



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

**December
2019**

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 Gruszczynski	Angela Drooz	Carolyn Will
Nancy Kaper	Helen Wharton	Ruth Jobes
Cinda Calhoun	Gloria Conner-Bungy	Lillian Kempiski
George Zawicki	Joan Murphy	
Launa Swiss	Margaret Blansfield	
Angeline Cartwright	Cecilea Chi	
Ester Fisher	Estelle Williams	
Joyce Grimes	Betty Hobbs	
Carolyn Miller	Michael Enyedy	
Catherine Atwell	Becky Kula	
Carolyn Johnson	Beulah Hines	

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.

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!

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 Felmev	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 Ciritella	Karen Shupe
Gail Webb	Albert Deschamps
Lean Faber	Millie McMenamin
Peggy Smith	Angie Rholetter
Elizabeth Arthur	
Thomas & Linda Burrige	
Thomas & Yvette Manigault	
David & Fran Brumbaugh	

THE CHRISTMAS PLAY YOU NEVER KNEW YOU NEEDED TO SEE!



DECEMBER 10, 12:30 PM, \$7 ticket includes lunch

DECEMBER 11, 6:15 PM, \$5 ticket includes snacks

Join us for a fun and exciting case—you will be the jury!

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

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!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Trip sign up 9-10:30: Computer Class, 10: Scrabble/Upwords 10:30: Bible Study 12: SHOPRITE 12:30: Cardio	3 9: Bingo, Delcastle Student Nurses BP SC 9:30: Sitting Tai chi, Wii All Stars 10:30: Dancing Frenzy. 12:30: Wii Foxy Ladies, Group Exercise 12: Sassy Ladies Meeting 1:30: Cardio 2: Drama Club Practice	4 8:30-2:30: Trip Shady Maple \$3 9-11:30: Sewing/Quilting Class 10: Armchair Exercise, Tai Chi, Scrabble/Upwords 12: Bid Whist	5 No a.m. bus pickup 9: 30 Delcastle BP SC 10:30: Bible Study 10:45: Dancers Knowledge 11:15: Pinochle Club 12:30: Group Exercise 2: Drama Club Practice 3: BUS PICK UP 4- 9:30 Trip Dover Downs Convention Center Show (sold out)	6 9-2 Trip Boothwyn 9:30: Tai Chi 10:30: Art Therapy, Dance & Fitness Class 12: Bid Whist
9 8:30-7 Trip Tropicana / Slot \$15 / Complimentary Show Ticket /Coach \$40 9-10:30 Computer Class 10: Scrabble /Upwords 10:30: Bible Study 12:30: Cardio	10 9: Bingo, Delcastle Student Nurses BP SC 9:30: Sitting Tai chi, Wii All Stars 10:30: Dancing Frenzy Lunch 11:30-12:30 Drama Club Christmas Play ticket \$7 12:30: Wii Foxy Ladies 1:30: Cardio	11 1:15- 5:30 Trip Mystery Ride 9: 11:30: Water Color Class 10: Armchair Exercise, Tai Chi, Scrabble/ Upwords 12: Bid Whist 6:15: Christmas Play \$5 light snacks	12 9: ShopRite, Wii Four Dames, Delcastle BP SC 10:30: Bible Study 10:45: Dancers Knowledge 11: 15: Pinochle Game 12:30: Group Exercise	13 8:30-2:30 Trip Harrah's Casino 9:30: Tai Chi 10:30: Dance & Fitness Class 12: Bid Whist
16 8:30-2 Trip Flower & Home Market 9:10:30: Computer Class 10: Scrabble/Upwords 10:30: Bible Study 12:30: Debbie's Cardio	17 9: Bingo, Delcastle Student Nurses BP SC 9:30: Sitting Tai chi, Wii All Stars 10: Book Club Meeting 10:30: Dancing Frenzy Christmas Lunch \$10 11:30: Holiday Luncheon 12:30: Group Exercise, Wii Foxy Ladies 1:30: Cardio	18 9-11:30 Trip Dollar Store 10-12: Sewing/Quilting Class 10: Scrabble/Upwords 10: Arm Chair Exercise, Tai Chi 12: Bid Whist 12:30: SHOPRITE	19 BUS PICK UP TRIP PEOPLE ONLY 10-6:30 Trip American Music Theatre 9:30: Delcastle BP SC 10:30: Bible Study 10:45: Dancers Knowledge 11:15: Pinochle Club 11:30: Speaker 12:30: Group Exercise	20 9-2 Trip Wal-Mart Middletown 9:30: Tai Chi 10:30: Art Therapy Dance & Fitness Class 12: Bid Whist
23 9-10:30: Computer Class 10: Scrabble /Upwords 10:30: Bible Study 12:30: Cardio	24 ½ Day today HAPPY HOLIDAYS TO EVERYONE	25 Merry Christmas	26 9: ShopRite, Wii Four Dames, Delcastle BP Screening 10:30: Bible Study 10:45: Dancers Knowledge 11:15: Pinochle Club 12:30: Group Exercise	27 9-11:30 Trip Dress for Less 9:30: Tai Chi 10:30: Dance & Fitness Class 12: Bid Whist
30 9-12: Trip Prices Corner 9-10:30Computer Class, 10: Scrabble/Upwords 10:30: Bible Study 12:30: Cardio	31 9: Bingo, Delcastle Student Nurses BP SC 9:30: Sitting Taichi, Wii All Stars 10:30: Dancing Frenzy 12:30: Group Exercise, Wii Foxy Ladies 1:30: Cardio	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.	

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
December 17, 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

OCTOBER

4 GAMES

6 GAMES

Blanch Barlow	382	Peg Chandler	511
Jeanne Daniels	300	Tony Cubeta	466
Sue Decola	371	John Felmey	437
Betty Howe	411	Joe Kontur	499
Cele Kruger	385	Joanne Nagy	488
Irene Murphy	327	Dorothy Zupon	483
Joanne Tweed	362	Catherine Trakas	777
Marge Weidner	285	Clint Nordell	467
Maggie King	363		

4 GAME HIGH SCORE 6 GAME HIGH SCORE

Sue Decola 1295 Joanne Nagy 1460

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-Thu 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 12:30-2:30p.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**

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**

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.