

COMING THIS SEPTEMBER...

Favorite Dessert Bake Off!!
Thursday, September 8

We are asking for the first 6 members who would like to participate. Please bake your dessert's the night before to be brought into the center on Thursday, September 8, 2016, by 10:00am

There will be a 1st, 2nd & 3rd place winner!!!!



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
- Property tax/ Rent Rebate
- Philabundance Food Boxes
- Housing
- Information & Referral
- 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

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1900 W. Allegheny Ave.
Philadelphia, PA 19132
215-226-0761
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Speakers, Special Events & Parties

Sassy Beads

Every Other Tuesday, 1:00pm

*Cost: \$1.00

Meet Wyoline Daniels and ease your mind while enjoying exercising your fingers. Create a beautiful work of art.

4th of July Celebration

Friday, July 1, 11:00am

*Cost: \$2.00 (Help out with DJ)

Join the staff and celebrate the 4th a little bit earlier, don't forget to wear you red, white and blue. Special meal on this day so please make sure you register for lunch!

**Traveling Mini Camp
Inter-Generational Program**

Every Tuesday,

Starting July 5 to August 2, 10:00

*Free

Premier Pharmacy Network

Wednesday, July 6, 10:00am

*Free

If you are diabetic and in need of diabetic shoes, please join Bill Tresca from Marcus Hook Pharmacy. Most insurance are covered. Refreshments will be served!

SELF Seminar

Healthy Body Image

Monday, July 11, 12:15pm

* Free

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

Divine Sources

Wednesday, July 13, 10:00am

* Free

Find out how to take control of your health by using fresh produce, herbs and spices to prepare healthy and delicious smoothies.

Wal-mart Trip (Columbus BLVD)

Thursday, July 14, 10:00am

*Cost: \$1.00 (suggested contribution for CCT)

Need some odds & in's, forgot to pick up that thing or you just want to do a little shopping. Sign-up and go to Wal-mart with your friends, spend some "me time." When was the last time you did that?

SELF Seminar

Brain Health

Monday, July 18, 12:15pm

*Free

Information will be provided on how to maintain a good and healthy brain. Please come with your questions and concerns.

Apprise Program

Wednesday, July 20, 10:00am *Free

Information will be provided about the Apprise Program. Please come with your questions and concerns. Light refreshments will be served.

SELF Seminar

Path to Fitness

Monday, July 25, 12:15pm *Free

This seminar will discuss the main components of a fitness program and walk through the steps of creating a program that works for you.

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

NewCourtland SELF 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 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

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

House Party
Mondays, 1:00pm
Do you like to dance to soul music along with some R&B? If so join Janet Ford & get FIT! Cost: \$1.00 coupon per class

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

Journey's Way Peer Discussion - ON BREAK
Tuesdays, 10:00am
Share your thoughts about life, love, lost and change. Cost: Free

Pottery & Ceramics - ON BREAK
Tuesdays, 10:00pm - On Break Until Sept. 6
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

NewCourtland 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: Free

Enhance Fitness Led by Instructor Norma Leon
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 think 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 Norma Leon 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

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

Flower Arrangement
Third Thursday of every month, 10:00am
Enjoy making your very own arrangement use beautiful freshly cut flowers of all different color, shapes and sizes. Cost: \$2.00

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, lieap 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)

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Hot • Meatball Sandwich • Tossed Salad • Green Beans Cold • Tuna Salad Hoagie w/ Mozzarella Cheese on Roll • Orange Slice • Creamy Cucumber Salad Dessert • Fruit Cocktail
CENTER CLOSED FOR INDEPENDENCE DAY!	Hot • Bread Baked Pollock • Stewed Tomatoes • Tossed Salad • Whole Roll Cold • Italian Hoagie w/Provolone Cheese on Roll • Caesar Salad Dessert • Canned Peaches	Hot • Chicken Fried Rice • Oriental Vegetables • Tossed Salad • Fried Rice • Whole Wheat Dinner Roll Cold • Italian Inspired Turkey Bowl • Picked Beet Salad • Pasta Dessert • Mandarin Oranges	Hot • Macaroni & Beef Casserole • Coleslaw • Normandy Blend Vegetables • Coleslaw Cold • Pastrami & Swiss Cheese on Whole Wheat Bread • Coleslaw • Pasta Salad Dessert • Fruit Cocktail	Hot • Slice of Little Charlie's Cheese Pizza w/Smoked Turkey Sausage • Caesar Salad Cold • Southwestern Chopped Salad with Fajita Chicken • Baked Tortilla Chips Dessert • Chocolate Ice Cream
Hot • Spaghetti and Meatballs • Tossed Salad • Green Beans Cold • Turkey Club Caesar Salad • Three Bean Salad • Whole Wheat Dinner Roll Dessert • Peach Slices w/ Whipped Topping	Hot • Meatloaf • Mashed Potatoes • Cooked Carrots • Spanish Salad • Whole Wheat Dinner Roll Cold • Chopped Chef Salad • Picked Beets w/ Onions • Whole Wheat Dinner Rolls Dessert • Pears	Hot • Beef Stir-Fry • Brown Rice Cold • Turkey Greek Salad Bowl • Whole Wheat Dinner Roll • Two Bread Sticks Dessert • Vanilla Pudding	Hot • BBQ Chicken Thigh • Blacked Eyed Peas • Red Beet And Onion Salad • Collard Greens • Cornbread Cold • Chicken Breast on Kaiser Roll • Coleslaw Dessert • Pineapple Chucks	Hot • Turkey Burger w/ Cheese on Whole Wheat Bun • Baked Sweet Potatoes Wedges • Coleslaw Cold • Egg Salad Sandwich on Whole Wheat Bread • Spinach Salad • Carrot Raisin Salad Dessert • Fruit Cocktail
Hot • Glazed Ham • Stream Cabbage • Lima Beans • Whole Wheat Bread Cold • Smoked Turkey Sandwich on Rye Bread • Coleslaw • Apple Slices Dessert • Strawberry Ice Cream	Hot • Quarter Chicken • Zucchini & Stewed Tomatoes • Dumplings • Cornbread Cold • Crispy Chicken Salad Platter • Carrot Strips • Small Croissant Dessert • Oranges	Hot • Shrimp Lo-Mien • Streamed Broccoli • Bok Choy Cabbage • Fortune Cookie Cold • Italian Chef Salad w/ Mozzarella & Provolone Cheese • Picked Beets Salad • Bread Stick • Whole Wheat Roll Dessert • Mandarin Oranges	Hot • Baked Chicken Breast w/Gravy • Buttered Peas & Mushrooms • Bread Stuffing • Whole Wheat Bread Cold • Turkey BLT Chef Salad w/ Cheddar Cheese • Whole Wheat Dinner Roll Dessert • Unsweetened Applesauce • Orange Juice	Hot • Cheese Burger on Wheat Bun • Coleslaw Cold • Tuna Salad Platter • Whole Wheat Dinner Roll Dessert • Sliced Peaches • Oatmeal Raisin Cookie
Hot • Cheese Steak Sandwich on Wheat Roll • Tatar Tots • Tossed Salad Cold • Turkey Salad Sandwich on Whole Wheat Bread • Marinated Cucumber Salad • Pick Me Up Produce Salad Dessert • Vanilla Wafers Cookies	Hot • Baked Pork Chops w/gravy • Sautéed Spinach • Tossed Salad • Au'gratin Potatoes • Brown and Serve Roll Cold • Seafood Salad Platter • Cole Slaw • Bead Sticks Dessert • Chocolate Ice Ceram	Hot • Beef with Broccoli • Stir-Fry Vegetables • Brown Rice • Whole Wheat Dinner Roll Cold • Chicken Caesar Salad • Potatoes Salad • Whole Wheat Dinner Roll Dessert • Fresh Orange	Hot • Baked Fish • Collard Greens • Baked Potato • Cornbread Cold • Corned Beef Special w/ Rye Bread • Coleslaw • Small Cherry Tomatoes Dessert • Vanilla Pudding	Hot • Meatball Sandwich • Tossed Salad • Green Beans Cold • Tuna Salad Hoagie w/ Mozzarella Cheese on Roll • Orange Slice • Creamy Cucumber Salad Dessert • Fruit Cocktail