

W.O.W. WITHIN OUR WORLD

A Monthly Publication by the West Philadelphia Senior Community Center

W PSCC
MARCH 2024

Protein— A Super Food



In case you haven't noticed, protein seems to be added in everything these days - drinks, bars, even cookies. Since March is nutrition month, let's dig into why.

Protein supports good health, immunity and muscle maintenance. It also provides many other health benefits, especially as you age. Eating too little can cause malnutrition, muscle loss, and lead to other health and lifestyle issues.

Studies show that older adults aren't eating enough, and in fact need more in their diet than the recommended daily allowance (RDA). As people age, their bodies become less efficient at producing muscle protein. They need to increase their intake 25% more than the RDA, or even double it, to make up the difference.

Your body breaks down dietary protein throughout the day, so nutritionists suggest spacing it out. Don't rely on dinner to cover most of what you need. Try to eat 20-30 grams with each meal, and 12-15 grams with snacks between meals.

Another good rule to help you eat enough is to make sure 15-25 percent of your daily calories come from protein. Sources include meat, poultry, fish, nuts, legumes, eggs and dairy products. Processed foods and those high in fat and salt should be eaten sparingly or avoided altogether.

People with kidney or heart disease, diabetes, hypertension and other chronic health conditions should check with their doctor before increasing the amount of protein in their diet. Too much could increase your cholesterol. It can also cause dehydration, risking further damage to your kidneys if you have kidney disease.

A balanced diet also includes complex carbohydrates from fruits, vegetables and grains high in fiber. Adding physical activity and strength building to your routine will improve your body's ability to absorb protein more efficiently.

The Center is here to help. Learn more by joining our nutrition class. To increase your physical activities, try out the variety of exercise classes we offer and find one right for you. Finally, take advantage of the exercise equipment room for strength building and resistance training.

HIGHLIGHTS



OCT. 5-12, 2025

WEST MEDITERRANEAN CRUISE 4

YOUR GUT, YOUR HEALTH

Presented by
Penn Medicine

AN EDUCATION SERIES 9



AARP DRIVING COURSES
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. 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
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
9:00am - 3:00pm 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
1:00pm - 3:00pm Line Dancing - Center Stage

Tuesday

AM Activities

- 9:00am - 3:00pm** Table Games - Atrium
9:00am - 3:00pm Open Fitness Center
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)

PM Activities

- 1:00pm - 3:00pm** Social Dance - Music Dance

Wednesday

AM Activities

- 9:00am - 3:00pm** Open Fitness Center
9:00am - 3:00pm 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
1:00pm - 2:00pm Enhanced Fitness - Atrium

Thursday

AM Activities

- 9:00am - 3:00pm** Table Games - Atrium
9:00am - 3:00pm Open Fitness Center
10:00am - 11:30am Quilting- Art Room
10:00am - 11:30am Crochet
10:30am - 11:30am Health and Wellness/ Diabetes Forum (Music/Dance Room)

PM Activities

- 12:45pm** Cardio Kick Boxing
1:00pm - 3:00pm Line Dancing - Dining Room

Friday

AM Activities

- 9:00am - 3:00pm** Pinochle - Game Room
9:00am - 3:00pm 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)

National Women's Month

Thurs. 7th - Gut Health (stomach) 12:30 Music/dance

Sun. 10th – Daylight saving time

Wed. 13th – Fire Prevention Safety Fire Fighter Nancy Rosado 10am (music dance)

Fri. 15th – Mental Health Awareness - Ali Case 10am

March Birthday Party "Spring Is In The Air" 12:30 Guest Postal Choir

Wed. 20th – Gambling Away Your Golden Years 10am

Black Women's Health Alliance 10am Music/dance

Thurs. 28th – Easter Celebration (Prize for the best Hat) Mini sermonette

COMPUTER CLASSES – Beginners Thursdays & Intermediate Fridays
(Both are from 10am – 11:30am)

7-NIGHT WEST MEDITERRANEAN CRUISE!!!

From Sunday, **Oct. 5th**
to Sunday, **Oct 12th 2025**

ON THE
"ALLURE OF THE SEAS"

A VALID PASSPORT IS REQUIRED
FOR THIS CRUISE!



Deposit Policy: \$350/per person (Double Occupancy) or \$700/per person (Single Occupancy) due **April 5th, 2024**.
Payments of \$200 are due monthly. **Final payment is due May 5th, 2025 and must be paid in cash.**

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



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)

Casino Trip to Resorts Casino Hotel

Monday, April 8th, 2024



R&B Crab & Shrimp Feast

Martins West, Baltimore Maryland • Saturday, August 3, 2024 (Day trip)

\$200 Booster \$210 Member \$215 Non-Member

Includes transportation, entertainment & scrumptious Seafood!

Deposit to reserve you seat \$50.00 due Mar. 22, 2024

2nd payment \$50. Apr. 16th, Final payment (cash only) May 17, 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 MARCH 2024

Wayne Brown

Howard Cupit

James Elam

Marie Gee

Virginia King

Joan Mitchell

Arifah Salaam

Laurita Spicer

Linwood Upchurch

Betty Davis

Janice Johnson

New Members Orientation will be held Monday, March 25th, 10:00 am (Music Dance Room)

HEALTH AND WELLNESS

OPEN FITNESS CENTER

Monday - Friday
9:00am-3:00pm

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 March

March 15th, 2024
from 12:30-2:00pm

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



Wanna learn a
SECOND
LANGAUGE?

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

MARCH 4, 2024

AT **10:30am**

(IN THE MUSIC/DANCE ROOM)



Your Gut, Your Health: **A Penn Medicine Education Series**



Nutrition and GI Cancer Awareness

When? **Thursday, March 7th**

Where? **West Philadelphia Senior
Community Center
1016 N 41st Street, Philadelphia, PA**

What Time? **10am-11am**

Come join physicians from Penn Medicine for a conversation on the importance of maintaining proper gut health through diet and cancer prevention! This will be an interactive presentation, so please bring any stories you'd like to share or questions you have. Healthy snacks will be served.

Presenters



**Octavia Pickett-
Blakely, MD, MHS**

- Director, GI Nutrition, Celiac Sprue and Obesity Program
- Associate Professor of Clinical Medicine (Gastroenterology)



**Ibora Umana, MD,
PhD**

- Third Year GI Fellow
- Interests: Interactions between the nervous system and the microbiome of the gut



**Blake Niccum,
MD**

- Third Year GI Fellow
- Interests: Advanced endoscopy and medical innovation

**Contact Patrice Rhodes
for More Information**



215-386-0379



patricer@lcfsinpa.org

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:

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> 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) | <ul style="list-style-type: none"> 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 | <ul style="list-style-type: none"> 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
				H383
				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 ¼ c Corn Fresh Orange
4	5	6	7	8
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
11	12	13	14	15
H389	H390	H391	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	SLICED BEEF W ONION GRAVY (3oz EP beef, 2oz onion gravy) ½ cup whipped potatoes ½ cup mixed vegetables (corn, carrot, pea, green bean) 1sl/oz WW bread, pc marg ½ cup pineapples	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, ¼ 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
18	19	20	21	22
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
25	26	27	28	29
H379	H380	SPPCA-EASTER-HOT	H382	H383
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	GLAZED TURKEY HAM W/ FRUIT SAUCE <i>Corn pudding</i> <i>Winter blend vegetables</i> <i>Dinner roll</i> <i>Apple pie</i> <i>Orange juice</i>	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 ¼ c Corn Fresh Orange

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 AARP logo consists of the word 'AARP' in a bold, white, sans-serif font with a registered trademark symbol, set against a red background.

CLASS COST:
\$20 For AARP members
\$25 For non-members

Pay on the day of class by check or
money order.

For more information or to registered
call 215.386.0379

**SIGN UP TODAY AND GET A DISCOUNT ON
YOUR CAR INSURANCE FOR TAKING THIS COURSE**

DEFENSIVE DRIVING COURSE

2-DAY WORKSHOP FOR 1ST TIMERS

APRIL 10th & 11th, 2024

FROM 9:30AM-2:00PM (30 minute break at 11:30)

DEFENSIVE DRIVING REFRESHER COURSE

1-DAY WORKSHOP

APRIL 17th, 2024

FROM 9:30AM-2:00PM (30 minute break at 11:30)

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.