

Member News

VOLUNTEER OPPORTUNITIES

Have some free time and looking for ways to volunteer? Stop by the Program Window and register.

Friendly Callers: Thursday, January 9

Do you have the time to brighten a member's day, who can no longer attend the center by providing a friendly call? Please join the Friendly Callers every second Thursday 1st Floor Conference Room at 11:30am. If you know of a member who could use a "Friendly Call," please provide their name to the front desk receptionist!

Manna: Wednesday, January 15

Join us to package meals for people with nutritional risks. Participants will meet in PSC lobby at 9:30am to travel as a group. Space is limited to six participants each visit.

Volunteer Meeting:

Wednesday, January 29, 2020 @ 1:30 p.m.
2nd Floor Fitness Room

SENIOR BOWLING LEAGUE - MONDAYS

PEP Bowl, 1200 South Broad Street
Mondays, 10:00am. Cost \$7.00 (Teams of 4)

CLASS COUPONS – Class coupons can be purchased at the Program Window or at the front desk. Coupons cost \$1 per coupon, \$5 per book of coupons. Coupons should be purchased prior to class time.

CCT CONNECT – Rides to and from the center are available. Please see our CCT Representative for applications, ride schedule, changes in schedule or questions regarding this service, 215-546-5879. Suggested Contribution of \$1.00 is much appreciated! Donation box located next to the CCT sign in sheet. Please sign in and out at the front desk when using CCT.

PROGRAM WINDOW - Please note Program Window is now closed the last Friday of each month (January 31, 2020)

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 or stop by the Front Desk.



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



Philadelphia Senior Center is funded by the Pennsylvania Department of Aging, the Philadelphia Corporation for Aging, the United Way, corporations, foundations and individuals. U.W. Donor Choice #000095

info@newcourtland.org
215-546-5879

Philadelphia, PA 19147
509 South Broad Street



Special Events

Mercy Life: Proper Hydration Tips

**Tuesday, January 7,
1:00pm to 2pm**
GreenBean Internet Cafe.
Cost: No Fee

Movie House Productions presents:

"The Nostalgia Cabinet"

*Wondrous memories
of things past*

**Wednesday, January 8,
1:00pm to 2:30pm**
2nd Floor Auditorium.
Cost: No Fee

Join Philly Counts Census Champion

**Thursday, January 9,
1:00 to 2pm**
Census will share critical
information to education the
public. GreenBean Internet Café.
Cost: No Fee

Mercy Life: Shingles Information

**Wednesday, January 15,
1:00 to 2pm**
GreenBean Internet Cafe.
Cost: No Fee

MLK Movie Day

Friday, January 17, 12:30pm
Auditorium. Cost: No Fee

Mercy Life: Food That Effects the Body

**Thursday, January 23,
1:00 to 2pm**
GreenBean Internet Cafe.
Cost: No Fee

Trips 2020

Mohegan Sun - SOLD OUT at Pocono Downs Casino Friday, January 3, 2020

Bus Departs 9:15am. Returns 7:30pm
Cost \$25.00 Silver Membership.
\$27.00 Standard/55+/Non-Members.
Trip includes transportation,
\$25.00 Slot Play and a \$5.00 food
coupon for the 4pm buffet. Bus
scheduled to leave the casino at 5pm.

Ace In The Hole Brownstone Trip, Patterson, NJ Production of "Nat and Natalie Cole" Friday, February 28, 2020

Bus Departs 9:00 am, Returns 5:30 pm
Cost \$108.00 Silver Membership.
\$110.00 Standard/55+/Non-Members.
Trip includes Transportation, Family Style
Luncheon & tribute to "Nat King Cole
and Natalie Cole"! Bus scheduled to
leave Patterson, New Jersey at 3:30 pm
Tickets on sale now at the Program
Window!

Dining Around Town: Ocean Harbor Chinese Restaurant 1023 Race Street Authentic Chinatown Dim Sum Food Wednesday, March 18, 2020

11:30am-2pm
Cost: You pay for meal at restaurant on
the day of the trip. CCT Transportation
available for cardholders. Please sign up at
the Program Window.

Ongoing Events

Checkers, Chess, Puzzles, Dominoes, Pinochle, Skip Bo, Pity Pat, and Coffee & Tea Time are offered every day at PSC – Arts Branch.
*First time you try any class there is no fee! (Except for Computer Class)

Arts & Crafts

STAINED GLASS
MONDAYS, 10:00AM • ART STUDIO
Join us in creating beautiful stained glass works of art with instructor Dennis Tate. **COST: 6 PSC COUPONS**

KNITTING & CROCHET WITH MRS. ELIZABETH
TUESDAYS, 10:00AM • ART STUDIO
Learn how to Knit & Crochet unique pieces with instructor Elizabeth Cason. **COST: 2 PSC COUPONS**

PAINTING CLASS
TUESDAYS, 10:00AM-12:00PM • ROOM B
Join us for our ongoing Open Studio class and pick the project you want to develop with Sheena Garcia. **COST: 2 PSC COUPONS**

PAPER MACHE TUESDAYS
TUESDAYS, 1:30-3:30PM • ART STUDIO
Learn to make original designs with paper mache. **COST: 2 PSC COUPONS**

CRAFT CORNER
WEDNESDAYS, 10:00AM • ART STUDIO
Learn nifty crafts and meet a new friend!
COST: 2 PSC COUPONS

CERAMICS
WEDNESDAYS 1:00-3:00PM • CLASS
FRIDAYS 1:00-3:00PM • OPEN STUDIO
Create designs with a range of pottery objects that are then made by shaping and firing clay with George Apotsos. **COST: 3 PSC COUPONS**

Educational

BEGINNER FRENCH
MONDAYS, 10:00-11:15AM • ROOM B
Learn to speak French. Class instructed by Wardell O'Connor. **COST: NO FEE**

INTERMEDIATE FRENCH
MONDAYS, 11:15AM-12:30PM • ROOM B
Class instructed by Eveline Young. **COST: NO FEE**

INTERMEDIATE COMPUTER LESSONS (10 WEEKS)
WINTER SESSION - OCT. 21 - DEC. 23
MONDAYS, 10:00am-12:00pm • Computer Lab
COST: 4 COUPONS (Register at Program Window)

CONVERSATIONAL ITALIAN
MONDAYS, 1:30PM • ROOM B
Join us to learn how to speak Italian. **COST: NO FEE**

BEGINNER SPANISH
WEDNESDAYS, 10:00AM • ROOM A
Class instructed by Jose Dominguez. Join and learn how to speak Spanish. **COST: NO FEE**

ADVANCED FRENCH (ON HOLD)
WEDNESDAYS, 2-3:30PM • ROOM B
Instructed by Wardell O'Connor. **COST: NO FEE**

CHINESE LANGUAGE CLASS (Poo-Tong Hua)
THURSDAYS, 10-11 AM • 2ND FLOOR LOBBY
Class instructed by Michael Tsuei. Join us to learn how to speak Chinese. **COST: NO FEE**

CONSTITUTIONAL HERITAGE
THURSDAYS, 2:15PM • ROOM B
Come learn about the constitution led by Mr. John Keels. **COST: NO FEE**

NewCourtland SELF Exercise Programs

ASIAN LINE DANCING
MONDAYS, 8:45AM • ROOM A
COST: NO FEE

WISE EXERCISE PROGRAM
MONDAY, WEDNESDAY & FRIDAY, 9:30AM
FITNESS CENTER

If you have rheumatoid arthritis and a history of falls, this class is for you! This program will help to strengthen you, in hopes of preventing falls.
COST: NO FEE

SEATED STRENGTH TRAINING
MONDAYS, 11AM • ROOM A
TUESDAYS, 11AM • FITNESS CENTER

A 12 week program that helps builds flexibility, muscle strength, and endurance. **COST: NO FEE**

TAI CHI
MONDAYS, 11:00AM • FITNESS CENTER
A martial arts form of exercise that is smooth and soothing. **COST: NO FEE**

JAZZERCISE
MONDAYS, 1-2PM • ROOM A
Back by popular demand! **COST: 1 PSC COUPON**

WALKING AT THE BELLEVUE
TUESDAYS & THURSDAYS @ 9AM-11AM
Meet at the Bellevue located on Broad & Walnut to walk around the Indoor Track. All interested participants must sign up at the Program Window.
COST: NO FEE

CHI KUNG
TUESDAYS, 10:00AM • FITNESS CENTER
Chi Kung is a Chinese exercise system that combines movement with calm and gentle breathing exercises, providing harmony and strength, while increasing your energy. **COST: 3 PSC COUPONS**

YOGA
WEDNESDAYS, 11:00AM • ROOM B
Increases flexibility and strength, tones the body, reduce tension & boost energy. **COST: 3 PSC COUPONS**

FITNESS CENTER COACH
WEDNESDAYS, 11:00AM • FITNESS CENTER
Learn how to correctly utilize the Fitness Center Equipment with Janet Ford. **COST: NO FEE**

ZUMBA FITNESS
WEDNESDAYS, 12:45PM • ROOM A & B
Hypnotic Latin rhythm and easy-to-follow moves create a one-of-a-kind fitness program. **COST: 2 PSC COUPONS**

BALLROOM DANCING
THURSDAYS, 11:00AM • ROOM A
Learn various dances that follow a conventional serious of steps. **COST: 2 PSC COUPONS**

"HAPPY HOUR"
THURSDAYS, 1:00PM • ROOM A
Join instructor Janet Ford for the new rhythm & blues sit down dance party! **COST: 2 PSC COUPONS**

TAI CHI WITH COFFEE CUP
FRIDAYS, 9:30-10:30AM • ROOM A
A martial arts form of exercise that is smooth and soothing. **COST: NO FEE**

SIT & BE FIT
FRIDAYS, 11:00AM • ROOM A
Learning ways of exercising while sitting.
COST: NO FEE

VARIETY LINE DANCING
FRIDAYS, 1:15PM • ROOM A & B
A non-strenuous form of exercise done to music
COST: 2 PSC COUPONS

Recreation

SENIOR TRAVELERS
MONDAYS-1PM -2PM • 2ND FLOOR LOBBY
"All the places we will go!" Join Mrs. Shikomba, explore and share stories of the places you have toured! **COST: NO FEE**

MAHJONG LESSON WITH COFFEE CUP
MONDAYS 1-2PM • 2ND FLOOR LOBBY
Join Tutor Ms L.J. Au. Max 8 participants.
COST: NO FEE

49TH STREET HAIR SALON HAIR CUT DAY!
LAST TUESDAYS (Jan. 28), 9-11AM • ROOM B
\$5.00 Hair Cuts on clean hair.

BIBLE STUDY
TUESDAYS 10:00AM • ROOM A
Instructed by Rev. Walter Montague.
COST: Free Will Offering Excepted

DRAMA
TUESDAYS, 12:30PM • ROOM A
Join us in exploring the craft of acting with instructor Denise Wortham. **COST: 3 PSC COUPONS**

BINGO
TUESDAYS, 12:45PM • ROOM B
Join us for fun and prizes.

RED HAT SOCIETY
2ND TUESDAYS (Jan. 14), 1-2PM • FITNESS STUDIO
Make new friends and enrich lives. **COST: NO FEE**

DOLLAR DAYS WITH MRS. SHEILA
2ND WEDNESDAY & LAST TUESDAY EACH MONTH (Jan. 8 & 28) 10AM • 1ST FLOOR LOBBY
Everything is \$1.00 each!

JAMMING WITH JEFFERSON STUDENTS
WEDNESDAYS, 2:30PM • 1ST FLOOR LOBBY
Bring your instrument of choice and let's jam together!
COST: NO FEE

TLC
THURSDAYS, 10:00AM • ROOM A
T.L.C is a support group offering suggestions for coping with issues of today. The group is led by a specially trained social worker. **COST: NO FEE**

CHORUS
THURSDAYS, 12:00PM • ROOM A
Directed by Mrs. Fran Bolton. **COST: 1 COUPON**

THE BEST DAYS OF MY LIFE (Storytelling & Writing)
THURSDAYS, 1:00PM • ROOM B
Come join our storytelling and writing class with Founder Bonita Cooper & Caitlin Cieri. **COST: NO FEE**

MIND AEROBICS
FRIDAYS, 10:00AM • 2ND FLOOR LOUNGE
Puzzles and other activities that help increase focus and concentration while enhancing creativity.
COST: NO FEE

BOOK CLUB MEET UP
2ND FRIDAYS (Jan. 10), 2-3 PM • FITNESS CENTER
COST: NO FEE

PHILLY READS – THE YEAR OF W.E.B DUBOIS BOOKS
EVERY OTHER FRIDAY (Jan. 4 & 18) 12:30-2:30PM • ROOM B
COST: NO FEE

Healthy Eating Choices for

January



Monday	Tuesday	Wednesday	Thursday	Friday
<p>hello Winter</p>		<p>1</p> <p>CENTER WILL BE CLOSED IN OBSERVANCE OF NEW YEAR'S DAY</p>	<p>2</p> <p>Hot Open Faced Sliced Turkey with Gravy & Wheat Bread, Russet Baked Potato w/Low Fat Sour Cream, Glazed Carrots Cold Tuna Salad Sandwich on Whole Wheat Bread, Three Bean Salad, Unsalted Plain Potato Chips Dessert Ambrosia Salad</p>	<p>3</p> <p>Hot Breaded Flounder on Whole Wheat Hamburger Bun w/ Tartar Sauce, Green Beans, Mixed Baby Spring Greens Salad, Unsalted Stewed Tomatoes Cold Chicken Caesar Wrap on Whole Wheat Tortilla, Pickled Beet Salad, Fresh Baby Spinach Salad Dessert (C) Frozen Orange Sorbet (H) Strawberry Sorbet</p>
<p>6</p> <p>Hot Salisbury Steak, Boiled Brussels Sprouts, Classic Romaine Salad Mix, Mashed Potatoes, Whole Wheat Dinner Roll Cold Seafood Salad Platter on Whole Wheat Hoagie Roll, Hard Cooked Egg, Cucumber Salad with Sour Cream Dressing Dessert (H) Unsweetened Canned Applesauce (C) Diced Fruit in Water</p>	<p>7</p> <p>Hot Low Sodium Italian Chicken Sausage, Salad Mixed w/ Classic Romaine, Mixed Vegetables Whole Wheat Dinner Roll Cold Italian Chef Salad, Chopped Fresh Spinach, Three Bean Salad, Whole Wheat Dinner Roll Dessert (H) Peaches in Water (C) Light Strawberry Ice Cream</p>	<p>8</p> <p>Hot Chicken Lo Mein, Oriental Blend Cold Grilled Chicken on Whole Wheat Pita w/ Low Sodium American Cheese, Cucumber & Tomato Salad Dessert (C) Sweetened Canned Applesauce (H) Mixed Fruit in Juice</p>	<p>9</p> <p>Hot Chicken Cheese Steak w/ Low Sodium Provolone Cheese Tossed Salad w/ Romaine Baked French Fries Whole Wheat Dinner Roll Cold Tuna on Whole Wheat Hoagie Roll Pickled Beets Dessert Natural Strawberry Ice Cream</p>	<p>10</p> <p>Hot Baked Flounder, Romano Beans, Egg Noodles w/ Low Sodium Beef Gravy Cold Pastrami on Rye Sandwich w/Low Sodium Swiss Cheese, Coleslaw Dessert (C) Apricot in Water (H) Diced Pears In Juice</p>
<p>13</p> <p>Hot Oven Fried Chicken, Candied Yams, Boiled Turnip Greens Cornbread Cold Corned Beef Special on Rye w/Low Sodium Swiss Cheese, Coleslaw Dessert Peaches</p>	<p>14</p> <p>Hot Meatloaf, String Beans, Tossed Salad, Whole Wheat Bread Cold Turkey Club on Hamburger Bun, Macaroni Salad Dessert (C) Diced Fruit Cup (H) Pears</p>	<p>15</p> <p>Hot General Tao's Chicken, Oriental Blend French Cut Green Beans, Rice & Vermicelli, Baked Vegetable Egg Roll Cold Tuna Salad Sandwich on Whole Wheat Bread, Coleslaw, Carrot Raisin Salad Dessert (C) Peaches (H) Yellow Cake w/o Frosting</p>	<p>16</p> <p>Hot Baked Turkey Ham w/ Honey & Pineapple Baste Glaze, Boiled Cauliflower, Spring Mix Salad, Steamed White Rice Cold Chicken Caesar Salad w/ Low Sodium Parmesan Cheese, Salad Mix with Classic Romaine, Whole Wheat Dinner Roll Dessert (H) Medium Orange/Sugar Free Vanilla Pudding (C) Vanilla Pudding</p>	<p>17</p> <p>Hot Hamburger Patty w/ Low Sodium Mozzarella Cheese, Baked Sweet Potato Fries, Whole Wheat Dinner Roll Cold Diced Turkey Salad on Whole Wheat Hamburger Bun w/Low Sodium Mozzarella Cheese, Vegetables & Pasta Salad Dessert (C) Tropical Fruit Salad in Juice (H) Small Orange</p>
<p>20</p> <p>CENTER IS CLOSED IN OBSERVANCE OF DR. MARTIN LUTHER KING JR. DAY</p>	<p>21</p> <p>Hot Low Sodium Beef Sausage Link w/ Whole Wheat Hamburger Bun, Stewed Tomatoes Cold Low Salt Deli Ham on Whole Wheat Bread w/ Low Sodium Mozzarella Cheese, Fresh Romaine & Spinach Salad, Pickled Beet Salad Dessert (H) Pears (C) Pineapple Chunks in Juice</p>	<p>22</p> <p>Hot Low Sodium Chicken Yakisoba, Steamed Broccoli, Tossed Salad w/ Romaine Cold No Added Salt Oven Roasted Turkey Breast on Small Whole Wheat Hoagie Roll w/ Low Sodium Cheddar Cheese, Coleslaw Dessert (H) No Sugar Added Reduced Fat Apple Pie (C) Diced Pears in Juice</p>	<p>23</p> <p>Hot Turkey Home-Style Meatballs w/ Mozzarella Cheese, Corn, Tossed Salad w/ Romaine, Whole Wheat Dinner Roll Cold Deli Low Salt Chicken Breast on Whole Wheat Bread w/ Low Sodium American Cheese, Three Bean Salad Dessert (H) Sugar Free Strawberry Jell-O Snack Cup (C) Small Banana</p>	<p>24</p> <p>Hot Barbecue Chicken Legs, Boiled Green Peas, Cornbread Cold Seafood Salad Platter, Hard Cooked Egg, Broccoli & Kale Salad w/ Raisins & Sunflower Seeds, Whole Wheat Dinner Roll Dessert Mandarin Orange in Water</p>
<p>27</p> <p>Hot Baked Ziti w/ Mozzarella Cheese, Garden Salad w/ Romaine Lettuce, Steamed Cauliflower Florets, Whole Wheat Dinner Roll Cold Egg Salad Sandwich, Pasta Salad w/ Low Cal Italian Dressing Dessert (C) Pineapple Chunks (H) Fresh Apple</p>	<p>28</p> <p>Hot Grilled Chicken Breast, Boiled Spinach, Fresh Shredded Romaine Salad, Whole Wheat Dinner Roll Cold Reduced Sodium Turkey Breast on Whole Wheat Hamburger Bun, Fresh Kale Salad, Red Skin Potato Salad Dessert Canned Peaches</p>	<p>29</p> <p>Hot Shrimp Fried Rice, Steamed Broccoli, Spring Roll Cold Chef Salad, Pickled Beets Salad Dessert (H) Chunky Mixed Fruit (C) Strawberry Ice Cream</p>	<p>30</p> <p>Hot Open Faced Sliced Turkey with Gravy & Wheat Bread, Russet Baked Potato w/Low Fat Sour Cream, Glazed Carrots Cold Tuna Salad Sandwich on Whole Wheat Bread, Three Bean Salad, Unsalted Plain Potato Chips Dessert Ambrosia Salad</p>	<p>31</p> <p>Hot Breaded Flounder on Whole Wheat Hamburger Bun w/ Tartar Sauce, Green Beans, Mixed Baby Spring Greens Salad, Unsalted Stewed Tomatoes Cold Chicken Caesar Wrap on Whole Wheat Tortilla, Pickled Beet Salad, Fresh Baby Spinach Salad Dessert (C) Frozen Orange Sorbet (H) Strawberry Sorbet</p>