



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

July 2020

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

From the Director's Desk

Wow!! Is it really July? Where does the time go? But I guess if you are sitting at home and can't get out you think differently. What a different year 2020 turned out to be. We have checked on several of our members over the last two and a half months. We did get to see some members as we refunded money for canceled trips. I plan to re-schedule the trips that we had to cancel.

We are delivering one hundred and eighty-one meals each week. You do get to see Judy, Wayne and James. Sorry they can't spend time talking at each house. But if you have a question or would like to talk call the center and one of us will answer.

There are a couple changes taking place since you left. Sheila has a new range. Can't wait to cook on it. Thanks to Regina my supervisor. She is working hard to get us different appliance we need. A new sink will be installed in the kitchen, plus a new bike for you to exercise. Thanks Regina.

😊 I do appreciate the time and effort you put into making this happen. I know nothing is easy and it doesn't happen overnight.

Everyone be safe and healthy. With the help of my staff this all gets done. Thanks!

See you at the center! Regards, Joan

JULY BIRTHDAYS

Roberta Sarsfield	Melody Price	Donald W. Lewis
Ellen Land	Martin Sklar	Mary Ann Daemer
Michele B. Scales	Robert Rochester	Janice Harrison
Catherine Trakas	Myrtle Geist	Loretta de Brabander
Audrey Gidney	Diane D' Amico	Millie McMenamin
Virginia Sheppard	Joanne Kautz	Malaelele Yee
Peggy Grasty	Anthony Ptak	Joanne Barry
Glenda Donnelly	Carol Kusel	Queenie DeLoach
Beth Solomon	Tyrone Showell	

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

UPCOMING ACTIVITIES AT THE CENTER

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

We had a **SLEW** of activities planned for July and August, but 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!

Thinking of You

The staff is thinking of ALL our members and praying you are all healthy and keeping cool in this heat! The Center will be open soon when NCC feels it will be a safe environment for everyone. Keep your fingers crossed that it will happen soon!

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.

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.

Crabby Road

1-14-08



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Senior of the Month: Norris Cooper

Norris Cooper was born in Camden, NJ. He lived in Woodbury, NJ for over 50 years then moved to Delaware. He is our Chef at all of our picnics. Norris sure knows how to cook a good hamburger and hot dog. Let's add chicken to that list.

Norris attended Graham College after graduating from Woodbury H.S. His major was in communications. He then worked 36 years with Mobil Oil & Valero.

Norris has two daughters and two grandchildren both are boys. He loves sports programs, especially football. His favorite food is chicken and ribs. Norris likes to vacation in Hawaii, Marco Island, and St. Thomas. He likes playing pinochle. Lunch would be with his wife, Paulette because she is the most important person in his life.

You can find Norris helping at his church most of the time. He is always ready to help if you're in need.

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
JULY 2020 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.		1 9: Trip sign up day 10: Armchair Exercise, Tai Chi, Watercolor Class, Sewing/Quilting Class 12: Bid Whist	2 9: Shoprite 9:30: Sitting Taichi 10:30: Bible Study 10:45: Dancers Knowledge 11:15: Pinochle Club 12:30 Group Exercise 2: Drama Club	3 CENTER CLOSED INDEPENDENCE DAY
6 9:30: Computer Class 9:45: Water Aerobics 12:30: Cardio	7 9: Bingo 9:30: Sitting Taichi 10:30: Dancing Frenzy 12:30: Group Exercise, 1:30: Cardio 2: Drama Club	8 9:45: Watercolor Class Scrabble/Upwords 9:45: Water Aerobics 10: Armchair Exercise, Tai Chi 12: Bid Whist	9 9: Shop Rite, 9:30: Sitting Taichi 10:30: Bible Study, 10:45: Dancers Knowledge 11:15: Pinochle Club 12:30: Group Exercise 2: Drama Club	10 8:30-6:30 Trip Coach \$45 Lobster House /Cape May 9:30: Tai Chi 10:30: Line Dancing 12: Bid Whist
13 8:30-3 Trip \$ 3 Flower & Home Market 9:30: Computer Class 9:45: Water Aerobics 12:30: Cardio	14 9: Bingo 9:30: Sitting Taichi 10:30: Dancing Frenzy 12:30: Group Exercise 1:30: Cardio 2: Drama Club Practice	15 9-2:30 Trip Museum of American Revolution \$14 9-11:30: Watercolor Class 10: Tai Chi, Sewing/Quilting Class 10: Armchair Exercise 12: Bid Whist	16 9: Shop Rite 10:30: Bible Study 10:45: Dancers Knowledge 11:15: Pinochle Club 12:30: Group Exercise, 2: Drama Club	17 9-2 Trip Breakfast & Trader Joe's 9:30: Tai Chi 10:30: Line Dancing 12: Bid Whist
20 8:30-3:30 Trip \$ 3 Shady Maple 9:30: Computer Class 9:45: Water Aerobics 12:30: Cardio	21 9: Bingo 10:30: Dancing Frenzy 11:40: Speaker: Arden Courts 12: Adv. Board Meet 12:30 Group Exercise, 1:30: Cardio 2: Drama Club Practice	22 9-2:30 Trip Adelpia Restaurant 9: Watercolor Class 9:45: Water Aerobics 10: Tai Chi 10:30: Armchair Exercise	23 9: Shop Rite 10:30: Bible Study, 10:45: Dancers Knowledge 11:15: Pinochle Club 12:45 Group Exercise 2: Drama Club	24 8:45-2 Trip Mystery Ride \$10 + lunch 9:30: Tai Chi 10:30: Line Dancing 12: Bid Whist
27 8:30-2:30 Trip \$ 5 Harrington State Fair 9:30: Scrabble/Upwords 9:45: Water Aerobics 10:30: Bible Study 12:30: Cardio	28 9: Bingo 10: Beginners LD 10:30: Dancing Frenzy 12:30: Group Exercise 1:30: Cardio 2: Drama Club Practice	29 July is National Ice Cream Month We will do our part!!!!	30 9: Shop Rite 10:30: Bible Study 10:45: Dancers Knowledge 11:15: Pinochle Club 12:45: Group Exercise 2: Drama Club	31 9: Trip Wal-Mart Middletown Farmers Market 9:30: Tai Chi 10:30: Line Dancing 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

July 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.



REMEMBER WHEN...

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