

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

Class Coupons - Buy 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.

March Birthdays:

- | | | | |
|----|----------------------|----|---------------------|
| 3 | Michael Ricci | 20 | Vivian Gambrell |
| 3 | Lourdes P. Lopez | 21 | Naida Colon |
| 4 | Phyllis Adams | 21 | Zelma Hall |
| 6 | Iskandar Turner | 21 | Darlene Mims |
| 7 | Lillian Wright | 22 | Linda Powers |
| 8 | Inez Boyer | 22 | Vernette Smith |
| 9 | Olga Maldonado | 23 | Alisa Hill |
| 11 | Yvette Johnson | 25 | Geneva Hunter |
| 14 | Isabelle Bishop | 26 | Carrie Edens-Parker |
| 15 | Kenneth Athy | 26 | Annette Evans |
| 15 | Gregory Flake | 26 | Denise Hughes |
| 15 | Melody Wells | 26 | Sheldon Riley |
| 17 | Kevin Robinson | 26 | Barry Williams |
| 18 | Fay Davis | 27 | Ronald Bryant |
| 18 | Galveston Morris Jr. | 30 | Minerva Delgado |

MESSAGE FROM THE IN-CENTER COUNSELOR

I am Jessica Ruiz, the new In-Center Counselor. I can be reached at 267 286-1455 Ext. 1454. LIHEAP season is open through April 4th, 2025. The Department of Revenue is also scheduled to open the application period for 2024 Rent Rebate Applications. If anyone needs assistance with LIHEAP, Rent Rebates or any other applications, please don't hesitate to contact me by phone or stop by my office to make an appointment. I look forward to continuing to get to know all of you.

Sincerely,
Jessica Ruiz

Stay Active

Monthly Events and Activities for Members



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

March 2025

Special Events

BEAR IN MIND MEMORY BEAR WORKSHOP SERIES
Mondays thru March 17 • 10am-12pm

Transform personal histories into art! Participants craft memory bears from sentimental materials and contribute to a collaborative, human-sized bear for exhibition, fostering inclusivity, storytelling, and shared creativity!
Cost: Free

TOWN/PROGRAM MEETING
Monday, March 3 • 11am-12pm

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

MOVIE TIME AT ALLEGHENY
Every Tuesday & Thursday in February • 10am-12:30pm
Sit and enjoy a movie while munching down on some popcorn!

Patina Home Health Care
TECH BASICS PRESENTATION
Tuesday, March 4 • 10:30am-11:30am

Stay safe, connected and informed with simple technological tips. Helpful for using smartphones, tablets and/or PCs.

NUTRITION EDUCATION PRESENTATION
Thursdays, March 6 & 20 • 11am

Join Noel Davis, for some important information on eating healthy eating and nutritional fun facts. Cost: Free

Allegheny Senior Center ADVISORY COUNCIL MEETING
Tuesday, March 11 • 10:45am

All Members must attend. PLEASE DO NOT MISS THIS MEETING!

"HELP US, HELP YOURSELF" GROUP
Thursdays, March 13 & 27 • 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. Cost: Free

Bingo with a Twist - Gift Style
Tuesday, March 18 & Thursday, March 27 • 9:30am-11:30am

Join the Staff of Allegheny for a DIFFERENT kind of BINGO!! "Bingo Gift Style"! You could win a nice gift when you yell out that catchy phrase BINGO! You have to PLAY to WIN!

PHILADELPHIA HEALTH DEPARTMENT TABLE
Wednesday, March 19 • 10am

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

CYBER SECURITY-TIPS FOR ONLINE SHOPPING
Presented by George Dillman, PA Dept. of Banking & Securities
Tuesday, March 25 • 10:30am-11:30am

Online shopping has become very popular. Criminals know this and are primed and ready to take advantage of our generosity. They've honed and perfected their skills with ways to gather your personal information, steal your identity and your hard-earned money. This presentation will provide tips for protecting your personal information while shopping safely online!
Cost: Free

PODIATRIST (FOOT DOCTOR)
Thursday, March 27 • 10am

Please remember to bring your insurance cards with you. Accepted insurance carriers: Highmark / Cigna- Health Springs / Medicare



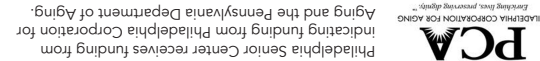
NUTRITION EDUCATION: Drink More Water

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.

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



Welcome Everyone!



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



Weekly Classes & Events

MONDAYS

BINGO • 9:30-11:30AM

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

STYLE CLASS • 10AM-12PM

Members in this class will learn how to create new projects from old things. Cost: \$2.00

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

STRETCH & SHAKE EXERCISE CLASS WITH JANET FORD • 12:45-1:45PM

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

TUESDAYS

POTTERY CLASS • 10AM-12PM

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-made objects and figurines now is the time to show off your talent! Cost: \$3.00

MR. BROWN'S COMPUTER CLASS • 10-12PM

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

CHAIR MASSAGE • 10AM (MAR. 4 & 18)

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 them home. Cost: \$2.00

MOVIE TIME • 12:30-1:30PM

Sit and enjoy a movie with action, drama or suspense while munching down on some popcorn! No Fee.

WEDNESDAYS

BINGO • 9:30-11:30AM

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

BIBLE STUDY • 9:30-10:30AM

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

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

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

TAI CHI WITH NOEL • 11:30AM

Learn this popular form of gentle exercise and moving meditation. It is known for its slow, intentional movements, with benefits to mental and physical health. Cost: \$1.00

EDUCATIONAL ANIMATION MEDIA PRODUCTION • 12:30-2:30PM

Join our engaging class inspired by the creativity of Sesame Street! Participants will explore puppet making, animation, and greenscreen techniques while creating educational videos that inspire and entertain. This hands-on experience encourages creativity, storytelling, and fun collaboration! Cost: \$2.00

THURSDAYS

ARTS & CRAFTS CLASS • 10AM

Create one of a kind beautiful art piece. Cost: \$2.00

PHENOMENAL WOMEN • 10AM

Let's Destress and Impress... sisterhood that uplifts & inspires as we create joyful memories that last.

MOVIE TIME • 10AM-12:30PM

Sit and enjoy a movie with action, drama or suspense while munching down on some popcorn! No Fee.

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

Join Deborah Garlington to take your sewing skills to the next level. Learn new techniques you can apply to both home decor & garment projects. Cost: \$2.00

Pinochle & Pitty-Pat Are Back!!!!

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

FRIDAYS

BINGO • 9:30-11:30AM

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

CROCHET/KNITTING • 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. Cost: \$1.00

PLEASE NOTE:

There will be a Fire Drill:
Wednesday, April 9 at 10:00am

NOTABLE DAYS IN MARCH

- 1 World Music Therapy Day
- 4 Mardi Gras
- 5 Ash Wednesday
- 7 Employee Appreciation Day
- 8 International Women's Day
- 9 Daylight Saving Time Starts
- 17 St. Patrick's Day
- 20 First Day of Spring



Healthy Eating: March 2025



In Person Congregate Meals Monday thru Friday

Monday	Tuesday	Wednesday	Thursday	Friday
Hot: Baked Rosemary Chicken Leg, Baked Sweet Potato, Steamed Peas Cold: Vegetarian Salad Platter w/Chopped Hard-Boiled Egg, LS Chickpeas, Baby Spinach, Fresh Kale, Celery Sticks, Carrot Sticks, Cucumber, Green Bell Pepper Rings, Cherry Tomatoes Dessert: Diced Pears	Hot: Smothered Pork Chops w/LS Gravy, Glazed Carrots, Mashed Potatoes, Tossed Romaine Salad w/Chopped Tomatoes & Cucumber, Red Bell Pepper Rings, Shredded Carrots, Plain Croutons Cold: Tuna Salad on Wheat Bun w/Light Canned Unsalted Tuna in Oil, Chopped Onion & Celery, Lettuce, Tomato, Cucumber Salad, Dill Pickles Dessert: SF Strawberry Jell-O	Hot: Beef Pepper Steak Over Brown Rice, Mixed Vegetables, Fortune Cookie Cold: No Salt Added Turkey and Cheese on a Wheat Bun, Lettuce, Tomato, Potato Salad Dessert: Fresh Apple	Hot: Ground Turkey w/ Spaghetti Noodles, Steamed Broccoli, Garlic Bread, Tossed Salad w/Chopped Romaine, Chopped Tomatoes & Cucumbers Cold: LS Roast Beef & Swiss Cheese on Rye Bread w/ Coleslaw Dessert: Mandarin Oranges	Hot: Baked Flounder, Stewed Tomatoes, Macaroni & Cheese, Chopped Kale Salad w/ Roasted Unsalted Walnuts, Chopped Tomatoes & Chopped Red Onions Cold: Egg Salad on Wheat Bread w/Lettuce, Tomato, Onion, Red Pepper Rings, Three Bean Salad Dessert: Mixed Fruit
Hot: Beef Stroganoff over Egg Noodles w/ Mushrooms & Onions, California Blend Vegetables, Whole Wheat Dinner Roll Cold: Seafood Salad on a Croissant w/Surimi, Imitation Crab, Chopped hard-boiled Egg, Cucumber & Tomato Salad, Diced Celery Dessert: Orange	Hot: Chicken & Broccoli w/Grilled Chicken Strips, Brown Rice, Steamed Broccoli, Vegetable Egg Roll, Caesar Salad w/Shredded Romaine Lettuce, Red Bell Pepper Rings, Plain Croutons Cold: Corned Beef and Cheese on Rye Bread w/Coleslaw, Baby Spinach Salad w/Tomatoes & Red Onions Dessert: Strawberry Yogurt	Hot: Corned Beef & Cabbage, Fingering Potatoes, Tossed Salad w/ Romaine, Tomatoes, Cucumber, Carrots Cold: Chicken Salad on Wheat Bun w/Shredded Chicken LS Chickpeas, Rotini Pasta Lettuce Leaves, Tomato, Diced Celery, Diced Onion, Red Bell Pepper Rings Dessert: Fresh Pear	Hot: Turkey Breast w/ LS Gravy, Cornbread Stuffing, Green Beans, Spring Mix Salad w/ Tomatoes, Cucumber, Red Bell Pepper Rings & Shredded Carrots Cold: Tuna Salad & Cheese on Wheat Bun w/Unsalted Light Tuna in Oil, Lettuce Leaves, Tomato, Carrot Raisin Salad, Diced Celery & Onion Dessert: Banana	Hot: Breaded Pollock Fillet on a Wheat Bun, Baked Steak Fries, Boiled brussels Sprouts Cold: No Salt Added Turkey and Cheese on Wheat Bread, Lettuce, Tomato, Red Bell Pepper Rings Dessert: Chocolate Pudding
Hot: Grilled Turkey Kielbasa on a Whole Wheat Hot Dog Bun, Au Gratin Potatoes, Romano Beans, Chopped Romaine Salad, w/ Tomatoes & Cucumbers Cold: Light Tuna Packed in Oil on Pita Bread, Shredded Romaine Lettuce Chopped Tomatoes & Onions, Macaroni Salad Dessert: Mandarin Oranges	Hot: Baked Salmon Fillet, Corn on the Cob, Broccoli, Spinach Salad w/Chopped Red Onions, LF Ranch Dressing Cold: Turkey BLT on Whole Wheat Bread w/ LS Turkey Bacon, Lettuce Leaf, Tomato, Avocado, Waldorf Salad Dessert: SF Strawberry Ice Cream	Hot: Grilled Chicken Strips Lo Mein w/Carrots, Chopped Green Onions, Shredded Boiled Cabbage, Broccoli, Red Bell Peppers & Mushrooms, Fortune Cookie Cold: LS Roast Beef & Swiss on Rye Bread, Coleslaw Lettuce, Tomato, Mayo Dessert: Fresh Apple	Hot: Beef Lasagna w/LF Meat Sauce, Green Beans, Romaine Tossed Salad w/Chopped Tomatoes & Cucumbers, Shredded Carrots, Red Bell Pepper Rings Cold: Vegetarian Platter w/LS Chickpeas, Cottage Cheese, Chopped Romaine, Baby Spinach, Carrot & Celery Sticks, Cucumbers, Radishes, Broccoli Florets, Tomato, Chopped Red Onion, Cauliflower Florets, Avocado Dessert: Banana	Hot: BBQ Chicken Legs, Cooked Egg Noodles, Green Beans, Romaine Tossed Salad w/Chopped Tomatoes & Cucumber, Shredded Carrots Cold: Turkey Salad on Wheat Bread w/Lettuce, Tomato, Red Bell Pepper Rings, Potato Salad Dessert: Orange Sherbert
Hot: Veal Parmesan w/ Breaded Veal Patty with Tomato Sauce and Cheese, Wax beans, Baked Potato Cold: No Salt Added Turkey and Cheese Hoagie w/Shredded Lettuce, Tomato, Red Onion, Potato Salad Dessert: Fresh Apples	Hot: Shrimp Fried Rice w/ Scrambled Eggs, Brown Rice, Carrots, Onions, Green Peppers & Green Peas, Tossed Salad w/ Romaine, Cucumbers, Tomatoes Cold: Grilled Chicken Strips Pasta Salad w/ Turkey Bacon, Unsalted Walnuts, Baby Spinach Salad w/ Cherry Tomatoes, Red Onion Dessert: Pineapple Chunks	Hot: Breaded Chicken Patty, Boiled Spinach, Corn on the Cob, Cornbread Cold: No Salt Added Turkey Breast Chef Salad w/ Hard Boiled Egg, Romaine Lettuce, Tomatoes, Carrots, Cucumber, Red Onion, Avocado, Croutons Dessert: Cantaloupe Cubes	Hot: Sweet & Sour Diced Pork, Brown Rice, Hard Boiled Egg, Oriental Blend Vegetables, Romaine Salad w/ Croutons Cold: Grilled Chicken Strips Caesar Salad w/ Hard Boiled Egg, Romaine Lettuce, Croutons, Carrot Raisin Salad, Whole Wheat Dinner Roll Dessert: Unsweetened Applesauce	Hot: Baked Meatloaf, Mashed Potatoes, Mixed Vegetables Chopped Kale Salad w/Chickpeas & Chopped Red Onion Cold: Tuna Hoagie w/ Unsalted Light Tuna Packed in Oil, Shredded Romaine Lettuce, Tomato, Red Onion, Red Bell Pepper Rings, Pickled Beets Dessert: SF Vanilla Pudding
Hot: Baked Rosemary Chicken Leg, Baked Sweet Potato, Steamed Peas Cold: Vegetarian Salad Platter w/Chopped Hard-Boiled Egg, LS Chickpeas, Baby Spinach, Fresh Kale, Celery Sticks, Carrot Sticks, Cucumber, Green Bell Pepper Rings, Cherry Tomatoes Dessert: Diced Pears				