

JULY 2025

WPSCC

W.O.W.

WITHIN OUR WORLD

A Monthly Publication by the West Philadelphia Senior Community Center

## Important Message From the President and CEO of Liberty Lutheran

After a time of deep reflection, and with a full heart, I would like to share that I will be retiring from my role as President and CEO of Liberty Lutheran in late fall of this year. No words can fully express what my 49 years of service in Lutheran social ministries have meant to me, both professionally and personally. My time here has been more than a career. It's been a remarkably meaningful part of my life.

I began my career as a social worker and recreational therapist at the Lutheran Home in Germantown. Back in the 1970s, I never imagined that I would eventually become the youngest nursing home administrator in the State of Pennsylvania, or one day help create what would become Liberty Lutheran—a non-profit, mission-based family of services with a national reputation for innovation, excellence, and, most importantly, compassion.

I also never imagined that one day by the grace of God, I would be part of executive leadership. At that time, women weren't usually considered for executive roles. That's why I am especially proud that I not only broke through a glass ceiling but was also able to help others rise in their careers. One of my greatest joys has been mentoring talented women and encouraging them to grow and lead with purpose, strength, and empathy. Today, Liberty can boast a diverse pool of people who live our mission and are poised to carry forward a culture that truly sets us apart from the rest.

Women of my generation were not expected to "have it all," but I feel blessed that I came close. I have been married for as long as I have been with Lutheran social ministries and we have raised three wonderful sons along the way. I am so grateful to my family and friends whose love and support allowed me to embrace a life and a career of meaning and value.

As I close my time here, I do so with the greatest confidence in Liberty's future. After a thorough process to find my successor that included the expertise of an outside search firm, I am thrilled to share that our Senior Vice President and Chief Financial Officer, John Barnum, will be stepping into the role of President and CEO. John currently oversees financial operations, human resources, IT, business development, and contracts management. He also manages the Liberty Lutheran Foundation Endowment Fund and serves on the Investment and Finance Committees of the Board of Directors. Prior to his time at Liberty, for more than twenty years, he served as the CFO in healthcare and senior living organizations. John is also a former licensed nursing home administrator.

John has led Liberty with a steady hand for nearly 20 years. From helping us navigate the unprecedented challenges of the pandemic to guiding us through periods of upheaval and ambiguity, John's expertise has been integral to our continued growth and success. He is also an unwavering advocate of all that Liberty stands for, and his leadership and business acumen are precisely what's needed in today's environment. Please join me in wishing John much success in his new role.

Our mission could not be in better hands.

I am also honored that the Board of Directors named me CEO Emerita and retained me to provide consultative services for a brief period, making the leadership transition as seamless as possible.

I want to thank the Board of Directors for their guidance over the years and thank my colleagues, partners, and the communities we serve for allowing me to accompany each of them on their journey. Most of all, I would like to thank you for being by my side. I am immensely grateful and proud to be part of the extraordinary Liberty Lutheran community and to have walked with you on our journey together.

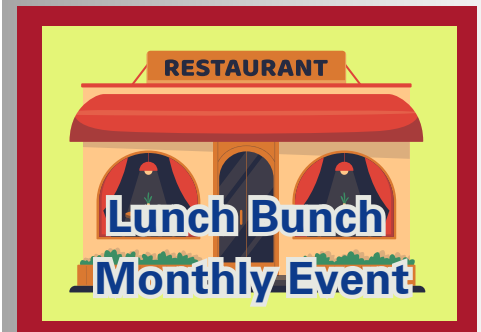
*Sincerely, Luanne Fisher*

## HIGHLIGHTS



OCT. 5-12, 2025

WEST MEDITERRANEAN CRUISE 4



Lunch Bunch  
is Back!

12



Happy 4<sup>th</sup> of July from  
WPSCC!

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!**

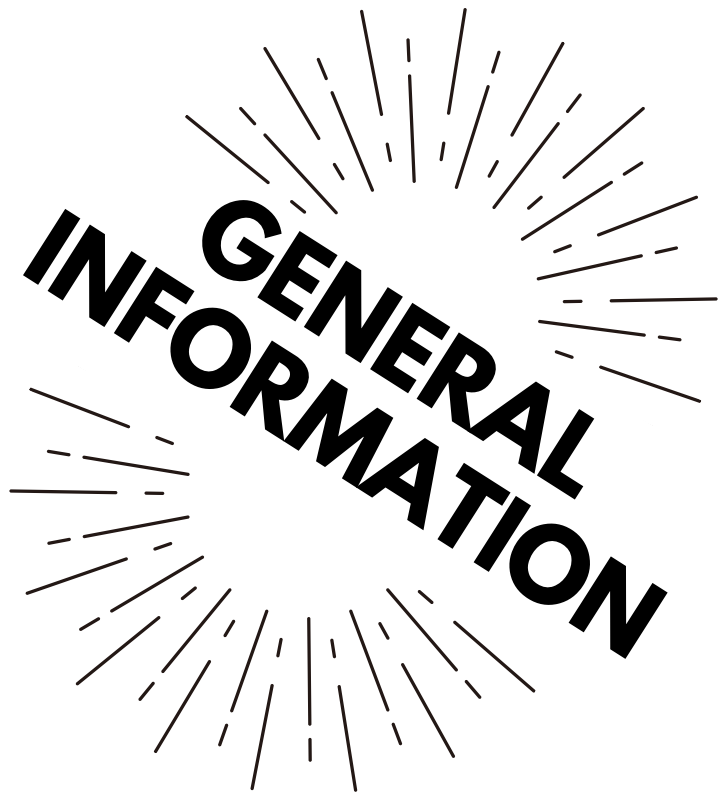
## We continue to offer the following programs & services:

**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**



# SCHEDULE OF CLASSES!

## Monday

### AM Activities

9:30am -10:30am Enhanced Fitness, Atrium 10:00am - 11:30am Book Club, Music Dance 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  
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

## The Benefits of Water



### Drink More Water: Why It Matters and How to Make It a Habit

Water is the foundation of life—every cell, tissue, and organ in your body depends on it to function properly. Yet, many people don't drink enough water daily. Whether it's because of a busy schedule, forgetfulness, or simply underestimating its importance, dehydration is more common than you might think. Fortunately, drinking more water is a simple habit that can dramatically improve your health, energy, and focus.

#### Why Water Matters

##### 1. Boosts Physical Performance

During exercise or intense physical activity, dehydration can lead to fatigue, reduced endurance, and muscle cramps. Staying hydrated helps maintain stamina and reduces the risk of injury.

##### 2. Improves Brain Function

Even mild dehydration can affect your concentration, alertness, and short-term memory. Drinking enough water helps you stay sharp, focused, and in a better mood.

##### 3. Supports Digestion and Detoxification

Water aids digestion by helping break down food and absorb nutrients. It also flushes out toxins through the kidneys and promotes regular bowel movements.

##### 4. Enhances Skin Health

Dehydrated skin can look dull, dry, and aged. Drinking enough water keeps your skin hydrated from the inside out, improving its texture and elasticity.

##### 5. Regulates Body Temperature

Sweating is your body's natural cooling mechanism, but it only works if you're well-hydrated. Water helps maintain a healthy temperature during hot weather or exercise.

##### 6. Helps with Weight Management

Drinking water before meals can promote a feeling of fullness, which may help reduce overall calorie intake. Plus, replacing sugary drinks with water cuts out empty calories.

#### Tips to Drink More Water Every Day

##### 1. Start Your Morning with a Glass

Kickstart your metabolism by drinking water first thing after waking up.

##### 2. Carry a Reusable Water Bottle

Keep it with you at all times—out of sight often means out of mind.

##### 3. Use an App or Timer

Set hourly reminders or use a hydration tracker to stay on schedule.

##### 4. Infuse with Natural Flavors

Add lemon, cucumber, mint, or berries for a refreshing twist.

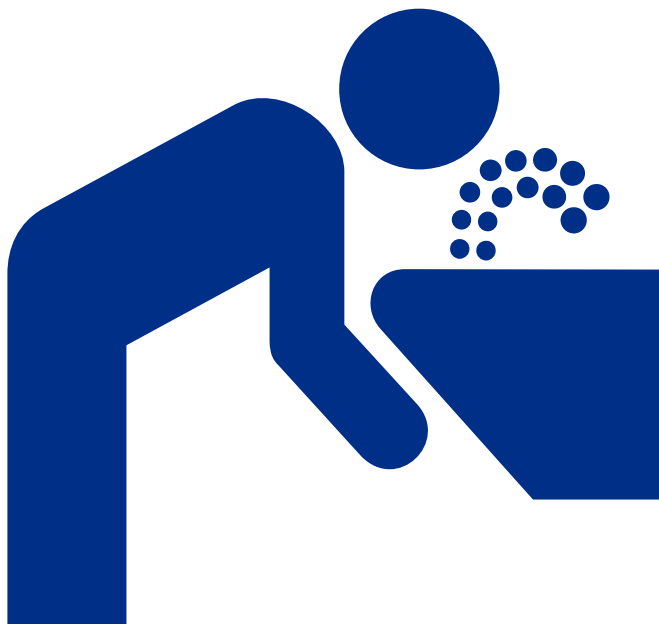
##### 5. Drink Before Meals

This habit aids digestion and helps prevent overeating.

##### 6. Eat Water-Rich Foods

Cucumbers, oranges, watermelon, and celery can boost your hydration.

Drinking more water is one of the simplest and most powerful changes you can make for your overall well-being. It boosts energy, enhances brain function, improves your complexion, and keeps your body running smoothly. Make hydration a priority—it's a small step that leads to big benefits.





# DATES TO REMEMBER

July 2025

**Thurs. July 3<sup>RD</sup> – Early lunch @ 11:00am**

**Fri. July 4<sup>th</sup> – Center Closed / Holiday**

**Mon. July 7th – RESORTS CASINO TRIP DEPARTING 9AM**

**Mon. July 14<sup>th</sup> – Book Club II meets 10am /music /dance room**

**Thurs. July 17<sup>th</sup> – AARP REFRESHER DRIVERS TRAINING 9 – 2pm**

**Fri. July 18<sup>th</sup> – Birthday Party “70’s & 80’s (A SOUL TRAIN PARTY)**

**Mon. July 28<sup>th</sup> – New member’s orientation 10:30am**

**Thurs. July 31<sup>st</sup> – Hearing Testing 12-1:30 pm Music Dance room**

## 7-NIGHT WEST MEDITERRANEAN CRUISE!

ON THE

**"ALLURE OF THE SEAS"**

A VALID PASSPORT  
FOR THIS CRUISE!

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

**SOLD OUT**

**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 (800) 386-0379 ext. 7302



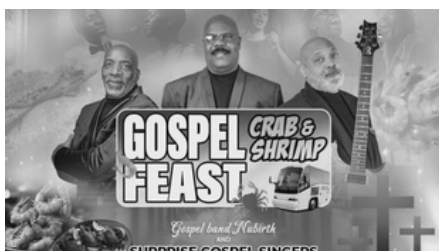
### Atlantic City Trip to Resorts Casino Hotel

**Monday, July 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*



### 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 you 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



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

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

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

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*

## 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 JULY 2025*

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*Lisa Battle  
Nellie Bray  
Delores Brown  
Beverly Butler  
Marva Davis  
Ralph Holmes  
Catherine Irvin  
Victoria Phillips  
Verdene Robinson*

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New Members Orientation will be held Monday, July 28nd, 10:30 am (Music Dance Room)

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

**July 18th, 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  
June 7, 2025  
at 10:30am***

***(IN THE 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***

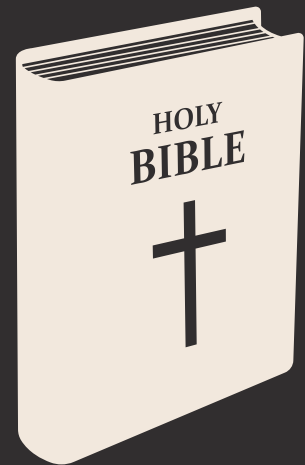
## Watercolor Classes

*Tuesdays at  
12pm*



## Bible Study

*Tuesdays at  
10:45am*



## Lunch Bunch

*Once a month*



**NEW  
CLASSES!  
PLEASE  
REGISTER ON  
THE TOUCH  
SCREEN**

# HAVE LUNCH WITH US!

## PCA HOT - JULY 2025

WK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #2		1	2	3	4
		H440	H441	SPPCA-4JUL-HOT	H443
		<b>BAKED FISH W LEMON AND CAPERS</b> (3oz EP Tilapia, 2oz sauce, topped 1 T bread crumb)  ½ cup brown rice w peas and carrots ½ cup green beans 2oz WW roll, pc marg  ½ cup applesauce	<b>MUSHROOM &amp; SWISS BURGER</b> (3oz beef patty, .5oz swiss cheese, .5oz mushrooms)  ½ cup mashed potatoes ½ cup Cole Slaw 2oz WW hamburger roll  ½ cup pears	<b>HOT DOG</b>  <b>BAKED BEANS</b>  <b>COLE SLAW</b> <b>POTATO SALAD</b> <b>TOSSED SALAD W/ PC FRENCH DRESSING</b> <b>HOT DOG ROLL</b> <b>PC KETCHUP, PC MUSTARD, PC RELISH</b> <b>APPLE JUICE</b> <b>PATRIOTIC CUPCAKE</b>  	
WEEK #3	7	8	9	10	11
	H444	H445	H446	H447	H448
	<b>LEMON &amp; PEPPER CHICKEN THIGHS</b> (3oz EP chicken thighs, 1 oz sauce) ½ cup chateau blend brocc, caulifl, carrot, zucchini)  ½ cup brown rice 2oz WW roll, pc marg Fresh Nectarine	<b>BOWTIES W BOLOGNAISE SAUCE</b> (2oz ground beef, 2oz tomato sauce, ½ c bowties, 1oz mozz cheese) Caesar salad (1 cup romaine, 1 tbsp Caesar drg)  ½ cup carrots ½ cup cinnamon applesauce	<b>DIJON CHICKEN</b> (3oz chicken, 2oz mustard sauce)  ½ cup brussel sprouts  ½ cup rosemary roasted red potatoes 2oz WW roll, pc marg 1oz oatmeal cookie	<b>HOT DOG</b> (3oz EP beef hotdog)  ½ cup sweet corn  ½ cup cabbage 2oz WW hotdog roll ½ cup fruit cocktail	<b>SWEDISH MEATBALLS</b> (3-1oz EP ground Turkey meatballs, 2oz cream sauce)  ½ cup peas and carrots  ½ cup wide noodles 1 oz ww bread, pc marg ½ cup mandarin oranges
WEEK #4	14	15	16	17	18
	H449	H450	H451	H452	H453
	<b>BAKED CHICKEN W GARLIC BUTTER SAUCE</b> (3oz EP Chicken, 2oz sauce) ½ cup buttered parsley potatoes  ½ cup mixed veg (corn, green bean, peas, carrots) 2oz WW roll, pc marg ½ cup mandarin oranges	<b>FISH CAKE</b> (1.5oz EP salmon, 1.5oz EP Tuna) ½ cup mac and cheese Tossed Salad (1 cup romaine, 2 Tbsp tomato, 1 tb red onion, 1 Tbsp French dressing) 1oz WW bread, pc marg Fresh Plum	<b>SALISBURY STEAK</b> (3oz EP beef, 2oz beef gravy) ½ cup mashed potatoes  ½ cup peas 1 oz WW bread, pc marg ½ cup pears	<b>SLICED TURKEY W APPLE GLAZE</b> (3oz EP turkey, 1oz glaze) ½ cup traditional stuffing  ½ cup cranberry glazed carrots 2 oz WW roll, pc marg ½ cup applesauce	<b>BBQ PORK</b> (3oz pork, 1oz BBQ sauce) ½ cup collard greens  ½ cup corn 1 oz WW bread, pc marg Sweet Muffin <b>BIRTHDAY CAKE</b> 
WEEK #1	21	22	23	24	25
	H434	H435	H436	H437	H438
	<b>GRILLED CHICKEN PARM</b> (3oz EP chicken, 1oz mozz cheese, 2oz tomato sauce) ½ cup rotini ½ cup sauteed spinach with diced carrots 2 oz WW roll, pc marg ½ cup applesauce	<b>CHEESEBURGER MEATLOAF W ONIONS</b> (3oz EP ground beef, .5oz cheddar cheese, 1oz tomato glaze, 1oz sautéed onions) ½ cup potato wedges  ½ cup marinated tomato salad 1 oz WW bread, pc marg ½ cup peaches	<b>GARLIC BROWN SUGAR CHICKEN</b> (3oz EP chicken breast) ½ cup apple glazed sweet potatoes  ½ cup brussel sprouts 2oz WW roll, pc marg 1oz sugar cookie	<b>SESAME BEEF W PEPPERS</b> (3oz EP beef, 1oz peppers, 1 oz brown sesame sauce) ½ cup green beans  ½ cup brown rice 2oz WW roll, pc marg ½ cup pineapples	<b>SPANISH OMELET</b> (3oz omelet, .5oz cheddar, 1oz tomatoes, 1oz peppers & onions) ½ cup hashbrowns  ½ cup pear crisp 1 oz WW bread, pc marg Fresh Peach
WEEK #2	28	29	30	31	
	H439	H440	H441	H442	
	<b>BEEF STEW</b> (3oz beef, 1 oz celery, 1oz carrot, 1oz diced tomatoes, 2oz gravy)  ½ cup potatoes ½ cup peas 1oz WW bread, pc marg Fresh Orange	<b>BAKED FISH W LEMON AND CAPERS</b> (3oz EP Tilapia, 2oz sauce, topped 1 T bread crumb)  ½ cup brown rice w peas and carrots ½ cup green beans 2oz WW roll, pc marg ½ cup applesauce	<b>MUSHROOM &amp; SWISS BURGER</b> (3oz beef patty, .5oz swiss cheese, .5oz mushrooms)  ½ cup mashed potatoes ½ cup Cole Slaw 2oz WW hamburger roll ½ cup pears	<b>LASAGNA</b> (1/2 c PS ricotta, 1oz PS mozz, 2oz tomato sauce, ½ c lasagna pasta)  ½ cup broccoli, cauliflower, carrot ½ cup unsweetened apples Sweet Muffin	

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1016 N. 41st St., Philadelphia, PA 19104

Accredited by   
National Institute of  
Senior Centers

PCA  
PHILADELPHIA COMMUNITY CENTER FOR AGING

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

# LUNCH BUNCH

Where the members of WPSCC take a  
delicious trip to  
a chosen restaurant once a month!

*Each WPSCC member  
must pay for their  
own meal when  
attending the event!*

*Please contact  
WPSCC staff for  
event details!*



**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.**



