



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

August 2020

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

From the Director's Desk

Five years ago about this time we were surprised with two new buses and a van from the County. We fill them on most trips and they have been all over the countryside. I don't know how we managed without them. Thanks again from the Absalom Jones Senior Center. I would like to also thank the county garage for keeping them running. And let's not forget the wonderful drivers we have who get us out and about and bringing us back safe. Thanks to James, Karen and Wayne. They deserve a standing ovation for their safe records.

We hope that in September Wii starts so get your teams together. We will be collecting the information soon. Wii bowling will start January 11 and end April 14. By then I hope we will be open. I'm not sure if the dues are the same as last year. The winning teams this year are: First Place The Spares from DE-LA-WAR, Second Place The Alley Cats from Howard Weston, Third Place The MOT Guy and Gals from MOT and Fourth Place went to The Bullets from New Castle we would like to congratulate the winning teams.

Our clubs are always looking for new members: ABJ's Book Club, Drama Club, Wii Bowling, Pinochle and Scrabble/Upwords Club.

So many activities going on at our center it's difficult to keep up with everything. See you at the center.

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.

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.

AUGUST BIRTHDAYS

Marlene Coughlin	Tom Smitham	Dora Paoli
Barbara Petrucci	George Keenan	Mildred Shildt
Alice Short	Rosemary Kersten	Charles Coover
Cele Kruger	George Kusel	Sandra Wolford
Ethel Moss	Cynthia Brown	Carolyn Weaver
Mildred Shildt	Antonia Coppock	Earl M. Berry
Gail DuVernay	Jacqueline Swartz	Sandra Anderson
Susan Bower	Denise Miles	Edith Diaz
James McKeller	Dora Paoli	Bruce Abbatt
Joe Kontur	Pearl Baylor	Sheila Pasey
Mary Patterson	Bernie Brittingham	
Janice Mosher	Gail Graham	

UPCOMING ACTIVITIES AT THE CENTER

YOU MUST CALL FOR ALL INFO. BUS FILLS QUICKLY 302-995-7636.
All trips are postponed until further notice. We hope to see you again soon!
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

We are thinking of all our members and missing you. Hoping everyone is taking care not to get the virus. We miss the fellowship of the members and I'm sure you miss your friends at the center too.

Our newsletter will be on the county web. But it will be shorter. All I can say is what you keep hearing, WASH YOUR HANDS DON'T TOUCH YOUR FACE and COVER YOUR FACE WITH A MASK.

Welcome New Members

The Center will welcome new members once we reopen. The staff is looking forward to that day! We will keep you all posted.

Old age used to be
all in my head,
Now it's in my
joints too.



COMING SOON: E-Programs!
That's right—we're working on offering
you a variety of programs online, at no cost! Stay tuned for details.

Senior of the Month: Sheila Kellam

Sheila Kellam was born November 6, in Detroit, MI. She now lives in Stanton. She attended Marshallton Elementary School, Absalom Jones School and Brandywine Springs. Graduate from Thomas McKean in 1976. Sheila has two sons and one step-daughter and one step-son. She has five grandchildren two girls and three boys, plus one great grandchild.

A favorite TV Show is The Price is Right. Her favorite food is fried chicken, wings and breast. Sheila likes to vacation in Ocean City, MD. Hobbies include word search, jigsaw puzzles and of course her cell phone!!

Sheila would like to have lunch with her Mother and Grandmother because they were the greatest mom and grandmother on earth.

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
August 3 9:30: Computer Class 10:30-11:30: Surratte Pool 12:30: Cardio	4 9: Bingo 9:30: Sitting Taichi 9:45: Water Aerobics 10:30: Dancing Frenzy 12:30: Group Exercise, Sassy Ladies Meeting 12:30: Cardio 2: Drama Club	5 9-2 Trip 9: Scrabble/Upwords 10: Armchair Exercise, Tai Chi, Sewing/Quilting Class 12: Bid Whist	6 9: Shop Rite 9:30: Sitting Taichi 9:45: Water Aerobics 10:30: Bible Study, 10:45: Dancers Knowledge 11:15: Pinochle Club 12:30 Group Exercise 2: Drama Club	7 9:30-1:30 Trip Dollar Store Run, Tai Chi 10:30: Art Therapy, Line Dancing 12: Bid Whist 5-10 p.m. Trip Blue Rocks Game Ticket \$10 food not included
10 9:30: Scrabble/ Upwords Computer Class 12:30: Cardio	11 9: Bingo 9:30: Sitting Taichi 9:45: Water Aerobics 10:30: Dancing Frenzy, 12:30: Group Exercise, 1:30: Cardio 2: Drama Club	12 8:30-3 Trip 9: Scrabble/ Upwords 10: Armchair Exercise, Tai Chi, Watercolor Class 12: Bid Whist	13 2:15-10:30 p.m. Candlelight Theatre Tickets \$56 9: Shop Rite 9:30: Sitting Taichi 9:45: Water Aerobics 10:30: Bible Study 10:45: Dancers Knowledge 11:15: Pinochle Club 12:30: Group Exercise 2: Drama Club	14 8:30 – 3 Trip Mystery Ride \$5 plus your lunch 9:30: Tai Chi 10:30: Line Dancing 12: Bid Whist
17 9- 11:30 Trip First State Plaza 9:30: Scrabble/Upwords Computer Class 2:30: Cardio	18 9: Bingo 9:30: Sitting Taichi 9:45: Water Aerobics 10: Book Club 10:30: Dancing Frenzy, 12: ADV Meeting 12:30: Group Exercise, 1:30: Cardio 2: Drama Club	19 9 – 2 Trip Wegmans 9: Scrabble/Upwords, 10: Armchair Exercise, Tai Chi, Sewing/Quilting Class 12: Bid Whist	20 9: Shoprite 9:30: Sitting Taichi 9:45: Water Aerobics 10:30: Bible Study 10:30: Dancers Knowledge 11:15: Pinochle Club 12:30: Group Exercise 2: Drama Club	21 9-2 Trip Wal-Mart Middletown 9:30: Tai Chi 10:30: Line Dancing 12: Bid Whist
24 9:30: Scrabble/Upwords, Computer Class 12:30: Cardio <hr/> 31 9- 11:30 Trip Prices Corner 9:30: Scrabble/Upwords, Computer Class 12:30: Cardio	25 9: Bingo 9:30: Sitting Taichi 9:45: Water Aerobics 10:30: Dancing Frenzy 12: Adv Bd Mt 12:30: Group Exercise 1:30: Cardio 2: Drama Club	26 8:30-6:30 Trip Thunder Over the Boardwalk \$45 coach 9: Scrabble/Upwords 10: Armchair Exercise, Tai Chi, Watercolor Class 12: Bid Whist	27 9: Shoprite 9:30: Sitting Taichi 9:45: Water Aerobics 10:30: Bible Study 10:30: Dancers Knowledge 11:15: Pinochle Club 12:30: Group Exercise 2: Drama Club	28 10-2 Trip Cracker Barrel Lunch 9:30: Tai Chi 10:30: Line Dancing 12: Bid Whist

EFFECTIVE MARCH 16, 2020,

ALL PROGRAMS & ACTIVITIES AT ABJ ARE SUSPENDED UNTIL FURTHER NOTICE DUE TO COVID-19.

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.

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

Summer Youth: Jayla Saunders

Advisory Board Meeting

August 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.



REMEMBER WHEN...

We could travel together?!
Yeah, we miss those days, too.