



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

July  
2021

## From the Director's Desk

Can you believe we are finally opening our doors again? It's been a long time. The staff is excited about our members returning. Our contractors will be here. We did have two contractors leave: Lillian with the watercolor class and Rick who did line dancing for several years. We would like to replace them. If you know of anyone let the staff know.

We will be adding two new classes. One is arthritis exercise. The exercise is approved by the Arthritis Foundation Exercise Program. I'm excited about that. Also added will be Zumba Gold. Both classes will be taught by Mary Ellen. She also will do the water aerobics at the Surratte Pool. Along with our other contractors we will offer a full schedule for our members.

I know the first thing everyone wants to know is "WHEN WILL WE GO ON TRIPS"? The first couple weeks we will do local trips. Keep in mind we still will keep our distance and have a mask on. The other thing is the bus will only hold ten people due to the restrictions. With that being said, the trips will happen and if you don't get on the bus the first trip. I will plan the trip a second time.

We did get to help several people with their taxes. It was touch and go for a while. At the end of the season we helped 200 people.

I want to plan dinner theatre trips but will have to check around to get more info, but they will happen.

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.**

### JULY BIRTHDAYS

Joanne Barry	Joanne Kautz	Michele B. Scales
Glenda Donnelly	Carol Kusel	Roberta Sarsfield
Loretta De Brabander	Donald W. Lewis	Beth Solomon
Mary Ann Daemer	Ellen Land	Virginia Sheppard
Queenie DeLoach	Millie McMenamin	Peggy Grasty
Diane D'Amico	Melody Price	Catherine Trakas
Audrey Gidney	Anthony Ptak	Kathryn Wachowski
Myrtle Geist	Tyrone Showell	Malaelele Yee
Janice Harrison	Martin Sklar	

### 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:

August 18: Thunder Over the Boardwalk

September: Lobster House & Cape May

October: Queen Esther at Sight & Sound

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

**Drivers**

Wayne Winters

## Thinking of You

Anna Boruta                      Ethel Moss                      Alice Short  
Dora Paoli                        Bea Boyer                        Sandy Poe  
Marlene Coughlin              Anne Wegrzynowski        Harry Jump

Joe Nice  
James McKellar  
Tony & Marcia Gruszczynski

## Welcome New Members

The Center will be welcoming new members!

## SWIMMING AT SURRATTE

Join us on Mondays, Wednesdays & Fridays  
At Surratte Pool at 10 a.m.  
For Water Aerobics with MaryAnn



## Senior of the Month: Norris Cooper

Norris Cooper was born in Camden, NJ. He lived in Woodbury, NJ for over 50 years then moved to Delaware. He is our Chief at our picnics. Norris sure knows how to cook a good hamburger and hot dog. Let's add chicken to that list.

Norris attended Graham College after graduating from Woodbury H.S. His major was in communications. He then worked 36 years with Mobil Oil & Valero. Norris has two daughters and two grandchildren both are boys. He loves sports programs, especially football. His favorite food is chicken and ribs.

Norris likes to vacation in Hawaii, Marco Island, and St. Thomas. He likes playing pinochle. Lunch would be with his wife, Paulette because she is the most important person in his life. You can find Norris helping at his church most of the time. Norris is always ready to help if you're in need.

**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>Looking for a computer instructor one day a week.</p> <p>Looking for people who want to play Scrabble / Upwords.</p>	<p>Lunch everyday 11:30-12:30.</p> <p>Out of county trips will start this month.</p>	<b>JULY</b>	<p>1 9: Shoprite 9:30: Sitting Taichi 10:30: Zumba Gold / Mary Ellen, Bible Study 11:15: Pinochle Club 12:30 Group Exercise / Debbie</p>	<p>2 <b>Trip 9-2 Christmas Tree Shop</b> 9:30: Tai Chi W/ Fang 9:45: Water Aerobics 10:30: Line Dancing W/ Winston 12: Bid Whist Cards</p>
<p>5 CLOSED HAPPY 4TH OF JULY</p>	<p>6 <b>Trip 9-2:30 Woody's MD \$5</b> 9:30: Bingo 9:30: Sitting Taichi /Kevin 10:45: Arthritis Class / Mary Ellen 12:30: Group Exercise /Debbie</p>	<p>7 <b>Trip 9-2 Christiana Mall</b> Scrabble/Upwords 9:45: Water Aerobics / Mary Ellen 10: Sewing/Quilting Class/ Maryann, Armchair Exercise, Tai Chi / Kevin 11: Bid Whist Cards</p>	<p>8 9: Shop Rite, 9:30: Sitting Taichi / Kevin 10:30: Bible Study, Zumba Gold /Mary Ellen 11:15: Pinochle Club 12:30: Group Exercise/Debbie</p>	<p>9 <b>Trip 9-2 Farmers Market on 13</b> 9:30: Tai Chi /Fang 9:45: Water Aerobics / Mary Ellen 10:30: Line Dancing / Winston 12: Bid Whist Cards</p>
<p>12 9:30: Computer Class Scrabble /Upwords 9:45: Water Aerobics / Mary Ellen 12:30: Cardio / Debbie</p>	<p>13 9:30: Bingo 9:30: Sitting Taichi / Kevin 10:45: Arthritis Class/ Mary Ellen 12:30: Group Exercise / Debbie</p>	<p>14 <b>Trip 9-11:30 Dollar Store</b> 9: Scrabble/Upwords 9:45: Water Aerobics / 10: Tai Chi / Kevin 10:30: Armchair Exercise 11: Bid Whist Cards</p>	<p>15 9: Shop Rite 9:30: Sitting Taichi / Kevin 10:30: Bible Study, Zumba Gold /Mary Ellen 11:15: Pinochle Club 12:30: Group Exercise, Debbie</p>	<p>16 <b>Trip 9-2 Breakfast, Marshalls HomeGoods, Trader Joe's</b> 9:30: Tai Chi /Fang 9:45: Water Aerobics/Mary Ellen 10:30: Line Dancing / Winston 12: Bid Whist Cards</p>
<p>19 9:30: Computer Class Scrabble/Upwords 9:45: Water Aerobics /Mary Ellen 12:30: Cardio /Debbie</p>	<p>20 <b>Trip 8:30-3 Shady Maple \$5</b> 9:30: Bingo 9:30: Sitting Taichi /Kevin 10:45: Arthritis Class / Mary Ellen 12: Adv. Board MT 12:30 Group Exercise /Debbie</p>	<p>21 <b>Trip</b> 9: Scrabble/Upwords 9:45: Water Aerobics / Mary Ellen 10: Tai Chi /Kevin, Sewing/Quilting Maryann 10:30: Armchair Exercise 11: Bid Whist Card</p>	<p>22 9: Shop Rite 9:30: Sitting Taichi 10:30: Bible Study, Zumba Gold/ Mary Ellen 11:15: Pinochle Club 12:45 Group Exercise/ Debbie</p>	<p>23 <b>Trip</b> 9:30: Tai Chi /Fang 9:45: Water Aerobics 10:30: Line Dancing / Winston 12: Bid Whist Cards</p>
<p>26 Trip 8:30-2:30 Harrington State Fair \$5 9:30: Computer Class Scrabble/Upwords 9:45: Water Aerobics / Mary Ellen 12:30: Cardio/ Debbie</p>	<p>27 9:30: Bingo 9:30: Sitting Taichi / Kevin 10:45: Arthritis Class / Mary Ellen 12:30: Group Exercise /Debbie</p>	<p>28 <b>Trip</b> 9: Scrabble/Upwords 9:45: Water Aerobics /Mary Ellen 10: Tai Chi /Kevin 10:30: Armchair Exercise 11: Bid Whist Card</p>	<p>29 9: Shop Rite 9:30: Sitting Taichi / Kevin 10:30: Bible Study, Zumba Gold / Mary Ellen 11:30: Pinochle Club 12:30: Group Exercise/ Debbie</p>	<p>30 <b>Trip 9-2 Walmart Middletown</b> 9:30: Tai Chi/Fang 9:45: Line Dancing / Winston 12: Bid Whist Cards</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**

**July 20, 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.