
For some activities, you may register by phone.