

# Stay Active

www.PhilaSeniorCenter.org



# Stay Active

Monthly Events and Activities for Members



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

## PLEASE NOTE:

The Center will be closed on Monday, May 27, in observance of Memorial Day.



## 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!

**Computer Lab is Open:** Tuesday thru Friday 9am-3pm 2nd Floor Room C (Please sign signature sheet when using the lab).

### 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!

info@newcourtland.org  
215-546-5879

Philadelphia, PA 19147  
509 South Broad Street



### Hello Great Members of PSC Arts,

Happy Older Americans Month. When Older Americans Month (OAM) was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns were growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of older persons to our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. (OAM history provided by Administration for Community Living) In honor of this special occasion, PSC Arts will host our Annual Art Exhibit which will feature various works of art of older adults from our center as well as other senior centers. If you would like to have your artwork displayed in the exhibit, please bring your art pieces to the center by Thursday, May 2nd. The Exhibit Reception is scheduled for Thursday, May 23rd from 2pm to 4pm in the lobby on the 1st floor. Friends and Family are encouraged to attend. Refreshments will be provided.

Anna Jarvis of Philadelphia whose mother had organized women's groups to promote friendship and health, originated Mother's Day. On May 12, 1907, she held a memorial service at her late mother's church in Grafton West Virginia. Within five years, virtually every state was observing the day and in 1914 U.S. President Woodrow Wilson made it a national Holiday. (Information obtained from Britanica Online Encyclopedia). In honor of this very special holiday, PSC Arts will host a Mother's Day Breakfast on Wednesday, May 8th from 9am to 10am in the GreenBean Internet Café. Registration is required at the Program Window and the cost is \$2.00.

National Senior Health and Fitness Day is celebrated on the last Wednesday of May. It is a day dedicated to the betterment of the health of seniors. The common goal is to help senior Americans stay fit and healthy. (Information obtained from National Today). PSC Arts will celebrate National Senior Health & Fitness Day from 10am-12pm on our front porch. Please enjoy Chi Kung at 10am and Zumba at 11am with refreshments on Wednesday, May 29th.

PSC Arts will be closed on Monday, May 27th in observance of Memorial Day. A Memorial Day Festive Meal scheduled on Friday, May 24th in honor of our fallen soldiers.

Enjoy!  
**Julie Nelson**  
Center Manager

May 2024

## Housing Counselor's Corner

Longtime Owner Occupants Program (LOOP) LOOP is a Real Estate Tax relief program for income eligible homeowners that limits the increase to your current year taxes to 50% or 75% (depending on your eligibility) and stops increases to future Real Estate bills if you qualify.

### Eligibility

- You must own your home and have been living there for at least 10 years.
- Have a property assessment that increased by 50% from last year, or 75% in the last five years.
- Be current on your property taxes, or in an Owner-Occupied Payment Agreement or installment plan.
- Have an income below the limit for your family size.
- Look up your home's assessments at property.phila.gov.

### LOOP and other Real Estate Tax relief programs

- You cannot enroll in LOOP and the Homestead Exemption at the same time.
- You can still apply for other Real Estate Tax relief programs while you're on LOOP. These include: Low Income Senior Tax Freeze program, Installment plans, Owner-Occupied Payment Agreement as well as any other local or state Real Estate Tax assistance programs, including rebates.

### How to apply

- Contact PSC Arts at 215-546-5879 and I can assist you with completing and submitting your application.
- Send your LOOP application by mail:  
Philadelphia Department of Revenue  
P.O. Box 53250  
Philadelphia, PA 19105

I look forward to working with you soon,  
**Harold Faust**

## Trips

See program window for trip details / registration.

**AMAZING CRAB HOUSE**  
Wednesday, May 8, 1pm  
604 South 2nd Street

**COME SUNDAY SPIRITUALS & JAZZ CELEBRATING MARIAN ANDERSON & DUKE ELLINGTON**  
Sunday, June 2, 3pm  
Tindley Temple United Methodist Church, 750 South Broad St

**RESORTS CASINO**  
Friday, July 26, Depart at 9am

**Spirit of Philadelphia Bingo Cruise & Buffet Luncheon**  
Tuesday, August 20, Depart at 10:30am

## 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

### 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 discussions are confidential. Room A. Cost: No Fee  
**BEGINNER COMPUTER CLASS • 10AM-12PM**  
10-week workshop thru May 20. Computer Lab. Cost: 2 Coupons  
**PSC CHOIR • 1-2:30PM**  
Room A. Cost: No Fee

### TUESDAYS

**CRAFT CORNER • ON HOLD**  
**BIBLE STUDY • 10-11:30AM**  
2nd Floor Auditorium or Conference Call: 1-617-769-8590  
Cost: Free. Will Offering Excepted  
**PAINTING FOR PRODUCTS (Merchandise Design) • 10AM-12PM**  
Embellishment Design for Mugs, Plates, Mats, Tee-shirt and more w/ Sheena. 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  
**PLUSHIE TOY DESIGN • 1-3PM**  
Designing & making soft toys w/Sheena. 2nd Floor Art Studio. Cost: 2 Coupons  
**LINE DANCE CLASS • 2-3PM**  
with Gloria Kingcade  
Rooms A & B. Cost: 2 Coupons

### 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

### WEDNESDAYS

**CHI KUNG • 10-11AM**  
Room A or Zoom. Cost: 2 Coupons  
Zoom ID: 860 2531 6103  
Call In #: 1-646-558-8656  
**BEGINNER CERAMICS • 10AM-12PM**  
Art Studio. Cost: 3 Coupons  
**ZUMBA • 11:15AM -12:15PM**  
Rooms A & B. Cost: 2 Coupons  
**BINGO • 12:30-1:30PM**  
Room B. Cost: No Fee  
**ADVANCED CERAMICS • 1-3PM**  
Art Studio. Cost: 3 Coupons

### THURSDAYS

**JEWELRY & BEADING • ON HOLD**  
**IPAD CLASS • 10AM-12PM**  
w/Mr. Brown. 2nd Floor Room B. Cost: 1 Coupon  
**CHAIR YOGA • 10:30-11:30AM**  
w/Kind Essence. Room A. Cost: 2 Coupons

### FRIDAYS

**GENTLE MOVEMENT EXERCISE • 10-11AM**  
Room A. Cost: 1 Coupon  
**TAI CHI W/COFFEE CUP • 11AM-12PM**  
Room A. Cost: No Fee  
**OPEN STUDIO • 10AM-1PM**  
Art Studio. Cost: No Fee  
**BINGO • 12:30-1:30PM**  
Room B. Cost: No Fee  
**SIT & BE FIT • 1-2PM**  
Learning ways of exercising while seated. Room A. Cost: No Fee  
**MOVIE TIME • 1:30-3:00PM**  
Auditorium. Cost: No Fee

**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

**DOLLAR DAY! WITH SHEILA**  
**Wed, May 1, 10am-3pm •** 1st Floor Lobby  
(1st Wed of month) Prices vary.

**HAPPY HATTERS MEETING (Red Hatter Society)**  
**Wed, May 1, 1-3pm •** Room A  
(1st Wed of month).

**RICH DIET FOR SENIORS**  
**Thursday, May 2, 1pm •** Room B  
w/Noel Davis, Paris Fit LLC.  
Cost: No Fee

**MOTHER'S DAY BREAKFAST**  
**Wed, May 8, 9-10am •** GreenBean Internet Cafe  
Registration required at the Program Window (open 9am-1pm M-F) Cost: \$2.00

**HEALTH DEPARTMENT TABLE**  
**Wed. May 8 & 22, 12:30-1:30pm •** 1st Fl. Lobby

**Billy Denny, Founder Henry Hill Post 385 Presents: THE FAMILY FEUD GAME**  
**Thursday, May 9, 1-2:30 pm •** 2nd Fl Auditorium  
Cost: No Fee

**ADVISORY COUNCIL AFTERNOON TEA**  
**Friday, May 10, 1:30-3pm •** GreenBean Internet Caf e  
Please see a council member for ticket sales.  
Cost: \$25.00 per person

**Inglis Assistive Tech Solutions Presents: "BECOME MORE TECHNICALLY SAVVY"**  
**Thursday May 16, 1-2pm •** Room B

Group classes on topics that help answer questions older adults have about their personal devices, to become more technically savvy. Cost: No Fee

**PSC Arts Older Americans Month Celebration EXHIBIT / ART SHOW RECEPTION**  
**Thursday, May 23, 2-4pm**  
Refreshments will be provided, and family and friends are welcome to attend. If you would like your creative artwork displayed in the exhibit please bring your artwork to the center front desk by Thursday, May 2nd. Cost: No Fee

**FIRE SAFETY PRESENTATION**  
**Presented by the Philadelphia Fire Department**  
**Friday, May 24, 1pm •** 2nd Floor Auditorium  
Cost: No Fee

**NATIONAL SENIOR HEALTH & FITNESS DAY**  
**Wednesday, May 29, 10am-12pm •** on the Front Porch  
Join Chi Kung and Zumba on the porch and let's enjoy the fresh air while we exercise. Refreshments will be provided for class participants. Cost: No Fee

**VOLUNTEER MEETING (for volunteers only!)**  
**Friday, May 31, 1-2pm •** Room A  
Cost: No Fee

**PSC ARTS BOOK CLUB: Becoming by Michelle Obama**  
Presented by NewCourtland Pastoral Care  
**Friday, May 31, 2-3pm •** Room B

## May 2024

**In Person Congregate Meals Monday Thru Friday**  
1st seating: 11-11:45am - Reserved seating served 11-11:15am.  
2nd seating: 12-1pm - Reserved seating served 12-12:15pm.  
Free Coffee & Tea 8:30-9:30am. One Cup Per Person

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

**Suggested Contribution \$1.25 (In Person/Grab & Go) Persons 55-59 years old required to pay full price \$3.25.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>HAPPY MOTHER'S DAY</b>				
<b>Hot:</b> Salisbury Steak w/ LS Beef Gravy, Mashed Potatoes, Steamed Peas, Tossed Salad with Diced Tomatoes, Unsalted Walnuts, Reduced Fat Unsalted Italian Dressing <b>Cold:</b> Tuna & American Cheese on a Wheat Pita, Sliced Tomatoes, Onion, Lettuce, Red Pepper Ring, Three Bean Salad <b>Dessert:</b> Peaches <b>6</b>	<b>Hot:</b> Baked Chicken Leg, Collard Greens, Baked Sweet Potato, Cornbread <b>Cold:</b> Turkey and Ham Chef Salad w/ Romaine Lettuce, Low Sodium Cheddar & Swiss Cheese, Carrots, Cucumber, Tomatoes, Radishes, Croutons, Reduced-Fat Ranch Dressing <b>Dessert:</b> Diced Peaches <b>7</b>	<b>Hot:</b> Shrimp & Stir Fried Oriental Blend Vegetables over Spaghetti Noodles, Vegetarian Egg Roll w/ Duck Sauce, Fortune Cookie <b>Cold:</b> Egg Salad Sandwich on Wheat Bread Lettuce & Tomato, Spinach Salad w/ Diced Red Peppers & Chopped Red Onions, RF Ranch Dressing <b>Dessert:</b> No Sugar Added Ice Cream <b>1</b>	<b>Hot:</b> Oven Roasted Breaded Chicken Patty, Black Eyed Peas, Wax Beans, Whole Wheat Dinner Roll <b>Cold:</b> Cold Salmon Vegetable Platter w/ Sliced Cucumbers, Radishes, Tomato, Red Onions, & Red Bell Pepper Rings, with Low Sodium Whole Wheat Crackers, Hard Boiled Egg <b>Dessert:</b> Mango <b>2</b>	<b>Hot:</b> Baked Whiting Fillet, Macaroni & Cheese, Stewed Tomatoes, Kale Salad w/Diced Tomatoes, Cucumbers & Red Onions, FF LS Italian Dressing <b>Cold:</b> Grilled Chicken Caesar Salad w/ Parmesan Cheese, Croutons, LF Caesar Salad Dressing, Chopped Hard Boiled Egg <b>Dessert:</b> Fresh Apple <b>3</b>
<b>Hot:</b> Meatloaf w/ LS Gravy, Mashed Potatoes, French Cut Green Beans, Spinach Salad w/ Diced Red Onions, Walnuts and Low-Fat Ranch Dressing <b>Cold:</b> Tuna Salad Sandwich on Wheat Bun with Cheese, Spinach, Tomato & Onion, Cucumber & Tomato Salad <b>Dessert:</b> Fresh Banana <b>13</b>	<b>Hot:</b> Vegetarian Lasagna, Green Beans, Garlic Bread, Tossed Salad w/ Diced Red Onions, Red Pepper Rings, Sunflower Seeds with Reduced Fat Unsalted French Dressing <b>Cold:</b> Turkey Salad Sandwich on Wheat Bread w/ Tomato, Lettuce, Red Pepper Rings, Macaroni Salad <b>Dessert:</b> Diced Peaches <b>14</b>	<b>Hot:</b> Beef Pepper Steak over Brown Rice, Steamed Broccoli, Fortune Cookie <b>Cold:</b> Diced Chicken Salad on a Wheat Bun, Lettuce & Tomato, Sliced Cucumbers, Carrot & Raisin Salad <b>Dessert:</b> Mandarin Oranges <b>8</b>	<b>Hot:</b> Grilled Pork Chops, Au Gratin Potatoes, Mixed Vegetables, Tossed Salad w/Diced Tomatoes, Cucumbers, Red Onions & Reduced Fat/Unsalted Italian Dressing <b>Cold:</b> Turkey Hoagie w/LS American Cheese on a Wheat Roll, w/Lettuce, Tomato & Onion, Pasta Salad <b>Dessert:</b> Fresh Banana <b>9</b>	<b>Hot:</b> Breaded Flounder Fillets on Wheat Bun w/ Tartar Sauce, Steak Fries, Brussels Sprouts <b>Cold:</b> Turkey Bacon BLT on Wheat Bread, Potato Salad <b>Dessert:</b> SF Rice Pudding <b>10</b>
<b>Hot:</b> Roasted Chicken Leg, Brown Rice, Steamed Broccoli Florets, Tossed Salad w/ Shredded Carrots, Diced Tomato, Cucumbers, Red Pepper Rings, Unsalted Walnuts w/ Reduced-Fat Unsalted Italian Dressing <b>Cold:</b> Roast Beef and Cheddar on Rye Bread w/ Lettuce and Tomato, Potato Salad, Broccoli Slaw, Red Pepper Ring <b>Dessert:</b> Fresh Banana <b>20</b>	<b>Hot:</b> Beef Meatball Sub on Whole Wheat Hoagie Roll with Mozzarella Cheese, Green Beans, Kale Salad w/ Shredded Carrots, Diced Tomatoes, Cucumbers, Red Onions, & Ranch Dressing <b>Cold:</b> Deli Turkey BLT on Whole Wheat Bread with Sliced Avocado, Low Cal Mayonnaise <b>Dessert:</b> Fresh Orange <b>21</b>	<b>Hot:</b> Hunan Chicken over Brown Rice, Oriental Blend Vegetable <b>Cold:</b> Seafood Salad Sandwich on Croissant w/ Lettuce Leaves & Tomato, Kale Salad w/Carrots, Tomato, Cucumber & Red Pepper Ring w/ Reduced-Fat Unsalted Italian Dressing <b>Dessert:</b> Fruit Cocktail <b>15</b>	<b>Hot:</b> Spaghetti and Ground Turkey Meat Sauce, California Blend Veggies, Garlic Bread, Tossed Salad with Diced Tomatoes, Cucumbers, and Reduced Fat Unsalted Italian Dressing <b>Cold:</b> Fresh Vegetarian Platter w/ Wheat Crackers (Carrot Sticks, Celery, Cucumbers, Radishes, Broccoli Florets, Cauliflower, Guacamole, Red Pepper Rings) Hard Boiled Egg, Salsa & Low-Fat Ranch Dressing <b>Dessert:</b> Mandarin Oranges <b>16</b>	<b>Hot:</b> Lemon Pepper Tilapia with Tartar Sauce, Baked Potato with Reduced Fat Sour Cream, Brussels Sprouts, Whole Wheat Dinner Roll <b>Cold:</b> Corned Beef & Low Sodium Swiss on Rye Bread with Tomato Slice w/ Low-Fat Russian Dressing, Creamy Coleslaw <b>Dessert:</b> Sugar Free Strawberry Jell-O <b>17</b>
<b>Hot:</b> Hot Roast Beef Sandwich w/ LS Gravy on a Bun, Roasted Redskin Potatoes, Cooked Spinach, Tossed Salad w/ Chopped Romaine, Diced Tomatoes & Cucumbers, Reduced Fat Unsalted French Dressing <b>Cold:</b> Seafood Salad on a Croissant w/ Lettuce & Tomato, Broccoli Slaw w/ Unsalted Almonds <b>Dessert:</b> Fresh Orange <b>28</b>	<b>Hot:</b> Roast Pork Lo Mein w/ Cabbage, Snap Peas, Carrots, & Broccoli, Vegetarian Egg Roll <b>Cold:</b> Deli Chicken on Whole Wheat Wrap with Honey Mustard Sauce, Lettuce Leaf, Tomato and Red Pepper Ring, Spinach Salad w/ Diced Tomato, Cucumber, Red Onions, Shredded Carrots w/ Unsalted French Dressing <b>Dessert:</b> Tropical Fruit Cup <b>22</b>	<b>Hot:</b> Shrimp & Stir Fried Oriental Blend Vegetables over Spaghetti Noodles, Vegetarian Egg Roll w/ Duck Sauce, Fortune Cookie <b>Cold:</b> Egg Salad Sandwich on Wheat Bread Lettuce & Tomato, Spinach Salad w/ Diced Red Peppers & Chopped Red Onions, RF Ranch Dressing <b>Dessert:</b> No Sugar Added Ice Cream <b>29</b>	<b>Hot:</b> Pulled BBQ Chicken Sandwich on Hamburger Bun, Steamed Broccoli Florets, Steak French Fries <b>Cold:</b> Egg Salad Sandwich on Wheat Bread with Lettuce Leaf and Sliced Tomato, Cucumber & Tomato Salad <b>Dessert:</b> Rainbow Sherbert <b>23</b>	<b>Hot:</b> Baked Whiting Fillet, Macaroni & Cheese, Stewed Tomatoes, Kale Salad w/Diced Tomatoes, Cucumbers & Red Onions, FF LS Italian Dressing <b>Cold:</b> Grilled Chicken Caesar Salad w/ Parmesan Cheese, Croutons, LF Caesar Salad Dressing, Chopped Hard Boiled Egg <b>Dessert:</b> Fresh Apple <b>31</b>
 <b>CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY</b>				