



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

**April
2019**

From the Director's Desk

Welcome spring! Did your body adjust to the time change yet? I don't know about everyone else but I don't like getting up in the dark. But I guess I'll get over it.

If you are ready to get out after the winter just give us a call. We offer free bus service to and from the center. There is a lot going on to keep you busy. As I started typing the activities for April, I realize it's going to be a busy month. Planning several trips so that we will be busy all summer.

Of course spring also means grass cutting time and weeds in the garden. Maybe snow wasn't so bad after all! If you want to help in the garden, just let us know. We would like to get the garden planted in May. The raised beds are easier on the back. Last year's garden was real nice. The flower bed was outstanding.

The Wii Bowling Season is coming to a close. Thanks to all our team members - you all did a great job. The Banquet will be May 6. We will host the banquet at our center. I will update you with the info after our next meeting.

Stop in to pick up a newsletter lots going on at the center.

Regards, Joan

APRIL BIRTHDAYS

Ann Ammerman
Sophie Murray
Anna Kuhar
Carolyn Wing
Cleo Phillips
Charlotte Smith
Richard Sarsfield
Shirley Jenkins
Darlean Ashley
Jeanne Daniels

Phil Weyl
Margaret Henderson
Beverly Snover
Melchora Toala
Angela Taylor
Robert Wilson, Jr
Terry Sczechowski
Eileen A. McKeown
Brandi Syfrit
Ingrid Bostic

Anne Rossitto
Fran Romano
Sydney Stevenson
Anna McDonald
Mary Citro
George Keeman
Linda Shamblin
Jackie Witzman

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.

STAFF

Director
Joan Budrow
Assistant Director
Judy Panchisin
Site Manager
Sheila Kellam
Drivers
James Kula
Wayne Winters
Karen Murphy

UPCOMING ACTIVITIES AT THE CENTER

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

April 3, 55 PLUS EXPO @ Dover Convention Center 8:30 a.m.-2 p.m. \$3

April 12, Costuming of The Crown Queen Elizabeth + 40 iconic costumes \$20 + lunch

April 17, 43rd Anniversary Party 3:30-6 p.m. \$10 per person. Info pg. 4

April 18, Speaker: Attorney Anthony R. Arcaro

April 29, Roll off for Wii competition.

May 20, Resorts Casino coach \$35 8:30 a.m.-6:30 p.m.

June 5, Platinum Picnic @ Hockessin Community Rec Center. Vegas theme! Tickets \$10

June 13, Open House 10 to noon. Join us for a walk thru and Brunch.

June 21, Lobster House/Cape May coach \$35 8:30-6:30 p.m.

June 28, Longwood Gardens 9 a.m.-2 p.m.

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

Thinking of You

Marcia Sharp
Dora Paoli
Bea Boyer

George Zawicki
Marion Treece

Ann Ammerman
Earl Kellam

Marcia Gruszcznski
Marlene Coughlin

Welcome New Members

Barbara Benson	Safrit & Donald Selvey
Charlene Evans	Shirly Dixon
Joan Graham	Paul Murphy
Carol Wilson	Carolyn Butler
Carol Baker	Rita Price
Joette DeSchamps	Barbara Bailey
Evelyn Mizell	James Whitehead
Shirley & Russell Harrison	
David & Luana Swiss	



Senior of the Month: Mary Ann Mannering

Let us introduce you to Mary Ann Mannering. Mary Ann joined the center not long ago, but you would think she was here for years. Friendly, helpful and enjoying our classes. She was born January 28 in Wilmington and is a lifelong resident of Delaware. Mary Ann graduated from Wilmington High. She has been a waitress for over 30 years at various locations. Some of you may remember these names: Old Chuckwagon Restaurant, Crossroads and Cracker Barrel.

Mary Ann has one daughter and two grandchildren, both girls. Her favorite TV show is NCIS New Orleans. A favorite food is fried pork chops. Favorite vacation is Wildwood because she loves the beach and has been going there for over 15 years. Some hobbies are reading, exercise, taking part in our group classes and also sitting in the Tai Chi class. Mary Ann would love to have lunch with Elvis Presley she loves his music.

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>9-10am: 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
1 9: TRIP SIGN UP 9: Scrabble/Upwords, Computer Class 10:30: Bible Study 12:15: Acme/ Prices Corner 12:30: Debbie's Cardio	2 9:Tax Aide, Prize Bingo, Wii All Stars 9-12: Paint The Bunny/Janet 9:30: Sitting Taichi 10:30: Dancing Frenzy 12:30: Group Exercise, Wii Foxy Ladies, Sassy Ladies Mtg 1:30: Cardio	3 8:30-2:30 Trip 55+ EXPO 9:30:Scrabble/Upwords 10: Tai Chi, Armchair Exercise 12: Bid Whist	4 9:30: Wii Four Dames, Sitting Taichi 10:30: Bible Study, Dancers Knowledge, 11:15: Pinochle 12:15: ShopRite 12:30: Group Exercise 2: Drama Club Practice	5 9-11: Potter Class 9:30: Tai Chi 10: Drama Club 10:30: Dance & Exercise, Art Therapy 12: Bid Whist Club 5:30:-10 P.M Blue Rocks Game/Firework
8 9:30-12 Trip Dollar Store 9: Scrabble/ Upwords, Computer Class 20:30: Bible Study 12:30: Cardio	9 9: Tax Aide, Bingo, Wii All Stars 9:30: Sitting Taichi 10:30: Dancing Frenzy 11:30:Speaker: Health Insurance 12:30: Wii Foxy Ladies, Group Exercise 1:30: Cardio LAST TAX DAY	10 9-2: Trip Pencader Heritage Museum \$7 + Lunch 9:15: Water Color Class 9:30: Scrabble/Upwords 10: Armchair Exercise, Tai Chi 12: Bid Whist	11 8: Book Club Trip 9:30: Wii Four Dames, Sitting Taichi 10:30: Bible Study, 10:45: Dancers Knowledge 11:15:Pinochle Club 12:15: ShopRite 12:30: Group Exercise 2:Drama Club Practice	12 9-2 Trip Costuming the Crown Queen Elizabeth, Winterthur Museum \$20 + Lunch 9:30: Tai Chi 10: Drama Club 10:30: Line Dance & Exercise 12: Bid Whist
15 9-2: Trip Breakfast/ Christmas Tree Store 9:Scrabble/ Upwords, Computer Class 10:30: Bible Study 12:30: Cardio	16 9: Bingo, Wii All Stars 9:30: Sitting Taichi 10: Book Club 10:30: Dancing Frenzy 11:30:Speaker:Medicare 12:Adv. Board Meet 12:30: Wii Foxy Ladies, Group Exercise 1:30: Cardio	17 43rd Anniversary Party 3:30-6 P.M. Entertainment Dinner Door Prizes Dancing Center Opens 3:30: P.M.	18 9:30: Wii Four Dames 10:30: Bible Study, 10:45: Dancers Knowledge 11:30: Pinochle Club, Speaker: Attorney Mr. Arcaro 12:15: ShopRite 12:30: Group Exercise 2: Drama Club Practice	19 Center Closes Good Friday Happy Easter
22 8: 45-3: Trip Mystery Ride \$12 + Lunch 9: Scrabble/Upwords, Computer Class 10:30: Bible Study 12:30: Cardio	23 9:Bingo , Wii All Stars 9:30: Sitting Taichi 10:30: Dancing Frenzy 12:30: Group Exercise ,Wii Foxy Ladies 1:30: Cardio	24 11-1:30: Trip Mystery Ride \$4 Includes Lunch 9:30-11:30 :Water Color Class 10:Armchair Exercise, Tai Chi Class 12: Bid Whist	25 9: Wii Four Dames 10:30: Bible Study, 10:45: Dancers Knowledge 11:15: Pinochle Club 12:15: ShopRite 12:30: Group Exercise 2: Drama Club Practice	26 9-2: Trip Metro Diner Breakfast/DE Park 10:30: Tai Chi 10:Drama Club 10:30: Line Dance /Exercise 12: Bid Whist Club
29 Wii Roll Off @ Churchman's Village Not sure of the time yet. 9: Scrabble/Upwords, Computer Class 10:30: Bible Study 12:30: Cardio	30 9:Bingo,Wii All Stars 9:30: Sitting Taichi 10:30: Dancing Frenzy 12:30: Wii Foxy Ladies, Group Exercise 1:30: Cardio			

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

April 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

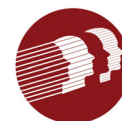
This is a program to provide reading material to homebound seniors who are unable to visit their County library. To find out more or to sign up for this free service call **395-5656**.

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

FEBRUARY

4 GAMES

Blanch Barlow	392
Jeanne Daniels	325
Sue DeCola	376
Betty Howe	365
Cele Kruger	374
Irene Murphy	337
Evelyn Pyle	391
Joanne Tweed	325
Marge Weidner	339
Maggie King	351
Pat Merritt	208

4G HIGH SCORE

Sue DeCola 1426

6 GAMES

Lovedy Berkley	0
Peg Chandler	417
Tony Cubeta	488
John Felme	433
Don Gerwig	0
Margaret Henderson	0
Joanne Kautz	369
Joe Kontur	551
Mary Mensinger	476
Joanne Nagy	554
Doris Whitcoe	530
Dorothy Zupon	448
Catherine Trakas	413

6G HIGH SCORE

Joe Kontur 1697

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

GARFIELD PARK COMM RECREATION CENTER

PALLET CREATIONS

Instructor: Dianne Angelo

2-hour class, \$6, FREE for 55+ Lifestyle Members

Wed 10 a.m.-12 p.m. 4/10

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. Mar-May

Tue/Thu 9:30-10:30 a.m. Mar-May

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

Instructor:

Andrew Holtz, PrimeUFitness.com

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

Wed 8:30-9:30 a.m. Mar-May

Walking backwards 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/ INTERMEDIATE YOGA

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. Mar-May

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**

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

HOCKESSIN COMMUNITY RECREATION CENTER

BRIDGE CLUB

2-hour programs, FREE

Tue 12:30-2:30 p.m. Mar-May

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

BARRE SCULPT **NEW**

Instructor: Yolanda Hernandez

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

Mon 10-11 a.m. Mar-May

No class 5/27

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

DANCE FIT **NEW**

Instructor: Yolanda Hernandez

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

Tue 10:30-11:30 a.m. Mar-May

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**

PROGRESSIVE LINE DANCING

Instructor: Joanne Brady

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

Wed 12-1 p.m. Mar-May

No class 3/27, 4/24, 5/22, 5/29

Learn the basic component steps to build a foundation for all types of line dancing from country and oldies to modern rock and pop. No partner necessary. **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. Mar-May

Focus on bone strength, posture, balance, flexibility and muscle tone. Use of dumbbells develops strength. Bring a padded mat and hand weights to class. **Ages 55+**

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. Mar-May

No class 5/27

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 YOGILATES

Instructor: Caitlin Reilly

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

Thu 10:40-11:40 a.m. Mar-May

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**

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. Mar-May

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**

TREADMILL OR BICYCLING

FREE

Mon-Fri 8 a.m.-12 p.m. Mar-May

No program 4/19, 5/27

Work out in the lounge area of the center on either on a stationary bicycle or treadmill during our 55+ Lifestyle hours. **Adults**

Instructor: Delaware Safety Council

One 3-hour class, \$30 payable to DSC at class

Sat 9 a.m.-12 p.m. 3/2

Sat 9 a.m.-12 p.m. 4/6

Sat 9 a.m.-12 p.m. 5/4

A follow-up to the basic course, this refresher class results in a 15% reduction on the liability portion of car insurance and a three-point credit on your Delaware driving record for three additional years. **Call (302) 276-0660 or (800) 342-2287 to register. Ages 16-Adults**