

Member News

January Birthdays

If It's Your Birthday Make Some Noise!



Doretha Cractic	Marion Alston	C. Yvonne Johnson
James Hendricks	Kenneth Raggins	Charles Williams
Bobby Williams	Eutrula King	Rosetta Davis
Patricia Williams	James Bradley	Nora Jackson
Bettie Harrison-Bond	Jerome Cheatham	Aldora Brown
Patricia Deshelds	Rosetta Dudley	Yvonne Jones
Minnie Brown	Carolyn Waters	Joyce Mckiney
Leon Pinkney	Juanita Harper	Chiquita Smith
Robertha Green	Louise Briscoe	Lorraine Cotton
Jannie Powell	Marie Walker	Tyrone Ward
Laura Williams	Sarah Bishop	Clarence Wright
Dorothy Harding	Marjorie Rodvill	Claudette James

Social Services

2014 Tax/Rent Rebate has begun. For assistance see Center Counselor. Homeowners please bring 2014 proof of income and 2014 real estate tax receipts/bills. Renters must bring 2014 proof of income, 2014 rent receipts and completed 2014-rent certificate located inside of your rebate book. For Assistance applying for LIHEAP and Emergency Oil please see the Center Counselor. Must bring Photo ID, proof of income and last bill from your heating or Oil Company.

New Members

Diane Goff
Michelle Mason
Diana Beachem

January is:

Cervical Health Awareness Month
Financial Wellness Month
National Glaucoma Awareness Month

Healthy Living Month
Thyroid Awareness Month

Yayyyy! 2016 is here!

Hi Beautiful Members and Friends of The Allegheny Senior Center,

My name is Barbara Whitmore. I am the Program Coordinator and I can't wait to get started! We are going to have a beautiful time! I get chills just thinking about all the new things that we have to look forward to experiencing. Just to name a few, new state of the art computer lab, exercise equipment on site, more rooms for activities and let's not forget a meal cooked on site. But before I get started I have to thank so many people who helped when the time came for donations.

I would like to thank Lashawna Reddy for her generous donation of turkeys for our Thanksgiving Dinner. I would also like to thank Girls United, Manig and Thick-a-lous for their donations and for preparing the meal for the members of Tioga.

A great BIG thank you goes to Todd Harrison, Community Education Program Specialist from Health Partners Plan. Each and every member that received a Thanksgiving Basket and Gift Card was able to prepare and have a beautiful Thanksgiving Dinner.

Thank you goes to Davar Services for their donation of snacks and Pennsylvania Apples, applesauce and apple cider. Thank you to the Spring Garden Academy and the Pre K and Kindergarten students for singing and bringing the holiday cheer to the members.

To Sheena Garcia, thank you so much. The members and staff loved the Café ambiance along with the Winter Wonderland Theme, for Tioga's Closing Ceremony. We had a beautiful turn out on Wednesday, December 16th. Members were lined up at the door at 8:00 am to get a peek of how beautiful the center was decorated.

Last, but not least, a special thank you to Deacon Leslie Pittman and Harmonica Gospel. You were outstanding! The members enjoyed themselves. They stated, you took them back to the heart of gospel. The energy of the group was very spiritual and uplifting. Can't wait to have you back!

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



Philadelphia Senior Center is funded by the Pennsylvania Department of Aging, the United Way Corporation for Aging, the United Way, corporations, foundations and individuals. U.W. Donor Choice #000095



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A Proud Member of the NewCourtland Network



Stay Active

Monthly Events and Activities for Members

January 2016

Happy New Year and Welcome to PSC Allegheny,

Please join us for our Grand Opening on Tuesday, January 12, 2016. This is an exciting time for us. We have a new building, a new name and a new beginning. It is quite an honor to be the first members of PSC Allegheny. Thank you to everyone that played a role in the planning and implementation in providing our members with this wonderful center.

With the merger of PSC Lehigh & PSC Tioga, we will continue with the majority of activities that were previously scheduled, along with new classes added. We will serve on site-prepared hot lunches. Our activities include, arts & crafts, bible study, bingo, choir, computer lab and computer classes, various exercise classes, jewelry, line dancing, macramé, painting, pottery, trips and In-Center Counselor.

As we move forward in our new home, our plans are to provide a place where our members have various activities, meet new friends, and have a wonderful meal.

I look forward to getting to know each and every member.

PSC Lehigh and PSC Tioga are now united as one. Come Join Us!

Jackie Wyley
Center Manager

Speakers, Special Events & Parties

Fox Street Shoprite Shopping Trip

Wednesday, January 5, 10:00am

*For Transportation: Please See Janell Little. If you need to pick up some odds and ends or you ran out of milk and eggs, now is the time for you to get what you need. CCT will be provided for anyone who has a CCT ID Card.

Foot Comfort Center

Thursday, January 14, 11:00am

*Free

If you are in the need of a pair a diabetic shoe's please come in and speak with Scott Kaplan. Come with your questions and concerns.

NewCourtland LIFE Living Well, Learning Well

Weight Management

Tuesday, January 19, 11:00am

*Free

Learn different approaches to weight loss and get resources selecting the best option for your own weight management.

Sound Investment Hearing Aid Service

Wednesday, January 20, 1:00pm *Free

Are you having trouble hearing, do you think you need a battery replacement? If so please see Britt Cardwell for a hearing test.

LaSalle Nursing Center

Thursday, January 21 & 26, 11:00am *Free

Get your blood pressure checked and know your numbers. Knowing your numbers is half the battle.

NewCourtland LIFE Living Well, Learning Well

Healthy Body Image

Tuesday, January 26, 11:00am

*Free

Learn how exercise and pushing away from those bad foods will help you maintain a healthy body image.

Smart Ideas Free Energy Saving From PECO

Wednesday, January 27, 1:00pm *Free

Get great energy saving tips, and learn how using a different kind of light bulb to save money on your energy bill.

Emergency Preparedness by The Philadelphia Department of Public Health

Thursday, January 28, 11:00am

*Free

Emergencies can happen at any time, and be large or small. Public health emergencies are natural or man-made disasters that can make many people sick or die. They can include fires, hurricanes, chemical spills, gas leaks, pandemics, or terrorism. The Everybody Ready 3.0 handbook is a tool that can help you plan for public health emergencies before they happen.

Ongoing Events

Coffee Break
Daily 9 to 11am
Start your day off right with a cup of coffee, a light breakfast and fun conversation with your friends!

Carl's Fruit Stand
Monday-Friday, 10 am to 12 pm
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!

Line Dancing
Monday, 10:00 to 11:00 am
Wednesday, 1:00 to 2:00 pm
Arnold Zacharias leads this weekly class. Come and learn and latest line dances. Cost: 2 coupons per class

In-Center Counselor
Mondays & Wednesdays, 9:00 am to 4:00 pm
If you need assistance with information, referrals or resources, this is your opportunity! Please stop by to meet with one of our In Center Counselors and they will be glad to assist you!

Quilting
Mondays & Wednesdays, 10:00 am to 12:00 pm
Create original artistic quilts with colorful fabrics and threads. Sewing and design come together for one-of-a-kind creations. Cost: 1 coupon (Wed. only).

Pinocle Card Game
Mondays & Wednesdays, 10:00 am to 2:00 pm

Painting
Mondays, 10:00 am to 11:00 am
Join Tioga's painting class with Sheena Garcia, this class will allow you to express yourself through painting. Cost: \$ 1.00

Muscle Tone
Mondays, 11:00 am
Stretch and tone uses lightly challenging weights and stretching to enhance flexibility and stability, improving balance. Cost: \$ 1.00 (1 coupon)

Zumba
Mondays, 1:00 pm
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: \$1.00 coupon

Make It Take It!
Mondays, 1:00 to 3pm
This do it yourself class allows you to make handmade, one of a kind items such as greeting cards, 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 in the back arts and crafts room to begin your projects today! Cost: \$1 (1 coupon)

Basic Computer Class
On Break
Learn the basics of what it takes to become a computer whiz! This class is taught by Mr. Aaron Stallworth Jr. Cost: \$1.00 coupon

Podiatrist Dr. Mike
1st & 3rd Tuesdays, 8:30 to 11:30 am
In the Senior Center

Sewing the Ways to Wellness
Mondays Bi-weekly, 1:00-4:00pm
(Please check monthly calendar for dates)
Join this volunteer group to make and sew Wellness Bags for Organ & Tissue donation recipients who reside at the Gift of Life Family house here in Philadelphia! This is a great way to help those who are preparing for surgery to receive an organ or tissue transplant. All are welcome!

NewCourtland Life's Living Well, Learning Well Program: Seated Strength Training
Tuesdays & Thursdays, 11 am to 12 pm
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!

50/50 Drawing
Every Monday, Wednesday & Thursday, 10:00 to 11:30 am
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 one FREE! Cost: \$1.00 each ticket

Bingo
Tuesdays, Wednesdays & Thursdays, 12:45 to 1:45 pm
Join us for fun and prizes.

Pottery & Ceramics
Tuesdays, 1:00 pm
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 here at PSC Tioga Branch to make premade objects and figurines. Now is the time to show your talent! Cost: \$3

Sewing Class
Tuesdays Bi-weekly, 1:00-4:00pm
(Please check monthly calendar for dates)
Join Bessie Gordy to sew your very own, one of a kind items such as clothing, purses, pillows, and anything else you can think of! Create your own masterpiece! Cost: \$1 (1 coupon)

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

Aerobic Fit Muscular Strength
Wednesdays, 11:15 am to 12:00 pm
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: \$1.00

iPad Class
On Break
If you've already taken the Basic Computer Class and the Advanced Computer Class you would love something a bit more challenging. This is the class for you! Class is taught by Aaron Stillworth Jr.

Creative Crafts and Crochet
On Break
This class is led by Elizabeth Cason. Come and make some interesting crafts. Cost: 2 coupons per class

Podiatrist Dr. Mike
1st & 3rd Thursdays, 9:00 to 10:00 am
In the Basement

Senior Fit
Thursdays, 10:00 to 11:00 am
Join Diane Thomas 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: \$1.00

Peer Discussion
Thursdays, 10:00 am
Join Volunteer Peer Leaders, Mr. Carl Hackney And Gloria Weaver and share your thoughts About life, love loss and change. Cost: Free

Phenomenal Women
Every other Thursday, 10:00 am
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

Advisory Council
Every second Thursday, Noon
in the Conference Room

Chair Massage with John Johnson
Every First and Third Thursday of Every Month, 11:00 am
Cost: 1 coupon for 5 minutes

Macramé Class
Every other Thursday, 1:00 to 4:00 pm
This class is led by Bessie Gordy. Come and learn the basics and beyond. Cost: 1 coupon per class

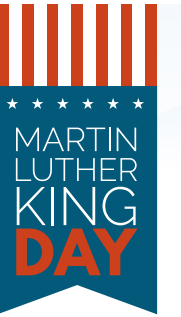
Bible Study w/ Minister Calvin Myers
Fridays, 10:00 am to 11:00 am
This is a free, non-denominational study group.

Sing-A-Long
Fridays, 11:00 am to 12:00 pm
Come join us for an entertaining hour of singing and fun. Cost: 1 coupon for Sing-A-Long class participants

Music Time
Fridays, bi-weekly, 12:15 pm
Sit back listen to music while you relax. Free.

Gentle Chair Yoga
Fridays, 1:00 to 2:00 pm
This yoga class combines breathing, exercise, stretching and meditation for a full body workout in a chair, yoga increases flexibility and strength, tones the body, reduces tension and boosts energy. Cost: \$1.00

Low Impact Zumba
Fridays, 2:00pm
Zumba instructor Janet Ford teaches hypnotic Latin rhythms! Easy-to-follow moves (seated for low impact) create a one-of-a-kind fitness program. Ditch the workout and join the party! Cost: \$1.00 coupon



Healthy Eating Choices for January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> Chicken Pecan w/ Maple Bourbon Sauce 4 Cinnamon Sweet Potatoes Tossed Salad Honey Dijon Dressing Wheat roll Mixed Fruit 	<ul style="list-style-type: none"> Italian Wedding Soup 5 Sliced Turkey w/ Honey Mustard Wine Sauce Brussel Sprouts Rosemary Red Bliss Potatoes Wheat Roll Chunky Cinnamon Applesauce Cold Meal Chicken Salad 3 Bean Salad Wheat Roll Italian Wedding Soup 	<ul style="list-style-type: none"> Stuffed Cabbage w/ Meatballs 6 Sweet & Sour Sauce Mixed Vegetables Wheat Roll Diced Peaches Cold Meal Chicken Taco Salad Marinated Carrots Salad Diced Peaches Wheat Roll 	 <p><i>I have a dream...</i></p> <ul style="list-style-type: none"> Baked Cheddar Chicken 7 Broccoli Florettes Seasoned Potato Cubed Wheat Bread Chocolate Chip Cookie Cold Meal Turkey & American Cheese Wrap Lettuce, Tomato Onion, Cranberry Salad Chocolate Chip cookie 	<p>CENTER CLOSED IN OBSERVANCE OF NEW YEARS DAY! 1</p>
<ul style="list-style-type: none"> Italian Turkey Sausage 11 Marinara Sauce Sautéed Green Peppers Tossed Green Salad w/ Fresh Spinach, Romaine Salad Mix & Italian Dressing Broccoli Pineapple chunks Cold Meal Chicken Salad Platter Three Bean Salad Pineapple Chunks Wheat Dinner roll 	<ul style="list-style-type: none"> Open Face Roast Beef Sandwich 12 Mashed Potatoes Brussels Sprouts Spinach Salad w/Grated Carrot & Cherry Tomato Fresh Peach Slice Bread Ranch Dressing Cold Meal Italian Hoagie Caesar Salad w/ Caesar Dressing Fresh Peach 	<ul style="list-style-type: none"> Shrimp Fried Rice w/ Stir Fry Vegetables 13 Tossed Salad Mandarin Oranges Fried Rice Wheat Dinner Roll Cold Meal Italian Inspired Turkey Bowl w/Chopped Turkey Breast, Shredded Mozzarella, Salami, Pasta Italian Dressing 	<ul style="list-style-type: none"> Macaroni and Beef Casserole 14 California Blend Vegetables Tossed Salad Fruit Cocktail Cold Meal Turkey & Swiss Sandwich Cole Slaw Potato Salad Fruit Cocktail Whole Wheat Bread 	<ul style="list-style-type: none"> BBQ Chicken Quarter Baked Sweet Potato 15 Steamed Cabbage Wheat Dinner Roll Chocolate Ice Cream Cold Meal Southwestern Chopped Salad Baked Tortilla Chips Cup Chocolate Ice Cream
<p>CENTER CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR DAY! 18</p>	<ul style="list-style-type: none"> Open Face Roast Beef Sandwich 19 Mashed Potatoes Brussels Sprouts Spinach Salad w/Grated Carrot & Cherry Tomato Fresh Peach Slice Bread Ranch Dressing Cold Meal Italian Hoagie Caesar Salad w/ Caesar Dressing Fresh Peach 	<ul style="list-style-type: none"> Shrimp Fried Rice w/ Stir Fry Vegetables 20 Tossed Salad Mandarin Oranges Fried Rice Wheat Dinner Roll Cold Meal Italian Inspired Turkey Bowl w/Chopped Turkey Breast, Shredded Mozzarella, Salami, Pasta Italian Dressing 	<ul style="list-style-type: none"> Macaroni and Beef Casserole 21 California Blend Vegetables Tossed Salad Fruit Cocktail Cold Meal Turkey & Swiss Sandwich Cole Slaw Potato Salad Fruit Cocktail Whole Wheat Bread 	<ul style="list-style-type: none"> BBQ Chicken Quarter Baked Sweet Potato 22 Steamed Cabbage Wheat Dinner Roll ½ Cup Chocolate Ice Cream Cold Meal Southwestern Chopped Salad Baked Tortilla Chips Cup Chocolate Ice Cream
<ul style="list-style-type: none"> Italian Turkey Sausage 25 Marinara Sauce Sautéed Green Peppers Tossed Green Salad w/ Fresh Spinach, Romaine Salad Mix & Italian Dressing Broccoli Pineapple chunks Cold Meal Chicken Salad Platter Three Bean Salad Pineapple Chunks Wheat Dinner roll 	<ul style="list-style-type: none"> Open Face Roast Beef Sandwich 26 Mashed Potatoes Brussels Sprouts Spinach Salad w/Grated Carrot & Cherry Tomato Fresh Peach Slice Bread Ranch Dressing Cold Meal Italian Hoagie Caesar Salad w/ Caesar Dressing Fresh Peach 	<ul style="list-style-type: none"> Shrimp Fried Rice w/ Stir Fry Vegetables 27 Tossed Salad Mandarin Oranges Fried Rice Wheat Dinner Roll Cold Meal Italian Inspired Turkey Bowl w/Chopped Turkey Breast, Shredded Mozzarella, Salami, Pasta Italian Dressing 	<ul style="list-style-type: none"> Macaroni and Beef Casserole 28 California Blend Vegetables Tossed Salad Fruit Cocktail Cold Meal Turkey & Swiss Sandwich Cole Slaw Potato Salad Fruit Cocktail Whole Wheat Bread 	<ul style="list-style-type: none"> BBQ Chicken Quarter Baked Sweet Potato 29 Steamed Cabbage Wheat Dinner Roll ½ Cup Chocolate Ice Cream Cold Meal Southwestern Chopped Salad Baked Tortilla Chips Cup Chocolate Ice Cream