



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

**February
2021**

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

From the Director's Desk

Can you believe it's February?! Soon we will plant our garden — the cool weather plants can go in the ground early. Last year was not a good year with all the craziness going on. Nicole, Mark and I did get watermelons and pumpkins planted but it was a little late. The plants did produce but they didn't get big. I still have two pumpkins at home. Mark had the green thumb and took care of the garden most of the time. We will get him out there tending to the garden soon.

The Center has been closed 10 months. The staff has kept busy all this time with calling members, delivering lunches, taking food from our pantry to those who can't get out. Our members made "thinking of you" cards that the staff took to nursing homes. The members also signed and donated holiday cards that we also delivered. The count was over 700! The staff came up with the BINGO AT HOME game which 15 members have enjoyed.

Sheila and Judy are now calling members since we got the green light to offer Tax Aid this year. You need an appointment and staff will bring your info to the counselors. Appointments will be scheduled every Tuesday starting at 9 a.m. with the last appointment at 12 p.m. February 9 is our start date and April 13 will be the last day.

No date yet from the county when we will open. We miss everyone and hope you are staying healthy. You could check out the Virtual Classes the County is offering. You will see some of our contractors in action. See you at the center!

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.

FEBRUARY BIRTHDAYS

Betty Anderson	Larry Grimes	Jim Padgette
Fran E. Brumbaugh	Russell Harrison	Beverly Pottinger
Donna Brown	Mary K. Johnson	Patricia Piccoli
Mike Crampsey	Althea Johnson	Erlinda Ponce DeLeon
Helen Chapman	Snookie Kennedy	Florine Rosauri
Joann Callaghan	Ronda S. Kungis	Francis Romano
Martha Duffy	Barbara Lake	Marcia Sharp
Geraldine Dawkins	Maryann Cavanaugh	Loretta Show
Judith Govens	Dorothy Miller	Carol Smith
Margaret Glandville	James Prechtl	Nancy Vance

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

Norris Cooper	Charles Bungy	James McKeller
Joyce Johnson	Kizzie Shaw	Sheila Kellam
Paula Schmid	Donna Douglas	Lona Lowe
Lola Riley	Clara Snyder	Marlene Coughman
Annette Tomasello		Harry & June Jump

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.

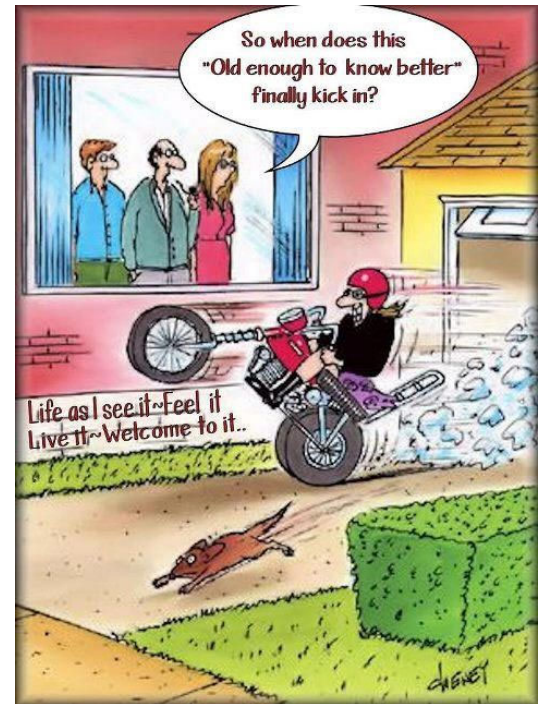
Our newsletter will be on the county web. But it will be shorter. All I can say is what you keep hearing, **WASH YOUR HANDS, DON'T TOUCH YOUR FACE and COVER YOUR FACE WITH A MASK.**

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: Norris Cooper

Norris Cooper was born June 24 in Camden, NJ but resided in Woodbury, NJ. for over 50 years. He then moved to Newark, DE. He graduated from Woodbury H.S. Norris attended Graham College, majoring in communications. He worked for Mobil Oil and Valero for 36 years. He and his wife have two children both girls and two grandchildren both boys.

Norris loves sport programs especially Football. He also likes helping people. You can always find him at his church doing whatever needs to be done. You can also find him cooking at our annual picnic at Glasgow Park.

His favorite food is chicken and ribs. Norris likes going to the beach and his favorite spots include Hawaii, Marco Island and St. Thomas. A favorite hobby is pinochle with his friends.

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 February 2021 Holiday Center Closed	2 9: Bingo 9:30: Sitting Taichi 10:30: Dancing Frenzy 12:30: Group Exercise, Wii Foxy Ladies 1:30: Cardio	3 9-2: Trip 10: Armchair Exercise, Sewing/Quilting Class, Tai Chi 12: Bid Whist Game	4 Speaker: Saint Francis Life 2/6/20 11:30 a.m. Speaker: HIGHMARK 11:30 a.m. Speaker: Spine Study 11:30 a.m.	5 9-2: Trip 9:30: Tai Chi Class 10:30: Line Dancing 12: Bid Whist Club
8 9-10: Computer Class 10: Scrabble/Upwords 12:30: Cardio	9 TAX AIDE 9:30: Bingo, Wii All Stars, Sitting Taichi 10:30: Dancing Frenzy 12:30: Group Exercise, Wii Foxy Ladies 1:30: Cardio 2-4: Drama Club	10 9-2:30 Trip Shop @ QVC Store 9:30: Scrabble/ Upwords 10: Armchair Exercise, Tai Chi Class, Wii Table Ten, Watercolor Class 12: Bid Whist Game	11 9: ShopRite, Wii Four Dames 9:30: Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11:30: Pinochle Club 12:30: Group Exercise 2: Drama Club	12 9:30-2 Trip Wal Mart 9:30: Tai Chi Class 10:30: Line Dancing 12: Bid Whist Club
15 Holiday Center Closed	16 TAX AIDE 9:30: Bingo, Wii All Stars, Sitting Taichi 10: Book Club 10:30: Dancing Frenzy 12:30: Group Exercise, Wii Foxy Ladies, 1:30: Cardio 2-4: Drama Club	17 9-2: Trip 10-12: Sewing/Quilting Class 9:30 Scrabble/ Upwords 10: Armchair Exercise, Tai Chi Class 10: Wii Table Ten 12: Bid Whist Game	18 9: ShopRite, Wii Four Dames 9:30: Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11:30: Pinochle Club 12:30: Group Exercise 2: Drama Club	19 8:30- 2:30 Trip Shady Maple 9:30: Tai Chi 10:30: Line Dancing 12: Bid Whist Club
22 9-2: Trip Dollar Store Run 9:10:30: Computer Class 10: Scrabble/Upwords	23 TAX AIDE 9:30: Bingo, Wii All Stars, Sitting Taichi 10:30: Dancing Frenzy 12: Advisory Board 12:30: Wii Foxy Ladies, Group Exercise 1:30: Cardio 2-4: Drama Club	24 9-3: Trip Mystery Ride \$ 9:30: Scrabble/ Upwords 10: Armchair Exercise, Tai Chi, Watercolor Class 10:30: Wii Table Ten 12: Bid Whist Game	25 9: ShopRite, Wii Four Dames, 9:30: Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11:30: Pinochle Club 12:30: Group Exercise 2: Drama Club	26 9-2 Trip 9:30: Tai Chi Class 10:30: Line Dancing 12: Bid Whist Club

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
February 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

The gray whale is not gray, it is _____

Eyeglasses were invented in _____

There are more _____ M&Ms in plain M&Ms than in peanut M&Ms

AT HOME BINGO

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