

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. 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



Stay Active

Monthly Events and Activities for Members



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

August 2024

Greetings wonderful members of PSC Arts,

It's been a warm summer. Let's remember our annual beat the heat tips:

- Drink plenty of water.
- Wear light colored and loose-fitting clothing.
- Wear a hat and sunscreen when outdoors.
- Spend a lot of time in air-conditioned environments like your local senior centers.
- Take cool baths and showers throughout the day.
- Travel in the morning or late evenings when there is less heat.
- Please remember to open windows when using a fan!

Check with your doctor regarding any special instructions.

On Wednesday, August 28th 10am – 3pm PSC Arts will unite with PSC Allegheny for our annual Unity Day. PSC Arts is excited to be hosting Unity Day this year. Classes will be free. Join us for a fun day at PSC Arts!

Please remember to show your membership card when entering the building!

Thank you,

Julie Nelson
Center Manager

IN-CENTER COUNSELOR'S CORNER

Hello PSC Arts Members!

Exciting news. Philadelphia Gas Works Customer Responsibility Program (CRP) assists low-income users to prevent gas shut-off by decreasing the bill for a more affordable payment based on total gross household income. The gross household income required must be at or below 150 percent of the Federal Poverty Level. To apply, proof of income is needed for the last thirty days, name, social security card, and date of birth for each household member. Members interested in learning more about the program and apply, please contact me at the center between 8:30 am – 4:30 pm, Monday through Friday at 215-546-5879 ext. 1605. Members currently receiving LIHEAP are eligible for a free air conditioner. LIHEAP's contact number is: 1-866-857-7095.

I look forward to assisting you!

Warm regards,
Valerie Stovall
In-Center Counselor

Trips

Please sign up for all trips at the Program Window: Mon-Fri, 9am -1pm. CCT Share Ride is available for all cardholders.

Spirit of Philadelphia BINGO CRUISE & BUFFET LUNCHEON
Tuesday, August 20, Depart at 10:30am, Arrive at 11am
Penns Landing, 401 South Christopher Columbus Blvd.
\$95 per person Silver / \$97 per person Standard & 55+ Members.

FARMERS MARKET VOUCHER TRIP
Rittenhouse Farmers Market 18th & Walnut Street
Tuesday September 3, 2024, 10am -12pm
Please sign up by August 30th.

Weekly Activities

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

MONDAY-FRIDAY

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
INTERMEDIATE COMPUTER • 10AM-12PM
10-week workshop thru August 5. Computer Lab. Cost: 2 Coupons
PSC CHOIR • On break until 9/9/24

TUESDAYS

CRAFT CORNER • 10AM-12PM
2nd Fl 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 W/SHEENA • 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
PAPER MACHE W/SHEENA • 1-3PM
Elements of sculpture using newspaper
2nd Fl 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
OPEN STUDIO • 10AM -1PM
Art Studio. Cost: No Fee
BEGINNER CERAMICS
On break until 9/9/24
ZUMBA • 11:15AM -12:15PM
Rooms A & B. Cost: 2 Coupons
BINGO • 12:30-1:30PM
Room B. Cost: No Fee
ADV. CERAMICS •
On break until 9/9/24

THURSDAYS

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
FITNESS CENTER COACH • 11AM-12 PM
Learn how to use the fitness center equipment with Certified Trainer Noel Davis. 2nd Fl. Fitness Center.

FRIDAYS

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

DOLLAR DAY! WITH SHEILA & FRIENDS
Wed, August 7, 10am-3pm •
1st Floor Lobby
(1st Wed of month) Prices vary.

HAPPY HATTERS SOCIAL SOCIETY MEETING
Wednesday, August 7, 1-3pm • Room A
(1st Wed of month)

Inglis Tech Solutions Presents SERVICES AND TRAINING FOR SENIORS!
Thursdays, thru Sept. 10, 1-2:30pm •
Room B
10 Week Workshop to learn how to use your smart phone apps, web browsing, email, and online accounts.

HEALTH DEPARTMENT TABLE
Wednesday, August 14, 12:30-1:30 pm •
First-floor Lobby

Women's Institute For Family Health Presents: MIND YOUR HEALTH
Wednesday, August 14, 1pm • Room A
Take charge of your life by managing your stress.

HEPATITIS B/C presented by: Temple University Department of Research & Medicine
Thursday, August 15, 1-2pm • Room A
Educational Workshop and self-testing study among African Americans.

NUTRITION FOR SENIORS presented by Ashley Monroy, Drexel University
Thursday, August 22, 1-2pm • Room B

JEFFERSON JAMS
Friday, August 23, 12pm •
GreenBean Internet Café

UNITY DAY 2024
PSC Arts Branch with PSC Allegheny! Wednesday, August 28, 10am-3pm
Please join in on a good time with PSC Avenue of the Arts Branch. No Fee. Please sign up at the program window to attend.

PSC ARTS BOOK CLUB
Presented by NewCourtland Pastoral Care
Friday, August 30, 2-3pm • Room B
(last Friday of the month)

August 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
HAPPY Summer				
<p>Hot: Cheese Pizza, Green Beans, French Fries, Caesar Salad, Red Pepper Rings, Parmesan Cheese, Croutons Cold: Corned Beef and Swiss Cheese on Marble Rye Bread, Coleslaw, Cucumber and Onion Salad w/Italian Dressing & Red Bell Pepper Rings Dessert: S/F Chocolate Pudding</p>	<p>Hot: Salisbury Steaks w/ LS Gravy, Mashed Potatoes, Glazed Carrots, Romaine Garden Salad w/Chopped Tomatoes & Cucumbers Cold: Grilled Chicken Strips Chef Salad w/Chopped Romaine, Tomatoes, Cucumbers, Carrots, LS Chickpeas, Black Olives, RF Italian Dressing, Whole Wheat Dinner Roll Dessert: Peaches</p>	<p>Hot: Grilled Chicken Breast w/ Peppers & Green Scallions, Red Bell Peppers, Brown Rice, Vegetable Egg Roll w/ Duck Sauce Cold: Turkey Breast & Penne Pasta Salad w/ Unsalted Walnuts, Chopped Red Onions, Cucumber & Cherry Tomatoes, Feta Cheese, Italian Dressing Dessert: Fresh Oranges</p>	<p>Hot: Beef Chili w/Tomato Sauce, Ground Beef, LS Kidney Beans, Kale Salad w/ Cucumber & Tomatoes w/ Italian Dressing, Cornbread Cold: Asian Grilled Chicken Strips Salad w/ Chopped Unsalted Almonds, Snapped Peas, Red Bell Peppers, Scallions, Broccoli Florets, Carrots over Chopped Romaine w/ Oriental Dressing Dessert: Fresh Strawberries w/ Whipped Topping</p>	<p>Hot: Baked Chicken Legs Fresh Sweet Potato, Green Beans, Chopped Romaine Salad, w/ Carrots, Tomatoes, Cucumbers & Red Bell Pepper Ring Cold: Shrimp Slaw Salad over Cooked Rotini Pasta w/ Broccoli, Carrots, Red Cabbage & Oriental Dressing, Cucumber & Tomato Salad Dessert: SF Vanilla Pudding</p>
<p>Hot: Baked Chicken, Baked Potato w/ Sour Cream, Peas with Pearl Onions, Shrd. Kale Salad w/ Tomatoes & Cucumbers, Italian Dressing Cold: LS Roast Beef Sandwich on Rye Bread w/ Cheddar Cheese, Lettuce & Tomato, Potato Salad Dessert: Peaches</p>	<p>Hot: Beef Shepard Pie, Italian Green Beans, Baby Spinach Salad w/ Unsalted Walnuts, Carrots, Cucumbers, Tomatoes, & LS Cheddar Cheese, Mashed Potatoes Cold: Light Tuna Salad Sandwich on a Whole Wheat Hamburger Bun w/Lettuce & Tomato, Red Pepper Rings, Macaroni Salad Dessert: Pears</p>	<p>Hot: General Tso's Chicken w/Broccoli, Vegetarian Rice, Vegetable Egg Roll w/ Duck Sauce Cold: Turkey Breast & American Cheese Sandwich on Whole Wheat Hamburger Bun w/Lettuce and Tomato, & Caesar Salad Dessert: Mandarin Oranges</p>	<p>Hot: Roasted Chicken Breast over Penne Pasta, Green Beans, Garden Salad w/ Unsalted Walnuts, Romaine Lettuce, Tomatoes, Cucumbers, Red Onions, RF Unsalted Italian Dressing Cold: Egg Salad on Wheat Bread, Lettuce & Tomato, Creamy Cucumber Salad Dessert: Fresh Banana</p>	<p>Hot: Fried Flounder on a Wheat Hamburger Bun, Brussels Sprouts, Baked Chicken Fries Cold: Grilled Chicken Strips Caesar Salad Pasta Bowl w/ Rotini Pasta, Romaine Lettuce, Turkey Bacon, Hard Boiled Egg, Tomatoes, Red Onions, Red Bell Pepper Rings, Parmesan Cheese, Caesar Dressing Dessert: NF Blueberry Greek Yogurt</p>
<p>Hot: Spaghetti w/ Beef Sauce & Parmesan Cheese Chopped Romaine w/ Cucumbers & Tomatoes, Garlic Bread Cold: Grilled Diced Chicken Salad on Tortilla Wheat Wrap w/ Mozzarella Cheese, Baby Spinach Salad, Corn Pepper Salad w/ Red Pepper Rings, Three Bean Salad Dessert: Honeydew Melon</p>	<p>Hot: Chicken Thigh & Dumplings w/Brown Rice, California Blend Vegetables Cold: Turkey Breast Hoagie w/ Low Sodium American Cheese, & Lettuce, Tomato, Onion, Green String Bean Salad Dessert: No Sugar Added Vanilla Ice Cream</p>	<p>Hot: Pork Ribs with Asian BBQ Sauce, Oriental Blend Vegetables, Vegetarian Egg Roll, Fortune Cookie Cold: Corned Beef and Low Sodium Swiss Cheese on Rye Bread, Coleslaw, Dessert: Orange</p>	<p>Hot: Cheese Ravioli & Marinara Sauce, Green Bean Almondine, Garlic Bread, Kale Salad w/ Diced Chicken, Tomatoes, Cucumbers, and French Dressing Cold: Diced Turkey Salad Sandwich on Whole Wheat Hamburger Bun w/LS Cheddar Cheese, Lettuce Leaf, Tomato, Red Bell Pepper Rings, & Macaroni Salad Dessert: Peaches</p>	<p>Hot: Turkey Burger w/ LS American Cheese, Lettuce Leaf, Tomato, Red Onion on Whole Wheat Hamburger Bun Cold: Seafood Salad on Wheat Bun w/ Lettuce & Tomato, Broccoli Slaw w/ Unsalted Almonds Dessert: Mixed Fruit</p>
<p>Hot: Macaroni & Beef Casserole, Baby Spinach Salad w/ Tomatoes, Red Onion, Parmesan Cheese & Ranch Dressing, Italian Green Beans Whole Wheat Dinner Roll Cold: Chicken Salad Wheat Wrap w/ American Cheese & Mayo, Romaine Salad w/Tomatoes, Red Onions & Red Pepper Rings Three Bean Salad Dessert: Sugar Free Strawberry Jell-o</p>	<p>Hot: Boneless Ham Steak, Baked Potato w/ Sour Cream & Margarine, Collard Greens Cold: Tuna & Cheese Hoagie w/Lettuce, Tomato, Onion & Pasta Salad Dessert: Fresh Apple</p>	<p>Hot: Szechuan Beef Steak w/Peanuts, & Brown Rice, Oriental Blend Vegetables, Fortune Cookie Cold: Turkey Bacon BLT on Whole Wheat Bread w/Lettuce and Tomato & Coleslaw Dessert: Fresh Banana</p>	<p>Hot: Spaghetti w/ Turkey Meatballs & Sauce Baby Spinach Salad w/Italian Dressing Cold: Roast Beef on Wheat Wrap w/ Mayo, Baby Spinach, Cheddar Cheese, Red Onions, & Carrot Raisin Salad Dessert: Diced Pears</p>	<p>Hot: Baked Chicken Legs Fresh Sweet Potato, Green Beans, Chopped Romaine Salad, w/ Carrots, Tomatoes, Cucumbers & Red Bell Pepper Ring Cold: Shrimp Slaw Salad over Cooked Rotini Pasta w/ Broccoli, Carrots, Red Cabbage & Oriental Dressing, Cucumber & Tomato Salad Dessert: SF Vanilla Pudding</p>