



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

June  
2021

## WE ARE REOPENING JUNE 21!

### From the Director's Desk

I started the June letter before we received the opening date. It's finally here. The staff is excited and I hope you are too. I was thinking about trips then made my decision to wait until you came back. You can give me a list of local trips where you would like to go. Charter out of trip state trips will have to wait awhile but they will happen.

I'm sure you're as anxious to get out and about and back to the center as we are to have you back. The staff has kept busy, but it's now time to get the center open.

We have our garden planted. You may have fresh produce by mid-summer. Last year as you know was not a good summer but we did get a few pumpkins and water melons.

The center has Chromebooks if any one is interested. You can use them at the center and at home.

I want to express my appreciation to all the staff for the fabulous job they have done for the last 15 months. Judy had the idea to give the lunch people the candy treats at the different Holidays. 😊

Some of us (staff) have received our vaccination. Different drug stores are now taking appointments. If any member didn't get the vaccination do to transportation and would like to we could make an appointment to take you ( ONLY IF YOU WANT THE VACCINATION.)

Look forward to seeing everyone.

I can't believe the time goes quickly. This past year went fast even with the COVID-19 changing our lives.

Hope this finds everyone healthy.

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.**

### JUNE BIRTHDAYS

Gwendolyn Adams	Betty Howe	Evelyn Pyle
Barbara Benson	Evelyn Hyland	Bonita Ryder
June Jump	Katherine Issaris	Patricia Stryz
John DuVernay	Georgette Jackson	Marion Treece
Jeanne Detterline	Harry Jump	Joann Tweed
Cassandra Faunt Leroy	Julie Kramedas	Mary Libby Ward
John Fleming	Janet Mc Ginnes	June Walls
Rena Giordano	Barbara Mc Camie	Pearl Wallace
Joan Graham	Ruby Malachi	Charlene Workman
Marion Green	Linda Mutter	
Norris Cooper	Nick Piccoli	

### STAFF

**Director**  
Joan Budrow  
**Assistant Director**  
Judy Panchisin  
**Site Manager**  
Sheila Kellam  
**Secretary**  
Sheila Carlisle  
**Drivers**  
Wayne Winters

## *Thinking of You*

Marlene Coughlin     Joan Murphy  
 Clara Snyder         Joe Smolka  
 Tony & Marcia Gruszczynski  
 Sandy Poe

Ann Wegrzynowski  
 June & Harry Jump  
 Richard & Bobbie Sarsfield

Mary Ciritella  
 Annette Tomasello  
 Bonita Ryder

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 on June 21.  
 The staff is looking forward to that day!**

## **Senior of the Month: Lona Lowe**

Lona joined the center in 2015. She was born in Bethesda, MD at the old Walter Reed Military hospital. Lona's father was in the navy and her mother was in the marines. She travelled up and down the East Coast, residing in Washington D.C., Norfolk, VA, McKeesport, PA, Portsmouth, VA and VA Beach.

Lona worked in the retail industry and childcare services for over 40 years. At one point while working these jobs, Lona attended college earning a degree as a diet technician and food service supervisor. After graduating, she worked three jobs, retail, childcare services and nursing services.

Lona's favorite TV Show is any type of Mystery, Police Dramas or Science Fiction. Her favorite foods are meat, vegetables, chocolate and yes more chocolate. I think she is trying to tell us something. Her favorite vacation spot is Canada, Lac ST. Marie (near Quebec lake system with mountains.) Her hobbies are reading, sewing, puzzles- especially word find also canasta and poker,

Lona would like to have lunch with Boro-from the rock group U2. Because he donates to the organization's he is active with and very passionate about.

**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**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>9am-2pm:</b> Game Room and Fitness Center Open</p> <p><b>9:30am:</b> Bank &amp; Post Office (1st Monday)</p> <p>Computer Class</p> <p><b>9:45-11:30am:</b> Surratte Pool (June-September)</p> <p><b>12:30pm:</b> Medicine Pickup at Your Drugstore (2nd Monday)</p> <p>Debbie's Cardio</p>	<p><b>9am-2pm:</b> Game Room and Fitness Center Open; Bingo</p> <p><b>9:30am:</b> Sitting Tai Chi with Kevin</p> <p><b>10am:</b> Book Club (3rd Tuesday)</p> <p><b>12:30-1:30pm:</b> Chess Club Group Exercise Class</p> <p><b>1:30-2pm:</b> Pickle Ball</p> <p><b>FIRST TUESDAY OF THE MONTH... Sassy Ladies Meeting</b></p> <p><b>LAST TUESDAY OF THE MONTH... Birthday Party!</b></p>	<p><b>9am-2pm: Trip Day</b></p> <p><b>9am-2pm:</b> Game Room and Fitness Center Open</p> <p><b>9:45-11:30am:</b> Surratte Pool (June-August)</p> <p><b>10am:</b> Video Armchair Exercise</p> <p>Tai Chi</p> <p>Sewing/Quilting Class (1st &amp; 3rd Wednesday)</p> <p><b>12pm:</b> Bid Whist</p>	<p><b>9am-2pm:</b> Game Room and Fitness Center Open</p> <p><b>9am:</b> ShopRite</p> <p><b>9:30am:</b> Sitting Tai Chi with Kevin</p> <p><b>10-11:30am:</b> Bingo</p> <p><b>10:30am:</b> Bible Study</p> <p><b>11:30am sharp!:</b> Pinochle</p> <p><b>12:30pm:</b> Group Exercise Class</p> <p><b>2-3pm:</b> Drama Club Practice</p>	<p><b>9am-2pm: Trip Day</b></p> <p><b>9am-2pm:</b> Game Room and Fitness Center Open</p> <p><b>9am-11am:</b> Movies in the computer room</p> <p><b>9:30am:</b> Tai Chi</p> <p><b>9:45-11:30am:</b> Surratte Pool (June-September)</p> <p><b>10:30-11:30am:</b> Win Dance Class</p> <p>Art Therapy (1st &amp; 3rd Friday)</p> <p><b>12-4pm:</b> Bid Whist</p> <p><b>1pm:</b> 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, 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, 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
<p style="text-align: center;"><b>June 2021</b></p> <p><b>Trip sign up starting at 9 a.m.</b></p>	<p>1</p> <p style="text-align: center;">HAPPY FATHERS DAY TO ALL THE DADS AND GRAMPYS</p>	<p>2</p>	<p>3</p> <p>9: ShopRite 9:30: Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11:30: Pinochle Club 12:30: Group Exercise 2: Drama Club</p>	<p>4</p> <p>Trip 9-2 Breakfast/Dollar Store 9:30: Tai Chi 10:30: Line Dance Art Therapy 12: Bid Whist 5-10:30: Evening trip Blue Rocks Game</p>
<p>7</p> <p>9:30: Scrabble/Upwords 12:30: Cardio</p>	<p>8</p> <p>9 Pick a prize Bingo 10:30: Dancing Frenzy 12:30: Group Exercise 1:30: Cardio 2: Drama Club Practice</p>	<p>9</p> <p>Trip 9- TBD 10-12: Watercolor Class, Tai Chi</p>	<p>10</p> <p>9: ShopRite 9:30: Sitting Tai chi 10:30: Bible Study 11:30: Pinochle Club 12:30: Group Exercise 2: Drama Club</p>	<p>11</p> <p>Trip 9-2 TBD 9:30: Tai Chi 10:30: Line Dance 12: Bid Whist</p>
<p>14</p> <p>9: Scrabble/Upwords, 12:30: Cardio</p>	<p>15</p> <p>Volunteer Luncheon Info to follow. 9: Bingo 10:30: Dancing Frenzy 12: Adv Meeting 12:30: Group Exercise 1:30: Cardio 2: Drama Club Practice</p>	<p>16</p> <p>9:30: Sewing/Quilting 10: Water Aerobics w Mary Ellen 10: Armchair chair Exercise, Tai Chi</p>	<p>17</p> <p>9: Shoprite 9:30: Sitting Tai chi 10:30: Bible Study 10:45: Dancers Knowledge 11: 30: Pinochle 12:30: Group Exercise 2: Drama Club</p>	<p>18</p> <p>9:30: Tai Chi 10: Water Aerobics w Mary Ellen 10:30: Line Dance, Art Therapy 12: Bid Whist</p>
<p>21</p> <p><b>CENTER REOPENS!</b></p> <p>9: Scrabble/Upwords 10: Water Aerobics W Mary Ellen 12:30: Cardio</p>	<p>22</p> <p>9: Bingo 10:30: Dancers Frenzy 12:30: Group Exercise 1:30: Cardio 2: Drama Club Practice</p>	<p>23</p> <p>10-12: Watercolor Class 9:30: Scrabble/Upwords 10: Water Aerobics W Mary Ellen 10: Armchair Exercise 10: Tai Chi</p>	<p>24</p> <p>9: Shop Rite 9:30: Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11:30: Pinochle Club 12:30: Group Exercise 2: Drama Club</p>	<p>25</p> <p>Trip 9-2 Big Lots</p> <p>9:30: Tai Chi 10: Water Aerobics w Mary Ellen 10:30: Line Dance 12: Bid Whist</p>
<p>28</p> <p>Trip Express Discount Pharmacy / Prices Corner 10: Water Aerobics w Mary Ellen 12:30: Cardio</p>	<p>29</p> <p>9: Bingo 9:30: Sitting Taichi 10:30: Dancing Frenzy 12:30: Group Exercise 1:30: Cardio 2: Drama Club Practice</p>	<p>30</p> <p>Trip 9-2</p> <p>10: Water Aerobics w Mary Ellen</p>		

**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: Wayne Winters**

**Advisory Board Meeting**  
**June 15, 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**

- In the summer, walnuts get a \_\_\_\_\_.
- Turnips turn \_\_\_\_\_ when sunburned.
- The \_\_\_\_\_ was invented before the screw.
- Fish can \_\_\_\_\_ more quickly than \_\_\_\_\_.

**AT HOME BINGO**

- GAME # 9: Gail DuVernay
- GAME # 10: Mary Ann Cavanaugh
- GAME # 11: Rosemary Kersten
- GAME # 12: Sharon Ball

*Thanks for playing along!*