

Stay Active

www.PhilaSeniorCenter.org



Member News

Friendly Callers:

If you are a friendly caller volunteer, please call your assigned member and check on how they are feeling. If you speak with a member who expresses a need, please have them contact the center at 215-546-5879 for assistance with services. Thank you for being a volunteer at the PSC Arts Branch!

Computer Lab is Open: Tuesday thru Friday 9am-3pm 2nd Floor Room C (Please sign signature sheet when using the lab).

CLASS COUPONS ARE BACK

Coupons can be purchased at the Program Window. Coupons cost \$1 per coupon, \$5 per book of coupons. Coupons should be purchased prior to class time.

CCT CONNECT SHARE RIDE SERVICE

Rides are available for senior center, supermarket, pharmacy, and medical appointments. Application, ride schedule, changes, or questions please contact the center at 215-546-5879. Suggested Contribution of \$1.00 is appreciated. Donation box and sign in sheet located at the front desk. Please sign in and out at the center when using CCT.

PROGRAM WINDOW

Now open Monday through Friday 9am -1pm to assist with new member applications, renew silver membership, obtain membership card, purchase trips, coupons, stamps, and sign up for center activities.

MEMBERSHIP

Philadelphia Senior Center offers three levels of membership from free of charge to \$12 Silver option.

Silver Membership: Cost - \$12 annually discounts on Trips; PSC Stay Active 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 \$3.25 the full cost of the congregate lunch. For additional information, please call (215) 546-5879.



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



Welcome Everyone!

info@newcourtland.org
215-546-5879

Philadelphia, PA 19147
509 South Broad Street



Stay Active

Monthly Events and Activities for Members



HOURS OF OPERATION:
Monday-Friday, 8:30am-4:30pm

September 2024

Greetings wonderful members of PSC Arts,

Happy Senior Center Month!

September is National Senior Center Month and this is an opportunity to highlight positive images of senior centers and highlight how center services improves the lives of older adults. The 11,000+ senior centers in communities and neighborhoods across the country provide access to information, opportunities, and support to improve the lives of people in their communities as they age.

Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older American's Act in 1973. The mission has remained: to be the local, trusted place in the community that connects older adults to programs, services, and opportunities needed to age well.

Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults.

They offer a place for older adults to discover their unique interests, talents, and aspirations (Information obtained from National Council on Aging & The National Institute of Senior Centers). That's why the 2024 theme for National Senior Center Month is Powering Connections. Connect with us through the month of September at several of our special events scheduled. Please see PSC Arts newsletter for events planned in September that will power you to connect with other seniors and organizations that partner with us in celebrating National Senior Center Month.

Thank you,

Julie Nelson
Center Manager

HOUSING COUNSELOR'S CORNER

Greetings,

As we begin to transition into the fall season, it is important that we remember a few key things that will keep you and your loved ones safe from environmental changes.

Light Living Spaces - Place nightlights in bedrooms, hallways, or other areas that need to be easily accessible in the evening.

Test Smoke & Carbon Monoxide Detectors- Stay on top of fire safety by checking the batteries in your home. A good reminder is to check the smoke & carbon detectors when daylight saving time starts in March and ends in November.

Wear Warm Clothes- Warm clothes are necessary for the autumn months, waterproof, non-slip shoes are too. Wet, slippery leaves and icy rain are pathways to outdoor falls. Prevent a fall by wearing slip-resistant outdoor shoes when heading out of the house. Inside the home, non-skid shoes are ideal.

EXERCISE- Keep your body in motion during fall and winter months. This can include household chores as well as indoor workouts. Walking is great cardiovascular exercise. If the weather does not permit walking outside, there are indoor cardio routines. Consult with your physician before beginning any exercise program.

MINIMIZE EXPOSURE TO COVID-19 AND THE FLU- Flu and COVID-19 prevention is much the same, which means limiting contact with others, frequent handwashing, and, in the case of COVID-19 and Monkey Pox, wearing masks when in public.

Happy Autumn!

Harold Faust
Housing Counselor

Trip

FARMERS MARKET VOUCHER TRIP
Rittenhouse Farmer's Market
18th & Walnut Street
Tues. Sept. 3, 10am-12pm

Please sign up at the program window. CCT Transportation available for cardholders.



The Center will be closed on Monday, September 2, in observance of Labor Day.

