



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 2020

DUE TO CORONAVIRUS, ALL ACTIVITIES, PROGRAMS AND TRIPS AT ABJ ARE POSTPONED UNTIL FURTHER NOTICE.

From the Director's Desk

It's been a strange year since March. We had several trips and activities planned for this year. I was planning new trips to New York that you have been asking me to plan. But as you all know by now our lives have taken a different course. We hope the country comes back together real soon. By the time you get to read the newsletter there could be more changes and I'm hoping they will be for the best for all of us.

I read the Kentucky Derby was postponed for the first time since 1945, making it only the second time ever that event organizers have had to do so since the famous race's inception in 1875. So those of you who we going to bet on your favored horse will have to wait.

I'm sure you're as anxious to get out and about and back to the center as we are to have you back. As you may know we are delivering lunch to several of our members daily. James and Karen started delivering the meals then Wayne and Judy took over. I want to express my appreciation to all the staff for the fabulous job they are doing.

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.

JUNE BIRTHDAYS

Betty Howe	Nick Piccoli	Gwendolyn Adams
Mary Johnson	Helen Miles	Barbara Benson
Evelyn Pyle	Barbara Mc Camie	Linda Mutter
Ruby Malachi	John Fleming	Miriam Raman
Marion Treece	John DuVernay	Mary Libby Ward
Maria Russak	Joanne Detterline	Charlene Workman
Norris Cooper	Nancy Carter	Joan Graham
Joann Tweed	Cassandra Fauntleroy	June Walls
Bonita Ryder	June Jump	Janet McGinnes
Pat Stryze	Betty Ann Gwyn	Rena Giordano
Georgette Jackson	Katherine Issaris	Mary L Johnson
Marion Green	Evelyn Hyland	Pearl Wallace

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.

Senior of the Month: Lona Lowe

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 VA Beach.

Lona worked in the retail industry and childcare services for over 40 years. At one point while working these 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, chocolate and yes more 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.) Her hobbies are reading, sewing, 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 the organization's 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!

STAFF

Director

Joan Budrow

Assistant Director

Judy Panchisin

Site Manager

Sheila Kellam

Drivers

James Kula

Wayne Winters

Karen Murphy

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
1 June 2020 Trip sign up starting at 9 a.m.	2 HAPPY FATHERS DAY TO ALL THE DAD'S AND GRAMPY'S	3 9:30-1 Trip Platinum Picnic All staff will attend Center will be closed	4: 9: ShopRite 9:30: Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11:30: Pinochle Club 12:30: Group Exercise 2: Drama Club Practice	5 9-2: Trip Breakfast/Dollar Store 9:30: Tai Chi 10:30: Line Dance Art Therapy 12: Bid Whist 5-10:30: Evening trip Blue Rocks Game
8 9:30: Scrabble/Upwords 12:30: Cardio	9 10- 2:30: Def. Driving Refresher Course 9 Pick a prize Bingo 10:30: Dancing Frenzy 12:30: Group Exercise, 1:30: Cardio 2: Drama Club Practice	10 8-4 Trip Queen Esther Tickets \$65 Does not include lunch 10-12: Watercolor Class, Tai Chi	11 9: ShopRite 9:30: Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11:30: Pinochle Club 12:30: Group Exercise 2: Drama Club Practice	12 9-1:30 Trip Picnic @ Glasgow Park 9:30: Tai Chi 10:30: Line Dance 12: Bid Whist
15 8:30-6:30: Trip Mohegan Sun Poconos \$40 Coach 9: Scrabble/Upwords, 9:45: Water Aerobics/w Mary Ellen 12:30: Cardio	16 Volunteer Luncheon Info to follow. 9: Bingo 10:30: Dancing Frenzy 12: Adv Meeting 12:30: Group Exercise 1:30: Cardio 2: Drama Club Practice	17 9-2: Trip Woody's 9:30: Sewing/Quilting 9:45: Water Aerobics/w Mary Ellen 10: Armchair chair Exercise, Tai Chi	18 9: Shoprite 9:30: Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11: 30: Pinochle 12:30: Group Exercise 2: Drama Club Practice	19 8:30-3:30: Trip Green Dragon \$3 9:30: Tai Chi 10:30: Line Dance, Art Therapy 12: Bid Whist
22 8:30-3: Trip Shady Maple 9: Scrabble/Upwords 9:45: Water Aerobics/w Marry Ellen 12:30: Cardio	23 9: Bingo 10:30: Dancers Frenzy 12:30: Group Exercise 1:30: Cardio 2: Drama Club Practice	24 9-2: Trip Biggs Museum \$8 10-12: Watercolor Class 9:30: Scrabble/Upwords Aerobics/w Mary Ellen 10: Armchair Exercise 10: Tai Chi	25 9: Shop Rite 9:30: Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11:30: Pinochle Club 12:30: Group Exercise 2: Drama Club Practice	26 9-2: Trip Big Lots/ Port O Fino 9:30: Tai Chi 10:30: Line Dance 12: Bid Whist
29 9-2 Trip Express Discount Pharmacy / Prices Corner 9:45-11:30: Water Aerobics /w Mary Ellen 12:30: Cardio	30 9: Bingo 9:30: Sitting Taichi 10:30: Dancing Frenzy 12:30: Group Exercise 1:30: Cardio 2: Drama Club Practice	<p>EFFECTIVE MARCH 16, 2020,</p> <p>ALL PROGRAMS & ACTIVITIES AT ABJ ARE SUSPENDED</p> <p>UNTIL FURTHER NOTICE DUE TO COVID-19.</p> <p>We are delivering meals to those members who are not able to drive and perhaps live home alone. The County and ABJ partnered with City Fair to have meals delivered each day when they drop off the Meals On Wheels at our center. One of our bus drivers and a staff person deliver the meals to the members. The meals are kept at the proper temperature when delivered. We want to thank City Fair for allowing us to help our members in need.</p>		