

# Stay Active

www.PhilaSeniorCenter.org



# Stay Active

Monthly Events and Activities for Members



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

March 2025

## 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!

Founded in 1949 by the visionary Female Society for the Relief and Employment of the Poor, the Philadelphia Senior Center (PSC) proudly holds the distinction of being the third oldest senior center in the United States and one of the largest in Pennsylvania. For 75 years, PSC flourished with steadfast support from its founding members, yet with the passing of time, the Female Society made the difficult decision to discontinue their support due to the closing of their foundation.

Originally established as the Philadelphia Center for Older People, PSC was the brainchild of a dedicated group of Quaker women. It began as a day settlement designed exclusively for elderly individuals, first operating out of the Friends Neighborhood Guild. In 1952, it moved to 921 North 6th Street, and again in 1961 to 13th & Lombard, continuing to expand its reach and impact. By 1959, PSC became a United Way agency, and by 1965, it had grown to serve over 500 members.

In 1976, a significant boost in funding from the Older Americans Act enabled PSC to open a state-of-the-art facility at 509 S. Broad Street, made possible by the William Penn Foundation. This new location marked a milestone in the Center's history, with expanded resources through the Philadelphia Corporation for Aging (PCA) leading to enhanced services for seniors.

In 2009, PSC became a proud member of the NewCourtland Network, joining a philanthropic organization dedicated to providing thousands of low-income seniors with affordable housing, healthcare, and tailored supportive services to meet their diverse needs.

With a rich history of growth and transformation, PSC remains committed to its mission of empowering seniors and ensuring they receive the support they deserve.

On Friday, March 21st at 2pm, PSC will Celebrate its 75th Anniversary at the DoubleTree Hotel, 237 South Broad Street. Come dressed to impress in your favorite Winter White attire and celebrate the rich history, of PSC Arts with Food, Dancing, Guest Speakers, and Awards. Cost: \$50.00 Silver & \$55.00 55+ / Standard Members. Tickets are sale now at the Program Window until March 6th.

If the Philadelphia School District closes due to inclement weather, the center is closed to members and volunteers.

Thank you,

**Julie Nelson**  
Center Manager

## HOUSING COUNSELOR'S CORNER

If you're a senior citizen in Philadelphia, you may qualify for a 25% discount on your water and sewer bill. To be eligible, you must:

- Be at least 65 years old.
- Live at the address on the application
- Have the water and sewer bill in your name.
- Have a total household income of \$38,800 or less.

To apply, complete the application form and provide copies of documents confirming your age, income, and residency. For more information or to apply, call (215) 685-6300. For in-person assistance, contact the Philadelphia Senior Center, Avenue of the Arts Branch at 215-546-5879 to schedule an appointment with the Housing Counselor.

Thank you,

**Harold Faust**  
Housing Counselor

## 75th Anniversary Week Festivities

### PSC CHOIR 75<sup>TH</sup> ANNIVERSARY CONCERT

Mon. March 17, 1-2pm • 2nd Fl Auditorium. No Fee

### TALENT NO TALENT "TALENT SHOW"

Tuesday, March 18, 1:30pm • 2nd Fl Auditorium

Winner of show will represent PSC Arts in the PCA Talent Show June 2025! Show your Talent - Poetry, Singing, Instruments, Comedy!

Sign up at the Program Window now. No fee

### Asian Pacific Resource Center

### TAI CHI DANCES PERFORMANCE

Wed, March 19, 1-2pm • 2nd Fl Auditorium. No fee

### 75<sup>TH</sup> ANNIVERSARY T-SHIRT & KARAOKE DAY!

Purchase Your T-shirt today at the Program Window 9am-1pm.

Wear Your T-Shirt on

Thursday, March 20, 1pm • Auditorium

Sing & celebrate our anniversary. 55+ & Standard Members: \$15  
Silver Members: \$14 Size: 3XL \$16

### PSC ARTS 75<sup>TH</sup> ANNIVERSARY CELEBRATION

Friday, March 21, 2025, 2-6pm

DoubleTree Hotel 237 S. Broad Street

Come dressed to impress in your all Winter White attire and celebrate our 75th Anniversary. History, awards, food, drinks, dancing, guest speakers, and an amazing time for all! \$50 Silver, \$55 for Standard & 55+. Tickets are sale now at the Program Window until March 6th.

## 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**  
Thru 3/10. 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

**FANS OF HOMAGE • 10-11:30 AM**  
**9 weeks, January 9 to March 6, 2025**  
Join Ife 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 a Certified Trainer. 2nd Fl. Fitness Center. Cost: No Fee

### FRIDAYS

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

**OPEN CERAMICS 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**  
2nd Floor 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**  
Wednesday, March 5, 10am-3pm •  
1st Fl. Lobby (1st Wed of month) Prices vary.

**AARP TAX PREPARATION**  
Every Wed. March 5-April 9, 10am-2pm • Room B  
You can drop off your tax information on Tuesdays 1-3pm front desk, if not available for a Wednesday appointment. Schedule at the Program Window.

**HAPPY HATTERS SOCIAL SOCIETY RED HATTER MEETING**  
Wednesday, March 5, 1-3pm • Room A (1st Wed of month)

**HEALTH DEPARTMENT TABLE**  
Wed, March 5 & 19, 11am-1pm • First-floor Lobby

**BRUNCH BINGO Presented by Advisory Council**  
Thursday, March 6, 1-2pm • Room A  
Please see an Advisory Council Committee Member for Tickets! Cost \$10.00

**Drexel University Presentation: HOW TO MANAGE PAIN IN OLDER ADULTS**  
Friday, March 7, 1-2 pm • Room A

**CAFÉ FOR CARE PARTNERS AND CREATIVE CONNECTIONS**  
Wednesday, March 12, 1-2pm • Room A

Are you a caregiver that needs to focus on self-care and build meaningful connections, while your loved ones engage in enriching, arts-based activities. Please join us and learn more about this project.

**NUTRITION FOR SENIORS: "Healthy Living and Diet" with Noel Davis**  
Thursday, March 13, 12-12:45pm • GreenBean Internet Cafe

**ST. PATRICK'S DAY & OUR HEALTH with Katarina, Temple Public Health Intern**  
Monday, March 17, 11am • Room B

**Temple University Center for Asian Health Presentation: BREAST & COLORECTAL CANCER**  
Wednesday, March 26, 1-2pm • Room A

**BOOK CLUB Welcome Ms. Barbara Richman**  
Friday, March 28, 2-3pm • Room B (last Friday of the each month)

## Trips

**NOAH at Sight & Sound Theater**  
Thursday, May 8, 2025 • Depart at 10am  
Hershey Farms Family Style Luncheon 12 noon. 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.



## Healthy Eating: March

**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>Hot:</b> Baked Rosemary Chicken Leg, Baked Sweet Potato, Steamed Peas <b>Cold:</b> Vegetarian Salad Platter w/Baby Spinach, Kale, Celery Sticks, Carrot Sticks, Cucumber, Green Bell Pepper Rings, Cherry Tomatoes <b>Dessert:</b> Diced Pears	<b>Hot:</b> Smothered Pork Chops w/LS Gravy, Glazed Carrots, Mashed Potatoes, Tossed Salad <b>Cold:</b> Tuna Salad on Wheat Bun, Tomato, Cucumber Salad, Dill Pickles <b>Dessert:</b> SF Strawberry Jell-O	<b>Hot:</b> Beef Pepper Steak Over Brown Rice, Mixed Vegetables <b>Cold:</b> Turkey and Cheese on a Wheat Bun, Potato Salad <b>Dessert:</b> Fortune Cookie	<b>Hot:</b> Ground Turkey w/ Spaghetti Noodles, Steamed Broccoli, Garlic Bread, Tossed Salad <b>Cold:</b> Roast Beef & Swiss Cheese on Rye Bread, Coleslaw <b>Dessert:</b> Mandarin Oranges	<b>Hot:</b> Baked Flounder, Stewed Tomatoes, Macaroni & Cheese, Kale Salad <b>Cold:</b> Egg Salad on Wheat Bread, Red Onion, Red Pepper Rings, Three Bean Salad <b>Dessert:</b> Mixed Tropical Fruit
<b>Hot:</b> Beef Stroganoff over Egg Noodles w/ Mushrooms & Onions, California Blend Vegetables, Whole Wheat Dinner Roll <b>Cold:</b> Seafood Salad on a Croissant w/ Chopped Hard-Boiled Egg, Cucumber & Tomato Salad, Diced Celery <b>Dessert:</b> Orange	<b>Hot:</b> Chicken & Steamed Broccoli, Vegetable Egg Roll, Caesar Salad w/Shredded Romaine Lettuce, Red Bell Pepper Rings, Croutons, Parmesan Cheese <b>Cold:</b> Corned Beef and American Cheese on Rye Bread w/Coleslaw, Spinach Salad w/Tomatoes & Red Onions, Italian Dressing <b>Dessert:</b> Strawberry Greek Yogurt	<b>Hot:</b> Corned Beef & Cabbage, Fingerling Potatoes, Tossed Salad w/Romaine, Tomatoes, Cucumber, Carrots, Italian Dressing <b>Cold:</b> Chicken Salad & LS Mozzarella on Wheat Bun w/LS Chickpeas, Rotini Pasta Lettuce Leaves, Tomato, Diced Celery, Diced Onion, Red Bell Pepper Rings <b>Dessert:</b> Fresh Pear	<b>Hot:</b> Roasted Turkey Breast w/ LS Poultry Gravy, Cornbread Stuffing, Green Beans, Spring Mix Salad w/ Tomatoes, Cucumber, Red Bell Pepper Rings & Shredded Carrots <b>Cold:</b> Tuna Salad & American Cheese on Wheat Bun, Lettuce, Tomato, Carrot Raisin Salad <b>Dessert:</b> Banana	<b>Hot:</b> Breaded Pollock Fillet on a Wheat Bun, Baked Fries, Brussels Sprouts <b>Cold:</b> Turkey and Cheese Sandwich, Lettuce, Tomato, Red Bell Pepper Rings <b>Dessert:</b> Sugar Free Chocolate Pudding
<b>ST. PATRICK'S DAY FESTIVE MEAL</b> Irish Beef Stew, Carrots, Potatoes, Spring Mix Salad w/Tomatoes, Dice Cucumbers, Asparagus, White Rice, French Dressing, Sugar Free Lemon Cookies	<b>Hot:</b> Baked Salmon Fillet, Corn on the Cob, Broccoli, Spinach Salad w/ Chopped Red Onions, LF Ranch Dressing <b>Cold:</b> Turkey BLT on Whole Wheat Bread w/ LS Turkey Bacon, Lettuce Leaf, Tomato, Avocado, Waldorf Salad <b>Dessert:</b> SF Strawberry Ice Cream	<b>Hot:</b> Grilled Chicken Strips Lo Mein w/Carrots, Chopped Green Onions, Shredded Boiled Cabbage, Broccoli, Red Bell Peppers & Mushrooms, Fortune Cookie <b>Cold:</b> LS Roast Beef & Swiss on Rye Bread, Coleslaw, Lettuce, Tomato, Mayo <b>Dessert:</b> Fresh Apple	<b>Hot:</b> Beef Lasagna w/LF Meat Sauce, LS Mozzarella, Green Beans, Romaine Tossed Salad w/Diced Tomatoes & Cucumbers, Shredded Carrots, Red Bell Pepper Rings <b>Cold:</b> 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 <b>Dessert:</b> Banana	<b>Hot:</b> BBQ Chicken Legs, Egg Noodles, Green Beans, Romaine Tossed Salad w/Chopped Tomatoes & Cucumber, Shredded Carrots <b>Cold:</b> Turkey Salad w/LS American Cheese on Wheat Bread w/Lettuce, Tomato, Red Bell Pepper Rings, Mayo, Potato Salad <b>Dessert:</b> Orange Sherbert
<b>Hot:</b> Veal Parmesan w/ Breaded Veal Patty with Tomato Sauce, Grated Low Sodium Parmesan Cheese & Less Fat Sour Cream, Wax beans, Baked Potato w/Skin <b>Cold:</b> Turkey & American Cheese Hoagie w Shredded Lettuce, Tomato, Red Onion, Mayo, Potato Salad <b>Dessert:</b> Fresh Apples	<b>Hot:</b> Shrimp Fried Rice w/ Scrambled Eggs, Brown Rice, Carrots, Onions, Green Peppers & Green Peas, Tossed Salad w/ Romaine, Cucumbers, Tomatoes <b>Cold:</b> Grilled Chicken Strips Pasta Salad w/ Turkey Bacon, Unsalted Walnuts, Baby Spinach Salad w/ Cherry Tomatoes, Red Onion, Feta Crumbles, RF Unsalted Italian Dressing <b>Dessert:</b> Pineapple Chunks	<b>Hot:</b> Breaded Chicken Patty, Boiled Spinach, Corn on the Cob, Cornbread & Margarine <b>Cold:</b> Turkey Breast Chef Salad w/ Hard Boiled Egg, Romaine Lettuce, Tomatoes, Carrots, Cucumber, Red Onion, Avocado, Croutons, LS Mozzarella Cheese & French Dressing <b>Dessert:</b> Cantaloupe Cubes	<b>Hot:</b> Sweet & Sour Diced Pork, Brown Rice, Hard Boiled Egg, Oriental Blend Vegetables, Romaine Salad w/ Croutons, Caesar Dressing <b>Cold:</b> Grilled Chicken Strips Caesar Salad w/ Hard Boiled Egg, Romaine Lettuce, LS Croutons, LS Parmesan Cheese, Carrot Raisin Salad, Whole Wheat Dinner Roll <b>Dessert:</b> Unsweetened Applesauce	<b>Hot:</b> Baked Meatloaf, Mashed Potatoes, Mixed Vegetables Chopped Kale Salad w/Chickpeas & Chopped Red Onion <b>Cold:</b> Tuna Hoagie on Whole Wheat Roll w/ Shredded Lettuce, Tomato, Red Onion, Red Bell Pepper Rings, Pickled Beets <b>Dessert:</b> SF Vanilla Pudding
<b>Hot:</b> Baked Rosemary Chicken Leg, Baked Sweet Potato, Steamed Peas <b>Cold:</b> Vegetarian Salad Platter w/Baby Spinach, Kale, Celery Sticks, Carrot Sticks, Cucumber, Green Bell Pepper Rings, Cherry Tomatoes <b>Dessert:</b> Diced Pears				