

Member News

Volunteer Opportunities

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

Friendly Callers: Thursday, May 12

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, May 18

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, May 19

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

Volunteer Meeting

Wednesday, May 25, @ 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

Hello Great Members of PSC - Arts Branch,

In honor of Older Americans Month the following events will be hosted at the center in May 2016:

· PCA Celebrate Art & Aging. Art & Aging Reception will be on Thursday, May 12th from 4-6pm.

· NewCourtland Senior Services Art is Ageless Exhibit will open at the center on May 26, 2016: Reception May 26th from 4pm – 6pm.

All tables and chairs will be removed from the first floor center lounge. Card play will be available in the GreenBean Internet Café (except during lunch service). Card play is also available on the 2nd floor lobby during the month of May 2016.

The center will be closed in observance of Memorial Day on Monday, May 30th.

Thanks and Happy Mothers Day to all center Mommies!

Julie Nelson
Center Manager

info@newcourtland.org
215-546-5879

509 South Broad Street
Philadelphia, PA 19147

Special Events

Spring PSC Chorus Concert "This is my Father's World"

Tuesday, May 3, 10am -12noon

PSC Chorus will perform their annual concert
2nd Floor Auditorium
No Fee

Mother's Day Breakfast

Friday, May 6, 9am-10am

GreenBean Internet Cafe
Celebrate Mother's Day few days early with PSC-Arts Branch!

We will serve a delicious breakfast.

Advance registration required, please sign up at the program window. Cost: \$2.00

Trinity Center for Urban Life Presents

Bass Baritone Mr. Ronal Campbell

Tuesday, May 10, 2016, 1-2pm

2nd Floor Auditorium. No Fee

Advisory Council Fundraiser

"Bake Sale "

Tuesday, May 10, 9am-3pm

Come and support the Advisory Council.
GreenBean Internet Café

Red Hat Society

Tuesday, May 10, 1pm

(2nd Tuesday of each month)
Room B. No Fee.

LWLW Health Seminar

Blood Circulation

Wednesday, May 11, 3:00pm

GreenBean Internet Café. No Fee

PCA Presents Dr. Allan Katz

What's New in Diabetes?

Thursday, May 12, 3pm

GreenBean Internet Café. No Fee

Seniors Celebrate the Arts

In Honor of Older Adults Month

Arts Reception: Thursday, May 12, 4-6pm

Exhibit hours: Monday- Friday, 9am to 4pm

PCA & PSC hosts this art exhibit designed to promote the importance of creativity among older adults
Please stop by! 1st Floor Lobby/No Fee

Book Club

Friday, May 13, 1:15-2:15pm

(2nd Friday of each month) No Fee.

Housing Counselor Mr. Tim Donofrio

"Reverse Mortgage Specialist

Tuesday, May 17, 1pm - 2pm

Will answer question or provide assistance with Reverse Mortgage. Room B. No cost.

Dr. Allan Jaffe, Foot Specialist

Wednesday, May 18, 10:00am

Room A

LWLW Health Seminar

Digestion Conditions

Thursday, May 19, 3:00pm

GreenBean Internet Café. No Fee

LWLW Health Seminar

Lupus

Tuesday, May 24, 3:00pm

GreenBean Internet Café. No Fee

PCA Health Seminar

Presented by: Neva White

"Medication safety"

Wednesday, May 25, 2:00pm

GreenBean Internet Café. No Fee

Trips 2016-2017

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
Final payment due March 18th
Limited number of scholarship available
Contact Gladys Rossano 215-546-5879

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/55: \$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! \$25.00 deposit.
Balance due June 1. Gold/Silver members: \$85.00 per person. 55 & Over: \$88.00 per person

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

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 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

"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

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 • FITNESS ROOM
Tap Dancing is back come and join us.
Cost: 3 PSC COUPONS

BALLROOM DANCING
THURSDAYS, 11:00AM • FITNESS ROOM
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

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
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

ADVANCED COMPUTER CLASS (SPRING LESSONS)
APRIL 18-JUNE 20, 2016 (10 WEEKS)
10AM-12PM • COMPUTER LAB
Cost: 4 Coupons

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, 2:15PM • ROOM B
Join us in learning how to express emotions through poetry. COST: FREE

Healthy Eating Choices for May

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Hot</p> <ul style="list-style-type: none"> Cheese Steak Sandwich on Wheat Tossed Salad Tatar Tots <p>Cold</p> <ul style="list-style-type: none"> Turkey Salad Sandwich Whole Wheat Bread Marinated Cucumber Salad Pick Me Up Produce Salad <p>Dessert</p> <ul style="list-style-type: none"> 5 Vanilla Wafers 	<p>Hot</p> <ul style="list-style-type: none"> Baked Pork Chops w/ gravy Sautéed Spinach Tossed Salad Au'gratin Potatoes Brown and Serve Roll <p>Cold</p> <ul style="list-style-type: none"> Seafood Salad Platter Cole Slaw Small Bead Sticks <p>Dessert</p> <ul style="list-style-type: none"> Chocolate Ice Cream 	<p>Hot</p> <ul style="list-style-type: none"> Stir-Fry Vegetables Beef with Broccoli Brown Rice Whole Wheat Dinner Roll <p>Cold</p> <ul style="list-style-type: none"> Chicken Caesar Salad Potatoes Salad Whole Wheat Dinner Roll <p>Dessert</p> <ul style="list-style-type: none"> Oranges 	<p>Hot</p> <ul style="list-style-type: none"> Baked Fish Collard Greens Baked Potato Cornbread <p>Cold</p> <ul style="list-style-type: none"> Corned Beef Special w/ Rye Bread Coleslaw Small Cherry Tomatoes <p>Dessert</p> <ul style="list-style-type: none"> Vanilla Pudding 	<p>Hot</p> <ul style="list-style-type: none"> Meatball Sandwich Tossed Salad Green Beans <p>Cold</p> <ul style="list-style-type: none"> Tuna Salad Hoagie w/ Mozzarella Cheese on Roll Orange Slice Creamy Cucumber Salad <p>Dessert</p> <ul style="list-style-type: none"> Fruit Cocktail
<p>Hot</p> <ul style="list-style-type: none"> Italian Sausage w/ Marinara Spaghetti Pasta Tossed Green Salad Whole Green Beans <p>Cold</p> <ul style="list-style-type: none"> Chicken Fiesta Salad Platter Three Bean Salad Whole Wheat Dinner Roll <p>Dessert</p> <ul style="list-style-type: none"> Pineapples Chunks 	<p>Hot</p> <ul style="list-style-type: none"> Bread Baked Pollock Stewed Tomatoes Tossed Salad Whole Roll <p>Cold</p> <ul style="list-style-type: none"> Italian Hoagie w/Provolone Cheese Caesar Salad <p>Dessert</p> <ul style="list-style-type: none"> Canned Peaches 	<p>Hot</p> <ul style="list-style-type: none"> Chicken Fried Rice Oriental Vegetables Tossed Salad Fried Rice Whole Wheat Dinner Roll <p>Cold</p> <ul style="list-style-type: none"> Italian Inspired Turkey Bowl Picked Beet Salad Pasta <p>Dessert</p> <ul style="list-style-type: none"> Mandarin Oranges 	<p>Hot</p> <ul style="list-style-type: none"> Macaroni & Beef Casserole Coleslaw Normandy Blend Vegetables Coleslaw <p>Cold</p> <ul style="list-style-type: none"> Pastrami & Swiss Cheese on Whole Wheat Bread Coleslaw Potato Salad <p>Dessert</p> <ul style="list-style-type: none"> Fruit Cocktail 	<p>Hot</p> <ul style="list-style-type: none"> Slice of Little Charlie's Cheese & SausagePizza Caesar Salad <p>Cold</p> <ul style="list-style-type: none"> Southwestern Chopped Salad with Fajita Chicken Baked Tortilla Chips <p>Dessert</p> <ul style="list-style-type: none"> Chocolate Ice Cream
<p>Hot</p> <ul style="list-style-type: none"> Spaghetti and Meatballs Tossed Salad Green Beans <p>Cold</p> <ul style="list-style-type: none"> Turkey Club Caesar Salad Three Bean Salad Whole Wheat Dinner Roll <p>Dessert</p> <ul style="list-style-type: none"> Peach Slices w/ Whipped Topping 	<p>Hot</p> <ul style="list-style-type: none"> Meatloaf Mashed Potatoes Cooked Carrots Spanish Salad Whole Wheat Dinner Roll <p>Cold</p> <ul style="list-style-type: none"> Chef Salad Picked Beets w/ Onions Whole Wheat Dinner Rolls <p>Dessert</p> <ul style="list-style-type: none"> Pears 	<p>Hot</p> <ul style="list-style-type: none"> Beef Stir-Fry Brown Rice <p>Cold</p> <ul style="list-style-type: none"> Turkey Greek Salad Bowl Whole Wheat Dinner Roll Two Bread Sticks <p>Dessert</p> <ul style="list-style-type: none"> Vanilla Pudding 	<p>Hot</p> <ul style="list-style-type: none"> BBQ Chicken Thigh Black Eye Peas Red Beet And Onion Salad Collard Greens Cornbread <p>Cold</p> <ul style="list-style-type: none"> Chicken Breast on Kaiser Roll Coleslaw <p>Dessert</p> <ul style="list-style-type: none"> Pineapple Chunks 	<p>Hot</p> <ul style="list-style-type: none"> Turkey Burger w/ Cheese & Whole Wheat Bun Baked Sweet Potatoes Wedges Coleslaw <p>Cold</p> <ul style="list-style-type: none"> Egg Salad Sandwich on Whole Wheat Bread Spinach Salad Carrot Raisin Salad <p>Dessert</p> <ul style="list-style-type: none"> Fruit Cocktail
<p>Hot</p> <ul style="list-style-type: none"> Glazed Ham Stream Cabbage Lima Beans Whole Wheat Bread <p>Cold</p> <ul style="list-style-type: none"> Smoked Turkey Sandwich on Rye Bread Coleslaw Apple Slices <p>Dessert</p> <ul style="list-style-type: none"> Light Strawberry Ice Cream 	<p>Hot</p> <ul style="list-style-type: none"> Quarter Chicken Zucchini & Stewed Tomatoes Dumpling Cornbread <p>Cold</p> <ul style="list-style-type: none"> Crispy Chicken Salad Platter Raw Vegetables Small Croissant <p>Dessert</p> <ul style="list-style-type: none"> Oranges 	<p>Hot</p> <ul style="list-style-type: none"> Shrimp Lo-Mien Stream Broccoli Bok Choy & Cabbage Fortune Cookie <p>Cold</p> <ul style="list-style-type: none"> Italian Chef Salad w/ Mozzarella & Provolone Cheese Picked Beets Salad Bread Stick Whole Wheat Roll <p>Dessert</p> <ul style="list-style-type: none"> Mandarin Oranges 	<p>Hot</p> <ul style="list-style-type: none"> Baked Chicken Breast w/Gravy Buttered Peas & Mushrooms Bread Stuffing Whole Wheat Bread <p>Cold</p> <ul style="list-style-type: none"> Turkey BLT Chef Salad w/ Cheddar Cheese Whole Wheat Dinner Roll <p>Dessert</p> <ul style="list-style-type: none"> Unsweetened Applesauce Orange Juice 	<p>Hot</p> <ul style="list-style-type: none"> Cheese Burger on Bun Coleslaw <p>Cold</p> <ul style="list-style-type: none"> Tuna Salad Platter Romaine Salad Whole Wheat Dinner Roll <p>Dessert</p> <ul style="list-style-type: none"> Slice Peaches Oatmeal Raisin Cookie
<p>CLOSED FOR MEMORIAL DAY</p>	<p>Hot</p> <ul style="list-style-type: none"> Baked Pork Chops w/gravy Sautéed Spinach Tossed Salad Au'gratin Potatoes Brown and Serve Roll <p>Cold</p> <ul style="list-style-type: none"> Seafood Salad Platter Cole Slaw Small Bead Sticks 		<p>Happy Mother's Day</p>	