

Older Americans Month: Honoring Your Journey and Embracing the Present

May is a special time each year—Older Americans Month—a chance to celebrate the wisdom, resilience, and contributions of older adults across the country. In 2026, this month is not just about recognition from others; it's also an opportunity for you to honor your own journey, reconnect with passions, and embrace the present with purpose.

Staying socially connected is another powerful way to mark Older Americans Month. Learning doesn't stop with age—it evolves. Consider exploring a new hobby or revisiting an old one. Whether it's painting, gardening, cooking, or even learning to use new technology, engaging your mind keeps it sharp and brings a sense of accomplishment. Many online platforms and local senior community centers offer courses specifically designed for older adults, often at low or no cost.

Older Americans Month is also a perfect time to focus on your well-being. Gentle physical activities like walking, stretching, or yoga can improve both physical and mental health. If you're able, spending time outdoors—whether in a park, garden, or just your neighborhood—can be refreshing and energizing. Pair this with mindful practices such as meditation or deep breathing to support emotional balance.

Another meaningful way to celebrate is by reflecting on your life story. Consider writing down your memories, lessons, and experiences. Whether it's through journaling, recording audio stories, or sharing anecdotes with family, your history is valuable. These reflections not only preserve your legacy but also provide perspective on how far you've come.

Likewise, don't forget to celebrate yourself! Treat yourself to something enjoyable—perhaps a favorite meal, a day trip, or a relaxing activity like reading or listening to music. Recognizing your own worth and taking time for joy is just as important as any organized event.

Finally, use this month to advocate for your needs and rights. Stay informed about issues that affect seniors, from healthcare to community resources. Your voice matters, and being engaged helps ensure that your generation continues to be respected and supported. Older Americans Month is about more than acknowledgment—it's about empowerment, connection, and celebration. However you choose to spend it, make it a time that reflects who you are and what brings you fulfillment. Your story is still unfolding, and this month is a beautiful chapter to write.

HIGHLIGHTS



MONDAY, MAY 11th, 2026 **6**



THURSDAY, JULY 2ND, 2026 **7**



THURSDAY, AUGUST 13TH, 2026 **7**

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*
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!**

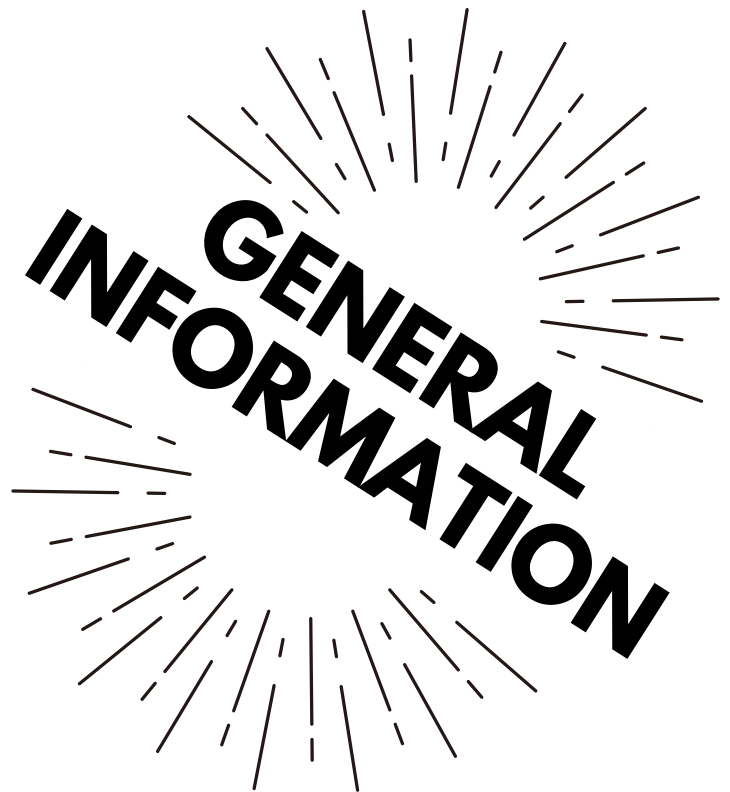
We continue to offer the following programs & services:

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

EASTER PROGRAM AT WPSCC

Happy
Easter

APR. 1, 2026



Wed. May 6th – Mother’s Day Brunch and Celebration at 9AM - 1PM in the Dining Room. Entertainment provided by The Kenny Jackson Experience

Fri. May 8th – Mother’s Day Program featuring the WPSCC Choir at 10:30AM - 11:15AM in the Atrium

Mon. May 11th – Resorts Casino Trip at 9AM – 5PM

Tues. May 12th – No Cricut Class

Wed. May 13th – Celebrate the Arts Reception at 2-4PM in the Dining Room

Fri. May 15th – May Birthday Party at 12:30-1:45PM in the Dining Room

Sat. May 16th – Line Dance Party at 1PM-5PM in the Dining Room

Mon. May 18th – New members Orientation

Tues. May 19th – Healthy Steps Class at 12PM-2PM in the Music Dance Room

Wed. May 20th – Healthy Steps Class at 9AM-11AM in the Music Dance Room

Mon. May 25 – Center closed in observance of Memorial Day

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	26	27	28
29	30		N			





Atlantic City Trip to Resorts Casino Hotel

Monday, May 11th, 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



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 you 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.

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.



Trip to Columbus Flea Market

Thursday, July 2nd, 2026 • Columbus, New Jersey • Departs 9am

\$40 Member \$45 Non-Member

Includes: transportation, breakfast, and show ticket
*Nonrefundable Deposit to reserve you seat: Prices above
Nonrefundable deposit is due immediately*



Travel & Tour to Maryland to the Harriet Tubman Museum

Thursday, August 13th, 2026 • Cambridge, PA

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

Includes: transportation, show ticket, & meal provided
*Nonrefundable Deposit to reserve you seat: \$50.00
Final Balance due (cash-only): June 01, 2026*

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Letter from to the Counselor's Office



Counseling Services at WPSCC are available for the following:

- **Information and Referrals** – housing, and legal services.
- **Paperwork** – LIHEAP and rent rebate
- **Emergency Assistance** – minor home repairs, utilities, food and abuse

Appointments are preferred, however walk-in service is available from 9:00a.m. to 1:00p.m. Monday thru Friday. Sign up at the front desk. Looking forward to seeing you soon!

Have a nice day,
Areatha Dorsey
Center Counselor
West Philadelphia Senior
Community Center





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 215-386-6192 to see if you are eligible.

NEW MEMBERS *as of MAY 2026*

*Deborah Bracey
Valda Branison
Joyce M Davis
Veronica D Freeman*

*Yvonne L Goldsborough
John D Hansell
Olivia Hines
Glenda L Landis
Emilia P Metellus
Adenrele Ojo
Vera M Scott
Geraldine S Thomas
Edith Underwood
Yolanda R Wright*

New Members Orientation will be held May, 18th, 11:00 am (Music Dance Room)



More Good Days, Together: Celebrating Mental Health Awareness Month

Mental health is a vital part of overall health, yet it is often misunderstood, overlooked, or minimized.

Every May, **Mental Health Awareness Month** serves as a collective "pause button," inviting us to slow down, open up, and shine a light on the psychological and social well-being that shapes how we think, feel, and act.

Breaking the Stigma

One of the primary goals of this month is to **reduce stigma**. Stigma creates a barrier where people feel judged or ashamed, often telling themselves they should be "stronger". Awareness months help shift this narrative, reminding the world that mental illness is a treatable health condition—no different than diabetes or asthma—and that **seeking therapy is a sign of strength, not weakness**.



The Importance of the Mission

Founded in 1949 by **Mental Health America**, this annual observance was created to highlight the importance of mental well-being and advocate for better care. Today, the mission is more critical than ever:

Practical Ways to Support Your Well-Being

Improving mental health involves consistent self-care, building strong social connections, staying physically active, and managing stress through mindfulness or hobbies.

Key habits include:

- **Daily Movement:** Just 30 minutes of walking can significantly boost mood.
- **Quality Sleep:** Make rest a priority to help regulate emotions.
- **Connection:** Stay in touch with friends and family; isolation can worsen mental health challenges.
- **Journaling:** Write down your thoughts to process emotions and reduce stress.
- **Nutrition:** Eating nutritious meals; fruits and vegetables and limiting processed foods.
- **Practice Gratitude & Positivity:** Actively focus on positive thoughts and identify things you are grateful for.
- **Practice Mindfulness and Relaxation:** Use techniques like meditation, yoga, or deep breathing to calm your mind.

**OPEN
FITNESS**

CLASS

**TEMPORARILY
CLOSED**

M

9:00

5pm

**Health &
Wellness**

with Patrice

10:30am on Thursdays

(Center Stage)

**Beginner
CHAIR YOGA**

10:00am-11:00am
on Fridays

(Center Stage)

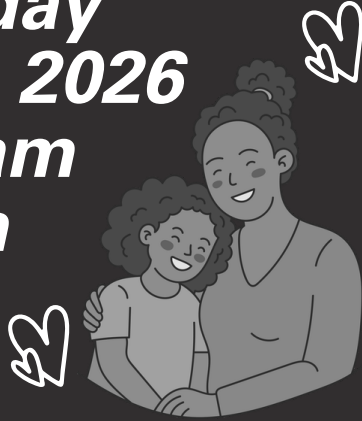
Suggested donation: \$2

**Blood
Pressure
Screenings**

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

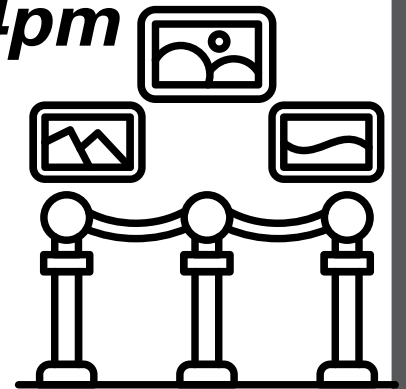
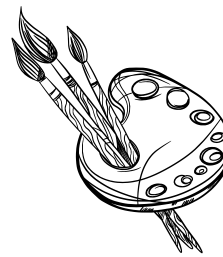
**Mother's Day
Brunch &
Celebration**

**Wednesday
May 6th, 2026
at 10:30am
-11:15am**



**Celebrate
The Arts Reception**

**Wednesday
May 13, 2026
at 2pm-4pm**



Line Dance Party

**Saturday
Apr. 16th, 2026
from 1pm-5pm**



**Healthy Steps
for Older
Adults**

**Tuesday & Wednesday
April 19th, 2026
at 12pm-2pm**

**&
April 20th, 2026
at 9am-11am**



HAVE LUNCH WITH US!

PCA HOT - MAY 2026

WK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #3					1
					H488
					STUFFED BAKED FISH (3oz EP tilapia, 1/4c herb stuffing, 2oz lemon butter sauce) 1/2 c garlic spinach & carrots 1/2 cup Herbed Roasted Potatoes 1oz WW bread, pc marg 1/2 c mandarin oranges
WEEK #4	4	5	6	7	8
	H489	H490	H491	H492	SPPCA-MOTHER-HOT
	SALISBURY STEAK W TOMATO-BEEF GRAVY (3oz EP salisbury steak, 1oz diced tomatoes, 1oz tomato-beef gravy) 1/2 cup carrots 1/2 cup whipped potatoes 1 sl WW bread, pc marg Chocolate chip cookie	BBQ PORK RIBBETTE (3oz EP Pork, 1 oz sauce) 1/2 cup Mashed Sweet potato 1/2 cup Island Blend (broccoli, carrot, peppers, green bean) 2oz WW roll, pc marg 1/2 cup pineapples	CHICKEN CORDON BLUE (3oz EP chicken, 0.5oz turkey ham, 0.5oz swiss cheese, 1oz chicken gravy) 1/2 cup brussel sprouts 1/2 cup rosemary red bliss potatoes 1oz WW bread, pc marg Fresh Plum	EGG & TURKEY SAUSAGE (3 oz egg patty, 0.5oz mozzarella, 1 oz EP turkey sausage patty) 1/2 cup home fries 1/2 c scalloped apples Mini bagel Pc margarine 1/2 cup mandarin oranges	SLICED ROAST BEEF w/ GRAVY GREEN BEANS ALMONDINE MASHED POTATOES DINNER ROLL APPLE JUICE STRAWBERRY SHORTCAKE
WEEK #1	11	12	13	14	15
	H474	H475	H476	H477	H478
	CHEESE BURGER (3oz 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 (3oz EP chicken, 2 oz light herb cream sauce, 1/2 c broccoli) 1/2 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) 1/2 c cinnamon sweet carrots 1/2 c apple, pear, raisin compote 1 oz WW bread, pc marg 1/2 cup mandarin oranges	CHICKEN CACCIATORE (3oz EP chicken breast, 1oz tomato sauce, 1oz bell peppers & onions) 1/2 c sauteed spinach w carrots 1/2 c Mashed Potatoes 2oz WW roll, pc margarine 1/2 cup peaches	BAKED TILAPIA WITH MUSTARD CREAM SAUCE (3oz Tilapia, 1oz cream sauce) 1/2 c Oriental Blend (broc, onion, mush, red pepper, caul, green bean) 1/2 c Rice Pilaf 2oz WW roll, pc margarine 1/2 cup applesauce BIRTHDAY CAKE
WEEK #2	18	19	20	21	22
	H479	H480	H481	H482	H483
	SUNDAY ROASTED CHICKEN (3oz EP chicken thigh, 2oz rich chicken gravy) 1/2 c green beans 1/2 cup mashed sweet potatoes 1 sl WW bread, pc marg 1/2 cup cinnamon applesauce	SLICED BEEF w AU JUS (3oz EP beef, 1 oz au jus) 1/2 cup parsleyed potatoes 1/2 cup Island Blend -broc, carr, red pepper, green bean 2oz WW roll, pc margarine 1/2 cup fruit cocktail	BREADED CHICKEN STRIPS (3oz EP chicken-3 strips) 1/2 cup Potato wedges 1/2 cup Cole Slaw 1 sl WW Bread, pc marg Fresh Peach	SWEET & SOUR MEATBALLS (3oz EP Turkey meatballs-3, 1oz sauce) 1/2 cup mixed vegetables (corn, peas, carrots, gr bean) 1/2 cup brown rice w peppers 1 sl pumpernickel bread, pc margarine 1/2 cup pineapples	BAKED RIGATONI w SPINACH (1/2 cup PS ricotta cheese, 1oz oz PS mozz, 2 oz tomato sauce, 1oz spinach, 1/2 c Rigatoni) - 1 c 1/2 cup broccoli & cauliflower 1/2 cup carrots Sweet Muffin
WEEK #3	25	26	27	28	29
	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, 1/2 c pasta) 1/2 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) 1/2 cup Corn 1/2 c Brussel sprouts 1oz WW bread, pc marg Sweet Muffin	PASTA & MEATBALLS (3oz EP beef meatballs - 3, 2oz tomato sauce) 1/2 c penne w sauce 1/2 c broccoli, cauliflower, carrots 1 sl WW bread, pc margarine 1/2 cup peaches	CREAMY PAPRIKA CHICKEN (3oz chicken, 1oz creamy tomato sauce) 1/2 cup cauliflower 1/2 cup Brown rice with peas 2oz WW roll, pc marg 1/2 cup pears	STUFFED BAKED FISH (3oz EP tilapia, 1/4c herb stuffing, 2oz lemon butter sauce) 1/2 c garlic spinach & carrots 1/2 cup Herbed Roasted Potatoes 1oz WW bread, pc marg 1/2 c mandarin oranges



W.O.W. – Within Our World

published by the West Philadelphia Senior Community Center

WPSCC

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
Mother's
Day**



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.