

# Stay Active

www.PhilaSeniorCenter.org



## MEMBER NEWS

### Trip Registration Forms

If you attend any trips given by PSC-Allegheny you must complete a Trip Registration Form with current information before final payment.

### Membership:

\$15.00 Annual Donation. Access to PSC programs, classes & trips for additional info, please call (267) 286-1455 or stop by the Front Desk.

**Class Coupons** - Purchase at the Front Desk \$1/One \$5/Six \$10/ Twelve

### Barbara Jackson - Program Coordinator

I will be collecting money for trips or making change between the hours of 10am-12pm in the dining area. Thank you.

## September Birthdays:

- |    |                    |    |                        |
|----|--------------------|----|------------------------|
| 1  | Kenneth Jubilee    | 20 | Maggie Carmichael      |
| 3  | Gloria Slaughter   | 22 | Ruth Barnes            |
| 5  | Roy Joeseeph       | 22 | Robert Bassett         |
| 6  | Shirlene Saulters  | 22 | Ida Johnson-Anderson   |
| 7  | Debra Johnson      | 22 | Bernard Simpkins       |
| 13 | Betty Bazemore     | 24 | Darlene Williams-Wimes |
| 13 | Jessie Fischer     | 27 | Sandra Emanuel         |
| 14 | Charles Jones      | 28 | Prince Chibeze         |
| 14 | Mary Banks         | 28 | Michele Jefferson      |
| 14 | Hattie Mobley      | 28 | Bettie Weaver          |
| 14 | Maxine Johnson     | 29 | Annette Herrington     |
| 15 | Lucille Carmichael | 29 | Leona Robinson         |
| 16 | Bessie Mae Smith   | 30 | Rita Keita             |
| 19 | Muriel Morris      |    |                        |

## MESSAGE FROM THE IN-CENTER COUNSELOR

I am here to help and provide you with any information or assistance you may need.

I am in the office from 8:30am to 4:30pm Monday, Tuesday, Thursday, and Friday.

The PA Property Tax Rent Rebate season has started! Please make an appointment to meet with me for assistance with applications.

Sincerely,

**Danielle Suarez**  
In-Center Counselor



## NUTRITION EDUCATION:

### Watch Portion Sizes

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

Information provided by: Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Philadelphia Senior Center receives funding from Philadelphia Corporation for Aging and the Pennsylvania Department of Aging.



info@newcourtland.org

267-286-1455

1900 W. Allegheny Ave.  
Philadelphia, PA 19132



# Stay Active

Monthly Events and Activities for Members



**HOURS OF OPERATION:**  
Monday-Friday, 8:30am-4:30pm

September 2024

## Special Events

### MOVIE TIME AT ALLEGHENY

Every Tuesday & Thursday in August • 10am-1:30pm

Sit and enjoy a movie with action, drama or suspense while munching down on some popcorn!

### PHILADELPHIA HEALTH DEPARTMENT TABLE

Wednesday, September 4 • 10am

Stop by the Health Department table and pick up the latest information on COVID 19, RSV, Flu, and Pneumonia

### "HELP US, HELP YOURSELF" GROUP

Thursdays, September 5 & 19 • 10-11am

The group will provide a safe space for individuals facing common experiences and will provide a support network that will foster encouragement to those in attendance. The group will be held every other week. We look forward to seeing you during one of our sessions. Cost: Free

### CREATE A STITCH WITH A TWIST

Advanced: Every Friday in September • 12:30pm-2:30pm

Beginners: Every Friday in September • 12:30pm-2:30pm

Join Deborah Garlington for a fun and colorful way of creating your very own garment. With our Advanced Class take your sewing skills to the next level and learn new techniques you can apply to both home decor and garment projects. Join our Friday's class and learn the basic about sew to get you started on your newly made garment. Cost: \$2.00

### TOWN/PROGRAM MEETING

Monday, September 9 • 11am-12pm

Join the Staff of Allegheny and find out what's going on at your center! Please come with your questions and concerns.

### Allegheny Senior Center ADVISORY COUNCIL MEETING

Tuesday, September 10 • 10:45am

All Council Members are expected to be in attendance. PLEASE DO NOT MISS THIS MEETING!

### NUTRITION EDUCATION Presented by Noel Davis

Thursdays, September 12 & 26 • 11am

Join Noel for some important information on eating healthy and she will also provide you with some nutritional fun facts.

### HUMANA

Tuesday, September 24, 11am

Humana had developed many resources to help people find their path to good health and well-being. Join this presentation and here how Humana can help you.

### PODIATRIST (FOOT DOCTOR)

Thursday, September 26 • 10am

Please remember to bring your insurance cards with you. Here are the accepted insurance carriers: Highmark / Cigna- Health Springs / Medicare

## Hello PSC Allegheny Members!

After such a hot summer, we are looking forward to cooler days in autumn. September is National Senior Center Month! This year's theme is "Powering Connections". The goal of PSC-Allegheny is to offer a safe place for older adults to discover their unique interests, talents, and aspirations.

This is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults and have become integral to health care delivery in our communities by providing COVID-19 guidance, vaccine education, and vaccinations to their participants (NCOA/NISC, 2024).

PSC-Allegheny enjoys wonderful collaborations in our community. For example, we collaborate with the Philadelphia Health Department, Philadelphia Corporation for Aging (PCA) and other networks in the community to bring our members updated information. We would love for you to share your connection to the Center with a friend, neighbor or family member. The more the merrier!

In honor of Senior Center Month, we invite you to join us during the week of September 16th for the following activities:

- Free classes from September 16th to September 20th.
- Monday, September 16th: Join us for Bingo with a Twist: Rhythm Style. The winners will have the chance to dance to a selected song to win a gift. Please also consider joining our Jewelry Making class and show off your unique creations.
- Tuesday, September 17th: Ice cream social & Movie Day: Popcorn & a drink will be served.
- Wednesday, September 18th; Pretzel Day. Consider joining the following classes: Painting, Educational Animation, Bingo, Bible Study, Tai Chi, Exercise Class, Card games, or Pokeno.
- Thursday, September 19th: Join us for Movie Day & Pokeno along with other Card games. Please also consider attending the "Help us, Help yourself" group for a time of reflection and deeper insight on navigating life's challenges.
- Friday, September 20th: Bingo with a Twist: Song Style. If you win, you must sing a line or two of your favorite song to win a Prize. This will be a time to show off your talent while having fun! Please also consider joining our Line Dancing, Yoga, Crochet & Knitting classes to explore your hidden potential!

Please continue to check in with the center for the most updated information on classes, activities, and COVID-19 vaccines/test kits.

Sincerely,

**Lourdes Perez Lopez, MSW**  
Center Manager



The Center will be closed on Monday, Sept. 2, in observance of Labor Day.



Welcome Everyone!

## Weekly Classes & Events

### MONDAYS

#### JEWELRY CLASS • 10AM-12PM

Participants create and design their own accessories using beautifully designed beads and other signature crafted pieces. Show off and take home your very own hand-made bracelets, necklaces and much more. Cost: \$3.00

#### BINGO • 9:30-11AM

In the Exercise Room  
Can't wait to YELL BINGO! Come on in and let's have fun!!

#### STRETCH & SHAKE EXERCISE CLASS WITH JANET FORD • 12:45-2PM

Let's improve our health with a low impact chair exercise. Cost: \$1.00

### TUESDAYS

#### Welcome Back!

#### POTTERY CLASS • 10AM-12PM

Are you ready to get back into the groove with pottery? Join Artist George Apotsos and learn how to make hand-made objects as well as use the many molds to make pe-made objects and figurines now is the time to show off your talent! Cost: \$3.00

#### MR. BROWN'S COMPUTER CLASS • 10-12PM

Learn new things on your computer, tablet or cellphone. Cost: \$2.00

#### CHAIR MASSAGE • 10AM (SEPT. 3 & 17)

Please make sure you sign-up to get a massage with John Johnson. Cost: \$2.00

#### SOUL LINE DANCING WITH GLORIA KINGCADE • 11AM-12PM

Love to dance? Show off by learning the latest line dance steps as you move and groove to the latest line dance hits. Cost: \$1.00

#### MOVIE TIME • 10AM-1:30PM

Sit and enjoy a movie with action, drama or suspense while munching down on some popcorn! No Fee.

#### THE NEW MAKE IT & TAKE IT CLASS • On Break Until Oct.

### WEDNESDAYS

#### BINGO • 9:30-11AM

In the Exercise Room  
Can't wait to YELL BINGO! Come on in and let's have fun!!

#### PAINTING CLASS • 10AM-12PM

In the Art Room  
Join our painting class with Sheena Garcia. This class will allow you to express yourself through painting. Cost: \$2.00

#### BIBLE STUDY • 9:30-10:30AM

Join Jewelyn Williams for a non-denominational study of the Bible. Free

#### FITNESS CLASS WITH NOEL • 10:30AM

Receive a total workout standing and sitting with use of light hand-held exercise equipment such as weights & fitness balls. Cost: \$1.00

#### EDUCATIONAL ANIMATION CLASS • 12:30-2:30PM

Instructor Sheena Garcia will lead this media class focusing on creating educational animation videos for children. This hands-on course aims to empower seniors with new creative skills, enabling them to produce engaging educational content for young audiences. Cost: \$2.00

#### TAI CHI WITH NOEL • 12:30-1:30PM

Learn the practice of Tai Chi, a popular form of gentle exercise and moving meditation. It is known for its slow, intentional movements, with benefits to mental and physical health. Cost: \$1.00

### THURSDAYS

#### ARTS & CRAFTS • On Break Until Oct.

#### PHENOMENAL WOMEN • 10-11AM (SEPT. 5 & 19 ONLY)

Georgette King would LOVE to reconnect with you! If you're not connected, you're really missing out! Cost: Free

#### CREATE A STITCH WITH A TWIST ADVANCED CLASS • 12:30-2:30PM

Join Deborah Garlington to take your sewing skills to the next level and learn new techniques you can apply to both home decor and garment projects. Cost: \$2.00

#### MOVIE TIME • 10AM-1:30PM

Sit and enjoy a movie with action, drama or suspense while munching down on some popcorn! No Fee.

### Pinochle & Pitty-Pat Are Back!!!!

Tuesdays, 11:30am-2:30pm  
Wednesdays, 10:00am-2:30pm  
Fridays-11:30am-2:30pm

### FRIDAYS

#### BINGO • 9:30-11AM

In The Dining Room  
Can't wait to YELL BINGO! Come on in and let's have fun!!

#### CROCHET/KNITTING • 10AM-12PM

Class led by Elizabeth. Join the class and make some interesting pieces out of some unique items. Cost: \$1.00

#### LINE DANCING W/MARTINA BEGINNER & INTERMEDIATE • 10-11AM

Love to dance? Whether you have never danced before or have line dance experience and are ready to challenge yourself to the next level, this is the class for you! Cost: \$1.00

#### CREATE A STITCH WITH A TWIST BEGINNER CLASS • 12:30-2:30PM

Join Deborah Garlington to learn the basics about sewing, to move on to creating your very own garment. Cost: \$2.00

#### YOGA W/KAREN THOMPSON • 1-2PM

This yoga class combines breathing, exercise, stretching and meditating for a full body workout in a chair. Yoga increases flexibility and strength, tones the body, reduces tension and boosts energy. Cost: \$1.00

### NOTABLE DAYS IN SEPT.

- 1 National Cherry Popover Day
- 2 Labor Day
- 4 Bring Your Manners to Work Day
- 8 Grandparent's Day
- 10 Sewing Machine Day
- 11 911 Remembrance
- 12 Chocolate Milk Shake Day, National Day of Encouragement
- 14 International Crab Fest Day, Nat'l Cream-Filled Donut Day
- 15 Nat'l Women's Friendship Day, Wife Appreciation Day

## September 2024

### In Person Congregate Meals Monday thru Friday

Goodbye Summer...

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>CENTER CLOSED IN OBSERVANCE OF LABOR DAY</b></p>	<p><b>Hot:</b> Baked Chicken Legs, Fresh Sweet Potato, Green Beans, Chopped Romaine, w/ Shrd. Carrots, Diced Tomatoes &amp; Cucumbers, Red Pepper Rings, LF Italian Dressing <b>Cold:</b> Shrimp Slaw Salad over Rotini Pasta w/ Oriental Dressing (Broccoli, Carrots, Red Cabbage, Sliced Almonds) Cucumber &amp; Tomato Salad <b>Dessert:</b> SF Vanilla Pudding</p>	<p><b>Hot:</b> Chicken Breast w/ Peppers and Diced Scallions in a Black Bean Sauce, Brown Rice, Broccoli, Egg Roll w/ Duck Sauce, Fortune Cookie <b>Cold:</b> Turkey Breast &amp; Penne Pasta Salad w/ LF Italian Dressing, Diced Red Onions, Cukes, Sliced black Olives, Cherry Tomato Halves, Crumbled Feta Cheese, Chopped Walnuts <b>Dessert:</b> Fresh Oranges</p>	<p><b>Hot:</b> Cheese Pizza, Green Beans, French Fries, Ceasar Salad, Red Pepper Rings, Parmesan Cheese, Croutons <b>Cold:</b> Corned Beef, Swiss and Coleslaw on Rye, Creamy Dill Cucumber Salad <b>Dessert:</b> S/F Chocolate Pudding</p>	<p><b>Hot:</b> Salisbury Steaks w/ LS Gravy, Mashed Potatoes, Glazed Carrots, Romaine Garden Salad w/Chopped Tomatoes &amp; Cucumbers <b>Cold:</b> Chicken Chef Salad w/ Chopped Romaine, Diced Tomatoes, Cucumbers, Shredded Carrots, Chickpeas, Black Olives, LF Dressing, Dinner Roll <b>Dessert:</b> Peaches</p>
<p><b>Hot:</b> Beef Chili Con Carne, Brown Rice, Cornbread, Kale Salad w/ Diced Cucumber, Tomato &amp; Reduced Fat Italian Dressing <b>Cold:</b> Asian Chicken Salad w/ Snapped Peas, Red Bell Peppers, Green Scallions, Fresh Broccoli, Carrots over Chopped Lettuce w/ Oriental Dressing, Sliced Almonds <b>Dessert:</b> Sliced Strawberries w/ Whipped Topping</p>	<p><b>Hot:</b> BBQ Wing Dings, Candied Yams, California Blend Veggies, Baby Spinach Salad w/Diced Onions, LF Ranch Dressing <b>Cold:</b> Seafood Salad on a Croissant w/ Lettuce &amp; Tomato, Red Pepper Rings, Broccoli Slaw <b>Dessert:</b> LF Blueberry Greek Yogurt</p>	<p><b>Hot:</b> General TSO's Chicken w/Broccoli, Vegetarian Rice, Egg Roll w/ Duck Sauce <b>Cold:</b> Turkey Breast &amp; American Cheese Sandwich on Wheat Hamburger Bun w/ Lettuce and Tomato, Ceasar Salad, Parmesan Cheese, Croutons &amp; LF Dressing <b>Dessert:</b> Mandarin Oranges</p>	<p><b>Hot:</b> Beef Shepard Pie, Italian Green Beans, Spinach Salad w/ Shred Carrots, Diced Cucumbers, Tomato, Walnuts w/ LF Ranch Dressing <b>Cold:</b> Roast Beef Sandwich on Rye, Cheddar Cheese, Lettuce &amp; Tomato, Mayo, Potato Salad <b>Dessert:</b> Diced Peaches</p>	<p><b>Hot:</b> Baked Rotisserie Chicken, Baked Potato w/ Sour Cream, Peas with Pearl Onions, Shred. Kale Salad w/Tomatoes &amp; Cucumbers, LF Italian Dressing <b>Cold:</b> Tuna Salad Sandwich on a Wheat H/B Bun, Lettuce &amp; Tomato, Macaroni Salad <b>Dessert:</b> Diced Pears</p>
<p><b>Hot:</b> Roasted Chicken Parmesan over Penne Pasta, Green Beans, Garden Salad w/ (2c Romaine Lettuce, Diced Tomatoes, Cucumbers, Red Onions) RF Italian Dressing <b>Cold:</b> Egg Salad on Wheat Bread, Lettuce &amp; Tomato, Creamy Cucumber Salad <b>Dessert:</b> Fresh Bananas</p>	<p><b>Hot:</b> Fried Flounder on a Wheat H/B Bun, Brussels Sprouts, Baked Fries <b>Cold:</b> Chicken Caesar Pasta Bowl w/ Rotini Pasta, Chopped Romaine Lettuce, Low-Sodium Diced Chicken, Turkey Bacon, Tomato, Chopped Hard Boiled Egg, Parmesan Cheese, Crouton, Caesar Dressing <b>Dessert:</b> SF Strawberry Yogurt</p>	<p><b>Hot:</b> Pork Ribs with Asian BBQ Sauce, Broccoli, Vegetarian Brown Rice, Fortune Cookie <b>Cold:</b> Sliced Corned Beef and Swiss on Rye Bread, Mayo, Coleslaw, Three Bean Salad <b>Dessert:</b> Fresh Orange</p>	<p><b>Hot:</b> Spaghetti w/ Ground Beef &amp; Sauce, Parmesan Cheese, Chopped Romaine w/ Cucumbers, Tomatoes &amp; Carrots, Garlic Bread <b>Cold:</b> Chicken Salad in a Wheat Tortilla Wrap w/ Baby Spinach, Diced Tomato, Red Onions, Corn Pepper Salad w/ Low-Fat Italian Dressing <b>Dessert:</b> Honeydew Melon</p>	<p><b>Hot:</b> Chicken &amp; Dumplings Brown Rice, California Blend Vegetables (Broccoli, Cauliflower, Carrots) <b>Cold:</b> Turkey Hoagie on Wheat Hoagie Roll Sliced Cheese w/ shred. Lettuce, Sliced Tomatoes &amp; Onions, Potato Salad <b>Dessert:</b> Vanilla Ice Cream</p>
<p><b>Hot:</b> Spinach &amp; Cheese Ravioli w/ Marinara Sauce, Italian Green Beans, Garlic Bread, Kale Salad w/ Diced Chicken, Diced Cucumbers, Tomatoes, Unsalted Sunflower Seeds, French Dressing <b>Cold:</b> Diced Turkey Salad Sandwich on Wheat Bun w/ Lettuce &amp; Tomato, Red Bell Pepper Rings, Macaroni Salad <b>Dessert:</b> Diced Peaches</p>	<p><b>Hot:</b> Turkey Burger on Bun w/American Cheese, Lettuce &amp; Tomato, Baked Steak Fries, Green Beans, Ketchup <b>Cold:</b> Seafood Salad on Wheat Bun w/ Lettuce &amp; Tomato, Broccoli Slaw w/ Unsalted Almonds, Mayo <b>Dessert:</b> Mixed Fruit</p>	<p><b>Hot:</b> Szechuan Beef, Brown Rice, Oriental Blend Vegetables, LS Soy Sauce, Fortune Cookie <b>Cold:</b> Turkey Bacon BLT w/Lettuce and Tomato, Coleslaw <b>Dessert:</b> Fresh Banana</p>	<p><b>Hot:</b> Macaroni &amp; Ground Beef Casserole, Italian Beans, Baby Spinach Salad w Tomatoes, LF Ranch Dressing, Parmesan Cheese, Whole Wheat Dinner Roll <b>Cold:</b> Chicken Salad Wheat Wrap w/ Shred. Lettuce, Diced Tomatoes, Sliced Red Onions &amp; 2 Red Pepper Rings, Sliced Cheese &amp; Mayo, Three Bean Salad <b>Dessert:</b> SF Strawberry Jell-o</p>	<p><b>Hot:</b> Grilled Turkey Ham Steak Baked Potato w/ Sour Cream &amp; Margarine, Collard Greens <b>Cold:</b> Tuna &amp; Cheese Hoagie w/Shred. Lettuce, Sliced Tomato &amp; Onion, Pasta Salad w/ Diced Peppers &amp; Parmesan <b>Dessert:</b> Fresh Apple</p>
<p><b>Hot:</b> Spaghetti w/Turkey Meatballs w/Sauce, Simmered Lima Beans, Baby Spinach Salad w/Shred. Carrots &amp; Diced Red Peppers LF Ranch Dressing <b>Cold:</b> Roast Beef Wheat Wrap w/ Mayo, Baby Spinach, Sharp Cheddar Cheese, Red Onions, Carrot Raisin Salad <b>Dessert:</b> Diced Pears</p>				