



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

**March
2021**

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

From the Director's Desk

I think we are ready for spring. It has been cold, but not a bad winter. I'm looking forward to flowers popping their heads out plus starting our garden. We sure wish you were here to help.

It's hard to believe that it's been a year since the COVID-19 pandemic dramatically impacted our lives. To name a few: don't get to travel, don't get to hug your children or grandchildren, can't meet friends for an evening dinner out. When is the last time you saw your doctor? I mean (not on the computer or phone). If you do go out are you wondering should we really be here???

And so goes life for now. I do think now that the vaccine is out our lives should get back to normal. At least that's what I'm hoping for.

For those of you who read the newsletter I have a question for you. What have you missed the most and where is the "First" trip you would like to go on?

We hope you are all staying well and following the rules, wear your face covering and wash your hands several times a day.

Miss everyone and will let you know when we get the word to open.

Stay Safe

Best regards
Joan & Staff

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.

MARCH BIRTHDAYS

Sharon Ball	Patricia Hargraves	Roy Swaby
Barbara Byrd	Darlene Bargelski	Frank T. Santak
Ming, Sung, Chang (Clifton)	Andrew Jackson	Janie M. Santak
Donna Douglas	William Kaper	Joanne Mergenthaler
Donna Enyed	Diana Moyer	Dora Toribio
Joseph D'Erasmo	Irene Murphy	Betty A. Smith
Albert Deschamps	Sandra Poe	Annette Tomasello
Don Gerwig	Jean Palese	Wilson Williams. JR
Tony Gruscynski	Carol Reule	Bernadette Wilmore
Mary Pat Harper	Micky Romano	Ann Wegrzynowski
Florence Hill	Harry Rash	Dorothy Zupon
	Shirley M. Riley	

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

Betty Gurczenski	Joe Nice	Bea Boyer
Marlene Cough	Marti Duffy	Joyce Johnson
Paula Schmid	Clara Snyder	Mildred Shildt
Marion Treece	Marcia Gruszczynski	

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**

VIRTUAL 
SENIOR PROGRAMS
WITH ABSALOM JONES
SENIOR CENTER 

Senior of the Month: Nancy Weldin

Nancy Weldin was born November 20. She was born in Boston, Mass and now lives in Gordy Estates. Nancy graduated from William Penn High School. She worked for 25 years in the healthcare industry. Nancy has two children: a boy and girl. She has five grandchildren four girls and one boy.

Her favorite TV Show is Family Feud. Nancy loves all kinds of food and especially loves desserts. Nancy's favorite place to vacation is Chicago because she loves the cold weather. I think you get a lot of that there.

You will find Nancy crocheting she donates and gives to her friends. I see hats and scarves in her hands most of the time. Nancy also likes cooking, knitting and reading- Christian books. Nancy's favorite person to have lunch with is Charles Stanley-televangelist because he is a good speaker and it is very easy to understand his message.

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
1 9:30: Scrabble/Upwords, Computer Class 12:30: Cardio	2 9-12 Tax Aide 9:30: Bingo, BP Screening, Sitting Taichi, Wii All Stars 10:30: Dancing Frenzy 12:30: Wii Foxy Ladies, Group Exercise 1:30: Cardio	3 9-2: Trip 9:30: Scrabble /Upwords 10: Armchair Exercise, Tai Chi 12: Bid Whist	4 9:30: Wii Four Dames, Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11: Speaker 11:15: Pinochle Club 12:30: Group Exercise 2: Drama Club	5 9-2: Trip 9:30: Tai Chi 10:30: Line Dance, Art Therapy 11:30-12:30: Lunch 12: Bid Whist
8 9:30: Scrabble/ Upwords, Computer class 12:30: Cardio	9 9-12: Tax Aide 9:30: Bingo, BP Screening, Sitting Taichi, Wii All Stars 10:30: Dancing Frenzy 12:30: Wii Foxy Ladies, Group Exercise, Sassy Ladies Meeting 1:30: Cardio	10 9-2:30: Trip 9:30: Scrabble/ Upwords 10: Armchair Exercise, Tai Chi, 12: Bid Whist	11 9:30: Wii Four Dames, Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11: Speaker, Medicare 11:15 Pinochle Club 12:30: Group Exercise, ShopRite 2: Drama Club	12 9-2: Trip Breakfast @ Cosmo's Dollar Tree 10:30: Line Dance 11:30-12:30: Lunch 10:30: Line Dance 12: Bid Whist
15 9:30: Scrabble/Upwords Computer Class 10:30: Bible Study	16 9-12: Tax Aide 9:30: Bingo, Wii All Stars, Sitting Taichi 10:30: Dancing Frenzy 12: ADV Board Meet 12:30: Wii Foxy Ladies, Group Exercise 1:30: Cardio	17 9-2: Trip 9:30: Scrabble/ Upwords 10: Armchair Exercise, Tai Chi	18 9:30: Wii Four Dames, Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11:15 Pinochle Club 12:30: Group Exercise, ShopRite 2: Drama Club	19 9-2: Trip 9:30: Tai Chi 10:30: Line Dance, Art Therapy 12: Bid Whist
22 8:30-2:30: Trip Parx Casino 9:30: Scrabble/Upwords, Computer Class 12:30: Cardio	23 9-12: Tax Aide 9:30: Bingo, Sitting Taichi, Wii All Stars 10: Book Club 10:30: Dancing Frenzy 12:30: Wii Foxy Ladies, Group Exercise 1:30: Cardio	24 8:45-2: Trip 9:30: Scrabble/Upwords 10: Armchair Exercise, Tai Chi, 12: Bid Whist	25 9:30: Wii Four Dames, Sitting Taichi 10:30: Bible Study, Dancers Knowledge 11:15: Pinochle Club 11:30: Speaker, 12:30: Group Exercise, ShopRite 2 Drama Club	26 9-2: Trip Tour Rockwood Museum \$5 9:30: Tai Chi 10: Drama Club 10:30: Line Dance 12: Bid Whist
29 9:30: Trip Scrab- ble/Upwords, Computer Class 12:30: Cardio	30 9-12: Tax Aide 8:30-2:30: Trip Shady Maple 9:30 Bingo, Sitting Taichi, Wii All Stars 10:30: Dancing Frenzy 12:30: Wii Foxy Ladies, Group Exercise 1:30: Cardio	31 9-2: Trip 9:30: Scrabble/Upwords 10: Armchair Exercise, Tai Chi 12: Bid Whist		MARCH 2021

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

March 16, 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. Benjamin Franklin invented the _____?
2. There are more _____ shops per capita in Canada than in any other country?
3. The shoelace was invented in _____ in _____.
Before then, all shoes were fastened with _____?
Mickey Mouse's birthday is _____?

AT HOME BINGO

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