

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.



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

 **NEWCOURTLAND**
Philadelphia Senior Center
Avenue of the Arts

Stay Active

Monthly Events and Activities for Members

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

January 2025

Happy New Year,

Happy 2025! The staff of PSC Arts would like to wish you and your families a happy and healthy New Year.

At PSC Arts, we are embracing this spirit as we look forward to a year of exciting new beginnings in 2025. We are eager to share the diverse programs and activities planned, starting with "Fans of Homage," Starting Jan. 9th every Thursday at 10am in collaboration with The Center for Emerging Visual Artists and local artist Ife Nii Owoo. This free nine-week art class, participants will create fans, collages, mixed-media art, paintings, and writing scripts to preserve and shape family memories on a Church Fan. Space is limited to 10 participants, so be sure to sign up at the program window by January 8th.

Don't miss the chance to register for our PSC Winter White 75th Anniversary Party, celebrating 75 years of PSC Arts in our 76th year! This unforgettable event will take place on Friday, March 21, 2025, from 2 PM to 6 PM at the DoubleTree Hotel, 237 South Broad Street. Dress to impress in your favorite winter white attire and enjoy an afternoon of food, drinks, dancing, and a dynamic guest speaker. We'll also honor anniversary awardees and share the center's rich history. Tickets are on sale now at the program window—be sure to get yours!

Kind regards,
Julie Nelson
Center Manager



The Center will be closed on Monday, January 20 in observance of Martin Luther King Jr. Day.

HOUSING COUNSELOR'S CORNER

Senior Citizen Tax Freeze Program (SCTX)

The Senior Citizen Tax Freeze Program (SCTX) "freezes" your real estate tax, preventing increases even if your property's assessment or the tax rate rises.

Age Requirements:

- A person aged 65 years or older.
- A person who lives in the same household with a spouse age 65 years or older.
- A person aged 50 years or older who is a widow of someone who reached the age of 65 before passing away.

Income Requirements:

Eligible applicants must have a total income of:

- \$33,500 or less for a single person
- \$41,500 or less for a married couple

How to Apply

- Apply online at: www.phila.gov/documents/application-for-senior-citizen-real-estate-tax-freeze
- Request an application by calling (215) 686-6600
- Contact me at the Philadelphia Senior Center, Avenue of the Arts Branch, at (215) 546-5879, or reach out to your local housing counseling agency for assistance with completing and submitting your application.

Thank you,
Harold Faust, Housing Counselor

Trips

DINE AROUND: Royal Buffet & Grill, 2743 South 3rd Street
Friday January 17, 11am

Attendees are fully responsible for the cost of their meal and tip. RSVP required by Friday, January 10. CCT available for cardholders.

DR. K'S MOTOWN REVUE at Hunterdon Hills Playhouse
Thursday February 20, 2025 • Depart 9:30am Luncheon & Matinee Show
11:30am Depart at 3:30pm return to the center by 5:30pm \$141.00 Silver Membership \$143.00 Standard & 55+Membership Final payment due by Dec. 31st.

WINTER WHITE 75TH ANNIVERSARY CELEBRATION
Friday, March 21, 2025, 2-6pm • DoubleTree Hotel 237 South Broad Street
Come dress to impress in your all Winter White attire and celebrate PSC Arts 75th Anniversary. History, Awards, Food, Drinks, Dancing, Guest Speakers, and an amazing time for all who attend. Cost: \$50.00 Silver & \$55.00 for Standard & 55+ members. Tickets on sale now at the Program Window!

NOAH at Sight & Sound Theater
Thursday, May 8, 2025 • Depart at 10am

Hershey Farms Family Style Luncheon 12 noon. Noah show at 3pm. Depart at 5:45pm arrive back at the center 7:45pm \$166.00 Silver Membership \$168.00 standard & 55+ membership. Final Payment due by Friday, March 21st.

A TRIBUTE TO THE SONGS & MUSIC OF SMOKEY ROBINSON
Monday, June 30, 2025 • Depart 9am Arrive at 10:45am
Receive \$20 in Slot Play & Food Voucher. 3pm show at the Tropicana Atlantic City. Depart at 4:45pm arrive at the Center 6:30pm. \$95.00 Silver Member \$97.00 Standard & 55+ CCT available for Share Ride Cardholders.

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 don't move tables and chairs to allow for more than four players.

MONDAYS

BEGINNER BALLET • 10-11AM
Room A. Cost: 2 Coupons

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 issues of today. Discussions are confidential. Room B. No Fee

INTERMEDIATE COMPUTER • 10AM-12PM
10 Weeks 1/6-3/17. Computer Lab. Cost: 2 Coupons

BEGINNER FRENCH • 1-2PM
Room B. Cost: No Fee

PSC CHOIR • 12:30-2:30PM
Room A. Cost: 1 Coupon

TUESDAYS

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

EDUCATIONAL ANIMATION • 1-3PM
Join Sheena Garcia for this media class designed for seniors, focusing on creating educational animation videos for children. 2nd Fl Art Studio. Cost: 2 Coupons

LINE DANCE CLASS • 2-3PM
w/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

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

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

THURSDAYS

NEW ART PROJECT STARTS 1/9/25: FANS OF HOMAGE • 10-11:30 AM
9 weeks, January 9 to March 6, 2025
Join Iife Nii Owoo to use fans to create collages, mixed medium, paintings, and writing scripts to shape and record family memories. 10 participants only. Register at the program window now! 2nd Floor Art Studio. No Fee

IPAD CLASS • 10AM-12PM
w/Mr. Brown. 2nd Fl Room B. Cost: 1 Coupon

CHAIR YOGA • 10:30-11:30AM
w/Kind Essence. Room A. Cost: 2 Coupons

FITNESS CENTER COACH • 11AM-12PM
Learn how to use the equipment with Certified Trainer Noel Davis. 2nd Fl. Fitness Center. No Fee

FRIDAYS

GENTLE MOVEMENT EXERCISE • 10-11:15AM
Room A. Cost: 1 Coupon

OPEN STUDIO • 10AM -1PM
Art Studio. Cost: No Fee

TAI CHI • 11:15AM-12PM
Room A. 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 • 1:30PM
Auditorium: No Fee

Special Events

DOLLAR DAY! WITH SHEILA
Wednesday, January 8, 10am-3pm •
1st Fl. Lobby (1st Wed of month) Prices vary.

HAPPY HATTERS SOCIAL SOCIETY RED HATTER MEETING
Wednesday, January 8, 1-3pm • Room A
(1st Wed of month)

HEALTH DEPARTMENT TABLE
Weds, January 15 & 29, 11am-1pm •
First-floor Lobby

Patina Primary Care presents: A CONVERSATION ABOUT AGING IN PLACE
Wednesday, January 15, 1:30-2:30 pm •
Room A

SEPTA ACCESS PRESTATION
Wednesday, January 22, 11am •
GreenBean Café

NUTRITION FOR SENIORS
Food for healthy seniors with Noel Davis
Thursday, January 23, 12-12:45pm •
GreenBean Internet Cafe

Penn's Village presents: PHONE CLINIC
1st session: Friday, January 24, 1-2 pm •
Room A
Workshop to learn how to use your smartphone apps for web browsing. Number of participants limited to 10.

PHL City ID presents
APPLY FOR YOUR PHL! CITY ID
Wednesday, January 29, 1-3pm • Room A
Limited of 30 applications

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 THURSDAYS • 2PM
Zoom ID#: 550 527 7215 PW: 19147

Healthy Eating: January 2025				
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 NEW YEAR				
		1		
		CENTER CLOSED Happy New Year!		
			2	
			Hot: Ground Turkey w/ Spaghetti Noodles & LS Sauce & Parmesan Cheese, Steamed Broccoli, Tossed Salad w/Chopped Romaine, Chopped Tomatoes & Cucumbers Cold: Reduced Fat Italian Dressing, Garlic Bread Dessert: Mandarin Oranges	Hot: Baked Flounder, Stewed Tomatoes, Macaroni & Cheese, Chopped Kale Salad w/ Roasted Unsalted Walnuts, Chopped Tomatoes & Chopped Red Onions, w/ RF Unsalted Italian Dressing Cold: Egg Salad on Whole Wheat Bread w/Lettuce Leaf, Tomatoes, Red Pepper Ring, Three Bean Salad, Mayo Dessert: Mixed Fruit
				3
Hot: Beef Stroganoff over Egg Noodles w/ Mushrooms & Onions, California Blend Vegetables, Whole Wheat Dinner Roll Cold: Seafood Salad on a Plain Croissant w/Chopped Hard Boiled Egg, Cucumber, Tomato w/ Celery Salad Dessert: Orange	Hot: Chicken & Steamed Broccoli, Caesar Salad w/ Romaine, Red Bell Pepper Rings, Croutons, LS Parmesan Cheese, Vegetable Egg Roll Cold: Corned Beef and American Cheese on Rye Bread w/Coleslaw, Spinach Salad w/ Tomatoes & Red Onions, RF Unsalted Italian Dressing Dessert: LF Greek Strawberry Yogurt	Hot: Corned Beef & Cabbage Tossed Salad w/Romaine, Tomatoes, Cucumber, Carrots & Unsalted Sunflower Kernels w/ RF Fat Unsalted Italian Dressing, Fingerling Potatoes Cold: Chicken Salad & LS Shredded Mozzarella Cheese on Whole Wheat Hamburger Bun w/ LS Chickpeas, Lettuce, Tomatoes, Celery, Onion & Red Bell Pepper Rings, Enriched Rotini Pasta Dessert: Fresh Pear	Hot: Roasted Turkey Breast w/ LS Poultry Gravy, Green Beans, Spring Mixed Salad w/ Tomatoes, Cucumber, Red Bell Pepper Rings & Carrots, Unsalted French Dressing, Cornbread Stuffing Cold: Tuna Salad & American Cheese on Whole Wheat Hamburger Bun w/Lettuce, Tomato, Carrot & Raisin Salad Dessert: Fresh Banana	Hot: Breaded Pollock Fillet On Whole Wheat Hamburger Bun, Brussels Sprouts, Baked Steak Fries, Tartar Sauce Cold: Turkey & American Cheese on Whole Wheat Bread, w/ Lettuce, Tomato, Red Pepper Rings, Tomatoes, Three Bean Salad Dessert: SF Chocolate Pudding
6	7	8	9	10
Hot: Grilled Turkey Kielbasa On a Whole Wheat Hot Dog Bun w/ Sauteed Onions & Green Peppers, Au Gratin Potatoes, Romano Beans, Mustard, Romaine Salad w/ Chopped Tomatoes & Cucumbers, RF Unsalted Italian Dressing Cold: Tuna on Pita w/Shredded Romaine Lettuce, Chopped Tomatoes, Chopped Onions Dessert: Mandarin Oranges	Hot: Baked Salmon Fillet, Corn on the Cob, Broccoli, Spinach Salad w/ Chopped Red Onions, LF Ranch Dressing Cold: Turkey BLT on Whole Wheat Bread w/ LS Turkey Bacon, Waldorf Salad, Lettuce Leaf, Tomato, Avocado, Mayo Dessert: SF Strawberry Ice Cream	Hot: Grilled Chicken Strips Lo Mein w/Carrots, Chopped Green Onions, Shredded Boiled Cabbage, Broccoli, Red Bell Peppers & Mushrooms, Fortune Cookie Cold: LS Roast Beef & Swiss on Rye Bread, Coleslaw Dessert: Fresh Apple	Hot: Beef Lasagna w/LF Meat Sauce, Green Beans, Tossed Salad w/Shredded Romaine, Chopped Tomatoes, Chopped Cucumbers, Shredded Carrots, Red Bell Pepper Rings & Shredded LS Mozzarella Cold: Vegetarian Platter w/Low Sodium Chickpeas, Cottage Cheese, Chopped Romaine, Baby Spinach, Carrot & Celery Sticks, Cucumbers, Radishes, Broccoli Florets, Tomato, Chopped Red Onion, Cauliflower Florets, Avocado, LF Ranch Dressing Dessert: Banana	MARTIN LUTHER KING JR. DAY FESTIVE MEAL Smothered Gravy Cube Steak, Cabbage, Garlic Mashed Potatoes, Dinner Roll, Sweet Potato Pie & Sugar Free Iced Tea w/ Lemon, Milk
13	14	15	16	17
20	21	22	23	24
CENTER CLOSED IN OBSERVANCE OF Martin Luther King Jr. Day	Hot: Shrimp Fried Rice w/ Scramble Eggs, Carrots, Onions, Green Peppers & Green Peas, Tossed Salad w/ Romaine, Cucumbers, Tomatoes & Reduce Fat Unsalted Italian Dressing, Brown Rice Cold: Grilled Chicken Strips Pasta Salad w/ Turkey Bacon, Unsalted Walnuts, Baby Spinach Salad w/ Cherry Tomatoes, Red Onion, Crumbles Feta Cheese & RF Unsalted Italian Dressing Dessert: Fresh Apples	Hot: Breaded Chicken Patty, Boiled Spinach, Corn on the Cob, Cornbread & Margarine Cold: Turkey Breast Chef Salad w/ Hard Boiled Egg, Romaine Lettuce, Tomatoes, Carrots, Cucumber, Red Onion, Avocado, Croutons, LS Mozzarella Cheese & LS French Dressing Dessert: Cantaloupe Cubes	Hot: Sweet & Sour Diced Pork, Hard Boiled Egg, Oriental Blend Vegetables, Romaine Salad w/ Croutons & LF Caesar Dressing, Brown Rice Cold: Grilled Chicken Strips Caesar Salad w/ Hard Boiled Egg, Romaine Lettuce, Whole Grain Croutons, Low Sodium Grated Parmesan Cheese & LF Caesar Dressing, Carrot Raisin Salad Dessert: Unsweetened Applesauce	Hot: Baked Meatloaf Chopped Kale Salad w/ Chickpeas & Chopped Red Onion, Mashed Potatoes, Mixed Vegetables Tuna on Whole Wheat Hoagie Roll w/Shredded Lettuce, Tomato, Red Onion, Red Bell Pepper Rings, Pickled Beets Dessert: SF Vanilla Pudding
27	28	29	30	31
Hot: Baked Rosemary Chicken Leg, Baked Sweet Potato, Steamed Peas Cold: Vegetarian Salad Platter w/Chopped Hard-Boiled Egg, LS Chickpeas, Baby Spinach, Fresh Kale, Celery Sticks, Carrot Sticks, Cucumber, Green Bell Pepper Rings, Cherry Tomatoes, LF Ranch Dressing Dessert: Diced Pears	Hot: Smothered Pork Chops w/LS Brown Gravy, Glazed Carrots, Mashed Potatoes, Tossed Romaine Salad w/Chopped Tomatoes & Cucumber, Red Bell Pepper Rings, Shredded Carrots, Croutons, Unsalted French Dressing Cold: Light Unsalted Tuna Salad on Wheat Hamburger Bun w/ Lettuce & Tomato, Cucumber Salad w/Dill Pickles Dessert: SF Strawberry Jell-O	Hot: Beef Pepper Steak Over Brown Rice w/Onions & Green Peppers, Mixed Vegetables, French Cut Green Beans, Fortune Cookie, LS Soy Sauce Cold: Turkey & American Cheese on a Whole Wheat Hamburger Bun, Lettuce, Tomato, Mayo, Potato Salad Dessert: Fresh Apple	Hot: Ground Turkey LS Meat Sauce w/ Spaghetti Noodles, Parmesan Cheese, Steamed Broccoli, Garlic Bread, Tossed Salad w/Chopped Romaine, Chopped Tomatoes & Cucumbers, Italian Dressing Cold: LS Roast Beef & Swiss Cheese on Rye Bread w/ Coleslaw Dessert: Mandarin Oranges	Hot: Baked Flounder, Stewed Tomatoes, Macaroni & Cheese, Chopped Kale Salad w/ Roasted Unsalted Walnuts, Chopped Tomatoes & Chopped Red Onions, RF Unsalted Italian Dressing Cold: Egg Salad on Wheat Bread w/Lettuce, Tomato, Onion, Red Pepper Rings, Three Bean Salad Dessert: Mixed Tropical Fruit