

Stay Active

www.PhilaSeniorCenter.org



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 \$5/Six \$10/Twelve

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:

2	Jacqueline Sturdivant	14	Bettie Williams
2	Karen Corbett	17	Barbara Livingston
4	Denise Burgess	17	Linda Ogunfidodo
5	Vernard Whitfield	20	Sheryl Richman
6	Evelyn Cross	21	Nikita Gary
6	Mary Stokes	22	Adessie Smith
8	Ann Taylor	23	Pamela Works
9	Margie Tierno	24	Linda Ruffin
10	Charles Dennis	24	Ruby Fluellen
11	Diana Wilson	27	Barbara Baldwin
13	Romeo Johnson	28	Sandra Epps
13	Barbara Powell	28	Tina Johnson
14	James Jones	30	Elaine Mungin

MESSAGE FROM THE IN-CENTER COUNSELOR

I am here to help you and provide you with any information or assistance you may need.

I am in the office from 8:30am to 4:30pm Monday, Tuesday, Thursday, and Friday. Please note that I will not be available on Wednesdays during the month of March.

The PA Property Tax Rent Rebate season has started! Please make an appointment to meet with me for assistance with applications.

Sincerely,

Danielle Suarez
In-Center Counselor

Make an Effort to Reduce Food Waste



Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can save nutrients and money.

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

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



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

April 2024

Hello PSC Allegheny Members!

Happy Spring! We have all heard the expression "April showers bring may flowers". That probably means that we are entering a rainy season. Flowers start to bloom in the month of April, and we get to enjoy the beauty of nature unfolding right before our eyes. I hope that you find joy in whatever it is that you enjoy the most.

April is National Volunteer month, and we take this opportunity to thank all our center volunteers. Thank you for your selflessness and dedication to the center and to our members.

If you are a volunteer that has served 20+ hours, you will be contacted with an invitation to the volunteer breakfast event being held on April 23rd.

Please accept our invitation to come out to PSC-Allegheny to explore the many classes and activities that are currently taking place.

Happening this month:

- April 2nd: Always Best Care from 10-11am.
- April 9th: Fire safety workshop by the Philadelphia Fire Department from 10-11am.
- April 11th: Healthy Steps for Older Adults is a falls prevention workshop that offers many tips and strategies that could benefit and enhance the lives of older adults. Breakfast, lunch, and snacks will be provided. Prizes will also be raffled during the workshop. Please consider joining us from 9am-1:00pm.
- April 16th: Fire Drill at 10:00am
- April 17th: Estate Planning Workshop from 10-12pm
- April 18th: 365 Home Health Care: Pop Up Shop at 10am
- April 23rd: Volunteer Recognition Breakfast Event by invitation only

We look forward to seeing you at some or all the events being held this month!

Please continue to check in with the center for the most updated information on classes and activities.

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

Sincerely,

Lourdes Perez Lopez, MSW
Center Manager

Special Events

TOWN/PROGRAM MEETING

Monday, April 1, 11am-12pm

Join the Staff of Allegheny and find out what's going on at your center! Please come with your questions and concerns.

"HELP US, HELP YOURSELF" GROUP

Thursday, April 4 & 18, 10-11am

The group will provide a safe space for individuals facing common experiences and will provide a support network that will foster encouragement to those in attendance. The group will be held every other week. We look forward to seeing you during one of our sessions. Cost: Free

Temple University School of Social Work:

MAKING A CONNECTION WORKSHOP

Thursday, April 4, 10:00am

This group discussion will enhance your opportunities to connect with others in ways that are meaningful and support personal and community wellness. This is 90 minutes once a week for 10-weeks group. Study participants will receive a \$20.00 gift card upon the completion of each questionnaire.

NUTRITION EDUCATION Presented by Noel Davis

Thursdays, April 4 & 18, 11am

Join Noel for some important information on eating healthy and she will also provide you with some nutritional fun facts.

NEW SEWING CLASS! CREATE A STITCH WITH A TWIST

Thursdays, April 4, 11, 18, 25 • 12:30-2:30pm

Join Deborah Garlington on to learn the basics about sewing, to move on to creating your very own garment. Cost: \$2.00

ADVISORY COUNCIL MEETING

Tuesday, April 9 10:45am

All Council Members are expected to be in attendance. PLEASE DO NOT MISS THIS MEETING!

PHILADELPHIA HEALTH DEPARTMENT TABLE

Wednesdays, April 10 & 24, 10am

Stop by the Health Department table and pick up the latest information on COVID 19, RSV, Flu, and Pneumonia

HEALTHY STEPS FOR OLDER ADULTS

Thursday, April 11, 10am-1pm

Did you know that more than a third of adults over 65 years of age fall every year? Also, did you know women are almost twice as likely to injure themselves falling as men are? Join Danielle Suarez and Barbare Jackson and get some helpful information and tools that will aid you in preventing falls. We will also provide you with helpful hints on fall proofing your home. Lunch will be provided; each participant will receive a small gift for attending the class.

PODIATRIST (FOOT DOCTOR)

Thursday, April 18, 10am

Doctor Leonard will be here to help with your foot related issues.



Welcome Everyone!

Weekly Classes & Events

MONDAYS

JEWELRY CLASS • 10AM-12PM

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 much more. Cost: \$3.00

BINGO • 9:30-11AM

In the Exercise Room
Can't wait to YELL BINGO! Come on in and let's have fun!!

STRETCH & SHAKE EXERCISE CLASS WITH JANET FORD • 12:45-2PM

Let's improve our health with a low impact chair exercise. Cost: \$1.00

TUESDAYS

POTTERY CLASS • 10AM-12PM

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! Cost: \$3.00

MR. BROWN'S COMPUTER CLASS • 10-11AM

Learn new things on your computer, tablet or cellphone. Cost: \$2.00

CHAIR MASSAGE • 10AM (APR 2 & 16)

Please make sure you sign-up to get a massage with John Johnson. Cost: \$2.00

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

Love to dance? Show off by learning the latest line dance steps as you move and groove to the latest line dance hits. Cost: \$1.00

THE NEW MAKE IT & TAKE IT CLASS • 12:30-2:30PM

Make beautiful hand crafted items that you can take home. Cost: \$2.00

PLEASE NOTE:

There will be a Fire Drill:
April 16 & October 22 at 10:00am

WEDNESDAYS

BINGO • 9:30-11AM

In the Exercise Room
Can't wait to YELL BINGO! Come on in and let's have fun!!

PAINTING CLASS • 10AM-12PM

In the 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

Join Jewelyn Williams for a non-denominational study of the Bible. Free

FITNESS CLASS WITH NOEL • 10:30AM

Receive a total workout standing and sitting with use of light hand-held exercise equipment such as weights & fitness balls. Cost: \$1.00

PAPER MACHE CLASS • 12:30-2:30PM

In the Art Room
Learn this artform with Sheena Garcia. Cost: \$2.00.

THURSDAYS

ART & CRAFTS CLASS • 10AM

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.

CREATE A STITCH WITH A TWIST • 12:30-2:30PM

Join Deborah Garlington on Thursdays to learn the basics about sewing, to move on to creating your very own garment. 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!

Pinochle & Pitty-Pat Are Back!!!!

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

FRIDAYS

BINGO • 9:30-11AM

In The Dining Room
Can't wait to YELL BINGO! Come on in and let's have fun!!

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

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

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

NOTABLE DAYS IN APRIL

- 1 April Fool's Day
- 4 National School Librarian Day
- 6 National Love Our Children Day
- 7 World Health Day
- 9 Last Day of Ramadan
- 10 National Siblings Day
- 11 National Pet Day
- 14 National Gardening Day
- 15 World Art Day
- 15 Jackie Robinson Day
- 16 Emancipation Day
- 17 Administrative Professionals Day
- 20 Husband Appreciation Day
- 22 Earth Day
- 26 Arbor Day

April 2024

In Person Congregate Meals Monday thru Friday



Monday	Tuesday	Wednesday	Thursday	Friday
Hot: Salisbury Steaks w/ LS Beef Gravy, Mashed Potatoes, Steamed Peas, Tossed Salad with Chopped Romaine, Tomatoes, Walnuts, LF Italian Dressing Cold: Tuna & Cheese on a Wheat Pita, Sliced Tomatoes, Onion, Shrd. Lettuce, Red Pepper Ring, Three Bean Salad Dessert: Peaches	Hot: Baked Chicken Legs, Collard Greens, Baked Sweet Potato, Cornbread Cold: Turkey and Ham Chef Salad w/ Turkey Bacon, Chopped Romaine, Chopped Tomatoes, Cucumbers, shrd. Carrots, Hard Boiled Egg, Sliced Radish, LF Dressing Dessert: Pears	Hot: Beef Pepper Steak, Brown Rice, Steamed Broccoli, Bamboo Shoots, LS Soy Sauce, Fortune Cookie Cold: Diced Chicken Salad on a Wheat Bun, Lettuce & Tomato, Sliced Cucumbers, Carrot & Raisin Salad Dessert: Mandarin Oranges	Hot: Grilled Pork Chops, Au Gratin Potatoes, Mixed Vegetables, Chopped Romaine Salad w/Tomatoes, Cucumbers, Red Onions & LF Italian Dressing Cold: Turkey Hoagie w/ Cheese on a Wheat Roll, w/ Shredded Lettuce, Tomato & Onion, Rotini Pasta Salad, LF Italian Dressing Dessert: Fresh Banana	Hot: Breaded Flounder Fillets on Wheat Bun w/ Tartar Sauce, Steak Fries, Brussels Sprouts Cold: Turkey Bacon BLT on Wheat Bread, Lettuce & Tomato, Potato Salad Dessert: SF Rice Pudding
Hot: Meatloaf w/ LS Gravy, Mashed Potatoes, French Cut Green Beans, Baby Spinach Salad w/ Diced Red Onions, Walnuts and Low-Fat Ranch Dressing Cold: Tuna Salad Sandwich on Wheat Bun with American Cheese, Spinach, Tomato & Onion Dessert: Fresh Banana	Hot: Vegetarian Lasagna, Green Beans, Garlic Bread, Chopped Romaine Salad w/ Diced Cucumber, Red Onions, LF French Dressing Cold: Diced Turkey Salad on Wheat Bread w/ Tomato, Lettuce, Red Pepper Rings, Macaroni Salad Dessert: Diced Peaches	Hot: Hunan Chicken over Brown Rice, Oriental Blend Veggies, Vegetarian Egg Roll, Duck Sauce, Fortune Cookie Cold: Seafood Salad on Croissant w/Lettuce & Tomato, Kale Salad with Shredded Carrots, Diced Tomato & Cucumber with RF Italian Dressing Dessert: Fruit Cocktail	Hot: Spaghetti and Ground Turkey Meat Sauce, California Blend Veggies, Chopped Romaine Salad with Tomatoes, Cucumbers, Garlic Bread Cold: Fresh Vegetarian Platter w/ Ranch, Salsa & Guacamole, Carrot & Celery Sticks, Cucumbers, Radishes, Broccoli Florets, Red Pepper Rings, LS Wheat Crackers Dessert: Mandarin Oranges	Hot: Baked Lemon Pepper Tilapia w/ Tartar Sauce, Baked Potato w/Sour Cream, Brussels Sprouts Cold: Corned Beef & Swiss on Rye Bread, Russian Dressing Dessert: SF Jello
Hot: Roasted Chicken, Brown Rice, Broccoli Florets, Tossed Salad w/ Shredded Carrots, Diced Tomato, Cucumbers, Red Pepper Rings, Unsalted Walnuts w/ Reduced-Fat Italian Dressing Cold: Roast Beef and Cheddar on Rye Bread w/ Lettuce and Tomato, Potato Salad, Broccoli Slaw, Red Pepper Rings Dessert: Fresh Banana	Hot: Beef Meatball Sub on Whole Wheat Hoagie Roll with Mozzarella Cheese, Green Beans, Kale Salad w/ Shredded Carrots, Diced Tomatoes, Cucumbers, Red Onions, & Ranch Dressing Cold: Turkey BLT on Whole Wheat Bread with Avocado, Lettuce and Tomato Dessert: Fresh Orange	Hot: Roast Pork Lo Mein, Broccoli, Vegetarian Egg Roll with Duck Sauce Cold: Deli Chicken on Whole Wheat Wrap with Honey Mustard Sauce, Lettuce Leaf, Tomato and Red Pepper Ring, Spinach Salad w/ Diced Tomato, Cucumber, Red Onions, Shredded Carrots w/ Unsalted French Dressing Dessert: Mixed Fruit Cup	Hot: Pulled BBQ Chicken Sandwich on Whole Wheat Bun, Steamed Broccoli Florets, Steak Fries Cold: Egg Salad Sandwich on Whole Wheat Bread with Lettuce and Tomato, Cucumber & Tomato Salad, Baby Spinach Salad w/ Red Onions, Diced Red Peppers, and Italian Dressing Dessert: SF Rainbow Sherbert	Hot: Breaded Fish Cake Sandwich on Whole Wheat Bun with Tartar Sauce, Boiled Cabbage, Stewed Tomatoes Cold: Chicken Pasta Salad Bowl with Unsalted French Dressing (Baby Spinach, Grilled Chicken, Turkey Bacon, Shredded Carrots, Diced Tomato, Cucumber, Rotini Pasta, Black Olives, Chickpeas) Dessert: LF Greek Strawberry Yogurt
Hot: Turkey Burger on a Wheat Bun w/ Lettuce & Tomato, Baked Steak Fries, Green Beans, Ketchup & Mustard Cold: Deli Chicken & Low Sodium Swiss Cheese Sandwich on Multigrain Bread w/ Lettuce Leaf & Tomato Slice, Broccoli Slaw, Red Pepper Rings Dessert: Fresh Pear	Hot: Hot Roast Beef Sandwich w/ LS Gravy on a Bun, Roasted Potatoes, Steamed Spinach, Tossed Salad w/ Chopped Romaine, Tomatoes & Cucumbers, Reduced Fat Unsalted French Dressing Cold: Seafood Salad on a Croissant w/ Lettuce & Tomato, Broccoli Slaw w/ Unsalted Almonds Dessert: Fresh Orange	Hot: Shrimp & Stir Fried Vegetables over Spaghetti Noodles, Vegetarian Egg Roll w/ Duck Sauce, Fortune Cookie Cold: Egg Salad Sandwich on Wheat Bread Lettuce & Tomato, Spinach Salad w/ Diced Red Peppers & Chopped Red Onions, LF Ranch Dressing Dessert: Sugar Free Strawberry Ice Cream	Hot: Oven Roasted Breaded Chicken Patty, Black Eyed Peas, Wax Beans, Whole Wheat Dinner Roll Cold: Cold Salmon Vegetable Platter w/ Sliced Cucumbers, Radishes, Hard Boiled Egg, Tomato, Red Onions, Red Peppers, Cream Cheese, Served with LS Whole Wheat Crackers Dessert: Mango	Hot: Baked Whiting Fillet, Macaroni & Cheese, Stewed Tomatoes, Kale Salad w/Diced Tomatoes, Cucumbers & Red Onions, LF Italian Dressing Cold: Grilled Chicken Caesar Salad w/ Parmesan Cheese, Croutons, LF Caesar Salad Dressing, Hard Boiled Egg Dessert: Fresh Apple
Hot: Salisbury Steaks w/ LS Beef Gravy, Mashed Potatoes, Steamed Peas, Tossed Salad with Chopped Romaine, omatoes, Walnuts, LF Italian Dressing Cold: Tuna & Cheese on a Wheat Pita, Sliced Tomatoes, Onion, Shrd. Lettuce, Red Pepper Ring, Three Bean Salad Dessert: Peaches	Hot: Baked Chicken Legs, Collard Greens, Baked Sweet Potato, Cornbread Cold: Turkey and Ham Chef Salad w/ Turkey Bacon, Chopped Romaine, Chopped Tomatoes, Cucumbers, shrd. Carrots, Hard Boiled Egg, Sliced Radish, LF Dressing Dessert: Pears			