



## Notable Dates in September:

- Baby Safety Month
- National Disease Literacy Month
- Fall Hat Month
- Hispanic Heritage Month (Sept. 15-Oct.15)
- Intergeneration Month
- National Blue Berry Popsicle Month
- National Childhood Cancer Awareness Month
- National Honey Month
- National Papaya Month
- National Preparedness Month
- National Self-Care Awareness Month
- Polycystic Ovarian Syndrome Awareness Month
- Whole Grains Month
- National Suicide Prevention Month

## Happy Birthday to Our Members Born in September!

- |                    |                     |                         |
|--------------------|---------------------|-------------------------|
| 1 Kenneth Jubilee  | 14 Mary Banks       | 23 Muriel Polston       |
| 2 Betty Weaver     | 15 Lizzie Ervin     | 24 Evelyn Graham        |
| 3 Gloria Slaughter | 15 Hattie Henry     | 25 Kevin Gary           |
| 4 Deborah Gibson   | 15 Joseph Mack      | 25 Gilbert Kirton       |
| 4 Felicia Wiley    | 15 Brenda Starling  | 25 Katherine M. Tanskey |
| 4 Janet Outlaw     | 16 Carol Henry      | 26 Michele Jordan       |
| 5 Shirley Davis    | 16 Bessie Mae Smith | 26 Sarah Marshall       |
| 6 Shirley Brown    | 19 Muriel Morris    | 26 Leona Robinson       |
| 6 Sirlean Saulters | 20 Leander Jackson  | 27 Gail Russell         |
| 7 Mary Blanchard   | 20 Emma Kelly       | 27 Joseph Seay          |
| 7 Jane Robinson    | 21 Dieidra Watson   | 27 Lynn M. Thompson     |
| 11 Roy Shaw        | 22 Ruth Barnes      | 28 Sharon Saulters      |
| 12 Dorothy Goodwin | 22 Ida A. Johnson   | 28 Bettie Weaver        |
| 13 Leola Champion  | 22 Winifred Palmer  | 29 Henry Flake          |
| 13 Uris Batchler   | 22 Bernard Simpkins | 29 Annette Herrington   |
| 13 Jessie Fisher   | 22 Linda Sistrunk   | 29 Geraldine Willingham |
| 13 Beverly Johnson | 23 Rosa Dutton      | 30 Mary Oakman          |



### Nutrition Education A HEALTHY TIP: Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

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



Welcome Everyone!

Philadelphia Senior Center receives funding from Aging and the Pennsylvania Department of Aging.



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267-286-1455  
info@newcourtland.org



# Stay Active

Monthly Events and Activities for Members

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

September 2021

## Hello PSC Allegheny Members!

September is Senior Center Month! Senior centers are vital to the communities they serve and offer an array of resources, activities and are also known for raising awareness on the many pressing issues that impact older adults. It is an honor to provide services that allow seniors to remain active and healthy in their communities. We continue to tailor our classes and activities to meet the needs of those we serve. We thank all of the members that have participated in classes via Zoom and in center. You are the reason we get to celebrate Senior Center Month! Stay tuned for a flyer on special activities that will be taking place as we celebrate. Thank you for participating and supporting our center! Please stay safe by wearing a mask and practicing social distancing. 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

## FALL STARTS SEPTEMBER 22<sup>ND</sup>

Let's talk about being free of wearing the mask. Have you taken off your mask? Do you think it was right for us to be told to take the mask off? I think I am going to be the last person standing with my mask on. The world is telling us to get back to the norm. What is the norm? Nothing will ever be the same. Hugging people and even standing with a person you don't know is different. What about when you hear someone cough or sneeze? Everybody turns to look or move away. I know I do! This Pandemic has changed our lives forever. It may seem it was coming to an end but it's not. Our children are not vaccinated, and they are getting sick, and must go back to school with no vaccination for our grade school children. So how can this thing ever be over! There are a lot of people without the vaccination in the hospital fighting for their lives. And don't get me started on this Delta variant. I hope that thing stays right where it is. OOPS! That wasn't nice. I hope that it will go away before it comes across the map. Because Covid 19 is enough!! As I write my corner, my heart goes out to everyone who has lost a loved one to COVID 19. I don't mean for my corner to sound so gloomy, I just wanted to take some time to focus on real feelings about Covid 19 and where it has us now.

## JOKE

Is an old one-hundred-dollar bill worth more than a new one?  
Answer- YEAH \$100 is always worth more than a \$1.



## Labor Day Schedule Updates:

In observance of Labor Day, the Center will be closed on Monday, September 6. Zoom classes will not take place that day. Grab and Go Lunches will be available on Tuesday, September 7 instead.

## Weekly Classes & Events

We have reopened with limited seating and classes! Please see descriptions below to see which classes are available in-person, on zoom or both! Pre-registration is required for all in-person classes being held at the center. Please call 267-286-1455 to pre-register.

Information about joining a class with 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 the screen with other class participants.
- You can also join a Zoom class by telephone. Call the phone number listed with the class and enter the access code to join.

### MONDAYS

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

Learn new things on your computer, tablet or cellphone.

**ZOOM ONLY: 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.

**ZOOM ONLY: ID Number:** 275 166 4679  
**Call In Phone #:** 1-646-558-8656  
**\*\* NEW Password: CIRFIT \*\***

### TUESDAYS

#### BINGO • 10-11AM ZOOM ONLY

**ID Number:** 250 366 0105  
**Call In Phone #:** 1-301-715-8592

#### POTTERY CLASS STARTING TUESDAY, SEPT. 14 10AM-12PM IN-CENTER

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!

### WEDNESDAYS

#### COUNSELOR SPEAK OUT (ONCE MONTHLY) SEPTEMBER 15 • 10-11AM

Counselor Denizia (Dee) Joseph will provide you with support, advocacy, information and assistance with social services matters.

**ZOOM ONLY: ID Number:** 250 366 0105  
**Call In Phone #:** 1-301-715-8592

#### BIBLE CLASS • 10-11AM IN-CENTER AND ZOOM

Bible Class-Join Robert Liken for an educational study of the Bible.

**ID Number:** 854 7887 5248  
**Call In Phone #:** 1-301-715-8592

#### AEROBIC FIT, MUSCULAR STRENGTH 11AM

#### ZOOM & IN-CENTER

Join Diane in the nation's leading fitness program for older adults. This exercise program can reduce your risk of heart disease by up to 50%; double your muscle strength in three to four months and reduce the risk of diabetes by as much as 75%.

**ID Number:** 275 166 4679  
**Call In Phone #:** 1-646-558-8656  
**\*\* NEW Password: CIRFIT \*\***

#### 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!

**ZOOM ONLY: ID Number:** 655 373 3173  
**Call In Phone #:** 1-301-715-8592  
**Password:** 121560

## SPECIAL EVENTS

### Divine Resources TAKE BACK YOUR HEALTH Thursday, September 9 11:30am-12:30pm

Energizing teas & healthy snacks, healthy recipes full of powerful antioxidants, herbs and spices that may help you regulate your blood sugar levels, lose weight and belly fat, gain strength. Learn way that can help to manage pain, stiffness and aching joints.

**ID Number:** 250 366 0105  
**Call In Phone #:** 1-301-715-8592

### THURSDAYS

#### PHENOMENAL WOMEN • 10-11:15AM

Georgette King would LOVE to reconnect with you! If you're not connected you're really missing out!

**ZOOM ONLY: ID Number:** 889 8874 5308  
**Call In Phone #:** 1-301-715-8592

#### SING-A-LONG PARTY / REMINISCE & CHEW • ON BREAK

Join Janell Little and enjoy music from the GOOD OLE DAYS!

**ZOOM ONLY: ID Number:** 886 0282 1705  
**Call In Phone #:** 1-301-715-8592

### FRIDAYS

#### BIBLE STUDY • 10-11AM

A non-denominational study group.

**ZOOM ONLY**  
**Call In Phone#:** 1-701-802-5063  
**Password:** 849 577

#### BINGO • 10-11AM

**ZOOM ONLY: ID Number:** 250 366 0105  
**Call In Phone #:** 1-301-715-8592

#### YOGA CLASS • 1-2PM

A full body workout in a chair.

**ZOOM ONLY: ID Number:** 275 166 4679  
**Call In Phone #:** 1-646-558-8656  
**Password:** TFLFIT

### MON, TUES, THURS & FRI

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

Join the Staff of Allegheny and let your hair down with a giggle!

**ZOOM ONLY: ID Number:** 250 366 0105  
**Call In Phone#:** 1-301-715-8592

September 2021

## Grab & Go Cold Box Lunches

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

### Thursday, September 2

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

### Tuesday, September 7

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

### Thursday, September 9

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

### Monday, September 13

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

### Thursday, September 16

Tuna & Cheese on Wheat Bread, Mayo, Animal Crackers, 1% Milk, Fruit Cup, Juice

### Monday, September 20

Turkey Hama & Cheese on a Wheat Bun, Mayo, Cookies, 1% Milk, Fruit Cup, Juice

### Thursday, September 23

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

### Monday, September 27

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

### Thursday, September 30

Sliced Roast Turkey on Wheat Bread, Mayo, Cookies, 1% Milk, Fruit Cup, Juice

Welcome Autumn!