

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!

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

509 South Broad Street
Philadelphia, PA 19147



Stay Active

Monthly Events and Activities for Members

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

April 2022

Hi Great Members of PSC Arts Branch,

Happy National Volunteer Month. April became National Volunteer Month as part of President George H. W. Bush's 1000 Points of Light campaign in 1991. President George H.W. Bush's vision of 1,000 points of light, which he shared in his 1989 inaugural address, helped mobilize volunteers across the country. He founded Point of Lights, the world's largest organization dedicated to volunteer service, with a mission to encourage millions of people to act and change the world. The entire month of April is National Volunteer Month and, within April, there's also National Volunteer Week, also known as National Volunteer Appreciation Week. PSC Arts will celebrate our volunteers during National Volunteer Appreciation Week on April 19th with an Appreciation Concert, Make It and Take It Greeting Card Creation Day for the Sick and Shut in on April 20th, and In Person Volunteer Recognition Celebration on Friday, April 22nd. Thank you to all the volunteers at PSC Arts that make a difference in the lives of others.

PSC Arts is continuing with limited in person classes. We are open every week now on Tuesday, Wednesday and Fridays 8:30am-4:30pm. We will gradually introduce classes.

Reopening Guidelines:

- Surgical mask are required at all times.
- Social Distancing 3ft required.
- Class pre-registration is required with pre & post health screenings. Call 215-546-5879.
- Temperatures taken at the front door.
- If you are not well please contact your physician and stay home until fully recovered.
- Please exit the building after class.
- CCT riders will wait for their rides on 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.

Thanks!

Julie Nelson
Center Manager



Good Friday Schedule Update:

The Center will be closed on Friday, April 15, in observance of Good Friday.

Zoom classes are also cancelled that day.

VOLUNTEER APPRECIATION WEEK

In Person Events April 19th, 20th & 22



Preregistration required for all volunteer events: 215-546-5879

SPRING CONCERT

Trinity Center for Urban Life Presents:
Ronald Campbell Bass Baritone with
Pianist Steven Moyer
Tuesday, April 19, 1-2pm
2nd Floor Auditorium

**MAKE IT & TAKE IT
GREETING CARD EVENT**
Wed, April 20, 11:30am-12:30pm
Art Studio

**VOLUNTEER RECOGNITION
AWARD CELEBRATION**
Friday, April 22, 11am-12pm
Auditorium

Weekly 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

PAINTING CLASS • 10AM

with Sheena Garcia
IN PERSON ONLY: Room B

CRAFT CORNER • 10AM

IN PERSON ONLY: Art Studio

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: Room A

ZOOM ONLY: ID#: 842 5288 8500

Password: 554559

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

PAPER MACHE • ON HOLD

WEDNESDAYS

ZUMBA • 11:00AM -12:00PM

ZOOM ONLY: ID#: 865 2097 137

Password: CIRFIT

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

BINGO • 12:30-1:30PM

IN PERSON ONLY: Room A

OPEN STUDIO • 1-3 PM

IN PERSON ONLY: Art Studio

SIT AND STRENGTH • ON HOLD

THURSDAYS

CHAIR YOGA • 11:30-12:30PM

with Jo Anna Turner

ZOOM ONLY: 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)

CERAMICS • 10AM-12PM

IN PERSON ONLY: Art Studio

LINE DANCING • 1:30-2:30PM

with Gloria Kingcade

IN PERSON ONLY: Room A

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

THE BEST DAY OF MY LIFE STORYTELLING PROGRAM THURSDAYS, 1:30PM

ZOOM ONLY: ID #: 550 527 7215

Passcode 19147

Special Events

"JUST LISTENING" Facilitated by
Ella Rose, Temple Social Work Intern
Every other Wednesday: April 6, April 20
and May 4, 10am-11am

Come to listen and be listened to! Must
register by calling PSC Arts 215-546-5879.

ZOOM ONLY: ID#: 832 5694 7693

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

RED HATTER MEETING

Wednesday, April 6, 1-3pm

IN PERSON: Second Floor Lobby

COLON CANCER PREVENTION

Monday, April 11, 1-2pm

Registration required, 6 members needed to
host this class.

ZOOM ONLY: ID#:839 9693 0051

MOTIVATE VACCINE EDUCATION PROJECT

Online via Zoom. 4 members needed to host
this study! Research study to add knowledge
of and beliefs about the importance
of vaccines. Monetary visa gift card for
completing the study.

Outreach Session: Thurs, April 14, 1-2pm

Intervention Session: Thurs, April 21, 1-2pm

ZOOM ID#: Provided upon registration

Jefferson Pharmacy Students Outreach

BLOOD PRESSURE SCREENING

Friday, April 22, 12:30-1pm

IN PERSON: First Floor Lobby

Jefferson Health Sidney Kimmel Cancer

Center Mobile Cancer Screening Van FREE MAMMOGRAM SCREENING EVENT

Tuesday, April 26, 2022, 9am-1:00pm

Physicians Referral Needed. Eight people
needed for this event. Registration required by
Tuesday, April 19. Please call the center for an
appointment. (In person)

SOUTH PHILLY JAM SESSION

Friday, April 29, 11:30am-1:30pm

IN PERSON: Room A

MOSAIC CLAY MEMORY TILE PROJECT

Friday, April 29, 12:30-1:30pm

IN PERSON: Art Studio

Did you participate in this online art class?
If so, come view your finished work.

April 2022

Grab & Go Cold Box Lunches

Available Monday & Thursday, 9am-2pm

Porch Area • Face Mask Required

Suggested Contribution \$1.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Chef Salad w/ Low Salt Mozzarella Cheese, Turkey Ham, Turkey Salami, Romaine Lettuce, Diced Tomatoes & Cucumbers, Hard Egg, Red Pepper Ring, Low Fat Ranch Dressing, 1% Milk, Fresh Orange 1
Chicken Salad Platter 4 w/ Wheat Roll, Lettuce Leaf, Tomatoes, Red Skinned Potato Salad, Shredded Lettuce w/ Tomatoes, No Salt French Dressing, 1% Milk, Peaches	Chicken Salad Platter 5 w/ Wheat Roll, Lettuce Leaf, Tomatoes, Red Skinned Potato Salad, Shredded Lettuce w/ Tomatoes, No Salt French Dressing, 1% Milk, Peaches	Salmon Poke Bowl, 6 Cooked Rice, Chopped Romaine, Canned Salmon, Diced Red Peppers, Cucumber, Scallions, Three Bean Salad, 1% Milk, Fresh Apple	Deli Turkey on Rye 7 Bread, Cheddar Cheese, Lettuce Leaf, Tomatoes, Coleslaw, 1% Milk, Apricots	Deli Turkey on Rye 8 Bread, Cheddar Cheese, Lettuce Leaf, Tomatoes, Coleslaw, 1% Milk, Apricots
BLT Turkey Salad Bowl, 11 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	BLT Turkey Salad Bowl, 12 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	Corned Beef on 13 Rye w/ Swiss Cheese & Sauerkraut, Coleslaw, Waldorf Kale Salad, 1% Milk, Fresh Banana	Good Friday Festive Meal 14 Tuna Salad Sandwich on Wheat Bread w/Kale, Tomato & Red Onion, Broccoli & Carrot Slaw, Fresh Orange, 1% Milk, Fudge Nut Brownie	Center Closed in Observance of Good Friday 15
Asian Tuna Salad, 18 Tuna, Dried Cranberries, Shredded Carrots, Green Onions & Sliced Radish, Sesame Seeds & Cilantro, Red Pepper Ring, Whole Wheat Dinner Roll, Low Salt Soy Sauce, 1% Milk, Fruit Cocktail	Asian Tuna Salad, 19 Tuna, Dried Cranberries, Shredded Carrots, Green Onions & Sliced Radish, Sesame Seeds & Cilantro, Red Pepper Ring, Whole Wheat Dinner Roll, Low Salt Soy Sauce, 1% Milk, Fruit Cocktail	Beef & Cheese 20 Wrap, Low Salt Roast Beef, Wheat Wrap, Shredded Mozzarella Cheese, Diced Red Onion, Tomato, Reduced Fat Sour Cream, Carrot & Raisin Salad, 1% Milk, Fresh Orange	Kale Salad w/ Chicken 21 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	Kale Salad w/ Chicken 22 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
Tangy Turkey & Cheese on Wheat Bun, 25 Deli Turkey, Cheddar Cheese w/ Onion & Red Pepper Ring, Tangy Honey Sauce, Cucumber Salad, 1% Milk, Fresh Apple	Tangy Turkey & Cheese on Wheat Bun, 26 Deli Turkey, Cheddar Cheese w/ Onion & Red Pepper Ring, Tangy Honey Sauce, Cucumber Salad, 1% Milk, Fresh Apple	Seafood Salad on 27 Wheat Bun, w/ Lettuce Leaf, Tomato, Whole Sliced Hard Boiled Egg, Shredded Kale w/ Chickpeas, 1% Milk, Fresh Banana	Chef Salad w/ Low Salt Mozzarella Cheese, Turkey Ham, Turkey Salami, Romaine Lettuce, Diced Tomatoes & Cucumbers, Hard Egg, Red Pepper Ring, Low Fat Ranch Dressing, 1% Milk, Fresh Orange 28	Chef Salad w/ Low Salt Mozzarella Cheese, Turkey Ham, Turkey Salami, Romaine Lettuce, Diced Tomatoes & Cucumbers, Hard Egg, Red Pepper Ring, Low Fat Ranch Dressing, 1% Milk, Fresh Orange 29