



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

**August
2021**

From the Director's Desk

Our center is getting back to normal. When I say normal that does not mean that we will fill two plus busses for a Mystery Ride (yet! LOL). I am thinking of something special for the first trip. I prefer not to go a second time but some of them are good enough to return to.

Members are returning slowly. Those who are coming in for the classes are pleased. As I mentioned in the July Newsletter, we added a couple new classes. One is Arthritis Class which is excellent. It is approved by the Arthritis Foundation. The other is Zumba Gold. Mary Ellen started it July 1 but is thinking we should put it on hold till the fall. She said with the heat and a face covering it was difficult to breath.

The Center served the meals wrapped for a couple weeks with planning on getting Sheila K. back in the kitchen cooking. July 12, Sheila put her apron on and was a happy camper. She said, she likes to cook so that part of us is back to normal.

The garden is growing like crazy. The leaves are so big you can't see what is under them. We have zucchini, tomatoes, green beans, eggplant, cucumbers, parsley, pumpkins and I think watermelons. I may have missed something - will let you know next month.

Nice seeing our room with members back smiling and socializing is good for the heart. Stay Healthy

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.

AUGUST BIRTHDAYS

Sandra Anderson	Edith Diaz	Janice Mosher
Bruce Abbott	Ruth Forese	James McKeller
Pearl Baylor	Sandra Wolford	Barbara Petrucci
Sue Bower	Joe Kontur	Mary Patterson
Cynthia L. Brown	George Kusel	Marlene Porter
Antonia Coppock	Rosemary Kersten	Sheila Posey
Marlene Coughlin	Cele Kruger	Mildred Shildt
Charles Coover	George Keenan	Tom Smitham
Gail DuVernay	Ethel Moss	

UPCOMING ACTIVITIES AT THE CENTER

August: Franklin Institute

August 18: Thunder Over the Boardwalk, coach \$40, 8:30am-7pm

September: Flu Shots

September: Tropicana Casino

Sept. 14: Open House, 10am-12pm. Light refreshments. Come visit the Center!

Sept. 28: Lobster House & Cape May, coach \$40 (lunch not included), 8:30am-7pm

October: Candlelight Theater

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!

STAFF

Director

Joan Budrow

Assistant Director

Judy Panchisin

Site Manager

Sheila Kellam

Secretary

Sheila Carlisle

Summer Youth

Tylear Shaw

Drivers

Donald Myers

Wayne Winters

Thinking of You

Anna Boruta	Ethel Moss	Joe Nice	Helen Chapman	Joyce Johnson
Dora Paoli	Bea Boyer	Sandy Poe	James McKellar	Nancy Weldin
Marlene Coughlin	Harry Jump	Joan Murphy	Tony & Marcia Gruszczynski	
Myrtle Geist	Anthony Ptak	Maryann Mannering		
Annette Tomasello	Tom & Lillian Smitham			

Welcome New Members

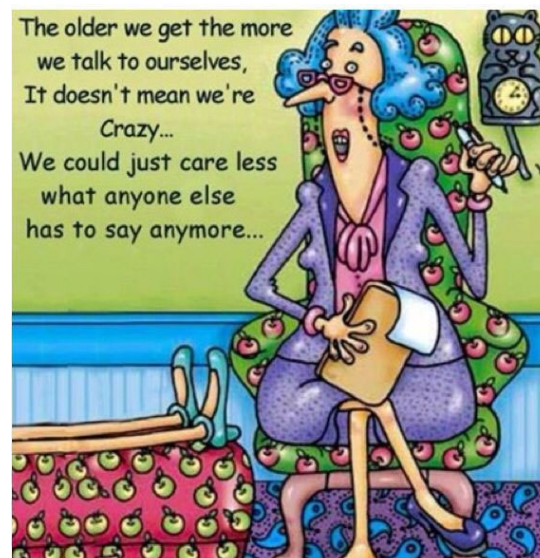
Victoria Alleyne	Susan Nugen	Kay Wznchester
Valerie Best	Donna Taylor	Lesley Dearry
Nancie Bertollo	Mary Pinkston	Maxcine Lyle

SWIMMING AT SURRATTE

Join us on Mondays, Wednesdays & Fridays

At Surratte Pool at 10 a.m.

For Water Aerobics with Mary Ellen Luise



Senior of the Month: Sheila Kellam

Sheila Kellam was born November 6, in Detroit, Michigan. She now lives in Stanton, Sheila attended Marshallton Elementary School, Absalom Jones School and Brandywine Springs. She graduated from Thomas McKean High School in 1976.

Sheila has two sons, one step-daughter and one step-son. She has five grandchildren: two girls and three boys, plus one great grandchild.

A favorite TV Show is The Price is Right. Her favorite food is fried chicken, wings and breast. Sheila likes to vacation in Ocean City, Maryland. Hobbies include word search, jigsaw puzzles and of course her cell phone!!!!

Sheila would like to have lunch with her Mother and Grandmother because they were the greatest mom and grandmother on earth.

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>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>12:30-1:30pm: Chess Club Group Exercise Class</p> <p>1:30-2pm: Pickle Ball</p> <p>FIRST TUESDAY OF THE MONTH... Sassy Ladies Meeting</p> <p>LAST TUESDAY OF THE MONTH... Birthday Party!</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 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 Zumba Gold (Starting in September)</p> <p>10:45am: Arthritis Class</p> <p>11:30am!: 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>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, 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
2 August 2021 9:30: Computer Class 9:45-11:30: Water Aerobics / Mary Ellen 10: Sewing/Quilting Class/Maryann 12:30: Cardio/Debbie	3 9: Bingo 9:30: Sitting Taichi / Kevin 10:45: Arthritis Class / Mary Ellen 12:30: Group Exercise / Debbie Sassy Ladies Meeting	4 Trip 9:30-12 Produce Junction Stanton 9: Scrabble/Upwords 9:45: Water Aerobics / Mary Ellen 10: Armchair Exercise, Tai Chi, 12: Bid Whist Club	5 9: Shop Rite 9:30: Sitting Taichi 10:30: Bible Study, Zumba Gold / Mary Ellen 11:15: Pinochle Club 12:30 Group Exercise / Debbie	6 Trip 9:30-1:30 Prices Corner 9:30: Tai Chi /Fang 9:45: Water Aerobics / Mary Ellen 10:30: Line Dancing / Winston 12: Bid Whist Club
9 9:30: Scrabble/ Upwords Computer Class 9:45: Water Aerobics /Mary Ellen 12:30: Cardio/Debbie	10 9: Bingo 9:30: Sitting Taichi 10:45: Arthritis Class /Mary Ellen 12:30: Group Exercise /Debbie	11 Trip 9:30-11:30 Goodwill 9: Scrabble/ Upwords 9:45: Water Aerobics/ Mary Ellen 10: Armchair Exercise, Tai Chi 12: Bid Whist Club	12 9: Shop Rite 9:30: Sitting Taichi / Kevin 10:30: Bible Study, Zumba 11:15: Pinochle Club 12:30: Group Exercise / Debbie	13 Trip 9:30-1:30 Boothwyn Market 9:30: Tai Chi/Fang 9:45: Water Aerobics/ Mary Ellen 10:30: Line Dancing / Winston 12: Bid Whist Club
16 9- 11:30 Trip First State Plaza 9:30: Scrabble/Upwords Computer Class 9:45: Water Aerobics / Mary Ellen 10: Sewing/Quilting Class 2:30: Cardio / Debbie	17 9: Bingo 9:30: Sitting Taichi /Kevin 10: Book Club 10:45: Arthritis Class/ Mary Ellen 12: ADV Meeting 12:30: Group Exercise/ Debbie	18 Trip 8:30-7 Thunder on the Boardwalk (coach \$40) 9: Scrabble/Upwords, 9:45: Water Aerobics/ Mary Ellen 10: Armchair Exercise, Tai Chi 12: Bid Whist Club	19 9: Shoprite 9:30: Sitting Taichi / Kevin 10:30: Bible Study, Zumba Gold / Mary Ellen 11:15: Pinochle Club 12:30: Group Exercise / Debbie	20 Trip 9-2 Town Center 273 9:30: Tai Chi/Fang 9:45: Water Aerobics /Mary Ellen 10:30: Line Dancing/ Winston 12: Bid Whist Club
23 9:30: Scrabble/Upwords, Computer Class 9:45: Water Aerobics / Mary Ellen 12:30: Cardio/Debbie	24 9: Bingo 9:30: Sitting Taichi / Kevin 10:45: Arthritis Class / Mary Ellen 12: Adv Bd Mt 12:30: Group Exercise /Debbie	25 Trip 9-2 Wegmans 9: Scrabble/Upwords 9:45: Water Aerobics / Mary Ellen 10: Armchair Exercise, Tai Chi, 12: Bid Whist Club	26 9: Shoprite 9:30: Sitting Taichi / Kevin 10:30: Bible Study, Zumba Gold / Mary Ellen 11:15: Pinochle Club 12:30: Group Exercise / Debbie	27 Trip 9:30-1:30 Cracker Barrel Lunch 9:30: Tai Chi/Fang 9:45: Water Aerobics / Mary Ellen 10:30: Line Dancing / Winston 12: Bid Whist Club
30 9:30: Scrabble/Upwords, Computer Class 9:45: Water Aerobics / Mary Ellen 12:30: Cardio/Debbie	31 9: Bingo 9:30: Sitting Taichi / Kevin 10:45: Arthritis Class / Mary Ellen 12:30: Group Exercise /Debbie			

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 & Donald Myers

Advisory Board Meeting
August 17, 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 pupil of an octopus's eye is what shape?
- More people use blue toothbrushes than what?
- A man once had the hiccups for _____ years.
- What is the best selling chocolate bar in Russia?