

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!

NEWCOURTLAND

Philadelphia Senior Center

Avenue of the Arts

509 South Broad Street
Philadelphia, PA 19147
215-546-5879
info@newcourtland.org

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.

June 2025

IN-CENTER COUNSELOR’S CORNER

Greetings PSC Arts Members,

Free Food Assistance for Seniors – Now Available!

SHARE Box Program:
We’re pleased to share information about the Commodity Supplemental Food Program (CSFP), also known as the PA Senior Food Program. This program provides free monthly food boxes to eligible seniors.

Who qualifies for a SHARE Box:

- Individuals 60 years of age or older
- Total household income at or below 150% of the Federal Poverty Guidelines

What’s included in the SHARE food box?
Each box contains a variety of nutritious items such as cheese, vegetables, milk, poultry, plant-based protein, cereal, pasta, rice, and more.

What do you need to apply?

- Valid photo ID with current address
- Proof of income
- For additional household members, please provide their names and monthly income.

To learn more or apply, contact:
Tanisha Smith, PSC Center Counselor, Avenue of the Arts Branch
Phone: 215-546-5879

I look forward to working with you!
Tanisha Smith,
In-Center Counselor

Trips

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.

CAESARS CASINO, ATLANTIC CITY, NJ Friday September 12, 2025 Depart at 9am, arrive at 10:30am. Return to Center at 4:30pm, arrive at 6pm. Receive \$10 in Slot Play \$45 Silver Members & \$47 Standard & 55+. Final payment due by Aug. 1st.

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 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.

Dear PSC Arts Members,

June is a month rich with meaning, history, and celebration. As we all move into the summer season, PSC Arts Branch is taking the time to honor significant moments that remind us of our shared humanity, resilience, and the power of community.

Arts Branch is kicking off June with a warm and heartfelt celebration of all the fathers and father figures who attend the center. Inspired by Sonora Smart Dodd’s first Father’s Day celebration on June 19, 1910, in Spokane, Washington, we honor the strength, dedication, and guidance that fathers provide.

Please join us for our Father’s Day Breakfast on **Friday, June 13th in the GreenBean Internet Café.** Enjoy a delicious meal and great company for just \$2.00—tickets are now available at the Program Window.

On June 19th, we commemorate Juneteenth, the day in 1865 when Union troops arrived in Galveston, Texas, to enforce the Emancipation Proclamation and bring an end to slavery for the last remaining enslaved African Americans. Known as Juneteenth Independence Day, it is the oldest nationally celebrated commemorating the ending of slavery in the United States. A time for reflection, education, and celebration of African American freedom and achievement.

June 19th is also World Sickle Cell Day, a day of international recognition to raise awareness about Sickle Cell Disease (SCD)—a genetic condition that disproportionately affects people of African descent. This day highlights the need for continued advocacy, research, and community support for those living with SCD and their families.

To mark both Juneteenth and World Sickle Cell Day, we invite all center participants to join in with PSC Arts Branch for a meaningful **American Red Cross Blue Tag Blood Drive on Thursday, June 19th from 10:00AM to 3:00PM** on the 2nd Floor, Room A. Your donation can help save lives and support individuals affected by Sickle Cell Disease. Participants will receive a \$20 Amazon E-Gift Card as a thank-you for their life-saving contribution. Please sign up now at the Program Window.

Together, these observances remind us of the importance of remembrance, support, and appreciation. Whether you’re giving blood, honoring a father figure, or reflecting on history, we invite you to celebrate with us and be part of something meaningful this June.

A fire drill is scheduled on Thursday, June 26th at 2pm. When the fire alarm rings please exit the building. Staff will be on hand to assist you.

Warmly,
Julie Nelson
Center Manager

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 Coupons

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

(SUMMER BREAK STARTING ON JUNE 18)

Art Studio. Cost: 3 Coupons

OPEN STUDIO • 10AM -1PM

(STARTING JUNE 25TH)

Art Studio. Cost: No Fee

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

(SUMMER BREAK STARTING ON JUNE 18)

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 STUDIO • 10AM -1PM

(LAST CLASS JUNE 13TH)

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

DOLLAR DAY! WITH SHEILA

Wednesday, June 4, 10am-3pm •

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

HEALTH DEPARTMENT TABLE

Weds, June 4 & 18, 11am-1pm •

2nd Floor Lobby. No Fee

RED HATTER SOCIAL SOCIETY

Wednesday, June 4, 1-3pm •

Room B

PCA'S CAROUSEL OF TALENT SHOW

Presented by Always Best Care

Thursday, June 12, 1:30-3pm •

2nd floor Auditorium. Sign up at the program window to attend. Cost No fee.

FATHER'S DAY BREAKFAST

Friday, June 13, 9-10am •

GreenBean Internet Café

Register at the program window. Cost \$2.00

SEPTA Access/CCT Connect

INFORMATION SESSION

Monday, June 16, 1-2pm •

2nd floor Auditorium

LUNCH AND LEARN

American Red Cross: Blue Tag

Presentation

Tues, June 17, 11am & 12pm Lunches •

GreenBean Internet Café

Learn about the importance of people of color to donate blood.

AMERICAN RED CROSS BLOOD DRIVE

Thursday, June 19, 10am-3pm • Room A

In honor of Juneteenth and World Sickle

Cell Day. Please sign up at the program

window. All participants will receive a

\$20.00 Amazon e-gift card.

NUTRITION EDUCATION

WITH NOEL DAVIS: MANAGING SUGAR

Thursday, June 19, 12:30-1pm •

GreenBean Internet Café. No Fee

Community Legal Services

WILL WORKSHOP

Friday, June 20, 1-2:30pm •

2nd Floor Auditorium. No Fee

ARTZ Philadelphia

DISCOVER CAFÉ FOR CARE PARTNERS

& CREATIVE CONNECTIONS

Thursday, June 26, 10-11:30am •

Art Studio & Auditorium

EVERYBODY'S BIRTHDAY PARTY

Friday, June 27, 1:30-3pm •

GreenBean Internet Café. Cost \$2.00

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

Healthy Eating: June 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
Hot: Baked Rosemary Chicken Leg, Baked Sweet Potato, Steamed Peas Cold: Vegetarian Salad Platter w/Baby Spinach, Kale, Celery Sticks, Carrot Sticks, Cucumber, Green Bell Pepper Rings, Cherry Tomatoes Dessert: Diced Pears	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
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: 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: 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 Whold 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: Beef Lasagna w/ Sauce,Green Beans, Romaine Tossed Salad w/Tomatoes & Cucumbers, Carrots, Red Peppers Cold: Vegetarian Platter w/ Romaine, Baby Spinach, Sticks of Carrots, Celery & Cucumbers, Broccoli & Cauliflower Florets, Tomatoes, Red Onions, Avocado Dessert: Fresh Banana	Hot: BBQ Chicken Legs, Egg Noodles, Green Beans, Romaine Tossed Salad w/Tomatoes & Cucumber, French Dressing Cold: Turkey Salad Wheat Bread w/Cheese, Lettuce, Tomato, Red Pepper Rings, Mayo Dessert: Orange Sherbert
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	Hot: Baked Meatloaf, Mashed Potatoes, Mixed Vegetables Chopped Kale Salad w/Chickpeas & Chopped Red Onion Cold: Tuna Hoagie w/ Unsalted Light Tuna Packed in Oil, Shredded Romaine Lettuce, Tomato, Red Onion, Red Bell Pepper Rings, Pickled Beets Dessert: SF Vanilla Pudding
Hot: Baked Rosemary Chicken Leg, Baked Sweet Potato, Steamed Peas Cold: Vegetarian Salad Platter w/Baby Spinach, Kale, Celery Sticks, Carrot Sticks, Cucumber, Green Bell Pepper Rings, Cherry Tomatoes Dessert: Diced Pears	 <p>HAPPY Father's Day</p>			