

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.

May Birthdays:

- | | |
|----------------------------|-----------------------|
| 1 Denise Young | 16 Henry Dill |
| 2 Bettie Williams | 17 Jane Brevard |
| 3 Mary Rose | 20 William Fuller |
| 4 Malinda Bennett | 20 Carlton Gentry |
| 6 Evelyn Chikwendu | 20 Muhammediya Lott |
| 7 Carl Copeland | 21 Rita Payne-Rolek |
| 7 Gwendolyn Ellington | 21 Gregory Wilburn |
| 7 Margaret Moore | 23 Almeda Eiland |
| 9 Allen Hampton | 23 Curtis Massey |
| 9 Mozella Hayward | 24 Bonia Morris |
| 10 Carol Cornish | 24 Phyllis Parrish |
| 10 Thelma Jackson | 25 Linda Perry |
| 13 Cynthia Henderson | 25 Annabella Thompson |
| 14 Philip Lockett | 29 Robin James |
| 14 Willie Mae Roman | 29 James Martin |
| 15 Debra Elliott-Henderson | 31 Diane Brown |

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



Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

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

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

May 2024

Special Events

"HELP US, HELP YOURSELF" GROUP

Thursdays, May 2 & 16, 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

NUTRITION EDUCATION Presented by Noel Davis

Thursdays, May 2 & 16, 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, May 2, 9, 16, 23, 30 • 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

TOWN/PROGRAM MEETING

Tuesday, May 7, 11am-12pm

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

HEALTHY STEPS FOR OLDER ADULTS

Four Week Follow-Up

Thursday, May 9, 10am-2:30pm

Participants of the Healthy Steps for Older Adults Class please see Barbara Jackson or Danielle Suarez to complete the final paperwork.

PHILADELPHIA HEALTH DEPARTMENT TABLE

Tuesdays, May 9 & 23, 10am

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

MOTHER'S DAY FASHION SHOW

Friday, May 10, 10am

We have our beautiful ladies ready to wow you on the runway with their very own fashions. A small gift will be given to the 1st, 2nd and 3rd place winners!

ADVISORY COUNCIL MEETING

Tuesday, May 14, 10:45am

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

PODIATRIST (FOOT DOCTOR)

Thursday, May 16, 10am

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

AVOIDING ID THEFT

with The PA Department of Banking and Securities

Tuesday, May 21, 10am-11am

This presentation with George Dillman takes a look at ways people's identities are stolen or compromised, what you can do if you find you have had your identity stolen, and how to stop theft from occurring.



Welcome Everyone!

PLEASE NOTE:

The Center will be closed on Monday, May 27, in observance of Memorial Day.



Weekly Classes & Events

Pinochle & Pitty-Pat Are Back!!!!

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

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 (MAY 7 & 21)

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

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

ARTS & 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 ADVANCED CLASS • 12:30-2:30PM

Join Deborah Garlington for a fun and colorful way of creating your very own garment. With our Advanced Class take your sewing skills to the next level and learn new techniques you can apply to both home decor and garment projects.

"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!

FRIDAYS

BINGO • 9:30-11AM

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

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/MARTINA BEGINNER & INTERMEDIATE • 10-11AM

Love to dance? Whether you have never danced before or have line dance experience and are ready to challenge yourself to the next level, this is the class for you! Cost: \$1.00

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

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

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 MAY

- 1 May Day
- 2 National Day of Prayer
- 5 Cinco de Mayo
- 8 World Red Cross Day
- 8 National Receptionists Day
- 12 Mother's Day
- 15 International Day of Families
- 15 National Pizza Party Day
- 16 International Day of Light
- 17 World Hypertension Day
- 17 Bike-to-Work Day
- 20 World Bee Day
- 24 National Brother's Day
- 25 National Missing Children's Day
- 26 Trinity Sunday
- 27 Memorial Day
- 31 World No Tobacco Day
- 31 National Smile Day

May 2024

In Person Congregate Meals Monday thru Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Hot: Beef Pepper Steak, 1 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, 2 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	MOTHER'S DAY MEAL 10 Baked Stuffed Flounder w/Crab Meat, Blended Vegetables, Baked Potatoes w/ Sour Cream, Romaine Salad w Tomatoes, Cucumbers & Croutons, LF Dressing, Diced Fresh Fruit Alternate: Grilled Boneless Chicken Breast w/ Sliced Onions and Peppers
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	MEMORIAL DAY MEAL 24 BBQ Pork Ribs, Mini Corn on the Cob, Vegetarian Beans, Tossed Salad w/ Tomatoes & Cukes, Tropical Fruit Cup Alternate: Grilled Beef Kielbasa on a Wheat Roll, Sliced Onions and Peppers
CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY 27 	Hot: Baked Chicken Legs, 28 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, 29 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, 30 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