

### **Senior Programs**

#### **ABSALOM JONES SENIOR CENTER**

310 Kiamensi Rd., Wilmington, 302-995-7636 Mon.-Fri., 9am-2pm; Lunch served 11:30am-12:30pm

Absalom Jones Senior Center is a warm, friendly place to visit with old and new friends alike. Stop in weekdays and enjoy our game room, classes, exercise program, arts and crafts, bingo, trips, dinner nights out, and so much more. We offer free transportation to and from the Center. We also host several bus trips and other activities throughout the year. Enjoy a hot, nutritious lunch served daily (reservations required) for a suggested donation of \$2.25, as well as a salad bar on Tuesdays and Thursdays for the same suggested donation.

See our newsletter online at nccde.org/seniors.



#### SPECIAL ACTIVITIES FOR SENIORS

#### **PHILLY FLOWER SHOW**

#### March 3, 9am-3pm

Absalom Jones Senior Center, \$27 Members/\$32 Non-members

The Flower Show is always a day full of beauty. Get dropped off right at the door. **Reservations required.** 

#### WII GAMES FOR SENIORS

#### March 3, 9-11am

Absalom Jones Senior Center, \$3 Come join the seniors for Wii Games.

#### **SENIOR CENTER CRAFTS**

#### April 7 & May 5, 9-11am

Absalom Jones Senior Center, \$3 Make paper flowers in April and paint with watercolors in May.

#### SIGHT AND SOUND "MOSES"

#### April 16, 9:15am-3:30pm

Absalom Jones Senior Center Join us for the world premiere. Center transportation provided. **Reservations** required.

#### **NATIONAL HARBOR, MD**

May 9, 8:30am-6:30pm Absalom Jones Senior Center. \$28 Members/\$33 Non-members View the Potomac, visit the shops. Reservations required.

#### **EXERCISING WITH ARTHRITIS**

#### SITE: HOCKESSIN

Instructor: Linda Adams, Gentle Wellness 4 Life
Four 1-hour classes, \$24R/\$29NR/month
1403.419 Tue 10-11am May
1403.420 Tue 10-11am May
Five 1-hour classes, \$30R/\$36NR/month
1403.421 Tue 10-11am Apr
Specifically geared to help those who have

Specifically geared to help those who have any form of arthritis. The gentle low/ no-impact exercises work on range of motion as well as increase flexibility. Wear comfortable clothing to each class. **Adults** 

#### **PARKINSON'S AEROBICS CLASS**

#### SITE: HOCKESSIN

Instructor: Jay Kogon, Neuro Fitness Therapy 1-hour classes, \$6 drop-in fee,

#### payable to instructor

Mon/Thu 11am-12pm Mar-May No class 5/26

Must be ambulatory with no assistive devices. The exercise and movement patterns are designed specifically for people with Parkinson's Disease. Sneakers and light clothing are recommended. For information, call 302-753-2700. Adults

#### SENIOR STRENGTH YOGILATES

#### SITE: HOCKESSIN

Instructor: Caitlin Reilly

1405.423 Wed 9:30-10:30am

**Four 1-hour classes, \$24R/\$29NR/month** 1405.422 Wed 9:30-10:30am Mar

1405.424 Wed 9:30-10:30am May Five 1-hour classes, \$30R/\$36NR/month

Designed specifically for seniors. Combines Yoga and Pilates movements on a mat on the floor and in a standing position. Bring a yoga mat and a bottle of water to class. **Adults** 

#### SITTIN' BE FIT!

#### SITE: HOCKESSIN

Instructor: Eric Wolf

 Eight 1-hour classes, \$48R/\$57NR/month

 1403.450
 Tue/Thu 9:30-10:30am
 Mar

 Nine 1-hour classes, \$54R/\$64NR/month

 1403.451
 Tue/Thu 9:30-10:30am
 Apr

 1403.452
 Tue/Thu 9:30-10:30am
 May

Especially designed for seniors, beginners, and the overweight, this class helps increase bone density, balance and overall well being. Move at your own pace. Bring a water bottle to class. **Adults** 

Registration may be required for bus trips, crafts and games.

Call Absalom Jones Senior Center at 302-995-7636.

To register for exercise and education classes, call the number listed or register online at https://activenet.active.com/nccde



#### STEPS TO AVOIDING SCAMS

One 1-hour presentation, No charge

Presenter: Stand by Me 50+ SITE: APPOQUINIMINK

 Mon
 10-11am
 4/21

 SITE: BRANDYWINE TOWN CENTER
 Thu
 9-10am
 4/17

SITE: GARFIELD PARK

Thu 10-11am 5/15

SITE: HOCKESSIN

Mon 10-11am 4/7

Get a basic understanding of the types of scams targeting seniors. To register call 302-239-8861. Adults

## MANAGING YOUR INCOME IN RETIREMENT

SITE: HOCKESSIN

Instructor: Paul Jervey, Edward Jones One 1-hour presentation, No charge

Tue 6:30-7:30pm 3/18 Tue 6:30-7:30pm 4/22 Tue 6:30-7:30pm 5/20

Learn how to build a reasonable and sustainable strategy for managing income and expenses during retirement. Call 302-234-1463 to register. Adults

For more classes for seniors, see pages 19-28.

# 65th Annual PLATINUM PLATINUM PICNIC

Hawaiian June 4

Lyan 9am - 1pm

**Banning Park, Wilmington** 

For details go to nccde.org/seniors

Food provided by Young's Pig Pickin



# BOOK BUDDY A Program for the Homebound & their Caregivers



#### What is the Book Buddy program?

The Book Buddy Program is an outreach program of the New Castle County Libraries. The service is designed to provide access to library materials for the homebound, their caregivers, or those in assisted living communities in New Castle County. Book Buddy volunteers deliver library materials to those enrolled in the program on a regular basis. There is no fee for this service.

#### What types of material are available?

Book Buddy patrons may borrow books, audio books, music CDs, magazines, and DVDs.

#### What is the next step?

An application can be obtained at your County Library, on the library web site www.nccdelib.org, or by contacting our Book Buddy Coordinator at 302-395-5656. Return application to your County Library. The Book Buddy Coordinator will contact you.

# Interested in becoming a Book Buddy volunteer?

Make a difference by becoming a Book Buddy volunteer & delivering library materials to the homebound. To participate in this program, please contact the Book Buddy coordinator at 302-395-5656.