



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

**February
2019**

From the Director's Desk

Can you believe it's February already?! I don't know where the time goes. It will be time to start the garden soon.

We are in the second half of the Wii competition. Our center has four teams and they are competitive. We won second place with our tree at Hospice for those who didn't hear

The tax season is around the corner. We offer tax aide every Tuesday starting at 9 a.m. last appointment 12 noon. You do have to call for an appointment. February 5 is our start date and April 9 will be the last day.

Don't forget we offer computer classes on Mondays.

Remember without "rain" there is no "rainbow"....our Center calendar has an array of colorful activities just for you! Stop in—I'm sure you will not be disappointed. The center visits all the surrounding states for trips. Not to mention New York City, and Washington, DC. Going on a trip with us is truly an adventure and we fit it all in one day.

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.

FEBRUARY BIRTHDAYS

Judith Govens

Nina Baughman

Erlinda Ponce DeLeon

Carol Smith

Helen Szperka

Helen Chapman

Gay Vreken

Betty Smith

Marcy Sharp

Betty Anderson

Dorothy Miller

Barbara Lake

Geraldine Dawkins

Peg Chandler

Patricia Piccoli

Francis Romano

Nancy Vance

Ying-Chi Lee

Margaret Glandville

Ronda S. Kungis

Michele Owens

Mike Crampsey

Susan Vintigni

Judith Godvens

Elinor Shockley

Frank Romano

Donna Brown

Martha Duffy

Larry Grimes

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.

February 2, Black History Month presentation at Walnut St. YMCA transportation from Absalom Jones Sr Ctn. leaving the center at 9:30 a. m.

February 14, Sweetheart Luncheon 11:30-12:30

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

March 27, Health Fair at Garfield Park ABJ Hosting the fair. 10 a.m.-noon.

April 17, Absalom Jones Senior Center "43" Anniversary Celebration

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

Thinking of You

Earl Kellam	Ethel Moss	Bernice Barnce	Elizabeth Block
Cynthia Brown	Helen Chapman	Marcia Gruszczynski	Elizabeth Hay
Debbie Kondzielawa	Nancy Welden	Martin Duffy	

Welcome New Members

Ruth Jobes	Ervil & Kathy Francis
Michael Huff	Frederick Garlic
Theresa McGraft	Julie Kramedas
Daniel Ryan	Sheldon Chambers
Venna Morris	Beverly Pottinger



TRIVIA QUESTIONS

Which president was lassoed on the parade reviewing stand?

A. Andrew Jackson B. Theodore Roosevelt C. Dwight Eisenhower

Who held the most inaugural balls?

A. Mr. Nixon B. Mr. Clinton C. Mr. Obama

What president designated the second Sunday in May to be

Mother's Day and what year?

50/50 Winner: Janet Tenowich, \$59

Senior of the Month: Helen Chapman

Helen Chapman was born February 27. She was born in Talleyville and now lives in Wilmington.

Helen likes to vacation in Western U.S. especially Colorado. The skies are so clear the mountains so big. Coming from Delaware where we don't see mountains I can understand that.

Helen's favorite food is cantaloupe and she loves all fruits.

Helen has a few hobbies she enjoys. She loves to read, especially novels. Also likes doing crossword puzzles. Helen loves coming to the center and playing bingo.

A famous lunch partner would be "Jesus" because he saved her soul.

Thank you for sharing a bit of your life with 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
February 2019 Taxes start Feb. 5, call to reserve you time slot. Every Tuesday 9 a.m. 10 a.m. 11 a.m. 12 noon	Speakers: 2/7 11:30 SMP 2/21 11:30 City Fair Nutrition Speaker Lauren Topic: Sugar Facts	Defensive Driving Dates 1/15 Refresher 10 a.m. 3/5 Basic 9 a.m. 5/7 Refresher 10 a.m. 6/4 Refresher 10 a.m. 9/17 Refresher 10 a.m. 11/19 Basic 9 a.m. 12/3 Refresher 10 a.m.		1 Trip Sign Up 12:30: Farm Market, RT 13 9:30: Tai Chi Class 10:30: Winston LD, Art Therapy, 12: Bid Whist Club 2: Drama Club
4 9-10:30: Computer Class, 9:30: Scrabble /Upwords 10:30: Bible Study 12:30: Debbie's Cardio	5 9-12: TAX AIDE 9 :30: Bingo, Wii All Stars, Sitting Tai Chi w/Kevin 10:30: Dancing Frenzy 12:30: Group Exercise, Wii Foxy Ladies, Sassy Ladies Meeting 1:30: Debbie's Cardio	6 9-2:30: Trip Franklin Institute Vikings Exhibit \$25 9:30: Scrabble/Upwords 10: Arm chair Exercise, Rick's Beginners LD Tai Chi Class, Wii Table Ten 12: Bid Whist Game	7 9: ShopRite, Wii Four Dames 9:30: Sitting Tai Chi w/ Kevin 10:30: Bible Study 10:45: Dancers Knowledge 11:30: Pinochle Club 12:30: Group Exercise 2: Drama Club	8 9:30: Trip Breakfast @ Hollywood Diner and Christmas Tree Shop 9:30: Tai Chi Class 10:30: Winston LD 12: Bid Whist Club 2: Drama Club
11 9-10:30: Computer Class 9:30: Scrabble/ Upwords 10:30: Bible Study 12:30: Debbie's Cardio 1-4: All Staff Safety Training @ the center	12 9-12: TAXAIDE 9:30: Bingo, Wii All Stars, Sitting Tai Chi w/Kevin 10:30: Dancing Frenzy 12:30: Group Exercise, Wii Foxy Ladies, 1:30: Debbie's Cardio	13 9-2: Trip Hollywood Casino 9-11:30: Water Color Class 9:30 Scrabble/ Upwords 10: Armchair Exercise, Rick's Beginners LD Tai Chi Class 10: Wii Table Ten 12: Bid Whist Game	14 9: ShopRite, Wii Four Dames 9:30: Sitting Tai Chi w/ Kevin 10:30: Bible Study 10:45: Dancers Knowledge 11:30: Pinochle Club 12:30: Group Exercise 2: Drama Club	15 9-2 Trip Trader Joe's Friendly's Lunch 9:30: Tai Chi 10:30: Winston LD, 12: Bid Whist Club 2: Drama Club
18 Holiday Center Closed	19 9-12: TAX AIDE 9:30: Bingo, Wii All Stars, Sitting Tai Chi w/ Kevin 10: Book Club 10:30: Dancing Frenzy 12: Advisory Board 12:30: Wii Foxy Ladies, Group Exercise 1:30: Debbie's Cardio	20 9-3: Trip Shady Maple 9: Water Color Class 9:30: Scrabble/ Upwords 10: Armchair Exercise, Rick's Beginners LD, Tai Chi Class 10:30: Wii Table Ten 12: Bid Whist Game	21 9: ShopRite, Wii Four Dames, 9:30: Sitting Tai Chi w/ Kevin 10:30: Bible Study 10:45: Dancers Knowledge 11:30: Pinochle Club 12:30: Group Exercise 2: Drama Club	22 9-2 Trip Good Will Store (202) Lunch Hot Dog's 9:30: Tai Chi Class 10:30: Winston LD 12: Bid Whist Club 2: Drama Club
25 9-10: Computer Class 9:30 Scrabble/ Upwords 10:30: Bible Study 12:30: Debbie's Cardio	26 Trip Myster Ride, \$7 plus lunch 9-12: TAXAIDE 9:30: Bingo, Wii All Stars, Sitting Tai Chi w/Kevin 10:30: Dancing Frenzy 12:30: Wii Foxy Ladies, Group Exercise 1:30: Debbie's Cardio	27 9-12: Trip Dollar Store Run 9: Water Color Class 9:30: Scrabble/ Upwords 10: Armchair Exercise, Rick's Beginners LD 10:30: Wii Table Ten 12: Bid Whist Game	28 9: ShopRite, Wii Four Dames 9:30: Sitting Tai Chi w/Kevin 10:30: Bible Study 10:45: Dancers Knowledge 11:30: Pinochle Club 12:30: Group Exercise 2: Drama Club	

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
February 19, 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

DECEMBER

4 GAMES

Blanch Barlow	305
Jeanne Daniels	307
Sue DeCola	340
Betty Howe	390
Cele Kruger	362
James McKeller	0
Irene Murphy	261
Nick Piccoli	0
Evelyn Pyle	389
John Smith	0
Joanne Tweed	335
Marge Weidner	230
George Keenan	0

6 GAMES

Lovedy Berkley	0
Peg Chandler	523
Tony Cubeta	384
John Felme	426
Don Gerwig	478
Mary Johnson	417
Margaret Henderson	274
Joanne Kautz	395
Joe Kontur	375
Mary Mensinger	431
Joanne Nagy	524
Bill Schultise	0
Doris Whitcoe	382
Bev Kane	331
James Aiken	0
Dorothy Zupon	340
Catherine Trakas	0
Sandy Poe	307

4G HIGH SCORE

Betty Howe 1248

6G HIGH SCORE

Joanne Nagy 1816

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

ACQUAINT AND PAINT

SITE: GARFIELD PARK COMM REC

Instructor: Dianne Angelo

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

Wed 5:30-7:30 p.m. 2/13

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 COMM REC

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 COMM REC

Instructor: Dianne Angelo

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

Wed 10 a.m.-12 p.m. 2/27

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. Dec-Feb

Tue/Thu 9:30-10:30 a.m. Dec-Feb

No class 12/25, 1/1

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

SITE: GARFIELD PARK COMM REC

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**

BEGINNER/INTERMED YOGA

SITE: GARFIELD PARK COMM REC

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. Dec-Feb

No class 12/25, 1/1

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**

BRIDGE CLUB

SITE: HOCKESSIN COMM REC

2-hour programs, FREE

Tue 12:30-2:30 p.m. Dec-Feb

No class 12/25, 1/1

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

STRONG ABS AT ANY AGE

SITE: HOCKESSIN COMM REC

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

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**

SITTIN' BE FIT

SITE: HOCKESSIN COMM REC

Instructor: Eric Wolf

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

Tue/Thu 9:15-10:15 a.m. Dec-Feb

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**

ZUMBA® GOLD

SITE: HOCKESSIN COMM REC

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**

CHAIR YOGA

SITE: HOCKESSIN COMM REC

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**

SENIOR STRENGTH AND BALANCE

SITE: HOCKESSIN COMM REC

Instructor: Ricardo Narvaez

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

Tue 8:15-9:15 a.m. Dec-Feb

No class 12/25, 1/1

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

SENIOR STRENGTH YOGILATES

SITE: HOCKESSIN COMM REC

Instructor: Caitlin Reilly

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

Thu 10:40-11:40 a.m. Dec-Feb

Designed specifically for seniors, a combination of yoga and Pilates movements can 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. For some activities, you may register by phone.