



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

**October
2021**

From the Director's Desk

First, I want to offer an apology to the following members that I missed their names in the September newsletter. HAPPY BELATED BIRTHDAY to Mary Ciritella, Debbie Kondzielawa, and Mary Fay.

October is Breast Cancer and Colon Cancer Awareness Month. If you haven't seen your doctor lately remember to make your appointment. At Absalom Jones we consider all our members family. Remember to schedule your appointments now. Our garden was a success this past summer. We are now getting pumpkins... they are getting bigger. Lots of tomatoes, cucumbers, zucchini, watermelon, green beans, eggplant, parsley if I missed anything will add it next month. The drama club presented the play they were planning on last year. The cast did a great job they are, Betty Howe, Queenie DeLoach, Dell Swann, Marian Fay, Nancy Bogart, Cynthia Wilcox Charles Hutt and John DuVernay and Janet Tenowich the director. Thank all of you for entertaining the center members.

Till next time stay safe and 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.

OCTOBER BIRTHDAYS

Mary Lou Addair	Karen De Ramus	John Smith
Lovedy Benkley	Patricia Demko	Clara Snyder
Elizabeth Beattie	John Dougherty	Carol Sinclair
Olive Brumbaugh	Joan Gay	Barbara Seddon
Nancy Susan Bertollo	Michele Lank	Lillian Smitham
William Crystle	Alice Munson	Mark White
Thomas Cavanaugh	Janet Niblett	Ann Wilson
Karen Cochran	Raymond Porter	Joanne Wrightson
Suzanne DeCola		

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:

- Oct. 1, Trip Sign Starts at 9:30. No plans for the rest of the day, join us for lunch.
- Oct. 6, Reading Terminal 9-2:30
- Oct. 13, Rockville Outlets 8:30-2:30
- Oct. 14, Entertainment thru lunch.
- Oct. 25, Resorts Casino coach \$40 pay when you sign up. Slot dollars \$20. 8:30-7 p.m.
- Oct. 29, "HALLOWEEN HOOT" center opens at 3:30-6:30 p.m. Entertainment, Dinner, and Door Prizes. Our bus will pick up bus riders.
- Nov. 3, Mystery Ride 9-2 p.m. We will start our day with Breakfast. No cost for the trip just your breakfast.

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

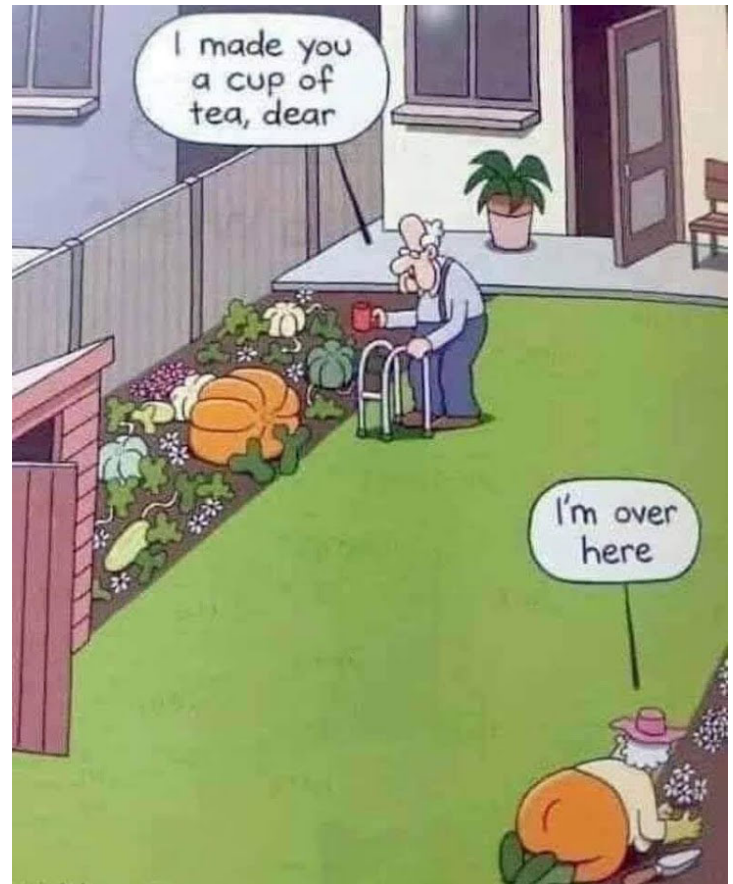
Director
Joan Budrow
Assistant Director
Judy Panchisin
Site Manager
Sheila Kellam
Secretary
Sheila Carlisle
Drivers
Wayne Winters

Thinking of You

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

Welcome New Members

Vergie Cooper	Bruce Tatem
Barbara Pearson	Bernadette Guider
Jerrie Wilson	Delbert Swann
Fannie Aiken	Linda Pipkin
Karen Cochran	Anthony Yeager
Pat Demka	Elizabeth Brooks
Veronica Council	Mary Lou Addai
Tammy Winters	



Senior of the Month: Carol Kusel

Welcome Carol Kusel from Denver, CO now living in Wilmington. Carol and her husband joined the center March 2017. She graduated from H.C. Conrad High School. Went to Goddard College in Plainfield Vermont. Carol also took classes at Keene State College and the New Hampshire University. Carol worked for 37 years at the Boys & Girls Club in DE. she taught Art Class.

Carol has one daughter and one grandson. Her favorite TV shows are BBC and NPR. Her favorite vacation place is New Hampshire and the Delaware Beaches.

She likes ice cream and pies. Her hobbies are playing the French Horn, Bass Drum and Bugle. Her famous person to have lunch with is non other then her husband Randy Kusel.

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
OCTOBER 2021	Oct. 14 4:30- 9:30 P.M. Pumpkin Crave @ Chadds Ford Historical Society	.		1 Trip Sign Up 9:30 9: 30: Tai Chi, Fang 10:30: Line Dance, Winston After lunch a trip to Dairy Palace.
4 Trip 9:15-Zumba Gold, Mary Ellen 9:30: Scrabble, Upwords, Puzzles 10:15: Wii Four Dames 12:30: Computer Class, Cardio, Debbie	5 Trip 9-2 Cowtown 9: Bingo 9:30: Sitting Tai chi, Kevin 10:15: Arthritis Class, Mary Ellen 12:30: Group Exercise Debbie, Sassy Ladies Mtg 2: Drama Club Practice	6 Trip 9-2:30 Reading Terminal 9:30: Tai Chi, Kevin, Armchair Exercise, Scrabble, Upwords, Puzzles 10: Sewing/Quilting, Maryann	7 9: Shoprite 9:30: Sitting Tai chi, Kevin, Wii Foxy Ladies 10:30: Line Dance, Mary Ellen 11:15: Pinochle Club 12:30: Group Exercise, Debbie 2: Drama Club	8 Trip 9:30-2 Middletown Wal- Mart 9: 30: Tai Chi, Fang 10:30: Line Dance, Winston
11 Columbus Day Holiday Center Closed	12 9: Bingo 9:30: Sitting Tai chi, Kevin 10:15: Arthritis Class, Mary Ellen 12:30: Group Exercise, Debbie 2: Drama Club Practice	13 Trip 8:30-2:30 Rockville Outlets 9:30: Tai Chi, Kevin, Armchair Exercise, Scrabble, Upwords, Puzzles	14 9: Shoprite 9:30: Sitting Tai chi, Kevin, Wii Foxy Ladies 10:30: Line Dance, Mary Ellen 11:15: Pinochle Club 12:30: Group Exercise, Debbie 2: Drama Club	15 Trip 9-2 Ollies 9: 30: Tai Chi, Fang 10:30: Line Dance, Winston
18 9:15: Zumba Gold, Mary Ellen 9:30: Scrabble, Upwords, Puzzles. 10:15: Wii Four Dames 12:30: Computer Class, Cardio, Debbie	19 9: Bingo 9:30: Sitting Taichi, Kevin 10:15: Arthritis Class, Mary Ellen 12:30: Group Exercise, Debbie 2: Drama Club Practice	20 Trip 8:30-3 Rehoboth Beach \$5 9:30: Scrabble/ Up- words, Tai Chi, Kevin, 10: Sewing/Quilting, Maryann	21 9: Shoprite 9:30: Sitting Taichi /Kevin, Wii Foxy La- dies 10:30: Line Dance, Mary Ellen 11:15: Pinochle Club 12:30: Group Exer- cise, Debbie 2: Drama Club	22 Trip 9-2 Rockwood Museum Tour 9:30: Tai Chi, Fang 10:30: Line Dancing, Winston
25 9:15: Zumba Gold, Mary Ellen 9:30: Scrabble, Upwords, Puzzles 10:15: Wii Four Dames 12:30: Computer Class, Cardio /Debbie	26 9: Bingo 9:30: Sitting Taichi, Kevin 10:15: Arthritis Class, Mary Ellen 12:30: Group Exercise, Debbie 2: Drama Club Practice	27 Trip 9:30-2 Milburn Orchards 9:30: Armchair Exercise Scrabble, Upwords, Puzzles, Tai Chi, Kevin	28 9: ShopRite 9:30: Sitting Tai chi, Kevin, Wii Foxy Ladies 10:30: Line Dancing, Mary Ellen 11:15: Pinochle Club 12:30: Group Exercise, Debbie 2: Drama Club	29 PARTY TIME HALLOWEEN HOOT 3:30 P.M.-6:30 P.M. 3:30—Entertainment 4:30—Dinner 5:15---Entertainment \$ 3.00

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

October 19, 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

- A snowflake can take up to _____ to fall from a cloud to the surface of the earth.
- The largest pumpkin pie ever made weighed _____ pounds.
- In _____ the first toilet was installed in the White House.
- The world's oldest piece of _____ is 9,000 years old.