

Member News

August Birthdays

If It's Your Birthday Make Some Noise!

Jane Young
Georgette King
Marjorie Moody
Margaret DeSeignoria-Patterson
Beatrice Elmore
Louise Saxton

Annie Williams
Laura Babb
Ida Harrison



New Members

Fatima Shabazz
Beverly Fisher
Dorothy Womack

August is:

National Immunization Awareness Month
National Health Center Week
(second full week)
Psoriasis Awareness Month

Everybody's Birthday & 4th of July Celebration

The staff of PSC-Tioga Branch would like to take this time and THANK everyone who attended the Everybody's Birthday & 4th of July Celebration. We had so much fun, the members loved dancing with Big Willie. Check out the pictures you might see yourself on the floor.



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

215-227-9999

1531 West Tioga Street

Philadelphia, PA 19140



August 2015

Hello Tioga Family,
Members and Friends,

It's summertime!!!

Everyone is on a different schedule going to graduation, family reunions and vacations. Just having fun outside of Tioga Center, but of course stuff is still going on in the center. So don't go too far without checking in. We are still having BIG fun here. I want you to know one thing was real heavy on my mind. Our moving to a new sight!! My blood rushed to my head, when I heard the news. I had to check and make sure Janell, Barbara and Carolyn our fearless leaders would be there with us heading us on. Thank goodness we'll all be together.

I still had BIG worries; will I see my peeps that live in the Tioga Presbyterian Building? Will they come to the new center? How would that all workout? So again arrangements would be mad so everyone could come on CCT. You know how that is, it's much easier when you only have to come down the stairs. Now you'll have to put on your coat, go outside get on the bus that's a lot of work for some people. What about the people on the front porch, the ones that don't come inside the center often? I'll just have to drop by, sit down, visit & dish the dirt J with them. Doing something different is always scary and exciting, that's why nothing should stay the same. We at Tioga are always up for a challenge and a change of pace.

I know we will use our social butterfly skills make new friends and do new things. Hallelujah, Tioga will make our mark we are stepping out, moving on, starting a new day.

Your Nose-Z Reporter,
Yvonne Jones

Speakers, Special Events & Parties

Fox Street Shoprite Shopping Trip

Tuesday, August 4, 10:00am

*Cost: \$1.00 w/ your CCT ID Card

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 get what you need. CCT will be provided for anyone who has a CCT ID Card.

Water Ice/Pretzel Fundraiser

Wednesday, August 5, 10:00am

*\$1.50

Have a nice refreshing cup of your favorite water ice and a pretzel at a very low cost. Your purchase will help the center with its classes and events.

VitaCare

Home Health Agency

Thursday, August 6, 11:00am

*Free

VitaCare is a long-term care provider for the aging in the Philadelphia and surrounding regions. This program offers comfort support, and dignity to the clients who wish to remain independent in the comfort of their own home.

Senior Behavioral Health Unit at Chestnut Hill Hospital

Tuesday, August 11, 11:00am

*Free

Our bodies change as we age, and so do our minds. Senior face an increased risk of mental challenges, including clinical depression and memory impairment. If your or a loved one is experiencing an escalating or worsening of ongoing symptoms, please don't miss this presentation.

NewCourtland Life

Living Well, Learning Well

Monday, August 17, 12:15pm

*Free

Enjoy the special topic on nutrition.

Lincoln Heritage

Tuesday, August 18, 11:00am

*Free

Since 1963, Lincoln Heritage has served families by offering insurance products for American families, specializing in Final Expense Insurance. Come with your questions and concerns.

Unity Day At Lehigh Senior Center

Friday, August 21, 9:00am-3:30pm

*Free

Please check out the many activities planned for the day, don't forget to register for lunch, if you need a CCT ride please speak with Janell Litte. This is a free event so HAVE FUN AND ENJOY THE DAY!

Cigna Health Spring

Tuesday, August 25, 11:00am

*Free

Join Kiara Camacho for a Mid-Morning Social Presentation on Cigna! Find out what services they provide, come with your questions and concerns and enjoy a nice cold smoothie!

Ongoing Events

Coffee Break

Daily 8:30 to 11am
Start your day off right with a cup of coffee, a light breakfast and fun conversation with your friends!

Carl's Fruit Stand

Monday-Friday, 10 am to 12 pm
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!

Line Dancing

Monday, 10:00 to 11:00 am
Wednesday, 1:00 to 2:00 pm
Arnold Zacharias leads this weekly class. Come and learn and latest line dances.
Cost: 2 coupons per class

In-Center Counselor

Mondays & Wednesdays
9:00 am to 4:00 pm
If you need assistance with information, referrals or resources, this is your opportunity! Please stop by to meet with one of our In Center Counselors and they will be glad to assist you!

Quilting

Mondays & Wednesdays, 10:00 am to 12:00 pm
Create original artistic quilts with colorful fabrics and threads. Sewing and design come together for one-of-a-kind creations. Cost: 1 coupon (Wed. only).

Pinocle Card Game

Mondays & Wednesdays, 10:00 am to 2:00 pm

Stretch & Tone

Mondays, 11:00 am
Stretch and tone uses lightly challenging weights and stretching to enhance flexibility and stability, improving balance. Cost: \$ 1.00 (1 coupon)

Zumba

Mondays, 1:00 pm
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 coupon

Make It Take It!

Mondays, 1:00 to 3pm
This do it yourself class allows you to make handmade, one of a kind items such as greeting cards, 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 in the back arts and crafts room to begin your projects today! Cost: \$1 (1 coupon)

Basic Computer Class

Monday, 1:00 pm
Learn the basics of what it takes to become a computer whiz! This class is taught by Mr. Aaron Stallworth Jr. Cost: \$1.00 coupon

Sewing the Ways to Wellness

Mondays Bi-weekly, 1:00-4:00pm
(Please check monthly calendar for dates)
Join this volunteer group to make and sew Wellness Bags for Organ & Tissue donation recipients who reside at the Gift of Life Family house here in Philadelphia! This is a great way to help those who are preparing for surgery to receive an organ or tissue transplant. All are welcome!

Podiatrist Dr. Mike

1st & 3rd Tuesdays, 8:30 to 11:30 am
In the Senior Center

Podiatrist Dr. Mike

1st & 3rd Thursdays, 9:00 to 10:00 am
In the Basement

NewCourtland Life's Living Well, Learning Well Program: Seated Strength Training

Tuesdays & Thursdays, 11 am to 12 pm
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!

50/50 Drawing

Every Monday, Wednesday & Thursday, 10:00 to 11:30 am
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 one FREE! Cost: \$1.00 each ticket

Bingo

Tuesdays, Wednesdays & Thursdays, 12:45 to 1:45 pm
Join us for fun and prizes.

Pottery & Ceramics

On Break Until September
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 here at PSC Tioga Branch to make premade objects and figurines. Now is the time to show your talent! Cost: \$3

Sewing Class

Tuesdays Bi-weekly, 1:00-4:00pm
(Please check monthly calendar for dates)
Join Bessie Gordy to sew your very own, one of a kind items such as clothing, purses, pillows, and anything else you can think of! Create your own masterpiece! Cost: \$1 (1 coupon)

Bible Class

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

Silver Sneakers:

Muscular Strength, Range & Motion
Wednesdays, 11:15 am to 12:00 pm
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% if you are 60 or older. Cost: Silver Sneakers Member's cardholders swipe prior to class. 1 coupon for non-cardholders.

iPad Class

Wednesdays, 1:00 to 2:00 pm
If you've already taken the Basic Computer Class and the Advanced Computer Class you would love something a bit more challenging. This is the class for you! Class is taught by Aaron Stillworth Jr.

Creative Crafts and Crochet

Wednesdays, 1:30 to 3:30 pm
This class is led by Elizabeth Cason. Come and make some interesting crafts. Cost: 2 coupons per class

Silver Sneakers

Thursdays, 10:00 to 11:00 am
Join Diane Thomas 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% if you are 60 or older. Cost: Silver Sneakers Member's cardholders swipe prior to class. 1 coupon for non-cardholders.

Peer Discussion

On Break Until September
Join Volunteer Peer Leaders, Mr. Carl Hackney And Gloria Weaver and share your thoughts About life, love loss and change. Cost: Free

Phenomenal Women

Every other Thursday, 10:00 am
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

Advisory Council

On Break Until September
in the Conference Room

Chair Massage with John Johnson

Every First and Third Thursday of Every Month, 11:00 am
Cost: 1 coupon for 5 minutes

Macramé Class

Every other Thursday, 1:00 to 4:00 pm
This class is led by Bessie Gordy. Come and learn the basics and beyond. Cost: 1 coupon per class

Bible Study w/ Minister Calvin Myers

Fridays, 10:00 am to 11:00 am
This is a free, non-denominational study group.

Sing-A-Long

Fridays, 11:00 am to 12:00 pm
Come join us for an entertaining hour of singing and fun. Cost: 1 coupon for Sing-A-Long class participants

Music Time

Fridays, bi-weekly, 12:15 pm
Sit back listen to music while you relax. Free.

Yoga/Stretch With Kind Essence

Fridays, 1:00 to 2:00 pm
This yoga class combines breathing, exercise, stretching and meditation for a full body workout in a chair. Yoga increases flexibility and strength, tones the body, reduces tension and boosts energy. Cost: Free for Silver Sneakers Members. 1 coupon for non-cardholders.

Low Impact Zumba

Fridays, 2:00pm
Zumba instructor Janet Ford teaches hypnotic Latin rhythms! Easy-to-follow moves (seated for low impact) create a one-of-a-kind fitness program. Ditch the workout and join the party! Cost: \$1.00 coupon

Healthy Eating Choices for AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Meatball Sandwich 3 White roll Cucumber Salad Orange Sections Broccoli Milk 	<ul style="list-style-type: none"> Roast Turkey Dinner 4 Spinach Stuffing Cranberry Sauce Scalloped Apples Milk Cold Meal Chicken Salad Wheat Roll Cucumber Salad Orange Sections Milk 	<ul style="list-style-type: none"> Cheeseburger 5 Cole Slaw Cantaloupe Wheat Bun Vegetable Soup Milk Cold Meal Roast Turkey Sandwich Peaches Cole Slaw Rye Bread Milk 	<ul style="list-style-type: none"> Baked Fish 6 Macaroni & Cheese Green Beans w/ Tomatoes Roll Strawberries Whipped Topping Milk Cold Meal Marinated Grilled Chicken Sandwich Wheat Bun Fresh Spinach Potato Salad Apple Slices Milk 	<ul style="list-style-type: none"> BBQ Chicken Breast 7 Wheat Bread Broccoli Pineapple Milk Cold Meal Egg Salad Platter Wheat Roll Strawberries
<ul style="list-style-type: none"> Beef Stroganoff 10 Buttered Noodles Roll Peas & Carrots Strawberries Tossed Salad Milk Salad Dressing 	<ul style="list-style-type: none"> Roasted Pork Loin 11 Baked Sweet Potato Sauerkraut Wheat Roll Honeydew Melon Cranberry Sauce Milk Cold Meal Chicken Caesar Salad Plum Wheat Roll Vanilla Wafer Cookies Milk 	<ul style="list-style-type: none"> Meatloaf w/Gravy 12 Mashed Potatoes Green Beans Wheat Bread Spinach Salad Vanilla Wafers Milk Cold Meal Roast Turkey Wrap Macaroni Salad Mandarin Oranges Milk 	<ul style="list-style-type: none"> Chicken Cordon Bleu 13 Collard Greens Mini Corn Muffin Steamed White Rice Peaches Milk Cold Meal Tuna Pasta Plate Tossed Salad Roll Melon Milk 	<ul style="list-style-type: none"> Pepper Steak 14 Rice Tossed Salad Mandarin Oranges Oriental Dressing Milk Cold Meal Chicken Salad Platter Tossed Salad Pineapple Chunks Bran Muffin Milk
<ul style="list-style-type: none"> Grilled Lemon Chicken Breast 17 Oven Browned Potatoes California Blend Vegetables Pineapples Wheat Roll Milk 	<ul style="list-style-type: none"> Roast Turkey Breast 18 Sweet Potato Cauliflower w/ Red Pepper Spinach Salad Wheat Bread Cranberry Sauce Milk Berries Cold Meal Grilled Chicken Sandwich Wheat Bun Tossed Salad Grapes Milk 	<ul style="list-style-type: none"> Salisbury Steak 19 Mashed Potatoes Seasoned Spinach Wheat Bread Apricots Milk Cold Meal Turkey Cobb Salad Tossed Salad Wheat Roll Apple Slices Milk 	<ul style="list-style-type: none"> Veal Parmesan 20 Green Beans Buttered Rotini Fresh Orange Milk Cold Meal Chicken Pasta Platter Tomato & Cucumber Salad Apricots Wheatworth Crackers Milk 	<ul style="list-style-type: none"> Open Face Hot Roast Beef 21 Wheat Bread Mashed Potatoes Peas & Onions Milk Strawberries Cold Meal Cheese & Fruit Plate Wheatworth Crackers Milk Fresh Orange
<ul style="list-style-type: none"> Honey Chicken 24 Rice Pilaf Broccoli Sliced Apples Gingersnap Cookies Mixed Fruit Juice Milk 	<ul style="list-style-type: none"> Turkey A La King 25 Mixed Capri Vegetables Mushrooms Egg Noodles Wheat Roll Cantaloupe Tossed Salad Milk Cold Meal Roast Beef Caesar Wrap Cole Slaw Three Bean Salad Cantaloupe 	<ul style="list-style-type: none"> Beef Stew 26 Oven Browned Potatoes Carrots Breadsticks Fresh Plum Milk Cold Meal Italian Sub Wheat Roll Tossed Salad Pineapple Chunks Milk 	<ul style="list-style-type: none"> Baked Tilapia 27 Brown Rice Green Beans Tossed Salad Water Ice Milk Cold Meal Oriental Chicken Salad (Romaine & Spinach, Carrots, Cucumber Slices) Mandarin Oranges Wheat Roll Apple Slices Milk 	<ul style="list-style-type: none"> Beef A Roni 28 Tossed Salad w/ Tomatoes Cooked Spinach Orange Sections Milk Cold Meal Tuna Salad Plate Tossed Salad w/ Tomato Wheat Roll Fruit Cocktail Milk
<ul style="list-style-type: none"> Southwest Chicken Fajita 31 Peaches Tossed Salad Milk 				<p>Enjoy Summer!</p>