



Notable Dates in August:

- 8/5: National Oyster Day
- 8/7: International Beer Day (1st Friday)
- 8/8: Middle Child's Day (2nd Saturday)
International Cat Day
- 8/10: National S'mores Day
- 8/11: Son and Daughter Day
- 8/12: World Elephant Day
- 8/13: Left Handers' Day
- 8/15: Relaxation Day
- 8/16: National Tell a Joke Day
- 8/21: Senior Citizen's Day
- 8/25: Kiss and Make Up Day
- 8/26: Women's Equality Day
- 8/29: More Herbs, Less Salt Day
- 8/31: National Eat Outside Day

Happy Birthday to Our Members Born in August!

- | | | |
|----------------------|-------------------------|-------------------------|
| 2 Kathleen Livesey | 11 Jennifer Williams | 21 Geraldine Herod |
| 4 Lorraine Nixon | 12 Elaine Dill | 22 Aaron Jones |
| 4 Ruby Simpson | 13 Cheryl Skipworth | 22 Jean Patterson |
| 5 Thomas Bell | 15 Evelyn Robinson | 23 Mary Pompey |
| 5 Rae Hardnett-McCoy | 15 Florence Page | 24 Micheal Jackson |
| 5 Georgette King | 16 Pearl Dixon | 24 Margaret Purnell |
| 6 Eloise Moore | 17 Ruthie Bradley | 26 Rosa Hartley |
| 7 Karen Thompson | 17 Emmanuel Fayiah | 27 Ena Ellis |
| 8 Vernice Killing | 17 Carlos Rodriguez | 28 Laquitta Bullock |
| 9 William Davis | 17 Irene Watts | 29 Arlene Marshall |
| 9 Earl Reid | 17 Ward Wilson | 30 Frank Theodor Bethea |
| 9 Jerry Batchler | 18 Maedease Jones | 30 Christopher Goffigon |
| 9 Rupert Salmon | 18 Brenda Sisco | 31 Patricia Green |
| 9 Sharon Keen | 19 Margaret DeSeignoria | 31 Ida Harrison |
| 10 Emma Cannion | 19 Venessa Grant | |
| 10 Floyd Peterson | 21 Della Heard | |



Nutrition Education A HEALTHY TIP: Get to Know Food Labels

Reading the Nutrition Facts panel can help you shop and eat or drink smarter.
(Information Provided by Nutrition Education from the PA Department of Aging)

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

Hello PSC Allegheny Members!

It has been an honor to see many of you back at the center. We are excited to offer in-center classes at a smaller capacity and are remaining hopeful as we slowly get acclimated to the new normal. Please continue to participate in our classes and programming via Zoom and if you are able to please make a reservation and join us at the center, we would love to see you.

Please continue to review the centers website or call PSC for reopening updates.

When a reopening date has been established members will need to follow these fluid guidelines:

- Mask will be required for everyone coming into the building and worn at all times.
- Eating will not be permitted at the center.
- Social distancing 3ft apart will be required, with limited class sizes.
- Preregistration is required for all indoor center activities. Please call 267-286-1455 to preregister.
- Temperatures will be taken at the front door.
- If you are not feeling well, please contact your doctor and stay home until you are feeling well.
- Members will exit the building directly after class, except CCT riders.
- CCT riders will socially distance 3ft apart and wait for their rides in the patio area, weather permitting, or we will accommodate you in other spaces of the center.
- Grab and Go meals will continue Monday and Thursday from 11am-2pm.
- Zoom classes will continue to be provided online.
- Classes and policies are subject to change, so please be patient with staff and instructors during the centers reopening planning process.

** Updated class schedules will be posted online. Please contact the center for weekly updates.**

Sincerely,
Lourdes Perez Lopez, BSW, MSW'22
Center Manager

JAN'S CORNER

AUGUST, WHAT ARE WE GOING TO GET OUT OF IT?

The weather is hot and the days are getting shorter now. Enjoy it because fall will be here before you know it and we will have to dust off those jackets again. Before that happens, try to get outside to feel those warm summer breezes and get some sun. You should do it now.

Sunday, August 1 has some good celebrations:

Friendship Day

Friendship is born at that moment when one person says to the other, What! You too? Call a Friend!

International Forgiveness Day

It's not an easy journey, to get to a place where you forgive people, But it is such a powerful place, because it frees you. Forgive someone because someone forgave you!

National Girlfriend Day

True girlfriends see the first tear, catch the second and stop the third. Tell your girlfriends that you are glad to have them in your life!

If you're the boyfriend with a girlfriend - want to keep her? Respect Her, Care for Her, Love Her, Text her first, make sure she knows how you feel about her, and NEVER LIE!



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.

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

**** NEW Password: CIRFIT ****

TUESDAYS

BINGO • 10-11AM

ID Number: 250 366 0105

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

WEDNESDAYS

COUNSELOR SPEAK OUT (ONCE MONTHLY) AUGUST • 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 • ON BREAK

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 ON BREAK UNTIL SEPTEMBER

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

Nutrition Education Presentation DELICIOUS COOKING FOR ONE THURSDAY, AUGUST 19 • 10AM

Taking just a few minutes to make a home-cooked dinner can be more deliciously satisfying than the same routine of heating packaged frozen dinners in the microwave night after night- and it can be done without washing lots of dishes!

ID Number: 250 366 0105

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

Nutrition Education Presentation: ENJOY HEALTHY FOOD THAT TASTES GREAT WEDNESDAY, AUG. 25 • 10AM

ID Number: 250 366 0105

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

FRAUD BINGO

presented by George Dillman,
Consumer Outreach Specialist

THURSDAY, AUGUST 26 • 11:30AM

A fun and interactive presentation that teaches consumers how to protect themselves from investment fraud by playing a familiar game- Bingo! Every day people get scammed out of THOUSANDS of dollars. Many times it's those who can least afford to lose the money!

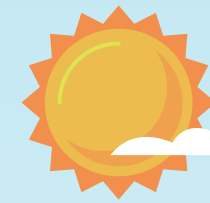
ID Number: 250 366 0105

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

COMING SOON!

POTTERY CLASS STARTING TUESDAY, SEPTEMBER 14 10AM-12PM

Are you ready to get back into the groove with pottery? Join Artist George Apotsos and learn how to make hand-made objects as well as use the many molds to make pe-rmade objects and figurines now is the time to show off your talent!



August 2021 Grab & Go Cold Box Lunches

Available Monday & Thursday, 11am-2pm

Lobby • Face Mask Required

Suggested Contribution \$1.00

Monday, August 2

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

Thursday, August 5

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

Monday, August 9

Sliced Corned Beef w/ Cheese on a Wheat Bun, Mayo, 1% Milk, Fruit Cup, Chips, Juice

Thursday, August 12

Tuna & Cheese on a Wheat Bun, Mayo, 1% Milk, Juice, Fruit Cup, Chips

Monday, August 16

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

Thursday, August 19

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

Monday, August 23

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

Thursday, August 26

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

Monday, August 30

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

