

Member News

Volunteer Opportunities

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

Aids Fund: Thursday, November 11

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

Manna: Wednesday, November 18

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, November 25 @ 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

info@newcourtland.org
215-546-5879

Philadelphia, PA 19147
509 South Broad Street

Stay Active

Monthly Events and Activities for Members

November 2015

Special Events

Apprise Can Help with Medicare Confusion

Tuesday, November 3, 2:30pm
Green Bean Internet Café. Cost: No Fee

National Memory Screening Program

Tuesday, November 3, 10:00am-12pm
Thursday, November 5, 10:00am-12pm

What are memory screenings? Simple and safe "healthy brain check-ups" that test memory and other thinking skills.
1st lobby. Cost: No Fee

Living Well, Learning Well

Educational Seminar: Women's Health
Wednesday, November 4, 3:00pm
Green Bean Internet Café. Cost: No Fee

Dr. Jaffe (Podiatrist)

Wednesday, November 11, 10:00am
Room A. Cost: Many Insurances Excepted

Institute on Aging (UPenn)

Learn about Brain Health and Alzheimer Disease
Thursday, November 12th, 2:30pm
Green Bean Café. Cost - No Fee

Ask Me 3 Training

Friday, November 13, at 10:00am
New members are welcome. Come and Train to be a Peer Educator. Stipends provided for participants. Room B. Cost: no fee

Alliance of Black Social Workers, Inc Presents: Luncheon for Seasoned Citizens

Saturday, November 14, 10:00am-2:00pm
SEATING IS LIMITED
RSVP by November 1st to Gladys
215-546-5879 ext.209
Cost: No Fee

Living Well, Learning Well

Educational Seminar: Healthy Soul Food
Tuesday, November 17, 3:00pm
Green Bean Internet Café. Cost: No Fee

PSC Chorus Concert

Presents: "A Concert" by PSC Choir
Tuesday, November 17, 10:00-11:00am
Enjoy a holiday concert in the auditorium.
Cost: No Fee

Thanksgiving Luncheon

Friday, November 20, 11:00am-1:00pm
Join us to celebrate the spirit of Thanksgiving. Libby Spencer Dancers will perform a holiday celebration. Please register at Program window
Suggested Contribution: \$1.25
On sale: Nov. 2

Trips

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 now.

Tropicana Casino on VIP Bus

Wednesday, January 13th 2016
Play Bingo on the bus to and from the Casino. Refreshments will be served 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.

Camp Ladore, Waymart, Pa

May 23rd - 27th, 2016
Price includes round trip transportation, 4 nights lodging, and 11 meals.
Cost: \$285.00 per person double occupancy \$420.00 per person single occupancy \$65.00 Non-refundable deposit
ON SALE NOVEMBER 2nd
Final payment due March 18th
Limited number of scholarship available
Contact Gladys Rossano 215-546-5879

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" SILVER SNEAKERS

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

THURSDAYS, 1:00PM • COMPUTER ROOM

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" (formerly 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

HEALTHY EATING CHOICES FOR *November*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Italian Turkey Sausage w/ Spaghetti Pasta Marinara Sauce Broccoli Tossed Green Salad Cold Chicken Salad Platter Three Bean Salad Wheat Dinner Roll Dessert Pineapple Chunks 2	Hot Open Faced Roast Beef Sandwich w/ Gravy Brussels Spouts Mashed Potatoes Spanish Salad Cold Italian Hoagie w/ Provolone Caesar Salad Bread Dessert Peach 3	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 4	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 5	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 6
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 9	Hot Meatloaf Red Roasted Potatoes Cooked Carrots Spinach Salad Cold Chef Salad Pickled Beets w/ Onions Whole Wheat Dinner Roll Dessert Pears 10	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 11	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 12	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 13
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 16	Hot Herb Roasted Chicken Zucchini w/Stewed Tomatoes Basil Roasted Potatoes Cornbread Cold Turkey Salad Platter Cheese Croissant Dessert 1 Fresh Orange 17	Hot Chicken Lo-Mein Broccoli Bok Choy & Cabbage Fortune Cookie Cold Chopped Hoagie Salad w/ Mozzarella & Provolone Pickled Beet Salad Dessert Mandarin Oranges 18	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 19	HOLIDAY THANKSGIVING MEAL 20
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 23	Hot Chicken Parmesan w/ Tomato Sauce & Spaghetti Noodles Sautéed Spinach Tossed Salad Cold Seafood Salad Platter Coleslaw Bread Sticks Dessert Chocolate Ice Cream 24	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 25	CENTER CLOSED FOR THANKSGIVING 26	Hot Cheese Steak on Roll Tossed Salad Potato Wedges Cold Tuna Salad Platter Pasta Salad Creamy Cucumber Salad Whole Wheat Bread Dessert Cantaloupe 27
Hot Italian Turkey Sausage w/ Spaghetti Pasta Marinara Sauce Broccoli Tossed Green Salad Cold Chicken Salad Platter Three Bean Salad Wheat Dinner Roll Dessert Pineapple Chunks 30	<p>EAT, DRINK & GIVE <i>Thanks</i></p>			