



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 2020

From the Director's Desk

Do you believe it's February? Soon we will plant our garden. This year we will plant early. 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 in November.

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 4 is our start date and April 14 will be the last day.

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 and adventure and we fit it all in one day.

See you at the center!

Regards, Joan

FEBRUARY BIRTHDAYS

Judith Govens	Barbara Lake	Mike Crampsey
Erlinda Ponce DeLeon	Geraldine Dawkins	Susan Vintigni
Carol Smith	Peg Chandler	Judith Govens
Helen Szperka	Patricia Piccoli	Frank Romano
Helen Chapman	Francis Romano	Donna Brown
Gay Vreken	Nancy Vance	Martha Duffy
Betty Smith	Dorothy Miller	Larry Grimes
Betty Anderson	Margaret Glandville	
Dorothy Miller	Ronda S. Kungis	

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.



UPCOMING ACTIVITIES AT THE CENTER

YOU MUST CALL FOR ALL INFO. BUS FILLS QUICKLY 302-995-7636.

February 10, First time at the Wind Creek Casino coach \$40 8:30 a.m.-6:30 p.m.

February 12, Rainbow Comedy Play "Exit Laughing" tickets \$54 9 a.m.-4 p.m.

March 3, Swanky Memory Testing, 10 a.m.-12 p.m. at the center

March 4, Philadelphia Flower Show \$48 9 a.m.-2:30 p.m. Bus \$4

March 19, Open House, Bake Sale and Flea Market. \$5 tables. 10 a.m.-1:30 p.m.

March 30, National Shrine of the Immaculate Conception 8:30 a.m.-6:30 p.m. coach \$45

April 15, Queen Esther @ Sight & Sound tickets \$65 lunch extra. Show 3 P.M.

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

Ethel Moss	Cynthia Brown
Helen Chapman	Marti Duffy
Bea Boyer	Roberta Boyle
Marlene Coughlin	Jeanne Daniels
Myrtle Geist	June Jump

Welcome New Members

Shirley & Curtis Smith	
Bruce Abbott	June Walls
Margaret Kyle	Janice Harrison
Janet McGinnes	Patricia Meyer
Mark White	Peggy Vavalla
Mary Zielinski	David Hamilton

50/50 WINNER: Jackie Williams, \$52



TRIVIA QUESTIONS

1. A rat can last longer without water than a _____.
2. The word karate means _____.
3. To see at night as well as an owl, you would need eyeballs as big as _____.
4. A sneeze travels out of your mouth at more than _____ miles per hour. (Better cover your mouth fast!)

Senior of the Month: Marcia Gruszczynski

Marcia Gruszczynski was born December 15, 1943. She and her husband joined the center about two years ago. Marcia was born in Wilmington and lives in Wilmington. She took business classes at Goldey-Beacom after graduating high school. Marcia has three children one boy and two girls. She has four grandchildren.

Marcia's favorite TV Show is the Hallmark channel. Her favorite food is crab cakes. Marcia's favorite vacation spot is Rehoboth Beach. She has a couple hobbies including exercise and socializing. The person she would like to have lunch with is Mother Theresa because she was and still is very inspirational.

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>9:30am: 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>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>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>Sewing/Quilting Class (1st & 3rd Wednesday)</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>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-1pm: Cosmetologist (last Friday each month)</p> <p>10:30-11:30am: Win Dance 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
FEBRUARY	<p>You must call for an appointment for TAX AIDE.</p> <p>Appointments start at 9 A.M.</p> <p>Last appointment is 12 noon.</p>	<p>Defensive Driving Feb.5, 10-2:30 Refresher Course</p>	<p>Speakers, 11:30 a.m.: 2/6: Saint Francis Life 2/20: HIGHMARK 2/27: Spine Study</p>	
<p>3</p> <p>Holiday Center Closed</p>	<p>4</p> <p>TAX AIDE 9:30: Bingo, Wii All Stars, Sitting Taichi 10:30: Dancing Frenzy 12:30: Group Exercise, Wii Foxy Ladies, Sassy Ladies Meeting 1:30: Cardio 2-4: Drama Club</p>	<p>5</p> <p>9-2:30 Trip Shop @ QVC Store</p> <p>9:30: Scrabble/ Upwords 10: Arm chair Exercise, Sewing/Quilting Tai Chi Class, Wii Table Ten 12: Bid Whist Game</p>	<p>6</p> <p>9: ShopRite, Wii Four Dames 9:30: Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11:30: Pinochle Club 12:30: Group Exercise 2: Drama Club</p>	<p>7</p> <p>9:30-2 Trip Wal Mart</p> <p>9:30: Tai Chi Class 10:30: Line Dancing 12: Bid Whist Club</p>
<p>10</p> <p>8:30-6:30 Trip Wind Creek Casino 9-10:30: Computer Class 9:30: Scrabble/ Upwords 10:30: Bible Study 12:30: Debbie's Cardio</p>	<p>11</p> <p>TAX AIDE 9:30: Bingo, Wii All Stars, Sitting Taichi 10:30: Dancing Frenzy 12:30: Group Exercise, Wii Foxy Ladies, 1:30: Cardio 2-4: Drama Club</p>	<p>12</p> <p>9-2: Trip American Jewish History Museum tour on your own.</p> <p>10-12: Water Color Class 9:30 Scrabble/ Upwords 10: Armchair Exercise, Tai Chi Class 10: Wii Table Ten 12: Bid Whist Game</p>	<p>13</p> <p>9: ShopRite, Wii Four Dames 9:30: Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11:30: Pinochle Club 12:30: Group Exercise 2: Drama Club</p>	<p>14</p> <p>8:30- 2:30 Trip Shady Maple</p> <p>9:30: Tai Chi 10:30: Line Dancing 12: Bid Whist Club</p>
<p>17</p> <p>Holiday Center Closed</p>	<p>18</p> <p>TAX AIDE 9:30: Bingo, Wii All Stars, Sitting Taichi 10: Book Club 10:30: Dancing Frenzy 12: Advisory Board 12:30: Wii Foxy Ladies, Group Exercise 1:30: Cardio 2-4: Drama Club</p>	<p>19</p> <p>9-3: Trip Mystery Ride \$5</p> <p>9:30: Scrabble/ Upwords 10: Armchair Exercise, Tai Chi 10:30: Wii Table Ten 12: Bid Whist Game</p>	<p>20</p> <p>9: ShopRite, Wii Four Dames, 9:30: Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11:30: Pinochle Club 12:30: Group Exercise 2: Drama Club</p>	<p>21</p> <p>9-2 Trip Breakfast/ Willey's Farm Market</p> <p>9:30: Tai Chi Class 10:30: Line Dancing 12: Bid Whist Club</p>
<p>24</p> <p>9-10: Computer Class 9:30 Scrabble/ Upwords 10:30: Bible Study 12:30: Cardio</p>	<p>25</p> <p>TAX AIDE 9:30: Bingo, Wii All Stars, Sitting Taichi 10:30: Dancing Frenzy 12:30: Wii Foxy Ladies, Group Exercise 1:30: Cardio 2-4: Drama Club</p>	<p>26</p> <p>9-2 Trip IKEA</p> <p>9: Water Color Class 9:30: Scrabble/ Upwords 10: Armchair Exercise, 10:30: Wii Table Ten 12: Bid Whist Game</p>	<p>27</p> <p>9: ShopRite, Wii Four Dames 9:30: Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11:30: Pinochle Club 12:30: Group Exercise 2: Drama Club</p>	<p>28</p> <p>10-2 Trip Produce Junction in Dover</p> <p>9:30: Tai Chi 10:30: Line Dancing 12: Bid Whist</p>

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 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

DECEMBER

4 GAMES

Blanch Barlow 361
 Angie Taylor 278
 Sue Decola 354
 Betty Howe 356
 Fran Kowalski 232
 Libby Ward 278
 Joanne Tweed 355
 Marge Weidner 366
 Donna Enyedy 371
 John Felmey 000
 Cele Kruger 378
 Maggie King 346
 Irene Murphy 307

6 GAMES

Peg Chandler 000
 Tony Cubeta 514
 John Felmey 000
 Joe Kontur 000
 Joanne Nagy 532
 Dorothy Zupon 432
 Catherine Trakas 000
 Clint Nordell 000
 Mary Mensinger 633
 Dominic Bernardo 388
 James McKeller 491
 Joanne Kautz 532
 Nick Piccoli 501

4 GAME HIGH SCORE 6 GAME HIGH SCORE
Marge Weidner 1634 Mary Mensinger 2325

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

GARFIELD PARK REC CENTER

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

Learn how to use common fitness center equipment while developing an effective fitness program, focusing on safe strength training techniques and injury prevention. **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.

Dec-Feb

No class 12/25, 1/1

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**

BEGINNER LINE DANCING

Instructor: Winston Gacutan

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

for 55+ Lifestyle Members

Mon/Thu 12-1 p.m.

Dec-Feb

No class 1/20, 2/3, 2/17

Learn basic line dances and show off your skills in the last half of the class. **Adults**

TAI CHI

Instructor: Winston Gacutan

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

for 55+ Lifestyle Members

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

Dec-Feb

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.

Dec-Feb

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 REC CENTER

BRIDGE CLUB

2-hour programs, FREE

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

Dec-Feb

No program 12/24

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

BARRE SCULPT

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 1/20, 2/3, 2/17

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

Instructor: Yolanda Hernandez

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

for 55+ Lifestyle Members

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

Dec-Feb

No class 12/24, 12/31

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. **Adults**

ESSENTRICS

Instructor: Yolanda Hernandez

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

for 55+ Lifestyle Members

Wed 10-11 a.m.

Dec-Feb

No class 12/25, 1/1

Essentrics is a dynamic flowing, strengthening and stretching workout that increases your overall strength and flexibility, makes your waist thinner, stomach flatter, legs leaner and butt toned. **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.

Dec-Feb

No class 12/25, 1/1, 1/22, 2/26

Learn the basic component steps to build a foundation for all types of line dancing from country and oldies to modern rock and pop.

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.

Dec

No class 12/24, 12/31

As a beginner-paced workout designed for first-timers, seniors and the overweight, this training program targets gradual improvements in balance, strength and well-being over time. **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.

Dec-Feb

No class 12/25, 1/20, 2/3, 2/17

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.

Dec-Feb

No class 1/20, 2/3, 2/17

Learn yogic breathing and a sequence of poses for strength, flexibility and balance using a chair as a prop. 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 8:25-9:25 a.m.

Dec-Feb

No class 12/24, 12/31

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.

Dec-Feb

Designed specifically for seniors, a combination of yoga and Pilates movements help improve balance, strength and flexibility. **Adults**

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