

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. Thank you for being a volunteer at the PSC Arts Branch!

Are You Experiencing Any of These Issues:

- Stress and anxiety
- Dealing with the loss (or anticipated loss) of a loved one
- Overwhelmed or challenged with family responsibilities and obligations
- Struggling with a relationship
- Feeling under-appreciated and/or undervalued or misunderstood

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, non-judgmental listening ear in a safe, supportive, and confidential 'space'.

CLASS COUPONS ARE BACK

Coupons can be purchased at the Program Window. Coupons cost \$1 per coupon, \$5 per book of coupons. Coupons should be purchased prior to class time.

CCT CONNECT SHARE RIDE SERVICE

Rides are available for senior center, supermarket, pharmacy, and medical appointments. Application, ride schedule, changes, or questions please contact the center at 215-546-5879. Suggested Contribution of \$1.00 is appreciated. Donation box and sign in sheet located at the front desk. Please sign in and out at the center when using CCT.

PROGRAM WINDOW

Now open Monday through Friday 9am -1pm to assist with new member applications, renew silver membership, obtain membership card, purchase trips, coupons, stamps, and sign up for center activities.

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.



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



Welcome Everyone!

509 South Broad Street
Philadelphia, PA 19147
215-546-5879
info@newcourtland.org



Happy Autumn to the greatest members ever!

Fall is the perfect time to get out and visit with your friends at PSC Arts. Now that we are having cooler weather, it is a great time to try new classes that are being hosted at your center.

Every Monday at 10am meet with Simone and friends to discuss topics that directly impact older adults. All class discussions are free and confidential! Hope to see you soon on Mondays, at 10am for TLC (Lets Talk Listen & Care) 2nd floor room A.

New Art Class Alert: Painted, Woven Abstract Art Workshop lead by Artist – Diane Litten. Discuss your personal and community values in a way that is fun, artistic, and enjoyable. Share your authentic values to result in a weaved work of abstract art. The ten-week workshop is scheduled to start on Thursday Oct. 5th at 1pm in the Art Studio, cost: no fee. Registration is required at the Program Window.

Celebrate the fall harvest with us on Tuesday, October 31st from 1:30 to 3:00pm in the Green Bean Internet Café. Registration is required at the Program Window by Monday, Oct. 30th Cost: \$2.00.

Friendly reminder all members are required to show your membership card whenever you are entering the building. Your cooperation is greatly appreciated!!!

Thank you,
Julie Nelson
Center Manager

COUNSELOR'S CORNER

Greeting Members,

Preventative Care for Seniors

Preventive services are important for everyone, especially older adults, as your risk for health problems increases as you age. Preventative services help you stay healthy, detect health problems early, determine the most effective treatments, and prevent certain diseases.

Some important preventative care services include:

- Annual wellness exam
Visit your doctor once a year for a physical.
- Breast cancer screening
The risk of getting breast cancer increases as you get older. More than 40% of all new breast cancer cases are in women 65 years of age and older. Women between the ages of 50 and 74 should have a mammogram every 2 years to screen for breast cancer.
- Colorectal cancer screening
60% of new colorectal cancer cases are in adults 70 years of age and older. The American Academy of Family Physicians recommends screening for colorectal cancer with fecal immunochemical tests, flexible sigmoidoscopy, or colonoscopy starting at age 50 years and continuing until age 75 years.
- Diabetes screening
Diabetes is very common in older adults. It affects 1 out of every 4 adults 65 years of age and older. If you are overweight or obese, your doctor may test you for diabetes, even if you don't have symptoms.
- Osteoporosis screening
The risk of osteoporosis increases as you get older. Women who are 65 years of age and older should be tested for osteoporosis. This test is called a bone mass (or bone density) test.

More than half of adults 65 years of age and older are not up to date with the preventive services doctors recommend. Skipping these services can be dangerous. Most insurance and Medicare plans cover all costs of preventive services.

Questions for your doctor:

- How often do I need each screening?
- How is each screening done?
- Can I get these tests done at my yearly doctor's appointment?
- Are there things that make me more likely to have a disease or condition?

If you need help making your screening appointments, please call the center and schedule a meeting with me

Best regards,
Charmayne Lockerman, In-Center Counselor

Upcoming Trips

DINE AROUND TOWN: Hard Rock Café, 1113 Market St. Friday October 6, 12pm

Participants are responsible for the full cost of their meal. CCT available for cardholders. Registration required at the Program Window.

WINE TASTING & JAZZ: NewCourtland Main Campus on the Lawn, 6950 Germantown Ave. Thursday, October 19, 2-5pm

20 spots available. Come out and enjoy great Jazz music and refreshments! CCT available for cardholders. Registration required at the Program Window by October 13.

Farmers Market Voucher Trip: Rittenhouse Farmers Market 18th & Walnut Street Tuesday, November 7, 10am

CCT available for cardholders. Registration required at the Program Window by Friday, October 27.

Weekly Activities

** FIRST TIME YOU TRY ANY CLASS THERE IS NO FEE! **

MONDAY-FRIDAY

PSC FITNESS CENTER • 9AM-3PM
Athletic Shoes Only (sneakers). Medical form needs to be completed by your doctor to use the fitness center. The form is available at the Program Window.

GAME TIME! • 9AM-4:15PM
1ST & 2ND FLOOR LOBBIES

Four people only at a table for Pinochle, Skip-Bo, Dominos, Checkers & Chess. Please do not move tables and chairs to allow for more than four players. Your cooperation is appreciated!

MONDAYS

STAINED GLASS • 10AM-1PM
Art Studio. Cost: 4 Coupons

TLC SUPPORT GROUP • 10-11AM
Led by Social Worker Simone Rubin, offering suggestions for coping with issue of today. All class discussions are confidential. Room A. Cost: No Fee

COMPUTER CLASS • 11:30AM-12:30PM
2nd Floor Room C Computer Lab or Zoom
Zoom ID#: 831 1542 8778
Phone Call In #: 1-929-205-6099
Cost: 1 Coupon

PSC CHOIR • 1-2:30PM
New Director Greg Scott original "Breakwater" Member. Room A. Cost: 1 Coupon

TUESDAYS

CRAFT CORNER • 10AM-12PM
2nd Floor Art Studio. Cost: 2 Coupons

BIBLE STUDY • 10-11:30AM
2nd Floor Auditorium or
Conference Call: 1-617-769-8590
Cost: Free. Will Offering Excepted

PAINTING CLASS • 10AM-12PM
Room B. Cost: 2 Coupons

STORYTELLING & WRITING • 1-2PM
Room B or Zoom ID: 842 5288 8500
PW: 554559 Call In #: 1-646-558-8656
Cost: No Fee

NEW CLASS!
GAME BOARD DESIGN • 1-3PM
with Sheena. 2nd Floor Art Studio.
Cost: 2 Coupons

LINE DANCE CLASS • 2-3PM
with Gloria Kingcade
Rooms A & B. Cost: 2 Coupons

WEDNESDAYS

CHI KUNG • 10-11AM
Room A or Zoom. Cost: 2 Coupons
Zoom ID: 860 2531 6103
Call In #: 1-646-558-8656

WEDNESDAYS (cont.)

BEGINNER CERAMIC CLASS
10AM-12PM
Art Studio. Cost: 3 Coupons

ZUMBA • 11:15AM -12:15PM
Rooms A & B. Cost: 2 Coupons

BINGO • 12:30-1:30PM
Room A Cost: No Fee

ADVANCED CERAMICS • 1-3PM
Art Studio. Cost: 3 Coupons

THURSDAYS

JEWELRY & BEADING • 10-12PM
with Elizabeth Cason
Art Studio. Cost: 2 Coupons

IPAD CLASS • 10AM-12PM
w/Mr. Brown. Room B
Cost: 1 Coupon

CHAIR YOGA • 10:30-11:30AM
w/Kind Essence. Room A or Zoom
Zoom ID#: 879 3893 1427
Phone Call In #: 1-646-558-8656
Cost: 2 Coupons

FRIDAYS

"GENTLE MOVEMENT"
EXERCISE CLASS • 10-11AM
w/JoAnna Turner. Room B. Cost: 1 Coupon

TAI CHI W/COFFEE CUP • 10-11AM
Room A. Cost: No Fee

OPEN STUDIO • 1-3PM
Art Studio. Cost: No Fee.

SIT & BE FIT • 1PM
2nd Floor Room A

MOVIE TIME • 1:30-3PM
Auditorium. Cost: No Fee

Coffee Cup Events

ALZHEIMER PRESENTATION
MONDAYS (BIWEEKLY) • 3-4PM
Zoom ID#: 955 3693 5644

Exercise Program in Mandarin
MONDAYS • 6PM
Zoom ID#: 948 3132 2765

Jefferson ON HEALTH
TUESDAYS • 10:30AM
Zoom 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 ID#: 550 527 7215 PW: 19147

Special Events

UPENN NURSING STUDENTS
Tuesdays & Thursdays, 9am-4pm
Blood Pressure Checks, Health Education, & Thought-Provoking Conversations. 1st & 2nd Floor Lobby.

DOLLAR DAY! with Sheila
Wednesday, October 4, 10am-3pm
(1st Wed of the month) 1st Floor Lobby

HEALTH DEPARTMENT TABLE
Wednesdays, October 4 & 18, 12:30-1:30pm
1st Floor Lobby

RED HAT SOCIETY MEETING
Wednesday, October 4, 1-3pm
(1st Wed in the month) Room A

PAINTED, WOVEN ABSTRACT ART WORKSHOP
By Diane Litten
Theme: Personal and Community Values
Thursdays, from Oct. 5 to Dec. 14, 1-3pm
Please register at Program Window (Limited Seating)
2nd Floor Art Studio. Cost: No Fee

Current Class Participants Only:
PAINTING W/PLANTS
Every Other Monday (Oct. 9 & 23) • 1:30pm
If you are a student enrolled in this class join Elizabeth as we finish our quilt! Art Studio

BOOK CLUB COMING TO PSC ARTS!
FIND OUT MORE AT A LUNCH & LEARN:
Tuesday, October 10, 11am & 12pm Seatings
w/ Pastor Jennell Maddox, NewCourtland
Pastoral Care Program. GreenBean Internet Café.

The Hello Arts Theater:
TELLING STORIES THROUGH THE ART OF MUSIC!
Learn more at our Open House:
Thursday, October 12, 1-2:30pm Room A
Four Week Workshop:
Thursdays, Oct. 19 to Nov. 9, 1-2:30pm Room A

LUNCH & LEARN: Memory, thinking and aging
study information session.
Presented by Temple University Cognitive Lab
Monday, October 16, 11am & 12pm Seatings
GreenBean Internet Café.

TOWN HALL MEETING W/ PSC STAFF IS BACK!
Bring your questions and suggestions!
Wednesday, October 18, 1pm
2nd Floor Auditorium

LET US TALK "SEPTA CCT CONNECT"!
with Speaker: Helen Gallant from CARIE
Thursday, October 19, 12-1pm
Learn about CCT service, help with problems, and CCT Connect Tips. GreenBean Internet Café

JEFFERSON MEDICAL STUDENTS JAM SESSION
Friday October 20, 12- 1pm
GreenBean Internet Café

RED HATTERS MEMORIAL SERVICE FOR EVELYN
DARKU (For Red Hatter Members Only)
Wednesday, October 25, 2pm
GreenBean Internet Café

MEMORIAL PLAQUE DEDICATION:
In Honor of Elba Baldinger
Friday, October 27, 2pm
Refreshments will be provided. Registration required at the Program Window to attend by Friday, Oct. 20. GreenBean Internet Café.

HARVEST PARTY
Tuesday, October 31, 1:30-3:00pm
Registration is required. Please sign up at the Program Window. GreenBean Internet Café. Cost \$2.00

Healthy Eating: October 2023

In Person Congregate Meals Monday Thru Friday
Free Coffee & Tea 8:30-9:30am. One Cup Per Person

Grab & Go Lunches Thursdays: 8:30-10:30am
(Grab & Go Meals are for persons not participating with in person dining.)
Porch Area

Suggested Contribution \$1.25 for In Person & Grab and Go Meals
Persons 55-59 years old required to pay full price \$3.25.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Hot: Rotisserie Baked Chicken Breast, Candied Yams, Green Beans, Baby Spinach Salad w/ Diced Tomato & Cucumbers w/ Low-Fat Ranch Dressing Cold: Seafood Salad Sandwich on Multigrain Bread w/ Lettuce & Tomato, Waldorf Salad Dessert: Orange</p>	<p>Hot: Ham Steak w/ Crushed Pineapple, Cooked Spinach, Corn on Cob, Kale Salad w/ Diced Cucumber & Shredded Carrots Hot Dessert: Medium Banana Cold: Corned Beef & Swiss on Rye Bread, Pickled Beets, Creamy Coleslaw Cold Dessert: Fresh Strawberries</p>	<p>Hot: Shrimp & Broccoli In Garlic Sauce Over Brown Rice, Cooked Broccoli, Stir Fry Vegetable Medley, Fortune Cookie Cold: Turkey Bacon BLT On Wheat Bread, Creamy Potato Salad, Three Bean Salad Dessert: Sugar Free Chocolate Ice Cream</p>	<p>Hot: BBQ Pork Ribs, Macaroni & Cheese, Collard Greens, Tossed Salad W/ Diced Cucumber, Tomato & Red Onions W/ Reduced Fat Italian Dressing Cold / Grab & Go Meal: Tuna Salad W/Wheat Crackers, Tossed Salad W/ Diced Tomato, Cucumber, Chickpeas, Red Onions & Cranberries, Italian Dressing Dessert: Pears</p>	<p>Hot: Baked Cod Fillet On Wheat Bun W/ Lettuce & Tomato, Tartar Sauce, Baked Sweet Potato, Glazed Carrots, Brussels Sprouts Cold: Grilled Chicken Wheat Tortilla Wrap W/ Red Bell Pepper Ring, Sour Cream Dessert: Sugar Free Strawberry Jell-O</p>
<p>Hot: Vegetarian Lasagna, Italian Green Beans, Tossed Salad w/ Diced Cucumber, Tomato, Red Onions & Red Pepper Ring, Unsalted French Dressing, Whole Wheat Dinner Roll Cold: Chicken Salad Sandwich on Wheat Bun with Lettuce & Tomato Slice, Carrot Raisin Salad, Red pepper Ring Dessert: Mandarin Oranges</p>	<p>Hot: Breaded Butterfly Shrimp, Baked Steak Fries, Steamed Peas Cold: Turkey & American Cheese on Wheat Hoagie Roll w/ Lettuce, Tomato & Onions, Pasta Salad Dessert: Mandarin Oranges</p>	<p>Hot: Asian Chicken Wings, Brown Rice, Asian Blend Vegetables w/ Unsalted Almonds Cold: Roast Beef & American Cheese on Multigrain Bread w/ Lettuce & Tomato, Creamy Coleslaw Dessert: Fresh Orange</p>	<p>Hot: Spaghetti w/ Meat Sauce, Wax Beans, Tossed Salad w/ Diced Cucumber, Tomato & Croutons, Unsalted Italian Dressing Cold / Grab & Go Meal: Egg Salad Sandwich on Wheat Bread w/ Lettuce and Tomato, Kale Salad w/ Chickpeas, Red Pepper Rings Dessert: Sugar Free Vanilla Ice Cream</p>	<p>Hot: Baked Lemon Pepper Tilapia, Baked Potato w/ Reduced Fat Sour Cream, Cooked Spinach Cold: Chicken Cobb Salad w/ Italian Dressing, Whole Wheat Dinner Roll Dessert: Diced Pears</p>
<p>Hot: Meatloaf with Low Sodium Gravy, Mashed Potato, French Green Beans, Whole Wheat Dinner Roll Cold: Tuna & American Cheese on Wheat Hoagie Roll w/ Tomato, Lettuce & Onion Slice, Cucumber & Tomato Salad Dessert: Medium Banana</p>	<p>Hot: Breaded Chicken, Turnip Greens, Small Baked Sweet Potato, Cornbread Slice Cold: Diced Turkey Salad on Wheat Bread w/ Lettuce & Tomato, Macaroni Salad, Red Pepper Ring Dessert: Peaches</p>	<p>Hot: Beef Bulgogi over Brown Rice, Oriental Blend Vegetable, Fortune Cookie, Whole Wheat Dinner Roll Hot Dessert: Mixed Fruit Cup Cold: Asian Chicken Salad w/ Snapped Peas, Red Bell Peppers, Green Scallions, Fresh Broccoli, Carrots over Lettuce w/ Teriyaki Sauce Hot Dessert: Fruit Salad</p>	<p>Hot: Roast Turkey with Low Sodium Gravy, Cornbread Stuffing, Kale Salad w/ Diced Tomato, Cucumber & Sunflower Kernels w/ Reduce Fat Italian Dressing Cold / Grab & Go Meal: Salmon Pasta Bowl w/ Lettuce, Rotini Pasta, Red Onions, Black Olives, Scallions, Cucumbers and Tomato, Whole Wheat Dinner Roll w/ Margarine Dessert: Mandarin Orange</p>	<p>Hot: Chicken Cheesesteak on Wheat Bun w/ Low Sodium American Cheese, Baked French Fries, Spinach Salad w/ Diced Red Onions, Unsalted Walnuts & Reduce Fat Ranch Dressing Cold: Vegetarian Nachos w/ Tortilla Chips, Corn, Black Beans, Diced Red Bell Pepper, Tomatoes, Sliced Avocado, Cilantro & Low Sodium Cheddar Cheese Dessert: Sugar-Free Vanilla Pudding</p>
<p>Hot: Chicken Casserole, Tossed Salad w/ Diced Cucumber, Tomato & Reduced Fat Italian Dressing, Garlic Bread Cold: Diced Turkey Salad on Multigrain Bread w/ Lettuce and Tomato Slices, Cucumber & Tomato Salad Dessert: Fresh Apple</p>	<p>Hot: Cheeseburger w/ Low Sodium American Cheese & Lettuce & Tomato Slice, Baked French Fries w/ Ketchup, Green Beans Cold: Grilled Chicken Caesar Salad w/ Provolone, Parmesan Cheese, Croutons, Sliced Beets Dessert: Rainbow Sherbet</p>	<p>Hot: Chicken Yakisoba w/ Broccoli, Cabbage, Carrots and Green Onions, Vegetarian Egg Roll w/ Duck Sauce Cold: Roast Beef & American Cheese Sandwich on Wheat Bread w/ Lettuce & Tomato Slices, Creamy Potato Salad Dessert: Fresh Banana</p>	<p>Hot: Boiled Pork Chops w/ Low Sodium Gravy, Yellow Rice w/ Green Onions, Steamed Cabbage Cold / Grab & Go Meal: Turkey Chef Salad w/ Romaine Lettuce, Mozzarella Cheese, Diced Tomato, Cucumber, Shredded Carrots, Chopped Eggs, Black Olives, Unsalted Walnuts w/ Reduced Fat Ranch Dressing, Whole Wheat Dinner Roll Dessert: Fresh Strawberries w/ Whipped Topping</p>	<p>Hot: Baked Chicken Leg, Black Eyed Peas, Glazed Carrots, Whole Wheat Dinner Roll Cold: Seafood Salad Sandwich on Croissant w/ Lettuce & Tomato, Spinach Salad w/ Chopped Apples & Italian Dressing Dessert: Diced Mango</p>
<p>Hot: Rotisserie Baked Chicken Breast, Candied Yams, Green Beans, Baby Spinach Salad w/ Diced Tomato & Cucumbers w/ Low-Fat Ranch Dressing Cold: Seafood Salad Sandwich on Multigrain Bread w/ Lettuce & Tomato, Waldorf Salad Dessert: Orange</p>	<p>HARVEST DAY FESTIVE MEAL Chicken Parmesan, Garlic Pasta, Roasted Broccoli, Garlic Bread, Caesar Salad, Fresh Orange, Pumpkin Swirl Cake</p>	<p><i>Happy Halloween</i></p> 		