



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

**November
2021**

From the Director's Desk

Happy November everyone. Welcome to the start of the Holiday Season and the cooler weather. This is Diabetes Awareness & Pancreatic Cancer Awareness Month so don't forget plan your checkup. We are presently planning lots of fun and educational trips for our members. Stop in for a newsletter. Our trips fill up fast. With November and December being busy month's our calendar is full. We will keep you busy and learning all the time.

The staff would like to to thank the members who have donated coffee, sugar and creamer for the coffee bar and a member who donates money for out food closet. We thank those who donate their time, serving the handicap, calling bingo, working in the garden, opening the door and putting on plays for your enjoyment. You're all supporting your center in one way or another. THANK YOU.

I would like to thank the staff for doing a GREAT JOB without them our center would not survive. Remember if you have an e-mail that you would like to give to Sheila C. let her know. Sheila could then send you a newsletter.

The clothing closet in the building is open twice a month 11 a.m. to 1 p.m. We also started an Open Painting Class the 2nd and 4th Wednesday for info see Carol K. The State Office will have a "STAND by ME" person every Tue. call for an appointment for info. 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.

NOVEMBER BIRTHDAYS

Alicia Ahern	Maxine Fanning	Norbert Quigley
Victoria Alleyne	Debby Gannon	William Stryzs
Herbert Bostic	Betty Gurczenski	Andra Sklar
DeRosa Brown	Verline Johnson	Eleanor Stone
Linda Briscoe	Margorie King	Betty Stamp
Dorothy Cochran	Sheila Kellam	Elaine Showstead
Sheila Carlisle	Irene Korwek	David Treece
Vergie Cooper	Cynthia Lewis	Nancy Weldin
Eileen Dempsey	Ophelia Lloyd	Petra Young
Lois Ennis	Helen Needam	
Roland Findlay	Dottie Olszewski	

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

Nov. 3, 9-2 p.m. Mystery Ride, Starting with breakfast, no charge for the trip.
Nov. 17, 8:15 a.m. 2:30 p.m. Christmas Show @ the American Americana Music Theatre Tickets \$45. Have a snack at the theatre.
Nov. 22, 11-2 p.m. Thanksgiving Mobile Food Bank will be in our parking lot.
Nov. 30, Mini Bazaar \$5 a table and a Bake Sale. Please sign up to donate goodies to sell. Thank you
Dec. 17, Candlelight Dinner Theatre Christmas Show tickets \$53.
Dec. 21, Drama Club present "A DICKENS OF A TALE" 12:30 & on the 22 at 6 p.m.

**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
Dawn Myers

Thinking of You

Anna Boruta	Joyce Johnson
Marion Treece	Harry Jump
James McKellar	Sandy Poe
Marlene Coughlin	Blanch Barlow
Ethel Moss	Jean Heine
George Stefanik	Castella LeCompte
Rube Malachi	Annette Tomasello
Anthony Ptak	Tony & Marcia Gruszczynski

Welcome New Members

Barbara Grzybowski	Janie Lewis
Elizabeth Rouwhorst	Elizabeth Adams
Daphne Carroll	Sheila Mahoun
Hester Brown	Thomas & Cindy Parlsi

Crabby Road

1-14-08



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Senior of the Month: Beverly Gorski

Beverly A. Gorski was born May 30 in Nanticoke, PA and now lives in Wilmington. She graduated from McKean High School in 1970. Beverly has not children (I could sell her some). Her favorite TV show is the Food Network and her favorite is southern foods. Beverly's place to vacation is Tennessee. Hobbies are cooking and craft work.

Beverly would like to have dinner with her husband who passed away in 2009. She would also like to have one more lunch with her mother who passed away in 2010.

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>10-11am: Zumba Gold</p> <p>10am-12pm: Sewing/Quilting with Maryann (1st & 3rd Mondays)</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... 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>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>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
1 9:30 Trip sign day. 9:15: Zumba Gold 9:30: Scrabble, Upwords & Puzzles. 10:15: Wii Four Dames, 10-12: Sewing / Quilting Class 12:30: Computer Class, Cardio Workout	2 9: Bingo 9:30: Sitting Tai chi 10:15: Arthritis Class 12:30: Group Exercise, Sassy Ladies Mtg. 2: Drama Club	3 Trip 9-2 Mystery Ride Breakfast out. 9:30: Tai Chi, Armchair Exercise 9-2: Scrabble, Upwords, Puzzles.	4 9: Shoprite 9:30: Taichi, Wii Foxy Ladies 10:30: Line Dancing 11:15: Pinochle Club 12:30: Group Exercise 2: Drama Club	5 Trip 9-2 Christmas Tree Shop 9:30: Tai Chi 10:30: Line Dancing
8 9:15: Zumba Gold 10: Scrabble, Upwords, Puzzles 10:15: Wii Four Dames 12:30: Computer Class, Cardio Workout	9 9: Bingo 9:30: Sitting Tai chi 10:15: Arthritis Class 12:30: Group Exercise 2: Drama Club	10 Trip 10-1:30 Goobers Diner 9:30: Tai Chi, Armchair Exercise, Scrabble, Upwords, Puzzles	11 Center Closed Veterans Day	12 Trip 9:30-11:30 Dollar Store 9:30: Tai Chi 10:30: Line Dance
15 9:15: Zumba Gold 9:30: Scrabble, Upwords, Puzzles 10:15: Wii Four Dames 12:30: Computer Class, Cardio Workout	16 9: Bingo 9:30: Sitting Tai chi 10:15: Arthritis Class 12: Adv. Board Mtg We will be voting for a new president & vice president 12:30: Group Exercise 2: Drama Club	17 Trip 8:30-2:30 American Music Theatre Christmas Show tickets \$45. Get a snack at the theatre. Not stopping for lunch. 9:30: Tai Chi, Scrabble, Upwords, Puzzles	18 9: Shop Rite, Wii Foxy Ladies 9:30: Sitting Taichi 10:30: Line Dancing 11:15: Pinochle Club 12:30: Group Exercise 2: Drama Club 12-6 p.m. Drop off Hospice Tree	19 Trip 9:30-2 Breakfast, then on to The Brantwyn Estates to see the Hospice tree display. 9:30: Tai Chi 10:30: Line Dancing
22 11 a.m.-2 p.m. Thanksgiving Mobile Food Bank in our parking lot from 9:30: Scrabble, Upwords, Puzzles 12:30: Computer Class, Cardio Workout	23 9: Bingo 9:30: Sitting Tai chi 10:15: Arthritis Class 12:30: Group Exercise 2: Drama Club	24 Trip 9:30-11:30 Farm Market on Kirkwood Highway 9:30: Tai Chi, Armchair Exercise, Scrabble/Upwords	25 Center Closed Happy Thanksgiving	26 Center Closed Holiday.
29 9:15: Zumba Gold 9:30: Scrabble, Upwords, Puzzles 12:30: Computer Class, Cardio Workout	30 MINI BAZZAR TABLE \$ 5 Bake Sale / members Please bring the baked goodies to sell. Thank you 9: Bingo 9:30: Sitting Taichi 10:15: Arthritis Class 12:30: Group Exercise 2: Drama Club			FOR YOUR INFO Instructors: Debbie Fang Janet Kevin Maryann Mary Ellen Winston

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, Don Myers

Advisory Board Meeting
November 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.



PINOCHLE CORNER

OCTOBER

6 GAMES

Betty Howe	412
Margaret Henderson	353
Tony Cubeta	376
Dorothy Zupon	434
Micky Curnin	423
Delbert Swann	434
Mary Femmore	528
Joanne Nagy	517