

August

HAPPENINGS

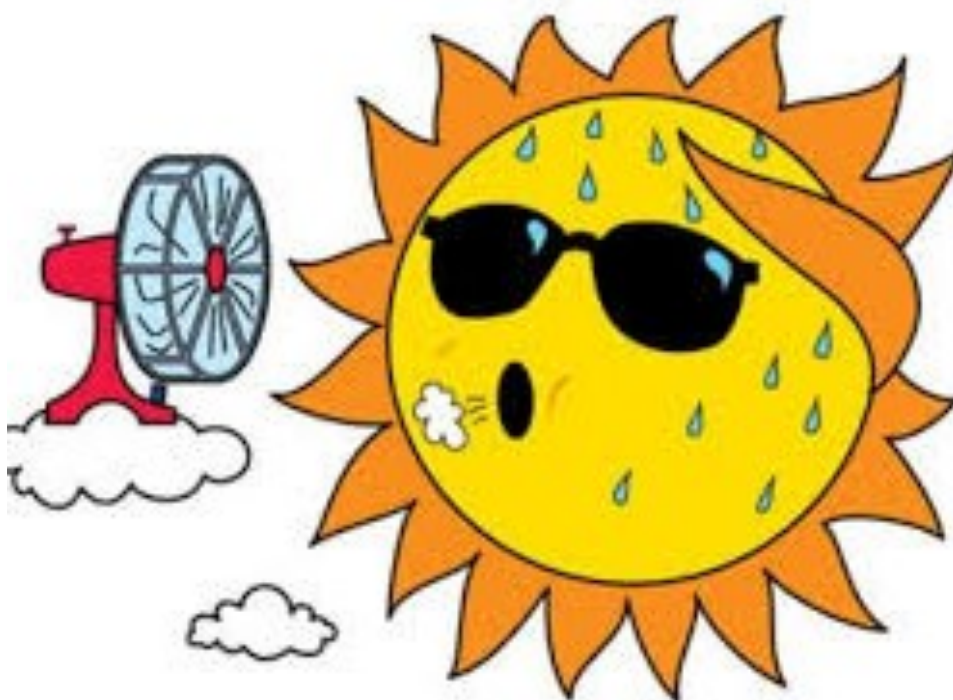
PETER BRESSI
NORTHEAST SENIOR
CENTER
4744 FRANKFORD AVE
PHILADELPHIA, PA 19124
(215) 831-2926

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.

AUGUST 2019



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From the Director



August 2019

Dear Members,

I hope everyone is enjoying the summer and most importantly staying as cool as possible throughout the immense summer heat. Please make sure to keep cool by using your fan and/or air conditioner at home during the hot and humid days that August will surely have in store for us. The Council Board will continue selling spring water and snacks throughout the summer, so take advantage and also remember that your purchases help raise funds which are deposited in to the Advisory Council bank account, which benefits all members of the center in such ways as subsidizing the cost of trips, purchasing new games and supplies, and purchasing products needed for future fundraising endeavors.

Please let Nichet, Karen, or I know if you would like to take a trip to the Reading Terminal to use your fruit and produce vouchers. It could be an easy way for you to pick up your produce and be dropped off at your house afterwards. I know the terminal costs more than many of the other vendor markets, but I think the convenience w/the CCT transportation makes up for it. Also let us know, if there are any other farmers markets that you would like to visit as a group, and we could schedule a trip there as well.

Please don't forget about the "Art-Reach program." 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 where you would like to go, so we can set up a trip ASAP.

I'm hoping that August brings much cooler weather than the sweltering month of July had to offer, in part because we're looking forward to running some exciting games and activities out in the courtyard area. And as many of you have seen, Lynette has done such a wonderful job with the new garden initiative and those peppers growing out there look scrumptious already! Please let Lynette know if you would like to join her Garden Club because it's an eco-friendly, fresh and fun time out there!

I look forward to enjoying the rest of this fun filled summer together.

Sincerely,

Jim Crawford



A Note From Nichet



Greetings everybody and welcome to August, I hope all of you guys enjoyed the wonderful events that took place during the month of July. Our Women's day celebration and our complete special bingo were such a blast. Also just a reminder, I hope all of you guys are using your food vouchers. Remember eating good fruits and vegetables help us stay healthy. Don't forget to exercise regularly and take sometime out to engage in something fun and exciting to do throughout the summer.

However this month, I will be doing Zumba with you guys and coming up with new and exciting topics to talk about during our open forum. Being able to express yourself freely without judgement is always a great and wonderful thing. Sometimes it helps us learn challenges other people could be facing or going through. Therefore if you guys have any topics on things you would like to discuss, please let me know. I am excited to announce that there will be another special bingo event. This one is going to be extra special because there's going to be a D.J, prize giveaways, and delicious food. Please don't forget to come out and have some fun.

Furthermore, I have some new and interesting hobbies I wanted to introduce to you all. Community Groups which are helpful for those of you who may feel lonely or overwhelmed with life problems and need someone to talk to. Bird Watching is great for all of you who love nature and animals. Also Gaming is interesting for all of you who like entertainment and exercising your brain in a healthy way. Traveling is our last hobby, traveling is a great thing to do because it helps us get away and discover new things in the world.

Fun Facts: Did you know that poverty is still a serious issue for senior citizens. Over 16% of seniors live in poverty 94% of seniors had income in 2006 below the poverty threshold of \$9,699 for an individual and \$12,186 for a couple nearly a quarter of older Americans 22.4% had family incomes below 150% of the poverty line. Also Senior Citizens are technology Savvy. More than 40% of seniors have computer access and are active online. About 15 million Facebook users are 65 and older. Senior citizens have a day of recognition. May is the designated month for appreciating and recognizing senior citizens. August 21st however is officially senior citizens day.

August 7, 2019 – 10:00 am – 11:30am American's Home Health Care Game Day

August 9, 2019 – 12:30pm- 3:30pm Sweet Home Health Care Bingo Event

August 13, 2019- 10:00am- 11:00am Women's Group

August 21, 2019- 10:00am- 11:00am Healthy Snack Day

Quote of the Day:

Happiness is the secret to all beauty, there is no beauty without Happiness
(Christian Dior)



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

August is...

- American Adventures Month
- American Artists Appreciation Month
- Audio Book Appreciation Month
- Black Business Month
- National Blueberry Month
- Cataract Awareness Month
- Children's Eye Health and Safety Month
- Children's Vision and Learning Month
- Family Meal Month
- Fantasy Football Month
- Happiness Happens Month
- Learn Japanese Month
- National Canning Month
- National Catfish Month
- National Fair Month
- National Goat Cheese Month
- National Golf Month
- National Panini Month
- National Parks Month
- National Sandwich Month
- National Win with Civility Month
- Psoriasis Awareness Month
- Summer Fun Month
- Summer Olympics Month
- Water Quality Month
- Wild Blueberry Month



HAPPENINGS

ORIGIN OF AUGUST'S NAME

Origin of August's Name - August was originally named "Sextilis" by the Romans. It was the sixth month in the Roman calendar. Julius Caesar had adopted his nephew, Gaius Julius Caesar Octavianus, and made him his heir. The senate gave this ruler the title of "Augustus" meaning revered or reverend. (later, the emperors added this word to their names.) The senate honored Augustus by naming a month for him.



Birthstone

Peridot

(Alt. Sardonyx)



Flower

Gladiolus

(Alt. - Poppy)



Color

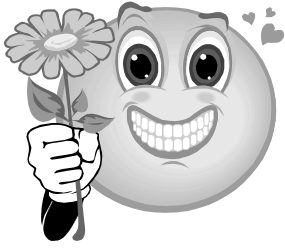
Orange and Red



QUOTE FOR AUGUST

"Summer is delicious, rain is refreshing, wind braces up, snow is exhilarating; there is no such thing as bad weather, only different kinds of good weather."

- John Ruskin



SPECIAL MENTION

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



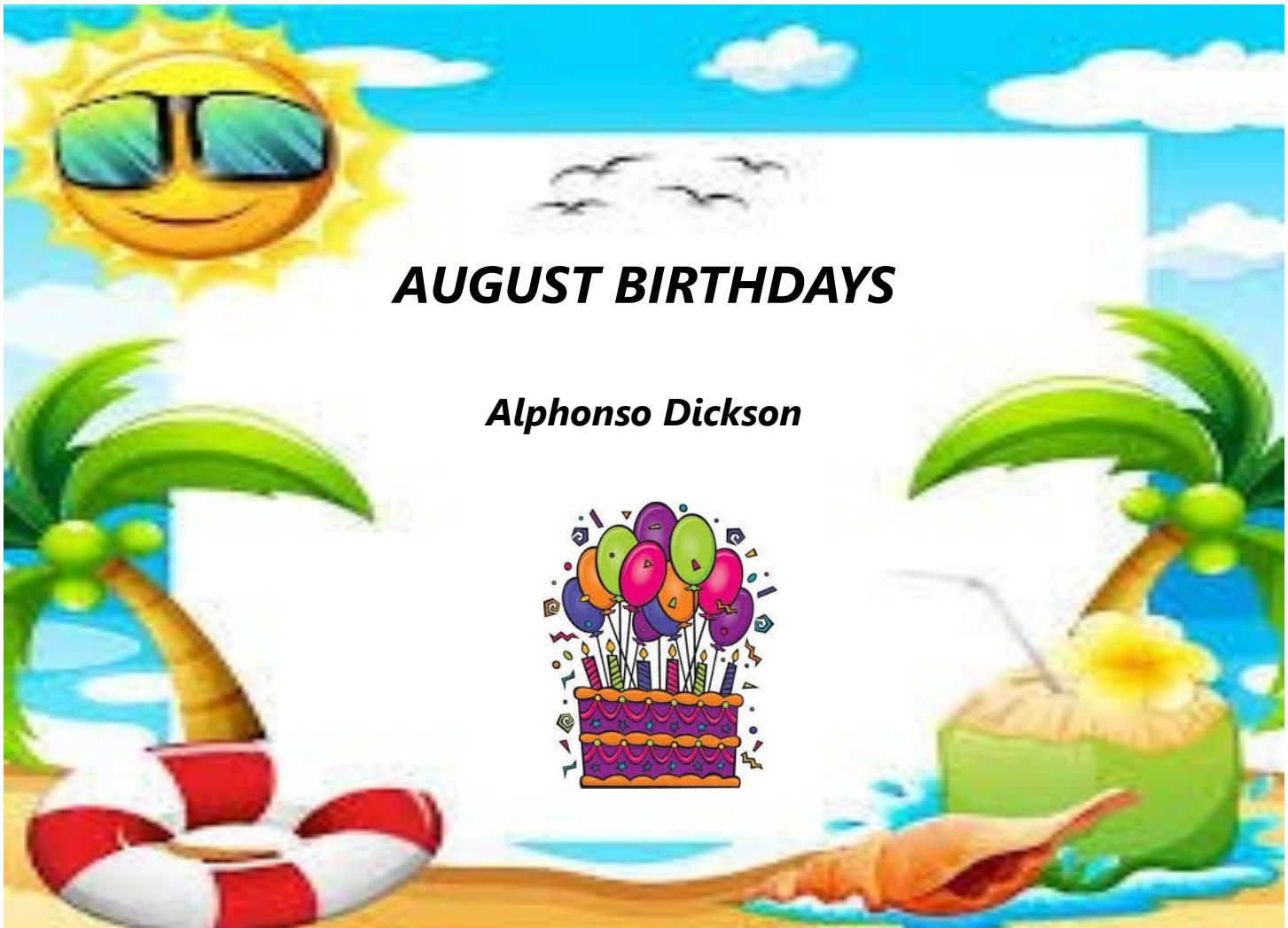
**Auroa Zoleta
Richard Wilks**

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!**



AUGUST BIRTHDAYS

Alphonso Dickson

HAPPENINGS.....

EXERCISE ROOM UPSTAIRS



Exercise 5 Days a week on Treadmills & Elliptical Machines



SUMMER PICNIC
BEACH
VACATION FUN LEMONADE
POPSICLES ☹☹☹☹☹☹☹☹
SWIMMING ≈≈≈≈ BBQ
🔥🔥🔥🔥🔥🔥 CAMPFIRE
GARDENING PLAY WARMTH
SUNGLASSES 🕶️🕶️
☀️☀️☀️☀️ SUNSHINE
WATERMELON RELAX
THUNDERSTORMS ⚡⚡⚡
ROADTRIP TRAVEL S'MORES
👣👣👣👣 FLIP FLOPS
ICE CREAM GREEN GRASS



ONGOING ACTIVITIES

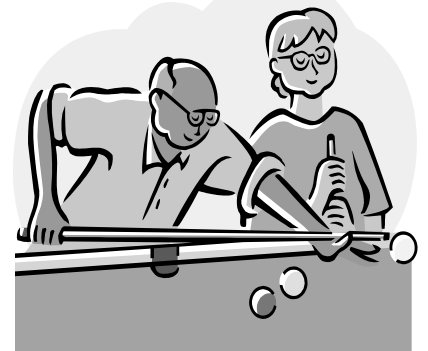
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Billiards	9:00 Billiards	9:00 Billiards	9:00 Billiards	9:00 Billiards
9:00 Table Games	9:00 Table Games	9:00 Table Games	9:00 Table Games	9:00 Table Games
9:15 Men's Club	10:00 Vendor Presentation	9:00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

AUGUST 2019
SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 9:00 Card Sharks 12:30 Art w/Ruth 12:00 - 2:00 Senior Cinema</p>	<p>2 9:00 Card Sharks 9:00 Spring into the Weekend 12:30 - 1:30 Art w/Ruth 1:30 - 2:30 Bingo</p>
<p>5 9:00 Good News Monday 9:00 Card Sharks Monday 1:00 - 3:00 Meditation w/Bear</p>	<p>6 9:00 Card Sharks 12:30 - 1:30 Art w/Ruth 1:30 - 2:30 Bingo</p>	<p>7 9:00 Card Shark 12:45 - 2:00 Bingo</p>	<p>8 9:00 Card Sharks 12:30 Art w/Ruth 12:00 - 2:00 Senior Cinema</p>	<p>9 9:00 Spring into Weekend 9:00 Card Sharks 9:00 Pennies from Heaven 12:45 - 2:00 Bingo 2:00 Women's Group</p>
<p>12 9:00 Card Sharks 9:00 Good News Monday 10:00 - 11:00 Spiritual Journey 1:00 - 3:00 Meditation w/Bear</p>	<p>13 9:00 Card Sharks 9:30 Morning Stretch 12:45 - 2:30 Bingo 2:00 Short Stories</p>	<p>14 9:00 Card Sharks 12:45 - 2:00 Bingo</p>	<p>15 9:00 Card Sharks 9:30 Morning Stretch 10:00 - 3:30 Chickie & Petes at Parx Casino</p>	<p>16 9:00 Spring into Weekend 9:00 Card Sharks 9:00 Pennies from Heaven 12:45 - 2:00 Bingo 2:00 Women's Group</p>
<p>19 9:00 Card Sharks 9:00 Good News Monday 11:00 - 1:30 Mini Trip Ninja Japanese Restaurant 1:00 - 3:00 Meditation w/Bear</p>	<p>20 9:00 Card Sharks 9:30 Morning Stretch 10:45 Art w/Ruth 1:15 - 2:30 Bingo 2:00 Short Stories</p>	<p>21 9:00 Card Sharks 12:30 Art w/Ruth 1:30 - 2:30 Bingo 2:00 Women's Group</p>	<p>22 9:00 Card Sharks 9:30 Morning Stretch 12:30 Senior Cinema</p>	<p>23 9:00 Spring into Weekend 9:00 Card Sharks 9:00 Pennies from Heaven 12:30 - 2:00 Summer Concert 2:00 Women's Group</p>
<p>26 9:00 Card Sharks 9:00 Good News Monday 10:00 - 4:30 Mini Trip Philadelphia Mills Movie Theater 10:00 - 11:00 Spiritual Journey 1:00 - 3:00 Meditation w/Bear</p>	<p>27 9:00 Card Sharks 9:30 Morning Stretch 11:45 - 12:45 Birthday Party 1:15 - 2:30 Bingo 2:00 Short Stories</p>	<p>28 9:00 Card Sharks 12:30 Art w/Ruth 1:30 - 2:30 Bingo 2:00 Women's Group</p>	<p>29 9:00 Card Sharks 9:30 Morning Stretch 12:30 Senior Cinema</p>	<p>30 :00 Spring into Weekend 9:00 Card Sharks 9:00 Pennies from Heaven 2:00 Women's Group</p>

TUMMY TREASURE



Fresh Peach Trifle

Ingredients

- 6 large ripe peaches - peeled, pitted and sliced
- 1 tablespoon fresh lemon juice
- 2 (8 ounce) containers vanilla yogurt
- 1 teaspoon lemon zest
- 1 (10 inch) prepared angel food cake

Directions

1. Place peaches in a large bowl, and gently toss with lemon juice. Place 1 cup of peaches in a blender, set aside remaining slices, and blend until smooth. Place yogurt into a bowl; stir in the peach puree and lemon zest until well blended.
2. Cut the angel food cake into squares and place half in the bottom of a glass dish. Spoon half of the peach slices over the cake. Cover with half of the yogurt mixture. Place remaining cake squares over the yogurt. Top with peaches, reserving 5 or 6 slices for garnish. Cover with remaining yogurt mixture. Garnish with peach slices. Refrigerate until ready to serve.



HELPFUL HINTS



10 ways for seniors to stay cool in hot weather

1. Drink plenty of cool water throughout the day (don't wait until they feel thirsty) and avoid alcohol and caffeine
2. Eat cooling snacks like homemade popsicles (use a cupcake liner to catch drips), frozen peas, or slightly frozen grapes
3. Eat light, cold meals like chicken or pasta salad instead of heavy, hot dishes like pot roast
4. Place a cool washcloth on the back of the neck and a pan of cool water close by to periodically re-cool the towel
5. Sit with feet in a pan of cool (but not too cold) water
6. Keep the house as cool as possible by keeping shades closed during the hottest part of the day and using inexpensive solar curtains
7. Wear layers of lightweight clothing in light colored cotton, so it's easy to adjust to the temperature throughout the day by removing or adding layers
8. Visit a public cooling center like a recreation center, senior center, library, coffee shop, or shopping mall
9. Take a cool shower, bath, or washcloth wipe-down. For maximum cooling, keep the water just below body temperature.
10. Cover up with a flexible ice blanket – always use a towel to protect fragile senior skin from direct contact with the ice



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

BIRTHDAY PARTY
AUGUST 27TH



MONDAY THRU FRIDAY
BILLIARDS, TABLE GAMES
BINGO, LUNCH



ADDITIONAL TABLES ARE
LOCATED UPSTAIRS



TREADMILLS &
ELLIPTICAL MACHINES







AUGUST 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Grilled Chicken Breast Parmesan Broccoli Cauliflower Penne Pasta w/Sauce Wheat Bread Fruit Cocktail	2 Ground Beef & 3 Bean Chili Brown Rice Corn Cucumber & Onion Salad Pineapple
5 Butter Crum Fish Garlic Kale & Spinach Ratatouille Wheat Roll Applesauce	6 Sliced Turkey w/ Herb Apple Glaze & Stuffing Brussel Sprouts Harvard Beets Wheat Roll	7 Fajita Chicken Spanish Brown Rice Snap Peas Tossed Salad Dressing Small Flour Tortilla Diced Pears	8 Swedish Meatballs Peas & Carrots Wide Noodles Rye Bread Mandarin Oranges	9 Herb Roasted Chicken Thigh Rosemary Roasted Red Bliss Potatoes Green Beans & Red Peppers Wheat Roll Sugar Cookie Tomato Rice Soup
12 Cheese Burger Potato Wedges Fiesta Corn Hamburger Roll Fresh Peach	13 Spanish Omelet Zucchini & Corn Diced Potatoes Rye Bread Cinnamon Ap- plesauce	14 BBQ Chicken Thigh Sautéed Cabbage Black Eyed Peas Pumpernickel Bread Pudding Vegetable Rotini	15 Sliced Sesame Gin- ger Beef Brown Rice Broccoli Homemade Health Salad Wheat Roll Pineapple	16 Ravioli w/Roasted Red Pepper Spinach & Carrots Cauliflower Mixed Fruit Cocktail
19 Tilapia w\Lemon & Capers Parsley Potatoes Broccoli Wheat Roll Marble Muffin Lentil Soup	20 Garlic Brown Sugar Chicken Sweet Potato Cubes Snap Peas Wheat Roll Fresh Nectarine	21 Salisbury Steak Whipped Potatoes & Cauliflower Mixed Vegetables Rye Bread Diced Peaches	22 Eggplant Rollup Rotini w\sauce Carrots Berry Applesauce	23 Grilled Chicken w/ white wine sauce Squash Zucchini & Carrots Brown Rice Pilaf Mandarin Oranges
26 Sweet & Sour Chick Fried Brown Rice Oriental Vegetable Blend Wheat Roll Fresh Plum	27 Meatloaf w/tomato glaze Whipped Potatoes Carrot Coins Wheat Bread Chocolate Chip Cookie Minestrone Soup	28 Crab Cake with Maca- roni & Cheese Scalloped Tomatoes Wheat Bread Applesauce	29 Grilled Chicken Breast Parmesan Broccoli Cauliflower Penne Pasta w/Sauce Wheat Bread Fruit Cocktail	30 Ground Beef & 3 Bean Chili Brown Rice Corn Cucumber & Onion Salad Pineapple

B.T.C. FOOD

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

Tuesday	Wednesday	Thursday 1	Friday 2
		Tuna Salad Platter Lettuce & Tomato Broccoli Salad w/ Cranberries Wheat Roll Mixed Fruit Cocktail	Turkey & Swiss on 7 Grain Bread Lettuce & Tomato Cole Slaw Pineapple
6	7	8	9
Asian Chicken Salad Sesame Asian Dressing Sesame Pasta Salad Wheat Bread Fresh Pear	Roast Beef Special w/Swiss Chees on Rye Bread Cole Slaw Marinated Cucumber Salad Dressing Diced Pears	Turkey Hoagie Lettuce, Tomato, Onion Potato Salad Mandarin Oranges Mayo	Seafood Salad & Hard Boiled Egg Platter Marinated Green Bean & Red Pepper Salad Wheat Roll Sugar Cookie Tomato Rice Soup
13	14	15	16
House Garden Salad w/Grilled Chicken Hard boiled egg, grilled chicken breast Macaroni Salad Honey Dijon Wheat Bread Applesauce	No Alternate Meal 	Sliced Chicken Breast & Cheddar on Pita Lettuce Health Salad Pineapple Mayo	Egg Salad Platter Lettuce & Tomato Summer Salad Vegetable Pasta Salad Wheat Roll Mixed Fruit Cocktail
20	21	22	23
Assorted Deli Sandwich Wheat Hamburger Roll Lettuce, Tomato & Onion Cold Couscous Salad Marinated Italian Blend Vegetables Nectarine Mayo	No Alternate Meal 	Seven Layer Salad Romaine Lettuce, HB Egg, imitation bacon bits Dressing Wheat Bread Applesauce	Turkey Salad Platter Lettuce & Tomato Pickled Beet Salad Carrot & Raisin Salad Pumpnickel Bread
27	28	29	30
Grilled Chicken Kale Caesar Salad Greek Chickpea Salad Caesar Dressing Wheat Bread Chocolate Chip Cookie	Chicken Salad Waldorf Salad 3 bean salad Vinegar Dressing Wheat Roll Applesauce	Tuna Salad Platter Lettuce & Tomato Broccoli Salad w/ Cranberries Wheat Roll Mixed Fruit Cocktail	Turkey & Swiss on 7 Grain Bread Lettuce & Tomato Cole Slaw Pineapple

REFER A FRIEND — AND BE REWARDED —

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 SEPTEMBER 2019

Monday - September 9th Mini Trip - Mission Barbeque
11:00am - 1:30pm
Cost \$4.00 See Karen or Blair

Monday - September 9th & 23rd - Spiritual Journey w/Nate & Delores.
This is a class for the mind, body and spirit.
Time 10:00am - 11:00am Dining Area

Monday - September 16th Mini Trip
Philadelphia Mills Movie Theater
Pickup at Residence
10:00am - 4:00pm
Cost \$4.00 See Karen or Blair

Monday - September 23rd Mini Trip - Cracker Barrel
11:00am - 1:30pm
Cost \$4.00 See Karen or Blair

Tuesday - September 24th - Center Birthday Party
Free ice cream and cake
Time 11:45am - 12:45pm Entertainment

Monday - September 30th Chickie & Petes Parx Casino
Pickup at Residence
10:00am - 2:30pm
Cost \$4.00 See Karen or Blair



NORTHEAST SENIOR CENTER ADVISORY COUNCIL



ADVISORY COUNCIL MEMBERS AT LARGE

PRESIDENT	HELEN WILKERSON
VICE PRESIDENT	FRANCINE CASHLEY
SECRETARY	CHARLES HOWLCROFT
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**