

W.O.W.

WITHIN OUR WORLD

A Monthly Publication by the West Philadelphia Senior Community Center

MARCH 2025

WPSCC

Celebrating the Contributions of Women

In 1978, educators in Santa Rosa, CA, launched Women's History Week to recognize the vital contributions of women to society. As the movement gained momentum across the United States, President Jimmy Carter issued a proclamation designating March 2-8, 1980, as National Women's History Week.

Carter stated, "Too often, the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength, and love of the women who built America were as vital as that of the men whose names we know so well." In 1987, Congress expanded the celebration by designating March as Women's History Month.

This month, take a journey through history and discover the extraordinary women who helped shape our nation. Their stories of perseverance, courage, and innovation continue to inspire us today. Learn about:

- **Sacagawea** – A Native American woman who guided the Lewis and Clark expedition.
- **Susan B. Anthony** – A leader in the women's suffrage movement.
- **Amelia Earhart** – A trailblazing aviator who set numerous flying records.
- **Harriet Tubman** – An abolitionist who led enslaved people to freedom via the Underground Railroad.
- **Rosa Parks** – A civil rights activist who helped spark the Montgomery Bus Boycott.
- **Shirley Chisholm** – The first woman to run in a major political party's presidential primary.
- **Sandra Day O'Connor** – The first female justice to serve on the U.S. Supreme Court.
- **Madeleine Albright** – The first female U.S. Secretary of State.
- **Kamala Harris** – The first female Vice President of the United States.

Women's History Month is a time to reflect on the progress made and the work still ahead. As we honor these trailblazers, let us also celebrate the women in our own lives—our daughters, granddaughters, mentors, and friends—who continue to make history every day.

HIGHLIGHTS

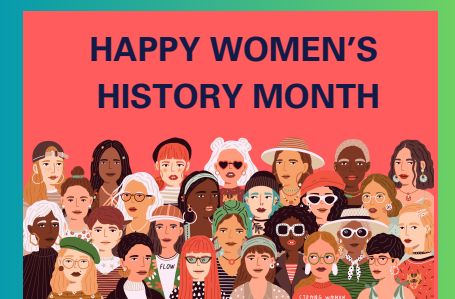


OCT. 5-12, 2025

WEST MEDITERRANEAN CRUISE 4



FRI. MAR 7TH 5



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.

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!**

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

PAINTING WITH A
Twist

Wed. March 7th
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

Mon. Mar. 3rd - Book Club 1 meeting 10am

Wed. Mar. 5th - "New" **WHOSE THAT LADY series 10:30am** (for women only every Wed)

Thurs. Mar. 6th - Movie: **The Forge 10am**

Fri. Mar. 7th - **Painting Event** - "THE WONDERS OF WOMEN" 10AM (Cost: \$5.00)

Spanish Class 10am

Mon. Mar. 10th - Book Club 2 meeting 10am

Tues. Mar. 11th - A Rap with SEPTA about CCT 12:30pm

Wed. Mar. 12th - **WHOSE THAT LADY series 10am**

Thurs. Mar. 13th - Movie: **Lena Baker**

Fri. Mar. 14th - Spanish Class 10am

Wed. Mar. 19th - **WHOSE THAT LADY series 10:30am**

Thurs. Mar. 20th - Gimme that old time religion (Concert 10:30am)

Fri. Mar. 21st - **March Birthday Party 12:30pm** Spring Fling

Spanish Class 10am

Mon. Mar. 24th - New Members Orientation 11am

Wed. Mar. 26th - **WHOSE THAT LADY 10:30am**

Thurs. Mar. 27th - Colon Cancer Awareness presentation 10am

Movie: **Madame CJ Walker 10am**

Fri. Mar. 28th - Spanish Class 10am

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



Atlantic City Trip to Resorts Casino Hotel

Monday, April 7th, 2025 • Departs 9:00am Returns 5:00pm

\$30 Booster \$33 Member \$35 Non-Member

Package: Get back \$20.00 slot play

Payments must be made in full



DreamGirls at the Walnut Street Theater

Sunday, April 27th, 2025 • At 2:00pm

Cost: \$70

Nonrefundable Deposit to reserve you seat \$35.00

Balance due Mar. 7, 2025



Smokey Robinson Tribute at Tropicana Casino

Monday, June 30th, 2025 • Departs 9:00am Returns 5:45pm

\$85 Booster \$90 Member \$95 Non-Member

Package: transportation, \$20.00 slot play, Show Ticket (3:00pm) \$100.00 give away (on bus raffle)

Nonrefundable Deposit to reserve you seat: \$50.00

Balance due Apr. 10, 2025

The Wiz at the Academy of Music

Sunday, June 15th, 2025 • At 1:00pm

Cost: \$120

Nonrefundable Deposit to reserve you seat \$60.00

Balance due May 5, 2025





Overnight Trip to Wind Creek Bethlehem

Monday, July 7th, 2025 - Wednesday, July 9, 2025 • Departs 7:45am

\$460 Booster • \$470 Member • \$480 Non-Member
Based on double occupancy

\$440 Booster • \$450 Member • \$460 Non-Member
Based on triple occupancy

\$589 Booster • \$599 Member • \$609 Non-Member
Based on single room occupancy

Package: 3 Nights/2 days lodging in Bethlehem
Motor coach transportation

Free casino bonus to kick off the gaming excitement
3 meals: 2 breakfasts and 1 dinner
Shop at the attached outlets

Nonrefundable Deposit to reserve you seat: \$100.00
2nd payment: April 4th, 2025
Final payment (cash only): May 1, 2025

Checks made payable to: Lutheran Children and Family Services

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.



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 2025

*Rodger Branch
Dynise Brown
Bessie Fisher
Verlinda (Linda) Gibson
Kimberly Hunt
Gloria Mosby
Denean Osborne
Janice Savage
Donita Ulmer
Arlene Wiggins*

*Debra Brown
Lorenzo Drew
Sarah Fisher
Naomi Hargrave
Devida Moody
Francina Norris
Patrice Robbins
Darlene Shepard
Steven Walker
Renee Wilson*

New Members Orientation will be held Monday, March 24nd, 11:00 am (Music Dance Room)

**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)

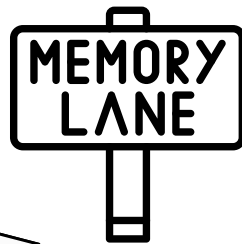
Suggested donation: \$2

**Blood
Pressure
Screenings**

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

**TAKE A TRIP
DOWN MEMORY
LANE**

*Every Tuesday
at 12:30pm*



**SPECIAL
EVENTS**

**SPECIAL
EVENTS**

**Colon
Cancer
Awareness**

Thursday

March 27, 2025

10:00am-11:00am

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

March 21st, 2025 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 3, 2025
at 10:30am**

(IN THE MUSIC/DANCE ROOM)

HAVE LUNCH WITH US!

PCA HOT - MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
H414	H415	H416	H417	H418
MANICOTTI W MEAT SAUCE (1/4 cup PS Ricotta, 2oz gr beef, 2 oz tomato sauce, 1/2 cup manicotti shell-1) ½ cup broccoli ½ cup pears w oat topping ½ cup fruit cocktail	SALSA CHICKEN (3oz EP chicken w/ 2oz tomato, pepper onion sauce) ½ cup Brown Rice ½ cup corn & red peppers 2oz wheat roll, pc marg ½ cup pineapples	BAKED FISH W ITALIAN PARSLEY CREAM SAUCE (3oz tilapia, 2oz sauce) ½ cup Italian Blend – zucchini, lima bean, carrot, green bean, cauliflower ½ cup Buttered Orzo 2 oz WW roll, pc marg Fresh Orange	BAKED CHICKEN w CHICKEN GRAVY (3oz EP chicken breast, 2oz light chicken gravy) ½ cup traditional stuffing ½ cup carrot & peas 2 oz WW roll, pc marg ½ cup applesauce	PEPPER & ONION CHEESE OMELET (3oz cheese omelet, 1oz peppers, 1oz onions) ½ cup Sliced fresh seasonal fruit ½ cup hash browns 1 slice Rye bread, pc marg Sugar cookie
10	11	12	13	14
H419	H420	H421	H422	H423
PHILLY CHEESEBURGER (3oz EP ground beef, 0.5oz prov, 1oz peppers & onions) ½ cup potato wedges ½ cup peas & carrots 2oz WW hamburger roll ½ cup berry applesauce	BBQ CHICKEN THIGH (3oz EP chicken thigh, 1oz BBQ sauce) ½ cup Cole Slaw ½ cup Veg baked beans 1 oz whole wheat bread, pc margarine ½ cup peaches	FRENCH ONION MEATLOAF (3oz EP gr beef, 1oz onion gravy) ½ cup green beans ½ cup mashed potatoes 1 slice WW bread, pc marg Sweet muffin	ROSEMARY ROASTED TURKEY W LIGHT TURKEY GRAVY (3 oz EP turkey, 2oz light gravy) ½ cup Brussel sprouts ½ cup corn bread stuffing 2 oz whole wheat roll, pc marg Fresh Pear	CHEESEY OMELET (3oz cheese omelet, 0.5oz mozzarella) ½ cup sautéed spinach and carrots ½ cup cooked apples 2oz WW roll, pc marg ½ cup mandarin oranges
17	18	19	20	21
H424	H425	H426	H427	H428
CHICKEN MARSALA (3oz EP chicken breast, 1oz mushrooms, 2oz marsala sauce) ½ cup buttery herb red skinned potatoes Tossed salad (1 c romaine, 2 T tomatoes, 2 T cucumber, 1 Tbsp Italian drg) 2oz WW roll, pc margarine ½ cup pineapples	GROUND BEEF AND BEAN CHILI (2oz ground beef, ¼ cup pinto/kidney beans, 2oz sauce, .5oz cheddar cheese) ½ c carrots, caulif, & broccoli ½ cup sweet corn 1 sl WW bread, pc marg chocolate chip cookie	MILD CHICKEN & VEGETABLE CURRY (3 oz EP diced chicken, 2oz mild tomato curry sauce, ½ cup chateau blend broccoli, cauliflower, carrot, zucchini) ½ cup peas ½ cup brown rice 2oz WW roll, pc marg Fresh Orange	SLICED BEEF MERLOT (3oz EP sliced beef, 2oz sauce w sautéed onions) ½ cup whipped sweet potatoes ½ cup roasted beets 2oz WW roll, pc margarine ½ cup cinnamon applesauce	CRABCAKE & MAC & CHEESE (3oz EP surimi, ½ elbow noodles, 1 oz cheddar cheese) ½ cup scalloped tomatoes ½ cup broccoli 1 slice WW bread, pc marg ½ cup pears
24	25	26	27	28
H429	H430	H431	H432	H433
ASIAN GARLIC CHICKEN (3oz EP chicken) ½ cup fried brown rice ½ cup Stir fry veg – broc, sugar snap peas, water chestnuts 2 oz WW roll, pc marg ½ cup mandarin oranges	BAKED ZITI (3/4 cup ziti, ½ cup PS ricotta cheese, 1oz PS mozz, 2oz tomato sauce) ½ cup brussel sprouts Tossed salad (1 c romaine, 2 T tomatoes, 2 T cucumber, 1 Tbsp French drg) ½ cup peaches	MAPLE GLAZED CHICKEN (3oz EP chicken breast, 1oz maple glaze) ½ cup Mashed sweet potato ½ cup sugar snap peas 1oz WW bread, pc marg Fresh Apple	ITALIAN PULLED PORK (3oz EP pork, 2oz light pork gravy) ½ cup mashed potatoes ½ cup green beans 1 slice white bread, pc marg Sweet muffin	RICE & SPINACH STUFFED FISH w DILL SAUCE (3oz EP tilapia, 1oz spinach, 3T rice, 1oz sauce) ½ c broccoli ½ c herb couscous 2oz WW roll, pc marg ½ cup fruit cocktail
31				
H414				
MANICOTTI W MEAT SAUCE (1/4 cup PS Ricotta, 2oz gr beef, 2 oz tomato sauce, 1/2 cup manicotti shell-1) ½ cup broccoli ½ cup pears w oat topping ½ cup fruit cocktail				


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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. 



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.

