

## Member News

### November Birthdays

#### If It's Your Birthday Make Some Noise!

Cynthia Hicks  
Regina Burgett  
Annette Culmer  
Joann Daughtry  
Delores Hankerson  
Marie Young  
Elizabeth McClellan  
Carolyn Bond  
Barbara Whitmore



### New Members

Charlotta Foster-Bey  
Rosalind Jones  
Lorraine Coley  
Diana Crapper  
Olivia Smith  
Dewey Belton  
Betty Crooks  
Anna Jamison

### Notable Dates in November

**Sunday, November 1** - Fall Back:  
Daylight Saving Time Ends  
**Tuesday, November 3** - Election Day  
**Wednesday, November 11** - Veterans Day  
**Friday, November 13** - World Kindness Day  
**Thursday, November 19** - Great American  
Smoke-out  
**Thursday, November 26** - Thanksgiving

### November is:

National Alzheimer's Disease Awareness Month  
American Diabetes Month  
COPD Awareness Month  
Lung Cancer Awareness Month  
Great American Smoke-out  
(Third Thursday of November)  
National Home Care & Hospice Month  
Pancreatic Cancer Awareness Moth  
National Family Caregivers Month

**Attention Tioga Family,  
Member and Friends:**  
We are having a HUGE celebration  
coming in December!

So mark your calendars!!

### CLOSING CEREMONY & WINTER WONDERLAND

**Wednesday, December 16, 2015  
10:00am to 2:00pm**

Philadelphia Senior Center receives funding from  
Philadelphia Corporation for Aging, the  
Pennsylvania Department of Aging, the  
United Way, corporations, foundations and  
individuals. U.W. Donor Choice #000095



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### Old News from The Nose-Z-Reporter,

Sorry I'm late with this, But better late than never.

Temple Bridging the Gap students Jen Campbell and Nick Froehlick. We hit the jackpot and got the best of the pot. LUCKY US! Jen & Nick did a lot of work around the center, giving out food vouchers, getting information on the computers about things that we need to know, having lunchtime health questions, and answer sessions. They were fun to be around & good looking to.

Since I'm man crazy I interviewed Nick first the son of German parents, he is the baby boy and has two sisters Amanda & Rachael. Nick is going for his Masters in Social Work. This fall he will intern at Philly Fight working with people in recovery. A man of many hobbies, just to name a few, reading for fun, walking for health and he's a ceramic artist. WOW that's a lot about him.

I'll keep some things to myself. Oh! By the way he's from Ohio, Our gain Ohio's lost.

Jen Campbell she an Occupational Therapist who works with kids that have Autism. Jen works at a local school in Kensington she has been there for a year. Jen is the oldest in her family.

She has a sister named Amy and her little brother Stephen. Why is she in Philly when her family resides in Virginia, she took a big leap and applied at Temple University she received a scholarship and here she is. Jen has a boyfriend who likes to fried shrimp and Mexican food. (I have one of his shrimp recipes.)

Her father introduced her to cooking. She did the broad Street run, Guess what else she does Kick Boxing. (YOU GO GIRL) After graduation she'll move to D.C. to start her new life.

The big question is, will we still have the Bridging the Gap students at the new location on Allegheny Ave? Our move is always on my mind hope you're thinking about it too.

Your Nose-Z Reporter  
Yvonne Jones

## Speakers, Special Events & Parties

**Take Control of Diabetes**  
**Tuesdays, November 3 & 10,**  
**10:00am**

\*Free

Find out how you can self-manage your diabetes, also enjoy a session of free give-a-ways, free blood pressure & glucose testing and fun activity. Please sign-up for this event, sign-up sheet at the front desk.

**Fox Street Shoprite Shopping Trip**  
**Wednesdays, November 4 & 11,**  
**10:00am**

\*For Transportation:  
Please See Janell Little

If you need to pick up some odds an 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.

**Golden Corral**  
**Friday, November 6, 10:00am**

\*For Transportation:  
Please See Janell Little

Enjoy a day out of some good food fun and fellowship! Meal cost will be on you.

**NewCourtland Life**  
**Living Well, Learning Well:**  
**Path to Fitness**  
**Monday, November 9, 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.

**Free Library:**  
**Digital Talking Book Program**  
**Thursday, November 12, 11:00am**

\*Free

Is it hard for you to hold a book? Having trouble seeing the words in a book, or maybe you really want to go to the library but it's to far. Come and find out about the Free Digital Talking Book Program and how you can become a member.

**Temple Pharmacy Students**  
**Thursday, November 12, 12:15pm**

\*Free

Do you know your numbers? See the Pharmacy Students and get your pressure checked, come with your questions and concerns.

**Meet & Greet!**  
**Welcome Lehigh Senior Center**  
**Member, Family and Friends**  
**Friday, November 13, 10:00am**

\*Free

Enjoy a day of food fun and fellowship, the member of Tioga are awaiting your arrival!

**NewCourtland Life**  
**Living Well, Learning Well**  
**Fitness & Nutrition**  
**Monday, November 16, 12:15pm**

\*Free

Find out how fitness and nutrition go hand in hand, also get information on how you can improve your nutrition to help with your fitness.

**Farmers Market Trip**  
**Tuesday, November 17, 11:00am**

\*For Transportation:

Please See Janell Little  
If you have not used your Fruit and Vegetable Vouchers now is a good time to go to Reading Terminal to do so.

**Thanksgiving Celebration**  
**Monday, November 23, 11:00am**

\* Cost: \$2.00 (For Entertainment)

Please register for this event, and do forget to look out for announcements.

## 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).

### Pinchle 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 November



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>Apple Sage Roasted Turkey w/ Stuffing &amp; Gravy</li> <li>Mixed Vegetables</li> <li>Cole Slaw</li> <li>Wheat Roll</li> <li>Tropical Fruit Mix</li> </ul> <p>2</p>	<ul style="list-style-type: none"> <li>Spinach &amp; Mozzarella Stuffed Chicken w/ Tomato Sauce</li> <li>Carrots</li> <li>Bowtie Pasta</li> <li>Wheat Bread</li> <li>Fresh Tangerine</li> </ul> <p>Cold Meal</p> <ul style="list-style-type: none"> <li>Turkey &amp; Swiss on Pita</li> <li>Honey Mustard Sauce</li> <li>Potato Salad</li> <li>Lettuce &amp; Tomato</li> <li>Fresh Orange</li> </ul> <p>3</p>	<ul style="list-style-type: none"> <li>Sliced Beef w/ Au Jus</li> <li>Rosemary Red Bliss Potatoes</li> <li>Wheat Roll</li> <li>Sugar Free Lemon Cake</li> <li>Tomato Soup</li> </ul> <p>Cold Meal</p> <ul style="list-style-type: none"> <li>Tuna Salad over bed of Greens</li> <li>Tomatoes, Green Peppers</li> <li>3Bean Salad</li> <li>Wheat Roll</li> <li>Sugar Free Lemon Cake</li> <li>Tomato Soup</li> </ul> <p>4</p>	<ul style="list-style-type: none"> <li>Broiled Fish w/ Roasted Red Pepper Sauce</li> <li>Spinach &amp; Carrots</li> <li>Wild Rice</li> <li>Wheat Bread</li> <li>Applesauce</li> </ul> <p>Cold Meal</p> <ul style="list-style-type: none"> <li>Mandarin Chicken Salad w/ Cucumbers, Carrots &amp; Mandarin</li> <li>Oranges &amp; Chow Mein Noodles</li> <li>Wheat Roll</li> <li>Applesauce</li> <li>Oriental Dressing</li> </ul> <p>5</p>	<ul style="list-style-type: none"> <li>Caribbean Jerk chicken w/ Topical Fruit Sauce</li> <li>Sugar Snap Peas &amp; Red Peppers</li> <li>Mashed Cold Meal</li> <li>Roast Beef Wrap</li> <li>Lettuce &amp; Tomato</li> <li>Marinated Beet &amp; Onion Salad</li> <li>Cole Slaw</li> <li>Fresh Apple</li> </ul> <p>6</p>
<ul style="list-style-type: none"> <li>BBQ Meatballs</li> <li>Corn &amp; Red Peppers</li> <li>Brown Rice</li> <li>Mandarin Oranges</li> </ul> <p>9</p>	<ul style="list-style-type: none"> <li>Herb Roasted Chicken Thigh</li> <li>Roasted Red Bliss Potatoes</li> <li>Peas w/ Red Peppers &amp; Mushrooms</li> <li>Wheat Roll</li> <li>Chicken Noodle Soup</li> </ul> <p>Cold Meal</p> <ul style="list-style-type: none"> <li>Crab Salad Platter w/ American Cheese Lettuce &amp; Tomato</li> <li>Broccoli Salad</li> <li>3 Bean Salad</li> <li>Wheat Roll</li> <li>Oatmeal Cookies</li> </ul> <p>10</p>	<ul style="list-style-type: none"> <li>Roast Turkey w/ Apricot Glaze</li> <li>Mashed Sweet Potatoes Topped w/ Pecans</li> <li>Roasted Brussel Sprouts</li> <li>Wheat Roll</li> <li>Raspberry Diced Pears</li> </ul> <p>Cold Meal</p> <ul style="list-style-type: none"> <li>Grilled Chicken Ranch Wrap</li> <li>Lettuce &amp; Tomato</li> <li>Lima Bean &amp; Corn &amp; Red Peppers Salad</li> <li>Raspberry Diced Pears</li> <li>Ranch Dressing</li> </ul> <p>11</p>	<ul style="list-style-type: none"> <li>Ravioli Bolognaise</li> <li>California Blend</li> <li>Mixed Greens Salad</li> <li>Lite Italian Dressing</li> <li>Fresh Apple</li> </ul> <p>Cold Meal</p> <ul style="list-style-type: none"> <li>Chicken Salad w/ Cranberries Platter</li> <li>Lettuce &amp; Tomato</li> <li>German Potato Salad</li> <li>Fresh Apple</li> <li>Wheat Roll</li> </ul> <p>12</p>	<ul style="list-style-type: none"> <li>Garlic Spinach Stuffed Fish w/ Lemon Garlic Sauce</li> <li>Buttery Brown Rice Medley w/ Carrots, Red Peppers &amp; Green Beans</li> <li>Wheat Roll</li> <li>Fresh Orange</li> </ul> <p>Cold Meal</p> <ul style="list-style-type: none"> <li>Chicken Salad w/ Cucumber, Red Onion, Black Olives</li> <li>Tomato &amp; White Bean Salad</li> <li>Wheat Roll</li> <li>Lite Italian Dressing</li> <li>Fresh Orange Wedges</li> </ul> <p>13</p>
<ul style="list-style-type: none"> <li>Mustard Glazed Chicken w/ Red Onion</li> <li>White Potatoes</li> <li>Carrots</li> <li>Cole Slaw</li> <li>Wheat Roll</li> <li>Diced Peaches</li> </ul> <p>16</p>	<ul style="list-style-type: none"> <li>Stuffed Shells w/Rustic Tomato Sauce</li> <li>Zucchini, Peppers &amp; Carrot Blend</li> <li>Spinach Salad w/ Mushrooms, Red Onion &amp; Hard Boiled Egg</li> <li>Balsamic Dressing</li> <li>Cinnamon Applesauce</li> </ul> <p>Cold Meal</p> <ul style="list-style-type: none"> <li>Tarragon Chicken Salad w/Red Grapes</li> <li>Lentil, Tomato &amp; Onion Salad</li> <li>Cinnamon applesauce</li> <li>7 Grain Bread</li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>Chicken &amp; Ground Beef Creole Style Gumbo</li> <li>Green Beans</li> <li>Rice w/ Tomatoes &amp; Okra</li> <li>Wheat Bread</li> <li>Fresh Clementine</li> </ul> <p>Cold Meal</p> <ul style="list-style-type: none"> <li>Egg Salad Platter</li> <li>Lettuce &amp; Tomato</li> <li>Marinated Tomato &amp; Onion Salad</li> <li>Fresh Clementine</li> <li>Small Kaiser Roll</li> </ul> <p>18</p>	<ul style="list-style-type: none"> <li>Garlic Sliced Beef w/ Gravy &amp; Mushrooms</li> <li>Mashed Cauliflower w/ Mashed Potatoes</li> <li>7 Grain Bread</li> <li>Sugar Free Chocolate Cake</li> <li>Spit Pea Soup</li> </ul> <p>Cold Meal</p> <ul style="list-style-type: none"> <li>Bentley Salad</li> <li>Marinated Broccoli &amp; Cauliflower Salad</li> <li>Sugar Free Chocolate Cake</li> <li>Thousand Island Dressing</li> <li>Wheat Roll</li> </ul> <p>19</p>	<ul style="list-style-type: none"> <li>Crab Cake</li> <li>Macaroni &amp; Cheese</li> <li>Winter Blend Vegetables</li> <li>Mixed Fruit</li> </ul> <p>Cold Meal</p> <ul style="list-style-type: none"> <li>Sliced Grilled Chicken Sandwich on Kaiser Roll</li> <li>Broccoli, Onion &amp; Cranberry Salad</li> <li>Mixed Fruit</li> </ul> <p>20</p>
<ul style="list-style-type: none"> <li>Chicken Chili</li> <li>Tossed Salad w/ Tomato Wedges &amp; Cucumber Slices</li> <li>Diced Peaches</li> <li>Wheat Roll</li> <li>Lite Italian Dressing</li> </ul> <p>23</p>	<ul style="list-style-type: none"> <li>Sheppard's Pie</li> <li>Mashed Potatoes</li> <li>Brussel Sprout</li> <li>7 Grain Bread</li> <li>Fresh Apple</li> </ul> <p>Cold Meal</p> <ul style="list-style-type: none"> <li>Chicken Caesar Salad w/ Hard Boiled Egg</li> <li>Pasta Salad</li> <li>Wheat Roll</li> <li>Caesar Dressing</li> <li>Fresh Apple</li> </ul> <p>24</p>	<p>Thanksgiving Meal</p> <ul style="list-style-type: none"> <li>Roast Turkey w/ Cornbread Stuffing &amp; Gravy</li> <li>Mashed Candied Sweet Potatoes w/ Pecans</li> <li>Green Bean Almandine</li> <li>Dinner Roll</li> <li>Pumpkin Pie</li> <li>Cranberry Sauce</li> <li>Pineapple Juice</li> </ul> <p>Cold Meal</p> <ul style="list-style-type: none"> <li>Roast Beef &amp; Swiss Cheese on Wheat Bread</li> <li>Cole Slaw</li> <li>Pineapple</li> </ul> <p>25</p>	<p>CENTER CLOSED FOR THANKSGIVING</p> <p>26</p>	<ul style="list-style-type: none"> <li>Lasagna Roll Up w/ Tomato Sauce</li> <li>Spinach &amp; Carrots</li> <li>Cauliflower</li> <li>Caesar Salad w/ Caesar Dressing</li> <li>Mandarin Oranges</li> </ul> <p>Cold Meal</p> <ul style="list-style-type: none"> <li>Garden Delux Salad w/ Grilled Chicken and Ranch Dressing</li> <li>Chickpea Salad</li> <li>Mandarin Oranges</li> <li>Wheat Roll</li> </ul> <p>27</p>
<ul style="list-style-type: none"> <li>Apple Sage Roasted Turkey w/ Stuffing &amp; Gravy</li> <li>Mixed Vegetables</li> <li>Cole Slaw</li> <li>Wheat Roll</li> <li>Tropical Fruit Mix</li> </ul> <p>30</p>	<p>EAT, DRINK &amp; GIVE Thanks</p>			