

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!

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

August 2022

Hi Great Members of PSC Arts Branch,

The Philadelphia Senior Center on Avenue of the Arts Branch is excited to announce the reopening of the GreenBean Internet Café for in-person congregate hot & cold meals. The GreenBean Internet Cafe will operate at a reduced capacity to maintain careful social distancing. Members will continue to receive a single Grab & Go Meal from the front porch area on Mondays & Thursdays 9am-2pm. On Tuesday, Wednesday, and Fridays, in person dining will be available only to members that have registered in advance by calling the center (215-546-5879) and completed a pre-health screening as required by all Philadelphia Senior Centers.

On Tuesday, Wednesday, and Fridays, PSC Arts will have two lunch seatings to safely service our members and follow Covid precautions. The first lunch will start at 11:00am until 11:45am with a maximum capacity of 50 members. Please arrive no later than 11:30am for the 11:00am seating. The dining area will close promptly from 11:45am until 11:59am allowing the dietary staff an opportunity to clean and sanitize the cafe. Members who arrive after 11:30am for the 11:00am seating will be placed on a wait list for the 12:00pm lunch program. Second seating will be 12:00pm until 12:45pm, also with a capacity of 50 members only. All participants will be required to exit the GreenBean Internet Café promptly at 1:00pm for cafe cleanup.

Reopening Guidelines:

- Surgical mask are required at all times.
- Social Distancing 3ft required.
- Class and lunch programs pre-registration is required for pre- health screenings. Please 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 and/or lunch program.
- CCT riders will wait for their rides on the 1st floor lobby.
- Eating is only permitted in the GreenBean Café on congregate meal days (Tuesday, Wednesday & Fridays).
- Zoom classes will continue online.
- One Grab & Go Meal will be provided on Mondays and Thursdays only from 9am -2pm on the porch area.

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

Greetings! The Farmer's Market Nutrition Program (SFMNP) Produce Vouchers are available at the center. Qualified participants who live in Philadelphia and are 60 years of age, are eligible to receive four \$6 vouchers totaling \$24. Please have your current state ID with you, when picking up the vouchers for proof of residency. Interested consumers, please contact the Philadelphia Senior Center Arts Branch during operational hours of 8:30am-4:30pm, Monday through Friday at 215-546-5879. We look forward to serving you.

Best Regards,
Charmayne Lockerman



BEAT THE HEAT!

Here are a few things to keep in mind this summer:

- Drink plenty of water, even if you are not thirsty and avoid drinks with alcohol or caffeine.
- Wear light-colored, lightweight, loose clothing.
- If you go outdoors, use sunscreen, wear a hat and/or use an umbrella for shade.
- Spend as much time as possible in an air-conditioned environment (like PSC).
- Take additional cool baths and showers.
- Use insulated drapes and keep blinds/shades closed during daylight.
- Travel when heat is less intense.
- Use a fan, but only when there is cool air blowing and a window is open.
- Cut down on vigorous activity in the heat of the day.

info@newcourtland.org
215-546-5879

Philadelphia, PA 19147
509 South Broad Street



Weekly Classes

Please see below classes that are available for in person, on zoom or both!
Pre-registration and health screening is required for all in-person classes and indoor events.
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
IN PERSON ONLY: Art Studio

STORYTELLING & WRITING
1-2 PM

IN PERSON: Room A
ZOOM: ID#: 842 5288 8500
Password: 554559
Phone Call In #: 1-646-558-8656

PAINTING CLASS • 1-3PM
with Sheena Garcia

IN PERSON ONLY: Room A

WEDNESDAYS

ZUMBA • 11:15AM -12:15PM
IN PERSON CLASS IS BACK!!

IN PERSON: Room A
ZOOM: ID#: 865 2097 137
Password: CIRFIT
Phone Call In #: 1-646-558-8656

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



THURSDAYS

CHAIR YOGA • On Break until 9/1
with Jo Anna Turner

ZOOM ONLY: ID#: 865 209 7137
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 • 10 AM
IN PERSON ONLY: Art Studio

CERAMICS • On Break until 9/9

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 • 10:30AM

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, 2PM
ZOOM ONLY: ID #: 550 527 7215
Passcode 19147

Special Events

Pre-registration and health screening is required for all in-person classes and indoor events.

Bridging the Gaps Student Presentation:
DENTAL HEALTH W/ SYDNEY
Tuesday, August 2, 12pm
IN PERSON: GreenBean Internet Café

Sheila Dixon POP-UP BOUTIQUE
AND DOLLAR DAY!
Wednesday, August 3, 11am-2pm
IN PERSON: Front Porch

RED HATTER MEETING
Wednesday, August 3, 1-3pm
IN PERSON: 2nd Floor Lobby

Lunch & Learn:
LET'S TALK ABOUT MENTAL HEALTH,
with Kaira, BTG Intern
Friday, August 5, 11am & 12pm seatings
IN PERSON: GreenBean Internet Café

JUST LISTENING CIRCLES
Wednesdays, 10am-11am
ZOOM ONLY: ID#: 832 5694 7693
Password: 382678
Phone Call In #: 1-929-205-6099
<https://justlistening.net/>
SUMMER ZOOM SESSIONS:
August 10: Medical and Health Concerns
August 24: Forgiveness

HEAT AWARENESS WORKSHOP
presented by Juliette Pailin
Department of Public Health
Friday, August 19, 12:00-12:45pm
GreenBean Internet Café

United Health Presentation:
NUTRITION WORKSHOP
Friday, August 26, 12:30-1:30pm
IN PERSON: 2nd Floor Auditorium

Lunch & Learn:
GAMBLING AWAY THE GOLDEN YEARS
Tuesday, August 30, 12:00pm
When Gambling Turns From Entertainment To Addiction. Presented by Black Women's Health Alliance.
IN PERSON: GreenBean Internet Café

Healthy Eating: August 2022

In Person Congregate Meals: Tues, Wed, & Fri
Pre-Registration & Health Screening Required 215-546-5879
Grab & Go Lunches: Mon & Thurs, 9am-2pm
Porch Area • Face Mask Required
Suggested Contribution \$1.25 for In Person & Grab and Go Meals



Monday	Tuesday	Wednesday	Thursday	Friday
GRAB & GO MEAL 1 Egg Salad Sandwich on Wheat Bread w/ Lettuce Leaf, Slices of Tomato, Pasta Salad, Red Bell Pepper Ring, Fresh Orange	IN PERSON MEAL 2 Grilled Beef Sausage w/ Sliced Onions & Peppers on a Wheat Roll, Baked Russet Potato w/ Cheddar & Marg, Tossed Romaine Salad w/ Tomatoes & Cucumbers, Reduced Fat Italian Dressing, Fruit Cocktail Cold: Chicken Caesar Wrap, Grilled Chicken, Wheat Tortilla, 1oz LS Mozzarella Cheese, Shredded Lettuce, Baby Spinach w/ Diced Onions & Low-Fat Ranch Dressing, Pickled Beets, Peaches	IN PERSON MEAL 3 Shrimp Fried Rice, Steamed Shrimp, Steamed Brown Rice, Steamed Broccoli, Wheat Dinner Roll, w/Margarine, Fresh Banana Cold: Turkey Pesto Wheat Wrap, Low Salt Turkey, Teaspoon Pesto Sauce, Low Salt Mozzarella Cheese, Shredded Lettuce, Diced Tomato, Sliced Cucumber, & Shredded Carrots w/ Unsalted French Dressing, Fresh Banana	GRAB & GO MEAL 4 Tuna Salad Sandwich on Wheat Bun w/ Low Salt Cheddar Cheese Slice, Tomato, Shredded Lettuce, Three Bean Salad, Fresh Orange	IN PERSON MEAL 5 Breaded Fish, w/ Tartar Sauce on a Hamburger Bun, Baked Steak Fries, Green Beans, Ketchup, Fresh Orange, Chilled Pears Cold: Low Salt Turkey BLT Sandwich on Wheat Bread, Turkey Bacon w/ Lettuce Leaf, Tomato, Chopped Kale, Broccoli Florets, Unsalted Walnuts w/ Low Fat Italian Dressing, Red Skin Potato Salad, Fresh Apple
GRAB & GO MEAL 8 Spinach, Bacon & Mushroom Salad, Low Salt Turkey Bacon, Fresh Spinach, Fresh Mushroom, Diced Tomato, Croutons, Hard Boiled Egg, w/ Low Fat Ranch Dressing, Fruit Cocktail	IN PERSON MEAL 9 BBQ Chicken Legs, Baked Sweet Potatoes, Spinach, Cornbread, Fresh Orange Cold: Turkey & Cheese Sandwich on Wheat Bread, w/ Lettuce Leaf, Tomato & Low Salt American Cheese, Coleslaw, Red Bell Pepper Ring, Mandarin Orange	IN PERSON MEAL 10 General Tso's Chicken, Brown Rice, Oriental Blend, Egg Roll w/ Duck Sauce, Fortune Cookie, Fresh Apple Cold: Low Salt Roast Beef & Cheese Sandwich on Multigrain Bread w/ Lettuce Leaf, Tomato, Low Salt American Cheese, Macaroni Salad, Mayo, Fresh Banana	GRAB & GO MEAL 11 Grilled Chicken Teriyaki Wheat Wrap, Shredded Red Cabbage, Shredded Carrots, Chopped Green Onions, Chopped Tomato & Low Salt Teriyaki Sauce, Tricolor Pasta Salad, Sliced Peaches	IN PERSON MEAL 12 Ground Turkey Meat Sauce w/ Spaghetti Noodles, Italian Broad Beans, Fresh Banana, Garlic Bread, Sugar Free Strawberry Jell-O Cold: Tuna Salad Sandwich on Wheat Bun w/Tomato, Low Salt American Cheese, Shredded Lettuce w/ Low Salt Parmesan Cheese, Croutons & Fat Free Caesar Dressing, Fresh Orange
GRAB & GO MEAL 15 Grilled Chicken Burrito Bowl, Chopped Romaine, Quinoa, Chopped Tomato & Green Peppers, Shredded Mozzarella Cheese w/ Low Fat Ranch Dressing, Pear Halves	IN PERSON MEAL 16 Breaded Chicken Patty, Bun w/ Honey Mustard, Salad w/ Kale & Baby, Spinach, Low Fat Italian Dressing, Stewed Tomatoes, Strawberry Greek Yogurt Cold: Low Salt Roast Beef & Swiss Cheese Sandwich on Rye Bread w/ Low Fat Russian Dressing & Coleslaw, Carrot & Raisin Salad, Fresh Orange	IN PERSON MEAL 17 Beef Pepper Steak, Egg Noodles, Veggie Asian Blend, Wheat Dinner Roll w/ Margarine, Fresh Banana Cold: Seafood Salad Sandwich on Croissant w/ Low Salt American Cheese, Lettuce Leaf, Tomato, Chopped Kale, Broccoli Florets, Cranberries w/ Unsalted Reduce Fat Italian Dressing, Fresh Apple	GRAB & GO MEAL 18 Grilled Chicken Caesar Salad, Chopped Romaine, Low Salt Parmesan Cheese, Low Salt Chickpeas, Fat Free Caesar Dressing, Whole Wheat Dinner Roll, Sugar-Free Vanilla Pudding	IN PERSON MEAL 19 Baked Cod w/ Lemon Dill Sauce, Broccoli, Lima Beans, Wheat Dinner Roll, Peaches Cold: Diced Turkey Salad Sandwich on Wheat Bun w/ Lettuce Leaf, Tomato, Pasta Salad, Fresh Banana
GRAB & GO MEAL 22 Low Salt Roast Beef & Cheese Sandwich on Multigrain Bread w/ Low Salt American Cheese, Lettuce Leaf, Tomato, Pasta Salad, Mayonnaise, Fresh Orange	IN PERSON MEAL 23 Baked Turkey Ham w/ Crushed Pineapples, Buttered Noodles, Mini Corn on Cob, Fresh Spinach Salad, w/ Roasted Unsalted Walnuts, Low Fat French Dressing, Fresh Apple Cold: Southwest Chicken Wheat Wrap, Reduce Fat Sour Cream, Black Beans, Diced Red Pepper, Corn, Low Salt Cheddar Cheese, Fresh Kale w/ Diced Tomato, Low Salt Chickpeas, Pineapple Chunks	IN PERSON MEAL 24 Szechuan Beef w/Low Salt Szechuan Sauce, Brown Rice, Asian Blend Vegetable, Fortune Cookie, No Sugar Added Chocolate Ice Cream Cold: Turkey & Cheese Hoagie on Wheat Roll w/ Shredded Lettuce, Tomato, Chopped Onions, Coleslaw, Mayonnaise, Low Fat Strawberry Yogurt	GRAB & GO MEAL 25 Seafood Salad Sandwich on Wheat Bun w/ Lettuce Leaf, Tomato, Chopped Kale, Broccoli Florets, Cranberries, Unsalted Walnuts, w/ Reduce Fat Italian Dressing, Mandarin Oranges	IN PERSON MEAL 26 Hot Open-Faced Turkey on Wheat Bread w/ Low Salt Gravy, Baked Russet Potato, Steamed Broccoli, Tossed Salad w/ Romaine Lettuce, Cucumbers & Tomatoes, Low Fat Ranch Dressing, Mango Cold: Cold Chicken Salad Platter, Hard Cooked Egg, Celery Sticks, Carrot Sticks, Croissant, Pickled Beets, Fresh Banana
GRAB & GO MEAL 29 Egg Salad Sandwich on Wheat Bread w/ Lettuce Leaf, Slices of Tomato, Pasta Salad, Red Bell Pepper Ring, Fresh Orange	IN PERSON MEAL 30 Grilled Beef Sausage w/ Sliced Onions & Peppers on a Wheat Roll, Baked Russet Potato w/ Cheddar & Marg, Tossed Romaine Salad w/ Tomatoes & Cucumbers, Reduced Fat Italian Dressing, Fruit Cocktail Cold: Chicken Caesar Wrap, Grilled Chicken, Wheat Tortilla, 1oz LS Mozzarella Cheese, Shredded Lettuce, Baby Spinach w/ Diced Onions & Low-Fat Ranch Dressing, Pickled Beets, Peaches	IN PERSON MEAL 31 Shrimp Fried Rice, Steamed Shrimp, Steamed Brown Rice, Steamed Broccoli, Wheat Dinner Roll, w/Margarine, Fresh Banana Cold: Turkey Pesto Wheat Wrap, Low Salt Turkey, Teaspoon Pesto Sauce, Low Salt Mozzarella Cheese, Shredded Lettuce, Diced Tomato, Sliced Cucumber, & Shredded Carrots w/ Unsalted French Dressing, Fresh Banana		