

# **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

# Dear PSC Arts Members,

National Volunteer Week 2025 is from April 20th-26th, I am excited to highlight this year's theme: "Connecting Communities." This theme perfectly encapsulates the incredible impact our volunteers have in creating a welcoming and inclusive environment here at PSC Arts. Volunteering is more than just offering time; it's about forging connections, fostering a sense of belonging, and helping to build a flourishing community.

The week of April 21st through 24th we want to shine a special spotlight on our amazing volunteers who contribute selflessly to our center. Whether it's in the café, meal desk, class instructors, advisory council members, or friendly callers, their efforts play a critical role in making our space vibrant, supportive, and full of life. We are truly grateful for all the time, energy, and kindness PSC Arts Volunteers share with us.

To celebrate PSC Arts volunteers dedication, we've planned a series of fun and meaningful events throughout the week:

- 21st Monday: Taco Day at 1:30 PM in the GreenBean Café
- 22nd Tuesday: Make it & Take It with Sheena in the Art Studio at 10 AM
- 23rd Wednesday: Sherbet & Pretzels at 1:30 PM in the GreenBean Café
- 24th Thursday: Volunteer Recognition Luncheon on the 2nd Floor, 1:30 PM – 3 PM

The staff at PSC Arts want to take this opportunity to express our sincere gratitude to all our volunteers. Your commitment to serving your peers and supporting the staff here at PSC Arts is truly invaluable. You make a difference, and we are incredibly fortunate to have you as part of our community.

Thank you for everything you do, and I look forward to celebrating you the week of April 21st.

Warm regards,

Julie Nelson Center Manager

into@newcourtland.org 512-246-2879

74191 A9 , siddlabslid9 509 South Broad Street







Monthly Events and Activities for Members



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

# April 2025

# **IN-CENTER COUNSELOR'S CORNER**

# **Exciting News for Seniors in Need!**

Hello. I am Tanisha Smith, the new Center Counselor at PSC Arts. While I've had the pleasure of meeting some of you already, I'm thrilled to connect with each of you in the days ahead!

I have some fantastic news to share, and I urge you to read carefully if you or someone you know could benefit. If you're 60 or older and facing a financial emergency, there's help available through PCA's **Emergency Fund** for clothing, food, oil, and utility shut off notices. This is specifically for seniors who have limited financial resources, are struggling to make ends meet and are faced with a financial emergency.

To gualify, you must be 60 or older, have a monthly income of **\$2,282** or less for singles (\$3,084 or less for couples), provide proof of income, and show a valid ID with your current address. This annual fund is here to support those in **critical need**, helping to ease the burden of essential purchases like food, clothing, or oil when unable to afford due to a financial emergency.

If you think you might qualify or want more details, don't hesitate to reach out! Call us at 215-546-5879 and ask to speak with the Center Counselor. I am here to assist you!

I look forward to working with all of you and ensuring that you have the support you need.

# Tanisha Smith

# **Volunteer Appreciation Week** (FOR PSC ARTS VOLUNTEERS ONLY)

# April 21-April 24, 2025

- Monday, 1:30pm: Come and make your favorite tacos in the Green Bean Internet Café at 1:30pm
- Tuesday: Make It Take It/Earth Day! with Sheena, Art Room, 10am-12pm
- Wednesday: Sherbet and Pretzels, GreenBean Internet Café, • 1:30pm
- **Thursday:** Volunteer Recognition Luncheon, 2nd Floor Rooms A&B, 1:30-3:00pm (Please RSVP at the Program Window)









ww.PhilaSeniorCenter.org

# **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 don't 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. Discussions are confidential. Room B. No Fee **INTERMEDIATE COMPUTER • 10AM-12PM** Thru 3/10. 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

# TUESDAYS

BIBLE STUDY • 10-11:30AM 2nd Floor Auditorium or Conference Call: 1-617-769-8590. 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

w/Gloria Kingcade Rooms A & B Cost: 2 Coupons

# **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

### **WEDNESDAYS CHI KUNG • 10-11AM**

Room A or Zoom. Cost: 2 Coupons Zoom ID: 860 2531 6103 Call In #: 1-646-558-8656 **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 Fl 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 equipment with a Certified Trainer. 2nd Fl. Fitness Center. Cost: No Fee

# **FRIDAYS**

# **GENTLE MOVEMENT EXERCISE** • 10-11:15AM Room A. Cost: 1 Coupon **OPEN CERAMICS STUDIO • 10AM -1PM** Art Studio. Cost: No Fee TAI CHI • 11:15AM-12PM Room A. Cost: No Fee BINGO • 12:30-1:30PM Room B. Cost: No Fee SIT & BE FIT • 1-2PM

Room A. Cost: No Fee

Room B. Cost: No Fee

Learning ways of exercising while seated.

with Ms. Barbara Richman

# **Special Events**

### **DOLLAR DAY! WITH SHEILA** Wednesday, April 2, 10am-3pm • 1st Fl. Lobby (1st Wed of month) Prices vary.

# AARP TAX PREPARATION

Every Wed. thru April 9, 10am-2pm • Room B You can drop off your tax information on Tuesdays 1-3pm front desk, if not available for a Wednesday appointment. Schedule at the Program Window.

### HAPPY HATTERS SOCIAL SOCIETY **RED HATTER MEETING** Wednesday, April 2, 1-3pm • Auditorium (1st Wed of month)

**GENERATIONS ONLINE AI FOCUS GROUP** FOLLOWUP

Wednesday, April 2, 1pm • Room A

NUTRITION FOR SENIORS w/ Divine Sources - Rev. Solan Thursday, April 3, 11-11:30am • GreenBean Café

**Community Legal Services of Phila. presents:** PROTECT YOUR HOME LEGACY Friday, April 4, 12-1:30pm • 2nd floor Auditorium

HEALTH DEPARTMENT TABLE Weds, April 9 & 23, 11am-1pm • 2nd floor lobby

SEPTA ACCESS (CCT) Q&A SESSION w/ Taheer Selbon Wednesday, April 9, 1-2pm • 2nd floor Auditorium

FINDING HEALTH INFORMATION ONLINE with Katarina, Temple Public Health Intern Monday, March 17, 1-2pm • Room A Learn how to use the internet to find health info.

Patina Presents: "MUSIC AND MEMORIES" Wednesday, April 16, 1-2pm • Room A

LAW EDUCATION PROGRAM JURY SUMMONS WORKSHOP w/ Patric Martin, commissioner Thursday, April 17, 1-2pm • Room A

HEALTH INITIATIVE WITH PENN MEDICINE Wednesday, April 30, 1-2pm • 2nd floor Room A Neurological health presentation.

# **Trips - Sold Out**

NOAH at Sight & Sound Theater Thursday, May 8, 2025 • Depart at 10am Hershey Farms Family Style Luncheon 12 noon. Show at 3pm. Depart at 5:45pm arrive back at the center 7:45pm \$166.00 Silver Membership \$168.00 standard & 55+ membership.

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

Receive \$20 in Slot Play & Food Voucher. 3pm show 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.

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.

# MONDAY

### WE TUESDAY



Mushrooms & Onions,

Whole Wheat Dinner Roll

Cold: Seafood Salad on a

Boiled Egg, Cucumber &

w/ Sauteed Onions and Green

Romano Beans, Romaine Salad

Peppers, Au Gratin Potatoes.

w/Chopped Tomatoes and

Cold: Tuna on Pita Bread,

Shredded Romaine Lettuce,

Diced Tomatoes & Onions,

Dessert: Mandarin Oranges

Breaded Veal Patty with

Tomato Sauce, Grated Low

Macaroni Salad

Dessert: Orange



### Less Fat Sour Cream, Wax beans, Baked Potato w/Skin Cold: Grilled Chicken Strips Pasta Cold: Turkey & American Salad w/ Turkey Bacon, Unsalted Walnuts, Baby Spinach Salad w/ Cheese Hoagie w Shredded Cherry Tomatoes Red Onion Lettuce, Tomato, Red Onion, Feta Crumbles, RF Unsalted Italian Mayo, Potato Salad Dressing **Dessert:** Fresh Apples Dessert: Pineapple Chunks Hot: Smothered Pork 29 Hot: Be Hot: Baked Rosemary 28 Chicken Leg, Baked Sweet Chops w/LS Gravy, Glazed Steak O Carrots, Mashed Potatoes, Mixed V Potato, Steamed Peas Cold: Vegetarian Salad Tossed Salad Platter w/Baby Spinach, Cold: Tuna Salad on Kale, Celery Sticks, Carrot Wheat Bun, Tomato, Sticks, Cucumber, Green Cucumber Salad, LS Dill Bell Pepper Rings, Cherry Pickles Tomatoes Dessert: SF Strawberry Jell-O **Dessert:** Diced Pears

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

BOOK CLUB • 1-2PM

JEFFERSON ON HEALTH

# **Healthy Eating: April**

EDNESDAY	THURSDAY	FRIDAY
eef Pepper 2 Over Brown Rice, Vegetables urkey and Cheese heat Bun, Potato t: Fortune Cookie	Hot: Ground Turkey w/ 3 Spaghetti Noodles, Steamed Broccoli, Garlic Bread, Tossed Salad Cold: Roast Beef & Swiss Cheese on Rye Bread, Coleslaw Dessert: Mandarin Oranges	Hot: Baked Flounder, 4 Stewed Tomatoes, Macaroni & Cheese, Kale Salad Cold: Egg Salad on Wheat Bread, Red Onion, Red Pepper Rings, Three Bean Salad Dessert: Mixed Tropical Fruit

Hot: Corned Beef & 9 Cabbage, Fingerling Potatoes, Tossed Salad w/Romaine, Tomatoes, Cucumber, Carrots, Italian Dressing Cold: Chicken Salad & LS Mozzarella on Wheat Bun w/LS Chickpeas, Rotini Pasta Lettuce Leaves, Tomato, Diced Celery, Diced Onion, Red Bell Pepper Rings Dessert: Fresh Pear	Hot: Roasted Turkey Breast w/ LS Poultry Gravy, Cornbread Stuffing, Green Beans, Spring Mix Salad w/ Tomatoes, Cucumber, Red Bell Pepper Rings & Shredded Carrots Cold: Tuna Salad & American Cheese on Wheat Bun, Lettuce, Tomato, Carrot Raisin Salad Dessert: Banana	Hot: Breaded Pollock 11 Fillet on a Wheat Bun, Baked Fries, Brussels Sprouts Cold: Turkey and Cheese Sandwich, Lettuce, Tomato, Red Bell Pepper Rings Dessert: Sugar Free Chocolate Pudding
Hot: Grilled Chicken 16 Strips Lo Mein w/Carrots, Chopped Green Onions, Shredded Boiled Cabbage, Broccoli, Red Bell Peppers & Mushrooms, Fortune Cookie Cold: LS Roast Beef & Swiss on Rye Bread, Coleslaw, Lettuce, Tomato, Mayo Dessert: Fresh Apple	GOOD FRIDAY FESTIVE MEAL Turkey Ham, Green Beans Mashed Potatoes, Applesauce, Wheat Dinner Roll w/Butter	18 Center Closed in Observance of GOOD FRIDAY
Hot: Breaded Chicken Patty, Boiled Spinach, Corn on the Cob, Cornbread & Margarine Cold: Turkey Breast Chef Salad w/ Hard Boiled Egg, Romaine Lettuce, Tomatoes, Carrots, Cucumber, Red Onion, Avocado, Croutons, LS Mozzarella Cheese & French Dressing Dessert: Cantaloupe Cubes	Hot: Sweet & Sour Diced Pork, Brown Rice, Hard Boiled Egg, Oriental Blend Vegetables, Romaine Salad w/ Croutons, Caesar Dressing Cold: Grilled Chicken Strips Ceasar Salad w/ Hard Boiled Egg, Romaine Lettuce, LS Croutons, LS Parmesan Cheese, Carrot Raisin Salad, Whole Wheat Dinner Roll Dessert: Unsweetened Applesauce	Hot: Baked Meatloaf, Mashed Potatoes, Mixed Vegetables Chopped Kale Salad w/Chickpeas & Chopped Red Onion Cold: Tuna Hoagie on Whole Wheat Roll w/ Shredded Lettuce, Tomato, Red Onion, Red Bell Pepper Rings, Pickled Beets Dessert: SF Vanilla Pudding
Hot: Beef Pepper 30 Steak Over Brown Rice, Mixed Vegetables Cold: Turkey and Cheese on a Wheat Bun, Potato	HAPPY	

Dessert: Fortune Cookie

Salad