



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
2019

From the Director's Desk

To start the New Year, I will begin by thanking those who volunteered in 2018 and also my staff for being here and ready whenever they are needed. They always go the extra mile and I am thankful each day to have them. They treat the members with kindness and are always helpful.

Our Sassy Ladies went to The Abhors at New Castle to hand out gloves, lotion, socks, and cards to everyone. The Queen Mom Le Compte planned the trip. Thank you Sassy Ladies for touching many hearts at a special time. We have enjoyed a good year at the center with several new members joining us. The center went on a LOT of fun and educational trips. The New Year will bring new activities, educational and fun trips. Stop in for a newsletter — they go fast — to see what we have to offer.

The Staff would like to wish everyone a HAPPY HEALTHY NEW YEAR. To my staff, life wouldn't be the same WITHOUT YOU. Thank you for another wonderful year.

Have a great month! See you at the center. 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

Pearl Beale	Clint Norvell	Mary Wilmore
Henry Williams	Gary Zupon	Mary Ann Mannering
Janet Tenowich	Norma Moore	Meela Selimov
Louise Truitt Cecce	Tony Donnelly	Lola Riley
Doris Whitcoe	Lillian Stark	Elaine Showstead
Castella Le Compte	Yasmeen Abdullah	
Bill Cochran	Lona Lowe	
Linda Gonzalez	Evelyn Chervenik	<i>How many of our members</i>
James Davis	Mildred Hamilton	<i>are New Year babies?!</i>
Lillian Stark	Petra Young	
Bea Boyer	Yvonne Lau Reano	

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.

January 10, Starting at 10:30, Capt. Hynson speaks on Black History Month.

Plan on joining us. He is a fabulous speaker.

January 16, Reading Terminal 8:30 a.m. -2:30 p.m. \$3

January 31, Resorts Casino Atlantic City 8:30 a.m.-6:30 P.M. Coach \$35

February 6, Franklin Institute "Viking Beyond the Legend" \$24, 9 a.m.-2:30 p.m.

February 12, No plans? Join us in making chocolate heart treats. 12:30p.m.

February 13, Hollywood Casino, Perryville 8:45 a.m.-2p.m. \$3

February 14, Sign up for a Sweetheart Lunch 11:30 a.m.-12:30 p.m.

March 1, Pottery Class, 9-11 a.m. free at the Art Studio

March 6, Philadelphia Flower Show \$33 9 a.m. -3 p.m.

March 27, ABJ will host a "Health Fair with a Flair" @ Garfield Park

April 17, ABJ will be "43" years young! Join our Anniversary Celebration \$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

Joseph Maloney

Thinking of You

Earl Kellam

Cynthia Brown

Debbie Kondzielawa

Ethel Moss

Helen Chapman

Nancy Welden

Bernice Barnce

Marcia Gruszczynski

Martin Duffy

Elizabeth Block

Elizabeth Hay

Welcome New Members

Philip Potts

Arlene Myers

Irene Sama

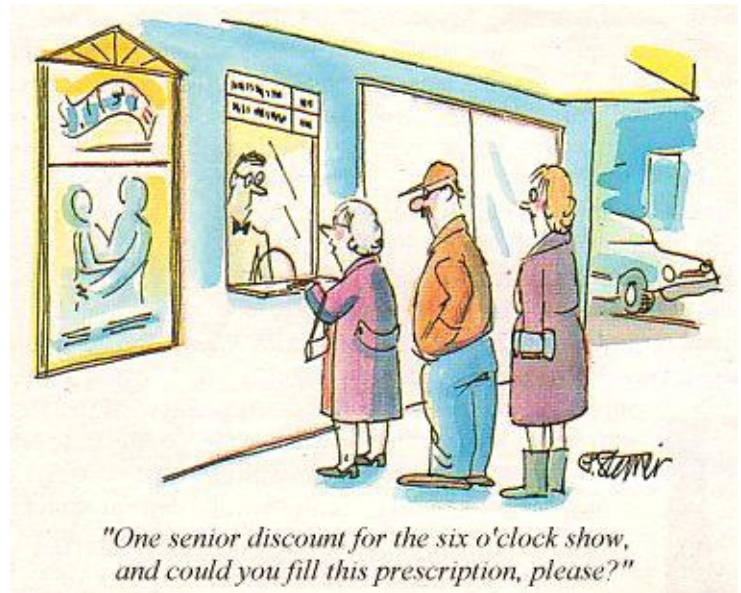
Wanda Ganswith

Ronda Kungis

Gerry Sheridan

Betty Ann Themail

Ruth Jobes



TRIVIA QUESTIONS

Coming back in February!

Senior of the Month: Pat Piccole

Pat Piccole and her husband Nick (married 42 years!) joined the center almost a year ago. We are pleased they picked us for their center. Like our other members they are a lovely couple. They are always happy and have a smile for everyone.

Pat was born on February 17 in Philadelphia. She lived there for 45 years then in New Jersey for 12 years. Pat settled in Delaware four years ago and lives in Stanton. Pat became a bookkeeper after graduating from high school. She took time off to raise two children. After doing volunteer work at U of P Hospital and attending seminary school for three years, she went to work for AmeriHealth where she stayed for 17 years.

Pat has five grandchildren: four girls (one set of twins) and one boy. Her favorite TV Show is "SCANDAL". Favorite food is all kinds but really likes lamb chops. Pat likes to vacation on a cruise ship especially to warm climates in the winter. Pat has a list of hobbies (which doesn't surprise me at all) baking, knitting and crocheting, scrapbooking, jewelry making, reading mysteries and learning to play the piano. My question to Pat is do you ever sleep?

Pat's famous lunch partners would be her mother and grandmother who were "My Best Friends".

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>10am: Book Club (3rd Tuesday)</p> <p>10:30-11:15am: Advanced Line Dancing (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>2-3pm: Drama Club Practice</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>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>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!

ABSALOM JONES SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 2019	1 Center Closed HAPPY NEW YEAR	2 9:30 -2 Trip Christiana Mall 9: Beginner LD 10: Arm Chair Exercise Scrabble/Upwords, Tai Chi 12: Bid Whist Cards	3 9: ShopRite, Wii Four Dames 9:30: Sitting Tai chi for seniors 10:30: Bible Study 10:45: Dancers Knowledge 11:15: Pinochle Club 12:30: Exercise Group	4 9-2 Trip Produce Junction , Dover 9:30: Tai Chi 10:30: Winston LD, Art Therapy 12: Bid Whist Cards
7 9-12: Trip Price Corner 9: Scrabble/Upwords, Computer Class 9:30: Wii All Stars 10:30: Bible Study 12:30: Debbie's Cardio	8 9 -2: Bingo 9:30: Sitting Tai chi for seniors 10:30: Dancing Frenzy, Wii Table Ten 12:30: Sassy Ladies MT, Group Exercise, Wii Foxy Ladies 1:30: Debbie's Cardio	9 9-2: Trip Byler's Country Store 9: Water Color Class, Scrabble/Upwords, Beginner LD 10: Arm chair exercise, Tai Chi 10:30: Wii Table Ten 12: Bid Whist Cards	10 9: ShopRite, Wii Four Dames 9:30: Sitting Tai chi for seniors 10:30: Bible Study 10:45: Dancers Knowledge 11:15: Pinochle Club 12:30: Group Exercise	11 9-2 Trip Air Mobility Command Museum 9:30: Tai Chi 10:30: Winston LD 12: Bid Whist Cards
14 9-12 Trip AC Moore 9: Computer Class 9:30: Scrabble/UpwordWii All Stars 10:30: Bible Study 12:30 Debbie's Cardio	15 9: Bingo 9:30: Sitting Tai chi for seniors 10:30: Dancing Frenzy, Wii Table Ten 12:30 Group Exercise, Wii Foxy Ladies 1:30: Debbie's Cardio	16 9-2:30 Trip Reading Terminal Market \$3 9: Scrabble/Upwords, Beginner LD 10: Armchair exercise, Tai Chi 10:30: Wii Table Ten, Tai Chi 12: Bid Whist Cards	17 9: Shop Rite, Wii Four Dames 9:30: Sitting Tai chi for seniors 10:30: Bible Study 10:45: Dancers Knowledge 11:15: Pinochle Club 12:30: Group Exercise	18 9-2 Trip WalMart, Farmers Market 9:30: Tai Chi 10:30: Winston LD, Art Therapy 12- Bid Whist
21 CENTER CLOSED HOLIDAY Martin Luther King Jr. Day	22 9 Bingo 9:30: Sitting Tai chi for seniors 10:30: Dancing Frenzy 12:30: Group Exercise, Wii Foxy Ladies 12:30: Debbie's Cardio	23 9-2 Trip Wegmans 9: Scrabble/Upwords, Water Color Class, Beginner LD 10: Armchair Exercise, Tai Chi 10:30 Wii Table Ten, Tai Chi 12: Bid Whist	24 9: ShopRite, Wii Four Dames 9:30: Sitting Tai chi for seniors 10:45: Dancers Knowledge 11: Speaker: Medical Alert Solutions 11:15: Pinochle Club 12:30: Group Exercise	25 9-2 Trip Cracker Barrel 9:30: Tai Chi 10:30: Winston LD 12: Bid Whist
28 9: Computer Class 9:30: Scrabble/Upword, Wii All Stars 10:30: Bible Study 12:30: Debbie's Cardio	29 9: Bingo 9:30: Sitting Tai chi for seniors 10:30: Dancing Frenzy 12:30: Wii Foxy Ladies, Group Exercise 1:30: Debbie's Cardio	30 9-2 Trip Mystery Ride 9: Beginner LD 9:30: Water Color Class, Scrabble/Upwords 10: Armchair Exercise, Tai Chi 10:30: Wii Table Ten, 12 Bid Whist Cards	31 8:30-6:30 Trip Resorts Casino \$35 9: ShopRite, Wii Four Dames 10:45: Dancers Knowledge 11:15: Pinochle Club 12:30: Group Exercise	

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, Joseph Maloney**

**Advisory Board Meeting
 January 15, 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

NOVEMBER

4 GAMES

Blanch Barlow	335
Jeanne Daniels	343
Sue DeCola	326
Cele Kruger	334
James McKeller	0
Irene Murphy	332
Nick Piccoli	0
John Smith	0
Joanne Tweed	387
Marge Weidner	510
George Keenan	0

6 GAMES

Lovedy Berkley	0
Peg Chandler	480
Tony Cubeta	557
John Felmey	434
Margaret Henderson	0
Joanne Kautz	359
Joe Kontur	506
Mary Mensinger	458
Joanne Nagy	463
Doris Whitcoe	393
Bev Kane	579
James Aiken	355
Dorothy Zupon	511
Catherine Trakas	513

4G HIGH SCORE

Marge Weidner	1007
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6G HIGH SCORE

Joe Kontur	1717
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CHECK OUT THESE ACTIVITIES & PROGRAMS AT OUR 55+ LIFESTYLE CENTERS

BLACK HISTORY MONTH

SITE: AB JONES

1-hour presentation, **FREE**

Thu 10:30-11:30 a.m. 1/10

Captain Lionel Hynson discusses Martin Luther King's speech, bringing several photos for display. **Ages 55+**

ACQUAINT AND PAINT

SITE: GARFIELD PARK

Instructor: Dianne Angelo

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

Wed 5:30-7:30 p.m. 1/16

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

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

Instructor: Dianne Angelo

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

Wed 10 a.m.-12 p.m. 1/30

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

BACKWARDS WALKING

SITE: GARFIELD PARK

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**

EXERCISE YOUR MIND

SITE: HOCKESSIN COMM REC CENTER

Instructor:

Wendie Brost, Delaware Hospice

One 1-hour presentation, **FREE**

Wed 10-11 a.m. 1/16

Learn 12 tips for seniors to stay sharp and

play a little trivia too! **Call (302) 239-8861 to register. Adults**

SECRETS OF GETTING

KNEE REPLACEMENT

SITE: HOCKESSIN COMM REC CENTER

Presenters: Amanda Vito, DPT,

Steve Rapposelli, PPT

One 1-hour presentation, **FREE**

Thu 9-10 a.m. 1/10

Learn tips to on what you can expect from a joint replacement and how to best prepare for this surgery. **Call (302) 239-8861 to register. Adults**

STRONG ABS AT ANY AGE

SITE: HOCKESSIN COMM REC CENTER

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 CENTER

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**

ZUMBA® GOLD

SITE: HOCKESSIN COMM REC CENTER

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**

Yoga and Yogilates

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. 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**

MINDFUL MOMENTS

SITE: GARFIELD PARK

Presenter: University of Delaware

1-hour presentation, **\$75**

Wed 2-3 p.m. 1/23

This interactive stress management program introduces you to the concept of mindfulness and teaches participants how to practice mindfulness on their own through different activities. **Adults**

SELF CARE FOR THE

BEREAVED

SITE: GARFIELD PARK

Instructor: VITAS Healthcare

One 1-hour presentation, **FREE**

Wed 2-3 p.m. 1/16

Review practical steps for anyone who is navigating through a loss or a change in life circumstances. **Call (302) 571-4004 to register. Adults**

SITTIN' BE FIT

Instructor: Eric Wolf

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

Tue/Thu 9:15-10:15 a.m. Jan

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**

PARKINSON'S AEROBICS CLASS

SITE: HOCKESSIN

Instructor: Yolanda Hernandez

1-hour class, \$6 cash drop-in fee/class

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

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

Join us for an hour of exercise and movement with self-paced rest periods. The exercise and movement patterns are designed specifically for people with Parkinson's Disease who are ambulatory and do not require assistive devices. Sneakers and light clothing are recommended. **Adults**

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