



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  
2022**

## From the Director's Desk

Where did 2021 go? After the endless crawl of 2020 which lasted for **months!** Not surprisingly, most people spent a lot of time at home. My heart goes out to all the kids that worked at home. The adults that were home alone. So many horrid stories I have heard. We can only hope that this will soon go away.

On to a happy note, the center added five new classes to our roster. If you want to work those muscle's we offer a great exercise program. Exercise is good for your heart, lungs, bones just about everything plus you're doing it with friends.

I know it's late January but I'm thinking about our garden. It was successful last year and I'm excited to get plants in the ground for this year.

The challenges of yesterday we hope will be a memory tomorrow. Continue to practice healthy habits. Stay safe and take care.

See you at the center. 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.

### FEBRUARY BIRTHDAYS

Mary Frances Adams	Judith Govens	Patricia Piccoli
Mary Jane Boyd	Larry Grimes	James Prechtl
Fran E. Brumbaugh	Todd Holden	Beverly Pottinger
Maryann Cavanaugh	Mary K. Johnson	Francis Romano
Helen Chapman	Ronda S. Kungis	Carol Smith
Erlinda Ponce DeLeon	Snookie Kennedy	Lan Yong
Geraldine Dawkins	Dot Miller	

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

- February 3, Speaker from Aetna 11:30am
- February 10, Sweetheart Tattling Game starts at 12pm.  
Special luncheon: Sign up for lunch.
- February 14, Bally's (Dover Downs) 9am-2pm
- February 15, Advisory Board Meeting, 12pm

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
- Secretary**  
Sheila Carlisle
- Drivers**  
Wayne Winters  
Don Myers

## Thinking of You

Norris Cooper	Charles Bungy
James McKeller	Harry Jump
Joyce Johnson	Paula Schmid
Jean Heine	Charles Coover
Joanne Nagy	Sandy Poe
Mary Mensinger	Ruby Malachi
Blanche Barlow	Helen Chapman
Malaele Yee	Annette Tomasello
Elaine Showstead	Marie Catullo
Norris Cooper	Myrtle Geist
Nancy & Duane Westfall	
Tom & Lillian Smitham	

## Welcome New Members

Alethia Price	Phyllis Burley
Timothy Cooper	



## Senior of the Month: Mickey Romano

Mickey Romano joined the center April 2015. He was born March 19 in Wilmington. He lives with his brother Frank and sister-in-law Fran. Mickey worked for the City of Wilmington in the parks and recreation dept for 35 years. Mickey likes old westerns, Gunsmoke and the Rifleman. You can usually find him with a book in his hand reading. Mickey enjoys the exercise programs at the center. He is also willing to teach a class if the instructor is absent.

A favorite food is spaghetti and chicken and dumplings. He would like to vacation in Las Vegas — not a bad choice. Mickey has a lot of hobbies Wii Bowling, reading, especially Westerns, shooting pool, and gardening. Mickey has helped with the garden at the center for years now. A famous person that he would like to have lunch with is Tommy Lasorda the past manager of the L.A. Dodgers (in case you forgot) he was a great baseball guy.

Mickey has also been in several of our plays. We started a Drama Club about 12 years ago.

**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**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>9am-2pm:</b> Game Room and Fitness Center Open</p> <p><b>9:30am:</b> Bank &amp; Post Office (1st Monday)</p> <p>Computer Class</p> <p><b>10-11am:</b> Zumba Gold</p> <p><b>10am-12pm:</b> Sewing/Quilting with Maryann (1st &amp; 3rd Mondays)</p> <p><b>12:30pm:</b> Medicine Pickup at Your Drugstore (2nd Monday)</p> <p>Debbie's Cardio</p>	<p><b>9am-2pm:</b> Game Room and Fitness Center Open; Bingo</p> <p><b>9:30am:</b> Sitting Tai Chi with Kevin</p> <p><b>10am:</b> Book Club (3rd Tuesday)</p> <p><b>10-11am:</b> Line Dancing</p> <p><b>12:30-1:30pm:</b> Chess Club Group Exercise Class</p> <p><b>1:30-2pm:</b> Pickle Ball</p> <p><b>FIRST TUESDAY OF THE MONTH... Sassy Ladies Meeting</b></p> <p><b>LAST TUESDAY OF THE MONTH... Birthday Party!</b></p>	<p><b>9am-2pm: Trip Day</b></p> <p><b>9am-2pm:</b> Game Room and Fitness Center Open</p> <p><b>10am:</b> Video Armchair Exercise</p> <p>Arthritis Class</p> <p>Tai Chi</p> <p>Sewing/Quilting Class (1st &amp; 3rd Wednesday)</p>	<p><b>9am-2pm:</b> Game Room and Fitness Center Open</p> <p><b>9am:</b> ShopRite</p> <p><b>9:30am:</b> Sitting Tai Chi with Kevin</p> <p><b>10-11:30am:</b> Bingo</p> <p><b>10:30am:</b> Bible Study</p> <p><b>11:30am sharp!:</b> Pinochle</p> <p><b>12:30pm:</b> Group Exercise Class</p> <p><b>2-3pm:</b> Drama Club Practice</p>	<p><b>9am-2pm: Trip Day</b></p> <p><b>9am-2pm:</b> Game Room and Fitness Center Open</p> <p><b>9am-11am:</b> Movies in the computer room</p> <p><b>9:30am:</b> Tai Chi</p> <p><b>10:30-11:30am:</b> Win Dance Class</p> <p><b>1pm:</b> 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, 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!**

# ABSALOM JONES SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>February 2022</b>  Call to sign up for <b>TAX AIDE</b> Every Tuesday 9 to noon	1 9-12 TAX AIDE 9: Bingo 9:30: Sitting Taichi 10:30: Arthritis Wellness Class 12: Sassy Ladies Club 12:30: Personal Trainer 2: Drama Club Practice	2 <b>Trip 9-2</b> <b>Ross Dress for Less Lunch @ Popeye's</b> 9:30: Tai Chi 10: Armchair Exercise, Scrabble /Upwords Puzzles	3 9: ShopRite, Wii Foxy Ladies 9:30: Sitting Taichi 10:30: Line Dancing 11-1: Clothing Closet Open/Castella 11:15: Pinochle Club 11:30: Speaker: Aetna 2: Drama Club Practice	4 <b>Trip 9-2</b> <b>London Grove Village</b> 9:30: Tai Chi 10:30: Soul Line Dancing
7  <b>CENTER CLOSED</b>	8 9-12 TAX AIDE 9:30: Bingo, 9:30: Sitting Taichi 10:30: Arthritis Wellness Class 12:30: Personal Trainer 2: Drama Club Practice	9 <b>Trip 8-6:30</b> <b>Basilica (Washington)</b> <b>If you signed up, please call the center.</b> 9:30: Tai Chi, Scrabble/ Upwords Puzzles 10: Armchair Exercise, Open Art Studio	10 9: ShopRite, Wii Foxy Ladies 9:30: Sitting Taichi 10:30: Line Dancing 11:15: Pinochle Club 12: Sweetheart Tattling Game /Special lunch \$5 12:30: Personal Trainer 2: Drama Club Practice	11 <b>Trip 9-2</b> <b>Dollar Store &amp; Lunch at Colberts</b> 9:30: Tai Chi 10:30: Soul Line Dancing
14 <b>Trip 9-2</b> <b>Bally's Casino (Dover)</b> 9:30: Zumba Gold, Scrabble /Upwords, Puzzles 10:15: Wii Four Dames 10:30: Sewing/Quilting 12:30: Cardio, Computer Instructor	15 9-12 TAX AIDE 9: Bingo, 9:30: Sitting Taichi 10:30: Arthritis Wellness Class 12: Advisory Board 12:30: Personal Trainer 2: Drama Club	16 <b>Trip 9:30-2</b> <b>Cracker Barrel, NJ</b> <b>(second bus from Jan.)</b> 9:30: Tai Chi Scrabble/ Upwords, Puzzles 10: Armchair Exercise,	17 9: ShopRite, Wii Foxy Ladies 9:30: Sitting Taichi 10:30: Line Dancing 11:15: Pinochle Club 12:30: Personal Trainer 2: Drama Club Practice	18 <b>Trip 9:30-2</b> <b>Wal-Mart Middletown &amp; Lunch at Taco Bell</b> 9:30: Tai Chi 10:30: Line Dancing
21  <b>PRESIDENT'S DAY</b> <b>CENTER CLOSED</b>	22 9-12 TAX AIDE 9:30: Bingo 9:30: Sitting Taichi 10:30: Arthritis Wellness Class 12:30: Personal Trainer 2-4: Drama Club	23 <b>Trip 9-2</b> <b>Cackleberry Farm Antique Mall</b> 9:30: Tai Chi Scrabble/ Upwords, Puzzles 10: Armchair Exercise, Open Art Studio	24 9: ShopRite, Wii Foxy Ladies 9:30: Sitting Taichi 10:30: Line Dancing 11:15: Pinochle Club 12:30: Group Exercise 2: Drama Club Practice	25 <b>Trip 9-2</b> <b>Mystery Ride ????</b> 9:30: Tai Chi 10:30: Line Dancing
28 9:30: Zumba Gold Scrabble /Upwords, Puzzles 10:15: Wii Four Dames 10:30: Sewing/Quilting 12:30: Cardio, Computer Instructor				

**Absalom Jones Senior Center**  
**Advisory Board**

**President:** John DuVernay  
**Vice-President:** William Kaper  
**Secretary:** Castella LaCompte  
**Assist. Secretary:** Joan Gay  
**Goodwill Ambassador:**

**Staff**

**Director:** Joan Budrow  
**Assistant Director:** Judy Panchisin  
**Site Manager:** Sheila Kellam  
**Secretary:** Sheila Carlisle  
**Drivers:** Wayne Winters, Dawn Myers

**Advisory Board Meeting**  
**February 15, 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.



**DECEMBER 50/50 WINNER:**  
**Sheila Kellam, \$49**

**TRIVIA QUESTIONS**

- In 1955, a book was returned to the Cambridge University Library \_\_\_\_\_ years overdue?
- The tomato is both the state \_\_\_\_\_ and the state \_\_\_\_\_ of Arkansas?
- Rubber bands last longer when put in the \_\_\_\_\_?