



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

**September
2021**

From the Director's Desk

The center went on their first coach trip to Atlantic City to see the Airshow. The weather cooperated and the sun was out all day. The Thunderbirds are just amazing ... we have attended the show for several years. I counted 23 other planes in the show. No problem with the masks - everyone was comfortable, no complaints.

Members are returning slowly. Some days are busy and others slow.

We added a few new classes you may want to join. We did have to change the days some were on. You need to check your newsletter for the changes. Monday 10-11 is Zumba Gold, Tuesday 10:30-11:30 is Line Dancing and Wednesday 10-11 is Arthritis Class. If those days don't work we will adjust the schedule.

The garden gave us a lot of tomatoes, zucchini, eggplant, cucumbers, green beans, parsley. If I missed anything will let you know. We have a few watermelons in the garden and with a little luck some pumpkins. With Nicole's help we crossed our fingers and planted both. Some bug or bird ate a few plants. The garden looked great this year, thanks Nicole & Tylear. Judy is taking care of the flower bed, thanks Judy.

Thank you to all my staff they are super.

Hope you are all staying healthy.

See you at the center. Best regards ~ Joan

SEPTEMBER BIRTHDAYS

Iola Bailey	Richard Kersten	Christine Samuel
Melvina Brooks	Dorris Munro	Edward Strickland
Charles A. Bungy	Betty A. Mitchell	Harriet Sprowl
David Brumbaugh	Joan Manlove	Delores Spear
Sharon Champion	Mary Pinkston	Loretta Cleaves
Marie Catullo	Joan Phifer	Erwin Tsui
Barbara Daniels	Pearl Rice	Linda Watson
Kernester Ganteaume	Marion Rudd	Estelle Williams
Marlene Johnson	Creola Smith	

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

I AM DOING SOME RESEARCH TO CONFIRM PLACES THAT ARE OPEN. IF WE GET ENOUGH PEOPLE INTERESTED, WE WILL PLAN THE FOLLOWING TRIPS:

Sept. 02, Sight & Sound "Queen Esther"
Sept. 14, OPEN HOUSE 10-NOON. Flea Market, Table \$5 & light refreshments.
Sept. 16, Speaker: Ms. Tawanna Croom, "Medicare 101" @ 11:30.
Sept. 23, Flu Shots Medicare/Insurance Cards accepted by Rite Aid 10- noon
Sept. 28. Drama Club presents, The Great Rail Road Sham @12:30
Oct. 07, Speaker: Nutrition Education, Lauren from City Fair 11:30.
Oct. 20, Rehoboth Beach 8:30-3 p.m. \$ 5
Oct. 25, Resorts Casino 8:30-7 p.m. \$40 Coach Slot money \$20

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!

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.

STAFF

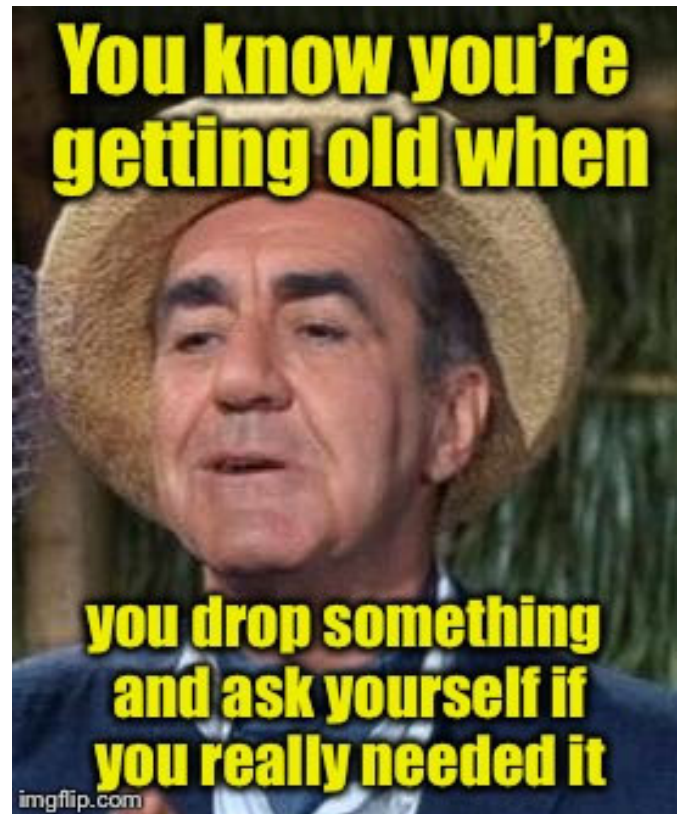
Director
Joan Budrow
Assistant Director
Judy Panchisin
Site Manager
Sheila Kellam
Secretary
Sheila Carlisle
Drivers
Wayne Winters

Thinking of You

Anna Boruta	Ethel Moss
James McKellar	Helen Chapman
Dora Paoli	Bea Boyer
Sandy Poe	Blanch Barlow
Marlene Coughlin	Harry Jump
Tony & Marcia Gruszczyński	

Welcome New Members

Georgia Stefanik	Robert Roddy Jr.
Harold Punell	Anna Needam
Pernigia Rahm	Callie Davis



Senior of the Month: Peggy Ann Miles

Peggy Ann Miles was born May 20, 1943. She was born in the Memorial Hospital in Wilmington. Peggy lives in Cedar Heights Wilmington. She went to Stubbs Elementary School and Howard High School.

Peggy has four children and twelve grandchildren plus seven great-grandchildren. Her son Timothy passed away about four years ago.

Peggy's favorite TV show is The View and old movies. Her favorite food is baked chicken and lots of vegetables. Peggy likes to vacation in Atlanta GA visiting with her oldest son. She has some hobbies that include find a word, word seek books and reading the bible.

If she could have her famous person to lunch with would be her son Timothy because she misses him.

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>10-11am: Zumba Gold</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>10-11am: Line Dancing</p> <p>12:30-1:30pm: Chess Club Group Exercise Class</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>9:45-11:30am: Surratte Pool (June-August)</p> <p>10am: Video Armchair Exercise</p> <p>Arthritis Class</p> <p>Tai Chi</p> <p>Sewing/Quilting Class (1st & 3rd Wednesday)</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>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>9:45-11:30am: Surratte Pool (June-September)</p> <p>10:30-11:30am: Win Dance Class</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, 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
September 2021 Drama Club Play Sept. 21, @ 12:30 \$4 And the Evening play is Sept. 22, at 6 p.m. \$5 Lite refreshments. THE GREAT RAIL ROAD SHAM	OPEN HOUSE September 14, 10- 12 LITE REFRESHMENTS, FLEA MARKET,	1 TRIP SIGN UP STARTS AT 9 A.M. 9: Scrabble/Upwords 9:30: Tai Chi/Kevin 10: Armchair Exercise, Sewing/Quilting Club, Arthritis Class /Mary Ellen	2 Trip 8:45-3 Queen Esther (sold out) 9: Shop Rite 9:30: Wii Four Dames, Sitting Taichi/Kevin 10:30: Bible Study 11:15: Pinochle Club 12:30: Group Exercise / Debbie	3 Trip 9:30-1:30 Framers Market RT13 9: 30: Tai Chi/Fang 10:30: Line Dance/Winston
6 Holiday Center Closed	7 9: Bingo 9:30: Sitting Taichi /Kevin 10: Line Dance /Mary Ellen 12:30: Wii Foxy Ladies, Group Exercise/Debbie	8 Trip 8:30-3:30 \$5 Peddlers Village 9: Scrabble/ Upwords, 9:30: Tai Chi/Kevin 10: Arthritis Class /Mary Ellen, Armchair Exer- cise	9 9: Shoprite 9:30: Wii Four Dames, Sitting Taichi 10: 30: Bible Study 11:15: Pinochle Club 12:30: Group Exercise / Debbie	10 Trip 9-1:30 Dover Downs 9:30: Tai Chi/Fang 10:30: Line Dance/Winston
13 Wii Bowling Starts \$10 per person 9:30: Computer Class, Scrabble/ Upwords Club 10-11: Zumba Gold 12:30: Cardio/Debbie	14 9: Bingo 9:30: Sitting Taichi /Kevin 10-12-Open House 10: Line Dance /Mary Ellen 12:30: Wii Foxy Ladies, Group Exercise/ Debbie	15 Trip 8:30-2-30 Rockville Outlets \$5 9: Scrabble/ Upwords Club, 9:30: Tai Chi /Kevin 10: Arthritis Class /Mary Ellen	16 9: Shoprite 9:30: Wii Four Dames, Sitting Taichi 10:30: Bible Study 11:15: Pinochle Club 11:30: Speaker: Medicare 101 12:30: Group Exercise / Debbie	17 Trip 9-2:30 Kitchen Kettle 9:30: Tai Chi /Fang 10:30: Line Dance/Winston
20 9:30: Computer Class Scrabble/ Upwords Club 10-11: Zumba Gold 12:30: Cardio/Debbie	21 9: Bingo 9:30: Sitting Taichi/Kevin 10: Line Dance /Mary Ellen 12:30: Wii Foxy Ladies, Group Exercise/Debbie Drama Club Play 12:30	22 Trip 10-12 Goodwill 9: Armchair Exercise, 9:30: Tai Chi /Kevin Scrabble/Upwords Club 10: Arthritis Class /Mary Ellen Drama Club Play 6 p.m	23 9: Shoprite 9:30: Wii Four Dames, Sitting Taichi/Kevin FLU SHOTS-10-12 10:30: Bible Study 11:15: Pinochle Club 12:30: Group Exercise / Debbie	24 Trip 9:30- 2 Bakers Restaurant 9:30: Tai Chi /Fang 10:30: Line Dance /Win- ston
27 Trip 9:30-12 Ross Dress for Less 9:30: Computer Class 10-11: Zumba Gold 12:30: Cardio	28 Trip 8:30-7 Loxster House / Cape May coach \$40 9: Bingo 9:30: Siting Taichi / Kevin 10: Line Dance /Mary Ellen 12:30: Wii Foxy Ladies, Group Exercise/Debbie	29 Trip10-2 Schaeffer's Canal House 9: Armchair Exercise, Scrabble/Upwords	30 9: Shoprite 9:30: Wii Four Dames 10:45: Bible Study 11:15: Pinochle Club 12:30: Group Exer- cise/Debbie	

Absalom Jones Senior Center
Advisory Board

President: John Smith

Vice-President: Norbert Quigley

Secretary: Castella LaCompte

Assist. Secretary: Joan Gay

Goodwill Ambassador: Elaine Showstead

Staff

Director: Joan Budrow

Assistant Director: Judy Panchisin

Site Manager: Sheila Kellam

Secretary: Sheila Carlisle

Drivers: Wayne Winters

Advisory Board Meeting
September 7, 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

- Did you know that sheep _____ at night?
- A squirrel's brain is approximately the size of a _____?
- It is estimated that American eat ____ million tons of turkey on Thanksgiving Day.
- Chewing gum while peeling _____ will keep you from crying.