

Member News

July Birthdays

Shirley Milton
Elisabeth Delaine
Shirley Terrell
Ruby McClellan
Lilla Brisco
Bernard Jackson
Carolyn Alexander

Hazel Baker
Madeline Kingsboro
Gloria Armstrong
Kenneth Graves
Catherine McDowell
Annie Cain



New Members

Joyce Cary
Betty Holmes
Margaret Thrower

June is:

Strep Throat Awareness Month

Juvenile Arthritis Awareness Month

Saturday, July 4 - Independence Day

Monday, July 6 - Fried Chicken Day

Saturday, July 11 - Cheer Up the Lonely Day

Monday, July 13 - National French Fries Day

Sunday, July 19 - National Ice Cream Day

Thursday, July 30 - National Cheesecake Day

& Father-In-Law Day

The Nose-Z Reporter

I'm back with a vengeance!!!! Thankful that you all prayed for my baby brother he's coming along just fine. Thank God for New Lungs!!!! Shout out to Janell the trip to Wildwood was Great!!! If you did not enjoy yourself on that trip, something was wrong with you! I'm looking forward to next years trip.

Now it's time for me to get down to the meat of this report. This past month of May, our talented artist Marie Young was chosen by our fabulous teacher George Apotsos to display her beautiful art work entitled "The Wedding" this piece was presented at the Senior Art Show in Center City.

What a great honor for Marie Young and the Tioga Senior Center. I'm sure most of you know Marie she does work in a lot of the art & crafts classes a world traveler. A women of great style Marie is a dog lover, she has a bad little dog that's one of the joys of her life. Marie's greatest achievement is being Miss. Gracie's Grandmother. Keep your eyes on Miss Gracie she going to be a big time sorority girl, just wait and see.

Now you know some of the stuff I know about Marie for more information ask her yourself.

Your Nose-Z Reporter,

Yvonne Jones

P.S. Happy Fathers Day

P.P.S. The 4th of July is coming

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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Stay Active

Monthly Events and Activities for Members

July 2015

Hello Tioga Family, Members and Friends,

It Veggie Voucher Time! If you are 60 years of age or old you may qualify to receive (4) \$5.00 vegetable vouchers.

The requirements are:

- proof of ID-State/Non drivers picture ID
- proof of residency

Date of distribution will be Monday, Tuesday, Thursday and Friday from 10:00am to 2:00pm starting on Monday, July 6, 2015. While supplies last, please remember that you can only receive (4) \$5.00 vouchers per person.

Thank you so much,
PSC-Tioga Branch Staff

Speakers, Special Events & Parties

Water Ice/Pretzel Fundraiser

Wednesday, July 1, 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.

Early Fourth of July Celebration

Thursday, July 2, 12:30pm \$2.00

Come out and celebrate the 4th of July with the PSC-Tioga staff and enjoy a tasty meal and a wonderful time dancing the afternoon away!

NewCourtland Life

Living Well, Learning Well

Monday, July 6

Tips on how to eat right by using portion size serving. Enjoy your food, but eat less.

Nutrition Talk

Tuesday, July 7, 12:15pm *Free

This presentation will cover Dietary Guidelines For Americans. Learn how to eat the right amounts from each food groups.

Fox Street Shoprite Shopping Trip

Wednesday, July 8, 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.

Red Lobster Trip

Thursday, July 9, 11:30am *\$1.00

Let's have some food, fun and fellowship at Red Lobster. Enjoy a nice meal, and good conversation with the family of PSC-Tioga Branch. Lunch will be on you. CCT will be provided for anyone who has a CCT ID Card.

Marx Medical Equipment

Tuesday, July 14, 11:00am *Free

Free individual evaluation for your equipment, if you need minor repairs or adjustments that can be fixed on the spot. Please attend this presentation.

Health Partners Plans

Wednesday, July 15, 10:00am *Free

Here's your chance to get all the information you need about Health Partners Plans. Please come with your questions and concerns.

Jason Eichmiller Financial Strategist

Thursday, July 16, 11:00am *Free

Taking care of tomorrow today, meet with Jason and come with your questions and concerns.

Farmers Insurance

Thursday, July 16, 12:15pm *Free

"Are you able to switch your Medicare advantage plan mid year? If so what needs to be done"

NewCourtland Life

Living Well, Learning Well

Monday, July 20, 12:15pm *Free

Are you fit for fall? Learn how you can protect yourself when you fall.

First Life Home Care

Wednesday, July 22, 10:00am *Free

Find out how First Life Home Care can help you, come with your questions and concerns.

Foot Comfort Center

Thursday, July 23, 11:00am *Free

If you are in the need of a pair a diabetic shoe's please come in and speak with Scott Kaplan. Come with your questions and concerns.

Town Meeting

Tuesday, July 28, 12:15pm *Free

Come with your questions and concerns. Bring new ideas and programs you would like to have at your center.

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



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| | <ul style="list-style-type: none"> • Southwest Chicken Fajita • Peaches • Tossed Salad • Milk Cold Meal • Tuna Salad • Tossed Salad w/ Tomato • Wheat Roll • Fruit Cocktail • Milk | <ul style="list-style-type: none"> • Hamburger • Hot Dog • Wheat Bun • Cucumber Salad • Baked Beans • Jell-o • Cake w/Blueberries & Whipped Topping • Milk | <ul style="list-style-type: none"> • Meatball Sandwich • Cucumber Salad • Orange Sections • Broccoli • Milk Cold Meal • Chicken Salad • Wheat Roll • Cucumber Salad • Orange Sections • Milk | |
| <ul style="list-style-type: none"> • Roast Turkey Dinner • Spinach • Stuffing • Cranberry Sauce • Scalloped Apples • Milk | <ul style="list-style-type: none"> • Cheeseburger • Cole Slaw • Cantaloupe • Wheat Bun • Vegetable Soup • Milk Cold Meal • Roast Turkey • Sweet Potato • Cauliflower w/ Red Pepper • Spinach Salad • Wheat Bread • Milk • Berries w/Whipped Topping | <ul style="list-style-type: none"> • Baked Fish • Macaroni & Cheese • Green Beans w/ Tomatoes • Roll • Strawberries • Whipped Topping • Milk Cold Meal • Marinated Grilled Chicken Sandwich on Wheat Bun • Fresh Spinach • Potato Salad • Apples Slice • Milk | <ul style="list-style-type: none"> • BBQ Chicken Breast • Wheat Bread • Macaroni Salad • Broccoli • Pineapple • Milk Cold Meal • Egg Salad • Whole Wheat Roll • Milk • Strawberries Whipped Topping | <ul style="list-style-type: none"> • Beef Stroganoff • Roll • Peas & Carrots • Strawberries • Tossed Salad • Milk Cold Meal • Chicken Caesar Salad • Plum Wheat Roll • Vanilla Wafer Cookies • Milk |
| <ul style="list-style-type: none"> • Roasted Pork Loin • Baked Sweet Potato • Wheat Roll • Honeydew Melon • Cranberry Sauce • Milk | <ul style="list-style-type: none"> • Meatloaf w/ Gravy • 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 Blue • 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 • Rice • Tossed Salad • Mandarin Oranges • Milk Cold Meal • Chicken Salad Platter • Tossed Salad • Tomato Salad • Pineapple Chunks • Bran Muffin • Milk | <ul style="list-style-type: none"> • Grilled Lemon Chicken Breast • Oven Browned Potatoes • California Blend Vegetables • Pineapple • Wheat Roll • Milk Cold Meal • Turkey Cobb Salad • Tossed Salad • Wheat Roll • Apple Slices • Milk |
| <ul style="list-style-type: none"> • Roast Turkey • Sweet Potato • Cauliflower w/ Red Pepper • Spinach Salad • Wheat Bread • Cranberry Sauce • Milk • Berries | <ul style="list-style-type: none"> • Salisbury Steak • Mashed Potatoes • Seasoned Spinach • What Bread • Apricots • Milk Cold Meal • Grilled Chicken Sandwich • Wheat Bun • Tossed Salad • Grapes • Milk | <ul style="list-style-type: none"> • Veal Parmesan • Green Beans • Buttered Rotini • Fresh Orange • Milk Cold Meal • Chicken Pasta Platter • Tomato & Cucumber Salad • Apricots • Wheatsworth Crackers • Milk | <ul style="list-style-type: none"> • Open Face Hot Roast Beef • Wheat Bread • Mashed Potatoes • Peas & Onions • Milk • Strawberries Cold Meal • Cheese & Fruit Plate • Grapes, Melon & Strawberries • Orange Sections • Carrot & Celery Sticks • Wheatsworth Crackers • Milk • Fresh Orange | <ul style="list-style-type: none"> • Honey Chicken • Rice Pilaf • Broccoli • Sliced Apples • Gingersnap Cookies • Mixed Fruit Juice • Milk Cold Meal • Roast Beef Caesar Wrap • Three Bean Salad • Cole Slaw • Cantaloupe • Milk |
| <ul style="list-style-type: none"> • Turkey A La King • Mixed Capri Vegetables • Cream Sauce • Egg Noodles • Wheat Roll • Cantaloupe • Tossed Salad • Milk | <ul style="list-style-type: none"> • Beef Stew • Oven Browned Potatoes • Carrots • Breadstick • Fresh Plum • Milk Cold Meal • Italian Sub • Tossed Salad • Pineapple chunks • Milk | <ul style="list-style-type: none"> • Baked Tilapia • Brown Rice • Green Beans • Water Ice Milk Cold Meal • Oriental Chicken Salad • Wheat Roll • Apple Slices • Milk | <ul style="list-style-type: none"> • Beef A Roni • 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 • Peaches • Tossed Salad • Milk Cold Meal • Roast Beef Sandwich • Broccoli Salad • Apple Slices • Wheat Bread • Milk |

