

Member News

Volunteer Opportunities

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

Manna: Wednesday, July 15

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, July 22 @ 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

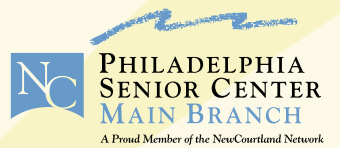
info@newcourtland.org
215-546-5879

Philadelphia, PA 19147
509 South Broad Street



Stay Active

Monthly Events and Activities for Members



July 2015

Hello Great Members of PSC Main Branch,

Summer is here! Please remember "Beat the Heat Rules"

- Drink Plenty of Water
- Avoid Caffeine and Alcohol
- Wear Loose Fitting Clothing
- Wear Brimmed Hats
- Use Sunscreen
- Avoid outdoor activities during "Peak Hours" 10am – 4pm
- Open windows when using a fan
- Use or visit places with air conditioning
- Check in with your senior friends that are home bound!

It is Farmer Market Voucher Time! Please visit the center on July 6th through July 24th for "Veggie Voucher" Distribution. You must be 60 years or older, live in Philadelphia, meet the income guidelines and have a valid ID with proof of age and address. The center will issue vouchers from 1pm-3pm Monday through Friday (except on Wednesdays). This is a first come first serve; while supplies last service.

For the last several years the center has celebrated Older Americans Month by hosting PCA's Celebrate Arts & Aging Senior Exhibit. Please join us on Tuesday, July 14th from 1- 3pm in the Auditorium; to attend the Celebrate Arts & Aging Mobile Workshop. Several senior artists panelist; some of which are PSC Main Branch members will discuss the positive effects that producing art has on their lives. Light refreshments will follow this event. Hope to see you then!

Happy Independence Day!

Julie Nelson
Center Manager

Special Events

Dr. Jaffe-Podiatrist

Wednesday, July 1, 10:00am

Room A

Cost: Most Insurances Accepted

UESF Presentation:

Veterans Housing Program, Utility Grant Program

Wednesday, July 1, 3:00-4:00pm

Green Bean Cafe, Cost: No Fee

Friday, July 3

Come celebrate July 4th

Barbecue Festive Meal

Register at lunch ticket counter. Cost: Suggested Contribution of \$1.25

Veggie Vouchers

Monday, July 6, thru Friday, July 24 from 1-3pm

1st floor lobby

Must be 60 years of age and live in Philadelphia.

Must meet the income guideline to participate.

(Vouchers will be available every day except Wednesday) Valid picture ID with correct address and birth date is required. Cost: No Fee

Living Well, Learning Well

Presentation on Sugar Cravings

Green Bean Cafe

Tuesday, July 9, 3-4pm

Cost: No Fee

The Mobile Workshop presenter: Amanda Buonomo PCA

Tuesday, July 14 from 1:00pm-3:00pm

in the Auditorium

Celebrate Arts and Aging at PSC.

Attendees will have the opportunity to meet some

of the senior artist (who ranges in age from 59 to 102!) also hear from a panel of senior artist about

the positive effect that producing art has had on

their lives. Cost: No Fee

Divine Sources Presents:

"Healthy Eating Workshop"

Friday, July 17, 1:00pm

Fitness Room, Cost: No Fee

Mr. Abraham Rothblatt, (HangerBangerMan) Ukulele Demo

Wednesday, July 22, 3-4pm

Are you interested in learning how to play the

Ukulele? Everyone is invited to hear the sounds of

the Ukulele and sign up for lessons.

Green Bean Café Cost: No Fee

Senior LAW Center Presentation

Community Education Workshop about special services and resources available for older veterans.

Wednesday, July 29, at 3:00pm

Green Bean Café Cost: No Fee

Trips

Harrington Casino (Midway)

Thursday, July 16th

Bus departs 9am, Bus returns: 6 pm

Enjoy a day at the casino, lunch buffet, bonus \$10.00 slot dollars.

Cost: Silver \$28.00 Standard/55:\$30.00

Guest: \$32.00 On sale May 4th

Dining Around Town:

Fairmount Water Works (Restaurant and Museum)

640 Water Works Drive, Philadelphia

Wednesday, July 29, 2015

Our Special Senior's Lunch & Learn Program

Enjoy a day trip that features a unique tour of the

Fairmount Water Works

Total cost is \$15.00

Tour & Short film -11:30am -12:30

Lunch 12:30pm-1:30pm

Sign-up at the Program window & see Michelle for

CCT

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

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
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 & 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

STRETCH & TONE
MONDAYS, 1:15PM • ROOM A
Stretch and Tone uses lightly challenging weights and stretching to enhance flexibility and stability, improving balance and strength.
COST: 2 PSC COUPON

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

Exercise (continued)

SILVER SNEAKERS
TUESDAYS & THURSDAYS, 2:00PM ROOMS A & B
Join the nation's leading fitness program for older adults. This exercise program can reduce your risk of heart disease by up to 50%; double your muscle strength in three to four months and reduce the risk of diabetes by as much as 75% if you are 60 or older.
COST: 1 PSC COUPON/or SILVER SNEAKERS MEMBERSHIP CARD

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

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 (Starting Jul. 13)
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
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: SIP & SWIPE IPAD CLASS
WEDNESDAYS, 1PM • GREEN BEAN INTERNET CAFÉ
WEDNESDAYS, 2PM • GREEN BEAN INTERNET CAFÉ
COST: FREE

Educational (continued)

SPANISH
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
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.)
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

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

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



Monday	Tuesday	Wednesday	Thursday	Friday
Happy Fourth of July				
		<ul style="list-style-type: none"> Chicken Lo-Mein w/ Broccoli, Cabbage, Bok Choy Fortune Cookie Cold Chopped Hoagie Salad w/ Mozzarella and Provolone Cheese Spinach Dessert Mandarin Oranges 	<ul style="list-style-type: none"> Roast Turkey w/ Gravy Butter Peas and Mushrooms Bread Stuffing Whole Wheat Bread Cold BLT Chef Salad Wheat Roll Dessert Unsweetened Applesauce Orange Juice 	<ul style="list-style-type: none"> Hot Cheeseburger on bun Potato Salad Cold Eggplant Vegetable Sandwich w Cheese Spinach Salad Small Kaiser Roll Dessert Oatmeal Raisin Cookie Cantaloupe
<ul style="list-style-type: none"> Hot Meatball Sandwich w/ Parmesan Cheese on Whole Wheat Sub Roll String Beans Tossed Salad Cold Turkey Salad Wrap w/Cheese Cucumber Salad Apple Slices Dessert 5 Vanilla Wafers 	<ul style="list-style-type: none"> Hot Chicken Parmesan Sautéed Spinach Tossed Salad Spaghetti Noodles Cold Seafood Salad Platter Coleslaw Bread Sticks Dessert Reduced Fat Chocolate Ice Cream 	<ul style="list-style-type: none"> Hot Beef w Broccoli Stir-Fry Vegetables Brown Rice Whole Wheat Dinner Roll Cold Chicken Caesar Salad Potato Salad Dinner Roll Dessert 1 Fresh Orange 	<ul style="list-style-type: none"> Hot BBQ Ribs Baked Beans Coleslaw Cornbread Cold Corn Beef Special on Rye w/ Cheese Coleslaw Dessert Fresh Plum 	<ul style="list-style-type: none"> Hot Cheese Steak Sandwich Tossed Salad Banana Peppers Potato Wedges Cold Tuna Salad Platter Pasta Salad Dessert Cantaloupe
<ul style="list-style-type: none"> Hot Italian Turkey Sausage w/ Sautéed Green Peppers Spaghetti Pasta Marinara Sauce Broccoli Tossed Green Salad Cold Chicken Salad Platter Three Bean Salad Wheat Dinner Roll Dessert Pineapple Chunks 	<ul style="list-style-type: none"> Hot Open Faced Roast Beef Sandwich Brussels Spouts Mashed Potatoes Spinach Salad Bread Cold Italian Hoagie w/Cheese Caesar Salad Bread Dessert Peach 	<ul style="list-style-type: none"> Hot Shrimp Fried Rice Stir-Fry Vegetables Tossed Salad Whole Wheat Dinner Roll Cold Italian Turkey Bowl w Mozzarella Cheese & Pasta Pickled Beets Salad Dinner Roll Dessert Mandarin Orange 	<ul style="list-style-type: none"> Hot Macaroni & Beef Casserole w/Mozzarella California Blend Vegetables Tossed Salad Cold Turkey and Swiss Cheese Sandwich Coleslaw Potato Salad Dessert Fruit Cocktail 	<ul style="list-style-type: none"> Hot BBQ Chicken Baked Sweet Potatoes Steam Cabbage Tossed Salad Cold Southwestern Chopped Salad w Fajita Chicken Baked Tortilla Chips Dessert Chocolate Ice Cream
<ul style="list-style-type: none"> Hot Spaghetti & Meatball Tossed Salad Italian Green Beans Cold Chicken Caesar Salad Green Bean Salad Dessert Berry Bowl w/ Whipped Topping 	<ul style="list-style-type: none"> Hot Meat Loaf Red Roasted Potatoes Cooked Carrots Spinach Salad w/ Hard Boiled Egg & Bacon Cold Chef Salad Pickled Beets Whole Wheat Hoagie Roll Dessert Peach Cobbler Orange Juice 	<ul style="list-style-type: none"> Hot Chicken Stir Fry Brown Rice Cold Turkey Greek Salad Bowl W/Feta Cheese Fresh Spanish Salad Dessert Vanilla Pudding 	<ul style="list-style-type: none"> Hot Baked Tilapia w/lemon-dill sauce Baked Potatoes Stewed Tomatoes Red Beets & Onion Salad Cornbread Cold Roast Beef on Kaiser Roll Potato Salad Dessert Diced Watermelon 	<ul style="list-style-type: none"> Hot Cheese Burger on Whole Wheat Bun Baked Sweet Potatoes Cole Slaw Sweet Potato Baked Wedges Cold Turkey and Cheese Vegetable Wrap Carrot & Raisin Dessert Fruit Cocktail
<ul style="list-style-type: none"> Hot Roast Pork Loin w/Rosemary Gravy Seasoned Buttered Spinach Wild Rice Pilaf Cold Roast Beef Sandwich on Rye Bread Coleslaw Dessert Strawberry Short Cake 	<ul style="list-style-type: none"> Hot Herb Roasted Chicken Zucchini w/Stewed Tomatoes Basil Roasted Potatoes Corn Bread Cold Turkey Salad Platter CROUTONS Dessert 1 Fresh Orange 	<ul style="list-style-type: none"> Chicken Lo-Mein w/ Broccoli, Cabbage, Bok Choy Fortune Cookie Cold Chopped Hoagie Salad w/ Mozzarella and Provolone Cheese Spinach Dessert Mandarin Oranges 	<ul style="list-style-type: none"> Roast Turkey w/ Gravy Butter Peas and Mushrooms Bread Stuffing Whole Wheat Bread Cold BLT Chef Salad Wheat Roll Dessert Unsweetened Applesauce Orange Juice 	<ul style="list-style-type: none"> Hot Cheeseburger on bun Potato Salad Cold Eggplant Vegetable Sandwich w Cheese Spinach Salad Small Kaiser Roll Dessert Oatmeal Raisin Cookie Cantaloupe

