

Stay Active

www.PhilaSeniorCenter.org



August Birthdays:

- | | | |
|-----------------------|-------------------------|------------------------------|
| 1 Kenneth Jubilee | 14 Mary Banks | 23 Muriel Polston |
| 2 Betty Weaver | 15 Hattie Henry | 24 Evelyn Graham |
| 2 Victoria Washington | 15 Joseph Mack | 25 Kevin Gary |
| 3 Gloria Slaughter | 15 Brenda Starling | 25 James Johnson |
| 4 Deborah Gibson | 16 Carol Henry | 25 Gilbert Kirton |
| 4 Felicia Wiley | 16 Bessie Mae Smith | 25 Katherine Miller-Tanskley |
| 4 Janet Outlaw | 17 Denise Jenkins | 25 Katherine Tanklinson |
| 5 Shirley Davis | 19 Muriel Morris | 26 Michelle Jordan |
| 6 Shirley Brown | 20 Maggie Carmichael | 26 Leona Robinson |
| 6 Shirlean Saulters | 20 Leander Jackson | 27 Gail Ruissell |
| 7 Jane Robinson | 20 Emma Kelly | 28 Barbara McCormick |
| 7 Mary Blanchard | 22 Ida Anderson-Johnson | 28 Sharon Saulters |
| 11 Roy Shaw | 22 Ruth Barnes | 28 Bettie Weaver |
| 13 Jessie Fischer | 22 Rosa Dutton | 29 Annette Herrington |
| 13 Beverly Johnson | 22 Bernard Simpkins | 29 Geraldine Willingham |

NUTRITION EDUCATION



Drink More Water: Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, and older adult or live or work in hot conditions.

"IT'S A MIND THANG"

Let's stimulate our brains with something different! Word Search, Crosswords Puzzles, Easy Word Finds, Word Scramble, Brain Games and Number Search. It's inside the Newsletter!

MESSAGE FROM THE IN-CENTER COUNSELOR

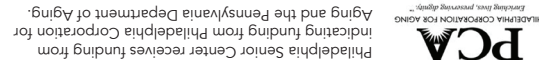
The In-Center Counselor at PSC Allegheny is here to provide support, advocacy, information and assistance with social service matters.

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.

Deneizia (Dee) Andrews-Joseph
In-Center Counselor



info@newcourtland.org

267-286-1455

Philadelphia, PA 19132
1900 W. Allegheny Ave.



Stay Active

Monthly Events and Activities for Members



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

September 2022

Hello PSC Allegheny Members!

In honor of Senior Center month, we will be having the Sankofa Freedom Academy Charter School students performing African Dance moves for our members. You are invited to join us for this event during the third week in September. More details to follow soon. We thank the community and our members for allowing us to serve you through the many resources, activities, and classes offered at the Philadelphia Senior Center-Allegheny branch.

It is an honor to provide services that allow seniors to remain active and healthy in their communities. You are the reason we get to celebrate Senior Center Month!

We invite you to continue participating in our in-center and Zoom classes & activities. Please continue to check in with the center for the most updated information on classes, activities, and meals.

Please continue to practice safety by wearing a mask, maintaining social distancing, and getting vaccinated. If you or anyone you know needs information on COVID-19 vaccines or tests, please let us know and we will be happy to assist you. Please continue to review the centers website or call PSC-Allegheny for the most updated information.

- Pre-registration is required for all indoor center activities. Please call 267-286-1455 to preregister.
- Masks are required
- Temperatures will be taken at the front door.
- 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, MSW
Center Manager

Sunday, September 11 is GRANDPARENTS DAY!

The purpose of Grandparents Day is "to honor grandparents, to give grandparents an opportunity to show love for their children's children, and to help children become aware of the strength, information, and guidance older people can offer."

Grandparents and Older Adults; Commit to do something grand and share your wisdom, perspectives, and key civic values with young people and advocate on their behalf.

Children, Youth, and Younger Adults: commit to do something grand and connect and serve with your grandparents or older adults in your community.

Labor Day is the first Monday of September. Labor Day is a federal holiday held in honor of working people and recognizes the American labor movement and the work and contributions of laborers in the United States. Let's celebrate American workers.

School time is here again. Support your grands to do well in school. Take every opportunity to help children discover new information. As your grands see the joy and excitement of learning, they will begin to share your enthusiasm for learning. Have a safe school year.

Notice the weather is changing a bit. Get ready because fall is approaching.

Until next time...this is the best one until the next one.

JAN'S CORNER

Happenings in September:

- 5 Labor Day
- 7 National Beer Lovers Day
- 8 International Literacy Day
- 9 Star Trek Day
- 11 Patriot Day
- 11 Grandparents Day
- 17 Batman Day
- 17 Constitution/Citizenship Day
- 17 Oktoberfest
- 18 National Cheeseburger Day
- 21 International Day of Peace
- 25 National Daughter's Day
- 26 National Pancake Day
- 27 National Voter Registration Day
- 28 National Son's Day



Labor Day Schedule:
In observance of Labor Day, the Center will be closed on Monday, September 5.



Welcome Everyone!

Pinochle & Pitty-Pat Are Back!!!!

PINOCHLE

Tuesdays, 11:30am-2:30pm
Fridays-11:30am-2:30pm

PITY-PAT

Wednesdays, 10:00am-2:30pm

Weekly Classes & Events

MONDAYS

JEWELRY CLASS IS BACK! • 10AM IN-CENTER ONLY

Participants create and design their own accessories using beautifully designed beads and other signature crafted pieces. Show off and take home your very own hand-made bracelets, necklaces and more.

MR. BROWN'S COMPUTER CLASS 10-11AM

Learn new things on your computer, tablet or cellphone.

ZOOM & IN-CENTER

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: 865 209 7137

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

Password: CIRFIT

TUESDAYS

CHAIR MASSAGE • 10AM EVERY 1ST & 3RD TUES (9/6 & 9/20) IN-CENTER ONLY

Please make sure you sign-up to get a massage w/ John Johnson.

BINGO • 10-11AM IN-CENTER & ZOOM

ID Number: 250 366 0105

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

POTTERY CLASS • 10AM-12PM IN-CENTER ONLY

Join Artist George Apotsos and learn how to make hand-made objects as well as use the many molds to make pe-made objects and figurines now is the time to show off your talent!

SOUL LINE DANCING WITH GLORIA KINGCADE • 11AM-12PM IN-CENTER ONLY

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

WEDNESDAYS

PAINTING CLASS • 10AM-12PM IN-CENTER ONLY:

Art Room Join our painting class with Sheena Garcia, this class will allow you to express yourself through painting.

BIBLE STUDY • 10-10:45AM IN-CENTER ONLY

Join Robert Liken for a non-denominational study of the Bible.

BEST DAY OF MY LIFE SO FAR • 10-11AM ZOOM & IN-CENTER

Join Barbara Jackson in this creative writing class. We will share our unforgettable memories, laughter, lessons, life and love.

Never written before? Not a problem!

ID Number: 830 4891 3435

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

AEROBIC FIT, MUSCULAR STRENGTH WITH DIANE THOMAS • 11AM-12PM ZOOM & IN-CENTER

This exercise program can reduce your risk of heart disease by up to 50%; double your muscle strength in 3-4 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

PAPER MACHE CLASS • 12:30-2:30PM

Learn this artform with Sheena Garcia

IN-CENTER ONLY: Art Room

THURSDAYS

NEW ART CLASS • 10AM IN-CENTER ONLY

Create one of a kind beautiful art piece.

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: 810 9743 8080

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

FLOWER ARRANGEMENT IS BACK! EVERY THIRD THURSDAY (9/15) • 1PM IN-CENTER ONLY

Enjoy making your very own arrangement use beautiful freshly cut flowers of all different color, shapes, and sizes.

FRIDAYS

BIBLE STUDY • 10-11AM

A non-denominational study group.

CALL IN ONLY#: 1-701-802-5063

Password: 849 577

FRIDAYS (cont.)

BINGO • 10-11AM

IN-CENTER & ZOOM

ID Number: 250 366 0105

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

CROCHET CLASS • 10AM-12PM IN-CENTER ONLY

Class led by Elizabeth. Join the class and make some interesting pieces out of some unique items.

SENIOR FIT W/ DIANE THOMAS • 11AM

Receive a total workout standing and sitting with use of light hand-held exercise equipment such as weights & fitness balls.

ZOOM & IN-CENTER

ID Number: 275 166 4679

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

Password: CIRFIT

YOGA W/KAREN THOMPSON • 1-2PM

This yoga class combines breathing, exercise, stretching and meditating 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: CIRFIT

Special Events

IN-CENTER ONLY

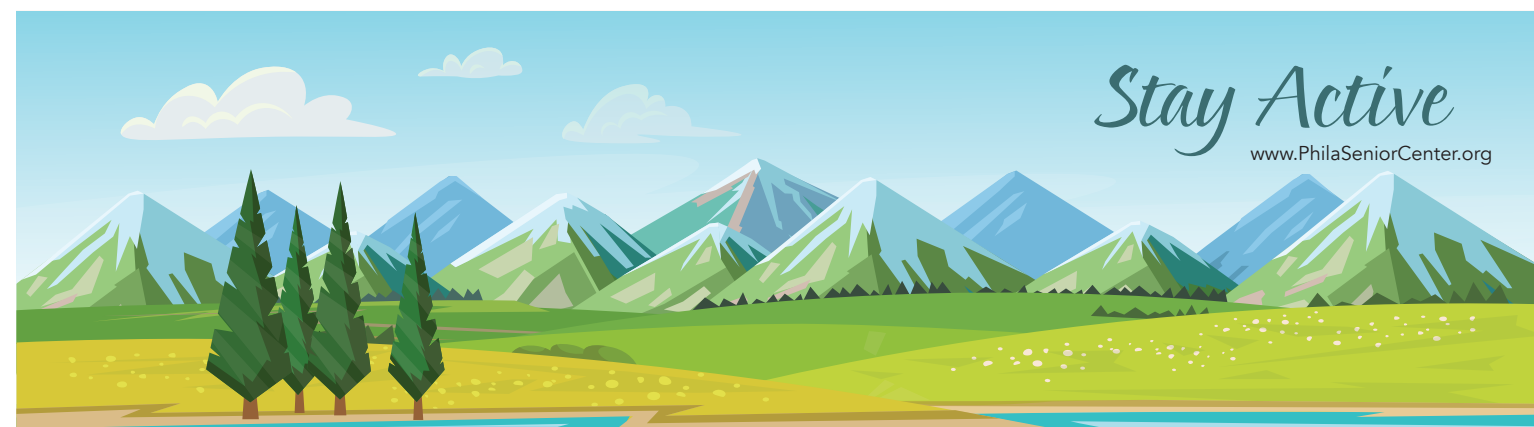
LABOR DAY MEAL

Friday, September 2 at 12pm

There will be a special meal prepared for this day. Please make sure you sign the sign-in sheet if you are planning to attend.

THE MENU:

- Barbeque Pork Ribs
- Collard Greens
- Red Potato Salad
- Cherry Water Ice
- Fresh Fruit Cup
- Alt: Grilled Chicken Thighs



September 2022 Grab & Go Cold Box Lunches

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

Thursday, September 1

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

Closed Labor Day - September 5

No Grab & Go Meals

Thursday, September 8

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

Monday, September 12

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

Thursday, September 15

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

Monday, September 19

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

Thursday, September 22

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

Monday, September 26

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

Thursday, September 29

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

