

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.

November Birthdays:

- | | |
|----------------------|-----------------------|
| 1 Dolores Green | 17 Bibiano Chibeze |
| 2 Donna Fields | 18 Barbara Jackson |
| 4 Beatrice Terry | 18 Patricia Stephens |
| 5 Barbara McNeil | 19 Carol Hill |
| 6 Dorothea Horton | 19 Frances Perkins |
| 6 Parenthea Banks | 21 William Allen |
| 7 Carolyn Bond | 22 Tariqa Abdul-Rahim |
| 8 Dolores Knox | 22 Emma Askins |
| 9 Charles Williams | 25 C. Myers |
| 11 Hattie White | 26 Lorraine Ruffin |
| 12 Patricia Barr | 26 Sheila Simmons |
| 14 Bobby Gillette | 28 Bety Morton |
| 15 Earlene Bouknight | 28 Rita Woods |
| 16 Rovinia Betts | 28 Dorothy Wright |

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.

LIHEAP season begins on November 4th and ends on April 4th. Please bring your application but, if you do not have one, we will have them. Please make an appointment to be assessed for benefits and entitlements.

Sincerely,
Jessica Ruiz



NUTRITION EDUCATION: Get to Know Food Labels

Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

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

Philadelphia Corporation for Aging
Philadelphia Senior Center receives funding from
Philadelphia Corporation for Aging
PCAA

info@newcourtland.org

267-286-1455

Philadelphia, PA 19132
1900 W. Allegheny Ave.



Stay Active

Monthly Events and Activities for Members



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

November 2024

Special Events

TOWN/PROGRAM MEETING

Monday, November 4 • 11am-12pm

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

MOVIE TIME AT ALLEGHENY

Every Tuesday & Thursday in November • 10am-12:30pm

Sit and enjoy a movie while munching down on some popcorn!

PHILADELPHIA HEALTH DEPARTMENT TABLE

Wednesday, November 6 & 20 • 10am

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

NUTRITION EDUCATION Presented by Noel Davis

Thursday, November 7 & 21 • 11am

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

SKIN CANCER PRESENTATION by Fox Chase Cancer Center

Tuesday, November 12 • 10:30am-11:30am

We will explore and define what cancer and talk about the different types of Skin Cancer. Define what risk/protective factors are when dealing with Skin cancer or any disease. We will also discuss screening and treatment options, in addition to clinical trials available to the community.

Allegheny Senior Center ADVISORY COUNCIL MEETING

Tuesday, November 12 • 10:45am

All Members must attend. PLEASE DO NOT MISS THIS MEETING!

BINGO SPONSORED BY PATINA

Wednesday, November 13 • 11am-12pm

Join the team from Patina for a fun game of BINGO. Shout out that catchy phrase of BINGO and win a prize! Cost: Free

"HELP US, HELP YOURSELF" GROUP

Thursday, November 14 • 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. Cost: Free

PECO ENERGY

Thursday, November 14 • 10:30am-11:30am

Join Percy Rosales and get information on PECO Low-income Programs. Please come with your questions and concerns.

PODIATRIST (FOOT DOCTOR)

Thursday, November 21 • 10am

Please remember to bring your insurance cards with you. Accepted insurance carriers: Highmark / Cigna- Health Springs / Medicare

THANKSGIVING LUNCHEON

Friday, November 22

Lunch will be served from 12-1pm. Prior to lunch, between 10:45 and 11:30am please join the staff of Allegheny in sharing "What are you are thankful for?" Cost For Lunch: \$1.00 Suggested Contribution

LET'S TALK MEDICARE 101

presented by Humana

Tuesday, November 26, 10:30am-11:30am

Please join us to learn more about Medicare 101. No obligation to enroll.



Welcome Everyone!

HAVE A HAPPY
Thanksgiving

The Center will be closed for Thanksgiving on Thursday, November 28.

Weekly Classes & Events

MONDAYS

BINGO • 9:30-11:30AM

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

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

STRETCH & SHAKE EXERCISE CLASS WITH JANET FORD • 12:45-1:45PM

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

TUESDAYS

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 (NOV. 5 & 19)

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

THE NEW MAKE IT & TAKE IT CLASS • 12:30-2:30PM

Make beautiful hand crafted items that you can take them home. Cost: \$2.00

MOVIE TIME • 12:30-1:30PM

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

WEDNESDAYS

BINGO • 9:30-11:30AM

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 hands-on media class creating educational animation videos for children. This 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 this 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 CLASS • 10AM

Create one of a kind beautiful art piece. Cost: \$2.00

PHENOMENAL WOMEN • 10-11AM (NOV. 7 & 21 ONLY)

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

MOVIE TIME • 10AM-12:30PM

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

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

Pinochle & Pitty-Pat Are Back!!!!

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

FRIDAYS

BINGO • 9:30-11:30AM

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 NOV.

Native American Heritage Month

- 3 Daylight Saving Time Ends
- 4 National Candy Day
- 6 National Stress Awareness Day
- 11 Veterans Day
- 19 National Play Monopoly Day
- 20 World COPD Day (Chronic Obstructive Pulmonary Disease)
- 21 Great American Smokeout
- 21 World pancreatic cancer day
- 25 Int'l Day for the Elimination of Violence Against Women
- 28 Thanksgiving Day
- 29 American Indian Heritage Day
- 29 Black Friday

Healthy Eating: November 2024

In Person Congregate Meals Monday thru Friday



Monday	Tuesday	Wednesday	Thursday	Friday
<h2 style="text-align: center;">HAPPY THANKSGIVING</h2>				
Hot: Macaroni & Ground Beef Casserole, Italian Beans, Baby Spinach Salad w/ Tomatoes, LF Ranch Dressing, Parmesan Cheese, Whole Wheat Dinner Roll Cold: Chicken Salad Wheat Wrap w/ Shred. Lettuce, Diced Tomatoes, Sliced Red Onions & 2 Red Pepper Rings, Sliced Cheese & Mayo, Three Bean Salad Dessert: Strawberry Jell-o 4	Hot: Grilled Turkey Ham Steak Baked Potato w/ Sour Cream & Margarine, Collard Greens Cold: Tuna & Cheese Hoagie w/Shred. Lettuce, Sliced Tomato & Onion, Pasta Salad w/ Diced Peppers & Parmesan Dessert: Fresh Apple 5	Hot: Szechuan Beef, Brown Rice, Oriental Blend Vegetables, LS Soy Sauce, Fortune Cookie Cold: Turkey Bacon BLT w/Lettuce and Tomato, Coleslaw Dessert: Fresh Banana 6	Hot: Spaghetti w/Turkey Meatballs & Sauce, Simmered Lima Beans, Baby Spinach Salad w/shred. Carrots & Diced Red Peppers LF Ranch Dressing Cold: Roast Beef Wheat Wrap w/ Mayo, Baby Spinach, Sharp Cheddar Cheese, Red Onions, Carrot Raisin Salad Dessert: Diced Pears 7	Hot: Turkey Burger on Bun w/American Cheese, Lettuce & Tomato, Baked Steak Fries, Green Beans, Ketchup Cold: Seafood Salad on Wheat Bun w/ Lettuce & Tomato, Broccoli Slaw w/ Unsalted Almonds, Mayo Dessert: Mixed Fruit 1
Hot: Cheese Pizza, Green Beans, French Fries, Ceasar Salad, Red Pepper Rings, Parmesan Cheese, Croutons Cold: Corned Beef, Swiss and Coleslaw on Rye, Creamy Dill Cucumber Salad Dessert: S/F Chocolate Pudding 11	Hot: Salisbury Steaks w/ LS Gravy, Mashed Potatoes, Glazed Carrots, Romaine Garden Salad w/ Chopped Tomatoes & Cucumbers, LF French Dressing Cold: Chicken Chef Salad w/ Chopped Romaine, Tomatoes, Cucumbers, Shredded Carrots, Chickpeas, Black Olives, LF Dressing, Dinner Roll Dessert: Peaches 12	Hot: Chicken Breast w/ Peppers and Diced Scallions in a Black Bean Sauce, Brown Rice, Broccoli, Egg Roll w/ Duck Sauce, Fortune Cookie Cold: Turkey Breast & Penne Pasta Salad w/ LF Italian Dressing, Diced Red Onions, Cukes, Sliced black Olives, Cherry Tomato Halves, Crumbled Feta Cheese, Chopped Walnuts Dessert: Fresh Oranges 13	Hot: Beef Chili Con Carne, Brown Rice, Cornbread, Kale Salad w/ Diced Cucumber, Tomato & Reduced Fat Italian Dressing, Slice of Cornbread Cold: Asian Chicken Salad w/ Snapped Peas, Red Bell Peppers, Green Scallions, Fresh Broccoli, Carrots over Chopped Lettuce w/ Oriental Dressing, Sliced Almonds Dessert: Sliced Strawberries w/ Whipped Topping 14	Hot: Baked Chicken Legs, Fresh Sweet Potato, Green Beans, Chopped Romaine, w/ Shrd. Carrots, Diced Tomatoes & Cucumbers, Red Pepper Rings, LF Italian Dressing Cold: Shrimp Slaw Salad over Rotini Pasta w/ Oriental Dressing (Broccoli, Carrots, Red Cabbage, Sliced Almonds) Cucumber & Tomato Salad Dessert: SF Vanilla Pudding 8
Hot: Baked Rotisserie Chicken, Baked Potato w/ Sour Cream, Peas with Pearl Onions, Shred. Kale Salad w/Tomatoes & Cucumbers, LF Italian Dressing Cold: Tuna Salad Sandwich on a Wheat H/B Bun, Lettuce & Tomato, Macaroni Salad Dessert: Diced Pears 18	Hot: Beef Shepard Pie, Italian Green Beans, Spinach Salad w/ Shred Carrots, Diced Cucumbers, Tomato, Walnuts w/ LF Ranch Dressing Cold: Roast Beef Sandwich on Rye, Cheddar Cheese, Lettuce & Tomato, Mayo, Potato Salad Dessert: Diced Peaches 19	Hot: General TSO's Chicken w/Broccoli, Vegetarian Rice, Egg Roll w/ Duck Sauce Cold: Turkey Breast & American Cheese Sandwich on Wheat Hamburger Bun w/ Lettuce and Tomato, Ceasar Salad, Parmesan Cheese, Croutons & LF Dressing Dessert: Mandarin Oranges 20	Hot: Roasted Chicken Parmesan over Penne Pasta, Green Beans, Garden Salad w/ (Romaine Lettuce, Diced Tomatoes, Cucumbers, Red Onions) RF Italian Dressing Cold: Egg Salad on Wheat Bread, Lettuce & Tomato, Creamy Cucumber Salad Dessert: Fresh Bananas 21	THANKSGIVING FESTIVE MEAL Turkey in Gravy, Collard Greens, Cornbread Stuffing, Roasted Finger Potatoes Alternate: Glazed Ham, Green Beans, Fresh Fruit Cup, Mashed Sweet Potatoes Dessert: Banana Pudding Parfait Cup 22
Hot: Spaghetti w/ Ground Beef & Sauce, Parmesan Cheese, Chopped Romaine w/ Cucumbers, Tomatoes & Carrots, Garlic Bread Cold: Chicken Salad in a Wheat Tortilla Wrap w/ Baby Spinach, Diced Tomato, Red Onions, Corn Pepper Salad w/ Low-Fat Italian Dressing Dessert: Honeydew Melon 25	Hot: Chicken & Dumplings Brown Rice, California Blend Vegetables (Broccoli, Cauliflower, Carrots) Cold: Turkey Hoagie on Wheat Hoagie Roll Sliced Cheese w/ shred. Lettuce, Sliced Tomatoes & Onions, Potato Salad Dessert: Vanilla Ice Cream 26	Hot: Pork Ribs with Asian BBQ Sauce, Broccoli, Vegetarian Brown Rice, Fortune Cookie Cold: Sliced Corned Beef and Swiss on Rye Bread, Mayo, Coleslaw, Three Bean Salad Dessert: Fresh Orange 27	CENTER CLOSED IN OBSERVANCE OF Thanksgiving 28	
				Hot: Turkey Burger on Bun w/American Cheese, Lettuce & Tomato, Baked Steak Fries, Green Beans, Ketchup Cold: Seafood Salad on Wheat Bun w/ Lettuce & Tomato, Broccoli Slaw w/ Unsalted Almonds, Mayo Dessert: Mixed Fruit 29