

Meet Felicia Whitney

Felicia Whitney, a retired Philadelphia School District teacher, now leads a special program at the West Philadelphia Senior Community Center called Who's That Lady.

"I taught special education my entire career and always asked for the most emotionally challenging classes—I loved it," she says. "After retiring, I kept going back to school. At 72, I decided to stop—unless they called me back!"

Looking to stay active and connect with peers, she joined the West Philadelphia Senior Community Center. "It's been a rewarding and tremendous experience," she shares.

During graduate school—while caring for her aging husband—Ms. Whitney fulfilled a lifelong dream by taking seminary classes at Princeton. There, she studied women of the Bible and eventually taught women's studies.

"When I came to the Center, I naturally started sharing what I'd learned—not to teach or volunteer, just in conversation," she recalls. "Looking around at all the women, I thought, there must be a million stories here—I'd love to hear them."

She shared the idea with Julia, the activities director, and together they created Who's That Lady—a program built on storytelling, connection, and reflection.

Each session, women introduce themselves and share a memory—some joyful, others marked by pain or loss. With her background in education and trauma management, Ms. Whitney gently guides the group through every story, offering empathy, support, and grace.

HIGHLIGHTS



MEET FELICIA WHITNEY

**COOKING
CLASS
W/
CHEF WILL!**



MONDAYS AT 12:30PM 9

**Lunch Bunch
Returns!**



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
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

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!**

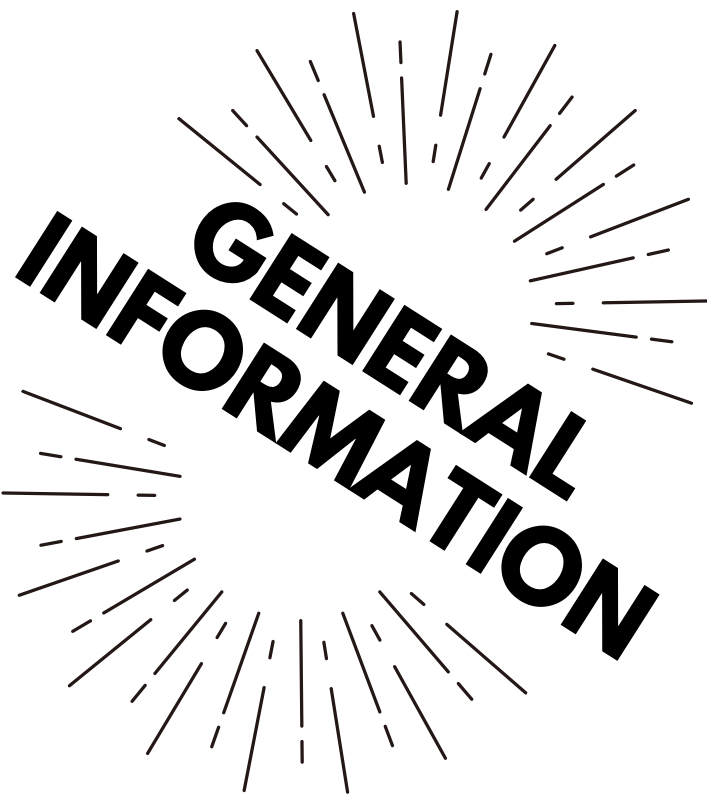
We continue to offer the following programs & services:

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

10 Common Scams That Target Seniors and How to Avoid Them



Learn the warning signs to identify and steer clear of senior scams. Even if you haven't encountered a scam, there's a chance you will in the coming years.

Every year, thieves target individuals to get access to their personal information and money, and they tend to zero in on older people. Victims of elder financial exploitation lose \$28.3 billion annually, according to a 2023 BankSafe report by AARP. If you haven't yet been approached by a scammer, you could face a scheme in the coming years. Sometimes family members, especially relatives caring for the elderly, are even the ones behind the attack.

AI-Powered Scams

Crooks use advanced technology like artificial intelligence to write emails pretending to be someone or a company. They use tools to analyze patterns from a target's online presence and then develop a message that sounds real. They could also generate realistic-sounding voices that ask a victim for personal information. "This makes it easier to deceive individuals into sharing sensitive information or taking fraudulent actions, as the AI-generated email messages or calls may appear convincing and authentic," said Robert Siciliano, co-founder of Protect Now LLC, a Boston-based information technology and cybersecurity firm, in an email.

Internet Scams

If you share information about yourself through social media, scammers could target you online. Internet scammers can find your personal information and use it to motivate you to provide funds or share more information.

"A client of mine got scammed out of a lot of money through Facebook," said Patrick Simasko, an elder law attorney at Simasko Law in Mount Clemens, Michigan, in an email. "The scammer pretended to be an officer in the army and claimed they needed money to get back from Afghanistan and visit their kids." The scammer could also pretend to be someone famous and invite you to connect personally with them. If you receive a message asking you to click a link, share details about your identity or make a payment, delete it.

Reverse Mortgage Scams

If you own your own home, you could be contacted by an individual claiming that you could access some of the equity in your residence with a reverse mortgage. They may offer to appraise your home for a fee, give you an invalid home value and ask you to sign up with inaccurate loan documents. Don't respond to any requests that ask you to share details about your home or make a payment for a reverse home mortgage. If you're interested in getting a reverse mortgage, reach out to a reputable [mortgage lender](#) or advisor in your area and talk about your options.

Funeral Scams

If you place an obituary in a local publication after a loved one dies, a thief might contact you and insist that your deceased relative left behind a debt that needs to be paid. In another variation of this scam, the criminal might attend the funeral to gather information about you before asking for money to cover the debt. Someone pretending to be from the funeral home could call you and insist that there are extra charges that haven't been paid. For all these attempts, refuse to send money immediately and ask for written documentation of the expense.

Government Imposter Scams

You might receive phone calls from people pretending to be from the IRS or Social Security Administration that demand immediate payment of unpaid taxes or ask for personal information to continue your Social Security or Medicare benefits. The scammer could use a technique called spoofing, which makes it appear as if the incoming phone number is legitimate. The caller is likely to ask you for information or insist you make a payment, which might need to be in the form of a gift card.

"The IRS and the SSA will never initiate contact with people through a phone call, so you can be sure that the person calling you is a scammer," said Steve Weisman, a lawyer and author of the scam blog Scamicide, in an email.

Sweepstakes Scams

A fraudster could contact you to congratulate you for winning a lottery. They might send you a fake check, which may initially look real until it is rejected by the bank. That leaves you on the hook to pay fees or cover taxes. Jim White, an attorney and founder of J.C. White Law Group in Chapel Hill, North Carolina, has a client who was told that his wife, who has dementia, entered and won \$15 million in an international sweepstakes, but then the client was asked to pay for fees.

"If you are told that someone who is incompetent has either won a prize or incurred an obligation, look into it carefully," White said in an email. "Do not allow anyone to forward you money of any kind in any way that you must pass on to anyone else."

Grandparent Scams

In this scenario, a person will pretend to be the grandchild of the person who answers the phone and ask for money. The caller might claim they are having an emergency, such as a car accident or problem with the law, and don't want anyone to find out. They sometimes ask you to send them money or gift cards.

"The scammers often harvest the information they need to make the call appear legitimate from obituaries and social media," Weisman said. "Setting up a code word for the grandchild to use in a real emergency is a good thing to do."

Investment Scams

A person claiming to be a financial advisor, real estate investor or wealth manager could contact you to discuss an exciting investment opportunity and promise big returns if you send them funds. These scams will take your money and not return anything to you. Before contributing to a new investment, consult a trusted financial advisor with appropriate credentials and avoid fast decisions.

Check Fraud

Thieves might steal a check from your mailbox or mail carrier. They could change the amount of the check and make it payable to someone else. Or they may take a digital picture of the check and alter it so they can make more deposits or develop other checks from the picture.

Caregiver Scams

Caregivers may collect your data while in your home with you. If you're getting help from family members, they could have access to your personal information and take money from your accounts without you knowing about it. Your information could be used to open a new credit card and make purchases. To avoid falling victim, carefully research and vet any health aides or caregivers before they enter your home.



DATES TO REMEMBER

August 2025

Tues. Aug 5nd – Bible Study 9:00 9:45am - Video visual room
10:00 Moving To Music (*Now at new time!*)

Every Wed. – Spanish refresher Music/Dance room 10am

Every Wed. – Movie 12pm – Audio Visual room

Thurs. Aug. 7th – AARP Drivers Training 9 – 2

Thurs. Aug. 7th – Whose that Lady in the Music/Dance room from 10am -11:30am

Fri. August 8th – Mercy Life provides trivia & prizes 10:45am

Mon. Aug. 11th – Book Club II 10am in Music Dance room

Cooking Class in the Music/Dance room at 12pm

Tues. Aug. 12th – Bible Study 9:00am in the Audio/Visual room

Thurs. Aug. 14th – Whose that Lady 10am -11:30am in Music/Dance room

Fri. Aug. 15th – August Birthday party 12:30pm. Theme: Hawaiian Style

Mon. Aug 18th – New Members Orientation 10:30am in the Music/Dance

Cooking Class at 12pm in the Music/Dance

Tues. Aug. 19th – Hands In Clay cancelled

Bible Study at 9:00am

Moving to the Music at 10am

Mon. Aug 25th - Cooking class music Dance room 12pm

Tues. Aug 26th - Hands In Clay cancelled

Bible Study 9:00 in the Audio/Visual room

Fri. 29th – Indoor Cookout & Fun! 10 – 2pm

Computer - Daily

Ipad Class – Mon. & Tues.

Touch Screen – Wed

Thurs. & Fri. –10am /12pm

Thurs. Aug. 14th – Winery Tour & Lunch trip w/ a 7:00AM departure

Thurs. Aug. 12th – Resorts Casino trip w/ a 9:00AM departure

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, August 11th, 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



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



Christmas with Cece Winans: Live in Concert

\$160 Member \$170 Non-Member

Thursday, December 18th, 2025

Nonrefundable Deposit to reserve you seat: \$80.00

Nonrefundable deposit is due immediately

Final Balance due (cash-only): September. 15, 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 AUGUST 2025

*Marilyn V. Barnes
Alethea T. Chisholm
Karen D. Davis
Madaline G. Dunn
William L. Gordon
Varnelle A. Moore
Priscilla A. Porter
Gail C. Slappy*

*Elvira Swint
Karen D. Talley
Emma M. Trusty
Madolyn M. Weaver
Glanda A. Womack*

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***

FEATURED CLASSES & EVENTS

August 2025

Cooking Classes w/ Chef Will

***Mondays
at 12:30pm***



Bible Study

***Tuesdays at
10:45am***



Lunch Bunch

Once a month



Watercolor Classes

***Tuesdays at
12pm***



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

August 15th, 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 - AUGUST 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #2					1 H443 CHICKEN ALFREDO (3oz chicken, 2oz light alfredo sauce) Tossed salad (1c romaine lettuce, 2 tbsp tomatoes, 1 tb red onion) 1 tbsp fat free Italian dressing ½ cup penne 2oz WW roll, pc marg ½ cup mandarin oranges
	4 H444 LEMON & PEPPER CHICKEN THIGHS (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	5 H445 BOWTIES W BOLOGNAISE SAUCE (2oz ground beef, 2oz tomato sauce, ¼ c bowties, 1oz mozz cheese) Caesar salad (1 cup romaine, 1 tbsp Caesar drg) ½ cup carrots ½ cup cinnamon applesauce	6 H446 DUON CHICKEN (3oz chicken, 2oz mustard sauce) ½ cup brussel sprouts ½ cup rosemary roasted red potatoes 2oz WW roll, pc marg 1oz oatmeal cookie	7 H447 HOT DOG (3oz EP beef hotdog) ½ cup sweet corn ½ cup cabbage 2oz WW hotdog roll ½ cup fruit cocktail	8 H448 SWEDISH MEATBALLS (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 #3	11 H449 BAKED CHICKEN W GARLIC BUTTER SAUCE (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	12 H450 FISH CAKE (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	13 H451 SALISBURY STEAK (3oz EP beef, 2oz beef gravy) ½ cup mashed potatoes ½ cup peas 1 oz WW bread, pc marg ½ cup pears	14 H452 SLICED TURKEY W APPLE GLAZE (3oz EP turkey, 1oz glaze) ½ cup traditional stuffing ½ cup cranberry glazed carrots 2 oz WW roll, pc marg ½ cup applesauce	15 H453 BBQ PORK (3oz pork, 1oz BBQ sauce) ½ cup collard greens ½ cup corn 1 oz WW bread, pc marg Sweet Muffin BIRTHDAY CAKE 
WEEK #4	18 H434 GRILLED CHICKEN PARM (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	19 H435 CHEESEBURGER MEATLOAF W ONIONS (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	20 H436 GARLIC BROWN SUGAR CHICKEN (3oz EP chicken breast) ½ cup apple glazed sweet potatoes ½ cup brussel sprouts 2oz WW roll, pc marg 1oz sugar cookie	21 H437 SESAME BEEF W PEPPERS (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	22 H438 SPANISH OMELET (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 #1	25 H439 BEEF STEW (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	26 H440 BAKED FISH W LEMON AND CAPERS (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	27 H441 MUSHROOM & SWISS BURGER (3oz beef patty, .5oz swiss cheese, .5oz mushrooms) ½ cup mashed potatoes ½ cup Cole Slaw 2oz WW hamburger roll ½ cup pears	28 H442 LASAGNA (1/2 c PS ricotta, 1oz PS mozz, 2oz tomato sauce, ¼ c lasagna pasta) ½ cup broccoli, cauliflower, carrot ½ cup unsweetened apples Sweet Muffin	29 H443 CHICKEN ALFREDO (3oz chicken, 2oz light alfredo sauce) Tossed salad (1c romaine lettuce, 2 tbsp tomatoes, 1 tb red onion) 1 tbsp fat free Italian dressing ½ cup penne 2oz WW roll, pc marg ½ cup mandarin oranges


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. 

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.

