

Member News

Volunteer Opportunities

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

Manna: Wednesday, September 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.

Aids Fund: (On Break)

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

Volunteer Meeting

Wednesday, September 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

September 2015

Hello Great Members of
PSC Main Branch,

Due to the Papal Visit the week of Sept. 21st CCT will have limited services on:

- Friday, Sept. 25th due to increase traffic; it is recommended that consumers not rely on Share Ride Services.
- Saturday, Sept. 26th and Sunday, Sept. 27th Share Ride services will be limited to dialysis patients. Other medical rides will be considered.
- Monday, Sept. 28th there will be NO CCT Services; to and from PCA sponsored sites i.e. Senior Centers. Only rides to work, medical, and dialysis will be provided.

The Philadelphia Senior Center Main, Spring Garden and Coffee Cup Branches will be closed on Monday, Sept. 21st until Friday, Sept. 25th due to the Papal Visit and the possibility of limited street accessibility and traffic congestion.

Rides to other open Senior Centers can be provided during the week of the 21st. PSC Tioga and Lehigh Branches within our network will be open. Please see Michelle Catala to schedule a ride to any Senior Center open during the week of the Papal 2015 Visit by Sept. 4th.

Happy Labor Day!

Julie Nelson
Center Manager

info@newcourtland.org
215-546-5879

Philadelphia, PA 19147
509 South Broad Street



Special Events

Advisory Council presents 2nd Annual Raffle
Ticket Fundraiser

September 2nd until November 3rd
Cost: \$1.00

Divine Sources

Presents: "Healthy Eating Workshop"

Friday, September 4th at 1:30-2:30pm

Room C

Cost No Fee

Join: Dr. Allan M. Jaffe for Foot Care.

Wednesday, September 9th at 10:00am

Room A

Cost: Some insurance accepted

District Attorney's Office Presentation

Thomas Carter Presents: "Senior Safety Tips"

Wednesday, September 9th at 2:30pm

Green Bean Internet Café.

Cost: No Fee

Ipad Class (Sip &Swipe) Generation on Line
Program

Every Tuesdays: Starting September 15th

1-2pm & 2-3pm

GreenBean Internet Café

Cost: No Fee

Unite Way "DAY OF CARING"

Wednesday, September 16th

8:30am-4:00pm

Independence Blue Cross Volunteer-Health Fair

Cost: No Fee

September is Senior Center Month

September 14-18

Monday, Sept. 14th – All Classes Are Free

Tuesday, Sept. 15th – Sherbet & Pretzel Day

served at 3pm Tea Time

Wednesday, Sept. 16th – United Way "Day of Caring"

Thursday, Sept. 17th – Dr. Peal Simpson-Topic

"Beginning & Ending" 2:30pm

Friday, Sept. 18th – Free Classical Music

Concert is in the Auditorium

Dine Around: Cheesecake Factory Restaurant

1430 Walnut Street

Friday, September 18th

11:30am-2:00pm

Lunch on your own Please signup with

Gladys at the Program Window

The Center for Emerging Visual Artists
"Portrait in Place"

New Photography 10-week Art Project

Every Thursday, Starting September 17th

10:00am-11:30am

Art Studio. Cost: No Fee

Astral Artist Concerts

Saxophone Quartet Classical Music Concert

"Project Fusion"

Friday, September 18th at 1:30pm

Auditorium

Cost: No Fee

Learn Why Your Kidneys Are So Important

National Kidney Foundation

Wednesday, September 30th at 3:00pm

Green Bean Café

Cost: No Fee

Trips

SOLD OUT! Tropicana Casino Special

Tuesday, October 20, 2015

Enjoy a day at the casino & \$10.00 slot play

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

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 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 9/11/15.

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.

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

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

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

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

ADVANCED, WEDNESDAYS, 2:00PM

Class instructed by Michele Kunis.

GENERATIONS ON LINE: SIP & SWIPE IPAD CLASS

TUESDAYS, 1PM • GREEN BEAN INTERNET CAFÉ

TUESDAYS, 2PM • GREEN BEAN INTERNET CAFÉ

COST: FREE

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**

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 *September*

Monday	Tuesday	Wednesday	Thursday	Friday
	Hot Chicken Parmesan w/ Tomato Sauce Sautéed Spinach Tossed Salad Spaghetti Noodles Cold Seafood Salad Platter w/ Cheddar Cheese Coleslaw Bread Sticks Dessert Chocolate Ice Cream <p style="text-align: right;">1</p>	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 <p style="text-align: right;">2</p>	Hot Barbecued Ribs Baked Beans Coleslaw Cornbread Cold Corn Beef Special on Rye w/ Swiss Cheese, Coleslaw Dessert Fresh Plum <p style="text-align: right;">3</p>	Hot Cheese Steak on Roll Tossed Salad Potato Wedges Cold Tuna Salad Platter Pasta Salad Creamy Cucumber Salad Whole Wheat Bread Dessert Cantaloupe <p style="text-align: right;">4</p>
CENTER CLOSED In Observance of Labor Day <p style="text-align: right;">7</p>	Hot 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 style="text-align: right;">8</p>	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 <p style="text-align: right;">9</p>	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 <p style="text-align: right;">10</p>	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 <p style="text-align: right;">11</p>
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 <p style="text-align: right;">14</p>	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 <p style="text-align: right;">15</p>	Hot Chicken Stir Fry Brown Rice Cold Turkey Greek Salad Bowl w/ Crumbled Feta Cheese Fresh Spanish Salad Dessert Vanilla Pudding <p style="text-align: right;">16</p>	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 <p style="text-align: right;">17</p>	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 <p style="text-align: right;">18</p>
CENTER CLOSED Sept. 21-25 Due to Papal Visit <p style="text-align: right;">21</p>	CENTER CLOSED Sept. 21-25 Due to Papal Visit <p style="text-align: right;">22</p>	CENTER CLOSED Sept. 21-25 Due to Papal Visit <p style="text-align: right;">23</p>	CENTER CLOSED Sept. 21-25 Due to Papal Visit <p style="text-align: right;">24</p>	CENTER CLOSED Sept. 21-25 Due to Papal Visit <p style="text-align: right;">25</p>
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 <p style="text-align: right;">28</p>	Hot Chicken Parmesan w/ Tomato Sauce & Spaghetti Noodles Sautéed Spinach Tossed Salad Cold Seafood Salad Platter Coleslaw 4 Bread Sticks Dessert Chocolate Ice Cream <p style="text-align: right;">29</p>	Hot Beef w/ Broccoli Stir-Fry Vegetables Brown Rice Whole Wheat Dinner Roll Cold Chicken Caesar Salad Potato Salad Whole Wheat Dinner Roll Dessert Oranges <p style="text-align: right;">30</p>		