

W.O.W.

WITHIN OUR WORLD

A Monthly Publication by the West Philadelphia Senior Community Center

WPSCC

JULY 2024

Beating the Summer Heat

Philadelphia continues to get hotter every summer. Make a plan for how you will beat the heat and stay hydrated.

Your body is made up of nearly 60% water. When you sweat, you lose body fluids. Certain medications like diuretics also cause fluid loss.

Here are a few tips to help you stay hydrated this summer:

1. The easiest way is to drink lots of water throughout the day. Add lemon or lime for flavor without adding sugar, or infuse your water with berries, cucumbers or fresh mint. You can also mix 50% juice or lemonade with your water.
2. Though they're considered fluids, avoid caffeine, alcohol and sugary drinks. These beverages draw fluids from your body.
3. Eat foods with a higher content of water, like cucumbers, celery, melons, and berries.
4. Keep your body temperature cooler by wearing light, loose fitting clothes that are light in color. While outside, stay in the shade as much as possible and take breaks by going indoors in an air conditioned space to cool down.
5. Avoid strenuous activities outdoors during the hottest time of day.

Watch for signs of dehydration. Thirst and dry mouth are the most common. Others include dizziness, rapid heartbeat, confusion, headaches and muscle cramps.

You don't have to be outdoors to become dehydrated. When temperatures are really high, be sure you stay indoors in air conditioning. If your home is not air conditioned, make a plan to go places that are.

Open weekdays, the West Philadelphia Senior Community Center is air conditioned and offers lots of summer fun. Let's beat the heat together.



HIGHLIGHTS



OCT. 5-12, 2025

WEST MEDITERRANEAN CRUISE 4



WED. JULY 24TH!!! 2



**HAPPY 4TH OF JULY!
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!**

PAINTING WITH A
Twist®

Wed. July 24th
10:00 - 11:30am

Cost: \$5.00

Painting with a Twist is a fun painting class that members do based on a theme.

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

July 2024

Wed. July 3rd FUN DAY IN THE CENTER

10 – 12pm

Wed. July 4th Center Closed

Sat. July 6th Flea Market trip

Mon. July 9th Resorts Casino Trip

(get back \$10 in slot play)

Thurs. July 18th Lotion & Body Scrub

Workshop \$5.00 10 – 11:30am

Fri. July 19th July Birthday Party

Wed. July 24th Painting with a Twist

10 – 11:30am

Mon. July 29th New Members Orientation

10:30am

Updates:

Monday afternoon Quilting classes cancelled
July & August

Thursday quilting classes cancelled in August

Hands In Clay classes on Tuesday August 20th
& 27th cancelled

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, Departs 9:00am

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 JULY 2024

Therese Banks
Jean Bradley
Linda Ford
Patricia Ford
Helene Gibbs-Small
Clara Henderson
Shelley Henderson
Edith Hunt

Vanessa Johnson
Lucille Jones
Bernice Mason
Linda Padgett
Elizabeth Savior
Jacqueline Tinsley
Traci Webster
Deborah Williams

New Members Orientation will be held Monday, July 22nd, 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 July

July 19th, 2024
from 12:30-2:00pm



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
fun dis

COM

JUL

AT 10:00

(IN THE MUSIC/DANCE ROOM)

**CURRENTLY
CLOSED,
RESUMES IN
SEPT.**

HAVE LUNCH WITH US!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
H394	H395	SPPCA-4JUL-HOT	H397	H398
Stuffed Shells (1/2 cup PS ricotta cheese, 1oz mozzarella, ¼ c pasta, 2 oz sauce) ½ cup brussel sprouts with diced carrots ½ cup warm apples ½ cup pineapples	Garlic Dijon Chicken Thigh (3oz EP chicken THIGH) ½ cup honey whipped sweet potato ½ cup Cole Slaw 1 oz white bread, pc marg 2oz sweet muffin	HOT DOG BAKED BEANS COLE SLAW POTATO SALAD HOT DOG ROLL APPLE JUICE PATRIOTIC CUPCAKE	Omelet w Peppers/Onion/Cheddar (3oz omelet, 1/4c peppers and onions, .5oz cheddar cheese) ½ cup cinnamon oatmeal ½ cup warm cranberry pears 1 oz WW bread, pc marg ½ cup cinnamon applesauce	Chicken Alfredo with light cream sauce (3oz EP chicken, 2oz sauce) ½ cup broccoli, cauliflower and carrot ½ cup penne 1oz WW bread, pc marg ½ cup pears
8	9	10	11	12
H399	H400	H401	H402	H403
Lasagna Rollup (1/2 cup PS ricotta cheese, 1oz PS mozz, 3/4 c noodle, 2oz tomato sauce) 1 Cup Side salad (1 cup romaine, 2 T tomatoes, 1 slice cucumber, 1 T Italian dressing) ½ cup cauliflower Fresh Peach	Salisbury Steak with Mushrooms (3oz EP beef, 2 oz mushroom sauce) ½ cup broccoli with red peppers ½ cup roasted potatoes 1oz WW bread, pc marg 2oz sweet muffin	Chicken Teriyaki (3oz EP chicken, 1oz teriyaki sauce) ½ cup oriental blend (green bean, broccoli, pepper, water chestnut) ½ cup fried brown rice 2oz WW roll, pc marg ½ cup peaches	Lemon Pepper Fish (3oz EP Tilapia, 1oz lemon pepper sauce) ½ cup brown rice ½ cup green beans and carrots 2oz WW roll, pc marg ½ cup mandarin oranges	Swiss & Ham Omelet (0.5oz turkey ham, 0.5oz swiss, 3oz omelet) ½ cup sauteed spinach with carrots ½ cup hashbrowns 2oz WW roll, pc marg ½ cup applesauce
15	16	17	18	19
H404	H405	H406	H407	H408
South-West Chicken (3oz EP boneless chicken thigh, ¼ c peppers and onions, 0.5 cheddar cheese) ½ cup salsa rice w black beans ½ cup corn w peppers 1oz WW bread, pc marg ½ cup pineapples	Crab Cake & Mac and Cheese (3oz EP surimi, ½ cup elbow pasta, 1oz cheddar cheese) ½ cup marinated tomatoes and onion salad ½ cup broccoli & cauliflower 1oz WW bread, pc marg ½ cup fruit cocktail	Chicken Florentine (3oz EP chicken breast, 2oz light Florentine sauce, 1oz spinach) ½ cup bowties ½ cup peas and carrots 1oz WW bread, pc marg ½ cup berry applesauce	Rigatoni with Meat Sauce (3/4 cup pasta, 3oz EP ground beef, 2oz sauce) ½ cup Peas ½ cup warm spiced peaches Fresh Plum	Sliced Turkey with roasted garlic gravy & French onions (3oz EP turkey, 2 oz gravy, 1 Tbsp french onions) ½ cup whipped sweet potatoes ½ cup brussel sprouts 2oz white roll, pc marg Sugar cookie
22	23	24	25	26
H409	H410	H411	H412	H413
Sweet and Sour Chicken (3oz EP chicken, 1oz sweet and sour sauce, ¼ c pineapple, peppers, carrots) ½ cup broccoli & carrots ½ cup brown rice 2oz WW roll, pc marg Fresh plum	Lemon & Capers Baked Fish with Lemon, garlic and parsley (3oz EP Tilapia Fish, 1oz sauce) ½ cup carrots coins ½ cup rotini 1oz WW bread, pc marg ½ cup applesauce	Cheddar Burger with Caramelized Onions (3oz EP ground beef, .5oz cheddar, 1 T caramelized onions) 1 Cup Side salad (1 cup romaine, 2 T tomatoes, 1 slice cucumber, 1 T Italian dressing) ½ cup red bliss potatoes 2oz WW hamburger roll ½ cup pears	Tortellini with peas and garlic butter sauce (1/4 cup PS ricotta cheese, 1oz mozzarella, ½ c peas, ¼ c pasta, 1 oz sauce) ½ cup green beans ½ cup warm sliced peaches and pears with crisp topping Chocolate chip cookie	Sliced BBQ Beef (3oz EP beef, 1oz sauce) ½ cup sweet corn with peppers ½ cup collard greens 1 oz WW bread, pc marg ½ cup fruit cocktail
29	30	31		
H394	H395	H396		
Stuffed Shells (1/2 cup PS ricotta cheese, 1oz mozzarella, ¼ c pasta, 2 oz sauce) ½ cup brussel sprouts with diced carrots ½ cup warm apples ½ cup pineapples	Garlic Dijon Chicken Thigh (3oz EP chicken THIGH) ½ cup honey whipped sweet potato ½ cup Cole Slaw 1 oz white bread, pc marg 2oz sweet muffin	Meatballs with Onion Gravy (3oz EP ground beef/chicken, 2oz onion gravy) ½ cup potato cubes ½ cup green beans 2oz WW roll, pc marg 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 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.