

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

Class Coupons - Buy 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.



Anita Thomas 23 Joyce McKiney

MESSAGE FROM THE **IN-CENTER COUNSELOR**

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Alleghenv

I am Jessica Ruiz, the new In-Center Counselor. I could be reached at (267)286-1455 ext. 1454. LIHEAP is now open until April 4, 2025. Please make an appointment to meet with me for assistance with applications.

Sincerely, Jessica Ruiz



Hello PSC Allegheny Members!

The PSC-Allegheny staff wishes you a prosperous New Year! As the New Year approaches let hope and joyous new beginnings be a part of your journey. May health and happiness be with you in the new year ahead.

It's PSC-Allegheny's 10th Anniversary! The achievements of our organization are the results of the combined efforts of staff and members alike. Thank you for being part of Allegheny's success over the years. We greatly appreciate and value your collaboration and support. Please join us as we celebrate our 10th anniversary with Big Willie on January 10th from 10am to 2pm.

All are welcome!

On January 20th the nation celebrates the life and legacy of Dr. Martin Luther King. May we be reminded that we must continue to strive and dream for a better tomorrow. "If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." (Dr. Martin Luther King)

We invite you to start your new year with an opportunity to explore the many classes and events Allegheny has to offer. Please be our guest and give us the opportunity to help you explore and discover your hidden potential! Looking forward to meeting and serving you!

If you or anyone you know needs information on COVID-19 vaccines or COVID test, please let us know and we will be happy to assist you.

Sincerely, Lourdes Perez Lopez, MSW Center Manager



The Center will be closed on Monday, January 20 in observance of Martin Luther King Jr. Day.

NUTRITION EDUCATION: Consult an RDN

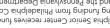
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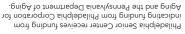
Whether you want to lose weight, lover your health-risk or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

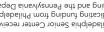
Information provided by: Academy of Nutrition and Dietetics staff registered dietitian nutritionists.



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into@newcourtland.org 567-286-1455 Philadelphia, PA 19132 1900 W. Allegheny Ave.





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

January 2025

Special Events

"HELP US, HELP YOURSELF" GROUP Thursdays, January 2 & 16 • 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

NUTRITION EDUCATION PRESENTATION

Thursdays, January 2 & 16 • 11am Join Noel Davis, for some important information on eating healthy eating and nutritional fun facts. Cost: Free

TOWN/PROGRAM MEETING

Monday, January 6 • 11am-12pm

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

Philadelphia Health Department Table RESPIRATORY HEALTH WORKSHOP Tuesday, January 7 • 11am-12pm

Join the Health Department for a winter health workshop. Learn about COVID-19, RSV, seasonal flu, and available resources to keep you and your loved ones healthy this winter.

ECA-Energy Coordination Agency PGW CONSERVATION WORKSHOP Thursday, January 9, 10:30-11:30am

Did you know that simple changes can make a big impact on the comfort of your home and the size of your gas bill? Join us for a PGW weatherization and energy efficiency workshop! You'll also get a FREE DIY weatherization kit! These kits include a tube of caulk, rope caulk and window sealing kit, and a door sweep.

BANKING IN THE 21ST CENTURY Presented by George Dillman, PA Dept. of Banking & Securities Tuesday, January 14 • 10:30am

An overview of how banks and credit unions work where we discuss the differences between types of accounts; the importance of balancing accounts; what to do if you have had banking issues in the past; what types of questions you should ask before opening and account; and what deposit insurance does and does not cover. Cost: Free

Allegheny Senior Center ADVISORY COUNCIL MEETING Tuesday, January 14 • 10:45am

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

Philadelphia Health Department Table **RESPIRATORY HEALTH WORKSHOP** Wednesday, January 15 • 10am

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

PODIATRIST (FOOT DOCTOR)

Thursday, January 23 • 10am

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

BEAR IN MIND MEMORY BEAR WORKSHOP SERIES Mondays, January 27-Monday, March 17 • 10am-12pm

Transform personal histories into art! Participants craft memory bears from sentimental materials and contribute to a collaborative, human-sized bear for exhibition, fostering inclusivity, storytelling, and shared creativity! Cost: Free



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 (JAN. 7 & 21)

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 (Dec. 4 & 11 only) 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 nondenominational 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

TAI CHI WITH NOEL • 11:30AM

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

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

THURSDAYS

ARTS & CRAFTS CLASS • 10AM

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

PHENOMENAL WOMEN • **ON BREAK UNTIL FEBRUARY**

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

BINGO • 9:30-11:30AM (Dec. 6&13 only)

Can't wait to YELL BINGO! Come on in

CROCHET/KNITTING • 10AM-12PM

Class led by Elizabeth. Join the class and

make some interesting pieces out of some

BEGINNER & INTERMEDIATE • 10-11AM

never danced before or have line dance

vourself to the next level, this is the class

experience and are ready to challenge

FRIDAYS

In The Dining Room

and let's have fun!!

unique items. Cost: \$1.00

for you! Cost: \$1.00

Cost: \$2.00

Cost: \$1.00

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LINE DANCING W/MARTINA

Love to dance? Whether you have

CREATE A STITCH WITH A TWIST

Join Deborah Garlington to learn

creating your very own garment.

BEGINNER CLASS • 12:30-2:30PM

the basics about sewing, to move on to

YOGA W/KAREN THOMPSON • 1-2PM

This yoga class combines breathing,

exercise, stretching and meditating

for a full body workout in a chair. Yoga

NOTABLE DAYS IN JAN.

National Chocolate Covered

International Mind-Body

6 National Cuddle Up Day

10 National Houseplant

1 National Hobby Month

1 New Year's Day

Cherry Day

2 World Introvert Day

Wellness Day

increases flexibility and strength, tones the

body, reduces tension and boosts energy.

Healthy Eating: ***January** 2024 In Person Congregate Meals Monday thru Friday WEDNESDAY THURSDAY MONDAY TUESDAY CEN HAPPY Нар Hot: Smothered Pork Chops 7 Hot: Baked Rosemary Hot: Bee 6 w/LS Gravy, Glazed Carrots, Chicken Leg, Baked Sweet Over Bro Mashed Potatoes Tossed Potato, Steamed Peas Vegetab Romaine Salad w/Chopped Cold: Vegetarian Salad Platter Tomatoes & Cucumber, Red Bell Cookie w/Chopped Hard-Boiled Egg, Pepper Rings, Shredded Carrots, Cold: No LS Chickpeas, Baby Spinach. Plain Croutons Turkey a Fresh Kale, Celery Sticks, Cold: Tuna Salad on Wheat Bun a Wheat w/Light Canned Unsalted Tuna Carrot Sticks, Cucumber, in Oil, Chopped Onion & Celery, Green Bell Pepper Rings, Tomato, Lettuce, Tomato, Cucumber Salad Cherry Tomatoes Dessert: Dill Pickles Dessert: Diced Pears Dessert: SF Strawberry Jell-O Hot: Chicken & Broccoli 14 Hot: Corr Hot: Beef Stroganoff 13 w/Grilled Chicken Strips, Cabbage, over Egg Noodles w/ Brown Rice, Steamed Broccoli Potatoes, Mushrooms & Onions, Vegetable Egg Roll Salad w/R California Blend Vegetables, Caesar Salad w/Shredded Cucumbe Whole Wheat Dinner Roll Romaine Lettuce, Red Bell Cold: Chi Cold: Seafood Salad on a Pepper Rings, Plain Croutons Bun w/Shi Croissant w/Surimi, Imitation Cold: Corned Beef and Cheese LS Chickp Crab, Chopped hard-boiled on Rye Bread w/Coleslaw, Lettuce Le Egg, Cucumber & Tomato Baby Spinach Salad w/ Celery, Di Salad, Diced Celery Tomatoes & Red Onions Pepper Ri Dessert: Orange **Dessert:** Strawberry Yogurt Dessert: Hot: Baked Salmon Hot: Gril 20 Fillet, Corn on the Cob, Strips Lo Broccoli, Spinach Salad w/ Chopped **CENTER CLOSED** Chopped Red Onions, IN OBSERVANCE OF Shreddeo LF Ranch Dressing Broccoli, **Martin Luther King** Cold: Turkey BLT on Whole Mushroo Jr. Dav Wheat Bread w/ LS Turkey Cold: LS Bacon, Lettuce Leaf, Tomato, on Rye B Avocado, Waldorf Salad Lettuce, Dessert: SF Strawberry Ice Dessert: Cream w/ Scrambled Eggs, Brown Hot: Brea Hot: Veal Parmesan w/ 27 Patty, Bo Breaded Veal Patty with Rice, Carrots, Onions, Green Tomato Sauce and Cheese, Corn on Peppers & Green Peas, Tossed Wax beans, Baked Potato Cornbrea Salad w/ Romaine, Cucumbers, Cold: No Salt Added Tomatoes

Appreciation Day 11 National Human Trafficking Awareness Day 11 Nat'l Clean Off Your Desk Day

Turkey and Cheese Hoagie

Tomato, Red Onion, Potato

w/Shredded Lettuce,

Dessert: Fresh Apples

Salad

- **15** Martin Luther King's Birthday
- 20 Martin Luther King Day

Cold: No Turkey B Cold: Grilled Chicken Strips Hard Boi Pasta Salad w/ Turkey Bacon, Unsalted Walnuts, Baby Spinach Lettuce, Salad w/ Cherry Tomatoes, Red Cucumbe Onion Avocado **Dessert:** Pineapple Chunks

FRIDAY

WEDNESDAY	IHUKSDAY	FRIDAY
1 CENTER CLOSED Happy New Year!	Hot: Sweet & Sour Diced Pork, Brown Rice, Hard Boiled Egg, Oriental Blend Vegetables, Romaine Salad w/ Croutons Cold: Grilled Chicken Strips Ceasar Salad w/ Hard Boiled Egg, Romaine Lettuce, Croutons, Carrot Raisin Salad, Whole Wheat Dinner Roll Dessert: Unsweetened Applesauce	Hot: Baked Meatloaf, Mashed Potatoes, Mixed Vegetables Chopped Kale Salad w/Chickpeas & Chopped Red Onion Cold: Tuna Hoagie w/ Unsalted Light Tuna Packed in Oil, Shredded Romaine Lettuce, Tomato, Red Onion, Red Bell Pepper Rings, Pickled Beets Dessert: SF Vanilla Pudding
Hot: Beef Pepper Steak 8 Over Brown Rice, Mixed Vegetables, Fortune Cookie Cold: No Salt Added Turkey and Cheese on a Wheat Bun, Lettuce, Tomato, Potato Salad Dessert: Fresh Apple	Hot: Ground Turkey w/ Spaghetti Noodles, Steamed Broccoli, Garlic Bread, Tossed Salad w/Chopped Romaine, Chopped Tomatoes & Cucumbers Cold: LS Roast Beef & Swiss Cheese on Rye Bread w/ Coleslaw Dessert: Mandarin Oranges	Hot: Baked Flounder, 10 Stewed Tomatoes, Macaroni & Cheese, Chopped Kale Salad w/ Roasted Unsalted Walnuts, Chopped Tomatoes & Chopped Red Onions Cold: Egg Salad on Wheat Bread w/Lettuce, Tomato, Onion, Red Pepper Rings, Three Bean Salad Dessert: Mixed Fruit
Hot: Corned Beef & 15 Cabbage, Fingerling Potatoes, Tossed Salad w/Romaine, Tomatoes, Cucumber, Carrots Cold: Chicken Salad on Wheat Bun w/Shredded Chicken LS Chickpeas, Rotini Pasta Lettuce Leaves, Tomato, Diced Celery, Diced Onion, Red Bell Pepper Rings Dessert: Fresh Pear	Hot: Roasted Turkey Breast w/ LS Gravy, Cornbread Stuffing, Green Beans, Spring Mix Salad w/ Tomatoes, Cucumber, Red Bell Pepper Rings & Shredded Carrots Cold: Tuna Salad & Cheese on Wheat Bun w/Unsalted Light Tuna in Oil, Lettuce Leaves, Tomato, Carrot Raisin Salad, Diced Celery Diced Onion Dessert: Banana	Hot: Breaded Pollock 17 On Wheat Bun, Brussels Boiled Brussels Sprouts, Baked Steak Fries Cold: No Salt Added Turkey & Cheese on Wheat Bread, w/ Lettuce, Tomato, Red Pepper Rings Dessert: Chocolate Pudding
Hot: Grilled Chicken 22 Strips Lo Mein w/Carrots, Chopped Green Onions, Shredded Boiled Cabbage, Broccoli, Red Bell Peppers & Mushrooms, Fortune Cookie Cold: LS Roast Beef & Swiss on Rye Bread, Coleslaw Lettuce, Tomato, Mayo Dessert: Fresh Apple	Hot: Beef Lasagna w/LF Meat Sauce, Green Beans, Romaine 23 Tossed Salad w/Chopped Tomatoes & Cucumbers, Shredded Carrots, Red Bell Pepper Rings Cold: Vegetarian Platter w/Low Sodium Chickpeas, Cottage Cheese, Chopped Romaine, Baby Spinach, Carrot & Celery Sticks, Cucumbers, Radishes, Broccoli Florets, Tomato, Chopped Red Onion, Cauliflower Florets, Avocado Dessert: Banana	Hot: BBQ Chicken Legs, 24 Cooked Egg Noodles, Green Beans, Romaine Tossed Salad w/Chopped Tomatoes & Cucumber, Shredded Carrots Cold: Turkey Salad on Wheat Bread w/Lettuce, Tomato, Red Bell Pepper Rings, Potato Salad Dessert: Orange Sherbert
Hot: Breaded Chicken 29 Patty, Boiled Spinach, Corn on the Cob, Cornbread Cold: No Salt Added Turkey Breast Chef Salad w/ Hard Boiled Egg, Romaine Lettuce, Tomatoes, Carrots, Cucumber, Red Onion, Avocado, Croutons Dessert: Cantaloupe Cubes	Hot: Sweet & Sour Diced Pork, Brown Rice, Hard Boiled Egg, Oriental Blend Vegetables, Romaine Salad w/ Croutons Cold: Grilled Chicken Strips Ceasar Salad w/ Hard Boiled Egg, Romaine Lettuce, Croutons, Carrot Raisin Salad, Whole Wheat Dinner Roll Dessert: Unsweetened Applesauce	Hot: Baked Meatloaf, Mashed Potatoes, Mixed Vegetables Chopped Kale Salad w/Chickpeas & Chopped Red Onion Cold: Tuna Hoagie w/ Unsalted Light Tuna Packed in Oil, Shredded Romaine Lettuce, Tomato, Red Onion, Red Bell Pepper Rings, Pickled Beets Dessert: SF Vanilla Pudding