

## 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

January 2021

### Dear PSC Arts Branch,

It is with great sadness that we inform you of the passing of Caren Bowden, In-Center Counselor. On Monday, December 14, 2020 our team suffered a terrible loss. Caren was a valued member of the NewCourtland Philadelphia Senior Center team since 2008 and will be greatly missed. Caren was a hard worker and a tremendous beam of light for anyone who had the pleasure to meet her. For over 30 years Caren tirelessly crusaded for our beloved senior community.

Karen Washington, PCA Assistant Director of Community Engagement describe Caren as a "very resourceful Center Director at PSC Spring Garden and such a engaged counselor at PSC Avenue of the Arts. Caren's desire to help older people learn and share new resources was inspirational and we will certainly miss her".

Caren will be greatly missed by her Co-Workers, Center Volunteers and Membership. Her legacy will live on in her daughter and granddaughter as well as the many family members and friends who loved her dearly. A graveside service in her honor was held on Wednesday, December 23, 2020 at Ivy Hill Cemetery. PSC Arts Branch will host a Just Listening Zoom Tribute in January 2021. PSC Arts hopes to schedule an in person memorial in the Spring of 2021.

It was a privilege to know and work with Caren over the last eleven years. Caren was not just an employee but a friend and mentor. I will greatly miss our many conversations, smiles, and laughter about her adored granddaughter and family. Caren had an innate lively spirited that will never be duplicate. Please keep her family and friends in your thoughts and prayers during this very difficult time.

Rest well my friend until we meet again.

**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 philaseniorcenter.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!



### Martin Luther King Day Schedule Updates:

Regularly Scheduled Monday Events will not take place on Monday, January 18, in observance of Martin Luther King Day.

Zoom classes will not take place that day.

Grab and Go Lunches will be available on Tuesday, January 19 instead.



## Weekly Zoom Classes

Zoom is very easy to use with several ways that you can access it:

- 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](http://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.

### 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

**Zoom Employee Call Schedule:** MON: Edwina | TUES: Kenya  
WED: Shareeda | THURS: Julie | FRI: Julie

### MONDAYS

#### FRENCH CLASS • 2-3PM

Meeting ID#: 812 7924 9091

Phone Call In #: 1-929-205-6099

### TUESDAYS

#### CHAIR YOGA • 1-2PM

Meeting ID#: 275 166 4679

Password: TFLFIT

Phone Call In #: 1-646-558-8656

### WEDNESDAYS

#### ZUMBA • 12:30-1:30PM

Meeting ID#: 275 166 4679

Password: TFLFIT

Phone Call In #: 1-646-558-8656

### THURSDAYS

#### STORYTELLING & WRITING CLASS • 12:45-2PM

Meeting ID#: 861 2259 2944

Password: 783204

Phone Call In #: 301-715-8592

### FRIDAYS

#### BIBLE STUDY • 10-11AM

Phone Call In #: 617-769-8590

(NO ACCESS CODE)

#### WALLPAPER WORKSHOP (THRU JAN. 29) • 1-2PM

Meeting ID#: 858 6692 1661

Phone Call In #: 301-715-8592

## SPECIAL JANUARY EVENTS

### EATING WITH DIABETES

with Aja Chavis - InnovAge

TUESDAY, JANUARY 5 • 11:30AM-12PM

Meeting ID #: 856 2131 6008

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

### Take back your Health Divine Resources Presents: BEST HERBS TO HELP YOUR IMMUNE SYSTEM

THURSDAY, JANUARY 14 • 11AM-12PM

Meeting ID #: 825 1754 2021

Phone Call In #: 1-929-205-6099

### SOWN - Supportive Older Women's Network

FRIDAY, JANUARY 15 • 11:30AM-12:30PM

Meeting ID #: 878 0082 0285

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

### Consumer Outreach Presentation: CYBERSECURITY

THURSDAY, JANUARY 28, 1PM

Meeting ID #: 468 521 8428

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

## Coffee Cup Events

(Asian Pacific Resource Center)

### ESL ENGLISH CLASSES

MON, WED, THURS & FRI • 9-10:30AM

Level testing and class registration required.

Class size is limited.

### TOWNHALL MEETING IN MANDARIN

TUESDAYS • 1PM

Meeting ID #: 550 527 7215

### EXERCISE PROGRAM IN MANDARIN

by Asian Medical Student Association

MONDAYS • 6PM

Meeting ID #: 948 3132 2765

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](mailto:tdietz@newcourtland.org)



## January 2021 Grab & Go Cold Box Lunches

Available Monday & Thursday, 9am-2pm • Porch Area • Face Mask Required!  
Suggested Contribution \$1.25

### Monday, January 4

Chicken Salad w/ American Cheese On Multigrain Bread, Lettuce Leaf, Tomato, Red Pepper Ring, 1% Milk, Fruit Cup

### Thursday, January 7

Turkey Cranberry Wheat Wrap (Sliced Turkey Breast Sliced, Cream Cheese, Craisin, Spinach, Tomato) Multi-Grain Sun Chips, 1% Milk, Fresh Orange

### Monday, January 11

Diced Grilled Chicken Over Romaine Lettuce w/ LF Caesar Dressing, Chopped Egg, Crouton, Red Pepper Ring, 1% Milk, Applesauce

### Thursday, January 14

Turkey BLT on Whole Wheat Bread (Turkey Bacon, Lettuce Leaf, Tomato Slice, Pkg Mayo), Coleslaw, 1% Milk, Jell-O Cup

### Tuesday, January 19

Chicken Salad w/ American Cheese On Multigrain Bread, Lettuce Leaf, Tomato, Red Pepper Ring, 1% Milk, Fruit Cup

### Thursday, January 21

Turkey Cranberry Wheat Wrap (Sliced Turkey Breast Sliced, Cream Cheese, Craisin, Spinach, Tomato) Multi-Grain Sun Chips, 1% Milk, Fresh Orange

### Monday, January 25

Diced Grilled Chicken Over Romaine Lettuce w/LF Caesar Dressing, Chopped Egg, Crouton, Red Pepper Ring, 1% Milk, Applesauce

### Thursday, January 28

Turkey BLT on Whole Wheat Bread (Turkey Bacon, Lettuce Leaf, Tomato Slice, Pkg Mayo), Coleslaw, 1% Milk, Jell-O Cup

