

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.



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



NewCourtLand

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

discounts on Trips; PSC Stay Active delivered

Silver Membership: Cost - \$12 annually

to your home; access to PSC Programs,

Classes & Trips. You must be

60 or older for Silver Membership.

55+ Membership: Cost - FREE

the congregate lunch.

Standard Membership: Cost - FREE

You must be 60 or older for Standard

All members under the age of 60 years old

are required to pay \$3.25 the full cost of

For additional information, please call

MEMBERSHIP

Silver option.

Membership.

(215) 546-5879.

nia Senior Center

Avenue of the Arts

Stay Active

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

into@newcourtland.org 512-246-5879

74191 A9 , siddlabslid9 509 South Broad Street









Monthly Events and Activities for Members

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

September 2024

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.



Weekly Activities

** FIRST TIME YOU TRY ANY CLASS THERE IS NO FEE! **

MONDAY-FRIDAY

FITNESS CENTER • 9AM-3PM

Athletic Shoes Only (sneakers). Medical form needs to be completed by your doctor to use the fitness center. The form is available at the Program Window.

GAME TIME! • 9AM-4:15PM **1ST & 2ND FLOOR LOBBIES**

Four people only at a table for Pinochle, Skip-Bo, Dominos, Checkers & Chess. Please do not move tables and chairs to allow for more than four players.

MONDAYS

STAINED GLASS • 10AM-1PM Art Studio. Cost: 4 Coupons

TLC SUPPORT GROUP • 10-11AM Led by Social Worker Simone Rubin, offering suggestions for coping with issue of today. All discussions are confidential. Room A. Cost: No Fee

BEGINNER COMPUTER • 10AM-12PM

10-week workshop run until Nov. 5. Computer Lab. Cost: 2 Coupons

PSC CHOIR • 1-2:30PM Room A. Cost: 1 Coupons

TUESDAYS

CRAFT CORNER • 10AM-12PM 2nd Fl Art Studio. Cost: 2 Coupons BIBLE STUDY • 10-11:30AM

2nd Floor Auditorium or Conference Call: 1-617-769-8590 Cost: Free. Will Offering Excepted

PAINTING W/SHEENA • 10AM-12PM Room B. Cost: 2 Coupons

STORYTELLING & WRITING • 1-2PM Room B or Zoom ID: 842 5288 8500 PW: 554559 Call In #: 1-646-558-8656

Cost: No Fee **EDUCATIONAL ANIMATION • 1-3PM**

Join Sheena Garcia for this media class designed for seniors, focusing on creating educational animation videos for children. 2nd Fl Art Studio. Cost: 2 Coupons LINE DANCE CLASS • 2-3PM

with Gloria Kingcade Rooms A & B. Cost: 2 Coupons

WEDNESDAYS

CHI KUNG • 10-11AM Room A or Zoom. Cost: 2 Coupons Zoom ID: 860 2531 6103 Call In #: 1-646-558-8656

WEDNESDAYS (cont)

OPEN STUDIO • 10AM -1PM Art Studio. Cost: No Fee **BEGINNER CERAMICS • 10AM-12PM** Art Studio. Cost: 3 Coupons ZUMBA • 11:15AM -12:15PM Rooms A & B. Cost: 2 Coupons BINGO • 12:30-1:30PM Room B. Cost: No Fee **ADV. CERAMICS • 1-3PM** Art Studio. Cost: 3 Coupons

THURSDAYS

IPAD CLASS • 10AM-12PM w/Mr. Brown. 2nd Floor Room B. Cost: 1 Coupon

CHAIR YOGA • 10:30-11:30AM w/Kind Essence. Room A. Cost: 2 Coupons

FITNESS CENTER COACH • 11AM-12PM

Learn how to use the fitness center equipment with Certified Trainer Noel Davis. 2nd Fl. Fitness Center.

FRIDAYS

SIT & BE FIT • 10-11AM Learning ways of exercising while seated. Room A. Cost: No Fee TAI CHI W/COFFEE CUP • 10-11AM Room A. Cost: No Fee OPEN STUDIO • 10AM-1 PM

Art Studio Cost: No Fee BINGO • 12:30-1:30PM

Room B. Cost: No Fee **GENTLE MOVEMENT EXERCISE** • 1-2PM

Room A. Cost: 1 Coupon **MOVIE TIME • 1:30-3:00PM** Auditorium. Cost: No Fee

Special Events

DOLLAR DAY! WITH SHEILA Wednesday, September 4, 10am-3pm • 1st Floor Lobby (1st Wed of month) Prices vary.

HAPPY HATTERS SOCIAL SOCIETY MEETING Wednesday, September 4, 1-3pm • Room A (1st Wed of month)

NewCourtland

Avenue of the Arts

HEALTH DEPARTMENT TABLE Wednesdays, September 4 & 25, 12:30-1:30 pm • First-floor Lobby

In Honor of Senior Center Month:

SEPTA CCT Connect Presents: NEW MOBILE APP INFORMATION SESSION Wednesday, September 11, 11am-12pm • 2nd Floor Auditorium

TechOwl w/Temple University Home & Safety Technology Wednesday, Sept. 11, 1pm • Room B 2nd Floor Explore tools to support aging in place including medication, fall prevention and home technology.

Divine Resource: TAKE BACK YOUR HEALTH Thursday, September 12, 12-1pm • GreenBean Internet Cafe

Learn about foods to avoid to preventing disease.

KWANZAA GIFT MAKING WORKSHOP Fridays, September 13 & 27, 10-12pm • Art Studio

Join Malika Parker for an exciting 2-day workshop making gifts will be the prizes for the Kwanzaa Carnival.

Independence Blue Cross Presents: TECHNOLOGY AND DATA SECURITY INFORMATION FOR SENIORS Wednesday, September 18, 1-2pm • 2nd Floor Auditorium

PHILADELPHIA REGISTER OF WILLS OFFICE PRESENTATION

Wednesday, September 25, 1-2pm • 2nd Floor Auditorium

Learn about probate, wills inheritance and estate tax, preserving and protecting records & archives with April Scott Street, Senior Advisor of Public Engagement.

The Best Day of My Life

THURSDAYS • 2PM Zoom ID#: 550 527 7215

PW: 19147

STORYTELLING PROGRAM

Coffee Cup Events

ALZHEIMER PRESENTATION MONDAYS (BIWEEKLY) • 3-4PM Zoom ID#: 955 3693 5644

Exercise Program in Mandarin MONDAYS • 6PM Zoom ID#: 948 3132 2765

Jefferson ON HEALTH TUESDAYS • 10:30AM Zoom ID#: 853 7597 2302

Townhall Meeting In Mandarin WEDNESDAYS • 3PM **ZOOM ONLY:** ID #: 550 527 7215

September 2024

In Person Congregate Meals Monday thru Friday

Monday	Tuesday	Wednesday	Thursday	Friday
2 CENTER CLOSED IN OBSERVANCE OF LABOR DAY	Hot: Boneless Ham 3 Steak, Baked Potato w/ Sour Cream & Margarine, Collard Greens Cold: Tuna & Cheese Hoagie w/Lettuce, Tomato, Onion & Pasta Salad Dessert: Fresh Apple	Hot: Szechuan Beef 4 Steak w/Peanuts, & Brown Rice, Oriental Blend Vegetables, Fortune Cookie Cold: Turkey Bacon BLT on Whole Wheat Bread w/Lettuce and Tomato & Coleslaw Dessert: Fresh Banana	Hot: Spaghetti w/ 5 Turkey Meatballs & Sauce Baby Spinach Salad w/Italian Dressing Cold: Roast Beef on Wheat Wrap w/ Mayo, Baby Spinach, Cheddar Cheese, Red Onions, & Carrot Raisin Salad Dessert: Diced Pears	Hot: Baked Chicken Legs Fresh Sweet Potato, Green Beans, Chopped Romaine Salad, w/ Carrots, Tomatoes, Cucumbers & Red Bell Pepper Ring Cold: Shrimp Slaw Salad over Cooked Rotini Pasta w/ Broccoli Carrots, Red Cabbage & Orient. Dressing, Cucumber & Tomato Salad Dessert: SF Vanilla Pudding
Hot: Cheese Pizza, Green Beans, French Fries, Caesar Salad, Red Pepper Rings, Parmesan Cheese, Croutons Cold: Corned Beef and Swiss Cheese on Marble Rye Bread, Coleslaw, Cucumber and Onion Salad w/Italian Dressing & Red Bell Pepper Rings Dessert: S/F Chocolate Pudding	Hot: Salisbury Steaks w/ LS 10 Gravy, Mashed Potatoes, Glazed Carrots, Romaine Garden Salad w/Chopped Tomatoes & Cucumbers Cold: Grilled Chicken Strips Chef Salad w/Chopped Romaine, Tomatoes, Cucumbers, Carrots, LS Chickpeas, Black Olives, RF Italian Dressing, Whole Wheat Dinner Roll Dessert: Peaches	Hot: Grilled Chicken Breast 1 w/ Peppers & Green Scallions, Red Bell Peppers, Brown Rice, Vegetable Egg Roll w/ Duck Sauce Cold: Turkey Breast & Penne Pasta Salad w/ Unsalted Walnuts, Chopped Red Onions, Cucumber & Cherry Tomatoes, Feta Cheese, Italian Dressing Dessert: Fresh Oranges	Hot: Beef Chili w/Tomato Sauce, Ground Beef, LS Kidney Beans, Kale Salad w/ Cucumber &Tomatoes w/ Italian Dressing, Cornbread Cold: Asian Grilled Chicken Strips Salad w/ Chopped Unsalted Almonds, Snapped Peas, Red Bell Peppers, Scallions, Broccoli Florets, Carrots over Chopped Romaine w/ Oriental Dressing Dessert: Fresh Strawberries w/ Whipped Topping	Hot: BBQ Wing Dings, Candied Yams, California Blend Veggies, Baby Spinach Salad w/Red Onions, RF Ranc Dressing Cold: Seafood Salad on a Butter Croissant w/ Lettuce & Tomato, Red Pepper Rings, Broccoli Slaw w/ Celery & Yellow Onion Dessert: LF Strawberry Greek Yogurt
Hot: Baked Chicken, Baked Potato w/ Sour Cream, Peas with Pearl Onions, Shrd. Kale Salad w/ Tomatoes & Cucumbers, Italian Dressing Cold: LS Roast Beef Sandwich on Rye Bread w/ Cheddar Cheese, Lettuce & Tomato, Potato Salad Dessert: Peaches	Hot: Beef Shepard Pie, Italian Green Beans, Baby Spinach Salad w/ Unsalted Walnuts, Carrots, Cucumbers, Tomatoes, & LS Cheddar Cheese, Mashed Potatoes Cold: Light Tuna Salad Sandwich on a Whole Wheat Hamburger Bun w/Lettuce & Tomato, Red Pepper Rings, Macaroni Salad Dessert: Pears	Hot: General Tso's Chicken w/Broccoli, Vegetarian Rice, Vegetable Egg Roll w/ Duck Sauce Cold: Turkey Breast & American Cheese Sandwich on Whole Wheat Hamburger Bun w/Lettuce and Tomato, & Caesar Salad Dessert: Mandarin Oranges	Hot: Roasted Chicken Breast over Penne Pasta, Green Beans, Garden Salad w/ Unsalted Walnuts, Romaine Lettuce, Tomatoes, Cucumbers, Red Onions, RF Unsalted Italian Dressing Cold: Egg Salad on Wheat Bread, Lettuce & Tomato, Creamy Cucumber Salad Dessert: Fresh Banana	Hot: Fried Flounder on a Wheat Hamburger Bun, Brusse Sprouts, Baked French Fries Cold: Grilled Chicken Strips Caesar Salad Pasta Bowl w/ Rotini Pasta, Romaine Lettuce, Turkey Bacon, Hard Boiled Egg Tomatoes, Red Onions, Red Bell Pepper Rings, Parmesan Cheese, Caesar Dressing Dessert: NF Blueberry Greek Yogurt
Hot: Spaghetti w/ Beef Sauce & Parmesan Cheese Chopped Romaine w/ Cucumbers & Tomatoes, Garlic Bread Cold: Grilled Diced Chicken Salad on Tortilla Wheat Wrap w/ Mozzarella Cheese, Baby Spinach Salad, Corn Pepper Salad w/ Red Pepper Rings, Three Bean Salad Dessert: Honeydew Melon	Hot: Chicken Thigh & 24 Dumplings w/Brown Rice, California Blend Vegetables Cold: Turkey Breast Hoagie w/ Low Sodium American Cheese, & Lettuce, Tomato, Onion, Green String Bean Salad Dessert: No Sugar Added Vanilla Ice Cream	Hot: Pork Ribs with Asian BBQ Sauce, Oriental Blend Vegetables, Vegetarian Egg Roll, Fortune Cookie Cold: Corned Beef and Low Sodium Swiss Cheese on Rye Bread, Coleslaw, Dessert: Orange	Hot: Cheese Ravioli & Aarinara Sauce, Green Bean Almondine, Garlic Bread, Kale Salad w/ Diced Chicken, Tomatoes, Cucumbers, and French Dressing Cold: Diced Turkey Salad Sandwich on Whole Wheat Hamburger Bun w/LS Cheddar Cheese, Lettuce Leaf, Tomato, Red Bell Pepper Rings, & Macaroni Salad Dessert: Peaches	Hot: Turkey Burger w/ LS American Cheese, Lettuce Leaf, Tomato, Red Onion on Whole Wheat Hamburger Bun Cold: Seafood Salad on Wheat Bun w/ Lettuce & Tomato, Broccoli Slaw w/ Unsalted Almonds Dessert: Mixed Fruit
Hot: Macaroni & Beef Casserole, Baby Spinach Salad w/ Tomatoes, Red Onion, Parmesan Cheese & Ranch Dressing, Italian Green Beans Whole Wheat Dinner Roll Cold: Chicken Salad Wheat Wrap w/ American & Mayo, Romaine Salad w/Tomatoes, Red Onions	A CONTRACT	Hello Fa		

& Red Pepper Rings, Three Bean Salad Dessert: Sugar Free Strawberry Jell-o



Goodbye Summer...

Note: Menus Are Subject To Change