

## 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

\$1.00 - per coupon / \$5.00 - 6 coupons

#### JULY IS:

National Baked Bean Month  
National Cell Phone Courtesy Month  
National Grilling Month  
National Hot Dog Month  
National Ice Cream Month  
National Picnic Month

#### NOTABLE DATES IN JULY:

**Monday, 7/1** - National Ice Cream Flavor Day  
**Tuesday, 7/2** - World UFO Day  
**Thursday, 7/4** - 4th of July  
**Saturday, 7/6** - International Kissing Day  
**Thursday, 7/11** - Slurpee Day  
**Saturday, 7/13** - National French Fries 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

### 4th of July Celebration

**Wednesday, July 3, 9:00am** \*Free  
Join the staff and celebrate the 4th a little bit earlier. Don't forget to wear your red, white and blue. Please make sure you register for lunch!

### Shoprite Shopping Trip

**Monday, July 8, 9:00am** \*Cost-\$1 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.

### The Podiatrist

**Tuesday, July 9, 9:30am**  
\*Cost: Medical Insurances accepted

### NEW DRAMA CLASS

**Thursday, July 11, 11:00am** \*Free  
Join Ms. Mattie and explore the actor and actress that's hiding inside of you.

### Clarifi Senior Financial Literacy Workshop: Outsmarting Investment Fraud

**Monday, July 15, 10:30am** \*Free  
While many investment scams target single older women, many scams are targeting savvy investors who engage in risky behavior. This workshop includes an explanation of typical investment scams, what to do to protect yourself and your assets, and how to identify fraudulent practices used by scam artists.

### Avoiding Scams and Identity Theft

**presented by:** George Dillman, Consumer Outreach Specialist  
**Thursday, July 18, 10:30am** \* Free  
This presentation looks at the way people's identities are stolen or compromised. Learn what you can do if you find that you had your identity stolen and how to stop theft from occurring. We review and discuss common scams and frauds.

### Men's Group Meeting

**Thursday, July 18th, 1:30pm** \*Free  
All Men of Allegheny, come join this group for fun activities and discussions.

### TFLiving Seminar: Digestive and Nutrition Issues in Seniors

**Monday, July 29, 10:00am** \*Free  
This presentation will provide you with information on how the absorption of nutrients tend to be less in seniors due to changes in the body as we age.



### Hello Members & Friends,

Happy Independence Day! Since 1776, July 4th has been celebrated as the birth of America's Independence. Festivities range from fireworks, parades, concerts, family gatherings and barbecues. Come join us as we celebrate our patriotic holiday on Wednesday, July 3rd, 2019.

**PSC Allegheny will be closed on Thursday, July 4th - Independence Day**

### 9 TIPS FOR BEATING THE HEAT

1. Always avoid direct sun and the heat.
2. Always close blinds, drapes & windows to keep the heat out of the home.
3. Only open windows and doors if it is cooler outside than it is inside.
4. Minimize your activities during the hottest period of the day. (11 am - 4 pm)
5. Eat small meals and avoid fats, proteins, sugars and especially alcohol.
6. Wear loose fitting light weight clothing.
7. Stay in cooler areas of the home using air conditioning, ceiling or free standing fans.
8. Electric lights create heat when turned on, so do your best to avoid lighting during the day.
9. Use cool damp towels on wrists and the back of the neck.

If air conditioning is not available in your home, come to Allegheny Senior Center (PSC - Allegheny)

We have wonderful classes (arts & crafts, bible study, choir, computers, exercises, and line dancing). We also have bingo, Peer Discussion groups, trips, hot or cold lunch daily, and a Counselor to assist with a variety of services and benefits.

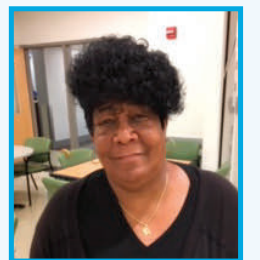
**Come join the fun!!!**

**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

**Ms. Norma Jean Holley** is the mother of 5 children, 2 beautiful daughters and 3 handsome sons. She has 15 grandchildren and 8 great grandchildren. Ms. Norma retired in 2016 after working for 20 years at the Marriott Hotel, in downtown Philly. She also worked as a security officer for various companies. Ms. Norma Jean likes to exercise, cook, and attend New Joy Missionary Baptist Church. Norma Jean became a member of Allegheny Senior Center in January 2019. She volunteers after lunch, assisting with the cleaning of the dining room tables. In the morning, you can count on her to let you know that the food truck is here. She'll say "THE FOOD TRUCK HERE Y'ALL!!." She loves her pretzels. She would like to travel, but is unable to do so right now. She likes to help others as much as she can. Because of her kindness and willingness to help, Ms. Norma Jean Holley is the Member of the Month for July 2019.



# Stay Active

www.PhilaSeniorCenter.org



## 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 and 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

Led by instructors 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 per class

### Exploring the Internet

Led by Instructor William Brown

Weekly: Tuesdays, 10:15 -11:45am

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 send to family & friends? Join this class! Cost: \$2.00

### Macramé Class

Every Other Tuesday at 12:45pm

(Please check monthly calendar for dates) Instructor Bessie Gordy teaches you how to make planter holders, pocket books, placemats and much more. Cost: \$1.00 coupon per class

### 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: \$1.00

### 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 Georgette 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, 10:30-11:30am

Enjoy making your very own arrangement use beautiful freshly cut flowers of all different color, shapes and sizes Cost: \$3.00

### 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

### 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 you mind with crossword puzzles, scrabble and much more.

### Pinochle & Pity Pat (daily)

Wii Game Play Monday-Thursday, 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

## NewCourtland SELF Program Exercise & Fitness Classes

### NewCourtland SELF: 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

### 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

### SELF Muscle Tone

Mondays, 11:00am

Stretch and tone uses lightly challenging weights and stretching to enhance flexibility and stability, improving balance. Cost: \$1.00

### House Party- 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: \$1.00

### SELF 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

### 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

### SELF Senior Fit

Weekly: Thursdays at 11:00am

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

### SELF 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

### 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

### 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

# Stay Active

www.PhilaSeniorCenter.org



Healthy Eating Choices for  
**JULY**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot</b> Sheppard's Pie W/ Ground Beef & Mashed Potatoes, Steamed Carrots, Tossed Salad W/Tomatoes, Carrots & Red Peppers & Ranch Dressing, Wheat Dinner Roll <b>Cold</b> Turkey Club Sandwich, Pickled Beet Salad, Coleslaw <b>Dessert</b> Rice Pudding	<b>Hot</b> Chicken Fried Rice, Steamed Broccoli, Caesar Salad W/Parmesan Cheese & Croutons <b>Cold</b> Italian Hoagie W/Turkey Ham, Salami, Provolone Cheese, Tomatoes Shrd. Lettuce, Tomato Salad w/ Feta Cheese, Shrd. Kale W/Carrots W/Italian Dressing <b>Dessert</b> Angel Food Cake W/Strawberries	<b>Hot</b> Smothered Turkey Wings, Mashed Sweet Potatoes, Black Eyed Peas, Wheat Dinner Roll <b>Cold</b> Seafood Salad Platter, Croissant, Creamy Cucumber Salad <b>Dessert</b> Pineapple Chunks	<p style="text-align: center;">★</p> <p style="text-align: center;"><b>Center is CLOSED in Observance of Independence Day</b></p> <p style="text-align: center;">★</p>	<b>Hot</b> Baked Fish, Au Gratin Potatoes, Harvard Beets Wheat Bread, Tossed Salad W/ Tomatoes & Carrots, French Dressing <b>Cold</b> Tuna Salad Sandwich on Wheat, Creamy Cucumber Salad, Broccoli Salad W/ Sunflower Seeds & Raisins <b>Dessert</b> Chocolat Ice Cream
<b>Hot</b> Chicken & Spinach Alfredo Sauce, Rotini Noodles, Garlic Bread, Mixed Salad W/Diced Tomatoes, Chopped Cucumbers & L/F Caesar Dressing <b>Cold</b> Chicken Caesar Salad W/ Parmesan Cheese, Lettuce, Red Pepper Ring, Croutons, Wheat Dinner Roll <b>Dessert</b> Mixed Fruit	<b>Hot</b> Smothered Pork Chops W/ Gravy, Steamed Carrots, Cooked Cauliflower & Cheddar Cheese Mashed Potatoes, Baby Spinach & Red Pepper Salad W/ L/F Ranch Dressing, Wheat Roll <b>Cold</b> Turkey Salad Platter W/ Lettuce, Shrd. Kale, Chopped Tomato, Shrd Carrots & Chickpeas, Wheat Dinner Roll <b>Dessert</b> Boston Cream Pie	<b>Hot</b> Shrimp Fried Rice, Steamed Broccoli, Tossed Salad <b>Cold</b> Sliced Roast Beef on Rye w/Swiss Cheese, Three Bean Salad, ColeSlaw <b>Dessert</b> Butterscotch Pudding	<b>Hot</b> Breaded Chicken Breast on Whole Wheat Bun, Oven Baked Fries, Romaine Salad <b>Cold</b> Chef Salad, Wheat Dinner Roll <b>Dessert</b> Orange Dream Bars	<b>Hot</b> Chicken Marsala, Oven Roasted Potato, Steamed Cabbage, Wheat Dinner Roll <b>Cold</b> Italian Hoagie W/Turkey Ham, Salami, Provolone Cheese, Lettuce & Tomatoes, Onions, Coleslaw <b>Dessert</b> Pineapple Chunks
<b>Hot</b> Shrimp Chow Mein, Spaghetti Noodles, Diced Onions, Celery, Oriental Vegetables, Chow Mein Noodles <b>Cold</b> Seafood Salad on Wheat Bread W/ Lettuce, Tomatoes, Sliced Boiled Egg, Creamy Cucumber Salad, Potato Chips <b>Dessert</b> Fresh Orange	<b>Hot</b> Salisbury Steak W/Gravy, Mashed Potatoes, Steamed Carrots, Kale Salad <b>Cold</b> Tuna Hoagie on a Wheat Roll, Creamy Cucumber Salad, Mandarin Oranges <b>Dessert</b> Diced Pears	<b>Hot</b> Chicken Italian Sausage on a Wheat Roll, Sweet Potato Fries, Romaine, Tomatoes, Cucumber Salad <b>Cold</b> Chef Salad, Whole Wheat Roll <b>Dessert</b> Mandarin Oranges	<b>Hot</b> Oven Fried Chicken, Turnip Greens, Black Eyed Peas, Cornbread <b>Cold</b> Pastrami on Rye, Fresh Coleslaw, Tomato & Cucumber Salad <b>Dessert</b> Cheese Cake	<b>Hot</b> Chili Con Carne w/Rice, Caesar Salad <b>Cold</b> Egg Salad on a Wheat Roll, Three Bean Salad <b>Dessert</b> Cinnamon Applesauce
<b>Hot</b> Spaghetti Noodles W/Ground Turkey & Meat Sauce, Green Beans, Tossed Salad W/L/F Italian Dressing, Garlic Bread <b>Cold</b> Diced Chicken Salad on a Kaiser Roll W/ Lettuce & Tomato L/F mayo, Pickled Beets <b>Dessert</b> Peaches	<b>Hot</b> Rotisserie Chicken, Baked Sweet Potato, Collard Greens, Cornbread <b>Cold</b> Seafood Salad on Wheat Bread W/Lettuce & Tomato, Creamy Cucumber Salad, Chopped Broccoli Salad W/ Sunflower Seeds & L/F Italian Dressing <b>Dessert</b> Strawberry Jello W/ Whipped Topping	<b>Hot</b> Breaded Fish W/ Tartar Sauce, Stewed Tomatoes Brown Rice, Romaine Salad W/ Italian Dressing <b>Cold</b> Grilled Chicken Taco Salad w/ Black Beans, Black Olives, Sour Cream, Tortilla Chips, Shredded Cheese <b>Dessert</b> Vanilla Pudding	<b>Hot</b> Baked Chicken Leg W/ Dumplings, Steamed Cabbage <b>Cold</b> Deli Turkey & Cheese Sandwich on Wheat Bread W/ Lettuce & Tomatoes L/F Mayo, Cole Slaw <b>Dessert</b> Baked Apple Crisp	<b>Hot</b> Beef Peeper Steak, Steamed Brown Rice, Oriental Blend Vegetables, Tossed Salad W/ Tomatoes, Carrots, Chickpeas <b>Cold</b> Chicken Salad Platter, W/ Craisins, Carrots, Cucumbers, Chopped Romaine, Chickpeas & Red Peppers, Wheat Dinner Roll <b>Dessert</b> Banana Pudding W/Vanilla Wafer & Topping
<b>Hot</b> Sheppard's Pie W/ Ground Beef & Mashed Potatoes, Steamed Carrots, Tossed Salad W/Tomatoes, Carrots & Red Peppers & Ranch Dressing, Wheat Dinner Roll <b>Cold</b> Turkey Club Sandwich, Pickled Beet Salad, Coleslaw <b>Dessert</b> Rice Pudding	<b>Hot</b> Chicken Fried Rice, Steamed Broccoli, Caesar Salad W/Parmesan Cheese & Croutons <b>Cold</b> Italian Hoagie W/Turkey Ham, Salami, Provolone Cheese, Tomatoes Shrd. Lettuce, Tomato Salad w/ Feta Cheese, Shrd. Kale W/Carrots W/Italian Dressing <b>Dessert</b> Angel Food Cake W/Strawberries	<b>Hot</b> Smothered Turkey Wings, Mashed Sweet Potatoes, Black Eyed Peas, Wheat Dinner Roll <b>Cold</b> Seafood Salad Platter, Croissant, Creamy Cucumber Salad <b>Dessert</b> Pineapple Chunks	<p style="font-size: 2em; font-weight: bold;">HAPPY 4TH OF JULY</p> <p style="font-size: 1.5em; font-weight: bold;">INDEPENDENCE DAY</p>	