

Member News

Volunteer Opportunities

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

Friendly Callers: Thursday, June 9

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.**

Aids Fund: Thursday, June 9

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

Manna: Wednesday, June 15

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, June 29 @ 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

Stay Active

Monthly Events and Activities for Members

June 2016

Hello Great Members of PSC on the Avenue of the Arts Branch,

Friendly reminder, a Fire Drill is scheduled for Friday, June 24th at 2pm. The following emergency procedures are required:

When the fire alarm sounds you are 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,

Julie Nelson
Center Manager

Special Events

NEW CLASS!

Watercolor & Drawing

5 week workshop

Thursdays, 10am-12noon

June 2 - June 30

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.**

LWLW Health Seminar: Osteoarthritis

Wednesday, June 8, 3:00pm

GreenBean Internet Café. No Fee

Pennsylvania Hospital presents:

Presentation on Acute Stroke Awareness

Present by: Ellen McPartland

Thursday, June 9, 2:30pm

GreenBean Internet Café. No Fee

Everybody's Birthday Party

Friday, June 10, 1-3pm

Refreshments, DJ and Fun! Please sign up at the program Window. Room A,B,C
Cost: \$2.00

Praise Craft & Jewelry

Exquisite ladies and men jewelry for sale

Presented by Beverly Riddick

Wednesday, June 15, 1-3pm

Cost: Varies

LWLW Health Seminar:

Making Soul Food Healthy

Thursday, June 16, 3:00pm

GreenBean Internet Café. No Fee

Father's Day Breakfast

Friday, June 17, 9am-10am

Green Bean Cafe. Cost: \$2.00

Celebrate Father's Day! Serving a delicious breakfast for 40 Men. Advance registration required please sign up at the program window!

LWLW Health Seminar Brain Health

Tuesday, June 21, 3:00pm

GreenBean Internet Café. No Fee

Talent/No Talent: Talent show Thursday, June 30, 1-2:30pm

in the Auditorium. Cost: No Fee

Please sign up for the Talent No Talent Show. Strut your latest Fashions, Show Off what you have learned in a PSC Dance Class or Just Entertain us with your special talent. You must sign up at the program window if you or your class will be participating.

Talent Show Rehearsal dates (Fridays) June 3, 17, 24 Time: 2:30-3:30pm, Auditorium

Trips 2016-2017

Vip Bus to Tropicana Casino in Atlantic City

Wednesday, June 22, 2016

Play bingo on the way (\$2.50 to play)

Enjoy a light breakfast, and a light lunch

on the bus. Bus departs: 9:00am, Returns:

5:30pm. Cost: Silver \$46 Standard/55t: \$48

Casino Bonus: \$25 On sale now

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

Deposit \$50.00 per person

Silver member: Double occupancy

\$409.00. Single occupancy \$409.00.

Standard/55+: Double occupancy \$414.00.

Single occupancy \$414.00. Contact Gladys

Rossano for details 215-546-5879

info@newcourtland.org
215-546-5879

Philadelphia, PA 19147
509 South Broad Street

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 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 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 yours 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

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, 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.

ADVANCED COMPUTER CLASS (SPRING LESSONS)

APRIL 18-JUNE 20, 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 Delores Gallashaw. Join to learn how to speak Spanish. **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” (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 (June 28)

11:00 AM • 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.

RED HAT SOCIETY

2ND TUESDAY OF EACH MONTH

1:00PM-2PM

Make a new friends and enrich lives

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

Healthy Eating Choices for **June**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
		Hot • Stir-Fry Vegetables • Beef with Broccoli • Brown Rice • Whole Wheat Dinner Roll Cold • Chicken Caesar Salad • Potatoes Salad • Whole Wheat Dinner Roll Dessert • Oranges	Hot • Baked Fish • Collard Greens • Baked Potato • Cornbread Cold • Corned Beef Special w/ Rye Bread • Coleslaw • Small Cherry Tomatoes Dessert • Vanilla Pudding	Hot • Meatball Sandwich • Tossed Salad • Green Beans Cold • Tuna Salad Hoagie w/ Mozzarella Cheese on Roll • Orange Slice • Creamy Cucumber Salad Dessert • Fruit Cocktail
Hot • Italian Sausage w/ Marinara • Spaghetti Pasta • Tossed Green Salad • Whole Green Beans Cold • Chicken Fiesta Salad Platter • Three Bean Salad • Whole Wheat Dinner Roll Dessert • Pineapples Chunks	Hot • Bread Baked Pollock • Stewed Tomatoes • Tossed Salad • Whole Roll Cold • Italian Hoagie w/Provolone Cheese • Caesar Salad Dessert • Canned Peaches	Hot • Chicken Fried Rice • Oriental Vegetables • Tossed Salad • Fried Rice • Whole Wheat Dinner Roll Cold • Italian Inspired Turkey Bowl • Picked Beet Salad • Pasta Dessert • Mandarin Oranges	Hot • Macaroni & Beef Casserole • Coleslaw • Normandy Blend Vegetables • Coleslaw Cold • Pastrami & Swiss Cheese on Whole Wheat Bread • Coleslaw • Potato Salad Dessert • Fruit Cocktail	Hot • Slice of Little Charlie's Cheese & SausagePizza • Caesar Salad Cold • Southwestern Chopped Salad with Fajita Chicken • Baked Tortilla Chips Dessert • Chocolate Ice Cream
Hot • Spaghetti and Meatballs • Tossed Salad • Green Beans Cold • Turkey Club Caesar Salad • Three Bean Salad • Whole Wheat Dinner Roll Dessert • Peach Slices w/ Whipped Topping	Hot • Meatloaf • Mashed Potatoes • Cooked Carrots • Spanish Salad • Whole Wheat Dinner Roll Cold • Chef Salad • Picked Beets w/ Onions • Whole Wheat Dinner Rolls Dessert • Pears	Hot • Beef Stir-Fry • Brown Rice Cold • Turkey Greek Salad Bowl • Whole Wheat Dinner Roll • Two Bread Sticks Dessert • Vanilla Pudding	Hot • BBQ Chicken Thigh • Blacked Eyed Peas • Red Beet And Onion Salad • Collard Greens • Cornbread Cold • Chicken Breast on Kaiser Roll • Coleslaw Dessert • Pineapple Chucks	Hot • Turkey Burger w/ Cheese & Whole Wheat Bun • Baked Sweet Potatoes Wedges • Coleslaw Cold • Egg Salad Sandwich on Whole Wheat Bread • Spinach Salad • Carrot Raisin Salad Dessert • Fruit Cocktail
Hot • Glazed Ham • Stream Cabbage • Lima Beans • Whole Wheat Bread Cold • Smoked Turkey Sandwich on Rye Bread • Coleslaw • Apple Slices Dessert • Strawberry Ice Cream	Hot • Quarter Chicken • Zucchini & Stewed Tomatoes • Dumpling • Cornbread Cold • Crispy Chicken Salad Platter • Raw Vegetables • Small Croissant Dessert • Oranges	Hot • Shrimp Lo-Mien • Stream Broccoli • Bok Choy & Cabbage • Fortune Cookie Cold • Italian Chef Salad w/ Mozzarella & Provolone Cheese • Picked Beets Salad • Bread Stick • Whole Wheat Roll Dessert • Mandarin Oranges	Hot • Baked Chicken Breast w/Gravy • Buttered Peas & Mushrooms • Bread Stuffing • Whole Wheat Bread Cold • Turkey BLT Chef Salad w/ Cheddar Cheese • Whole Wheat Dinner Roll Dessert • Applesauce • Orange Juice	Hot • Cheese Burger on Bun • Coleslaw Cold • Tuna Salad Platter • Romaine Salad • Whole Wheat Dinner Roll Dessert • Sliced Peaches • Oatmeal Raisin Cookie
Hot • Cheese Steak Sandwich on Wheat Roll • Tatar Tots • Tossed Salad Cold • Turkey Salad Sandwich on Whole Wheat Bread • Marinated Cucumber Salad • Pick Me Up Produce Salad Dessert • Vanilla Wafers Cookies	Hot • Baked Pork Chops w/gravy • Sautéed Spinach • Tossed Salad • Au'gratin Potatoes • Brown and Serve Roll Cold • Seafood Salad Platter • Cole Slaw • Bead Sticks Dessert • Chocolate Ice Ceram	Hot • Stir-Fry Vegetables • Beef with Broccoli • Brown Rice • Whole Wheat Dinner Roll Cold • Chicken Caesar Salad • Potatoes Salad • Whole Wheat Dinner Roll Dessert • Oranges	Hot • Baked Fish • Collard Greens • Baked Potato • Cornbread Cold • Corned Beef Special w/ Rye Bread • Coleslaw • Small Cherry Tomatoes Dessert • Vanilla Pudding	