

Member News

April Is:

- Alcohol Awareness Month
- Sexual Assault Awareness & Prevention Month
- National Autism Awareness Month
- Women's Eye Health and Safety Month
- National Sarcoidosis Awareness Month
- National Donate Life Month
- National Public Health Week (First Full Week of April)
- STI (Sexually Transmitted Infections) Awareness Month

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

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




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Hello Wonderful Members of Allegheny Senior Center and Friends,

It's hard to believe that it's April already and Allegheny Senior Center is well on the way. Time truly flies by when you're having fun.

We have a new addition to our Allegheny Senior Center Staff. Let's give a warm welcome to our new cook, Ms. Karmia Pierce. She comes to us with a lot of cooking experience and the food is great.

I hope everyone had a beautiful Easter Holiday.

Spring is here and the weather is warming up. I hope everyone is adjusting to Daylight Savings Time and taking advantage of the longer day.

April is the month we celebrate April Fools Day, Earth Day, No Housework Day, Tax Day, and Professionals Day. So this month, let's have fun, plant some seeds, forget the housework, get our taxes done early (if you have to do taxes) and say thank you to the staff for all they do. But most of all, remember to come to the center for all the exciting activities that are scheduled and to enjoy a great lunch that's prepared for you.

I hope to see you soon.

Sincerely,
Jackie Wyley
Manager, PSC – Allegheny Branch

Speakers, Special Events & Parties

Attention Allegheny Members

Monday, April 4 to Friday, April 8, 10:00am *Free

Barbara Whitmore Program Coordinator will visit each class next week. I will make an announcement about Advisory Council and the upcoming elections. You don't want to miss this announcement!

Volunteer Week

Monday, April 11-Friday, April 15 Event to be Announced!

NewCourtland LIFE Living Well, Learning Well
Mind Body & Soul

Monday, April 11, 12:15pm *Free
This seminar reviews the connection between the mind and body and methods of utilizing this relationship to improve individual wellness. Mind Body- The concept of the mind-body connection is not a new phenomenon. In fact, the belief in the importance of integrating the mind and body is hundreds of thousands of years old. Today's research continues to support the idea that our minds hold tremendous power over our bodies.

PrimeTime Health Promotion
Medication Safety Program
Wednesday, April 13, 10:00am *Free

Older adults have the highest hospitalizations due to negative medication interactions. In addition each year there are 700,000 emergency room visits and 120,000 hospitalizations due to adverse drug effect every year. This one hour presentation is designed to provide the latest information concerning the safe administration of over-the-counter and prescription medications. Please come with your questions and concerns.

Fire Drill

Friday, April 15, 10:00am

Attention! Attention! Please come prepared for the weather. Rain Date Friday, April 22 at 10:00am.

NewCourtland LIFE Living Well, Learning Well
Lupus

Monday, April 18, 12:15pm *Free
This presentation will review what Lupus is, what affects and the care associated with Lupus.

PrimeTime Health Promotion
Ounce of Prevention

Wednesday, April 20, 10:00am *Free

Preventive screening is important to regular health checkups. As we age the demand for proactive health care increases. The U.S. Department of Health and Human Services, Preventive Services Task Force 2015, has development guidelines for preventive screening for both men and women across the lifespan. This program is designed to encourage older adults to obtain age-appropriate health screening. The focus of the program is to review and discuss the US Department of Health and Human Services guidelines for preventive care in older adults.

Earth Day Event

Friday, April 22, 10:00am *Free

Do you have a green thumb? If so would like to plant a flower for Earth Day? Please sign- up at the front desk.

NewCourtland LIFE Living Well, Learning Well

Poor Blood Circulation

Monday, April 25, 12:15pm *Free

We all know that our blood circulates through the body but how? What is involved with it? If it isn't flowing properly, what can happen? This presentation will teach you how the heart works to pump the blood throughout the body and what can happen if it goes wrong.

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

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: \$1.00 coupon per class

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

Pottery & Ceramics
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

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!

Carl's Fruit Stand
Every Tuesday, 12:00-2:00pm, Room 2
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!

Exploring the Internet/ Teach Me to Touch
Led by Instructor William Brown
Weekly: Tuesdays, 12:45pm
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? Experience today's technology. Learn to touch, swipe, and navigate the Ipad. Join this class! Cost: Free

Sewing Class
Weekly: Tuesdays at 1:00pm
Thursdays at 10:00am
Join Bessie Gordy to sew your very own, one of a kind item such as clothing, purses, pillows and anything else you can thing of! Create your own masterpiece! 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: 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, 12:45pm
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

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
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

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

Healthy Eating Choices for April



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Hot</p> <ul style="list-style-type: none"> Cheese Steak Sandwich Tossed Salad Tatar Sots <p>Cold</p> <ul style="list-style-type: none"> Turkey Salad Sandwich Whole Wheat Bread Marinated Cucumber Salad Pick Me Up Produce Salad <p>Dessert</p> <ul style="list-style-type: none"> 5 Vanilla Wafers 	<p>Hot</p> <ul style="list-style-type: none"> Baked Pork Chops w/ gravy Sautéed Spinach Tossed Salad Au gratin Potatoes Brown and Serve Roll <p>Cold</p> <ul style="list-style-type: none"> Seafood Salad Platter Cole Slaw Small Bead Sticks <p>Dessert</p> <ul style="list-style-type: none"> Chocolate Ice Cream 	<p>Hot</p> <ul style="list-style-type: none"> Stir-Fry Vegetables Beef with Broccoli Brown Rice Whole Wheat Dinner Roll <p>Cold</p> <ul style="list-style-type: none"> Chicken Caesar Salad Potatoe Salad Whole Wheat Dinner Roll <p>Dessert</p> <ul style="list-style-type: none"> Small Cherry Tomatoes Oranges 	<p>Hot</p> <ul style="list-style-type: none"> Baked Fish Collard Greens Baked Potato Cornbread <p>Cold</p> <ul style="list-style-type: none"> Corned Beef Special w/ Rye Bread Coleslaw Small Cherry Tomatoes <p>Dessert</p> <ul style="list-style-type: none"> Vanilla Pudding 	<p>Hot</p> <ul style="list-style-type: none"> Cheese Burger on Wheat Bun Cold Slaw Tuna Salad Platter Romaine Lettuce Salad Whole Wheat Dinner Roll <p>Dessert</p> <ul style="list-style-type: none"> Sliced Peaches Oatmeal Raisin Cookie
<p>Hot</p> <ul style="list-style-type: none"> Italian Sausage w/ Marinara Sauce Spaghetti Pasta Tossed Green Salad Whole Green Beans <p>Cold</p> <ul style="list-style-type: none"> Chicken Fiesta Salad Platter Three Bean Salad Whole Wheat Dinner Roll <p>Dessert</p> <ul style="list-style-type: none"> Pineapples Chunks 	<p>Hot</p> <ul style="list-style-type: none"> Bread Baked Pollock Stewed Tomatoes Tossed Salad Whole Roll <p>Cold</p> <ul style="list-style-type: none"> Italian Hoagie w/Provolone Caesar Salad <p>Dessert</p> <ul style="list-style-type: none"> Canned Peaches 	<p>Hot</p> <ul style="list-style-type: none"> Chicken Fried Rice Oriental Vegetables Tossed Salad Fried Rice Whole Wheat Dinner Roll <p>Cold</p> <ul style="list-style-type: none"> Italian Inspired Turkey Bowl Picked Beet Salad Pasta <p>Dessert</p> <ul style="list-style-type: none"> Mandarin Oranges 	<p>Hot</p> <ul style="list-style-type: none"> Macaroni & Beef Casserole Coleslaw Normandy Blend Vegetables <p>Cold</p> <ul style="list-style-type: none"> Pastrami & Swiss Sandwich on Whole Wheat Bread Coleslaw Potato Salad <p>Dessert</p> <ul style="list-style-type: none"> Fruit Cocktail 	<p>Hot</p> <ul style="list-style-type: none"> Slice Little Charlie's Cheese Pizza & Sausage Caesar Salad Southwestern Chopped Salad with Fajita Chicken Baked Tortilla Chips <p>Dessert</p> <ul style="list-style-type: none"> Chocolate Ice Cream
<p>Hot</p> <ul style="list-style-type: none"> Spaghetti and Meatballs Tossed Salad Green Beans <p>Cold</p> <ul style="list-style-type: none"> Turkey Club Caesar Salad Three Bean Salad Whole Wheat Dinner Roll <p>Dessert</p> <ul style="list-style-type: none"> Peach Slices w/ Whipped Topping 	<p>Hot</p> <ul style="list-style-type: none"> Meatloaf Mashed Potatoes Cooked Carrots Spanish Salad Whole Wheat Dinner Roll <p>Cold</p> <ul style="list-style-type: none"> Chef Salad Picked Beets w/ Onions <p>Dessert</p> <ul style="list-style-type: none"> Whole Wheat Dinner Rolls Pears 	<p>Hot</p> <ul style="list-style-type: none"> Beef Stir-Fry Brown Rice <p>Cold</p> <ul style="list-style-type: none"> Turkey Greek Salad Bowl Whole Wheat Dinner Roll Two Bread Sticks <p>Dessert</p> <ul style="list-style-type: none"> Vanilla Pudding 	<p>Hot</p> <ul style="list-style-type: none"> BBQ Chicken Thigh Blacked Eyed Peas Red Beet And Onion Salad Collard Greens Cornbread <p>Cold</p> <ul style="list-style-type: none"> Chicken Breast on Kaiser Roll Coleslaw <p>Dessert</p> <ul style="list-style-type: none"> Pineapple Chucks 	<p>Hot</p> <ul style="list-style-type: none"> Turkey Burger w/ Cheese & Whole Wheat Bun Baked Sweet Potatoes Wedges Coleslaw Egg Salad Sandwich on Whole Wheat Bread Spinach Salad Carrot Raisin Salad <p>Dessert</p> <ul style="list-style-type: none"> Fruit Cocktail
<p>Hot</p> <ul style="list-style-type: none"> Glazed Ham Steamed Cabbage Lima Beans Whole Wheat Bread <p>Cold</p> <ul style="list-style-type: none"> Smoked Turkey on Rye Coleslaw Apple Slices <p>Dessert</p> <ul style="list-style-type: none"> Light Strawberry Ice Cream 	<p>Hot</p> <ul style="list-style-type: none"> Quarter Chicken Zucchini & Stewed Tomatoes Dumpling Cornbread <p>Cold</p> <ul style="list-style-type: none"> Crispy Chicken Salad Platter Raw Vegetables Small Croissant <p>Dessert</p> <ul style="list-style-type: none"> Oranges 	<p>Hot</p> <ul style="list-style-type: none"> Shrimp Lo-Mein Steamed Broccoli Bok Choy & Cabbage Fortune Cookie <p>Cold</p> <ul style="list-style-type: none"> Italian Chef Salad w/ Mozzarella & Provolone Picked Beet Salad Bread Stick Whole Wheat Roll <p>Dessert</p> <ul style="list-style-type: none"> Mandarin Oranges 	<p>Hot</p> <ul style="list-style-type: none"> Baked Chicken Breast w/gravy Buttered Peas & mushrooms Bread Stuffing Whole Wheat Bread <p>Cold</p> <ul style="list-style-type: none"> Turkey BLT Chef Salad w/ Cheddar Cheese Whole Wheat Dinner Roll <p>Dessert</p> <ul style="list-style-type: none"> Unsweetened Applesauce Orange Juice 	<p>Hot</p> <ul style="list-style-type: none"> Cheese Burger on Bun Coleslaw Tuna Salad Platter Romaine Salad Whole Wheat Dinner Roll <p>Dessert</p> <ul style="list-style-type: none"> Sliced Peaches Oatmeal Raisin Cookie