Stay Active

www.PhilaSeniorCenter.org

NewCourtland Philadelphia Senior Center
Avenue of the Arts

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'.

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.

PCA Philadelphia Corporation for Aging
Enriching lives, preserving dignity.

Philadelphia Senior Center receives funding from indicating funding from Philadelphia Corporation for Aging and the Pennsylvania Department of Aging.

Welcome Everyone!

NewCourtland Philadelphia Senior Center
Avenue of the Arts
509 South Broad Street
Philadelphia, PA 19147
215-546-5879
info@newcourtland.org

Stay Active

Monthly Events and Activities for Members

NewCourtland Philadelphia Senior Center
Avenue of the Arts

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

January 2022

Hi Great Members of PSC Arts Branch,

Welcome to 2022. This is our first newsletter of the New Year. I hope that you have a very happy and healthy 2022. We look forward to seeing you at the Center or virtually for another exciting year of fun, friendship, and food.

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, philaseniorcenter.org or contact PSC Arts at 215-546-5879.

IN-CENTER COUNSELORS CORNER

Are you behind on your utility bills? Consider Utility Emergency Services Fund (UESF). UESF provides financial assistance to individuals and families who are facing termination or have received a shut off notice. To qualify you must be a Philadelphia resident and have applied for LIHEAP or CRISIS. UESF also provides case management to help individuals and families stay up to date on utilities. To apply call 215-972-5150. You are also welcome to contact me at PSC Arts if you have questions or need assistance with applying to UESF.

Thank you,
Nijayah Douglass

Martin Luther King Day Schedule Updates:

The Center will be closed on Monday, January 17, in observance of Martin Luther King Day.

Stay Active

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Avenue of the Arts

Weekly Classes

We have reopened with limited seating and classes! Please see below to see which classes are available in-person, on zoom or both!

PRE-REGISTRATION IS REQUIRED FOR ALL IN-PERSON CLASSES.
Please call 215-546-5879 to pre-register.

MONDAYS

MR. BROWN'S COMPUTER CLASS • 11:30AM-12PM
Learn to use a computer, video, zoom, cellphone and your tablet.
ZOOM ONLY: ID#: 831 1542 8778
Phone Call In #: 1-929-205-6099

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

PAPER MACHE • 12:30-2:30PM
IN PERSON ONLY: Art Studio

STORYTELLING & WRITING 1-2 PM
IN PERSON: Room A
ZOOM: ID#: 861 2259 2944
Password: 783204
Phone Call In #: 301-715-8592

WEDNESDAYS

ZUMBA • 11:00AM -12:00PM
IN PERSON: Room A
ZOOM: 865 2097 137
Password: CIRFIT
Phone Call In #: 1-646-558-8656

BINGO
12:30-1:30PM
IN PERSON ONLY: Room A

CERAMICS • 1-2PM
IN PERSON ONLY: Art Studio

SIT AND STRENGTH • 1-2PM
Improve flexibility, muscle, and bone strength.
IN PERSON ONLY: Room A

THURSDAYS

CHAIR YOGA • 11:30AM-12:30PM
with Jo Anna Turner
Zoom ID#: 275 166 4679
Password: CIRFIT
Phone Call In #: 1-646-558-8656

FRIDAYS

BIBLE STUDY • 10-11AM
CONFERENCE CALL ONLY
Phone Call In #: 617-769-8590
(NO ACCESS CODE)

OPEN STUDIO • 1-2PM
IN PERSON ONLY: Art Studio

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

MONDAY-FRIDAY

LET'S TALK • 10:30-11:30AM
ZOOM ONLY: ID#: 897 5553 3856
Phone Call In #: 1-301-715-8592
Employee Schedule: MON: Edwina
TUES: Kenya | WED: Shareeda
THURS: Nijayah | FRI: Julie

Coffee Cup Events

ALZHEIMER PRESENTATION
MONDAYS (BIWEEKLY) • 3-4PM
ZOOM ONLY: ID#: 955 3693 5644
Exercise Program in Mandarin
MONDAYS • 6PM
ZOOM ONLY: ID #: 948 3132 2765
Jefferson ON HEALTH
TUESDAYS • 10-11AM
ZOOM ONLY: ID# 853 7597 2302
Townhall Meeting In Mandarin
WEDNESDAYS • 3PM
ZOOM ONLY: ID #: 550 527 7215
ESL ENGLISH CLASSES
Mon, Wed, TH & Fri • 9-10:30am
Level testing / registration required.

Special Events on Zoom

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

Leah Macdonald Mix Media Artist presents: HOME - A NEW STORY
Every Mon. Starting Jan. 10, 2:30-3:30pm
Explore home and your surroundings. Visually to create art about your family environment and living space.
ZOOM ONLY: ID#: 838 0793 7646
Phone Call In #: 1-929-205-6099

SENIOR LAW CENTER PRESENTATION with Tara Saunders, Legal Advocate
Thursday, January 13, 11:30am-12:30pm
ZOOM ONLY: ID#: 815 7658 3428
Phone Call In #: 1-929-205-6099

Judy Harris with AARP Presents: EAT YOUR VEGETABLES
Thursday, January 20, 12:30-1:30pm
ZOOM ONLY: ID#: 869 1609 1327
Phone Call In #: 1-929-205-6099

The Friends of the Avenue of the Arts Presents: MEET & GREET
Friday, January 7, 10:30-11:30am
Grab a cup of coffee or tea and learn about organization and benefits
ZOOM ONLY: ID#: 871 2863 9762
Phone Call In #: 1-929-205-6099

In-Person Special Events

RED HATTER MEETING
Wednesday, January 5, 1-3pm
Room A

Philadelphia Health Deptartment's Terri Clark & Friends present OUTREACH ROUNDTABLE
Wednesday, January 5, 9:30am-12:30pm
1st Floor Lobby

SOUTH PHILLY JAM SESSION
Friday, January 28 • 11:30-1:00pm
Room A

Jefferson Mobile Cancer Screening MAMMOGRAM VAN
Tuesday, January 11, 9am-1pm
Sign up 8 participants only please sign up now! You will need a script from your doctor. For ages 40-75yrs old.

January 2022

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
3 Tangy Turkey & Cheese on Wheat Bun, Deli Turkey, Cheddar Cheese w/Onion & Red Pepper Ring, Tangy Honey Sauce, Cucumber Salad, 1% Milk, Fresh Apple	4 Tangy Turkey & Cheese on Wheat Bun, Deli Turkey, Cheddar Cheese w/Onion & Red Pepper Ring, Tangy Honey Sauce, Cucumber Salad, 1% Milk, Fresh Apple	5 Seafood Salad on Wheat Bun, Lettuce Leaf, Tomatoes, Hard-Boiled Egg, Shredded Kale w/ Chickpeas, Reduced Fat Italian Dressing, 1% Milk, Fresh Banana	6 Chef Salad w/ Mozzarella, Turkey Ham, Turkey Salami, Romaine Lettuce, Tomatoes & Cucumbers, Hard Egg, Red Pepper Ring, Low Fat Ranch Dressing,1% Milk, Fresh Orange	7 Chef Salad w/ Mozzarella, Turkey Ham, Turkey Salami, Romaine Lettuce, Tomatoes & Cucumbers, Hard Egg, Red Pepper Ring, Low Fat Ranch Dressing,1% Milk, Fresh Orange
10 Chicken Salad Platter w/ Wheat Roll, Lettuce leaf, Tomatoes, Red Skinned Potato Salad, Shredded Lettuce w/ Tomatoes, French Dressing, 1% Milk, Peaches	11 Chicken Salad Platter w/ Wheat Roll, Lettuce leaf, Tomatoes, Red Skinned Potato Salad, Shredded Lettuce w/ Tomatoes, French Dressing, 1% Milk, Peaches	12 Salmon Poke Bowl w/Cooked Rice, Chopped Romaine, Canned Salmon, Diced Red Peppers, Cucumber & Scallions, Three Bean Salad, 1% Milk, Fresh Apple	13 **Martin Luther King Day Festive Meal TBA**	14 **Martin Luther King Day Festive Meal TBA**
17 **Center Closed in Observance of Martin Luther King Jr. Day**	18 BLT Turkey Salad Bowl, Turkey Bacon, Turkey Breast, Cooked Rotini Pasta, Chopped Romaine, Diced Tomatoes, Red Pepper Ring, Onions, Reduced Fat Ranch Dressing, Three Bean Salad, 1% Milk, Fresh Apple	19 Corned Beef on Rye w/ Swiss Cheese & Sauerkraut, Coleslaw, Walldorf Kale Salad, 1% Milk, Fresh Banana	20 Turkey & Ham Poke Bowl w/ Turkey Salami & Ham, Chopped Romaine Lettuce, Mozzarella Cheese, Chickpeas, Tomatoes & Cucumbers, Croutons, Unsalted French Dressing, 1% Milk, Pineapple Chunks	21 Turkey & Ham Poke Bowl w/ Turkey Salami & Ham, Chopped Romaine Lettuce, Mozzarella Cheese, Chickpeas, Tomatoes & Cucumbers, Croutons, Unsalted French Dressing, 1% Milk, Pineapple Chunks
24 Asian Tuna Salad w/ Tuna, Dried Cranberries, Shredded Carrots, Green Onions & Radish, Sesame Seeds & Cilantro, Red Pepper Ring, Whole Wheat Dinner Roll, Low Salt Soy Sauce, 1% Milk, Fruit Cocktail	25 Asian Tuna Salad w/ Tuna, Dried Cranberries, Shredded Carrots, Green Onions & Radish, Sesame Seeds & Cilantro, Red Pepper Ring, Whole Wheat Dinner Roll, Low Salt Soy Sauce, 1% Milk, Fruit Cocktail	26 Beef & Cheese Wrap w/Low Salt Roast Beef, Wheat Wrap, Shredded, Mozzarella Cheese, Diced Red Onion, Tomato, Reduce Fat Sour Cream, Carrot & Raisin Salad, 1% Milk, Fresh Orange	27 Kale Salad w/ Chicken Strips Kale, Grilled Chicken, Shredded Carrots, Diced Red Onions, Shredded Mozzarella Cheese, Croutons, Low Fat Ranch Dressing, Red Skin Potato Salad, 1% Milk, Unsweetened Applesauce	28 Kale Salad w/ Chicken Strips Kale, Grilled Chicken, Shredded Carrots, Diced Red Onions, Shredded Mozzarella Cheese, Croutons, Low Fat Ranch Dressing, Red Skin Potato Salad, 1% Milk, Unsweetened Applesauce
31 Tangy Turkey & Cheese on Wheat Bun, Deli Turkey, Cheddar Cheese w/Onion & Red Pepper Ring, Tangy Honey Sauce, Cucumber Salad, 1% Milk, Fresh Apple				

Note: Menus Are Subject To Change