

W.O.W.

WITHIN OUR WORLD

A Monthly Publication by the West Philadelphia Senior Community Center

WPSCC
JUNE 2024

What Does Freedom Mean

Our founders declared that liberty is a universal birthright. As we approach the months of June and July, let's talk about freedom.

President Franklin D. Roosevelt closed his 1941 State of the Union address stating that society has a duty to protect and uphold for everyone the four essential human freedoms:

1. Freedom of speech and expression.
2. Freedom of worship.
3. Freedom from want.
4. Freedom from fear.

In preparing for the upcoming holidays, several people at the Center shared what freedom means to them personally: "Being able to do what I want, when I want;" "Having independence, especially as I age;" and "Being able to be me, not who someone wants me to be".

Strikingly, when pondering what freedom means in America for "We the People", the response was different. "We", they stated, "does not apply to All the people. If it did, everybody would be treated equally, regardless of race, creed or color."

Although the United States has existed for almost 250 years, our country still has work to do to realize our foundational heritage: protect and uphold freedom for everyone.

What can we do to help achieve it? Our strongest tool is making our voices heard through voting. But we can also use our voices through storytelling.

Describing our lived experiences has the power to change the narrative and debunk myths in society. More importantly, our stories affirm our humanity and dignity.

The Center is a supportive space where your voice will be heard. In preparation of Juneteenth and the 4th of July, express your freedom by sharing your stories.



HIGHLIGHTS



OCT. 5-12, 2025

WEST MEDITERRANEAN CRUISE 4



**Mondays
12:00 - 2:00pm**

NEW QUILTING CLASS! 2



**FATHER'S DAY CELEBRATION
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

Jean Hodges, *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

9:30am - 10:30am Enhanced Fitness, Atrium
10:00am - 11:30am Book Club, Music Dance
10:00am - 11:30am Table Games, Atrium
10:30am - 11:00am Devotion, Center Stage
10:30am - 11:30am New Members Orientation
11:00am - 11:30am Current Events, Center Stage

PM Activities

12:00pm - 2:00pm Quilting, Art Studio
12:00pm - 3:00pm Table Games, Atrium
1:00pm - 3:00pm Line Dancing, Dining Room

Tuesday

AM Activities

10:30am - 11:30am Open Fitness
9:00am - 11:30am Table Games, Atrium
9:00am - 11:30am Pinochle, Game Room
9:30am - 11:30am Cricut Craft Class Art Studio
10:00am - 11:30am Hands in Clay, Pottery Room
10:00am - 11:30am Blood Pressure Screening, Nurses Station
10:00am - 11:00am Nutrition Education, Center Stage
10:15am - 11:30am Bingo, Atrium
10:30am - 11:30am Creative Movement, Music Dance

PM Activities

12:00pm - 1:00pm Open Fitness Center
12:30pm - 2:00pm Cricut Craft Class, Art Studio
1:00pm - 3:00pm Social Dance, Music Dance

Wednesday

AM Activities

9:00am - 12:00pm Table Games, Atrium
10:00am - 11:00am Nutrition Education, Center Stage Music Dance
10:00am - 11:30am Sewing Class, Art Studio
10:30am - 11:30am Color Your Mind, Music Dance

Wednesday (cont.)

PM Activities

12:00pm - 3:00pm Table Games, Atrium
1:00pm - 2:00pm Enhanced Fitness, Atrium
12:30pm - 1:30pm Journey's Way Audio Visual
12:30pm - 2:00pm Sewing Class, Art Studio

Thursday

AM Activities

9:00am - 11:30am Table Games, Atrium
10:00am - 11:30am Crochet Class, Art Studio
10:00am - 11:30am Quilting Class, Classroom 1
10:30am - 11:30am Open Fitness Center
10:30am - 11:30am Health and Wellness, Center Stage

PM Activities

12:00pm - 1:00pm Open Fitness Center
12:30pm - 1:30pm Trivia, Atrium
12:45pm - 1:45pm Cardio Exercise, Atrium
1:00pm - 3:00pm Line Dancing, Dining Room
1:00pm - 3:00pm Table Games, Atrium

Friday

AM Activities

10:00am - 11:00am Chair Yoga, Center Stage
9:00am - 11:30am Table Games, Atrium
10:00am - 11:30am Spanish Class, Music Dance
10:30am - 11:30am Trivia, Atrium

PM Activities

12:30pm - 1:30pm Silver Sneakers, Atrium
12:30pm - 2:00pm Bingo, Dining Room
1:00pm - 3:00pm Table Games, Atrium
1:00pm - 3:00pm Pinochle, Game Room

DATES TO REMEMBER

June 2024

Mon. June 3rd Book Club 10am

Tues. June 4th Creative Movement resumes
@ 10:30am

Fri. June 7th Vendors Day 10 – 1pm

Wed. June 12th OPEN HOUSE DAY 10 – 2

Every Wed. (May 22nd – July 3rd)
A TASTE OF ITALIAN HERITAGE 12 – 2PM

Thurs. June 13th FATHER'S DAY
CELEBRATION

Wed. June 19th JUNETEETH CELEBRATION
12:30 – 1:30PM

Fri. June 21st WILLS WORKSHOP 10 -11am
Town Meeting 11:00am
June Birthday "A SUMMER BASH" 12:30pm

Mon. 24th New members Orientation 11:00am

Wed. June 26th WPSCC'S SEWING CLASS
FASHION SHOW 1:00pm

7-NIGHT WEST MEDITERRANEAN CRUISE!!!

ON THE
"ALLURE OF THE SEAS"

A VALID PASSPORT IS REQUIRED
FOR THIS CRUISE!

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



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



Atlantic City Trip to Resorts Casino Hotel

Tuesday, July 9th, 2024 • Departs 9:30am Returns 5:30pm

Cost \$35

Columbus Flea Market Shopping

Saturday, July 6, 2024 • 11:00am

Cost: \$35



SOLD OUT!!!

R&B Crab & Shrimp Feast

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

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

Includes transportation, entertainment & scrumptious Seafood!

Deposit to reserve your 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 JUNE 2024

Grady Barrett
Gerald Becton
Eleanor Clark
Mary Jane Denmark
Edward Dennis
Deborah Gibson
Deborah Hickson
Esther Martin

Elbert Mason
Tina Miller
Tonette Moore
Marjorie Redford
Vickie Stibbins
Annette Tatum
Rosa Williams

New Members Orientation will be held Monday, June 24th, 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 June

**June 21st, 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
JUNE 3, 2024
AT 10:30am
(IN THE MUSIC/DANCE ROOM)

HAVE LUNCH WITH US!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
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 Peach	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, 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
10	11	12	13	14
H374	H375	H376	SPPCA-FATHER	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 Peach	BAKED CHICKEN LEG w/ GRAVY <i>Baked Macaroni & Cheese</i> <i>Collard Greens</i> <i>Tossed Salad</i> <i>PC French Dressing</i> <i>Dinner Roll</i> <i>Chocolate Cake</i>	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
17	18	19	20	21
H379	H380	H381	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	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	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
24	25	26	27	28
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 Plum	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

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 **ncoa**
National Institute of
Senior Centers



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



FATHER'S DAY CELEBRATION

June 13th

Breakfast (9-10am)
Chat & Chew
Special Presentations
Shout Outs About
Dads

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.