

## Notable Dates and Events in April:

- |   |                                       |
|---|---------------------------------------|
| Alcohol Awareness Month                               | World Immunization Week (April 24-30) |
| Black Women's History Month                           | March 27-April 4: Passover            |
| Defeat Diabetes Month                                 | April 1: April Fool's Day             |
| National Autism Awareness Month                       | April 2: Good Friday                  |
| National Cancer Control Month                         | April 4: Easter Sunday                |
| Worldwide Weekend of Prayer and Fasting (April 10-11) | April 7: National Walking Day         |
| Administrative Professionals Week (April 18-24)       | April 15: Income Tax Day              |
| National Volunteer Week (April 18-24)                 | April 22: Earth Day                   |

## NUTRITION EDUCATION

### A Healthy Tip: Eat Breakfast

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa, and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit, and whole grain cereal.

(Information Provided by Nutrition Education from the PA Department of Aging)

## Hello PSC Allegheny Members

I hope that you are doing well and looking forward to the spring. Spring is a time of new beginnings, so I am happy to inform you that Lourdes Perez Lopez is the new Center Manager at Philadelphia Senior Center Allegheny Branch.

Lourdes has been a NewCourtland employee for almost 7 years. She started her career at PSC Arts as the In Center Counselor and then she moved to our Services on Site Program. Lourdes is very excited to be the Center Manager and she is looking forward to working with the dedicated staff of PSC Allegheny. She is also looking forward to meeting you when the Center reopens. Lourdes brings warmth, knowledge, and compassion to whatever she does. Please join me in welcoming Lourdes to the PSC Allegheny family.

I want to thank Jackie Wyley for her many years of dedication to PSC Allegheny. Jackie loved what she did, and she loved you and her staff. Jackie plans on becoming a member of the Center and taking some classes that she always wanted to take. We will have a celebration for Jackie when the Center reopens.

Please continue to stay safe, wear a mask, and practice social distancing. I am looking forward to seeing you soon.

Thank you,

**Mary Ellen Bolden**  
Director of Community Services

**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 philaseniorcenter.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.**



## VIRTUAL HEALTH & WELLNESS FAIR FOR SENIORS

*Free!*  
**REGISTER TODAY!**

Wednesday, April 21 • 11:00am - 1:30pm

Various educational topics for seniors will be discussed. **RAFFLE PRIZES** will be given out by each vendor!

### FOR MORE INFO / TO REGISTER VISIT:

[bit.ly/NCSeniorHealthFair](https://bit.ly/NCSeniorHealthFair)

You will receive URL to join event upon registration.

**To join the event by phone call 1-914-614-3221 and use access code 480-764-788.**

## 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 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

## Weekly Zoom Classes in April

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!!

### 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) APRIL 14 • 10-11AM

Connect with the In-Center Counselor Deneizia (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 • APRIL 7 & 21 10AM (Please Note time change)

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 EVENTS IN APRIL

#### NUTRITION EDUCATION:

Spice Up Your Life!  
THURSDAY, APRIL 15  
11:30AM-12:30AM

**ID Number:** 250 366 0105

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

Stay Active  
www.PhilaSeniorCenter.org

## April 2021 Grab & Go Cold Box Lunches

Available Monday & Thursday, 11am-2pm  
Lobby • Face Mask Required  
Suggested Contribution \$1.00

#### Thursday, April 1

Sliced Corned Beef Cheese on a Bun, Mayo, 1% Milk, Chips, Juice, Mixed Fruit

#### Tuesday, April 6

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

#### Thursday, April 8

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

#### Monday, April 12

Roast Beef & Cheese on a Wheat Bun, Mayo, 1% Milk, Chips, Juice, Diced Pears

#### Thursday, April 15

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

#### Monday, April 19

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

#### Thursday, April 22

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

#### Monday, April 26

Sliced Corned Beef Cheese on a Bun, Mayo, 1% Milk, Chips, Juice, Vanilla Pudding

#### Thursday, April 29

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

*Happy Easter & Passover!*