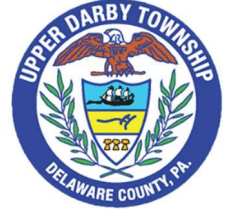


NOVEMBER, 2025

UPPER DARBY SENIOR CENTER



Upper Darby Community Center
"Watkins Avenue"
326 Watkins Avenue
Upper Darby, PA 19082
610-734-7652
udt-seniors@upperdarby.org
Monday to Friday 8:00 AM -3:00 PM



ASSISTANT DIRECTOR'S MESSAGE

Thank you to all the attendees of our **Wellness Fair: Don't Gamble on Your Health!** A special appreciation goes out to the office of State Representative Gina Curry and her team for making the day so special! Members had an incredible time laughing, dancing, eating, and learning about various ways we could add healthier habits to our lives. Thank you to our sponsors:

WellCare provided the "casino" games.

Patriot Home Care provided breakfast and after lunch cookies.

Murphy's Giving Market also provided breakfast for members through a donation.

We will see you next year for another healthy good time!



Miss Pauline Jones celebrated her 103rd birthday with joy and gratitude, surrounded by loved ones and community members. The event highlighted her remarkable life and enduring optimism.



**Don't
Forget!**

There are four days the center will be closed this month:
**Tuesday, November 4; Tuesday, November 11; Thursday,
November 27 and Friday, November 28.**

Embracing Gratitude This Season

Did you remember to “fall back”? As we adjust to shorter days and longer nights, it's natural to feel a little melancholy—especially when it seems like just yesterday we were enjoying summer barbecues and sunshine. But with Thanksgiving around the corner, it's the perfect time to lean into a practice that can brighten even the dimmest days: Gratitude.

Gratitude is more than saying “thank you.” It's about noticing and cherishing the everyday moments that bring us joy:

- The smiles we exchange when we arrive at the center
- The laughter shared during activities and programs
- The meals enjoyed together as a community
- The warmth of reconnecting with friends and neighbors



These simple moments remind us that joy can be found even in challenging times.

This season let's hold onto those small sparks of happiness. From all of us at Upper Darby Senior Center, thank you for the kindness, connection, and joy you bring into our shared space—every single day.

Mike

INFORMATION STATION

STAFF



Assistant Director:
Michael Maloney

Meals Supervisor:
Jessica Jones

Program Supervisor:
Raya Fagg

**Center Administrative
Assistant:**
Zonnea Bell-Walley

Program Coordinator:
Donna Gallo

Activity Coordinator:
Cathy Horiel

Meals Assistant:
Farah Siddiqui

Center Custodian:
Jason Bear

Front Desk:
Candace Hill
John Shepard

Fitness and Exercise Disclaimer

CHILDREN ARE NOT PERMITTED TO USE THE EXERCISE ROOM.

Upper Darby Senior Center requires all members interested in physical activity programs consult with a medical professional before engaging in activity. A note from your medical team **MUST** be on file in the office.

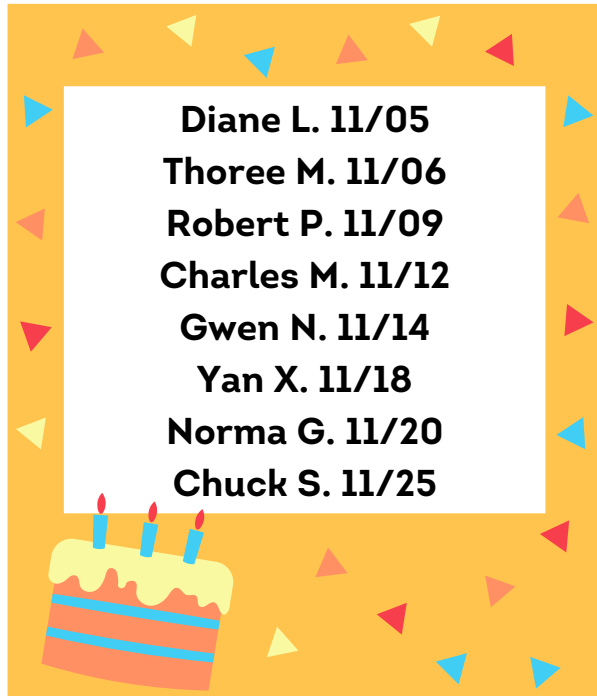
IMPORTANT NUMBERS

COSA: 610-490-1300
SOCIAL SECURITY: 1-800-772-1213
UPPER DARBY ONE CENTER:
610-734-7625
DELGO COMMUNITY TRANSIT:
610-490-3977

MEMBER INFORMATION

November Birthdays

Birthday Celebration every 3rd
Wednesday of the month



New Members

Join us in welcoming:



Well Wishes

Please keep these members in your
thoughts and prayers:



Our Condolences

We are saddened to share the passing
of the following members. Please
extend your sympathy to the family of:



Please ask a staff member to access the card-making basket, allowing you to
design and create your own card for distribution.

IN THE KITCHEN

"The Only Thing I Like Better Than Talking About Food Is Eating."
- John Walters

MEAL PROGRAM INFORMATION

Price is \$2.50 for over age 60.

Menus are available at the front desk on the first of the new month.

Participants of the Meal Program are only permitted to take home the following items:

Whole Fresh Fruit
Prepackaged Bread,
Pastries, Cookies, and Baked Goods
Unopened Fruit Juices

PARTICIPANTS ARE NOT PERMITTED TO TAKE OTHER FOODS OUT OF THE CENTER

If you do take food out of this center, the center will not be held responsible for these foods or any medical condition which might result from these foods.

Donna made a delicious dish using eggplant from the garden. Members were in agreement: Fried Eggplant is tasty!

Easy Fried Eggplant

Ingredients

- 2 tablespoons canola oil
- 1 large eggplant, peeled and sliced
- 3 large eggs, beaten
- 2 cups dry breadcrumbs

Directions

1. Heat oil in a large skillet over medium-high heat.
2. Dip eggplant slices into beaten eggs, then coat with breadcrumbs.
3. Fry slices in hot oil until golden brown—about 2–3 minutes per side.
4. Drain on paper towels.
5. Serve warm and enjoy!

Serving ideas:

Caprese Style: layer with mozzarella, tomato slices, and basil Drizzle with balsamic.

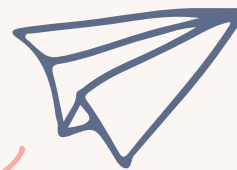
Tomatoes: tomato dip, sliced fresh tomatoes, tomato sauce.



November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BAKED CHICKEN W/ GARLIC BUTTER SAUCE Buttered Parsley Potatoes Mixed Vegetables Roll Mandarin Oranges	4 Center Closed for Election Day	5 SALISBURY STEAK Mashed Potatoes Peas Bread Pears	6 SLICED TURKEY W/ APPLE GLAZE Traditional Stuffing Cranberry Glazed Carrots Roll Applesauce	7 BBQ PORK Collard Greens Corn Bread Sweet Muffin
10 GRILLED CHICKEN PARM Sauteed Spinach w/ Diced Carrots Roll Applesauce	11 Center Closed for Veterans Day	12 GARLIC BROWN SUGAR CHICKEN Apple Glazed Sweet Potato Brussel Sprouts Roll Sugar Cookie	13 SESAME BEEF W/ PEPPERS Green Beans Brown Rice Roll Pineapples	14 SPANISH OMELET Hash Browns Pear Crisp Bread Fresh Peach
17 BEEF STEW Potatoes Peas Bread Fresh Orange	18 CREAM OF POTATO SOUP Turkey and Swiss on a Kaiser Roll Carrot Raisin Salad Fresh Apple	19 MUSHROOM & SWISS BURGER Mashed Potatoes Cole Slaw Cup Pears	20 ITALIAN WEDDING SOUP Chicken Waldorf Salad on a Croissant Broccoli and Cranberry Salad Potato Chips Applesauce	21 CHICKEN ALFREDO Tossed Salad Roll Mandarin Oranges
24 LEMON & PEPPER CHICKEN THIGHS Chateau Blend Vegetables Brown Rice Fresh Nectarine	25 CHICKEN NOODLE SOUP Seafood Salad with Lettuce Marinated Tomato and Onion Salad Berry Applesauce	26 Thanksgiving Brunch	27 Center Closed for Thanksgiving 	28 Center Closed for Thanksgiving
				

WEEKLY SCHEDULE



M

8:00AM - 2:30PM Fitness Room Open - (Gym)

8:00AM - 9:00AM Walk with Us in Our Gym

9:00AM - 10:00AM The Wisdom Well - (Main)

9:00AM - 1:00PM Table Tennis - (Gym)

10:00AM - 10:45AM Chair Yoga with Dee - (Studio)

10:45AM - 11:30AM Better Balance Class with Donna (Studio)

11:00AM - 11:30 AM Ray of Sunshine Garden Club (Greenhouse)

12:30PM to 1:30 PM: Hands Up Volleyball (Community Room)

T

8:00AM - 2:30PM Fitness Room Open (Gym)

8:00AM - 9:00AM Walk with Us in Our Gym

9:00AM - 10:00AM Coffee-n-Conversation (Main)

9:45AM - 10:30AM Tai Chi with Donna (Gym)

10:45AM - 11:30AM Chair Exercise with Don (Gym)

12:30PM - 1:00PM Cardio Drumming Class (Gym)

12:15PM - 2:00PM BINGO! (Main)

W

8:00AM - 2:30PM Fitness Room Open (Gym)

8:00AM - 9:00AM Walk with Us in Our Gym

9:00AM - 10:00AM The Wisdom Well-(Main)

9:30AM - 10:30AM Chair Exercises with Don - (Gym)

10:00AM - 11:15AM Presentations

12:00PM - 2:00PM Pickleball (GYM)

12:30PM - 1:30PM Presentation

(See next page for details)

T

8:00AM - 2:30PM Fitness Room Open (Gym)

8:00AM - 9:00AM Walk with Us in Our Gym

9:00AM - 10:00AM Coffee-n-Conversation (Main)

9:45AM - 10:30AM Tai Chi with Donna (Gym)

10:45AM - 11:30AM Chair Exercise with Donna (Exercise Room)

10:45 AM - 11:30AM Cardio Drumming (Gym)

12:15PM - 2:00PM BINGO! - (Main)

12:15PM - 1:30PM Member Choice

F

8:00AM - 2:30PM Fitness Room Open (Gym)

8:00AM - 9:00AM Walk with Us in Our Gym

9:00AM - 10:00AM The Wisdom Well (Main)

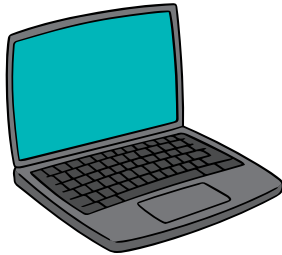
9:00AM - 2:00PM Table Tennis (Gym)

10:00AM - 11:00AM Line Dancing (Main)

12:30PM to 1:30 PM: Hands Up Volleyball (Community Room)

Daily Activities...No sign up required!

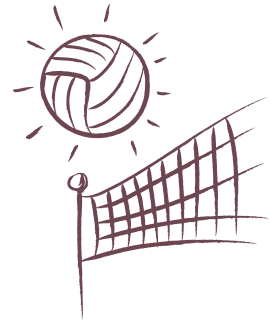
Computers



**Midmorning
Meditation**



**Hands Up
Volleyball**



**In Stitches:
Knitting, Crochet, Needlework**



Ray of Sunshine Garden Club



**Adult Coloring and
Arts and Crafts**



Billards



Wii Bowling

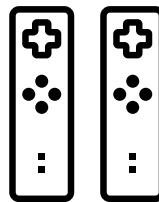
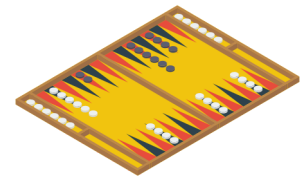
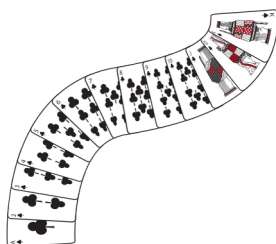


Table Games



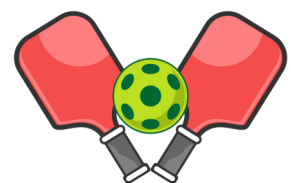
Card Games



Puzzles



**Pickleball
(Wednesdays)**



UPCOMING EVENTS



WE ARE CLOSED THE FOLLOWING DAYS:

Tuesday, November 4; Tuesday, November 11; Thursday, November 27 and Friday, November 28.



Fall Crafts: Fall Wreaths, Dried Orange Garland, Terra Cotta Decorations, and Pinecone Owls.



"Fall Back!", Sunday, November 2. Don't forget to set your clocks back one hour.



**AM Bingo with EdenBrook Yeadon, Thursday, November 6, @10AM.
PM National Nacho Day.**



**Veterans Day Appreciation Breakfast, Monday November 10 @10AM.
RSVP by Thursday, November 6 @2PM.
PM National Area Code Day.**



**Pokeno! Wednesday, November 12 and 19 @12:30 PM
Wednesday, November 12: COOKING CLUB and National Happy Hour
Day (Mocktails will be provided).**



World Kindness Day, Friday, November 13.



Collen Brook Farm Trip, Monday November 17, 10:00AM to 1:00PM.



Humana Presentation with Anthia, Tuesday, November 18, @10AM.



Advisory Board Meeting, Wednesday, November 19, at 10AM in The Studio.



National Museum of African American History and Culture. Thursday, November 20. Coach departs Upper Darby Senior Center at **7:00AM**. Coach returns at **8:30PM**. In the event that the trip is cancelled, an alternative will be announced.



World Hello Day! Friday, November 21.



Cognitive Stimulation Program, Monday, November 24 @12:30PM.



Spa Day with WellCare, Tuesday, November 25, @10AM.



Thanksgiving Brunch, Wednesday, November 26, 10AM. RSVP by 11/20 @2PM.
Give thanks with friends at our Thanksgiving Brunch. DJ Steve Kurtz will be here to help us groove into the season!

CLUBS, GROUPS, AND TRIPS

- **Monday: Ray of Sunshine Garden Club** meets for weekly assignments.
- **Wednesday: Upper Darby Senior Center Cooking Club** meets the second Wednesday of each month to discuss recipes and make meals.

While we aim to provide accurate information and most plans run as expected, please be aware that classes, events, and presentations are subject to change.

WE CELEBRATED OUR FIRST BREAST CANCER AWARENESS EVENT



SCENES FROM THE CENTER



Miss Pauline and Miss Virginia



Main Line Health presentation



Cognitive discussion about TV



Esther with her mummy.



Miss Pauline and Ethel



A visit from Blondie



Winding down our garden.

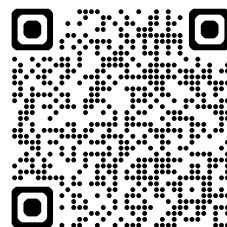


Karim helping at the front desk



Ethel and Marilyn won prizes for completing puzzles the fastest

Visit our Facebook page to see more pictures around the center!
<https://www.facebook.com/UDSeniorCenter>





COZY FALL DRINKS



X A T N I M R E P P E P J M O
S H N O M A N N I C R Y U D P
P C Q Q S P U O Y H E R C A U
I O Q K A L M C P X D R H E M
C M Q D J E A H Y O I E A R P
E L U O A M T A W O C B I B K
D E Z Y L A C M Q L E N D R I
P M H O T C H O C O L A T E N
E A C G A C A M R N P R R G S
A R G I L H U I G G P C J N P
R A S N M I R L Z K A E B I I
C C N G O A L E A M A T E G C
V I I E N T E A R L G R E Y E
F I V R D O C T U N L E Z A H
X V H C T O C S R E T T U B L

WORD LIST



ALMOND
APPLE CIDER
BUTTERSCOTCH
CARAMEL MOCHA
CHAI
GINGERBREAD
HAZELNUT

CHAMOMILE
CINNAMON
CRANBERRY
EARL GREY
GINGER
HOT CHOCOLATE
MAPLE MACCHIATO

MATCHA
MATE
OOLONG
PEPPERMINT
PUMPKIN SPICE
SPICED PEAR

Homemade
GIFTS MADE EASY