

Member News

Volunteer Opportunities

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

Manna: Wednesday, October 21

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: Thursday, October 15

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

Volunteer Meeting

Wednesday, October 28 @ 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

A Proud Member of the NewCourtland Network
PHILADELPHIA
SENIOR CENTER
ON THE AVENUE OF THE ARTS

Stay Active

Monthly Events and Activities for Members

October 2015

Hello Great Members of
PSC Main Branch,

The Philadelphia Senior Center, which has been at 509 S. Broad Street since 1976, will now be called PSC-Arts, short for Philadelphia Senior Center on the Avenue of the Arts Branch

The center is a Center City landmark known for the array of services it provides seniors. Through the center, Philadelphia seniors can gather for provided meals, take classes on everything from ceramics to yoga, and even take trips across the country. The name also pays homage to the site's location in the heart of Avenue of the Arts.

Given that PSC-Main is one of five senior centers in a growing Network which also consists of five affordable housing properties, two LIFE Centers, and a nursing home, labeling a particular center the "Main" branch does not make the same sense it once did when PSC consisted of just three center locations.

Therefore, given PSC's six decade presence on S. Broad Street – also known as the Avenue of the Arts and NewCourtland's award-winning history of developing cutting-edge senior arts programming as evidenced by the nationally recognized Comfort & Joy program, it was recommended that the Center on S. Broad Street change its name to the Philadelphia Senior Center- on the Avenue of the Arts Branch, or PSC-Arts Branch.

The new name was revealed on Monday, August 31, 2015.

We are very excited about the name change and eager to continue to provide more ground-breaking programming at PSC-Arts!

Thank you,

Julie Nelson
Center Manager

Special Events

It's flu Season!
**Walgreens Pharmacy
Flu vaccine and Pneumonia Vaccine
Thursday, October 1, 2pm-4pm**
2nd floor lobby

**Advisory Council Fundraiser Event
Bake Sale
Tuesday, October 6, 9am-4:00pm**
1st floor lobby

**Trinity Center for Urban Life Presents
Concert:
Classical music by Ronald Campbell
Tuesday, October 13, 2:00pm -3:00pm**
Free concert
Auditorium

**AARP 55+ Safety Driving Courses
Refresher Courses 1day
Thursday, October 15, 10am-3pm**
Cost: \$15.00 (AARP Member)
\$ 20.00 (Non-AARP member)
Register in advance with Gladys
Rossano
215-546-5879 ext.209

**Optimal Physical Therapy Presents:
Fall Prevention workshop
Wednesday, October 21, 2:30pm**
Green Bean Café'
Cost: No Fee

**Harvest Party
Friday, October 30th**
Room A,B, & C
Come and celebrate the fall harvest with entertainment and refreshments. Please register at Program Window.
Cost: \$2.00

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.

**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 September 8th. Deposit \$25. 00 (monthly payments) Final payment due January 15, 2016.

**Southern Caribbean on the Grandeur
(Royal Caribbean International)
of the Seas, Round Trip From
Baltimore, MD
Monday, January 23 to Saturday,
February 4, 2017**
On Sale Now!
Deposit Info: \$500.00 deposit, per person is required to make your reservation. For Reservations & Information 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 • 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
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
 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
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
 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

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 how to speak French. **COST: FREE**
INTERMEDIATE, MONDAYS, 10:00AM
BEGINNER, MONDAYS, 11:00AM
ADVANCED, WEDNESDAYS, 2:00PM
 Class instructed by Michele Kunis.

IPAD CLASS
TUESDAYS, 1PM • GREEN BEAN INTERNET CAFÉ
TUESDAYS, 2PM • GREEN BEAN INTERNET CAFÉ
COST: FREE

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**

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

Educational (continued)

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

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

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 OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Trick or Treat</p>	<p>Happy Halloween</p>			
<p>Hot 5 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</p>	<p>Hot 6 Open Faced Roast Beef Sandwich w/ Gravy Brussels Spouts Mashed Potatoes Spanish Salad Cold Italian Hoagie w/ Provolone Cheese Caesar Salad Bread Dessert Peach</p>	<p>Hot 7 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</p>	<p>Hot 8 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</p>	<p>Hot 9 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</p>
<p>Hot 12 Spaghetti & Meatball Tossed Salad Italian Green Beans Cold Chicken Caesar Salad Three Bean Salad Whole Wheat Dinner Roll Dessert Berry Bowl w/ Whipped Topping</p>	<p>Hot 13 Meatloaf Red Roasted Potatoes Cooked Carrots Spinach Salad Cold Chef Salad Pickled Beets w/ Onions Whole Wheat Dinner Roll Dessert Pears</p>	<p>Hot 14 Chicken Stir Fry Brown Rice Cold Turkey Greek Salad Bowl w/ Crumbled Feta Cheese Fresh Spanish Salad Whole Wheat Dinner Roll Dessert Vanilla Pudding</p>	<p>Hot 15 Baked Tilapia w/ Lemon Dill Sauce Baked Potato Stewed Tomatoes Red Beets & Onion Salad Cornbread Cold Roast Beef w/ Swiss on Kaiser Roll Potato Salad Dessert Watermelon</p>	<p>Hot 16 Cheese Burger, wheat bun Baked Sweet Potatoes Wedges Cole Slaw Cold Turkey & Cheese Vegetable Wrap Carrot Raisin Salad Whole Wheat Tortilla Dessert Fruit Cocktail</p>
<p>Hot 19 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</p>	<p>Hot 20 Herb Roasted Chicken Zucchini w/Stewed Tomatoes Basil Roasted Potatoes Cornbread Cold Turkey Salad Platter Cheese Croissant Dessert 1 Fresh Orange</p>	<p>Hot 21 Chicken Lo-Mein Broccoli Bok Choy & Cabbage Fortune Cookie Cold Chopped Hoagie Salad w/ Mozzarella & Provolone Pickled Beet Salad Dessert Mandarin Oranges</p>	<p>Hot 22 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</p>	<p>Hot 23 Cheese Burger, wheat bun Potato Salad Cold Crispy Chicken Salad with Cheese Whole Wheat Dinner Roll Dessert Cantaloupe Oatmeal Raisin Cookie</p>
<p>Hot 26 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</p>	<p>Hot 27 Chicken Parmesan w/ Tomato Sauce & Spaghetti Noodles Sautéed Spinach Tossed Salad Cold Seafood Salad Platter Coleslaw Bread Sticks Dessert Chocolate Ice Cream</p>	<p>Hot 28 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</p>	<p>Hot 29 Barbecued Ribs Baked Beans Coleslaw Cornbread Cold Corn Beef Special on Rye w/ Swiss Cheese Coleslaw Dessert Fresh Plum</p>	<p>Hot 30 Cheese Steak on Roll Tossed Salad Potato Wedges Cold Tuna Salad Platter Pasta Salad Creamy Cucumber Salad Whole Wheat Bread Dessert Cantaloupe</p>

