

Member News

October Birthdays

If It's Your Birthday Make Some Noise!

Shirley Sanders
Bertha Adams
Myrtle Keller
Elizabeth Webster
Audrey Jackson
Rose White
Harvey Warner



New Members

Evangeline Nipal
Mercedes Reyes
Catalina Almeida
Louise Johnson
Dewey Belton
Marion Jones
Delores Mack
Michael Buffalo

Notable Dates in October:

Friday, October 2- World Smile Day
Sunday, October 4- National Fire Prevention Week
Monday, October 5- World Teacher's Day & Child Health Day
Monday, October 12- Columbus Day
Thursday, October 15- Medicare Open Enrollment Period Begins
Friday, October 16- National Boss's Day
Friday, October 30- National Candy Corn Day
Saturday, October 31- Halloween

Special Events for October:

Monday, October 26- Fish & Grits Fundraiser- \$4.00
Tuesday, October 27- Flavor Popcorn-Free
Wednesday, October 28- Carmel Apples w/ Topping- Free
Thursday, October 29- Harvest Celebration- Free
Friday, October 30- Pumpkin Muffins- Free

October is:

National Breast Cancer Awareness
Eye Injury Prevention Month
Health Literacy Month
Home Eye Safety Month
National Physical Therapy Month

Hello Tioga Family, Members and Friends,

August 18 2015- What a Great Day!!

Our 3rd annual Phenomenal Women's Luncheon. Honest to God every woman here is special, unique and phenomenal. I just don't know were to start we the Phenomenal women have the most uplifting insightful, wonderful women in our lives. All of us have traveled many roads to end at the Tioga Phenomenal Women's Luncheon.

I was not going to show up, but I received the eleventh commandment from our head C.E.O. Georgette King, so I got to stepping straight to Tioga. What a Fantastic Event!! Wisdom, jokes and good food what more could you ask for. Of course you know me I was trying to ease-drop on everyone's conversation, the talk was deep, but just to keep everything cool I won't reveal any on my information until it's needed. ☺

I'm going to name the Phenomenal Women and their guest, forgive me if I misspell your name. Phenomenal Women Helen Garner (my girl) what an out going personality & her daughter Geraldine May, A Teacher and friend Elizabeth Bell a Missionary in Haiti for 5 years. The Tioga-tears Phenomenal Women Carolyn Jackson, crazy sister Ruby McClellan and wonderful daughter Rachel. Phenomenal Women Diane Nelson Sergeant of Arms with friend Jennifer Smith of over 30years what a blessing for the both of them. My sister girl Phenomenal Women Maude Kirby, Phenomenal Women Carolyn Alexander (piano girl) with Claudette M. James.

Ida Harrison Tioga's go to women she's still giving service to the people here everyday. Phenomenal Women Betty William "best coconut cakes in the land" soft spoken, kind, nice. My guest the vivacious & sexy Mrs. Pearl Henry, fabulous at all times. My all time favorite face finder with the "nose thing" © Margaret Thrower.

Phenomenal Women Queen Mother Ella Square with her gang even two out of towners Valerie King she's from some crazy place down south. My new sister cousin Aretha Parker a Georgia Peach from my Grandmother & Grandfather hometown. She also plays pinochle. Guest Peggy Gibson daughter, Rosetta Davis all smiles. We had to tell Peggy's CCT Ride to come back later we had it going on. Phenomenal Women Rachel Hale Diane's sister all of us are looking forward to our next Phenomenal Women Luncheon in our New Center. We'll be the talk of the town.

Your Nose-Z Reporter
Yvonne Jones

P.S. if I didn't write your name forgive me I'll write your name next time

Speakers, Special Events & Parties

Independence Blue Cross
Thursday, October 1, 11:00am
***Free**

Open Enrollment Time Is Coming Up! Michelle Wallace will be here to help you with any changes you would like to make to your current insurance plan. Also talk to Michelle about saving money with the right Medicare plan.

Conversation w/ Jackie Harvey
Monday, October 5, 12:15pm
***Free**

Join Jackie Harvey and find out about Liheap, Rent Rebate and other services you may qualify for. Please come with your questions and concerns. **Don't miss this session!**

Divine Sources
Tuesday, October 6, 10:00am
***Free**

Experience a unique "Sight, Sound, Taste, Touch and Smell" Program. Enjoy a Nutritional Demo with sampling. Hear how foods can relieve pain, stiffness & help the body heal. Free Massage, Spa Treatment, Games and give-a-ways.

Fox Street Shoprite Shopping Trip
Wednesday, October 7, 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.

Cigna Health Spring
Wednesday, October 7, 10:00am
***Free**

Join Kiara Camacho for a Mid-Morning Social Presentation on Cigna! Find out what services they provide, please come with your questions and concerns. Don't forget Open Enrollment Time is Approaching!!

VIP Choice
Thursday, October 8, 11:00am
***Free**

Don't forget about Open Enrollment Time, October 15th. Jessica Velez will be here to help you with any changes you would like to make to your current insurance plan. **Light Snack Will Be Provided!**

Fire Drill!!
Friday, October 9, 10:00am
Attention Tioga Members

Please be prepared for the fire drill, you will have to be outside for at least 15 minutes. **Please dress accordingly!**

Health Partners Plans
Monday, October 12, 12:15pm
***Free**

Join Abby Worede for a special Medicare Session. Please come with your questions and concerns.

Rite Aid Flu/Pneumonia shot
Wednesday, October 14, 10:00am
***Insurance Card**

Flu is short for "influenza." It is a seasonal virus that affects your nose, throat, breathing tube, and lungs. Let's stop the flu in its tracks by getting a flu/pneumonia shot given by the Rite Aid Pharmacist.

NewCourtland Life
Living Well, Learning Well
Monday, October 19, 12:15pm
***Free**

Enjoy the special topic on Women's Health, come with your questions and concerns.

Southeastern Senior Benefits
Snack & Learn
Wednesday, October 21, 10:00am
***Free**

If you need help with your drug cost or help with your last will & testament or living will. Please come in and speak with Jennifer. Find out what other services they provide.

Harvest Day Celebration
Thursday, October 29, 12:30pm

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



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Philadelphia, PA 19140
1531 West Tioga Street

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

Monday & 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

Monday & 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

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

Painting

Monday, 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

Monday, 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

Monday, 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!

Monday, 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

Monday 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

Tuesday & Thursday, 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

Tuesday, Wednesday & Thursday, 12:45 to 1:45 pm
Join us for fun and prizes.

Pottery & Ceramics

Tuesday, 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

Tuesday 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

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

Aerobic Fit Muscular Strength

Wednesday, 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 Thursday, 9:00 to 10:00 am
In the Basement

Senior Fit

Thursday, 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

Thursday, 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

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

Sing-A-Long

Friday, 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

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

Gentle Chair Yoga

Friday, 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

Friday, 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 OCTOBER

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| <p>Trick or Treat</p> <ul style="list-style-type: none"> Baked fish Macaroni & Cheese Green Beans w/Tomatoes Roll Pineapples Milk <p>5</p> | <p>Happy Halloween</p> <ul style="list-style-type: none"> BBQ Chicken Breast Wheat Bread Macaroni Salad Fresh Pear Milk Cold Meal Marinated Grilled Chicken Sandwich Wheat Bun Fresh Spinach Potato Salad Apple Slice Milk <p>6</p> | <ul style="list-style-type: none"> Beef Stroganoff Roll Peas & Carrots Mandarin Oranges Tossed Salad Milk Salad Dressing Cold Meal Roast Turkey Wrap Macaroni Salad Mandarin Oranges Milk <p>7</p> | <ul style="list-style-type: none"> Roast Turkey Dinner Broccoli Salad Stuffing Cranberry Sauce Scalloped Apples Milk Cold Meal Chicken Salad Platter Tossed Salad Tomato Salad Pineapple Chunks Bran Muffin Milk <p>1</p> | <ul style="list-style-type: none"> Cheeseburger Cole Slaw Cantaloupe Wheat Bun Vegetable Soup Milk Cold Meal Roast Turkey Sandwich Peaches Cole Slaw Rye Bread Milk <p>2</p> |
| <ul style="list-style-type: none"> Chicken Cordon Bleu Casserole Collard Greens Mini corn Muffin Rice Pilaf Peaches Milk <p>12</p> | <ul style="list-style-type: none"> Open Faced Hot Roast Beef Wheat Bread Mashed Potatoes Peas & Onions Milk Apricots Cold Meal Grilled Chicken Sandwich Wheat Bun Tossed Salad Grapes Milk <p>13</p> | <ul style="list-style-type: none"> Pepper Steak Rice Tossed Salad w/ Tomato Mandarin Oranges Milk Cold Meal Tuna Pasta Plate Peas Tossed Salad Roll Melon Milk <p>14</p> | <ul style="list-style-type: none"> Roasted Pork Loin Baked Sweet Potato Sauerkraut Wheat Roll Apricots Cranberry Sauce Milk Cold Meal Chicken Caesar Salad Fresh Pear Wheat Roll Vanilla Wafer Cookies Milk <p>8</p> | <ul style="list-style-type: none"> Meat Loaf w/ Gravy Ground Beef & Turkey Mashed Potatoes Green Beans Wheat Bread Spinach Salad Vanilla Wafers Milk Cold Meal Egg Salad Platter Wheat Roll Milk Strawberries w/ Whipped Topping <p>9</p> |
| <ul style="list-style-type: none"> Salisbury Steak Mashed Potatoes Seasoned Spinach Wheat Bread Apricots <p>19</p> | <p>CHEF'S SPECIAL</p> <ul style="list-style-type: none"> Gyros- Lamb & Beef Green Beans Orange Milk Cold Meal Roast Beef Caesar Wrap on Wheat Tortilla Three Bean Salad Cole Slaw Cantaloupe Milk <p>20</p> | <ul style="list-style-type: none"> Open Faced Hot Roast Beef Wheat Bread Mashed Potatoes Peas & Onions Milk Apricots Cold Meal Cheese & Fruit Plate Carrot Sticks Celery Sticks Wheatworth Crackers Milk Fresh Orange <p>21</p> | <ul style="list-style-type: none"> Grilled Lemon Chicken Breast Browned Potatoes California Blend Vegetables Pineapples Wheat Roll Milk Cold Meal Turkey Cobb Salad Wheat Roll Apple Slices Milk <p>15</p> | <ul style="list-style-type: none"> Veal Parmesan Green Beans Rotini w/ sauce Fresh Orange Milk Cold Meal Chicken Salad Wheat Roll Cucumber Salad Oranges Sections Milk <p>16</p> |
| <ul style="list-style-type: none"> Baked Tilapia Brown Rice Green Beans Tossed Salad w/ Tomatoes Water Ice Milk <p>26</p> | <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 & Cucumber Wheat Roll Fruit Cocktail Milk <p>27</p> | <ul style="list-style-type: none"> Southwest Chicken Fajita Peaches Tossed Salad Milk Ranch/Sour Cream Cold Meal Roast Beef Sandwich Broccoli Salad Apple Slices Wheat Bread Milk <p>28</p> | <ul style="list-style-type: none"> Turkey A La King Mixed Capri Vegetables Wheat Roll Cantaloupe Tossed Salad w/ Tomatoes Milk Cold Meal Italian Sub Wheat Roll Tossed Salad Happy Birthday Pineapple Chunks Milk <p>22</p> | <ul style="list-style-type: none"> Beef Stew Browned Potatoes Carrots Breadstick Peaches Milk Cold Meal Oriental Chicken Salad Carrots Wheat roll Apple Slices Milk <p>23</p> |
| <ul style="list-style-type: none"> Roast Turkey Dinner Broccoli Salad Stuffing Scalloped Apples Milk Cold Meal Chicken Salad Platter Tossed Salad Tomato Salad Pineapple Chunks Bran Muffin Milk <p>30</p> | <ul style="list-style-type: none"> Meatball Sandwich Whit Roll Cucumber Salad Orange Sections Spinach Milk Cold Meal Roast Turkey Sandwich Peaches Cole Slaw Rye Bread Milk <p>29</p> | <ul style="list-style-type: none"> Roast Turkey Dinner Broccoli Salad Stuffing Scalloped Apples Milk Cold Meal Chicken Salad Platter Tossed Salad Tomato Salad Pineapple Chunks Bran Muffin Milk <p>30</p> | | |

