

Member News

December Birthdays

If It's Your Birthday Make Some Noise!

Elma Bouknight
Geneva Workman
Peggy Gibson-Miller
Diane Harris-Nelson
Ruth Williams
Jean Foye
Herman Suggs
Helena Wells
Sylvia Brooks
Ramonita Tirado
Carolyn Jackson



Pearl Henry
James Drew
Dorothy Sampson
Peggy Sprewell

New Members

Lois Banks
Joyce Battle
Jackie London
Annie Morgan
Donald Simmons
Valerie Marino
Ana Rosa Oquendo

Notable Dates in December

Wednesday, December 2 - National Fritters Day
Friday, December 4 - National Cookie Day
Sunday, December 6 - Hanukkah Begins at Sundown
Monday, December 7 - Medicare Open Enrollment Period Ends/Pearl Harbor Day
Wednesday, December 9 - Christmas Card Day
Saturday, December 12 - Poinsettia Day
Sunday, December 13 - National Cocoa Day
Monday, December 21 - Winter Begins
Thursday, December 24 - Christmas Eve
Friday, December 25 - Christmas Day
Saturday, December 26 - Kwanzaa Begins
Thursday, December 31 - New Year's Eve

December is:

Safe Toy and Gifts Month
National Influenza Vaccination Week
(First full week of December)
World AIDS Day (Dec. 1)

Clean-Up Day at PSC-Tioga Branch

Thursday, November 5
1:00pm-4:00pm

The staff of Tioga would like to give a BIG THANKS Lewis Katz, Jonathan Ragheb and the Temple Pharmacy Students!

The students came in asking what can we do to help? Fifteen students walked through the doors and went to work. The Pharmacy Students cleaned the tables and chairs in the whole center, wiped down all window seals in the center, dated boxes for shredding in the front and back closet & moved all boxes to the front for easy removal, cleaned and striating up the garden and bagged up all trash to go out.

Speakers, Special Events & Parties

Jefferson Pharmacy Students

Tuesday, December 1, 10:00am *Free
Join the students in a great game of Jeopardy, the topics will include everything we have gone over these past months, diabetes, blood pressure, cholesterol, lupus and osteoporosis.

Take Control of Diabetes

Tuesday, December 1 & 8, 10:00am *Free
Find out how you can self-manage your diabetes, also enjoy a session of free give-aways, free blood pressure & glucose testing and fun activity. Please sign-up for this event, sign-up sheet at the front desk

Praise Jewelry and Crafts

Thursday, December 3, 10:00am
*Price Varies

If you have not started your holiday shopping now is the best time to pick up some items for your loved ones.

Fox Street Shoprite Shopping Trip

Wednesday, December 9, 10:00am
*For Transportation: Please See Janell Little
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.

Cooking Safety Tips

Tuesday, December 8, 12:15pm
*Cost: Free
Join Barbara Whitmore your Program Coordinator and get some good safety tips to help you in the kitchen while cooking, talking and enjoying the holidays. Light snack will be provided.

Getting Back on Point After the Holidays

Thursday, December 10, 12:15pm *Free
Janell Little your Administrative Assistant will provide you with information on getting back on track from the holiday eating.

NewCourtland Life

Living Well, Learning Well: Brain Health
Monday, December 14, 12:15pm *Free
Information will be provide on how to keep and maintain a healthy brain. Come with your questions and concerns.

BTC Nutrition Education Talk

Tuesday, December 15, 1:00pm *Free
Nutrition information will be provided. Come with your questions and concerns.

Closing & Relocation Ceremony / The Way We Were Winter Wonderland

Wednesday, December 16, 10:00am *Free
Information will be provided on the closing and relocation of Tioga Senior Center. We will hear heart-warming stories about days spent in the center. See Tioga like you have never seen it before! Relax, and enjoy food, fun and fellowship. **Special Entertainment will be The Williams Brothers Sr.**

Fire Side/Pollyanna

Friday, December 18, 12:15pm *Free
Enjoy singing Christmas Carols while sipping on some apple cider and nibbling on a fresh baked cookie. If you would like to participate in the Pollyanna please sign-up at the front desk.

NewCourtland Life Living Well, Learning Well: Stronger Immune System
Monday, December 21, 12:15pm *Free
Winter is approaching don't miss this presentation. Information will be provided on steps to follow to keep a strong immune system.

Decoration Safety Tips

Tuesday, December 22, 12:15pm *Free
Information will be provided on keeping you house safe during the winter and the holidays. Come with your questions and concerns.

Holiday Celebration Christmas Meal from BTC

Wednesday, December 23, 11:00am
*Cost: \$1.25 (suggested donation)
Join the staff of Tioga for some food, fun and fellowship please don't forget to register for lunch .

Christmas Day Center Closed

Friday, December 25
Center will be closed in observance of Christmas Day. Join the staff on Monday, December 28 and partipate in Line Dancing, Quilting Class, Painting Class, Silver Fit, Lunch and Zumba. Let's work some of the holiday meal off!

Everybody's Birthday / New Years Celebration

Thursday, December 31, 10:00am
*Cost: \$2.00
Let's ring in the New Years a little bit early! We will be celebrating birthday's for the month of October, November and December. Please sign-up at the front desk so we can celebrate you!

PINOCHLE!!

That's the name of The Game! You see them behind that pole near the soda machine, every Wednesday going for a Head!! We have the fateful ones, and the people that come and go!

The die hards, are Joann daughtry, Delores Hankerson, Ruth Williams, Harvey Warner, Louis Johnson and Idell Dearry always looking for a renege, ago back and manly trying to get that Head!! When I first came to Tioga we had other players I'm sure you will remember theses names Robert McDowell, Shirley Coney, Leonard Littlejohn, Shirla Lewis and Alease Slone.

I know they are inline waiting for a seat at the Pinochle Table in the great beyond. Soon as we get to the new center, I'm sure it's going to go down. I know Lehigh get's down too. We'll be on our toes what great games we will have. I'm tipping my hat to the die-hard; you better believe they have something for everyone at the table.

Well it's almost that time our heroines are working overtime on our Christmas at Tioga. I get chills thinking about it. I'm going to miss this place but we must move forward. Enjoy these last days, at Tioga to the fullest.

Your Nose-Z Reporter, Yvonne Jones

Oh P.S.

I play double deck almost everyday, I also play honeymoon, cut throat and partners. GAME ON!!

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



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Philadelphia, PA 19140

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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

Painting

Mondays, 10:00 am to 11:00 am
Join Tioga's painting class with Sheena Garcia, this class will allow you to express yourself through painting. Cost: \$ 1.00

Muscle 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

On Break
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

Podiatrist Dr. Mike

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

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!

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

Tuesdays, 1:00 pm
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

Aerobic Fit Muscular Strength

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%. Cost: \$1.00

iPad Class

On Break
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

On Break
This class is led by Elizabeth Cason. Come and make some interesting crafts. Cost: 2 coupons per class

Podiatrist Dr. Mike

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

Senior Fit

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%. Cost: \$1.00

Peer Discussion

Thursdays, 10:00 am
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

Every second Thursday, Noon
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.

Gentle Chair Yoga

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: \$1.00

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 *December*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> Spinach & Mozzarella Stuffed Chicken w/ Tomato Sauce Carrots Bowtie Pasta Wheat Bread Fresh Tangerine Cold Meal <ul style="list-style-type: none"> Turkey & Swiss on Pita Honey Mustard Sauce Potato Salad Lettuce & Tomato Fresh Orange 	<ul style="list-style-type: none"> Sliced Beef w/ Au Jus Rosemary Red Bliss Potatoes Wheat Roll Sugar Free Lemon Cake Tomato Soup Cold Meal <ul style="list-style-type: none"> Tuna Salad over bed of Greens Tomatoes, Green Peppers 3Bean Salad Wheat Roll Sugar Free Lemon Cake Tomato Soup 	<ul style="list-style-type: none"> Broiled Fish w/ Roasted Red Pepper Sauce Spinach & Carrots Wild Rice Wheat Bread Applesauce Cold Meal <ul style="list-style-type: none"> Mandarin Chicken Salad w/ Cucumbers, Carrots & Mandarin Oranges & Chow Mein Noodles Wheat Roll Applesauce Oriental Dressing 	<ul style="list-style-type: none"> Caribbean Jerk chicken w/ Topical Fruit Sauce Sugar Snap Peas & Red Peppers Mashed Cold Meal <ul style="list-style-type: none"> Roast Beef Wrap Lettuce & Tomato Marinated Beet & Onion Salad Cole Slaw Fresh Apple
<ul style="list-style-type: none"> BBQ Meatballs Corn & Red Peppers Brown Rice Mandarin Oranges 	<ul style="list-style-type: none"> Herb Roasted Chicken Thigh Roasted Red Bliss Potatoes Peas w/ Red Peppers & Mushrooms Wheat Roll Chicken Noodle Soup Cold Meal <ul style="list-style-type: none"> Crab Salad Platter w/ American Cheese Lettuce & Tomato Broccoli Salad 3 Bean Salad Wheat Roll Oatmeal Cookies 	<ul style="list-style-type: none"> Roast Turkey w/ Apricot Glaze Mashed Sweet Potatoes Topped w/ Pecans Roasted Brussel Sprouts Wheat Roll Raspberry Diced Pears Cold Meal <ul style="list-style-type: none"> Grilled Chicken Ranch Wrap Lettuce & Tomato Lima Bean & Corn & Red Peppers Salad Raspberry Diced Pears Ranch Dressing 	<ul style="list-style-type: none"> Ravioli Bolognaise California Blend Mixed Greens Salad Lite Italian Dressing Fresh Apple Cold Meal <ul style="list-style-type: none"> Chicken Salad w/ Cranberries Platter Lettuce & Tomato German Potato Salad Fresh Apple Wheat Roll 	<ul style="list-style-type: none"> Garlic Spinach Stuffed Fish w/ Lemon Garlic Sauce Buttery Brown Rice Medley w/ Carrots, Red Peppers & Green Beans Wheat Roll Fresh Orange Cold Meal <ul style="list-style-type: none"> Antipasto Salad w/ Cucumber, Red Onion, Black Olives Tomato & White Bean Salad Wheat Roll Fresh Orange Wedges
<ul style="list-style-type: none"> Mustard Glazed Chicken w/ Red Onion 	<ul style="list-style-type: none"> Stuffed Shells w/Rustic Tomato Sauce Zucchini, Peppers & Carrot Blend Spinach Salad w/ Mushrooms, Red Onion & Hard Boiled Egg Balsamic Dressing Cinnamon Applesauce Cold Meal <ul style="list-style-type: none"> Tarragon Chicken Salad w/Red Grapes Lentil, Tomato & Onion Salad Cinnamon applesauce 7 Grain Bread 	<ul style="list-style-type: none"> Chicken & Ground Beef Creole Style Gumbo Green Beans Rice w/ Tomatoes & Okra Wheat Bread Fresh Clementine Cold Meal <ul style="list-style-type: none"> Egg Salad Platter Lettuce & Tomato Marinated Tomato & Onion Salad Fresh Clementine Small Kaiser Roll 	<ul style="list-style-type: none"> Garlic Sliced Beef w/ Gravy & Mushrooms Mashed Cauliflower w/ Mashed Potatoes 7 Grain Bread Sugar Free Chocolate Cake Spit Pea Soup Cold Meal <ul style="list-style-type: none"> Bentley Salad Marinated Broccoli & Cauliflower Salad Sugar Free Chocolate Cake Wheat Roll 	<ul style="list-style-type: none"> Crab Cake Macaroni & Cheese Winter Blend Vegetables Mixed Fruit Cold Meal <ul style="list-style-type: none"> Sliced Grilled Chicken Sandwich on Kaiser Roll Broccoli, Onion & Cranberry Salad Mixed Fruit
<ul style="list-style-type: none"> Chicken Chili w/ Shredded Cheddar Cheese Tossed Salad w/ Tomato Wedges & Cucumber Slices Diced Peaches Wheat Roll 	<ul style="list-style-type: none"> Sheppard's Pie Mashed Potatoes Brussel Sprout 7 Grain Bread Fresh Apple Cold Meal <ul style="list-style-type: none"> Chicken Caesar Salad w/ Hard Boiled Egg Pasta Salad Wheat Roll Caesar Dressing Fresh Apple 	CHRISTMAS MEAL <ul style="list-style-type: none"> Carved Turkey Ham w/ Pineapple Glaze Candied Mashed Sweet Potatoes Green Bean Almandine Dinner Roll Cheesecake w/Cherry Topping Apple Juice Cold Meal <ul style="list-style-type: none"> Roast Beef & Swiss on Wheat Cole Slaw Pineapple 	<ul style="list-style-type: none"> Citrus Spiced Roasted Chicken Thigh Roasted Red Bliss Potatoes Snow Peas & Peppers Wheat Roll Vanilla Pudding Cold Meal <ul style="list-style-type: none"> Turkey & American Cheese on Hoagie Roll Health Salad Lettuce, Tomato, Red Onion Chocolate Chip Cookie 	CENTER CLOSED FOR CHRISTMAS
<ul style="list-style-type: none"> Apple Sage Roasted Turkey w/ Stuffing & Gravy Mixed Vegetables Cole Slaw Wheat Roll Tropical Fruit Mix 	<ul style="list-style-type: none"> Spinach & Mozzarella Stuffed Chicken w/ Tomato Sauce Carrots Bowtie Pasta Wheat Bread Fresh Tangerine Cold Meal <ul style="list-style-type: none"> Turkey & Swiss on Pita Potato Salad Lettuce & Tomato Fresh Orange 	<ul style="list-style-type: none"> Sliced Beef w/ Au Jus Rosemary Red Bliss Potatoes Wheat Roll Sugar Free Lemon Cake Tomato Soup Cold Meal <ul style="list-style-type: none"> Tuna Salad over bed of Greens Tomatoes, Green Peppers 3Bean Salad Wheat Roll Sugar Free Lemon Cake Tomato Soup 	<ul style="list-style-type: none"> Broiled Fish w/ Roasted Red Pepper Sauce Spinach & Carrots Wild Rice Wheat Bread Applesauce Cold Meal <ul style="list-style-type: none"> Mandarin Chicken Salad w/ Cucumbers, Carrots & Mandarin Oranges & Chow Mein Noodles Wheat Roll Applesauce Oriental Dressing 	