Stay Active

www.PhilaSeniorCenter.org

NewCourtland Philadelphia Senior Center
Avenue of the Arts

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
On Break until July 26

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)

CLAY MEMORY TILES
JUNE 4 & JUNE 11
1-2PM
Meeting ID#: 878 0604 9207
Phone Call In#: 1-929-205-6099

SPECIAL ZOOM EVENTS IN JUNE

STAY HEALTHY WITH NUTRITION
with Aja - InnovAge
TUESDAY, JUNE 8 • 11:30-12:30
Meeting ID#: 839 4325 7250
Call In Phone#: 1-929-205-6099

SELF-CARE WELLNESS WORKSHOP
THURSDAY, JUNE 10 • 10-11AM
Meeting ID#: 815 3766 2476
Call In Phone#: 1-929-205-6099

RONALD CAMPBELL, BASS BARITONE
Vocal recital featuring the music of Harold Arlen
TUESDAY, JUNE 22 • 1-2PM
Meeting ID#: 845 6149 8675
Call In Phone#: 1-929-205-6099

BEWARE OF POPULAR SCAMS
THURSDAY, JUNE 24 • 1-2PM
Meeting ID#: 851 6910 5171
Call In Phone#: 1-929-205-609

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

NewCourtland Germantown Home