

Stay Active

www.PhilaSeniorCenter.org



Happy Birthday to Our Members Born in February

- | | | |
|---------------------|---------------------|------------------------|
| 2 Carol Chavis | 14 Annie Allgood | 23 Irene Mack |
| 2 Vernice Jordan | 15 Doris Adams | 23 Wilma Alston |
| 3 Jonathan White | 16 William McCall | 24 Linda Person |
| 3 Mildred Jefferson | 20 Kathleen Young | 25 Pauline Jones-Bibbs |
| 3 James Dorsey | 20 Alice Williams | 26 Jerline Savage |
| 4 Gloria Curtis | 20 Sheila Bryant | 26 Pearl McClellan |
| 4 Viola Jackson | 22 Patricia Jones | 27 Barbara Carter |
| 7 Wilhelmina Lewis | 22 Warthenna Harris | 28 Helen Kearse |
| 7 Charles Manning | 23 Zennie Hatchell | 28 Frank Peterson |
| 10 Tyrone McCray | 23 Rita Pearson | |



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 receives funding from Philadelphia Corporation for Aging and the Pennsylvania Department of Aging.



Philadelphia Senior Center is funded by the Pennsylvania Department of Aging, the Philadelphia Corporation for 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



Stay Active

Monthly Events and Activities for Members



HOURS OF OPERATION:
Monday-Friday, 8:30am-4:30pm

February 2021

Greetings - Celebrate Black History Month - February 2021

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans, in the late 1960's. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.

The Black History Month 2021 theme, "Black Family: Representation, Identity and Diversity" explores the spread of Black families across the United States.

Come join our **Zoom** activities. We have Bible Study, Bingo, Computer Instruction, Counselor Speaks Out, Open Discussions, Sing-A-Long, Stretch & Shake-Chair Exercise, Yoga and a Variety Show with DJ Willie.

We will have our Virtual Valentine's Day Party on Friday February 12th. See flyer for time and Zoom information. Make sure you join in with DJ Big Willie and Staff.

On Mondays & Thursdays, we provide the "Grab & Go" Lunches from 11am-2pm.

Please continue to stay safe, keep 6 feet distance and wear your mask until Covid-19 is over.

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.

Celebrate
BLACK HISTORY MONTH



★★★★★
February, 2020

History was made on January 20, 2021, when **Kamala Harris** was sworn into office.

She is the United States' first female vice president, the highest-ranking female elected official in U.S. history, and both the first Black and South Asian American vice president.



Weekly Zoom Classes in February

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 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!!

MONDAY, TUESDAY, THURSDAY & FRIDAY

OPEN DISCUSSION 11:30AM-12:30PM

Can We Talk? How are you doing? Are you hooked on tv? 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

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: 827 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: 275 166 4679

Call In Phone #: 1-646- 558- 8656

Password: TFLFIT

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 (ONCE MONTHLY) FEB. 17 • 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

FEB. 10 & 24 • 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

THURSDAYS

PHENOMENAL WOMEN 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 • 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

A non-denominational study group led by Minister Calvin Myers,

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

Password: 849 577

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.

ID Number: 250 366 0105

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

YOGA CLASS • 1-2PM

This yoga class combines breathing, exercise, stretching and mediating for a full body workout in a chair, yoga increases flexibility and strength, tones the body, reduces tension and boosts energy.

ID Number: 275 166 4679

Call In Phone #: 1-646- 558- 8656

Password: TFLFIT

SPECIAL ZOOM PARTY FOR VALENTINE'S DAY

VALENTINE'S DAY

HUGS & KISSES

FRIDAY, FEBRUARY • 12-2PM

Sealed with a Kiss

Get your dancing shoes, your BAE, BOO or FRIEND and LET'S have some FUN! Music Presented by Mr. Chocolate Himself: DJ Big Willie

ID Number:

892 2826 8758

Call In Phone #:

1-301-715-8592



February 2021 Grab & Go Cold Box Lunches

Available Monday & Thursday, 11am-2pm

Lobby • Face Mask Required

Suggested Contribution \$1.00

Monday, February 1

Sliced Roast Beef w/ Cheese on a Wheat Bun, Mayo, 1% Milk, Juice, Peaches

Thursday, February 4

Sliced Deli Turkey w/ Cheese on Wheat Bread, Mayo, 1% Milk, Juice, Vanilla Pudding

Monday, February 8

Sliced Corned Beef & Cheese on a Wheat Bun, Mayo, 1% Milk, Chocolate Pudding, Juice

Thursday, February 11

Tuna & Cheese on a Wheat Bun, Mayo, 1% Milk, Juice, Applesauce

Monday, February 15

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

Thursday, February 18

Sliced Deli Chicken w/ Cheese on Wheat Bread, Mayo 1% Milk, Juice, Diced Peaches

Monday, February 22

Turkey Ham & Cheese on a Wheat Bun, Mayo 1% Milk, Juice, Applesauce

Thursday, February 25

Tuna & Cheese on a Bun, Mayo, 1% Milk, Juice, Graham Crackers, Vanilla Pudding