



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

**January 2022**

## From the Director's Desk

To start the New Year, I will begin by thanking those who volunteered in 2021 also my staff who is wonderful. We all work together to get things done. We want to thank our members without you we would not be here.

We participated in the Delaware Hospice Festival of Trees but didn't hear who won yet.

Our new classes that were started the end of 2021 are well attended. They are Zumba Gold, Arthritis, Open Art Studio and we are starting Computer Instructions Blood Pressure Screening every Thursday.

We're planning trips and activities for the new year so if you have any suggestion pass them on. I do have a list and they are being planned.

Taxes will start in February. I'm waiting for Marie to send our schedule and we will start taking numbers and call you as soon as she gets in touch.

Happy New Year to everyone and your families.

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.

### JANUARY BIRTHDAYS

Yasmeen Abdullah	Stephanie Goodridge	Clinton Norvell
Georgetta Brown	Gail Holden	Susan Nugen
Cynthia Brink	Blair Hayman	Evelyn Romero
Bee Boyer	Audrey Heckerman	Lola Riley
William Cochran	Teresa Harter	Florence Smith
Evelyn A. Chervenik	David Hamilton	Janet Tenowich
Carol D'Erasmio	Lona Lowe	Louise Truitt CeCe
Anthony Donnelly	Yvonne Laureano	Henry Williams
Janet Deverell	Castella Le Compte	Kay Wznchester
Lillian Stark	Maxine Lyle	Gary Zupon
Zoraida Estares	Mary Ann Mannering	
Deborah Everette	Michael Madden	
Renate Faber	Linda Gonzales	

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

January 3 Trip sign up at nine-thirty A.M.

January 7, Kick off the new year with a BIG win at Bally's (Dover Downs)

January 12, Mystery Ride \$15 + your lunch.

February 9, National Shrine of the Immaculate Conception 8-6:30 coach \$ 40

February 10, Noon Show "TATTLING SWEETHEARTS" by Janet Tenowich

For info call (302) 995-7636.

**Registration and payment required for above trips.**

**PAYMENT DUE WHEN YOU SIGN UP. For info 302-995-7636**

## STAFF

**Director**

Joan Budrow

**Assistant Director**

Judy Panchisin

**Site Manager**

Sheila Kellam

**Secretary**

Sheila Carlisle

**Drivers**

Wayne Winters

Don Myers

## Thinking of You

Ethel Moss  
 Helen Chapman  
 Marlene Coughlin  
 Harry Jump  
 Clara Snyder  
 Marion Treece  
 Nance Weldin  
 Nancy Anthony  
 Sharon Ball  
 Blanche Barlow  
 Marie Catullo  
 Jean Heine  
 MaryAnn Mannering  
 Ruby Malachi  
 James McKeller  
 Joanne Nagy  
 Annette Tomasello

## Welcome New Members

Jessie M. Jones	Chul hee Garibay
Teresa Hater	Patricia Turtoro
Patricia Riley	Euginia Hall
Sheila Corbin	Dean Carolyn
Mary Redmond	Harold Good Ridge
Maureen Leyva	Lolita Varites
Michael Vermillion	Mary Sylverter
Joan Dolan	John Redmond
Barbara Davis	Mary Jane Boyd
Delores Baine	Lan Yong
Joann Vance	Linda Fuller
Gail & Todd Holden	Jerome E Lewis
Michael Madden	



## Senior of the Month: Richard Kersten

Richard Kersten and his lovely wife joined the center February 2017. It seems like yesterday. Richard was born in Philadelphia, PA. He now lives in Newport, DE. He graduated high school in 1961 and went to a trade school for mechanics. Richard went into the army in 1962 until 1965. Richard has four children two boys and two girls. He has four grandchildren.

Richard's favorite TV Show is the Big Bang Theory. His favorite food is pizza and Italian foods. His favorite vacation place is Ocean City Maryland and his hobbies are reading and exercise. Two good choices one for our body and one for the mind.

Richards favorite lunch partner would be his beloved wife Rosemary because she's a beautiful and good person.

**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>9:30am:</b> Bank &amp; Post Office (1st Monday)</p> <p>Computer Class</p> <p><b>10-11am:</b> Zumba Gold</p> <p><b>10am-12pm:</b> Sewing/Quilting with Maryann (1st &amp; 3rd Mondays)</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>10-11am:</b> Line Dancing</p> <p><b>12:30-1:30pm:</b> Chess Club Group Exercise Class</p> <p><b>1:30-2pm:</b> Pickle Ball</p> <p><b>FIRST TUESDAY OF THE MONTH... Sassy Ladies Meeting</b></p> <p><b>LAST TUESDAY OF THE MONTH... Birthday Party!</b></p>	<p><b>9am-2pm: Trip Day</b></p> <p><b>9am-2pm:</b> Game Room and Fitness Center Open</p> <p><b>10am:</b> Video Armchair Exercise</p> <p>Arthritis Class</p> <p>Tai Chi</p> <p>Sewing/Quilting Class (1st &amp; 3rd Wednesday)</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><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>10:30-11:30am:</b> Win Dance Class</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, 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
<b>3</b> <b>9:30:</b> Trip sign up, Join us for lunch & Trivia Questions <b>9: 30:</b> Zumba Gold <b>10:</b> Scrabble/Upwords & Puzzles <b>10:15:</b> Wii Four Dames <b>10:30-12:</b> Sewing/Quilting <b>12:30:</b> Cardio, Computer Instructor	<b>4</b> <b>9:</b> Bingo <b>9:30:</b> Sitting Taichi <b>10:30:</b> Arthritis Wellness Class <b>12:30:</b> Personal Trainer, Sas-sy Ladies Meeting <b>2:</b> Drama Club Practice	<b>5</b> <b>Trip 9-2</b> London Grove Village <b>9:30:</b> Tai Chi <b>10:</b> Armchair Exercise, Scrabble/Upwords, Puzzles	<b>6</b> <b>9:</b> ShopRite, Wii Four Dames <b>9:30:</b> Sitting Taichi <b>10:30:</b> Line Dancing <b>11-1:</b> Clothing Closet Open/Castella <b>11:15:</b> Pinochle Club <b>12:30:</b> Personal Trainer <b>2:</b> Drama Club Practice	<b>7</b> <b>9:30:</b> Farmers Market, RT 13 <b>9:30:</b> Tai Chi <b>10:30:</b> Soul Line Dancing
<b>10</b> <b>9:30:</b> Zumba Gold, Scrabble/ Upwords & Puzzles <b>10:15:</b> Wii Four Dames <b>12:30:</b> Cardio, Computer Instructor	<b>11</b> <b>9-2:</b> Bingo <b>9:30:</b> Sitting Taichi <b>10:30:</b> Arthritis Wellness Class <b>11:30:</b> Speaker: Chronic Pain Workshop <b>12:30:</b> Personal Trainer <b>2:</b> Drama Club Practice	<b>12</b> <b>Trip 8:30-3:30</b> Mystery Ride \$ 15 + lunch <b>9:30:</b> Tai Chi, Scrabble/ Upwords, Puzzles <b>10:</b> Armchair Exercise, & Open Art Studio	<b>13</b> <b>9:</b> ShopRite, Wii Four Dames <b>9:30:</b> Sitting Taichi <b>10:30:</b> Line Dancing <b>11:15:</b> Pinochle Club <b>12:30:</b> Personal Trainer <b>2:</b> Drama Club Practice	<b>14</b> <b>Trip 9:30-2</b> Woody's Sea Food <b>9:30:</b> Tai Chi <b>10:30:</b> Soul Line Dancing
<b>17</b> <b>Holiday Center Closed</b> <b>Martin Luther King, Jr. Day</b>	<b>18</b> <b>9:</b> Bingo <b>9:30:</b> Sitting Taichi <b>10:30:</b> Arthritis Wellness Class <b>12:</b> Advisory Board MT <b>12:30:</b> Personal Trainer <b>2:</b> Drama Club Practice	<b>19</b> <b>Trip 9-2</b> Breakfast then Tuesday Morning Shopping <b>9:30:</b> Tai Chi, Scrabble/ Upwords, Puzzles <b>10:</b> Armchair Exercise	<b>20</b> <b>9:</b> Shop Rite, Wii Four Dames <b>9:30:</b> Sitting Taichi <b>10:30:</b> Line Dancing <b>11-1:</b> Clothing Closet/ Castella <b>11:15:</b> Pinochle Club <b>12:30:</b> Personal Trainer <b>2:</b> Drama Club Practice	<b>21</b> <b>Trip 9:30-2</b> Goodwill in Newark <b>9:30:</b> Tai Chi <b>10:30:</b> Soul Line Dancing,
<b>24</b> <b>9:30:</b> Zumba Gold, Scrabble/ Upwords, Puzzles <b>10:15:</b> Wii Four Dames <b>12:30:</b> Cardio, Computer Instructor	<b>25</b> <b>9:</b> Bingo <b>9:30:</b> Sitting Taichi <b>10:30:</b> Arthritis Wellness Class <b>12:30:</b> Personal Trainer <b>2:</b> Drama Club Practice	<b>26</b> <b>Trip 10:30-2</b> Cracker Barrel in NJ <b>9:30:</b> Tai Chi <b>10:</b> Armchair Exercise, Open Art Studio	<b>27</b> <b>9:</b> ShopRite, Wii Four Dames <b>9:30:</b> Sitting Taichi <b>11:15:</b> Pinochle Club <b>12:30:</b> Personal Trainer <b>2:</b> Drama Club Practice	<b>28</b> <b>Trip 9-1:30</b> Breakfast Dollar Store <b>9:30:</b> Tai Chi <b>10:30:</b> Soul Line Dancing
<b>31</b> <b>9:30:</b> Zumba Gold, Scrabble/ Upwords, Puzzles <b>10:15:</b> Wii Four Dames <b>12:30:</b> Cardio, Computer Instructor				

**Absalom Jones Senior Center  
Advisory Board**

**President:** John Smith  
**Vice-President:** Norbert Quigley  
**Secretary:** Castella LaCompte  
**Assist. Secretary:** Joan Gay  
**Goodwill Ambassador:**

**Staff**

**Director:** Joan Budrow  
**Assistant Director:** Judy Panchisin  
**Site Manager:** Sheila Kellam  
**Secretary:** Sheila Carlisle  
**Drivers:** Wayne Winters, Don Myers

**Advisory Board Meeting  
January 18, 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**

Slinkies were invented by an \_\_\_\_\_

A total of \_\_\_\_\_ gifts were given in the song "The Twelve Days of Christmas"

What other colors do carrots come in besides orange?

In 1946, the TV commercial aired what toy?

**PINOCHLE CORNER**

**NOVEMBER**

**6 GAMES**