



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

**March
2019**

From the Director's Desk

I think we are ready for spring. It has been cold but not a bad winter. I'm looking forward to flowers popping their heads out plus starting our garden. We would like to have more volunteers this year.

Our calendar will be full for the spring and summer. We're planning new trips for 2019. We will also celebrate the centers '43' anniversary.

Beginning March 5 we will partner with Nicole at the pottery studio for a Ceramic Sculpture Fundamentals class from 9-11 A.M. It is **not** a drop in program. For info call the center. Stop in for a newsletter.

See you at the center. Regards, *Joan*

MARCH BIRTHDAYS

Ann Wegrzynowski	Jackie Grimes	Nancy Di Virgilio
Irene Murhpy	Shirley Riley	Wilson Williams. JR
Charles Hutt	Donna Douglas	Dora Toribio
Betty Smith	Sharon Ball	Harry Rash
Jean Palese	Joanne Mergenthaler	Charles Hutt
Dora Toribio	Tony Gruscynski	Bill Kaper
Darlene Bargelski	Er Linda Ponce DeLeon	Larry Jones
Dorothy Zupon	Gretchen Broadwater	Veleda Purcell
Annette Tomasello	Nancy B. Bogart	Jane Santak
Bernadette Wimore	Maxine Rash	Donna Enyedy
Flow Hill	Diane Moye	Deborah Shaw
Walter Sinclair	William Kaper	Mary Weeks
Andrew Jackson	Andrew Jacson	James Aiken
Solomon Solomom	Nicoletta Giofre	Frank Santak
Sandy Poe	James Aiken	Jack Witzman
Roy Swaby	James C. West	Cheryl A. Mullkin
Mickey Romano	Barbara Byrd	
Mung Sung Chang	Mai Jane Lin	

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.

UPCOMING ACTIVITIES AT THE CENTER

YOU MUST CALL FOR ALL INFO. BUS FILLS QUICKLY 302-995-7636.

March 6, Philadelphia Flower Show tickets \$33. Departing center 9 A.M. return 2:45 P.M.

March 17, ABJ 43 Anniversary Party \$10 per person. 3:30-6:30 p.m.

March 20, Herr's Chip Factory \$10 8:45A.M.-2 P.M.

March 22, ABJ is Hosting a Health Fair at Garfield Park Rec Center. 10 a.m.-Noon

April 3, 55 PLUS EXPO Dover Downs Convention Center 8:30 a.m.-2:15 p.m.

April 11, Book Club breakfast at the Carriage House (book club members only)

April 12, Costuming The Crown Queen Elizabeth Iconic Costumes.

May 8, Mercer Museum & Font Hill Castle tickle \$10

Coach payment due two weeks before trip and show tickets due when you sign up.

STAFF

Director

Joan Budrow

Assistant Director

Judy Panchisin

Site Manager

Sheila Kellam

Drivers

James Kula

Wayne Winters

Karen Murphy

Thinking of You

Betty Gurczenski	Joe Nice	Marti Duffy	Earl & Sheila Kellam	Bea Boyer
Marlene Coughlin	Joanne Detterline		Marcia Gruszczynski	Anna McDonale
Joyce Johnson	Anthony Ptak		Paula Schmid	Mildred Shildt
Clara Snyder	Beth Solomon		Marion Treece	Jackiq Witman

Welcome New Members

Lynne Davis	Denise & Glenn Chigges	Diane Azarbal	Andrea McCabe
Brian Trinsey	Sallie Showell	Linda Papalia	Marguerite Marcus
Veleden Purcell	Larry Jones	Paulette Mercado	Philip Griffin
Pat Bullen	Elizabeth Naylor	Pamela Thomas	Nancy Clark
Patty Raison			

TRIVIA QUESTIONS

How many children did Bess and Harry Truman have?
 How many items are in a gross?
 How many teaspoons are in a tablespoon?
 How many dwarfs did Snow White find in the woods?

50/50 Winner: Sue DeCola, \$23



Senior of the Month: Nancy Weldin

Nancy Weldin was born November 20 in Boston, Mass and now lives in Gordy Estates. Nancy graduated from William Penn High School. She worked for 25 years in the healthcare industry. Nancy has two children, a boy and girl. She has five grandchildren, four girls and one boy.

Her favorite TV Show is Family Feud. Nancy loves all kinds of food and especially loves desserts. Nancy's favorite place to vacation is Chicago because she loves the cold weather. I think you get a lot of that there!

You will find Nancy crocheting she donates and gives to her friends. I see hats and scarves in her hands most of the time. Nancy also likes cooking, knitting and reading- Christian books.

Nancy's favorite person to have lunch with is Charles Stanley-televangelist because he is a good speaker and it is very easy to understand his message.

Thank you for sharing a small chapter in your life.

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>9-10am: DE Swim & Fitness Club</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>10:30-11:30am: Bible Study</p> <p>Surratte Pool</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>10:30-11:15am: Dancing Frenzy with Rick (1st Tuesday)</p> <p>12:30-1:30pm: Chess Club Group Exercise Class</p> <p>1:30-2pm: Debbie's Cardio</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>Beginner Line Dancing</p> <p>9:15-11:45am: Water Color Class (2nd & 4th Wednesday)</p> <p>9:45-11:30am: Surratte Pool (June-August)</p> <p>10am: Video Armchair Exercise</p> <p>Tai Chi</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</p> <p>Cosmetologist, Jeanice (3rd Thursday)</p> <p>10:45-11:30am: Soul Line Dancing (First 4 Thursdays)</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>10am: Drama Club Practice</p> <p>10:30-11:30am: Win Dance/ Fitness 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, Beginners dance class, Debbie's 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, Crochet 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!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 2019	NEXT AARP BASIC DRIVING COURSE MARCH 5, 2019 9A.M.-2 P.M.			1 9-11: Pottery Class 9:30: Tai Chi 10: Drama Club 10:30: Line Dance W/ Winston, Art Therapy 11:30-12:30: Lunch 12: Bid Whist 2: Drama Club
4 9:30: Scrabble/ Upwords, Computer class 10:30: Bible Study 12:30 Debbie's Cardio	5 9-12:Tax Aide 9 :30:Bingo, BP Screening, Sitting Taichi, Wii All Stars 10:30: Dancing Frenzy 12:30: Wii Foxy Ladies, Group Exercise, Sassy Ladies Meeting 1:30: Debbie's Cardio	6 9-2:30: Trip Philadelphia Flower Market 9:30:Scrabble/ Upwords 10: Arm chair exercise, Tai Chi, Beginners LD w/Rick 12: Bid Whist	7 9:30: Wii Four Dames, Sitting Taichi w/Kevin 10:30: Bible Study 10:45: Dancers Knowledge 11: Speaker, Medicare 11:15 Pinochle Club 12:30: Group Exercise, ShopRite 2: Drama Club	8 9-2: Trip Breakfast @ Cosmo's & Dollar Tree 9-11: Pottery Class 10: Drama Club 10:30: Win Line Dance 11:30-12:30: Lunch 10:30:/Winston Line Dance 12: Bid Whist
11 9:30:Scrabble/Upwords Computer class 10:30: Bible Study 12:15: Bus riders leave early 1-4: All Staff Training 12:30: Debbie's Cardio	12 9-12:Tax Aide 9:30: Bingo, Wii All Stars, Sitting Taichi 10:30: Dancing Frenzy 12:30: Wii Foxy Ladies, Group Exercise 1:30:Debbie's Cardio	13 9-2: Trip Mystery Ride, breakfast out. 9:30:Scrabble/Upwords 10: Arm chair exercise, Tai Chi , Beginners LD w/ Rick 12: Bid Whist	14 9:30: Wii Four Dames, Sitting Taichi w/Kevin 10:30: Bible Study 10:45: Dancers Knowledge 11:15 Pinochle Club 12:30: Group Exercise, ShopRite 2: Drama Club	15 9-2: Trip Tour Ronald Mc Donald House 9-11: Pottery Class 9:30: Tai Chi 10: Drama Club 10:30: Winston Line Dance, Art Therapy 12: Bid Whist
18 8:30-2:30: Trip Parx Casino 9:30:Scrabble/Upwords, Computer Class 10:30: Bible Study 12:30: Debbie's Cardio	19 9 -12: Tax Aide 9:30:Bingo, Sitting Taichi, Wii All Stars 10:Book Club 10:30: Dancing Frenzy 12: Adv. Board Meet 12:30: Wii Foxy Ladies, Group Exercise 1:30: Debbie's Cardio	20 8:45-2: Trip Herr's Chip Tour \$10 9:30:Scrabble/Upwords 10: Armchair Exercise, Tai Chi, Beginners LD w/ Rick 12: Bid Whist	21 9: 30: Wii Four Dames, Sitting Taichi w/Kevin 10:30: Bible Study, Dancers Knowledge 11:15: Pinochle Club 11:30: Speaker, Gambling 12:30: Group Exercise, ShopRite 2 Drama Club	22 9-2: Trip Tour Rockwood Museum \$5 9-11: Pottery Class 9:30: Tai Chi 10: Drama Club 10:30: Winston Line Dance 12: Bid Whist
25 9:30: Scrabble/Upwords, Computer Class 10:30 Bible Study 12:30 Debbie's Cardio	26 8:30-2:30: Trip Shady Maple 9-12:Tax Aide 9:30 Bingo, Sitting Taichi , Wii All Stars 10:30: Dancing Frenzy 12:30: Wii Foxy Ladies, Group Exercise 1:30 Debbie's Cardio	27 Health Fair @ Garfield Park 9:30:Scrabble/Upwords 10: Armchair Exercise , Tai Chi, Beginners LD w/Rick 12: Bid Whist	28 9:30: Wii Four Dames, Sitting Taichi w/ Kevin 10:30: Dancers Knowledge 12:15: Pinochle Club 12:30: Group Exercise, ShopRite 2: Drama Club	29 9:30: Trip Christina Town Center <i>Last pottery class is April 5</i> 9:30: Tai Chi 10: Drama Club 10:30: Winston LD 12: Bid whist

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

Center Assistant: Katherine DeBose

**Drivers: James Kula, Wayne Winters,
Karen Murphy**

**Advisory Board Meeting
March 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.



PINOCHLE CORNER

JANUARY

4 GAMES

Blanch Barlow 0
 Jeanne Daniels 303
 Sue DeCola 432
 Cele Kruger 339
 Irene Murphy 353
 Evelyn Pyle 403
 Joanne Tweed 323
 Marge Weidner 330
 Gay Vreken 297
 Maggie King 348

6 GAMES

Lovedy Berkley 0
 Peg Chandler 476
 Tony Cubeta 439
 Don Gerwig 454
 Mary Fenimore 450
 Joe Kontur 420
 Joanne Nagy 418
 Bill Schultise 0
 Doris Whitcoe 458
 Bev Kane 414
 James Aiken 0
 Dorothy Zupon 397
 Catherine Trakas 431
 Sandy Poe 0
 Clint Nordell 526

4G HIGH SCORE

Betty Howe 1348

6G HIGH SCORE

Tony Cubeta 1636

CHECK OUT THESE ACTIVITIES & PROGRAMS AT OUR 55+ LIFESTYLE CENTERS

ACQUAINT AND PAINT

SITE: GARFIELD PARK COMM REC

Instructor: Dianne Angelo

2-hour class, \$6 drop-in fee/class, FREE for 55+ Lifestyle Members

Wed 5:30-7:30 p.m. 2/13

Join us for a fun night of painting and leave with a masterpiece! **Registration required by calling (302) 571-4004. Adults**

MEDITATION WORKS

SITE: GARFIELD PARK COMM REC

Instructor: Michael Fahey

1-hour classes, \$6 drop-in fee/class, FREE for 55+ Lifestyle Members

Wed 10:30-11:30 a.m. Dec-Feb

If you think you are not able to sit for meditation, this is a beginner class for you. Through simple instruction, students learn the steps to find peace of mind. **Adults**

PALLET CREATIONS

SITE: GARFIELD PARK COMM REC

Instructor: Dianne Angelo

2-hour class, \$6 drop-in fee/class, FREE for 55+ Lifestyle Members

Wed 10 a.m.-12 p.m. 2/27

Discover your inner artist and create beautiful themed art on a wooden pallet for your home. **Registration required by calling (302) 571-4004. Adults**

BABY BOOMER FITNESS

Instructor:

Andrew Holtz, PrimeUFitness.com

1-hour classes, \$6 drop-in fee/class, FREE for 55+ Lifestyle Members

Tue/Thu 8:30-9:30 a.m. Dec-Feb

Tue/Thu 9:30-10:30 a.m. Dec-Feb

No class 12/25, 1/1

Learn how to use common fitness center equipment while developing an effective fitness program, focusing on safe strength training techniques, injury prevention and proper body mechanics. Bring water and a towel. **Adults**

BACKWARDS WALKING

SITE: GARFIELD PARK COMM REC

Instructor: Andrew Holtz

1-hour classes, \$6 drop-in fee/class, FREE for 55+ Lifestyle Members

Mon 8:30-9:30 a.m. Dec-Feb

No class 12/24, 1/21, 2/4, 2/18

When you walk backwards, it puts less strain and requires less range of motion from your knee joints, which is useful for people with knee problems or injuries. **Adults**

BEGINNER/INTERMED YOGA

SITE: GARFIELD PARK COMM REC

Instructor:

Rebecca Keifer, Live, Love, Laugh Yoga

1-hour classes, \$6 drop-in fee/class, FREE for 55+ Lifestyle Members

Tue/Thu 9:30-10:30 a.m. Dec-Feb

No class 12/25, 1/1

Get introduced to yogic postures, alignment and breathing to promote energy and restore balance. Bring a yoga mat, towel and a bottle of water. **Adults**

BRIDGE CLUB

SITE: HOCKESSIN COMM REC

2-hour programs, FREE

Tue 12:30-2:30 p.m. Dec-Feb

No class 12/25, 1/1

Experienced players are invited to join the Bridge Club. **Adults**

STRONG ABS AT ANY AGE

SITE: HOCKESSIN COMM REC

Presenters: Heena Patel, PTA, Steve Rapposelli, PPT

One 1-hour presentation, FREE

Thu 7-8 p.m. 2/7

In this informative and entertaining talk, learn what the latest research tells us about how to get the core you always wanted. **Call (302) 239-8861 to register. Adults**

BARRE AND BALLET

SITE: HOCKESSIN COMM REC

Instructor: Yolanda Hernandez

1-hour classes, \$6 drop-in fee/class, FREE for 55+ Lifestyle Members

Mon 10-11 a.m. Dec-Feb

No class 12/24, 1/21, 2/4, 2/18

This ballet-inspired workout can improve your balance, flexibility, core strength and muscle tone. This class is appropriate for all fitness levels. **Adults**

SITTIN' BE FIT

SITE: HOCKESSIN COMM REC

Instructor: Eric Wolf

1-hour classes, \$6 drop-in fee/class, FREE for 55+ Lifestyle Members

Tue/Thu 9:15-10:15 a.m. Dec-Feb

No class 12/25, 1/1

Work to increase bone density, balance and overall well-being. Designed for seniors, beginners and the overweight, this program helps with improvement in fitness, not rehabilitation. Physical independence and freedom of movement is required. Move at your own pace. Bring water. **Adults**

ZUMBA® GOLD

SITE: HOCKESSIN COMM REC

Instructor: Yolanda Hernandez

1-hour classes, \$6 drop-in fee/class, FREE for 55+ Lifestyle Members

Tue 10:15-11:15 a.m. Dec-Feb

No class 12/25, 1/1

This class addresses anatomical and psychological needs for ages 55+ the Zumba® way. Wear comfortable clothing. **Adults**

CHAIR YOGA

SITE: HOCKESSIN COMM REC

Instructor: Caitlin Reilly

1-hour classes, \$6 drop-in fee/class, FREE for 55+ Lifestyle Members

Mon 11 a.m.-12 p.m. Dec-Feb

No class 12/24, 1/21, 2/4, 2/18

Suited for anyone who needs extra support on their mat. Learn yogic breathing and a sequence of poses for strength, flexibility and balance using a chair as a prop. Bring a yoga mat, small towel and water. All levels welcome! **Adults**

SENIOR STRENGTH AND BALANCE

SITE: HOCKESSIN COMM REC

Instructor: Ricardo Narvaez

1-hour classes, \$6 drop-in fee/class, FREE for 55+ Lifestyle Members

Tue 8:15-9:15 a.m. Dec-Feb

No class 12/25, 1/1

Focus on bone strength, posture, balance, flexibility and muscle tone. Use of dumbbells allows to develop strength. Bring a padded mat and hand weights to class. **Adults**

SENIOR STRENGTH YOGILATES

SITE: HOCKESSIN COMM REC

Instructor: Caitlin Reilly

1-hour classes, \$6 drop-in fee/class, FREE for 55+ Lifestyle Members

Thu 10:40-11:40 a.m. Dec-Feb

Designed specifically for seniors, a combination of yoga and Pilates movements can help improve balance, strength and flexibility. Bring a thick mat and a strap for stretching. Wear socks or go barefoot. **Adults**

Registration is required for most activities at nccde.org/happenings. For some activities, you may register by phone.