

# 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 senior center, supermarket, 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.



Welcome Everyone!

info@newcourtland.org  
215-546-5879

509 South Broad Street  
Philadelphia, PA 19147



### 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.

# Stay Active

Monthly Events and Activities for Members



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

September 2021

### Hi Great Members of PSC Arts Branch,

September is Senior Center Month. Senior Centers are a great place to get a nutritious meal, participate in activities and classes, and socialize. Stay tuned for information on special activities that will be taking place to celebrate.

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](http://newcourtland.org), [philaseniocenter.org](http://philaseniocenter.org) or contact PSC Arts at 215-546-5879.

### IN-CENTER COUNSELORS CORNER

During this time of social distancing, it is important to stay connected with your loved ones. If you are finding yourself feeling lonely and isolated, try to connect with your loved ones. For example, try calling your friends, kids, grandchildren, or other loved ones on the phone. You can also join zoom calls that your community might offer like the senior center or churches. You can always call me at the senior center (215-546-5879) to sign up for Just Listening! Just Listening is a program of friendly listeners that will offer a safe space to speak.

I hope to hear from you soon.

**Nijayah Douglass**



### Labor Day Schedule Updates:

In observance of Labor Day, the Center will be closed on Monday, September 6.

Zoom classes will not take place that day.

Grab and Go Lunches will be available on Tuesday, September 7 instead.

## 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](http://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

### TUESDAYS

#### CRAFT CORNER • 10AM-12PM

**IN PERSON ONLY:** Art Studio

#### PAINTING CLASS • 10AM

with Sheena Garcia

**IN PERSON ONLY:** Room B

#### CHAIR YOGA • 12-1PM

**ZOOM ONLY**

Zoom ID#: 275 166 4679

Password: CIRFIT

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

#### STORYTELLING & WRITING

1-2 PM

**IN PERSON & ON ZOOM**

Room A

Zoom ID#: 861 2259 2944

Password: 783204

Phone Call In #: 301-715-8592

### WEDNESDAYS

#### ZUMBA • 11:00AM -12:00PM

**IN PERSON & ON ZOOM**

Room A

Zoom ID#: 865 2097 137

Password: CIRFIT

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

#### CERAMIC CLASS

Starts Wednesday, Sept. 15,

1-2pm

**IN PERSON ONLY**

Art Studio

### FRIDAYS

#### BIBLE STUDY • 10-11AM

**ZON ZOOM ONLY**

Phone Call In #: 617-769-8590

(NO ACCESS CODE)

#### LINE DANCING • 1:30-2:30PM

**IN PERSON ONLY**

Room A

### Special Events on Zoom

The call in phone number for each Zoom event below is: 1-929-205-6099

Trinity Center for Urban Life presents  
**SPIRITUALS AND SACRED SONGS**  
a Free Concert with Bass Baritone  
Mr. Ronald Campbell

September 14 • 1pm

Zoom ID#: 839 6973 3318

**AVOIDING ID THEFT presented by**  
Dept. of Banking and Securities  
Thursday, September 16, 1-2pm

Zoom ID#: 831 9088 3454

**PECO PRESENTATION ON SAFETY TIPS**

Thursday, September 23, 11:30-12:30pm

Tips for being energy efficient & a broad overview of PECO savings opportunities

Zoom ID#: 995 7387 0768

Passcode# 8tFasY

### Senior Center Month Special Events

South Philly Jam **MOTOWN SOUL UNPLUGGED PROJECT**

A meet and greet for any senior who want to sing with our group!

Every Friday for 10 Weeks

Starting Sept. 10, 11:30am-12:30pm

Room A

**UNIVERSITY OF PENNSYLVANIA NURSING STUDENTS**

Tuesdays, Sept. 14, 21 & 28, 9:30am

1st floor lobby

**AMERICAN RED CROSS BLOOD DRIVE**

Friday, September 24, 10am-3pm

Room A

### Coffee Cup Events ON ZOOM ONLY

**TOWNHALL MEETING**

**IN MANDARIN**

**TUESDAYS • 1PM**

Zoom ID #:

550 527 7215

**EXERCISE PROGRAM**

**IN MANDARIN**

by Asian Medical Student Association

**MONDAYS • 6PM**

Zoom ID #:

948 3132 2765

**ESL ENGLISH CLASSES**

**MON, WED, THURS & FRI • 9-10:30AM**

Level testing / class registration required.

Class size is limited.

September 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 Pastrami on Rye Bread, Sliced Pastrami, Sliced Cheese, Lettuce Leaf, Tomatoes, Mayo, Coleslaw, 1% Milk, Banana <b>1</b>	Egg Salad Sandwich on Wheat Bread, Lettuce Leaf, Tomatoes, Red Pepper Ring, Macaroni Salad, 1% Milk, Fresh Orange <b>2</b>	Egg Salad Sandwich on Wheat Bread, Lettuce Leaf, Tomatoes, Red Pepper Ring, Macaroni Salad, 1% Milk, Fresh Orange <b>3</b>
<b>CENTER IS CLOSED IN OBSERVANCE OF LABOR DAY</b> <b>6</b>	Turkey Deli Sandwich w/ American Cheese on Whole Wheat Bun, Lettuce Leaf, Tomato & Red Pepper Ring, Pasta Salad, 1% Milk, Diced Pears <b>7</b>	Seafood Salad on Wheat Bun, w/ Lettuce Leaf, Tomato, Hard Boiled Egg, Kale Cranberry Salad, 1% Milk, Fresh Orange <b>8</b>	Cranberry Chicken Salad Sandwich w/ American Cheese on Wheat Bread, Lettuce Leaf & Tomato, Kale Salad w/ Chickpeas, 1% Milk, Mandarin Oranges <b>9</b>	Cranberry Chicken Salad Sandwich w/ American Cheese on Wheat Bread, Lettuce Leaf & Tomato, Kale Salad w/ Chickpeas, 1% Milk, Mandarin Oranges <b>10</b>
Turkey Salad and Cheese Sandwich on Wheat Bun w/ Lettuce & Tomato, Three Bean Salad, 1% Milk, Fresh Apple <b>13</b>	Turkey Salad and Cheese Sandwich on Wheat Bun w/ Lettuce & Tomato, Three Bean Salad, 1% Milk, Fresh Apple <b>14</b>	Tuna Salad Sandwich on Wheat Pita Pocket, Cucumber & Tomato Salad, Red Pepper Ring, 1% Milk, Fresh Orange <b>15</b>	Grilled Chicken Caesar Salad (Romaine Lettuce, Diced Chicken, Chopped Hard Boiled Egg, Crouton, Parmesan Cheese), Red Pepper Ring, Caesar Dressing, 1% Milk, Banana <b>16</b>	Grilled Chicken Caesar Salad (Romaine Lettuce, Diced Chicken, Chopped Hard Boiled Egg, Crouton, Parmesan Cheese), Red Pepper Ring, Caesar Dressing, 1% Milk, Banana <b>17</b>
Grilled Chicken Chef Salad (Grilled Chicken Breast Strips, Mozzarella, Cheddar, 1 Hard Boiled Egg, Romaine Lettuce, Baby Spinach, Broccoli, Crouton) Italian Dressing, 1% Milk, Apricots <b>20</b>	Grilled Chicken Chef Salad (Grilled Chicken Breast Strips, Mozzarella, Cheddar, 1 Hard Boiled Egg, Romaine Lettuce, Baby Spinach, Broccoli, Crouton) Italian Dressing, 1% Milk, Apricots <b>21</b>	Turkey Salad Wrap on Wheat Tortilla Wrap, Red Bell Pepper Ring, Carrot Raisin Salad, 1% Milk, Sugar Free Jell-O <b>22</b>	Turkey BLT on Whole Wheat Bread, Lettuce Leaf, Tomato, Mayo, Coleslaw, 1% Milk, Orange <b>23</b>	Turkey BLT on Whole Wheat Bread, Lettuce Leaf, Tomato, Mayo, Coleslaw, 1% Milk, Orange <b>24</b>
Tuna Hoagie on Wheat Roll w/ Cheese of Tuna Salad, Shredded Lettuce, Tomato, Pasta Salad, Pickled Beets, 1% Milk, Orange <b>27</b>	Tuna Hoagie on Wheat Roll w/ Cheese Tuna Salad, Lettuce, Tomato, Pasta Salad, Pickled Beets, 1% Milk, Orange <b>28</b>	Turkey Pastrami on Rye Bread, Sliced Pastrami, Sliced Cheese, Lettuce Leaf, Tomatoes, Mayo, Coleslaw, 1% Milk, Banana <b>29</b>	Egg Salad Sandwich on Wheat Bread, Lettuce Leaf, Tomatoes, Red Pepper Ring, Macaroni Salad, 1% Milk, Fresh Orange <b>30</b>	<i>Welcome Autumn!</i>