

W.O.W. WITHIN OUR WORLD

A Monthly Publication by the West Philadelphia Senior Community Center

W SEPTEMBER 2023
PSCC

Back to School

This time of year, there's a lot of hype about back to school. And we think members of the West Philadelphia Senior Community Center should get in on the fun.

Main Line School Night (MLSN) is offering exciting classes this fall with discounted rates for members. You can join virtual classes on any number of topics, or head across the city line for in-person classes.

Want to learn about food, wine, coffee or tea? They have quite a selection of courses to meet all tastes. Into arts, culture and entertainment? You won't believe the variety of classes, for the person just interested in appreciating the arts, to the person who's ready to delve in and give it a try.

If you're more interested in current affairs, join a class and explore with your peers any number of topics. Find out how policies affect people's lives.

For those wanting to expand their knowledge in technology and computers, there's classes for people new to technology, and for those wanting to learn about more advanced subjects like artificial intelligence.

MLSN offers adults of all ages affordable, educational experiences to promote personal enrichment and to enhance the quality of communities. They are thrilled to extend their programming to members at the Center and the west Philadelphia community.

"MLSN has the program, teachers and technology to offer classes online," says Rose Richardson, director of the Center. "Thanks to the grant from Generations on Line, the Center has iPads and provides instructions on how to use them. These iPads are perfect for online classes through MLSN."

Members can start registering for classes this month.

Members will also be able to attend the classes at a discount simply by mentioning that they are from the Center.



HIGHLIGHTS



October 22nd, 2023

TRIBUTE TO TINA TURNER 3



FOUR-DAY FUNDRAISING EVENT!! 5



**PCA LISTENING SESSION
BACK COVER**

**West Philadelphia
Senior Community Center**

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

Birthday Party to Celebrate all the Birthdays in the month of September

**September 15th, 2023
from 12:30-2:00pm**

To Register, please call 215-386-0379 ext 7325



Lunch Bunch

**Cancelled
for
September**

WPSCC's BOOK CLUB

**WANT TO BECOME A
PART OF OUR CIRCLE?**

We read great books, have
fun discussions & socials.

COME OUT & JOIN US ON

SEPTEMBER 11, 2023

AT 10:30am

(IN THE MUSIC/DANCE ROOM)

Casino Trip to Resorts Casino Hotel

Monday, September 11th, 2023 • Departure 9:00am

\$33.00 Members \$35 Non-members \$30.00 for Booster Card Holders



TOMASELLO WINERY

Wednesday, September 6th, 2023

\$70.00 Members \$75.00 Non-members

Includes Buffet Lunch, Wine tasting, & Travel to Gloucester Premium Outlets

Tribute to Tina Turner

Sunday, October 22, 2023 • Hunterdon Hills Playhouse

Cost: \$145.00 Departs at 12:00pm



THE WIZ at the National Theater in Washington DC

Saturday, October 28, 2023 • Departs at 9:00am

\$225.00 Members/Non-members \$215.00 for Booster Card Holders

(Cost includes transportation, theater ticket, dinner)

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

- 9:00am – 3:00pm** Open Fitness Center
9:30am – 10:30am Enhanced Fitness - Atrium
10:00am – 11:30am Table Games - Atrium
10:30am – 11:00am Devotion (Audio Visual)
11:00am – 11:30am Current Events (Audio Visual)

PM Activities

- 12:30pm – 3:00pm** Table Games - Atrium
1:00pm – 3:00pm Line Dancing - Center Stage

Tuesday

AM Activities

- 9:00am – 11:30am** Table Games - Atrium
10:00am – 11:00am Nutrition Education w/Lynn (Center Stage)
10:00am – 11:30am Hands In Clay - Pottery Room
10:30am – 11:30am Creative Movement - Music/Dance
10:15am – 11:30am BINGO (Atrium)
10:30am Devotion (Center Stage)
10:30am – 11:30am Fitness w/Daniel

PM Activities

- 12:00pm – 1:00pm** Fitness Center Open
1:00pm – 3:00pm Table Games - Atrium
1:00pm – 3:00pm Social Dance - Music Dance

Wednesday

AM Activities

- 9:00am – 3:00pm** Open Fitness Center
9:00am – 11:30am Table Games - Atrium
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
10:30am – 11:00am Devotion (Audio Visual)

Wednesday (cont.)

PM Activities

- 12:30 – 1:30pm** Sewing PM- Art Room
12:30pm – 3:00pm Table Games - Atrium
1:00pm – 2:00pm Enhanced Fitness - Atrium

Thursday

AM Activities

- 9:00am – 11:30am** Table Games - Atrium
10:00am – 11:30am Quilting- Art Room
10:00am – 11:30am Crochet
10:30am – 11:30am Fitness w/Daniel
10:30am – 11:30am Health and Wellness/ Diabetes Forum (Music/Dance Room)

PM Activities

- 12:00pm – 1:00pm** Fitness w/Daniel
12:45pm Cardio Kick Boxing
1:00pm – 3:00pm Line Dancing - Dining Room

Friday

AM Activities

- 9:00am – 11:30am** Pinochle - Center stage
9:00am – 11:30am Table Games - Atrium
9:00am – 3:00pm Open Fitness Center
10:00am Wreath Making

PM Activities

- 12:30pm – 1:30pm** Silver Sneakers - Atrium
12:45m – 2:00pm Bingo (Dining Room)
1:00pm – 3:00pm Table Games - Atrium
1:00pm – 3:00pm Pinochle - Game Room

September is

National Preparedness Month

National Preparedness Month is all about getting prepared for natural disasters. For a list of things to have on hand, please see the center counselor.

Sept. 1st Indoor Cookout 10:00-2:00pm

Sept. 6th Dollar Plus Shopping
9:00am-12:00pm

Sept. 8th Disaster Preparedness 2:00pm

Sept. 14th BTC Cooking for One 10:30am

Sept. 15th Town Hall Meeting 10:30am

Sept. 16th Red Hatters
All White Tea 1:00-5:00pm

Sept. 19th Philadelphia Department of Health speak on today's issues 12:30pm

Sept. 20th Health & Technology 12:00pm

Sept. 21st Estate Planning 10:00-11:15am

Sept. 27th PA Master plan for
Older Adults 10:00am

WPSCC DOUBLE GOOD POPCORN FUNDRAISER



**STARTS AT 5:00PM ON
TUESDAY,
OCTOBER 17th
AND
ENDS AT 5:00PM ON
SATURDAY,
OCTOBER 21st**

Here is your chance to fund raise for the West Philadelphia Senior Community Center (WPSCC) by selling Double Good's 14 unique, deliciously gourmet popcorn flavors using social media!

WPSCC will keep 50% of the profit after you sell the popcorn online and spread the word on social media. Popcorn will be shipped directly to supporters, anywhere in the U.S.

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.

Advance Meal Reservation



Eligible persons who wish to participate in the Congregate Meal Program at the Center must use the Advance Meal Reservation which is available on the touch screen. Meals must be reserved one (1) week in advance, usually by Tuesday 10:00 am. Members who have NOT reserved a meal in advance (at least one week ahead) may leave their names on the Meal Waiting List for that day. This list is compiled on a first come, first served basis. If by 11:40 am meals ARE available, the Meal Waiting List will be utilized.

The kitchen needs to have a final lunch count no later than 11:15 am. You must be present to register for the Meal Waiting List. Whether registered or on the waiting list, you must be counted before 11:15 am.

Please remember that when you opt for Meal Waiting, there is no guarantee that there will be lunch available.

NEW MEMBERS as of AUGUST 2023

Dotrice Abney
Darlene Butler
Helena Dent
Sandra Harris
Janyce Manis
Dorothy Porter
Alonzo Baker
Lomax Butler
Sharon Farmer
Calvin Heard
Dolores McMillan
Harriet Pugh
Tanya Banks
Hellen Cherry
Rosetta Ferguson
Byron Higgs
Rose Mitchell
Wendy Quinn
Janice Baylor
Cora Cooke
Sandra Fraiser

Claudette Hill
Sandra Monts
David Rivers
Nona Bennett
Cornell Crawley
Brenda Frisch
Helen Kenny
Lucretia Moya
David Shepard
Rochelle Blackson
Valerie Crum
Judy Graham
Pamela Lackey
Lydia Moya
Maxine Smith
Lessie Boyd
Doreatha Davis
William Green
Joseph Lanier
Pamela Murray
Shirley Smith

Lucille Brown
Gladys Davis
Regina Handy
Veronica Lee-Montgomery
Phyllis Nelson
Mary Smith-Lucas
Jamie Terrell, Sr.
Verna Brown
Vanessa Covington
Rovolver Garrett
Shirley Nicholson
Ali O'Neale
Mark Roberts
Carolyn Robinson
Arthean Wicks
Valerie Williams
Carrie Yon

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

**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



Wanna learn a
SECOND LANGUAGE?

FREE SPANISH CLASS

Learn Basic Spanish

September 16th 10:30-11:30am

*Sign up at the front desk
or call (215) 386-0379 ext. 7325*



**Voucher Distribution at WPSCC
begins on
TUESDAY, JULY 18TH, 2023**

Monday - Thursday

9:30am - 11:30am

1:00pm - 3:00pm

SENIOR FARMERS MARKET NUTRITION PROGRAM is a PA Department of Agriculture program designed to assist farmers and low-income older adults.

All participants receive five, \$10 checks to spend at eligible farmers markets on PA-grown produce (Can spend at any approved markets in PA- not just Philly).

HEALTH AND WELLNESS

OPEN FITNESS CENTER

Monday, Wednesday & Friday
9:00am-3:00pm

PERSONAL TRAINING

WITH DANIEL VIRGO

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

Register on the touch screen. Cost is \$5.00

Chair Yoga with Megan

on Fridays

9:30-10:30am

Cost: \$5.00 (Center Stage)
Space is limited!

Register on the touch screen

Health & Wellness Workshop with Patrice

10:30am on Thursdays
(Music Dance)

Blood Pressure Screenings

10:00-12:00pm

on Tuesdays
with Nurse Wanda

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

Eileen Chopnick, BTC Nutritionist

Will be here on

**Thursday,
September 14th**

from 10:30am to 11:30am

Health & Technology Workshop

Will be on

**Wednesday,
September 20th**

from 12:00pm to 2:00pm

Limit of 10 persons.

HAVE LUNCH WITH US!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				H358
				SOUTHWEST BAKED FISH with PEPPERS & CORN SAUTE (4oz EP tilapia, ¼ cup corn & peppers) ½ c roasted potatoes ½ cup warmed spiced peaches 2oz WW roll, pc marg ½ cup pineapples
4	5	6	7	8
	H360	H361	H362	H363
CLOSED	CRABCAKE & BROCCOLI MAC & CHEESE (3oz EP sirimi, 1 oz cheddar, ½ c elbow pasta, 1oz broccoli) ½ c marinated tomato salad with onions ½ c diced carrots and peas ½ cup tropical fruit	WARM SLICED BEEF (3oz EP beef, 1oz au jus) ½ cup roasted red skin potatoes ½ cup green beans almondine Club Roll ½ cup cinnamon applesauce	ORANGE GLAZED CHICKEN (3oz EP chicken, 1oz glaze) ½ cup sweet potato ½ cup Broccoli 2oz WW roll, pc marg Fresh Peach	TOMATO, ONION & SWISS OMELET (3oz omelet, 1oz diced tomato, onion, 0.5oz swiss) ½ cup o'brien potatoes ½ cup warm apples English Muffin, pc marg ½ c fruit cocktail
11	12	13	14	15
H364	H365	H366	H367	H368
GRILLED CHICKEN PARMESAN (3oz EP chicken, 1oz ps mozzarella, 2 oz tomato sauce) ½ cup spinach w carrots ½ cup rotini 2oz WW roll, pc marg Fresh Plum	BEEF STIRFRY (3oz EP beef, ¼ cup peppers, 1 oz Korean BBQ sauce) ½ c white rice ½ c sesame broccoli 1 sl WW bread, pc margarine ½ cup mandarin oranges	LEMON GARLIC CHICKEN (3oz EP chicken breast, 2oz lemon garlic sauce) ½ c sugar snap peas, carrots and black beans ½ cup confetti (peppers) brown rice 2 oz WW roll, pc marg ½ cup pineapples	FIESTA OMELET (3oz omelet, 0.5 oz cheddar cheese, 1oz black beans, ¼ tomato, peppers, onions) ½ cup home fries ½ c mixed vegetables (corn, green bean, peas, carrot) 1 oz WW bread, marg ½ cup berry applesauce	SLICED TURKEY W CRANBERRY CHUTNEY (3oz EP turkey, 2oz turkey gravy, 1 T cranchutney) ½ cup Cole slaw ½ cup green beans 2oz WW roll, marg 2oz sweet muffin
18	19	20	21	22
H369	H370	H371	H372	H373
PENNE W MEATBALLS (2oz EP turkey meatballs, 1oz PS mozza, 2 oz tomato sauce) ½ cup broccoli & carrots ½ cup penne 1oz WW bread, pc marg ½ cup fruit cocktail	BAKED FISH W LEMON & PARSLEY (4oz EP tilapia, 1 oz sauce) ½ c peas ½ c scalloped potatoes 2 oz WW roll, pc margarine ½ cup applesauce	SWEET & SOUR PORK (3oz EP Pork, 2oz peppers & carrots, 1oz pineapples, 1oz sauce) ½ cup green beans ½ cup Brown rice 2oz WW roll, marg Fresh Peach	PHILLY CHEESE BURGER (3oz EP ground beef, 0.5oz provolone cheese, 1oz peppers & onions) ½ c broccoli florets ½ c potato wedges 2oz WW hamburger roll pc ketchup sugar cookie	GARLIC BUTTER RAVIOLI with SPINACH (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¼ c ravioli noodle, 1oz garlic butter sauce, 2oz spinach) Tossed salad (1 cup romaine, tomato wedge, 2 cucumber slices, 1 T Italian dressing) ½ cup peaches
25	26	27	28	29
H354	H355	H356	H357	H358
HONEY MUSTARD CHICKEN (3oz chicken breast, 1oz sauce) ½ cup Brussel sprouts ½ cup couscous 1 slice WW bread, pc marg Fresh Pear	ASIAN GLAZED MEATBALLS (3oz EP beef meatballs, 1oz sauce) ½ cup broccoli ½ cup Fried brown rice 1 sl WW bread, pc margarine ½ cup mandarin oranges	LASAGNA ROLLUP (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¼ c lasagna noodle, 2oz tomato sauce) ½c garlic spinach w carrots Caesar Salad (1 cup romaine, 1 Tbsp Caesar dressing) ½ cup berry applesauce	SLOPPY JOE (3oz EP ground beef, 1oz tomato sauce, ¼ cup diced tomatoes, peppers onions) ½ cup corn ½ cup carrot, broccoli & cauliflower 2 oz WW. hamburger roll ½ cup pudding	SOUTHWEST BAKED FISH with PEPPERS & CORN SAUTE (4oz EP tilapia, ¼ cup corn & peppers) ½ c roasted potatoes ½ cup warmed spiced peaches 2oz WW roll, pc marg ½ cup pineapples

W.O.W. – Within Our World

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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. 



Master Plan For Older Adults LISTENING SESSIONS

The Pennsylvania Department of Aging has embarked on the development of a 10-year strategic plan designed to help transform the infrastructure and coordination of services for Pennsylvania's older adults, and they want your input!

Upcoming session coordinated by PCA:

September 27th 10:00am



Those interested in attending the Listening Sessions should RSVP by email at mQQa@pcacares.org or leave a voicemail for Zina Van Seiver at 215.765.9000 ext. 5086

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.