

MEMBER NEWS

*ATTENTION *ALL MEMBERS & FRIENDS

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 Allegheny programs, classes & trips. For additional info, please call (267) 286-1455 or stop by the Front Desk.

Class Coupons can be purchased at the Front Desk \$1 - per coupon / \$5 - 6 coupons

NOTABLE DAYS IN JANUARY:

- | | |
|---|------------------------------------|
| 3 National Chocolate Covered Cherry Day | 15 National Bagel Day |
| 5 National Bird Day | 19 National Popcorn Day |
| 6 National Shortbread Day | 20 Martin Luther King Jr. Day |
| 7 National Bobblehead Day | 21 National Hugging Day |
| 9 National Law Enforcement Appreciation Day | 23 National Pie Day |
| 10 National Bittersweet Chocolate Day | 24 Compliment Day |
| 11 National Vision Board Day | 25 beginning of Chinese New Year |
| 12 National Sunday Supper Day | 27 Chocolate Cake Day |
| 13 Make Your Dream Come True Day | 29 National Puzzle Day |
| 14 Dress Up Your Pet Day | 31 Inspire Your Heart with Art Day |

MESSAGE FROM THE IN-CENTER COUNSELOR

The In-Center Counselor at PSC Allegheny is here to provide support, advocacy, information and assistance with social service matters.

The Counselor is available both by phone: 267-286-1455 and in-person (appointment or walk-in) Monday thru Friday from 9:30am-2:30pm. We are able to assist you with a variety of benefits and services that include the following:

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

Deneizia (Dee) Andrews-Joseph
In-Center Counselor

Speakers, Special Events & Parties

Shoprite Shopping Trip

Monday, January 6 & 20, 9:00am

*Cost-\$1.00 for CCT

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 grab these items. Please sign-up in the Dining Area if you have a CCT Card.

Mercy LIFE: Hunger Risk Among Seniors!
with Aja I. Chavis

Tuesday, January 7, 10:30am *Free

LaSalle Nursing Center

Wednesday, January 8, 11:00am *Free

Knowing is half the battle, See Mary and get your blood pressure checked. Let's fight high blood pressure.

Nayaz Variety Boutique

Thursday, January 9, 10:00am *Prices May Vary

Nutrition Education: Enjoy Healthy Food Choices That Taste Good

Friday, January 10, 10:30am *Free

There are small changes you can make to choose foods and beverages with healthier fats less sodium, and less added sugars. Please join Barbara Jackson, Program Coordinator, for some healthy facts.

The Podiatrist

Tuesday, January 14, 9:30am

Cost: Medical Insurances accepted

Advisory Council Meeting

Tuesday, January 14, 10:45am *Free

Attention ALL Advisory Council Members please be present for this meeting! PLEASE DO NOT MISS THIS MEETING!

A Day of Remembrance: MLK Day

Wednesday, January 15, 10:30am

*Free

Martin Luther King Jr. Day

Monday, January 20

PSC-Allegheny will be closed in observance of MLK Day

Allegheny Members SPEAK OUT!

"Let's Talk About It"

with Barbara Jackson,

Program Coordinator

Tuesday, January 28, 10:30am *Free

(Last Tuesday of Each Month)

Join Barbara Jackson-Program Coordinator and chat about current event's , the good, the bad & the ugly.

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

info@newcourtland.org

267-286-1455

Philadelphia, PA 19132

1900 W. Allegheny Ave.

Allegheny

Allegheny Members & Friends,

Happy New Year 2020 !!!

It seems just yesterday we were anticipating the new millennium. Here we are now, 20 years into the 21st Century. Beginning a new decade . The years are flying by. Four years ago, January 12, 2016, Philadelphia Senior Center-Allegheny was born. Bring a friend and come join us on January 13th, for our Anniversary/Open House.

Many thanks to the Allegheny Senior Center Choir, led by Choir Instructor Ms. Mattie Giles and Pianist Ms. Carolyn Alexander. They performed at Auten Hall in Germantown, for the Germantown Home residents, LIFE members and neighboring school children. Thank you to the sponsors, NewCourtland and the Philadelphia Police Department, the Coordinator, Ms. Natasha Levitas, and to all of the NewCourtland staff who helped to make this an exciting event for all.

As the new year begins, remember:

"You are never too old to set another goal or to dream a new dream."

- C.S. Lewis

Allegheny Senior Center will close Monday, January 20th, 2020, in observance of **Martin Luther King Jr. Day**. Activities and classes will resume Tuesday, January 21, 2020.

Come join PSC Allegheny. We have wonderful classes, bingo, card games, discussion groups, trips and a Counselor to assist with a variety of benefits and services. Enjoy a hot or cold lunch daily.

Jackie Wyley, Manager

PSC – Allegheny Branch

Hours: Monday-Friday, 8:30am- 4:30pm

Lunch: 12:00 Noon \$1.00 Donation

Requested Membership Donation: \$15 Yearly

MEMBER OF THE MONTH

Muriel Morris joined Allegheny Senior Center 2 years ago. She has one daughter named Janea Blakey. Ms. Muriel loves watching sports. Basketball is her favorite. Her favorite teams are the Lakers, the Rockets, the LA Clippers and Milwaukee. She also likes kickboxing. Her favorite football team is the EAGLES. Ms. Muriel worked for the school board, the IRS and Fairview Nursing Home. She retired from the dietary department at Fairview Nursing Home. Ms. Muriel had 2 knee replacements and refused to let that slow her down. After her surgeries and recuperation, she was up and about. She was determined to walk without a cane or walker. She attends the center two days a week. She volunteers at Allegheny Center removing the lunch trays for those who are unable to carry them. Because of her dedication and willingness to assist at Allegheny Senior Center, Ms. Muriel Morris is the January 2020 Member of the Month.

Happy New Year!!!



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 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

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

Painting Class
Mondays, 10:00-11:00am
 Join our 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

Wearable Art
Mondays, 11:00am-12:00pm
 The Instructor Sheena Garcia will teach you to express your creativity through designing art that you can wear. Cost \$1.00

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 Tuesday of every month, 9:45am
3rd Friday of every month, 9:45am
 Cost: Medical insurances accepted

Pottery
Tuesdays, 10:00pm
 Are you ready to get back into the groove with pottery and ceramics? Join Artist George Apotsos 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

Exploring the Internet
 Led by Instructor William Brown
Weekly: Tuesdays at 10:00am-12:00pm
 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: \$2.00

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

Bingo
Wednesdays & Fridays, 10:30am
 Join us for fun and prizes.

In-Center Counselor Speaks Out
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

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

Jewelry Class
Thursdays, 10:00am
 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

Volunteer Sewing Class
Thursdays, 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, 10:00-11:00am
 Come share your life stories over a cup of tea with Gerorgette King and have the experience brought to life on paper planting the seed for the children who will follow. Cost: Free

Flower Arrangement
Third Thursday of every month, 10:00am-12:00pm
 Enjoy making your very own arrangement use beautiful freshly cut flowers of all different color, shapes and sizes Cost: \$3.00

Drama Class
Thursdays, 11:00am
 Join Ms. Mattie and explore the actor and actress that's hiding inside of you. Cost: Free

Chair Massage w/ John Johnson
1st & 3rd Thursday of every month, 11:00am
 Cost: \$3 for 5 minutes

Make it/Take it!
Thursdays, 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: \$1.00 coupon per class

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

Macramé Class
Every Other Friday at 12:45pm
 (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

Crotchet and Knitting Led by Instructor Elizabeth Cason
Weekly: Fridays, 10:00am
 Enjoy crotchet 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

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

Pinochle & Pity Pat (daily)
Wii Game Play Monday-Thursdays, 2:00pm
Get into Relax Mode
Music Time: Daily 8:30am-12:00pm & 1:00-2:00pm

Monthly Event
Pretzels Sale 1st Monday of every month

TFLiving Exercise & Fitness Classes

TFLiving: Tai Chi
Weekly: Mondays, 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: \$1.00

TFLiving Line Dancing
Mondays, 10:00-11:00am & Wednesday, 1:00-2:00pm
 Arnold Zacharias leads this weekly class. Come and learn and latest line dances. Cost: \$1.00

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

TFLiving House Party- Zumba
Mondays, 1:00pm
 Zumba instructor Janet Ford teaches hypnotic Latin rhythms! Easy-to-follow moves create a one-of-a-king fitness program. Ditch the workout and join the party! Cost: \$1.00

TFLiving 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: \$1.00

TFLiving Aerobic Fit Muscular Strength
Wednesdays, 11:00am-12:00pm
 Join Diane 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

TFLiving Senior Fit
Weekly: Thursdays at 10:00am
 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: \$1.00

TFLiving Soul Line Dancing
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: \$1.00

TFLiving 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: \$1.00

TFLiving Low Impact Zumba
Weekly: Fridays, 2:30pm-3:30pm
 Instructor Janet Ford teaches hypnotic Latin rhythms! Easy-to-follow moves (seated for low impact) create a one-of-a-kind fitness program. Cost: \$1.00

Healthy Eating Choices for

January

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>hello Winter</p>		1	2	3
		<p>CENTER WILL BE CLOSED ON NEW YEAR'S DAY ENJOY YOUR DAY</p>	<p>Hot Open Face Sliced Roast Turkey W/Gravy, Baked Potato W/ Sour Cream, Glazed Carrots, Wheat Bread Cold Tuna Salad Sandwich on Wheat Bread, Three Bean Salad, Potato Chips Dessert Ambrosia Salad</p>	<p>Hot Breaded Fish on Wheat Hamburger Bun W/Tartar Sauce, Oven Baked Steak Fries, Green Beans, Spring Mixed Salad W/ L/F French Dressing Cold Chicken Caesar wheat Tortilla, Pickle Beet Salad, Baby Spinach W/ red Peppers, Orange Sorbet Dessert Strawberry Sorbet</p>
<p>Hot Chicken Lo Mein, Oriental Blend Vegetables, chow Mein Noodles Cold Seafood Salad Platter, Wheat Club roll, Creamy Cucumber Salad Dessert Fruit Cocktail</p>	<p>Hot Grilled Chicken Sausage w/ Onions & Peppers on wheat Hamburger Bun, Mixed Vegetables, Mixed Salad, W/L/f/Italian Dressing Cold Italian Chef Salad, Three Bean Salad, Wheat Dinner Roll Dessert Water Ice</p>	<p>Hot Salisbury Steak W/ Gravy, Mashed Potatoes, Brussels Sprouts, Mixed Salad W/ L/F French Dressing, Wheat Dinner Roll Cold Grilled Chicken Pita Wheat Pita Halves, L/F Slaw Dressing, Cucumber Salad W/ L/F Italian Dressing Dessert Applesauce</p>	<p>Hot Chicken Cheese Steak on Wheat Club roll, Baked Fries, Tossed Salad W/L/F ranch Dressing Cold Tuna Hoagie on Wheat Club, Pickled Beets Dessert Strawberry Ice Cream</p>	<p>Hot Baked flounder, Parsley Noodles, W/ Brown Gravy, Romano Beans, Corn Bread Cold Pastrami on rye Bread W/ Swiss Cheese, Cole Slaw, Pickled Beets Dessert Diced Pears</p>
<p>Hot Oven Fried Chicken, Candied Yams, Turnip Greens, Corn Bread Cold Corned Beef Special W/ Swiss Cheese , Cole Slaw, Russian Dressing, on Rye Dessert Diced Peaches</p>	<p>Hot Meatloaf W/ Gravy, Green Beans, Tossed Salad W/ L/F Ranch Dressing Cold Sliced Turkey club on Wheat Hamburger Bun, Macaroni Salad, Fruit Cocktail Dessert Sliced Pears</p>	<p>Hot General To's Chicken, Yellow Rice Pilaf, oriental Blend, Egg Roll, Wheat Dinner Roll, Duck Sauce Cold Tuna Sandwich on Wheat Bread, Coleslaw, Carrot Raisin Salad, Diced Peaches Dessert S/F Yellow Cake</p>	<p>Hot Baked Turkey Ham Steak W/ pineapple Glaze, Cauliflower, Steamed White Rice, Spring Mixed Salad w/ French Dressing Cold Chicken Caesar Salad L/f Caesar Dressing Dessert Vanilla Pudding</p>	<p>Hot Beef Hamburger Patties on Wheat Bun, Sweet Potato Fries Cold Diced Turkey Salad on Wheat Bun, Pasta Salad W L/F Italian Dressing, Tropical Fruit Salad Dessert Fresh Orange</p>
<p>CENTER IS CLOSED IN OBSERVANCE OF DR. MARTIN LUTHER KING JR. DAY</p>	<p>Hot Grilled Beef Sausage on Wheat Hamburger Bun, Stewed Tomatoes Cold Turkey Ham Sandwich on Wheat, Chopped Romaine & Baby Spinach Hard Boiled Egg W L/F Italian Dressing Dessert Diced Pears</p>	<p>Hot Baked Flounder W/ Lemon Pepper, baked Potatoes, Steamed Carrots, Caesar Salad w/ Caesar Dressing, Wheat Dinner roll Cold Sliced Turkey Hoagie on Wheat roll, Cole Slaw, Diced Pears Dessert Pineapple Chunks</p>	<p>Hot Turkey Meatball Sandwich on Wheat Roll, Corn, Sliced Carrots, Garden Salad w/ Romaine Cold Sliced Deli chicken Sandwich on Whole Wheat, Three Bean Salad, Fresh Banana Dessert Jello</p>	<p>Hot Barbeque Chicken Legs, Steamed Peas, corn Bread Cold Seafood Salad on Lettuce Leaf w/ L/F Italian Dressing, Wheat Dinner Roll Dessert Mandarin Oranges</p>
<p>Hot Baked Ziti, Cauliflower, Garden Salad, W/L/F Ranch Dressing, Wheat Dinner Roll Cold Egg Salad Sandwich on Wheat Bread W/ lettuce & tomato, Pasta Salad W/L/f Italian Dressing, Pineapple Chunks Dessert Fresh Apple</p>	<p>Hot Grilled Chicken Breast W/Onions & Peppers, Steamed Spinach, Romaine Salad W L/F French Dressing Cold Sliced Deli Turkey Sandwich on wheat Bun, Kale Salad W/ L/F Italian Dressing, Red Skinned Potato Salad Dessert Sliced Peaches</p>	<p>Hot Shrimp Fried Rice, Steamed Broccoli, Spring Roll, Duck Sauce Cold Chef Salad, Pickled Beet Salad, Strawberry Ice Cream Dessert Fruit Cocktail</p>	<p>Hot Open Face Sliced Roast Turkey W/Gravy, Baked Potato W/ Sour Cream, Glazed Carrots, Wheat Bread Cold Tuna Salad Sandwich on Wheat Bread, Three Bean Salad, Potato Chips Dessert Ambrosia Salad</p>	<p>Hot Breaded Fish on Wheat Hamburger Bun W/Tartar Sauce, Oven Baked Steak Fries, Green Beans, Spring Mixed Salad W/ L/F French Dressing Cold Chicken Caesar wheat Tortilla, Pickle Beet Salad, Baby Spinach W/ red Peppers, Orange Sorbet Dessert Strawberry Sorbet</p>