

Member News

February Is:

American Heart Month
African Heritage & Health Week (First week of February)
Low Vision Awareness Month
Congenital Heart Defect Awareness Week (Feb. 7-14)
Condom Week (Week of Valentine's Day)
Eating Disorders Awareness Week (Last week of February)
National Wear Red Day (First Friday of February)
National Cancer Prevention

MESSAGE FROM THE IN-CENTER COUNSELOR

I am Felicia Washington, the In-Center Counselor at PSC Allegheny. I am here to provide support, advocacy, information and assistance with social service matters. I am available both by phone: 267-286-1455 and in-person (appointment or walk-in) Monday thru Friday from 8:30 am to 4 pm.

I am able to assist you with a variety of benefits and services that include the following:

- Liheap
- Snap Benefits
- Information & Referral
- Philabundance Food Boxes
- Housing
- Property tax/ Rent Rebate
- Emergency Fund
- Center Membership

If you are 55 or older and interested in joining PSC Allegheny, please do not hesitate to meet with me to complete a membership application and receive a new member's informational packet.

Felicia Washington
In-Center Counselor

Hello Beautiful Members of Allegheny,

I am having a wonderful time getting to know everyone of you. You encourage me every day with your kind words and I would like to say Thank You So Much! You don't know how much I appreciate it.

Please make sure you look over your February Calendar. There were some changes made. Some classes have a cost. This change will help with paying the instructors for the class or classes. You may purchase a coupon from the front desk. The cost of the coupons are \$1.00 per coupon, or you can purchase a book of 20 coupons for \$20 dollars. Everyone who purchases a book of 20 you will receive (2 extra coupons). Also, some class times were changed. I want to make sure that everyone has an opportunity to attend their favorite class and not stress over missing a class.

Don't forget to attend the Town Meeting that is scheduled for Tuesday, February 9th at 1:00 pm. This is your time to let me know what you would like to have at your Senior Center. I will also go over the On Going Classes and discuss Trips you would like to attend. **This is a meeting you won't want to miss, see you there!**


Barbara A. Whitmore ☺
Program Coordinator
PSC-Allegheny Senior Center

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A Proud Member of the NewCourtland Network
PHILADELPHIA
SENIOR CENTER
AT ALLEGHENY



Stay Active

Monthly Events and Activities for Members

February 2016

Speakers, Special Events & Parties

Too Cold! Too Hot! Too Much Rain or Snow!

Monday, February 8, 10:00am
(Snow Date Monday, February 29)
*Free

Healthy Snacks provided for Participants! Learn how severe weather is related to climate change, how it can impact your health and what to do to protect and preserve your health.

NewCourtland Life Living Well, Learning Well Virtual Grocery Store

Monday, February 8, 12:15pm
*Free

This seminar will help you learn how to easily navigate through the grocery store; effectively read food labels, try new foods and make healthy food choices.

Town Meeting

Tuesday, February 9, 1:00pm
*Free

Calling all Allegheny members and friends! It's Town Meeting time get all the information about your Senior Center. Please come with your questions and concerns. You don't want to miss this meeting!

Ask Me 3 Seminar

Wednesday, February 10, 12:30pm
*Free

Do you feel like you are rushed in and out of your doctor's visit? Here are some helpful hints to help you navigate so that you can get the best out of your visit.

Valentine Day Celebration

Thursday, February 11, 1:00pm-3:30pm
*Free

Bring that special person/friend and let's have some fun! Enjoy the sounds of DJ Kyle Durden and don't forget to wear your dancing shoes! Don't forget to sign-up at the Touch Screen in the dining area!

NewCourtland Life Living Well, Learning Healthy Eating on a Budget

Monday, February 15, 12:15pm
*Free

This seminar will explore how to eat a healthy, well balanced diet while maintain a budget.

Black History Celebration / Covered Dish

Tuesday, February 23, 11:00am
*Free

Enjoy a day filled with beautiful singing, poems and fellowship. Don't forget to sign-up at the Touch Screen in the dining area!

Hello Everyone,

I am Jackie Wyley, Manager of Philadelphia Senior Center – Allegheny Branch.

I would like to take this opportunity to thank the membership for your support as we opened the Philadelphia Senior Center-Allegheny Branch. We opened our doors on Tuesday, January 12th 2016 to over 200 seniors. In attendance were members from Lehigh and Tioga Senior Centers as well as from our new community. The day was filled with great food, music and plenty of fun. It included tours of the Center, the Allegheny Apartments and Allegheny LIFE.

As we move forward in our new adventure, Allegheny Senior Center will provide a multitude of activities and information for our members and the neighboring community. We have several exercise classes such as, Aerobic Fit, Senior Fit, Enhanced Fitness, Zumba and low impact Zumba, Yoga, Chair Yoga, Tai Chi and Line Dancing. There are several Arts & Craft classes, such as Sewing, Pottery, Jewelry, Macramé, Quilting, and Crotchet & Knitting. And if that doesn't entice you, we have a Choir, Bible Study, Bingo, Computer classes, Pinochle and other card games.

Additionally, we are very please to be able to provide Lunch that is freshly prepared Onsite by our wonderful Dietary Department. Also, please note that there is an In-Center Counselor available to assist members with a variety of needs and accessing entitlements and benefits.

As we head into our second month in our new Senior Center, we can look forward to making new friends and new memories in our new community. Our merger is complete. We are finally together.

Sincerely,

Jackie Wyley
Manager, PSC – Allegheny Branch

Ongoing Events

Chat & Chew
Monday-Friday, 9:00am
Start your day off right with a cup of coffee or tea, a light breakfast and fun conversation with your friends. Also enjoy reading the paper a listening to relaxing music.

Computer Lab
Monday-Friday, 10:00am
Take this time to enjoy playing Internet games or to advance your computer skills on your own. Cost: Free

50/50 Drawing
Monday, Wednesday & Thursday, 10:00am-11:30am
Please see Mr. Johnson or Ms. Dutton to purchase your ticket. All proceeds benefit the Center. Winner gets half of the pot. Tickets are buy 2 get 1 FREE. Cost: \$1.00 each ticket

Carl's Fruit Stand
1st Monday of the Month, 10:00am-1:00pm
Carl has a great selection of fruits, veggies, snacks and even drinks. Prices vary but are very reasonable! Please stop by to check it out!

NewCourtland Life Living Well Learning Well Tai Chi
Weekly: Monday & Wednesday, 11:00am-12:00pm
A Chinese system of SLOW meditative physical exercise designed for relaxation, balance, and health. This class is lots of fun come and out get fit! Cost: Free

Line Dancing
Monday: 10:00am-11:00am
Wednesday: 1:00pm-2:00pm
Arnold Zacharias leads this weekly class. Come and learn and latest line dances. Cost: Free for Members. 2 coupons per class (Non-Member)

Bible Study
Weekly: Mondays, 10:00am
Led by members Lelia Jarvis and Kathleen Young. Join this group for an educational study of the Bible. Cost: Free

Muscle Tone
Mondays, 11:00am
Stretch and tone uses lightly challenging weights and stretching to enhance flexibility and stability, improving balance. Cost: Free

Painting Class
Mondays, 10:00am-11:00am
Join Tioga's painting class with Sheena Garcia, this class will allow you to express yourself through painting. Also learn how to match different colors to make one beautiful color. Cost: \$1.00 per class

Jewelry by Design Led by Instructor Jennifer Thomas
Weekly: Monday & Thursday, 12:45pm
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: \$2.00

Zumba
Mondays, 1:00pm
Zumba instructor Janet Ford teaches hypnotic Latin rhythms! Easy-to-follow moves create a one-of-a-kind fitness program. Ditch the workout and join the party! Cost: Free

Make it/Take it!
Mondays, 1:00pm-3:00pm
This do it yourself class allows you to make handmade, one of a kind items such as greeting card, gift bags, gift boxes and take them home with you the same day! If you enjoy sweet sentimental one of a kind items, this is the class for you! Join us and began a project today! Cost: Free

Choir
Weekly: Mondays, 1:00pm
Let by instructor Mattie Giles and Carolyn Alexander, Love to sing or perform? Lift your voice with our AWESOME choir. Enjoys traveling to various Centers, Nursing Homes and performing for our members at home with their sweet inspirational sounds. Cost: Free

Podiatrist Dr. Mike
1st and 3rd Tuesdays of every month, 8:30am -11:30pm

NewCourtland Life Living Well Learning Well Seated Strength Training
Tuesdays, 11:00am-12:00pm
This class offers a total body workout that targets the upper and lower body with a variety of exercises that can be done while seated! Join Ahmad Pyett for this 7-week course! Cost: Free

Enhance Fitness Led by Instructor Eric Ramos
Weekly: Tuesday, 11:00am
Thursday, 9:30am
Need a boost of energy? Join the exercise class to "ENHANCE" flexibility and stretching. Learn to incorporate exercise and dance all while having fun. It's not a workout it's a party!

Exploring the Internet Led by Instructor William Brown
Weekly: Tuesday, 12:30pm-1:30pm
Interested in learning basic computer skills, how to send or receive an email, Google general information, or to simply personalize and design your own cards to sent to family & friends? Join this class! Cost: Free

Pottery & Ceramics
Tuesdays, 1:00pm
Are you ready to get back into the groove with pottery and ceramics? Join Artist George Apotos and learn how to make hand-made objects as well as use the many molds to make premade objects and figurines. Now is the time to show off your talent! Cost: \$3.00 coupons pre class

Teach Me to Touch Led by Instructor William Brown
Weekly: Tuesday, 1:30pm-2:30pm
Experience today's technology. Learn to touch, swipe, and navigate the Ipad. Cost: Free

Quilting Class
Wednesdays, 10:00am-12:00pm
Create original artistic quilts with colorful fabrics and threads. Sewing and design come together for on-of-a-kind creations. Cost: Free

Bible Class
Wednesdays, 10:00am
Non-denominational study group. Cost: Free

Bingo
Wednesdays & Fridays, 10:15am
Join us for fun and prizes.

Senior Fit Led by Instructor Diane Thomas
Weekly: Wednesdays & Thursdays, 10:30am
Led by Instructor Diane Thomas. Join this exercise class for incredible stretch and ton movements. Senior Fitness specializes in the use of light hand-held exercise equipment such as weights and fitness balls. Receive a total workout standing or sitting. Cost: Free

Aerobic Fit Muscular Strength
Wednesdays, 11:15am-12:00pm
Join Eric Ramos in the nation's leading fitness program for older adults. This exercise program can reduce your risk of heart disease by up to 50%; double your muscle strength in three to four months and reduce the risk of diabetes by as much as 75%. Cost: Free

Journey's Way Peer Discussion
Wednesdays, 12:30pm
Share your thoughts about life, love, lost and change. Cost: Free

Creative Crafts & Crochet
Wednesdays, 1:30pm-2:30pm
Class led by Elizabeth Cason. Join the class and make some interesting pieces out of some unique items. Cost: \$1.00 per class

Sewing Class
Weekly: Thursday, 10:00am
This creative class makes items for local nursing homes such as clothes, bibs, placemats, and more. We need your hands! Cost: Free

Phenomenal Women
Every other Thursday, 10:00am-11:00am
Come share your life stories over a cup of tea with Georgette King and have the experience brought to life on paper planting the seed for the children who will follow. Cost: Free

In-Center Counselor Speaks Out
Led by Felicia Washington
Weekly: Wednesday, 11:30am (and as needed)
Our Center counselor gives information and updates on social services available. Some of the sources include property taxes rebate, emergency oil, liheap entitlements, benefits, and much more. Cost: Free

Chair Massage w/ John Johnson
1st & 3rd Thursday of every month, 11:00am. Cost: Free

Macramé Class
9:00am-12:00pm (Note Time Change)
(Please check monthly calendar for dates)
Led by Bessie Gordy, join the class and learn how to make a planter holders, pocket book, table mats settings and much more. Cost: \$1.00 coupon per class

Crochet and Knitting Led by Instructor Elizabeth Cason
Weekly: Fridays, 10:00am
Enjoy crochet or knitting? Join this class to learn new ways to create different items such as hats, scarves, tote bags & plenty more. Cost: \$1.00 coupon per class

Bible Study
Fridays, 10:00am-11:00am
Class led by Minister Calvin Myers, this is a free, non-denominational study group. Cost: Free

Sing-A-Long
Weekly: Fridays, 11:00am-12:00pm
Join us for an entertaining hour of singing and fun. Cost: Free

Line Dancing
Weekly: Fridays, 1:00pm
Led by Instructor Gloria Kingcade. Love to dance? Show off your skills? Learn the latest line dance steps as you move and groove to the latest line dance hits
Cost: Free for Members. 2 coupons per class (Non-Member)

Gentle Chair Yoga
Weekly: Fridays, 1:00pm-2:00pm
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: Free

Brain Games
Fridays, 2:00pm
Lets give our brains a workout! Enjoy this time to exercise you mind with crossword puzzles, scrabble and much more.

Low Impact Zumba Led by instructor Janet Ford
Weekly: Fridays, 2:30pm-3:30pm
teaches hypnotic Latin rhythms! Easy-to-follow moves (seated for low impact) create a one-of-a-kind fitness program. Cost: Free

Games: Pinochle & Pity Pat (daily)

Flower Arrangement
3rd Thursday Cost: \$2.00 per class

Pretzel Sale 1st Monday

Wii Game Play 1st Friday: 1:00pm-2:00pm

Movie Time 1st Friday: 1:00pm-2:00pm

Music Time 2nd Friday: 1:00pm-2:00pm



Monday	Tuesday	Wednesday	Thursday	Friday
Hot • Spaghetti & Meatballs • Tossed Salad • Italian Green Beans Cold • Chicken Caesar Salad • Three Bean Salad • Whole Wheat Dinner Roll Dessert • Berry Bowl w/ Whipped Topping	Hot • Meat Loaf • Red Roasted Potatoes • Cooked Carrots • Spinach Salad • Whole Wheat Dinner Roll Cold • Chef Salad • Pickled Beets w/ Onions • Whole Wheat Dinner Roll Dessert • Pears	Hot • Chicken Stir Fry • Brown Rice Cold • Turkey Greek Salad Bowl w/ Crumbled Feta Cheese • Whole Wheat Dinner Roll Dessert • Vanilla Pudding	Hot • Baked Tilapia with Lemon Dill Sauce • Baked Potato • Stewed Tomatoes • Red Beet & Onion Salad • Cornbread Cold • Roast Beef & Swiss Cheese on Kaiser Roll • Potato Salad Dessert • Diced Watermelon	Hot • Cheese Burger on Wheat Bun • Sweet Potatoes Wedges • Coleslaw Cold • Turkey and Cheese Vegetable Wrap • Carrot Raisin Salad • Whole Wheat Tortilla Dessert • Fruit Cocktail
Hot • Roast Pork Loin • Buttered Spinach • Wild Rice Pilaf Cold • Roast Beef Sandwich on Rye • Coleslaw Dessert • Strawberry Angel Food Cake	Hot • Herb Roasted Chicken Quarter • Zucchini w/ Stewed Tomatoes • Roasted Potatoes • Cornbread Cold • Turkey Salad Platter w/ Croissant Dessert • Fresh Orange	Hot • Chicken Lo-Mein • Lo-Mein Noodles Cold • Chopped Hoagie Salad w /Mozzarella & Provolone Dessert • Mandarin Oranges	Hot • Roast Turkey w/Gravy • Buttered Peas & Mushroom • Breaded Stuffing Cold • BLT Chef Salad • Turkey Breast Dessert • Applesauce	Hot • Cheeseburger • Potato Salad Cold • Crispy Chicken Salad • Hard Boiled Egg Dessert • Cantaloupe
Hot • Meatball Sandwich on Wheat • String Beans • Tossed Salad Cold • Turkey Salad Wrap w Swiss Cheese Dessert • Vanilla Wafers	Hot • Chicken Parmesan • Spaghetti Noodles • Tomatoes and Cucumbers Cold • Seafood Salad Platter * Hard Boiled Egg • Coleslaw Dessert • Chocolate Ice Cream	Hot • Beef w/Vegetable Stir-Fry • Brown Rice Cold • Chicken Caesar Salad • Potato Salad Dessert • Fresh Oranges	Hot • Barbecue Ribs • Baked Beans • Coleslaw Cold • Corn Beef Special w/Swiss on Rye • Coleslaw Dessert • Fresh Plum	Hot • Cheese Steak on Roll • Tossed Salad • Potato Wedges Cold • Tuna Salad Platter • Hard Boiled Egg • Pasta Salad Dessert • Cantaloupe
Hot • Italian Turkey Sausage • Sautéed Green Peppers • Tossed Green Salad Cold • Chicken Salad Platter • Three Bean Salad • Coleslaw Dessert • Pineapple Chunks	Hot • Open Faced Roast Beef Sandwich • Mashed Potatoes • Brussels Spouts • Spinach Salad Cold • Italian Hoagie w/Turkey Ham Dessert • Peach	Hot • Shrimp Fried Rice w/ Stir-Fry Vegetables • Tossed Salad • Whole Wheat Dinner Roll Cold • Italian Turkey Bowl w/Mozzarella Cheese • Pasta • Pickled Beets Dessert • Mandarin Orange	Hot • Macaroni & Beef Casserole w/ Mozzarella • California Blend Vegetables Cold • Turkey & Swiss Sandwich • Potato Salad Dessert • Fruit Cocktail	Hot • BBQ Chicken Quarter • Baked Sweet Potato • Steamed Cabbage Cold • Southwestern Chopped Salad w/Fajita Chicken, Black Beans, Chopped Spinach & Baked Tortilla Chips Dessert • Chocolate Ice Cream
Hot • Spaghetti & Meatballs • Tossed Salad • Italian Green Beans Cold • Chicken Caesar Salad Dessert • Berry Bowl w/ Whipped Topping				