

W.O.W. WITHIN OUR WORLD

A Monthly Publication by the West Philadelphia Senior Community Center

W FEBRUARY 2023
PSCC



Can Love Help Reduce Your Risk of Heart Disease?

This February, we celebrate Valentine's Day and heart health month by asking a question. "Can love help reduce your risk for heart disease?"

While love can have many meanings, we define it here as a connection to another person rooted in trust, respect, kindness and affection. So let's look at how love can be good for your heart.

Aerobic Exercises

Aerobic exercises such as brisk walking, cycling, dancing, and playing an active sport improve circulation while also lowering your blood pressure and heart rate. Having someone in your life to exercise with and encourage you increases the odds that you'll keep active.

Stress Management

Finding healthy ways to cope with stress is crucial to your heart's health. The people in your life who love you provide an emotional support system to help you manage. As a bonus, oxytocin (nicknamed the love hormone because it's affiliated with affection) is known to reduce stress and anxiety.

Heart-Healthy Lifestyle

People who care about you will support your heart-healthy goals, like watching your weight, keeping up with your medical needs, or helping you quit smoking.

They can motivate, or better yet, join you, in eating a heart-healthy diet of fresh vegetables, fruits, whole grains and lean meats. And they can gently nudge you to limit unhealthy choices like food high in sodium, sugar and saturated fat.

Whether a romantic partner, close friend or family member, the people in your life who love you play an essential role in your fight against heart disease.

Remember that your friends at the West Philadelphia Senior Community Center are also here to help with nutritious meals and a breadth of programs and services.

Happy Valentine's Day!

HIGHLIGHTS



5/28/23 TO 6/2/23

5-NIGHT CANADA CRUISE!!! 3

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

BOOSTER CARDS 5



HAPPY VALENTINE'S DAY
BACK COVER

**West Philadelphia
Senior Community Center**

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

Lunch Bunch

Wednesday,
February 15th

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

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

**February 24th, 2023
from 12:30-2:00pm**

Please call to Register 215-386-0379 ext 7325

FEBRUARY IS NATIONAL SENIOR INDEPENDENCE MONTH

WELLBEING FOR SENIORS

INSTALL MORE LIGHTING

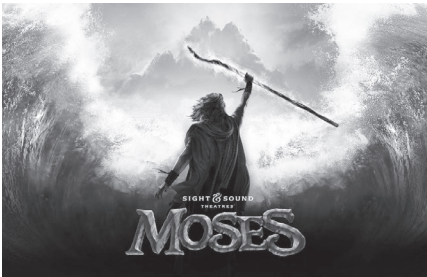
ONE OF THE MOST UNDERUSED HOME MODIFICATIONS FOR SENIORS IS ADEQUATE LIGHTING.

Unless there is a medical condition where someone has difficulty seeing when the lights are turned on, there can truly never be enough lights in someone's home – especially for seniors.

You can use plug in lights or battery powered lights. I like to use a combination of both because there can never be too many lights!

Place them everywhere, but especially in those areas that are used at night time. For example, at the outdoor entrance, in dark hallways leading from the living area to the bedroom, the path from the bed to the bathroom, the pathway to and from the kitchen, a dark closet, etc.

Installing motion light sensors makes it easy to light the home environment adequately without adding much cost onto the electric bill.



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)

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**

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

PORTS OF CALL: **Halifax, Nova Scotia &
St. John, New Brunswick**

**SOLD
OUT!!!**

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 - Music/Dance

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 - Music/Dance

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

Thursday, February 2nd Dollar plus shopping at WPSCC 12:30pm

Friday, February 3rd Wear Red Day for American Heart Month

Tuesday, February 7th Afro Centric Day (Show off your African Garb)

Friday, February 10th Day Of Remembrance Program, from 12:00-2:00pm

Monday, February 13th Hakimas book store at WPSCC

Tuesday, February 14th Valentine's Day Program (Wear Red), 12:30pm

Wednesday, February 15th Possible Super Bowl Party (TBA)

Friday, February 17th Vendors day at WPSCC

Monday, February 20th Hidden Strands with a message (Braided hair styles Workshop)

Tuesday, February 21st

Winter "Embroidery" Camp
by Independence Blue Cross, from
12:00-2:00pm

Tuesday, February 28th

Women of war, come learn about
Private Sylvia Armstrong of WWII



SIGN UP FOR
Your FREE Tax Preparations
Done here at the
WEST PHILADELPHIA
SENIORCOMMUNITY CENTER
Friday, February 17, 2023
10:00 -2:00pm
With Lorraine Gomez of Centennial Parkside.
Please register at the front desk.

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 JANUARY 2023

Geraldine Acosta	Kim Jones
Thomas Apple	Phyllis Ransome
Nancy Bates	Mary Sizgorich
Sylvia Davis	James Tucker
Carol Harding	Karen Wright
Carla Hicks	Gladys Young
Willie Hopkins	

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

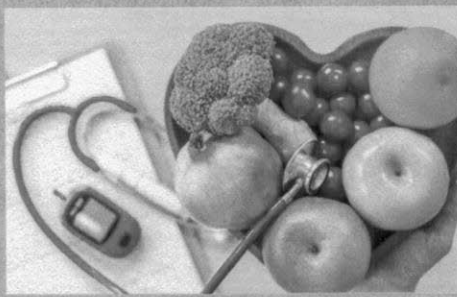
WPSCG Coffee SHOP

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





WANT TO TAKE CHARGE OF YOUR DIABETES?

REGISTER FOR A FREE WORKSHOP!

Become a Self-Manager!

- ✓ Highly interactive 6-week workshop
- ✓ Weekly sessions -
- ✓ Gain support from others with similar health issues

Upcoming Workshop:

Where: West Philadelphia Senior Community Center,
1016 N. 41st St.
Phila., PA 19104

Dates: Thursdays,
February 23rd,
March 2nd, 9th, 16th,
23rd and the 30th

Time: 9am -11:30am

COMMON THREADS – A DIABETES SELF-MANAGEMENT PROGRAM

Are you age 60 and over and have diabetes or care for someone who does? Join this in-person evidence-based workshop and learn how to self-manage your condition and symptoms! Topics include:

- ✓ How to address symptoms such as fatigue, pain, low/high blood sugar, stress, and emotional difficulties (depression, anger, fear, & frustration)
- ✓ Improve strength and endurance
- ✓ Healthy eating and menu planning
- ✓ Blood sugar management & proper foot care
- ✓ Communication skills
- ✓ Action planning, decision making, and problem solving

TO REGISTER, CONTACT:

Patrice Rhodes
(215)386-0379 x7303
patricer@lcsinpa.org



Philadelphia Corporation for Aging supports this program through Title IIIID funds from the Pennsylvania Department of Aging. This program was developed at Stanford University and is now owned by Self-Management Resource Center, Inc.

HEALTH AND WELLNESS

FITNESS CENTER IS OPEN!

**Personal Trainer
Daniel Virgo.**

Cost is \$5.00

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

Must call to Register 215-386-0379 ext 7325

**Health & Wellness
Workshop**
with Patrice

10:30am on Thursdays
(Center Stage)

**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.



ARE YOU SILVER SNEAKERS ELIGIBLE?



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



Self Defense Workshop

Thurs. **February 23rd**
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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WPSCC

West Philadelphia Senior Community Center

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

Accredited by 
National Institute of
Senior Centers


PHILADELPHIA COMMISSION FOR AGING
ElderCare Services Agency

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





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.