

W.O.W.

WITHIN OUR WORLD

A Monthly Publication by the West Philadelphia Senior Community Center

SEPTEMBER 2025

WPSCC



A Heartfelt Thank You to Quilter Extraordinaire, Ms. Camille Cocozza

This September, we're shining a spotlight on Camille Cocozza, a Paul's Run resident and gifted quilter, whose generosity has brought new joy to our quilting class.

Ms. Camille recently donated her state-of-the-art sewing machine—along with fabric, quilting tools, and supplies—to the Center. Her thoughtful gift left the class, and especially our instructor, Ms. Leslie Garrett, absolutely delighted.

Since then, participants have been having fun exploring the sewing machine's many features and testing out its variety of stitches. The electric bobbin winder alone has already saved them countless hours!

With the extra fabric and batting, the class is ready to dive into their next project: block quilting. And thanks to the added scissors, cutting boards, rulers, and pins, they'll have everything they need close at hand.

The quilting class has become a wonderful creative outlet for many seniors, some of whom are learning the art of quilting for the very first time in their retirement. Ms. Camille's gift has made the experience even richer, giving the group more opportunities to create, learn, and share together.

We are deeply grateful to Ms. Camille for her extraordinary generosity. Her beloved quilting treasures have found the perfect home here at the Center—and, as a token of thanks, the class looks forward to presenting her with a handmade lap quilt.

HIGHLIGHTS



MEET CAMILLE COCOZZA



MONDAYS AT 12:30PM 9

Meet & Greet



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!**

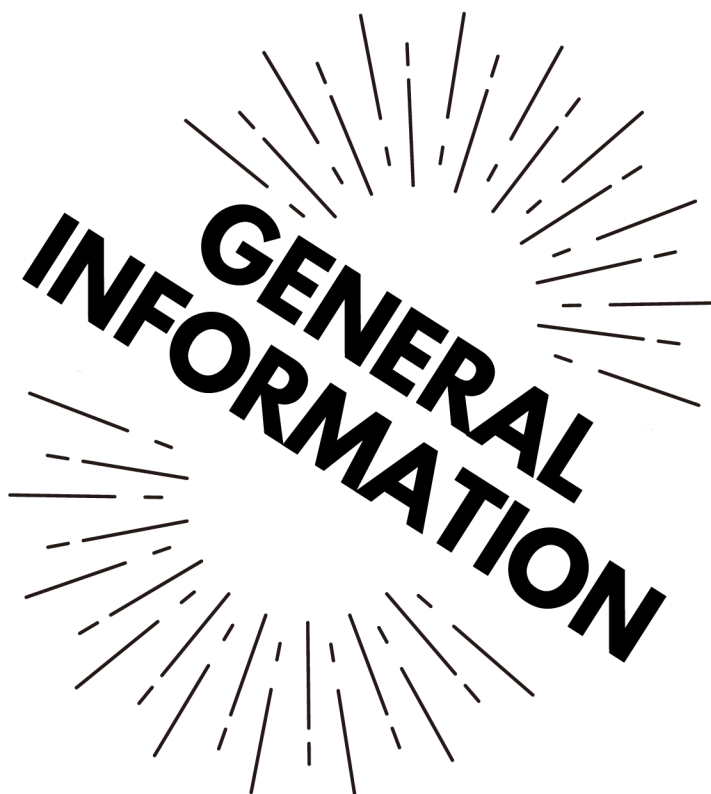
We continue to offer the following programs & services:

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



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

September 2025

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

Every Wed. – Movie 12pm – Audio Visual room

Mon. Sept. 1st – Center Closed/Holidays

Tues. Sept. 2nd – Pokeno Tournament Begins at 12:30PM

Mon. Sept. 8th – Free Library Presentation at 12:30PM

Tues. Sept. 9th – Pokeno at 12:30PM

Wed. Sept. 10th – Lunch Bunch at Applebee's

Mon. Sept. 15th – Cooking Class

Tues. Sept. 16th – Pokeno at 12:30PM

Thurs. Sept. 18th – Meet & Greet (Italy) at 4:30PM

Fri. Sept. 19th – September Birthday Party at 12:30PM

Tues. Sept. 23rd – Pokeno at 12:30PM

Wed. Sept. 24th – Open House: 10:30AM – 3PM

PCA Presentation: 10:00AM & 2PM

Older Adult Surveys: 10AM – 3PM

Thurs. Sept. 25th – Caesar's Casino Trip at 9:00AM

Sat. Sept. 27th – Line Dance Party

Tues. Sept. 30th – Pokeno at 12:30PM

Computer - Daily

Ipad Class – Mon. & Tues.

Touch Screen – Wed

Thurs. & Fri. –10am /12pm

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

The Top 10 Health Concerns in Older Adults



1. High Blood Pressure (Hypertension)

More than 70 percent of older adults are living with high blood pressure, often referred to as the “silent killer.”

“High blood pressure can exist without any symptoms. It can remain undiagnosed until it leads to more severe complications, such as a heart attack, stroke, or dementia. These serious conditions can develop undetected over time, making hypertension a hidden threat,” says Shegog. Studies have shown that properly managing hypertension can lower the likelihood of heart failure, stroke, and dementia by 20 to 40 percent, she adds. Even small changes can have a big impact: Losing just a few pounds, cutting back on salt and alcohol, and getting regular physical activity — such as walking or swimming — can lower your blood pressure and reduce your risk. If lifestyle changes aren’t enough to get you in the normal range, there are also many medications that can help.

4. Arthritis

Arthritis is a chronic condition that causes damage in the joints, the place in the body where two bones meet. Not surprisingly, the most common type of arthritis in older adults is osteoarthritis, also called “wear and tear” arthritis.

Although it may seem counterintuitive, one of the best ways to ease arthritis symptoms is to keep moving. Regular low-impact exercise, such as walking, biking, or gentle yoga, can improve joint function and reduce pain. Maintaining a healthy weight can also reduce stress on the joints, especially the knees.

6. Diabetes

Close to 30 percent of people ages 65 and older have type 2 diabetes, which occurs when the body can’t properly use or produce insulin, leading to high blood glucose. Left unmanaged, it can lead to serious complications, including as kidney failure, vision loss, and heart disease.

Diabetes is one of many conditions that tends to go hand in hand with other conditions such as heart disease, high blood pressure, and obesity, says Shegog.

“This is because they share common risk factors, including poor diet, lack of physical activity, and genetic predisposition. When one of these conditions develops, it can trigger or exacerbate others, creating a cycle of worsening health,” she says.

Managing those risk factors is key in preventing diabetes. Following a plant-based diet that includes fiber-rich fruits, vegetables, whole grains, and legumes, while limiting processed and ultra-processed foods, is a great way to optimize your metabolic health and reduce diabetes risk. If lifestyle changes aren’t enough to keep your blood sugar levels in the desired range, there are many treatment options, including GLP-1 agonists.

9. Depression

There are many reasons depression becomes more common in older populations. Medical conditions such as stroke and cancer, a family history of depression, and physical limitations that keep you from doing some of the things you used to do can all increase the risk of depression.

However, depression is often written off or even goes undiagnosed in older people because of the mistaken belief that it’s a normal part of aging. It is not, and there are things you can do about it.

“Staying involved in your community, and maintaining relationships is important. Loneliness and isolation can contribute to depression, which can, in turn, worsen physical health and increase the risk of developing or exacerbating medical conditions,” says Shegog. In fact, loneliness and isolation have been shown to carry health risks comparable to smoking and obesity.

Social connections not only reduce the risk of depression but also improve immune function and cognitive function, reduce chronic stress, and are the strongest predictors of happiness and longevity, according to the 85-year Harvard Study of Adult Development.

Getting help for depression is essential. If your mood begins to get in the way of your ability to go about your daily activities, talk with your healthcare provider about options such as therapy, a support group, or medications.

2. High Cholesterol

More than half of older adults have been treated for high cholesterol, which is when there’s too much LDL (“bad”) cholesterol circulating in the blood.

Over time, this can clog arteries and make it harder for blood to get to and from the heart and other organs. High cholesterol increases the risk of heart attack and stroke, two leading causes of death.

Making heart-smart food choices can help: Think less red meat and processed foods and more vegetables, whole grains, and beans. Regular exercise and not smoking are also key. If your doctor recommends medication, don’t be discouraged — it’s a tool, not a failure.

5. Coronary Artery Disease

Coronary artery disease (CAD), also called ischemic heart disease, is the most common type of heart disease. Over time, fats and cholesterol can build up and narrow the arteries; it’s the kind of condition that can progress silently over years and suddenly show up in the form of chest pain or a heart attack. You can lower your risk of CAD by managing your blood pressure and cholesterol levels, following a heart-healthy diet, managing stress levels, getting enough sleep, and quitting smoking if you smoke.

7. Chronic Kidney Disease

Chronic kidney disease (CKD) doesn’t get as much attention as some other chronic conditions, but it affects more than 33 percent of people over 65. In CKD, the kidneys have been damaged over time and eventually lose their ability to filter waste from the blood, which can lead to other health issues such as anemia, recurrent infections, cardiovascular disease, and even kidney failure.

Diabetes and high blood pressure are the main causes of CKD, so managing those conditions if you have them is your best defense, says Shegog. Regular checkups with your doctor, simple urine and blood tests to screen for kidney disease, and upping your physical activity can all contribute to keeping your kidneys functioning longer.

3. Obesity

Obesity is a complex condition that is influenced by many factors, including genetics, lifestyle habits, and environmental and social determinants of health. It is usually defined as having too much body fat, with a body mass index of 30 or higher. More than 40 percent of American adults ages 60 and older meet that definition. There’s evidence that some medical disorders actually come in clusters, often due to underlying biology and metabolic changes, such as obesity, says Dr. Batsis. Having obesity is linked with many health conditions, including hypertension, type 2 diabetes, cardiovascular disease, arthritis, dementia, and certain types of cancer. A healthy diet and regular physical activity may help you get to a healthy weight. Your provider may also recommend medication, which can help manage cravings, reduce appetite, and slow digestion.



8. Heart Failure

Heart failure doesn’t mean your heart has stopped working, but it does mean it’s not pumping blood as well as it should.

There are many different causes of heart failure, and they include damage caused by certain infections, alcohol overuse, and different types of heart disease. In addition, as you grow older, your cardiac structure and function gradually deteriorate, leaving you more susceptible to heart failure.

If you have heart failure, managing high blood pressure, following your medication plan, limiting salt, and staying as active as you can all help. It’s also important to check in regularly with your healthcare provider to monitor how your heart is doing over time.

10. Alzheimer’s Disease and Other Dementias

The risk of Alzheimer’s and other forms of dementia gets higher as we grow older. These conditions can slowly erode memory, thinking skills, and the ability to manage daily life. Researchers are still trying to understand why Alzheimer’s mostly affects older adults. It could be a combination of many age-related changes in the brain, including the shrinking of certain brain regions, inflammation, and blood vessel damage.

While there’s no cure, emerging research shows that there are ways to reduce your risk or slow dementia’s progression. Staying physically active, getting plenty of sleep, keeping your mind engaged, and following a brain-healthy diet (such as the Mediterranean diet) are all smart moves.

And if you start noticing signs of dementia, talk to your doctor early; it’s always better to get answers sooner than later.



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 SEPTEMBER 2025*

*Patricia Bell
Gerald Benson
Gail Carter
Alethea Chamberlain
Frank Dardenelli
Janie Haynes
Sheryl Mathis-Dockens
Tamela T. Prather
April Summers
Mark A. Thompson
Karen E. White*

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

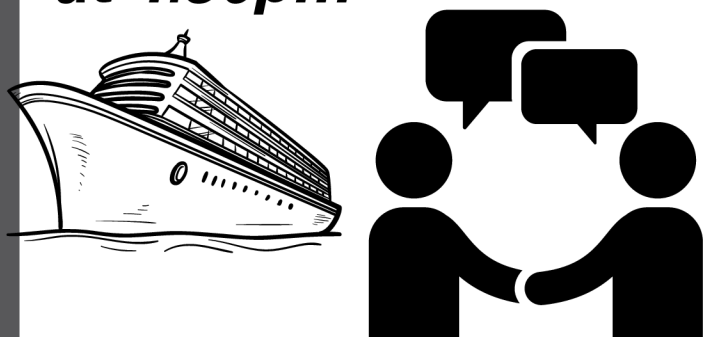
**Blood
Pressure
Screenings**

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

FEATURED CLASSES & EVENTS *September 2025*

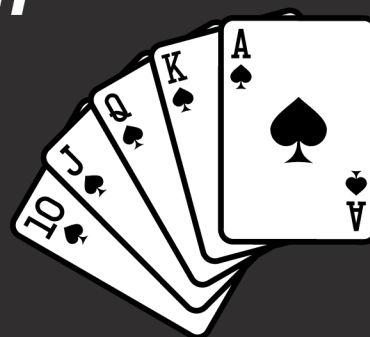
Meet & Greet

***Tuesday
Sept. 18th,
2025
at 4:30pm***



Pokeno Tournaments

***Tuesdays at
12:30pm***



Lunch Bunch

Once a month



Open House

***Tuesday
Sept. 23, 2025
at 10am-3pm***



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

September 19th, 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 - SEPTEMBER 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
	H444	H445	H446	H447	H448
WEEK #3		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	DIJON CHICKEN (3oz chicken, 2oz mustard sauce) ½ cup brussel sprouts ½ cup rosemary roasted red potatoes 2oz WW roll, pc marg 1oz oatmeal cookie	HOT DOG (3oz EP beef hotdog) ½ cup sweet corn ½ cup cabbage 2oz WW hotdog roll ½ cup fruit cocktail	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
	8	9	10	11	12
	H449	H450	H451	H452	H453
WEEK #4	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	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	SALISBURY STEAK (3oz EP beef, 2oz beef gravy) ½ cup mashed potatoes ½ cup peas 1 oz WW bread, pc marg ½ cup pears	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	BBQ PORK (3oz pork, 1oz BBQ sauce) ½ cup collard greens ½ cup corn 1 oz WW bread, pc marg Sweet Muffin
	15	16	17	18	19
	H434	H435	H436	H437	H438
WEEK #1	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	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	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	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	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 BIRTHDAY CAKE 
	22	23	24	25	26
	H439	H440	H441	H442	H443
WEEK #2	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	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	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	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	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
	29	30			
	H444	H445			
WEEK #3	LEMON & PEPPER CHICKEN THIGHS (3oz EP chicken thighs, 1 oz sauce) ½ cup chateau blend brocc, caulif, carrot, zucchini ½ cup brown rice 2oz WW roll, pc marg Fresh Nectarine	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			



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. 



MEET & GREET
Tuesday
Sept. 18th, 2025
at 4:30pm



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.

