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215-546-5879

Tioga Branch

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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, March 7
Monday, March 21
1:00pm-3:00pm
Art Studio

Come wrap silverware for the Broad Street Ministries' community dinners. A regular volunteer project held twice a month.

BOOSTER CLUB MEETING

Wednesday, March 2
12:45pm-1:45pm
Lindquist Hall

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!

WALK AGAINST HUNGER PRETZEL AND SODA FUNDRAISER

Tuesday, March 8
Tuesday, March 21
11:30am-1:30pm
GreenBean Internet Café

The PSC Booster Club will be selling soft pretzels and sodas during lunchtime in the Green Bean Internet Café to raise money for the Walk Against Hunger, which helps to support PSC's meal program.

GREEN TEAM MEETING

Wednesday, March 9th
**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!

AIDS FUND VOLUNTEERING

Thursday, March 10 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. Afterwards, a small lunch will be provided to the participating volunteers at PSC.

WALK AGAINST HUNGER JELLY BEAN COUNTING CONTEST

March 21 – April 1

Buy a chance to guess how many jelly beans are in PSC's jelly bean jar and you could win a fantastic Easter basket stuffed with goodies for you or your friends and family! The guessing jar and basket will be on display in PSC's first floor lobby. Sign up to volunteer at our contest table!

MANNA

Wednesday, March 30 and Wednesday, April 20
**10am -1pm (Depart PSC at 9:30am) to travel to
MANNA via SEPTA**

Help prepare and package meals for people at acute nutritional risk due to life-threatening illnesses. Please RSVP with Rachel Lin at 215-546-5879, ext. 226 or rlin@philaseniorcenter.org – LIMIT: 9 people.





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

CREATIVE DANCE & IMPROVISATION

**Mondays & Fridays, Starting March 4
10:00am • Room A**

Class encourages free expression while teaching basic elements of dance including rhythm, movement quality, space, body awareness and shape. Imagination and self-esteem are encouraged and strengthened through this class.

Cost: FREE



"ST. PATRICK'S DAY" TEA TIME SPECIAL

**Thursday, March 17
3:00pm**

GreenBean Internet Cafe

Green is the color of the day! Join PSC for some Irish music and refreshments. Come

along for a wee bit of fun.

Cost: FREE



"TRIVIA & MIND AEROBICS"

**Monday mornings
10:00am •**

GreenBean Internet Cafe

This program is designed to help exercise your

brain and lead to the pathway of long term memory. All of the questions will exercise your listening and verbal skills, enhance reality orientation and encourage socialization.



PSC's WELCOME SPRING "FLOWER SHOW"

**Tuesday, March 29
2:30pm**

GreenBean Internet Cafe

Join Cheryl Wilks as she helps us welcome Spring with a fun and educational flower-arranging demonstration, with raffles and giveaways followed by special Tea Time refreshments. Advanced registration required at the Program Window.

Cost: \$2

2011 WALK AGAINST HUNGER

The Philadelphia Senior Center will be participating in the 2011 Walk Against Hunger! Contact Volunteer Services Coordinator, Rachel Lin, if you are interested in joining our fundraising team or participating on the day of the walk: **Saturday, April 9, 2011.** Email rlin@philaseniorcenter.org or 216-546-5879 ext. 226.



CALL FOR ARTISTS

Celebrate Arts and Aging Presented by Philadelphia Corporation for Aging. Submission Deadline for artwork: Monday, March 28.

- Artist must be at least 55 years of age
- Work must be created within the last 3 years
- One submission per applicant will be accepted for review

See Estavia Jefferson for an application or get one on-line at www.pcaCares.org/SeniorArt

LIHEAP PROGRAM ENDS MARCH 31

The Low Income Home Energy Assistance Program (LIHEAP) provides grants to families pay their heating bills. If your monthly income is under \$1,444 (or your two-person household's income is under \$1,943 monthly) you could qualify! For assistance in applying for LIHEAP, or any other issues you may need help with, make an appointment to see the In-Center Counselor, Henry Treadwell. Stop by the Program Window or call Henry at 215-546-5879, ext. 241.

CONSUMER FAIR

**Thursday, March 10
10:00am – 3:00pm**

**The Gallery at Market East
12th & Market Streets – Lower Level**
Presented by Bureau of Consumer Protection, Office of the Attorney General, Pennsylvania.

Programs & Events

"THE NOTEBOOK" 5 Week Book Discussion

Fridays • March 11 – April 8

Friday, April 15

"THE NOTEBOOK" Movie & Refreshments

12:30pm • Room A



Join in a lively discussion about an old man reading a story to an old woman in a nursing home. The story he reads follows two young lovers named Allie Hamilton and Noah Calhoun, who

meet one evening at a carnival. But they are separated by Allie's parents who disapprove of Noah's unwealthy family, and move Allie away. After waiting for Noah to write her for several years, Allie meets and gets engaged to a handsome young soldier named Lon. Allie, with her love for Noah still alive, then stops by Noah's 200-year-old home that he restored for her, "to see if he's okay". It is evident that they still have feelings for each other, and Allie has to choose between her finance and her first love. Advanced registration required at the Program Window.

Cost: \$5 (Books Included)



BEGINNERS CROCHET WORKSHOP

Wednesdays Starting
March 30

10:00am • Room A

The beginners basic crochet class teaches basic crochet skills from holding a hook to finishing your project's edges. We go step by step, at your

own pace, to create a basic crochet project that has a professional touch to it. Upon completion of this class you will be able to create a basic project that is perfect as a gift or could start you on the path to a new career as a crochet artist! You will learn pattern reading and different stitches such as chain, single, double, decorative puff stitch, and reverse single. Some projects include, hat and scarf sets, doily, potholders etc.

Cost: Free



JEFFERSON PHARMACY STUDENTS

Fridays

1:30pm – 3:30pm

GreenBean Internet Café & 1st Floor Lobby

Cost: Free

CAREGIVER SUPPORT GROUP

Monday, March 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, March 22

12:30pm • LC1

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

TOWN MEETING

Wednesday, March 9

1:00pm • Auditorium

CHAIR MASSAGE

Tuesday, March 15

11:00am • Lindquist Hall

ADVISORY COUNCIL

Wednesday, March 2

10:00am • Room A



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

Tuesday, April 12

1:00pm • Room A

Presented by WHEN (Women's Health & Environmental Network) the goal of this program is to educate seniors about climate change and the impact it has on their health and the environment, as well as offer methods to prepare for the changing environment and minimize the negative effects. Come learn how to improve your health, save money, and help others at the same time!

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

Travel & Dining

CASINO TRIPS



SHOWBOAT CASINO SPECIAL

Monday, April 11

Enjoy a day at the casino and stroll on the Boardwalk. All passengers must have PHOTO ID in order to receive bonus package!!

Depart: 9:00am

Return: 6:00pm

Cost: \$6

On Sale: Now

TRAVEL TIME

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 roundtrip 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

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 his/her deposit at time of sign up.

COST: \$243 Silver Members

(double occupancy)

\$249 Standard/55+

(double occupancy)

On Sale: Now

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 PSC: TBA

Return PSC: TBA

Deposit: \$25

Balance: Due: April 8

Cost: \$83 Silver Member

\$85 Standard/ 55+ Member

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)

On Sale: Now

DINING AROUND

AC MOORE & OLD COUNTRY BUFFET

Tuesday, March 22

Depart PSC: 10:00am

Return PSC: 2:00pm

Enjoy lunch on your own at Old Country Buffet.

Cost: \$5 (Transportation Only)

On Sale: Now

RUBY TUESDAY'S

Wednesday, March 16

Depart PSC: 10:15am

Return PSC: 3:00pm

Enjoy lunch on your own.

Cost: \$5 (Transportation Only)

On Sale: Now

LOBSTER TRAP

Thursday, April 14

Depart PSC: 10:30am

Return PSC: 2:30pm

Enjoy lunch on your own. Restaurant is located by Cooper River in Pennsauken, NJ.

Cost: \$5 (Transportation Only)

On Sale: April 1



**BOOTH'S
CORNER
FARMER'S
MARKET**

Friday, May 6

Depart PSC: 9:15am

Return PSC: 2:00pm

Shop and enjoy lunch on your own!

Cost: \$5 (Transportation Only)

On Sale: April 1

SHADY MAPLE

Monday, June 13

Depart PSC: 9:00am

Return PSC: 4:00pm

Enjoy a good meal on your own and shop the farmers market.

Cost: \$8 (Transportation Only)

On Sale: May 2