From the Director’s Desk

Our garden is beginning to fade away. It wasn’t our best year for the garden. Next year we will do better. We got started too late.

Our center is keeping busy planning for the months ahead. We have several new members; some of them went to the Surratte Pool exercise programs this summer. We have a great exercise program for the seniors. The classes are well attended. On Oct. 6 we will have a Mini Health Fair, offering about six vendors and Flu Shots. At this time I don’t have a list of the other shots that are being offered. Call for that information.

The Drama Club is planning their Christmas Show. Look for the date in the next newsletter. Till then stay healthy and safe.

Best 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.

OCTOBER BIRTHDAYS

| Mary Lou Addair       | John Dougherty | Alice Munson |
| Phyllis Burley       | Evelyn Elson  | Carol Sinclair |
| Clarice Burke        | Chul Hee Garibay | Lillian Smitham |
| Elizabeth Beattie    | Brenda Jackson | Joan Smith |
| Karen Cochran        | Dawn Kampmann  | Annie Tsao   |
| Thomas Cavanaugh     | Marcie Knox    | Ann Wilson |
| Mary Di Camillo      | Janet Lazarczyk | Joanne Wrightson |
| Frances ( Faye) Di Maio | Michele Lank  | Frank DeFranzo |
| Suzanne De Cola      | Joan Gay       |             |

UPCOMING ACTIVITIES AT THE CENTER

Oct. 3, Trip Sign Starts at 9:30. No plans for the rest of the day, join us for lunch.
Oct. 5, ‘David’ @ Sight & Sound tickets $70, 9am-3:30pm
Oct. 6, Health Fair, Flu Shots, Covid Booster Shots, 10-1 p.m. for info 995-7636 plus a Bake Sale & Vendors.
Oct. 20, Pumpkin Carve 5-9 p.m. information to follow.
Nov. 2, Wind Creek Casino Coach $40 Slot dollars $30 8:30-6:30.
Nov. 30, American Music Theater Christmas Show, $40 plus lunch, 830 am-4pm
Dec. 2, Candlelight Dinner Theater Christmas Show, $55

Registration and payment required for above trips.
PAYMENT DUE WHEN YOU SIGN UP. FOR INFO CALL 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
Secretary
Sheila Carlisle
Drivers
Wayne Winters
Don Myers
Bill Swinney
Jerome Lewis
Thinking of You
Marlene Coughlin
Joan Murphy
Annette Tomasello
Joyce Johnson
Charles Coover
Ruby Malachi
Betty Beattie

Marie Catullo
Blanch Barlow
Nancy Welden
Marcia Gruszczynski
Nancy Anthony
Ruth Jobs

Welcome New Members
Angela Bingham
Janet Lazarzyk
Aracelys Beard
Pam Musser
Theresa Hafycz
Patricia Leach
Carol Quinn
April Conway
Luann White
Rita Doles
Josephine Spencer
Sheila Burrell

Donna Adams
Cathy Fawcett
Pattie Painter
Donna Dorsey
James Sautter
Pamela Witherspoon
Carol Bryant
Nancy Andrews
Ruth Deery
Elizabeth Wood
Frank DeFranzo
Glenn Longpre

Senior of the Month: Linda Tucker
Linda Tucker joined our center in May 2022. Linda was born on December 10, in Camden, NJ. She now lives in Marshallton. She moved to Delaware in 2011 to be near her granddaughter. Linda graduated from the Camden Public Schools. She obtained an LPN degree from Jefferson University. She then got her BS degree in nursing from Drexel University. Linda moved to Philadelphia and worked at Hahnemann University Hospital and Blue Cross of Philadelphia for 38 in the nursing industry.

Linda has two grandchildren: a girl and boy. Her favorite TV Show is game shows. She likes seafood and likes to swim and read. Her favorite vacation place is Chicago to visit friends from her college days. If she could have lunch with anyone it would be her baby sister who she misses very much.

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!

TRIVIA QUESTIONS

1. Baseball’s home plate is _______inches wide?
2. Boys are more likely to be_______ than girls.
3. Bears that appear in movies can earn around______ a day?
4. It takes about eight ___ to make a baseball bat in a baseball bat factory?
### Daily Activities

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>Game Room and Fitness Center Open</td>
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<td>Bank &amp; Post Office (1st Monday)</td>
<td>Tax Aide</td>
<td>Tai Chi</td>
<td>Sitting Tai Chi</td>
<td>Trip Day</td>
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<td>Computer Class</td>
<td>Bingo</td>
<td>Armchair Exercise</td>
<td>Pinochle Club</td>
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<td>Zumba Gold</td>
<td>Sitting Tai Chi</td>
<td>Open Art Studio (2nd &amp; 4th Wednesdays)</td>
<td>Personal Trainer</td>
<td>Line Dancing</td>
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<td>Sewing/Quilting</td>
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<td>Drama Club Practice</td>
<td>Bid Whist</td>
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<td>Wii Team Bowling</td>
<td>Personal Trainer</td>
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<td>Progressive Line Dancing</td>
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<td>Cardio</td>
<td>Drama Club Practice</td>
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<td>Basic Beginners Line Dancing</td>
<td>On occasion there may be other trip days.</td>
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<td>Advisory Board Meeting (3rd Tuesday)</td>
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<td>Wii Bowling</td>
<td>Check your newsletter or call the Center.</td>
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<td>Arthritis Wellness Class</td>
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<td>ShopRite</td>
<td>Times for all programs can be found on page 4.</td>
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### 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, 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, 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!*
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<td>OCTOBER 2022</td>
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<td>9:15: Zumba Gold 12:30: Computer Class, Cardio /Debbie Happy Halloween</td>
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**OCTOBER 2022**
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.