

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 congregational lunch.

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

Stay Active

Monthly Events and Activities for Members



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

March 2021

Hi Great Members of PSC Arts Branch,

PSC Arts Branch Inclement Weather Policy:

The Philadelphia Senior Center's (PSC) policy is to be open to service our members as long as conditions are safe for them to travel to the Center. Philadelphia Senior Center closes for Grab and Go meal distribution when the City of Philadelphia school district buildings are closed. Prior to coming to the Center during weather emergencies, please make sure to always call the Center first to verify if the Center is opened or closed.

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 philaseniocenter.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!



info@newcourtland.org
215-546-5879

Philadelphia, PA 19147
509 South Broad Street



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



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 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 • 12-1PM

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

Coffee Cup Events

(Asian Pacific Resource Center)

ESL ENGLISH CLASSES MONDAYS, WEDNESDAYS, THURSDAYS & FRIDAYS 9-10:30AM

Level testing and class registration required. Class size is limited.

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)

TOWNHALL MEETING IN MANDARIN TUESDAYS • 1PM

Meeting ID #: 550 527 7215

EXERCISE PROGRAM IN MANDARIN MONDAYS • 6PM

Meeting ID #: 948 3132 2765

SPECIAL ZOOM EVENTS

BRAIN INJURIES: EATING FOR BRAIN HEALTH with Aja Chavis - InnovAge TUESDAY, MARCH 9, 11:30AM

Meeting ID# 856 2131 6008
Phone Call In #: 1-301-715-8592

Dept. of Public Health presentation: COVID VACCINE TUESDAY, MARCH 16, 1-2PM

Meeting ID# 859 3976 3090
Phone Call In #: 1-929-205-6099

Take Back Your Health Divine Resources: LEARN TO REGENERATE THE BODY THURSDAY, MARCH 18 11AM-12:30PM

Meeting ID# 825 1754 2021
Phone Call In #: 1-929-205-6099

Jefferson Pharmacy Health Talk: DIABETES TUESDAY, MARCH 23, 11:30AM-12:30PM

Meeting ID #: 837 7185 4481
Phone Call In #: 1-929-205-6099

PA Department of Banking and Securities: BANKING BASICS THURSDAY, MARCH 25, 1-2PM

Meeting ID#: 468-521-8428
Phone Call In #: 1-301-715-8592



We hope to see you soon on Zoom!!

March 2021

Grab & Go Cold Box Lunches

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



Monday, March 1

Egg Salad Sandwich on Wheat Bread, Lettuce Leaf, Tomato, Red Pepper Ring, Italian Pasta Salad, Milk, Pineapple Chunks

Thursday, March 4

Tuna Salad Sandwich on Wheat Bread, with Shrd. Kale, Red Pepper Ring, Tomato & Diced Onions, Three Bean Salad, Unsalted Potato Chips, Milk, Ambrosia Salad

Monday, March 8

Seafood Salad on a Wheat Hoagie Roll, Tomato, Red Pepper Ring, Creamy Cucumber Salad, Milk, Mixed Fruit

Thursday, March 11

Tuna Hoagie on Wheat Hoagie Roll, Spinach, Tomato & Sliced Onions, Pickled Beets, L/S Mayo, Milk, Fruit Cup

Monday, March 15

St. Patrick's Day Festive Meal
Turkey & Swiss Cheese Sandwich w/Mustard on Rye Bread, Romaine Lettuce/w Caesar Dressing, Tomato, Onion & Cucumbers, Coleslaw & Dill Pickle, Chocolate Cake

Thursday, March 18

Chicken Caesar Salad (Romaine Lettuce, L/S Parmesan Cheese, L/C Caesar Dressing), Wheat Dinner Roll, Milk, S/F Vanilla Pudding

Monday, March 22

Deli Roast Beef on Multigrain Bread, American Cheese, Tomato, Lettuce Leaf, Red Pepper Ring, L/F Mayo, Milk, Cinnamon Applesauce

Thursday, March 25

Sliced Deli Chicken Sandwich on Whole Wheat Bread, Lettuce Leaf, Tomato, American Cheese, Three Bean Salad, Milk, Fresh Banana

Monday, March 29

Egg Salad Sandwich on Wheat Bread, Lettuce Leaf, Tomato, Red Pepper Ring, Italian Pasta Salad, Milk, Pineapple Chunks

