

Member News

Volunteer Opportunities

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

Ask Me Three Peer Educators Meeting Monday, February 8 @ 2 pm, Room B

Friendly Callers: Thursday, February 11
Do you have the time to brighten a member's day, who can no longer attend the center by providing a friendly call? Please join the Friendly Callers every second Thursday in Room A at 11:30am.

Manna: Wednesday, February 17

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, February 18

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

Volunteer Meeting

Wednesday, February 24 @ 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



Philadelphia Senior Center receives funding from indicating funding from Philadelphia Corporation for Aging and the Pennsylvania Department of Aging.

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

509 South Broad Street
Philadelphia, PA 19147

Hello Great Members of PSC - Arts Branch,

The center will host again on Fridays the AARP Foundation Tax-Aide Program from February 5th until April 8th. Appointments are required; please signup with Gladys at the Program Window.

In honor of Black History Month please join us for the following events:

Kenneth Sykes Black History Music Program Friday, Feb. 12th at 1pm in the Auditorium.

Mother Bethel AME Church Black History Tour - Friday, February 19th at 10am. Please signup at the Program Window.

Please check the centers bulletin board and weekly for more Black History events being plan in Feb. 2016

Love is in the air! PSC – Arts Valentines Day Party is scheduled for Feb. 11th from 1-3pm; Cost: \$2.00. Registration at the Program Window is required.

Happy Valentines Day!

Julie Nelson
Center Manager

Special Events

Nutrition Education Seminar:

Stocking table food during times of emergencies.
Presented by Victoria Sutton PCA
Tuesday, February 2, 2:30pm
GreenBean Internet Café. No Fee

Black History Movie Day

Wednesday, February 3, 12:00pm
Auditorium. No Fee

Seniors and Climate Change Seminar

Climate changes pose serious threats to senior's chronic illnesses. Presenter: Teresa Mendez Quigley
Friday, February 5, 2:00pm
GreenBean Internet Café. No Fee

AARP Foundation Tax-Aide

Offers free tax help to low and moderate income tax payers 55 and older.
Offered Every Friday - February 5 to April 8, 10:00am to 1:00pm
Computer Lab 2nd floor. No Fee
Please sign up at the Program window

Living Well, Learning Well Educational Seminar: Stronger Immune System

Thursday, February 11, 3:00pm
GreenBean Internet Café. No Fee

Mr. Kenneth Sykes Productions:

Black History Program with Live Music
Friday, February 12, 1pm-2pm
Auditorium 2nd Floor. No Fee

Susan G. Komen Philadelphia

Strength & Survival: The Universal Language
Saturday, February 13, 9:00am -12:00 noon
The Kimmel Center for the Performing Arts
Free Event! Please register with Gladys Rossano.
Seating is limited.

Viral Hepatitis Education Screening Event

presented by The Philadelphia Hepatitis Outreach Project
Tuesday, February 16 2:30pm
GreenBean Internet Café. No Fee

Storytelling Class: Black History Readings

Thursday, February 18, 1pm
Room C. No Fee

Living Well, Learning Well Presents: Men's Health

Thursday, February 18, 3pm
GreenBean Internet Café. No Fee

Black History Tour: Mother Bethel AME Church

Friday, February 19, 10:00am (1hour)
419 S. 6th street
Please sign up with Gladys at the program window
Founded by Richard Allen in 1787 the church is the oldest piece of property continually owned by African Americans. Small museum is located in its basement.
Admission: Free Will Donation

Living Well, Learning Well Presents: Women's Health

Thursday, February 23, 3pm
GreenBean Internet Café. Cost: No Fee

PCA Health Program Presents Healthy Heart

Thursday, February 25, 2:30
Find out about a free Heart Health Check
GreenBean Internet Café. Cost: No Fee

Trips

Teppanyaki Grill& Supreme Buffet

Wednesday, February 17, 11:00am
330 W. Oregon Ave
Lunch buffet \$7.59
Please Sign Up With Gladys at the Program Window

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.

PSC – Arts Advisory Council Trip

The Hunterdon Hills Playhouse Dinner Theatre
Hilarious Comedy: "Spreading It Around"
Tuesday March 22, 2016
Price includes full coursed meal, show, desserts, tips, taxes & bus/ Cost: \$85.00
Pick up 9am. Please pay at the Program Window

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

Southern Caribbean on the Grandeur of the Seas (Royal Caribbean International)

Round Trip From Baltimore, MD
January 23 to 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 Coffee & Tea Time are offered every day at PSC – Arts 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 build 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 ROOM B

Join the Movement Classes you probably remember how good it felt to move and turn and wave your 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 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 • ROOMS A & B

A non-strenuous form of exercise done to music.

COST: 2 PSC COUPON

Educational

BEGINNER COMPUTER CLASS (WINTER LESSONS)

JANUARY 4,-MARCH 14, 2016 (10 WEEKS)

10AM-12PM • COMPUTER LAB

Cost: 4 Coupons

FRENCH

ROOM C

Join us to learn to speak French. **COST: FREE**

BEGINNER, MONDAYS, 10:00AM

Instructed by Carol Dawkins

INTERMEDIATE, MONDAYS, 11:00AM

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, 12:45PM • 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 (Storytelling & 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
Hot • Spaghetti & Meatballs • Tossed Salad • Italian Green Beans Cold • Chicken Caesar Salad • Three Bean Salad • Whole Wheat Dinner Roll Dessert • Berry Bowl w/ Whipped Topping	Hot • Meat Loaf • Red Roasted Potatoes • Cooked Carrots • Spinach Salad • Whole Wheat Dinner Roll 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 • Whole Wheat Dinner Roll Dessert • Vanilla Pudding	• Baked Tilapia with Lemon Dill Sauce • Baked Potato • Stewed Tomatoes • Red Beet & Onion Salad • Cornbread Cold • Roast Beef & Swiss Cheese on Kaiser Roll • Potato Salad Dessert • Diced Watermelon	Hot • Cheese Burger on Wheat Bun • Sweet Potatoes Wedges • Coleslaw Cold • Turkey and 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 on Rye • Coleslaw Dessert • Strawberry Shortcake w/ Whipped Topping	Hot • Herb Roasted Chicken Quarter • Zucchini w/ Stewed Tomatoes • Basil Roasted Potatoes • Cornbread Cold • Turkey Salad Platter w/Croissant Dessert • Fresh Orange	Hot • Chicken Lo-Mein • Broccoli • Bok Choy & Cabbage • Fortune Cookie Cold • Chopped Hoagie Salad w /Mozzarella & Provolone Dessert • Mandarin Oranges	Hot • Roast Turkey w/Gravy • Buttered Peas & Mushroom • Breaded Stuffing • Whole Wheat Bread Cold • BLT Chef Salad with Cheddar Cheese • Whole Wheat Dinner Roll Dessert • Orange Juice • Applesauce	Hot • Cheeseburger • Potato Salad Cold • Crispy Chicken Salad w/ Cheddar Cheese • Whole Wheat Dinner Roll Dessert • Cantaloupe • Oatmeal Raisin Cookie
Hot • Meatball Sandwich w/Parmesan Cheese • String Beans • Tossed Salad Cold • Turkey Salad Wrap w Swiss Cheese • Marinated Cucumber Salad • Pick Me Up Produce Salad • Fresh Apple Slices • Whole Wheat Flour Tortilla Dessert • 5 Vanilla Wafers	Hot • Chicken Parmesan w/ Tomato Sauce & Spaghetti Noodles • Sautéed Spinach • Tossed Salad • Tomatoes and Cucumbers Cold • Seafood Salad Platter • Coleslaw • Bread Sticks Dessert • Chocolate Ice Cream	Hot • Beef w/Vegetable Stir-Fry • Brown Rice • Whole Wheat Dinner Roll Cold • Chicken Caesar Salad • Potato Salad • Whole Wheat Dinner Roll Dessert • Fresh Oranges	Hot • Barbecue Ribs • Baked Beans • Coleslaw • Cornbread Cold • Corn Beef Special w/Swiss on Rye • Coleslaw Dessert • Fresh Plum	Hot • Cheese Steak on Roll • Tossed Salad • Potato Wedges Cold • Tuna Salad Platter w/ Mozzarella Cheese • Creamy Cucumber Salad • Whole Wheat Bread • Pasta Salad Dessert • Cantaloupe
Hot • Italian Turkey Sausage • Sautéed Green Peppers • Tossed Green Salad • Spaghetti Pasta • Broccoli Cold • Chicken Salad Platter • Three Bean Salad • Whole Wheat Dinner Roll Dessert • Pineapple Chunks	Hot • Open Faced Roast Beef Sandwich • Mashed Potatoes • Brussels Spouts • Spinach Salad Cold • Italian Hoagie w/Provolone • Caesar Salad Dessert • Peach	Hot • Shrimp Fried Rice w Stir-Fry Vegetables • Tossed Salad • Whole Wheat Dinner Roll Cold • Italian Inspired Turkey Bowl w/Mozzarella Cheese & Pasta • Pickled Beet Salad Dessert • Mandarin Orange	Hot • Macaroni & Beef Casserole w/ Mozzarella • California Blend Vegetables • Tossed Salad Cold • Turkey & Swiss Sandwich • Potato Salad • Coleslaw • Whole Wheat Bread Dessert • Fruit Cocktail	Hot • BBQ Chicken Quarter • Baked Sweet Potato • Steamed Cabbage • Whole Wheat Dinner Roll Cold • Southwestern Chopped Salad w/Fajita Chicken & Cheddar Cheese • Baked Tortilla Chips Dessert • Reduced Fat Chocolate Ice Cream
Hot • Spaghetti & Meatballs • Tossed Salad • Italian Green Beans Cold • Chicken Caesar Salad • Three Bean Salad • Whole Wheat Dinner Roll Dessert • Berry Bowl w/ Whipped Topping				