

Member News

VOLUNTEER OPPORTUNITIES

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

Friendly Callers: Thursday, October 10

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, October 16

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, October 30 @ 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 (October 25, 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

Stay Active

Monthly Events and Activities for Members

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

October 2019

Hello Great Members of PSC Arts Branch,

Wilma Theater Portable Studios is back! Please come out to the open house on Friday, Oct. 11 at 10:30am, Room A. Learn more about this wonderful opportunity and let your talents shine.

PSC's Annual Unity Day is here at 509 S. Broad Street on Tuesday, October 22nd from 10am – 3pm. Join the fun and enjoy a day with Allegheny, Arts and Coffee Cup Members. We will unite together for a fun filled day of free activities. Please do not miss it! A good time is sure to be had by all who attend.

Its Harvest Time! Fall is here so let's celebrate on Thursday, October 31st from 1:30pm – 3:30pm at the Annual Harvest Party. DJ, Dancing, Food and Fun! All we need now is you! Cost: \$1.00. All attendees are required to sign up at the Program Window. Seating is limited so please sign up now!

Thank you,
Julie Nelson
Center Manager

Special Events

Divine Resource ("Take Back Your Health") Food Demonstration
Wednesday, October 2, 2:00pm
GreenBean Internet Café. Cost: No Fee

Dr. Allan Jaffey (Podiatrist)
Friday, October 4, 10:00am
Room B. Cost: Most Insurance Accepted

Walk With Ease Walking Club
Back for 6 weeks - Mondays & Wednesdays
October 7- November 13, 11:30 am
Join Jo Anna Turner for a talk then walk around the center. 1st Floor Lobby.
Cost: No Fee

Wilma Theater Portable Studio
OPEN HOUSE: Friday Oct. 11,
10:30am, Room A
CLASS STARTS: Oct. 17, Every Thursday
9:30-11am & Fridays 10:30-11:30am
SHOW: Friday, December 13
Portable studio offers free and fun professional development in community spaces and acts as a bridge between the Wilma Theater and community residence. Cost: No Fee

PSC Unity Day 2019!
Tuesday, October 22, 10:00am-3:30pm
Please join in on a good time with Allegheny Senior Center & Coffee Cup! Cost: No Fee

The Starting Point Presents:
Opioid Prevention
Friday, October 25, 1:30pm
Are all pain killers' opioids? Learn to identify a problem and how to make informed decisions about treatment.
GreenBean Internet Cafe. Cost: No Fee

Ask Me Three: Peer Education Training
Wednesday, October 30, 10:00am
Do you like to provide important information to your local community? If so, please sign up and train to be an PSC Peer Educator and receive a small stipend each time you participate. Auditorium. Cost: No Fee

Harvest Party Celebration
Thursday, October 31, 1:30-3:30pm
Dancing, food and a lot fun!
(Costumes Optional) Please sign up at the Program Window! Cost: \$1.00

Trips 2019

Tomasello Winery & Atlantic City Resorts Casino SOLD OUT!
Wednesday, October 23
Bus Departs 9:45am, Returns 8:00pm
Cost: Silver Membership \$54.00. Standard/55+ or Non-member \$56.00. Trip includes transportation, meal at Tomasello Winery and \$25.00 Slot Play. On Sale Now at the Program Window!

Hunterdon Hills Playhouse, Holiday Musical West Hampton, NJ
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

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

info@newcourtland.org
215-546-5879

Philadelphia, PA 19147
509 South Broad Street



Best Day Philadelphia

10TH ANNIVERSARY STORYTELLING DAY
Friday, November 8, 2019

Join us for a fun filled day of storytelling to celebrate 10 years of fighting older adult social isolation and promoting intergenerational engagement. This Free event celebrates 10 years of partnership between Best Day, Philadelphia Senior Center and NewCourtland Services. Sponsorship provided by Independence Blue Cross. Cost: No Fee (RSVP required for VIP Lunch & Learn)



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 • 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: 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**
- BEGINNER COMPUTER LESSONS (10 WEEKS)**
FALL SESSION - STARTING AUG. 12 TO OCT. 14
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**
ON HOLD UNTIL FURTHER NOTICE
- 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
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 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**
THURSDAYS, 11:00AM • ROOM A
Join us to learn various ballroom dancers, 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

Exercise Programs (cont.)

- 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 (Oct. 29), 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 (Oct. 8), 1-2PM • FITNESS STUDIO
Make new friends and enrich lives. **Cost: NO FEE**
- DOLLAR DAYS WITH MRS. SHEILA**
2ND WEDNESDAY & LAST TUESDAY EACH MONTH (Oct. 9 & 29) 10AM • 1ST FLOOR LOBBY
Everything is \$1.00 each!
- JAMMING WITH JEFFERSON STUDENTS**
ON HOLD UNTIL FURTHER NOTICE
- 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 (Oct, 11), 2:00-3:00PM • ROOM B
Cost: NO FEE
- PHILLY READS – THE YEAR OF W.E.B DUBOIS BOOKS**
FRIDAYS, OCTOBER 4 & 11 12:30-2:30PM • ROOM B
Cost: NO FEE

Healthy Eating Choices for October

Happy HALLOWEEN

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Hot Smothered Pork Chop w/Low Sodium Gravy, Cauliflower & Cheddar Mash, Steamed Carrots, Whole Wheat Roll, Baby Spinach Salad Cold Turkey Salad Platter, Whole Wheat Dinner Roll Dessert Boston Cream Pie</p>	<p>Hot 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</p>	<p>Hot 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</p>	<p>Hot 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 Chili Con Carne w/ Low Sodium Parmesan Cheese, Steamed White Rice, Tossed Salad Cold Egg Salad on Whole Wheat Roll, Three Bean Salad Dessert Cinnamon Applesauce</p>
<p>Hot 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, Desert (H) Mandarin Oranges (C) Fresh Orange</p>	<p>Hot 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 Shrimp Chow-Mein, Oriental Vegetables Cold Chef Salad w/ Shredded Cheese, Croissant Dessert (C) Diced Pears (H) Fresh Orange</p>	<p>Hot Oven Fried Chicken w/Bone, Collard Greens, Black Eyed Peas, Cornbread Cold Pastrami on Rye, Vinegar Based Coleslaw, Tomato & Cucumber Salad Dessert Cheese Cake</p>	<p>Hot 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 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 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 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 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 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 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 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 Chicken Fried Rice, Steamed Broccoli, Caesar Salad, Croutons Cold Seafood Salad Sandwich on Croissant, Creamy Cucumber Salad Dessert (C) Pineapple Chunks (H) Slice Angel Food Cake w/ Sliced Strawberries</p>	<p>Hot Macaroni & Beef Casserole w/ Parmesan Cheese, Green Beans, Chopped Romaine Salad, Garlic Bread Cold Chicken Caesar Salad Dessert Fresh Orange</p>	<p>Hot 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 Chicken & Spinach Alfredo, Garlic Bread, Kale & Mixed Salad Cold Chicken Caesar Salad, Whole Wheat Roll Dessert Mixed Fruit</p>	<p>Hot 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</p>	<p>Hot 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>Hot 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</p>	<p><i>Trick OR Treat</i></p>