

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 and \$5 for a 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 of PSC Arts Branch,

In March we recognize **Women's History**, a time to honor the incredible contributions women have made in our families, communities, and nation. It's also a time to spring forward with **Daylight Saving Time on Sunday, March 8th**, and celebrate **St. Patrick's Day on March 17th**. Spring is the season that reminds us that it is never too late to learn something new and focus on our health.

PSC Arts Branch will continue to host **AARP Foundation Tax-Aide** services, free tax assistance every Monday through April 13th from 10:00AM – 2:00PM. Appointments are required, so please contact the program window to schedule your time. This is a wonderful opportunity to ensure your taxes are completed accurately and at no cost.

Spring is the perfect time to focus on staying active and preventing falls. The **Bone Health Education and Osteoporosis Screening** event, presented in partnership with the National Council on Aging, will be held on **Thursday, March 26th from 10:00 AM – 4:00 PM**. PSC Arts needs 50 participants registered for the screenings to take place, so please sign up at the program window as soon as possible. Strong bones are essential for maintaining your independence!

Continuing to focus on safety and strength, the center will offer **Healthy Steps: Fall Prevention Workshop**, a two-day evidence-based program being held on **Tuesday, March 31st and Tuesday, April 7th from 11:30 AM – 1:30 PM**. This workshop will provide practical strategies to reduce risk of falls and build confidence in everyday movement. Please register at the program window to reserve your spot.

As the days grow longer and spring arrives, we encourage our members to take advantage of these opportunities to protect your health, strengthen your finances, and stay engaged in your community.

We look forward to seeing you at the center!

Warm regards,

Julie Nelson
Center Manager

IN-CENTER COUNSELOR'S CORNER

PCA Helpline: Support for Older Adults & Adults with Disabilities in Philadelphia

The Philadelphia Corporation for Aging (PCA) Helpline is your one-stop resource for information, services, and support to help you live safely and independently.

PCA Helpline: 215-765-9040

Hours: Monday-Friday, 8:30 a.m.–5:00 p.m. (closed major holidays)

Assistance is available in multiple languages, including English, Spanish, Chinese, Cambodian, Hindi, Korean, and Vietnamese.

Programs & Services Include:

- Senior Housing Assistance Repair Program (SHARP)
- Caregiver Support
- Domiciliary Care
- Legal Services
- Health & Wellness Programs
- Meal Programs
- Employment & Volunteer Opportunities
- In-Home Support Services
- Insurance & Benefits Counseling
- Protection & Advocacy
- Housing & Living Options

To apply for services, please contact me at the Center directly 215-546-5879 or call the PCA Helpline for guidance and referrals.

I am here to help you. Please reach out today to get connected to the support you need.

Warm Regards,
Tanisha Smith
Center Counselor

2026 Trips

FAMOUS GROUPS OF MOTOWN TRIBUTE Tropicana Atlantic City

June 29, 2026, Depart Philadelphia Senior Center at 9:15am Arrive at 11:00am. Depart AC at 5pm Arrive at Center 6:45pm

Includes Show Ticket, \$20.00 Slot Play, \$20.00 Food Voucher. \$99 Per Person for Silver Members \$101 Per Person for Standard Members & 55+

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 (available at the Program Window) by your doctor to use the fitness center.

GAME TIME! • 9AM-4:15PM 1ST & 2ND FLOOR LOBBIES

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

BEGINNER COMPUTER • 10AM-12PM

Winter Session II thru March 30, 2026

Computer Lab. Cost: 2 Coupons

BEGINNER TAP DANCE • 11AM-12PM

Room A. Cost: 2 Coupons

PSC CHOIR • 12:30-2:30pm

Room A. Cost: 1 Coupon

BEGINNER FRENCH • 1-2pm

Room B. No Fee

TUESDAYS

BIBLE STUDY • 10-11:30AM

Second Floor Room A or Conference Call: 1-617-769-8590. Free Will Offering Excepted

PAINTING W/SHEENA • 10AM-12PM

Art Studio. Cost: 2 Coupons

TAP DANCE PRACTICE • 11:30AM-12PM

Open Studio Room A. Cost: No Fee

STORYTELLING & WRITING • 1-2PM

Room B or Zoom ID: 842 5288 8500

PW: 554559 Call In #: 1-646-558-8656

Cost: No Fee

ART & HOME FOR WELL-BEING • 1-3PM

Join instructor Sheena Garcia to design and personalize artful home objects, from pillows to lamps. 2nd Fl Art Studio. Cost: 2 Coupons

TUESDAYS (cont.)

LINE DANCE CLASS • 2-3PM

w/Gloria Kingcade Rooms A & B.

Cost: 2 Coupons

WEDNESDAYS

CHI KUNG • 10-11AM

Room A. *Cost: 2 Coupons

BEGINNER CERAMICS • 10AM-12PM

Art Studio. Cost: 3 Coupons

ZUMBA • 11:15AM-12:15PM

Rooms A & B. Cost: 2 Coupons

TAP DANCE PRACTICE • 12:30-1PM

Open Studio Room A. Cost: No Fee

BINGO • 12:30-1:30PM

Room B. Cost: No Fee

ADVANCED 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

SPANISH CLASS • 1PM

w/Maria Carballido. 2nd Fl. Room B. 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

TAP DANCE PRACTICE • 1-1:30PM

Open Studio Room A. Cost: No Fee

BOOK CLUB • 1-2PM

with Ms. Barbara Richmond. Room A. No Fee

SIT & BE FIT • 1:30-2PM

Exercise while seated. Fitness Room. No Fee

MOVIE TIME • 1:30 PM

Auditorium. Cost: No Fee

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

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

Special Events

AARP FOUNDATION TAX AIDE PROGRAM

Every Monday, March 2 through April 13

Get your taxes done for free!

Sign up at the Program Window M-F 9am -1pm

BETTERAGE DAY with Kenya & Sanjna

Monday March 2 & Friday, March 6, 9-11am

Take BetterAge's free and confidential health assessment. Then explore your personal health and well-being report. See what small steps can do. 1st floor lobby

DOLLAR DAY! WITH SHEILA & FRIENDS

Wednesday, March 4, 10am-3pm

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

HEALTH DEPARTMENT TABLE

Wednesday, March 4, 11am-1pm

2nd Floor Lobby. No Fee

RED HATTER SOCIAL SOCIETY:

DIAMOND JEWELS MEETING

Wednesday, March 4, 1-3pm • Room A

TEATIME TALK: Medicare Basics & Options

Monday, March 9, 2:30pm

Learn about Medicare, Medicare Advantage, and Part D options from the Centers for Medicare & Medicaid Services. GreenBean Internet Café. No Fee

MAKE IT & TAKE IT: St. Patrick's Day Cards

Friday March 13, 10am

Join Sanjna, Temple Public Health Intern, to make holiday greeting cards for residents living at Graduate Post Acute Care. 1st floor lobby. No Fee

TEATIME TALK: Medical Nutrition Therapy Survey

& Presentation by Health Promotions Council

Monday, March 16, 2:30pm

Snack & learn about evidence-based nutrition services to prevent and manage your chronic disease. GreenBean Internet Café. Cost: No Fee

LUNCH & LEARN: HEALTHY AGING

Friday, March 20, 11am

Join Sanjna, Temple Public Health Intern, to learn healthy aging by maintaining physical, mental, and your social well-being throughout life. GreenBean Internet Café. Cost: No Fee

SENATOR SAVAL'S MOBILE INFO TABLE

Monday, March 23, 10am-1pm

(Every 4th Monday) 1st Floor Lobby. No Fee.

PA For Modern Courts Presentation:

PROTECTION FROM ABUSE

Wednesday, March 25, 1:30 pm

Room A. Cost: No Fee

BONE HEALTH EDUCATION & SCREENING

with The National Council on Aging

Thursday, March 26, 10am-4pm

Ninety-minute session to increase your awareness of osteoporosis and prompt specific actions to support your own bone health. Please sign up at the Program Window, 50 people needed. Cost: No Fee

Advisory Council BRUNCH BINGO FUNDRAISER

Friday, March 27, 1-3pm

Food & Fun for everyone! Room A & B. Cost: \$10.00

See a council member for ticket sales.

TEATIME TALK: Colorectal Cancer Education

w/ Temple Health Fox Chase Cancer Center

Monday March 30, 2:30pm

Learn more about decreasing your risk of getting colorectal cancer. GreenBean Internet Café

HEALTHY STEPS WORKSHOP

Tuesdays, March 31 & April 7, 11:30am -1:30pm

Join Jo Anna Turner to learn how to prevent falls.

Sign up at the Program Window. Room A. No Fee

Healthy Eating: March 2026

Enjoy a Light Continental Breakfast Daily M-F | 8:30-9:30 AM
First cup of coffee or tea is free. Additional cups: \$1. Pastries/other food items: \$1.50 ea

In Person Congregate Meals Monday Thru Friday
1st seating: 11-11:45am, Reserved Seating 11-11:15am
2nd seating: 12-1pm, Reserved Seating 12-12:15pm

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 yrs old must pay \$3.25.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Hot: Cheese Lasagna w/ Shredded Mozzarella, LS Spaghetti Sauce, Baby Spinach Salad, w/Tomatoes & Cucumbers w/ Unsalted Italian Dressing</p> <p>Cold: Roasted Chicken Salad on Whole Wheat Hoagie Roll w/ Yellow Onion, Celery & Mayo, Rotini Pasta Salad w/ Broccoli Florets, Cucumbers, Tomatoes & Red Peppers w/ Unsalted Italian Dressing</p> <p>Dessert: Vanilla Greek Yogurt</p> <p>2</p>	<p>Hot: Beef Stew w/ Low Sodium Beef Gravy & Carrots, White Potatoes, Yellow Onions & Peas</p> <p>Cold: Egg Salad Sandwich on Whole Wheat Hamburger Bun w/ Yellow Onion, Celery, Pickled Beets, Red Bell Pepper Rings, Pickled Beets, LS Mayonnaise</p> <p>Dessert: Banana</p> <p>3</p>	<p>Hot: Chicken Yakisoba w/Grilled Chicken Strips, Asian Blend Mixed Vegetables, Ramen Noodles w/ Oyster Sauce</p> <p>Cold: Reduced Sodium Roasted Turkey Club Sandwich On Whole Wheat Bread w/ Low Sodium Turkey Bacon, Tomato, Lettuce Leaves & LS Mayonnaise, Macaroni Salad</p> <p>Dessert: Mixed Fruit</p> <p>4</p>	<p>Hot: Stuffed Green Peppers, Cooked Ground Beef, Brown Rice, Unsalted Tomato Sauce, Kale & Baby Spinach Salad w/ Cucumbers & Avocado, Unsalted Italian Dressing</p> <p>Cold: Unsalted Light Tuna Salad on Whole Wheat Hamburger Bun w/Celery, Yellow Onion, Tomato, Lettuce Leaves, Red Bell Pepper Rings,</p> <p>Dessert: Sugar Free Chocolate Pudding</p> <p>5</p>	<p>Hot: Lightly Breaded Flounder Fillet, Green Beans, Shredded Romaine, Carrots, Cucumbers & Red Pepper Rings, Unsalted French Dressing, Whole Wheat Dinner Roll, Reduced Calorie Tartar Sauce</p> <p>Cold: LS Roast Beef & Swiss Cheese Sandwich, On Whole Wheat Hamburger Bun w/ LS Mayonnaise, Coleslaw</p> <p>Dessert: Fresh Apple</p> <p>6</p>
<p>Hot: Smothered Beef Cube Steak w/Gravy, Glazed Carrots, Mashed Potatoes, Whole Wheat Dinner Roll</p> <p>Cold: Unsalted Light Tuna Hoagie on Whole Wheat Roll w/LS Mayo, LS American Cheese, Romaine, Tomato, Chopped Yellow Onion, Unsalted Beets, Orange</p> <p>Dessert: Mandarin Oranges</p> <p>9</p>	<p>Hot: Baked Chicken Marsala, (Non-Alcoholic Marsala Wine) Baked Russet Potato, Mushrooms, Brussels Sprouts, Whole Wheat Dinner Roll</p> <p>Cold: Grilled Chicken On A Whole Wheat Wrap, Chickpeas, Lettuce, Tomato, Yellow Onion, LS American Cheese, Cucumber & Tomato Salad</p> <p>Dessert: Fresh Oranges</p> <p>10</p>	<p>Hot: Shrimp Lo Mein w/ Boiled Cabbage, Carrots, Green Peas, Green Peppers, Yellow Onions, Mushrooms & Water Chestnuts, Spring Roll w/Duck Sauce</p> <p>Cold: Pastrami, Sauerkraut & Swiss Cheese Sandwich on Rye Bread, Lettuce & Tomato, LS Mayo, Potato Salad</p> <p>Dessert: Peaches</p> <p>11</p>	<p>Hot: Turkey Burger on Whole Wheat Hamburger Bun, No Salt Added Baked Steak Fries, Green Beans, Mustard & LS Ketchup</p> <p>Cold: No Salt Added Turkey Breast, LS Cheddar Cheese & Mayo on Whole Wheat Bread, Lettuce & Tomato, Carrot Raisin Salad</p> <p>Dessert: Fresh Banana</p> <p>12</p>	<p>Hot: Baked Swai Fillet, Cauliflower, Baby Spinach Salad w/ Unsalted Almonds, Feta Cheese, Quinoa, Cauliflower, Yellow Onions & Red Pepper Rings, Tartar Sauce, French Dressing</p> <p>Cold: Grilled Chicken Breast Cobb Salad w/ LS Turkey Bacon, Hard Boiled Egg, Tomatoes, Chives, Romaine, Baby Spinach, Avocado, Red Pepper Rings, Blue Cheese, Unsalted Italian Dressing</p> <p>Dessert: SF Cherry Jell-O</p> <p>13</p>
<p>Hot: Spaghetti w/ Ground Turkey & LS Tomato Sauce w/ LS Parmesan Cheese, Steamed Peas Romaine Salad w/ Tomatoes, Cucumbers & Red Pepper Rings</p> <p>Cold: Corned Beef & Swiss Cheese on Rye w/ Red Pepper Rings & Coleslaw Sandwich, w/ Three Bean Salad</p> <p>Dessert: Fresh Apple</p> <p>16</p>	<p>ST. PATRICKS DAY FESTIVE MENU</p> <p>Simmered Corned Beef, Buttered Cabbage, Baby Spinach Salad w/ Low Fat Ranch Dressing, Roasted Red Skinned Potatoes, Lime Sherbert</p> <p>Happy St. Patrick's Day</p> <p>17</p>	<p>Hot: LS Sweet & Sour Pork, Brown Rice, Steamed Broccoli, Green Bell Pepper, Yellow Onion & Pineapple Chunks</p> <p>Cold: Grilled Chicken Breast Caesar Salad w/ LS Parmesan, Romaine, Hard-Boiled Egg, Red Pepper Rings, FF Caesar Dressing, Whole Wheat Dinner Roll</p> <p>Dessert: Unsweetened Applesauce</p> <p>18</p>	<p>Hot: Ground Beef Meatloaf, No Salt French Style Green Beans, Baked Russet Potato</p> <p>Cold: Imitation Crab & Hard-Boiled Egg Seafood Salad On A Croissant, Lettuce & Tomato w/ Celery Sticks, Carrot Sticks and Broccoli Florets</p> <p>Dessert: Fresh Orange</p> <p>19</p>	<p>Hot: Baked Salmon Fillet, Asparagus, Corn On The Cob, Romaine Salad w/ Tomatoes, Chopped Cucumbers, Unsalted Walnuts, Unsalted French Dressing</p> <p>Cold: No Salt Added Lunchmeat Turkey Breast & American Cheese w/LS Mayo on Whole Wheat Hoagie Roll, Romaine, Tomato, Onion, Potato Salad</p> <p>Dessert: Mixed Tropical Fruit</p> <p>20</p>
<p>Hot: Turkey Meatball Sandwich on Whole Wheat Hoagie Roll, Unsalted Tomato Sauce, LS Parmesan, Cooked Spinach</p> <p>Cold: Tuscan Chicken Wrap w/ Baby Spinach, Sundried Tomatoes, Yellow Onion, Parmesan & LS Mozzarella, Cucumber Salad w/Italian Dressing</p> <p>Dessert: Fresh Orange</p> <p>23</p>	<p>Hot: BBQ Baked Chicken Thigh, Mac & Cheese, Stewed Tomatoes</p> <p>Cold: Low Sodium Deli Roast Beef & Provolone Cheese on Wheat Bread w/ Lettuce & Tomato, LS Provolone, Coleslaw</p> <p>Dessert: Mandarin Oranges</p> <p>24</p>	<p>Hot: Shrimp & Vegetable Stir Fry w/Brown Rice, Steamed Broccoli, Carrots Mushrooms, Peppers, Onions, Sugar Snap Peas, Celery, Baby Corn, Water Chestnuts, LS Soy Sauce</p> <p>Cold: Low Salt Deli Turkey Breast, Sauerkraut & Swiss Cheese on Rye Bread, LF Thousand Island Dressing, Tomato, Potato Salad</p> <p>Dessert: Fresh Apple</p> <p>25</p>	<p>Hot: Salisbury Steak w/LS Gravy, Baked Sweet Potato, Boiled Cabbage, Spinach Salad w/ Sliced Avocado, Red Onion, Unsalted Walnuts</p> <p>Cold: Unsalted Light Tuna Chef Salad w/ Romaine Lettuce, Hard-Boiled Egg, Cucumbers, Tomatoes, Yellow Onions, Red Pepper Rings, Plain Croutons, LS Cheese</p> <p>Dessert: Fresh Banana</p> <p>26</p>	<p>Hot: Baked Lemon-Pepper Whiting, Baked Russet Potato w/ RF Sour Cream, Steamed Broccoli, Wheat Dinner Roll</p> <p>Cold: Taco Grilled Chicken & Cottage Cheese Platter w/Tortilla Chips, Tomatoes, Sliced Avocado, Red Pepper Rings</p> <p>Dessert: Sugar Free Vanilla Ice Cream</p> <p>27</p>
<p>Hot: Cheese Lasagna w/ Shredded Mozzarella, LS Spaghetti Sauce, Baby Spinach Salad, w/Tomatoes & Cucumbers w/ Unsalted Italian Dressing</p> <p>Cold: Roasted Chicken Salad on Whole Wheat Hoagie Roll w/ Yellow Onion, Celery & Mayo, Rotini Pasta Salad w/ Broccoli Florets, Cucumbers, Tomatoes & Red Peppers w/ Unsalted Italian Dressing</p> <p>Dessert: Vanilla Greek Yogurt</p> <p>30</p>	<p>Hot: Beef Stew w/ Low Sodium Beef Gravy & Carrots, White Potatoes, Yellow Onions & Peas</p> <p>Cold: Egg Salad Sandwich on Whole Wheat Hamburger Bun w/ Yellow Onion, Celery, Pickled Beets, Red Bell Pepper Rings, Pickled Beets, LS Mayonnaise</p> <p>Dessert: Banana</p> <p>31</p>	<p>HAPPY Spring</p>		