

Member News

Volunteer Opportunities

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

Aids Fund: Thursday, January 7

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

Friendly Callers: Thursday, January 14

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, January 20

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, January 27 @ 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



Stay Active

Monthly Events and Activities for Members

January 2016

Hello Great Members of PSC - Arts Branch,

Friendly Reminder of the Centers "Inclement Weather Closure and Emergency Procedures"

Philadelphia Senior Center's policy is to be open to service our members; as long as conditions are safe for travel to the Center. Philadelphia Senior Center closes under the following circumstances:

When the City of Philadelphia public schools close; PSC will be closed for members. If schools open late the Center will follow suit at the discretion of the NewCourtland Network.

When the Fire alarm sounds, you are required to evacuate the building. Staff will be on hand to guide your evacuation, depending on your location in the building and the location of the alarm.

Thank you for your cooperation regarding the following Weather and Emergency Procedures.

The center will be closed on Friday, January 1, 2016 in observance of New Years Day.

Happy New Year!

Julie Nelson
Center Manager

Special Events

Bridge Club Meet & Greet

Monday, January 11, 1:30pm

Do you like to Play Bridge? Meet, Greet and Play! 1st floor lobby
No Fee

Welcome to the Red Hat Society

Tuesday, January 12, 1:00pm

Room B
Make new friends and enrich lives
No Fee

Foot Specialist: Dr. Alan M. Jaffe

Wednesday, January 13, 11:00am

Room A

All major insurance maybe accepted.

Living Well, Learning Well

Presents: Fit for Fall

Thursday, January 14, 3:00pm

GreenBean Internet Café
Cost: No Fee

An Ounce of Prevention (PCA)

Presented by: Health Educator Jefferson Hospital

Wednesday, January 20, 2:30-3:30pm

Screening is important to regular health checkups
GreenBean Internet Café
Cost: No Fee

Susan G. Komen Philadelphia

Strength & Survival: The Universal Language
Continental Breakfast, Concert & Education

Saturday, February 13, 8:00am -12:00 noon

The Kimmel Center for the Performing Arts
Please register with Gladys Rossano by January 5th seating is limited. Free Event

Living Well, Learning Well

Present: "Healthier Eating"

Thursday, January 21

Cost: No Fee

Living Well, Learning Well

Presents: "Portion size"

Tuesday, January 26, 3:00 pm

GreenBean Internet Café
Cost: No Fee

Healthy Steps for Older Adults

Falls Prevention Program

Friday, January 27, 10:00am to 2pm

Room C

Cost: No Fee

Trips

Tropicana Casino on VIP Bus

Wednesday, January 13th 2016

Play Bingo on the bus, and enjoy refreshments to and from the Casino.
Bus Departs: 9:00am; Returns: 5:00pm
Cost: Silver \$43.00, Standard/55+ \$45.00
ON SALE NOVEMBER 2nd

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. Deposit \$25.00 (monthly payments)
Final payment due January 15, 2016.

PSC - Arts Advisory Council Trip

The Hunterdon Hills Playhouse Dinner Theatre

Hilarious Comedy: "Spreading It Around"

Tuesday March 22, 2016

Luncheon Show 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 Apotosos
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"
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 (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, 1:00PM • ROOM C
Join us for fun and prizes.

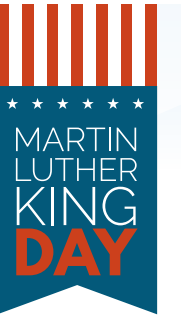
TLC
THURSDAYS, 10:00AM • ROOM A
T.L.C is a support group offering suggestions for coping with issues of today. The group is led by a specially trained social worker.
COST: FREE

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 January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				CENTER CLOSED IN OBSERVANCE OF NEW YEARS DAY!
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	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 • Small 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 • Unsweetened Applesauce	Hot • Cheeseburger on Bun • Potato Salad Cold • Crispy Chicken Salad w/ Cheddar Cheese • Whole Wheat Dinner Roll Dessert • Cantaloupe • Oatmeal Raisin Cookie
CENTER CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR DAY!	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/Broccoli 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/ Reduced Sodium 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 Cheese • 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