



Philadelphia Senior Center

509 South Broad Street
Philadelphia, PA 19147

Address service requested

Tioga Branch

1531 W. Tioga Street
P.O. Box 100 • Philadelphia • PA 19140

Coffee Cup

Asian Pacific Senior Resource Center
247 South 10th Street
Philadelphia • PA 19107

www.philaseniorcenter.org



United Way
of Southeastern Pennsylvania
Community Partner

PSC Donor choice
#000095

Philadelphia Senior Center is funded by the Pennsylvania Department of Aging, the Philadelphia Corporation for Aging, the United Way, corporations, foundations and individuals.

COFFEE EXHIBITION '60th ANNIVERSARY BLEND' RAISES THOUSANDS

More than 200 people attended the "6th Coffee Cup Exhibition & Reception" on Thursday, May 14, 2009 at Philadelphia City Hall. The event and campaign raised over \$36,000 NET to fund services at all three PSC locations, as well as programs in the community. The "Coffee Exhibition" was presented with support from exclusive host sponsor, EXIT REALTY, "The Waterfront Group."

The evening's festivities were centered around artwork by 37 artists from Philadelphia Senior Center, as well as the greater community. Other highlights included desserts and sweets by the Classic Cake Company; live music from the Doug Machiz Quartet; coffee from Starbucks; beer from Philadelphia Brewing Company; and an extensive auction featuring 100 prizes.

Thank you to the entire Coffee Exhibition Planning Committee. Special thanks to committee member Jean Machiz, who was recognized with a special award created by PSC artist Ruthie Levikoff.

To make a donation, call (215) 546-5879, ext. 277, or visit the Program Window. (Donor list on page 3.)

NBC 10 Anchor/Consumer Reporter Tracy Davidson (left) received an award on behalf of her work in the community and with seniors in the region.

Host sponsor Marie Bontiago, owner/REALTOR® EXIT REALTY "The Waterfront Group" (right) received a special award created by PSC artist Mina-Smith Segal.



Senior artists from PSC's "Arts on the Avenue Program" exhibit their work at the Coffee Cup Exhibition. Artists and students pose here with current and former instructors at the event. Photograph courtesy of Mary Anne Reilly.

PSC Newsline

Philadelphia Senior Center

July/August 2009

Accredited by the National Institute of Senior Centers

PHILADELPHIA SENIOR CENTER AFFILIATES WITH NEWCOURTLAND

The Philadelphia Senior Center (PSC) will become a proud member of the NewCourtland Network (www.newcourtland.org). PSC, one of the largest and the oldest senior centers in Pennsylvania, was founded in 1949. NewCourtland is a Philadelphia-based non-profit senior services provider that reaches back over 150 years in its work to enhance the life of older Philadelphians. Joint activities begin during July.

This affiliation between two renowned and respected organizations will strengthen both in their common mission. PSC's board of directors, in consultation with management, made a decision that it is the best interest of PSC's senior members and staff to become part of a larger organization. Both Bob Groves, PSC's CEO and Dawn Prall George, Board President, have expressed confidence that the level and quality of services will be maintained and that changes will only come in the form of positive enhancements to PSC's programs.

(continued on page 2)

UNITY DAY

Friday, August 21 10:00am-2:00pm
Main Branch, 509 S. Broad Street

PSC members from all branches are invited for a day of fun, entertainment, and a barbecue lunch. Tickets are required due to limited seating. They're available at the Program Window of Main and Tioga Branches. First come, first served. For information, please call (215) 546-5879, ext. 209.

On Sale: July 1

Cost: \$ 1.25 Suggested Contribution for Lunch

CLASS BREAKS

Some of PSC's classes take breaks during the summer. Some classes on a break include the following, check the weekly for a complete list:

Tap and Ballroom Dance – on break July and August (returning September 3)

Chorus – on break July and August (returning September 3)

Advisory Council – on break July and August (returning September 2)

Drama Class – on break July & August (returning September 8)

60th ANNIVERSARY GALA & DANCE "THERE'S NO PLACE ANNIVERSARY LIKE PSC"

60TH
ANNIVERSARY
EVENT

Friday, October 16
5:30pm VIP Party,
6:30pm Dinner
**Penn's Landing Caterers/ Sheet Metal
Workers Local Union Building**
1301 S Columbus Blvd
Philadelphia, PA 19147

Close your eyes, tap your heels together and say, "There's No Place Like PSC!" Travel down the yellow brick road to PSC's "Land of Oz" for our 60th Anniversary Celebration. Start the evening with VIP reception, complete with open bar and lavish hors d'oeuvres. (VIP tickets sold separately.) Enjoy a sit-down dinner and dessert. Dance the night away with live music. Enjoy a special anniversary multi-media presentation, including "60 Years of Stories."

Cost: \$60 Dinner Ticket (55 and Older), **\$100 Dinner Ticket** (Under 55), **\$160 VIP Ticket** (Includes Name Listing, VIP Reception with Open Bar, Anniversary Gift, More), **\$30 Name Listing**, Sponsorships Also Available.

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SPECIAL EVENTS

STREET PARTY

Monday, July 27 –

Friday June 31

11:00am – 2:00pm

Broad Street Sidewalk

Celebrate our "Beat the Heat" campaign and our 60th anniversary. Enjoy discounted water ice, hot dogs, soft pretzels, soda, and more! Presented by: PSC Booster Club.

CARIBBEAN CARNIVAL

Friday, July 10

1:00pm – 3:00pm

Rooms A, B, C

Join PSC as we bring the islands to you. Features music, dancing, and some Caribbean refreshments. Registration required at the Program Window.

On Sale: June 1

Cost: \$3

SUMMER SOCIALS SERIES

Scooping Up Flavors from 1940s Ice Cream Parlors! Register at the Program Window.

Thursday, July 23

1:00pm • Room A

Your choice of root beer, orange and cola floats with vanilla ice cream. **Cost: \$1**

Thursday, August 20

1:00pm – 3:00pm

Rooms A,B,C

We're throwing a party this summer! Make your own banana splits! Cool off with a refreshing treat. Dance the afternoon away with tunes from our favorite DJ. Win great door prizes. **Cost: \$3**



Philadelphia Senior Center
 509 S. Broad Street
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 www.philaseniorcenter.org

Main Branch (215) 546-5879
 Tioga Branch (215) 227-9999
 Coffee Cup (215) 627-8048

ADVISORY COUNCIL

John Keels
President

Luvenia Black
Vice President

Florence Charman
Secretary

Frances Delgado
Treasurer

Class Representatives

- Thomas "Teddy" Coyle
- Bernice Domard
- Betty Garner
- Kathleen Herbert
- Grace Jackson
- Ruthie Levikoff
- Ernest Lucas
- Hattie Mandville
- Ramona G. Mapp
- Catherine Myers
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- Elizabeth Ward
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- Missouri Grier
- Mary Jackson
- Helen Lahr
- Elizabeth Lassiter
- Barbara Mauldin
- Delores Slaughter
- Mary Ann Wallace

Mission: To advance the well-being and personal growth of all persons age 55 and over in Greater Philadelphia by connecting them to services and resources to learn, grow, and discover new ways to be actively engaged in living.

Newsline is a bi-monthly publication published by PSC for the benefit of more than 2,000 older adults in the Philadelphia region. Newsline receives support from Philadelphia Corporation for Aging, and **State Representative Babette Josephs**.

Greetings from the CEO

This edition of Newsline marks a historic and exciting turning point in the life of Philadelphia Senior Center (PSC). As our lead story indicates, PSC is becoming a proud new member of the NewCourtland Network. It is most fitting that we enter this affiliation in our 60th year of service with its theme "There's No Place Like Home."

NewCourtland has a stellar reputation for positive service to Philadelphia's older adults. They have been expanding and intensifying their commitment to community-based services. PSC's wide array of such services via our centers and home based programs is a well-suited complement to NewCourtland's emphasis on high quality care as well as cutting edge technology and unique senior housing solutions. We will help them expand their reach and they will enable us to continue as a viable, financially strong provider of comprehensive services and programs for seniors.

I am very proud of the work that takes place each day at PSC. Maintaining, let alone expanding, our impact is a very serious challenge in today's environment. By affiliating with the NewCourtland Network, I believe that PSC has made the best possible choice to ensure we not only survive, but thrive, for many more years beyond our 60th anniversary.

Robert J. Groves
 Chief Executive Officer

(continued from page 1)

PHILADELPHIA SENIOR CENTER AFFILIATES WITH NEWCOURTLAND

NewCourtland's mission is centered on community services, affordable senior housing and nursing homes. NC puts priority on supporting new models of care and services that combine highly trained and compassionate staff, with easy to use assistive technology and supportive services. Among their most recent new initiatives was the opening of Pennsylvania's first housing units devoted to older adults who have come back to the community from a nursing home. Among their other areas of service are home health care and a LIFE center for nursing home eligible seniors who still live in their homes. In 2008 NewCourtland added the Lehigh and Spring Garden senior centers to their network.

PSC, which serves over 5,000 seniors and their families annually, brings its three senior centers as

well as its home and community based services to the network. Key among these services is an In-home Support Program for the homebound, a unique Financial Management Service for needy seniors and the Services on Site (SOS) program. SOS provides a wide range of service coordination and social work interventions in twelve senior housing developments throughout Philadelphia.

PSC's affiliation with NewCourtland will enable it to move confidently into the future. It is anticipated that current programs and facilities will be bolstered and new ventures on behalf of older adults will become a reality. For example, PSC's computer labs and educational offerings will be upgraded and classroom space will be enhanced. PSC members and staff can look forward to a brighter future. Emphasis through September will be a seamless transition for all concerned.

60 YEARS OF STORIES: PSC PARTNERS WITH LASALLE UNIVERSITY ON DIGITAL STORYTELLING PROJECT

Sixty Years is a very long time. Despite the fact that the Philadelphia Senior Center has been delivering on its mission the entire time, a lot has changed in those years.

Since the New Year began, The Philadelphia Senior Center has been taking steps to mark its 60-year anniversary and create ways to preserve the center's rich history. After a few short months, it became apparent that we had created an initiative that will live on for another 60 years and beyond –our Digital Storytelling initiative.

Storytelling is a tradition that began when man first started speaking. It's human nature for people to describe what they see and experience, so stories are an integral part of everyday life. Everyone has a story to tell. In many cases, it's the people that have lived the longest that share the best stories, so we wanted to give the seniors at the center a chance to share theirs.

Through a partnership with LaSalle University, PSC was able to capture the many stories of the PSC's seniors, staff and volunteers. A lot can be learned from simply listening, and the LaSalle students got to do a lot of it.

The pairing of stories about the "good old days" with a technologically-advanced way of delivering them was a remarkable thing to witness.

Kicking things off with a trip to PSC on a Saturday morning in February, the LaSalle students were introduced to several seniors, the staff and volunteers. The entire group viewed several digital stories the students had already produced for their class, which gave the seniors their first glimpse into the project in which they'd be participating. After the introductions and description of the process, the work began. It was an exciting day and you could see how eager the students and seniors were to work together and get started.

In this Digital Storytelling process, the students first electronically recorded the audio

of the stories. Next, the storytellers provided photos that visually represented their story in one way or another. The photos offered images ranging from the Philadelphia skyline to the close friendships between people from the past. The photos were then put into a video slideshow and the audio from the stories was laid overtop.

"We were very excited to hear that we'd be working with the seniors of the Philadelphia Senior Center and capturing all of their stories," said Michal Wilczewski, a student at LaSalle and participant in the project. "It was a great opportunity to preserve the stories of people that lived such interesting lives."

What resulted was the perfect mix of old and new. It was the a means to use modern day technology to capture stories from as long ago as the 1940s –a time when the word "digital" didn't even exist. The Digital Storytelling campaign brought a smile to the faces of all that participated and is sure to do the same for all that are fortunate enough to watch and listen to these meaningful stories.

The stories now have a way to live another 60 years and beyond and will never be forgotten. Stories will be used as part of the 60th Anniversary Campaign. You can access the digital stories at www.philaseniorcenter.org or you can order a DVD of the stories by calling (215) 546-5879.

PSC would like to thank all of the participating students from LaSalle that dedicated countless hours. Additionally, PSC would like to acknowledge the efforts of

Marjorie Allen, professor of the Leadership and Global Understanding Capstone class for allowing us to work with her very generous students. Tre Whitlow, Director for the Digital Center for Urban Experience played an integral role in the recording of stories and documenting the entire process on video.

We'd also like to thank all of the seniors, PSC staff and volunteers that also kindly offered to share their stories with us.

*By Owen Murphy,
PSC Public Relations Chairperson*



Sean Hand works with Barbara Rittenhouse on her digital story.

THANK YOU TO ALL WHO MADE THE DIGITAL STORYTELLING PROJECT POSSIBLE

STUDENTS, FACULTY & SPECIAL ACKNOWLEDGEMENTS:

Marjorie Allen
Kory Michael Aversa
Jon Caroulis
Matthew Connell
Christa Dominick
Jennifer Feden
Preston Feden
Sean Hand
Mark Howell
Dana Lopez-Spiller
Owen Murphy
Stella Pressman
Elizabeth Provenzano
Anna Thomasson
Bob Vogel
Sarah Werth
Tre Whitlow
Michal Wilczewski

PARTICIPANTS:

DeJohn Baptiste-King
Elba Baldinger
Marie Bontiagao
Teddy Coyle
Joseph Edwards
Missouri Grier
Bill Hartie
Mary Greer
Rasheedah Greer
John Keels
Jackie King
Martin Krasner
Christine Lee
Ramona G. Mapp
Bernice Moore
Beatrice Newkirk
Lawrence O'Connor
Barbara and Tom Rittenhouse
Helen Sunga
Bobby Williams

Health & Fitness



Featured Program

NEW!

DIABETES SUPPORT GROUP

2nd Wednesday of Every Month Starting July 8
1:00pm • Lindquist Hall

Move to the Music

BALLROOM DANCING

Thursdays
11:00am
Cost:

ON BREAK

LINE DANCING

Wednesdays and Fridays
1:15pm
Rooms B & C
Cost: 2 PSC Coupons

TAP DANCING

Thursdays
10:00am
Room
Cost:

ON BREAK



PODIATRISTS

Wednesday, July 29
11:00am • Room B



CHAIR MASSAGE

Thursday July 14
Thursday, August 18
11:00am • Linquist Hall

If you have some stress and want to relax, come and get a chair massage! Even five minutes of massage to the neck, back, arms and hands can increase circulation, improve energy levels and can help keep the body injury-free.
Cost: 2 PSC Coupons for a five-minute massage.

CHI KUNG

Tuesdays
10:00am • Lindquist Hall

Chi Kung is a Chinese exercise system that combines movement with calm and gentle breathing exercises, providing peace, harmony, strength and health, while increasing your flow of energy.
Cost: 3 PSC Coupons



SILVER SNEAKERS

Tuesday 2:00pm • Rooms A & B
Thursday 1:00pm • Lindquist Hall

The Silver Sneakers classes offer multi-level equipment based strength and conditioning exercise designed for adults. The classes are easy on your joints and appropriate for individuals who exercise regularly as well as those new to exercise or who may not have exercised in years. Registration for this class is required and paperwork is available at the Program Window.
Cost: FREE with Keystone or Bravo Insurance, all others 1 PSC Coupon

STRETCH AND TONE

Monday 1:00 pm • Rooms A & B
Wednesday 1:00 pm • Room A

This one-hour workout will focus on stretching, flexibility, balance, low impact aerobics and strength training exercises. Join Edwina Roberts as she leads this new class! Provided by PCA. **Cost: FREE**

T'AI CHI

Mondays 1:00pm • Lindquist Hall

T'AI Chi is an ancient martial discipline which promotes health and spiritual well-being. T'AI Chi develops sharp mental focus and concentration. It improves respiration, digestion, range of motion, muscle tone, balance and flexibility. Improve your balance and develop your movement skills.

Cost: 3 PSC Coupons

REV UP

Wednesdays and Fridays
10:00am • Room C

Wednesday is "Wild Card Wednesday Rev-Up!" On Wednesdays, a different low-impact exercise tape designed specifically for seniors will be shown. Now is a great opportunity to try something with fresh new music, moves and motivation! Fridays Rev-Up tape will remain the same. **Cost: FREE**

YOGA

Wednesdays 11:00am • Room C
Fridays 11:00am • Room C

Yoga combines breathing, exercise, stretching and meditation for a full body work out. Yoga increases flexibility and strength, tones the body, reduces tension and boosts energy. Floor mats, straps and blocks are provided.
Cost: 3 PSC Coupons

THANK YOU TO 6TH COFFEE CUP EXHIBITION SPONSORS

(Continued from back cover)

EXCLUSIVE HOST SPONSOR



EXIT REALTY
"The Waterfront Group"

PREMIUM ROAST SPONSOR

Barbara and Tom Rittenhouse

COFFEE CLUB SPONSORS

Cozen O'Connor
PENN Capital Management
The Yorkhouse

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LATTE SPONSORS

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Mrs. Catherine Stewart
Drita S. Taraila
Dwayne Wharton

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Classic Cake Company
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PPhGroup
Philadelphia Brewing Company
Sofitel Philadelphia Luxury Hotel
Scott Sullivan - Acorn Design Group
Starbucks
Tracy Davidson & NBC 10
Whole Foods Market

VOLUNTEER OPPORTUNITIES

BOOSTER CLUB MEETING

Wednesday, July 1
Wednesday, August 5
12:45pm - 1:45pm
Lindquist Hall

Help plan upcoming Booster Club projects and discuss year-round volunteer projects. Make suggestions about volunteer projects in the community. Network with other volunteers.

BEAT THE HEAT TENT

Monday, July 27 -
Friday, July 31
11am - 2pm
Broad Street Sidewalk

Help promote the 60th Anniversary and raise funds at the annual Beat the Heat tent. Volunteer to work the tent in two hours shifts. Call Helen Sunga at (215) 546-5879 to sign-up.

SCHOOL SUPPLIES FOR FOSTER CHILDREN

August 1-August 14, Collecting supplies at Main and Tioga Branches
Friday, August 14
12:30pm-2:30pm
Lindquist Hall

Help foster children, children in the adoption system and abused children when they go back to school in the fall. Donate new school bags, and school supplies. We need volunteers to help assemble the bags.

BSM SILVERWARE WRAPPING PROJECT

Monday, July 20
Monday, August 24
2pm-3:15pm
Art Studio

Help Broad Street Ministries' Community outreach dinner by preparing utensil packets.

PSC HONORS 700 VOLUNTEERS

Philadelphia Senior Center celebrated "National Volunteer Week" between Monday, April 20, 2009 and Friday, April 24, 2009.

Festivities celebrated the accomplishment of more than 700 volunteers who contributed more than 21,000 hours to PSC during the past year. Festivities included a kick-off party, mentoring discussion, and introduction to the Booster Club.

The week ended with the "Shining Stars Breakfast: 60th Anniversary Edition." At the breakfast, volunteers who contributed more than 250 hours of service to PSC during the past year received a special new award, "Volunteer of the Year," in memory of former Assistant Director Diane Reed-Small. Pennsylvania State Senator Lawrence M. Farnese presented seniors with this special honor.

"Corporation of the Year" awards were presented to EXIT REALTY "The Waterfront Group," Independence Blue Cross, and the Sofitel Philadelphia Luxury Hotel. Martin Krasner was honored as the overall "Volunteer of the Year." Thanks to all of our "shining stars!"



Highlighted Programs

BINGO

Tuesdays 12:30pm • Room C
Join us and win prizes!

CHAT & CHEW

Wednesday, August 26
1:00 pm • Lindquist Hall

CONSTITUTIONAL HERITAGE

Thursdays
2:00pm • Lindquist Hall
Come and discuss the Constitution and its role in America. PSC Member John Keels leads this class.
Cost: FREE

DRAMA

Tuesdays 1:00pm
Lindquist Hall

Join Jo "star." as veteran performers.

Cost: 2 PSC Coupons

FRENCH

Wednesdays
2:00pm • Lindquist Hall

Join Lu class.

Cost: FREE

FRENCH - Beginner

Wednesdays
10:00am • Lindquist Hall

Start ba Michele

Cost: FREE

SING-A-LONG

Fridays 12:30pm • Room A

No need to sing well or even carry a tune. Everyone is welcome. **Cost: FREE**

SPANISH

Thursdays
10:30am • Lindquist Hall

PSC Member leads the class.

Cost: FREE

TOWN MEETING

Tuesday, July 7
Monday, July 20
1:00pm • Room C



Arts on the Avenue

CERAMICS

Tuesdays 12:30pm – 2:30pm
Art Studio
Fridays 10:00am – 12:00pm
Art Studio

Join Lorraine Charowsky and Lana Heckendorn for a fun class. Everything is done freehand – no molds – and then fired in the kiln. No experience necessary and all supplies are included except for clay.

Cost: 5 PSC Coupons per class. Cost for Clay: \$17 for each 25 pound bag of clay. Pay for clay in advance at Program Window.

CRAFT CORNER

Tuesdays 10:00am
Art Studio

Enjoy crafts such as yarn art, plastic canvas, beadwork and woodcrafts. Elizabeth Cason leads this class.

Cost: 2 PSC Coupons
(materials provided)

DIGITAL PHOTOGRAPHY CLUB

Mondays
1:00pm
Room B

Join photographer Eileen Eckstein as she helps you to explore how to take better pictures. Learn how to use camera features on digital cameras. Bring your own camera or use PSC's loaner camera.

Cost: FREE (Printing supplies extra)

DRAWING/MIXED MEDIA

Mondays
10:00am-12:00 Noon
Art Studio

This class is open to all levels of instruction. Still life models are also used. Materials provided or bring your own

Cost: 3 PSC Coupons

KNIT & CROCHET

Tuesdays 10:00am
Room C
Cost: FREE

PAINTING

Thursdays
10:00am-12:00pm
Art Studio

Structured class setting includes work with models and still life. Class is lead by Ruslan Khais. Materials are provided or bring your own.

Cost: 3 PSC Coupons

STAINED GLASS

Monday
10:00am-12:00pm
Room C

Make beautiful tiffany style lamps, window catchers, and more. Dennis Tate leads this class. Materials are provided.

Cost: 4 PSC Coupons



THRIFTY VALUE TOUR AND GIVEAWAY AT WHOLE FOODS MARKET

Wednesday, August 19
1:00pm

Meet at PSC to Walk to WFM

Whole Foods Market, 929 South Street, is offering members of Philadelphia Senior Center a free values tour. Faced with rising food prices and a national recession, Whole Foods wants to show seniors through their aisles of natural, sustainable and organically made goods to highlight bargains. On the tour, they will also highlight overall strategies for cutting grocery costs. Each person will receive a free goodie bag and one lucky person will get \$100 worth of free groceries. The tour is limited to the first 25 persons who sign-up. Register at the Program Window.

Cost: FREE



Travel Time



TASTE THE FLAVOR OF VERMONT

Monday, August 31 – Thursday, September 3

Bus Departs PSC: TBA

Returns PSC: TBA

Enjoy three nights lodging, three breakfasts, luncheon at the Waybury Inn, two full course dinners, a welcome Reception, "New England Cooks" interactive Talk Show, and maple tasting at Morse Sugar Farm. Savor the flavor of Green Mountain Coffee. Visit the Vermont Country Store. See the Pulp Mill Double Covered Bridge. Enjoy a tasting at the Otter Creek Micro Brewery. Sample cheeses at the Neighborly Farm. Tour the Vermont Teddy Bear Factory. Enjoy evening entertainment. Visit the Mohegan Sun Casino en route home.

Cost includes souvenir gift, luggage handling, taxes, gratuities, and motor coach transportation.

Cost: \$498 per person

(Double occupancy)

Deposit: \$100 with reservation

On Sale: Now

PAYMENT POLICY

Payment in full is due at registration, unless it is specifically noted that a deposit can be accepted. We are not able to save any seats. Mail-in registration for trips is accepted with payment. Mail-ins are processed after the Program Window closes on the first day the trip is on sale. If a trip is sold out, your check will be returned to you. Thank you.

REFUND POLICY FOR TRIPS

Please ask for and read over PSC's official trip refund policy before purchasing any tickets to any PSC trip. Policy is available at the program window.

DINING AROUND

CRACKER BARREL

Plymouth Meeting, PA

Wednesday, July 22

Depart PSC: 10:30am

Return PSC: 12:45pm

We will travel on our mini-bus to Cracker Barrel Restaurant for a hearty, made-from-scratch, home-style lunch! Lunch will be on your own.

On Sale: Now

Cost: \$10 (for transportation)

TARGET & T.G.I. Fridays

Cityline Ave., Philadelphia

Tuesday, August 18

Depart PSC: 10:30am

Return PSC: 3:30pm

Shop at Target and enjoy lunch on your own at T.G.I. Fridays or go to neighboring Chipotle Grill, California Pizza Kitchen, Pei Wei Asian Diner, or Potbelly Sandwich Works.

On Sale: Now

Cost: \$8 (for transportation)



CASINO TRIPS

TRUMP PLAZA CASINO

Thursday, July 9

Depart PSC: 9:00am

Return PSC: 5:30pm – 5:45pm

Enjoy a day at the casino or shop and walk the boardwalk. The Trump Plaza Casino offers some of the newest slots available as well as a host of table games including Blackjack, Craps, Roulette, Baccarat, Big Six, plus Caribbean Stud Poker, Let it Ride, Three Card Poker and Spanish 21.

Bonus: \$20 Cash

Cost: \$19

TROPICANA CASINO

Wednesday, August 12

Depart PSC: 9:30am

Return PSC: 6:30pm – 6:45pm

Enjoy a day at the casino or shop and walk the boardwalk.

Bonus: \$10 coin voucher and a ticket to 3:30pm showing of FAME, a musical about a diverse group of students that commit to four years of grueling artistic and academic work. With candor, humor and insight, the show explores the issues that confront many young people today: issues of prejudice, identity, self-worth, literacy, sexuality, substance abuse and perseverance.

Cost: \$19

HILTON CASINO

Thursday, September 10

Depart PSC: 9:00am

Return PSC: 5:30pm – 5:45pm

Enjoy a day at the casino or shop and walk the boardwalk. The Atlantic City Hilton Casino is located at the top of the famous Atlantic City Boardwalk, overlooking the beautiful Atlantic Ocean. The Atlantic City Hilton Casino Resort is a world class casino and offers over 66,602 square feet of gaming area, with more than 2,000 winning varieties of slot machines!

Cost: \$19

Daily Activities

FITNESS CENTER HOURS
8:30am to 4:00pm

9:00 (M-F) (all day)
Dominoes
Electronic Darts
Pinochle
Puzzles

JFMA Doctor Hours:
Check with receptionist for
office hours.

Special Events

JULY 1
BOOSTER CLUB

JULY 3
PSC CLOSED IN HONOR OF
INDEPENDENCE DAY HOILDAY

JULY 8
RESPIRATORY SCREENING
DIABETES SUPPORT GROUP

JULY 9
TRUMP CASINO TRIP

JULY 10
CARIBBEAN CARNIVAL

JULY 14
CHAIR MASSAGE
CAPE MAY TRIP

JULY 20
TOWN MEETING

JULY 23
ICE CREAM SOCIAL

JULY 24
PSC CLOSING AT 1:00PM
STAFF APPRECIATION DAY

July 2009

MONDAY

TUESDAY

NOTE OF THANKS

Thank you to PSC's Advisory Council for their sponsorship of the Annual Variety Show. It was a big success! Special thanks also goes out to PSC's Drama Class and their teacher, Janet Michener, for their Spring Drama Performance on June 2, and to Chorus and their teacher, Arlene Williams, for their Spring Chorus Concert on June 18. Also, a special thanks to Jean and Marc Machiz for organizing the concert on June 3 with Tom Lawton, our Composer-in-Residence.

<p>6 10:00 Stocking Florals Drawing/Mixed Media Bridge Club Stained Glass 1:00 Enhance Fitness T'Ai Chi Digital Photography</p>	<p>7 9:00 Walking at the Bellevue 10:00 Bible Study Knit/Crochet Chi Kung Craft Corner Bridge Club 12:30 Bingo Ceramics 1:00 Movie Drama---On Break 2:00 Open Studio Silver Sneakers</p>
<p>13 10:00 Stocking Florals Drawing/Mixed Media Bridge Club Stained Glass 1:00 Enhance Fitness T'Ai Chi Digital Photography</p>	<p>14 9:00 Walking at the Bellevue 10:00 Bible Study Knit/Crochet Chi Kung Bridge Club Craft Corner 11:00 Chair Massage 12:30 Bingo Ceramics 1:00 Drama---On Break 2:00 Open Studio Silver Sneakers Special Event: Cape May Trip</p>
<p>20 10:00 Stocking Florals Drawing/Mixed Media Bridge Club Stained Glass Town Meeting 1:00 Enhance Fitness T'Ai Chi Digital Photography</p>	<p>21 9:00 Walking at the Bellevue 10:00 Bible Study Knit/Crochet Chi Kung Craft Corner Bridge Club 12:30 Bingo Ceramics 1:00 Movie Drama-On Break 2:00 Silver Sneakers</p>
<p>27 10:00 Stocking Florals Drawing/Mixed Media Bridge Club Stained Glass 1:00 Enhance Fitness T'Ai Chi Digital Photography</p>	<p>28 9:00 Walking a thet Bellevue 10:00 Bible Study Knit/Crochet Chi Kung Craft Corner Bridge Club 12:30 Bingo Ceramics 1:00 Movie Drama-On Break 2:00 Open Studio Silver Sneakers</p>

Calendar Events

WEDNESDAY

1 10:00 Wild Card Rev-up
Stocking Florals
Beginners French--*On Break*
11:00 Yoga
1:00 Stretch and Tone
Movie
12:45 Booster Club
Bridge Lessons
1:15 Variety Line Dancing
2:00 French

8 10:00 Wild Card Rev-Up
Stocking Florals
Beginners French--*On Break*
Respiratory Screening
11:00 Yoga
1:00 Stretch and Tone
Movie
Bridge Lessons
Diabetes Support Group
1:15 Variety Line Dancing
2:00 French

15 10:00 Wild Card Rev-up
Stocking Florals
Beginners French--*On Break*
11:00 Yoga
1:00 Stretch and Tone
Movie
Bridge Lessons
1:15 Variety Line Dancing
2:00 French

22 10:00 Wild Card Rev-up
Stocking Florals
Beginners French--*On Break*
11:00 Yoga
1:00 Stretch and Tone
Movie
Bridge Lessons
1:15 Variety Line Dancing
2:00 French

29 10:00 Wild Card Rev-up
Stocking Florals
Beginners French--*On Break*
11:00 Yoga
1:00 Movie
Stretch and Tone
Bridge Lessons
1:15 Variety Line Dancing
2:00 French

THURSDAY

2 9:00 Walking at the Bellevue
10:00 T.L.C.
Tap Dancing--*On Break*
Painting
10:30 Spanish--*On Break*
11:00 Ballroom Dance--*On Break*
12:30 Chorus--*On Break*
Bridge Club
1:00 Silver Sneakers
2:00 Const. Heritage

9 9:00 Walking at the Bellevue
10:00 T.L.C.
Tap Dancing--*On Break*
Painting
10:30 Spanish--*On Break*
11:00 Ballroom Dance--*On Break*
12:30 Chorus--*On Break*
Bridge Club
1:00 Silver Sneakers
2:00 Const. Heritage

Special Events: Trump Plaza Casino

16 9:00 Walking at the Bellevue
10:00 T. L. C
Tap Dancing--*On Break*
Painting
10:30 Spanish--*On Break*
11:00 Ballroom Dance--*On Break*
12:30 Chorus--*On Break*
Bridge Club
1:00 Silver Sneakers
2:00 Const. Heritage

23 9:00 Walking at the Bellevue
10:00 T.L.C.
Tap Dancing--*On Break*
Painting
10:30 Spanish--*On Break*
11:00 Ballroom Dance--*On Break*
12:30 Chorus--*On Break*
Bridge Club
1:00 Silver Sneakers
2:00 Const. Heritage

Special Event: Ice Cream Social

30 9:00 Walking at the Bellevue
10:00 T.L.C.
Tap Dancing--*On Break*
Painting
10:30 Spanish--*On Break*
11:00 Ballroom Dance--*On Break*
12:30 Chorus--*On Break*
Bridge Club
1:00 Silver Sneakers
2:00 Const. Heritage

FRIDAY

3 PSC CLOSED

IN OBSERVANCE OF

INDEPENDENCE DAY

HOLIDAY

10 10:00 Poetry
Rev-up-Cancelled
Ceramics
11:30 Yoga-Cancelled
12:30 Sing-a-long-Cancelled
Open Studio
1:00 Caribbean Carnival
1:15 Line Dancing-Cancelled

17 10:00 Poetry
Rev-up
Ceramics
11:30 Yoga
12:30 Sing-a-long
Open Studio
1:15 Variety Line Dancing

24 10:00 Poetry
Rev-up
Ceramics
11:30 Yoga
12:30 Sing-a-long-Cancelled
Open Studio-Cancelled
1:15 Variety Line Dancing-
Cancelled

PSC WILL BE CLOSING AT
1:00PM IN HONOR OF STAFF
APPRECIATION DAY

August 2009

Daily Activities

FITNESS CENTER HOURS
8:30am to 4:00pm

9:00 (M-F) (all day)
Dominoes
Electronic Darts
Pinochle
Puzzles

JFMA Doctor Hours:
Check with receptionist for
office hours.

Special Events

August 5
Booster Club

August 12
Tropicana Casino Trip

August 18
Chair Massage

August 19
Whole Foods Market
Value Tour

August 20
Summer Social:
Dance & Ice Cream Social

August 21
Unity Day

August 26
Chat & Chew

August 31
Vermont Trip

MONDAY		TUESDAY	
3	10:00 Stocking Florals Drawing/Mixed Media Bridge Club 1:00 Digital Photography T'Ai Chi	4	9:00 Walking at the Bellevue 10:00 Bible Study Knit/Crochet Chi Kung Craft Corner Bridge Club 12:30 Bingo Ceramics 1:00 Movie Drama-- <i>On Break</i> 2:00 Open Studio Silver Sneakers
10	10:00 Stocking Florals Drawing/Mixed Media Bridge Club 1:00 Digital Photography T'Ai Chi	11	9:00 Walking at the Bellevue 10:00 Bible Study Knit/Crochet Chi Kung Craft Corner Bridge Club 12:30 Bingo Ceramics 1:00 Movie Drama-- <i>On Break</i> 2:00 Open Studio Silver Sneakers
17	10:00 Stocking Florals Drawing/Mixed Media Bridge Club 1:00 Digital Photography T'Ai Chi	18	9:00 Walking at the Bellevue 10:00 Bible Study Knit/Crochet Chi Kung Craft Corner Bridge Club 11:00 Chair Massage 12:30 Bingo Ceramics 1:00 Movie Drama-- <i>On Break</i> 2:00 Open Studio Silver Sneakers
24	10:00 Stocking Florals Drawing/Mixed Media Bridge Club 1:00 Digital Photography T'Ai Chi	25	9:00 Walking at the Bellevue 10:00 Bible Study Knit/Crochet Chi Kung Craft Corner Bridge Club 12:30 Bingo Ceramics 1:00 Movie Drama-- <i>On Break</i> 2:00 Open Studio Silver Sneakers
31	10:00 Stocking Florals Drawing/Mixed Media Bridge Club 1:00 Digital Photography T'Ai Chi		

Calendar of Events

WEDNESDAY

- 5**
- 10:00 Wild Card Rev-up
Stocking Florals
Beginners French--*On Break*
 - 11:00 Yoga
 - 12:45 Booster Club
 - 1:00 Movie
Stretch and Tone
Bridge Lessons
 - 1:15 Variety Line Dancing
 - 2:00 French

THURSDAY

- 6**
- 9:00 Walking at the Bellevue
 - 10:00 T.L.C.
Tap Dancing--*On Break*
Painting
 - 10:30 Spanish--*On Break*
 - 11:00 Ballroom Dance--*On Break*
 - 12:30 Chorus--*On Break*
 - Bridge Club
 - 1:00 Silver Sneakers
 - 2:00 Const. Heritage

FRIDAY

- 7**
- 10:00 Poetry
Rev-up
Ceramics
 - 11:00 Yoga
 - 12:30 Sing-a-long
Open Studio
 - 1:15 Variety Line Dancing

- 12**
- 10:00 Wild Card Rev-up
Stocking Florals
Beginners French--*On Break*
 - 11:00 Yoga
 - 1:00 Movie
Stretch and Tone
Bridge Lessons
Diabetes Support Group
 - 1:15 Variety Line Dancing
 - 2:00 French

Special Event: Tropicana Casino Trip

- 13**
- 9:00 Walking at the Bellevue
 - 10:00 T.L.C.
Tap Dancing--*On Break*
Painting
 - 10:30 Spanish--*On Break*
 - 11:00 Ballroom Dance--*On Break*
 - 12:30 Chorus--*On Break*
 - Bridge Club
 - 1:00 Silver Sneakers
 - 2:00 Const. Heritage

- 14**
- 10:00 Poetry
Rev-up
Ceramics
 - 11:00 Yoga
 - 12:30 Sing-a-long
Open Studio
 - 1:15 Variety Line Dancing

- 19**
- 10:00 Wild Card Rev-up
Stocking Florals
Beginners French--*On Break*
 - 11:00 Yoga
 - 1:00 Movie
Stretch and Tone
Bridge Lessons
 - 1:15 Variety Line Dancing
 - 2:00 French

Special Event: Whole Foods Market Value Tour

- 20**
- 9:00 Walking at the Bellevue
 - 10:00 T.L.C.
Tap Dancing--*On Break*
Painting
 - 10:30 Spanish--*On Break*
 - 11:00 Ballroom Dance--*On Break*
 - 12:30 Bridge Club
Chorus--*On Break*
 - 1:00 Silver Sneakers
 - 2:00 Const. Heritage

Special Event: Ice Cream Social & Dance

- 21**
- 10:00 Poetry
Rev-up
Ceramics
 - 11:00 Yoga
 - 12:30 Sing-a-long
Open Studio
 - 1:15 Variety Line Dancing

- 26**
- 10:00 Wild Card Rev-up
Beginners French--*On Break*
Stocking Florals
 - 11:00 Yoga
 - 1:00 Movie
Stretch and Tone
Chat & Chew
Bridge Lessons
 - 1:15 Variety Line Dancing
 - 2:00 French

- 27**
- 9:00 Walking at the Bellevue
 - 10:00 T.L.C.
Tap Dancing--*On Break*
Painting
 - 10:30 Spanish--*On Break*
 - 11:00 Ballroom Dance--*On Break*
 - 12:30 Bridge Club
Chorus--*On Break*
 - 1:00 Silver Sneakers
 - 2:00 Const. Heritage

- 28**
- 10:00 Poetry
Rev-up
Ceramics
 - 11:00 Yoga
 - 12:30 Sing-a-long
Open Studio
 - 1:15 Variety Line Dancing



SUMMER HEAT TIPS!!! Take the following precautions to avoid injury during extremely hot weather:

- Drink cool beverages, but avoid alcohol and caffeine.
- Avoid strenuous activity.
- Take a cool shower, bath, or sponge bath.
- Wear lightweight clothing.
- If your doctor limits your fluid intake, ask them how much you should drink when the weather is hot.
- If possible, stay in an air-conditioned environment - especially during the hottest part of the day. If your home is not air-conditioned, visit Philadelphia Senior Center, cooling station, a shopping mall or a public library to cool off.
- Please check on older friends and neighbors during hot weather. If you see someone experiencing heat-related stress, ask another person to call for immediate medical help while you begin cooling the overheated person.