W.O.W.

WITHIN OUR WORLD

NOVEMBER 2026

WPSCC

A Monthly Publication by the West Philadelphia Senior Community Center

Making Thanksgiving Special for Seniors

Thanksgiving is one of America's most cherished holidays, celebrated each year on the fourth Thursday of November. It is a special time for families and friends to come together, share a delicious meal, reflect on life's blessings, and create lasting memories.
For many seniors, Thanksgiving brings back fond memories of holidays past, including family gatherings, favorite recipes, and traditions passed down through generations.

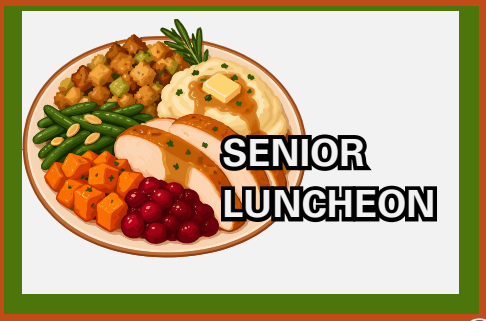
A Traditional Thanksgiving Feast
Food is at the heart of many Thanksgiving celebrations. Traditional dishes often include roasted turkey, stuffing, mashed potatoes, cranberry sauce, sweet potatoes, and pumpkin pie. Many families prepare recipes that have been enjoyed for generations, making the meal a wonderful opportunity to share family history and treasured memories.

Family Traditions That Bring Generations Together
Thanksgiving is about more than food. Families often gather to watch the Macy's Thanksgiving Day Parade, enjoy football games, play board games, or look through old family photographs. Some families take turns sharing what they are thankful for, while others enjoy saying a prayer before the meal. These simple traditions help strengthen family bonds and remind everyone of the importance of gratitude. For older adults, being included in holiday celebrations can mean so much. Family members can make the day more enjoyable by involving seniors in meal preparation, asking them to share favorite holiday memories, or preparing traditional dishes they especially enjoy.For seniors who cannot travel, a family visit, video call, or shared meal at home can make the holiday feel special.

Celebrating What Matters Most
Thanksgiving reminds us that the greatest gifts are not found in presents or elaborate celebrations. They are found in love, friendship, family, and time spent together. This Thanksgiving, take a moment to appreciate the older generations, listen to their stories, celebrate family traditions, and create new memories that everyone will treasure for years to come.



HIGHLIGHTS



SATURDAY, NOV. 14, 2026 8



TUESDAY, NOVEMBER 17TH, 2026 5



WEDNESDAY, DEC 16th, 2026 4

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!**

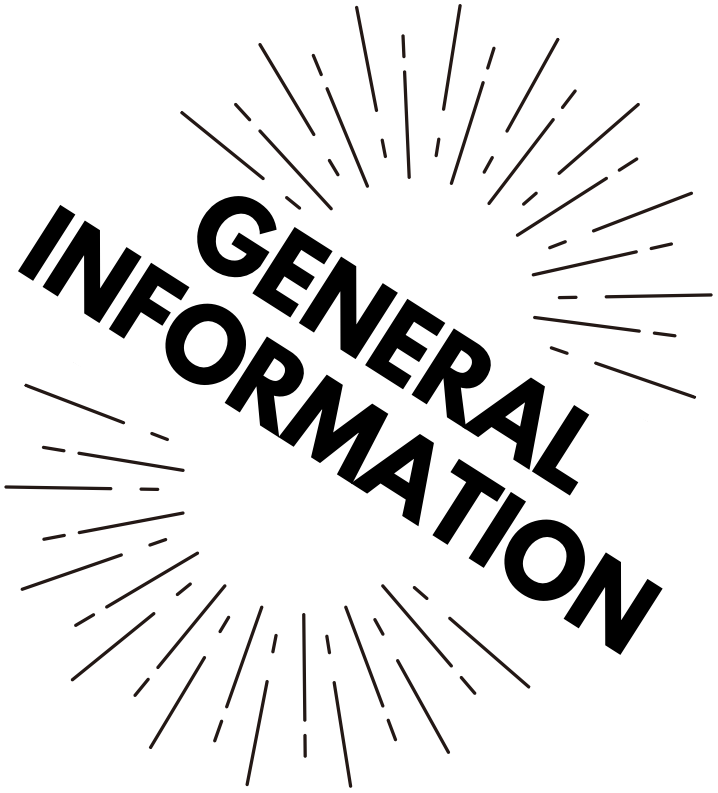
We continue to offer the following programs & services:

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 Whatchamacalit Class

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

DATES TO REMEMBER *November 2026*

Wed. Nov 4th – UPenn Diabetes Presentation
Wed. Nov. 11th – Lunch Bunch to Longhorn Steakhouse
Fri. Nov. 13th – Town Hall Meeting at 11am (Dining Hall)
Sat. Nov. 14th – Senior Luncheon with Alliance of Black Social Workers Inc. 11:30am-2pm
Tues. Nov. 17th – TRIP: Resort Casino Trip from 9AM-5PM
Thurs. Nov. 19th – Giving Thanks Program (Choir) at 10:30am-11:30am
Fri. Nov. 20th – WPSCC Birthday Party
Theme: Pumpkin Spice and Everything Nice
Tues. Nov. 24th – Thanksgiving Meal with PCA
Sat. Nov. 28th – Freemasons Dinner from 11:30am-3pm

SPECIAL ANNOUNCEMENT
CHRISTMAS BAZAAR: DEC 4TH, 2026
FASHION SHOW: DEC. 16TH, 12PM-2PM



TRIP UPDATES

November 2026



Atlantic City Trip to Resorts Casino Hotel

Tuesday, November 17th, 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 you 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.

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

NEW MEMBERS

as of NOVEMBER 2026

Margaret Alston
Vermille Blake
Felicia Carter
Dalton D. Clarke
Denise Johnson
Kim Jordan
Tina Jordan-Harvin
Gwendolyn C. Mahone
Irene Mauro
David M. Patterson

New Members Orientation will be held November, 23rd, 10:30 am (Music Dance Room)

Tai Chi
with
Noel Davis
Thursdays

9:45*am*-10:45a*m*

(Atrium)

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

(Center Stage)

Beginner CHAIR YOGA
10:00am-11:00am
on Fridays

(Center Stage)

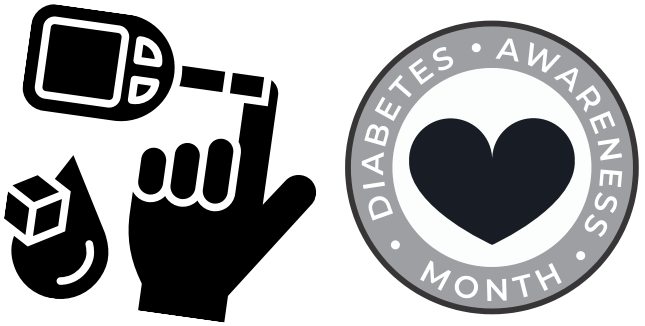
Suggested donation: $2

Blood Pressure Screenings
Tuesdays from
10:00-12:00pm
with Nurse Wanda

FEATURED CLASSES & EVENTS *November 2026*

UPenn Diabetes Presentation

Wednesday
October 4th, 2026



Town Meeting at WPSCC

Friday
November 13, 2026
at 11:00am



Senior Luncheon w/ Alliance of Black Social Workers

Saturday
November 14, 2026
at 11:30am-2pm



Giving Thanks Program w/ WPSCC Choir

Thursday
November 19, 2026
at 10:30am-11:30am



FEATURED CLASSES & EVENTS *November 2026*

Whatchamcalit Class

Mondays
from 10:30am-11:30am



PCA Thanksgiving Meal

Tuesday
November 24th, 2026
from 11:30am-12:30pm



Dinner with the Freemasons

Saturday
November 28th, 2026
at 11am-3pm

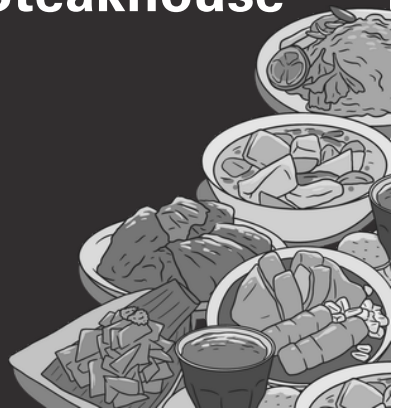




Lunch Bunch

Wednesday
November 11th, 2026
Upcoming Trip:
Longhorn Steakhouse





FALL FESTIVAL AT WPSCC































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, ¾ 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
WEEK #3	12	13	14	15	16
	H504	H505	H506	H507	H508
	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, ¾ 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
WEEK #1	26	27	28	29	30
	H494	H495	H496	H497	SPPCA-HALL
	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, ½c 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*

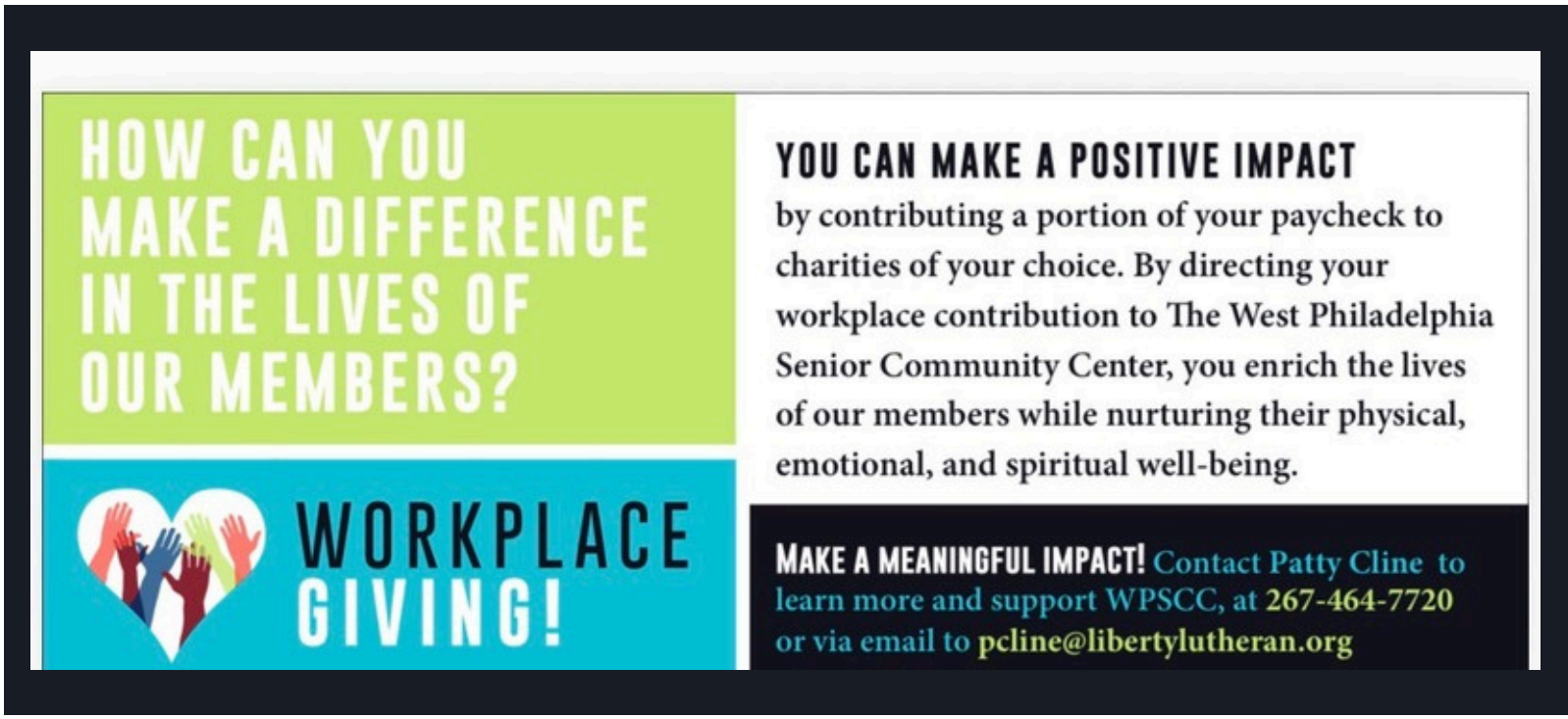
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Accredited by ncoa
National Institute of Senior Centers

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.***