

W.O.W.

WITHIN OUR WORLD

A Monthly Publication by the West Philadelphia Senior Community Center

W NOVEMBER 2023
PSCC

Defending America

Defending America takes courage and sacrifice. The men and women who serve in the United States armed forces protect and preserve all that America stands for—freedom, democracy, equality and justice. They give us hope and safeguard our right to vote.



On November 11, we honor our veterans from all generations who served across each branch of our military. We asked a few veterans who are members and staff at the West Philadelphia Senior Community Center to share their experience:

Albert J. served in the army in artillery from 1962 -1965. “It was great because it helped me mature and grow into a better man. I was in awe of how the army was able to bring together a diverse group of soldiers to work together for a common cause.”

Quessie M. served in the army & reserves from 1977-2016. “It was an adventure.” She met a lot of people, one from Kosovo with whom she is still in contact. As a reservist, she would get families & soldiers prepared for mobilization.

Leonard J. served in the navy from 1950-1953. His father had to enlist him due to his age. He was on the U.S. Toldeo as a seaman apprentice, then seaman. He enjoyed his time traveling all through the pacific.

Constance R. served in the army as a nurse from 1996-2000. She always advised the soldiers with whom she came in contact, “You only get out what you put in.”

Patrice R. served in the army from 1985 – 1990. She saw it as a wonderful opportunity to experience different cultures.

Charles J. served in the army from 1953-1956. He felt that his service was never fully appreciated as the Civil Rights Movement was just getting underway and it would take a decade before the Civil Rights Act would be passed, followed by the Voting Rights Act.

Gloria W. served a unique role in the army from 1978-2004. She was the eyes and ears for the soldiers whose morale was low. She would notify the chaplain or necessary officer if needed.

We salute all our veterans and extend our heartfelt gratitude for their service. As a country, we owe them a tremendous debt that can never be fully repaid.

HIGHLIGHTS



AIN'T TOO PROUD TO BEG 5



GET YOUR FLU SHOT - NOV 17 9



THANKSGIVING LUNCHEON
BACK COVER

West Philadelphia
Senior Community Center

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

Advisory Council

Bertha Martin-Nagbe, *President*

Elizabeth Williams, *Vice President*

Johnnie Young, *Treasurer*

Qussie Murphy, *Secretary*

The Advisory Council meets monthly with the Center Director to discuss and recommend programs to benefit the Center.

Staff Directory

Rose Richardson, *Executive Director* ext. 7301

Julia Diggs, *Program Manager* ext. 7302

Patrice Rhodes, *Health & Wellness Coordinator* ext. 7303

Areatha Dorsey, *Center Counselor* ext. 7305

Database Clerk ext. 7306

Robert Davis, *Maintenance Mechanic* ext. 7307

Michael Johnson, *Maintenance* ext. 7307

Administrative Assistant ext. 7300

Rosalyn Watson, *Activities Aide* ext. 7325

Robin Mason, *Nutrition Coordinator* ext. 7319

Dial the extension or dial "0" for a staff member.

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, (215) 386-0377 x7306

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

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

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. **Thank You!**

SCAMMING IS STILL HAPPENING.

I've had a few of our members tell me that they received calls from a so called family member asking for money.

Please be aware of the "Relative/Family Scam" this is where someone will call you claiming to be a relative in distress. Do your research before giving up your money. Call the relative they are claiming to be.

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
10:00am - 11:30am Chair Yoga (Center Stage)

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

- November 7th** Chef Will cooking demo
- November 9th** Soap Making w/Zakia Ringgold
- November 10th** Veteran's Observance
- November 13th** Fire Safety Workshop
- November 14th** LIVE! Casino
- November 17th** November Birthday Party
- November 17th** Flu Shot Clinic
- November 20th** The Adventures of the Cornbread Man Workshop
- November 25th** Thanksgiving Luncheon
- November 28th** WURD Radio Sassy Seniors

Trip to LIVE! Casino

Tuesday, November 14th, 2023 • Departure 9:00am

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



PURLIE at The Music Box Theatre - Staring Leslie Odom, Jr.

Saturday, December 16th, 2023

\$245.00 Members \$250.00 Non-members \$240.00 for Booster Card Holders

(Cost includes transportation, show ticket, breakfast)

The Temptations "Ain't too Proud to Beg" at The Academy of Music

Saturday, January 20th, 2024 • 2:00pm, \$100.00

(\$50.00 Non-refundable deposit, \$50.00 balance due in cash by December 8th, 2023)



Sight & Sound Theatres' DANIEL

Tuesday, March 19th, 2024 • Departs 8:00am
Includes Theatre ticket, transportation, and lunch.

\$185 Members \$190 Non-Members

(\$50.00 Non-refundable deposit Dec. 8, 2023)

\$67.50 Due Jan. 5th, 2024, Balance \$67.50 (cash only) Feb. 9, 2024)

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.

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 NOVEMBER 2023

Richard Antrom, IV
Kimberly Askew
Khalif Bakr
Brenda Butler
Vince Enoch
Brenda Hall-Covert
Annie Harris
Debra Hayes
Gwendolyn Highsmith

Justine Hudson
Fay Johnson
Gail Johnson
Katherine Johnson
Henry Major
Cheryl Martin
Lucretia McMillan
Angela Peterson
Doris Poulson

Sandra Reed
Margaret Selden
Denise Smalley
Alvin Tate
Rebecca Watkins-Bakr
Rachelle Watson

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

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

Eileen Chopnick, BTC Nutritionist

Will be here on
Thursday,
November 9th

from 10:30am to 11:30am

Health & Wellness with Patrice

10:30am on Thursdays
(Music Dance)

Blood Pressure Screenings

Tuesdays from
10:00-12:00pm
with Nurse Wanda

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

**November 17th, 2023
from 12:30-2:00pm**

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



Wanna learn a
SECOND
LANGUAGE?

FREE SPANISH CLASS

Learn Basic Spanish
EVERY FRIDAY
from **10:30-11:30am**

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

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
NOVEMBER 6, 2023
AT 10:30am

(IN THE MUSIC/DANCE ROOM)



WPSCC ANNUAL **FLU CLINIC**

FRIDAY,
NOVEMBER 17th
10:00am – 12:00pm

YOU MUST PRESENT YOUR MEDICAL CARD!
Preregistration is required!
SIGN UP AT THE FRONT DESK

**THE MOBILE
CPR PROJECT**  **PHILADELPHIA**

WEDNESDAY
DECEMBER 6th
10:30am

**LEARN ABOUT
"HANDS ONLY" CPR**

BE PREPARED TO
HELP SOMEONE IN
AN EMERGENCY USING
ONLY YOUR HANDS.

To learn more, contact our office:
215-746-4631
TheMobileCPRProject@uphs.upenn.edu
www.TheMobileCPRProject.com



Are you ReadyPA?

TIP SHEET

Did You Know?

97% of seniors age 70 and older use the internet at least once a week.

38% of seniors report someone has tried to scam them online.

9% of seniors are victims of criminals posing as the IRS & demanding immediate payment of taxes.

Top 5 Internet Scams

Fake Tech Support Calls



Fake Tax and IRS Calls

Ransomware



Fake Debt Collector Calls

Fake Sweepstakes



5 Cyber Tips for Older Adults

LOGIN

Create passwords and make them strong. Half of seniors do not use the password feature on at least one of their internet-enabled devices, leaving it open to whomever may pick it up.

Think before you act.

Emails and communication that create a sense of urgency, such as a problem with your bank account or taxes, is likely a scam.

Use security software.

Install security software on your devices from a reliable source and keep it updated.



Adjust your browser safety settings.

Those menus can often be found in the upper right corner of your browser. Consider clearing your browsing history at the end of your session so you don't leave a trail of sensitive data.



Share with care.

Be aware of what you share publicly on social media sites like Facebook. Adjust your privacy settings to limit who can see your information.



www.pema.pa.gov

Be Informed. Be Prepared. Be Involved.



www.ready.pa.gov

HAVE LUNCH WITH US!

		1	2	3
		H361	H362	H363
		WARM SLICED BEEF (3oz EP beef, 1oz au jus) ½ cup mashed 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 Apple	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
6	7	8	9	10
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 & PEPPER STIRFRY (3oz EP beef, ¼ cup peppers, 1 oz 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) Tossed salad (1 cup romaine, tomato wedge, 2 cucumber slices, 1 T french dressing) ½ cup roasted potatoes with peppers 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 mashed potatoes ½ cup green beans 2oz WW roll, marg 1.5oz sweet muffin
13	14	15	16	17
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) 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 Orange	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
20	21	22	23	24
H354	SPPCA-THANKS	H356		H358
HONEY MUSTARD CHICKEN (3oz chicken breast, 1oz sauce) ½ cup Brussel sprouts ½ cup couscous 1 slice WW bread, pc marg Fresh Pear	3OZ ROAST TURKEY W/ 1OZ CORNBREAD STUFFING & 2OZ GRAVY 1/2 C MASHED SWEET POTATOES 1/2 C GREEN BEANS ALMONDINE 2OZ CRANBERRY SAUCE 2 oz WW roll, pc margarine 1 SL APPLE PIE 4 OZ GRAPE	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	CLOSED	CLOSED
27	28	29	30	
H359	H360	H361	H362	
BBQ CHICKEN THIGH (3oz EP chicken, 1oz bbq sauce) ½ cup Brussel sprouts ½ cup sweet corn 1sl WW bread, pc marg 1.5 oz sweet muffin	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 mashed 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 Apple	

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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.



Join us for our

Masonic Laurel Lodge No. 2 Thanksgiving Luncheon

SATURDAY,
NOVEMBER 25TH

12:00^{PM} TO 3:00^{PM}

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.