



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  
2019**

## From the Director's Desk

A few years ago about this time we were surprised with two new buses and a van from the County. It has now been four years. Well I want you to know we fill them on most trips and they have been all over the country side. I don't know how we managed without them. Thanks again from the Absalom Jones Senior Center. I would like to also thank the county garage for keeping them running. And let's not forget the wonderful drivers we have who get us out and about. Bringing us back safe. Thanks to James, Karen and Wayne. They deserve a standing ovation for their safe records.

September Wii starts so get your Teams together. We will be collecting the information soon. Wii bowling will start on September 19, the dues are \$10 per bowler.

Our clubs are always looking for new members ABJ'S Book Club, Drama Club, Wii Bowling, Pinochle and Scrabble/Upwords Club.

So many activities going on at our center it's difficult to keep up with everything. See you at the center.

Regards—Joan (p.s. Wayne thanks for coming back)

## 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.

### AUGUST BIRTHDAYS

Marlene Coughlin	James McKeller	Antonia Coppock
Barbara Petrucci	Joe Kontur	John DuVernay
Alice Short	Mary Patterson	Jacqueline Swartz
Eva Nardo	Janice Mosher	Denise Miles
Judy Hartman	Tom Smitham	Dora Paoli
Cele Kruger	George Keenan	Pearl Baylor
Ethel Moss	Rosemary Kersten	Bernie Brittingham
Mildred Shildt	George Kusel	Ruth Forese
Gail DuVernay	Cynthia Brown	Shirley Harrison
Susan Bower	Helen M. Jones	

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.**

August 07, Marvel Super Heroes at the Franklin Institute tickets \$26 lunch not included.

August 21, "Thunder Over the Board Walk" coach \$35 8:30 a.m. to 6:30 p.m.

September 19, Flu Shots administered, by a RITE AID Physicist 9:00 a.m.-noon.

September 18, Bible Museum, Washington DC.

\$50 includes coach/admission. 8:30 a.m. -6:30 p.m.

September 24, It's back!! REHOBOTH SENIOR BEACH DAY \$7 bus 8:30 a.m.-3:30 p.m.

September 26, Open House all Day Visit our center I'm sure you won't be disappointed.

September 30, Tropicana Casino 8:30 a.m.-6:30 p.m. \$38 coach

October 16, Candlelight Theatre "Catch Me If You Can" tickets \$57 includes buffet lunch

**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

**Drivers**

James Kula

Wayne Winters

Karen Murphy

## Thinking of You

Anna Boruta	Ethel Moss
Marcia Sharp	Joe Nice
Annette Tomasello	Marlene Coughlin
Anna Mc Donald	Paula Schmid
Marion Treece	Bea Boyer
John Devernay	Marti Duffy
Harry Jump	June Jump
Celia Kruger	Patricia Merritt
Sophy Murray	Dora Paoli
Frank Romano	Fran Romano
Tom Smitham	Lillian Smitham
Annette Tomasello	Nancy Welden



## Welcome New Members

Jean Smith	Annetta Wallace
Carmen Parikh	David Spencer
Melanie Ramsey	Blair Hayman
David Treece	Kenneth Chinski
Cynthia Brink	

**June 50/50 Winner: Harry Rash, \$49**

### TRIVIA QUESTIONS

1. A pig always \_\_\_\_\_ on his side.
2. Mosquitos are attracted to the color \_\_\_\_\_ then any other color.
3. \_\_\_\_\_ was the first nonhuman to win an Oscar.
4. There are \_\_\_\_\_ spaces on a scrabble board.

## Senior of the Month: Norris Cooper

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. Graduate from Thomas McKean in 1976.

Sheila has two sons a 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 Prices 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**

<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>9-10am:</b> DE Swim &amp; Fitness Club</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>10:30-11:30am:</b> Bible Study</p> <p>Surratte Pool</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>10:30-11:15am:</b> Dancing Frenzy with Rick (1st Tuesday)</p> <p><b>12:30-1:30pm:</b> Chess Club Group Exercise Class</p> <p><b>1:30-2pm:</b> Debbie's Cardio</p> <p><b>1:30-2pm:</b> Pickle Ball</p> <p><b>FIRST TUESDAY OF THE MONTH...</b> <i>Sassy Ladies Meeting</i></p> <p><b>LAST TUESDAY OF THE MONTH...</b> <i>Birthday Party!</i></p>	<p><b>9am-2pm: Trip Day</b></p> <p><b>9am-2pm:</b> Game Room and Fitness Center Open</p> <p>Beginner Line Dancing</p> <p><b>9:15-11:45am:</b> Water Color Class (2nd &amp; 4th Wednesday )</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><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>Cosmetologist, Jeanice (3rd Thursday)</p> <p><b>10:45-11:30am:</b> Soul Line Dancing (First 4 Thursdays)</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>10am:</b> Drama Club Practice</p> <p><b>10:30-11:30am:</b> Win Dance/ Fitness 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, 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
<b>August 2019</b>			<b>1</b> 9: Shop Rite 9:30: Sitting Tai Chi 9:45: Water Aerobics 10:30: Bible Study, 10:45: Dancers Knowledge 11:15: Pinochle Club 12:30 Group Exercise 2: Drama Club	<b>2</b> <b>9:30-1:30 Trip</b> <b>Dollar Store Run, Tai Chi</b> 10: Drama Club 10:30: Art Therapy, Line Dancing 12: Bid Whist
<b>5</b> 9:30: Scrabble/ Upwards Computer Class 10:30: Bible Study 12:30: Cardio	<b>6</b> 9: Bingo 9:30: Sitting Tai Chi 9:45: Water Aerobics 10:30: Dancing Frenzy, 11:30: Speaker: Generation Home Care 12:30: Group Exercise, Sassy Ladies MT 1:30: Cardio	<b>7</b> <b>8:30-3 Trip</b> <b>Marvel Super Heroes</b> <b>tickets \$26 Franklin</b> <b>Institute</b> 9: Scrabble/ Upwards 9-11:30: Water Color Class 10: Armchair Exercise, Tai Chi 12: Bid Whist	<b>8</b> 9: Shop Rite 9:30: Sitting Tai Chi 9:45: Water Aerobics 10:30: Bible Study 10:45: Dancers Knowledge 11:15: Pinochle Club 11:30: Speaker: Saint Francis 12:30: Group Exercise 2: Drama Club	<b>9</b> <b>8:30 – 3 Trip</b> <b>Mystery Ride \$5 plus</b> your lunch 9:30: Tai Chi 10: Drama Club 10:30: Line Dancing 12: Bid Whist
<b>12</b> <b>9- 11:30 Trip</b> <b>First State Plaza</b> 9:30: Scrabble/Upwards, Computer Class 10:30: Bible Study 12:30: Cardio	<b>13</b> 9: Bingo 9:30: Sitting Tai Chi 9:45: Water Aerobics 10:30: Dancing Frenzy, 12:30: Group Exercise, 1:30: Cardio	<b>14</b> <b>9 – 2 Trip</b> <b>Wegmans</b> 9: Scrabble/Upwards, Wa- ter Color Class 10: Armchair Exercise, Tai Chi 12: Bid Whist	<b>15</b> 9: Shoprite 9:45: Water Aerobics 10:30: Bible Study 10:30: Dancers Knowledge 11:15: Pinochle Club 11:30: Speaker: City Fair Dietitian 12:30: Group Exercise 2: Drama Club	<b>16</b> <b>9-2 Trip</b> <b>Wal-Mart Middletown</b> 9:30: Tai Chi 10: Drama Club 10:30: Line Dancing 12: Bid Whist 5:30-8:30 p.m. Dance Lite Snacks \$5 "Summer Mixer" DJ-Jack
<b>19</b> 9:30: Scrabble/Upwards, Computer Class 10:30: Bible Study 12:30: Cardio	<b>20</b> 9: Bingo 9:30: Sitting Tai Chi 9:45: Water Aerobics 10: Book Club 10:30: Dancing Frenzy 12: Adv Bd Mt 12:30: Group Exercise 1:30: Cardio	<b>21</b> <b>8:30-6:30 Trip</b> <b>Thunder Over the</b> <b>Boardwalk \$35 coach</b> 9: Scrabble/Upwards 10: Armchair Exercise, Tai Chi 12: Bid Whist	<b>22</b> 9: Shoprite 9:30: Sitting Tai Chi 9:45: Water Aerobics 10:30: Bible Study 10:30: Dancers Knowledge 11:15: Pinochle Club 12:30: Group Exercise 2: Drama Club	<b>23</b> <b>10-2 Trip</b> <b>Cracker Barrel Lunch</b> 9:30: Tai Chi 10: Drama Club 10:30: Line Dancing 12: Bid Whist 5:30-9:30 Evening trip Blue Rocks Game/ Fire Works tickets \$10
<b>26</b> <b>9- 11:30 Trip</b> <b>Prices Corner</b> 9:30: Scrabble/Upwards , Computer Class 10:30: Bible Study 12:30: Cardio	<b>27</b> 9: Bingo 9:30: Sitting Tai Chi 9:45: Water Aerobics 10:30: Dancing Frenzy 12:30: Group Exercise 1:30: Cardio	<b>28</b> <b>9-2 Trip</b> <b>Woody's</b> 9: Scrabble/Upwards 9-11:30: Water Color Class 10: Tai Chi, Armchair Exercise 12: Bid Whist	<b>29</b> 9: ShopRite 9:30: Sitting Tai Chi 9:45: Water Aerobics 10:30: Bible Study 10:30: Dancers Knowledge 11:15: Pinochle Club 12:30: Group Exercise 2: Drama Club	<b>30</b> <b>10-2 Trip</b> <b>Christiana Mall</b> 9:30: Tai Chi 10: Drama Club 10:30: Line Dance 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,  
Michelle Bond, Joseph Maloney, Karen Murphy**

**Summer Youth: Tylear Shaw**

**Advisory Board Meeting**

**August 20, 12 P.M.**

**PINOCHLE CORNER**

**JULY**

**4 GAMES**

Blanch Barlow 328  
 Jeanne Daniels 397  
 Sue Decola 392  
 Betty Howe 337  
 Cele Kruger 248  
 Irene Murphy 293  
 Joanne Tweed 361  
 Marge Weidner 314

**6 GAMES**

Peg Chandler 483  
 Tony Cubeta 570  
 John Felmey 544  
 Joe Kontur 544  
 Joanne Nagy 484  
 Dorothy Zupon 527  
 Mary Mensinger 439  
 Joanne Kautz 487  
 John Fenimore 544

**4 GAME HIGH SCORE    6 GAME HIGH SCORE**

**Sue Decola            1326    Tony Cubeta    1877**

**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**

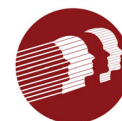
This is a program to provide reading material to homebound seniors who are unable to visit their County library. To find out more or to sign up for this free service call **395-5656**.

**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.





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

### APPOQUINIMINK COMMUNITY RECREATION CENTER

#### MATTER OF BALANCE

*Instructor: State of Delaware, Division of Aging*

**Eight 2-hour sessions, FREE**

Wed 10 a.m.-12 p.m. July-Aug

*No program 8/28*

Nationally recognized, evidence-based program that helps older adults reduce their fears of falling and increases activity levels. Practical solutions to change behaviors and develop a healthier lifestyle are shared. **Adults**

### GARFIELD PARK COMMUNITY RECREATION CENTER

#### TAI CHI

*Instructor: Winston Gacutan*

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

Tue 10-11 a.m. June-Aug

Tai Chi combines soft flowing movements with proper breathing techniques. Continued practice can relieve stress, increase strength and flexibility, energize the body and even lower blood pressure. **Adults**

#### BEGINNER/INTERMEDIATE YOGA

*Instructor: Rebecca Keifer*

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

Tue/Thu 9:30-10:30 a.m. June-Aug

*No class 7/4*

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**

### HOCKESSIN COMMUNITY RECREATION CENTER

#### KNITTING CIRCLE

**2-hour sessions, FREE**

Mon/Thu 6-8 p.m. June-Aug

*No program 7/4*

Are you creative and like to meet people? Have fun in a relaxed atmosphere where all experience levels are welcome. Learn from each other while knitting one of your favorite projects. **Adults**

#### BARRE SCULPT

*Instructor: Yolanda Hernandez*

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

Mon 10-11 a.m. June-Aug

*No class 7/8*

This low-impact workout sculpts, slims and stretches your entire body to improve balance, flexibility, core strength and muscle tone. Appropriate for various fitness levels. Bring a medium-thickness floor mat. **Adults**

#### DANCE FIT

*Instructor: Yolanda Hernandez*

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

Tue 10:30-11:30 a.m. June-Aug

*No class 7/9*

This is a fun dance fusion workout set to an eclectic collection of music. Each workout offers well-balanced intervals and movements to inspire and energize you. Wear comfortable clothing and shoes and bring a water bottle. **Adults**

#### SITTIN' BE FIT

*Instructor: Eric Wolf*

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

Tue/Thu 9:15-10:15 a.m. June-Aug

*No class 7/4*

Beginner paced workout designed for first-timers, seniors and the overweight. This training program targets gradual improvements in balance, strength and well-being overtime. Work within your own fitness level and at your own pace. Bring a towel and water. **Adults**

### TAI CHI

*Instructor: Art Ferris*

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

Mon/Wed 9-10 a.m. June-Aug

Tai Chi combines soft flowing movements with proper breathing techniques. Continued practice can relieve stress, increase strength and flexibility, energize the body and even lower blood pressure. **Adults**

### CHAIR YOGA

*Instructor: Caitlin Reilly*

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

Mon 11 a.m.-12 p.m. June-Aug

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

*Instructor: Ricardo Narvaez*

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

Tue 8:15-9:15 a.m. June-Aug

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

### SENIOR STRENGTH YOGILATES

*Instructor: Caitlin Reilly*

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

Thu 10:40-11:40 a.m. June-Aug

*No class 7/4*

Designed specifically for seniors, a combination of yoga and Pilates movements 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](http://nccde.org/happenings). For some activities, you may register by phone.**