



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
2021**

DUE TO CORONAVIRUS, ALL ACTIVITIES, PROGRAMS AND TRIPS AT ABJ ARE POSTPONED UNTIL FURTHER NOTICE.

From the Director's Desk

To start the New Year, I will begin by thanking those who volunteered in 2020 also my staff who is wonderful. We all work together to get things done.

The year started out with everything going great. Had several new trips planned fun and educational plus all our classes. Close to 200 people signed up for taxes. The beginning of March it all came to a sudden STOP.

The County is working on opening plans but will wait un-till they think it is safe for you to return to the center. I know it seems each week we get different news. I don't know about you but I'm waiting for lots of good news.

We participated in the Delaware Hospice Festival of Trees. It was Virtual so we took a photo of our tree and sent it to them. ABJ came in FIRST PLACE. Thanks to those who gave donations.

The center is keeping in touch with our members that can be reached. The staff is delivering meals every day. If you need help or like a lunch delivered please call us. We can't go into the city of Wilmington or Newark but would be happy to help if possible.

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.

Best 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.

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.

JANUARY BIRTHDAYS

| | | |
|---------------------|--------------------|--------------------|
| Yasmeen Abdullah | Doreen Fields | Clinton Norvell |
| Louise Albright | Robert Fontello | Linda A. Papalia |
| Bee Boyer | Linda Gonzales | Maria Rascon |
| Cynthia Brink | David Hamilton | Lola Riley |
| Georgetta Brown | Blair Hayman | Evelyn Romer |
| Jean Bucksner | Audrey Heckerman | Florence Smith |
| Evelyn A. Chervenik | Yvonne Laureano | Jacqueline Stewart |
| William Cochran | Castella LeCompte | Lillian Stark |
| Ceola Coles | Lona Lowe | Donald Starker |
| Carol D'Erasmio | Mary Ann Mannering | Janet Tenowich |
| Anthony Donnelly | Grafton Marshall | Louise Truitt Cece |
| Zoraida Estares | Norma Moore | Henry Williams |
| Deborah Everette | Paul S. Murphy | Mary Wilmore |
| Renate Faber | Joyce Mc Queen | Gary Zupon |

STAFF

Director
Joan Budrow
Assistant Director
Judy Panchisin
Site Manager
Sheila Kellam
Secretary
Sheila Carlisle
Drivers
James Kula
Wayne Winters
Mark Drungowski

Thinking of You

| | | |
|----------------------------|--------------------|------------------|
| Ethel Moss | Cynthia Brown | Helen Chapman |
| Marti Duffy | Bea Boyer | Roberta Boyle |
| Myrtle Geist | June Jump | Harry Jump |
| Clara Snyder | Ruth Jobs | Marlene Coughlin |
| Joe Smolka | Bernie Brittingham | |
| Tony & Marcia Gruscczynski | | |

We are thinking about all our members. Please stay safe and healthy. If you can get outside and take a walk to get fresh air. Check out the classes the County is offering on the computer exercise, Tai Chi, and several others that I think you will find interesting.

Our newsletter will be on the county web. But it will be shorter. All I can say is what you keep hearing, WASH YOUR HANDS, DON'T TOUCH YOUR FACE and COVER YOUR FACE WITH A MASK.

Welcome New Members

The Center will welcome new members once we reopen. The staff is looking forward to that day! We will keep you all posted.

**TUNE IN TO NCCDE'S
YOUTUBE CHANNEL
OR FOLLOW NEW CASTLE COUNTY
HAPPENINGS ON FACEBOOK
FOR PROGRAMS**

VIRTUAL 
SENIOR PROGRAMS
WITH ABSALOM JONES
SENIOR CENTER 

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. 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. Richard's 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>9:30am: 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>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>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>Sewing/Quilting Class (1st & 3rd Wednesday)</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>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-1pm: Cosmetologist (last Friday each month)</p> <p>10:30-11:30am: Win Dance 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 |
|---|---|--|---|--|
| JANUARY 2021 | | | | 1 Happy New Year Center Closed |
| 4 9-12: Trip Price Corner 9: Scrabble/Upwords, Computer Class 12:30: Cardio | 5 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 | 6 9-2 Trip Bakers Restaurant 10: Armchair exercise, Tai Chi, Sewing/Quilting Class 10:30: Wii Table Ten 12: Bid Whist Cards | 7 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 | 8 9-2 Trip Ollies Dover 9:30: Tai Chi 10:30: Line Dancing 12: Bid Whist Cards |
| 11 9-12 Trip 9: Scrabble/Upwords, Computer Class 12:30: Cardio | 12 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 | 13 8:30-3 Trip 10: Armchair exercise, Tai Chi, Watercolor Class 10:30: Wii Table Ten, 12: Bid Whist Cards | 14 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: 12:30: Group Exercise | 15 9-2 Trip Farmers Market RT-13 9:30: Tai Chi 10:30: Line Dancing, Art Therapy 12-Bid Whist Cards |
| 18 CENTER CLOSED HOLIDAY Martin Luther King Jr. Day | 19 9: Bingo 9:30: Sitting Taichi 10:30: Dancing Frenzy 12:30: Group Exercise, Wii Foxy Ladies 12:30: Cardio | 20 9-2 Trip Woody's Sea Food 10: Armchair Exercise, Tai Chi, Sewing/Quilting Class, 10:30 Wii Table Ten, 12: Bid Whist Cards | 21 9: ShopRite, Wii Four Dames 9:30: Sitting Taichi 10:45: Dancers Knowledge 11: Speaker: 11:15: Pinochle Club 12:30: Group Exercise | 22 9-2 Trip Breakfast Dollar Store 9:30: Tai Chi 10:30: Line Dancing 12: Bid Whist Cards |
| 25 8:30-2:30 Trip Reading Terminal \$ 9: Computer Class, Scrabble/ Upwords 12:30: Cardio | 26 9: Bingo 9:30: Sitting Taichi 10:30: Dancing Frenzy 12:30: Wii Foxy Ladies, Group Exercise 1:30: Cardio | 27 9-2 Trip Mystery Ride 9: Scrabble/Upwords 10: Armchair Exercise, Tai Chi 10:30: Wii Table Ten, 12 Bid Whist Cards | 28 9: ShopRite, Wii Four Dames 9:30: Sitting Taichi 10:45: Dancers Knowledge 11:15: Pinochle Club 12:30: Group Exercise | 29 9-2 Trip Dover Downs Casino 9:30: Taichi 10:30: Line Dancing 12: Bid Whist Cards |

EFFECTIVE MARCH 16, 2020,

ALL PROGRAMS & ACTIVITIES AT ABJ ARE SUSPENDED UNTIL FURTHER NOTICE DUE TO COVID-19. We are delivering meals to those members who are not able to drive and perhaps live home alone. The County and ABJ partnered with City Fare to have meals delivered each day when they drop off the Meals On Wheels at our center. One of our bus drivers and a staff person deliver the meals to the members. The meals are kept at the proper temperature when delivered.

We want to thank City Fare for allowing us to help our members in need.

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

Secretary: Sheila Carlisle

**Drivers: James Kula, Wayne Winters,
Mark Drungowski**

Advisory Board Meeting

January 19, 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

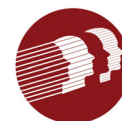
This is a program to provide reading material to homebound seniors who are unable to visit their County library. To find out more or to sign up for this free service call **395-5656**.

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.



TRIVIA QUESTIONS

1. Grapes _____ when you put them in the microwave?
2. A cucumber consists of _____ percent water?
3. _____ was the only one of the signers of the Declaration of Independence to actually sign on the Fourth of July?
4. More than a third of all _____ come from Hawaii.

AT HOME BINGO

- | | |
|--------------|-------------------|
| GAME # ONE | Gail Duvernay |
| GAME # TWO | Joanne Detterline |
| GAME # THREE | John Duvernay |
| GAME # FOUR | Maryann Cavanaugh |