

# 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.

## May Birthdays:

- |    |                      |    |                              |
|----|----------------------|----|------------------------------|
| 2  | Bettie Williams      | 17 | Jane Brevard                 |
| 2  | Phillip Carter       | 20 | Henry DillVernette Pemberton |
| 3  | Rosalie Cooper Davis | 20 | Calton Gentry                |
| 6  | Evelyn Chikwendu     | 21 | Rita Payne-Rolek             |
| 6  | Henry Dill           | 21 | Gregory Wilburn              |
| 7  | Richard Thomas       | 21 | Almeda Eiland                |
| 7  | Amelia Blunt         | 23 | Curtis Massey                |
| 7  | Gwendolyn Ellington  | 24 | Marvin Bell                  |
| 7  | Carl Copeland        | 24 | Bonita Morris                |
| 7  | Marie Urquhart       | 24 | Phyllis Parrish              |
| 8  | Sharron Taylor       | 25 | Linda Perry                  |
| 9  | Mozella Hayward      | 25 | Annabella Thompson           |
| 10 | Thelma Jackson       | 29 | Robin James                  |
| 12 | Anita Franks         | 29 | James Martin                 |
| 13 | Cynthia Henderson    | 30 | Dorothy Haynes               |
| 15 | Brenda Elliott       |    |                              |



## MESSAGE FROM THE IN-CENTER COUNSELOR

I am Jessica Ruiz and I am the In-Center Counselor at PSC Allegheny. I can be reached at 267-286-1455, Extension 1454. If anyone needs assistance with any benefits or entitlements, please contact me by phone or feel free to stop by my office to make an appointment. I look forward to assisting you.

Sincerely,  
**Jessica Ruiz**



## NUTRITION EDUCATION: Order Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose food carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

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



Welcome Everyone!

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



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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 2025

## Special Events

### NUTRITION EDUCATION PRESENTATION

Thursdays, May 1 & 15 • 11am

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

### LADY T'S MOTHER'S DAY FASHION SHOW

Friday, May 2 • 10-11:45am

Our beautiful ladies will WOW YOU ON THE RUNWAY with fashions by Lady T. A small gift will be given to the participating ladies!

### TOWN/PROGRAM MEETING

Monday, May 5 • 11am-12pm

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

### PHILLY ID

Tuesday, May 6 • 10-11:30am

The PHL City ID is an optional, valid, government-issued photo identification card that is accepted by all City services and City-funded programs, for anyone who lives in Philadelphia and is age 13+. Must provide Proof of Identity/Residency. Cash is accepted (exact change only) or money orders made to City of Philadelphia.

### National Kidney Foundation presents:

#### YOUR KIDNEYS AND YOU

Thursday, May 8 • 10:30am-11:30am

Whether you think you're at risk or not, join us to learn about what kidneys do. How to stay healthy and protect your kidneys. How Kidney disease impacts people and much more!

### "HELP US, HELP YOURSELF" GROUP

Thursdays, May 8 & 22 • 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

### Allegheny Senior Center ADVISORY COUNCIL MEETING

Tuesday, May 13 • 10:45am

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

### PHILADELPHIA HEALTH DEPARTMENT TABLE

Wednesday, May 14 • 10am

Pick up the latest information on COVID 19, RSV, Flu, and Pneumonia.

### FOX CHASE CANCER CENTER

Tuesday, May 20 • 10:30am-11:30am

Join us as we learn about skin cancer prevention, risk factors, screening and tips for staying healthy! Katerina will discuss skin cancer screening and why it's important to know the signs.

### BINGO WITH A TWIST - GIFT STYLE

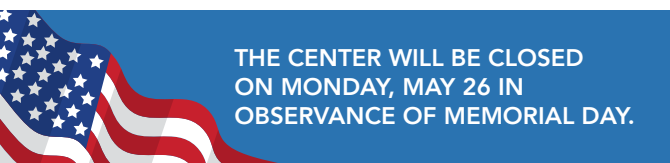
Thursday, May 22 and Tuesday, May 27 • 9:30am-11:30am

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!

### PODIATRIST (FOOT DOCTOR)

Thursday, May 29 • 9:30am

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



THE CENTER WILL BE CLOSED  
ON MONDAY, MAY 26 IN  
OBSERVANCE OF MEMORIAL DAY.

## 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!!

#### 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 (MAY 6 & 20)

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

#### Pinochle & Pitty-Pat Are Back!!!!

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

### 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

#### 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 (MAY 1 & 15)

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

#### 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

### 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

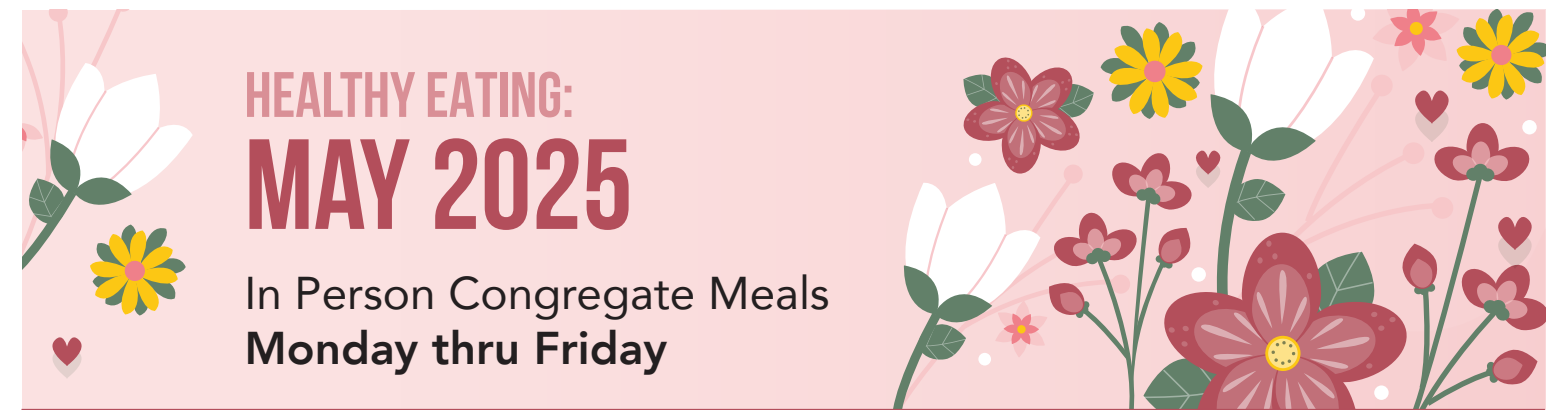
Join Deborah Garlington to learn the basics about sewing, to move on to creating your very own garment. Cost: \$2.00

#### 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

#### NOTABLE DAYS IN MAY

- 3 World Press Freedom Day
- 4 World Laughter Day
- 5 Cinco de Mayo
- 6 World Asthma Day
- 8 World Red Cross Day
- 11 Mother's Day
- 15 National Chocolate Chip Day
- 21 International Tea Day
- 25 African World Heritage Day
- 26 Memorial Day
- 31 World No Tobacco Day



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HAPPY MOTHER'S DAY</b>				
<b>Hot:</b> Beef Stroganoff over Egg Noodles w/ Mushrooms & 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 & Tomato Salad, Diced Celery <b>Dessert:</b> Orange	<b>Hot:</b> 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 <b>Cold:</b> Corned Beef and Cheese on Rye Bread w/Coleslaw, Baby Spinach Salad w/Tomatoes & Red Onions <b>Dessert:</b> Strawberry Yogurt	<b>Hot:</b> Corned Beef & 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	<b>Hot:</b> Ground Turkey w/ Spaghetti Noodles, Steamed Broccoli, Garlic Bread, Tossed Salad w/ Chopped Romaine, Chopped Tomatoes & Cucumbers <b>Cold:</b> LS Roast Beef & Swiss Cheese on Rye Bread w/ Coleslaw <b>Dessert:</b> Mandarin Oranges	<b>Hot:</b> Baked Flounder, Stewed Tomatoes, Macaroni & Cheese, Chopped Kale Salad w/ Roasted Unsalted Walnuts, Chopped Tomatoes & 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
<b>Hot:</b> Grilled Turkey Kielbasa on a Whole Wheat Hot Dog Bun, Au Gratin Potatoes, Romano Beans, Chopped Romaine Salad, w/ Tomatoes & Cucumbers <b>Cold:</b> Light Tuna Packed in Oil on Pita Bread, Shredded Romaine Lettuce Chopped Tomatoes & Onions, Macaroni Salad <b>Dessert:</b> Mandarin Oranges	<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	<b>Hot:</b> Grilled Chicken Strips Lo Mein w/Carrots, Chopped Green Onions, Shredded Boiled Cabbage, Broccoli, Red Bell Peppers & Mushrooms, Fortune Cookie <b>Cold:</b> LS Roast Beef & Swiss on Rye Bread, Coleslaw Lettuce, Tomato, Mayo <b>Dessert:</b> Fresh Apple	<b>Hot:</b> Beef Lasagna w/LF Meat Sauce, Green Beans, Romaine Tossed Salad w/Chopped Tomatoes & Cucumbers, Shredded Carrots, Red Bell Pepper Rings <b>Cold:</b> 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 <b>Dessert:</b> Banana	<b>Hot:</b> BBQ Chicken Legs, Cooked Egg Noodles, Green Beans, Romaine Tossed Salad w/Chopped Tomatoes & Cucumber, Shredded Carrots <b>Cold:</b> Turkey Salad on Wheat Bread w/Lettuce, Tomato, Red Bell Pepper Rings, Potato Salad <b>Dessert:</b> Orange Sherbert
<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	<b>Hot:</b> Shrimp Fried Rice w/ Scrambled Eggs, Brown Rice, Carrots, Onions, Green Peppers & 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	<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	<b>Hot:</b> Sweet & 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	<b>Hot:</b> Baked Meatloaf, Mashed Potatoes, Mixed Vegetables Chopped Kale Salad w/Chickpeas & 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
<b>CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY</b>		<b>Hot:</b> 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 <b>Cold:</b> Tuna Salad on Wheat Bun w/Light Canned Unsalted Tuna in Oil, Chopped Onion & Celery, Lettuce, Tomato, Cucumber Salad, Dill Pickles <b>Dessert:</b> SF Strawberry Jell-O	<b>Hot:</b> Ground Turkey w/ Spaghetti Noodles, Steamed Broccoli, Garlic Bread, Tossed Salad w/ Chopped Romaine, Chopped Tomatoes & Cucumbers <b>Cold:</b> LS Roast Beef & Swiss Cheese on Rye Bread w/ Coleslaw <b>Dessert:</b> Mandarin Oranges	<b>Hot:</b> Baked Flounder, Stewed Tomatoes, Macaroni & Cheese, Chopped Kale Salad w/ Roasted Unsalted Walnuts, Chopped Tomatoes & 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