

# W.O.W.

## WITHIN OUR WORLD

*A Monthly Publication by the West Philadelphia Senior Community Center*

JUNE 2025

# WPSCC

## Make the Most of June's Longer Days

June ushers in the official start of summer and with it, longer, sun-filled days that invite us outdoors and into the community. For older adults, this season offers the perfect opportunity to refresh routines, reconnect with nature, and engage in wellness activities that boost both body and spirit.

One of the simplest joys of summer is walking. Whether it's a stroll through the neighborhood, a visit to a botanical garden, or a morning walk in the park, the extended daylight makes it easy to enjoy fresh air and light exercise. Early mornings or evenings are ideal, when temperatures are cooler and the light is soft.

Gardening is another fulfilling way to spend time outdoors. Tending flowers or vegetables not only provides gentle physical activity but also a sense of purpose and satisfaction. Even container gardening on a porch or patio can bring joy and color to the day.

June is also a great time to connect with others. Many communities host summer concerts, farmers markets, or art fairs—fun, low-key outings that support social engagement and mental wellness. These events often take place in the late afternoon or evening, making the most of the daylight.

Consider outdoor hobbies you've enjoyed in the past—or try something new. Photography, birdwatching, or even simply reading under a shady tree can turn a long day into a meaningful one.

Don't forget to stay hydrated, wear a hat, and use sunscreen. Safety is key to making the most of this beautiful season.

With the sun lingering longer each day, June offers more hours to embrace joy, activity, and connection. Whether it's movement, creativity, or companionship, there's no better time to savor the season.

### HIGHLIGHTS



**OCT. 5-12, 2025**

**WEST MEDITERRANEAN CRUISE 4**

### Food Voucher



**Distribution Begins**

**MON. JUNE 23RD 9**



**COMPUTER CLASSES  
RETURNING**

**MON-FRI 7  
10AM + 12PM**

**West Philadelphia  
Senior Community Center  
1016 N. 41st St., Philadelphia, PA  
19104  
215-386-0379  
westphilaseniorcenter.org**

## Advisory Council

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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

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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*  
Roselyn Watson, *Activities Aide ext. 7325*  
Robin Mason, *Nutrition Coordinator ext. 7319*

*Dial the extension or dial "0" for a staff member.*

## Advance Meal Reservation

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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!**

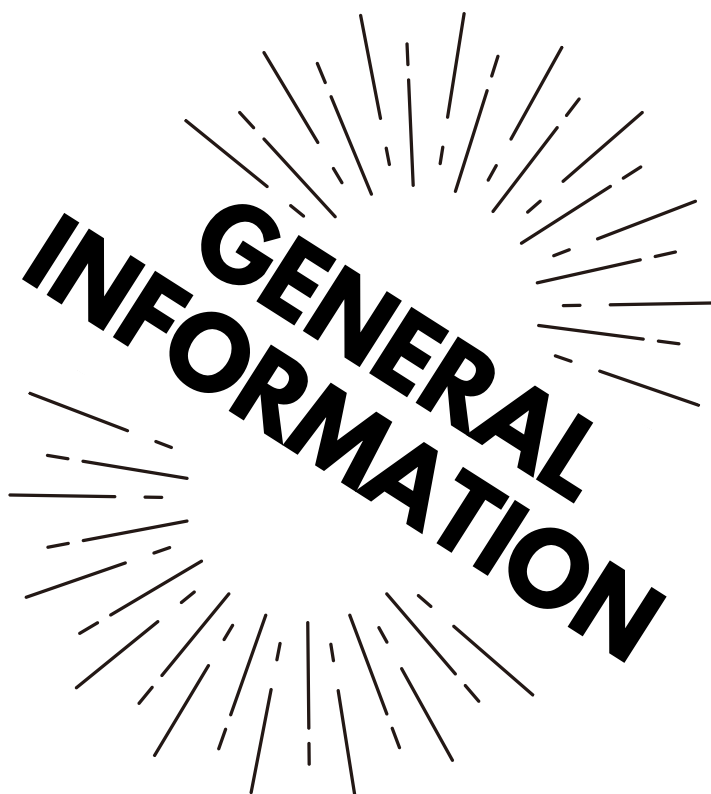
## We continue to offer the following programs & services:

**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**



# 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 2025

**Tues. June 3rd – New Computer Class: Surfing the Web** at 10am and 12pm

**Wed. June 4th – Touch Screen 101** at 10am

**Thurs. June 5th – Beginner's Computer (Microsoft)** at 10am and 12pm

**Thurs. June 5th – Who's That Lady** at 10am

**Fri. June 6th – Beginner's Computer (Microsoft)** at 10am and 12pm

**Mon. June 9th – iPad Class** at 10am and 12pm

**Wed. June 11th – Early Dismissal**, Programs end at 12pm

**Who's That Lady** at 10am

**Fri. June 13th – Happy Father's Day Program** at 10:30am (*No Bingo*)

**Thurs. June 19th – Juneteenth Celebration** at 12:30pm

**Fri. June 20th – June Birthday Party** at 12:30pm. **Theme: "The Wild West"** (*No Bingo*)

**Mon. June 23rd – Voucher Distribution Begins**

**Wed. June 25th – Sewing Class Fashion Show** at 1:00pm

**Fri. June 27th – Early Dismissal**, Programs end at 12pm

## 7-NIGHT WEST MEDITERRANEAN CRUISE!

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

ON THE

**"ALLURE OF THE SEAS"**

A VALID PASSPORT  
FOR THIS CRUISE!

**Deposit Policy:** \$350/per person (double occupancy), \$700 (single occupancy) due **April 5th, 2024**.  
Payments of \$200 are due monthly. **Final payment is due March 1st, 2025 and must be paid in cash.**

For additional information contact Julia Dicks by calling (903) 386-0379 ext. 7302





## Atlantic City Trip to Resorts Casino Hotel

**Tuesday, May 13th, 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*



## 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*



## Michael Jackson: The Ultimate King of Pop Tribute Show

**Friday, October 24th, 2025 • Departs 9:00am Returns 5:45pm**

\$135 Booster \$140 Member \$145 Non-Member

Includes: transportation, show ticket, meal, & dessert

*Nonrefundable Deposit to reserve you seat: \$45.00*

*Nonrefundable deposit due: June. 05, 2025*

*Final Balance due (cash-only): Aug. 04, 2025*



### Crab Feast: A Trip to Martin's Baltimore Maryland

**Saturday, July 26th, 2025 - Saturday, July 26, 2025 • Departs 9:00am**

\$220 Booster • \$225 Member • \$230 Non-Member

Includes: transportation, show ticket, meal, & dessert

*Nonrefundable Deposit to reserve your seat: \$75.00 on May 12, 2025*

*2nd payment: \$75 on May 30<sup>th</sup>, 2025*

*Final payment (cash only): June 6, 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 JUNE, 2025

**Virginia Baysmore**  
**Angela Bryant**  
**Linda Bundy**  
**Karen Clark**  
**Vera Harper-Raheim**  
**Carolyn Huggins**  
**Doretha Johnson**  
**Paula Johnson**  
**Ruth Wilson**  
**Collette Wood**

New Members Orientation will be held Monday, June 23rd, 11:00 am (Music Dance Room)

## Pennsylvania SeniorLAW HelpLine

Free and confidential legal service for older Pennsylvanians  
[seniortawcenter.org](http://seniortawcenter.org)

### How We Help

The Pennsylvania SeniorLAW HelpLine is a statewide telephone-based legal service that is staffed by attorneys providing legal information, advice, and referrals as well as brief services for many areas of law.



SeniorLAW Center

Seeking Justice for Older People

1-877-PA SR LAW  
1-877-727-7529

### Helpline Hours

Monday - Thursday  
10am - 12pm

Service available in 150 languages  
All 67 Pennsylvania counties

- **Elder Abuse and Financial Exploitation**  
Family violence, identity theft, unauthorized bank withdrawals, credit card fraud, fraudulent deed conveyances
- **Housing**  
Foreclosures, landlord tenant, deeds, utilities, home repair contractor fraud
- **Family Law**  
Grandparents' rights, kinship care custody, support, divorce
- **Consumer Problems**  
Credit, debt bankruptcy
- **Pension Rights**
- **Guardianship Alternatives or Defense**
- **Estate Planning**  
Healthy care and financial powers of attorney, living wills, simple wills

**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  
*Fridays***

***Center Stage***

***Suggested donation: \$2***

**Blood  
Pressure  
Screenings**

***Tuesdays***

**10:00-12:00pm**

***Nurse Wanda***



## Father's Day Program

*Friday,  
June 13, 2025  
10:30am*



## Juneteenth Celebration

*Thursday,  
June 19, 2025  
12:30pm*



## Sewing Class Fashion Show

*Wednesday,  
June 25, 2025  
1pm*



**SPECIAL  
EVENTS**

# **Birthday Party to Celebrate all the Birthdays in the month of June**

**June 20th, 2025 from 12:30-2:00pm**

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



# **COMPUTER CLASS**

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***Monday-Friday***

***10 AM & 12 PM***



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***

**JUNE 2, 2025**

**at 10:30am**

***(IN THE MUSIC/DANCE ROOM)***



# HAVE LUNCH WITH US!

## PCA HOT - JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
H419	H420	H421	H422	H423
<b>PHILLY CHEESEBURGER</b> (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	<b>BBQ CHICKEN THIGH</b> (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	<b>FRENCH ONION MEATLOAF</b> (3oz EP gr beef, 1oz onion gravy)  ½ cup green beans ½ cup mashed potatoes 1 slice WW bread, pc marg Sweet muffin	<b>ROSEMARY ROASTED TURKEY W LIGHT TURKEY GRAVY</b> (3 oz EP turkey, 2oz light gravy)  ½ cup Brussel sprouts ½ cup corn bread stuffing 2 oz whole wheat roll, pc marg Fresh Plum	<b>CHEESEY OMELET</b> (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
9	10	11	12	13
H424	H425	H426	H427	SPPCA-FATHER-HOT
<b>CHICKEN MARSALA</b> (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	<b>GROUND BEEF AND BEAN CHILI</b> (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	<b>MILD CHICKEN &amp; VEGETABLE CURRY</b> (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	<b>SLICED BEEF MERLOT</b> (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	<b>BAKED CHICKEN LEG w/ GRAVY</b>  BAKED MACARONI & CHEESE  COLLARD GREENS  TOSSED SALAD, PC FRENCH DRESSING DINNER ROLL CHOCOLATE CAKE
16	17	18	19	20
H429	H430	H431	H432	H433
<b>ASIAN GARLIC CHICKEN</b> (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	<b>BAKED ZITI</b> (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	<b>MAPLE GLAZED CHICKEN</b> (3oz EP chicken breast, 1oz maple glaze)  ½ cup Mashed sweet potato ½ cup sugar snap peas 1oz WW bread, pc marg Fresh Peach	<b>ITALIAN PULLED PORK</b> (3oz EP pork, 2oz light pork gravy)  ½ cup mashed potatoes ½ cup green beans 1 slice white bread, pc marg Sweet muffin	<b>RICE &amp; SPINACH STUFFED FISH w DILL SAUCE</b> (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
23	24	25	26	27
H414	H415	H416	H417	H418
<b>MANICOTTI W MEAT SAUCE</b> (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	<b>SALSA CHICKEN</b> (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	<b>BAKED FISH W ITALIAN PARSLEY CREAM SAUCE</b> (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	<b>BAKED CHICKEN w CHICKEN GRAVY</b> (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	<b>PEPPER &amp; ONION CHEESE OMELET</b> (3oz cheese omelet, 1oz peppers, 1oz onions)  ½ cup tomato cucumber salad ½ cup hash browns 1 slice Rye bread, pc marg Sugar cookie
30				
H419				
<b>PHILLY CHEESEBURGER</b> (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				


**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

**PCA** To see all of the W.O.W. that happens at our center, go to [www.westphilaseniorcenter.org](http://www.westphilaseniorcenter.org). 

# ***FOOD VOUCHER DISTRUBITION***

Monday - Thursday

9am - 11:30am

1pm - 3pm

***Begins June 23, 2025***



**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.**

