

## Happy Birthday to Our Members Born in November!

- |                     |                       |                      |                        |
|---------------------|-----------------------|----------------------|------------------------|
| 2 Myrtle Williams   | 8 James Bitt          | 17 David Ellison     | 23 Joann Daughtry      |
| 3 Mary Simmons      | 9 Charles Williams    | 18 Mildred Holloway  | 25 Bertha Waters       |
| 3 Elizabeth Kitchen | 10 Rebecca Laprade    | 18 Patricia Stephens | 25 Elizabeth McClellan |
| 3 Annette Culmer    | 11 Mildred Perkins    | 19 Frances Perkins   | 26 Della Haskell       |
| 3 Janet Manigo      | 11 Hattie White       | 19 Linda Gerald      | 28 Dorothy Wright      |
| 3 Joseph Giorno     | 12 Eunice Johnson     | 20 Susie Beatty      | 28 Betty Morton        |
| 4 Beatrice Terry    | 12 Gail Bunting       | 20 Priscilla Mack    | 30 Vernice Davis       |
| 5 Ruth Sherman      | 15 Earlene Bougknight | 21 William Allen     |                        |
| 5 Janet Ford        | 16 Sandra Wheeler     | 22 Emma Askins       |                        |
| 6 Constance Wilson  | 16 Rovinia Betts      | 22 Tariqa Rahim      |                        |



### For Seniors Who Require Short-term Rehabilitation...

#### CONSIDER GERMANTOWN HOME

Our goal is to get you stronger and provide you with the tools to remain safe in your own home and return to health and well-being as quickly as possible.

Refer today to:  
**Theresa Dietz**  
Admissions Director  
215-951-7606  
tdietz@newcourtland.org



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

1900 W. Allegheny Ave.  
Philadelphia, PA 19132  
267-286-1455  
info@newcourtland.org

### Greetings Allegheny Members & Friends,

It's the holiday season again. This month we celebrate Thanksgiving on Thursday, November 26th. Thanksgiving celebration began with the Pilgrims in 1621 as a day of giving thanks for the blessing of the harvest. Let's all give thanks for the blessings in our life and enjoy a wonderful Thanksgiving Day.

**November 3rd** - Election Day. Your vote counts. Get out and vote.

**November 11th** - Veteran's Day. Thank you to all of our veterans for their service to our country.

**November 26th** - Enjoy your Thanksgiving Holiday! Allegheny Senior Center will be Closed this day.

Remember - Use your Farmer's Market Vouchers before they expire on **November 30th**.

Allegheny Senior Center provides the "Grab & Go" Lunches on Mondays & Thursdays from 11am-2pm to our Members and Friends in the Community, 60 years of age and older.

Come join our Zoom classes. You can continue with some of the activities you enjoyed at Allegheny Senior Center and you will be able to see your friends. You can use your computer, tablet, cell phone or call in using your home phone. If you need assistance or instructions, please call 267-286-1455. The Staff of Allegheny will be happy to assist you with Zoom instructions.

Stay Safe!!!

**Jackie Wyley, Manager**  
PSC – Allegheny Branch

**PSC Allegheny is closed until further notice. Grab and Go Meals will be available. Please note that this may change due to this very fluid Covid 19 crisis.**

**Please check the websites routinely: newcourtland.org and philasenorcenter.org or contact PSC Allegheny at 267-286-1455 to stay updated.**

**We strongly advise center members to make other arrangements while the center is closed.**

**The best way to protect yourself and others is to stay at home.**



### Thanksgiving Day Schedule Updates:

Regularly Scheduled Thursday Events will not take place on Thursday, November 26 in observance of Thanksgiving Day.

Zoom classes will not take place that day.

Grab and Go Lunches will be available on Wednesday, November 25 instead.

## Weekly Zoom Classes in November

Zoom is very easy to use and there are several ways that you can access Zoom.

- If you have a smartphone, computer or tablet you can download the Zoom App or visit [www.zoom.us](http://www.zoom.us) and click "Join a Meeting" You can be seen on your smartphone, tablet or computer screen with other class participants.
- If you do not have a computer, tablet or smartphone, there will be a phone number for you to call with an access code to enter to join the class.



We hope to see you soon on Zoom!!

### MONDAYS

#### MR. BROWN'S COMPUTER CLASS • 10-11AM

Mr. Brown is doing his thing on Zoom! Stay caught up on learning new things on your computer, tablet Ipad or cellphone.

**ID Number:** 274 4942 5655

**Call In Phone #:** 1-301-715-8592

#### STRETCH & SHAKE EXERCISE CLASS WITH JANET • 1-2PM

Like our Newsletter says STAY ACTIVE! Join Janet and let's improve our health with a low impact chair exercise. Let's get the blood flowing!

**ID Number:** 856 4171 5382

**Call In Phone #:** 1-301-715-8592

### TUESDAYS

#### BINGO WITH THE STAFF OF ALLEGHENY • 10-11AM

Can't wait to YELL BINGO!! Can't wait to shout out that CATCHY PHRASE! Well wait no-longer. Join Barbara Jackson or Janell Little on Zoom and hear or see some faces you haven't seen since March.

**ID Number:** 250 366 0105

**Call In Phone #:** 1-301-715-8592

### WEDNESDAYS

#### COUNSELOR SPEAK OUT NOV. 4 & 18 • 10-11AM

Connect with the In-Center Counselor Denezia (Dee) Joseph on Zoom and she will provide you with support, advocacy, information and assistance with social services matters.

**ID Number:** 250 366 0105

**Call In Phone #:** 1-301-715-8592

#### THE COOLEST VARIETY SHOW ON ZOOM • 12PM

Join DJ Big Willie for a fun filled time of laughter, music, games, thrills, adventure and live feed from around the world!

**ID Number:** 655 373 3173

**Call In Phone #:** 1-301-715-8592

**Password:** 121560

### THURSDAY

#### PHENOMENAL WOMEN NOV. 5, 12 & 19 • 10-11:15AM

Georgette King would LOVE to reconnect with you! If you're not connected you're really missing out on the FUN, TEARS of JOY, CHEERFUL, FORTUNATE & HAPPY times on Zoom!

**ID Number:** 889 8874 5308

**Call In Phone #:** 1-301-715-8592

#### SING-A-LONG PARTY / REMINISCE & CHEW NOV. 5, 12 & 19 • 2-3PM

Join Janell Little and enjoy music from the GOOD OLE DAYS! Snap your fingers, pat your feet and you can even get up and dance!

**ID Number:** 886 0282 1705

**Call In Phone #:** 1-301-715-8592

### FRIDAYS

#### BIBLE STUDY • 10-11AM

This is a non-denominational study group led by Minister Calvin Myers,

**Call In Phone#:** 1-701-802-5063

**Password:** 849 577

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### MONDAY-FRIDAY

#### OPEN DISCUSSION 11:30AM-12:30PM

Can We Talk? How are you doing? Are you hooked on tv? Did you make some changes in your house? Do you really NEED to get your hair done? Join the Staff of Allegheny and let your hair down with a giggle!

**ID Number:** 250 366 0105

**Call In Phone#:** 1-301-715-8592

November 2020

## Grab & Go Cold Box Lunches

Available Monday & Thursday, 11am-2pm

Lobby • Face Mask Required

Suggested Contribution \$1.00

#### Monday, November 2

Sliced Corned Beef w/ Cheese on Wheat Bread, Mayo, 1% Milk, Juice, Peaches

#### Thursday, November 5

Turkey Ham & Cheese on a Wheat Bun, Mayo, Chips, 1% Milk, Juice, Mixed Fruit

#### Monday, November 9

Tuna & Cheese on a Bun, Mayo, 1% Milk, Juice Animal Cookies, Vanilla Pudding

#### Thursday, November 12

Turkey Ham & Cheese on a Wheat Bun, Chips, Mayo, 1% Milk, Juice, Mixed Fruit

#### Monday, November 16

Sliced Honey Roasted Turkey w/ Cheese on Wheat Bread, Mayo, 1% Milk, Juice, Mixed Fruit

#### Thursday, November 19

Sliced Deli Turkey & Cheese on a Wheat Bun, Mayo, 1% Milk, Juice, Chocolate Pudding

#### Monday, November 23

Sliced Roast Beef & Cheese on a Wheat Bun, Chips, Mayo, 1% Milk, Juice, Mixed Fruit

#### Wednesday, November 25

Tuna & Cheese on a Bun, Mayo, 1% Milk, Juice Animal Cookies, Vanilla Pudding

#### Monday, November 30

Sliced Corned Beef w/ Cheese on Wheat Bread, Mayo, 1% Milk, Juice, Peaches

