

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 17

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 31 @ 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 (July 26, 2019)

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



Stay Active

Monthly Events and Activities for Members

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

July 2019

Special Events

FARMER MARKET VEGGIE VOUCHERS ARE HERE!

Starting: Monday, July 1, 1:00-3:00pm

Monday, Tuesday, Thursday & Friday Distribution (None on Wednesdays) Philadelphia Residents only w/ required proof of Age (valid PA ID Preferred). Must be 60 or older to participate. 1st Floor Lobby. Cost: No Fee

Self Seminar:

Eating For Heart Health
Thursday, July 11, 2:00pm

GreenBean Internet Café. Cost: No Fee

People & Stories

Gente Y Cuentos

Fridays starting July 12, 1pm

Literature, reading and discussion. This is an 8 week program for 90 minutes. Lets read together! Please sign up at the Program Window to participate. Room B. Cost: No Fee

The Philadelphia Office of the City Commissioner presents:

Voting System Demonstration

Tuesday, July 16, 1:30pm

Come and familiarize yourself with the new voting system in advance of the next primary election. GreenBean Internet Café Cost: No Fee

Self Seminar:

Healthy Eating on a Budget
Wednesday, July 17, 2:00pm

GreenBean Internet Café. Cost: No Fee

Dr. Allan Jaffe (Podiatrist)

Friday, July 19, 10:00am -12noon
Room A. (Most Insurances accepted)

American Red Cross Blood Drive

To benefit children living with Sickle Cell Disease
Friday, July 27, 10:00am -3:00pm
Please sign up at the Program Window. Family and Friends are welcome to participate. Room A. Cost: No Fee

Self Seminar:

Managing Sugar

Tuesday, July 30, 2:00pm

GreenBean Internet Café. Cost: No Fee

70th Anniversary Celebration

Friday, September 27, 2-5pm

Double Tree Hilton Hotel
237 South Broad Street
Join the celebration for 70 years of service to our beloved senior community. Awards Luncheon, Special Guest, Dessert, Dancing and fun filled fellowship by all who attend! This is a must see event! Cost: \$40.00 Grilled Madeira Chicken \$45.00 Caribbean Seasoned Salmon. Tickets on sale now at the Program Window.



Trips 2019

Fairmount Water Works Learn & Brunch

Wednesday, July 10, 10am

640 Water Works Drive, 19130 (Kelly Drive & Waterworks Drive)
Spend a day learning about historic Fairmount Water Works. Delicious lunch at Cosmic Café – One Boathouse Row, Lloyd's Hall Lunch 11:30am -1:30pm
Cost for lunch only: \$15.00
Please pay for your lunch at the café.

National Museum of African American History and Culture, Washington, DC

Tuesday, August 13, 2019

Dinner at Golden Corral
Bus departs 7:15 am.
Bus returns 8:00 pm.
Cost: Silver \$80.00 Standard/55+ Non Members \$82.00
Final Payment Due: Monday, June 24, 2019

Motown Throwdown Show Tropicana, Atlantic City NJ

Monday, September 30

Bus departs 9:00 am. Returns 6:30 pm.
Cost is for transportation and show only. Silver \$42.00. Standard/55+ \$44.00
Final Payment Due Date: Friday, August 16, 2019

Hunterdon Hills Playhouse West Hampton, NJ

2019 Holiday Musical

Tuesday, November 12
Bus Departs at 9:15am, Leaves @ 3:30pm
Arrival @ PSC/Center 5:30pm.
\$94.50 Silver Members, \$96.50 Standard, Non-Members & 55+
Trip includes transportation, meal and Holiday Musical.
Final Payment Due: Friday, October 11, 2019

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 (SUMMER SCHEDULE)
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**

CRAFT CORNER

WEDNESDAYS, 10:00AM • ART STUDIO
Learn nifty crafts and meet a new friend!
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

CERAMICS

WEDNESDAYS 1:00-3:00PM • OPEN STUDIO ONLY
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: 5 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) SUMMER SESSION: JUNE 3 TO AUG. 5

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**

GENERATIONS ONLINE SIP & SWIPE IPAD CLASS (Beginner / Advanced Class)
ON BREAK UNTIL OCTOBER

BEGINNER SPANISH

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

ADVANCED FRENCH

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

CONSTITUTIONAL HERITAGE

(ON BREAK UNTIL FURTHER NOTICE)

Educational (continued)

CHINESE LANGUAGE CLASS (Poo-Tong Hua)

NEW CLASS!
THURSDAYS 10:00-11:00AM • 2ND FLOOR LOBBY
Class instructed by Michael Tsuei. Join us to learn how to speak Chinese. **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**

JAZZEXERCISE

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 strength and health, while increasing your energy. **COST: 3 PSC COUPONS**

YOGA

WEDNESDAYS, 11:00AM • ROOM B
Increases flexibility and strength, tone 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

(ON BREAK UNTIL SEPTEMBER 5)

"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**

Educational (continued)

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

BIBLE STUDY

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

DRAMA

(ON BREAK UNTIL SEPTEMBER)

BINGO

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

RED HAT SOCIETY

2ND TUESDAYS (July 9), 1-2PM • FITNESS STUDIO

Make new friends and enrich lives. **COST: NO FEE**

49TH STREET HAIR SALON \$5 HAIR CUTS
LAST TUESDAYS (June 25), 9-11AM • ROOM B

Hair cuts on clean hair only!

DOLLAR DAYS WITH MRS. SHEILA
2ND WEDNESDAY & LAST TUESDAY EACH MONTH (July 10 & 30) 10AM • 1ST FLOOR LOBBY
Everything is \$1.00 each!

JAMMING WITH JEFFERSON STUDENTS

ON HOLD UNTIL SEPTEMBER 2019

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 (July 12), 2:00-3:00PM • ROOM B
COST: NO FEE

PHILLY READS – THE PHILADELPHIA NEGRO

THE YEAR OF W.E.B DUBOIS BOOKS
HOLD UNTIL SEPTEMBER 2019

Healthy Eating Choices for JULY

Monday	Tuesday	Wednesday	Thursday	Friday
Hot 1 Shepherd's Pie w/ Low Sodium Gravy, Mashed Potatoes, Steamed Carrots, Tossed Salad Cold Whole Wheat Dinner Roll Cold Turkey Club Sandwich on Whole Wheat Bread, Coleslaw, Pickled Beet Salad Dessert Rice Pudding	Hot 2 Smothered Turkey Wings w/ Low Sodium Gravy, Mashed Sweet Potatoes, Simmered Black Eye Peas, Whole Wheat Dinner Roll Cold Italian Hoagie on Whole Wheat Roll, Kale Salad, Tomato Salad w/ Feta Cheese Dessert (C) Slice Angel Food Cake w/ Strawberries (H) Pineapple Chunks	Hot 3 Chicken Fried Rice, Steamed Broccoli, Caesar Salad Cold Seafood Salad Sandwich on Sliced Croissant, Creamy Cucumber Salad Dessert (H) Slice Angel Food Cake w/ Sliced Strawberries (C) Pineapple Chunks	<div style="text-align: center;">★</div> <p style="text-align: center;">Center is CLOSED in Observance of Independence Day</p> <div style="text-align: center;">★</div>	Hot 5 Baked Fish, Au Gratin Potatoes, Beets, Whole Wheat Bread, Tossed Salad Cold Tuna Salad Sandwich on Whole Wheat Bread w/ Slice of American Cheese, Creamy Cucumber Salad, Broccoli Salad w/ Sunflower Seeds & Raisins Dessert Chocolate Ice Cream
Hot 8 Chicken & Spinach Alfredo, Garlic Bread, Mixed Salad w/ Kale Cold Chicken Caesar Salad, Whole Wheat Roll Dessert Mixed Fruit	Hot 9 Smothered Pork Chop w/ Low Sodium Gravy, Cauliflower & Cheddar Mash, Steamed Carrots, Whole Wheat Dinner Roll, Baby Spinach Salad Cold Turkey Salad Platter, Whole Wheat Dinner Roll Dessert Boston Cream Pie	Hot 10 Shrimp Fried Rice, Steamed Broccoli, Egg Roll, Tossed Salad Cold Sliced Roast Beef on Rye w/ Sliced Swiss Cheese, Three Bean Salad, Coleslaw Dessert Butterscotch Pudding	Hot 11 BBQ Chicken Sandwich on Whole Wheat Bun, Chopped Romaine Salad, Oven Baked Fries, Cold Chef Salad w/ Turkey Ham & Shredded Mozzarella Cheese, Whole Wheat Dinner Roll Dessert (Cold Meal Only) Orange Dream Bars	Hot 12 Chicken Marsalis w/ Low Sodium Gravy, Oven Roasted Potato, Sautéed Cabbage, Whole Wheat Dinner Roll Cold Italian Hoagie on Whole Wheat Roll, Coleslaw Dessert Pineapple Chunks
Hot 15 Chicken Italian Sausage on Whole Wheat Hoagie Roll, Sweet Potatoes Fries, Chopped Romaine Salad Cold Seafood Salad on Whole Wheat Bread, Creamy Cucumber Salad, Low Sodium Potato Chip Desert (H) Mandarin Oranges (C) Fresh Orange	Hot 16 Salisbury Steak w/ Low Sodium Gravy, Mashed Potatoes, Cooked Carrots, Shredded Kale Salad, Whole Wheat Dinner Roll Cold Tuna Salad Hoagie on Whole Wheat Roll, Macaroni Salad, Creamy Cucumber Salad Dessert (C) Mandarin Orange (H) Dice Pears	Hot 17 Shrimp Chow-Mein, Oriental Vegetables Cold Chef Salad w/ Shredded Cheese, Croissant Dessert (C) Diced Pears (H) Fresh Orange	Hot 18 Oven Fried Chicken w/Bone, Collard Greens, Black Eyed Peas, Cornbread Salad Cold Pastrami on Rye, Vinegar Based Coleslaw, Tomato & Cucumber Salad Dessert Cheese Cake	Hot 19 Chili Con Carne w/ Low Sodium Parmesan Cheese, Steamed White Rice, Tossed Salad Cold Egg Salad Sandwich on Wheat Roll, Three Bean Salad Dessert Cinnamon Applesauce
Hot 22 Spaghetti & Meat Sauce, Tossed Salad, Italian Green Beans, Garlic Bread Cold Diced Chicken Salad on a Kaiser Roll, Pickled Beets Dessert Sliced Sugar Free Peaches	Hot 23 Rotisserie Chicken, Collard Greens, Baked Sweet Potato, Cornbread Cold Seafood Salad on Whole Wheat Hoagie Roll, Creamy Cucumber Salad, Broccoli Salad w/ Sunflower Seeds Dessert Sugar Free Strawberry Jello w/Whipped Topping	Hot 24 Pepper Steak, Steamed Brown Rice, Oriental Steamed Vegetables, Tossed Salad Cold Grilled Chicken Taco Salad w/ Shredded Cheddar Cheese, Tortilla Chips Dessert (C) Vanilla Pudding (H) Banana Pudding w/2 Nilla Wafers & Whipped Topping	Hot 25 Chicken and Dumplings w/ Low Sodium Gravy, Steamed Cabbage Cold Deli Turkey & Cheese Sandwich on Whole Wheat Bread w/ Sliced American Cheese, Coleslaw Dessert Baked Apple	Hot 26 Breaded Fish, Steamed Brown Rice w/Margarine, Stewed Tomatoes, Chopped Romaine Salad Cold Chicken Salad w/Craisins Platter, Whole Wheat Roll Dessert (C) Banana Pudding w/ two Nilla Wafers & Whipped Topping (H) Vanilla Pudding
Hot 29 Shepherd's Pie w/ Low Sodium Gravy, Mashed Potatoes, Steamed Carrots, Tossed Salad Cold Whole Wheat Dinner Roll Cold Turkey Club Sandwich on Whole Wheat Bread, Coleslaw, Pickled Beet Salad Dessert Rice Pudding	Hot 30 Smothered Turkey Wings w/ Low Sodium Gravy, Mashed Sweet Potatoes, Simmered Black Eye Peas, Whole Wheat Dinner Roll Cold Italian Hoagie on Whole Wheat Roll, Kale Salad, Tomato Salad w/ Feta Cheese Dessert (C) Slice Angel Food Cake w/ Strawberries (H) Pineapple Chunks	Hot 31 Chicken Fried Rice, Steamed Broccoli, Caesar Salad Cold Seafood Salad Sandwich on Sliced Croissant, Creamy Cucumber Salad Dessert (H) Slice Angel Food Cake w/ Sliced Strawberries (C) Pineapple Chunks	<p style="font-size: 2em;">HAPPY 4TH OF JULY</p> <p style="font-size: 1.5em;">INDEPENDENCE DAY</p>	