

Stay Active

www.PhilaSeniorCenter.org



Member News

VOLUNTEER OPPORTUNITIES

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

Friendly Callers: Thursday, November 14

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, November 20

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, November 27 @ 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 4th Friday of each month (November 22, 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.



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Stay Active

Monthly Events and Activities for Members



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

November 2019

Hello Great Members of PSC Arts Branch,

The Holiday Season is upon us again. Please be careful when shopping and remember to dress warmly because it's getting colder. Have a safe and wonderful holiday!

There are many exciting events happening at the Center in November. Two big events are Ms. Regina Burgett's Centennial Birthday Celebration on November 7th and the Best Day Philadelphia 10th Anniversary Storytelling Day on November 8th.

Here are some other important dates in November:

November 3rd – Remember to turn your clocks back 1 hour.

November 5th – Election Day. Your vote counts so please get out and vote.

November 11th – Veteran's Day. Thank you to all of our veterans for their service to our country.

November 28th – Thanksgiving. Enjoy your holiday. PSC Arts will be closed on this day.

November 30th – Deadline to use your Farmer's Market Vouchers.

Thank you,
Julie Nelson
Center Manager

Special Events

PSC Holiday POP-Up Shop With Sheila Dixon
Wednesday, November 6
10:00am-3:00pm

Holiday shopping for your friends and family. 1st Floor Lobby. Cost: No Fee

SAGE Table: Let's Chat & Chew about the LGBT experience and how we can be an welcoming ally!
Thursday, November 7, 9:00-11:00am
GreenBean Internet Café. Cost: No Fee

Regina Burgett's Centennial Celebration
Thursday, November 7, 11:00am-1:00pm
Festive Meal, Cake, Ice Cream and You.
GreenBean Internet Café. Cost: \$1.25
Festive Meal Suggested Donation

You're invited to the Best Day of My Life 10th Anniversary Storytelling Day!!
Friday, November 8, 10:00am-4:00pm
The Greatest Intergenerational Party
1st Floor Lobby Vendors, GreenBean Internet Café Story Hall, Auditorium Video & Room A VIP. Luncheon (RSVP Required)
Cost: No Fee

Veteran's Day Appreciation
Monday, November 11, 1:00-2:00pm
PSC would like to honor our veterans. Join us for a presentation, short stories and movie. 2nd Floor Auditorium.
Cost: No Fee

CARIE Presents:
Medicare Fraud and Abuse
Tuesday, November 12, 1:30pm
Learn how to protect yourself from scams & mistreatment!
GreenBean Internet Café. Cost: No Fee

Mercy Life: Healthy Snack Presentation
Wednesday, November 13, 1:30pm
GreenBean Internet Café. Cost: No Fee

Penn State Musicians
Saturday, November 16, 1:00-2:00pm
Light Refreshments will be provided. Please sign up at the Program Window now. GreenBean Internet Café.
Cost: No Fee.

Advisory Council Annual Fundraiser: Bake Sale 2019
Tuesday, November 19, 9:00am-3:00pm
Stop by for delicious sweets and treats!
GreenBean Internet Café.
Cost: \$1.00 per slice. Free coffee and tea.

Thanksgiving Luncheon
Tuesday, November 26
11:15am-1:00 pm
Seating is limited! Tickets on sale now. Please sign up at the Program Window. Room A, B, C, Art Studio & GreenBean Internet Café.
Suggested Contribution: \$1.25.

Trips 2019/2020

CANCELLED!
Hunterdon Hills Playhouse
West Hampton, NJ
2019 Holiday Musical
Tuesday, November 12

Dining Around Town:
McCormick & Schmick's
1 South Broad Street
Thursday, December 12, 11:30am-2pm
Cost: Food payment at the restaurant on the day of the trip. CCT Share Rides available for cardholders! Please sign up at the Program Window

Mohegan Sun
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. Tickets on sale now at the Program Window!

COUNSELORS CORNER - If you need help paying your heating bills, or have a heating emergency, LIHEAP may be able to help you. LIHEAP is a energy assistance program that helps low income families pay their heating bills. Please contact the center to obtain additional information and schedule an appointment with the Housing or In-Center Counselors 215-546-5879.

info@newcourtland.org
215-546-5879

Philadelphia, PA 19147
509 South Broad Street



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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
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 (Nov. 26), 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 (Nov. 12), 1-2PM • FITNESS STUDIO

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

DOLLAR DAYS WITH MRS. SHEILA
2ND WEDNESDAY & LAST TUESDAY EACH MONTH (Nov. 13 & 26) 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 (Nov. 8), 2-3 PM • FITNESS CENTER

PHILLY READS – THE YEAR OF W.E.B DUBOIS BOOKS
EVERY OTHER FRIDAY, NOV. 1, 15 & 29 12:30-2:30PM • ROOM B

COST: NO FEE



Healthy Eating Choices for NOVEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>Hot 4 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 Chips Dessert (H) Mandarin Oranges (C) Fresh Orange</p>	<p>Hot 5 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</p>	<p>Hot 6 Shrimp Chow-Mein, Oriental Vegetables Cold Chef Salad w/ Shredded Cheese, Croissant Dessert (C) Diced Pears (H) Fresh Orange</p>	<p>Hot 7 Oven Fried Chicken w/Bone, Collard Greens, Black Eyed Peas, Cornbread Cold Pastrami on Rye, Vinegar Based Coleslaw, Tomato & Cucumber Salad Dessert Slice of Cheese Cake</p>	<p>Hot 8 Chicken Marsala w/ Low Sodium Gravy, Oven Roasted Potato, Sautéed Cabbage, Whole Wheat Dinner Roll Cold Italian Hoagie on Whole Wheat Roll w/Provolone Cheese, Coleslaw Dessert Pineapple Chunks</p>
<p>Hot 11 Spaghetti & Meat Sauce, Tossed Salad, Italian Green Beans, Garlic Bread Cold Diced Chicken Salad on a Whole Kaiser Roll, Pickled Beets Dessert Sliced Sugar Free Peaches</p>	<p>Hot 12 Rotisserie Chicken, Collard Greens, Baked Sweet Potatoes, 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</p>	<p>Hot 13 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</p>	<p>Hot 14 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</p>	<p>Hot 15 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</p>
<p>Hot 18 Shepherd's Pie w/ Low Sodium Gravy, Tossed Salad, Whole Wheat Dinner Roll Cold Turkey Club Sandwich On Whole Wheat Bread, Coleslaw, Pickled Beet Salad Dessert Rice Pudding</p>	<p>Hot 19 Smothered Turkey Wings w/ Low Sodium Gravy, Mashed Sweet Potatoes, Simmered Black Eye Peas, Whole Wheat Dinner Roll Cold Italian Hoagie on Whole Wheat Hoagie Roll, Kale Salad, Tomato Salad w/Feta Cheese Dessert (C) Slice Angel Food Cake w/Slice Strawberries (H) Pineapple Chunks</p>	<p>Hot 20 Chicken Fried Rice, Steamed Broccoli, Caesar Salad Cold Seafood Salad Sandwich on Croissant, Creamy Cucumber Salad Dessert (C) Pineapple Chunks (H) Slice Angel Food Cake w/ Sliced Strawberries</p>	<p>Hot 21 Macaroni & Beef Casserole w/ Parmesan Cheese, Green Beans, Chopped Romaine Salad, Garlic Bread Cold Chicken Caesar Salad Dessert Fresh Orange</p>	<p>Hot 22 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</p>
<p>Hot 25 Chicken & Spinach Alfredo, Garlic Bread, Kale & Mixed Salad Cold Chicken Caesar Salad, Whole Wheat Roll Dessert Mixed Fruit</p>	<p>THANKSGIVING LUNCHEON</p> 	<p>Hot 27 Shrimp Fried Rice, Steamed Broccoli, Egg Roll, Tossed Salad Cold Sliced Roast Beef on Rye w/Swiss Cheese, Three Bean Salad, Coleslaw Dessert Butterscotch Pudding</p>	<p>CENTER IS CLOSED IN OBSERVANCE OF THANKSGIVING 28</p> 	<p>Hot 29 Chicken Marsala w/ Low Sodium Gravy, Oven Roasted Potato, Sautéed Cabbage, Whole Wheat Dinner Roll Cold Italian Hoagie on Whole Wheat Roll w/Provolone Cheese, Coleslaw Dessert Pineapple Chunks</p>