

W.O.W. WITHIN OUR WORLD

A Monthly Publication by the West Philadelphia Senior Community Center

W JANUARY 2023
PSCC

Happy New Year

What do you look forward to in 2023? Did you make any resolutions? Whatever your wish is for the New Year, the West Philadelphia Senior Community Center is here to help.

Want to make new friends? Join us weekdays for a warm, nutritious lunch and engaging conversations. Hang around for BINGO, a game of cards or your favorite board game.

You can try a fun class like line dancing if you're looking for something more active. Our clay, color me mine and sewing classes will tap your creative side.

Of course, if you're joining millions of others who set goals to become healthier, there are lots of options at the Center to support you:

1. Learn from a nutritionist about healthy food choices, portion control, and options for cooking to reduce things like fat, salt and sugar content without sacrificing taste.
2. Take advantage of the Center's exercise room, equipped with strength building and aerobic exercise equipment.
3. Sign up for one of several exercise classes, like creative movement, chair yoga or enhanced fitness.
4. Enroll in the health, fitness and diabetes forums.
5. Take advantage of special health screenings and medical services when available.

If getting out and going on trips is important to you, come on one of our excursions. Sign up for a 5 night cruise in Canada. Not quite what you had in mind? The Center also offers trips to concerts, musicals, dance productions, plays, museums and other attractions.

Ever wonder how some people seem to age so well? One of their secrets is that they give joyously to others, and receive from others gratefully. If aging successfully is an aspiration, walk in their footsteps.

The Center can connect you to volunteer opportunities where you can give your time and share your talents. And if you personally need help with something, we have resources that might be just what you need.

Above all else, spend more time with the ones you love. Nothing else is better for your soul.

WPSCC wishes you a joyful, healthy and prosperous New Year.



HIGHLIGHTS

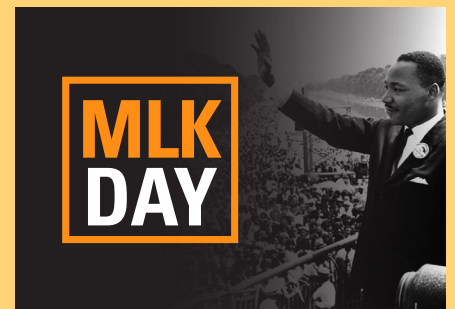


5/28/23 TO 6/2/23

5-NIGHT CANADA CRUISE!!! 2

**Gold Member
Booster Cards**
are now available
for 2023.

BOOSTER CARDS 5



**MARTIN LUTHER KING, JR
BACK COVER**

**West Philadelphia
Senior Community Center**

1016 N. 41st St., Philadelphia, PA 19104
215-386-0379 • westphilaseniorcenter.org

Lunch Bunch

Wednesday,
January 11th

To be Announced
from 10:00am - 2:00pm

**Birthday Party
to Celebrate
all the Birthdays
in the month
of January**

**January 27th, 2023
from 12:30-2:00pm**

Please call to Register 215-386-0379 ext 7325

5-NIGHT CANADA CRUISE!!!

ON THE "OASIS OF THE SEAS"

A VALID PASSPORT IS REQUIRED FOR THIS CRUISE!

from Sunday, **May 28, 2023**
to Friday, **June 2, 2023**

First non-refundable deposit of \$250.00/per person is due by October 6, 2022. Second payment of \$300.00/per person, is required by November 8th, 2022. Third payment of \$300.00/per person, is required by December 6th, 2022. Final payment is due by January 5th, 2023. Checks payable to Lutheran Children & Family Service.

For additional information contact Julia Diggs by calling (215) 386-0379 ext. 7302.

PORTS OF CALL:

Halifax, Nova Scotia

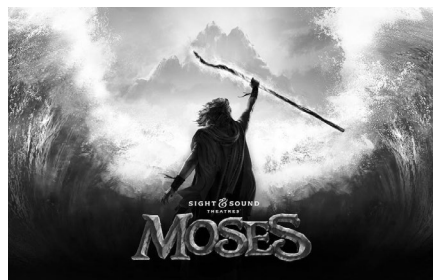
St. John, New Brunswick



Dance Theater Of Harlem at the Annenberg Theater

Saturday, January 21, 2023 • 2:00pm

Cost: \$70.00, deadline Thursday, December 16, 2022



Sight & Sound Theatres' MOSES

Tuesday, March 21, 2023 • Includes Theatre ticket, transportation, continental breakfast and lunch.

\$160.00 Booster Card Holders \$177 Members \$185 Non-Members
(\$50. Non-refundable deposit August 31, 2022
\$65. Due October 7, 2022, Balance (cash only) Dec. 4, 2022)

TRIP POLICY

First Deposit is due at time of sign-up unless otherwise noted. Please bring the exact amount due. You may place your name on the waiting list if the trip is sold out.

Participants who depend on Shared Ride: All participants who are picked up by the ride van and want to go on any trip announced in the newsletter may call the Registration Desk on trip sign-up day to reserve a spot. The trip must then be paid in full the next time you are at the Center. Participants will be responsible for providing their own transportation for trip/activity rides, and getting to the Center on time.

Mail-in registration for trips is accepted with payment and will be processed after the Registration Desk closes on trip sign-up day. If a trip is sold out, the check will be returned.

Cancellation by the passenger: For mini/charter trips, there are no refunds unless a replacement is found. For overnight trips, it is highly recommended that travel insurance is purchased. Each participant is responsible for purchasing insurance on their own. No refund will be given for trips missed due to members failing to meet departure times. In the event of a cancellation, in addition to the cancellation policy used by the tour company, a 20% administrative fee will be assessed by WPSCC. All cancellations must be made in writing to Activity Aide Trips, West Philadelphia Senior Community Center, 1016 N. 41st St., Philadelphia, PA 19104-1292.

Cancellation by the Center: The Center may cancel a trip if the required sign-up number needed is not met. If a trip is canceled by the Center, A full refund will be granted.

The West Philadelphia Senior Community Center is not responsible, in whole or in part, to trip participants for loss, damage, or injury however caused during or in connection with any trip. We highly recommend that you purchase trip insurance.

Travelers cannot ask the bus driver and/or escort to make any unscheduled stops. Transportation on all trips is round-trip to and from the Center only.

SCHEDULE OF CLASSES!

Monday

AM Activities

9:30am - 10:30am Enhanced Fitness - Atrium (Front)

10:00am - 11:30am Table Games - Atrium (Back)

10:30am - 11:00am Devotion (Center Stage)

11:00am - 11:30am Current Events (Dining Room)

PM Activities

12:30pm - 3:00pm Table Games - Atrium (Back)

1:00pm - 3:00pm Line Dancing - Center Stage Dining Area (Full)

Tuesday

AM Activities

9:00am - 11:30am Table Games - Atrium (Back)

10:00am - 11:00am Nutrition Education w/Lynn (Center Stage)

10:00am - 11:30am Hands In Clay - Pottery Room

10:15am - 11:15am Creative Movement - Atrium (Front)

10:15am - 11:30am BINGO - Atrium (Rear)

10:30am - 11:30am Fitness Center Open

PM Activities

12:00pm - 1:00pm Fitness Center Open

12:30 - 2:00pm Hands in Clay PM -Pottery Room

1:00pm - 3:00pm Table Games - Atrium (Back)

1:00pm - 3:00pm Social Dance - Center Stage

Wednesday

AM Activities

9:00am - 11:30am Table Games - Atrium (Back)

10:00am - 11:00am Nutrition Education w/Lynn (Center Stage)

10:00am - 11:30am Sewing Class

10:30am - 11:30am Color Your Mind - (Pottery Room)

PM Activities

12:30 - 1:30pm Sewing PM- Art Room

12:30pm - 3:00pm Table Games - Atrium (Back)

1:00pm - 2:00pm Enhanced Fitness - Atrium (Front)

Thursday

AM Activities

10:30am - 11:30am Health and Wellness/ Diabetes Forum (Music/Dance Room)

9:00am - 11:30am Table Games - Atrium (Back)

10:00am - 11:30am Quilting- Art Room

10:00am - 11:30am Crochet

10:30am - 11:30am Fitness Center Open

PM Activities

12:00pm - 1:00pm Fitness Center Open

1:00pm - 3:00pm Line Dancing - Dining Room (Full)

Friday

AM Activities

9:00am - 11:30am Pinochle - Center stage

9:00am - 11:30am Table Games - Atrium (Back)

9:30am - 10:30am Chair Yoga- Center Stage

10:15am - 11:30am Bingo Bonanza - Atrium (Front)

10:30am - 11:30am Spanish Class - Music/Dance Room

PM Activities

12:30pm - 1:30pm Silver Sneakers - Atrium (Back)

1:00pm - 3:00pm Table Games - Atrium (Rear)

1:00pm - 3:00pm Pinochle - Game Room

Friday, January 13th We will honor Dr. King with a movie, trivia, etc. starting at 12:00 pm.

Tuesday, January 17th A wills Clinic hosted by the office of register of wills at 12:00pm. (In Center stage)

Monday, January 23rd Fire Prevention Presentation, from 10:30-11:00am.

SOCIAL SERVICES



Senior SHARE food boxes will be in on the first Wednesday of every month.

LIHEAP applications are available for submission.

Emergency Fund is available to those who qualify.

Please call Areatha Dorsey at 215-386-0379 ext. 7305 to see if you are eligible.

NEW MEMBERS as of DECEMBER 2022

McCray Bostic	Vanessa Price
Benita Brown	Rita Robinson
Sarivia Cloy	Murray Stewart
Alfonso Joy	Tammy Weaver
Vernita Larue	Brenda Wright
Mary Lemon	James Wright
Rhonda Lites	Tina Wright
Shieley Parson	Roberta Yoncey

New Members Orientation will be held every 4th Monday of the month at 10:00am.

**Gold Member
Booster Cards**
for the new year 2023,
are now available
at the Front Desk.



Leave Your Mark

**Plant seeds of compassion,
opportunity and strength.**



Your legacy gift to LCFS' West Philadelphia Senior Community Center ensures that older adults in our community age gracefully and find joy and inspiration in life.

Did you know that a Charitable Gift Annuity (CGA) pays you back in return for your charitable contribution? To consider whether or not a CGA could be the right thing for you, ask yourself the following questions:

Are you looking for additional income or a way to provide income to someone else?

Would you like to lock in a higher yield on a security or asset, but want to avoid the immediate capital-gains tax you would incur on the sale or transaction?

Do fluctuations in CD rates, interest earnings or dividend income worry you?

Are you apprehensive that the value of securities or investments in your portfolio may be declining?

If any of these concern you, then a well-planned CGA could be the solution.

Patty Cline can show you how a CGA could support your goals while also providing for the future of the West Philadelphia Senior Community Center.

For help with making your gift to LCFS,
contact Patty Cline, *Director of Advancement*, at
pcline@libertylutheran.org or by calling 267-464-7720.

**We continue to
offer the following
programs &
services:**

Grab & Go Meals by registration only
with Patrice Rhodes, Health & Wellness
Coordinator
(215) 386-0379 ext. 7303

CCT Transportation
Zuleika Miranda,
Administrative Assistant
(215) 386-0379 ext. 7306

Areatha Dorsey, Center Counselor for
Resources & help with various services
(215) 386-0379 ext. 7305

For the general mailbox
(215) 386-0379 ext. 7300



WANTED: VOLUNTEERS

Front Desk Receptionists
Activity Aides
IT Support

Qualifications:

- *Ability to serve 1-2 days a week
- *Well-organized
- *Detail oriented
- *Strong communications skills
- *Positive Attitude
- *Patient
- *Pleasant Smile

For more information,
contact Julia
215.386.0957, ext. 7302

OPEN DAILY FOR BREAKFAST

9:00 AM ~ 10:30 AM

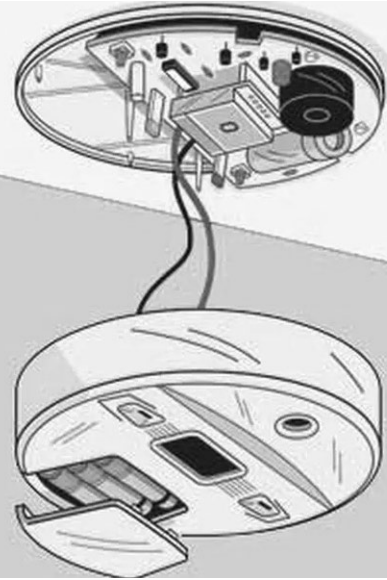
WPSCG Coffee SHOP

MENU

- Coffee/Tea - .50
- Hot Chocolate - .50
- Cold Cereal - .75
- Hot Cereal - .75
- Boiled Egg - .50
- Juice - .75
- Breakfast Cookies - .50
- Cereal Bar - .50
- Toast - .50
- Raisin Toast - .75
- Breakfast Sandwich - \$4.00
- *Tuesdays and Fridays



Fires and Warning Signs for Carbon Monoxide Poisoning



According to HealthinAging.org, an Internet publication from July, 2019.

During the winter months it is common to use the fireplace or other heating sources, such as natural gas, kerosene, and other fuels. Unless they are properly vented, cleaned and used, they can leak dangerous amounts of carbon monoxide—a deadly gas that you can't see or smell. These and other appliances, such as space heaters, can also be fire hazards.

Warning Signs:

Headache, Weakness, Nausea or vomiting, Dizziness, Confusion, Blurred vision, Loss of consciousness. **If you think you may have carbon monoxide poisoning, get into fresh air and get medical care immediately.**

Precautions to Take:

1. Call an inspector to have your chimneys and flues inspected annually.
2. Open a window (when using a kerosene stove)- just a crack will do.
3. Place smoke detectors and battery-operated carbon monoxide detectors in strategic places – especially in areas where you use fireplaces, wood stoves, or kerosene heaters.
4. Make sure space heaters are at least 3 feet away from anything that might catch fire, such as curtains, bedding, and furniture.
5. Never try to heat your home using a gas stove, charcoal grill, or other stoves not made for home heating.

If there is a fire, don't try to put it out. Leave the house and call 911.

HEALTH AND WELLNESS

Chair Yoga with Megan on Fridays **9:30-10:30am**

Cost: \$5.00 (Center Stage) Space is limited! Registration is required, 215-386-0379 ext 7325.

FITNESS CENTER IS OPEN!

**Personal Trainer
Daniel Virgo.**

**Tuesdays and Thursdays
from 10:30-11:30am
and from 12:00pm-1:00pm.**

Must call to Register 215-386-0379 ext 7325

**Take Back your Health with Divine Resources
on January 19th at 10:00am**

**Health & Wellness
Workshop**
with Patrice

10:30am on Thursdays
(Center Stage)


SilverSneakers

ARE YOU SILVER SNEAKERS ELIGIBLE?

**Please see the Health
and Wellness Coordinator
(Patrice) to sign-up.**



HOW CAN YOU MAKE A DIFFERENCE IN THE LIVES OF OUR MEMBERS?

WORKPLACE GIVING!

YOU CAN MAKE A POSITIVE IMPACT

by contributing a portion of your paycheck to charities of your choice. By directing your workplace contribution to The West Philadelphia Senior Community Center, you enrich the lives of our members while nurturing their physical, emotional, and spiritual well-being.

MAKE A MEANINGFUL IMPACT!

Contact Sandy Smith to learn more and support WPSCC, at 267-464-7728 or via email to ssmith@libertylutheran.org



Self Defense Workshop

Thurs. **January 26th**

10:30am - 11:30am (Center Stage)

with URBAN DEFENSE INSTRUCTOR
Master Lawrence Whitaker

Cost upon registering: \$5.00

To register for this Class,
call 215.386.0379 ext 7325

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published by the West Philadelphia Senior Community Center




West Philadelphia Senior Community Center

1016 N. 41st St., Philadelphia, PA 19104

Accredited by 
National Institute of
Senior Centers



To see all of the W.O.W. that happens at our center, go to www.westphilaseniorcenter.org. 



**MLK
DAY**

DAY OF SERVICE
JANUARY 16, 2023

The Martin Luther King Jr. holiday on Jan. 16, 2023, is the 28th anniversary of the day of service that celebrates the Civil Rights leader's life and legacy. Observed each year on the third Monday in January as "a day on, not a day off," MLK Day is the only federal holiday designated as a national day of service to encourage all Americans to volunteer to improve their communities.

THE WEST PHILADELPHIA SENIOR COMMUNITY CENTER affirms the dignity and potential of older people. The Center fosters respect, independence, personal growth and promotes the physical, emotional and economic well-being of older adults in Philadelphia and encourages their participation in all aspects of community life.