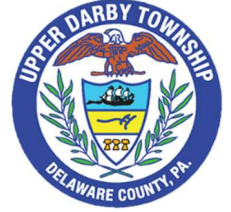


SEPTEMBER, 2025

# 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

Can you believe September's already here? It feels like just yesterday we were gearing up for our Senior Appreciation Barbecue and packing summer with fresh activities and programs. As we head into fall, let's give a big shoutout to our PLOT crew—Haja, Future, Korpo, and Tiffany. They've been the extra hands in the kitchen, the craft maestros, pool sharks, and TikTok dance instructors. Thanks for making this summer so much fun!



**We are closed on Monday, September 1, 2025, in observance of Labor Day.** We reopen the following day at 8AM.

### Be social with us!

We can be found on Facebook at <https://www.facebook.com/UDSeniorCenter>

Instagram at <https://www.instagram.com/udseniorcenter/>

In addition to sharing our activities, you can get up to date information on class changes and cancellations.

September, 2025

Guess who's back? **It's Blondie!**  
Our garden explorer was seen inspecting the greenery. Have you peeked outside yet? Tomatoes, eggplants, and peppers are thriving!



We will be celebrating **Hispanic Heritage Month from September 15 to October 15**. Sign up for A Taste of Latin American Heritage classes, learn some Spanish words, and visit Latin American countries from the comfort of the center with a new program, Armchair Travel.

The Advisory Council will be meeting on **Wednesday, September 17 at 10 AM** in The Studio. This month we will be electing new officers. Speak with Michael, Raya, Cathy, or Donna if you're interested in joining.

SAVE THE DATE Part 1! **The 8<sup>th</sup> annual Upper Darby International Festival** will be held on Saturday, September 20 from 1PM to 6PM.

SAVE THE DATE Part 2! **Join Upper Darby Senior Center for our Fall Wellness Fair on Wednesday, October 8, 2025, from 10AM to 1PM.** Learn healthy recipes, see demonstrations of our fitness classes, and more.

Embrace September with us and enjoy the festivities!

*Michael*

**UPPER DARBY SENIOR CENTER  
WELLNESS FAIR**  
Don't Gamble on Your Health

Wednesday  
October 8, 2025

10:00 AM to  
1:00 PM

326 Watkins  
Avenue

**JOIN US**

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

Contact Us  
610-734-7652

**UPPER DARBY** International Festival  
"The World in One Place"

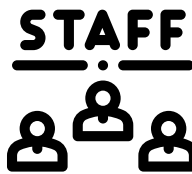
**SATURDAY, SEPT 20, 2025**  
**1:00pm - 6:00pm**  
Rain Date: September 27, 2025

**PARADE OF FLAGS OPENING CEREMONY**  
**MUSIC & CULTURAL PERFORMANCES · YMCA KIDS' ZONE**  
**CULTURAL CUISINE · BEER GARDEN**  
**VENDOR MARKETPLACE**

Visit us at: [www.UpperDarby.org/Festival](http://www.UpperDarby.org/Festival)  
[www.facebook.com/UDIntlFestival](https://www.facebook.com/UDIntlFestival)

Five Points Intersection at  
100 Garrett Road, Upper Darby, PA

# 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 that those 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.

## **Inclement Weather Policy**

Upper Darby Senior Center remains committed to keeping our members safe. During the summer, we have extended hours for keeping cool. Please call the center for times we have extended hours.

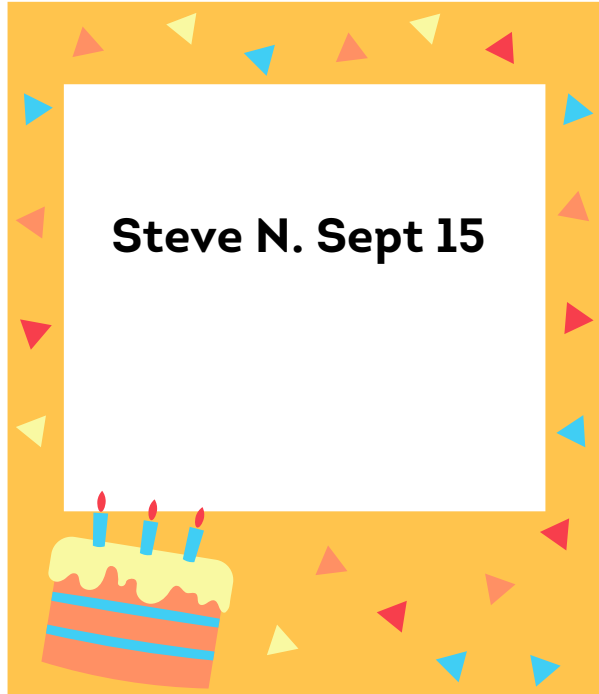
## **IMPORTANT NUMBERS**

**COSA:** 610-490-1300  
**SOCIAL SECURITY:** 1-800-772-1213  
**UPPER DARBY ONE CENTER:**  
610-734-7625

# MEMBER INFORMATION

## September Birthdays

Birthday Celebration every 2<sup>nd</sup>  
Tuesday of the month



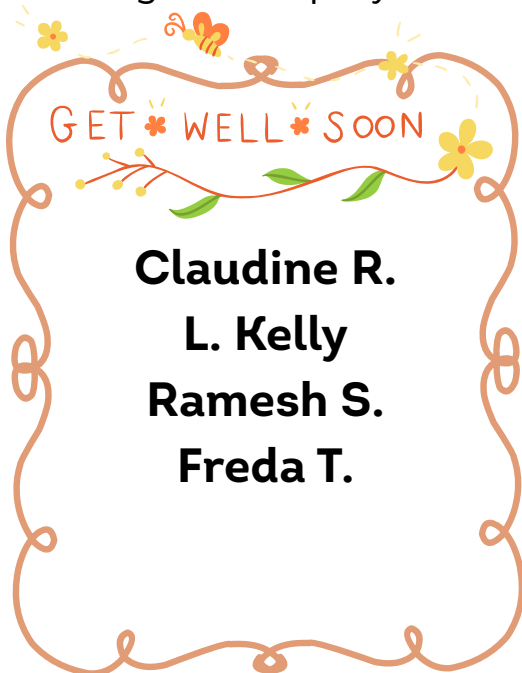
## New Members

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.**

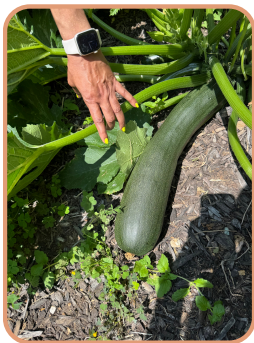
**Participants of the Meal Program are only permitted to take home the following items:**

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 Donna G and the Ray of Sunshine Garden Club!** Using zucchini from the garden, Donna whipped up a delicious and healthy snack.



### **Donna's Quick & Tasty Zucchini Stir Fry**

#### **Ingredients:**

- 1 medium to large zucchini - thoroughly washed, dried and cubed with skin
- 2 garlic cloves - minced
- 1 medium sweet Vidalia onion (or an onion of your preference) - chopped
- 2 tablespoons butter
- ¼ cup olive oil
- ½ teaspoon salt
- ½ teaspoon black pepper
- Optional - red pepper flakes to taste

#### **Instructions:**

- Heat skillet on medium/high heat
- Add butter, garlic and onion to the pan
- Sauté while gently stirring for 2- 3 minutes
- In a bowl, mix zucchini with olive oil to coat
- Mix in salt and pepper
- Add to skillet, and reduce heat to medium
- Sauté, stirring frequently tender.

**Enjoy this quick, tasty and healthy recipe!**

# September

MONDAY

1

Center Closed



8

**BAKED CHICKEN W/  
GARLIC BUTTER  
SAUCE**

Buttered Parsley  
Potatoes  
Mixed Vegetables  
Roll  
Mandarin Oranges

15

**GRILLED CHICKEN  
PARM**

Sauteed Spinach w/  
Diced Carrots  
Roll  
Applesauce

22

**BEEF STEW**

Potatoes  
Peas  
Bread  
Fresh Orange

29

**LEMON & PEPPER  
CHICKEN THIGHS**

Chateau Blend  
Vegetables  
Brown Rice  
Fresh nectarine

TUESDAY

2

**BOWTIES W  
BOLOGNAISE SAUCE**

Caesar Salad  
Carrots  
Applesauce

9

**CRAB CAKE & Mac &  
Cheese**

Tossed Salad  
Scalloped Tomatoes  
Bread  
Fresh Plum

16

**CHEESEBURGER  
MEATLOAF W ONIONS**

Potato Wedges  
Marinated tomato  
salad  
Bread  
Peaches

23

**BAKED FISH W LEMON  
AND CAPERS**

Brown rice with Peas  
and Carrots  
Green Beans  
Roll  
Applesauce

30

**BOWTIES W  
BOLOGNAISE SAUCE**

Caesar Salad  
Carrots  
Applesauce

WEDNESDAY

3

**LABOR DAY MEAL**

BBQ Chicken w/  
Whole Wheat  
Hamburger Bun  
Pasta Salad  
Cucumber Salad

10

**SALISBURY STEAK**

Mashed Potatoes  
Peas  
Bread  
Pears

17

**GARLIC BROWN  
SUGAR CHICKEN**

Apple Glazed Sweet  
Potato  
Brussel Sprouts  
Roll  
Sugar Cookie

24

**MUSHROOM &  
SWISS BURGER**

Mashed Potatoes  
Cole Slaw  
Cup pears

THURSDAY

4

**HOT DOG**

Sweet Corn  
Cabbage  
Fruit Cocktail

11

**SLICED TURKEY W/  
APPLE GLAZE**

Traditional stuffing  
Cranberry Glazed  
carrots  
Roll  
Applesauce

18

**SESAME BEEF W  
PEPPERS**

Green Beans  
Brown Rice  
Roll  
Pineapples

25

**LASAGNA**

Broccoli, Cauliflower,  
Carrot  
Unsweetened  
Apples  
Sweet Muffin

FRIDAY

5

**SWEDISH  
MEATBALLS**

Peas and Carrots  
Bread  
Mandarin Oranges

12

**BBQ PORK**

Collard Greens  
Corn  
Bread  
Sweet Muffin

15

**SPANISH  
OMELET**

Hash Browns  
Pear Crisp  
Bread  
Fresh Peach

26

**CHICKEN  
ALFREDO**

Tossed Salad  
Roll  
Mandarin  
Oranges



Sour Cream Pound Cake  
prepared during the Cooking  
Club

# 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

# UPCOMING EVENTS



**Book Club with UD Library, Tuesday, September 2, @ 9:00AM**



**Medicare Workshop, Wednesday, September 3, @ 10:00AM**



**Giant Game Afternoon! Wednesday, September 3, @ 12:00PM**

Cards, Giant Jenga, and More!



**Eagles Versus Cowboys, Thursday, September 4, All Day**

Wear your team's colors to celebrate the first Eagles game of the season!



**Fall Crafting.** Join us as we transform the center from summer to autumn with autumn themed crafts.



**Center Trip to Linvilla Orchards, Wednesday, September 10**



**NO CHAIR YOGA on Monday, September 15, 2025**



**Medicare 101, Wednesday, September 17, @ 10:00AM**

Join Anthia as she discusses healthcare benefits.



**Septa Update, Wednesday, September 17, @ 11:00AM**

Free information on Septa schedules, route planning, Senior Ride Cards, Senior Key Renewal



**Chronic Pain Self-Management - Power over Pain!**

**Thursdays 9/18/25 - 10/23/25, 9:30AM to 12:00PM**

Register [williamse@co.delaware.pa.us](mailto:williamse@co.delaware.pa.us) or call 610-499-1937



**Senior Appreciation Breakfast**

**Friday, September 19, 10:00AM to Noon**

RSVP by 2:00 PM, September 17, 2025, by 2PM



**American  
Red Cross**

**Disaster and Emergency Preparedness for Home Fires**

**Wednesday, September 24, @ 10:00AM**

Learn how to be prepared before, during, and after disaster.

**A TASTE  
OF LATIN  
AMERICAN  
HERITAGE**

**A Taste of Latin American Heritage**

**Wednesdays, 12:15PM - 9/24/25 to 10/22/2025 (no class on 10/08)**

Learn about plant-based Latin American cuisine. Learn more at [oldwayspt.org](http://oldwayspt.org)

# Daily Activities...No sign up required!

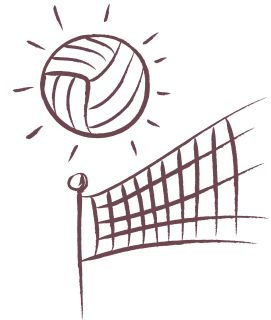
**Computers**



**Midmorning  
Meditation**



**Hands Up  
Volleyball**



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



**Ray of Sunshine Garden Club**



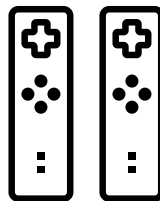
**Adult Coloring and  
Arts and Crafts**



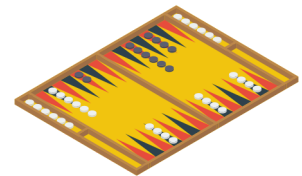
**Billards**



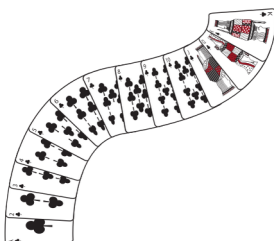
**Wii Bowling**



**Table Games**



**Card Games**



**Puzzles**



**Pickleball  
(Wednesdays)**



## 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.

## TRIPS

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



Upper Darby Senior Center  
and Curran Travel, Inc. Group Tours &  
Cruises Present:



THURSDAY, OCTOBER 16, 2025

- Depart Upper Darby Senior Center at 9:00 AM
- Arrive at 11:00 AM at Wind Creek Casino in Bethlehem and Receive \$25.00 in Slot Play.
- There is Outlet Shopping at the Casino.
- Depart for Home at 4:00 PM Arrive at the Center approx. 7:00 PM



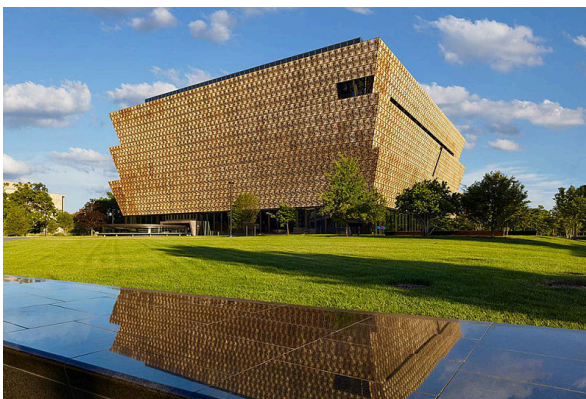
**\$43.00**  
**PER PERSON**  
Plus \$3 Cash for

**Driver's Tip**

For More Information  
Please Call: Cathy Horiel  
@ 610-734-7652

- \$43.00 plus \$3.00 Driver Tip
- Depart Upper Darby Senior Center- Thursday, October 16, 2025, at 9:00AM
- Arrive at 11:00AM at Wind Creek Casino in Bethlehem and Receive \$25.00 in Slot Play.
- There is Outlet Shopping at the Casino.
- Depart for Home at 4:00PM
- Arrive at the Center approx. 7:00PM

### 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



Sour Cream Pound Cake Cooking Class



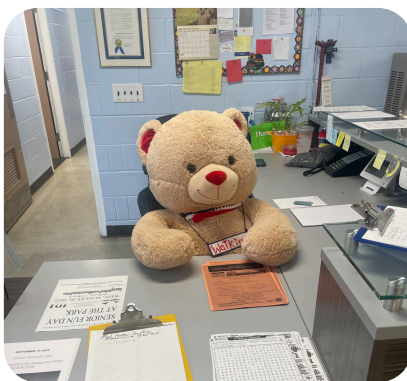
Charles playing Jenga



Mad Hatter Tea Party Prep



Paintings from the members



Say hello to Mr. Watkins!



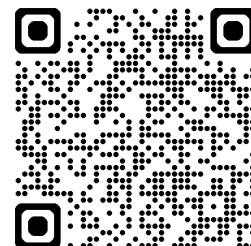
Our first harvest!



Waiting for lunch

Visit our Facebook page to see more pictures  
around the center!

<https://www.facebook.com/UDSeniorCenter>





# BACK TO SCHOOL



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

ART  
BELL  
BUS  
CHAIR  
CLASS

ENGLISH  
GYM  
HOMEWORK  
LUNCH  
MATH

MUSIC  
OFFICE  
READING  
RECESS  
SCIENCE

STUDENT  
STUDY  
TEACH  
TEACHER  
WRITING

*Homemade*  
GIFTS MADE EASY