



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!

215-546-5879 info@newcourtland.org

509 South Broad Street Philadelphia, PA 19147

MEWCOURTLAND
Philadelphia Senior Center
Avenue of the Ars

Stuy Activities for Members



HOURS OF OPERATION:

Monday-Friday, 8:30am-4:30pm

November 2024

Greetings great members of PSC Arts,

I want to highlight a few important events and celebrations happening in November!

Veterans Day Celebration

November 11th is Veteran's Day. Veteran's Day is a time to honor our military veterans and to thank them for their service. Join us on Wednesday, November 6th at 11 AM in the 2nd Floor Auditorium for a special presentation by Commander Samuel Lindsay from Henry Hill Post, where you will learn about the oversight of medical decisions for veterans.

Advocacy Day with Philadelphia Corporation for Aging

Also on Wednesday, November 6th at 1 PM in the Auditorium, PSC Arts Branch invites you to our Advocacy Day with PCA. Discover recent budget cuts impacting seniors in Pennsylvania and find out how you can make your voice heard!

Thanksgiving Luncheon

Mark your calendars for our Thanksgiving Luncheon on Tuesday, November 26th. Please arrive by 11:15 AM to be seated. Enjoy tap dancing at 10AM in the Auditorium. Registration is required at both the Program Window and Meal Desk by Friday, November 22nd. Donations for the event are \$1.25 and CCT is available for cardholders.

Thank you, and I wish you all a wonderful Thanksgiving! The Center will be closed on Thursday, November 28 in observance of the holiday.

Warm regards, Julie Nelson Center Manager

HOUSING COUNSELOR'S CORNER

The Pennsylvania Low Income Home Energy Assistance Program (LIHEAP) assists low-income individuals pay their heating bills through energy assistance grants. To receive help as a renter or owner, you don't have to be on public assistance or have an unpaid heating bill. Funding is also available for emergency situations where you may be in jeopardy of losing your heat.

Emergency situations include:

- Broken heating equipment or leaking lines that must be fixed or replaced
- Lack of fuel
- Termination of utility service
- Danger of being without fuel (less than a 15-day supply) or having utility service terminated (received a notice that service will be shut off within the next 60 days)

How to apply:

- Apply online at: www.compass.state.pa.us
- Pick up an application at your local county assistance office
- Request an application by calling the Statewide LIHEAP Hotline at 1-866-857-7095 or TDD for the hearing impaired 1-800-451-5886 or contact me at the center 215-546-5879.

Trips

DINE AROUND: Royal Buffet & Grill, 2743 South 3rd Street

Friday November 8, 11am

Attendees are fully responsible for the cost of their meal and tip.
RSVP required by Friday November 4th. CCT available for cardholders.

SOMETHING TO BE THANKFUL FOR:

ELLA FITZGERALD & LOUIS ARMSTRONG TRIBUTE CONCERT Saturday November 16, 6:00pm

Tindley Temple United Methodist Church, 750 S. Broad Street Free Sponsored Tickets: Leave Name at Program Window M-F 9am – 1pm CCT available for cardholders!

DR. K'S MOTOWN REVUE at Hunterdon Hills Playhouse Thursday February 20, 2025 • Depart 9:30am Luncheon & Matinee Show 11:30am Depart at 3:30pm return to the center by 5:30pm \$141.00 Silver Membership \$143.00 Standard & 55+Membership Final payment due by Dec. 31st.

NOAH at Sight & Sound Theater Thursday, May 8, 2025 • Depart at 10am

Hershey Farms Family Style Luncheon 12 noon. Noah show at 3pm. Depart at 5:45pm arrive back at the center 7:45pm \$166.00 Silver Membership \$168.00 standard & 55+ membership. Final Payment due by Friday, March 21st.

A TRIBUTE TO THE SONGS & MUSIC OF SMOKEY ROBINSON Monday, June 30, 2025 • Depart 9am Arrive at 10:45am

Receive \$20.00 in Slot Play & Food Voucher 3pm how at the Tropicana Atlantic city Depart at 4:45pm arrive at the Center 6:30pm. \$95.00 Silver Member \$97.00 Standard & 55+ CCT available for Share Ride Cardholders.





WEDNESDAYS

CHI KUNG • 10-11AM

Zoom ID: 860 2531 6103

Call In #: 1-646-558-8656

BINGO • 12:30-1:30PM

ADV. CERAMICS • 1-3PM

Art Studio. Cost: 3 Coupons

IPAD CLASS • 10AM-12PM

w/Kind Essence. Room A.

FITNESS CENTER COACH •

w/Mr. Brown. 2nd Floor Room B.

CHAIR YOGA • 10:30-11:30AM

Learn how to use the fitness center

equipment with Certified Trainer Noel

Davis. 2nd Fl. Fitness Center. No Fee

GENTLE MOVEMENT EXERCISE •

OPEN CERAMICS STUDIO • 10AM -1PM

Room A. Cost: 1 Coupon

Art Studio, Cost: No Fee

Room A. Cost: No Fee

Room B. Cost: No Fee

SIT & BE FIT • 1-2PM

MOVIE TIME • 1:30PM

Auditorium: No Fee

BINGO • 12:30-1:30PM

TAI CHI W/COFFEE CUP •

Room B. Cost: No Fee

THURSDAYS

Cost: 1 Coupon

Cost: 2 Coupons

11AM-12PM

FRIDAYS

10-11:15AM

11:15AM-12PM

Art Studio. Cost: 3 Coupons

ZUMBA • 11:15AM -12:15PM

Rooms A & B. Cost: 2 Coupons

Room A or Zoom. Cost: 2 Coupons

BEGINNER CERAMICS • 10AM-12PM

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

BEGINNER BALLET • 10-11AM Room A. Cost: 2 Coupons

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 issues of today. All discussions are confidential. Room B. Cost: No Fee

BEGINNER COMPUTER • 10AM-12PM

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

BEGINNER FRENCH • 1-2PM

Room B. Cost: No Fee

PSC CHOIR • 12:30-2:30PM

Room A. Cost: 1 Coupons

BIBLE STUDY • 10-11:30AM

2nd Floor Auditorium or

Cost: Free. Will Offering Excepted

Room B. Cost: 2 Coupons

Room B or Zoom ID: 842 5288 8500 PW:

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.

with Gloria Kingcade

Rooms A & B. Cost: 2 Coupons

Special Events

UPENN NURSING STUDENTS

Every Tuesday & Thursday, 9am-1pm • 1st Floor Lobby, Blood Pressure Checks, Medication Assessments & Health Education Presentation.

DOLLAR DAY! WITH SHEILA & FRIENDS

Wednesday, November 6, 10am-3pm • 1st Floor Lobby (1st Wed of month) Prices vary.

VETERANS DAY EVENT

Wednesday, November 6, 11am • Auditorium with William Denny, Henry Hill Post Founder Cost: No Fee

HAPPY HATTERS SOCIAL SOCIETY

RED HATTER MEETING Wednesday, November 6, 1-3pm • Room A (1st Wed of month)

PCA ADVOCACY DAY

November 6, 1pm • Auditorium

Let your voice be heard and learn how PennCare budget cuts will impact seniors in PA!

Philadelphia Fire Dept. Presentation **HOME FIRE SAFETY**

November 7, 1-2pm • 2nd Floor Auditorium Protect yourself in your home.

HEALTH DEPARTMENT TABLE

Wednesdays, November 13 & 27, **11am-1pm** • First-floor Lobby

Ennoble Care Presents: HEALTH CARE INFORMATION

Wednesday, November 13, 2-3pm • Auditorium

SEPTA ACCESS PRESENTATION

Thursday, November 14, 11am • Auditorium

STAYING SAFE ONLINE Presented by AARP Thursday, November 14, 1-2pm • Room A

JEFFERSON MEDICAL STUDENTS JAM

Friday, November 15, 12pm • GreenBean Internet Café

SOUL FOOD NOURISHMENT with Noel Davis Certified Trainer Thursday, November 21, 12-1pm •

ART & THE ARTIST W/ SHIRLEE MAGLIETTA Thursday, November 21, 1-2pm • Room B. Learn about African American artists and their artwork.

TOWN HALL MEETING

GreenBean Internet Cafe

Friday, November 22, 12:30-1:30pm • 2nd Floor Auditorium. Join PSC Arts staff in a question & answer session.

THANKSGIVING LUNCHEON

Tuesday, November 26 • GreenBean, 2nd Floor Room A.B.C & Art Studio. Please be seated by 11:15am 10am Tap Dance Entertainment in the Auditorium. Registration required at the Program Window and meal desk Cost: \$1.25 donation.

Friday, November 29, 2-3 pm • Room B

TUESDAYS

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

Conference Call: 1-617-769-8590

Learning ways of exercising while seated. PAINTING W/SHEENA • 10AM-12PM Room A. Cost: No Fee

STORYTELLING & WRITING • 1-2PM

554559 Call In #: 1-646-558-8656

Coffee Cup Events

ALZHEIMER PRESENTATION MONDAYS (BIWEEKLY) • 3-4PM 2nd Fl Art Studio. Cost: 2 Coupons Zoom ID#: 955 3693 5644 **LINE DANCE CLASS • 2-3PM**

> **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 The Best Day of My Life STORYTELLING PROGRAM THURSDAYS • 2PM Zoom ID#: 550 527 7215

PW: 19147

Healthy Eating: November 2024

In Person Congregate Meals Monday Thru Friday

1st seating: 11-11:45am - Reserved seating served 11-11:15am. 2nd seating: 12-1pm - Reserved seating served 12-12:15pm. Free Coffee & Tea 8:30-9:30am. One Cup Per Person

Grab & Go Lunches Thursdays, Porch Area: 8:30-10:30am

(Grab & Go Meals are for persons not participating with in person dining.)

Suggested Contribution \$1.25 (In Person/Grab & Go) Persons 55-59 years old required to pay full price \$3.25.



Wednesday Monday Tuesday Thursday Hot: Baked Chicken Legs Fresh Sweet Potato, Green Beans, Chopped Romaine Salad, w/ Carrots, Tomatoes, THANKSGIVING Cucumbers & Red Bell Pepper Cold: Shrimp Slaw Salad over Cooked Rotini Pasta w/ Broccoli, Carrots, Red Cabbage & Oriental Dressing, Cucumber & Tomato Salad Dessert: SF Vanilla Pudding Hot: Grilled Chicken Breast 6 Hot: Beef Chili w/Tomato Hot: Cheese Pizza, Green / **Hot:** Salisbury Steaks w/ LS Hot: BBQ Wing Dings, Sauce, Ground Beef, LS Kidney Gravy, Mashed Potatoes, w/ Peppers & Green Scallions, Candied Yams, California Beans, French Fries, Caesar Beans, Kale Salad w/ Cucumber Glazed Carrots, Romaine Garden Salad, Red Pepper Rings, Red Bell Peppers, Brown Rice, Blend Veggies, Baby Spinach &Tomatoes w/ Italian Dressing, Salad w/Chopped Tomatoes & Vegetable Egg Roll w/ Duck Parmesan Cheese, Croutons Cornbread Cucumbers Cold: Corned Beef and Swiss Cold: Asian Grilled Chicken Strips Cold: Grilled Chicken Strips Che Cold: Turkey Breast & Penne Salad w/Chopped Romaine,

Pasta Salad w/ Unsalted

Dessert: Fresh Oranges

Hot: General Tso's

Chicken w/Broccoli,

Walnuts, Chopped Red Onions

Cucumber & Cherry Tomatoes.

Feta Cheese, Italian Dressing

Vegetarian Rice, Vegetable

American Cheese Sandwich

on Whole Wheat Hamburger

Bun w/Lettuce and Tomato,

Dessert: Mandarin Oranges

Oriental Blend Vegetables,

Cold: Corned Beef and

on Rye Bread, Coleslaw,

Low Sodium Swiss Cheese

Egg Roll w/ Duck Sauce

Cold: Turkey Breast &

Hot: Pork Ribs with

Vegetarian Egg Roll,

Asian BBQ Sauce,

Fortune Cookie

Dessert: Orange

& Caesar Salad

Cheese on Marble Rye Bread, Coleslaw, Cucumber and Onion Salad w/Italian Dressing & Red Bell Pepper Rings

Pudding-

Baked Potato w/ Sour

Cream, Peas with Pearl

Italian Dressing

Onions, Shrd. Kale Salad w/

Cold: LS Roast Beef Sandwich

Tomatoes & Cucumbers,

on Rye Bread w/ Cheddar

Cheese, Lettuce & Tomato,

Tomatoes, Cucumbers, Carrots, LS Chickpeas, Black Olives, RF Italian Dressing, Whole Wheat Dessert: S/F Chocolate Dinner Roll Hot: Baked Chicken,

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

Hot: Chicken Thigh & 19

California Blend Vegetables

Cold: Turkey Breast Hoagie

w/ Low Sodium American

Cheese, & Lettuce, Tomato,

Dumplings w/Brown Rice,

Potato Salad Dessert: Peaches Hot: Spaghetti w/ Beef 18 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

w/ Tomatoes, Red Onion,

Whole Wheat Dinner Roll

Cold: Chicken Salad Wheat

Wrap w/ American & Mayo,

Romaine Salad w/Tomatoes,

Dessert: Sugar Free Strawberry

Red Onions & Red Pepper

Rings, Three Bean Salad

Parmesan Cheese & Ranch

Dressing, Italian Green Beans

Onion, Green String Bean Salad Dessert: No Sugar Added Vanilla Ice Cream Hot: Macaroni & Beef 25 Casserole, Baby Spinach Salad THANKSGIVING

Dessert: Pears

FESTIVE MEAL Oven Rosted Turkey w/ Low Sodium Gravy Spring Mixed salad w/ Low Fat Dressing Simmered Kale Greens Orange Juice Candid Yams w/ Marshmallows Cornbread Dressing Sugar Free Pumpkin Pie

Hot: Szechuan Beef

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

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: Roasted Chicken

Green Beans, Garden

Breast over Penne Pasta.

Unsalted Italian Dressing

Bread, Lettuce & Tomato,

Creamy Cucumber Salad

Marinara Sauce, Green Bean

Kale Salad w/ Diced Chicken

Tomatoes, Cucumbers, and

Dessert: Fresh Banana

Hot: Cheese Ravioli &

French Dressing

Macaroni Salad

Dessert: Peaches

Almondine, Garlic Bread.

Cold: Diced Turkey Salad

Sandwich on Whole Wheat

Red Bell Pepper Rings, &

Hamburger Bun w/LS Cheddar

Cheese, Lettuce Leaf, Tomato,

Salad w/Red Onions, RF Ranch Cold: Seafood Salad on a Butter Croissant w/ Lettuce & Tomato, Red Pepper Rings, Broccoli Slaw w/ Celery & Yellow Onion

Friday

Dessert: LF Strawberry Greek

Hot: Fried Flounder on a 15 Wheat Hamburger Bun, Brussels Sprouts, Baked French Fries

Cold: Grilled Chicken Strips Salad w/ Unsalted Walnuts, Caesar Salad Pasta Bowl w/ Romaine Lettuce. Tomatoes. Rotini Pasta, Romaine Lettuce, Cucumbers, Red Onions, RF Turkey Bacon, Hard Boiled Egg, Tomatoes, Red Onions, Red Cold: Egg Salad on Wheat Bell Pepper Rings, Parmesan Cheese, Caesar Dressing

Dessert: NF Blueberry Greek

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

CENTER CLOSED IN OBSERVANCE OF Thanksgiving

Hot: Baked Chicken Legs 29 Fresh Sweet Potato, Green Beans, Chopped Romaine Salad, w/ Carrots, Tomatoes, Cucumbers & Red Bell Pepper

Cold: Shrimp Slaw Salad over Cooked Rotini Pasta w/ Broccoli Carrots, Red Cabbage & Oriental Dressing, Cucumber & Tomato Salad Dessert: SF Vanilla Pudding

Note: Menus Are Subject To Change