



# 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.

## ***JULY 2019***



### **INSIDE THIS ISSUE**

**Birthdays**  
**Current Issues**  
**Helpful Hints**  
**Menu**  
**Sunshine Club**  
**Tummy Treasure**

# From the Director

July 2019

Dear Members,



I would like to wish everyone a happy 4<sup>th</sup> of July holiday! Please keep in mind that the center will be closed on Thursday, July 4<sup>th</sup>, in celebration of Independence Day. The hot weather is surely upon us, so please remember to keep hydrated and stay as cool as possible during the hot and humid summer months ahead. The Council Board will have bottled water for sale to go along with the chips, snacks, and sodas they sell throughout each week.

As you may have noticed, we began handing out the fruit and produce vouchers to active members on June 24<sup>th</sup>, 26<sup>th</sup>, and 28<sup>th</sup>. With that said, fear not if you have not been present to receive your vouchers because you can still pick them up when we hand them out to the non-members on July 8<sup>th</sup>, 11<sup>th</sup>, 15<sup>th</sup>, and 18<sup>th</sup> from 12:30pm – 3:30pm. Flyers have been posted around the center, so please pass along the info to family and friends who may be interested in picking up the vouchers. If someone is unable to make it to the center, we can have you fill out a "proxy" form that the individual in need of the vouchers can sign and you can bring back to pick up the vouchers for that individual. Please see me or Nichet for more info on this process.

I want to thank everyone for participating in the "Senior Expo" that we held in collaboration with the Frankford CDC at the "Pause Park" on June 7<sup>th</sup>. The event was a huge success, and I hope you had the opportunity to speak to all of the representatives at the resource stations and that you received a lot of helpful information from all of the health and social service resources representatives present at the event. We as a staff benefited immensely from meeting with the station representatives and we were able to form many connections and have plans in progress to collaborate with these agencies to bring awesome new programs and events here through the summer and beyond. To just give an example of this, we formed a strong connection with Council Woman Maria Quinones-Sanchez representatives during the expo, and they already donated 15 fans to us to give out! Teamwork makes the dream work!

Please let me know of any summer activities, events, or trips that you would like to see scheduled throughout the next couple of months. I look forward to spending another fun and exciting summer together!

Sincerely,

Jim Crawford



# Program Coordinator



## July

July Greetings and warm wishes for the heart of summer. 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." June was very busy with the first performance of **our SUMMER CONCERT SERIES** that featured **Vivienne Lewis the Entertainer featuring Daryl Lewis**. This soulful group performed Motown and other favorites. Special Thanks to our Sponsor **Dedicated Senior Medical Center**. In addition June featured our first **Frankford Senior Resource Expo** as well as our **Father's Day Event**.

July is shaping to be just as busy with more informative activities and fun including MORE gardening. Don't Miss our **Independence Day Celebration on July 3** as the center will be closed on July 4<sup>th</sup> itself.

In July we will also distribute Senior Food Nutrition Program vouchers to Non-Members. See flyer in newsletter for dates and times.

Join us **Friday June 26** for the next installment of our **Summer Concert Series**. Details to come.

**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.**

**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!**

**ENJOY SUMMER at PETER BRESSI. IT'S GONNA BE SIZZLIN!**

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



# A Note From Nichet



Greetings everybody and welcome to July Summer is officially here and it's hot. I hope all of you guys are drinking plenty of water and staying hydrated. Also I hope all you enjoyed the wonderful events that took place last month such as our summer concert, our father's day celebration and our senior expo. Now it's time for more events and more celebrations so sit back and enjoy.

This month I will be conducting a women's day and this day will be dedicated to the women here at our center for all their hard work and dedication to one another and working as unit. We will have an open forum which will consist of women sharing there ideas and feelings on a topic they pick out. We'll have light refreshments, smoothies and appreciation awards. Everyone is invited hope to see you there. I am also going to be giving a presentation on the "HEART" and all the major functions it performs in our bodies.

Just a few Reminders: For those of you who already received your food vouchers don't forget to use them. Also for all my non-members they will be disturbed on the following dates July 8<sup>th</sup> & July 11<sup>th</sup> and July 15<sup>th</sup> & July 18<sup>th</sup> eating fruits and vegetables are a great way to stay healthy and feel good. I am going to be running another Zumba class and helping you guys keep up with an exciting routine. Make sure all of you stop by the office and renew your 2019-2020 membership if you haven't done so already.

I hope everyone is enjoying the summer weather and taking some time to engage in an extra-curricular activity. Try and do something fun such as travel to a nice place, perhaps go paint or draw, play tennis, golf and etc. I learned that having a hobby can help a person's mental health.

**Fun Facts:** Did you know that 66% of individuals 75 or older are in good health and only 34% report fair or poor health at 75 or older. Also elderly drivers often have fewer accidents despite popular belief drivers over 65 have fewer accidents per person than those under 65. Seniors can exercise, despite the common misconception that aging means physical inactivity seniors are capable of exercising and it's great for health and well-being. An lastly a happy marriage can save your life/people living in a happy marriages tend to live longer, but getting rid of a troublesome spouse can also have a positive effect on your body.

**Quote of the day:** The longer I live the more beautiful life becomes (Frank Lloyd Wright)

**July 9, 2019** - Presentation of the Body's Heart by Niche't

**July 12, 2019** - Zumba Class w/ Niche't & Linda

**July 16, 2019** - Complete Home Care Bingo Session

**July 17, 2019** - Home Health Care Presentation w/ Kelsey

**July 24, 2019** - Women's Appreciation 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**



# July is...

Anti-boredom Month

Celebrating Patriotism Month

Celebrating Summer Fun Month

Cell Phone Courtesy Month

Family Reunion Month

Fireworks Safety Month

Herbal/Prescription

Interaction Awareness Month

Learn Arabic Month

National Baked Beans Month

National Bikini Month

National Blueberries Month

National Hot Dog Month

National Ice Cream Month

National Make a Difference to  
Children Month

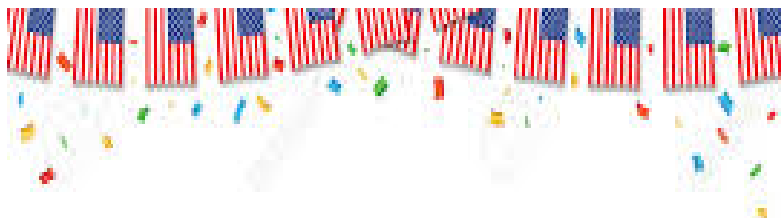
National Peach Month



# HAPPENINGS

## ORIGIN OF JULY'S NAME

Origin of July Name – July is the seventh month of the year (between June and August) in the Julian and Gregorian Calendars and the fourth month to have the length of 31 days. It was named by the Roman Senate in honor of the Roman general, Julius Cæsar, it being the month of his birth. Prior to that, it was called Quintilis.



## Birthstone

**Ruby**

(Contentment)



## Flower

**Larkspur**

(Alt. - Water Lily)



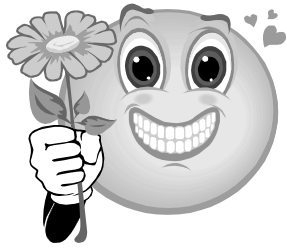
## QUOTE FOR JULY

Mosquito is out,  
it's the end of the day;  
she's humming and hunting  
her evening away.  
Who knows why such hunger  
arrives on such wings  
at sundown? I guess  
it's the nature of things."

- N. M. Boedecker,  
Midsummer Night Itch

## Color

**Green and Russet**



# 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!**

## ***JULY BIRTHDAYS***

***Jose Galindo  
Vivian Wible  
Elizabeth Murphy  
Andrew Nemeth  
Bernard Gross  
Charles Howcroft  
Marie Guerrier***

***Sandy Tran  
Yvonne Phillip  
Mary Heiser  
Pablo Bunkley  
Vincent Raksnis  
David DeVoue***

# HAPPENINGS.....

## EXERCISE ROOM UPSTAIRS



**Exercise 5 Days a week on Treadmills & Elliptical Machines**



Happy  
4<sup>th</sup>  
of  
July



# ONGOING ACTIVITIES

**PETER BRESSI  
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PHILADELPHIA, PA 19124  
215-831-2926**

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**

**JULY 2019**  
**SPECIAL EVENTS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:00 Good News Monday 9:00 Card Sharks 1:00 - 3:00 Meditation w/Bear	<b>2</b> 9:00 Card Sharks 10:30 Line Dancing 1:15 - 2:30 Bingo	<b>3</b> 9:00 Card Sharks 10:00 Independence Day Celebration 12:30 Art w/Ruth 1:30 - 2:30 Bingo 2:00 Women's Group	<b>4</b> <u><b>CENTER CLOSED</b></u> 	<b>5</b> 9:00 Card Sharks 9:00 Spring into the Weekend 12:30 - 1:30 Art w/Ruth 1:30 - 2:30 Bingo
<b>8</b> 9:00 Good News Monday 9:00 Card Sharks 10:00 Chickies & Petes at Parx 10:00 - 11:00 Spiritual Journey 12:30 - 3:30 Fruit & Vegetable Vouchers 1:00 - 3:00 Meditation w/Bear	<b>9</b> 9:00 Card Sharks 10:15 General Meeting 12:30 - 1:30 Art w/Ruth 1:30 - 2:30 Bingo	<b>10</b> 9:00 Card Shark 12:45 – 2:00 Bingo	<b>11</b> 9:00 Card Sharks 12:30 - 3:30 Fruit & Vegetable Vouchers 12:30 Art w/Ruth 12:00 - 2:00 Senior Cinema	<b>12</b> 9:00 Spring into Weekend 9:00 Card Sharks 9:00 Pennies from Heaven 12:45 - 2:00 Bingo 2:00 Women's Group
<b>15</b> 9:00 Card Sharks 9:00 Good News Monday 11:00 - 1:30 Mini Trip Mayfair Diner 12:30 - 3:30 Fruit & Vegetable Vouchers 1:00 - 3:00 Meditation w/Bear	<b>16</b> 9:00 Card Sharks 9:30 Morning Stretch 10:00 General Meeting 12:45 - 2:30 Bingo 2:00 Short Stories	<b>17</b> 9:00 Card Sharks 12:45 - 2:00 Bingo	<b>18</b> 9:00 Card Sharks 9:30 Morning Stretch 12:30 - 3:30 Fruit & Vegetable Vouchers	<b>19</b> 9:00 Spring into Weekend 9:00 Card Sharks 9:00 Pennies from Heaven 12:45 - 2:00 Bingo 2:00 Women's Group
<b>22</b> 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	<b>23</b> 9:00 Card Sharks 9:30 Morning Stretch 10:45 Art w/Ruth 1:15 - 2:30 Bingo 2:00 Short Stories	<b>24</b> 9:00 Card Sharks 12:30 Art w/Ruth 1:30 – 2:30 Bingo 2:00 Women's Group	<b>25</b> 9:00 Card Sharks 9:30 Morning Stretch 12:30 Senior Cinema	<b>26</b> 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
<b>29</b> 9:00 Card Sharks 9:00 Good News Monday 1:00 - 3:00 Meditation w/Bear	<b>30</b> 9:00 Card Sharks 9:30 Morning Stretch 11:45 - 12:45 Birthday Party 1:15 - 2:30 Bingo 2:00 Short Stories	<b>31</b> 9:00 Card Sharks 12:30 Art w/Ruth 1:30 – 2:30 Bingo 2:00 Women's Group		

## TUMMY TREASURE

### **Corn Cobbett's With Basil Butter**

Classic cooked sweet corn gets a kick from cayenne pepper.

#### **INGREDIENTS**

4 tbsp. unsalted butter, at room temperature  
1/4 c. fresh basil, finely chopped  
1/8 tsp. cayenne pepper  
Kosher salt  
6 ears fresh corn, husked

#### **DIRECTIONS**

Combine butter, basil, cayenne pepper, and kosher salt in a bowl.  
Cook fresh corn; let cool slightly, then break each into 3 pieces.  
Serve with basil butter alongside.



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### **SPARKLING CHERRY LEMONADE**

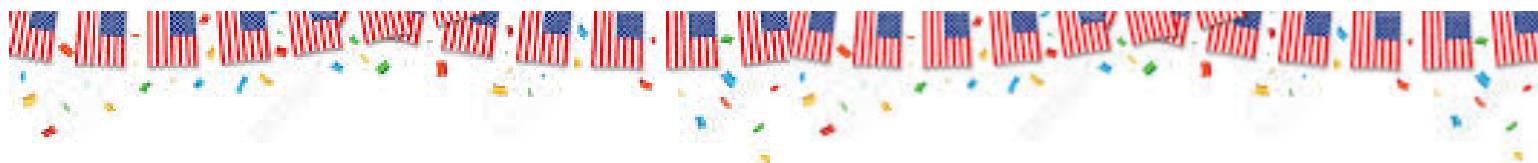
#### **INGREDIENTS:**

2 ounces cherries, pitted  
3/4 cup freshly squeezed lemon juice  
2/3 cup sugar  
4 cups sparkling water



#### **DIRECTIONS:**

1. To make the cherry syrup, combine cherries, lemon juice and sugar in blender until smooth.
2. Place in the refrigerator until chilled.
3. Serve over ice and sparkling water.



# Summer Safety Tips

With some precautionary steps and healthy senior personal care, everyone can enjoy the blue skies and warm weather. Below is a list of 8 things seniors can do to improve their safety during the hot summer months.

## HELPFUL HINTS

**1. Drink plenty of fluids:** Aim to drink 6 to 8 glasses of water per day. By the time you are thirsty, your body is already dehydrated. For seniors, the feeling of thirst decreases as we age, so be sure to increase your water intake if you are exercising or doing any type of prolonged physical activity. Of those fluids you are taking in, be sure they are non-alcoholic and decaffeinated. Carbonated sodas and pops may taste good, but they will only further your dehydration.

**2. Pick the right outfit with accessories:** When possible, wear loose, lightweight, and light-colored long sleeves to help protect your skin from sun, while also allowing your skin to breathe. Use wide brimmed hats to keep the sun off of your face and neck, as well as full coverage (wrap around) sunglasses for the best eye protection. Glasses that block UVA and UVB rays can help reduce the cumulative effect of damage linked to cataracts and age-related macular degeneration.

**3. Turn on your air conditioning:** Air conditioning is important when it is hot and humid outside. During a heat wave, if you don't have central air or a room air conditioner, spend part or most of each day at locations with air condition, including a friend's house, shopping mall, senior center, or movie theater.

**4. Be an early bird or night owl:** The sun is strongest between 10 am and 4 pm. If you must be outside during a summer heat wave, limit your outdoor activity to the morning and the evening, when the temperature is lower and the sun is less intense.

**5. Watch for heat stroke:** It is extremely important to watch for signs of heat stroke, especially for seniors. Some signs to look for include confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, and a rapid pulse. If you or someone you know experiences these symptoms, seek medical attention immediately.

**6. Check on friends and family:** Use the rising temperatures as an opportunity to catch up with your neighbors and relatives, especially the elderly and those who do not have air conditioning. Plan outings together in places that have air conditioning.

**7. Review your medications:** Many seniors use medications daily. Some medications can cause side effects, like increased sensitivity to ultraviolet (UV) rays. Review all medications and check with a doctor or pharmacist for any questions.

**8. Wear sunscreen:** Sunscreen is a major component to preventing sunburns. Look for a sunscreen that blocks both UVA and UVB rays, and also have a sun protection factor (SPF) of 15 or more. Be sure to apply it about 15-30 minutes before exposure. If you're enjoying water activities, be sure to reapply your sunscreen frequently.



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

**BIRTHDAY PARTY**  
**JULY 30TH**



**MONDAY THRU FRIDAY**  
**BILLIARDS, TABLE GAMES**  
**BINGO, LUNCH**



**ADDITIONAL TABLES ARE**  
**LOCATED UPSTAIRS**



**TREADMILLS &**  
**ELLIPTICAL MACHINES**




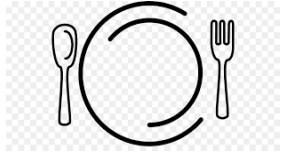
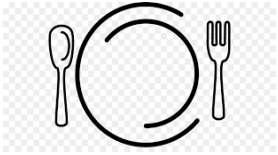





# JULY 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Sweet & Sour Chicken Fried Brown Rice Oriental Vegetable Blend Wheat Roll Fresh Plum	<b>2</b> Meatloaf w/tomato glaze Whipped Potatoes Carrot Coins Wheat Bread Chocolate Chip Cookie Minestrone Soup	<b>3</b> Crab Cake with Macaroni & Cheese Scalloped Tomatoes Wheat Bread Applesauce	<b>4</b> <u>CENTER CLOSED</u> 	<b>5</b> <u>July 4th Meal</u> All Beef Hot Dogs Vegetarian Baked Beans Cole Slaw Potato Salad Tossed Salad Corn Bread Cup Cake Apple Juice
<b>8</b> Butter Crum Fish Garlic Kale & Spinach Ratatouille Wheat Roll Applesauce	<b>9</b> Sliced Turkey w/ Herb Apple Glaze & Stuffing Brussel Sprouts Harvard Beets Wheat Roll	<b>10</b> Fajita Chicken Spanish Brown Rice Snap Peas Tossed Salad Dressing Small Flour Tortilla Diced Pears	<b>11</b> Swedish Meatballs Peas & Carrots Wide Noodles Rye Bread Mandarin Oranges	<b>12</b> Herb Roasted Chicken Thigh Rosemary Roasted Red Bliss Potatoes Green Beans & Red Peppers Wheat Roll Sugar Cookie Tomato Rice Soup
<b>15</b> Cheese Burger Potato Wedges Fiesta Corn Hamburger Roll Fresh Peach	<b>16</b> Spanish Omelet Zucchini & Corn Diced Potatoes Rye Bread Cinnamon Applesauce	<b>17</b> BBQ Chicken Thigh Sautéed Cabbage Black Eyed Peas Pumpernickel Bread Pudding Vegetable Rotini	<b>18</b> Sliced Sesame Ginger Beef Brown Rice Broccoli Homemade Health Salad Wheat Roll Pineapple	<b>19</b> Ravioli w/Roasted Red Pepper Spinach & Carrots Cauliflower Mixed Fruit Cocktail
<b>22</b> Tilapia w\Lemon & Capers Parsley Potatoes Broccoli Wheat Roll Marble Muffin Lentil Soup	<b>23</b> Garlic Brown Sugar Chicken Sweet Potato Cubes Snap Peas Wheat Roll Fresh Nectarine	<b>24</b> Salisbury Steak Whipped Potatoes & Cauliflower Mixed Vegetables Rye Bread Diced Peaches	<b>25</b> Eggplant Rollup Rotini w\sauce Carrots Berry Applesauce	<b>26</b> Grilled Chicken w/ white wine sauce Squash Zucchini & Carrots Brown Rice Pilaf
<b>29</b> Sweet & Sour Chick Fried Brown Rice Oriental Vegetable Blend Wheat Roll Fresh Plum	<b>30</b> Meatloaf w/tomato glaze Whipped Potatoes Carrot Coins Wheat Bread Chocolate Chip Cookie Minestrone Soup	<b>31</b> Crab Cake with Macaroni & Cheese Scalloped Tomatoes Wheat Bread Applesauce		

# B.T.C. FOOD

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

<b>Tuesday</b> 2	<b>Wednesday</b> 3	<b>Thursday</b> 4	<b>Friday</b> 5
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	<b>CENTER CLOSED</b> 	<b>No Alternate</b> 
9	10	11	12
Asian Chicken Salad Sesame Asian Dressing Sesame Pasta Salad Wheat Bread Fresh Pear	<b>No Alternate Meal</b> 	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
16	17	18	19
House Garden Salad w/Grilled Chicken Hard boiled egg, grilled chicken breast Macaroni Salad Honey Dijon Wheat Bread Applesauce	<b>No Alternate Meal</b> 	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
23	24	25	26
Assorted Deli Sandwich Wheat Hamburger Roll Lettuce, Tomato & Onion Cold Couscous Salad Marinated Italian Blend Vegetables Nectarine Mayo	Chicken, Tomato & Mozzarella Salad Romaine lettuce, grilled chicken, Dressing Bowtie Pasta Salad Wheat Roll Peaches	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
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		



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 AUGUST 2019**

**Monday - August 5th Mini Trip - Philadelphia Mills Movie Theater**  
**Pickup at Residence**  
**10:00am - 4:00pm**  
**Cost \$4.00 See Karen or Blair**

**Monday - August 12th Mini Trip - TBA**  
**11:00am - 1:30pm**  
**Cost \$4.00 See Karen or Blair**

**Monday - August 12th & 26th - Spiritual Journey w/Nate & Delores.**  
**This is a class for the mind, body and spirit.**  
**Time 10:00am - 11:00am Dining Area**

**Monday - August 19th Mini Trip - TBA**  
**11:00am - 1:30pm**  
**Cost \$4.00 See Karen or Blair**

**Monday - August 26th Mini Trip - Chickie & Petes Parx Casino**  
**Pickup at Residence**  
**10:00am - 2:30pm**  
**Cost \$4.00 See Karen or Blair**

**Tuesday - August 27th - 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**

**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**