

Notable Dates and Events in May:

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|--|-------------------------------------|
| Asian-American & Pacific Islander Heritage Month | Strike Out Stroke Month |
| Fibromyalgia Education and Awareness Month | Women's Health Month |
| Haitian Heritage Month | May 3: Melanoma Monday |
| Jewish-American Heritage Month | May 5: African World Heritage Day, |
| Mental Health Month | Cinco de Mayo & National Hoagie Day |
| National Arthritis Awareness Month | May 20: National Rescue Dog Day |
| National Meditation Month | May 21: National Eat More Fruits |
| National Melanoma/Skin Cancer Detection | and Vegetables Day |
| and Prevention Month | May 26: National Senior Health |
| National Osteoporosis Month | and Fitness Day |
| Older Americans Month | |
| Skin Cancer Awareness Month | |

NUTRITION EDUCATION

A Healthy Tip: Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

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

May 2021

Hello PSC Allegheny Members

It is with great excitement and anticipation that I take this opportunity to introduce myself as center manager of PSC Allegheny. I have been with the PSC family since 2013 when I started as a Temple University intern then went on to become center counselor in 2014. I am currently working on my Master's in Social Work degree with a focus on social isolation and the impact of the COVID pandemic on the older adult population. Staying engaged is imperative to the promotion of good health and the overall well-being of a person. So, I take this opportunity to invite you all to join our Zoom classes and programming as a way of staying engaged and connected.

It is an honor to continue my work at PSC Allegheny and I am looking forward to meeting you all in the near future when senior centers reopen. As we await in anticipation and expectation of some type of normalcy, I encourage you all to continue taking precautionary measures to stay safe by wearing a mask and practicing social distancing.

Wishing all the mothers a beautiful Mother's Day! May your day be filled with peace, love and joy.

Thank you to all the brave men and women who have served our country with devotion and selflessness. We Honor you! Happy Memorial Day!

Thank you,

Lourdes Perez Lopez, BSW, MSW'21
Center Manager

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 philaseniocenter.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.

Memorial Day Schedule Updates:

Regularly Scheduled Monday Events will not take place on Monday, May 31 in observance of Memorial Day.

Zoom classes will not take place that day.

Grab and go meals will be available the following day.



Happy Birthday to Our Members Born in May!



- | | | |
|-----------------------|----------------------|-----------------------|
| 1 Janie Rhodes | 13 Diane Bivens | 23 Curtis Massy |
| 1 Kathryn Wells | 14 Eloise Givens | 24 Henrietta Collins |
| 1 John Wilkes | 14 Cynthia Henderson | 24 Christina Flimings |
| 2 Bettie Williams | 14 Philip Locket | 24 Phyllis Parrish |
| 3 Mary Rose | 14 Mary Nelson | 25 Ralph Brogdon |
| 4 Alice Dowtin | 15 Elizabeth Coleman | 25 Charles Hall |
| 4 Malinda Bennett | 15 Louis Weldon | 25 Rebecca Howard |
| 7 Carl Copeland | 17 Jane Brevard | 25 Linda Perry |
| 8 Olga Rhone | 17 Luz Charles | 25 Annabella Thompson |
| 8 Mattie Giles | 17 Rebecca Hamilton | 26 Mecolia Riccharso |
| 9 Pearl Burrows | 18 Lorene Jones | 27 Donald Ackridge |
| 9 Laverne Fogle | 18 Wilber Glass | 27 Abdul El-Amin |
| 10 Carol Cornish | 20 Catherine Wilson | 27 Cynthia Patterson |
| 10 Thelma Jackson | 21 Laurene Dashiell | 28 Deborah Johnson |
| 10 Marguerite Purnell | 21 Alice McMichael | 29 James Martin |
| 10 Alfreda Washington | 21 Rita Payne-Rolek | 30 Alphonso Griffin |
| 11 Bernard Lomax | 22 Pame Gust | 30 Bertha McCollum |
| 11 Beverly Smith | 22 Joseph McLoughlin | 30 Frank Perkins |
| 11 Marion Wright | 23 Almeda Eiland | 30 Betty Shorter |

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



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PHILADELPHIA CORPORATION FOR AGING
indicating funding from Philadelphia Corporation for Aging and the Pennsylvania Department of Aging.

United Way
Community Partner
of Southeastern Pennsylvania

PCA
PHILADELPHIA CORPORATION FOR AGING
Funding from, please call 215-951-7606

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



Weekly Zoom Classes

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!!

MONDAYS

MR. BROWN'S COMPUTER CLASS 10-11AM

Learn new things on your computer, tablet or cellphone.

ID Number: 827 4942 5655

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

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

Let's improve our health with a low impact chair exercise.

ID Number: 275 166 4679

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

Password: TFLFIT

TUESDAYS

BINGO • 10-11AM

ID Number: 250 366 0105

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

WEDNESDAYS

COUNSELOR SPEAK OUT (ONCE MONTHLY) MAY 12 • 10-11AM

Counselor Denizia (Dee) Joseph 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 • MAY 5 & 19, 10AM

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!

ID Number: 886 0282 1705

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

FRIDAYS

BIBLE STUDY • 10-11AM

A non-denominational study group.

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

Password: 849 577

BINGO • 10-11AM

ID Number: 250 366 0105

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

YOGA CLASS • 1-2PM

A full body workout in a chair.

ID Number: 275 166 4679

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

Password: TFLFIT

MONDAY, TUESDAY, THURSDAY & FRIDAY

OPEN DISCUSSION 11:30AM-12:30PM

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

SPECIAL ZOOM EVENTS IN MAY

TRANSPORTATION OPTIONS EDUCATION & TOWN HALL presented by Transportation Service Advocacy Program (T-SAP) with Karen Chenoweth - CARIE MONDAY, MAY 10 11:15AM-12:15PM

Learn updates about Philadelphia's transportation COVID vaccine travel options and safety protocols, learn how to access the CCT Shared Ride Program, how to avoid and/or address service problems and discuss transportation questions or concerns.

ID Number: 839 6458 6465

Call In Phone #: 1-646-876-9923

Passcode: 813541

AVOIDING SCAM & ID THEFT PRESENTATION with George Dillman-Consumer Outreach Specialist TUESDAY, MAY 18 11:00AM

This presentation looks at ways people's identities are stolen or compromised, what you can do if you find you have had your identity stolen, and how to stop theft from occurring.

ID Number: 250 366 0105

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



Stay Active

www.PhilaSeniorCenter.org

May 2021

Grab & Go Cold Box Lunches

Available Monday & Thursday, 11am-2pm

Lobby • Face Mask Required

Suggested Contribution \$1.00

Monday, May 3

Sliced Corned Beef Cheese on a Bun, Mayo, 1% Milk, Juice, Animal Cookies, Fruit Cup

Thursday, May 6

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

Monday, May 10

Sliced Deli Chicken w/ Cheese on Wheat Bread, Mayo, 1% Milk, Juice, Animal Cookies, Fruit Cup

Thursday, May 13

Roast Beef & Cheese on a Wheat Bun, Mayo, 1% Milk, Juice, Cheese Crackers, Fruit Cup

Monday, May 17

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

Thursday, May 20

Sliced Turkey w/ Cheese on Wheat Bread, Mayo 1% Milk, Juice, Animal Cookies, Fruit Cup

Monday, May 24

Tuna & Cheese on a Bun, Mayo, 1% Milk, Juice, Animal Cookies, Fruit Cup

Thursday, May 27

Sliced Corned Beef & Cheese on a Bun, Mayo, 1% Milk, Juice, Animal Cookies, Fruit Cup

HAPPY
Mother's
Day!

