

Stay Active

www.PhilaSeniorCenter.org



Member News

Friendly Callers:

If you are a friendly caller volunteer, please call your assigned member and check on how they are feeling. If you speak with a member who expresses a need, please have them contact the center at 215-546-5879 for assistance with services. Please be safe and thank you for being a volunteer at the Philadelphia Senior Center Arts Branch!

CCT Share Rides available for supermarket senior hours, pharmacy and medical appointments. Please call the center for more information 215-546-5879 about any of these services.

Are You Experiencing Any Of These Issues:

- Stress and anxiety
- Dealing with the loss (or anticipated loss) of a loved one
- Overwhelmed or facing challenges regarding family responsibilities and obligations
- Struggling with a relationship
- Feeling underappreciated and/or undervalued
- Feeling misunderstood by people whom they care about
- Feeling stress or fear due to the anxiety of social distancing

If so, please call the center to learn more about the Just Listening Program. Listeners are not therapists or counselors. Be assured that listeners will not attempt to fix, save, rescue, judge, or otherwise change you... What they will do is offer an empathetic, nonjudgmental listening ear in a safe, supportive, and confidential 'space'.



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



Philadelphia Senior Center is funded by the Pennsylvania Department of Aging, the Philadelphia Corporation for Aging, the United Way, corporations, foundations and individuals. U.W. Donor Choice #000095

MEMBERSHIP

Philadelphia Senior Center offers three levels of membership from free of charge to \$12 Silver option.

Silver Membership: Cost - \$12 annually discounts on Trips; PSC Stay Active delivered to your home; access to PSC Programs, Classes & Trips. You must be 60 or older for Silver Membership.

Standard Membership: Cost - FREE You must be 60 or older for Standard Membership.

55+ Membership: Cost - FREE All members under the age of 60 years old are required to pay \$3.25 the full cost of the congregate lunch.

For additional information, please call (215) 546-5879 or stop by the Front Desk.

info@newcourtland.org
215-546-5879

509 South Broad Street
Philadelphia, PA 19147



Stay Active

Monthly Events and Activities for Members



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

September 2020

Hi Great Members of PSC Arts Branch,

The next election in Pennsylvania is the general election on November 3, 2020. First things first: Make sure you're registered to vote in the state of Pennsylvania. You can vote if you are a citizen of the United States for at least one month before the election on November 3, 2020, a resident of Philadelphia and your election district for at least 30 days before Election Day, and at least 18 years of age on or before the day of election. Voter registration applications are available at the U.S. Post Office, Philadelphia public libraries and state liquor stores. Next Find your polling place (this is important, because polling locations have moved to accommodate Covid-19). This is the place you'll vote on Election Day. If you would like to request a mail-in ballot, you need to do it by **October 27, 2020.** You can do that in a variety of ways: **Apply for a mail-in ballot online** with a valid PA driver's license or photo I.D. from (PennDOT).

Apply for a mail-in ballot by mail and send it to **your county elections office.** In Philadelphia, that's located in Room 142 of City Hall.

You can also apply in person at your county elections office beginning **September 14, 2020.**

If your application is accepted, you will receive a mail-in ballot with instructions from your county election office. To have your vote counted, your completed ballot must be received by your county election office by 8pm on Election Day, so mail it in early or drop it off in person. This information was obtained from the Philadelphia Citizen Newspaper.

Steps to Reduce Risk of Getting Sick with COVID 19

- When in public wear a cloth face covering
- Stay home if possible.
- Wash your hands often.
- Keep space between yourself and others (stay 6 feet away, which is about two arm lengths).
- Clean and disinfect frequently touched surfaces.
- Avoid all cruise travel and non-essential air travel.

Call your healthcare professional if you have concerns about COVID-19 and your underlying condition or if you are sick.

If you, or someone you care about, is feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call

- 911
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

Thank you,
Julie Nelson
Center Manager

PSC Arts is closed until further notice.

Grab and Go Meals will be available. Please note that this may change due to this very fluid Covid 19 crisis.

Please check the websites routinely: newcourtland.org and philasenorcenter.org or contact PSC Arts at 215-546-5879 to stay updated.

We strongly advise center members to make other arrangements while the center is closed.

The best way to protect yourself and others is to stay at home.

Ongoing Events

Due to the current COVID-19 pandemic all in center activities are on hold. Please contact PSC Arts at 215-546-5879 for information about current center services. Non-Perishable Care Packages available for center members who cannot come to the center for Grab & Go Meals. Please call the center for more information!

FAN GIVE AWAY!

Free fans available while supplies last. If you need a fan and you are 60 years old or older please call the center to make an appointment to pick up your fan.

Are you ready to Zoom?

Since we cannot meet face to face, we are going to use Zoom.

This is a great opportunity to reconnect with staff, instructors and your center friends during this difficult time. Please share this information with other center members. See the inside for the schedule of classes, events and discussions

Thank you and we looking forward to seeing you on Zoom very soon!

Weekly Zoom Classes

Zoom is very easy to use and there are several ways that you can access Zoom.

- If you have a computer, you can access Zoom. You can be seen on your smartphone, tablet or computer screen with other class participants.
- If you have a smartphone, computer or tablet you can download the Zoom App or visit www.zoom.us and click "Join a Meeting"
- If you do not have a computer, tablet or smartphone, there will be a phone number for you to call with an access code to enter to join the class.

We hope to see you soon on Zoom!!

SPECIAL ZOOM EVENTS IN SEPTEMBER

Please join George Dillman, Consumer Outreach Specialist from the PA Department of Banking and Securities for these special Zoom meetings:

AVOIDING SCAM & ID THEFT FRIDAY, SEPTEMBER 11 • 1:00 PM

Zoom Meeting ID#: 468 521 8428
Phone Call In #: 1-301-715-8592
Then type in the Meeting ID#

CYBER-SECURITY TUESDAY, SEPTEMBER 29 • 1:00 PM

Zoom Meeting ID#: 468 521 8428
Phone Call In #: 1-301-715-8592
Then type in the Meeting ID#

Join Caren Bowden, In Center Counselor for:

Q&A ABOUT THE UPCOMING ELECTION THURSDAY, SEPTEMBER 17 • 10:30-11:30 AM

Zoom Meeting ID#: 897 5553 3856
Phone Call In #: 1-301-715-8592
Then type in the Meeting ID#

MONDAY-FRIDAY

LET'S TALK • 10:30-11:30AM

Do you have center questions or just want to chat? Please log onto Zoom or call in. If you have any questions please contact the center at 215-546-5879.

Zoom Meeting ID: 897 5553 3856

Phone Call In #: 1-301-715-8592

Access Number: 89755533856

Zoom Employee Call Schedule:

MON: Edwina | TUES: Kenya | WED: Shareeda

THURS: Caren | FRI: Julie

MONDAYS

FRENCH CLASS 2-3PM

Meeting ID#:

812 7924 9091

Phone Call In #:

1-929-205-6099

Then type in Meeting ID#

TUESDAYS

CHAIR YOGA 12-1PM

Meeting ID#:

880 6556 2846

Phone Call In #:

1-301-715-8592

Then type in Meeting ID#

WEDNESDAYS

ZUMBA 12:30-1PM

Meeting ID#:

830 5621 1588

Phone Call In #:

1-929-205-6099

Then type in Meeting ID#

THURSDAYS

CHOIR (CHORUS) 12 NOON-1PM

Meeting ID#:

813 1252 5499

Phone Call In #:

1-929-205-6099

Then type in Meeting ID#

STORYTELLING & WRITING CLASS 12:45-2PM

Meeting ID#:

861 2259 2944

Password:

783204

Phone Call In #:

301-715-8592

Then type in Meeting ID#

and Password

FRIDAY

BIBLE STUDY 10-11AM

Phone Call In #:

617-769-8590

(NO ACCESS CODE)

For Seniors Who Require Short-term Rehabilitation...

CONSIDER GERMANTOWN HOME

Our goal is to get you stronger and provide you with the tools to remain safe in your own home and return to health and well-being as quickly as possible.

Refer today to:
Theresa Dietz

Admissions Director

215-951-7606

tdietz@newcourtland.org



September 2020

Grab & Go Cold Box Lunches

Available Monday & Thursday, 11am-2pm

Lobby • Face Mask Required

Suggested Contribution \$1.00

Thursday, September 3

Roast Beef w/ American Cheese On Multigrain Bread, Lettuce Leaf, Tomato, Mayo Pkg, Vanilla Pudding

Tuesday, September 8

Deli Chicken Breast w/ American Cheese on Whole Wheat Bread w/ Lettuce Leaf, Tomato Slice, Mayo Pkg, Cucumber & Tomato Salad in Italian Dressing, Applesauce

Thursday, September 10

Turkey Ham and Cheese on Whole Wheat Roll w/ Lettuce Leaf, Tomato Slice, Mayo Pkg, Three Bean Salad, Mandarin Orange

Monday, September 14

American Sub on Wheat Roll (Turkey Bologna, Salami, Ham), Tomato, Lettuce Leaf, Mayo Pkg, Three Bean Salad, 1% Milk, Fruit Cocktail

Thursday, September 17

Roast Beef w/ American Cheese On Multigrain Bread, Lettuce Leaf, Tomato, Mayo Pkg, Vanilla Pudding

Monday, September 21

Deli Chicken Breast w/ American Cheese on Whole Wheat Bread w/ Lettuce Leaf, Tomato Slice, Mayo Pkg, Cucumber & Tomato Salad in Italian Dressing, Applesauce

Thursday, September 24

Turkey Ham and Cheese on Whole Wheat Roll w/ Lettuce Leaf, Tomato Slice, Mayo Pkg, Three Bean Salad, Mandarin Orange

Monday, September 28

American Sub on Wheat Roll (Turkey Bologna, Salami, Ham), Tomato, Lettuce Leaf, Mayo Pkg, Three Bean Salad, 1% Milk, Fruit Cocktail