

Stay Active

www.PhilaSeniorCenter.org



NC NEWCOURTLAND Philadelphia Senior Center Allegheny

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.

January Birthdays:

1 Pamela Davis	10 Leslie Howard	24 Frances Bolton
1 Dorothea Horton	11 Marion Alston	24 Deloise Wyatt
1 Georgia Phillips	11 Donna Bazemore	25 Julia Coker
2 Jennifer Hardy-Williams	12 Yvonne Jones	25 Betty Garner
2 Janes Hendricks	13 Paulette Dandridge	25 Fay Taylor
2 Dorothy Sims	15 Nora Jackson	26 Ramona Riley
3 James Otis	16 Shelly Knox	27 Jewelyn Williams
5 William Adams	16 Racheon McMillian	28 Cynthia Medina
5 Mildred Bond	17 Sandra Webb	29 Laura Fletcher
6 Deborah Odrick	19 Carol Pope	30 Janet Miller
7 Minie Brown	20 Joyce Byers	30 Lidia Thomas
7 Rosetta Dudley	20 Sandra Owen	31 Barbara Oliver
9 Louise Alston	23 Robert Liken	31 Laura Williams
9 Brenda Elliott	23 Joyce McKinney	
9 Anita Thomas		

MESSAGE FROM THE IN-CENTER COUNSELOR

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



NUTRITION EDUCATION: Consult an RDN

Whether you want to lose weight, lower 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.



Welcome Everyone!

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



1900 W. Allegheny Ave.
Philadelphia, PA 19132
267-286-1455
info@newcourtland.org

NC NEWCOURTLAND Philadelphia Senior Center Allegheny

Stay Active

Monthly Events and Activities for Members

NC NEWCOURTLAND Philadelphia Senior Center Allegheny

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 an 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



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

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 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

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

FRIDAYS

BINGO • 9:30-11:30AM (Dec. 6 & 13 only)

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 JAN.

- 1 New Year's Day
- 1 National Hobby Month
- 1 National Chocolate Covered Cherry Day
- 2 World Introvert Day
- 3 International Mind-Body Wellness Day
- 6 National Cuddle Up Day
- 10 National Houseplant Appreciation Day
- 11 National Human Trafficking Awareness Day
- 11 Nat'l Clean Off Your Desk Day
- 15 Martin Luther King's Birthday
- 20 Martin Luther King Day

<h2>Healthy Eating: January 2024</h2> <p>In Person Congregate Meals Monday thru Friday</p>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CENTER CLOSED Happy New Year!	CENTER CLOSED Happy New Year!	CENTER CLOSED Happy New Year!	CENTER CLOSED Happy New Year!	CENTER CLOSED Happy New Year!
Hot: Baked Rosemary Chicken Leg, Baked Sweet Potato, Steamed Peas Cold: Vegetarian Salad Platter w/Chopped Hard-Boiled Egg, LS Chickpeas, Baby Spinach, Fresh Kale, Celery Sticks, Carrot Sticks, Cucumber, Green Bell Pepper Rings, Cherry Tomatoes Dessert: Diced Pears	Hot: Smothered Pork Chops w/LS Gravy, Glazed Carrots, Mashed Potatoes, Tossed Romaine Salad w/Chopped Tomatoes & Cucumber, Red Bell Pepper Rings, Shredded Carrots, Plain Croutons Cold: Tuna Salad on Wheat Bun w/Light Canned Unsalted Tuna in Oil, Chopped Onion & Celery, Lettuce, Tomato, Cucumber Salad, Dill Pickles Dessert: SF Strawberry Jell-O	Hot: Beef Pepper Steak 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 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 Stroganoff over Egg Noodles w/ Mushrooms & Onions, California Blend Vegetables, Whole Wheat Dinner Roll Cold: Seafood Salad on a Croissant w/Surimi, Imitation Crab, Chopped hard-boiled Egg, Cucumber & Tomato Salad, Diced Celery Dessert: Orange	Hot: Chicken & Broccoli w/Grilled Chicken Strips, Brown Rice, Steamed Broccoli Vegetable Egg Roll Cold: Caesar Salad w/Shredded Romaine Lettuce, Red Bell Pepper Rings, Plain Croutons Cold: Corned Beef and Cheese on Rye Bread w/Coleslaw, Baby Spinach Salad w/ Tomatoes & Red Onions Dessert: Strawberry Yogurt	Hot: Corned Beef & 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 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
CENTER CLOSED IN OBSERVANCE OF Martin Luther King Jr. Day	Hot: Baked Salmon Fillet, Corn on the Cob, Broccoli, Spinach Salad w/ Chopped Red Onions, LF Ranch Dressing Cold: Turkey BLT on Whole Wheat Bread w/ LS Turkey Bacon, Lettuce Leaf, Tomato, Avocado, Waldorf Salad Dessert: SF Strawberry Ice Cream	Hot: Grilled Chicken 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 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, 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: Veal Parmesan w/ Breaded Veal Patty with Tomato Sauce and Cheese, Wax beans, Baked Potato Cold: No Salt Added Turkey and Cheese Hoagie w/Shredded Lettuce, Tomato, Red Onion, Potato Salad Dessert: Fresh Apples	Hot: Shrimp Fried Rice w/ Scrambled Eggs, Brown Rice, Carrots, Onions, Green Peppers & Green Peas, Tossed Salad w/ Romaine, Cucumbers, Tomatoes Cold: Grilled Chicken Strips Pasta Salad w/ Turkey Bacon, Unsalted Walnuts, Baby Spinach Salad w/ Cherry Tomatoes, Red Onion Dessert: Pineapple Chunks	Hot: Breaded Chicken 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 Caesar 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