

W.O.W.

WITHIN OUR WORLD

A Monthly Publication by the West Philadelphia Senior Community Center

NOVEMBER 2025

WPSCC

Thanksgiving Dishes in the US

Thanksgiving is one of America's most beloved holidays, centered around gratitude, family, and, of course, food. Every November, kitchens across the United States fill with the comforting aromas of classic Thanksgiving dishes that have become staples of the celebration. While traditions vary by region and family, several dishes stand out as true American icons of the holiday table.

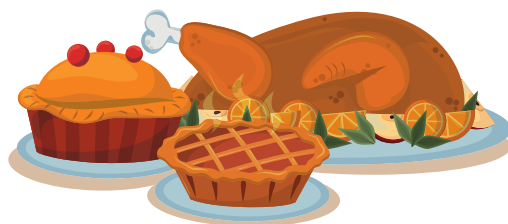
At the heart of most Thanksgiving feasts is the roast turkey, a symbol of abundance and hospitality. Typically seasoned with herbs like sage and rosemary, the turkey is often roasted until golden brown and served as the meal's centerpiece. Some families experiment with modern twists, such as deep-frying or smoking the bird, while others stick to the time-honored oven-roasted version.

Accompanying the turkey is stuffing (or dressing), a savory mixture usually made from cubed bread, onions, celery, and spices. In the South, cornbread stuffing is a favorite, while in New England, families might include oysters for a coastal flair. The variety of stuffings reflects the diverse culinary influences that shape American cooking.

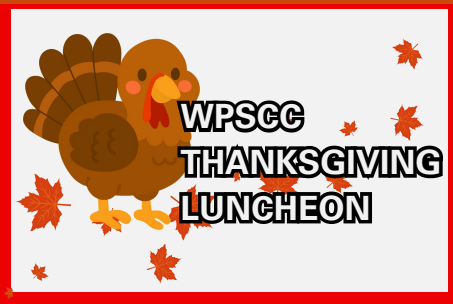
Another must-have is mashed potatoes with gravy, a creamy and comforting side that balances the richness of the meal. The gravy, made from turkey drippings, ties together all the flavors on the plate. Alongside it, cranberry sauce—whether homemade or from a can—adds a tart, refreshing contrast to the hearty dishes.

No Thanksgiving table is complete without sweet potatoes or yams, often baked with brown sugar, butter, and sometimes topped with marshmallows. In the Midwest and South, green bean casserole—a mix of green beans, mushroom soup, and crispy fried onions—has been a beloved staple since the 1950s.

Finally, dessert brings the celebration to a sweet close. Pumpkin pie, spiced with cinnamon and nutmeg, reigns supreme, though pecan pie and apple pie are also popular favorites, reflecting regional harvest traditions. Together, these dishes represent more than just food—they tell the story of American history, regional diversity, and the shared joy of gathering around the table. Thanksgiving, through its signature dishes, remains a delicious expression of gratitude and togetherness.



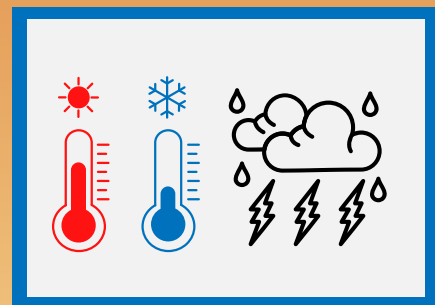
HIGHLIGHTS



THANKSGIVING LUNCHEON 9
SAT. NOV. 22, 2025



TRIP FROM NOV. 11 TO 6
NOV. 12, 2025



WEATHERIZATION WORKSHOP
THURS. NOV. 13, 2025

**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!**

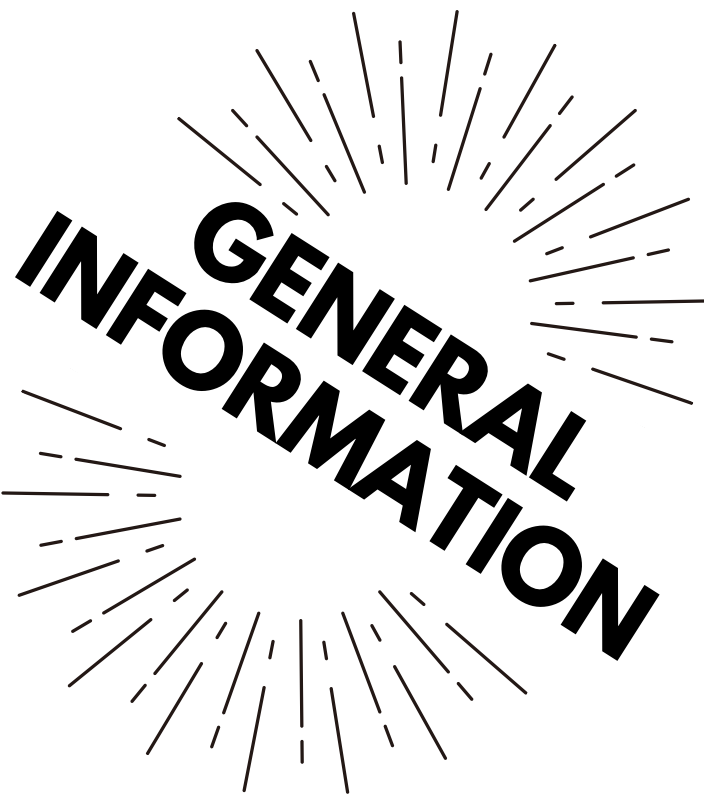
We continue to offer the following programs & services:

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 Who's That Lady, Music Dance

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

PECO Customer Solutions and Payment Center Closing September 1

PECO will permanently close its Customer Solutions and Payment Center located at **2301 Market Street** in Philadelphia on September 1, 2025.

Upon closing, PECO customers can continue making in-person payments at various alternative payment locations across the region.

Scan the QR code for alternative payment locations near you.

Visit **peco.com/Payment**



You can visit an alternative payment location close to PECO's headquarters at:

- **CVS:** 1919 Market Street
- **Dom's Shoe Service:**
203 S. 20th Street
- **CVS:** 1826 Chestnut Street

For additional information about alternative payment locations or billing questions, customers can call **800-494-4000**.

**Check or money order payments
can also be mailed to:**

PECO
PO Box 37629
Philadelphia, PA 19101-0629

To report a natural gas or electric emergency, please call 1-800-841-4141.

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

Every Wed. – Movie 12pm – Audio Visual room

Every Thurs. – Who's That Lady class

Wed. Nov. 5th – **Lunch Bunch** – Ruby's Buffet

Thurs. Nov. 13th – Weatherization & Conservation Workshop 12pm - 1pm Atrium / Auditorium-Style

Fri. Nov. 14th – Casino trip – Resorts Casino

Fri. Nov. 21st – Birthday Party at 12:30pm -- **Theme: "Golden Girls"**

Wear something gold! (sign up by Nov. 15th)

Mon. Nov. 24th – **New Members Orientation 10:30** Music/dance room

Sat. Nov. 22nd – **WPSCC THANKSGIVING LUNCHEON 12 – 3PM**

Thurs. Nov. 27th – **HAPPY THANKSGIVING! WPSCC CENTER CLOSED**

Fri. Nov. 28th – **WPSCC CENTER CLOSED**

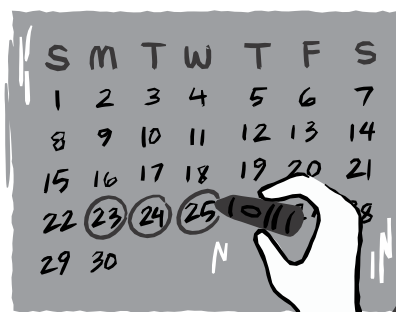
Computer - Daily

Ipad Class – Mon. & Tues.

Touch Screen – Wed

Thurs. & Fri. –10am /12pm

Mark
your
Calendar





Atlantic City Trip to Resorts Casino Hotel

Wednesday, November 14th, 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



Lancaster Show Trip & the Dutch Country (Two-Day Trip)

Monday, November 11th, 2025 • Departs 8:00am & Tuesday, November 12th, 2025 • Returns 5:45pm

\$390 Booster \$400 Member \$410 Non-Member

Includes: transportation, show ticket, overnight stay, meal, & dessert

Nonrefundable Deposit to reserve you seat: \$75.00

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



Christmas with Cece Winans: Live in Concert

Thursday, December 18th, 2025

\$160 Member \$170 Non-Member

Nonrefundable Deposit to reserve you seat: \$80.00

Nonrefundable deposit is due immediately

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



Hell's Kitchen: A Trip to New York

Saturday, December 15th, 2025 • Departs 10:00am

\$255 Member \$275 Non-Member

Thursday, December 18th, 2025

Nonrefundable Deposit to reserve you seat: \$100.00

Nonrefundable deposit is due immediately

Final Balance due (cash-only): November. 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 NOVEMBER 2025*

<i>Douglas Baker</i>	
<i>Hafsa Fossie</i>	
<i>Carol L Nael</i>	
<i>Beverly V. Barnes</i>	<i>Lorraine Collins</i>
<i>Wesley O Jackson</i>	<i>Quincy McKinzie</i>
<i>Laia M Newman</i>	<i>Derek Watson</i>
<i>Domingo Bueno</i>	<i>Barbara A Dawson</i>
<i>Renee M James</i>	<i>Victoria L Moore</i>
<i>Sally D Robinson-James</i>	<i>Crystal R Williams</i>
<i>Sharon Butcher</i>	<i>Laura E Delaney</i>
<i>Vanessa Lowery-Brown</i>	<i>Kellyann D Williams</i>
<i>Barbara A Ross</i>	
<i>Jacqueline J Cheatham</i>	
<i>Gaynell J Maloney</i>	
<i>Carla Savage</i>	
<i>Berneathia L Moore-Mitchell</i>	

New Members Orientation will be held Monday, November 24th, 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

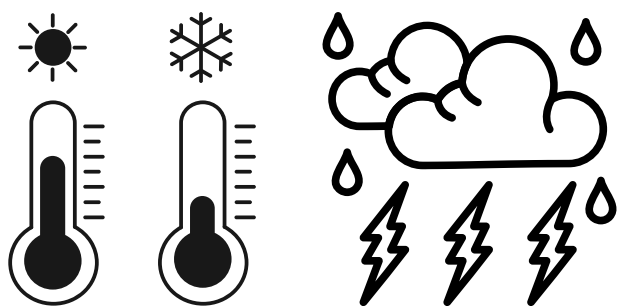
**Blood
Pressure
Screenings**

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

FEATURED CLASSES & EVENTS *November 2025*

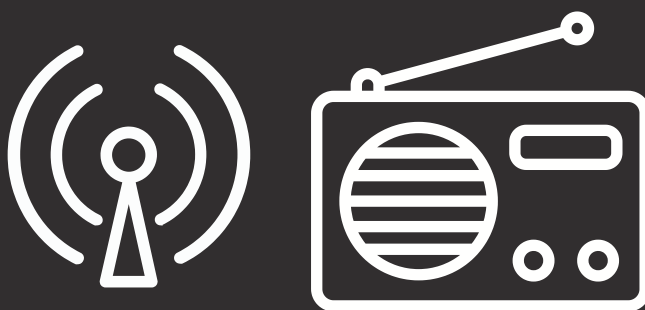
Weatherization Workshop

***Thursday
Nov. 13th, 2025
from 12pm-1pm***



Sassy Seniors w/ WURD RADIO

***Tuesday
Nov. 25, 2025
from 10:00am-1pm***



Lunch Bunch

Once a month

***Wednesday
Nov. 5, 2025***

***at
Ruby's
Buffet***



Thanksgiving Luncheon

***Saturday
Nov. 22, 2025
at 12pm-3pm***



HAVE LUNCH WITH US!

PCA HOT - NOVEMBER 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #4	3	4	5	6	7
	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	10	11	12	13	14
	H434	H435	H436	H437	H438
	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 Apple
WEEK #2	17	18	19	20	21
	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	24	25	26	27	28
	H444	SPPCA-THKS-HOT	H446	H447	H448
	LEMON & PEPPER CHICKEN THIGHS (3oz EP chicken thighs, 1 oz sauce) ½ cup chateau blend brocc, cauli, carrot, zucchini) ½ cup brown rice 2oz WW roll, pc marg Fresh Orange	TURKEY W/ CORNBREAD STUFFING & GRAVY MASHED POTATOES GREEN BEANS ALMONDINE DINNER ROLL CRANBERRY SAUCE APPLE JUICE SWEET POTATO PIE	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

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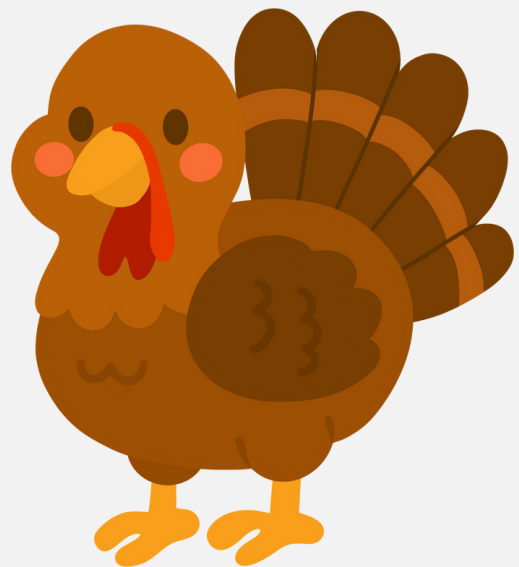


West Philadelphia Senior Community Center
1016 N. 41st St., Philadelphia, PA 19104

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. 

HAPPY
Thanks
Giving



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.

