

Member News

Volunteer Opportunities

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

Manna: Wednesday, August 19

Join us to package meals to 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.

Aids Fund: (On Break Until September)

Join us for fun and packaging bingo cards for AIDS FUND. Limited to eight participants each visit.

Volunteer Meeting

Wednesday, August 26 @ 1:30 pm
in the Green Bean Internet Café

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. Medical rides are offered to members once a month. Please see Michelle Catala for applications, ride schedule, changes in schedule or questions regarding this service. 215-546-5879 ext.255

MEMBERSHIP

Philadelphia Senior Center offers three levels of membership from free of charge to \$12 Silver option.

Silver Membership: Cost - \$12 annually
Discounts on classes, programs & trips; PSC Newsline 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 the full cost of the congregate lunch of \$3.25

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

August 2015

Hello Great Members of PSC Main Branch,

Its still hot outside please BEAT THE HEAT using these suggestions:

Drink Plenty of Water

Wear Light Colored & Loose Fitting Clothing

Use a Hat or Umbrella for shade.

Spend a lot of time in an air conditioned environment; like a Senior Center.

When using a fan keep your windows open.

Take cool baths and/or showers.

Keep blinds or shades closed during the day.

Travel when heat is less intense, early morning or evening hours.

Check with your doctor about any special directions during the hot weather.

Check on your elderly friends who are home bound.

The fitness center is open for business every Monday through Friday from 9am – 4pm. Please ensure that you have the centers medical form completed by your physician prior to using the equipment. Join Edwina Edwards, our Fitness Center Coach every Monday at 1:15pm. Learn how to safely use the exercise equipment. Please enjoy using the new bikes, treadmill and elliptical machines.

Don't miss signing up for Unity Day at PSC Lehigh Senior Center located at 17th & Lehigh Ave on Friday, Aug. 21st. Join all the Network Senior Centers as we fellowship together. Food, games and fun will be had by all that attend. Please sign up at the program window with Gladys; only eleven people can attend from each sister center. Please sign up now reservations will go fast.

Glenn Ellis, from Radio Station 900 AM-WURD will broadcast live, the breakfast with Congressman Robert Brady Show at the center on Monday, Aug. 31st from 7am – 10am. A full breakfast will be served, please come out and enjoy.

Best wishes for cooler days ahead,

Julie Nelson
Center Manager

Special Events

AARP Real Possibilities

Tuesday, August 4 & Friday, August 7
10:00am-12pm

1st floor Lobby

AARP is seeking input from citizens who live Philadelphia. They will be conducting a survey to understand the needs and concerns of Senior Philadelphia residents.

Cost: No Fee

PECO presents "Smart Ideas"

Tuesday, August 11, 2:30pm

Green Bean Internet Cafe

Cost: No Fee

Living Well, Learning Well

Presentation on Brain Health Seminar

Thursday, August 13, 3-4pm

Green Bean Internet Cafe

Cost No Fee

Dining Around Town

Friday, September 18, 11:30am-2:00pm

Cheesecake Factory Restaurant

1430 Walnut Street

Delicious meal. Lunch will be on your own

See Michelle for CCT Ride

Unity Day Event!!

Friday, August 21, 10:00am

PSC Lehigh Senior Center, 17th & Lehigh Street. Come and enjoy a fun day uniting with our Sister Centers. Exciting activities and Lunch will be provided. Eleven members invited. You are required to register at the program window with Gladys to attend. Please see Michelle for CCT Rides.

Cost: No Fee

Walgreen's Presentation

"Ask the Pharmacist"

Monday, August 24, 2:00pm

Green Bean Café

Create a healthier lifestyle with helpful service.

Cost: No Fee

Radio Station, 900 AM-WURD will be host a breakfast show with Congressman Robert Brady here at PSC.

Monday, August 31st, 7am-10am

Green Bean Internet Cafe

This is a 3-hour live broadcast, with a full breakfast. News and vital health information will be feature. Cost: No Fee

Trips

Resorts Casino

Tuesday, August 11th

Bus Departs 9am, - Bus returns: 6pm

Enjoy a stroll on Boardwalk,

bonus \$25 slot dollars.

Cost: Silver \$22.00 Standard/55:\$25.00

Guest: \$30.00

PSC Main Branch Presents:

Biloxi New Orleans

October 11-18, 2015

Round Trip Motor coach Transportation (7) nights Accommodation (2) nights in Fayetteville, NC, (2) nights in the Atlanta, Georgia area. Silver members:

Double occupancy \$929.00

Triple Occupancy \$929.00

Single Occupancy \$1,229.00

Standard/55 \$934.00

Triple occupancy \$934.00

Single occupancy \$1,234.00

Guests: double occupancy \$939.00

Triple Occupancy \$939.00

Single Occupancy \$1,239.00

On Sale now.

Call Gladys Rossano 215-546-5879 ext 209

Tropicana Casino Special

Tuesday, October 20, 2015

Enjoy a day at the Casino,

Bonus: \$10.00 slot play

Bus departs: 9:00am, Bus returns: 5:30pm

Cost: silver \$7.00 Standard/55+ \$10.00

On sale July 6th. Sign - up at the Program window & see Michelle for CCT

Shady Maple & Tanger Outlets

Thursday, November 5, 2015

Bus Departs: 9am, Bus Returns: 6:30pm

Enjoy lunch on your own at shady Maple and shopping at Tanger Outlets.

Cost: Silver \$25.00 Standard/55+ \$27.00

On sale Monday, August 10th

Tropicana Casino Presents

"The Four Tops"

Hits & Holiday Show

Wednesday, December 2, 2015

Bus departs 9am; bus returns 6:30pm

Package includes: \$25.00 slot dollars, Lunch buffet, 3:30 pm show ticket and transportation

Cost: Silver \$70.00 Standard/55 \$72.00

Guest: \$75.00

Final Payment Due September 11, 2015

Ongoing Events

Checkers, Chess, Puzzles, Dominoes, Pinochle, Skip Bo, Pity Pat and Tea Time are offered every day at PSC-Main Branch.

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

JEWELRY & BEADING

TUESDAYS, 10:00AM • ART STUDIO

Learn how to bead and make chic jewelry with instructor Elizabeth Cason.

COST: 2 PSC COUPONS

CRAFT CORNER

WEDNESDAYS, 10:00AM • ART STUDIO

COST: Free

CERAMICS (On break for the month of August)

WEDNESDAYS 12:30PM: ART STUDIO

FRIDAYS 10:00AM • OPEN STUDIO

Create designs for a range of pottery objects that are then made by shaping and firing clay with George Apotos

COST: 5 PSC COUPONS

Exercise

SEATED STRENGTH TRAINING

MONDAYS IN ROOM A @ 11AM

A 12 week program that helps builds flexibility, muscle strength, and endurance. This program is brought to you as part of NewCourtland's newly relaunched Living Well, Learning Well Program.

COST: FREE

TAI CHI

MONDAYS, 11:00AM • ROOM B

A martial arts form of exercise that is smooth and soothing.

COST: FREE

NEW FITNESS CENTER COACHING ACTIVITY

MONDAYS, 1:15PM • FITNESS CENTER

Learn how to correctly utilize the Fitness Center Equipment with Edwina Edwards (formerly the Stretch and Tone Instructor).

WALKING AT THE BELLEVUE

TUESDAYS & THURSDAYS @ 9AM-11AM

Meet at the Bellevue on located on broad & Walnut to walk around the track. Must register at the program window. **COST: FREE**

CHI KUNG

TUESDAYS, 10:00AM • ROOM C

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

"ANYONE CAN MOVE" SILVER SNEAKERS

TUESDAYS, 2:00PM ROOMS A & B

Use light weights to enhance and improve balance and strength.

COST: 2 PSC COUPON



Exercise (continued)

YOGA

WEDNESDAYS, 11:00AM • ROOM B

Yoga increases flexibility and strength, tones the body, reduces tension and boosts energy.

COST: 3 PSC COUPONS

ZUMBA FITNESS

WEDNESDAYS, 12:45PM • ROOMS A

Hypnotic Latin rhythm and easy-to-follow moves create a one-of-a-kind fitness program.

COST: 2 PSC COUPONS

TAP DANCING (On break until Sept. 3)

THURSDAYS, 10:00AM • ROOM B

Tap Dancing is back come and join us.

Cost: 3 PSC COUPONS

BALLROOM DANCING (On break until Aug. 20)

THURSDAYS, 11:00AM • ROOM A & B

Join us to learn various ballroom dances that follow a conventional series of steps. **COST: 2 PSC COUPON**

AEROBIC FIT MUSCULAR STRENGTH

THURSDAYS, 2:00PM ROOMS A & B

Use light weights to enhance and improve balance and strength. **COST: 2 PSC COUPON**

SIT & BE FIT

FRIDAYS, 11:00AM • ROOM A

Join us in learning ways of exercising while sitting.

COST: FREE

VARIETY LINE DANCING

FRIDAYS, 1:15PM • ROOM A

A non-strenuous form of exercise done to music.

COST: 2 PSC COUPON

JAZZERCISE

FRIDAYS, 2:15PM • ROOM C

Join us in learning new fun ways to exercise. Class instructed by Roger Lee.

COST: 1 PSC Coupon

Educational

BEGINNER COMPUTER CLASS

MONDAYS, 10AM-12PM • COMPUTER LAB

Cost: 4 Coupons

FRENCH

ROOM C

Join us to learn how to speak French. **COST: FREE**

INTERMEDIATE, MONDAYS, 10:00AM

BEGINNER, MONDAYS, 11:00AM

Class instructed by Michele Kunis.

ADVANCED, WEDNESDAYS, 2:00PM

Class instructed by Wardell O'Connor.

CONVERSATIONAL ITALIAN (Class on Hold)

WEDNESDAYS • ROOM C

BEGINNER, 10:00AM

INTERMEDIATE, 11:00AM

ADVANCED, 1:30PM

Class instructed by Leroy Farias. Join us to learn how to speak Italian. **COST: FREE**

GENERATIONS ON LINE: (On break until Sept. 15)

SIP & SWIPE IPAD CLASS

WEDNESDAYS, 1PM • GREEN BEAN INTERNET CAFÉ

WEDNESDAYS, 2PM • GREEN BEAN INTERNET CAFÉ

COST: FREE

SOCIAL MEDIA WORKSHOP

THURSDAYS, 1PM • COMPUTER LAB

Sign up at the Program window. **COST: NO FEE**

Educational (continued)

SPANISH (On break until Sept. 17)

BEGINNERS, 10:00AM, THURSDAYS • ROOM C

ADVANCED (On break until Sept. 17)

Class instructed by Delores Gallashaw. Join to learn how to speak Spanish. **COST: FREE**

CONSTITUTIONAL HERITAGE (On break until Sept. 17)

THURSDAYS, 2:15PM • ROOM C

*Last Class June 18th - Class will be on break until Sept. 17, after that date.

Come learn about the constitution led by Mr. John Keels.

COST: FREE

Recreation

"ROCK, ROLL & REMEMBER" (formally Doo Wop)

MONDAYS, 10:00AM • ROOM A

Join Charlene Koester as she rocks to music of the 50s. Rock Roll & Remember!

COST: 1 PSC COUPON

DIGITAL PHOTOGRAPHY (On break until Sept. 14)

Join Eileen Eckstein for lessons in digital photography.

COST: Free

BIBLE STUDY

TUESDAYS, 10:00AM • ROOMS A & B

Instructed by Rev. Walter Montague.

COST: FREE WILL OFFERING EXCEPTED

CHAIR MASSAGE

EVERY THIRD TUESDAY, 11:00AM • ROOM C

COST: 2 PSC COUPON FOR 5 MINUTES

DRAMA (On Break until Sept. 1)

TUESDAYS, 12:30PM • ROOM A

Join us in exploring the craft of acting with instructor Denise Wortham. **COST: 3 PSC COUPONS**

BINGO

TUESDAYS, 1:00PM • ROOM C

Join us for fun and prizes.

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: FREE

CHORUS

THURSDAYS, 12:00PM • ROOM A

Choir directed by Ms. Criseeda J. Seals.

COST: FREE

THE BEST DAYS OF MY LIFE

(Story Telling & Writing Club)

THURSDAYS, 1:00PM • ROOM C

Come join our storytelling and writing class instructed by Bonita Cooper.

COST: FREE

MIND AEROBICS

FRIDAYS, 10:00AM • 2ND FLOOR LOUNGE

Puzzles and other activities that help increase focus and concentration while enhancing creativity.

COST: FREE

POETRY

FRIDAYS, 12:00PM • ROOM B

Join us in learning how to express emotions through poetry. **COST: FREE**

Healthy Eating Choices for AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday	
Hot Meatball Sandwich on Wheat Sub Roll w/ Parmesan Cheese String Beans Tossed Salad Cold Turkey Salad Wrap w/ Swiss Cheese Marinated Cucumber Salad Apple Slices Whole Wheat Tortilla Pick Me Up Produce Salad Dessert 5 Vanilla Wafers	Hot Chicken Parmesan w/ Tomato Sauce Sautéed Spinach Tossed Salad Spaghetti Noodles Cold Seafood Salad Platter w/ Cheddar Cheese Coleslaw Bread Sticks Dessert Reduced Fat Chocolate Ice Cream	Hot Beef w/ Broccoli Stir-Fry Vegetables Brown Rice Whole Wheat Dinner Roll Cold Chicken Caesar Salad Potato Salad Whole Wheat Dinner Roll Dessert 1 Fresh Orange	Hot Barbecued Ribs Baked Beans Coleslaw Cornbread Cold Corn Beef Special on Rye w/ Swiss Cheese, Coleslaw Dessert Fresh Plum	Hot Cheese Steak on Roll Tossed Salad Potato Wedges Cold Tuna Salad Platter Hard boiled Egg w/ Mozzarella Cheese Pasta Salad Creamy Cucumber Salad Whole Wheat Bread Dessert Cantaloupe	
Hot Italian Turkey Sausage w/ Marinara Sauce Spaghetti Pasta Broccoli Tossed Green Salad Cold Chicken Salad Platter Three Bean Salad Wheat Dinner Roll Dessert Pineapple Chunks	Hot Open Faced Roast Beef Sandwich w/ Gravy Brussels Spouts Mashed Potatoes Spinach Salad Bread Cold Italian Hoagie w/ Provolone Cheese Caesar Salad Dessert Peach	Hot Shrimp Fried Rice Stir-Fry Vegetables Tossed Salad Whole Wheat Dinner Roll Cold Italian Inspired Turkey Bowl w/ Mozzarella & Pasta Pickled Beets Salad Dessert Mandarin Orange	Hot Marconi & Beef Casserole w/ Mozzarella Cheese California Blend Vegetables Tossed Salad Cold Turkey and Swiss Cheese Sandwich Coleslaw Potato Salad Dessert Fruit Cocktail	Hot BBQ Chicken Baked Sweet Potatoes Steam Cabbage Whole Wheat Dinner Roll Cold Southwestern Chopped Salad w/ Fajita Chicken & Cheese Baked Tortilla Chips Dessert Chocolate Ice Cream	
Hot Spaghetti & Meatball w/ Sauce Tossed Salad Italian Green Beans Cold Chicken Caesar Salad Three Bean Salad Whole Wheat Dinner Roll Dessert Berry Bowl w/ Whipped Topping	Hot Meatloaf Red Roasted Potatoes Cooked Carrots Spinach Salad w/ Hard Boiled Egg Cold Chef Salad Pickled Beets w/ Onions Whole Wheat Dinner Roll Dessert Pears	Hot Chicken Stir Fry Brown Rice Cold Turkey Greek Salad Bowl w/ Crumbled Feta Cheese Whole Wheat Dinner Roll Dessert Vanilla Pudding	Hot Baked Tilapia w/ Lemon Dill Sauce Baked Potato Stewed Tomatoes Red Beets & Onion Salad Cornbread Cold Roast Beef on Kaiser Roll w/ Swiss Cheese Potato Salad Dessert Diced Watermelon	Hot Cheese Burger, wheat bun Baked Sweet Potatoes Wedges Cold Slaw Cold Turkey & Cheese Vegetable Wrap Carrot Raisin Salad Whole Wheat Tortilla Dessert Fruit Cocktail	
Hot Roast Pork Loin w/ Rosemary Gravy Seasoned Buttered Spinach Wild Rice Pilaf Cold Roast Beef Sandwich w/ Cheese on Rye Coleslaw Dessert Strawberry Short Cake Pineapple Juice	Hot Herb Roasted Chicken Zucchini w/Stewed Tomatoes Basil Roasted Potatoes Cornbread Cold Turkey Salad Platter Cheese Croissant Dessert 1 Fresh Orange	Hot Chicken Lo-Mein Broccoli Bok Choy & Cabbage Fortune Cookie Cold Chopped Hoagie Salad w/ Mozzarella & Provolone Pickled Beet Salad Dessert Mandarin Oranges	Hot Roast Turkey w/Gravy Buttered Peas and Mushrooms Breaded Stuffing Whole Wheat Bread Cold BLT Chef Salad w/ Shredded Cheddar Cheese Whole Wheat Roll Dessert Applesauce Orange Juice	Hot Cheese Burger, wheat bun Potato Salad Cold Crispy Chicken Salad w Hard Boiled Egg & Cheddar Cheese Whole Wheat Dinner Roll Dessert Cantaloupe & Oatmeal Raisin Cookie	
Hot Meatball Sandwich on Wheat Sub Roll w/ Parmesan Cheese String Beans Tossed Salad Cold Turkey Salad Wrap w/ Swiss Cheese Marinated Cucumber Salad Apple Slices Whole Wheat Tortilla Pick Me Up Produce Salad Dessert 5 Vanilla Wafers				<h1>Enjoy Summer!</h1>	