

W.O.W.

WITHIN OUR WORLD

A Monthly Publication by the West Philadelphia Senior Community Center

DECEMBER 2025
WPSCC

Creativity & Gratitude During the Holiday Season

Holidays are the perfect chance to slow down, reconnect, and create meaningful memories. One of the most enjoyable ways to gather loved ones is by planning a themed holiday party. Whether it's a cozy pajama-and-hot-cocoa night, an "around-the-world" potluck, or a festive cookie-decorating competition, themed gatherings encourage creativity and give everyone something fun to look forward to. For a more relaxed atmosphere, consider a holiday movie marathon complete with popcorn, blankets, and a lineup that ranges from classics to new favorites.

Many towns also host holiday markets and winter festivals filled with music, crafts, and seasonal treats—perfect for an afternoon outing with friends or family. For something more adventurous, plan a weekend getaway to a cabin or mountain lodge where you can enjoy board games, fireplaces, and snowy landscapes.

Creative activities can bring out the holiday spirit, too. Try organizing a DIY ornament or wreath-making night where everyone gets to craft something special to take home. A gingerbread house challenge—complete with prizes for categories like "Most Creative" or "Most Likely to Collapse"—adds an extra layer of laughter and friendly competition.

For families who like giving back, volunteering together can be a meaningful way to spend time. Helping at a food bank, assembling care packages, or participating in a community toy drive can foster gratitude and strengthen bonds. Another thoughtful idea is hosting a "holiday gratitude dinner" where everyone shares something they're thankful for or tells a favorite memory from the year.

Food-centered gatherings are always a hit. Consider a holiday brunch with seasonal dishes, a fondue night, or a cookie-swap party where each guest brings a batch of homemade treats. You can even set up a hot-chocolate bar stocked with toppings like marshmallows, peppermint, caramel, and whipped cream.

Finally, make space for calm, cozy activities. A family game night with classic board games or new group favorites can bring out everyone's playful side. Or try a storytelling evening where grandparents share childhood holiday memories and kids add their own creative tales.

Whether you're staying in or heading out, simple or elaborate, these holiday ideas help bring friends and family closer—creating traditions that last long after the season ends.



HIGHLIGHTS



HOLIDAY BAZAAR & CHRISTMAS PARTY - TUESDAY, DEC. 23, 2025 5



HELL'S KITCHEN TRIP
SATURDAY, DEC. 20, 2025 6



CECE WINANS TRIP
THURSDAY, DEC. 18, 2025 6

West Philadelphia
Senior Community Center
1016 N. 41st St., Philadelphia, PA 19104
215-290-6192
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!**

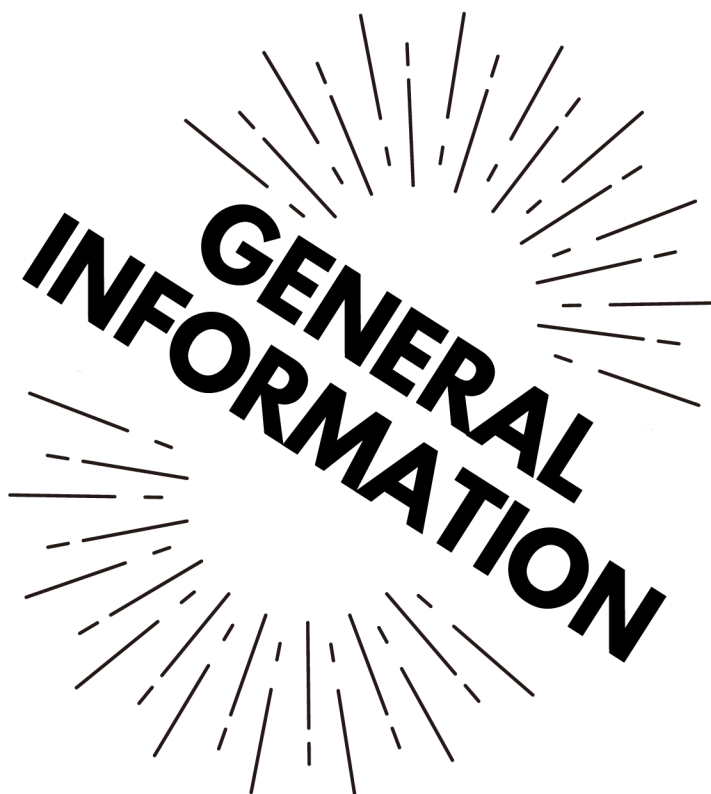
We continue to offer the following programs & services:

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 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



Wreathmaking
Workshop
12.4.2025

DATES TO REMEMBER

December 2025

Wed. Dec. 3rd – December Birthday gift card / manicure
Thurs. Dec. 4th – Wreath Making Workshop at 10am in the Atrium
Tues. Dec. 9th – Christmas Caroling at 12:30pm
Wed. Dec. 10th – Lunch Bunch at Royal Buffet
Thurs. Dec. 11th – Anniversary Celebration
Special Program at 11am, Concert at 12:30pm
Tues. Dec. 16th – Senior Holiday Gala from 12pm-5pm
OFFSITE: Parks & Recreation Christmas Gala
Wed. Dec. 17th – WPSCC Sewing Class Fashion Show at 12:30pm
Thurs. Dec. 18th – School of the Future (Holiday Cheer)
CeCe Winans Christmas show at 7pm @Met
Fri. Dec. 19th – December Birthday Party (Theme: Winter Wonderland at 12:30pm)
Sat. Dec. 20th – “Hell’s Kitchen” trip in New York
Marian Anderson Christmas Concert at 6pm
Tues. Dec. 23rd – Holiday Bazaar/Christmas Party from 10am to 2pm
Mon. Dec. 29th – Line Dance Christmas Party from 1pm to 3pm
Wed. Dec. 31th – New Year’s Eve (Black & Silver)



happy holidays

Computer - Daily

Ipad Class – Mon. & Tues.

Touch Screen – Wed

Thurs. & Fri. –10am /12pm

*Mark
your
Calendar*





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 DECEMBER 2025*

*Jacqueline Love
Wanda Campbell
Rolland Butler
Milo Dabney
Nyla Dabney
Joanne Brogden
Valerie Brewington
Wilburn's Brogden
Gail Perkins
William Lawrence*

New Members Orientation will be held Monday, December 22th, 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 *December 2025*

Wreath-Making Workshop

***Thursday
Dec. 4, 2025
at 10am***



Christmas Carolling

***Tuesday
Dec. 9, 2025
at 12:30pm***



Lunch Bunch

Once a month

***Wednesday
Dec. 10, 2025***

***at
Royal
Buffet***



WPSCC Anniversary Celebration

***Thursday
Dec. 11, 2025***

*Happy
anniversary*



FEATURED CLASSES & EVENTS *December 2025*

Senior Holiday Gala

Tuesday

Dec. 16th, 2025

from 12pm-5pm



WPSCC

Sewing Class Fashion Show

Wednesday

Dec. 17, 2025

from 12:30pm



Holiday Bazaar & Christmas Party

Tuesday

Dec. 23, 2025

***from 10am-
2pm***



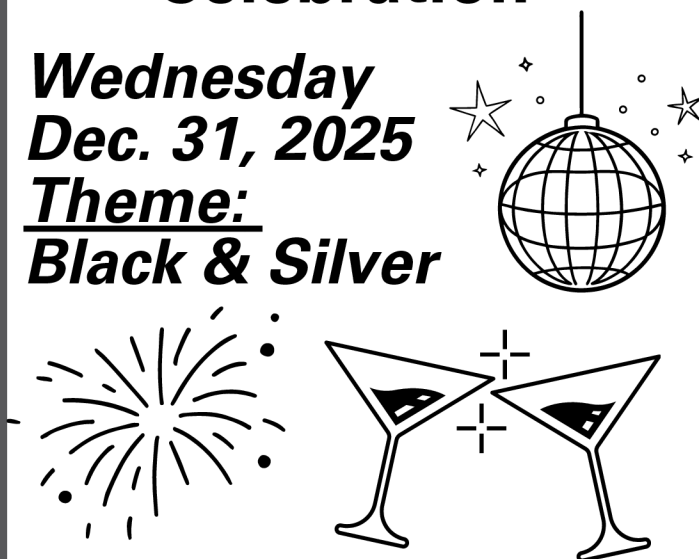
New Year's Eve Celebration

Wednesday

Dec. 31, 2025


Theme:

Black & Silver



HAVE LUNCH WITH US!

PCA HOT - DECEMBER 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
	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 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
	8	9	10	11	12
	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 Apple
	15	16	17	18	19
	H442	H440	H441	H439	H443
WEEK #2	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 BIRTHDAY CAKE 
	22	23	24	25	26
	H444	SPPCA-XMAS-HOT	H446	H447	H448
WEEK #3	LEMON & PEPPER CHICKEN THIGHS (3oz EP chicken thighs, 1 oz sauce) ½ cup chateau blend brocc, cauliflower, carrot, zucchini ½ cup brown rice 2oz WW roll, pc marg Fresh Orange	SLICED ROAST BEEF W/ BURGUNDY GRAVY GREEN BEANS MASHED POTATOES DINNER ROLL CHERRY CRUMBLE APPLE JUICE	QUON 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
	29	30	31		
	H449	H450	H451		
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 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		

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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. 



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.

