

# 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.

## April Birthdays:

- |    |                   |    |                    |
|----|-------------------|----|--------------------|
| 2  | Karen Corbett     | 17 | Barbara Livingston |
| 3  | Barry Fenner      | 17 | Linda Ogunfidodo   |
| 5  | Vernard Whitfield | 20 | Sheryl Richman     |
| 6  | Mary Stokes       | 21 | Nikita Gary        |
| 8  | Sharon Goode      | 22 | Elaine Johnson     |
| 9  | Margaret Tierno   | 22 | Constance Jones    |
| 10 | Charles Dennis    | 22 | Adessie Smith      |
| 12 | James Pickard     | 23 | Pamela Works       |
| 12 | Rosalind Seville  | 24 | Linda Ruffin       |
| 13 | Romeo Johnson     | 25 | Linda Walls        |
| 13 | Barbara Powell    | 27 | Barbara Baldwin    |
| 13 | Michael Jones     | 28 | Sandra Epps        |
| 14 | Betty Williams    | 28 | Tina Johnson       |
| 14 | James Jones       | 30 | Elaine Mungin      |
|    |                   | 30 | Diane Ward         |



## 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

April 2025

## Special Events

**BINGO WITH A TWIST - GIFT STYLE**  
Tuesday, April 1 & 29 • 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!

**MOVIE TIME AT ALLEGHENY**  
Every Tuesday & Thursday in February • 10am-12:30pm

Sit and enjoy a movie while munching down on some popcorn!

**NUTRITION EDUCATION PRESENTATION**  
Thursdays, April 3 & 17 • 11am

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

**TOWN/PROGRAM MEETING**  
Monday, April 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.

**Allegheny Senior Center ADVISORY COUNCIL MEETING**  
Tuesday, April 8 • 10:45am

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

**HEALTHY STEPS FOR OLDER ADULTS**  
Thursday, April 10 • 9:30am-2:30pm

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 Barbara Jackson and Jessica Ruiz to get some helpful information and tools that will aid you in preventing falls and helpful hints on fall proofing your home. Lunch will be provided; each participant will receive a small gift for attending the class.

**"HELP US, HELP YOURSELF" GROUP**  
Thursdays, April 10 & 24 • 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

**FIRE SAFETY PRESENTATION**  
Tuesday, April 15 • 10:30am

This presentation will focus on seniors as well as summer safety. There will be a ten-minute video. In addition to a Q & A session following a brief PowerPoint Presentation.

**PHILADELPHIA HEALTH DEPARTMENT TABLE**  
Wednesday, April 16 • 10am

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

**PODIATRIST (FOOT DOCTOR)**  
Thursday, April 24 • 9:30am

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



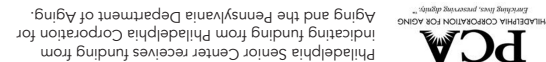
## NUTRITION EDUCATION: Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

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



Welcome Everyone!



info@newcourtland.org

267-286-1455

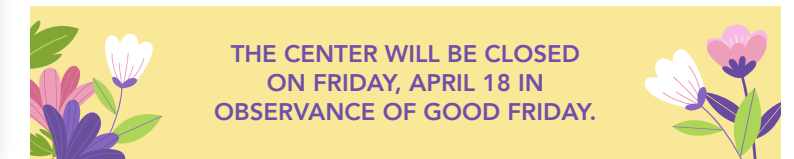
Philadelphia, PA 19132

1900 W. Allegheny Ave.



**\*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



## 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 • 1-2PM

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 (APR. 1 & 15)

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 (APR. 3 & 17)

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

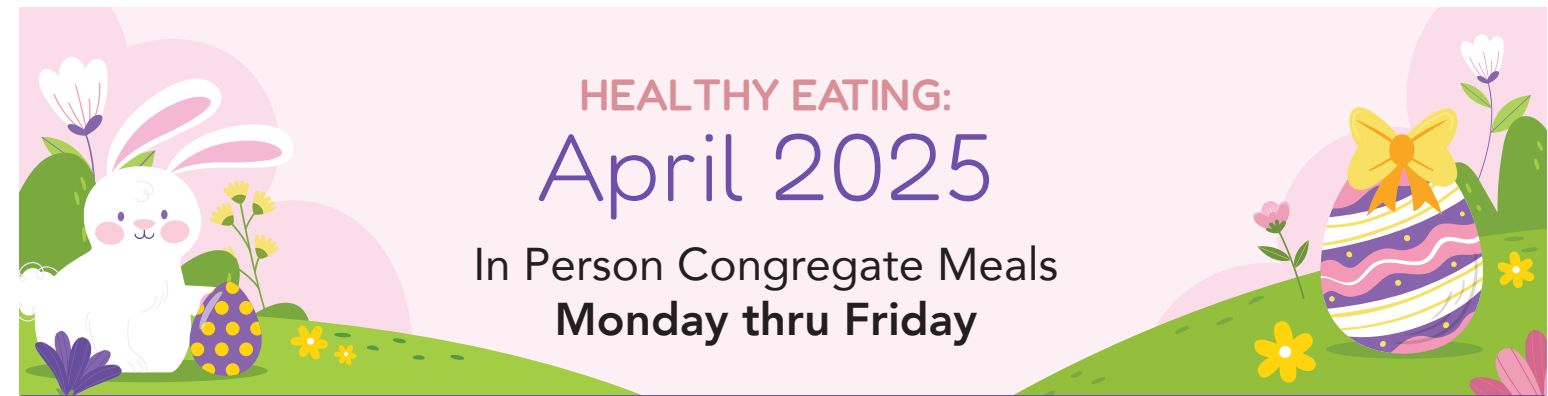
This yoga class combines breathing, exercise, stretching and meditating for a full body workout in a chair. Yoga increases flexibility and strength, tones the body, reduces tension and boosts energy. Cost: \$1.00

#### PLEASE NOTE:

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

### NOTABLE DAYS IN APRIL

- 1 April Fool's Day
- 2 World Autism Awareness Day
- 7 World Health Day
- 12 Passover begins
- 19 Husband Appreciation Day
- 20 Easter Sunday
- 22 Earth Day
- 25 Arbor Day



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