

Notable Dates in January:

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|--------------------------------------|--|
| 1 New Year's Day | 16 Tu Bishvat |
| 1 Emancipation Proclamation | 17 Martin Luther King Day |
| 1 National Hangover Day | 17 Civil Rights Day |
| 2 World Introvert Day | 19 National Popcorn Day |
| 4 World Braille Day | 20 National Cheese Lovers Day |
| 5 National Bird Day | 21 National Hugging Day |
| 6 National Cuddle Up Day | 22 Celebration of Life Day |
| 7 Orthodox Christmas | 24 National Compliment Day |
| 8 National Bubble Bath Day | 26 National Spouses Day |
| 13 Korean American Day | 27 International Holocaust Remembrance Day |
| 14 National Dress Up Your Pet Day | 27 National Chocolate Cake Day |
| 15 National Hat Day | 28 National Lego Day |
| 15 National Bagel Day | 28 National Fun at Work Day |
| 15 National Strawberry Ice Cream Day | 29 National Puzzle Day |
| 15 Martin Luther King's Birthday | |



NUTRITION EDUCATION HEALTHY TIP: Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchens basics, like dicing onions or cooking dried beans. Learn more at www.homefoodsafety.org.

MESSAGE FROM THE IN-CENTER COUNSELOR

The In-Center Counselor at PSC Allegheny is here to provide support, advocacy, information and assistance with social service matters.

The Counselor is available both by phone: 267-286-1455 and in-person (appointment or walk-in) Monday thru Friday from 9:30am-2:30pm. We are able to assist you with a variety of benefits and services that include the following:

- Liheap
- Snap Benefits
- Emergency Fund
- Philabundance Food Boxes
- Property tax/ Rent Rebate
- Housing
- Information & Referral
- Center Membership

If you are 55 or older and interested in joining PSC Allegheny, please do not hesitate to meet with me to complete a membership application.

Denezia (Dee) Andrews-Joseph
In-Center Counselor



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

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

January 2022



Happy Birthday!!!

- | | |
|----------------------|----------------------|
| 1 Nancy Ford | 17 Annjeanette Pough |
| 1 Georgia Phillips | 17 Sandra Webb |
| 1 Percell Williams | 18 Leon Robinson |
| 2 Deborah Bell | 19 Carol Pope |
| 2 James Hendricks | 19 Curtis Walls |
| 3 Ellen Paulin | 20 Sandra Owens |
| 5 Mildred Bond | 20 Donna Smallwood |
| 6 Trevalyn Rivers | 21 Billie Redmon |
| 6 Dorine Lomax | 21 Bobby Calwise |
| 7 Rosetta Dudley | 22 Alvin Murphy |
| 7 Bettie Bond | 23 Joyce McKiney |
| 7 Sherril Austin | 23 Robert Liken |
| 7 Catherine Murray | 23 Charlene Teachy |
| 7 Minnie Brown | 24 Deloris Wyatte |
| 8 Calvin Peoples | 25 Betty Garner |
| 9 Louise Alston | 26 Marlene Allen |
| 9 Brenda Elliott | 26 Elouise Moore |
| 9 Anita Thomas | 27 Lillian Patterson |
| 10 Leslie Howard | 27 J P Pitts |
| 11 Marion Alston | 27 Jewelyn Williams |
| 11 Frank Morrow | 27 Thomas Heard |
| 12 Yvonne Jones | 27 Tonia Moore |
| 13 Richard Howard | 27 Pamela Coleman |
| 14 Martha Bethea | 29 Clarence Wright |
| 15 Yvonne C. Johnson | 29 Laura Fletcher |
| 15 Brenda Goode | 30 Lydia Thomas |
| 15 Nora Jackson | 31 Barbara Oliver |
| 15 Elayne Norman | |



Hello PSC Allegheny Members!

Happy New Year 2022! May this new chapter be an incredible part of your story, filled with exciting new adventures. As you walk into the new year may new opportunities await and wonder fill your heart. Wishing you all much success in all you set out to do! For some, like Betty Shorter, it is a year of new beginnings as she transitions into retirement. Her departure is bitter sweet and she will be missed by the staff that worked alongside her for many years and by the members that she wholeheartedly served on a daily basis, whether by phone or in-person at the center. Betty, you will be missed, but we wish you a happy and relaxing retirement!

Our Bingo with a Grinch Style was a success as many joined in-center and online for a time of fun, prizes and laughter. Please join us as we continue to broaden and expand our programming. Please continue practicing social distancing, wearing a mask and consider getting vaccinated or getting a booster shot. If you need information on COVID-19 vaccinations or if you need assistance on where to go for a vaccine, please contact our center and we will be happy to provide you with information.

PSC Allegheny is open on Tuesday, Wednesday, and Friday. A reservation is required to attend the center. Members will need to follow these guidelines when attending the center:

- 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



Martin Luther King Day Schedule Updates:

The Center will be closed on Monday, January 17, in observance of Martin Luther King Day.

No Zoom classes that day. Grab and Go Lunches will be available on Tuesday, January 18 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!

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 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.

PRE-REGISTRATION IS REQUIRED FOR ALL IN-PERSON CLASSES

Please call 267-286-1455 to pre-register.

MONDAYS

MR. BROWN'S COMPUTER CLASS 10-11AM

Learn new things on your computer, tablet or cellphone.

ZOOM ONLY: ID Number: 893 5693 1202
Call In Phone #: 1-301-715-8592

MUSCLE TONE EXERCISE CLASS WITH DIANE THOMAS • 11-12PM

Stretch and tone uses lightly challenging weights and stretching to enhance flexibility and stability, improving balance.

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

Password: CIRFIT

STRETCH & SHAKE EXERCISE CLASS WITH JANET FORD • 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

Password: CIRFIT

TUESDAYS

BINGO • 10-11AM IN-CENTER & ZOOM

ID Number: 250 366 0105

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

POTTERY CLASS • 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!

TUESDAYS (cont.)

SOUL LINE DANCING WITH GLORIA KINGCADE • 11AM

IN-CENTER ONLY

Love to dance? Show off your skills by learning the latest line dance steps as you move and grove to the latest line dance hits.

WEDNESDAYS

BIBLE CLASS • 10-10:45AM 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 WITH DIANE THOMAS • 11AM

ZOOM & IN-CENTER

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: 886 0282 1705

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

Password: CIRFIT

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

Special Events

JAN'S TWO PART SPECIAL CREATIVE CLASS

FRIDAY, JANUARY 28 AND
FRIDAY, FEBRUARY 11 • 10-11AM

Join Janell Little for a special two-part class project.

IN-CENTER ONLY: Art Room

FRIDAYS

BIBLE STUDY • 10-11AM

A non-denominational study group.

ZOOM ONLY

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

Password: 849 577

LINE DANCING • 10-11AM

Arnold Zacharias leads this weekly class, come and learn the latest line dances.

ZOOM & IN-CENTER

ID Number: 275 166 4679

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

Password: CIRFIT

SENIOR FIT

WITH DIANE THOMAS • 11AM

Senior Fit specializes in the use of light hand-held exercise equipment such as weights and fitness balls. Receive a total workout standing and sitting.

ZOOM & IN-CENTER

ID Number: 275 166 4679

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

Password: CIRFIT

YOGA CLASS

WITH KAREN THOMPSON • 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.

ZOOM ONLY: ID Number: 275 166 4679

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

Password: TFLFIT



Stay Active
www.PhilaSeniorCenter.org

January 2022

Grab & Go Cold Box Lunches

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

Monday, January 3
Turkey & Cheese on a Wheat Bun, Mayo, Cookies, 1% Milk, Fruit Cup, Juice

Thursday, January 6
Tuna & Cheese on a Wheat Bun, Mayo, Cookies, 1% Milk, Fruit Cup, Juice

Monday, January 10
Corned Beef & Cheese on a Wheat Bun, Mayo, Cookies, 1% Milk, Fruit Cup, Juice

Thursday, January 13
Turkey Ham & Cheese on a Wheat Bun, Mayo, Cookies, 1% Milk, Fruit Cup, Juice

Tuesday, January 18
Sliced Deli Chicken & Cheese on Wheat Bread, Mayo, Animal Crackers, 1% Milk, Fruit Cup, Juice

Thursday, January 20
Turkey & Cheese on a Wheat Bun, Mayo, Cookies, 1% Milk, Fruit Cup, Juice

Monday, January 24
Turkey Ham & Cheese on Wheat Bread, Mayo, Animal Crackers, 1% Milk, Fruit Cup, Juice

Thursday, January 27
Corned Beef & Cheese on a Wheat Bun, Mayo, Cookies, 1% Milk, Fruit Cup, Juice

Monday, January 31
Sliced Turkey & Cheese on Wheat Bread, Mayo, Animal Crackers, 1% Milk, Fruit Cup, Juice