

APRIL

HAPPENINGS

PETER BRESSI
NORTHEAST SENIOR
CENTER
4744 FRANKFORD AVE
PHILADELPHIA, PA 19124
(215) 831-2926

The Peter Bressi Northeast Senior Center is designed to enhance the quality of life for senior citizens.

We do this through social, recreational, educational and social service programs.

The Center is funded by the Philadelphia Corporation for Aging and is a community service project operated by the Northeast Community Center for Behavioral Health.

APRIL 2019



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From the Director

April 2019,



Dear Members,

I am really excited that Spring is officially here and I'm looking forward to having lots of fun in the sun with a variety of different games and activities we will be running in our courtyard area. We have shuffleboard and the bean bag/ring toss games along with Blair's "Walk with Ease" program to get us started on the right foot! With that said, please let us know what else you would like to see set up out back so we can take advantage of the beautiful space out there.

I want to thank everyone who participated in the "Healthy Steps Fall Prevention Program." This program will bring in much needed revenue that will offer us the opportunity to run exciting programs and events such as special BBQ cook-offs, Healthy Cooking lessons, exercise programs, and much, much more! Nichet worked really hard in putting this event together, so we really appreciate your participation in both the event and the four-week follow-up that will be held throughout the week of 4/8/2019 – 4/12/2019.

We will be holding our "Spring Fling" on 4/12/2019 with an Italian style luncheon and plenty of up-beat music on the turn-tables delivered by fan favorite John Conklin. Make sure you bring your spring attire and dancing shoes with you b/c it's going to be a fun filled event with plenty of light-hearted spring time laughter and good old fashioned fun times. And just following that, we will be holding our Easter "Promenade" on 4/17/2019. Tell your friends and family to join in on the good times b/c these two events are going to be great ways for us to really kick off the spring festivities.

With the weather getting nicer, we would like to set up some trips in order for you to take advantage of the sun and nice spring breeze. We talked about taking a trip to Pennypack or Fairmount Park as part of our "Walk with Ease" program, but I also wanted to remind you about the "Art-Reach" program we touched upon during our general meeting. We can set up trips to places such as the Franklin Institute, The Philadelphia Museum of Art, The Academy of Natural Sciences, and many, many more. The amazing thing about the program is that it will only cost each participant two dollars as long as one member can present an access card at the gate. Each individual that presents their

access card allows that individual to bring 3 guests for just \$2.00 each. It really is an incredible deal so take some time to think about participating in these trips.

I want to wish everyone a Happy Easter/Passover season. Please keep in mind that the center will be closed on April 19th in observance of Good Friday.

I look forward to spending another fun and exciting spring season together

Sincerely,

Jim



Program Coordinator

APRIL



April Greetings and warm wishes for warmer weather and an enjoyable Spring. As always, we want give thanks to you, OUR MEMBERS. **IT IS YOU** who make what goes on here at Peter Bressi truly special.

You know our motto "Get Busy at Peter Bressi." March was very busy with our Healthy Steps Fall Prevention Program St. Patrick Day Events, as well as our Monthly Birthday party. If you can believe it April is shaping to be just as busy with Spring themed events and activities including gardening. Don't Miss our **SPRING FLING PARTY** Friday April 12 starting at 12noon. Bring a friend!

April brings a new month, new activities, and new opportunities to live, laugh, learn, and celebrate each other. In April, we will also begin the **Arthritis Foundation Walk With Ease Program**. This **FREE** exercise program can help you reduce pain and improve overall health. The benefits include motivating yourself to get in great shape; improving your flexibility, strength and stamina. **The Workshop begins Tues day April 30** and lasts every Tuesday and Thursday until June 6 **for only 1 HOUR 12:30pm to 1:30pm**. Call us here or stop in to sign up.

In April we will also begin our series of **beginner, no pressure Spanish Language Lessons**. By popular demand the members asked to broaden your cultural horizons, so here we go. **VAMONOS**

Shout out and Special Welcome to our newest members! As we spring ahead into the next month, we also look forward to even more of your friends and neighbors joining the Peter Bressi family. So please do tell a friend, family or church member and spread the fun around!

April's other Highlights include:

4/3 1ST SESSION OF SPANISH LESSONS SESSION

4/10 GENERAL MEETING.

4/11 DIVINE RESOURCES (healthy eating tips, smoothies, chair massages)

4/12 SPRING FLING PARTY

4/17 EASTER CELEBTATION

4/24 SHOP-RITE's Dietician Paige will visit again and provide healthy snacks and samples

4/25 CONCERT BY JOHN MARSHALL MIDDLE SCHOOL CHOIR

Of Course YOUR Advisory Board will continue showing your favorite movies with snacks available for munching! Sounds like a lot doesn't it. Well you're right. That's why we need you. YOUR Advisory Board has tons of ideas for trips, and other events they'd like to host. The only thing missing is you! **VOLUNTEERS NEEDED AND WANTED TO JOIN YOUR ADVISORY BOARD. REMEMBER Don'T MISS A MINUTE.** In between, enjoy the week filled with activities such as Meditation Group, Art with Ruth, Spiritual Journey & more.

Be on the lookout for our newest feature Senior Spotlight. Every month we will give you a chance to get to know one of your fellow members a little better by spotlighting them and their special contribution to the center. Your turn could be next!

So stay tuned. **Ponder Anew** what April holds for you.
Your Activities Coordinator, **BLAIR**



A Note From Nichet



Hello everyone and welcome to April winter is officially over and Spring is finally here. I absolutely love this time of year flowers start to bloom, the weather breaks, and we all seem a bit more jovial. However I hope all of you guys enjoyed our St. Patrick's Day celebration and the other wonderful events that took place last month. I wanted to remind you guys that unfortunately it's our last week for the Help Yourself to Health Program. I hope you guys all learned a lot and had a lot of fun. A special thanks to those of you who participated in it and stayed dedicated to completing the program. As always I will be introducing you to more healthy snacks and giving more presentations. This month I'm thinking of a nice frozen treat along with something savory. If you guys have any ideas on what you would like please see me. Eating healthy and staying active is a great way to build endurance and it also helps us feel better within. (REMEMBER YOU ARE WHAT YOU EAT)

Just so you guys don't forget if you ever have free time on your hands here are some more healthy hobbies for seniors. You can make pottery, Learn wood working, Cross stitch or Knit, Design Jewelry, Paint, Make stainless glass projects, and you can exercise regularly. It's important for us to stay connected with things we love to do and become more engaged with the things that make us happy. Remember having a hobby increases your own personal satisfaction and it helps us stay away from unhealthy lifestyles. Also PCA has a Caregiver program that I wanted to introduce you guys too. If you or someone you know is raising a grandchild and needs assistance please see me. This program may very well help you and benefit you in some great ways. Don't forget PCA has some great events coming up as well. Here are a few Lecture series Alzheimer's disease, Be the voice an evening of elderly advocacy, and lastly Improving Opioid misuse literacy between older adults and Health Care providers.

Fun Facts: Did you know that 4 in 5 older adults will battle at least one chronic condition or illness such as heart disorders, osteoporosis or arthritis and 50% will battle at least two. This is interesting because sometimes the older we get is the more prone we are to disease and sickness. That's why it's important to try and take care of ourselves the best way we possibly can. Another interesting fact I wanted to mention is the Gender gap. Traditionally women have outlived men by approximately seven years. However the population Reference Bureau reported that in 2013 the gap had narrowed to less than five years, with the average man living to the age of 76.4 years and the average woman to 81.2 years.

Quote of the Day- You are imperfect permanently and inevitably flawed and you are beautiful.
(Amy Bloom)

April 3, 2019 10: 00am Kidney Presentation w/ Niche't

April 9, 2019 10:00 am Healthy Snack w/Niche't

April 15, 2019 10.00 am Open Systems Health Care (Game Day)

April 18, 2019 10:00 am Digestive System Presentation w/ Niche't

EMERGENCY HOTLINES

PCA HELPLINE

215-765-9040

GAS LEAKS HOTLINE

215-235-1212

SOCIAL SECURITY

1-800-772-1213

POISON INFORMATION

215-386-2100

WATER DEPARTMENT

215-686-6880

PGW

215-235-1000

PECO

1-800-494-4000

April is...

National Humor Month

International Guitar Month

Keep America Beautiful Month

Lawn and Garden Month

National Poetry Month

National Pecan Month

National Welding Month

**Records and Information
Management Month**

Stress Awareness Month

Sexual Assault Awareness Month

National Canine Fitness Month

**National Internship Awareness
Month**

**National Child Abuse Awareness
Month**

Month of the Military Child

International Guitar Month

Keep America Beautiful Month

HAPPENINGS

ORIGIN OF APRIL'S NAME

Origin of April's Name – April's comes from the Roman republican month Aprilis. There are two theories about its meaning and origin. This month was sacred to Venus according to the Romans, so they may have named it after her Greek equivalent, Aphrodite. The other theory is that it may have come from the Latin aperire meaning "to open" referring to spring blossoming.

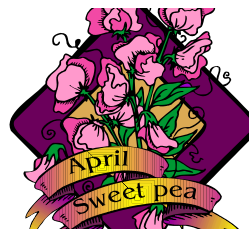
Birthstone

**Diamond
(Innocence)**



Flower

**Sweet Pea
(Daisy)**



Color

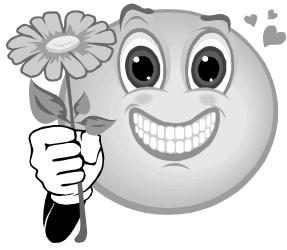
Yellow and Red



QUOTE FOR APRIL

"Our spring has come at last with the soft laughter of April suns and shadow of April showers."

Byron Caldwell Smith



SPECIAL MENTION

**OUR SUNSHINE
CLUB SENDS
GET WELL
WISHES TO**

**Auroa Zoleta
Richard Wilks**



ATTENTION PLEASE !

**WHEN RESERVING A RIDE ON
PARA-TRANSIT SHARED RIDE
WITH KAREN THOMAS PLEASE
GIVE HER AT LEAST SEVEN (5-7)
BUSINESS DAYS NOTICE. FORMS
NEED TO BE TYPED UP AND THIS
IS WHY SHE NEEDS MORE TIME.**



**THE RESERVATIONS OFFICE IN TURN EXPECTS US TO
HAVE RIDES EMAILED TO THEM FIVE (5) BUSINESS
DAYS IN ADVANCE. ALL MINI-TRIPS, YOU MUST
RETURN TO YOUR HOME AFTERWARD.
THANK YOU!**

APRIL BIRTHDAYS

Margaret Winton

Theresa Walters

James Gillen

Sarah Hyman

Andrew Schneider

Gwen Harper

John Linkunas

HAPPENINGS.....

EXERCISE ROOM UPSTAIRS



Exercise 5 Days a week on Treadmills & Elliptical Machines



ONGOING ACTIVITIES

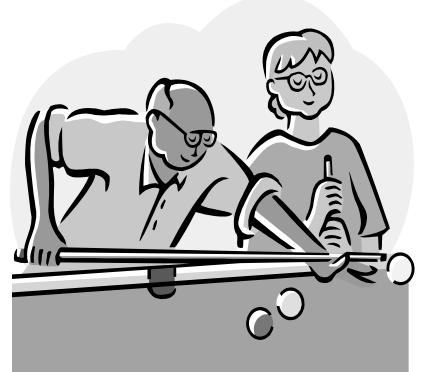
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Billiards	9:00 Billiards	9:00 Billiards	9:00 Billiards	9:00 Billiards
9:00 Table Games	9:00 Table Games	9:00 Table Games	9:00 Table Games	9:00 Table Games
9:15 Men's Club	10:00 Vendor Presentation	9:00 Friendship Club	10:00 Vendor Presentation	9:00 Dominoes
11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch
12:30 Wii Bowling	12:45 Bingo	12:45 Bingo	12:30 Wii Bowling	12:45 Bingo



**FUN AND GAMES
ON THE COMPUTER
MONDAY - FRIDAY
8:30 - 4:30**

PATIO AREA OUT BACK



FUN & GAMES
COMPUTER AND SHUFFLE BOARD
MONDAY THRU FRIDAY
8:30 AM – 4:30 PM

APRIL 2019
SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Good News Monday 9:00 Card Sharks 1:00 - 3:00 Meditation w/Bear	2 9:00 Card Sharks 12:45 - 2:00 Bingo 2:00 Short Stories	3 9:00 Card Sharks 10:30 Kidney Health Presentation 12:30 - 1:30 Spanish Lesson 1:30 - 2:30 Bingo 2:00 Women' s Group	4 9:00 Card Sharks 9:30 Morning Stretch 10:30 PCA Caregiver Support Presentation 12:00 - 2:00 Senior Cinema	5 9:00 Card Sharks 9:00 Spring into the Weekend 10:30 Arthritis Foundation Presentation 12:30 Art w/ Ruth 1:30 - 2:30 Bingo
8 9:00 Good News Monday 9:00 Card Sharks 10:00 - 11:00 Spiritual Journey 11:00 Mini Trip Red Robin Diner 1:00 - 3:00 Meditation w/Bear	9 9:00 Card Sharks 10:30 Healthy Snack w/Nichet 12:45 - 2:00 Bingo 2:00 Short Stories	10 9:00 Card Shark 10:30 General Meeting 12:45 – 2:00 Bingo	11 9:00 Card Sharks 10:00 Divine Resources 12:00 - 2:00 Senior Cinema	12 9:00 Spring into Weekend 9:00 Card Sharks 9:00 Pennies from Heaven 10:30 Paint your Plant Springtime Activity 12:00 - 2:00 Spring Fling Party 2:00 - 3:30 Bingo
15 9:00 Card Sharks 9:00 Good News Monday 10:00 Mini Trip Philadelphia Mills 1:00 - 3:00 Meditation w/Bear	16 9:00 Card Sharks 9:30 Morning Stretch 12:45 - 1:30 Bingo 2:00 Short Stories	17 9:00 Card Sharks 10:30 Easter Celebration 12:30 - 1:30 Art w/ Ruth	18 9:00 Card Sharks 9:30 Morning Stretch 10:30 Healthy Digestive System w/ Nichet	19 CENTER CLOSED GOOD FRIDAY 
22 9:00 Card Sharks 9:00 Good News Monday 10:00 - 11:00 Spiritual Journey 1:00 - 3:00 Meditation w/Bear	23 9:00 Card Sharks 9:30 Morning Stretch 12:45 - 1:30 Bingo 2:00 Short Stories	24 9:00 Card Sharks 10:30 Paige Karcher SHOP-RITE 12:30 Art w/Ruth 1:30 – 2:30 Bingo 2:00 Women' s Group	25 9:00 Card Sharks 9:30 Morning Stretch 12:30 John Marshall Middle School Choir	26 9:00 Spring into Weekend 9:00 Card Sharks 9:00 Pennies from Heaven 12:45 - 2:00 Bingo 2:00 Women's Group
29 9:00 Card Sharks 9:00 Good News Monday 10:00 Mini Trip Philadelphia Mills 1:00 - 3:00 Meditation w/Bear	30 9:00 Card Sharks 9:30 Exercise w/Nichet 11:45 - 12:45 Birthday Party 1:00 - 2:00 Walk with Ease Program 2:00 - 3:30 Bingo 2:00 Short Stories			

TUMMY TREASURE

Lemon Meringue Pies In A Mason Jar Recipe



1. Graham Cracker Crust:

Combine one package of graham crackers with 1/3 cup sugar and 4 TBS. of softened butter.

Crumble the graham crackers in a Ziploc bag and then added in the sugar and softened butter. Mix by hand and press into the bottom of the mason jar.

Bake at 350 degrees for 10 minutes.

2. Lemon Pudding:

Follow the instructions on the Jell-O box for the pudding recipe. Just be sure to get the "Cook & Serve" variety. This won't work with the no-bake instant pudding.

{One 3 oz. Jello Cook & Serve Lemon Pudding box makes 6 servings in 1/2 pint mason jars}

3. To Make the Meringue: Beat together 4 egg whites and 1/2 cup of sugar. Beat until egg whites form peaks. Layer on top of lemon pudding in jars and cook at 350 degrees for 10-minutes. Turn off oven.

4. Tip:

To prevent glass from baking, let jars cool down in oven before removing. Once cooled, refrigerate for a few hours before serving.



Spring Cleaning Tips for Seniors (Even in Wheelchairs)

HELPFUL HINTS

1. Use the right tools.

A duster with an extender helps you safely reach high places, as does using a squeegee for your windows instead of paper towel and window cleaner (or newspaper with your vinegar mixture!), to help minimize possible falls. Consider a vacuum with the push-button cord retractor so you don't have to wind the cord yourself; a broom that is the right size so you don't have to strain using it and a dustpan that stands by itself.

2. Check your smoke detectors and fire extinguishers.

A good rule of thumb is to change your batteries when you change your clocks forward or backward -- so if you haven't already, change them and make sure your smoke detectors are working as part of your spring cleaning routine. Also check the expiration on your fire extinguishers (because you do have at least one, right?).

3. Clean out the medicine cabinet.

Expired medications do you no good and they clutter up your medicine cabinet, so you should go through them periodically and properly dispose of any unused and expired medications. This also helps so you don't accidentally take any wrong medications. (Call your town's waste service to inquire about proper disposal of medications.) Be sure to update your First Aid Kit and Emergency Document Binder, too.

4. Put away the clutter.

It can be easy to set stuff into organized piles throughout the year, but use your spring cleaning to put everything away where it belongs and throw away the rest. Make sure nothing is out of place that could potentially get in your way and pose a tripping hazard.



Spring Cleaning Tips for Seniors (Even in Wheelchairs)

HELPFUL

5. Use small bins.

Bins are the best way to keep things clean and organized -- easily! When you regularly use bins to store your craft supplies, gardening tools, out-of-season clothes, holiday decorations and everything else not on display in your home, you'll be able to find it all easily and access everything in a jiffy -- and in return put things away quickly!). Just make sure to use small bins whenever possible to reduce the possibility of injuries from hauling down larger bins.

6. If you haven't used it, get rid of it.

For nearly everything in your home, if you haven't used it in the past year you should throw it out, donate it, sell it or give it away. This goes for clothes, decorations, bedding, home décor waiting to be displayed -- anything. That way, you'll have less you have to clean next time and more space to devote to the things you actually use.

7. Know your limits.

Realize that some of the tasks you may want to tackle might be a bit cumbersome for you -- or could pose a risk if you were to do it. Know your limits. While spring cleaning may seem like a necessity, fall prevention is even more important. Which is why you should....

8. Ask for help.

Enlist the grandkids in coming over to wash your windows while you dust, and you'll be able to turn it into a lovely bonding experience (or ask around to see which ones are looking to earn a bit of cash if that's your thing!). Don't be afraid to ask friends and loved ones to lend a hand-people actually love feeling useful and needed.



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BINGO! BINGO! BINGO!
EVERY TUESDAY,
WEDNESDAY AND FRIDAY

BIRTHDAY PARTY
APRIL 30TH



MONDAY THRU FRIDAY
BILLIARDS, TABLE GAMES
BINGO, LUNCH



ADDITIONAL TABLES ARE
LOCATED UPSTAIRS



TREADMILLS &
ELLIPTICAL MACHINES

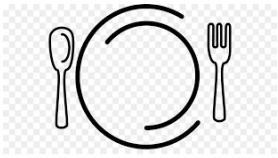
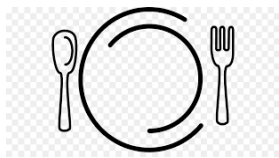
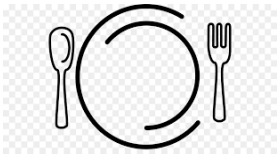
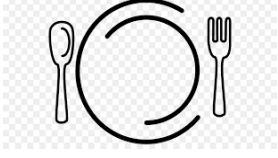
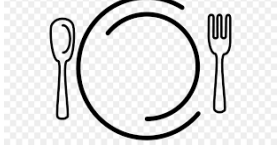
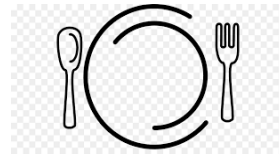





APRIL 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Marsala w/mushrooms in sauce w/Red skinned Potatoes Green Bean Almadine Wheat Roll Chocolate Chip Cookie	2 Sloppy Joes Ground Beef w/ lentils California Blend Wax Beans Wheat Hamburger Roll Berry Applesauce	3 Baked Fish Sandwich w/Dill Sauce, Grilled Vegetables Lemon Herb Brown Rice Wheat Hamburger Roll Banana Clam Chowder Soup	4 Rotini w/Meatballs Peas Carrots Caesar Salad Wheat Bread Diced Peaches	5 Vegetable Omelet w/American Cheese Cran Apple Com- pote Hash Browns Rye Bread Pineapple
8 Pizza Burger w/ tomato sauce & Mozzarella Cheese Potato Wedges Garlic Spinach & Diced tomatoes Wheat Hamburger Roll Mandarin Oranges	9 Garlic Chicken w/ snow peas, carrots & water chestnuts Fried Brown Rice, Sesame Green Beans Wheat Bread Orange	10 Sliced Beef Merlot Whipped Sweet Pota- toes Roasted Beets Tossed Salad w/ Tomato & Cucumber 2 Grain Bread Cinnamon Ap- plesauce	11 Baked Chicken Breast w/Light Poulet Sauce, Traditional Stuffing Carrot, Snap Peas, Broccoli & Craisins Wheat Roll Fruit Cocktail	12 Butter Crumb Fish Butter Parsley Potatoes Ratatouille Wheat Roll Banana Muffin Barley Soup
15 Manicotti w/ Cheese Broccoli & Carrots Diced Pears w/Oat Topping Fresh Apple	16 Roasted Chicken Thigh w/ Garlic Thyme Pan Sauce Carrots Cole Slaw Wheat Bread	17 <u>Easter Meal</u> Glazed Turkey Ham w/Fruit Sauce Corn Pudding Winter Blend Vegetables Dinner Roll Apple Pie Apple Juice	18 Creamy Diced Chicken w/ vegetables Wide Noodles Brussel Sprouts Rye Bread Strawberry Applesauce	19 GOOD FRIDAY Center Closed
22 Tortellini w/Mini Meatballs Zucchini, Carrots & Yellow Squash Warm Cinnamon Apples Fresh Orange	23 BBQ Chicken thigh Sauteed Cabbage Seasoned Potato Cubes Wheat Roll Applesauce Chicken Noodle soup	24 Pepper Steak Beef Strips Oriental Blend Vege- tables Brown Rice 7 Grain Bread Diced Pears	25 Rosemary Roasted Turkey w/Gravy Brussel Sprouts Corn Bread Stuffing Wheat Roll Diced Peaches	26 Crab Cake w/ Macaroni & Cheese Scalloped Tomatoes Broccoli Wheat Bread Sugar Cookie
29 Chicken Marsala w/mushrooms in sauce w/Red skinned Potatoes Green Bean Almadine Wheat Roll Chocolate Chip Cookie	30 Sloppy Joes Ground Beef w/ lentils California Blend Wax Beans Wheat Hamburger Roll Berry Applesauce			

B.T.C. FOOD

PCA APRIL 2019
MENU NON-KOSHER
CONGREGATE MENU
ALTERNATIVE CHOICE LUNCH

Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Swiss & Cheddar Cheese Sandwich on 7 Grain Bread Lettuce & Tomato Black Bean, Corn & Tomato Salad Berry Applesauce	Chef Salad (Turkey ham turkey & swiss cheese) Romaine Lettuce, Cucumber & Peppers & Tomato Homemade vegetable Pasta Clam Chowder Soup Dressing	No Alternate Meal 	Garden Salad w/Grilled Chicken & Hard Boiled Egg Cucumber Couscous w/ cranberry salad Wheat Bread Pineapple
9	10	11	12
No Alternate Meal 	Grilled Chicken Salad w/ Craisins & Almonds on bed of Romaine Lettuce 1/2 Cup Quinoa & Kale Salad Wheat Roll Cinnamon Applesauce	Greek Salad w/Tuna Romaine Lettuce Cucumber tomato red onion, green pepper, tuna feta cheese, Chickpea Salad Fruit Cocktail Wheat Roll Dressing	Turkey on Rye Bread Lettuce & Tomato Cole Slaw Tropical Fruit Salad Banana Muffin Barley Soup
16	17	18	19
Turkey Salad Platter on bed of Lettuce & Sliced Tomato Marinated Broccoli Salad Pumpnickel Bread Vanilla Pudding	No Alternate Meal 	No Alternate Meal 	CENTER CLOSED GOOD FRIDAY
23	24	25	26
Spinach Salad w/Egg Salad on top & Red Peppers & Red Onion Marinated Beet Salad Wheat Roll Applesauce Chicken Noodle Soup	No Alternate Meal 	Chicken Taco Salad Chicken Cheddar Cheese tomato black beans, corn romaine lettuce Marinated Carrot Salad Wheat Bread Diced Peaches	Chicken Salad Platter On bed of Lettuce & Tomato Homemade Potato Salad Health Salad Wheat Roll Sugar Cookies
30			
No Alternate Meal 			



REFER 1 NEW MEMBER THIS MONTH AND YOU GET A \$5 GIFT CARD.

ALSO GET ENTERED INTO OUR GRAND PRIZE DRAWING FOR THE WINNER WHO REFERS THE MOST MEMBERS.



**COME SHARE THE FUN. WITH YOUR FRIENDS,
FAMILY, CHURCH MEMBERS, NEIGHBORS. PETER
BRESSI NORTHEAST SENIOR CENTER LETS TURN
THE BEST KEPT SECRET INTO THE PLACE
EVERYBODY'S TALKING ABOUT**



UPCOMING EVENTS MAY 2019

Monday - May 6th Mini Trip
Fridays - 3301 Street Road
11:00am - 1:30pm
Cost \$4.00 See Karen or Blair

Monday - May 13th Mini Trip
Philadelphia Mills Movie Theater
Pickup at Residence
10:00am - 3:30pm
Cost \$4.00 See Karen or Blair

Monday - May 13th
Spiritual Journey w/Nate & Delores.
This is a class for the mind, body and spirit.
Time 10:00am - 11:00am Dining Area

Monday - May 20th Mini Trip
Chilli's - 2601 Street Road
11:00am - 1:30pm
Cost \$4.00 See Karen or Blair

Tuesday - May 28th - Center Birthday Party
Free ice cream and cake
Time 11:45am - 12:45pm Entertainment



NORTHEAST SENIOR CENTER ADVISORY COUNCIL



ADVISORY COUNCIL MEMBERS AT LARGE

PRESIDENT

HELEN WILKERSON

VICE PRESIDENT

FRANCINE CASHLEY

SECRETARY

MARY DIONNE

TREASURER

MARTHA BENJAMIN

STAFF

CENTER DIRECTOR

JIM CRAWFORD

PROGRAM COORDINATOR

BLAIR JORDAN

CASEWORKER

NICHET KEMP

PROGRAM REPRESENTATIVE

KAREN THOMAS

NUTRITION AIDE

JACQUELINE COLEMAN

CUSTODIAN

ERVIN GUESS



**THE PETER BRESSI NORTHEAST SENIOR CENTER IS FUNDED BY
PHILADELPHIA CORPORATION FOR AGING AND IS A COMMUNITY PROGRAM**