

Member News

Volunteer Opportunities

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

Aids Fund: Thursday, December 3

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

Manna: Wednesday, December 16

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.

Volunteer Meeting

Wednesday, December 30 @ 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 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

December 2015

Hello Great Members of PSC - Arts Branch,

Friendly Reminder of the Centers:

“Weather Emergency Policy” Closure:

Philadelphia Senior Center’s policy is to be open to service our members; as long as conditions are safe for travel to the Center. Philadelphia Senior Center closes under the following circumstances:

When the City of Philadelphia public schools close; PSC will be closed for members. If schools open late the Center will follow suit.

Emergency Procedures

When the fire alarm sounds, you are required to evacuate the building. Staff will be on hand to guide your evacuation depending on your location in the building and the location of the alarm.

Thank you for your cooperation regarding the following Weather and Emergency Procedures.

Happy Holidays and I hope you have a wonderful New Year!

Julie Nelson
Center Manager

info@newcourtland.org
215-546-5879

Philadelphia, PA 19147
509 South Broad Street

Special Events

Divine Sources: Healthy Eating Demonstration

Friday, December 4, 2:30pm - 3:30pm
Cost: No Fee

Advisory Council Holiday Bazaar

Tuesday, December 8, 9:00am-3:00pm
Holiday Bazaar features homemade crafts beautiful gifts and other exciting items. 1st Floor Lobby.

Hanukkah Presentation

Tuesday, December 8, 1:00pm
Join Michelle Watkins as she presents the meaning and traditions of Hanukkah. Cost: No Fee

2 Day AARP Drivers Safety Program course

This course is for individuals who have never taken the class.
Wednesday, December 9 & Thursday, December 10, 10am -3pm
Location: 2nd floor Auditorium
Cost: \$15.00 for (AARP members)
\$20.00 for (Nonmembers)
Please register with Gladys Rossano at Program Window

Living Well, Learning Well Educational Seminar: Diabetes

Thursday, December 10, 3:00pm
Green Bean Internet Café. Cost: No Fee

Friendly Callers Meeting

Thursday, December 10 @ 11:30am
Are you interested in calling a member, who currently is unable to attend the center? If so please attend this meeting. Room A

Nutrition Education Seminar

Wednesday, December 16, 2:30
Presented by Victoria Sutton, PCA
Green Bean Internet Café. Cost: No Fee

Holiday Centerpiece Workshop “Flowers on Location”

Tuesday, December 15, 2:30pm
Design a beautiful centerpiece for your holiday of choice! Location: Art Studio. Cost: \$3.00
Number of participants limited to 15 - Please Signup with Gladys at Program Window.

Living Well, Learning Well Education Seminar: Weight Management

Thursday, December 17, 3:00pm
Green Bean Internet Café. Cost: No Fee

Holiday Dinner & Concert

Friday, December 18
10:00am-11:00am (Auditorium)
Dinner: 11:15am-1pm
Concert by the Union League Glee Club
Suggested Contribution: \$1.25 Must register with Gladys at the Program Window.

Living Well, Learning Well Educational Seminar: Brain Health

Tuesday, December 22, 3:00pm
Green Bean Internet Café. Cost: No Fee

“SEXcessful Aging”: Let’s Talk!

Monday, December 14, 2:30pm-3:30pm
Workshop seniors can join the conversation to learn the difference between sex and sexuality. Green Bean Internet Café. Cost: No Fee

Fireside Party

Thursday, December 24, 2-3pm
Join us for some holiday songs and cheer by the fire place, followed by refreshments in the Green Bean Internet Café. Cost: No Fee

New Year’s Eve Celebration 2015

Thursday, December 31
Room A, B, C- 1pm-3:00pm
Party favors, refreshments and music. Countdown celebration with a sparkling toast. Register at the program window. Cost: \$2.00

Trips

Tropicana Casino on VIP Bus

Wednesday, January 13th 2016
Play Bingo on the bus, and enjoy refreshments to and from the Casino.
Bus Departs: 9:00am; Returns: 5:00pm
Cost: Silver \$43.00, Standard/55+ \$45.00
ON SALE NOVEMBER 2nd

Sight & Sound’s Show Spectacular ‘SAMSON’

Thursday, April 7, 2016
at the Millennium Theatre
Bus departs 10:00am; Bus returns 7:00pm
Cost: Silver \$105.00; Standard/55+ \$109.00
Cost includes transportation, luncheon smorgasbord at Shady Maple and show ticket. On Sale Now. Deposit \$25.00 (monthly payments) Final payment due January 15, 2016.

PSC – Arts Advisory Council Trip

The Hunterdon Hills Playhouse Dinner Theatre
Hilarious Comedy: “Spreading It Around”
Tuesday March 22, 2016
Luncheon Show Cost: \$85.00
Pick up 9am. Please pay at the Program Window

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: 2 PSC COUPONS

CERAMICS
WEDNESDAYS 12:30PM: ART STUDIO
FRIDAYS 10:00AM-3:30 PM • OPEN STUDIO
 Create designs for a range of pottery objects that are then made by shaping and firing clay with George Apotsos
COST: 5 PSC COUPONS

Exercise

SEATED STRENGTH TRAINING
MONDAYS IN ROOM A @ 11AM
TUESDAYS IN ROOM C @ 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

FITNESS COACH
MONDAYS, 1:15PM • FITNESS CENTER
 Learn how to correctly utilize the Fitness Center Equipment with Edwina Edwards. **COST: FREE**

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"
TUESDAYS, 2:00PM ROOMS A & B
 Join the Movement Classes you probably remember how good it felt to move and turn and wave yours arms to great music.
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 & B
 Hypnotic Latin rhythm and easy-to-follow moves create a one-of-a-kind fitness program.
COST: 2 PSC COUPONS

TAP DANCING (Beginner)
THURSDAYS, 10:00AM • ROOM B
 Tap Dancing is back come and join us.
Cost: 3 PSC COUPONS

BALLROOM DANCING
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 (AFMS)
THURSDAYS, 2:00PM ROOMS A & B
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

Educational

BEGINNER COMPUTER CLASS (FALL LESSONS)
MONDAYS, OCTOBER 5-DECEMBER 7, 2015
10AM-12PM • COMPUTER LAB
 Cost: 4 Coupons

FRENCH ROOM C
 Join us to learn to speak French. **COST: FREE**
BEGINNER, MONDAYS, 10:00AM
INTERMEDIATE, MONDAYS, 11:00AM
 Beg/Int. Classes instructed by Mary Parks.
ADVANCED, WEDNESDAYS, 2:00PM
 Instructed by Wardell O'Connor.

GENERATIONS ONLINE SIP & SWIPE: IPAD CLASS
TUESDAYS, 1PM • GREEN BEAN INTERNET CAFÉ
TUESDAYS, 2PM • GREEN BEAN INTERNET CAFÉ
COST: FREE

CONVERSATIONAL ITALIAN ROOM C
 Class instructed by Leroy Farias. Join us to learn how to speak Italian. **COST: FREE**
BEGINNER, WEDNESDAYS, 10:00AM
INTERMEDIATE, WEDNESDAYS, 11:00AM
ADVANCED, MONDAY, 1:30PM

SPANISH THURSDAYS • ROOM C
BEGINNERS, 10:00AM
ADVANCED 11:00AM
 Class instructed by Delores Gallashaw. Join to learn how to speak Spanish. **COST: FREE**

SOCIAL MEDIA WORKSHOP FOR SENIORS
On Hold
 This class will focus on the basics of Facebook, how to protect your information. Sign up at the Program window.
COST: FREE

Educational (continued)

CONSTITUTIONAL HERITAGE
THURSDAYS, 2:15PM • ROOM C
 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
MONDAYS, 1:00PM • ROOM B
 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
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

PHOTOGRAPHY CLASS
PORTRAITS AND PLACE (10 week course)
THURSDAYS 10AM: ART STUDIO
 Learn How to take better photographs with students from Lansdowne Friends School.
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**

| <i>December</i> | | | | |
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | Hot Open Faced Roast Beef Sandwich w/ Gravy Brussels Spouts Mashed Potatoes Spinach Salad Cold Italian Hoagie w/ Provolone Caesar Salad Bread 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 Dinner Roll Dessert Mandarin Orange | Hot Marconi & Beef Casserole w/ Cheese California Blend Vegetables Tossed Salad Cold Turkey and Swiss Cheese on Whole Wheat Sandwich Coleslaw Potato Salad Dessert Fruit Cocktail | Hot BBQ Chicken Baked Sweet Potatoes Steamed Cabbage Whole Wheat Dinner Roll Cold Southwestern Chopped Salad w/ Fajita Chicken & Cheese Baked Tortilla Chips Dessert Chocolate Ice Cream |
| Hot Spaghetti & Meatball 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 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 Fresh Spanish Salad 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 w/ Swiss, Kaiser Roll Potato Salad Dessert Watermelon | Hot Cheese Burger, wheat bun Baked Sweet Potatoes Wedges Cole 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 w/ whipped topping | 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 Bread Stuffing Whole Wheat Bread Cold BLT Chef Salad w/Cheese Whole Wheat Roll Dessert Applesauce Orange Juice | HOLIDAY MEAL Please sign up at the program window |
| 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 Vanilla Wafers | Hot Chicken Parmesan w/ Tomato Sauce & Spaghetti Noodles Sautéed Spinach Tossed Salad Cold Seafood Salad Platter Coleslaw Bread Sticks Dessert Chocolate Ice Cream | Hot Beef w/ Broccoli Stir-Fry Vegetables Brown Rice Whole Wheat Dinner Roll Cold Chicken Caesar Salad Potato Salad Applesauce Whole Wheat Dinner Roll Dessert Oranges | Hot Barbecue Ribs Baked Beans Coleslaw Cornbread Cold Corn Beef Special On Rye w/Swiss Cheese Coleslaw Dessert Fresh Plum | CENTER CLOSED FOR CHRISTMAS  |
| Hot Italian Turkey Sausage w/ Spaghetti Pasta Marinara Sauce Broccoli Tossed Green Salad Cold Chicken Salad Platter Three Bean Salad Whole Wheat Dinner Roll Dessert Pineapple Chunks | Hot Open Faced Roast Beef Sandwich w/ Gravy Brussels Spouts Mashed Potatoes Spanish Salad Cold Italian Hoagie w/ Provolone Caesar Salad Bread 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 Dinner Roll Dessert Mandarin Orange | Hot Marconi & Beef Casserole w/ Cheese California Blend Vegetables Tossed Salad Cold Turkey and Swiss Cheese on Whole Wheat Sandwich Coleslaw Potato Salad Dessert Fruit Cocktail |  |