



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

June  
2019

## From the Director's Desk

I don't know where the time goes... May just started and June is around the corner. That means the garden will be planted soon.

We hosted the Banquet and it was a busy day. We want to thank everyone for their help. It takes many hands to plan for 200 people. Thanks to DJ Jack—he always is entertaining.

If you like to read, our Book Club meets the third Tuesday each month. Join us for an interesting discussion on each book we read.

As you will see the summer months are packed with trips. Someone told me that they felt like they were on vacation one week we did so much. I will take that as a positive note.

See you at the center

Regards, Joan

### JUNE BIRTHDAYS

Betty Howe	Barbara Mc Camie	Mary Libby Ward
Mary Johnson	John Fleming	Julie Kramedas
Evelyn Pyle	John DuVernay	Linda Mutter
Ruby Malachi	Joanne Detterline	Barbara Benson
Marion Treece	Ann Perry	Joanne Serio
Maria Russak	Nancy Carter	Ronda Mullins
Norris Cooper	Cassandra Faunt Leroy	John Sims
Joann Tweed	June Jump	Robert Nelson
Bonita Ryder	Harry Jump	Rira Price
Pat Stryze	Katherine Issaris	Joan Graham
Nick Piccoli	Miriam Raman	Rodney Coppock
Helen Miles	Kathy Francis	Marjorie Lindsay

### UPCOMING ACTIVITIES AT THE CENTER YOU MUST CALL FOR ALL INFO. BUS FILLS QUICKLY 302-995-7636.

June 4, Defensive Driving Refresher Course registration required.

June 5, Platinum Picnic \$5 9-1 p.m.

June 10, Longwood Gardens ticket is \$17 plus your lunch.

June 12, Mummers Museum \$ 28 includes: lunch, tour, learning the strut and dancing.

June 14, Kitchen Kettle \$3 8:30- 2 p.m.

June 17, Surratte Pool leave center 9:45- 11:30 p.m. Water Aerobics with Mary Ellen. Free

June 20, Mini Bazaar table \$5 & Bake Sale Support your center thank you

June 21, Lobster House for lunch 11:30. Then visit Cape May. Couch cost \$35. 8:30-6:30 p.m.

June 26, Spirit of Philadelphia Luncheon Cruise \$45 9-3:30 p.m.

July 17, Tour Fonthill Castle & Moravian Pottery & Tile Works \$13 plus lunch 8:30-2:30 p.m.

July 24, Metropolitan Art Museum / Lunch @ Katz's 8:30-6:30 p.m. \$70 includes Met \$15,

Katz's lunch \$19 includes Half a sandwich, Fries & Soda, Coach \$35.

July 22, Harrington State Fair 8:30 a.m.-3:30 p.m. \$3

Aug. 7, Franklin Institute "Marvel Super Heroes" \$29

Aug. 21, Thunder Over The Boardwalk AC 8:30-6:30 P.M. Coach \$35.

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!**

## 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.

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.**

## STAFF

**Director**

Joan Budrow

**Assistant Director**

Judy Panchisin

**Site Manager**

Sheila Kellam

**Drivers**

James Kula

Wayne Winters

Karen Murphy

## Thinking of You

Kay Coffin  
Alice Short

Pauline Jarman  
Dorothy Skipski

Anna Boruta  
Earl Kellam

Anne Benedetto  
Marlene Coughlin  
Lilly Yess

## Welcome New Members

Kevin Nadir	Gertrude Merkel
Michael Patterson	Barbara Abbott
Joanne Fratontoni	Lillian Kempiski
Carol Appleby	James Thorn
Sheila Ruffin	Raymond Anthony
Audrey Hibbert	Eileen Aiken
Gail Graham	Karen DeRamus
Vichy Collins	
Thomas & Maryann Cavanaugh	
Robert & Charmaine Engle	

**May 50/50 Winner: Henry Williams, \$72**

## TRIVIA QUESTIONS

1. More presidents have been born in this state than any other state?
2. Sharks are the only fish that can \_\_\_\_\_ with both eyes?
3. A starfish doesn't have a \_\_\_\_\_?
4. The oldest-known goldfish lived to \_\_\_\_\_ years of age? His name was Fred.



**70<sup>TH</sup> ANNUAL**  
*Viva Las Vegas!*  
**Platinum PICNIC**  
*Featuring Elvis & Friends!*

**Wednesday, June 5, 9 a.m.-1 p.m.**  
**Hockessin PAL, 7259 Lancaster Pike, Hockessin**

**FREE EVENT! Open to Ages 55+**  
Costume Contest ♦ Door Prizes ♦ Disc Jockey ♦ Entertainment ♦ Hot Lunch \$5

Registration requested. Call (302) 395-5652  
or visit [newcastledel.gov/specialevents](http://newcastledel.gov/specialevents).

County Executive Matthew Meyer  
Department of Community Services  
Division of Community Resources

## Senior of the Month: Lona

Lona joined the center in 2015. She was born in Bethesda, MD at the old Walter Reed Military hospital. Lona's father was in the Navy and her mother was in the Marines. She travelled up and down the East Coast, residing in Washington D.C., Norfolk, VA, McKeesport, PA, Portsmouth, VA and Virginia Beach.

Lona worked in the retail industry and childcare services for over 40 years. At one point while working those jobs, Lona attended college earning a degree as a diet technician and food service supervisor. After graduating, she worked three jobs: retail, childcare services and nursing services.

Lona's favorite TV Show is any type of Mystery, Police Dramas or Science Fiction. Her favorite foods are meat, vegetables and chocolate, chocolate and chocolate. I think she is trying to tell us something. Her favorite vacation spot is Canada, Lac St. Marie (near Quebec lake system with mountains.) Does Lona have any hobbies she likes to read, sew, puzzles- especially word find also canasta and poker,

Lona would like to have lunch with Bono-from the rock group U2. Because he donates to causes he is active with and very passionate about.

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>9-10am:</b> DE Swim &amp; Fitness Club</p> <p><b>9:30am:</b> Bank &amp; Post Office (1st Monday)</p> <p>Computer Class</p> <p><b>9:45-11:30am:</b> Surratte Pool (June-September)</p> <p><b>10:30-11:30am:</b> Bible Study</p> <p>Surratte Pool</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>10:30-11:15am:</b> Dancing Frenzy with Rick (1st Tuesday)</p> <p><b>12:30-1:30pm:</b> Chess Club Group Exercise Class</p> <p><b>1:30-2pm:</b> Debbie's Cardio</p> <p><b>1:30-2pm:</b> Pickle Ball</p> <p><b>FIRST TUESDAY OF THE MONTH...</b> <i>Sassy Ladies Meeting</i></p> <p><b>LAST TUESDAY OF THE MONTH...</b> <i>Birthday Party!</i></p>	<p><b>9am-2pm: Trip Day</b></p> <p><b>9am-2pm:</b> Game Room and Fitness Center Open</p> <p>Beginner Line Dancing</p> <p><b>9:15-11:45am:</b> Water Color Class (2nd &amp; 4th Wednesday )</p> <p><b>9:45-11:30am:</b> Surratte Pool (June-August)</p> <p><b>10am:</b> Video Armchair Exercise</p> <p>Tai Chi</p> <p><b>12pm:</b> Bid Whist</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>Cosmetologist, Jeanice (3rd Thursday)</p> <p><b>10:45-11:30am:</b> Soul Line Dancing (First 4 Thursdays)</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>10am:</b> Drama Club Practice</p> <p><b>10:30-11:30am:</b> Win Dance/ Fitness Class</p> <p>Art Therapy (1st &amp; 3rd Friday)</p> <p><b>12-4pm:</b> Bid Whist</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, 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
JUNE 2019	<b>HAPPY FATHERS DAY TO ALL THE DADS AND GRAMPYS AND GREAT GRAMPYS!</b>		<b>WHEN YOU SIGN UP FOR A TRIP YOU MUST PAY BY THE DUE DATE OR YOU WILL BE REMOVED FROM THE TRIP.</b>	<b>JUNE 20 MINI BAZAAR &amp; BAKE SALE. HELPERS WELCOME. RESERVE A TABLE \$ 5</b>
<b>3</b> 9-2:30: Mystery Ride \$12:50 plus your lunch 9-10:30: Computer Class 9: 30: Scrabble /Upwords 10:30: Bible Studywith Barbara P. 12:30: Cardio with Debbie	<b>4</b> 10- 2:30: Def. Driving Refresher Course call to pregerister 9:30: Sitting Taichi with Kevin 10:30: Dancing Frenzy with Rick 12:30: Group Exercise with Debbie 1:30:Cardio with Debbie	<b>5</b> <b>9:30-1: Trip</b>  <b>Platinum Picnic \$5 per person. Featuring ELVIS &amp; FREIENDS VIVA LAS VEGAS</b>  <b>All staff will attend, Center will be closed</b>	<b>6</b> 9: Shuffleboard 9:45: Sitting Taichi 10:30: Bible Study with Barbara Mc. 10:45: Dancers Knowledge with Rick 11:30: Speaker Injury Prevention, 11:15: Pinochle Club 12: ShopRite 12:30: Group Exercise 2: Drama Club Practice	<b>7</b> <b>9:30-12 Trip Express Discounts &amp; Prices Corner</b> 9:30: Tai Chi 10:30 : Line Dance with Winston, Art Therapy 12: Bid Whist Trip Blue Rocks Game 5 p.m.-10:30 p.m.
<b>10</b> <b>9-2: Trip Longwood Garden \$17 plus your lunch</b> 9-10:30: Computer Class 9:30:Scrabble/Upwords, 10:30: Bible Studywith Barbara P. 12:30: Cardio with Debbie	<b>11</b> 9: Bingo 9:30: Sitting Taichi with Kevin 10:30: Dancing Frenzy with Rick, Mr. Lee Health Care info 12:30: Group Exercise with Debbie 1:30:Cardio with Debbie	<b>12</b> <b>9-3: Trip Mummies Museum For tickets call 302-395-5268</b> 9- 11:30: Water Color Class 9:45: Water Aerobicswith Mary Ellen 10: Tai Chi 12: Bid Whist	<b>13</b> 9" Shuffleboard 9:45: Sitting Taichi 10:30: Bible Study with Barbara Mc. 10:45:Dancers Knowledge with Rick 11: 15: Pinochle 12: ShopRite 12:30: Group Exercise 2: Drama Club Practice	<b>14</b> <b>8:30-3:30: Trip Green Dragon \$3</b> 9:30: Tai Chi 10:30: Cynwith in Line Dance , Art Therapy 12: Bid Whist
<b>17</b> 9-10:30: Computer Class 9: Scrabble/Upwords 9:45: Water Aerobicswith Marry Ellen 10:30: Bible Study/ w Barbara P. 12:30: Cardio with Debbie	<b>18</b> 9: Bingo 9:30: Sitting Taichi with Kevin 10:30: Dancers Frenzywith Rick 12: ADV BD Meeting 12:30: Group Exercise with Debbie 1:30:Cardio with Debbie	<b>19</b> <b>9-2: Trip "Jesus" Sight &amp; Sound Call for info.</b> 9-11:30: Water Color Class 9:45: Water Aerobicswith Mary Ellen 10: Tai Chi	<b>20</b> 9: Shuffleboard 9:45: Sitting Taichi 10:30: Bible Study / w Barbara Mc. 10:45: Dancers Knowledge with Rick 11:15: Pinochle Club 12:ShopRite 12:30:Group Exercise 2: Drama Club Practice	<b>21</b> <b>8:30- 6:30: Trip Lobster House &amp; Cape May coach \$35 lunch not included.</b> 9:30: Tai Chi 10:30: Winston Line Dance 12: Bid Whist
<b>24</b> 9-10:30: Computer Class 9: Scrabble/Upwords 9:45: Water Aerobics w/ Mary Ellen 10:30: Bible Studywith Barbara P. 12:30: Cardiowith Debbie	<b>25</b> 9: Bingo 9:30: Sitting Taichi with Kevin 10:30: Dancing Frenzy with Rick 12:30: Group Exercise with Debbie 1:30:Cardio with Debbie	<b>26</b> <b>9:30-3:30 Trip Spirit of Philadelphia Cruise call for info.</b> 9:45: Water Aerobics with Mary Ellen 12: Bid Whist	<b>27</b> 9: Shuffleboard 9:45: Sitting Taichi 10:30: Bible Study with Barbara Mc. 10:45: Dancers Knowledge with Rick 11:15: Pinochle Club 12:30: Group Exercise 2: Drama Club Practice	<b>28</b> <b>9:30-2: Trip Walk at the River Front &amp; Big Fish Grill lunch</b> 9:30: Tai Chi 10:30: Winston Line Dance 12: Bid Whist

**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  
June 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.



**PINOCHLE CORNER**

**MAY**

**4 GAMES**

Blanch Barlow	0
Blanch Barlow	398
Jeanne Daniels	308
Sue Decola	358
Betty Howe	367
Cele Kruger	382
Maggie King	377
Irene Murphy	359
Evelyn Pyle	456
Joanne Tweed	323
Marge Weidner	343

**6 GAMES**

Peg Chandler	453
Peg Chandler	463
Tony Cubeta	495
Mary Fenimore	000
John Felmey	480
Dorothy Zupon	466
Catherine Trakas	464
Joe Kontur	374
Joanne Nagy	435
Clint Nordell	596
Sandy Poe	545

**4 GAME HIGH SCORE**  
**Irene Murphy 1295**

**6 GAME HIGH SCORE**  
**John Felmey 1852**



## 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

#### STRESS MANAGEMENT WORKSHOP

*Presenter: Delaware Chiropractor Team*

**One 2-hour workshop, FREE**

Tue 10:30-12:30 6/25

Enjoy a fun lunch and learn health assessment including chair massages and digital posture screenings. **Adults**

#### 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](http://nccde.org/happenings). For some activities, you may register by phone.**