

W.O.W.

WITHIN OUR WORLD

A Monthly Publication by the West Philadelphia Senior Community Center

OCTOBER 2025

WPSCC

Shop Smarter and Save

If you've noticed grocery prices climbing, you're not alone. A few smart shopping habits can help stretch your budget and make every dollar count.

Before You Go to the Store

- Plan your meals for the week.
- Check your pantry, cabinets, and refrigerator for items you already have.
- Make a shopping list and stick to it.
- Gather coupons that match your list.

Before you head out, review the store's weekly sales and specials—many offer discounts on specific days. And remember, never shop when you're hungry!

At the Store

- Stick to your list.
- Choose store brands or generics.
- Look above and below eye level for better prices.
- Skip prepackaged foods—you're paying extra for convenience.

To cut down on impulse buys, consider ordering online and using curbside pickup if your store offers it. A little planning goes a long way toward saving money at the checkout.



HIGHLIGHTS



HAPPY SENIOR 9
APPRECIATION DAY!



TRIP ON OCTOBER 26, 2025 6



**INFO ON
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!**

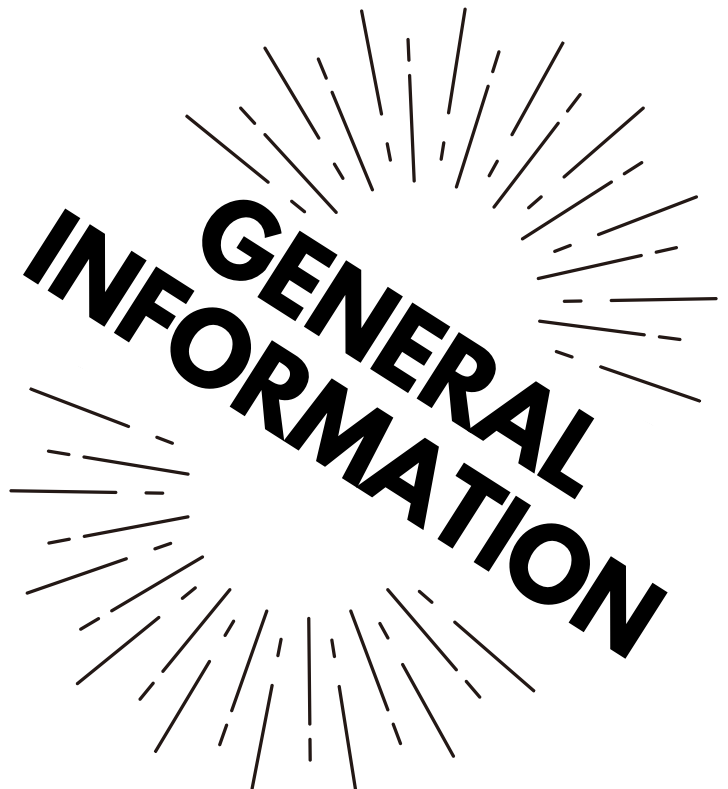
We continue to offer the following programs & services:

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

Senior Appreciation from Julia Diggs, Program Manager at West Philadelphia Senior Community Center

Hello, everyone!

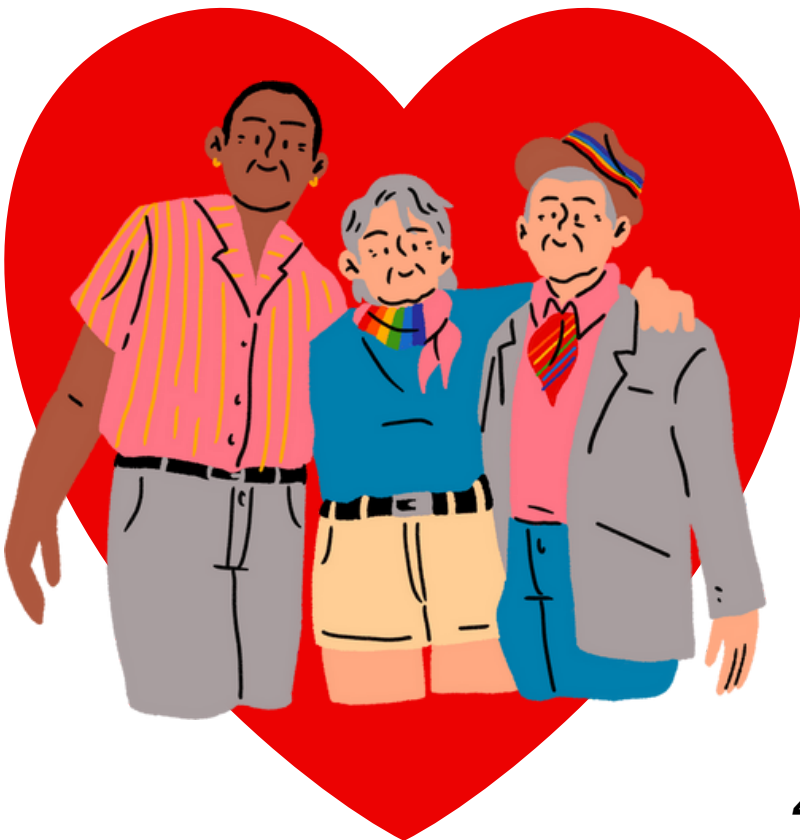
I am Julia Diggs, the Program Manager here at West Philadelphia Senior Community Center.

I welcome our new members: senior citizens who are newly retired, bored staying at home, looking for a new hobby or just something to do with their newly-found free time. Our goal here at the Center is to enhance the quality of life for older adults by offering educational, recreational and socialization activities to our incoming members.

We offer programs and activities to keep the mind and active. The center boasts many different classes, parties, and trips: Computer, Spanish, Silver Sneakers, Enhanced Fitness, Sewing Classes, Cricut, Trivia, Devotion, Bible Study, Line Dancing, Social Dancing, Quilting, a fitness center, Health & Wellness, Billiards, Pinochle, Free Transportation (with SEPTA CCT card) and a daily hot lunch in the Dining Hall, just to pique your interest.

Don't just sit at home looking out your window or watching TV, come on out and make new friends and stay on the active because, as the saying goes, "If you don't use it you'll lose it!"

We'd love to have you as part of our growing family, so come and visit! We'll be waiting for you.



DATES TO REMEMBER

October 2025

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

Every Wed. – Movie 12pm – Audio Visual room

Sat. Oct. 4th – Set sail for Italy cruise, traveling mercies!

Tues. Oct. 7th – Creative Movement w/ Sheila at 10am

Mon. Oct. 13th – Weatherization/Conservation workshop at 12pm – 1pm in the Atrium

Register with Charlene at 9am-1pm

No Lunch Bunch this month

Thurs. Oct. 16th – Book Club I at 10am

Fri. Oct. 17th – October Birthday party, theme “Sneaker Ball” at 12:30pm

Fri. Oct. 17th – Senior Strut on the Drive at 9:30am – 12pm

Tues. Oct. 21st – Resort Casino trip (slot play \$18.00) at 9:00am

Wed. Oct. 22nd – Wills & Estate Planning workshop at 10am–11:30am in the Atrium

Thurs. Oct. 23rd – Senior Appreciation Day with Rev. Sloan at 10am – 2pm

Fri. Oct. 24th – MJ (Michael Jackson) trip to Hunterdon Hills Playhouse

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



Atlantic City Trip to Resorts Casino Hotel

Tuesday, October 21st, 2025 • Departs 9:00am Returns 5:00pm

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

Package: Get back \$18.00 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 OCTOBER 2025*

Alfonso Garvin
Stacey Eleby
Stephanie Jenkins
Pamela Lackey
Deborah Parker
Anita Lee
Joyce Grady
Dottie Abney
Terry Means-Waites
April Newsome
Gwendolyn Hosey
Joanne Ashley
Helene Cordero
Cynthia Robinson
Theresa Newsome
Karen Bell-Carmicheal
Sharon Wright

Georgeann Felix
Nora Sprowal
Audrey Dingle
Joseph Harris
Alma McElroy
Willie Boykins
Barbara Keller-Parker
Janie Davis
Carolyn Williams
Patricia Taylor
Cheryl Scott
Valerie Owes
Doreatha Davis
Arlene Heath
Vernon Ackridge
Beverly Woods
Adriane Platts-Corsey
Helen Jule

New Members Orientation will be held Monday, October 27th, 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)

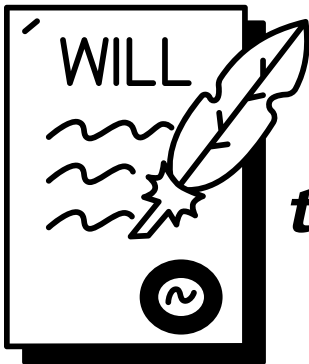
Suggested donation: \$2

**Blood
Pressure
Screenings**

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

Wills & Estate Planning Workshop

Wednesday
Oct. 22nd,
2025
from 10am
to 11:30am



Pokeno Tournaments

CONGRATULATIONS
TO OUR WINNERS!



OLIVETTA HAND -
SNACKS



ESTHER DAVIS -
LAUNDRY BASKET

LINDA POWERS -
SPAGHETTI DINNER



ALICE LISBY - BATH &
BODY WORKS

Lunch Bunch

Once a month



Senior Appreciation Day w/ Rev. Sloane

Thursday
Oct. 23rd,
2025
from 10am
to 2pm



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

**October 17th, 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
OCTOBER 13, 2025
at 10:30am***

(IN THE MUSIC/DANCE ROOM)

HAVE LUNCH WITH US!

PCA HOT - OCTOBER 2025

WK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #3			1	2	3
			H446	H447	H448
			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	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
WEEK #4	6	7	8	9	10
	H449	H450	H451	H452	H453
	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 Apple	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
WEEK #1	13	14	15	16	17
	H434	H435	H436	H437	H438
	GRILLED CHICKEN PARM (3oz EP chicken, 1oz mozz cheese, 2oz tomato sauce) ½ cup rotini ½ cup sautéed 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 Apple BIRTHDAY CAKE 
WEEK #2	20	21	22	23	24
	H442	H440	H441	H439	H443
	LASAGNA (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	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	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	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
WEEK #3	27	28	29	30	31
	H444	H445	H446	H447	SPPCA-HALL
	LEMON & PEPPER CHICKEN THIGHS (3oz EP chicken thighs, 1 oz sauce) ½ cup chateau blend brocc, cauliflower, carrot, zucchini ½ cup brown rice 2oz or WW roll, pc marg Fresh Orange	BOWTIES W BOLOGNAISE SAUCE (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	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	HOT DOG (3oz EP beef hotdog) ½ cup sweet corn ½ cup cabbage 2oz WW hotdog roll ½ cup fruit cocktail	3OZ GHOULISH BEEF GOULASH 1/2 C ROTINI 1/2 C PEAS DINNER ROLL 1 EA BLACK CAKE BROWNIES 4 OZ APPLE JUICE

WPSCC PRESENTS



MONTE

CARLO

POSTPONED!

New date: 4.17.26

For this event, **The Center**
is going **"all-in!"**



BLACK JACK • POKER • CRAPS • SINGLE ROULETTE • AND MORE

SATURDAY NOVEMBER 1

DOORS OPEN **6-10PM** • 18+ **EVENT** • **ADMISSION TICKET \$50**
(Includes \$200 in chips)



West Philadelphia Senior Community Center
1016 N. 41st St., Philadelphia, PA 19104
www.WestPhilaSeniorCenter.org

For more information,
please contact:

Patty Cline, by phone at 267-464-7700
or by email at pccline@libertylutheran.org



WPSCC
West Philadelphia Senior Community Center
1016 N. 41st St., Philadelphia, PA 19104

Accredited by
National Institute of
Senior Centers



W.O.W. – Within Our World
published by the West Philadelphia Senior Community Center



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.

