



October 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.

OCTOBER 2019



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From the Director

October 2019



Dear Members,

October is always an extra special month since we get to celebrate the Anniversary of our Center. Can you believe that we'll be celebrating our 35th year of service to the older adult population as well as the community as a whole? I for sure can not believe how fast my 9-year tenure as the Director here has passed, and many of you have been here long before I have. I'm so happy and grateful that we have a safe and comfortable "second home" to share our time together, get healthy and inspired, and reach out to those of us who may be less fortunate. It's truly a blessing!

Our Anniversary Banquet will take place on October 31st from 12:30pm - 2:30pm. We are very fortunate to have two hours of live entertainment this year, so don't forget to bring your dancing shoes and big smiles. We will be serving meatloaf with garlic mashed potatoes, collard greens, corn bread, and finished off with some delicious pineapple upside down cake. We will also be raffling off a variety of houseware items such as a crock pot, skillet, and some other special surprises. It's going to be a blast, so make sure you sign up with our all-star Secretary Karen Thomas ASAP.

We will also be celebrating Halloween with our Halloween Bash on October 31^{sh}. We will be sure to make it a spooky, fun event with plenty of sweet treats to be handed out to all of our trick-or-treating members. And once again, we'll have a special prize for the best dressed member, so don't be afraid to strut your stuff in your haunty Halloween costume! Rudie's outfit last year still has me shaking in my boots!

I want to thank everyone for participating in all of the events we had scheduled throughout September as we celebrated National Senior Center Month. I apologize that a coupler of activities happened to at the very least semi-interfere with BINGO, but we just really tried our best to teach you important information on a variety of significant topics while having some extra special fun with new events such as "Bamba class" and a slew of healthy eating presentations. We promise you that the party will continue as we enter in to October!

I look forward to spending another great fall season together! Go E.A.G.L.E.S. EAGLES!!!!!!!!!!!!

Sincerely,

Jim Crawford



Program Coordinator



October

October Greetings and warm wishes for the fall season. As always, we want give thanks to you, OUR MEMBERS. **IT IS YOU** who make what we do here at Peter Bressi truly special.

You know our motto "Get Busy at Peter Bressi."September was very busy as we celebrated National Senior Center Month. If you can believe it, October is shaping to be just as busy with more informative activities and fun. We hope you're ready to celebrate because its our Anniversary Month.

"Opening Doors for 35 Years" Don't Miss **our 35th Anniversary Banquet Friday 10/18** starting at 11am. **Admission is \$5 for members and \$7 for guests.** You may buy tickets at the door or in advance with Karen at the Front Desk. See the Banquet Flyer included in our Newsletter. Special guests, wonderful food, and the best part is fellowship with your Peter Bressi family as we celebrate our 35 years together. **Start now by telling your friends, and neighbors who are also older adults about the center and invite them to the banquet.**



As we celebrate our Anniversary this October we want to extend a warm welcome to our LGBT Community. What better way than to celebrate **National Coming Out Day**. This Nationwide day of Recognition is as much for those coming out as LGBT for the first time as it is for the families and friends of those who support them. Join us that Day **Friday October 11** for a Special Day of Recognition and tips on how to support friends or loved ones on their journey to living their authentic lives. To top it off that day we're having a Photography Exhibit to showcase the talent of a local artist.

Now we want everyone to stay healthy to enjoy the fun so we've invited Walgreens Pharmacist Song to come back to distribute flu shots for those interested. Shots are covered by most insurance plans with no cost to members. **Please bring your insurance cards Wednesday October 30 at 10am.**



Program Coordinator



October's other Highlights include:

10/7-10/11 Don't forget our FALL FEST WEEK of events and programs celebrating and preparing you for the AUTUMN Season. From helpful household hints to arts and crafts projects, FALL in with US!

10/22 U.S. Census Bureau Employment information Session

10/24 United Nation's Day Event

10/24 Philadelphia Prevention Project Youth Volunteers Arts and Crafts-Pumpkin Painting

10/29 October Birthday Party 10/31 - Halloween Costume Contest and Magician Performance

Stay tuned for upcoming dates for New Voting Machine Demonstration sponsored by State Representative Jason Dawkins office AND a visit from the Mayors Commission

Of Course YOUR Advisory Board will continue showing your favorite movies with snacks available for munching! Check out the schedule for Senior Cinema in this month's newsletter. 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!

This month our Spotlight is Louise Goins

So stay tuned. **Ponder Anew** what October holds for you.

Your Activities Coordinator, **BLAIR**



A Note From Nichet



Greetings, good people I'm happy all of you guys enjoyed the wonderful activities that took place last month. The festive Zumba and the special game day were fun and exciting. This month we have so much more events planned that I hope all of you enjoy. However I will be doing a special Women's Group and introducing everyone to more healthy snacks. Also I will be doing the second part of the disease prevention and aging wellness presentation for you all. If you guys have any ideas on topics you would like me to discuss please let me know. Just a reminder if you or someone you know needs assistance paying utility bills and housing please feel free to stop by the office. This month for those of you who haven't received your flu shots they will be given out here at the senior.

For are up coming events just too name a few we are having Our 35th Anniversary Celebration, Our Halloween Party, Our photography exhibit celebrating national coming out day, Our United Nation's Cultural Day and so much more. Also Frankford Hospital has a free breast cancer screening for those of you who interested in having one done. There are flyers out there in vestibule. As I always mention I hope you guys are taking some free time to yourselves, just to engage in some extra curricular activities. Do something that's fun and something that excites you.

Fun Facts to leading a healthy lifestyle, Drink plenty of water daily- Water is good for you because it flushes out body waste, it regulates temperature, it delivers oxygen throughout the body, it helps maintain blood pressure and etc. Eat more fruits and vegetables- Fruits and vegetables are good for you because they have a great source of vitamins and minerals in them, which are folate, vitamin C and potassium. They are also a great source of fiber and can help with digestion problems. Lastly I am going to talk about exercising. Exercising is good for you because it helps you maintain a healthy weight, it keeps your blood pressure down, it helps with joint and muscle problems and it helps relax you.

Quote of the day: For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kinds of kindness; and for poise, walk with the knowledge that you are never alone.

Audrey Hepburn

October 1, 2019 - 10:0am -Women's Group

October 7, 2019 - 10:00am -Second Part of the Disease Prevention and Aging Wellness Presentation

October 8, 2019 - 10:00 am -Healthy Exercising Routine

October 30, 2019 - 10:00am -Flu Shots

October 31, 2019 - 10:00am- America's Home Health Care Presentation



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

OCTOBER is...

- Computer Learning Month
- International Dinosaur Month
- Raptor Month
- Bullying Prevention Month
- ADHD Awareness Month
- Learning Disabilities Awareness Month
- Sarcasm Month
- Diversity Awareness Month
- Positive Attitude Month
- National Ergonomics Month
- National Book Month
- Fair Trade Month
- Adopt a Shelter Dog Month
- American Pharmacist Month
- Apple Jack Month
- Awareness Month
- Breast Cancer Awareness Month
- Clergy Appreciation Month
- Computer Learning Month
- Cookie Month
- Domestic Violence Awareness Month
- Eat Country Ham Month
- International Drum Month
- National Diabetes Month
- National Pizza Month
- National Vegetarian Month

HAPPENINGS

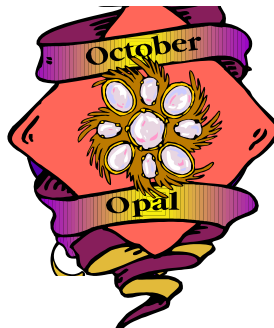
ORIGIN OF OCTOBER'S NAME

Origin of October's Name - October got its name from the Latin "octo", meaning "eight". If this seems odd to you, considering it's the tenth month in the modern day calendar (Gregorian), that actually used to not be the case. It was once the eighth month (in the Roman Calendar) and the name simply carried over.



Birthstone

Opal



Flower

Calendula



QUOTE FOR OCTOBER

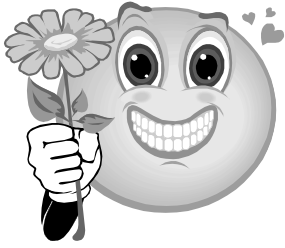
"October, tuck tiny candy bars in my pockets and carve my smile into a thousand pumpkins...
Merry October!"

- Rainbow Rowell

Color

Yellow and White

-



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!**



OCTOBER BIRTHDAYS

***Harold Dodson
Francine Cashley***

***Mary Dionne
Elsie Cleveland***

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**

**OCTOBER 2019
SPECIAL EVENTS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Card Sharks 10:00 Women's Group w/Nichet 12:45 - 2:00 Bingo	2 9:00 Card Shark 10:30 Senior Life Insurance Presentation 12:45 – 2:00 Bingo	3 9:00 Card Sharks 12:00 - 2:00 Senior Cinema "Pirates of the Caribbean" Johnny Depp 12:30 Art w/Ruth	4 9:00 Card Sharks 9:00 Spring into the Weekend 12:45 - 2:00 Bingo
7 9:00 Good News Monday 9:00 Card Sharks 10:00 Disease Prevention and Aging Wellness with Nichet 11:00 - 1:30 Ahi Sushi Japanese Restaurant 12:30 Art with Ruth	8 9:00 Card Sharks 10:00 Healthy Exercise Routine for Autumn with Nichet 12:45 - 2:00 Bingo	9 9:00 Card Shark 10:30 Autumn Household Safety Tips 12:45 – 2:00 Bingo	10 9:00 Card Sharks 10:30 Healthy Fall Cooking with Chef Lynette 12:15 Autumn Arts and Crafts-Leaf Bowl Project <u>NO SENIOR CINEMA</u>	11 9:00 Card Sharks 9:00 Pennies from Heaven 10:00 Nat'l Coming Out Day Photography Exhibit 12:45 - 2:00 Bingo
14 9:00 Card Sharks 9:00 Good News Monday 10:00 - 11:00 Spiritual Journey 10:00 - 4:30 Mini Trip Philadelphia Mills Movie Theater 12:30 Art with Ruth	15 9:00 Card SharkS 12:45 - 2:30 Bingo	16 9:00 Card Sharks 12:45 - 2:00 Bingo 2:00 Women's Group	17 9:00 Card Sharks 9:30 Morning Stretch 12:00 - 2:00 Senior Cinema "Runaway Jury" Dustin Hoffman	18 9:00 Card Sharks 9:00 Pennies from heaven 11:30 - 2:00 35TH ANNIVERSARY BANQUET 
21 9:00 Card Sharks 11:00 - 1:30 Mini Trip Applebees 12:30 Art with Ruth	22 9:00 Card Sharks 12:45 - 2:00 Bingo 2:00 Short Stories	23 9:00 Card Sharks 12:45 – 2:00 Bingo 2:00 Women' s Group	24 9:00 Card Sharks 10:00 United Nations Day Recognition Event 1:00 Phila Prevention Project Youth Volunteers Arts and Crafts Project- Pumpkin Painting <u>NO SENIOR CINEMA</u>	25 9:00 Card Sharks 9:00 Pennies from Heaven 12:45 - 2:00 Bingo
28 9:00 Card Sharks Good News 10:00 - 11:00 Spiritual Journey 10:00 Mini Trip Chickie and Petes at Parx Casino 12:30 Art with Ruth	29 9:00 Card Sharks 11:45 - 12:45 Birthday Party 12:45 - 2:00 Bingo 2:00 Short Stories	30 9:00 Card Sharks 10:00 Walgreens Health Sessions and Flu Shots 1:30 – 2:30 Bingo 2:00 Women' s Group	31 9:00 Card Sharks 10:30 Home Health CareHalloween Bingo 12:15 Magician Performance and Halloween Party Costume Contest <u>NO SENIOR CINEMA</u>	

**EVERY THURSDAY SENIOR CINEMA
OCTOBER SCHEDULE**



OCTOBER 3RD

**"Pirates of the Caribbean"
Johnny Depp**



OCTOBER 17TH

**"Runaway Jury"
Dustin Hoffman**



Please note:

Because there are other activities scheduled on Thursday this month there will be no movies shown on the following dates, 10th, 24th and the 31st. Check the Activity Calendar.



TUMMY TREASURE

Crock-Pot Chicken Noodle Soup



Ingredients:

- 1 1/2 lb. boneless skinless chicken breasts
- 1 large onion, chopped
- 3 carrots, peeled and sliced into coins
- 2 stalks celery, sliced
- 4 tsp. sprigs fresh thyme
- 4 tsp. sprigs fresh rosemary
- 3 cloves garlic, minced
- 1 bay leaf
- Kosher salt
- Freshly ground black pepper
- 10 c. low-sodium chicken broth
- 8 oz. egg noodles

Directions:

1. In a slow cooker, combine chicken, onion, carrots, celery, thyme, rosemary, garlic, and bay leaf and season generously with salt and pepper. Pour in broth.
2. Cover and cook on low, 6 to 8 hours. Remove chicken from slow cooker and shred with two forks. Discard herbs and bay leaf. Return chicken to slow cooker and add egg noodles.
3. Cook on low, covered, until al dente, 20 to 30 minutes.



FINANCIAL SENIOR SAFETY



Although senior citizens make up around 14% of the total population, they are disproportionately targeted for fraud. Presently, it is estimated that seniors account for around a third of all fraud victims. It is therefore important to ensure that our elderly citizens are protected from frauds, scams and other forms of financial exploitation. Follow these critical senior safety tips to avoid becoming a victim of financial fraud.

1. Keep all your valuable possessions: jewelry, papers and securities, cash or art objects in a safety deposit box at the bank. Make sure to keep a list of all your valuables inside the deposit box as well.
2. Be aware that seniors are easy targets for all types of scam artists and con men. Familiarize yourself with types of scams and financial abuse, and learn the warning signs.
3. Use direct deposit for any checks, incoming payments, disability or Social Security benefits.
4. Do not give out any financial information about yourself to strangers or even neighbors.
5. Never give out account information or credit card information in response to an unsolicited phone-call or message.
6. Check your bank accounts regularly and watch out for any suspicious transaction or any activity that you are not familiar with.
7. Review your credit reports on a regular basis for any errors or accounts that you do not recognize.
8. Keep a list of all your accounts and financial institutions with a trusted family member, in case an emergency occurs.
9. Don't apply or agree to any loans or mortgages without consulting with a specialist or at the very least, a family member or trusted friend.
10. Don't let anyone force you or pressure you to purchase any product, enroll in any services or make any donations.
11. Hang up the phone on telemarketers or anyone who makes you feel uncomfortable.



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

BIRTHDAY PARTY
OCTOBER 29TH



MONDAY THRU FRIDAY
BILLIARDS, TABLE GAMES
BINGO, LUNCH






ADDITIONAL TABLES ARE
LOCATED UPSTAIRS



TREADMILLS &
ELLIPTICAL MACHINES

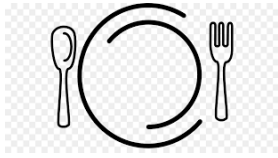
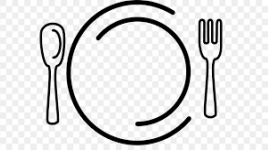
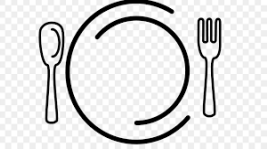

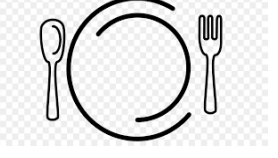




OCTOBER 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Sliced Turkey w/ Herb Apple Glaze & Stuffing Brussel Sprouts Harvard Beets Wheat Roll	2 Fajita Chicken Spanish Brown Rice Snap Peas Tossed Salad Dressing Small Flour Tortilla Diced Pears	3 Swedish Meatballs Peas & Carrots Wide Noodles Rye Bread Mandarin Oranges	4 Butter Crum Fish Garlic Kale & Spinach Ratatouille Wheat Roll Applesauce
7 Cheese Burger Potato Wedges Fiesta Corn Hamburger Roll Fresh Peach	8 Spanish Omelet Zucchini & Corn Diced Potatoes Rye Bread Cinnamon Applesauce	9 BBQ Chicken Thigh Sautéed Cabbage Black Eyed Peas Pumpernickel Bread Pudding Vegetable Rotini	10 Sliced Sesame Ginger Beef Brown Rice Broccoli Homemade Health Salad Wheat Roll Pineapple	11 Ravioli w/Roasted Red Pepper Spinach & Carrots Cauliflower Mixed Fruit Cocktail
14 Tilapia w\Lemon & Capers Parsley Potatoes Broccoli Wheat Roll Marble Muffin Lentil Soup	15 Garlic Brown Sugar Chicken Sweet Potato Cubes Snap Peas Wheat Roll Fresh Nectarine	16 Salisbury Steak Whipped Potatoes & Cauliflower Mixed Vegetables Rye Bread Diced Peaches	17 Lasagna w/Tomato Sauce Sliced Carrots & Broccoli Pears w/crisp top- ping Tossed Salad	18 ANNIVERSARY BANQUET FESTIVE MEAL 
21 Sweet & Sour Chicken Fried Brown Rice Oriental Vegetable Blend Wheat Roll Fresh Plum	22 Meatloaf w/tomato glaze Whipped Potatoes Carrot Coins Wheat Bread Chocolate Chip Cookie Minestrone Soup	23 Crab Cake with Macaroni & Cheese Scalloped Tomatoes Wheat Bread Applesauce	24 Grilled Chicken Breast Parmesan Broccoli Cauliflower Penne Pasta w/Sauce Wheat Bread Fruit Cocktail	25 Ground Beef & 3 Bean Chili Brown Rice Corn Cucumber & Onion Salad Pineapple
28 Herb Roasted Chicken Thigh Rosemary Roasted Red Bliss Potatoes Green Beans & Red Peppers Wheat Roll Sugar Cookie Tomato Rice Soup	29 Sliced Turkey w/ Herb Apple Glaze & Stuffing Brussel Sprouts Harvard Beets Wheat Roll	30 Fajita Chicken Spanish Brown Rice Snap Peas Tossed Salad Dressing Small Flour Tortilla Diced Pears	31 HALLOWEEN MEAL Pumpkin Soup Cubed Beef Goulash Buttered Elbow Noodles Green & Wax Beans Dinner roll Chocolate Iced Cake Brownie Apple Juice	

B.T.C. FOOD

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

Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Asian Chicken Salad Sesame Asian Dressing Sesame Pasta Salad Wheat Bread Fresh Pear	No Alternate Meal 	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
8	9	10	11
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
15	16	17	18
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 Hard Boiled Egg Cheddar Cheese Peas Red Onion, Imitation Bacon Bits Dressing Wheat Bread, Applesauce	ANNIVERSARY BANQUET 
22	23	24	25
Grilled Chicken Kale Caesar Salad Greek Chickpea Salad Caesar Dressing Wheat Bread Chocolate Chip Cookie	No Alternate Meal 	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
29	30	31	
Asian Chicken Salad Sesame Asian Dressing Sesame Pasta Salad Wheat Bread Fresh Pear		Turkey Hoagie Lettuce, Tomato, Onion Potato Salad Mandarin Oranges Mayo	

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 AND 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 NOVEMBER 2019

Monday - November 4th Mini Trip
Crafty Crab 1847 Street Road, Bensalem, PA 19020
11:30am - 2:00pm
Cost \$4.00 See Karen or Blair

Monday - November 11th Mini Trip
Philadelphia Mills Movie Theater
Pickup at Residence
10:00am - 4:00pm
Cost \$4.00 See Karen or Blair

Monday - November 11th & 25th
Spiritual Journey w/Nate & Delores.
This is a class for the mind, body and spirit.
Time 10:00am - 11:00am Dining Area

Monday - November 18th Mini Trip - Golden Corral
11:00am - 1:30pm
Cost \$4.00 See Karen or Blair

Monday - November 25th Mini Trip - Chickie and Pete's at Parx Casino
Pickup at Residence
10:00am - 3:30pm
Cost \$4.00 See Karen or Blair

Tuesday - November 26th - Center Birthday Party



NORTHEAST SENIOR CENTER ADVISORY COUNCIL



ADVISORY COUNCIL MEMBERS AT LARGE

PRESIDENT

HELEN WILKERSON

VICE PRESIDENT

FRANCINE CASHLEY

SECRETARY

CHARLES HOWLCROFT

TREASURER

MARTHA BENJAMIN

STAFF

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KAREN THOMAS

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CUSTODIAN

ERVIN GUESS



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