

DECEMBER 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.

DECEMBER 2019



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From the Director

December 2019



Dear Members,

I would like to wish everyone a healthy and happy holiday season, and hope everyone had a wonderful Thanksgiving! Join us for some holiday fun with the many Christmas themed events taking place at the center. One of our goals is to be the most inclusive center throughout the city, so we're happy to be celebrating Hanukkah, Kwanza, and Christmas throughout December. We will be kicking off December with our Hanukkah event on 12/2, followed by Kwanza and the many Christmas themed events taking place throughout the calendar packed month of celebration.

We have a beautiful new Christmas tree in the house! Please make sure to celebrate and decorate our new tree on 12/6 with our "Trim-a-Tree" event. The fan favorite gift giving "Telephone Pioneers" (previously called Verizon Bingo) will be present on 12/12 to perform their annual "Bingo Special" with many wonderful prizes going to our lucky members. We will have Christmas Choirs, a special holiday concert, Christmas Caroling with the Philadelphia Prevention Partnership, and many, many more surprises to come throughout the month. So try your best to attend every day because you don't want to miss out on anything! The Christmas spirit is definitely alive throughout the center!

I want to thank everyone for coming out to participate in our Thanksgiving feast as our special "Turkey Day" bingo event and Fall arts and crafts program with Jacinda. I was really happy to hear that the PCA sponsored Thanksgiving meal was a great time and that you had the opportunity to meet new friends and share a wonderful meal together. I'm very thankful that our various community partners were able to donate the Thanksgiving turkeys to us, and I hope you all got to enjoy them over the holiday.

With the winter season upon us, please keep in mind that your safety is always our number one priority. Please consider the conditions outside before making the trip to the center. If you are unsure if the center will be open, please call the front desk as a message will be recorded on our voice mail stating if the center will be open on that day.

I look forward to spending another holiday season together. Happy Holidays and best wishes to all!

Sincerely,

Jim Crawford



Program Coordinator



December

At this time of year of looking back, giving thanks, and hopefully enjoying the blessings of the season with those we love, we also want to look back and give thanks to the volunteers who along with you made this year at Peter Bressi truly magical:

Ruth Dubb -ART WITH RUTH
James Katona-Meditation with Bear
Lynette Notte- VOLUNTEER
Helen Tang-VOLUNTEER
Peggy O'Neil-VOLUNTEER
Jacinda Padilla -ARTS AND CRAFTS VOLUNTEER
Bahir Islam-Youth Mentoring VOLUNTEER
Elders Nate and Delores Jamison -Spiritual Journey

Whether you call them Angels, Santa's elves, or just great people some of them drive from other states to come volunteer with us here. All of them have unselfishly, untiringly given and shared their talents and their heart with all of us. We thank them and can't wait to see what they've got planned next year!

I want to give a special thanks to our team who everyday support each other and help do the best job we can for you. Jim, Niche't, Erv, Karen, and Jackie- You all are true blessings. Thank you for all you do. Anything positive and special that happens here happens because of all of us. You all are very special!

Any gratitude list has to start and end with the YOU-THE MEMBERS and PETER BRESSI FAMILY. Literally if it weren't for you none of us would be here. You're the reason we come to work and the best part of everyday. Thank you to you- OUR MEMBERS -Opening doors for us and each other for 35 years

December brings a new month, new activities, and new opportunities to live, laugh, learn, and celebrate each other. Shout out and Special Welcome to our newest members! As we look ahead to the New Year, we also look forward to even more of your friends and neighbors joining the Peter Bressi family. No we simply can't keep the fun to ourselves-SHARING IS CARING, so tell a friend!

DECEMBER'S OTHER HIGHLIGHTS INCLUDE

12/6 - Tree Trimming Social with a Special Holiday Concert Performance

12/12 - TELEPHONE PIONEERS BINGO (REAL CASH PRIZES) - this should help with holiday shopping!

12/12 - HOLIDAY CUPCAKE DECORATING W/CHEF LYNETTE

12/17 - CHRISMAS STOCKING STUFFING EVENT BENEFITING NEEDY AND SICK CHILDREN

Program Coordinator



DECEMBER'S OTHER HIGHLIGHTS

12/18 - HEALTHY HOLIDAY DESSERTS WITH SHOP-RITE DIETICIAN ANDREA

12/19 - CHRISTMAS CAROL SING ALONG WITH JACINDA AND PHILA PREVENTION PARTNERSHIP YOUTH

12/20 - Secret Santa Gift Exchange, Holiday Meal, An Early Visit from SANTA FOR OUR MEMBERS

12/24 - HOLIDAY MOVIE MARATHON

12/27 - HANUKAH Celebration and 12/30 KWANZAA Celebration: come join us to hear the experience of others in the community as they celebrate the holiday season and learn about other traditions including taste testing!

12/31 - NEW YEAR'S EVE PARTY

Of Course, YOUR Advisory Board will continue showing your favorite movies with snacks available for munching! WE call it *Senior Cinema!* with HOLIDAY MOVIE MARATHONS 12/24 and 12/26, .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.

Every Monday we want you to continue to come ready to share your good news from the weekend. What did you do for fun? Any trips? Time with family? Visiting friends? Whatever good news you have we want to hear about it. Every Friday to help you prepare for the weekend we want you to share activities, events, and whatever your weekend plans are so we can Fall into the Weekend together.

REMEMBER Don'T MISS A MINUTE. In between, enjoy the week filled with activities such as Meditation Group, Art with Ruth, Spiritual Journey & more. Don't forget to say hi to this month's SENIOR SPOTLIGHT LINDA WOLSMITH

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

Your Activities Coordinator, **BLAIR**



A Note From Nichet



Hello everyone and welcome to December, I hope all of you guys enjoyed the wonderful events that took place last month. Our Holiday presentation and our big open forum was beautiful. I loved how open you guys were and how much you shared. Everyone felt good and comfortable which was awesome. Now it's time for more presentations and more healthy eating. This month, I am excited to be doing a second presentation on health and wellness. It's so very important that we strive to take care of ourselves and our bodies. Eating more fruits and vegetables and drinking plenty of water daily really helps us. If any of you guys need assistance coming up with ideas to eat more healthy and different ways to exercise, please let me know.

As I always mention, please don't forget to engage in something fun to do especially when you have free time. Extra curricular activities are always helpful and they can help one's state of mind. They help us become stress free and sometimes they keep us grounded. I learned that Art is self expression and when doing any type of art it helps you relax. Also listening to music can be calming to one's own self. Picking up a good book and reading can help with one's intellectual abilities. Having more knowledge of things in the world is always great.

However, if anyone needs assistance paying utility bills or just need extra help in general please feel free to stop by the office, and I'll be more than happy to help you. Just a reminder PCA has some interesting webinars coming up this month. I'll just name a few Community driven research Day, Mental health and self care for caregivers, GenPhilly winter celebration and emergency fund raiser, A prevention first approach to data-informed Health Policy and etc. If you all are interested in listening in, please let me know and I'll inform you on how to sign up.

Fun Facts: Did you know that there are more than 55,000 seniors over age 100 and by 2050 the number of "centenarians" is expected to top 600,000, this is roughly the population of Vermont. Also there are 72 men for every 100 woman in the age group above 65 years and there are 45 men per 100 women in the age group above 85 years old.

Quote of the Day:

Keep smiling because life is a beautiful thing and there is so much more to smile about. "Marilyn Monroe"

December 4, 2019 - Zumba w/ Nichet

December 16, 2019 - Health and Wellness Presentation # 2 by Nichet

December 26, 2019 - Compassionate Care Provider Agency "Game Day"

December 27, 2019 - Healthy Eating Habits w/ Nichet



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

DECEMBER is...

ART AND ARCHITECTURE BOOKS MONTH

BINGO'S BIRTHDAY MONTH

CELEBRATING THE SEASON MONTH

GIFTS FROM THE HEART MONTH

IDENTITY THEFT PREVENTION AND AWARENESS MONTH

INTERNATIONAL CALENDAR AWARENESS MONTH

LEARN A FOREIGN LANGUAGE MONTH

MADE IN AMERICA MONTH

NATIONAL STRESS-FREE FAMILY HOLIDAYS MONTH

NATIONAL TIE MONTH

READ A NEW BOOK MONTH

SAFE TOYS AND GIFTS MONTH

SPIRITUAL LITERACY MONTH

UNIVERSAL HUMAN RIGHTS MONTH

WORLD DRUMMING MONTH

YULETIDE MONTH

HAPPENINGS

ORIGIN OF DECEMBER'S NAME

Origin of December's Name - December was originally the 10th month in the Roman calendar. The period of January and February didn't really count as months, and the Roman calendar was based on a 304 day year, based on the approximate lunar month of 29 1/2 days. The inventor of the 304 day calendar was Romulus, twin brother of Remus - the same Romulus and Remus who founded Rome around 800 B.C.

Birthstone

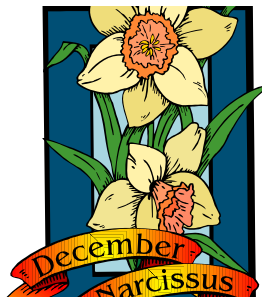
Turquoise



CAROLING

Flower

White Narcissus



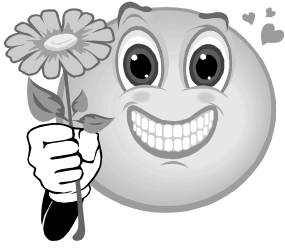
Color

Indigo and Green

QUOTE FOR DECEMBER

"Every year at just this time,
In cold and dark December,
Families around the world
All gather to remember,
With presents and with parties,
With feasting and with fun,
Customs and traditions
for people old and young."

- Helen H. Moore



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!

DECEMBER BIRTHDAYS

*John Prieb
George Clarke
Pedro Figuera
Wayne Smith*

*Mohammed Baksh
Kelly James Patrick
Helen Dankanich
Richard Sanderlin*

Stephen O'Donnell

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**

**DECEMBER 2019
SPECIAL EVENTS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:00 Good News Monday 9:00 Card Sharks 11:00 Mini Trip Cracker Barrel 12:30 Art with Ruth</p>	<p>3 9:00 Card Sharks 10:30 Health Partners Open Enrollment Workshop 12:45 - 2:00 Bingo</p>	<p>4 9:00 Card Shark 12:45 – 2:00 Bingo</p>	<p>5 9:00 Card Sharks 10:30 Dedicated Senior Medical Center Holiday Bazaar Trip</p>	<p>6 9:00 Card Sharks 9:00 Spring into the Weekend 10:30 Holiday Concert 12:15 Tree Trimming 12:45 - 2:00 Bingo</p>
<p>9 9:00 Good News Monday 9:00 Card Sharks 10:00 - 11:00 Spiritual Journey 11:00 - 5:00 Mini Trip Philadelphia Mills Movie Theater 12:30 Art with Ruth</p>	<p>10 9:00 Card Sharks 10:30 AARP Youth Literacy Volunteer Session 12:45 - 2:00 Bingo</p>	<p>11 9:00 Card Shark 10:30 General Meeting 12:45 – 2:00 Bingo</p>	<p>12 9:00 Card Sharks 10:30 Telephone Pioneers Bingo 12:30 Holiday Cupcake Decorating w/Chef Lynette</p>	<p>13 9:00 Card Sharks 9:00 Pennies from Heaven 12:45 - 2:00 Bingo</p>
<p>16 9:00 Card Sharks 9:00 Good News Monday 11:00 Mini Trip Crafty Crab</p>	<p>17 9:00 Card Shark 10:30 Instant Quality Home Care Kids Christmas Stocking Stuffing Event 12:45 - 2:30 Bingo</p>	<p>18 9:00 Card Sharks 10:30 Shop-Rite Dietician 12:45 - 2:00 Bingo 2:00 Women's Group</p>	<p>19 9:00 Card Sharks 12:30 Christmas Cards w/Jacinda & Philadelphia, Prevention Partnership Youth</p>	<p>20 9:00 Card Sharks 9:00 Pennies from heaven 12:45 - 2:00 Bingo</p>
<p>23 9:00 Card Sharks 9:00 Good News Monday 10:00 - 11:00 Spiritual Journey 11:00 - 2:00 Mini Trip Ruby Buffet 12:30 Art with Ruth</p>	<p>24 9:00 Card Sharks 12:45 - 2:00 Bingo 2:00 Short Stories</p>	<p>25 </p>	<p>26 9:00 Card Sharks <u>12:00 - 2:00</u> SENIOR CINEMA</p>	<p>27 9:00 Card Sharks 9:00 Pennies from Heaven 10:30 Hanukah Celebration 12:45 - 2:00 Bingo</p>
<p>30 9:00 Card Sharks 9:00 Good News Monday 12:30 KWANZAA Celebration</p>	<p>31 9:00 Card Sharks 10:30 New Years Eve and Birthday Party 12:45 - 2:00 Bingo 2:00 Short Stories</p>	<p></p>	<p></p>	<p></p>

TUMMY TREASURE

Layered Candy Cane Dessert



Ingredients

- 1 package (14.3 ounces) Oreo cookies
- 6 tablespoons butter, melted
- 1 package (8 ounces) cream cheese, softened
- 1/4 cup sugar
- 2 tablespoons 2% milk
- 1 carton (12 ounces) frozen whipped topping, thawed, divided
- 3/4 cup crushed candy canes (about 7 regular size), divided
- 2 packages (3.3 ounces each) instant white chocolate pudding mix
- 2-3/4 cups cold 2% milk

Directions

1. Pulse cookies in a food processor until fine crumbs form. Add melted butter; pulse just until combined. Press onto bottom of a 13x9-in. dish. Refrigerate while preparing filling.
2. Beat cream cheese, sugar and milk until smooth. Fold in 1 cup whipped topping and 1/2 cup crushed candies. Spread over crust.
3. Whisk pudding mix and milk 2 minutes; spread over cream cheese layer. Spread with remaining whipped topping. Refrigerate, covered, 4 hours. Sprinkle with remaining candies just before serving.

Nutrition Facts

1 piece: 251 calories, 13g fat (7g saturated fat), 20mg cholesterol, 250mg sodium, 32g carbohydrate (25g sugars, 1g fiber), 2g protein.



HOLIDAY EATING TIPS



Tips for Holiday Eating

1. Budget wisely. Don't eat everything at feasts and parties. Be choosy, and spend calories judiciously on the foods you love.
2. Take 10 before taking seconds. It takes a few minutes for your stomach's "I'm getting full" signal to get to your brain. After finishing your first helping, take a 10-minute break. Make conversation. Drink some water. Then recheck your appetite. You might realize you are full, or want only a small portion of seconds.
3. Distance helps the heart stay healthy. At a party, don't stand next to the food table. That makes it harder to mindlessly reach for food as you talk. If you know you are prone to recreational eating, pop a mint or a stick of gum so you won't keep reaching for the chips.
4. Don't go out with an empty tank. Before setting out for a party, eat something so you don't arrive famished. Excellent pre-party snacks combine complex carbohydrates with protein and unsaturated fat, like apple slices with peanut butter or a slice of turkey and cheese on whole-wheat pita bread.
5. Drink to your health. A glass of eggnog can set you back 500 calories; wine, beer, and mixed drinks range from 150 to 225 calories. If you drink alcohol, have a glass of water or juice-flavored seltzer in between drinks.
6. Avoid alcohol on an empty stomach. Alcohol increases your appetite and diminishes your ability to control what you eat.



HOLIDAY EATING TIPS



More Tips for Holiday Eating

7. Put on your dancing (or walking) shoes. Dancing is a great way to work off some holiday calories. If you are at a family gathering, suggest a walk before the feast or even between dinner and dessert.

8. Make room for veggies. At meals and parties, don't ignore fruits and vegetables. They make great snacks and even better side or main dishes — unless they're slathered with creamy sauces or butter.

9. Be buffet savvy. At a buffet, wander 'round the food table before putting anything on your plate. By checking out all of your options, you might be less inclined to pile on items one after another.

10. Don't shop hungry. Eat before you go shopping, so the scent of Cinnabons or caramel corn doesn't tempt you to gobble treats you don't need.

11. Cook from (and for) the heart. To show family and friends that you really care about them, be creative with recipes that use less butter, cream, lard, vegetable shortening, and other ingredients rich in saturated fats and cholesterol. Prepare turkey or fish instead of red meat.

12. Pay attention to what really matters. Although food is an integral part of the holidays, put the focus on family and friends, laughter and cheer. If balance and moderation are your usual guides, it's okay to indulge or overeat once in a while.



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

BIRTHDAY PARTY
DECEMBER 31ST



MONDAY THRU FRIDAY
BILLIARDS, TABLE GAMES
BINGO, LUNCH



ADDITIONAL TABLES ARE
LOCATED UPSTAIRS



TREADMILLS &
ELLIPTICAL MACHINES



DECEMBER 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cheese Burger Potato Wedges Fiesta Corn Hamburger Roll Fresh Peach	3 Spanish Omelet Zucchini & Corn Diced Potatoes Rye Bread Cinnamon Applesauce	4 BBQ Chicken Thigh Sautéed Cabbage Black Eyed Peas Pumpernickel Bread Pudding Vegetable Rotini	5 Sliced Sesame Ginger Beef Brown Rice Broccoli Homemade Health Salad Wheat Roll Pineapple	6 Ravioli w/Roasted Red Pepper Spinach & Carrots Cauliflower Mixed Fruit Cocktail
9 Tilapia w\Lemon & Capers Parsley Potatoes Broccoli Wheat Roll Marble Muffin Lentil Soup	10 Garlic Brown Sugar Chicken Sweet Potato Cubes Snap Peas Wheat Roll Fresh Nectarine	11 Salisbury Steak Whipped Potatoes & Cauliflower Mixed Vegetables Rye Bread Diced Peaches	12 Lasagna w/Tomato Sauce Sliced Carrots & Broccoli Pears w/crisp top- ping Tossed Salad	13 Grilled Chick w/ white wine sauce Squash, Zucchini & Carrots Brown Rice Pilaf Cole Slaw Wheat Roll Mandarin Oranges
16 Sweet & Sour Chicken Fried Brown Rice Oriental Vegetable Blend Wheat Roll Fresh Plum	17 Meatloaf w/tomato glaze Whipped Potatoes Carrot Coins Wheat Bread Chocolate Chip Cook- ie Minestrone Soup	18 Crab Cake with Macaroni & Cheese Scalloped Tomatoes Wheat Bread Applesauce	19 Grilled Chicken Breast Parmesan Broccoli Cauliflower Penne Pasta w/Sauce Wheat Bread Fruit Cocktail	20 <u>Christmas Meal</u> Sliced Roast Beef w/ Burgundy Gravy, Green Beans w/Red Peppers Red Bliss Mashed Potatoes Dinner Roll Cheese Cake w/ Strawberry Topping
23 Herb Roasted Chicken Thigh Rosemary Roasted Red Bliss Potatoes Green Beans & Red Peppers Wheat Roll Sugar Cookie Tomato Rice Soup	24 Sliced Turkey w/Herb Apple glaze & Stuff- ing Brussel Sprouts Harvard Beets Wheat Roll Fresh Pear	25 <u>CENTER CLOSED</u> 	26 Swedish Meatballs Peas & Carrots Wide Noodles Rye Bred Mandarin Oranges	27 Butter Crumb Fish Garlic Kale & Spin- ach Ratatouille Wheat Roll Peach Applesauce
30 Cheese Burger Potato Wedges Fiesta Corn Hamburger Roll Fresh Peach	31 Spanish Omelet Zucchini & Corn Diced Potatoes Rye Bread Cinnamon Applesauce			

B.T.C. FOOD

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

Tuesday 3	Wednesday 4	Thursday 5	Friday 6
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	No Alternate Meal 	Egg Salad Platter Lettuce & Tomato Summer Salad Vegetable Pasta Salad Wheat Roll Mixed Fruit Cocktail
10	11	12	13
Assorted Deli Sandwich Wheat Hamburger Roll Lettuce, Tomato & Onion Cold Couscous Salad Marinated Italian Blend Vegetables Nectarine Mayo	Chicken tomato & Mozzarella Cheese Bowtie Pasta Salad Wheat Roll Diced Peaches	7 Layer Salad Romaine Lettuce hard boiled egg imitation Bacon Bits Marinated Cucumber Salad Diced Pears Dressing	Turkey Salad Platter Lettuce & Tomato Pickled Beat Salad Carrot & Raisin Salad Pumpnickel Salad Mandarin Oranges
17	18	19	20
No Alternate Meal 	Chicken Salad Waldorf Salad 3 Bean Salad Dressing Wheat Roll Applesauce	Tuna Salad Platter Broccoli Salad w/Cranberries Wheat Roll Fruit Cocktail	No Alternate Meal 
24	25	26	27
Asian Chicken Salad Sesame Pasta Salad Asian Dress Wheat Bread Fresh Apple	CENTER CLOSED 	Turkey Hoagie Turkey & American Cheese Potato Salad Mandarin Oranges	Seafood Salad & Hard Boiled Egg Platter Lettuce & tomato Wheat Roll
31			
House Garden Salad w/Grilled Chicken Hard boiled egg, grilled chicken breast Macaroni Salad Honey Dijon Wheat Bread Applesauce			



PETER BRESSI NORTHEAST SENIOR CENTER

HOODIE & SWEAT SHIRT SALE

SWEAT SHIRT

S M L XL—\$15.00 - 2X - 5X—\$20.00

HOODIE

S M L XL—\$20.00 - 2X - 5X—\$25.00

ZIPUP HOODIE

S M L XL—\$30.00 - 2X - 5X—\$35.00

Colors

**Navy Blue with Yellow Logo
Gray with Blue Logo
Carolina Blue with Yellow Logo
Army Green with Yellow Logo**

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.



PETER BRESSI

NORTHEAST SENIOR CENTER

SNOW CLOSING POLICY

In the event of inclement weather (heavy snow or ice storm), the senior center will leave a message on the center's voicemail. Participants should contact the center prior to coming in on heavy snow or ice days. Please call to listen to the recorded message to be sure that a staff person is there, also check with KYW radio for announcements.

Paratransit riders (Van clients) should listen to KYW radio (1060AM) or tune in to T.V. (CABLE) channel 64 or channel 35. For those who have access to a computer, please go to SEPTA's Website - WWW.SEPTA.ORG

The SHARED-RIDE/PARATRANSIT Program will provide limited service, only to those with medical appointments, when Philadelphia Public Schools close. Anyone who is already in the center will be returned home as quickly as possible should a storm occur during the day.

If the center is open, please use your best judgment in deciding whether to come into the center that day.



UPCOMING EVENTS

JANUARY 2020

Monday - January 6 - TBA

11:30am - 2:00pm

Cost \$4.00 See Karen or Blair

Monday - January 13th Mini Trip

Philadelphia Mills Movie Theater

Pickup at Residence

11:00am - 4:30pm

Cost \$4.00 See Karen or Blair

Monday - January 13th and 27th

Spiritual Journey w/Nate & Delores.

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

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

Monday - January 27th Mini Trip TBA

11:00am - 1:30pm

Cost \$4.00 See Karen or Blair

Tuesday - January 28th - 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

HELEN JACKSON

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**