

JULY 2026

W.O.W.

WITHIN OUR WORLD

A Monthly Publication by the West Philadelphia Senior Community Center

WPSCC

Healthy Summer Treats to Help You Stay Cool and Nourished

Summer is a wonderful time to enjoy fresh foods and spend time outdoors, but warmer temperatures can also increase the risk of dehydration and fatigue. Choosing healthy, refreshing treats can help you stay cool while providing important nutrients that support overall health. The good news is that many delicious summer snacks are both nutritious and easy to prepare.

Here are a few simple options:

1. Frozen Yogurt Berry Cups

Mix plain Greek yogurt with fresh blueberries, strawberries, or raspberries. Spoon into small cups or an ice cube tray and freeze. These provide protein, calcium, and antioxidants while being lower in sugar than traditional ice cream.

2. Watermelon and Mint Salad

Combine chilled watermelon cubes with a few chopped mint leaves. Watermelon contains plenty of water, helping with hydration during hot weather, while mint adds a refreshing flavor.

3. Banana "Nice Cream"

Freeze sliced bananas, then blend until smooth. Add a sprinkle of cinnamon or a few berries for extra flavor. This naturally sweet dessert contains potassium and fiber without added sugars.

4. Fruit and Cottage Cheese Bowl

Top cottage cheese with peaches, melon, or berries. This combination provides protein, calcium, and vitamins, making it a satisfying snack or light dessert.

5. Homemade Fruit Popsicles

Blend fruit such as mango, strawberries, or peaches with a little water or yogurt. Pour into popsicle molds and freeze. These are a great alternative to sugary store-bought frozen treats.

6. Chilled Applesauce with Cinnamon

Serve unsweetened applesauce straight from the refrigerator and add a dash of cinnamon. It's easy to chew and digest, making it a good option for seniors with dental concerns.

7. Cucumber and Yogurt Cups

Mix plain yogurt with finely diced cucumber and a touch of dill. Served cold, this savory treat is hydrating and refreshing on hot days.

As you enjoy summer, remember that healthy treats can do more than satisfy a craving. Foods rich in water, vitamins, and protein help support hydration, energy levels, and overall wellness. Choosing fresh fruits, yogurt-based snacks, and naturally sweet alternatives can help you stay comfortable during hot weather while enjoying the best flavors of the season. With a little creativity, summer treats can be both delicious and good for your health!

HIGHLIGHTS

Food Voucher



Distribution Begins

MONDAY, JUNE 29, 2026



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*
Patrice Rhodes, *Health & Wellness Coordinator*
Jaquay Murray, *Program Coordinator*
Areatha Dorsey, *Center Counselor*
Jean Hodges, *Database Clerk*
Robert Davis, *Maintenance Mechanic*
Michael Johnson, *Maintenance*
Rosalyn Watson, *Activities Aide*
Robin Mason, *Nutrition Coordinator*

Dial 215-290-6192 to ask 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!**

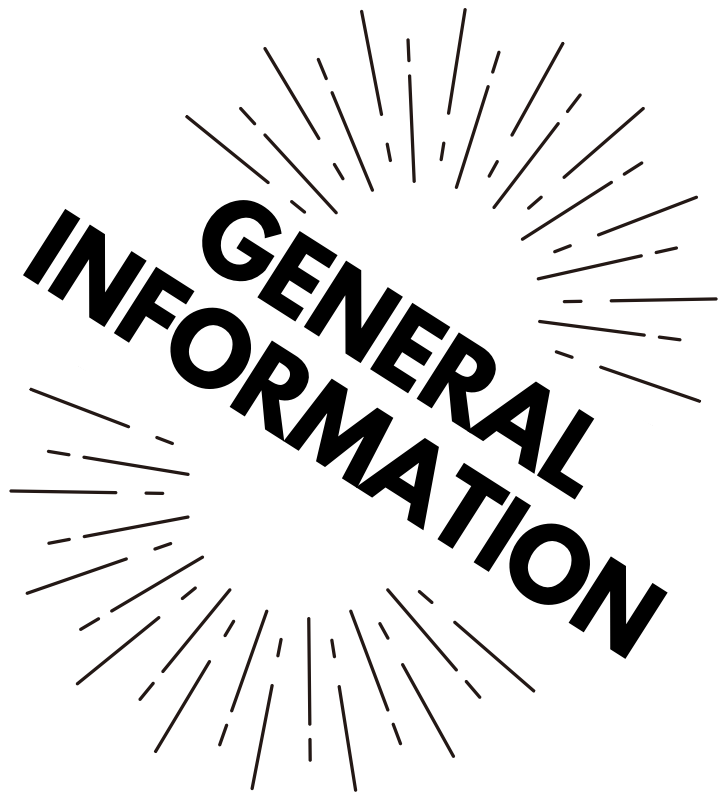
We continue to offer the following programs & services:

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
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

Thurs. July 2nd– Columbus Flea Market Trip. Shopping, food and fun!

Fri. July 3rd – Center closed for the 4th of July weekend

Mon. July 6th– Universal Yum’s will feature a box from India, if you are attending please be mindful of a later pick-up!

Wed. July 8th – Lunch Bunch at Royal Buffet & Grill

Fri. July 10th – Visit from the fire department – 10:30 am. Includes info on alarms and fire safety

Sat. July 11th– United Block Captains Ceremony, Noon-3pm @ Temple Univ.

Mon. July 13th – JEVS Homecare will visit and host Trivia from 12:30pm-1:30pm

Wed. July 15th – School of the Future Visit from 10am-12:30pm; includes blood pressure screenings, CPR demonstrations and health info for the seniors

Fri. July 17th – July Birthday Party- Theme: Pool Party

Mon. July 27th – Care Choice Home Care will sponsor a Karaoke event from 12:30-1:30, snacks provided

Mark your Calendar





Trip to Columbus Flea Market

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

\$40 Member \$45 Non-Member

Includes: transportation and meal

Nonrefundable Deposit to reserve your 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 & meal provided

Nonrefundable Deposit to reserve your seat: \$50.00

Final Balance due (cash-only): June 01, 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.



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 215-588-1883 to see if you are eligible.

NEW MEMBERS *as of JULY 2026*

*Claudia H. Boatwright
Patricia D. Boyd
Joann Brower
Aminata S. Calhoun
Marie M. Delevry
Gloria M. Gaines
Lila Harris
Mattie R. Robichaw
Jean R. Smart-El
Gale Smith
Michael E. St. John
Tiara Tingle*

New Members Orientation will be held July, 27th, 10:30 am (Music Dance Room)

**OPEN
FITNESS
CENTER**

Monday

9:00am-3:00pm

**CLOSED
UNTIL
FURTHER
NOTICE**

**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***

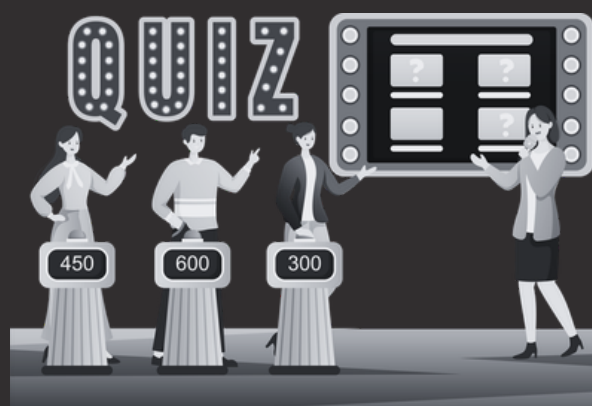
Fire Department Visit

Friday
July 10th, 2026
at 10:30am



JEVS Homecare Trivia Game

Monday
July 13, 2026 at 12pm



School of the Future Visit

Wednesday
July 15th, 2026
at 10:0am



Karaoke Event with Carechoice

Monday
July 27, 2026
at 12:30pm



HAVE LUNCH WITH US!

PCA HOT - JULY 2026

WK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #4			1	2	3
			H491	SPPCA-4JUL-HOT	H493
			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	HOT DOG BAKED BEANS COLESLAW POTATO SALAD TOSSED SALAD PC FRENCH DRESSING HOT DOG BUN PC KETCHUP, MUSTARD & RELISH APPLE JUICE PATRIOTIC CUPCAKE	CRABCAKE & MAC & CHEESE (3oz EP surimi, 1 oz cheddar, 1/2 c elbow pasta) 1/2 c stewed tomatoes 1/2 c marinated tomato & onion Salad 1 oz WW bread, pc marg 1/2 c apple sauce
					
WEEK #1	6	7	8	9	10
	H494	H495	H496	H497	H498
	LEMON-CAPER CHICKEN PICCATA (3oz EP chicken breast, 2oz lemon herb sauce) 1/2 c honey glazed beets 1/2 cup confetti (peppers) brown rice 2oz whole wheat roll, pc marg Fresh Peach	COUNTRY BEEF RAGOUT OVER BUTTERED EGG NOODLES (3oz EP ground beef, 1/2 seasoned diced tomato sauce, 1/2 cup wide noodles) 1 cup Side Garden Salad (1cup romaine, 1 T tomato, 1 T cucumber, 1 T red onion, 1 T French dressing) 1/2 cup carrots 1oz whole wheat bread, pc marg 1/2 cup mandarin oranges	SHRIMP SCAMPI (3oz EP Shrimp, 1oz butter sauce, 1/2 c penne) 1/2 cup broccoli & carrots 1/2 cup mixed vegetables (corn, peas, green bean, carrot) 1oz Whole wheat bread, pc marg 1.75oz graham crackers	EGGPLANT PARMESAN (1/2 c PS ricotta, 1oz PS Mozz, 2oz sauce, 1/2 cup eggplant) 1/2 cup brussel sprouts 1/2 cup rotini w sauce 1/2 cup pears	TURKEY w CITRUS THYME GRAVY (3oz EP turkey, 2oz gravy) 1/2 cup mashed potatoes 1/2 cup green beans 2oz whole wheat roll, pc marg 1/2 cup apple sauce
WEEK #2	13	14	15	16	17
	H499	H500	H501	H502	H503
	PHILLY CHEESEBURGER (3oz EP ground beef, 0.5oz provolone cheese, 1oz peppers & onions) 1/2 c green beans 1/2 c potato wedges 2oz WW hamburger Bun 1/2 cup peaches	TUSCAN SUNDRIED TOMATO & SPINACH BREAKFAST (3oz scrambled egg, 1oz spinach, 1 TB sundried tomatoes, 0.5oz PS mozz cheese) 1/2c herb roasted potatoes 1/2 cup zucchini, corn and onions 1oz rye bread, pc marg 1/2 cup cinnamon applesauce	RICOTTA RAVIOLI WITH ROASTED RED PEPPER SAUCE (1/2 cup PS ricotta cheese, 1 oz PS mozz, 1/2 c ravioli noodle, 2oz roasted red pepper sauce) 1/2 cup spinach with diced carrots 1/2 cup warm apples Sweet muffin	GRILLED CHICKEN & BACON MAC & CHEESE (1oz cheddar, 2 oz EP chicken, 0.5oz turkey bacon, 1/2 cup rotini) 1 cup Side Garden Salad (1cup romaine, 1 T tomato, 1 T cucumber, 1 T red onion, 1 T Ranch dressing) 1/2 cup carrots 1oz whole wheat bread, pc marg 1/2 cup mandarin oranges	ROAST BEEF with SHERRY MUSHROOM GRAVY (3oz EP beef, 2oz mushroom gravy) 1/2 cup roasted potatoes 1/2 cup broccoli, cauliflower carrots 2oz whole wheat roll, pc marg Fresh Orange BIRTHDAY CUPCAKES & ICE CREAM
WEEK #3	20	21	22	23	24
	H504	H505	H506	H507	H508
	SWEET & SOUR CHICKEN (3oz EP Chicken, 1oz pineapples, 1oz sauce) 1/2 cup Oriental - broc, onion, mush, red pepper, caul, green bean 1/2 cup Brown rice 1oz whole wheat bread, pc marg Fresh Orange	ROAST PORK LOIN with FRENCH ONION GRAVY (3oz EP pork, 1oz onions, 2oz gravy) 1/2 cup roasted potatoes 1/2 cup green beans 2oz whole wheat roll, pc marg 1/2 cup applesauce	SWEET TOMATO GLAZED MEATLOAF (3oz EP beef, 1 Tb tomato glaze) 1/2 cup mashed potatoes 1/2 cup peas 2oz whole wheat roll, pc marg 1.75oz oatmeal cookie	TURKEY ALFREDO (3oz EP turkey, 1/2 cup wide noodles, 2oz light cream sauce) 1/2 cup mixed veg (green bean, carrot, pea, corn) 1 c Caesar Salad (1 c romaine, 1 T drg) 1oz whole wheat bread, pc marg 1/2 cup pineapples	CRISPY CHEESE & POTATO CRUSTED COD (2.5oz EP COD, 0.5oz cheddar cheese) 1/2 cup sweet potato cubes 1/2 cup Island Blend - broc, carr, red pepper, green bean 1oz whole wheat bread, pc marg 1/2 cup fruit cocktail
WEEK #4	27	28	29	30	31
	H509	H510	H511	H512	H513
	CHEESE LASAGNA (1/2 cup PS ricotta cheese, 1 oz PS mozz, 1/2 c lasagna noodle, 2oz tomato sauce) 1/2 cup garlic spinach w carrots 1/2 cup corn and zucchini 1/2 cup mandarin oranges	ORANGE GLAZED CHICKEN (3oz EP chicken thigh, 1oz orange glaze) 1/2 cup brussel sprouts 1/2 cup roasted potatoes 2oz whole wheat roll, pc marg 1/2 cup fruit cocktail	SALISBURY STEAK (3oz EP salisbury steak, 2oz mushroom gravy) 1/2 cup green beans 1/2 cup whipped potatoes 2oz whole wheat roll, pc marg Fresh Plum	CRABCAKE & MAC & CHEESE (3oz EP surimi, 1 oz cheddar, 1/4 c elbow pasta) 1/2 c marinated tomato and onion salad 1/2 c broccoli, carrot & cauliflower 1oz whole wheat bread, pc marg Sweet Muffin	KOREAN BBQ BEEF (3oz EP beef, 1oz peppers, 1 oz Korean BBQ sauce) 1/2 c brown rice 1/2 cup Oriental - broc, onion, mush, red pepper, caul, green bean 1oz whole wheat bread, pc marg 1/2 cup pears

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1016 N. 41st St., Philadelphia, PA 19104

Accredited by 
National Institute of
Senior Centers

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

FOOD VOUCHER DISTRUBITION

Monday - Thursday

9am - 11:30am

1pm - 3pm

Begins June 29, 2026



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.