



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

**May
2019**

From the Director's Desk

The summer is here. The weather is still a bit cool, but I'm thinking about our garden. We will need some helping hands for planting, weeding, watering and of course eating. I'm excited to get plants in the ground.

Absalom Jones celebrated our 43rd anniversary on April 17, it was a grand party indeed. 150 members celebrated with us. Mr. G III and his dad Mr. G II played the saxophone and keyboard. Mrs. Luana Swiss also played the keyboard. Diana and her husband Carlos Mesa preformed a Columbia Cumbia dance. It was beautiful. We had a wonderful time.

A HUGE THANK YOU to my staff who always will go the extra mile to help. All of you are wonderful and definitely appreciated. Thanks to all our volunteers, too! Oh, and be sure to ask Joyce Johnson about the beautiful poem she wrote and read to the Center.

I'm busy planning for the summer months so stop by to pick up a newsletter.

We are looking for book lovers! Did you know ABJ has a Book Club? We meet the third Tuesday of every month at 10a.m. If you love books and making new friends and don't mind sharing your opinion, then come out and join us! As always there is a lot going on.

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.

MAY BIRTHDAYS

Velma Wheeler
Pat Gardiner
Nancy Anthony
Ralph Smith
Peggy Miles
Evelyn X Smith
Joanne Nagy
John Felmeay

Ari Brown
Diane Ford
Jiann Chang
Ruth Lambert
Elisabeth Stirk
Kathleen Lewis
Beverly Gorski
Mary Mensinger

Cindy Sheats
Susan Joseph
Dreama Chinski
Harry Ruth
Sylvia Riley
Jeanne Sadot
Santissa Washington
Selvey Safrit

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.

June 5, Platinum Picnic—Viva Las Vegas! theme \$5

June 12, Mummers Museum, tour, lesson for the strut, lunch and dancing \$28

June 19, Sight and Sound "Jesus" Ticket \$59. Snack at the theatre.

June 21, Lobster House lunch on you, then on your own at Cape May. Coach \$35

June 26, Sprit of Philadelphia Cruse \$43 includes lunch, dancing.

July 22, Harrington State Fair \$3 leave the center 8:45am-3 p.m.

August 7, Franklin Institute exhibit Super Heroes Ticket \$26

August 21, Thunder Over the Boardwalk in Atlantic City \$35 coach (lunch not included)

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

Marcia Sharp
Bea Boyer
Earl Kellam

Marcia Gruszcznski
Alice Short
Marti Duffy`

Marion Treece
Dorothy Skipski
Mildred Shildt

Marlene Coughlin
Joe Nice

Welcome New Members

Debbie Gannon	Peggy Jones
Ruth Paulick	
Mitchell & DoreenFields	
Laura Watkins	Elsie Lucas
Patricia Watkins	Joanne & Frank Serio
Evelyn Romero	Beverly Dodson
Dottie Bennett	Santissa Washington
Linda Graham	Marlene Porter
Doug Davis	Benjamin Pearsall

March 50/50 Winner:
Sue DeCola, \$32



70TH 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 newcastlede.gov/specialevents.

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

Senior of the Month: Charles Hutt

Charles was born March 7 in Wilmington . He claims to be a lifelong Delawarean and now lives in New Castle. Charles graduated from Howard H.S. He worked for the city of Wilmington Water Department for 43 years and also trained new employees. He retired from there. Charles has one son and two daughters. He has grandchildren: three boys and three girls.

His favorite TV shows are “In the Heat of the Night”, Maverick, and Old Westerns and Army Movies. Charles likes fried chicken and ice cream. His hobbies include fishing, target practice and helping people. He is always donating something to the center. Charles likes visiting his children and likes to vacation in North Carolina and New York.

Charles would like to have lunch with Michael Jackson because he was a talented singer and dancer. 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!

ABSALOM JONES SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 2019		1 9: Trip Sign today. 9: Scrabble/Upwards 10: Armchair Exercise, Tai Chi 12: Bid Whist 12: Dairy Delight	2 9:30: Sitting Taichi 10:30: Bible Study, 10:45: Dancers Knowledge, w/Rick 11:15: Pinochle Club 11:30: Speaker 12: ShopRite 12:30: Group Exercise 2: Drama Club Practice	3 9-2: Trip Bylers Country Store 9:30: Tai Chi 10: Drama Club Practice 10:30: Art Therapy, Winston Line Dance 12: Bid Whist
6 10:30: BOWLING BANQUET @ ABJ SR CNT 9: Computer Class 9:30: Scrabble/ Upwords Computer Class 10:30: Bible Study 12:30: Debbie's Cardio,	7 9:30: Bingo , Sitting Taichi 10:30: Dancing Frenzy 11:30: 12:30: Group Ex, 1:30: Debbie's Cardio	8 9-3: Trip Flower & Home Marketplace, \$3 9: Scrabble/Upwords 9:30: Water Color Class 10 : Armchair Exercise, Tai Chi 12: Bid Whist	9 10:30: Bible Study, 10:45: Dancers Knowledge w/ Rick 11:15 Pinochle Club 12: ShopRite 12:30: Group Exercise 2: Drama Club Practice	10 9-2: Trip Wal-Mart Middletown 9:30: Tai Chi 10: Drama Club Practice 10:30 :Winston Line Dance 12: Bid Whist
13 9: Computer Class 9:30: Scrabble / Upwords, 10:30: Bible Study 12:30: Debbie's Cardio,	14 9:30: Bingo, Sitting Taichi 10: 30: Dancing Frenzy 12:30: Drama Club Presents: "Aunt Abatha" Tickets: \$6 12:30: Group Exercise 1:30: Debbie's Cardio	15 9-3: Trip Grounds for Sculpture, \$15 9: Scrabble/Upwords 10: Arm chair Exercise, Tai Chi 12: Bid Whist 6:15: Drama Club pre- sents: "Aunt Abatha Ticket \$5	16 10:30 Bible Study, 10:45: Dancers Knowledge, w/Rick 11:30: Speaker: 11:15: Pinochle Club 12: ShopRite 12:30: Group Exercise 2: Drama Club Practice	17 9-2 Trip Boothwyn Farm Market 9:30: Tai Chi 10:30: Art Therapy, Winston Line Dance 12: Bid Whist
20 8:30-6:30: Trip Resorts Casino coach \$35 9: Computer Class 9:30: Scrabble/Upwords, 10:30: Bible Study 12:30: Debbie's Cardio	21 9-2: Trip Mystery Ride / \$7 Breakfast on you 9:15: Bingo 10: Beginners LD 10:30: Dancing Frenzy 12:30: Group Exercise 1:30: Debbie's Cardio	22 8:30-2: Trip QVC/ Golden Corral 9: Scrabble/ Upwords 9:30: Water Color Class 10: Armchair Exercise 12: Bid Whist	23 10:30: Bible Study 10:45: Dancers Knowledge, w/ Rick 11:15: Pinochle Club 12: ShopRite 12:30: Group Exercise 2: Drama Club Practice	24 9-2 Trip Schaeffer's Canal House 9:30: Tai Chi 10:30: Winston Line Dance 12 :Bid Whist
27 Memorial Day Center Closed	28 9:15 Bingo 10: Beginners LD 10:30: Dancing Frenzy 12:30: Group Exercise 1:30: Debbie's Cardio	29 9-2: Trip Woody's Restaurant 9: Scrabble/Upwords 10: Armchair Exercise, Tai Chi 12: Bid Whist	30 10:30: Bible Study 10:45: Dancers Knowledge, w/ Rick 11:15: Pinochle Club 12: ShopRite 12:30: Group Exercise 2: Drama Club Practice	31 9-2 Trip Capt .Hynson Boat Ride \$15 9:30: Tai Chi 10: Drama Club 10:30: Winston Line Dance

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

May 21, 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

MARCH

4 GAMES

Blanch Barlow	0
Jeanne Daniels	358
Sue DeCola	376
Betty Howe	362
Cele Kruger	339
Maggie King	327
Irene Murphy	413
Evelyn Pyle	420
Joanne Tweed	423
Marge Weidner	371

6 GAMES

Peg Chandler	453
Tony Cubeta	563
John Felmey	442
Joe Kontur	463
Joanne Nagy	529
Clint Nordell	498
Sandy Poe	420
Catherine Trakas	492
Doris Whitcoe	476
Dorthy Zupon	471

4 G HIGH SCORE

Joanne Tweed 1363

6G HIGH SCORE

Tony Cubeta 1874

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

GARFIELD PARK REC CENTER

ACQUAINT AND PAINT

Instructor: Dianne Angelo

One 2-hour class, \$20

Wed 5:30-7:30 p.m. 5/22

Join us for a fun night of painting and leave with a masterpiece! **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. Mar-May

Tue/Thu 9:30-10:30 a.m. Mar-May

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

Instructor:

Andrew Holtz, PrimeUFitness.com

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

Wed 8:30-9:30 a.m. Mar-May

Walking backwards puts less strain and requires less range of motion from your knee joints, which is useful for people with knee problems or injuries. **Adults**

TAI CHI

Instructor: Winston Gacutan

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

Tue 10-11 a.m. Mar-May

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, 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. Mar-May

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 COMM REC CENTER

BRIDGE CLUB

2-hour programs, FREE

Tue 12:30-2:30 p.m. Mar-May

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

BARRE SCULPT **NEW**

Instructor: Yolanda Hernandez

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

Mon 10-11 a.m. Mar-May

No class 5/27

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

DANCE FIT **NEW**

Instructor: Yolanda Hernandez

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

Tue 10:30-11:30 a.m. Mar-May

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**

PARKINSON'S AEROBICS CLASS

Instructor: Yolanda Hernandez

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

Mon/Wed 11 a.m.-12 p.m. Mar-May

No class 5/27

Exercise and movement patterns are designed specifically for people with Parkinson's Disease who are ambulatory and do not require assistive devices. Self-paced rest periods. Sneakers and light clothing are recommended. **Adults**

PROGRESSIVE LINE DANCING

Instructor: Joanne Brady

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

Wed 12-1 p.m. Mar-May

No class 3/27, 4/24, 5/22, 5/29

Learn the basic component steps to build a foundation for all types of line dancing from country and oldies to modern rock and pop. No partner necessary. **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. Mar-May

Focus on bone strength, posture, balance, flexibility and muscle tone. Use of dumbbells develops strength. Bring a padded mat and hand weights to class. **Ages 55+**

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. Mar-May

No class 5/27

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 YOGILATES

Instructor: Caitlin Reilly

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

Thu 10:40-11:40 a.m. Mar-May

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**

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. Mar-May

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**

TREADMILL OR BICYCLING

FREE

Mon-Fri 8 a.m.-12 p.m. Mar-May

No program 4/19, 5/27

Work out in the lounge area of the center on either on a stationary bicycle or treadmill during our 55+ Lifestyle hours. **Adults**

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