



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

July
2019

From the Director's Desk

Summer is no longer around the corner it's hot. So let me remind you to join us at the Surratte Swimming Pool. Mary Ellen Louise will be your water aerobics instructor. Weather permitting it will be Tuesday and Thursday 10:30-11:30 a.m. Come a little early as the class will start at 10:30 a.m. sharp. We will leave the center 9:45 a.m. Sorry about the day change.

Our Center's calendar has an array of colorful activities just for you. Check out pages 3 and 4 just to get you started. Then when you visit the center you will be introduced to the friendly members and staff. New trips are posted every couple days.

We have several fun and educational trips planned for the months ahead. Stop in I'm sure you will find a trip or activity you will enjoy.

Our picnic at Glasgow Park will be July 26, We will bring the food you just come and enjoy the day. Thanks to all who help in anyway.

Did you know that July is National Ice Cream month we will celebrate at one of the local ice cream locations? 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.

JULY BIRTHDAYS

Theresa Gallagher
Roberta Sarsfield
Lorraine Riley
Catherine Trakas
Virginia Sheppard
Peggy Grasty
Glenda Donnelly

Beth Solomon
Albert Paladinetti
Kitty Wachowski
Joanne Kautz
Robert Rochester
Melody Price

Ellen Land
Dianne D' Amico
Carol Kusel
Anthony Ptak
Michele B. Scales

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.

- July 22, Harrington State Fair Senior Day Free for 65 +. Bus \$3.
- July 24, New York Metropolitan Art Museum, Katz's, & Central Park 8:30-6:30 p.m.
- Aug. 7, Marvel Super Heroes @ Franklin Institute \$26.
- Aug. 16, 'SUMMER MIXER' w/ DJ JACK 5:30 p.m.- 8:30 p.m. Donation \$ 5 per person.
- Aug. 21, "Thunder Over the Board Walk" Atlantic City coach \$35 8:30-6:30 p.m.
- Aug. 23, The Blue Rocks Game & Fire Works \$10 ticket 5:30-9:30.
- Sept. 17, AARP Driver Refresher Course 9:30-2:30 p.m. call for appointment.
- Sept. 18, Bible Museum in Washington coach \$35 Museum \$12. 8:30-6:30 p.m.
- Sept. 19, Flu Shots for info center.
- Oct. 16, Candlelight Theatre Catch Me If You Can tickets \$57.

Registration and payment required for above trips. **PAYMENT DUE WHEN YOU SIGN UP.** For info 302-995-7636

NO TRIP OR SHOW REFUNDS UNLESS WE HAVE SOMEONE TO REPLACE YOU!

STAFF

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

Thinking of You

Anna Boruta	Pauline Jarman
Ethel Moss	Annette Tomasello
Alice Short	Joe Nice
Bea Boyer	Earl Kellam
Roberta Boyle	Helen Chapman
Nancy Kaper	Frank Romano
Marion Treece	Bonita Ryder
June & Harry Jump	

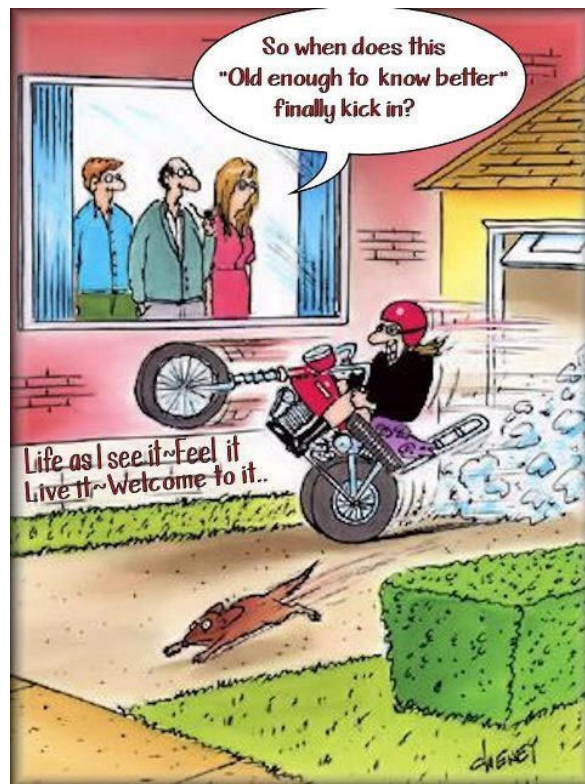
Welcome New Members

Ibrahim Subia	Pam Salaam
Denise Miles	Patricia Mulligan
Sonia Vasquez	Vivian Banks
Richard Kalmbacher	Elisa Cordero
Susan Abrason	

June 50/50 Winner: Harry Rash, \$49

TRIVIA QUESTIONS

1. The most money that can be lost in one turn in Monopoly is _____?
2. Mel Blanc, the voice of Bugs Bunny, wasn't a fan of ____ ____.
3. An iguana can hold its breath for _____ minutes ?



Senior of the Month: Norris Cooper

Norris Cooper was born in Camden, NJ. He lived in Woodbury for over 50 years then moved to Delaware. He is our Chef at all of our picnics. Norris sure knows how to cook a good hamburger and hot dog. Let's add chicken to that list.

Norris attended Graham College after graduating from Woodbury H.S. His major was in communications. He then worked 36 years with Mobil Oil & Valero.

Norris has two daughters and two grandchildren both are boys. He loves sports programs, especially football. His favorite food is chicken and ribs. Norris likes to vacation in Hawaii, Marco Island, and St. Thomas. He likes playing pinochle.

Lunch would be with his wife, Paulette because she is the most important person in his life.

You can find Norris helping at his church most of the time. Norris is always ready to help if you're in need.

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 9:30: Computer Class, Scrabble/Upwords 10:30: Bible Study 12:30: Cardio w/ Debbie	2 9: 30: Bingo, 9:30: Sitting Tai chi 9:45: Water Aerobics 10:30: Dancing Frenzy 12:30: Group Exercise, Sassy Ladies Meeting 1:30: Cardio	3 9-2 Trip Smyrna Goodwill & Lunch 9:30: Scrabble/ Upwords 10: Beginners LD, Arm chair exercise, Tai Chi 12: Bid Whist	4 CENTER CLOSED INDEPENDENCE DAY	5 9-12 Trip Dollar Store/ McDonalds lunch 9:30: Tai Chi 10: Drama Club 10:30: Line Dancing 12: Bid Whist
8 9:30: Computer Class Scrabble/Upwords 10:30: Bible Study 12:30: Cardio	9 9:30: Bingo, Sitting Taichi 9:45: Water Aerobics 10:30 :Dancing Frenzy 11:30: Speaker: Generation Home Care 12:30: Group Exercise, 1:30: Cardio	10 8:30-2:30 Trip Shady Maple 9-11:30: Water Color Class Scrabble/Upwords 10: Beginners LD, Arm chair Exercise, Tai Chi 12: Bid Whist	11 9: Shop Rite, 9:45: Water Aerobics 10:30: Bible Study, 10:45: Dancers Knowledge 11:30: Speaker: City Fare 11:15: Pinochle Club 12:30: Group Exercise 2: Drama Club	12 9-2 Trip Delaware Park 9:30: Tai Chi 10: Drama Club 10:30: Line Dancing 12: Bid Whist
15 9:30: Computer Class ,Scrabble/Upwords, Computer Class 10:30: Bible Study 12:30: Cardio	16 9:30: Bingo, Sitting Taichi 9:45: Water Aerobics 10: Book Club 10:30: Dancing Frenzy 12: Adv. Board Meet 12:30: Group Exercise 1:30: Cardio	17 8:30-2:30 Trip Fonthill Castle/ Title Works \$12/\$5 9: Scrabble/Upwords 10: Beginners LD, Tai Chi, Arm chair Exercise 12: Bid Whist	18 9: Shop Rite 9:45: Water Aerobics 10:30: Bible Study, 10:45: Dancers Knowledge 11:15: Pinochle Club 11:40: Speaker 12:30: Group Exercise, 2: Drama Club	19 9-2 Trip Breakfast & Trader Joe's 9:30: Tai Chi 10: Drama Club 10:30: Line Dancing 12: Bid Whist
22 8:30-3: Trip \$3 Harrington State Fair 9:30: Scrabble/Upwords Computer Class 10:30: Bible Study 12:30: Cardio	23 9: 30: Bingo, Sitting Taichi 9: 45: Water Aerobics 10:30: Dancing Frenzy 12:30 Group Exercise, 1:30: Cardio	24 8:30-6:30 Trip New York call for info 9: Water Color Class Scrabble/Upwords 10: Beginners LD, Tai Chi , Armchair Exercise 12: Bid Whist	25 9: Shop Rite 9:45: Water Aerobics 10:30: Bible Study, 10:45: Dancers Knowledge 11:15: Pinochle Club 12:45 Group Exercise 2: Drama Club	26 9-2 Trip Glasgow Park Picnic 9:30: Tai Chi 10: Drama Club 10:30: Line Dancing 12: Bid Whist
29 9:30: Computer Class Scrabble/Upwords 10:30: Bible Study 12:30: Cardio	30 9: Bingo 9:45: Water Aerobics 10:30: Dancing Frenzy 12:30: Group Exercise 1:30: Cardio	31 9-2 Trip Mystery Ride \$12 9: Scrabble/Upwords 10: Beginners LD, Tai Chi, Arm chair exercise 12: Bid Whist	JULY 2019	Mark your Calendar Painting W/ Janet July 16, Turkey Aug 20, Applique-Turkey \$ 10 each

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
July 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

JUNE

4 GAMES

Blanch Barlow 371
 Jeanne Daniels 253
 Sue Decola 433
 Betty How 289
 Cele Kruger 337
 Maggie King 373
 Irene Murphy 314
 Joanne Tweed 344
 Marge Weidner 361

6 GAMES

Peg Chandler 538
 Tony Cubeta 459
 John Felmey 566
 Joe Kontur 461
 Joanne Nagy 468
 Sandy Poe 330
 Dorothy Zupon 373
 Mary Mensinger 402

4 GAME HIGH SCORE **6 GAME HIGH SCORE**
Sue Decola 1295 **Tony Cubeta 1319**

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

APPOQUINIMINK COMMUNITY RECREATION CENTER

MATTER OF BALANCE

Instructor: State of Delaware, Division of Aging

Eight 2-hour sessions, FREE

Wed 10 a.m.-12 p.m. July-Aug

No program 8/28

Nationally recognized, evidence-based program that helps older adults reduce their fears of falling and increases activity levels. Practical solutions to change behaviors and develop a healthier lifestyle are shared. **Adults**

GARFIELD PARK COMMUNITY RECREATION CENTER

TAI CHI

Instructor: Winston Gacutan

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

Tue 10-11 a.m. June-Aug

Tai Chi combines soft flowing movements with proper breathing techniques. Continued practice can relieve stress, increase strength and flexibility, energize the body and even lower blood pressure. **Adults**

BEGINNER/INTERMEDIATE YOGA

Instructor: Rebecca Keifer

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

Tue/Thu 9:30-10:30 a.m. June-Aug

No class 7/4

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**

HOCKESSIN COMMUNITY RECREATION CENTER

KNITTING CIRCLE

2-hour sessions, FREE

Mon/Thu 6-8 p.m. June-Aug

No program 7/4

Are you creative and like to meet people? Have fun in a relaxed atmosphere where all experience levels are welcome. Learn from each other while knitting one of your favorite projects. **Adults**

BARRE SCULPT

Instructor: Yolanda Hernandez

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

Mon 10-11 a.m. June-Aug

No class 7/8

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

DANCE FIT

Instructor: Yolanda Hernandez

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

Tue 10:30-11:30 a.m. June-Aug

No class 7/9

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**

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. June-Aug

No class 7/4

Beginner paced workout designed for first-timers, seniors and the overweight. This training program targets gradual improvements in balance, strength and well-being overtime. Work within your own fitness level and at your own pace. Bring a towel and water. **Adults**

TAI CHI

Instructor: Art Ferris

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

Mon/Wed 9-10 a.m. June-Aug

Tai Chi combines soft flowing movements with proper breathing techniques. Continued practice can relieve stress, increase strength and flexibility, energize the body and even lower blood pressure. **Adults**

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. June-Aug

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

Instructor: Ricardo Narvaez

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

Tue 8:15-9:15 a.m. June-Aug

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

No class 7/4

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**

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