



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.

MAY 2019



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Tummy Treasure

From the Director

May 2019



Dear Members,

I want to start off by wishing everyone a Happy Mother's Day! May is an extra special month, not only because we get to honor our mothers and their wonderful legacy, but also that we get to celebrate "Older Americans Month." In addition to that, we have the opportunity to ring in summer by celebrating Memorial Day with a special burger and hot dog feast along with live entertainment held in the courtyard area. The event will take place on May 24th. Please keep in mind that the center will be closed on Monday, May 27th, to honor all of the brave soldiers who have fought and died for our freedom.

I want to remind everyone that we will be throwing our Cinco de Mayo/Volunteer recognition celebration on May 3rd (a lot of parties, I know!). If you thought last year was a good time at this event, hold on tight to your canes and socks because this one is going to blow them all away. I don't want to spoil any of the big surprises, but maybe I'll just give a little hint. Go deep in your closet and dust off those old Mexican dancing shoes because they will surely come in handy. Also, I expect to get smacked by at least one cane for my previous comment, and it will be well deserved lol!

So I mentioned the joy we get to share in honoring all of the special mothers and grandmothers out there on Mother's Day, but I didn't mention the huge breakfast buffet we'll be having on 5/11 courtesy of our thoughtful State Senator Tina Tartaglione. Tina came through for us again, so we really appreciate her continued support of our center. She really enjoys being around you all, and I want to thank you for being so kind and welcoming to her and to all of the outside agencies that come in to help our center shine the brightest!

We want to thank everyone for completing the 4-week follow up piece of the "Healthy Steps for Older Adults Fall Prevention Program." Thanks to all of your hard work and dedication, we will be granted \$2,100 to use towards special programs, games, and events in the upcoming fiscal year. The center is non-existent without your participation, and we as a staff feel very fortunate to have such an amazing group of energetic, engaging, and thoughtful members here at the center.

Please continue to come to us with any ideas for new activities/events you would like to see scheduled throughout the spring and summer months. I look forward to enjoying the beautiful weather together and we're really excited about all of the fun times ahead!

Sincerely,

Jim



Program Coordinator

May



May Greetings and warm wishes for the rest of 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." April was very busy with our Spring Fling Party, Easter Celebration as well as our Monthly Birthday party. If you can believe it May is shaping to be just as busy with more Spring themed events and activities including MORE gardening. Don't Miss our **CINCO DE MAYO LATIN FESTIVAL AND VOLUNTEER RECOGNITION LUNCHEON Friday May 3** starting at 11am. Bring a friend!

May brings a new month, new activities, and new opportunities to live, laugh, learn, and celebrate each other. In May, we will also continue 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 runs** 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 May we will also celebrate our mothers with **Mother's Day Breakfast Friday May 10**. We finish out the month with our **Memorial Day Open House Event Friday May 24**. Stay tuned for more details.

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!

May's other Highlights include:

5/3 CINCO DE MAYO LATIN FESTIVAL AND VOLUNTEER RECOGNITION LUNCHEON

5/10 Mother's Day Breakfast .

5/15 GENERAL MEETING

5/24 Memorial Day Open House Event.

5/28 May Birthday Party

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 May holds for you.
Your Activities Coordinator, **BLAIR**



A Note From Nichet



Hello everyone and welcome to May this is a wonderful month because there is so many exciting events happening here at the Senior Center. This month is special because it's older adult month which means that it's a time to celebrate your great works and celebrate you just being who you are as a person. The Administration on Aging part of the Administration for community leads our Nation's observance of older American's month. They also celebrate the many ways in which older adults make a difference in our communities. This is great because it recognizes you all and I absolutely love that. The theme is to (ENGAGE AT EVERY AGE) It emphasizes that you are never too old or young to engage in social activity. Especially activities that can enrich your physical, mental, and emotional well-being.

This month I am going to be doing more presentations and introducing you guys to more healthy snacks. I hope all of you guys enjoyed the wonderful presentation on the Kidney's. I hope it was educational to you all and exciting. This month's healthy snack will be Guacamole bread bites with parmesan cheese tomatoes along with strawberry Sherbet as desert. Also if any of you guys have ideas on snacks you would like me to make please let me know. Just a reminder if anyone needs assistance with paying utility bills please let me know I'll be more than happy to do an Emergency fund request with you. It's also that time of year to renew your membership here at the Peter Bressi Senior center please don't forget to stop by the office. Also PCA has some good events coming up that you guys might be interested in attending don't forget to look on the website.

I hope you guys don't forget to take some free time out for yourself and do something fun and something that excites you. Here are some more hobbies for you guys to engage in traveling, exercising daily, painting, golfing, playing pool, doing yoga, playing tennis and etc. I learned that it's important for us to stay active and keep ourselves engrossed in the things we love. That helps all of us get through those tough moments in life that we could be facing. Also self reflection is always important sometimes it's our best tool.

Fun Facts: Age doesn't determine Success - The founder of Kentucky Fried Chicken, Harland David Sanders (a.k.a. Colonel Sanders), started Kentucky Fried Chicken at the age of 65 which is wonderful. **Creativity doesn't diminish with age** - Laura Ingalls Wilder didn't publish Little House in the Big Woods until age 65. Mil-lard Kaufman didn't publish his first novel until 90 awesome work. **Seniors are living longer**- Due to vast advancements with technology seniors are living longer especially if they have chronic health conditions. **You mostly have control over aging** -Studies show that only 30% of the characteristics associated with aging are controlled by genetics. The remaining 70% is controlled by chosen lifestyle factors. That means that if we strive to keep our bodies healthy and stay away from unhealthy lifestyles we will mostly likely live longer.

Quote of the day - : "Something with inner beauty will live forever like the scent of a rose" (Alex Flinn)

May 1, 2019 10:00am- Digestive System Presentation Part 2

May 2, 2019 1:00pm- Healthy Snack w/ Niche't

May 7, 2019 10:00am - Zumba Class w/ Niche't & Linda

May 9, 2019 10:00am- Open Systems Health Care (Game Day)



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

May is...

Foster Care Month

Older Americans Month

National Barbecue Month

National Bike Month

National Blood Pressure Month

National Chocolate Custard Month

National Chamber Music Month

National Egg Month

National Get Caught Reading Month

National Hamburger Month

National Lyme Disease Awareness Month

National Mediterranean Diet Month

National Photograph Month

National Recommitment Month

National Salad Month

National Salsa Month

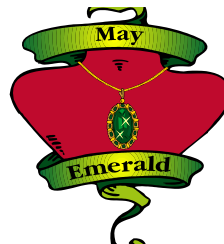
HAPPENINGS

ORIGIN OF MAY'S NAME

Origin of May's Name – May is the fifth month of the year in the Julian and Gregorian Calendars and the third month to have the length of 31 days. ... May is a month of spring in the Northern Hemisphere and autumn in the Southern Hemisphere.

Birthstone

Emerald
(Success in Love)



Flower

Lily of the Valley
(Alt. - Hawthorn)



Color

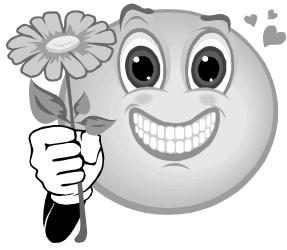
Yellow and Red



QUOTE FOR MAY

"A swarm of bees in May
Is worth a load of hay;
A swarm of bees in June
Is worth a silver spoon;
A swarm of bees in July
Is not worth a fly."

- Rhyme from England



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!

MAY BIRTHDAYS

***Gregoire Laroque
Lucille Johnson
Ethel Moyer
Walter Williams***

***Bona Fritz
Steven Dermer
Vivian Burke
Eldora Adams***

HAPPENINGS.....

EXERCISE ROOM UPSTAIRS



Exercise 5 Days a week on Treadmills & Elliptical Machines



ONGOING ACTIVITIES

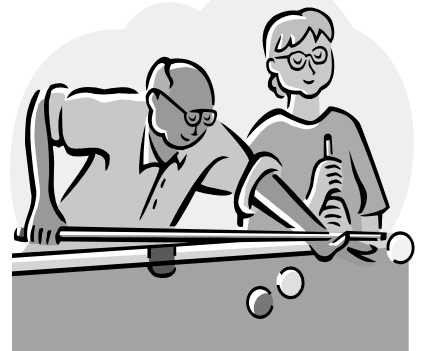
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Billiards	9:00 Billiards	9:00 Billiards	9:00 Billiards	9:00 Billiards
9:00 Table Games	9:00 Table Games	9:00 Table Games	9:00 Table Games	9:00 Table Games
9:15 Men's Club	10:00 Vendor Presentation	9:00 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**

**MAY 2019
SPECIAL EVENTS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Card Sharks 1:30 – 2:30 Bingo 2:00 Women' s Group	2 9:00 Card Sharks 9:30 Morning Stretch 10:30 PCA Caregiver Support Presentation 12:30 - 1:30 Walk with Ease Program	3 9:00 Card Sharks 9:00 Spring into the Weekend 11:00 Cinco De Mayo And Volunteer Recognition Luncheon 1:30 Bingo
6 9:00 Good News Monday 9:00 Card Sharks 11:00 Mini Trip Fridays 1:00 - 3:00 Meditation w/Bear	7 9:00 Card Sharks 12:15 - 1:15 Walk With Ease Program 1:15 - 2:30 Bingo	8 9:00 Card Shark 10:30 Senior Support Group for Families Touched by Addiction 12:45 – 2:00 Bingo	9 9:00 Card Sharks 12:00 - 2:00 Senior Cinema No Walk With Ease Today	10 9:00 Spring into Weekend 9:00 Card Sharks 9:00 Pennies from Heaven 10:00 Mothers Day Breakfast 12:45 - 2:00 Bingo 2:00 Women's Group
13 9:00 Card Sharks 9:00 Good News Monday 10:00 - 11:00 Spiritual Journey 10:00 Mini Trip Philadelphia Mills 1:00 - 3:00 Meditation w/Bear	14 9:00 Card Sharks 9:30 Morning Stretch 12:15 - 1:15 Walk With Ease Program 1:15 - 2:30 Bingo 2:00 Short Stories	15 9:00 Card Sharks 10:30 General Meeting 12:45 - 2:00 Bingo	16 9:00 Card Sharks 9:30 Morning Stretch 10:45 Art w/Ruth 12:30 - 1:30 Walk With Ease Program	17 9:00 Spring into Weekend 9:00 Card Sharks 9:00 Pennies from Heaven 12:45 - 2:00 Bingo 2:00 Women's Group
20 9:00 Card Sharks 9:00 Good News Monday 11:00 Mini Trip Chilli's 1:00 - 3:00 Meditation w/Bear	21 9:00 Card Sharks 9:30 Morning Stretch 12:15 - 1:15 Walk With Ease Program 1:15 - 2:30 Bingo 2:00 Short Stories	22 9:00 Card Sharks 12:30 Art w/Ruth 1:30 – 2:30 Bingo 2:00 Women' s Group	23 9:00 Card Sharks 9:30 Morning Stretch 10:30 Jefferson Hospital Speaker 12:15 - 1:15 Walk With Ease Program	24 9:00 Spring into Weekend 9:00 Card Sharks 9:00 Pennies from Heaven 12:45 - 2:00 Bingo 2:00 Women's Group
27 CENTER CLOSED 	28 9:00 Card Sharks 9:30 Exercise w/Nichet 11:45 - 12:45 Birthday Party 12:15 - 1:15 Walk with Ease Program 1:15 - 2:30 Bingo 2:00 Short Stories	29 9:00 Card Sharks 1:30 – 2:30 Bingo 2:00 Women' s Group	30 9:00 Card Sharks 9:30 Morning Stretch 12:15 - 1:15 Walk with Ease Program	31 9:00 Spring into Weekend 9:00 Card Sharks 9:00 Pennies from Heaven 12:45 - 2:00 Bingo 2:00 Women's Group

TUMMY TREASURE

Shrimp Scampi Flatbread



INGREDIENTS

2 1/2 tbsp. extra-virgin olive oil, divided
2 tbsp. butter
3 cloves garlic, minced
Pinch crushed red pepper flakes, plus more for garnish
1 1/2 lb. large shrimp, peeled and deveined
kosher salt
Freshly ground black pepper
Juice and zest of 1 lemon
1 large store-bought flatbread
2 c. shredded mozzarella
Chopped fresh parsley, for garnish

DIRECTIONS

1. Preheat oven to 400°. In a large skillet over medium-high heat, add 2 tablespoons oil and butter. Add garlic and cook until fragrant, 1 minute. Add red pepper flakes and continue to cook, 1 minute more. Add shrimp and season with salt and pepper. Sear 2 minutes per side. Deglaze pan with lemon juice until most of the liquid has evaporated, then remove from heat.
2. Place flatbread on a baking sheet and brush with remaining 1/2 tablespoon oil. Sprinkle with 1 1/2 cups mozzarella and top with shrimp mixture. Top with remaining mozzarella and bake until cheese is melty and flatbread golden, 12 to 15 minutes.
3. Garnish with red pepper flakes, parsley, and lemon zest.



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
MAY 28TH



MONDAY THRU FRIDAY
BILLIARDS, TABLE GAMES
BINGO, LUNCH








ADDITIONAL TABLES ARE
LOCATED UPSTAIRS



TREADMILLS &
ELLIPTICAL MACHINES


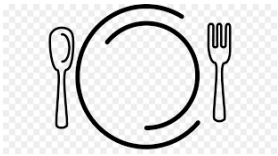
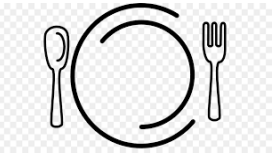
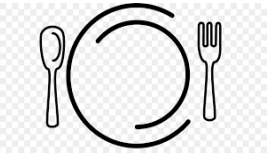
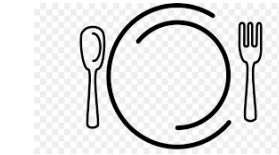
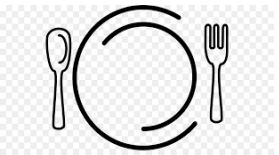
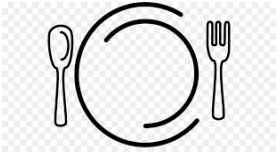


MAY 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Baked Fish Sandwich w/Dill Sauce, Grilled Vegetables Lemon Herb Brown Rice Wheat Hamburger Roll Banana Clam Chowder Soup	2 Rotini w/Meatballs Peas Carrots Caesar Salad Wheat Bread Diced Peaches	3 FESTIVE MEAL CINCO de MIO MEAL 
6 Pizza Burger w/ tomato sauce & Mozzarella Cheese Potato Wedges Garlic Spinach & Diced tomatoes Wheat Hamburger Roll Mandarin Oranges	7 Garlic Chicken w/ snow peas, carrots & water chestnuts Fried Brown Rice, Sesame Green Beans Wheat Bread Orange	8 Sliced Beef Merlot Whipped Sweet Pota- toes Roasted Beets Tossed Salad w/ Tomato & Cucumber 2 Grain Bread Cinnamon Applesauce	9 <u>Mothers Day Meal</u> Sliced Roast Beef w/ Gravy Red Bliss Potatoes Green Beans Almadine Dinner Roll Strawberry Shortcake	10 Butter Crumb Fish Butter Parsley Potatoes Ratatouille Wheat Roll Banana Muffin Barley Soup
13 Manicotti w/ Cheese Broccoli & Carrots Diced Pears w/Oat Topping Fresh Apple	14 Roasted Chicken Thigh w/ Garlic Thyme Pan Sauce Carrots Cole Slaw Wheat Bread	15 Sliced Hot Roast Beef w/Gravy Mashed Potatoes Mixed Vegetables Club Roll Mandarin Oranges	16 Creamy Diced Chicken w/ vegetables Wide Noodles Brussel Sprouts Rye Bread Strawberry Applesauce	17 Baked Fish w/ tomatoes olives & capers Green & Wax Beans Orzo w/peppers Wheat Roll Mixed Fruit Vegetable Soup
20 Tortellini w/Mini Meatballs Zucchini, Carrots & Yellow Squash Warm Cinnamon Apples Fresh Orange	21 BBQ Chicken thigh Sauteed Cabbage Seasoned Potato Cubes Wheat Roll Applesauce Chicken Noodle soup	22 Pepper Steak Beef Strips Oriental Blend Vegetables Brown Rice 7 Grain Bread Diced Pears	23 Rosemary Roasted Turkey w/Gravy Brussel Sprouts Corn Bread Stuffing Wheat Roll Diced Peaches	24 OPEN HOUSE SPECIAL MEAL 
27 CENTER CLOSED 	28 Sloppy Joes Ground Beef w/ lentils California Blend Wax Beans Wheat Hamburger Roll Berry Applesauce	29 Chicken Marsala w/ mushrooms in sauce w/Red skinned Potatoes Green Bean Almadine Wheat Roll Chocolate Chip Cookie	30 Rotini w/Meatballs Peas Carrots Caesar Salad Wheat Bread Diced Peaches	31 Vegetable Omelet w/American Cheese Cran-apple Compote Hash Browns Rye Bread Pineapple

B.T.C. FOOD

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

Tuesday	Wednesday 1	Thursday 2	Friday 3
	Chef Salad (Turkey ham turkey & swiss cheese) Romaine Lettuce, Cucumber & Peppers & Tomato Homemade vegetable Pasta Clam Chowder Soup Dressing	No Alternate Meal 	FESTIVE MEAL 
7	8	9	10
Turkey Ham & Swiss Pita Lettuce & Tomato Potato Salad Fresh Orange/Fresh Peach	Grilled Chicken Salad w/ Craisins & Almonds on bed of Romaine Lettuce 1/2 Cup Quinoa & Kale Salad Wheat Roll Cinnamon Applesauce	No Alternate Meal 	Turkey on Rye Bread Lettuce & Tomato Cole Slaw Tropical Fruit Salad Banana Muffin Barley Soup
14	15	16	17
Turkey Salad Platter on bed of Lettuce & Sliced Tomato Marinated Broccoli Salad Pumpnickel Bread Vanilla Pudding	Asian Chicken Salad Romaine Lettuce Carrot, Red Peppers & Chow mein noodles Wheat Roll Dressing Mandarin Oranges	Seafood Salad Platter w/ Cheddar Cheese Lettuce & Tomato Green Bean Salad Cucumber Salad Wheat Roll Applesauce	No Alternate Meal 
21	22	23	24
Spinach Salad w/Egg Salad on top & Red Peppers & Red Onion Marinated Beet Salad Wheat Roll Applesauce Chicken Noodle Soup	Turkey & American Cheese on Wheat Hamburger Roll Lettuce & Tomato Broccoli & Onion & Cranberry Salad Diced Pears Mayo	Chicken Taco Salad Chicken Cheddar Cheese tomato black beans, corn romaine lettuce Marinated Carrot Salad Wheat Bread Diced Peaches	FESTIVE MEAL 
28	29	30	31
No Alternate Meal 	Chef Salad (Turkey ham turkey & swiss cheese) Romaine Lettuce, Cucumber & Peppers & Tomato Homemade vegetable Pasta Clam Chowder Soup Dressing	Cottage Cheese & Fruit Platter Carrot Raisin Salad Diced Peaches Wheat Roll	Garden Salad w/Grilled Chicken & Hard Boiled Egg, Tomato & Cucumber Couscous w/Cranberry Salad Wheat Bread Pineapple



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 JUNE 2019

Monday - June 3rd Mini Trip - TBA

11:00am - 1:30pm

Cost \$4.00 See Karen or Blair

Monday - June 10th Mini Trip - Chickie & Petes Parx Casino

Pickup at Residence

10:00am - 2:30pm

Cost \$4.00 See Karen or Blair

Monday - June 10th & 24th - Spiritual Journey w/Nate & Delores.

This is a class for the mind, body and spirit.

Time 10:00am - 11:00am Dining Area

Monday - June 17th Mini Trip - TBA

11:00am - 1:30pm

Cost \$4.00 See Karen or Blair

Monday - June 24th Mini Trip - Philadelphia Mills Movie Theater

Pickup at Residence

10:00am - 4:00pm

Cost \$4.00 See Karen or Blair

Tuesday - June 25th - 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**