



Happy Black History Month from West Philadelphia Senior Community Center

Celebrating Black History Month offers a meaningful opportunity to honor the past, reflect on the present, and inspire future generations—especially for senior citizens who have lived through many chapters of this history. For older adults, Black History Month is not just about learning names from textbooks; it is about remembering lived experiences, personal stories, and the resilience that shaped families and communities.

Many senior citizens witnessed the Civil Rights Movement firsthand. They remember segregated schools, restricted opportunities, and the courage it took to demand equality. Celebrating Black History Month allows time to acknowledge that strength and perseverance. It is a chance to honor trailblazers such as Martin Luther King Jr., Rosa Parks, Thurgood Marshall, and countless unsung heroes whose everyday actions created lasting change. It is equally important to recognize the role that ordinary people—parents, teachers, church leaders, and neighbors—played in advancing justice and dignity.

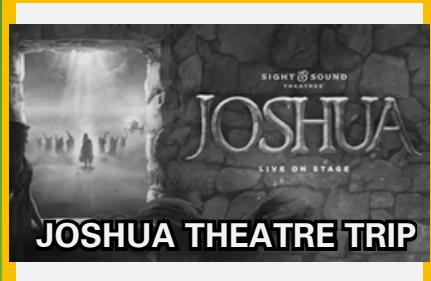
Black History Month also celebrates cultural contributions that have enriched American life. Music, literature, art, faith, and food are powerful expressions of heritage. Seniors may recall the songs that carried hope during difficult times, the churches that served as community anchors, and traditions passed down through generations. Sharing these memories keeps history alive and strengthens bonds between elders and younger generations.

For senior citizens, this month is also a time of pride and reflection. It affirms that their struggles mattered and that their perseverance helped open doors for those who came after them. Celebrations, discussions, storytelling, and community events provide opportunities to connect, reminisce, and feel valued. Listening to seniors' stories ensures that history is preserved not just in books, but in voices and hearts.

HIGHLIGHTS



THURSDAY, APRIL 14th, 2026 **6**



THURSDAY, JUNE 11th, 2026 **6**



SATURDAY, JUNE 14th, 2026 **6**

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 Hedges, *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: 215-290-6192

CCT Transportation: 215-290-6192

Areatha Dorsey, Center Counselor for Resources & help with various services: 215-290-6192

For the general mailbox:

215-290-6192



FRIDAY APRIL 17

DOORS OPEN 1-4 PM • 18+ EVENT • ADMISSION \$50
Admission ticket includes \$200 in chips.

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 - 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

February 2026

Tues. Feb. 3rd – Will & Estate Planning at 12:30pm

Thurs. Feb. 5th – Dementia Workshop with University of Penn. at 10:30am

Fri. Feb. 6th – Wear Red Day in Support of Heart Health

Manicure Day at 10:00am

Black History Trivia at 11:00am

Thurs. Feb. 9th – Movie Time at 12:00pm

Movie: RESPECT

Tues. Feb. 10th – Creative Movement at 10:30am

Thurs. Feb. 12th – Dementia Workshop with U of Penn. at 10:30am

Fri. Feb. 13th – Black History Trivia at 11:00am

Mon. Feb. 16th – Movie Time at WPSCC

Movie: THE FORGE

Thurs. Feb. 19th – Dementia Workshop with University of Penn. at 10:30am

Fri. Feb. 20th – African Garb Day

Soul Food Meal at 11:30am

February Birthday at 12:30pm

Mon. Feb. 23rd – New members Orientation

School Of The Future presents 100 years of Black History at 10:30am

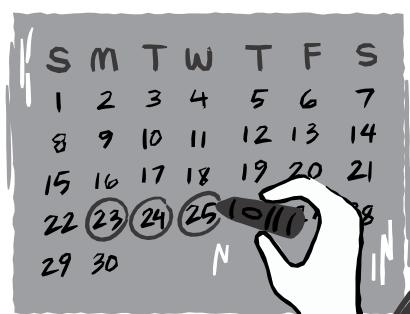
Tues. Feb. 24th – Creative Movement at 10:30am

The Philadelphia Postal Choir is back!

Performance at 12:30pm

Fri. Feb. 27th – WPSCC Choir presents The History of Black Gospel at 10:00am

*Mark
your
Calendar*





You are Cordially Invited to
Cheers to 19 Years!
Celebrating the Retirement of

Julia Diggs

Friday, March 6, 2026



ALPHA KAPPA ALPHA SORORITY, INC.®
RHO THETA OMEGA CHAPTER



ZUMBA CLASS

HEART HEALTHY TALK

HEALTHY EATING

PINK GOES RED

FEBRUARY 7, 2026 • 12 PM

WEST PHILADELPHIA SENIOR CENTER
1016 N. 41ST ST. PHILADELPHIA

REGISTER 
RHOThetaOmega.com/Events

Shariah Dixon-Turner, President
Rose Richardson, First Vice President
Stephanie Fletcher, Chairman



Murder Mystery Dinner Trip

Tuesday, April 14th, 2026 • Departs 12:30pm

\$150 Booster \$145 Member \$155 Non-Member

Nonrefundable Deposit to reserve you seat: \$50.00

Nonrefundable deposit is due immediately

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



Joshua: Live in Concert at Sign & Sound Theatre

Thursday, June 11th, 2026

\$215 Booster \$220 Member \$230 Non-Member

Includes: transportation, show ticket, & meal provided

Nonrefundable Deposit to reserve you seat: \$50.00

Final Balance due (cash-only): Apr. 03, 2026



August Wilson's: Joe Turner's Come and Gone

Sunday, June 14th, 2026

Includes: transportation, meal, and show ticket

More information to follow soon!

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.



share
food program



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 FEBRUARY 2026*

***Sheila V. Alexander
Valerie Brewington
Joanne Brogden
Wilburn's Brogden
Rolland Butler***

***Wanda Campbell
Milo Dabney
Nyla Dabney
Mary Jane Denmark
Toni Johnson
William Lawrence
Jacqueline Love
Sharon Martin
Carnella McCleary
Linda Moses
Gail Perkins
Betty Richardson
Sharon Wilson***

New Members Orientation will be held February, 23nd, 11:00 am (Music Dance Room)

OPEN FITNESS CENTER

Monday - Friday
9:00am-3:00pm

Health &
Wellness
with Patrice
10:30am *on Thursdays*

(Center Stage)

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

February 2026

Wills & Estate Planning

Tuesday
Feb. 3, 2026
at 12:30pm



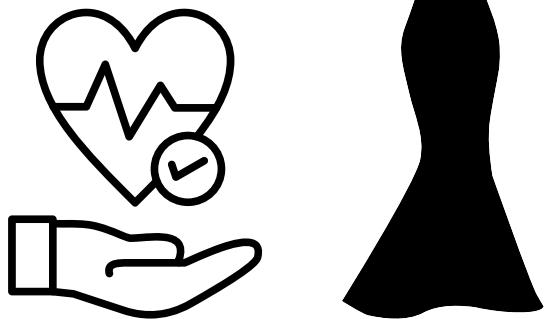
Dementia Workshop with University of Pennsylvania

Thursday
Feb. 5, Feb. 12,
and Feb. 19, 2026
at 10am



Wear Red Day to Support Heart Health

Friday
Feb. 6, 2026



Manicure Day

Friday
Feb. 6, 2026
at 10am



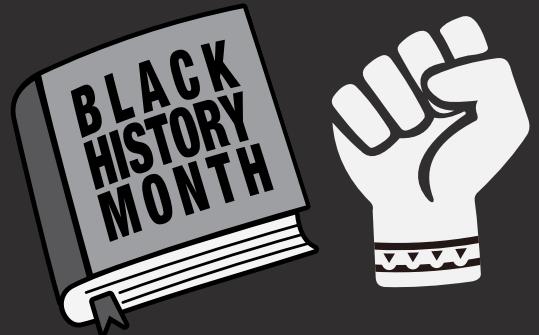
African Garb Day

Friday
Feb. 20, 2025



School Of The Future Presents 100 Years of Black History

Monday
Feb. 23, 2025
at 10am



Philadelphia Postal Choir

Tuesday
Feb. 24, 2026



WPSCC Choir Presents The History of Black Gospel

Friday
Feb. 27, 2025
at 10am



HAVE LUNCH WITH US!

PCA HOT - FEBRUARY 2026

WK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #3	2 H484	3 H485	4 H486	5 H487	6 H488
	STUFFED SHELLS W/ CREAMY WHITE WINE & MUSHROOM SAUCE (1/2 cup PC ricotta cheese, 1oz PC Mozz, 0.5 oz mushroom, 1oz sauce, 1/2 c pasta) 1/2 cup green beans 1/2 cup tossed salad (1 cup romaine, 2 cherry tomatoes, cucumber slice) w/ 1T Italian dressing Fresh Orange	SUCCED TURKEY W/ STUFFING & GRavy (1oz EP turkey, 2oz gravy, 1/2 c stuffing) 1/2 cup Corn 1/2 c Brussels sprouts 1/2 WW bread, pc marg Sweet Muffin	PASTA & MEATBALLS (1oz EP beef meatballs = 1, 2oz tomato sauce) 1/2 cup parmesan w/ sauce 1/2 c broccoli, cauliflower, carrots 1/2 WW bread, pc margarine 1/2 cup peaches	CREAMY PAPRIKA CHICKEN (1oz chicken, 1oz creamy tomato sauce) 1/2 cup cauliflower 1/2 cup Brown rice with peas 1/2 WW roll, pc marg 1/2 cup pears	STUFFED BAKED FISH (1oz EP tilapia, 1/2 herb stuffing, 1oz lemon butter sauce) 1/2 c garlic spinach & carrots 1/2 cup Herbed Roasted Potatoes 1/2 WW bread, pc marg 1/2 c mandarin oranges
	7 H489	8 H490	9 H491	10 H492	11 SPPCA-VAL-HOT
	SALISBURY STEAK W/ TOMATO-BEAN GRavy (1oz EP Salisbury steak, 1oz sliced tomatoes, 1oz tomato-bean gravy) 1/2 cup carrots 1/2 cup whipped potatoes 1/2 WW bread, pc marg Chocolate chip cookie	BBQ PORK RIBBETTE (1oz EP Pork, 1oz sauce) 1/2 cup Mashed sweet potato 1/2 cup Island Blend (broccoli, carrots, peppers, green beans) 1/2 WW roll, pc marg 1/2 cup pineapples	CHICKEN CORDON BLEU (1oz EP chicken, 0.5oz turkey ham, 0.5oz swiss cheese, 1oz chicken gravy) 1/2 cup Brussels sprouts 1/2 cup rosemary red bliss potatoes 1/2 WW bread, pc marg Fresh Apple	EGG & TURKEY SAUSAGE (1 oz egg patty, 0.5oz mozzarella, 1 oz EP turkey sausage patty) 1/2 cup home fries 1/2 cup scalloped apples Mini bagel Pc margarine 1/2 cup mandarin oranges	MEATBALLS W/ MARINARA SAUCE SPAGHETTI SUCCED CARROTS TOSED SALAD PC ITALIAN DRESSING DINNER ROLL CHEESECAKE FRUIT TOPPING APPLE JUICE
	15 H474	16 H475	17 H476	18 H477	19 H478
WEEK #4	CHEESE BURGER (1oz EP ground beef, 0.5oz American cheese) 1/2 c broccoli florets & carrots 1/2 c potato wedges 2oz WW hamburger roll 1/2 cup pudding	CREAMY HERB CHICKEN & BROCCOLI (1oz EP chicken, 2 oz light herb cream sauce, 1/2 broccoli) 1/2 cup Apples 1/2 cup tossed salad (1 cup romaine, 2 cherry tomatoes, cucumber slice) w/ 1T Italian dressing 1/2 WW bread, pc marg Fresh Orange	CHEESE OMELET & FRENCH TOAST (1 or 1/2 stick, 1oz EP egg, 0.5oz mozz cheese) 1/2 cup cinnamon sweet carrots 1/2 apple, pear, raisin compote 1/2 WW bread, pc marg 1/2 cup mandarin oranges	CHICKEN CACCINATTI (1oz EP chicken breast, 1oz tomato sauce, 1oz bell peppers & onions) 1/2 sauteed spinach w/ carrots 1/2 c Mashed Potatoes 2oz WW roll, pc margarine 1/2 cup peaches	BAKED TILAPIA WITH MUSTARD CREAM SAUCE (1oz Tilapia, 1oz cream sauce) 1/2 c Oriental Blend (broc, onion, mush, red pepper, caul, green bean) 1/2 Rice Pilaf 2 oz WW roll, pc margarine 1/2 cup applesauce BIRTHDAY CAKE
	23 H479	24 H480	25 H481	26 H482	27 H483
	SUNDAY ROASTED CHICKEN (1oz EP chicken thigh, 2oz rich chicken gravy) 1/2 c green beans 1/2 cup mashed sweet potatoes 1/2 WW bread, pc marg 1/2 cup cinnamon applesauce	SUCCED BEEF w/ AU JUS (1oz EP beef, 1 oz au jus) 1/2 cup parsnip potatoes 1/2 cup Island Blend -broc, carrots, red pepper, green bean 1/2 WW roll, pc margarine 1/2 cup fruit cocktail	BAKED CHICKEN STRIPS (1oz EP chicken strips)	SWEET & SOUR MEATBALLS (1oz EP Turkey meatballs=3, 1oz sauce) 1/2 cup mixed vegetables (corn, peas, carrots, green beans) 1/2 cup Brown rice w/ peppers 1/2 WW bread, pc margarine Fresh Apple	BAKED BROATOM w/ SPINACH (1/2 cup PC ricotta cheese, 1oz or PC mozz, 2 oz tomato sauce, 1oz spinach, 1/2 cup tortellini) = 1 c 1/2 cup broccoli & cauliflower 1/2 cup carrots Sweet Muffin
	28 H484	29 H485	30 H486	31 H487	32 H488

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 **ncoa**
National Institute of
Senior Centers

PCA To see all of the W.O.W. that happens at our center, go to www.westphilaseniorcenter.org. **LCFS**



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.