

## Member News

### VOLUNTEER OPPORTUNITIES

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

#### Friendly Callers: Thursday, July 11

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, July 18

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, July 25 @ 1:30 p.m.

#### 2nd Floor Fitness Room

#### Aids Fund: On Hold until August 2018

Join us for fun with packaging bingo cards for the AIDS FUND. Each visit limited to eight participants.

### 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 Cheryl Frazier for applications, ride schedule, changes in schedule or questions regarding this service, 215-546-5879 ext.1622. 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 Monday of each month (July 30).



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

### 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 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



# Stay Active

Monthly Events and Activities for Members

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

July 2018

## Special Events

**Make It & Take It Independence Day Greeting Cards w/ Ellie the Volunteer**  
Monday, July 2, 10:30 - 11:30am  
1st Floor Lobby. Cost: No Fee

#### Farmers Market Produce Voucher Distribution

Starting Monday, July 2nd through July 31st (while supplies last), 1pm -3pm  
If you are 60 + years old, live in Philadelphia and meet the income eligibility. Please come and get your Veggie Vouchers at PSC-Arts Branch. All participants are required to show proof of age (preferably picture ID).  
1st Floor Lobby. Cost: No Fee

#### BTG Health & Wellness Seminars

Tuesdays & Fridays, 9:30am  
GreenBean Internet Café. Cost: No Fee

**Ask The Bridging the Gap Student Interns: Blood Pressure Checks with Q&A**  
Every Tuesday & Friday, 11am -12pm  
1st Floor Lobby. Cost: No Fee

#### Independence Day Festive Meal

Preregistration required at the meal desk.  
Tuesday, July 3rd, 11:15am -12:45pm  
Beef Hamburger • Tossed Salad • Slice of Fresh Watermelon • Vegetarian Beans • Potato Salad • Fresh Lemonade  
GreenBean Internet Café. Suggested Contribution: \$1.25 for persons 60+. Cost: \$3.25 if you are between 55-59 years old.

#### HomeGrown Collaboration with PCA

Tuesday, July 10, 10am -3pm  
Comcast Internet Safety Demo -10:15am  
Laptop Raffle - 11:30am  
Farmer Market Vouchers Distribution 1pm  
Divine Source - Healthy Food Demo 1pm  
GreenBean Internet Café. Cost: No Fee

#### Vaccine Education Project (VEP)

Wednesday, July 11, 9:30-11:30am  
Education program and research. Participants will learn about the diseases being prevented. Signup with Gladys required. Thirty persons needed for this free event! Refreshments will be provided.  
Room A. Cost: No Fee

#### SELF Seminar Program: Hepatitis C Information Session

Tuesday, July 17, 2:00pm  
GreenBean Internet Café. Cost: No Fee

#### SELF Seminar Program: Digestion in seniors!

Tuesday, July 24, 2:00pm  
GreenBean Internet Café. Cost: No Fee

#### Everybody Ready Training

Presented by Chad Thomas, Philadelphia Department of Public Health  
Wednesday, July 25, 1:30-3:30pm  
People who are prepared for emergencies feel more confident and in control! Learn how to be prepared for emergencies.  
GreenBean Internet Café. Cost: No Fee

#### American Red Cross Blood Drive

Friday, July 27, 10am-3pm.  
This is a Blue Tag Event! All blood donations will benefit a child living with Sickle Cell Disease in the Philadelphia Area. Please sign up with Gladys at the Program Window and donate. One blood donation saves the lives of three different persons living with Sickle Cell! Room A. Cost: No Fee

#### SELF Seminar Program: Fitting in Fitness

Tuesday, July 31, 2:00pm  
GreenBean Internet Café. Cost: No Fee

## Trips 2018

**Dine & Shop:**  
Whitman Square Shopping Mall - 9745 Roosevelt Blvd.  
Wednesday, July 18, 2018  
Famous Dave's Bar-B-Que & Wal-Mart Shopping Cost: Meal on your own! CCT Transportation available for cardholders! Please sign up at Program Window.

**National Museum of African American History and Culture, Washington, DC**  
Tuesday, October 2, 2018  
Tour the museum and have lunch/dinner on your own at museum. Bus departs: 7:00am. Bus returns: approximately 8:00pm. Cost: Silver \$54. Standard/55+ \$56 Deposit: \$20. Balance due: 7/18. On sale now.

**American Music Theatre Christmas Show**  
Thursday, November 29, 2018  
Luncheon smorgasbord at Shady Maple, followed by the 3:00pm Christmas Show at the American Music Theatre. Bus Departs: 10:15am. Bus Returns: 7:00pm. Cost Silver \$92.00. Standard/55+ \$96.00. Deposit \$25.00 balance due by September 7th. On sale now.

**Maggiano's Little Italy Holiday Dine Around & Reading Terminal Shopping Trip**  
1201 Filbert St  
Friday, December 7th, 2018  
Cost: enjoy lunch on your own, and shopping at reading terminal. Lunch 11:30am, Shopping 1:30pm- 3pm

## 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!

## Arts & Crafts

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

**PAPER MACHE MEETS STOP MOTION ANIMATION WORKSHOP (NEW SUMMER CLASS)**  
**MONDAYS, 1:30 -3:30PM • ART STUDIO**  
Workshop runs July 3-August 27

Join us this summer to learn to create Paper Mache scenery, build Claymation puppets and learn how to make a Stop Motion, short movie! Cost: 2 PSC Coupons

**JEWELRY & BEADING**  
**TUESDAYS, 10:00AM • ART STUDIO**  
Learn how to bead and make chic jewelry with instructor Elizabeth Cason. **COST: 2 PSC COUPONS**

**PAINTING CLASS (NEW SUMMER CLASS)**  
**TUESDAY, 1:30-3:30PM • ART STUDIO**  
Join us for our ongoing Open Studio class and pick your project. Participants will pick the projects they want to develop with Sheena Garcia.  
**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 12:30PM: OPEN STUDIO**  
**FRIDAYS 1:00-3:00PM • CLASS**

Create designs with a range of pottery objects that are then made by shaping and firing clay with George Apotsos. **COST: 3 PSC COUPONS**

**CALLIGRAPHY CLASS WITH COFFEE CUP**  
**THURSDAYS, 10:00-11:00AM • ROOM C**  
Come learn the artistic expression of writing.  
**Cost: NO FEE**

## Educational

**BEGINNER FRENCH**  
**MONDAYS, 10-11:00AM • 2ND FLOOR LOBBY**  
Learn the to speak French. Class instructed by Nora.  
**COST: NO FEE**

**INTERMEDIATE FRENCH I**  
**MONDAYS, 10:00am-11:30pm • Room B (new room)**  
Class instructed by Eveline Young. **COST: NO FEE**

**BEGINNER COMPUTER LESSONS (Summer)**  
**10 Weeks - July 2-September 10, 2018**  
**MONDAYS, 10:00am-12:00pm • Computer Lab**  
Class instructed by Mr. Brown.  
**COST: 4 COUPONS (Register at Program Window)**

**INTERMEDIATE FRENCH II**  
**MONDAYS, 1:00-2:30PM • ROOM B**  
Class instructed by Eveline Young.  
**COST: NO FEE**

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

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

## Education (continued)

**SPANISH**  
**THURSDAYS • ROOM B**  
**BEGINNERS, 10:00AM • ADVANCED 11:00AM**  
Class instructed by Delores Gallashaw. Join to learn how to speak Spanish.  
**Cost: NO FEE**

**MANDARIN CLASS WITH COFFEE CUP**  
**THURSDAYS, 11:00AM TO 12:00PM • ROOM C**  
Learn to have a Chinese conversation. **Cost: NO FEE**

**CONSTITUTIONAL HERITAGE**  
**On Break until September 13**  
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**

Do you have rheumatoid arthritis and a history of falls? Then this class is for you! WISE exercise 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 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 strength and health, while increasing your energy. **COST: 3 PSC COUPONS**

**YOGA**  
**WEDNESDAYS, 11:00AM • ROOM B**  
Yoga increases flexibility and strength, tones the body, reduces tension & boosts energy. **COST: 3 PSC COUPONS**

**FITNESS 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**  
Join us to learn various ballroom dances that follow a conventional series 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**

## Exercise Programs (continued)

**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 B**  
Join us in learning ways of exercising while sitting. **Cost: NO FEE**

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

## Recreation

**"ROCK, ROLL & REMEMBER" (formally Doo Wop)**  
**MONDAYS, 10:00AM • ROOM A**  
Join Diane Fassett as she rocks to music from the 50's, 60's, 70's and 80's. **COST: 1 PSC COUPON**

**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 • ROOM C**  
Join Tutor Ms L.J. Au. Max 8 participants. **Cost: NO FEE**

**BIBLE STUDY**  
**TUESDAYS, 10:00AM • ROOM A & B**  
Instructed by Rev. Walter Montague.  
**Cost: Free Will Offering Excepted**

**DRAMA On break Until September 11**  
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 TUESDAY OF EACH MONTH (July 10)**  
**1:00PM-2PM • ART STUDIO**  
Make new friends and enrich lives. **Cost: NO FEE**

**DOLLAR DAYS WITH MRS. SHEILA**  
**2ND WEDNESDAY AND LAST TUESDAY OF EACH MONTH (July 11 & 31) • 1ST FLOOR LOBBY.**  
Everything is \$1.00 each!

**JAMMING WITH JEFFERSON STUDENTS**  
**on Break Until September**  
Bring your instrument of choice and lets 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 on Break Until September 6**  
Directed by Mrs. Fran Bolton. **COST: 1 COUPON**

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



## Healthy Eating Choices for

# JULY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Hot</b> 2 Chicken Steak w/ Low Sodium American Cheese on Whole Wheat Hoagie Roll, Tossed Salad, Baked Steak Fries <b>Cold</b> Smoked Turkey Breast on Wheat Bread, Coleslaw <b>Dessert</b> Cantaloupe</p>	<p><b>Independence Day Festive Meal</b> 3 Beef Hamburger, Tossed Salad, Slice of Fresh Watermelon, Vegetarian Beans, Potato Salad, Fresh Lemonade</p>	<p><b>CENTER CLOSED IN OBSERVANCE OF INDEPENDENCE DAY</b> 4</p>	<p><b>Hot</b> 5 Lemon Pepper Baked Flounder, Candied Sweet Potatoes, Steamed Broccoli, Cornbread <b>Cold</b> Turkey Club Sandwich on Whole Wheat, Turkey Breast, Turkey Bacon, Kale Salad, Cucumber &amp; Tomato Salad <b>Dessert</b> Vanilla Pudding</p>	<p><b>Hot</b> 6 Three Wing Dings, Tossed Salad, Red Skin Potatoes, Green Beans, Whole Wheat Dinner Roll <b>Cold</b> Egg Salad Platter, Whole Wheat Roll <b>Dessert</b> (h) Fruit Cocktail (c) Rice Pudding w/ Whipped Topping</p>
<p><b>Hot</b> 9 Rotisserie Baked Chicken, Stewed Tomatoes, Succotash Whole Wheat Dinner Roll <b>Cold</b> Deli Roast Beef with Swiss Cheese on Croissant, Carrot Raisin Salad, Red Potato Salad, Creamy Cucumber Salad <b>Dessert</b> Orange Dream Bar</p>	<p><b>Hot</b> 10 Cubed Steak w/ Low Salt Gravy, Harvard Beets, Mashed Potatoes, Whole Wheat Dinner Roll <b>Cold</b> Seafood Salad on Croissant, Creamy Cucumber Salad, Picked Beets <b>Dessert</b> (h) Chocolate Pudding w Whipped Topping (c) Mandarin Oranges</p>	<p><b>Hot</b> 11 Chicken Fried Rice, Oriental Vegetables, Tossed Salad, Brown Rice, Egg Roll <b>Cold</b> Chicken Salad on Wheat Roll w/Slim Mozzarella Cheese, Coleslaw <b>Dessert</b> (h) Mandarin Oranges (c) Pears</p>	<p>12 Three Wing Dings, Roasted Brussels Sprouts, Cornbread, Steamed Carrots <b>Cold</b> Chef Salad w/ Reduced Sodium Swiss Cheese, Whole Wheat Dinner Roll <b>Dessert</b> (h) Pears (c) Chocolate Pudding w Whipping Topping</p>	<p><b>Hot</b> 13 Fish Sticks, Mashed Sweet Potatoes, Whole Wheat Dinner Roll, Steamed Cauliflower <b>Cold</b> Cold Italian Hoagie w/ Provolone Cheese, Blanched Broccoli Salad, Creamy Cucumber Salad <b>Dessert</b> Brownie</p>
<p><b>Hot</b> 16 Fried Flounder, Rice Pilaf, Green Beans, Tossed Salad <b>Cold</b> Italian Inspired Turkey Bowl w/ Low Fat Mozzarella Cheese, Whole Wheat Roll <b>Dessert</b> Small Banana</p>	<p><b>Hot</b> 17 Oven Fried Chicken, Collard Greens, Black Eyed Peas, Cornbread <b>Cold</b> Chicken Caesar Salad, Whole Wheat Roll, Pasta Salad <b>Dessert</b> Pears</p>	<p><b>Hot</b> 18 Beef Stir Fry, Brown Rice, Spring Mixed Salad <b>Cold</b> Tuna Salad on Whole Wheat Bread, Picked Beet Salad, Broccoli Salad w/Raisin &amp; Sunflower Seeds <b>Dessert</b> Butterscotch Pudding</p>	<p><b>Hot</b> 19 Turkey Meatloaf w Gravy, Mashed Potatoes, Sautéed Kale w/ Garlic, Whole Wheat Dinner Roll <b>Cold</b> Grilled Chicken Taco Salad w/ Cheddar Cheese, Tortilla Chips <b>Dessert</b> Honey Dew</p>	<p><b>Hot</b> 20 Turkey Burger on Whole Wheat Bun, Sweet Potato Wedges, Coleslaw <b>Cold</b> Seafood Salad Platter, Whole Wheat Dinner Roll <b>Dessert</b> (c) Vanilla Ice Cream (h) Lemon Sin Free Sorbet</p>
<p><b>Hot</b> 23 Baked Pork Chops w/Gravy, Baked Macaroni &amp; Cheese, Sweet &amp; Sour Red Cabbage, Cornbread, Tossed Salad <b>Cold</b> Turkey BLT Chef Salad w/ Shredded Cheese, Whole Wheat Dinner Roll, Tomato Cucumber Salad <b>Dessert</b> (c) Strawberry Ice Cream (h) Sliced Pears</p>	<p><b>Hot</b> 24 Turkey Ala King, Peas w/ Onions, Carrots, Steamed Rice, Steamed Carrots <b>Cold</b> Corned Beef Special on Rye Bread, Coleslaw, Broccoli Salad w Raisins, Sunflower Seeds <b>Dessert</b> (c) Sliced Pears (h) Strawberry Ice Cream</p>	<p><b>Hot</b> 25 Beef Pepper Steak, Steamed Broccoli, Seasoned Brown Rice, Tossed Salad <b>Cold</b> Low Salt Turkey on Kaiser Roll, Roasted Red Pepper Salad w/ Spinach Leaves, Picked Beets <b>Dessert</b> (c ) Applesauce (h) Ice Cream Sandwich</p>	<p><b>Hot</b> 26 Sliced Turkey Ham, Mashed Potato, Roasted Brussels Sprouts, Whole Wheat Dinner Roll <b>Cold</b> Tuna Salad Hoagie with Low Sodium American Cheese, Red Skin Potato Salad <b>Dessert</b> (c) Medium Orange (h) Applesauce</p>	<p><b>Hot</b> 27 Barbecued Boneless Chicken Thighs, Creamed Spinach, Rice Pilaf, Caesar Salad <b>Cold</b> Chicken Salad on Whole Wheat Bread, Coleslaw <b>Dessert</b> (c) Ice Cream Sandwich (h) Pineapple Chunks</p>
<p>Chicken Cheese Steak on Whole Wheat Roll, Tossed Salad, Baked Steak Fries <b>Cold</b> Smoked Turkey Breast on Wheat Bread w/ Reduced Sodium American Cheese, Coleslaw <b>Dessert</b> Cantaloupe</p>	<p><b>Hot</b> 31 Chicken Cacciatore, Tossed Salad, Rotini <b>Cold</b> Egg Salad Sandwich on Wheat Bread, Creamy Cucumber Salad, Coleslaw <b>Dessert</b> Sugar Free Peach Pie</p>	 <p><b>HAPPY 4th of July INDEPENDENCE DAY</b></p>		