NEW COURTLAND
Philadelphia Senior Center

NOV
2026



Stay Active

Monthly Events & Activities for Members

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Please Note:

CENTERS ARE CLOSED THURSDAY, NOVEMBER 26
in observance of

Thanksgiving

Welcome Everyone!

PCA PHILADELPHIA CORPORATION FOR AGING
Enriching lives, preserving dignity.™

Philadelphia Senior Center receives funding from indicating funding from Philadelphia Corporation for Aging and the Pennsylvania Department of Aging.

Allegheny Branch

1900 W. Allegheny Ave.
Philadelphia, PA 19132

267-286-1455

Hours of Operation:
Monday-Friday, 8:30am-4:30pm

Member Information

Membership:
$15 Annual Donation
Receive access to PSC programs, classes & trips

Class Coupons
Purchase at the Front Desk.
$1/One $5/Six $10/Twelve

Trip Registration Forms
If you attend any trips given by PSC-Allegheny, you must complete a Trip Registration Form with current information before final payment.

Program Coordinator
Barbara Jackson will be collecting money for trips or making change between the hours of 10am-12pm in the dining area. Thanks.

Avenue of the Arts Branch

509 S. Broad Street
Philadelphia, PA 19147

215-546-5879

Hours of Operation:
Monday-Friday, 8:30am-4:30pm

Member Information

Silver Membership: $12 Annually
You must be age 60 or older.
Receive access to PSC programs, classes & trips, discounts on trips; Newsletter delivered to your home or emailed.

Standard Membership: Cost - FREE
You must be age 60 or older.

55+ Membership: Cost - FREE

Class Coupons
Purchase at the Program Window.
$1/One $5/Book of Five

SEPTA Access Share Ride Service
Rides for senior center, supermarket, pharmacy, and medical appointments. Suggested contribution of $1. Sign in/out at the front desk when using SEPTA Access. Contact us for an application, schedule, etc at 215-546-5879.

Program Window:
Open Monday-Friday 9am-1pm to assist with member needs.

NewCourtland Philadelphia Senior Center
Allegheny

Hello PSC Allegheny Members!

As November approaches, the PSC-Allegheny staff would like to express our sincere gratitude for your continued support and engagement throughout the year.

This month, we honor our veterans and their families for their sacrifice and service to our country. We will hold a special event honoring our Veterans on Wednesday, November 11th, with additional details to follow.

We also invite you to celebrate Thanksgiving with us during our festive meal on Monday, November 23rd, at 10:30 AM. Please sign up at the front desk if you plan to attend.

November Highlights:

- Wednesday, Nov. 4 at 10:30 AM: Sound ID Hearing Aid Services (Free hearing tests)
- Wednesday, Nov. 11: Honoring Our Veterans
- Wednesday, Nov. 11: Vaccine Clinic hosted by Broad Street Pharmacy (Flu, COVID-19 booster, Shingles, and Pneumonia). Please sign up at the front desk and bring your ID and insurance card.
- Thursday, Nov. 12 at 10:30 AM: Banking and Securities – AI Scams presentation
- Friday, Nov. 13: Counselor Speaks Out – Navigating the Holidays
- Monday, Nov. 23 at 10:30 AM: Thanksgiving Festive Meal
- Friday, Nov. 27: Counselor Speaks Out – Healthy Spending Habits

Sincerely,

Lourdes Perez Lopez, MSW
Center Manager



Counselors Corner

Hello,

As the winter months approach, I would like to remind you of available utility assistance programs, including PECO's CAP Program, PGW's CRP Program, and LIHEAP.

I will be at Clearfield Apartments on Tuesdays and Thursdays from 12:30 PM to 4:30 PM. If you need assistance with your applications, please feel free to schedule an appointment with me. If I am unavailable, you can also schedule an appointment with one of our Temple University Social Work Interns.

I look forward to meeting with you.

Sincerely,
Jessica Ruiz

"It's A Mind Thang"

Keep your mind active with Word Search, Crossword Puzzles, Easy Word Finds, Word Scramble, Brain Games and Numbers Search. Pick one up from the table in the dining area. Cost: Free

Donations Needed!

Clean Start Initiative
Please join PSC-Allegheny and help us help others in donating toiletry items to the Love Pray Peace Project. Help restore dignity and health to unhoused, vulnerable families by donating new, unopened toiletries like soap, shampoo, and deodorant. These essentials provide basic hygiene, boost self-esteem, and are crucial for overall well-being.

Weekly Classes/Events: Allegheny

NewCourtland Philadelphia Senior Center
Allegheny

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:30am **BINGO** You could win a nice gift when you yell out that catchy phrase BINGO! You have to PLAY to WIN! Cost: $0.10	**10am-12pm** **POTTERY** Are you ready to get back into the groove with pottery? Join Artist George Apotsos and learn how to make hand-made objects as well as use the many molds to make pe-made objects and figurines. Now is the time to show off your talent! Cost: $3.00	**10-10:45am** **BIBLE STUDY** Join Jewelyn Williams for a non-denominational study of the Bible. Cost: Free	**10am** **MOVIE TIME** Cost: Free	**9:30-11:30am** **BINGO** You could win a nice gift when you yell out that catchy phrase BINGO! You have to PLAY to WIN! Cost: $0.10
10am-12pm **JEWELRY / STYLE** Participants create and design their own accessories using beautifully designed beads and other signature crafted pieces. Show off and take home your very own hand-made bracelets, necklaces and much more. Cost: $2.00	**10am-11am** **COMPUTER CLASS** Join Mr. Brown to learn new things on your computer, tablet or cellphone. Cost: $2.00	**10am-12pm** **PAINTING CLASS** Join Sheena Garcia to express yourself through painting. Cost: $2.00	**10am** **ARTS & CRAFTS** Unleash your inner artist! This arts and crafts class offers a fun, hands-on experience where you can explore various techniques and create unique pieces. Whether you're a beginner or an experienced, there's something for everyone. Cost: $2.00	**10-11AM** **LINE DANCING** Join Gloria for line dancing class for all levels. Cost: $1.00
1-2pm **STRETCH & SHAKE EXERCISE CLASS** Let's join Janet Ford to improve our health with a low impact chair exercise. Cost: $1.00	**10am** **CHAIR MASSAGE** **(11/3 & 11/17 Only)** Please make sure you sign-up to get a massage with John Johnson. Cost: $2.00	**10-11am** **FITNESS CLASS** Join Lauren for a full-body workout both standing and seated, using lightweight handheld exercise equipment like weights and fitness balls. Cost: $1.00	**10am-12pm** **PHENOMENAL WOMEN** **Every Other Thursday** Join a circle of inspiring women in this spiritual and holistic gathering as we: maintain our health, share healing discussions, enjoy guest appearances, outings, activities, and celebrate love, sisterhood & personal growth.	**10-12pm** **CROCHET / KNITTING CLASS** Cathy Williams will guide you through simple, beginner-friendly patterns. Please bring your own knitting supplies and bring your creativity! Cost: Free
	12:30-2:30pm **MAKE IT & TAKE IT** This art class is an exciting journey to unlock your creative potential! Learn new techniques and discover your own artistic talent. Make beautiful hand-crafted items that you can take home. Cost: $2.00	**12:30-2:30pm** **HOME DESIGN FOR WELL-BEING** Create, decorate, and transform home décor pieces—including pillows, rugs, clocks, lamps, wall art, and small furniture accents—using creative design techniques. Cost: $2.00	**12:30-2:30pm** **CREATE A STITCH WITH A TWIST** **Advanced Class** Join Deborah Garlington to take your sewing skills to the next level. Learn new techniques you can apply to both home decor & garment projects. Cost: $2.00	**12:30-2:30pm** **CREATE A STITCH WITH A TWIST** **Beginner Class** Join Deborah Garlington as she teaches the fundamentals of sewing and helps you build the skills needed to create your own garment.Cost: $2.00
		2-3pm **SOUL LINE DANCING** Join Gloria Kingcade to move and groove to the latest line dance hits. Cost: $1.00		**1-2pm** **YOGA** This class combines breathing, exercise, stretching and meditating for a full body workout in a chair. Yoga increases flexibility and strength, tone the body, reduces tension and boosts energy. Cost: $1.00
Billiards Monday-Friday, 12:30pm-4:15pm **Pinochle & Pitty-Pat** Tuesdays, 11:30am-2:30pm Wednesdays, 10:00am-2:30pm Fridays-11:30am-2:30pm		**POP-UP BINGO:** **November 4 & 18** **9:30-11:30am** **November 11 & 25** **9:30-10:45am**		

Special Events: Allegheny

NewCourtland Philadelphia Senior Center
Allegheny

Tuesday, Nov. 3, 11-11:45am
PROGRAM MEETING
Join the Staff of Allegheny and find out what's going on at your center! Please come with your questions and concerns.

Nov. 4,11,18 & 25, 10am-12pm
FASHION DESIGN
Become the designer! Create original clothing, handbags, shoes, hats and other fashion accessories through drawing, color, pattern and texture. We are designing garments. Cost: $2.00

Nov. 4,11,18 & 25, 12:30-2:30pm
OUR COOKBOOK
We will create a cookbook that feels personal to Allegheny Senior Center - a book filled not only with food, but with the people, memories, traditions, humor, and experiences behind the recipes. By the end of the project, our work will move from ideas and photographs created at the center to a professionally printed book that participants can share with family and friends during the holiday season. Cost: $2.00

Wednesday, Nov. 4, 10:30am
FREE HEARING SCREENING
w/ Sound ID Hearing Aid Service
Britt Cardwell from Sound ID Hearing Aid Service will be offering free hearing screenings to help you stay connected and informed about your hearing health.

Tuesday, Nov. 5, 10:30-11:30am
PHOTO BOARD PROJECT
Join Program Coordinator Barbara Jackson in Room 1 and let's create a Photo Board of candid snapshots, captured memories, and familiar faces that will tell your story. Poster board, glue sticks, and scissors will be provided.

Tuesday, November 10, 10:30am
ADVISORY COUNCIL MEETING
Welcome Back Council Members! All Council Members are expected to be in attendance. PLEASE DO NOT MISS THIS MEETING!

Weds, November 11 & 25, 11am
NUTRITION EDUCATION
Join Noel for some valuable information on healthy eating and she will also provide you with some fun nutritional facts. Cost: Free

Thurs, November 12, 10am-11am
"HELP US, HELP YOURSELF"
The group will provide a safe space for individuals facing common experiences and will provide a support network that will foster encouragement to those in attendance. The group will be held every other week. We look forward to seeing you during one of our sessions.
Cost: Free

Thurs, Nov. 12, 10:30am-11:30am
ARTIFICIAL INTELLIGENCE (AI) SCAMS Presented by George Dillman, Consumer Outreach Specialist, PA Department of Banking and Securities
Artificial Intelligence (AI) has been part of our daily lives for decades. Scammers know this and use it too. They mix new AI tools with old tricks to steal your money. This presentation shows how AI scams work, how to spot warning signs, and how to stay safe.

Friday, Nov. 13, 12:30pm
Counselor Speaks Out:
NAVIGATING THE HOLIDAYS

Monday, November 23, 11:30am
THANKSGIVING LUNCHEON
What Are You Thankful For?
This year has been trying for some and ok for others. We would like to know "What are you Thankful For? Join the Staff of Allegheny and share your thoughts on being thankful. Cost: $1.00 Suggested Contribution.

Friday, Nov. 23, 12:30pm
Counselor Speaks Out:
HEALTHY SPENDING HABITS

November Birthdays

1	Dolores Green	5	Saundria Ramseur	12	Eunice Johnson	19	Doris Sanders
1	Judith Watson	6	Anna Hudson	12	Patricia Barr	19	Frances Perkins
2	Donna Fields	6	Dorothea Horton	12	Robin McDonald	20	Andrea J. Thompson
2	James Glover	6	Parethea Banks	13	Isaac Dahoe	20	Karen Fenner
2	Jenesta Jones	7	Carolyn Bond	14	Bobby Gillette	21	Allen William
2	Robert Peebles	7	Carolyn Judkins	15	Auura Walls	21	Angelina Izzard
3	Mary Simmons	8	Darlene Smith	16	Lucretia Howard	21	Luke Davis
3	Rawle Young	8	Dolores Knox	16	Rovinia Betts	22	Emma Askins
3	Rosa Williams	8	James Britt	17	Bibiano Chibeze	22	Franklin Cooper
4	Audrey Foster	9	Charles Williams	17	Michael Moore	22	Tariqa Abdul
4	Karen Mitchell	9	Mary Gaddy	18	Barbara Jackson	23	Celestine Brown
5	Barbara McNeil	10	Robecca LaPrade	18	David Battle	24	Sylvia Williams
5	Dawn Wakefield	11	Hattie White	18	Michael Smith	25	C. Myers
5	Janet Ford	12	Diane Thompson	18	Patricia Stephens	25	Elizabeth McClellan
5	Raymond Foreman	12	Esdras Fowler	19	Carol Hill	26	Deborah Ruffin
						26	Lorraine Ruffin
						26	Sheila Simmons
						27	Alice Wilkins
						27	Donna Holland
						27	Virginia Torres
						28	Betty Morton
						28	Donna Shields
						28	Dorothy Wright
						28	Hellen Ellis
						28	Rita Woods
						28	Vertie Johnson
						29	Viola Bentley



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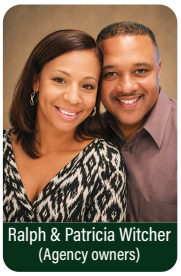
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THANKSGIVING FESTIVE MEALS

Allegheny Branch:
Monday, November 23
Turkey Wings w Gravy, Mac & Cheese, Stuffing w/Gravy, Collard Greens, Cranberry Sauce, Wheat Dinner Roll, Sweet Potato Pie

Arts Branch:
Tuesday, November 24
Roast Turkey with Low Sodium Gravy, French Cut Green Beans, Seasoned Mashed Sweet Potatoes, Cornbread Stuffing, Orange Juice Lemon Meringue Pie



Nutrition Education:

DRINK MORE WATER

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

Information provided by The Academy of Nutrition and Dietetics Staff Registered Dietitian Nutritionists.

What's Happening in Nov:

- **1** Daylight Savings Time Ends
- **3** Election Day
- **11** Veteran's Day
- **26** Thanksgiving Day
- **28** Small Business Saturday
- **30** Cyber Monday



Eat Healthy at PSC

MEALS AVAILABLE MONDAY-FRIDAY

Arts Branch:

LIGHT CONTINENTAL BREAKFAST
Monday Thru Friday | 9–10 AM
Your first cup of coffee or tea is free.
Additional cups: $1
Pastries/other food items: $1.50 ea

Teatime: Monday - Friday 2-2:30pm
Snacks & Tea GreenBean Internet Café

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
(For persons not participating with in person dining.)

SUGGESTED CONTRIBUTION $1.25
(In Person/Grab & Go)
Members 55-59 years old required to pay full price $3.25.

Allegheny Branch:

IN PERSON CONGREGATE MEALS
Monday Thru Friday

SUGGESTED CONTRIBUTION $1.25

(In Person)
Members 55-59 years old required to pay full price $4.

H: Hot
C: Cold
D: Dessert

November 2026 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **H:** Cheeseburger on Wheat Bun, Redskin Potato Wedges, Broccoli **C:** Chicken Salad on Wheat Bun, Potato Salad **D:** Apple	3 **H:** Baked Chicken Breast, Macaroni and Cheese, Cornbread Tossed Salad w/Tomatoes & Carrots **C:** Kale Caesar Pasta Salad w/ Grilled Chicken, Parmesan Cheese, Walnuts, Hardboiled Egg, Carrots, Red Bell Pepper Rings & Italian Dressing **D:** Chocolate Pudding	4 **H:** General Tso's Chicken, Brown Rice, Broccoli, Vegetable Eggroll **C:** Turkey & Cheese on Wheat Bun w/ Lettuce & Tomato, Carrot Raisin Salad **D:** Vanilla Ice Cream	5 **H:** Turkey Meatloaf, Collard Greens, Baked Sweet Potato, Spinach Salad w/Red Onion & Tomato **C:** Seafood Salad On a Croissant w/Lettuce & Tomato, Fresh Vegetable Bowl **D:** Diced Peaches	6 **H:** Baked Salmon, Mashed Acorn Squash, Romaine Salad w/ Tomato, Cucumber, Feta, Chickpeas & French Dressing **C:** Corned Beef & Swiss on Rye w/Lettuce & Tomato, Three Bean Salad **D:** Mandarin Oranges
9 **H:** Beef Hotdog on Wheat Bun, Sauerkraut, Corn on the Cob **C:** Egg Salad on Wheat, Greek Pasta Salad **D:** Orange	10 **H:** Barbecue Chicken Leg, Red Potato Salad, Green Beans, Tossed Salad w/ Tomatoes & Cucumber **C:** Chicken Caesar Salad w/Egg, Red Bell Pepper, Pickled Beets, Wheat Roll **D:** Diced Pineapple	11 **H:** Shrimp Fried Rice w/Brown Rice, Vegetable Egg Roll **C:** Chicken Pasta Salad w/Tomatoe, Cucumber, Broccoli, Red Onion, Carrots, Red Peppers, Black Olives **D:** Apple	12 **H:** Beef Tenderloin w/Gravy, Sweet Potatoes, Broccoli, Tossed Salad w/ Tomatoes, Cucumbers & Red Peppers, French Dressing **C:** Tuna Hoagie w/ Lettuce, Tomato & Onion, Macaroni Salad **D:** Mixed Fruit Cup	13 **H:** Roast Turkey, Mashed Potatoes, Glazed Carrots, Kale Salad w/ Tomatoes, Red Peppers, Chickpeas & Italian Dressing **C:** Chef Salad w/ Turkey Ham, Turkey Breast, Turkey Bacon, Tomato, Cucumber, Red Pepper, Egg **D:** Pear
16 **H:** Beef Sausage w/ Onions on Wheat Bun, French Fries, Carrots **C:** Chicken Salad & Cheese Hoagie on a Wheat Roll, Cucumber, & Onion Salad **D:** Diced Peaches	17 **H:** Ground Beef & Spaghetti, Green Beans, Garlic Bread, Tossed Salad w/Tomatoes, Cucumbers, Red Peppers & Italian Dressing **C:** Seafood Salad on Wheat Bun, Pasta Salad w/ Tomatoes, Cucumber, Red Onion **D:** Diced Pears	18 **H:** Chicken and Broccoli, Brown Rice, Vegetable Egg Roll **C:** Pastrami & Cheese on Rye, Macaroni Salad **D:** Orange	19 **H:** Breaded Veal Patty, Spaghetti Noodles, Zucchini, Tossed Salad w/ Tomatoes, Cucumber & Carrots **C:** Roast Beef & Cheddar on Wheat, Coleslaw Tossed Salad w/ Tomatoes, Cucumber, Carrots & Italian Dressing **D:** Applesauce	20 **H:** Breaded Pollock Fillet, Tartar Sauce, Red Bliss Potatoes, Asparagus, Stewed Tomatoes, Kale & Spinach Salad w/Cucumber, Walnuts & Italian Dressing **C:** Turkey Salad on Wheat Bun w/Lettuce& Tomato, Potato Salad **D:** Vanilla Ice Cream
23 **Arts Branch:** **H:** Beef Goulash w/ Egg Noodles, Spinach Salad w/Tomatoes & Red Onions **C:** Tuna & Cheese on Wheat Bun, Tomato & Cucumber Salad **D:** Banana **Allegheny Branch:** See Menu on pg 6	24 **Allegheny Branch:** **H:** Chicken Patty on Wheat Bun, Steak Fries, Green Beans **C:** Baby Spinach Salad w/ Chicken Breast, Turkey Bacon, Pecans, Red Bell Pepper, Feta, Ranch **D:** Applesauce **Arts Branch:** See Menu on pg 6	25 **H:** Pork & Vegetable Lo Mein, Spring Roll **C:** Chicken Caesar Salad w/Tomato, Red Onion, Cucumber, Egg & Croutons **D:** Strawberry Yogurt	26 **CENTER CLOSED for Thanksgiving**	27 **H:** Baked Flounder w/ Dill Sauce, Quinoa & Brown Rice, Spinach, Wheat Roll, Romaine Salad w/Tomatoes, Red Onions, Cucumbers & Red Peppers **C:** Roast Beef & Swiss on Rye w/Lettuce & Tomato, Red Peppers, Coleslaw **D:** Orange Jell-O
30 **H:** Cheeseburger on Wheat Bun, Redskin Potato Wedges, Broccoli **C:** Chicken Salad on Wheat Bun, Potato Salad **D:** Apple				

NewCourtland
Philadelphia Senior Center
Avenue of the Arts

Dear Best Members Ever!

November is a special time of year when PSC Arts Branch begin to welcome the holiday season and reflect on the things we are grateful for. As the days grow shorter and the weather turns cooler, it is the perfect time to stay connected, try something new, and enjoy the warmth of our Senior Center community!

This month begins with a little extra time to rest as we turn our clocks back one hour on Sunday, November 1, when Daylight Saving Time ends. Remember to check your clocks, enjoy that extra hour of sleep, and take a moment to make sure your smoke detectors and other household safety devices are working properly.

Election Day is Tuesday, November 3. Voting is an important way to make your voice heard and participate in your community. If you plan to vote, be sure to check your polling location.

The autumn season is also a time filled with meaningful observances. National Native American Heritage Month invites us to learn about and celebrate the rich histories, cultures, and contributions of Native American communities. National Family Caregivers Month recognizes the many individuals who give their time, love, and support to family members and friends. We also have World Kindness Day on November 13, a wonderful reminder that even the smallest act of kindness can brighten someone's day.

On Veterans Day, November 11, we proudly honor all who have served in our nation's military. PSC Arts Branch is especially pleased to celebrate the veterans in our own community with Bill Denny from Henry Hill Post 385 on November 11th. Bill brings great information regarding benefits for veterans at 1pm in the Auditorium.

As we approach Thanksgiving, we are reminded that gratitude is about more than a holiday meal. It is about friendship, shared laughter, meaningful experiences, and the connections we build with one another. I hope you will join us for our Annual Thanksgiving Luncheon on November 24 from 10am - 1pm, please be seated for lunch by 11:15am and enjoy delicious food and fellowships with friends. Please sign up at the Meal Registration Desk and Program Window. Suggested donation of $1.25.

There is plenty to look forward to this month, including our vaccine clinic on Nov. 4th, a Best Day Open Mic gathering on Nov. 6 at 1pm, PSC Choir Concert on Nov. 9th at 1pm, and a Falls Prevention Program Nov. 17th & 19th. Whether you come to learn something new, enjoy a performance, celebrate a special occasion, or simply spend time with friends, our Senior Center is a place where you belong.

Warmest wishes for a wonderful November!

Julie Nelson
Center Manager

Housing Counselor's Corner

The Pennsylvania Low Income Home Energy Assistance Program (LIHEAP) assists low-income individuals pay their heating bills through energy assistance grants. To receive help as a renter or owner, you don't have to be on public assistance or have an unpaid heating bill. Funding is also available for emergency situations where you may be in jeopardy of losing your heat.

Emergency situations include:

- Broken heating equipment or leaking lines that must be fixed or replaced
- Lack of fuel
- Termination of utility service
- Danger of being without fuel (less than a 15-day supply) or having utility service terminated (received a notice that service will be shut off within the next 60 days)

How to apply:

- Apply online at: www.compass.state.pa.us
- Pick up an application at your local county assistance office
- Request an application by calling the Statewide LIHEAP Hotline at 1-866-857- 7095 or TDD for the hearing impaired 1-800-451-5886 or contact me at the center 215-546-5879.

Warm Regards,
Harold Faust
Housing Counselor

Weekly Classes/Events: Arts

NewCourtland Philadelphia Senior Center
Avenue of the Arts

Monday	Tuesday	Wednesday	Thursday	Friday
9am-3pm (Monday-Friday) **FITNESS CENTER** Athletic Shoes Only (sneakers). Medical form needs to be completed (available at the Program Window) by your doctor to use the fitness center.			**9am-4:15pm (Monday-Friday)** **GAME TIME** Pinochle, Skip-Bo, Dominos, Checkers & Chess. Please don't move tables and chairs to allow for more than four players. 1st & 2nd Floor Lobbies	
10-11am **BEGINNER BALLET** Room A | 2 Coupons	**10-11:30am** **BIBLE STUDY** Second Floor Room A or Conference Call: 1-617-769-8590. Free Will Offering Excepted	**10-11am** **CHI KUNG** Room A | 2 Coupons	**10am-12pm** **IPAD CLASS** w/Mr. Brown 2nd Fl Room B 1 Coupon	**10-11:15am** **GENTLE MOVEMENT EXERCISE** Room A | 1 Coupon
10am-1pm **STAINED GLASS** Art Studio | 4 Coupons	**10am-12pm** **PAINTING** Create mixed media projects w/Sheena. 2nd Fl Art Studio | 2 Coupons	**10am-12pm** **BEGINNER CERAMICS** Art Studio | 3 Coupons	**10:30-11:30am** **CHAIR YOGA** w/Kind Essence Room A | 2 Coupons	**10am-1pm** **OPEN STUDIO** Art Studio | No Fee
10-11am **TLC SUPPORT GROUP** Room B | No Fee Led by Social Worker Simone Rubin, offering suggestions for coping with issues of today. Confidential discussions.	**11:30am-12pm** **TAP DANCE PRACTICE** Open Studio Room A No Fee	**11:15am -12:15pm** **ZUMBA** Rooms A & B 2 Coupons	**11am-12pm** **FITNESS CENTER COACH** 2nd Fl. Fitness Center Cost: No Fee Learn how to use the equipment with a Certified Trainer	**11:15am-12pm** **TAI CHI W/COFFEE CUP** Room A | No Fee
10am-12pm **BEG. COMPUTER** Thru Nov. 16, 2026 Computer Lab Cost: 2 Coupons	**1-2pm** **STORYTELLING & WRITING** Room B / Zoom | No Fee Zoom ID: 842 5288 8500 PW: 554559 Call In #:1-646-558-8656	**12:30-1:30pm** **BINGO** Room B | No Fee	**1-2pm** **BEGINNER SPANISH** Room B | No Fee	**12:30-1:30pm** **BINGO** Room B | No Fee
11am-12pm **BEGINNER TAP DANCE** Room A | 2 Coupons	**New Class begins 11/10, 1-3pm** **TOY DESIGN WORKSHOP** 2nd Fl Art Studio 2 Coupons Join Sheena to design and create a handmade toy prototype to showcase in a special holiday exhibition. Toy printing is available for $80 but not required.	**1-3pm** **ADVANCED CERAMICS** Art Studio | 3 Coupons		**1-2pm** **BOOK CLUB** w/Ms. Barbara Richmond Room A | No Fee
12:30-2pm **PSC CHOIR** Room A | 1 Coupon				**1-2pm** **SIT & BE FIT** Exercise while seated. Fitness Center | No Fee
1-2pm **BEGINNER FRENCH** Room B | No Fee				**1:30-3:30pm** **MOVIE TIME** Auditorium | No Fee
1:30-3:30pm **THE ART OF SEWING** 2nd Floor Art Studio Cost: No Fee Nancy Rabatin will teach you to hand-sew, master textiles, and use a sewing machine.	**2-3pm** **LINE DANCE CLASS** w/Gloria Kingcade Rooms A & B 2 Coupons			

Coffee Cup Zoom Events

Mon • 3-4pm (Biweekly)
ALZHEIMER PRESENTATION
ID#: 955 3693 5644

Mon • 6pm
EXERCISE PROGRAM in Mandarin
ID#: 948 3132 2765

Tues •10:30am
JEFFERSON ON HEALTH
ID#: 853 7597 2302

Wed • 3pm
TOWNHALL MEETING In Mandarin
ID#: 550 527 7215

Thurs • 2pm
Best Day of My Life
STORYTELLING PROGRAM
ID#: 550 527 7215
PW: 19147

Special Events: Arts

NewCourtland Philadelphia Senior Center
Avenue of the Arts

Wednesday, Nov. 4, 10-3pm
DOLLAR DAY w/Sheila & Friends
1st Floor Lobby | Cost: Varies

Nov. 4,11,18 & 23, 9am-12pm
LA SALLE NURSING STUDENTS
1st Floor Lobby | Cost: No Fee
Blood pressure checks, health & wellness info sessions.

Wed. Nov. 4, 10:30am-1:30pm
VACCINE CLINIC
hosted by Walgreens Pharmacy
2nd Floor Lobby | Cost: No Fee
Including flu & shingles. Bring your insurance card. Please sign at the program window

Wednesday, Nov. 4, 1-3pm
RED HATTER SOCIAL SOCIETY DIAMOND JEWELS
Room A | Cost: No Fee

Thurs. Nov. 5, 12:30-2:30 pm
CHRONIC DISEASE SELF-MANAGEMENT PROGRAM
Room A | Cost: No Fee
Diabetes self-management workshop 6-week FREE Workshop

Friday, November 6, 1-2 pm
BEST DAY'S OPEN MIC DAY!
2nd floor Auditorium | Cost: No Fee
Bring an act that's 5 minutes or shorter: a story, poem, or stand-up! Half hour to warm up on Friday, 12:30

Mon. Nov. 9, 11:30am – 2pm
HEALTH DEPARTMENT TABLE
1st Floor Lobby | Cost: No Fee
Join Trang K. Bui for useful resources.

Monday, November 9, 1-2pm
PSC CHOIR'S FALL CONCERT
2nd floor Auditorium | Cost: No Fee

Wednesday, November 11, 1-2pm
VETERANS DAY EVENT:
Information Session w/ William Denny Henry Hill Post 385
2nd floor Auditorium | Cost: No Fee
Are you a veteran? Come and let us celebrate you.

Wednesday, Nov. 11, 1pm
PSC ARTS GARDEN CLUB
1st Floor Lobby | Cost: No Fee
All are welcome to grow with us!

Thursday, Nov. 12, 12pm
LUNCH & LEARN: Nutrition Education w/ Noel Davis
GreenBean Internet Café | No Fee

Thursday, Nov. 12, 4-6pm
DREXEL STUDENTS
Westphal College of Media Arts & Design
GreenBean Internet Café | No Fee
Co-Design Workshop & Snacks
Share your stories and experiences with Drexel students to design a meaningful solution!

Nov. 12, 13, 19, 20 and Dec. 3 & 4, 1-2:30 pm
MOSAIC ART WORKSHOP
Presented by Artist Ellen Tiberino
2nd floor Art Studio | Cost: No Fee
Explore your creativity while learning the basics of working with Mosaic. Sign up at the program window.

Tuesday, Nov. 17, 10am-12pm
Thursday, Nov. 19, 12-2pm
Healthy Steps for Older Adults
FALLS PREVENTION PROGRAM
Room B | Cost: No Fee
Register at the Program Window by November 6.

Tuesday, November 17, 10am - 1pm
SASSY SENIORS
WURD LIVE BROADCAST
1st Floor GreenBean Internet Café

Wednesday, Nov. 18, 1-2 pm
LUNG CANCER AWARENESS
Community Outreach w/ Fox Chase Cancer Center
Room A | Cost: No Fee
Explores the risk factors and screening options.

Monday, Nov. 23, 10am-1pm
SENATOR SAVAL'S
MOBILE INFO TABLE
1st Floor Lobby | Cost: No Fee

Tuesday, November 24, 11am-1pm
ANNUAL THANKSGIVING LUNCHEON
GreenBean Internet Café, Rooms A, B, C | Suggested Contribution $1.25
Entertainment at 10:00 am in the 2nd-floor Auditorium. Seating by 11:15 am. Registration required at the program window.

Member News

Friendly Caller Volunteers:
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-Friday 9am-3pm, 2nd Floor Room C
(Please sign signature sheet when using the lab).

Trips

Thursday, March 11, 2027
SIGHT & SOUND: JONAH w/Lunch at Shady Maple
Bus departs @10:15am
Silver $193 Standard $195
Full payment due 12/1/26

Thursday, April 29, 2027
CAN'T GET NEXT TO YOU Tribute to The Temptations & Four Tops at Tropicana Atlantic City
9:30am Departure from PSC
5:15pm Casino Departure
Includes Show & $25 Slot Play. Silver $115pp, Standard & 55+ $117

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All Beethoven
AUG 1



Broadway Series
Mamma Mia!
SEP 29–OCT 4



Broadway Series
The Great Gatsby
OCT 20–NOV 1

Contact us at **GroupSales@EnsembleArtsPhilly**.org or
215.790.5883 to lock in the best prices for your group!

*Restrictions Apply

NewCourtland
Philadelphia Senior Center

Allegheny Branch
1900 W. Allegheny Ave.
Philadelphia, PA 19132
267-286-1455

Avenue of the Arts Branch
509 South Broad Street
Philadelphia, PA 19147
215-546-5879

VISIT US AT:
www.newcourtland.org/senior-center

