

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.

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 congregated lunch.

For additional information, please call (215) 546-5879.



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

Stay Active

Monthly Events and Activities for Members

August 2021

Hi Great Members of PSC Arts Branch,

We have reopened with limited seating and classes. We are open every week on Tuesday, Wednesday and Friday.

Grab and Go meals will continue on Mondays and Thursdays from 9am-2pm on the Porch Area

Philadelphia Senior Center Reopening Guidelines:

- Mask are required at all times
- Social Distancing 3ft apart
- Class pre-registration is required with pre & post health screening. Please call 215-546-5879 to pre-register.
- Temperatures taken at the front door.
- If you are not feeling well, please contact your physician and stay home until fully recovered.
- Exiting the building directly after class is required.
- CCT riders will socially distance 3ft apart and wait for their rides in the 1st floor lobby.
- Eating is not permitted in the center.
- Zoom classes will continue online.
- Grab and Go Meals will be provided when exiting the building.

Classes and policies are subject to change. Please be patient with staff and instructors during the center's reopening process. Updated class schedules will be posted in PSC Arts Branch's "Weekly". You are always welcome to contact the center if you have questions.

Thank you,
Julie Nelson
Center Manager

Non-Perishable Care Packages are available for delivery to center members who cannot travel to the center for Grab & Go Meals.

Please check: newcourtland.org, philaseniocenter.org or contact PSC Arts at 215-546-5879.

IN-CENTER COUNSELORS CORNER

Nijayah Douglass Tips:

Start your day with a few stretches, yoga, or meditation. Doing this may relieve stress, anxiety, and improve your overall health. Here is one breathing exercise you can try in the morning that will help you feel refreshed and calm. Sit or lie down comfortably. Close your eyes. Take a normal breath and breathe out. Take a deeper breath, slowly allowing it to fill your belly. Slowly breathe out. Continue, and concentrate on each breath, noticing sensations in the body and how each breath calms your mind. If you need social service assistance, please do not hesitate to contact me at the center!



info@newcourtland.org
215-546-5879

Philadelphia, PA 19147
509 South Broad Street



Weekly Classes

We have reopened with limited seating and classes! Please see descriptions below to see which classes are available in-person, on zoom or both! Pre-registration is required for all in-person classes being held at the center. Please call 215-546-5879 to pre-register.

Information about joining a class with Zoom:

- If you have a smartphone, computer or tablet you can download the Zoom App or visit www.zoom.us and click "Join a Meeting" You can be seen on the screen with other class participants.
- You can also join a Zoom class by telephone. Call the phone number listed with the class and enter the access code to join.

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 ONLY

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

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

MONDAYS

FRENCH CLASS • 12-1:30PM ON BREAK UNTIL AUGUST 9

Meeting ID#: 812 7924 9091
Phone Call In #: 1-929-205-6099

TUESDAYS

CRAFT CORNER • 10AM-12PM IN PERSON ONLY: Art Studio

PAINTING CLASS • 10AM
with Sheena Garcia
STARTING AUGUST 24
IN PERSON ONLY: Room B

CHAIR YOGA • 12-1PM ZOOM ONLY

Meeting ID#: 275 166 4679
Password: CIRFIT
Phone Call In #: 1-646-558-8656

STORYTELLING & WRITING • 1-2 PM IN PERSON & ON ZOOM

Room A
Meeting ID#: 861 2259 2944
Password: 783204
Phone Call In #: 301-715-8592

WEDNESDAYS

ZUMBA • 12:30-1:30PM IN PERSON & ON ZOOM

Room A
Meeting ID#: 275 166 4679
Password: CIRFIT
Phone Call In #: 1-646-558-8656

FRIDAYS

BIBLE STUDY • 10-11AM ZOOM ONLY

Phone Call In #: 617-769-8590
(NO ACCESS CODE)

LINE DANCING • 1:30-2:30PM IN PERSON ONLY

Room A

SPECIAL EVENTS IN AUGUST

All special events below will take place on zoom. The call in phone number for each one is: 1-929-205-6099

**WELLNESS SELF-CARE WORKSHOP
PART 2 with JoAnna Turner**
Thursday, August 5 • 10-11am
Meeting ID#: 851 6302 0861

**HOW MAKE HEALTHY VEGETABLE
SNACKS with Aja Chavis - InnovAge**
Tuesday, August 10 • 11:30-12:30
Meeting ID#: 899 9807 8167

**Divine Resources
TAKE BACK YOUR HEALTH (DEMO)**
Wednesday, August 18 • 10:30-11:30am
Meeting ID#: 833 9191 7203

**AARP Pennsylvania presents:
SCAMS - DON'T BE A VICTIM**
with Theresa Thomas, Facilitator
Friday, August 20 • 1-2pm
Meeting ID#: 848 8394 2946

Coffee Cup Events

(Asian Pacific Resource Center)
COFFEE CUP EVENTS ARE
ON ZOOM ONLY

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

Level testing / 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

August 2021

Grab & Go Cold Box Lunches

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Deli Sandwich w/ American Cheese on Whole Wheat Bun, Lettuce Leaf, Tomato & Red Pepper Ring, Pasta Salad, 1% Milk, Diced Pears 2	Turkey Deli Sandwich w/ American Cheese on Whole Wheat Bun, Lettuce Leaf, Tomato & Red Pepper Ring, Pasta Salad, 1% Milk, Diced Pears 3	Seafood Salad on Wheat Bun, w/ Lettuce Leaf, Tomato, Hard Boiled Egg, Kale Cranberry Salad, 1% Milk, Fresh Orange 4	Cranberry Chicken Salad Sandwich w/ American Cheese on Wheat Bread, Lettuce Leaf & Tomato, Kale Salad w/ Chickpeas, 1% Milk, Mandarin Oranges 5	Cranberry Chicken Salad Sandwich w/ American Cheese on Wheat Bread, Lettuce Leaf & Tomato, Kale Salad w/ Chickpeas, 1% Milk, Mandarin Oranges 6
Turkey Salad and Cheese Sandwich on Wheat Bun w/ Lettuce & Tomato, Three Bean Salad, 1% Milk, Fresh Apple 9	Turkey Salad and Cheese Sandwich on Wheat Bun w/ Lettuce & Tomato, Three Bean Salad, 1% Milk, Fresh Apple 10	Tuna Salad Sandwich on Wheat Pita Pocket, Cucumber & Tomato Salad, Red Pepper Ring, 1% Milk, Fresh Orange 11	Grilled Chicken Caesar Salad (Romaine Lettuce, Diced Chicken, Chopped Hard Boiled Egg, Crouton, LS Parmesan Cheese), Red Pepper Ring, Pkg. LF Caesar Dressing, 1% Milk, Banana 12	Grilled Chicken Caesar Salad (Romaine Lettuce, Diced Chicken, Chopped Hard Boiled Egg, Crouton, LS Parmesan Cheese), Red Pepper Ring, Pkg. LF Caesar Dressing, 1% Milk, Banana 13
Grilled Chicken Chef Salad (Grilled Chicken Breast Strips, LS Mozzarella, Cheddar, 1 Hard Boiled Egg, Romaine Lettuce, Baby Spinach, Broccoli, crouton) Reduced Sodium Italian Dressing, 1% Milk, Apricots 16	Grilled Chicken Chef Salad (Grilled Chicken Breast Strips, LS Mozzarella, Cheddar, 1 Hard Boiled Egg, Romaine Lettuce, Baby Spinach, Broccoli, crouton) Reduced Sodium Italian Dressing, 1% Milk, Apricots 17	Turkey Salad Wrap on Wheat Tortilla Wrap, Red Bell Pepper Ring, Carrot Raisin Salad, 1% Milk, Sugar Free Jell-O 18	Turkey BLT on Whole Wheat Bread w/ Lettuce Leaf, Tomato, PC Mayo, Coleslaw, 1% Milk, Orange 19	Turkey BLT on Whole Wheat Bread w/ Lettuce Leaf, Tomato, PC Mayo, Coleslaw, 1% Milk, Orange 20
Tuna Hoagie on Wheat Roll w/ Cheese of Tuna Salad, Shredded Lettuce, Tomato, Pasta Salad, Pickled Beets, 1% Milk, Orange 23	Tuna Hoagie on Wheat Roll w/ Cheese of Tuna Salad, Shredded Lettuce, Tomato, Pasta Salad, Pickled Beets, 1% Milk, Orange 24	Turkey Pastrami on Rye Bread, Sliced Pastrami, Sliced Cheese, Lettuce Leaf, Slices of Tomatoes, Pkg. L/F Mayo, Coleslaw, 1% Milk, Banana 25	Egg Salad Sandwich on Wheat Bread, Lettuce Leaf, Slices of Tomatoes, Red Pepper Ring, Macaroni Salad, 1% Milk, Fresh Orange 26	Egg Salad Sandwich on Wheat Bread, Lettuce Leaf, Slices of Tomatoes, Red Pepper Ring, Macaroni Salad, 1% Milk, Fresh Orange 27
Turkey Deli Sandwich w/American Cheese on Whole Wheat Bun, Lettuce Leaf, Tomato & Red Pepper Ring, Pasta Salad, 1% Milk, Diced Pears 30	Turkey Deli Sandwich w/ American Cheese on Whole Wheat Bun, Lettuce Leaf, Tomato & Red Pepper Ring, Pasta Salad, 1% Milk, Diced Pears 31			