

W.O.W.

WITHIN OUR WORLD

A Monthly Publication by the West Philadelphia Senior Community Center

MARCH 2026

WPSCC

Happy Women's History Month from West Philadelphia Senior Community Center

Every March, we celebrate Women's History Month, a time to reflect on the remarkable women who have shaped our nation's story. For senior citizens especially, this month can feel deeply personal. As seniors, you have lived through decades of change — witnessing milestones in civil rights, workplace equality, education, medicine, politics, and the arts. Many of you saw barriers fall in real time, and perhaps even helped push them down. Women's History Month began as a local celebration in California in 1978 and grew into a national observance in 1987. It reminds us that progress is built step by step — often through courage, persistence, and quiet determination. From securing the right to vote to leading corporations and serving on the Supreme Court, American women have expanded opportunities not only for themselves, but for future generations. For seniors, this month is also an opportunity to share stories. Your memories of cultural shifts, family life, work experiences, and community leadership are living history. Conversations with children and grandchildren about "what it was like" add meaning to textbook lessons. Celebrating Women's History Month can be as simple as reading a biography, attending a local lecture, watching a documentary, or reflecting on the women who influenced your own life — mothers, teachers, neighbors, coworkers, and friends.

Below is a list of prominent women in American history whose contributions continue to inspire:

- **Harriet Tubman:** Conductor on the Underground Railroad.
- **Eleanor Roosevelt:** Human rights advocate and diplomat.
- **Rosa Parks:** Catalyst of the Montgomery Bus Boycott.
- **Amelia Earhart:** Aviation pioneer.
- **Ruth Bader Ginsburg:** Champion of gender equality.
- **Maya Angelou:** Influential writer and poet.
- **Clara Barton:** Founder of the American Red Cross.
- **Mary Seacole:** Esteemed war nurse and healer.

As we honor these extraordinary women, we also honor you — the generation that witnessed transformation and helped carry it forward. Women's History Month is not only about the past; it is a celebration of resilience, progress, and the enduring strength of American women across every generation.

HIGHLIGHTS



MONDAY, APRIL 13th, 2026 5



TUESDAY, APRIL 14th, 2026 5



SATURDAY, JUNE 14th, 2026 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!**

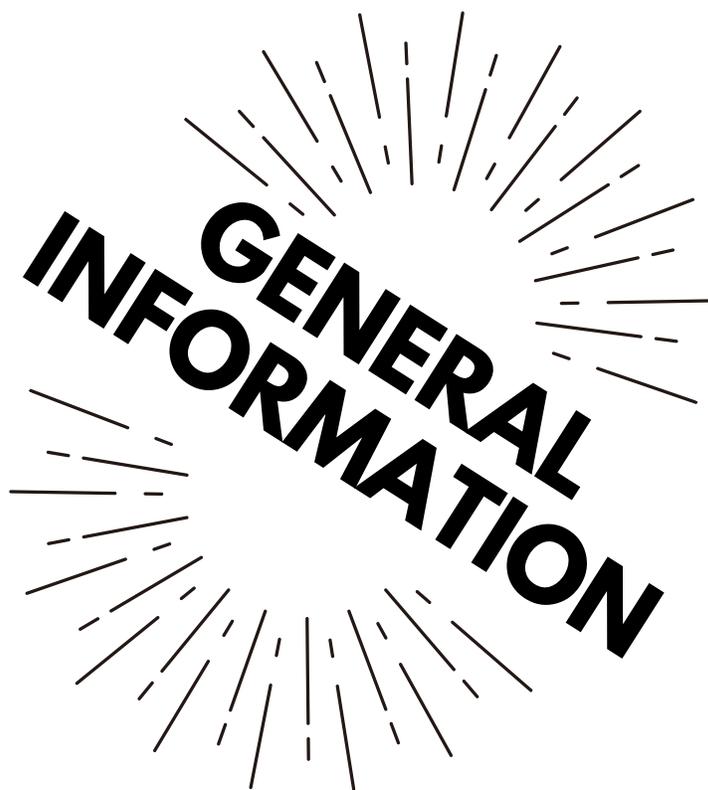
We continue to offer the following programs & services:

Grab & Go Meals by registration only with Patrice Rhodes, Health & Wellness Coordinator: 215-290-6192

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



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

- Mon. Mar. 2nd – Book Club at 10am
- Tues. Mar. 3rd – Postal Choir at 12pm
- Wed. Mar. 4th – Will & Estate Planning at 10:30am
- Thurs. Mar. 5th – Dementia Workshop at 10am
- Fri. Mar. 6th – Cheers to 19 Years: Julia Digg's Retirement Celebration
- Thurs. Mar. 19th – Dementia Workshop at 10am
- Thurs. Mar. 19th – Colon Cancer Workshop at 10:30am
- Fri. Mar. 20th – March Birthday at 12:30pm, Theme: It's A Green Thing
- Mon. Mar. 23th – New members Orientation
- Thurs. Mar. 26th – Dementia Workshop at 10am

Mark
your
Calendar

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25			28
29	30					



Murder Mystery Dinner Trip

Tuesday, April 14th, 2026 • Manheim, PA • 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



Atlantic City Trip to Resorts Casino Hotel

Monday, April 13th, 2026 • Atlantic City, NJ • Departs 9:00am

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

Package: Get back \$20.00 slot play

Payments must be made in full



Joshua: Live in Concert at Sign & Sound Theatre

Thursday, June 11th, 2026 • Lancaster, PA

\$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

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.



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

Sunday, June 14th, 2026 • NYC, New York • Departs 9am

\$255 Booster \$265 Member \$275 Non-Member

Includes: transportation, breakfast, and show ticket

Nonrefundable Deposit to reserve your seat: \$75.00

Nonrefundable deposit is due immediately

Final Balance due (cash-only): May. 1, 2026

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.

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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 MARCH 2026*

*Anna Biggs
Edward E Brown
Florine Carr
Carmen Dwight-austin
Lloyd Evans*

*Roslyn Hartman
Kimara T Holmes
Toni Johnson
Deborah Z Jones
Sylvia W Lang
Carnella C. McCleary
Frank W. McKelvey
Linda A. Moses
Pandora Oliver*

New Members Orientation will be held March, 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***

**Philadelphia
Postal Choir**

*Tuesday
Mar 3, 2026*



**Wills & Estate
Planning**

*Wednesday
Mar. 4, 2026
at 10:30am*



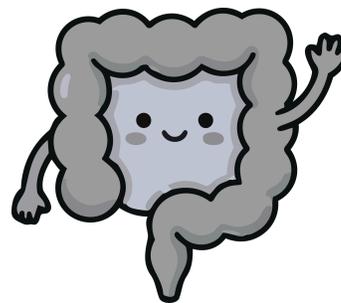
**Dementia Workshop
with University of
Pennsylvania**

*Thursday
Mar. 5,
Mar. 19, Mar. 26, 2026
at 10:00am*



**Colon
Cancer Workshop**

*Thursday
Mar. 19, 2026
at 10:30am*



HAVE LUNCH WITH US!

PCA HOT - MARCH 2026

WK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #3	2	3	4	5	6
	H484	H485	H486	H487	H488
	STUFFED SHELLS W CREAMY WHITE WINE & MUSHROOM SAUCE (1/2 cup PS ricotta cheese, 1oz PS Mozz, 0.5 oz mushr, 1oz sauce, ¼ c pasta) ½ cup green beans 1 cup tossed salad (1 cup romaine, 2 cherry tomatoes, cucumber slice) w 1T Italian dressing Fresh Orange	SLICED TURKEY W STUFFING & GRAVY (3oz EP turkey, 2oz gravy, 1/4 c stuffing) ½ cup Corn ½ c Brussel sprouts 1oz WW bread, pc marg Sweet Muffin	PASTA & MEATBALLS (3oz EP beef meatballs - 3, 2oz tomato sauce) ½ c penne w sauce ½ c broccoli, cauliflower, carrots 1 sl WW bread, pc margarine ½ cup peaches	CREAMY PAPRIKA CHICKEN (3oz chicken, 1oz creamy tomato sauce) ½ cup cauliflower ½ cup Brown rice with peas 2oz WW roll, pc marg ½ cup pears	STUFFED BAKED FISH (3oz EP tilapia, ¼c herb stuffing, 2oz lemon butter sauce) ½ c garlic spinach & carrots ½ cup Herbed Roasted Potatoes 1oz WW bread, pc marg ½ c mandarin oranges
WEEK #4	9	10	11	12	13
	H489	H490	H491	H492	H493
	SALISBURY STEAK W TOMATO-BEEF GRAVY (3oz EP salisbury steak, 1oz diced tomatoes, 1oz tomato-beef gravy) ½ cup carrots ½ cup whipped potatoes 1 sl WW bread, pc marg Chocolate chip cookie	BBQ PORK RIBBETTE (3oz EP Pork, 1 oz sauce) ½ cup Mashed Sweet potato ½ cup Island Blend (broccoli, carrot, peppers, green bean) 2oz WW roll, pc marg ½ cup pineapples	CHICKEN CORDON BLUE (3oz EP chicken, 0.5oz turkey ham, 0.5oz swiss cheese, 1oz chicken gravy) ½ cup brussel sprouts ½ cup rosemary red bliss potatoes 1oz WW bread, pc marg Fresh Apple	EGG & TURKEY SAUSAGE (3 oz egg patty, 0.5oz mozzarella, 1 oz EP turkey sausage patty) ½ cup home fries ½ c scalloped apples Mini bagel Pc margarine ½ cup mandarin oranges	CRABCAKE & MAC & CHEESE (3oz EP surimi, 1 oz cheddar, ¼ c elbow pasta) ½ c stewed tomatoes ½ c marinated cucumber & onion Salad 1oz WW bread, pc marg ½ cup applesauce
WEEK #1	16	17	18	19	20
	H474	H475	H476	H477	H478
	CHEESE BURGER (3oz EP ground beef, 0.5oz American cheese) ½ c broccoli florets & carrots ½ c potato wedges 2oz WW hamburger roll ½ cup pudding	CREAMY HERB CHICKEN & BROCCOLI (3oz EP chicken, 2 oz light herb cream sauce, ¼ c broccoli) ½ cup Rotini 1 cup tossed salad (1 cup romaine, 2 cherry tomatoes, cucumber slice) w 1T Italian dressing 1 sl WW bread, pc marg Fresh Orange	CHEESE OMELET & FRENCH TOAST (1 oz /1 stick, 3oz EP egg, 0.5oz mozz cheese) ½ c cinnamon sweet carrots ½c apple, pear, raisin compote 1 oz WW bread, pc marg ½ cup mandarin oranges	CHICKEN CACCIATORE (3oz EP chicken breast, 1oz tomato sauce, 1oz bell peppers & onions) ½ c sauteed spinach w carrots ½ c Mashed Potatoes 2oz WW roll, pc margarine ½ cup peaches	BAKED TILAPIA WITH MUSTARD CREAM SAUCE (3oz Tilapia, 1oz cream sauce) ½ c Oriental Blend (broc, onion, mush, red pepper, caul, green bean) ½ c Rice Pilaf 2 oz WW roll, pc margarine ½ cup applesauce BIRTHDAY CAKE 
WEEK #2	23	24	25	26	27
	H479	H480	H481	H482	H483
	SUNDAY ROASTED CHICKEN (3oz EP chicken thigh, 2oz rich chicken gravy) ½ c green beans ½ cup mashed sweet potatoes 1 sl WW bread, pc marg ½ cup cinnamon applesauce	SLICED BEEF w AU JUS (3oz EP beef, 1 oz au jus) ½ cup parslid potatoes ½ cup Island Blend -broc, carr, red pepper, green bean 2oz WW roll, pc margarine ½ cup fruit cocktail	BREADED CHICKEN STRIPS (3oz EP chicken- 3 strips) ½ cup Potato wedges ½ cup Cole Slaw 1 sl WW Bread, pc marg Fresh Apple	SWEET & SOUR MEATBALLS (3oz EP Turkey meatballs-3, 1oz sauce) ½ cup mixed vegetables (corn, peas, carrots, gr bean) ½ cup brown rice w peppers 1 sl pumpernickel bread, pc margarine ½ cup pineapples	BAKED RIGATONI w SPINACH (1/2 cup PS ricotta cheese, 1oz PS mozz, 2 oz tomato sauce, 1oz spinach, ¼ c Rigatoni) - 1 c ½ cup broccoli & cauliflower ½ cup carrots Sweet Muffin
WEEK #3	30	31			
	H484	H485			
	STUFFED SHELLS W CREAMY WHITE WINE & MUSHROOM SAUCE (1/2 cup PS ricotta cheese, 1oz PS Mozz, 0.5 oz mushr, 1oz sauce, ¼ c pasta) ½ cup green beans 1 cup tossed salad (1 cup romaine, 2 cherry tomatoes, cucumber slice) w 1T Italian dressing Fresh Orange	SLICED TURKEY W STUFFING & GRAVY (3oz EP turkey, 2oz gravy, 1/4 c stuffing) ½ cup Corn ½ c Brussel sprouts 1oz WW bread, pc marg Sweet Muffin			

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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. 

Happy Women's History Month

**Women
EMPOWER**



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.