

MEMBER NEWS

Membership: \$15.00 Annual Donation
PSC Newsletter delivered to your home: access to PSC programs, classes & trips. For additional information, please call (267)286-1455 or stop by the Front Desk.

Class Coupons can be purchased at the Front Desk

April Is:

- African-American Women's Fitness Month
- Alcohol Awareness Month
- American Cancer Society Month
- Celebrate Diversity Month
- Distracted Driving Awareness Month
- Financial Literacy Month
- IBS Awareness Month
- Keep America Beautiful Month
- Stress Awareness Month
- Pets are Wonderful Month
- Prevention of Cruelty to Animals Month

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 8:30 am to 4 pm.

We are 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.

Stay Active

Monthly Events and Activities for Members

HOURS OF OPERATION:
Monday-Friday, 8:30am-4:30pm

April 2018

Speakers, Special Events & Parties

Pretzel Sale
Monday, April 2, 9:30am *Cost .50 cents
Help support Allegheny's Pretzel Sale! All monies will go right back to the center for special events.

Fox Street Shoprite Shopping Trip
Wednesday, April 4
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 go to the market.. Please sign-up at in the Dining Area if you have a CCT Card.

Sausage Sale
Thursday, April 5, 9:30am *Cost: \$1.00
Help support Allegheny's Sausage Sale! All monies will go right back to the center for special events.

PCA-Health & Wellness Program
Every Breath You Take
Monday, April 9, 10:00am *Free
This 1 hr. program will provide valuable information that will promote self-management strategies for a better daily control of the symptoms of COPD and improved quality of life from being in control of COPD.

Allegheny Senior Center
Advisory Council Meeting
Tuesday, April 10, 10:45am *Free
Attention ALL Advisory Council Members please be present for this meeting!
PLEASE DO NOT MISS THIS MEETING!

LaSalle Nursing Center
Blood Pressure Checks
Wednesday, April 11, 11:00am *Free
Knowing is half the battle. See Mary and get your blood pressure checked. Let's fight high blood pressure.

Volunteer Recognition Week
Monday, April 16 to Friday, April 21 *Free
You're a Life Saver! Let's show our Volunteers how much we appreciate them for all their hard work!!

SELF Seminar: Breathe Easy- Understanding Allergies and Asthma
Monday, April 16, 10:00am *Free
This 1 hr. seminar will offer definitions of Asthma and Allergies, review their symptoms and offer tips on managing these symptoms to create a more comfortable lifestyle.

SELF Seminar: Path to Fitness
Monday, April 23, 10:00am *Free
This presentation will discuss the main components of a fitness program and walk through the steps of creating a program that works for you.

SELF Seminar: Nutrition and Fitness
Monday, April 30, 10:00am *Free
This 1hr. presentation will discuss the main components of Nutrition and a fitness program and walk through the steps of creating a program that works for you.

Greetings Members,

Easter arrives early this year, on April 1, 2018. I hope everyone enjoyed our Easter Program that was held on March 29, 2018.

Let's get ready for Spring. Here is a beautiful poem that I hope you will enjoy.

Hello, Spring!

The cold winter has passed, and now comes spring.

The newly hatched baby birds will cause the mother birds to sing.

The warm sun comes out, little cherry blossoms are in bloom.

Beautiful roses will open up and smell of sweet perfume.

The wind's soft breeze passes through the tall trees.

There will be plenty of work for the busy honey bees.

From flower to flower, they fly and buzz all day.

Spring is that magical time during March, April, and May.

Written by, Sal

April 15th –April 21, 2018 is National Volunteer Week. The staff and members of Allegheny Senior Center appreciate all of our Volunteers and the work they do, that makes our center a wonderful place to be. Our Volunteers are dedicated, helpful, loyal, and extremely talented. Thank you to all of our volunteers of PSC-Allegheny.

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

Come join us!

Jackie Wyley – Manager
PSC – Allegheny Branch

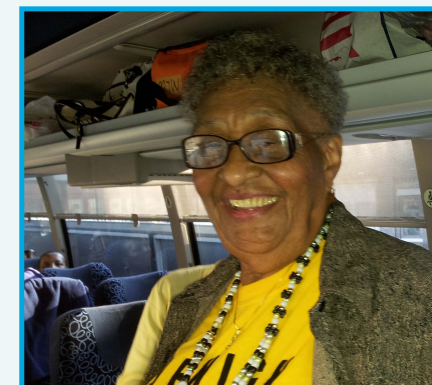
Hours: Monday-Friday, 8:30am- 4:30pm
Lunch: 12:00 Noon \$1.00 Donation
Requested Membership Donation: \$15 Yearly

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

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MEMBER OF THE MONTH

Ruth Sherman AKA Candy Lady. Ms. Sherman has come a long way and she's going strong. Her presence is so strong that no one sits in her seat on the CCT van. She holds a lot of clout and she deserves it. She's a 96 Year old fine looking lady, who is well loved by everyone and is smart as a whipper snapper. Ruth is a snazzy dresser and loves to travel. She has been volunteering her time since the Lehigh Center days of 1982. She is a devoted church member of Rome Emmanuel Baptist Church for 60 plus years. Ms.Sherman has one daughter, two granddaughters, and 7 great grands. They are all her doll babies. She has raised 4 Godchildren. Her late husband would say she would pick up a stray to raise. Ms. Ruth Sherman is a head lady. Just look at how she's treated and the stroll in her walk. That what's makes her the MEMBER OF THE MONTH!



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

Photography Class
Mondays, 11:00am-12:00pm
 Join the photography class with Sheena Garcia, this class will allow you to express yourself through the art of photography. Cost: \$1.00

Choir
Weekly: Mondays, 1:00pm
 Led 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, 9:30am
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

Sewing Class
Tuesdays, 1:00-4:00pm (Check monthly calendar for dates)
 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

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

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

Journey's Way Peer Discussion
Thursdays, 11:00am
 Share your thoughts about life, love, lost and change. 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
Movie Time: Tuesdays & Thursdays: 1:00pm
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-king 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 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

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



Healthy Eating Choices for APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Shrimp Chow Mein, Oriental Vegetables Cold Seafood Salad on Wheat Bread, Creamy Cucumber Salad Dessert Fresh Orange	Hot Salisbury Steak W/ Gravy, Mashed Potatoes, Steamed Carrots, Kale Salad Cold Tuna Hoagie on Wheat Roll, Creamy Cucumber Salad, Mandarin Oranges Dessert Diced Pears	Hot Chicken Italian Sausage on Wheat Roll, Sweet Potato Fries, Romaine, Tomatoes, Cucumber Salad Cold Chef Salad, Whole Wheat Roll Dessert Mandarin Oranges	Hot Oven Fried Chicken, Black Eyed Peas, Turnip Greens, Cornbread Cold Pastrami on Rye, Fresh Coleslaw, Tomato & Cucumber Salad Dessert Cheese Cake	Hot Chili Con Carne W/ Rice, Caesar Salad Cold Egg Salad on Wheat Roll, Three Bean Salad Dessert Cinnamon Applesauce
Hot Spaghetti Noodle W/ Meat Sauce, Green Beans, Mixed Salad Cold Diced Chicken Salad on a Kaiser Roll, Pickled Beets Dessert Peaches	Hot Rotisserie Chicken, Baked Sweet Potato, Collard Greens, Wheat Dinner Roll Cold Seafood Salad on Wheat Bread, Creamy Cucumber Salad, Chopped Broccoli Salad Dessert Strawberry Jello W/ Whipped Topping	Hot Breaded Fish, Rice, Stewed Tomatoes, Romaine Salad Cold Grilled Chicken Taco Salad, Dessert Vanilla Pudding	Hot Baked Chicken Leg W/ Dumplings, Steamed Cabbage Cold Deli Turkey & Cheese Sandwich on Wheat Bread, Cole Slaw Dessert Baked Apples	Hot Pepper Steak, Oriental Blend Vegetables, Rice, Tossed Salad Cold Chicken Salad W/ Craisins Platter, Wheat Dinner Roll Dessert Banana Pudding W/ Vanilla Wafers & Whip Topping
Hot Sheppard's Pie, Steamed Carrots, Tossed Salad, Dinner Roll Cold Turkey Club Sandwich, Pickled Beet Salad, Coleslaw Dessert Rice Pudding	Hot Chicken Fried Rice, Steamed Broccoli, Caesar Salad Cold Italian Hoagie, Tomato Salad w/ Feta Cheese Dessert Angle Food Cake W/ Strawberries	Hot Smothered Turkey Wings, Mashed Sweet potatoes, Simmered Black Eyed Peas, Wheat Dinner Roll Cold Seafood Salad Platter, Croissant, Creamy Cucumber Salad Dessert Pineapple Chunks	Hot Macaroni & Beef Casserole, Green Beans, Garlic Bread, Romaine Salad Cold Chicken Caesar Salad w/ Croutons Dessert Fresh Orange	Hot Baked Fish, Au Gratin Potatoes, Harvard Beets, Wheat Bread Cold Tuna Salad Sandwich on Wheat, Creamy Cucumber Salad, Broccoli Salad W/ Sunflower Seeds & Raisins Dessert Chocolate Ice Cream
Hot Chicken Breast & Spinach Alfredo Sauce, Rotini Noodles, Garlic Bread, Mixed Salad Cold Chicken Caesar Salad, Wheat Dinner Roll Dessert Diced Fruit	Hot Smothered Pork Chops W/ Gravy, Steam Carrots, Cauliflower & Cheddar Mashed Potatoes, Baby Spinach Salad, Wheat Roll Cold Turkey Salad Platter W/ Wheat Dinner Roll Dessert Boston Cream Pie	Hot Shrimp Fried Rice, Steamed Broccoli, Tossed Salad Cold Sliced Roast Beef on Rye, W/ Swiss Cheese, Three Bean Salad, Coleslaw Dessert Butterscotch Pudding	Hot Breaded Chicken Breast on Wheat Bun, Oven Baked Fries, Romaine Salad Cold Chef Salad, Wheat Dinner Roll Dessert Orange Cream Bar	Hot Chicken Marsala, Oven Roasted Potato, Steamed Cabbage, Wheat Dinner Roll Cold Italian Hoagie, Coleslaw Dessert Pineapple Chunks
Hot Shrimp Chow Mein, Oriental Vegetables Cold Seafood Salad on Wheat Bread, Creamy Cucumber Salad Dessert Fresh Orange				