

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

509 South Broad Street
Philadelphia, PA 19147



Stay Active

Monthly Events and Activities for Members



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

May 2025

Dear PSC Arts Members,

May is **Older Americans Month**, a special time to honor, celebrate, and uplift the incredible contributions of older adults in our communities. This year's theme, "**Flip the Script on Aging**," invites us to rethink the way we view aging—not as a decline, but as a time filled with purpose, possibility, and connection.

At our center, we're embracing this theme by spotlighting the creativity, wisdom, and vibrant spirit of our members. We're thrilled to announce our Annual Older American Month **Art Show & Reception** scheduled for **Tuesday, May 27th from 2:00 to 4:00 PM**, where we'll come together to appreciate the artwork and stories of our talented art class participants and membership. If you'd like to participate, please bring in your artwork by **May 16th**—whether it's a painting, sketch, ceramics, quilt, photo, stain glass or another creative expression, we'd be honored to display it.

This month is about more than celebration—it's about transformation. The **Administration for Community Living (ACL)** encourages all of us to engage, connect, and find joy in new experiences. Social connection and active engagement are essential to healthy aging, and our center is proud to be a space where those values come to life every day.

Let's continue to support one another, share our stories, and flip the script—because aging isn't about slowing down, it's about showing up, speaking out, and living fully.

On Thursday June 26th the center will host our annual fire drill. When the fire alarm sounds, members are required to evacuate the building. Staff will be on hand to guide your evacuation. Thank you for your cooperation.

Happy Older Americans Month! Happy Mother's Day! During the month of May, we honor all mothers and older adults. We also honor and remember members of the military who were killed in service on Memorial Day.

Warmly,
Julie Nelson
Center Manager

HOUSING COUNSELOR'S CORNER

Greetings,

What Longtime Owner Occupants Program (LOOP)?

LOOP is a Real Estate Tax relief program for income-eligible homeowners whose property assessments increased significantly—by **50% or more from last year**, or **75% or more over the past five years**. To qualify, you must have lived in your home for **at least 10 years**. LOOP **limits your current year tax increase** to either **50% or 75%**, depending on eligibility, and **freezes future increases** (unless tax rates go up) as long as you remain eligible.

Eligibility Requirements

- Must **own and live in the home** as your primary residence.
- Assessment must have increased **50% (1 year)** or **75% (5 years)**.
- Must have lived in the home for **10+ years**.
- Must be **current on property taxes** or in an approved payment agreement.
- Must meet **income limits** based on family size.
- Assessment info can be found at: property.phila.gov.

Important Notes

- You cannot be enrolled in both LOOP and the Homestead Exemption.
- You can combine LOOP with other tax relief programs like:
 - Low Income Senior Tax Freeze
 - Installment plans
 - Owner-Occupied Payment Agreement
 - Other local/state tax assistance or rebate programs

How to Apply

- **Call the Philadelphia Senior Center (Avenue of the Arts Branch) at 215-546-5879 and ask for me.**
- **Apply by mail:**
Philadelphia Department of Revenue
P.O. Box 53250
Philadelphia, PA 19105

Warm Regards,

Harold Faust
Housing counselor



THE CENTER WILL BE CLOSED
ON MONDAY, MAY 26 IN
OBSERVANCE OF MEMORIAL DAY.

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

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

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

ADV. CERAMICS • 1-3PM

Art Studio. Cost: 3 Coupons

THURSDAYS

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

BOOK CLUB • 1-2PM

with Ms. Barbara Richmond

Room B. Cost: No Fee

Special Events

MOTHER'S DAY BREAKFAST

Wednesday, May 7, 9am-10am •

GreenBean Internet Café. Register at the Program Window (9-1pm) Cost: \$2:00

DOLLAR DAY! WITH SHEILA

Wednesday, May 7, 10am-3pm •

1st Fl. Lobby (1st Wed of month) Prices vary.

HEALTH DEPARTMENT TABLE

Weds, May 7 & 21, 11am-1pm •

2nd Floor Lobby. No Fee

FREE HAIRCUTS by Gabriel the Barber

Tuesday, May 13, 10-3 pm •

2nd Floor Fitness Center

AARP Presents: AI "INFORMATION SESSION"

Wed, May 14, 1-2 pm • Room A. No Fee

PSC Choir Spring Concert: LOVE IS IN THE AIR

Monday, May 19, 1-2 pm • 2nd Floor Auditorium.

No Fee

Advisory Council Presents:

FASHION SHOW & LUNCHEON

Wednesday, May 21, 1-3pm •

2nd Floor Room A & B. Please see an PSC Arts Advisory Council Member for Tickets! Cost \$15.00

PENN MEDICINE HEALTH TALK

Thursday, May 22, 1-2pm • Room A. No Fee

PSC ART SHOW & RECEPTION

Tuesday, May 27, 2-4pm • 1st Floor Lobby

No Fee. Please bring in your artwork for the show by May 16th.

SENIORS HEALTH & FITNESS DAY! (Make Fitness Your Friend for Life)

Wednesday, May 28

Join Instructor Janet Ford for a Zumba Class On the Front Porch! 11:15am -12:15pm. No Fee

Nutrition Session with Noel Davis:

THE BENEFITS OF WATER AND HEALTH

Thursday, May 29, 12:00-12:30pm •

GreenBean Internet Café. No Fee

Trips

SOLD OUT - A TRIBUTE TO THE SONGS & MUSIC OF SMOKEY ROBINSON

Monday, June 30 • Depart 9am

THE MUSEUM OF AFRICAN AMERICAN HISTORY & CULTURE, WASHINGTON D.C

Thursday July 31 • Depart at 7:15am, arrive at 11am. Return to Center at 3pm, arrive at 6:30pm.

\$84pp Silver members / \$86pp for Standard & 55+. Final Payment Due By June 9. This is the only national museum devoted exclusively to the documentation of African American life, history, and culture.

BLOCKBUSTER BROADWAY, TROPICANA AC

Monday November 17th, 2025, Departs at 9am, arrive at 10:45am. Return to Center at 3pm, arrive at 6:30pm.

Receive \$20.00 Slot Play and Admission. Show tune extravaganza! Celebrate Hamilton, Wicked, The Lion King, Phantom of the Opera, Jersey Boys and more!

\$101pp Silver Members / \$103 pp Standard Members & 55+. Final payment due by Sept. 15.

MAY 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 MOTHER'S DAY			
Hot: Beef Stroganoff w/ Reduced Fat Sour Cream, Mushrooms and Onions, Egg Noodles, California Blend Vegetables, Wheat Dinner Roll Cold: Seafood Salad on a Croissant, Cucumber & Tomato Salad Dessert: Orange	Hot: Grilled Chicken Strips, Steamed Broccoli, Vegetable Egg Roll, Duck Sauce, Caesar Salad w/Chopped Romaine, Red Bell Pepper Rings, Croutons, Parmesan, Caesar Dressing Cold: Corned Beef and American on Rye w/Coleslaw, Spinach Salad w/Tomatoes & Red Onions, Italian Dressing Dessert: Strawberry Greek Yogurt	Hot: Corned Beef & Cabbage, Boiled Potatoes, Tossed Salad w/Tomatoes, Cucumber, Carrots, Italian Dressing Cold: Chicken Salad Bowl w/Mozzarella, Chickpeas, Rotini Pasta, Lettuce, Tomato, Onion, Red Bell Pepper Rings Dessert: Fresh Pear	Hot: Ground Turkey Meat Sauce w/ Spaghetti Noodles, Steamed Broccoli, Garlic Bread, Tossed Salad w/ Tomatoes, Cucumbers & Italian Dressing Cold: Roast Beef & Swiss Cheese on Rye Bread, Coleslaw Dessert: Mandarin Oranges	Hot: Baked Flounder, Stewed Tomatoes, Baked Macaroni & Cheese, Kale Salad w/Red Onions, Tomato & Ranch Dressing Cold: Egg Salad on Wheat Bread, Red Onion, Red Pepper Rings, Three Bean Salad Dessert: Mixed Tropical Fruit
Hot: Grilled Turkey Kielbasa on Whole Wheat Bun w/ Sauteed Onions and Green Peppers, Au Gratin Potatoes, Romano Beans, Mustard, Romaine Salad w/ Tomatoes and Cucumbers, LF Italian Dressing Cold: Tuna on Whole Wheat Pita Bread, Romaine Lettuce, Onions, Mayo Dessert: Mandarin Oranges	Hot: Baked Salmon Fillet, Corn on the Cob, Broccoli, Spinach Salad w/ Chopped Red Onions, Ranch Dressing Cold: Turkey BLT on Whole Wheat Bread w/Deli Turkey & Turkey Bacon, Lettuce, Tomato, Avocado, Mayo, Waldorf Salad Dessert: SF Strawberry Ice Cream	Hot: Chicken Lo Mein w/ Grilled Chicken Strips, Carrots, Red & Green Peppers, Scallions & Onions, Broccoli Cold: Roast Beef & Swiss on Rye Bread, Coleslaw, Lettuce, Tomato, Mayo Dessert: Fresh Apple	Hot: Roasted Turkey Breast w/ LS Gravy, Stuffing, Green Beans, Spring Mix Salad w/ Tomatoes, Cucumber, Red Bell Pepper Rings, French Dressing Cold: Tuna Salad w/Cheese on Bun with Lettuce & Tomato, Carrot Raisin Salad Dessert: Fresh Banana	Hot: Breaded Pollock Fillet on a Wheat Bun, Baked Steak Fries, Brussels Sprouts. Tartar Sauce & Ketchup Cold: Turkey and Cheese on Wheat w/ Lettuce, Tomato, Red Bell Pepper Ring, Three Bean Salad Dessert: Sugar Free Chocolate Pudding
Hot: Veal Parmesan w/ Cheese & Marinara Sauce, Waxed Beans, Baked Potato w/ Sour Cream & Margarine, Parmesan Cheese Cold: Turkey & Cheese Hoagie w/ Lettuce, Tomatoes & Red Onions, Red Skinned Potato Salad, Mayo Dessert: Fresh Apples	Hot: Shrimp Fried Rice w/ Shrimp, Vegetarian Fried Brown Rice, Steamed Broccoli, Soy Sauce, Tossed Salad w/ Tomatoes, Cucumbers, Italian Dressing Cold: Chicken Pasta Salad w/ Rotini Pasta, Baby Spinach, Red Onions, Low Fat Golden Italian Dressing Dessert: Pineapple Chunks	Hot: Breaded Chicken Patty, Boiled Spinach, Mini Corn on the Cob, Cornbread Cold: Turkey Breast Chef Salad w/ Hard Boiled Egg, Romaine Lettuce, Tomatoes, Carrots, Cucumber, Red Onion, Avocado, Croutons, LS Mozzarella Cheese & French Dressing Dessert: Cantaloupe Cubes	Hot: Sweet & Sour Diced Pork, Brown Rice, Hard Boiled Egg, Oriental Blend Vegetables, Romaine Salad w/ Croutons, Caesar Dressing Cold: Chicken Caesar Salad w/ Romaine, Croutons, Hard Boiled Egg, Low Fat Caesar Dressing, Carrot Raisin Salad Dessert: Applesauce	MEMORIAL DAY FESTIVE MEAL: Stuffed Peppers w/Ground Beef, Tomato Sauce & Rice, Lettuce, Tomato, & Onion Salad, Garlic Knots, Peaches
	Hot: Smothered Pork Chops w/LS Gravy, Glazed Carrots, Mashed Potatoes, Tossed Salad Cold: Tuna Salad on Wheat Bun, Tomato, Cucumber Salad, Dill Pickles Dessert: SF Strawberry Jell-O	Hot: Beef Pepper Steak Over Brown Rice, Mixed Vegetables Cold: Turkey and Cheese on a Wheat Bun, Potato Salad Dessert: Fortune Cookie	Hot: Ground Turkey Meat Sauce w/ Spaghetti Noodles, Steamed Broccoli, Garlic Bread, Tossed Salad w/ Tomatoes, Cucumbers & Italian Dressing Cold: Roast Beef & Swiss Cheese on Rye Bread, Coleslaw Dessert: Mandarin Oranges	Hot: Baked Flounder, Stewed Tomatoes, Baked Macaroni & Cheese, Kale Salad w/Red Onions, Tomato & Ranch Dressing Cold: Egg Salad on Wheat Bread, Red Onion, Red Pepper Rings, Three Bean Salad Dessert: Mixed Tropical Fruit
CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY				