It’s Playtime

At the West Philadelphia Senior Community Center, we invite you to come out and play. Why? Because playtime is good for your mind, body, and soul.

Playtime provides the same benefits to adults as it does for children – physical and mental exercise nourishes our creativity, brings people together, and helps us explore our world.

For instance, take our creative movement class. Movement tones our bodies, strengthens our muscles, and improves our balance and coordination. As we dance and move to familiar tunes, the music lifts our spirits, and our worries seem to melt away.

Games benefit your mind, body, and soul as well. We benefit from playing games with friends. The act of playing lowers our blood pressure, reduces stress, and sharpens our minds. Anyone who has played dominoes with some of our hardcore pros knows what we mean!

Or take painting. It can relieve stress, enhance problem-solving and fine motor skills, and bolster our memory while stimulating our optimism. Before we put the brush to canvas, even mixing colors to get that brilliant orange for a sunset can bring joy and a sense of accomplishment.

Here at the WOW of West Philadelphia, older adults are finding time to play. Whether it’s with games, art, dance, or any other number of activities offered here, our members are having fun and relishing the fellowship of friends.

By providing the space and time to play, the Center offers fun opportunities for older adults to strengthen their bodies and minds while building bonds of friendship. We invite you to check out what’s happening in March and make your plans to come out and play.
We want to break up the boredom & loneliness you may be feeling by missing your second home, so we invite you to join us on Facebook!

Mondays

10:00am  Inspirational & Motivational words with Roz
12:00pm  Smile, Listen in and get a good laugh with Julia

Tuesdays

12:00pm  Smile, Listen in and get a good laugh with Julia

Wednesdays

12:00pm  Smile, Listen in and get a good laugh with Julia

Thursdays

10:00am  Inspirational & Motivational words with Roz
12:00pm  Smile, Listen in and get a good laugh with Julia

Fridays

12:00pm  Smile, Listen in and get a good laugh with Julia

ANNOUNCING THE FIRST-EVER WPSCC COOKBOOK!

THE WPSCC COOKBOOK IS A BEAUTIFUL KEEPSAKE THAT YOU AND YOUR FAMILY CAN KEEP FOR GENERATIONS.

FULL OF CHERISHED RECIPES FROM MEMBERS AND STAFF. ALL PROCEEDS BENEFIT THE CENTER.

YOU CAN PURCHASE the WPSCC Cookbook for $20.00 at the Center.

Give the perfect gift to family and friends!

FOR MORE INFORMATION CONTACT: Julia Diggs, Phone (215) 386-0379 Ext. 7302, Email: juliad@lcfsinpa.org
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.

Another trip to Sight & Sound Theater for DAVID

Wednesday, April 6th, 2022   9:00 a.m. – 7:00 p.m.

Shopping, Lunch & the Theater
Cost: $140.00 Booster Card Holders, $150.00 Members, $160.00 Non-Members
$50.00 non-refundable deposit due in November,
2nd Payment due January, balance due February.

GAYLORD RESORT in Washington DC National Harbor

Friday, June 10th through Sunday, June 12th, 2022

2 Nights at the Gaylord Resort, Breakfast each day, Shuttle Service
Cost PP Double: $375.00 Booster Card Holders, $395.00 Members, $405.00 Non-Members
$100.00 non-refundable deposit due by February 4th,
2nd payment due March 4th, 3rd payment due April 7th, balance due by May 3rd.
SCHEDULE OF CLASSES!

Monday

**AM Activities**
- **9:30am – 10:30am** Enhanced Fitness - Atrium (Front)
- **10:00am – 12:00pm** Table Games - Atrium (Back)
- **10:30am – 11:00am** Devotion - Dining Area (Rear)
- **11:00am – 11:30am** Current Events - Center Stage

**PM Activities**
- **12:00pm – 3:00pm** Table Games - Atrium (Back)
- **1:00pm – 3:00pm** Line Dancing - Center Stage Dining Area (Full)

Tuesday

**AM Activities**
- **9:00am – 12:00pm** Table Games - Atrium (Back)
- **10:00am - 11:00am** Nutrition Education w/ Lynn (Center Stage)
- **10:30am – 12:00pm** BINGO - Dining Area (Rear)
- **11:00am – 12:00pm** Music Appreciation - Dining Area

**PM Activities**
- **12:00pm – 3:00pm** Table Games - Atrium (Back)
- **1:00pm – 2:00pm** Enhanced Fitness - Atrium (Front)

Wednesday

**AM Activities**
- **9:00am – 12:00pm** Table Games - Atrium (Back)
- **10:00am - 11:00am** Nutrition Education w/ Lynn (Center Stage)
- **10:00-12:00am** Sewing Class
- **10:30am – 11:30am** Color Your Mind - Atrium (Back)
- **11:00am – 12:00pm** Music Appreciation - Dining Area

**PM Activities**
- **12:00pm – 3:00pm** Table Games - Atrium (Back)

New Members
as of February, 2022

Gloria Bailey  Sharyn Roberts
Viola Evans    Janice Wheeler
Frank Nellom   Deborah Womack
Tami Perkins
**Thursday**

**AM Activities**
10:30am – 11:30am  Health and Wellness Workshop - Center Stage
9:00am – 12:00pm  Table Games - Atrium (Back)
10:00am – 12:00pm  BINGO - Dining Room (Rear)

**PM Activities**
1:00pm – 3:00pm  Line Dancing - Center Stage Dining Room (Full)

**Thursday, March 17th**

**St. Patty’s Day – Wear green & Let’s talk about it.**

**Friday**

**AM Activities**
9:00am – 12:00pm  Pinochle - Center stage
9:00am – 12:00pm  Table Games - Atrium (Back)
11:30am – 12:30pm  Silver Sneakers - Atrium (Back)

**PM Activities**
1:00pm – 3:00pm  Table Games - Atrium (Rear)
1:00pm – 3:00pm  Pinochle - Center stage

**WE LOOK FORWARD TO SEEING YOU!**

**Daylight saving time reminder, March 13th**
(Turn clocks forward one hour)

**On Friday, March 25th**

we will have
Yvonne Mack,
District Office Director of
State Representative
Amen Brown’s office

Preparing and assisting
in Property tax/rent rebate
at 10:00a.m.
Senior SHARE food boxes will be in on the first Wednesday of every month, Starting March 2, 2022.

LIHEAP applications are available for submission.

Emergency Fund is available to those who qualify.

We continue to offer the following programs & services:

Facebook Virtual Programs Daily

Grab & Go Meals by registration only with Patrice Rhodes, Health & Wellness Coordinator (215) 386-0379 ext. 7303

CCT Transportation with Daezsanae (Daisy) Robinson, Data Clerk (215) 386-0379 ext. 7306

Areatha Dorsey, Center Counselor for Resources & help with various services (215) 386-0379 ext. 7305

For the general mailbox ext. 7300
Leave Your Mark

Plant seeds of compassion, opportunity and strength.

Your legacy gift to LCFS’ West Philadelphia Senior Community Center ensures that older adults in our community age gracefully and find joy and inspiration in life.

Naming LCFS as a beneficiary of a life insurance policy, retirement or savings account is a simple way to make a difference. Anyone can do it.

- It's easy to arrange;
- Will not alter your current lifestyle; and
- Can be easily modified if your needs change.

If you are reviewing or changing your estate plans, consider naming LCFS in your will or trust as part of your legacy.

You can also leave stock or other securities by contacting your broker or financial institution to set up a transfer upon death.

For help with making your gift to LCFS, contact Patty Cline, Director of Advancement, at pcline@libertylutheran.org or by calling 267-464-7720.
Upcoming workshop:

**Healthy Steps for Older Adults (HSOA)**

A statewide initiative to help older adults prevent falls and stay healthy.

**April 22nd and April 25th.**

For more information, contact Patrice Rhodes at 215-386-0379 x7303

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**TAKE BACK YOUR HEALTH**

with Rev. Sloan from Divine Resources

Thursday March 10th, 2022 at 10:30am.

Space is limited!

Register at front desk on Monday, February 28th.
Want to Take Charge of Your Diabetes in 2022?

*Become a Self-Manager!*

Register for the *Common Threads* Workshop!

This six-week workshop is part of the Diabetes Self-Management Program and is FREE to adults 60 and older.

In light of COVID-19, this will be offered *virtually (Zoom)!*

Participants will learn about making a healthy eating plan, managing blood sugar levels, balancing eating, physical activity and medications to prevent problems as well as managing diabetes-specific problems.

**Workshop Details:**
This workshop meets on Tuesdays via Zoom. Participants will receive a Self-Management Tool Kit at no cost.

**Dates:** March 1st, 8th, 15th, 22nd, 29th, and April 5th, 2022
**Time:** 1:00pm - 3:30pm

**To register, contact:**
Lauren Jirinec, Health Promotion Specialist
(215)765-9000 ext. 5119
[Lauren.Jirinec@pcacares.org](mailto:Lauren.Jirinec@pcacares.org)

This program is supported by Philadelphia Corporation for Aging through Title IIID funds received from the Pennsylvania Department of Aging. This program was originally developed at Stanford University and is now owned by Self-Management Resource Center, Inc.
National Women’s Month – watch all month to try and recognize famous women walking throughout the center;

March 1st, 7th, 11th, 16th, 25th, 29th & 31st

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.