Stay Active

www.PhilaSeniorCenter.org

NewCourtland Philadelphia Senior Center
Allegheny

MEMBER NEWS

Trip Registration Forms
If you attend any trips given by PSC-Allegheny you must complete a Trip Registration Form with current information before final payment.

Membership:
$15.00 Annual Donation. Access to PSC programs, classes & trips for additional info, please call (267) 286-1455 or stop by the Front Desk.

Class Coupons:
Purchase at the Front Desk: $1/One or $5/Six

Barbara Jackson - Program Coordinator
I will be collecting money for trips or making change between the hours of 10am-12pm in the dining area. Thank you.

April Birthdays:

1 Marva Murray
2 Debra Spann
2 Bernice Biggs
2 Jacqueline Sturdivant
5 Vernard Whitfield
6 Mary Stokes
6 Evelyn Cross
7 Willie Copeland
7 Wilmer Thompson
8 Ann Taylor
9 Maxine Sullivan
9 Margie Tierno
10 Betty Stroud
10 Charles Dennis
10 Louise Green
10 Joanne Hooker
11 Diana Wilson
12 Rosalind Seville
13 Barbara Powell
14 Betty Williams
16 Elease Barkley
17 Barbara Livingston
22 Adessie Smith
24 Linda Ruffin
24 Ruby Fluellen
27 Essie Anderson
27 Barbara Baldwin

Enact Family Meal Time:

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devise to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

Information provided by: Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

MESSAGE FROM THE IN-CENTER COUNSELOR

My name is Danielle Suarez and I am the new Center Counselor. I am here to help you and provide you with any information or assistance you may need.

Feel free to stop by my office or give me call at (267)286-1455 ext. 1445. I am in the office from 8:30am to 4:30pm Monday through Friday.

**Rent Rebate for 2022 opened up on Sunday, January 18, 2023

**LIHEAP Deadline-Friday, April 28, 2023.

I cannot wait to meet you all!

Sincerely,

Danielle Suarez
In-Center Counselor

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

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

Stay Active

Monthly Events and Activities for Members

NewCourtland Philadelphia Senior Center
Allegheny

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

April 2023

Hello PSC Allegheny Members!

May the month of April find you in good spirits and may the wonder of Spring fill you with hope. As we enter this new season, you are invited to come out to PSC-Allegheny to explore our many classes and activities. This month we will be hosting Healthy Steps for Older Adults which is a fall prevention workshop that offerstips and strategies that benefit and enhance the lives of older adults.

April is National Volunteer month and we would like to take this opportunity to thank all our center volunteers for your selflessness and dedication to the center and to our members. Without our volunteers we would not be able to successfully service the seniors that join us for congregate meals and classes. If you are a center volunteer please join us for a breakfast in your honor on Tuesday, April 18th from 9am to 11am.

We will also be hosting Health Clinics twice a month from 10am to 2pm. This is an opportunity for our members to get vaccinated, have their blood pressure checked and their medications reviewed. We would like to thank Dr. Pitts and his team at Temple Health for partnering with our center to offer much needed services for the betterment of the seniors that we serve.

Please continue to check in with the center for the most up to date information on classes and activities. If you or anyone you know needs information on COVID-19 vaccines or COVID testing, please let us know and we will be happy to assist you.

Please check the center's website or call PSC-Allegheny for information as we continue to work towards fully re-opening.

REMINDERS
- 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 center's re-opening process.

Updated class schedules will be posted online and are also available by calling the center at 267-286-1455

Sincerely,
Lourdes Perez Lopez, MSW
Center Manager

ALLEGHENY SENIOR CENTER-VOLUNTEER WEEK
Monday, April 17 - Friday, April 21

Special Events

FIRE DRILL
Monday, April 3, 11 am
Please be prepared for the fire drill, you will have to be outside for at least 15 minutes.

TOWN MEETING/PROGRAM MEETING
Monday, April 3, 10am-12pm
Join the Staff of Allegheny and find out what's going on at your center! Please come with your questions and concerns.

HEALTHCARE HELP with Dr. Cornelius D. Pitts Pharm.D.
Tuesday, April 4, 10 am-2pm
Dr. Pitts and his Temple team will be here to offer updated vaccinations and conduct health screenings, blood pressure, diabetic etc. Information will be provided to anyone who needs healthcare.

Healthy Steps for Older Adults
FALL PREVENTION PROGRAM
Wednesday, April 5, 9am-1pm
Join Farrah & Fiona and lean how you can prevent injuries while staying healthy and active. Get new information and tips that will help you in your daily routine. A light snack will be provided along with lunch. Please sign-up for this class at the front table.

BEST DAY OF MY LIFE SO FAR
Wednesdays, April 5, 12, 19, 26, 11am-11:45am
Zoom & In-Center: Join Farrah & Fiona in this creative writing class. We will share our unforgettable memories, laughter, lessons, life and love. Never written before? Not a problem! Free.
ID # 830 4891 3435 Call In Phone #: 1-301-715-8592

PHENOMENAL WOMEN
Thursdays, April 6, 13, 20, 27, 10-11am
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!

MEET & GREET
Tuesday, April 11, 10 am
Meet Maura Williams OTR/L and Jordan Cumbo PT, DPT Therapists of Senior Living at NewCourtland and find out about the Balance Clinic. Please come with your questions and concern. The overall mission is to enhance access to healthcare and engender trust in healthcare facilities through conversation, connection and relationship.

ADVISORY COUNCIL MEETING
Tuesday, April 11 • 10:45am
Let's get ready for a year of exciting events!
PLEASE DO NOT MISS THIS MEETING! Free.

VOLUNTEER BREAKFAST in Honor of Volunteer Week
Tuesday, April 18, 9-11am
Please join the staff and congratulating the Volunteers for all their hard work and dedication to the Allegheny Family. Please register for the Volunteer Breakfast by Tuesday, April 11. We would like to get a head count of who will be attending the breakfast., the sign-up sheet will be on the table by the front desk.

PHILLY VETS HOLDING THE LINE
Tuesday, April 25, 10 am

PLEASE NOTE:
The Center will be closed on Friday, April 7, in observance of Good Friday.

Welcome Everyone!

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NewCourtland Philadelphia Senior Center
Allegheny

Pinochle & Pitty-Pat Are Back!!!!

Tuesdays, 11:30am-2:30pm
Wednesdays, 10:00am-2:30pm
Fridays-11:30am-2:30pm

Weekly Classes & Events

MONDAYS

BINGO • 10-11AM
Can't wait to YELL BINGO! Come on in and let's have fun!!
IN-CENTER (In The Exercise Room)

MR. BROWN'S COMPUTER CLASS 10-11AM
Learn new things on your computer, tablet or cellphone. Cost: $2.00
ZOOM & IN-CENTER
ID Number: 893 5693 1202
Call In Phone #: 1-301-715-8592

STRETCH & SHAKE EXERCISE CLASS WITH JANET FORD • 1-2PM
Let's improve our health with a low impact chair exercise. Cost: $1.00

TUESDAYS

CHAIR MASSAGE • 10AM
APRIL 4 & 18
IN-CENTER ONLY
Please make sure you sign-up to get a massage w/ John Johnson. Cost: $2.00

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. Cost: $3.00

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.
Cost: $1.00

CRAFTWORK, CARDS & MORE •12:30pm
IN-CENTER ONLY
If art is something, you enjoy join this art class and create one of a kind beautiful art piece. Cost: $2.00

"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!

WEDNESDAYS

BINGO MARCH 8 ONLY • 10-11AM
IN-CENTER
Can't wait to YELL BINGO! Come on in and let's have fun!!

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. Cost: $2.00

BIBLE STUDY • 10-10:45AM
IN-CENTER ONLY
Join Jewelyn Williams for a non-denominational study of the Bible. Free

BEST DAY OF MY LIFE SO FAR • 11-11:45AM
IN-CENTER ONLY
Join Farrah & Fiona in this creative writing class. We will share our unforgettable memories, laughter, lessons, life and love. Never written before? Not a problem! Free.

PAPER MACHE CLASS • 12:30-2:30PM
Learn this artform with Sheena Garcia.
Cost: $2.00
IN-CENTER ONLY: Art Room

THURSDAYS

BINGO • 10-11AM
Can't wait to YELL BINGO! Come on in and let's have fun!!
IN-CENTER

ART& CRAFTS CLASS • 10AM
IN-CENTER ONLY
Create one of a kind beautiful art piece.
Cost: $2.00

PHENOMENAL WOMEN • 10-11AM
Georgette King would LOVE to reconnect with you! If you're not connected you're really missing out! Free.
IN-CENTER ONLY

FLOWER ARRANGEMENT EVERY THIRD THURSDAY (4/20) • 1PM
IN-CENTER ONLY
Enjoy making your very own arrangement use beautiful freshly cut flowers of all different color, shapes, and sizes.
Cost: $3.00

FRIDAYS

BINGO • 10-11AM
Can't wait to YELL BINGO! Come on in and let's have fun!!
IN-CENTER

BIBLE STUDY • 10-11AM
Join Minister Calvin Myers for this non-denominational study group. Free.
CALL IN ONLY#: 1-701-802-5063
Password: 849 577

CROCHET CLASS • 10AM-12PM
IN-CENTER ONLY
Class led by Elizabeth. Join the class and make some interesting pieces out of some unique items. Cost: $1.00

LINE DANCING W/GLORIA • 10-11AM
IN-CENTER ONLY
Do you 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. Cost: $1.00

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.
IN-CENTER ONLY

April Happenings

1	April Fool's Day
1	National Love Our Children Day
2	Autism Awareness Day
2	Palm Sunday
5	Passover Begins
5	National Walking Day
7	Good Friday
7	World Health Day
9	Easter Sunday
10	National Siblings Day
11	National Pet Day
13	Last Day of Passover
18	Tax Day
20	Last Day of Ramadan
22	Earth Day
22	World Immunization Week
27	Take our Daughters and Sons to Work Day

Healthy Eating: *April 2023*

In Person Congregate Meals
Monday thru Friday (Health Screening Required)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 **Hot:** Meatloaf w/ Gravy, Mashed Potatoes, Green Beans, Baby Spinach & Romaine Salad w/Diced Tomato & Cucumber, LF French Dressing **Cold:** Turkey and Cheese Wheat Pita w Chopped Cucumber & Red Onions & Raisins, Coleslaw **Dessert:** Fruit Cocktail	4 **Hot:** Baked Chicken Leg, Baked Sweet Potato, Mixed Vegetables, Whole Wheat Dinner Roll W/ Margarine **Cold:** Tuna Salad Bowl w/ Romaine Lettuce, Rotini Pasta, Diced Cucumber, Red Onions, & Red Peppers Rings, Black Olives, Wheat Dinner Roll W/ Margarine, Low-Fat Ranch Dressing **Dessert:** Fresh Apple	5 **Hot:** Beef Pepper Steak w/Onions & Peppers, Asian Blend Vegetables, Egg Noodles, Whole Wheat Dinner Roll W/ Margarine **Cold:** Corned Beef & Swiss on Marble Rye, Sliced Tomato, Low-Fat Mayo, Coleslaw **Dessert:** Peaches	6 **Hot:** Breaded Chicken Patty on Wheat Bun w/ Honey Mustard Sauce, Stewed Tomato, Kale & Spinach Salad, LF Italian Dressing **Cold:** Southwest Chicken Salad w/Romaine Lettuce, Chopped Tomatoes, Corn, Cheddar, Salsa, Tortilla Strips, Chipotle Ranch Dressing **Dessert:** Mandarin Oranges	7 **CENTER CLOSED IN OBSERVANCE OF GOOD FRIDAY**
10 **Hot:** Turkey Ham with Pineapples, Carrots, Collard Greens, Tossed Salad w/Chopped, Diced Tomato & Cucumbers. Cornbread Slice **Cold:** Grilled Chicken Caesar Salad w/Romaine, Parmesan Cheese, Croutons, LF Caesar Dressing, Wheat Dinner Roll, Pickled Beets **Dessert:** Fresh Orange	11 **Hot:** Grilled Beef Sausage w/ Pepper & Onions on Wheat Roll, Tossed Salad w/Romaine Lettuce, Diced Tomato, Cucumber, & Shredded Carrots, Red Pepper Ring **Hot Dessert:** Pear Halves **Cold:** Tuna Salad w/ Wheat Thins Crackers, Cucumber & Tomato Salad, Pasta Salad **Cold Dessert:** Fresh Orange	12 **Hot:** Shrimp Fried Rice, Steamed Broccoli, Spring Roll w/ Duck Sauce, Soy Sauce **Hot Dessert:** Peaches **Cold:** Turkey BLT Sandwich w/Lettuce & Tomato, Macaroni Pasta Salad **Cold Dessert:** Banana	13 **Hot:** Turkey Wings w/Gravy, Brown Rice, Broccoli, Green Beans, Mini Corn on the Cob **Cold:** Shrimp & Spinach Salad w/ Walnuts, Sliced Cucumber, Shredded Carrots & Fresh Strawberries & Fat-Free Balsamic Dressing, Hard Boiled Egg, Wheat Dinner Roll **Dessert:** Sugar-Free Vanilla Pudding	14 **Hot:** Baked Whiting w/ Lemon Dill Sauce, Stewed Tomatoes, Cauliflower, Whole Wheat Dinner Roll w/ Margarine **Cold:** Egg Salad Sandwich on Wheat Bread w/ Lettuce Leaf & Tomato Slice, Garden Salad w/Romaine, Chopped Cucumber, Tomato & Carrots, w/FF Italian Dressing **Dessert:** Fresh Apple
17 **Hot:** Baked Chicken, Egg Noodles, Cauliflower, Collard Greens, Whole Wheat Dinner Roll W/ Margarine **Cold:** Chef Salad w/ Turkey Ham, Romaine Lettuce, Shredded Carrots, Hard Boiled Egg, Cucumbers, Tomatoes, Croutons, LF French Dressing, Three Bean Salad **Dessert:** Low-Fat Strawberry Greek Yogurt	18 **Hot:** Salisbury Steak w/Gravy. Mashed Potatoes, Steamed Peas, Whole Wheat Dinner Roll w/ Margarine **Hot Dessert:** **Cold:** Salmon Bowl w/ Diced Red Pepper, Scallion, Cucumber, Celery, Brown Rice, & Crumbled Feta Cheese, Tomato Slice **Cold Dessert:** Ambrosia Salad	19 **Hot:** General Tso's Chicken, Brown Rice, Asian Blend Vegetables, Spring Roll W/ Duck Sauce **Cold:** Seafood Salad Platter w/Tomato Slice, Lettuce Leaf, Waldorf Salad w/LF Mayo & Shredded Kale **Dessert:** Fresh Orange	20 **Hot:** Roast Turkey w/ Gravy, Broccoli, Tossed Salad w/ Romaine & Baby Spinach) w/ Chopped Tomato, Shredded Carrots, & Red Pepper Ring **Cold** Penne Pasta W/ Grilled Chicken, Penne Pasta, Strips Of Yellow Bell Peppers, Red Pepper Ring, Diced Red Onions w/LF Fat Ranch **Dessert:** Fresh Banana	21 **Hot:** Cheeseburger on Wheat Bun W/Cheddar Cheese, Lettuce Leaf, Slice Of Tomato, Green Beans, Baked Sweet Potato, Ketchup & Mustard **Cold:** Turkey & Cheese Hoagie On Wheat Roll W/ Tomato Slice, Shredded Lettuce, LF Mayo, Creamy Cucumber Salad **Dessert:** Mandarin Orange
24 **Hot:** Oven Fried Chicken, Baked Sweet Potato, Turnip Greens, Slice Cornbread **Cold:** Greek Chicken Pita w/ Grilled Chicken Strips, Diced Tomatoes, Cucumbers & Red Onions, w/Tzatziki Sauce, Baby Spinach, Black Olives, Orzo Pasta Salad w/ Crumbled Feta Cheese **Dessert:** Sugar-Free Strawberry Jell-O	25 **Hot:** Macaroni & Beef Casserole, Broccoli, Slice of Garlic Bread, Kale Salad w/ Diced Cucumber & Tomato, L/F Italian Dressing, **Cold:** Turkey Cobb Salad w/Turkey Bacon, Shredded Lettuce, Diced Tomato, Cucumbers, & Shredded Carrots, Hard Boiled Egg, Mozzarella, w/Fat Free Raspberry Vinaigrette, Croutons **Dessert:** Peaches	26 **Hot:** Szechuan Beef, Steamed Cabbage, Steamed Broccoli, Brown Rice, Mandarin Oranges **Cold:** Tuna Salad On Wheat Bread W/ Lettuce Leaf, Tomato Slice, L/F Mayo Carrot Raisin Salad **Dessert:** Fresh Orange	27 **Hot:** Chicken Lo-Mein w/ Chopped Broccoli, Chopped Romaine w/ Shrd. Carrots, Cucumbers & Tomatoes **Cold:** Roast Beef & Cheese On Multi-Grain Bread W/ Lettuce, Tomato, Chopped Broccoli Salad w/ Diced Red Onions, Sunflower Seeds, L/S Chickpeas, Shredded Mozzarella **Dessert:** Sugar-Free Vanilla Pudding	28 **Hot:** Breaded Crab Cake, Baked Fries, Green Beans, Tartar Sauce, Tossed Salad w/ Shredded Romaine, Diced Tomatoes & Cucumber, L/F French Dressing **Cold:** Egg Salad On Wheat Bread W/ Lettuce Leaf & Tomato Slice, Baby Spinach Salad W/ Diced Celery, Chopped Onions **Dessert:** Low-Fat Strawberry Greek Yogurt

Note: Menus Are Subject To Change