



PHILADELPHIA HOUSING AUTHORITY'S

Senior Centers

PHA operates senior housing in all sections of the city, featuring specially designated Senior Centers at Wilson Park, Cassie L. Holley and Emlen Arms. PHA's senior residents and community members are eligible to join the centers and enjoy food and a variety of activities. PHA also offers:



FITNESS AND HEALTH

- > **Dental Health**
University of Pennsylvania dental school interns visit monthly for resident check-ups and cleanings.
- > **Diabetic Workshops**
Eight-week session held to provide up-to-date information and education.
- > **The Wilson Park Walkers**
Participants keep track of their steps and their calories to lose weight & stay healthy.
- > **Healthy Café Program**
Healthy Cafes at one PHA senior site offer healthy snacks and meals at a low cost.
- > **Blood Pressure Screenings/Flu Shot Campaign**
PHA holds blood pressure screenings for residents and partners with the Department of Public Health to provide free flu shots.

COUNSELING AND EDUCATION

- > Arrangement for benefits and entitlements
- > Group discussions, classes and workshops
- > Problem solving & accessing services help
- > Speakers and film presentations

RECREATION AND DINING

- > Nutritious lunchtime meals
- > Arts and crafts, dancing, drama & music
- > Trips, tours, & friendly social gatherings

TRANSPORTATION

(In partnership w/CCT Connect and the Philadelphia Corporation for Aging)

- > To and from senior community centers
- > To and from medical appointments
- > For shopping trips

For more information and a full calendar of events, please call PHA Senior Programs at:

215.684.4894 or
215.684.2464



OUR MISSION

The staff of PHA's Senior Centers is dedicated to providing support and assistance to people age 60 and above. Our program aims to be a community focal point where older adults can come together for services and activities, which enrich the lives of participants while supporting their independence and encouraging their active involvement. At PHA, we consider it an honor to serve Philadelphia's growing senior population. We have a long history of building and operating quality apartments and senior communities, but we want to do more. Our Senior Centers offer aging residents a variety of classes and activities each week. These programs not only meet the individual needs of seniors, they promote personal growth and socialization.



VOLUNTEERISM AND INTERGENERATIONAL ACTIVITIES

PHA encourages seniors to volunteer at its Senior Centers. Volunteers assist with the preparation for meals, organize games and fulfill many other functions. PHA honors them annually at the Volunteer Luncheon and Awards Ceremony. In addition, PHA offers a variety of opportunities for seniors, children and teenagers to share their experiences and help one another.



SENIOR CENTERS OFFER

MEALS

- > Lunch (5 days a week)

ACTIVITIES

- > Fitness and exercise
- > Health and wellness education
- > Cultural events and themes
- > Socialization with peers
- > Field trips

TRANSPORTATION

(Septa CCT is available for participants age 65+)

- > Provided to and from the center

LEARN MORE

Our program is free to become a member, including meals and activities. Barber shop/beauty salon services are available for an additional fee. Contact the office to find out if you are eligible.

SENIOR CENTERS

Cassie L. Holley | 2100 Dickinson Street

Emlen Arms | 6733 Emlen Street

Wilson Park | 2500 Jackson Street

SENIOR CENTER HOURS

9:00 am until 5:00 pm

PHA Senior Centers

215.684.4894

215.684.2464

phaseniorcenters@pha.phila.gov

