

W.O.W.

WITHIN OUR WORLD

A Monthly Publication by the West Philadelphia Senior Community Center

W ^{OCTOBER 2026}
PSCC

Fun Fall Activities for Senior Citizens

Fall is a wonderful time for senior citizens to enjoy the outdoors, spend time with loved ones, and discover new hobbies. With cooler temperatures and beautiful autumn colors, there are plenty of fun activities to make the most of the season.

One of the simplest ways to enjoy fall is by taking a scenic walk. A local park, nature trail, or neighborhood can provide beautiful views of changing leaves. Seniors can invite friends or family members along for company and take breaks whenever needed. For those with limited mobility, a scenic drive through the countryside can offer the same colorful experience without the walking.

Fall festivals and farmers markets are also great ways to enjoy the season. Visitors can sample seasonal foods, listen to live music, browse handmade crafts, and socialize with their community. Apple and pumpkin picking can be another enjoyable activity, especially when shared with grandchildren. For a quieter afternoon, seniors can embrace their creative side with fall-themed crafts. Decorating pumpkins, making wreaths, painting autumn landscapes, or creating handmade greeting cards can be both relaxing and rewarding. Baking seasonal treats, such as apple crisp, pumpkin bread, or homemade pies, is another fun way to celebrate fall while enjoying delicious food.

Indoor activities can be just as enjoyable when the weather turns chilly. Seniors might organize a game afternoon, join a book club, watch classic movies, or try a new recipe. Community centers and senior centers often offer seasonal classes, dances, and social events as well.

Most importantly, fall activities should be enjoyable and comfortable. Whether it is admiring colorful leaves, gathering with family, or trying a new hobby, autumn offers countless opportunities for seniors to stay active, social, and engaged.



HIGHLIGHTS



WEDNESDAY, OCTOBER 14TH, 2026 **8**



THURSDAY, OCTOBER 15TH, 2026 **5**



THURSDAY, OCTOBER 15TH, 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*
Areatha Dorsey, *Center Counselor*
Shanequa Lewis, *Program Coordinator*
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!**

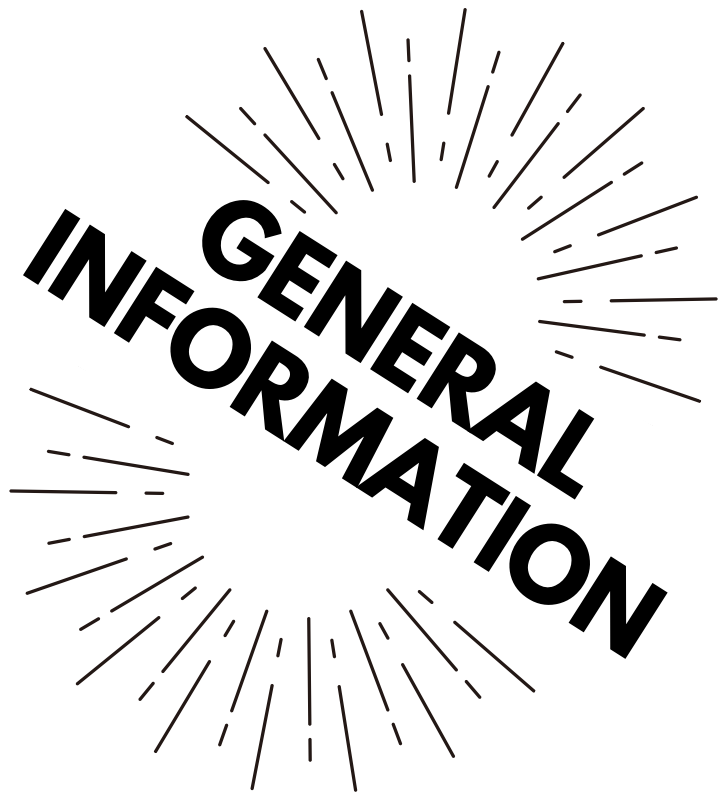
We continue to offer the following programs & services:

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 (Will return Jan 2027)
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
10:15am -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 -11:30am 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
9:30am - 10:30am Tai Chi, 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
10:30am -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

Wed. Oct 14rd – Floral Workshop at 10:00am-11:30am

Thurs. Oct 15th – TRIP: Resorts Casino,
University of Penn Breast Cancer Workshop at 10am-11:30am

Fri. Oct 16th– October Birthday Party. Theme: Masquerade,
Senior Strut at Lloyd Hall, 1 Boathouse Row, Kelly Drive
The Music and OR-ations Concert at 6PM (Free refreshments)

Wed. Oct 21th– Archwell (Benefits) Meeting at 10am-11am

Thurs. 22nd – UPenn GI Doctor Workshop

Sat. Oct 24th – Alpha Kappa Alpha Sorority (Mind, Body & Soul) event
at 10am-12pm

Thurs. Oct 29th – Fall Festival/Theme Party at 10am-2pm

Fri. Oct 30th – Holiday Meal (Lunch)

Mark
your
Calendar



KIMBLE
GROUP LLC





Atlantic City Trip to Resorts Casino Hotel

Thursday, October 15th, 2026 • Atlantic City, NJ • Departs 9:00am

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

Overnight Trip to the Obama Presidential Center

Monday, April 26th, 2027 thru Friday, April 30, 2027 • Chicago, IL

5 DAYS - 4 NIGHTS!

Monthly payments of \$180 due by the 25th of each month starting in September 2026

Includes: transportation, overnight lodging, & meal provided

Nonrefundable Deposit to reserve your seat: \$125

Nonrefundable portion of deposit: \$59

Final Balance due (cash-only): January 01, 2027



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 OCTOBER 2026

*Carl Golden
Carmela Matthews
Karen Jackson
Cleveland James
Wali Bilal
David Mims
Gary Green, II
Rousselet Chery*

*Carolyn Smith
Altha Anderson
Dorothy Dancy
Herbert Grant
Josie Woods
Eva Tilghman
Nupur Chatterjee
Pamela Roberson
Tina Robinson
Valerie Vanish
Darlene Monts
Trina Martin*

New Members Orientation will be held October, 26th, 10:30 am (Music Dance Room)

Tai Chi
with
Noel Davis
Thursdays

9:45am-10:45am

(Atrium)

**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 *October 2026*

Floral Workshop

***Wednesday
October 14th, 2026
from 10:00am -
11:30am***



UPenn Breast Cancer Workshop

***Thursday
October 15, 2026
from 10:00am -
11:30am***



Fall Festival

***Thursday
October 29, 2026
at 10am-3pm***



Archwell Health Benefits Meeting

***Wednesday
October 21, 2026
at 10:00am-11:00am***



Tai Chi Class

Thursdays

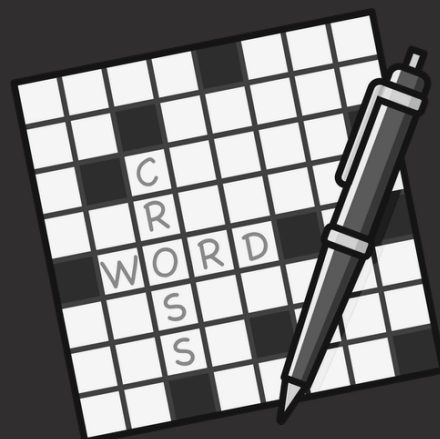
09:45am-10:45am



Giant Crossword

Thursdays

12:00pm-1:30pm



**Alpha Kappa Alpha
Sorority (Mind, Body &
Soul) Event**

Saturday

10:00am-12:00pm



Karaoke at WPSCC

***Every 4th Monday
of the month***

12:30pm -1:30pm



HAVE LUNCH WITH US!

PCA HOT - OCTOBER 2026

WK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #1				1	2
				H497	H498
				EGGPLANT PARMESAN (1/2 c PS ricotta, 1oz PS Mozz, 2oz sauce, ½ cup eggplant) ½ cup brussel sprouts ½ cup rotini w sauce ½ cup pears	TURKEY w CITRUS THYME GRAVY (3oz EP turkey, 2oz gravy) ½ cup mashed potatoes ½ cup green beans 2oz whole wheat roll, pc marg ½ cup apple sauce
WEEK #2	5	6	7	8	9
	H499	H500	H501	H502	H503
	PHILLY CHEESEBURGER (3oz EP ground beef, 0.5oz provolone cheese, 1oz peppers & onions) ½ c green beans ½ c potato wedges 2oz WW hamburger Bun ½ 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 ½ cup zucchini, corn and onions 1oz rye bread, pc marg ½ cup cinnamon applesauce	RICOTTA RAVIOLI WITH ROASTED RED PEPPER SAUCE (1/2 cup PS ricotta cheese, 1 oz PS mozz, ½ c ravioli noodle, 2oz roasted red pepper sauce) ½ cup spinach with diced carrots ½ cup warm apples Sweet muffin	GRILLED CHICKEN & BACON MAC & CHEESE (1oz cheddar, 2 oz EP chicken, 0.5oz turkey bacon, ½ cup rotini) 1 cup Side Garden Salad (1cup romaine, 1 T tomato, 1 T cucumber, 1 T red onion, 1 T Ranch dressing) ½ cup carrots 1oz whole wheat bread, pc marg ½ cup mandarin oranges	ROAST BEEF with SHERRY MUSHROOM GRAVY (3oz EP beef, 2oz mushroom gravy) ½ cup roasted potatoes ½ cup broccoli, cauliflower carrots 2oz whole wheat roll, pc marg Fresh Orange
	12	13	14	15	16
	H504	H505	H506	H507	H508
WEEK #3	SWEET & SOUR CHICKEN (3oz EP Chicken, 1oz pineapples, 1oz sauce) ½ cup Oriental – broc, onion, mush, red pepper, caul, green bean ½ 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) ½ cup roasted potatoes ½ cup green beans 2oz whole wheat roll, pc marg ½ cup applesauce	SWEET TOMATO GLAZED MEATLOAF (3oz EP beef, 1 Tb tomato glaze) ½ cup mashed potatoes ½ cup peas 2oz whole wheat roll, pc marg .75oz oatmeal cookie	TURKEY ALFREDO (3oz EP turkey, ½ cup wide noodles, 2oz light cream sauce) ½ cup mixed veg (green bean, carrot, pea, corn) 1 c Caesar Salad (1 c romaine, 1 T drg) 1oz whole wheat bread, pc marg ½ cup pineapples	CRISPY CHEESE & POTATO CRUSTED COD (2.5oz EP COD, 0.5oz cheddar cheese) ½ cup sweet potato cubes ½ cup Island Blend -broc, carr, red pepper, green bean 1oz whole wheat bread, pc marg ½ cup fruit cocktail BIRTHDAY CUPCAKES & ICE CREAM
WEEK #4	19	20	21	22	23
	H509	H510	H511	H512	H513
	CHEESE LASAGNA (1/2 cup PS ricotta cheese, 1 oz PS mozz, ½ c lasagna noodle, 2oz tomato sauce) ½ cup garlic spinach w carrots ½ cup corn and zucchini ½ cup mandarin oranges	ORANGE GLAZED CHICKEN (3oz EP chicken thigh, 1oz orange glaze) ½ cup brussel sprouts ½ cup roasted potatoes 2oz whole wheat roll, pc marg ½ cup fruit cocktail	SALISBURY STEAK (3oz EP salisbury steak, 2oz mushroom gravy) ½ cup green beans ½ cup whipped potatoes 2oz whole wheat roll, pc marg Fresh Apple	CRABCAKE & MAC & CHEESE (3oz EP surimi, 1 oz cheddar, 1/4 c elbow pasta) ½ c marinated tomato and onion salad ½ 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) ½ c brown rice ½ cup Oriental – broc, onion, mush, red pepper, caul, green bean 1oz whole wheat bread, pc marg ½ cup pears
	26	27	28	29	30
	H494	H495	H496	H497	SPPCA-HALL
WEEK #1	LEMON-CAPER CHICKEN PICCATA (3oz EP chicken breast, 2oz lemon herb sauce) ½ c honey glazed beets ½ cup confetti (peppers) brown rice 2oz whole wheat roll, pc marg Fresh Pear	COUNTRY BEEF RAGOUT OVER BUTTERED EGG NOODLES (3oz EP ground beef, ½ seasoned diced tomato sauce, ½ cup wide noodles) 1 cup Side Garden Salad (1cup romaine, 1 T tomato, 1 T cucumber, 1 T red onion, 1 T French dressing) ½ cup carrots 1oz whole wheat bread, pc marg ½ cup mandarin oranges	SHRIMP SCAMPI (3oz EP Shrimp, 1oz butter sauce, ½ c penne) ½ cup broccoli & carrots ½ cup mixed vegetables (corn, peas, green bean, carrot) 1oz Whole wheat bread, pc marg .75oz graham crackers	EGGPLANT PARMESAN (1/2 c PS ricotta, 1oz PS Mozz, 2oz sauce, ½ cup eggplant) ½ cup brussel sprouts ½ cup rotini w sauce ½ cup pears	GHOULISH GOULASH ROTINI NOODLES PEAS TOSSED SALAD PC RANCH DRESSING DINNER ROLL BLACK CAKE BROWNIES APPLE JUICE

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 
National Institute of
Senior Centers

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

**HOW CAN YOU
MAKE A DIFFERENCE
IN THE LIVES OF
OUR MEMBERS?**



**WORKPLACE
GIVING!**

YOU CAN MAKE A POSITIVE IMPACT

by contributing a portion of your paycheck to charities of your choice. By directing your workplace contribution to The West Philadelphia Senior Community Center, you enrich the lives of our members while nurturing their physical, emotional, and spiritual well-being.

MAKE A MEANINGFUL IMPACT! Contact [Patty Cline](mailto:pcline@libertylutheran.org) to learn more and support WPSCC, at 267-464-7720 or via email to pcline@libertylutheran.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.