From the Director’s Desk

We wish you a Merry Christmas, Happy Hanukkah, and Happy Holidays to everyone. It’s been a very busy year at the center. We’re working on next year and I will have January and February full. We are planning on offering several new activities and new trips in the New Year. If you thought about joining a center stop in. I’m sure you will not be disappointed.

A couple dates to remember, the drama club’s Christmas Play is December 10 & again on December 11 in the evening. We have a trip planned to Sight & Sound for Queen Esther on April 15, 2020.

The staff would like to thank our volunteers and members who donate to the center. You are appreciated. Can you believe another year behind us?

I want to thank my staff for all their help. I couldn’t do my job without each one of you.

See you at the center!

Regards, Joan

DECEMBER BIRTHDAYS

Paul Zaborowski  Deborah Showell  Marge Weidner
Blanch Barlow  Linda Burkum  Joyce Johnson
Carol Cichocki  Joanne Mc Graph  Veronica Riley
Rich Kersten  George Anthony  Jen Jen WU
Marcia Gruszcynski  Angela Drooz  Carolyn Will
Nancy Kaper  Helen Wharton  Ruth Jobes
Cinda Calhoun  Gloria Conner-Bungy  Lillian Kempski
George Zawicki  Joan Murphy
Launa Swiss  Margaret Blansfield
Angelina Cartwright  Cecilea Chi
Ester Fisher  Estelle Williams
Joyce Grimes  Betty Hobbs
Carolyn Miller  Michael Enyedy
Catherine Atwell  Becky Kula
Carolyn Johnson  Beulah Hines

UPCOMING ACTIVITIES AT THE CENTER
YOU MUST CALL FOR ALL INFO. BUS FILLS QUICKLY 302-995-7636.

December 10, 12:30 p.m. ABJ Drama group presents “The State Versus Santa Claus.” Tickets $7. Evening show December 11 at 6:15 p.m. $4 Light Refreshments.

December 17, Christmas Party Luncheon, Taco Bar with all the toppings. Cake, soda, coffee, tea and door prizes. $10 per person lunch 11:30 -12:30 DJ JACK entertainment 12-2 p.m.

December 19, American Music Theater Holiday show. Tickets $45 10-6:30 p.m.

January 15, Columbia, National Watch and Clock Museum $5 9-4 p.m.

February 12, Rainbow Comedy Play “Exit Laughing” tickets $54 9-4 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

Kay Coffin          Ethel Moss
John Felmey         Bea Boyer
Evelyn Pyle         Marti Duffy
Marion Treece       Anna McDonald
Paula Schmid        Jeanne Daniels
Joyce Johnson       Tom Cavanaugh
Lola Riley          Robert Rochester

Welcome New Members

Angeline Cartwright Jennie Williams
Rayanna Bailey      Harriet Loftus
Maxine Fanning      Jacquelyn Andreceli
Mary Ciricella      Karen Shupe
Gail Webb           Albert Deschamps
Lean Faber          Millie McMenamin
Peggy Smith         Angie Rholetter
Elizabeth Arthur    
Thomas & Linda Burridge 
Thomas & Yvette Manigault
David & Fran Brumbaugh

TRIVIA QUESTIONS

1. A baby panda is smaller than a __________ when it is born.
2. A fox's tail is called a ____________.
3. Your thumb is the same length as your ______________.

Senior of the Month: Sharon Champion

Sharon Champion was born September 18. She lives in Belvedere close enough to walk to the center. Sharon joined our center about a year ago and attends most days. She started going on trips and loves them. It just so happened we had a trip planned on her birthday and was very special for her.

She graduated from Conrod High School June 8, 1976. She doesn’t have any children but has several nieces and nephews and one great niece. Her favorite TV Show is Steve Harvey talk show and the Price Is Right and Wheel of Fortune. Sharon’s favorite food is fried chicken, turkey, collard greens and homemade dressing.

She would like to vacation in Youngstown, Ohio and New Jersey. Sharon’s hobbies are bowling and crochet. Her famous person to have lunch with is Walter Cronkite from CBS evening news.

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>
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<tbody>
<tr>
<td>9am-2pm: Game Room and Fitness Center Open</td>
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<tr>
<td>9-10am: DE Swim &amp; Fitness Club</td>
<td>9am-2pm: Game Room and Fitness Center Open</td>
<td>9am-2pm: Trip Day</td>
<td>9am: ShopRite</td>
<td>9am-2pm: Game Room and Fitness Center Open</td>
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<tr>
<td>9:30am: Bank &amp; Post Office (1st Monday) Computer Class</td>
<td>9:30am: Sitting Tai Chi with Kevin</td>
<td>Beginner Line Dancing</td>
<td>9:30am: Sitting Tai Chi with Kevin</td>
<td>9am-11am: Movies in the computer room</td>
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<td>9:45-11:30am: Surratte Pool (June-September)</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>9:30am: Tai Chi</td>
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<td>10:30-11:15am: Dancing Frenzy with Rick (1st Tuesday)</td>
<td>12:30-1:30pm: Chess Club Group Exercise Class</td>
<td>10am: Video Armchair Exercise</td>
<td>10:30: Bible Study</td>
<td>10am: Drama Club Practice</td>
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<tr>
<td>1:30-2pm: Debbie’s Cardio</td>
<td>1:30-2pm: Pickle Ball</td>
<td>Tai Chi</td>
<td>10:45-11:30am: Soul Line Dancing (First 4 Thursdays)</td>
<td>10:30-11:30am: Win Dance/ Fitness Class</td>
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<tr>
<td>12:30pm: Medicine Pickup at Your Drugstore (2nd Monday) Debbie’s Cardio</td>
<td>FIRST TUESDAY OF THE MONTH… Sassy Ladies Meeting</td>
<td>12-4pm: Pinochle</td>
<td>11:30am sharp!: Pinochle</td>
<td>Art Therapy (1st &amp; 3rd Friday)</td>
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<td></td>
<td>LAST TUESDAY OF THE MONTH… Birthday Party!</td>
<td>12:30pm: Group Exercise Class</td>
<td>1pm: Walking the gym: 19 laps = 1 mile</td>
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### 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:**

**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>2</td>
<td>Trip sign up</td>
<td>9:30-2:30 Trip Shady Maple $3</td>
<td>5 No a.m. bus pickup</td>
<td>6 9-2 Trip Boothwyn</td>
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<tr>
<td>9:10:30: Computer Class,</td>
<td>9:00: Sitting Tai chi, Wii All Stars</td>
<td>9:00: Sewing/Quilting Class</td>
<td>9:30: Tai Chi</td>
<td>9:30: Tai Chi</td>
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<td>10:00: Bible Study</td>
<td>10:30: Dancing Frenzy, Lunch 11:30-12:30 Drama Club Christmas Play $7</td>
<td>10:00: Armchair Exercise, Tai Chi, Scrabble/U</td>
<td>10:30: Art Therapy, Dance &amp; Fitness Class</td>
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<td>12:00: SHOPRITE</td>
<td>12:30: Wii Foxy Ladies 1:30: Cardio</td>
<td>12:00: Bid Whist</td>
<td>12:00: Group Exercise</td>
<td>Dance &amp; Fitness Class</td>
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<td>12: Bid Whist</td>
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<td>3</td>
<td>9:00: Bingo, Delcastle Student Nurses BP SC</td>
<td>9:00: Water Color Class</td>
<td>11 8:30-2:30 Trip Harrah’s Casino</td>
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<td>9:30: Sitting Tai chi, Wii All Stars</td>
<td>9:00: Armchair Exercise, Tai Chi, Scrabble/U</td>
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<td>10:45: Dancers Knowledge</td>
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<td>11: 15: Pinochle Game</td>
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<td>12:30: Group Exercise</td>
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<td>9</td>
<td>8:30-7 Trip</td>
<td>1:15- 5:30 Trip Mystery Ride</td>
<td>13 9-11:30 Trip</td>
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<td>10</td>
<td>Tropicana / Slot $15 / Complimentary Show Ticket /Coach $40</td>
<td>9:00: Water Color Class</td>
<td>10 9-11:30 Trip</td>
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<td>Harrah’s Casino</td>
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<td>8:30-2 Trip</td>
<td>13 9-11:30 Trip</td>
<td>10:30: Dance &amp; Fitness Class</td>
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<td>17</td>
<td>Flower &amp; Home Market</td>
<td>13 9-11:30 Trip</td>
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<td>HAPPY HOLIDAYS TO EVERYONE</td>
<td>12:30: Group Exercise</td>
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<td>25</td>
<td>Merry Christmas</td>
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<td>9-11:30 Trip</td>
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<td>Dress for Less</td>
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<td>9-12: Trip Prices Corner</td>
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DECEMBER 2019

Dec. 17 Holiday Luncheon
11:30-12:30
DJ Jack 12-2 p.m.
Door prizes
TACO BAR WITH ALL THE TOPINGS, Cake, Punch, Soda, coffee, tea.
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.
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

SUPER STRIDERS WALKING CLUB
1½-hour sessions, FREE
Mon-Thur 8-9:30 a.m. Dec-Feb
No session 12/25, 1/1, 1/20
Enter to win great prizes by reaching personal goals and document daily mileage. Prizes awarded quarterly. Walk to win! 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

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-Feb
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

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

55+ TRIPS

All trips depart from Absalom Jones Senior Center. Call (302) 995-7636 to reserve a seat. Many local trips are available, such as the popular mystery trips and local shopping. Stop by and find out more information!

HOLIDAY SHOW: JOY TO THE WORLD
SITE: AMERICAN MUSIC THEATRE, LANCASTER, PA
One 7-hour trip, $43, lunch not included
Thu 11:30 a.m.-6:30 p.m. 12/19
Start your holiday at the theatre. Ages 55+

NATIONAL WATCH AND CLOCK MUSEUM
SITE: COLUMBIA, PA
One 7-hour trip, $5, lunch not included
Wed 9 a.m.-4 p.m. 1/15
Enjoy a trip through time. Ages 55+

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