

## Member News

### Volunteer Opportunities

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

### Aids Fund

Join us for fun with packaging bingo cards for the AIDS FUND. Limited to eight participants each visit. Aids Fund on Summer Break until September 2016.

### Friendly Callers: Thursday, July 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, July 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, July 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.1607



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

## Special Events

### Friday, July 1

#### Festival Meal to celebrate July 4th

Please sign up at the meal registration counter

Cost: Suggested Donation \$1.25

#### Transformation Fitness Health Seminar Blood Circulation

Wednesday, July 13

Time: 3:00pm

GreenBean Internet Café. No Fee

#### AARP Driver Safety Course (2days) Refresher Course

Wednesday, July 13 & Thursday 14

10:00am-3:00pm (Auditorium)

Cost: \$15.00 (AARP members)

Please register with Gladys Rossano 215-546-5879

#### Mental Health Association Outreach Advocate

Presents: Pearl Simpson

Awareness with mental health and sexual health.

Tuesday, July 19, 2:30pm

GreenBean Internet Café. No Fee

#### Dr. Jaffe – Podiatrist

Wednesday, July 20, 10:00a.m.

Room A

Please sign up at the front desk on July 20th (first come first served).

#### Divine Sources

#### Healthy Eating Presentation

Wednesday, July 20, 1:30 pm -2:30pm

Room C. No Fee

#### Transformation Fitness Health Seminar Health Benefits of Foods

Thursday, July 21, 3:00pm

GreenBean Internet Café. No Fee

#### Transformation Fitness Health Seminar Men's Health (Men Only Presentation)

Tuesday, July 26, 3:00pm

Refreshments will be provided

Room C. No Fee

## Hello Great Members of PSC - Arts Branch,

Please remember the following:

### BEAT THE HEAT TIPS

- Drink plenty of water, even if you are not thirsty and avoid drinks with alcohol or caffeine. (If your ankles swell talk to your doctor.)

- Wear light-colored, lightweight, loose clothing (cotton-blends).

- If you go outdoors, use sunscreen, wear a hat and/or use an umbrella for shade.

- Spend as much time as possible in an air conditioned environment.

- Take additional cool baths and showers; use a spray bottle to sprinkle yourself with water.

- Use insulated drapes and keep blinds/shades closed during daylight, but have fresh air circulating.

- Travel when heat is less intense (early morning or later evening hours).

- Use a fan, but only when there is cool air blowing and a window is open.

Keep cool and have a safe summer!

Julie Nelson  
Center Manager

### Arcadia College PA

Medical students present a health & life style survey with eleven (11) members (11 participants needed each day).

Thursday, July 28 & Friday, July 29,  
8:45am-11:00am

GreenBean Internet Café

## Trips 2016-2017

### Ace In The Hole Let's Stay Together" A Tribute to Rev. Al Green

Wednesday, July 27, 2016

Family style luncheon and the Matinee Performance of "Let's Stay Together". On sale now! \$25 deposit. Balance due June 1. Gold/Silver members: \$85 per person. 55 & Over: \$88 per person

### Dining Around Town: The New Flaming Grill & Supreme Buffet

330 West Oregon Ave.

Wednesday, August 10, 11:30am

\$7.99 /10% Discount seniors 60+

Please sign up with Gladys at program window and for CCT

### Pinegrove Ranch & Family Resort September 11-September 16, 2016

\$50.00 per person, deposit is required to make your reservation

Silver member: Double occupancy

\$409.00. Single occupancy See Gladys.

Standard/55+:Double occupancy \$414.00.

Single occupancy \$414.00. Contact Gladys

Rossano for details 215-546-5879

### Harrington Casino - Harrington, Delaware Wednesday, October 5th, 2016

Enjoy the ride to Harrington Casino

Bus Depart: 9:00am, Bus Returns: 6:00pm

Cost: Silver: \$30.00. Standard /55+: \$32.00

On sale now! 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**

### NEW CLASS!

#### WATERCOLOR & DRAWING

5 week workshop

THURSDAYS. 10AM-12NOON

June – June 30, 2016

You will learn how to draw basic shapes, how to mix & apply color and experiments with paint. **COST: 3PSC COUPONS. Please sign up at the program window.**

## 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 Norma Leon. **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**

## Exercise (continued)

### "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**

### 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 • FITNESS ROOM

**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, 1:00PM 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

### 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.

### BEGINNER COMPUTER LESSONS (summer session)

JULY 11-SEPTEMBER 12, 2016 (10 WEEKS)

MONDAYS, 10AM-12PM • COMPUTER LAB

Cost: 4 Coupons

### GENERATIONS ONLINE SIP & SWIPE: IPAD CLASS

TUESDAYS, 1PM • 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 Dolores Gallashaw. Join to learn how to speak Spanish. **COST: FREE**

## Educational (continued)

### CONSTITUTIONAL HERITAGE (On Break Until Sept.)

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, 9:30AM • ROOM A

Join Diane Fassett as she rocks to music of the 50s. Rock Roll & Remember!

**COST: 1 PSC COUPON**

### DIGITAL PHOTOGRAPHY

MONDAYS, 1:00PM • ROOM B

Join John Baccile for lessons in digital photography

**COST: 2 PSC COUPONS**

### BIBLE STUDY

TUESDAYS, 10:00AM • ROOMS A & B

Instructed by Rev. Walter Montague.

**COST: FREE WILL OFFERING EXCEPTED**

### CHAIR MASSAGE

EVERY LAST TUESDAY OF EACH MONTH (July 26)

11:00 AM • ROOM C

**COST: 2 PSC COUPON FOR 5 MINUTES**

### DRAMA (On Break until Sept. 2016)

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.

### RED HAT SOCIETY

2ND TUESDAY OF EACH MONTH (July 12)

1:00PM-2PM • ROOM B

Make a new friends and enrich lives. No fee.

### 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, 2:15PM • ROOM B

Write and read poetry inspiring and uplifting poems.

**COST: FREE**

### BOOK CLUB

2ND FRIDAY OF EACH MONTH (July 8)

2:00PM • ROOM C

# Healthy Eating Choices for



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h2>HAPPY FOURTH OF JULY</h2>				<b>Festive Meal July</b> <ul style="list-style-type: none"> <li>Grilled Hot Dog w/Roll</li> <li>Sauerkraut</li> <li>Tossed Salad</li> <li>Fresh Fruit</li> <li>Potato Salad</li> <li>Vegetarian Beans</li> <li>Lemonade/Water</li> </ul>
<b>CENTER CLOSED FOR INDEPENDENCE DAY!</b> 4	<b>Hot</b> 5 <ul style="list-style-type: none"> <li>Bread Baked Pollock</li> <li>Stewed Tomatoes</li> <li>Tossed Salad</li> <li>Whole Roll</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Italian Hoagie w/Provolone Cheese on Roll</li> <li>Caesar Salad</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Canned Peaches</li> </ul>	<b>Hot</b> 6 <ul style="list-style-type: none"> <li>Chicken Fried Rice</li> <li>Oriental Vegetables</li> <li>Tossed Salad</li> <li>Fried Rice</li> <li>Whole Wheat Dinner Roll</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Italian Inspired Turkey Bowl</li> <li>Picked Beet Salad</li> <li>Pasta</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Mandarin Oranges</li> </ul>	<b>Hot</b> 7 <ul style="list-style-type: none"> <li>Macaroni &amp; Beef Casserole</li> <li>Coleslaw</li> <li>Normandy Blend Vegetables</li> <li>Coleslaw</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Pastrami &amp; Swiss Cheese on Whole Wheat Bread</li> <li>Coleslaw</li> <li>Potato Salad</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> </ul>	<b>Hot</b> 8 <ul style="list-style-type: none"> <li>Slice of Little Charlie's Cheese Pizza w/Smoked Turkey Sausage</li> <li>Caesar Salad</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Southwestern Chopped Salad with Fajita Chicken</li> <li>Baked Tortilla Chips</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Chocolate Ice Cream</li> </ul>
<b>Hot</b> 11 <ul style="list-style-type: none"> <li>Spaghetti and Meatballs</li> <li>Tossed Salad</li> <li>Green Beans</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Turkey Club Caesar Salad</li> <li>Three Bean Salad</li> <li>Whole Wheat Dinner Roll</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Peach Slices w/ Whipped Topping</li> </ul>	<b>Hot</b> 12 <ul style="list-style-type: none"> <li>Meatloaf</li> <li>Mashed Potatoes</li> <li>Cooked Carrots</li> <li>Spanish Salad</li> <li>Whole Wheat Dinner Roll</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Chopped Chef Salad</li> <li>Picked Beets w/ Onions</li> <li>Whole Wheat Dinner Rolls</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Pears</li> </ul>	<b>Hot</b> 13 <ul style="list-style-type: none"> <li>Beef Stir-Fry</li> <li>Brown Rice</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Turkey Greek Salad Bowl</li> <li>Whole Wheat Dinner Roll</li> <li>Two Bread Sticks</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Vanilla Pudding</li> </ul>	<b>Hot</b> 14 <ul style="list-style-type: none"> <li>BBQ Chicken Thigh</li> <li>Black Eye Peas</li> <li>Red Beet And Onion Salad</li> <li>Collard Greens</li> <li>Cornbread</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Chicken Breast on Kaiser Roll</li> <li>Coleslaw</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Pineapple Chunks</li> </ul>	<b>Hot</b> 15 <ul style="list-style-type: none"> <li>Turkey Burger w/ Cheese on Whole Wheat Bun</li> <li>Baked Sweet Potatoes Wedges</li> <li>Coleslaw</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Egg Salad Sandwich on Whole Wheat Bread</li> <li>Spinach Salad</li> <li>Carrot Raisin Salad</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> </ul>
<b>Hot</b> 18 <ul style="list-style-type: none"> <li>Glazed Ham</li> <li>Stream Cabbage</li> <li>Lima Beans</li> <li>Whole Wheat Bread</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Smoked Turkey Sandwich on Rye Bread</li> <li>Coleslaw</li> <li>Apple Slices</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Strawberry Ice Cream</li> </ul>	<b>Hot</b> 19 <ul style="list-style-type: none"> <li>Quarter Chicken</li> <li>Zucchini &amp; Stewed Tomatoes</li> <li>Dumplings</li> <li>Cornbread</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Crispy Chicken Salad Platter</li> <li>Carrot Strips</li> <li>Small Croissant</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Oranges</li> </ul>	<b>Hot</b> 20 <ul style="list-style-type: none"> <li>Shrimp Lo-Mien</li> <li>Streamed Broccoli</li> <li>Bok Choy Cabbage</li> <li>Fortune Cookie</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Italian Chef Salad w/ Mozzarella &amp; Provolone Cheese</li> <li>Picked Beets Salad</li> <li>Bread Stick</li> <li>Whole Wheat Roll</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Mandarin Oranges</li> </ul>	<b>Hot</b> 21 <ul style="list-style-type: none"> <li>Baked Chicken Breast w/Gravy</li> <li>Buttered Peas &amp; Mushrooms</li> <li>Bread Stuffing</li> <li>Whole Wheat Bread</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Turkey BLT Chef Salad w/ Cheddar Cheese</li> <li>Whole Wheat Dinner Roll</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Unsweetened Applesauce</li> <li>Orange Juice</li> </ul>	<b>Hot</b> 22 <ul style="list-style-type: none"> <li>Cheese Burger on Wheat Bun</li> <li>Coleslaw</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Tuna Salad Platter</li> <li>Whole Wheat Dinner Roll</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Sliced Peaches</li> <li>Oatmeal Raisin Cookie</li> </ul>
<b>Hot</b> 25 <ul style="list-style-type: none"> <li>Cheese Steak Sandwich on Wheat Roll</li> <li>Tatar Tots</li> <li>Tossed Salad</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Turkey Salad Sandwich on Whole Wheat Bread</li> <li>Marinated Cucumber Salad</li> <li>Pick Me Up Produce Salad</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Vanilla Wafers Cookies</li> </ul>	<b>Hot</b> 26 <ul style="list-style-type: none"> <li>Baked Pork Chops w/gravy</li> <li>Sautéed Spinach</li> <li>Tossed Salad</li> <li>Au'gratin Potatoes</li> <li>Brown and Serve Roll</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Seafood Salad Platter</li> <li>Cole Slaw</li> <li>Bead Sticks</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Chocolate Ice Cream</li> </ul>	<b>Hot</b> 27 <ul style="list-style-type: none"> <li>Beef with Broccoli</li> <li>Stir-Fry Vegetables</li> <li>Brown Rice</li> <li>Whole Wheat Dinner Roll</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Chicken Caesar Salad</li> <li>Potatoes Salad</li> <li>Whole Wheat Dinner Roll</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Fresh Orange</li> </ul>	<b>Hot</b> 28 <ul style="list-style-type: none"> <li>Baked Fish</li> <li>Collard Greens</li> <li>Baked Potato</li> <li>Cornbread</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Corned Beef Special w/ Rye Bread</li> <li>Coleslaw</li> <li>Small Cherry Tomatoes</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Vanilla Pudding</li> </ul>	<b>Hot</b> 29 <ul style="list-style-type: none"> <li>Meatball Sandwich</li> <li>Tossed Salad</li> <li>Green Beans</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Tuna Salad Hoagie w/ Mozzarella Cheese on Roll</li> <li>Orange Slice</li> <li>Creamy Cucumber Salad</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> </ul>