



Snow Policy: All PSC Sites are closed when the Philadelphia Public Schools are closed. Please listen to KYW 1060 for any special closing information.



FEBRUARY IS AMERICAN HEART HEALTH MONTH

February is American Heart Health Month and time for older adults to be

aware of the signs of heart disease, heart disease risk factor and what can be done on an individual basis to lower one's risk for heart attack.

In recent years, it has been determined that men and women experience the signs of heart attack differently and understanding those differences is crucial identifying the signs of a heart attack and getting emergency care when heart attack is suspected.

This month's *Health Matters* was written by Chris Coolick, Special Projects Coordinator and is titled *Heart Attack: The Difference between Men and Women*. The article is sponsored by the Philadelphia Corporation for Aging. Stop by the first floor lobby and pick up some informational handouts.



ZUMBA GOLD INTRO CLASS

Wednesday, February 23 10:00am

1st Flr. Lobby
Zumba Gold addresses the anatomical,

physiological, and psychological needs specific for older adults. Come join the Party! **COST: Free**

VALENTINE'S DAY "Special" Tea Time

Friday, February 11 3:00pm

GreenBean Internet Cafe

Join us for an afternoon of fun and chocolate. Advanced registration required at the Program Window.

COST: Free

MODERN DAY AFRICA

Wednesday, February 9 10:00am - 12:00pm



1st Flr. Lobby

Welcome back PSC Member Milfred Hall as he presents a lecture on

"Modern Day Africa." He will talk about his numerous trips to Africa and teach you through handouts and illustrations information you may not know about the continent of Africa.

COST: Free

DRAMA SHOW "TIME LINE"

Tuesday, February 22 1:00pm • Auditorium

In honor of Black History Month PSC's Drama Club returns with their very own original play themed "Time Line" under the direction of Denise Wortham.

COST: Free

SHOWCASE YOUR HERITAGE

Wednesday, February 16 10:00am • Room A

Join M. Shikomba as she showcases African attire and demonstrates how to tie a "Gele" (African Head Wrap). Join in the fun and come traditionally dressed. All are welcome.

COST: Free



COMEDY SHOW

"Get ready for a fun-filled comedy show"

Tuesday, February 15 3:00pm

GreenBean Internet Cafe

Phyllis Voren is a professional comedienne/actress with a long list of credits in television, film and theater. She will be performing stand-up comedy, and, with a little help from the audience, comedy improvisation. Being 67 herself, Phyllis promises to cover life as a "Senior."

COST: Free

Programs & Events



CAREGIVER SUPPORT GROUP

Monday, February 21

1:00pm • LC1

If you are interested in joining or would like more information, please call Michele Watkins at 215-546-5879, ext 259.

MOVIN' ON

Tuesday, February 22

12:30pm • LC1

Come join in a lively discussion concerning daily life, health issues, and bereavement, plus your own issues and challenges.

CHAT & CHEW

Wednesday, February 16

1:00pm • LC1

Come share your opinions and suggestions about the center while enjoying a snack & a cup of hot brewed coffee.

COST: Free



PODIATRIST

Wednesday,

February 16

11:00am

Room B

CHAIR MASSAGE

Tuesday, February 15

11:00am • Lindquist Hall

**COST: 2 PSC Coupons
(Five-minute massage)**

ADVISORY COUNCIL

Wednesday, February 10

10:00am • Room A

TOWN MEETING

Wednesday, March 9

1:00pm • Auditorium



COMPUTER LESSONS: BEGINNERS

Mondays & Wednesdays

March 21 – May 25

10:00am – 12:00pm or

12:00pm – 2:00pm

10 week course for Beginner Learners. Advance registration required at the Program Window, or for more information contact Gladys Rossano at 215-546-5879 ext 209. Space is limited!

COST: \$50



MOVIE TIME

We will show Black History Month-Themed movies during February on our regular scheduled movie days Tuesday & Wednesday

1:00pm • Auditorium.

COST: Free

EDUCATING SENIOR ADULTS ON CLIMATE CHANGE: LESSENING THEIR CARBON FOOTPRINT AND IMPROVING THEIR HEALTH

– Coming Soon!

The NewCourtland Network will be partnering with the Women's Health & Environmental Network (WHEN) for a program titled, "Educating Senior Adults on Climate Change: Lessening their Carbon Footprint and Improving their Health."

The goal of the program is to educate senior citizens about climate change and the impact it has on their health and environment, as well as offer methods to prepare for the changing environment and minimize the negative effects. This will be done through various educational programs. Stay on the lookout for more information in the coming months to learn how to improve your health, save money, and help others all at the same time!

THE HAND AND THE GLOVE: Improvisation and Creativity Program

Wednesday, March 9

10:00am - 11:30am • Room A

Creativity and Improvisational Theatre spring one from the other. Linking these two sleeping beauties together encourages and invigorates creative imaginations. Join Rosalie Minkin, MSW, ATR, LCAT former director of the Full Circle improvisational theatre.

COST: Free



NUTRITION EDUCATION TALKS

Wednesday, February 8

Thursday, February 17

3:00pm – Tea Time

GreenBean Internet Cafe

Travel & Dining

CASINO TRIPS

SHOWBOAT CASINO

Tuesday, March 8

Enjoy a day at the casino.

Depart: 9:00am

Return: 5:30pm

Cost: \$19

TRAVEL TIME

AFRICAN AMERICAN TOUR

Baltimore, Maryland

Tuesday, June 7

Enjoy a guided driving tour of Baltimore including visits to the Afro American Newspaper, Billie Holiday Park, Eubie Blake Museum, Thurgood Marshall Bust, Royal Theater, Black Soldier Statue and Fells Point admission to the great Blacks in Wax Museum, a visit to the Orchard street Church and, to top it off, a luncheon at Phillips Harbor Restaurant.

Depart: TBA

Return: TBA

Deposit: \$25

Balance: Due: April 8

Cost: \$83 Silver Member

\$85 Standard/

55+ Member

ACE IN THE HOLE THEATER PRESENTS

"THAT PHILLY SOUND"

Tuesday, May 17, 2011

Depart PSC: 9:15am

Return PSC: 5:00pm

Enjoy Doo-Wop, R&B, and Soul from the city of Brotherly Love. Cost includes Round trip motor-coach transportation, one hour open bar, family-style luncheon and the show at Royal Manor, tax & tips included.

Deposit: \$25

COST: Silver Members \$80

Standard/

55+ Members \$85

On Sale: Now

SAN FRANCISCO & LAS VEGAS

March 31 – April 7, 2011

Enjoy three nights in San Francisco and four nights in Las Vegas.

Cost for ground package (double occupancy):

\$630 Silver Members

\$635 Standard/55+ Members

Air Fare & Single Room rates at additional cost

On Sale: Now

(Space still available)

LAS VEGAS

April 3 – 7, 2011

Love Vegas, but don't want to go to San Francisco? Join your fellow

PSC travelers for just the Las Vegas portion of the journey.

Cost for ground package (double occupancy):

\$220 Silver Members

\$225 Standard/55+ Members

Air Fare & Single Room rates at additional cost

On Sale: Now

(Space still available)



CAMP LADORE

May 9 - 13, 2011

Five Days/Four Nights

Enjoy a relaxing stay, or a busy, fun stay - the choice is yours. The Salvation Army's beautiful Ladore Conference Center is in Waymart, PA - all meals included.

\$50.00 Non-Refundable Deposit.

Final Payment Due: April 5, 2011

You must have your roommate or their deposit at time of sign up.

COST: \$243 Silver Members

(double occupancy)

\$249 Standard/55+

(double occupancy)

On Sale: Now

RENFO VALLEY, KENTUCKY

May 19 – 23, 2011

Enjoy five days and four nights in Renfo Valley, Kentucky. The valley is alive with the sound of music. This fantastic stay package includes six exciting shows highlighting bluegrass, legendary bluegrass, old time pop and gospel music. Please contact Gladys for more information.

Deposit: \$50

Final Payment Due: March 4, 2011

COST: \$575 Silver Members

(double occupancy)

\$580 Standard/55+ Members

(double occupancy)

CAPE COD, MASSACHUSETTS

September 12 – 16, 2011

Enjoy five days and four nights in Cape Cod, Massachusetts. The trip includes tours of Hyannis, Chatham, Provincetown, a visit to JFK Museum, a Harbor Cruise, Nantucket Island, and eight meals, including New England lobster dinner. Please have your roommate present with you when you sign up.

Deposit: \$50

Final Payment Due: June 17, 2011

COST: \$609 Silver Members

(double occupancy)

\$614 Standard/55+ Members

(double occupancy)

DINING AROUND

RUBY BUFFET

Thursday, February 17

Enjoy lunch on your own.

Depart: 10:45am

Return: 2:00pm

Cost: \$3 (Transportation Only)

On Sale: Feb. 1

SOLE II SOUL

Wednesday, March 16

Enjoy lunch on your own. Your choice will be from their lunch menu.

Depart: 10:15am

Return: 3:00pm

Cost: \$5 (Transportation Only)

On Sale: March 1

509 South Broad Street
Philadelphia, PA 19147
215-546-5879

Tioga Branch

1531 W. Tioga Street
P.O. Box 100 • Philadelphia • PA 19140
215-227-9999

Coffee Cup Branch

Asian Pacific Senior Resource Center
247 South 10th Street
Philadelphia • PA 19107
215-627-8048

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.

Volunteer Opportunities

**BROAD STREET MINISTRIES
SILVERWARE WRAPPING
PROJECT**

Monday, February 7
Monday, February 21
1:00pm-3:00pm • Art Studio
Help wrap silverware for the Broad Street Ministries' community dinners.

BOOSTER CLUB MEETING

Wednesday, February 2
**12:45pm-1:45pm Lindquist Hall
Booster Club Meeting**
Come learn about how to become involved in helping out at the center and surrounding community! A chance to meet & network with other active members of PSC! Also come help make Valentine's Day cards for the veterans of the VA Medical Center!

GREEN TEAM MEETING

Wednesday, February 9
9:45am-10:45am
GreenBean Internet Café Back Table
Come learn about PSC's Senior Green Team and our efforts to promote positive environmental practices, as well as share tips on how to save money, time, and resources!

**VALENTINE'S
DAY CARDS
FOR VETERANS!**

**Thursday,
February 10**
1:00pm-3:00pm
Make valentine's day cards for the veterans who did so much to serve our country. Enjoy some hot chocolate & cookies!



AIDS FUND VOLUNTEERING

Thursday, February 17
10:30am-1:30pm
Volunteer with us by stuffing bingo packets for the AIDS Fund's GayBINGO! event. Depart from PSC 1st Floor Lobby by 10:00am to go to the William Way Center. RSVP PREFERRED. A small lunch will be provided to the participating volunteers at PSC afterwards.

**VALENTINE'S DAY WITH
VETERANS!**

Monday, February 14
12:00pm-2:00pm
Help celebrate Valentine's Day by distributing cards and carnations to the patients and families of the VA Medical Center! Cards will be made during the February Booster Club Meeting. Lunch vouchers will be provided for the VA's cafeteria after service. RSVP required.



Every day at PSC!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00 Drawing/Mixed Media Bridge Club</p> <p>1:00 Digital Photography T'Ai Chi</p> <p>1:15 Stretch & Tone</p>	<p>9:00 Walking at the Bellevue</p> <p>10:00 Bible Study Knit/Crochet Chi Kung Craft Corner Bridge Club</p> <p>12:30 Bingo Drama</p> <p>1:00 Movie</p> <p>2:00 Silver Sneakers</p>	<p>10:00 Wild Card Rev-up Beading & Jewelry Stretch & Tone Sewing</p> <p>11:00 Yoga</p> <p>12:30 Ceramics</p> <p>1:00 Movie</p> <p>1:15 Bridge Lessons</p> <p>2:00 Variety Line Dancing French</p>	<p>9:00 Walking at the Bellevue</p> <p>10:00 T.L.C. Tap Dancing Painting</p> <p>11:00 Beginning Spanish Spanish</p> <p>11:00 Ballroom Dance</p> <p>12:30 Chorus</p> <p>1:00 Silver Sneakers Story Telling & Writing Club</p> <p>2:00 Const. Heritage</p>	<p>10:00 Poetry Rev-Up Ceramics</p> <p>11:00 Yoga</p> <p>12:30 Sing-a-long</p> <p>1:15 Variety Line Dancing</p>

Program Changes and Special Events

	1	2	3	4
7	8	9	10	11
<p>10:00 Jazz Dance Workshop</p> <p>1:00 Broad Street Ministries Silverware Wrapping Project</p>	<p>3:00 Nutrition Education Talk</p>	<p>9:45 Green Team Meeting</p> <p>10:00 Modern Day Africa</p>		<p>10:00 Jazz Dance Workshop</p> <p>3:00 Valentine's Day "Tea Time"</p>
14	15	16	17	18
<p>10:00 Jazz Dance Workshop</p> <p>10:00 Beginners French: Cancelled</p> <p>12:00 Valentine's Day with Veterans (Volunteer Project)</p>	<p>11:00 Chair Massage</p> <p>3:00 Comedy/Improvisation Show</p>	<p>10:00 Showcase Your Heritage</p> <p>11:00 Podiatrist</p> <p>1:00 Chat & Chew</p>	<p>DINE AROUND: Ruby Buffet</p>	<p>10:00 Jazz Dance Workshop</p>
21	22	23	24	25
<p>10:00 Jazz Dance Workshop</p> <p>10:00 Beginners French: Cancelled</p> <p>1:00 Caregiver Support Group</p> <p>1:00 Broad Street Ministries Silverware Wrapping Project</p>	<p>11:00 Drama Show "Time Line"</p> <p>12:30 Movin' On</p>	<p>10:00 Zumba Gold Fitness Introduction Workout</p>		<p>10:00 Jazz Dance Workshop</p>
28				
<p>10:00 Jazz Dance Workshop</p>				

