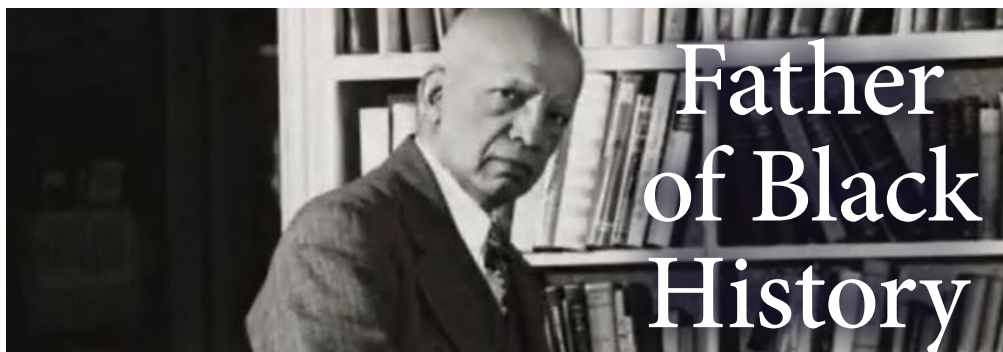


W.O.W.

WITHIN OUR WORLD

A Monthly Publication by the West Philadelphia Senior Community Center

W FEBRUARY 2024
PSCC



Father of Black History

Ever wonder how Black History Month came to be?

Meet Carter G. Woodson, scholar, prominent historian, author, and father of Black history. Born in 1875, he dedicated his life to celebrating the historic contributions of African-Americans.

Though his earlier education was self-taught, he started high school at age 20, graduating within two years. He eventually obtained a PhD in history from Harvard University, joined the faculty at Howard University and later served as Dean of the College of Arts and Sciences at Howard.

During his time in education, he recognized that America largely overlooked the achievement of Black Americans. Historically, professionals writing textbooks and teachers who taught history ignored or suppressed their contributions.

Woodson believed that African-Americans (especially young people) would be more proud of their heritage if given the chance to learn about these accomplishments. He also thought that, in lifting up Black influence on the development of civilization, the nation could heal and abolish racism.

In 1915, he founded the Association for the Study of Negro Life and History. Its mission: the scientific study of "neglected aspects of Negro life and history." He started a scholarly journal that is still in circulation today as the Journal on African-American History.

Woodson launched "Negro History Week" in February of 1926 to coincide with the birthdays of Frederick Douglass and Abraham Lincoln. He saw it as a stepping stone to the gradual introduction of Black history as part of, not separate from, American history. His hope was that history would eventually emphasize their contributions, void of bias, race, hate and religious prejudice.

Though Woodson died in 1950, his legacy continues. The week became Black History Month in 1976. That same year, his home and office in Washington, DC became a national historic site within the National Park Service.

For Black History Month, The Center is featuring a series entitled "Who Am I". Staff will dress and act out a famous, historical African-American, and those who guess correctly are entered into a raffle. On the 20th, members are encouraged to wear afro-centric garb and join us for a celebration of soul food, dancing and selections of music by our choir. Look inside for details.



HIGHLIGHTS

WEAR
RED DAY

HEART HEALTH MONTH 9



TAX PREPARATION 9



AFROCENTRIC DAY
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

Jazmine Flamer, *Database Clerk* ext. 7306

Robert Davis, *Maintenance Mechanic* ext. 7300

Michael Johnson, *Maintenance* ext. 7300

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) 386-0379 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!**



NEW QUILTING CLASS!!!

Mondays beginning
January 22nd
12:00 - 2:00pm

Cost: \$30 / 6 weeks

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

- 12:00pm - 2:00pm** Quilting
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 (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 - 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 (Center Stage)
10:00am - 11:30am Sewing Class
10:30am - 11:30am Color Your Mind - Music/Dance

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 Basic Spanish
10:00am - 11:00am Chair Yoga (Center Stage)
10:30am - 11:00am Devotion (Audio Visual)

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

Feb. 2nd - Wear Red Day

Feb. 2nd - Vendors Day with Afro-Centric clothing & jewelry - 9 -1pm

Feb. 5th - Walking Group begins 10am

Feb. 5th - Book Club Review 10am

Feb. 5th - Who Am I Series (guess who this person in history is) Julia presents

Feb. 6th, 7th & 8th -Tax Free Preparation 9 - 3pm

Feb. 9th - Center closing at 12:30pm

Feb. 13th - Who Am I Series (guess who this person in history is) Areatha presents

Feb. 14th - Love Yourself & Your Neighbor Celebration 12 -1:30pm

Sponsored by the national organization of black women
in law along with fellow police officers.

Feb. 16th - February Birthday 12:30pm

Feb. 20th - Afro Centric Day of Celebration (Dress, singing & Poetry celebration)

Feb. 21st - Who Am I Series (guess who this person in history is) Rosalyn presents

Feb. 22nd - Protein Lesson with Eileen Chopnick 10am

Feb. 23rd - Movie@ 12:00 in Audio Visual room

Feb. 27th - Every heart beats Counts 12:30 - 2:00

Feb. 29th - Who Am I Series (guess who this person in history is) Jazmine presents

Bingo cancelled on Feb. 9th & Feb. 20th



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)

STAY TUNED! Trips in motion!

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 FEBRUARY 2024

Walter Bard

Emily Brady

Renee Davis

Vanessa Dreher

Alicia Harris

Cary Hygrant

Victoria Moore

Regina Savior

Jesse Stephenson

Bonnie Tyler

Chiquita Whitehead

New Members Orientation will be held Monday, January 22nd, 10:00 am (Music Dance Room)

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

Cost is \$5.00

Health & Wellness with Patrice

10:30am on Thursdays
(Music Dance)

Beginner CHAIR YOGA

10:00am-11:00am
on Fridays (Center Stage)

Suggested donation: \$2

Blood Pressure Screenings

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

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

February 16th, 2024
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

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
FEBRUARY 5, 2024
AT 10:30am

(IN THE MUSIC/DANCE ROOM)

SIGN UP FOR **Your FREE Tax Preparations**



Done here at the WPSCC

Tuesday, February 6, 2024 10:00 -2:00pm

Please register at the front desk.



NATIONAL WEAR RED DAY®

Friday, February 2, 2024

**This February, let's Go Red
for each other.**

Show your support for women across the nation, for the special women in your life, and for YOU. On Friday, February 2, share your heart and **WEAR RED.**



Please help older Philadelphians in need this winter by donating to the Emergency Fund today!

Many older Philadelphians are often forced to choose between paying for medicine, food, or heat. With your help, they won't have to make that difficult choice. The Emergency Fund for Older Philadelphians seeks to reduce suffering by providing small grants to individuals in dire situations.



Here's what people helped through the Emergency Fund tell us:

Ms. H. was able to purchase food for the month during a very difficult time. "I am very appreciative of what the Emergency Fund has done for me and continues to do for others."

Ms. C. could not afford to heat her home. She told her local senior center, "I am going to freeze if I don't get oil before the weekend." The oil delivery through the Emergency Fund allowed her to stay warm in her home.

Ms. F. broke her glasses but her insurance would not cover a new pair for another year. "I could not see, and PCA helped me see again."



Please help older Philadelphians in need this winter by donating to the Emergency Fund today!

\$1,000 will provide seasonal clothing for 10 older Philadelphians

\$500 provides \$50 worth of food to 10 older adults

\$300 provides 60 gallons of home heating oil

\$100 helps prevent a utility shutoff



Donate Today!

The Emergency Fund Coalition for Older Philadelphians is an alliance of 22 organizations throughout the city providing emergency assistance to older adults on fixed incomes:

Better Home Care, LLC
Center for Advocacy for the Rights and Interests of Elders (CARIE)
CLARIFI (formerly Consumer Credit Counseling Service of Delaware Valley)
Firehouse Active Adult Center
Home Instead
Intercommunity Action
(Center at Journey's Way)

Jewish Family and Children's Service of Greater Philadelphia
Jewish Relief Agency
KleinLife
Liberty Lutheran Services (West Philadelphia Senior Community Center)
Mayor's Commission on Aging
Northern Living Center
Philadelphia Corporation for Aging
Philadelphia Senior Center

Philip Jaisohn Memorial Foundation
Polish American Social Services
Salus Health
Senior Helpers Philadelphia
SeniorLAW Center
Southwest Senior Center
Utility Emergency Services Fund
Unitarian Universalist House Outreach Program

HAVE LUNCH WITH US!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			H382	H383
			CREAMY PARMESAN CHICKEN (3oz EP chicken, 2oz thin white parm sauce) ½ cup broccoli ½ cup penne 2oz WW roll, pc marg ½ cup peaches	RAVIOLIS W ROASTED RED PEPPER SAUCE (1/2 c PS Ricotta, 1 oz PS Mozz, 2 oz sauce, ¼ c pasta) ½ cup sauteed spinach w carrots ½ c Corn Fresh Orange
5	6	7	8	9
H384	H385	H386	H387	H388
FAJITA CHICKEN (3oz EP chicken 2oz peppers and onions) ½ cup seasoned corn and black beans 1/2 cup Spanish rice 1sl/oz WW bread, pc Marg ½ cup pineapples	PIZZA BURGER (3oz EP beef, 0.5oz mozz cheese, 2 T tomato sauce) ½ cup mixed vegetables (corn, carrot, pea, green bean) ½ cup Cauliflower 2oz WW hamburger bun, pc marg 2oz sweet muffin	PANKO CRUSTED TILAPIA (3oz EP tilapia) ½ cup green beans ½ cup Scalloped potatoes 1 slice WW bread, pc marg Fresh Pear	PAPRIKA BAKED CHICKEN THIGH (3oz EP chicken) ½ cup Cole slaw ½ cup mashed potatoes 1sl WW Bread, pc marg ½ cup peaches	SPINACH & SWISS OMELET (3oz EP egg Omelet, 0.5oz swiss cheese, 1 oz spinach) ½ cup roasted red potatoes ½ cup warm apples 2oz WW roll, pc marg ½ cup berry applesauce
12	13	14	15	16
H389	H390	SPPCA-VAL-HOT	H392	H393
SWEDISH MEATBALL (3-1oz EP meatballs) w 2oz gravy ½ cup buttered wide noodles ½ cup peas 1oz WW bread, pc marg ½ cup mandarin oranges	BALSAMIC GLAZED CHICKEN (3oz EP chicken) w 1oz sauce & 0.5oz PS mozzarella cheese ½ cup penne pasta ½ cup collard greens 2oz WW roll, pc marg Fresh Apple	MEATBALLS W/ MARINARA SAUCE Spaghetti Sliced carrots Tossed salad w/ PC Italian dressing Dinner roll Cheesecake w/ fruit topping on the side	HAWAIIAN CHICKEN (3oz EP chicken – 1oz soy, sesame, pineapple sauce) ½ cup confetti rice (w peppers) ½ cup marinated cucumber salad 2oz white roll, pc marg ½ cup fruit cocktail	BAKED ZITI W SPINACH (¾ c ziti noodles, ½ c PS ricotta, 1oz PS mozzarella, 1oz spinach, 2 oz tomato sauce) ½ cup warm spiced (cinn, nutmeg) peaches ½ c Cali Blend (carrot, cauliflower, broccoli) 1oz sugar cookie
19	20	21	22	23
H374	H375	H376	H377	H378
HONEY-ROSEMARY CHICKEN (3oz EP chicken) ½ c brown Rice Pilaf Side salad (1 cup romaine, 2 T tomatoes, 1 slice cucumber, 1 T Italian dressing) 1sl/oz WW bread, pc marg ½ cup fruit cocktail	PINEAPPLE GLAZED PORK (3oz EP pork, 2oz pineapple sauce) ½ cup sweet potatoes ½ cup green bean almondine 2oz WW roll, pc marg ½ cup cinnamon applesauce	MEATLOAF (3oz EP beef) W 2oz GRAVY ½ cup whipped potatoes ½ cup peas and carrots 1sl/oz white bread, pc marg Fresh Apple	CHEESE OMELET & TURKEY SAUSAGE (3oz EP cheese omelet, 1oz EP turkey sausage) ½ cup diced potatoes with peppers and onions ½ cup spinach w carrots 1oz/sl WW bread, pc marg 2oz sweet muffin	TILAPIA WITH CREAMY DILL SAUCE (3oz EP tilapia) ½ cup carrot coins ½ cup Vegetable brown rice 2 oz whole wheat roll, margarine ½ cup mandarin oranges
26	27	28	29	
H379	H380	H381	H382	
HERB ROASTED CHICKEN THIGH (3oz EP chicken thigh w 2oz herb chicken gravy) ½ cup mixed vegetables (corn, carrot, pea, green bean) ½ cup roasted red potatoes 2oz WW roll, pc margarine ½ cup applesauce	HEARTY BEEF STEW (3oz EP beef, 2oz gravy) ½ cup Stewed veggies - carrots, potato, peas ½ cup cauliflower 2oz WW Roll, pc marg 1oz oatmeal cookie	SLICED TURKEY & STUFFING & ORANGE THYME GRAVY (3oz EP turkey, 2oz gravy, ¼ c stuffing) ½ cup brussel sprouts ½ c carrot and raisin salad 1 slice WW bread, pc marg ½ cup pears	CREAMY PARMESAN CHICKEN (3oz EP chicken, 2oz thin white parm sauce) ½ cup broccoli ½ cup penne 2oz WW roll, pc marg ½ cup peaches	

W.O.W. – Within Our World

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.

The event banner has a black border and a background with green and red geometric patterns. A white square in the center contains the text 'HONORING BLACK HISTORY'.

**HONORING
BLACK
HISTORY**

HELP US HONOR
**BLACK HISTORY
MONTH**

**AFROCENTRIC
DAY OF
CELEBRATION**

February 20, 2024
10:30am - 11:30am

Afrocentric Fashions

Singing

Poetry

Special Festive Lunch

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.