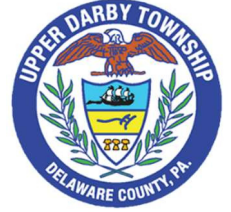


OCTOBER, 2025

# UPPER DARBY SENIOR CENTER



Upper Darby Community Center  
"Watkins Avenue"

326 Watkins Avenue

Upper Darby, PA 19082

610-734-7652

[udt-seniors@upperdarby.org](mailto:udt-seniors@upperdarby.org)

Monday to Friday 8:00 AM -3:00 PM



## ASSISTANT DIRECTOR'S MESSAGE

Mr. Watkins says "Hey y'all - it's Fall!" Many thanks to the team for putting together our Fall display! Members had fun creating pumpkins, corn dolls, and hay bales to create a fall like feel in the center. You can still help us add to the decorations. We will be adding more items just in time for our Halloween party on Friday, October 31!



Thank you to everyone who has spread the word about our center. In September, we added 12 new members! **Remember to sign in using Copilot so we can continue to bring you programs that you enjoy.** If you need any assistance, see a member of the team.

**Ms. Martha West** attended her 67-year high school reunion at Overbrook High School, Class of 1958. Graduates now celebrate reunions annually since the 65-year mark. This year, a brunch held at a local restaurant hosted over two dozen attendees who shared memories and gratitude. Martha fondly recalled seeing Wilt Chamberlain in the hallway and emphasized the importance of kindness. She expressed appreciation for the Great Reunion Committee and complimented everyone's appearance. Thank you, Martha, for sharing your story, and congratulations on the reunion!

**Charge into Fire Safety!** Upper Darby Firefighter, Justin Abraham, is sharing this year's Fire Prevention Week campaign "Charge into Fire Safety™: Lithium-Ion Batteries in Your Home. The campaign stresses how important it is to **BUY, CHARGE, and RECYCLE** safely when it comes to lithium-ion batteries. See the back page for additional information.



## Fire Safety Information

Here are some tips for you:

Buy only listed products.

- When buying a product that uses a lithium-ion battery, take time to research it. Look for a stamp from a nationally recognized testing lab on the packaging and product, which means that it meets important safety standards.
- Many products sold online and in stores may not meet safety standards and could increase the risk of fire.

Charge devices safely.

- Always use the cables that came with the product to charge it. Follow the instructions from the manufacturer.
- If you need a new charger, buy one from the manufacturer or one that the manufacturer has approved.
- Charge your device on a hard surface. Don't charge it under a pillow, on a bed, or on a couch. This could cause a fire.
- Don't overcharge your device. Unplug it or remove the battery when it's fully charged.

Recycle batteries responsibly.

- Don't throw lithium-ion batteries in the trash or regular recycling bins because they could catch fire.
- Recycling your device or battery at a safe battery recycling location is the best way to dispose of them. Visit [call2recycle.org](http://call2recycle.org) to find a recycling spot near you.



**Every year since her 100th Birthday, Miss Pauline Jones** has requested to spend the day celebrating with her family and longtime friends at our center. Miss Pauline is mother to 5 children, 14 grandchildren, 26 great-grandchildren, 9 great-great-grandchildren and counting! Join us on **Friday, October 24, at 11 AM** to help Miss Pauline celebrate turning 103!

*Mike*

# INFORMATION STATION



**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**

## **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.

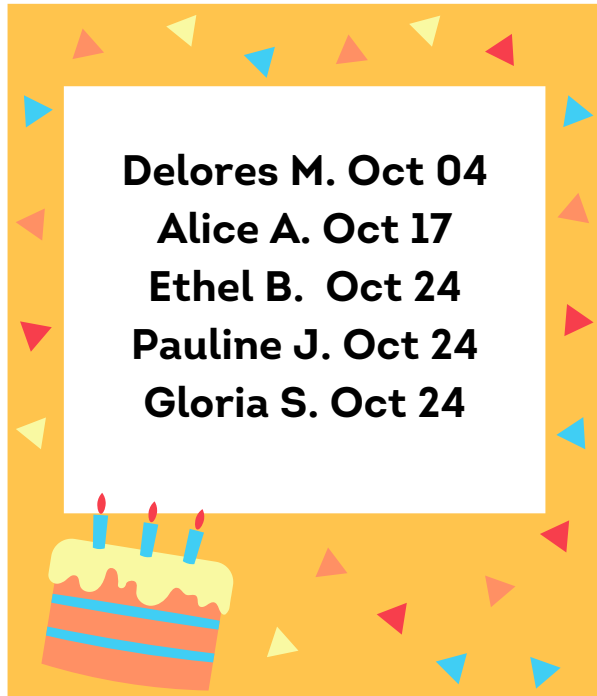
## **IMPORTANT NUMBERS**

**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

## October 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.

**This month's recipe is inspired by Farah!** She whipped up a delicious one pot meal using eggplant from the garden.

### **Farah's Eggplant Dish**

2 medium size eggplants chopped  
2 potatoes diced in medium sized chunks  
1 medium onion  
2 medium tomatoes  
Turmeric  
Salt  
Red Chili Powder  
Coriander  
Cumin  
Oil

- Add chopped eggplant and potatoes to pan with some cumin.
- Add half a cup of water to the pan and cover. Cook on low heat for 15 minutes.
- Once eggplant and potatoes are tender, increase the heat for another 5 minutes.
- Add a lemon wedge and serve over rice.

Optional add-ins: roasted bell peppers

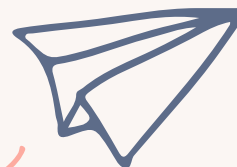
- Heat oil in a pan.
- Lower heat and add onion. Let the onion brown.
- Add chopped tomatoes and cover for ten minutes.
- Once the tomatoes are soft, add turmeric, salt, red chili powder and coriander.
- Increase heat for 10 minutes.





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>DIJON CHICKEN</b> Brussel Sprouts Rosemary Roasted Red Potatoes Roll w/ Margarine Oatmeal Cookie	2 <b>HOT DOG</b> Sweet Corn Cabbage Fruit Cocktail	3 <b>SWEDISH MEATBALLS</b> Peas and Carrots Bread Mandarin Oranges
6 <b>BAKED CHICKEN W/ GARLIC BUTTER SAUCE</b> Buttered Parsley Potatoes Mixed Vegetables Roll Mandarin Oranges	7 <b>CRAB CAKE &amp; MAC &amp; CHEESE</b> Tossed Salad Scalloped Tomatoes Bread Fresh Plum	8 <b>SALISBURY STEAK</b> Mashed Potatoes Peas Bread Pears	9 <b>SLICED TURKEY W/ APPLE GLAZE</b> Traditional Stuffing Cranberry Glazed Carrots Roll Applesauce	10 <b>BBQ PORK</b> Collard Greens Corn Bread Sweet Muffin
13 <b>GRILLED CHICKEN PARM</b> Sauteed Spinach w/ Diced Carrots Roll Applesauce	14 <b>CHEESEBURGER MEATLOAF W/ ONIONS</b> Potato Wedges Marinated Tomato Salad Bread Peaches	15 <b>GARLIC BROWN SUGAR CHICKEN</b> Apple Glazed Sweet Potato Brussel Sprouts Roll Sugar Cookie	16 <b>SESAME BEEF W/ PEPPERS</b> Green Beans Brown Rice Roll Pineapples	17 <b>SPANISH OMELET</b> Hash Browns Pear Crisp Bread Fresh Peach
20 <b>BEEF STEW</b> Potatoes Peas Bread Fresh Orange	21 <b>BAKED FISH W/ LEMON AND CAPERS</b> Brown Rice w/ Peas & Carrots Green Beans Roll Applesauce	22 <b>MUSHROOM &amp; SWISS BURGER</b> Mashed Potatoes Cole Slaw Cup Pears	23 <b>ITALIAN WEDDING SOUP</b> Chicken Waldorf Salad on a Croissant Broccoli and Cranberry Salad Potato Chips Applesauce	24 <b>CHICKEN ALFREDO</b> Tossed Salad Roll Mandarin Oranges
27 <b>LEMON &amp; PEPPER CHICKEN THIGHS</b> Chateau Blend Vegetables Brown Rice Fresh Nectarine	28 <b>BOWTIES W/ BOLOGNAISE SAUCE</b> Caesar Salad Carrots Applesauce	29 <b>DIJON CHICKEN</b> Brussel Sprouts Rosemary Roasted Red Potatoes Roll w/ Margarine Oatmeal Cookie	30 <b>HOT DOG</b> Sweet Corn Cabbage Fruit Cocktail	31 <b>"GHOULISH" BEEF GOULASH</b> Buttered Rotini Peas Dinner Roll Black Cake Brownies Apple Juice

# 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)**  
 10:30AM to 11:15 AM: Hands Up Volleyball (Community Room)  
**11:00AM - 11:30 AM Ray of Sunshine Garden Club (Greenhouse)**  
 12:00 to 2:00 PM Member Choice

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)**  
 12:00PM - 12:45PM Cardio Drumming Class (Gym)  
**12:15PM - 2:00PM BINGO! (Main)**  
 2:00PM - 2:30PM Better Balance Class with Donna (Gym)

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 - 1:30PM Member Choice

# Daily Activities...No sign up required!

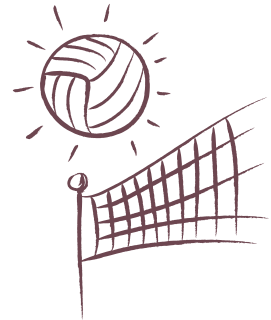
**Computers**



**Midmorning  
Meditation**



**Hands Up  
Volleyball**



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



**Ray of Sunshine Garden Club**



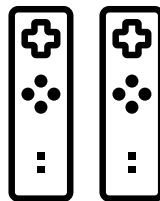
**Adult Coloring and  
Arts and Crafts**



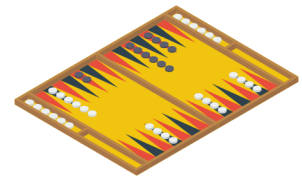
**Billards**



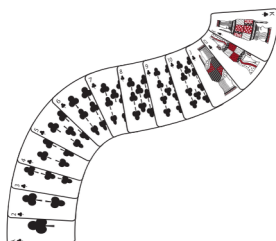
**Wii Bowling**



**Table Games**



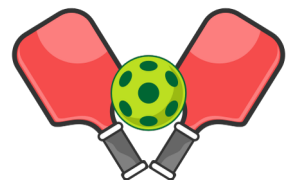
**Card Games**



**Puzzles**



**Pickleball  
(Wednesdays)**



# UPCOMING EVENTS



## **National Coffee with a Cop Day. Wednesday, October 1, 9:30AM to 10:30AM**

Coffee with a Cop brings the Upper Darby Police Department and community members together-over coffee-to discuss issues and learn more about each other.



## **Book Club with UD Library, Tuesday, October 7, @ 9:30AM**

Get copies of the stories from the front desk.



## **Don't Gamble on Your Health Wellness Fair, Wednesday, October 8, 10AM to 1PM**



**Not So Spooky Crafts.** Crafts this month will decorate the center for our Halloween party.



## **Putting the Garden to Bed, Tuesday, October 14, 10AM**

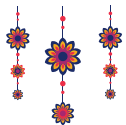
Master Gardener Joe Daniels is back to show best practices for fall gardening.



## **Pokeno! Wednesday, October 15 and Friday, October 24 at 12:30 PM**



**Wind Creek Casino Trip, Thursday, October 16. BUS LEAVES AT 9AM, No Exceptions! Bus returns approximately 7:00PM**



## **Diwali, Monday October 20**

Join us for the Indian "festival of lights," celebrating the triumph of good over evil. We'll have crafts and puzzles to learn about this holiday.



## **Medicare Presentations with Kristen McGuire Tuesday, October 21, 10AM**



## **Advisory Board Meeting, Wednesday, October 22, at 10AM in The Studio.**



## **Main Line Health Presentation, Wednesday, October 22, 2025, 10:00AM**



## **Happy 103 to Ms. Pauline! Friday, October 24, 10AM.**

Join the center as we celebrate Ms. Pauline's 103rd birthday with family and friends!





**NO CHAIR YOGA on Monday, October 27, 2025**



**A Visit from Upper Darby Fire Department, Wednesday, October 29, 12:15 PM**



**Halloween Party - Friday, October 31, 10AM to 1PM**

Join us for a SPOOKTACULAR Party. Costume NOT required!

**RSVP by Wednesday, October 29, 1PM**

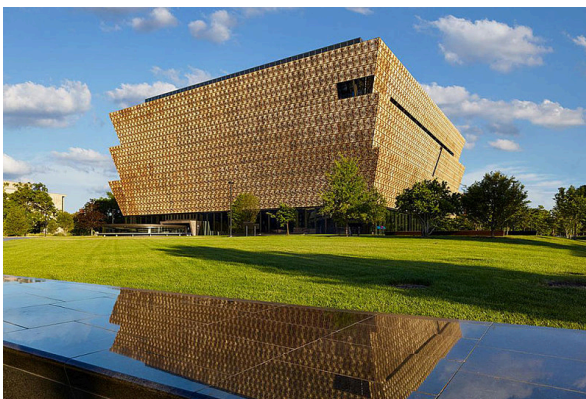
## CLUBS, GROUPS, AND TRIPS

- **Monday: Ray of Sunshine Garden Club** meets for weekly assignments.
- **Wednesday: Upper Darby Senior Center Cooking Club** meets 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.

## TRIP CORNER

Please see Cathy or Raya for information. All trips can be paid in installments. Make checks payable to Upper Darby Senior Center.



### **National Museum of African American History and Culture**

- Coach departs Upper Darby Senior Center at 7:00AM
- Admission to the National Museum of African American History and Culture
- Dinner at Golden Corral
- Coach returns at 8:30PM
- Deposit of \$35.00 required to hold your space.
- All deposits are non-refundable

# SCENES FROM THE CENTER



Trip to Linvilla  
Orchards



Donna and Cathy at  
the Senior Expo



Charles, Sonny, and  
Mr. Watkins catching up



Virginia before she  
demolishes this puzzle!



Karim taking notes



Bingo!



Line Dancing!

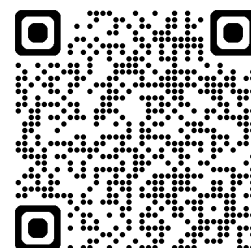


Crafting in The Studio



Family Feud Winners

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



## Disney Animated Movies

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

WALL-E  
PETER PAN  
TARZAN  
BAMBI  
BROTHER BEAR  
ROBIN HOOD  
CARS  
JUNGLE BOOK  
PINOCCHIO  
TANGLED  
BOLT  
MULAN  
MONSTERS INC  
CINDERELLA  
ALADDIN  
HERCULES  
DUMBO  
FANTASIA  
DINOSAUR

Play this puzzle online at : <https://thewordsearch.com/puzzle/26/>

## Day of the Dead

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

CULTURE  
TRADITION  
MEXICO  
OFFICAL  
SKELETONS  
SEASON  
FESTIVAL  
SUGAR  
ALTER  
FAMILY  
SKULLS  
MARIGOLDS  
CEMETARY  
CUSTOM  
FOOD  
CELEBRATE  
SOCIAL  
LOCATION  
SWEETS  
THEME

Play this puzzle online at : <https://thewordsearch.com/puzzle/159221/>

Puzzle courtesy of <https://thewordsearch.com>