



# ***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.

## ***NOVEMBER 2019***



### **INSIDE THIS ISSUE**

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

# From the Director

November 2019



Dear Members,

As we enter in to the most important month of giving thanks and showing gratitude for all of the great people we have in our lives, I want to take this moment to thank everyone for coming out to the center, participating in events, welcoming in guests, and volunteering your time to help make this center the best it can be. I know I said this many-a- times, but our center is non-existent without you. Please don't ever forget how important your ideas, contributions, and most importantly, your courteousness towards our staff and your fellow members goes in creating the great atmosphere we have at the center.

I want to thank everyone for coming out to our 35<sup>th</sup> Anniversary Banquet! I'm still in shock about the wonderful news that we had received from Tina Tartaglione, and have been very impressed with your ideas on how we can best utilize the grant to make this center stand out amongst the rest. Please continue bringing your ideas to us, and know that no idea is a bad idea. We want to know what you want to see differently here, and use those funds to address those concerns and ideas. So, please keep them coming!

I also want to thank everyone for coming out to what I consider to be our best Halloween celebration yet! The magician was amazing, and you guys really went all out dressing up in the Halloween spirit! We were very happy with the turnout on such a rainy and gloomy Halloween Day, and congratulations to Helen Jackson for winning the best dressed/best performance gift card prize.

We will be holding another Thanksgiving Pie fundraiser again this year, and I'll be heading back to the Holmesburg Bakery since those pies continue to be a big hit. The flyer will be posted around the center and we'll also be reminding you of when the orders will be due. Please tell your friends and family so we can raise as much money as possible for our center.

Please keep in mind that the center will be closed on November 28<sup>th</sup> and 29<sup>th</sup> in observance of Thanksgiving.

I look forward to spending another great fall season together!

Sincerely,

Jim Crawford



# Program Coordinator

## November



Wow! What an October! We crammed 35 years of celebrating into 1 day for our banquet last month. Thanks to you, OUR MEMBERS, it was a great success. **IT IS YOU** who make what we do here at Peter Bressi truly special. We also want to thank our guests for coming to enjoy the day including St. Sen. Tina Tartaglione.

You know our motto: "Get Busy at Peter Bressi." October was very busy as we celebrated **National Coming Out Day, United Nations Day** and who could forget our Halloween Party and special Magician Performance. Special thanks to **Rep. Jason Dawkins** for helping us get a start on Thanksgiving with his Turkey Giveaway.

Also thanks to **Jacinda Padilla and Philadelphia Prevention Partnership** for their Winter Coat Giveaway. If you can believe it, November is shaping up to be just as busy with more informative activities and fun. The month starts off with some important information and support for Parents or Grandparents coping with family members affected by substance use. On **Wed Nov 7**, this support group will be led by a friend of the center, Loretta, who came earlier this year to share her experience of stepping in as caregiver for her grandchildren due to the struggles of her own children. This will be an opportunity to share, learn, and hopefully heal. The very next day we'll have another **Anti-Bullying Session**. For those who took part last year, there will be new helpful tips and those for whom it will be their first experience will get a broad perspective on the causes and effects of bullying as an older adult. Eye opening and REAL!

Of course, November is a month filled with opportunities to give thanks. On **Mon Nov. 11** we honor and give thanks to our Veterans. We will transform our Wall of Remembrance into a Memorial for the service of those we've lost and those still serving. In addition, we will surely be inspired by a presentation from the Jr. ROTC Color Guard of Frankford High School. As we gear up for the hustle and bustle of the holiday season we welcome SEPTA's Travel Training Department on **Wed Nov 20** to share safety and security tips as we travel throughout the city.



# Program Coordinator



## **November's other Highlights include:**

**11/4 Apple Annie's DO IT YOURSELF Caramel Apple Presentation**

**11/6 Oak St Health Trivia and Turkey Contest**

**11/11 Veterans Day Recognition**

**11/12 Nutrition Tips from Eileen BTC Foods Dietician Eileen**

**11/14 Holiday Shopping Savings with Nichet**

**11/14 Arts and Crafts w/ Jacinda & Phila Prevention Partnership YOUTH & SENIOR STORY SHARING**

**11/19 Dedicated Senior Medical Center Turkey Contest**

**11/26 DAY OF GRATITUDE**

**11/27- Holiday FEELINGS GROUP DISCUSSION with Nichet**

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.**

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

Your Activities Coordinator, **BLAIR**



# A Note From Nichet



Greetings everyone and welcome to November, I hope all of you enjoyed the spectacular events that took place last month. The Halloween Party and Coming out Day was a blast. Now it's time for more events and more celebrations. Just wanted to take the time out to acknowledge all our new members and welcome them here to the Peter Bressi Senior Center. I also wanted to say thank you for joining and I hope you have a wonderful time making new friends and enjoying our warm atmosphere.

This month, I am looking forward to introducing you guys to more health and wellness. Also I'm happy to give more presentations and I am excited to introduce you all to more healthy eating habits. However, we will create our very own fruit sticks in which I think you all will love. We will also have some holiday cookies and apple cider.

Just a reminder, if any of you guys need assistance paying utility bills or you just need extra help in general with your bills, please stop by the office so that I can assist you. All oil requests are being taken November 1, 2019. Just to let you know PCA has some great events coming up if you guys are interested in hearing their webinars. One is the Art of Persuasive non-profit story telling November 1, 2019 and the second one is Problem Solving Skills in Working with Challenging Behaviors which is November 6, 2019.

As I always mention, I hope you guys are taking some time out to yourselves to just enjoy Family, Friends, Coworkers, Hobbies, and etc. It's important that we engage in keeping our minds stimulated and healthy, physical activity helps a great deal with that. Please try and exercise regularly and drink plenty of water. Also this month, I wanted to have an extra special "Open Forum." This forum will be very helpful to those of you who want to talk about family and the Holidays. This season can be difficult for some of you and I want you to know that you are not alone. We are all here for each other to uplift one another and encourage each other as much as we possibly can.

**Fun Facts:** Did you know that Elderly drivers often have fewer accidents, despite popular belief that drivers over sixty-five have fewer accidents per person than those under sixty-five. Also, Alzheimer's disease is spreading rapidly every 70 seconds within that span of time a person can develop the disease. Please everyone continue to take care of yourself and stay healthy.

## Quote of the day:

Make your life a masterpiece, imagine no limitations on what you can be, have or do.  
(Brian Tracy)

**November 18th** - 10:30pm Healthy Eating Habits w/Niche't

**November 21st** - 10:00am Holiday Shopping and the Benefits of saving money by Niche't

**November 27th** - 10:00am Holiday Feelings Group w/Niche't



# **EMERGENCY HOTLINES**

## **PCA HELPLINE**

**215-765-9040**

## **GAS LEAKS HOTLINE**

**215-235-1212**

## **SOCIAL SECURITY**

**1-800-772-1213**

## **POISON INFORMATION**

**215-386-2100**

## **WATER DEPARTMENT**

**215-686-6880**

## **PGW**

**215-235-1000**

## **PECO**

**1-800-494-4000**



# NOVEMBER is...

AMERICAN DIABETES MONTH

BLADDER HEALTH MONTH

FAMILY STORIES MONTH

JEWISH BOOK MONTH

LEARN CHINESE MONTH

VEGAN MONTH

NATIONAL HOSPICE MONTH

PEANUT BUTTER LOVERS MONTH

NATIONAL ALZHEIMER'S DISEASE  
MONTH

NATIONAL COPD AWARENESS  
MONTH

NATIONAL DIABETIC EYE

DISEASE MONTH

NATIONAL RAISIN BREAD MONTH

NATIONAL FUN WITH FONDUE  
MONTH

# HAPPENINGS

## ORIGIN OF NOVEMBER'S NAME

Origin of November's Name -November, which was the ninth month in the Roman calendar (from the Latin, Novem meaning nine), retained its name when January and February were added. The Roman Senate tried to change it, but were unsuccessful as they were in their attempt at changing the names of other months.



## Birthstone

Opal



## Flower

Calendula



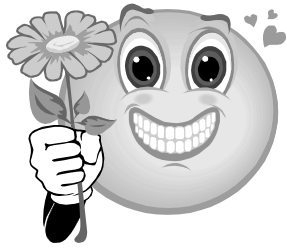
## QUOTE FOR NOVEMBER

"November's sky is chill and drear,  
November's leaf is red and sear."

Sir Walter Scott

## Color

Dark Blue and Red



# 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!**

## **NOVEMBER BIRTHDAYS**

***Joseph Carboni***

***Irene Hryciw***

***Walley Gordy***

***Maxine Johnson***

***James McCloskey***





# HAPPENINGS.....

## EXERCISE ROOM UPSTAIRS



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



**ELECTION  
2019**



# ONGOING ACTIVITIES

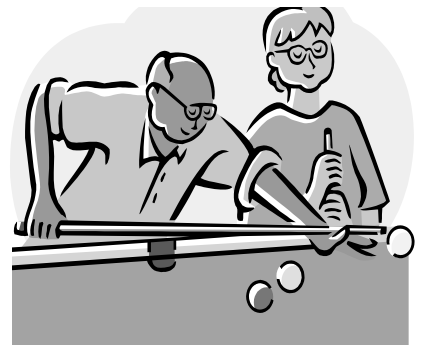
**PETER BRESSI  
NORTHEAST SENIOR CENTER  
4744 FRANKFORD AVENUE  
PHILADELPHIA, PA 19124  
215-831-2926**

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**

**NOVEMBER 2019**  
**SPECIAL EVENTS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00 Card Sharks 9:00 Spring into the Weekend 10:30 Patriot Home Healthcare 12:45 - 2:00 Bingo
4 9:00 Good News Monday 9:00 Card Sharks 10:30 Apple Baking w/ Apple Annie 11:00 - 1:30 Crafty Crab 12:30 Art with Ruth	5 9:00 Card Sharks 12:45 - 2:00 Bingo	6 9:00 Card Shark 10:30 Oak St Health Turkey Trivia 12:45 – 2:00 Bingo	7 9:00 Card Sharks 10:30 Family Addiction Support Group  <u>12:00 - 2:00</u> <u>SENIOR CINEMA</u>	8 9:00 Card Sharks 9:00 Pennies from Heaven 10:30 Anti-Bullying  12:45 - 2:00 Bingo
11 9:00 Card Sharks 9:00 Good News Monday 10:00 - 11:00 Spiritual Journey 10:00 - 5:30 Mini Trip Philadelphia Mills Movie Theater 12:30 Veterans Day Recognition Event	12 9:00 Card Shark 9:30 Nutrician Tips w/ BTC Dietician  10:30 General Meeting 12:45 - 2:30 Bingo	13 9:00 Card Sharks 10:30 All American Healthcare 12:45 - 2:00 Bingo 2:00 Women's Group	14 9:00 Card Sharks 10:30 Holiday Shopping w/Nichet  12:30 Arts and Crafts w/Jacinda & Philadelphia, Prevention Partnership Youth & Senior Story Sharing	15 9:00 Card Sharks 9:00 Pennies from heaven  10:30 Independence Blue Cross  12:45 - 2:00 Bingo
18 9:00 Card Sharks 9:00 Good News Monday 11:00 - 1:30 Mini Trip Applebees 12:30 Art with Ruth 10:30 Healthy Eating w/Nichet	19 9:00 Card Sharks 10:30 Decicated Senior Medical Turkey Contest 12:45 - 2:00 Bingo 2:00 Short Stories	20 9:00 Card Sharks 10:30 SEPTA Travel Training 12:45 – 2:00 Bingo 2:00 Women' s Group	21 9:00 Card Sharks 10:30 Medicare Open Enrollment Information Session w/Apprise  <u>12:00 - 2:00</u> <u>SENIOR CINEMA</u>	22 9:00 Card Sharks 9:00 Pennies from Heaven 10:30 Shop Rite Dietician Andrea 12:45 - 2:00 Bingo
25 9:00 Card Sharks 9:00 Good News Monday 12:30 Art with Ruth	26 9:00 Card Sharks 10:30 Day of Gratitude 11:45 - 12:45 Birthday Party 12:45 - 2:00 Bingo 2:00 Short Stories	27 9:00 Card Sharks 10:00 Holiday Feelings Group 1:30 – 2:30 Bingo 2:00 Women' s Group	28 <u>CENTER CLOSED</u> 	29 <u>CENTER CLOSED</u> 



## TUMMY TREASURE

### Cream Cheese Mashed Potatoes



#### **Ingredients:**

3 lb. russet potatoes, peeled and cut into cubes  
Kosher salt  
1 (8-oz.) block cream cheese, softened and cut into cubes  
4 tbsp. butter  
1/2 c. milk  
Freshly ground black pepper  
Freshly chopped chives, for garnish

#### **Directions:**

1. In a large pot, cover potatoes with water and season with salt. Bring to a boil and cook until totally soft, 16 to 18 minutes. Drain and return to pot. Add cream cheese and use a potato masher to mash potatoes with cream cheese until smooth.
2. Meanwhile, in a small saucepan over medium heat, melt butter with milk until warm. Pour mixture over potatoes and stir until completely combined and creamy. Season with salt and pepper.
3. Transfer potatoes to a serving bowl and season with more pepper and garnish with chives.



# SAFETY TIPS



## Prevent falls

- If you have difficulty with walking or balance, or have fallen in the past year, talk to your healthcare provider about having a special falls risk assessment.
- Ask your provider if you would benefit from an exercise program to prevent falls.
- If you have fallen before, or are scared of falling, think about buying a special alarm that you wear as a bracelet or necklace. Then, if you fall and can't get to the phone, you can push a button on the alarm that will call emergency services for you.
- Don't rush to answer the phone. Many people fall trying to answer the phone. Either carry a cordless or cell phone or let an answering machine pick up.
- When walking on smooth floors, wear non-slip footwear, such as slippers with rubber/no-slip bottoms or flat, thin-soled shoes that fit well.
- If you have a cane or a walker, use it at all times instead of holding onto walls and furniture.



## Medications

- Keep all medications in their original containers, so you don't mix up medicines.
- Ask your pharmacist to put large-print labels on your medications to make them easier to read.
- Take your medications in a well-lit room, so you can see the labels.
- Bring all of your pill bottles with you to your healthcare provider's appointments so he or she can look at them and make sure you are taking them correctly.



## SAFETY TIPS



### Safety-proof your home

- Make sure all hallways, stairs, and paths are well lit and clear of objects, such as books or shoes.
- Use rails and banisters when going up and down the stairs. Never place scatter rugs at the bottom or top of stairs.
- Tape all area rugs to the floor, so they do not move when you walk on them.

### Protect against abuse



- Keep your windows and doors locked at all times.
- Never let a stranger into your home when you are there alone.
- Talk over offers made by telephone salespeople with a friend or family member.
- Do not share your personal information, such as social security number, credit card, bank information, or account passwords, with people you do not know who contact you.
- Always ask for written information about any offers, prizes, or charities and wait to respond until you have reviewed the information thoroughly.
- Do not let yourself be pressured into making purchases, signing contracts, or making donations. It is never rude to wait and discuss the plans with a family member or friend.





PETER BRESSI  
NORTHEAST SENIOR CENTER  
4744 FRANKFORD AVENUE  
PHILADELPHIA, PA 19124  
215-831-2926



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

**BIRTHDAY PARTY**  
**NOVEMBER 26TH**



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









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



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






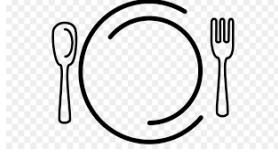
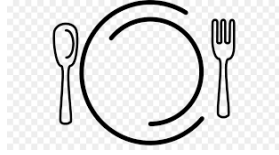
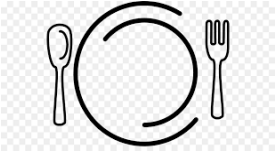
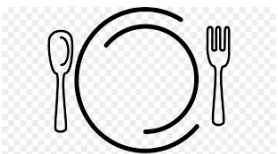



# NOVEMBER 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Butter Crum Fish Garlic Kale & Spinach Ratatouille Wheat Roll Applesauce
<b>4</b> Cheese Burger Potato Wedges Fiesta Corn Hamburger Roll Fresh Peach	<b>5</b> Spanish Omelet Zucchini & Corn Diced Potatoes Rye Bread Cinnamon Applesauce	<b>6</b> BBQ Chicken Thigh Sautéed Cabbage Black Eyed Peas Pumppernickel Bread Pudding Vegetable Rotini	<b>7</b> Sliced Sesame Ginger Beef Brown Rice Broccoli Homemade Health Salad Wheat Roll Pineapple	<b>8</b> Ravioli w/Roasted Red Pepper Spinach & Carrots Cauliflower Mixed Fruit Cocktail
<b>11</b> Tilapia w\Lemon & Capers Parsley Potatoes Broccoli Wheat Roll Marble Muffin Lentil Soup	<b>12</b> Garlic Brown Sugar Chicken Sweet Potato Cubes Snap Peas Wheat Roll Fresh Nectarine	<b>13</b> Salisbury Steak Whipped Potatoes & Cauliflower Mixed Vegetables Rye Bread Diced Peaches	<b>14</b> Lasagna w/Tomato Sauce Sliced Carrots & Broccoli Pears w/crisp top- ping Tossed Salad	<b>15</b> Grilled Chick w/ white wine sauce Squash, Zucchini & Carrots Brown Rice Pilaf Cole Slaw Wheat Roll Mandarin Oranges
<b>18</b> Sweet & Sour Chicken Fried Brown Rice Oriental Vegetable Blend Wheat Roll Fresh Plum	<b>19</b> Meatloaf w/tomato glaze Whipped Potatoes Carrot Coins Wheat Bread Chocolate Chip Cookie Minestrone Soup	<b>20</b> Crab Cake with Macaroni & Cheese Scalloped Tomatoes Wheat Bread Applesauce	<b>21</b> Grilled Chicken Breast Parmesan Broccoli Cauliflower Penne Pasta w/Sauce Wheat Bread Fruit Cocktail	<b>22</b> Ground Beef & 3 Bean Chili Brown Rice Corn Cucumber & Onion Salad Pineapple
<b>25</b> Herb Roasted Chicken Thigh Rosemary Roasted Red Bliss Potatoes Green Beans & Red Peppers Wheat Roll Sugar Cookie Tomato Rice Soup	<b>26</b> <u>Thanksgiving Meal</u> Roast Turkey w/ stuffing & Gravy Green Bean Almondine Mashed Potatoes Cranberry Sauce Dinner Roll Sweet Potato Pie Apple Juice	<b>27</b> Fajita Chicken Spanish Brown Rice Snap Peas Tossed Salad Dressing Small Flour Tortilla Diced Pears	<b>28</b> <u>CENTER CLOSED</u> 	<b>29</b> <u>CENTER CLOSED</u> 

# B.T.C. FOOD

**PCA NOVEMBER 2019  
MENU NON-KOSHER  
CONGREGATE MENU  
ALTERNATIVE CHOICE LUNCH**

<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday 1</b>
			Seafood Salad & Hard Boiled Egg Platter Marinated Green Bean & Red Pepper Salad Wheat Roll Sugar Cookie Tomato Rice Soup
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
House Garden Salad w/Grilled Chicken Hard boiled egg, grilled chicken breast Macaroni Salad Honey Dijon Wheat Bread Applesauce	Southwest Chicken Salad Romaine Lettuce, grilled chicken, corn tomato black beans Marinated Carrot Salad Pudding Wheat Roll Chicken Veg. Rotini Soup	<b>No Alternate Meal</b> 	Egg Salad Platter Lettuce & Tomato Summer Salad Vegetable Pasta Salad Wheat Roll Mixed Fruit Cocktail
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Assorted Deli Sandwich Wheat Hamburger Roll Lettuce, Tomato & Onion Cold Couscous Salad Marinated Italian Blend Vegetables Nectarine Mayo	<b>No Alternate Meal</b> 	<b>No Alternate Meal</b> 	Turkey Salad Platter Lettuce & Tomato Pickled Beet Salad Carrot & Raisin Salad Pumpernickel Salad Mandarin Oranges
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Grilled Chicken Kale Caesar Salad Greek Chickpea Salad Caesar Dressing Wheat Bread Chocolate Chip Cookie	Chicken Salad Waldorf Salad Chicken Salad, dried cranberries diced celery, apples on bed of romaine lettuce 3 Bean Salad Dressing Wheat Roll	Tuna Salad Platter Lettuce & Tomato Broccoli Salad w/ Cranberries Wheat Roll Mixed Fruit Cocktail	<b>No Alternate Meal</b> 
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>No Alternate Meal</b> 	<b>No Alternate Meal</b> 	<b>CENTER CLOSED</b> 	<b>CENTER CLOSED</b> <b>BLACKFriday</b> <b>SALE</b>



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 DECEMBER 2019**

**Monday - December 2nd Mini Trip Cracker Barrel**  
**3611 Horizon Blvd, Trevoose, PA**  
**11:30am - 2:00pm**  
**Cost \$4.00 See Karen or Blair**

**Monday - December 9th Mini Trip**  
**Philadelphia Mills Movie Theater**  
**Pickup at Residence**  
**10:00am - 4:00pm**  
**Cost \$4.00 See Karen or Blair**

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

**Monday - December 16th Mini Trip TBA**  
**11:00am - 1:30pm**  
**Cost \$4.00 See Karen or Blair**

**Monday - December 30th Mini Trip TBA**  
**11:00am - 3:30pm**  
**Cost \$4.00 See Karen or Blair**

**Tuesday - December 31st - Center Birthday Party**  
**Free ice cream and cake**



# **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**