

## 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.

info@newcourtland.org  
215-546-5879

Philadelphia, PA 19147  
509 South Broad Street



# Stay Active

Monthly Events and Activities for Members

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

May 2021

## Hi Great Members of PSC Arts Branch,

### 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.

Spring has sprung and now is the time to get outdoors and enjoy the beautiful weather. I want to wish all of our mothers a very Happy Mother's Day! I also want to wish everyone a Happy Memorial Day and I want to thank all of our Veterans for their service.

Thank you,  
**Julie Nelson**  
Center Manager

PSC Arts is closed until further notice and all in-center activities are on hold.

Grab and Go Meals will be available. Non-Perishable Care Packages available for center members who cannot come to the center for Grab & Go Meals.

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.

### Memorial Day Schedule Updates:

Regularly Scheduled Monday Events will not take place on Monday, May 31 in observance of Memorial Day.

Zoom classes will not take place that day.

Grab and go meals will be available the following day.



## COUNSELORS CORNER

### FEMA Reimbursement for Covid 19 Funeral Expenses

On Monday, April 12, 2021, FEMA (Federal Emergency Management Agency) started accepting applications for Covid 19 Funeral Reimbursements for funerals that occurred after January 20, 2021. Please contact the COVID 19 Assistance HotLine #844-684-6333 for an application. Hours of operation: Monday - Friday 9am to 9pm.

Many families have endured a financial hardship in paying for funeral expenses and are encouraged to apply. They will need to forward a funeral expenses bill with their application. Please contact Carolyn Walker, Housing Counselor at the center for more information.

## 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 • 12-1:30PM

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

### 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)

#### New Art Class!

#### CLAY MEMORY TILES

#### EVERY FRIDAY UNTIL JUNE 11

1-2PM

Meeting ID#: 878 0604 9207

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

## SPECIAL MAY ZOOM EVENTS

### SOUTH PHILLY JAM FOLKS

with Ed Kaminski

FRIDAY, MAY 7, 11:30AM-12:30PM

ID Number: 867 8743 3471

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

### SMILE & TIME OUT PROGRAM

MONDAY, MAY 10 • 11:30AM-12:30PM

ID Number: 842 0471 5242

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

### FALLS PREVENTION WORKSHOP

with JoAnna Turner

THURSDAY, MAY 13 • 1:00 PM

ID Number: 819 5696 1275

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

### FRAUD BINGO!

presented by Special Event Dept. of Banking Securities

THURSDAY, MAY 20 • 1:00 -2:00PM

ID Number: 468 521 8428

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

### VOLUNTEER APPRECIATION DAY

THURSDAY, MAY 27 • 11:30 AM

ID Number: 883 9483 0784

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

## 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:

**Alison Corter**

Director of Business Development,  
Liaison for Germantown Home

215-951-4210

acorter1@newcourtland.org



# Stay Active

www.PhilaSeniorCenter.org

May 2021

## Grab & Go Cold Box Lunches

Available Monday & Thursday, 9am-2pm

Porch Area • Face Mask Required

Suggested Contribution \$1.25

### Monday, May 3

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

### Thursday, May 6

#### Mother's Day Festive Meal:

Chicken Waldorf Salad Sandwich on Wheat Bread with Lettuce Leaf & Tomato, Broccoli & Kale Salad with Honey Ginger Miso Dressing, Assorted Cup Cake with Whipped Icing, Milk

### Monday, May 10

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

### Thursday, May 13

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

### Monday, May 17

Corned Beef Special on Rye, Swiss Cheese, Russian Dressing, Coleslaw, Carrot Salad, Milk, Diced Peaches

### Thursday, May 20

Chicken Caesar Salad (Diced Chicken, Parmesan Cheese, Caesar Dressing), Wheat Dinner Roll, Milk, Vanilla Pudding

### Monday, May 24

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

### Thursday, May 27

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

HAPPY  
**Mother's Day!**

