



**JANUARY**

# ***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.

## ***JANUARY 2020***



### **INSIDE THIS ISSUE**

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

# From the Director

January 2020



Dear Members,

I would like to thank everyone for their Christmas cards and well wishes going in to the New Year. I hope everyone enjoyed the holiday and is looking forward to an exciting year at the center as we head in to 2020!

I hope everyone enjoyed all of the special holiday events that we celebrated throughout the month, as well as the trip to the Walnut Street Theatre to see Charles Dickens classic "a Christmas Carol." I want to thank everyone who participated in the Secret Santa event as well, and to all who participated in helping us decorate our new beautiful 9-foot Christmas tree. I'm very excited going in to 2020 as our wonderful, energetic, and charismatic staff are eager to continue running exciting and informative programs and activities throughout the New Year.

We will be holding our MLK Party on Thursday, January 16th at 11:30am. We will be serving a delicious meal including BBQ chicken legs, mashed sweet potatoes, collard greens, a side tossed salad, and finished off with lemon upside down cake. During this event, I'd like to discuss more of the lesser known facts about MLK that truly explain how important and influential this man has been in American history. Please keep in mind that we will be closed on Monday, January 20th in honor of the civil rights leader.

Please come to us with any ideas for new programs and activities you would like to see implemented throughout the New Year. Keep in mind that no idea is a bad idea, but an unsaid idea is a wasted one. Don't be shy; let us know what you want to do and we will do everything in our power to make it happen.

Please continue to inform your friends and family about all that our center has to offer. Your word of mouth goes a long way in helping us recruit new members. Thank you for everything you do to make this center a strong presence in the community. I look forward to spending another great year together.

Sincerely,

Jim Crawford



# Program Coordinator



## January

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 you **OUR MEMBERS** who made this year at Peter Bressi truly 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 everyday and the best part of everyday. As you know, December was very busy with our Holiday celebrations and we send special thanks to Jacinda Padilla and the Philadelphia Prevention Partnership; the Verizon Telephone Pioneers; the Friars of the Padre Pio Center; Instant Quality Homecare; and of course God Will Provide ministries for the spectacular send off into the **NEW YEAR**. We even made some friends and look forward to welcoming back the students from El Centro High School right here in Frankford. Of course, we had a visit from Santa himself and even had a trip to the Walnut Street Theatre to see a production of "A Christmas Carol". Then we figured if Santa could fit down a chimney we could fit in a Holiday Game Day filled with prizes and fun **AND** a **Holiday Flea Market** to boot.

**January** 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!

### January's other Highlights include:

1/7 PCA Chronic Disease Information Session  
1/8 CIGNA Pneumonia Health Information Clinic  
1/9 Frankford Neighborhood Advisory Council (NAC) Local Resource Session  
1/17 MLK Celebration Day of Reflection  
1/24 Another visit from Andrea our SHOP-RITE DIETICIAN  
1/28 Center Birthday Party

**Of Course YOUR Advisory Board will continue showing your favorite movies with snacks available for munching! WE call it Senior Cinema!**

**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 Art with Ruth, Spiritual Journey & more.**

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



# A Note From Nichet



Greetings everyone and Happy Holidays!. I hope all of you have been relaxing and spending time with family. Tis the season to be jolly, it's a time for us to be thankful and grateful for those around us. This month, we have so much more wonderful and special events planned that I hope all of you enjoy. I am excited to announce that I will be doing a presentation on winter safety and how it benefits you during this cold winter season. I will also be holding another big special group about New Year resolutions, so please everyone come out and join us. Also just a reminder, if anyone needs assistance paying utility bills or just need extra help in general please feel free to stop by my office and ill be more than happy to assist you.

Just wanted to remind you guys that I hope all of you are still engaging in some fun activities especially when you have free time. There are many advantages to having a diversion in your life. Hobbies give you time relax, have fun and they can reduce your stress level. Having a physical one involves exercise that will release endorphins to boost your mood and mental faculties. It can also help you find new skills and uncover hidden talents.

However, if anyone is interested in listening to webinars that PCA has coming up, please let me know. I'll name a few; Innovative approaches to reach underserved populations living with Dementia, Keys to successful strategic planning for Nonprofits, and Nonprofit Management 101. These Webinars are great and very educational.

**Fun Facts:** Did you know that right now there is somewhere around 40 million senior citizens in the United States. By 2050, that number is projected to skyrocket to 89 million. Also elderly Americans tend to carry much higher balances on their credit cards than younger Americans do. More than 61 million Americans receive some form of social security benefits. By 2035, that number is projected to soar to a whopping 91 million. Lastly 80 is the new 65, American senior communities reports that with innovations in healthcare and a focus on prevention seniors today are living longer more active and healthier lives, in fact by the year 2040 the population of older seniors people, aged 85 years and above is expected to triple from the 5.7 million there were in 2011-to 14.1 million. [www.aplaceformom.com](http://www.aplaceformom.com)  
[www.smartchair.com](http://www.smartchair.com)

## Quote of the Day:

When you leave a beautiful place you carry it with you whenever you go.

(Alexandra Stoddard)

**January 06, 2019** – 10:00 am Open Systems Home Health Care (Bingo)

**January 10, 2019** – 10.00am Compassionate Care Provider Agency (Game Day)

**January 16, 2019** – 10:30am Winter Safety Presentation

**January 21, 2019** – 10:30am Big Open Group

**January 29, 2019** – 10:30am Healthy Eating Habits 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**



# JANUARY is...

ALL THINGS NEW MONTH  
BE KIND TO FOOD SERVERS MONTH  
BREAD MACHINE BAKING MONTH

ALZHEIMER AWARENESS MONTH  
CELEBRATING WELLNESS MONTH  
CELEBRATION OF LIFE MONTH

CERVICAL CANCER SCREENING MONTH  
FAMILY FIT LIFESTYLE MONTH  
FIBER FOCUS MONTH

FINANCIAL WELLNESS MONTH  
FOLK MUSIC AND DANCING MONTH  
GET ORGANIZED MONTH

LEARN SPANISH MONTH  
NATIONAL CANCER PREVENTION  
MONTH  
NATIONAL GLAUCOMA AWARENESS  
MONTH

NATIONAL HOT TEA MONTH  
NATIONAL PRUNE BREAKFAST MONTH  
NATIONAL SOUP MONTH  
OATMEAL MONTH

# HAPPENINGS

## ORIGIN OF JANUARY'S NAME

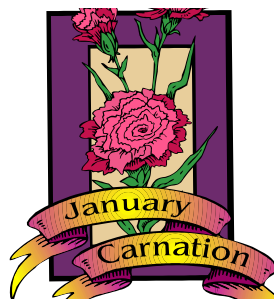
Origin of January's Name - January received its name from the Latin word, Januarius, named after Janus, god of doorways and beginnings. Janus had two faces so that he could look forward and backward at the same time. Perhaps this signifies the lessons of the past and hopes of the future. Ask residents what they are looking forward to in January



## Birthstone



**Garnet**



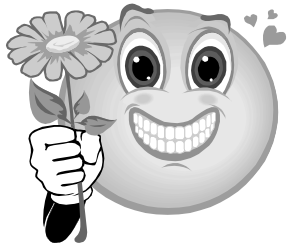
## Flower

**Carnation**

## QUOTE FOR JANUARY

"Snow was falling,  
so much like stars  
filling the dark trees  
that one could easily  
Imagine its reason for being  
was nothing more  
than prettiness.."

- Mary Oliver



# 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!

# HAPPY NEW YEAR!

## JANUARY BIRTHDAYS

*Loretta Smith  
William Porter  
Irvin Milburn  
Nancy Wilks-Lott*

*Louise Goins  
Gloria Adams  
Veatta Barrett  
Main Yee*

*Jack Armour*



# HAPPENINGS.....

## EXERCISE ROOM UPSTAIRS



Exercise 5 Days a week on Treadmills & Elliptical Machines





*I have a Dream*  
**Martin Luther King Day**



**FUN & GAMES**  
**COMPUTER AND SHUFFLE BOARD**  
**MONDAY THRU FRIDAY**  
**8:30 AM – 4:30 PM**

**JANUARY 2020**  
**SPECIAL EVENTS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CENTER CLOSED 	2 9:00 Card Sharks 12:00 - 2:00 Senior Cinema	3 9:00 Card Sharks 9:00 Spring into the Weekend 12:45 - 2:00 Bingo
6 9:00 Good News Monday 9:00 Card Sharks 10:30 Open Systems Home Health Bingo 11:00 - 1:30 Mini Trip Country Club Diner	7 9:00 Card Sharks 10:30 PCA Chronic Disease Workshop 12:45 - 2:00 Bingo	8 9:00 Card Shark 10:30 Cigna Pneumonia Clinic 12:45 - 2:00 Bingo	9 9:00 Card Sharks 10:30 Frankford Neighborhood Advisory Council Resource Session  12:30 Crochet and Crafts	10 9:00 Card Sharks 9:00 Pennies from Heaven 10:30 Compassionate Care Game Day 12:45 - 2:00 Bingo
13 9:00 Card Sharks 9:00 Good News Monday 10:00 - 11:00 Spiritual Journey 11:00 - 5:00 Mini Trip Movie Theater	14 9:00 Card Shark 10:30 EL Centro High School Students MLK Poetry Reading 12:45 - 2:30 Bingo	15 9:00 Card Sharks 10:30 General Meeting 12:45 - 2:00 Bingo 2:00 Women's Group	16 9:00 Card Sharks 10:30 Winter Safety Tips w/Nichet  12:30 - 2:00 Senior Cinema	17 9:00 Card Sharks 9:00 Pennies from heaven  MLK Celebration 10:30 State Rep Dawkins 12:15 Spiritual Songs Concert 12:45 - 2:00 Bingo
20 CENTER CLOSED 	21 9:00 Card Sharks 10:30 Open Forum w/ Nichet 12:45 - 2:00 Bingo 2:00 Short Stories	22 9:00 Card Sharks 10:30 Oak Street Health 2020 Vision Board Motivation Group 12:45 - 2:00 Bingo 2:00 Women's Group	23 9:00 Card Sharks  12:30 Winter Crafts w/ Lynette	24 9:00 Card Sharks 9:00 Pennies from Heaven 10:30 SHOP-RITE Dietician Andrea 12:45 - 2:00 Bingo
27 9:00 Card Sharks 9:00 Good News Monday 10:00 - 11:00 Spiritual Journey 11:00 - 5:00 Mini Trip Movie Theater	28 9:00 Card Sharks 11:45 January Birthday Party 12:45 - 2:00 Bingo 2:00 Short Stories	29 9:00 Card Sharks 10:30 Healthy Eating w/Nichet 12:45 - 2:00 Bingo 2:00 Women's Group	30 9:00 Card Sharks  12:30 - 2:00 Senior Cinema	31 9:00 Card Sharks 9:00 Pennies from Heaven 12:45 - 2:00 Bingo

# 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**



# TUMMY TREASURE

## Crab Bisque



### INGREDIENTS

3 tbsp. butter  
1 medium onion, finely chopped  
2 stalks celery, finely chopped  
Kosher salt  
Freshly ground black pepper  
1 tsp. Old Bay seasoning  
2 cloves garlic, minced  
2 tbsp. tomato paste  
3 tbsp. flour  
4 c. fish stock (or low-sodium vegetable broth)  
1 c. dry white wine  
1 bay leaf  
1/2 c. heavy cream  
1 lb. lump crab meat  
Freshly chopped parsley, for garnish

### DIRECTIONS

1. In a large, heavy pot over medium heat, heat butter. Add onion and celery and cook until soft, about 5 minutes. Season with salt, pepper, and Old Bay, then stir in garlic and tomato paste. Cook until garlic is fragrant and tomato paste coats vegetables, about 2 minutes. Sprinkle over flour and cook until absorbed, 1 minute more.
2. Pour in seafood stock and wine, then stir in bay leaf. Reduce heat and let simmer until liquid is reduced and flavors meld, stirring occasionally, 30 minutes.
3. Remove bay leaf and puree soup with an immersion blender on high until very smooth. Return to medium low heat and stir in heavy cream and half of the crab meat. Cook until just warmed through, about 5 minutes.
4. Divide among bowls and garnish with remaining crab meat and parsley before serving.



# WINTER SAFETY



## Winter Safety Tips For Older Adults

### Hypothermia

Hypothermia occurs when your body temperature drops to a dangerous level. Your body temperature can drop when you are out in the cold for an extended time because it begins to lose heat quickly. Older adults are at an increased risk of hypothermia due to changes that happen to your body with aging.

Warning Signs: cold skin that is pale or ashy; feeling very tired, confused and sleepy; feeling weak; problems walking; slowed breathing or heart rate. Call 911, if you think you or someone else has hypothermia.

### Precautions to Take

- Stay indoors (or don't stay outside for very long).
- Keep indoor temperature at 65 degrees or warmer.
- Stay dry because wet clothing chills your body more quickly.
- Dress smart – protect your lungs from cold air. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!
- Essential winter wear: hats, gloves (or preferably mittens), winter coat, boots, and a scarf to cover your mouth and nose.

### Frostbite

Frostbite occurs when your body experiences damage to the skin that can go all the way down to the bone. Not surprisingly, extreme cold can cause frostbite. It is most likely to occur on body parts farthest away from your heart. Common places include your nose, ears, cheeks, chin, fingers, and toes. In severe cases, frostbite can result in loss of limbs. People with heart disease and other circulation problems are at a higher risk.

Cover up! All parts of your body should be covered when you go out in the cold. If your skin turns red or dark or starts hurting, go inside right away.

Know the warning signs of frostbite: skin that's white or ashy or grayish-yellow; skin that feels hard or waxy; numbness. If you think you or someone else has frostbite, call for medical help immediately.

**If frostbite occurs, run the affected area under warm (not hot) water.**





# WINTER SAFETY



## **Fires and Carbon Monoxide Poisoning**

During the winter months, it is common to use the fireplace or other heating sources, such as natural gas, kerosene, and other fuels. Unless fireplaces, wood and gas stoves and gas appliances are properly vented, cleaned, and used, they can leak dangerous amounts of carbon monoxide—a deadly gas that you cannot see or smell. These and other appliances, such as space heaters, can also be fire hazards.

### Warning Signs:

Headache

Weakness

Nausea or vomiting

Dizziness

Confusion

Blurred vision

Loss of consciousness

Precautions to Take

## **Precautions to Take**

- Call an inspector to have your chimneys and flues inspected – preferred annually.
- Open a window (when using a kerosene stove) – just a crack will do.
- Place smoke detectors and battery-operated carbon monoxide detectors in strategic places – especially in areas where you use fireplaces, wood stoves, or kerosene heaters.
- Make sure space heaters are at least 3 feet away from anything that might catch fire, such as curtains, bedding, and furniture.
- Never try to heat your home using a gas stove, charcoal grill, or other stoves not made for home heating.



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215-831-2926



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

**BIRTHDAY PARTY**  
**JANUARY 28TH**



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



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



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




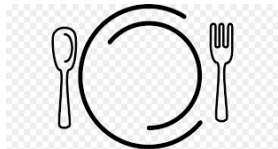
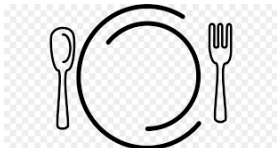
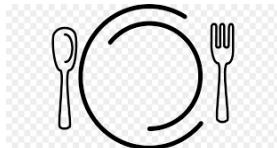


# JANUARY 2020 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1 CENTER CLOSED</b> 	<b>2</b> Chicken Chop Suey Sliced Chicken Steamed Brown Rice Broccoli & Carrots Whole Wheat Roll Mandarin Oranges	<b>3</b> Veggie Deluxe Omelet Marinated Green Bean Salad Spice Peaches Wheat Bread Zucchini Muffin
<b>6</b> Pesto Chicken Shredded Mozzarella Cheese Zucchini Carrot & Yellow Squash Rotini w/diced tomatoes Wheat Roll Mandarin Oranges	<b>7</b> Meatloaf w/Onion Gravy Scalloped Potatoes Peas Wheat Bread Fresh Orange Homemade Vegetarian Navy Bean Soup	<b>8</b> Baked Ziti Garlic Spinach w/ Carrots Cauliflower Chocolate Chip Cookie	<b>9</b> Sweet & Sour Turkey Meatballs Honey Glazed Carrots Brown Rice w/ Chopped Peppers Wheat Bread	<b>10</b> Crab Cake w/Mac & Cheese with tomatoes Green Beans Health Salad Wheat Bread Applesauce
<b>13</b> Chicken thigh w/ Beans & Wilted Greens Carrots Wheat roll Fresh Pear	<b>14</b> BBQ Cheddar Burger Sweet Potato Cubes Sugar Snap Peas & Red Peppers Cucumber & Onion Salad Hamburger Roll Mixed Fruit	<b>15</b> Egg w/Sausage Crumbles & Cheese Cubed Potatoes Roasted Peppers, Zucchini & Onions Wheat Bread	<b>16 Festive Meal MLK Meal</b> 	<b>17</b> Lemon Paprika Baked Fish Orzo, Brussel Sprouts Wheat Bread Diced Pears Homemade Tomato Florentine Soup
<b>20 CENTER CLOSED</b> 	<b>21</b> Orange Chicken Peas & Carrots Broccoli Wheat Roll Fresh Apple	<b>22</b> Salisbury Steak w/ Caramelized Onion Whipped Potatoes & Cauliflower Mixed Vegetables Rye Bread Berry Applesauce	<b>23</b> Oven Fried Chicken Squash, Carrots & Zucchini Yellow Sweet Corn Wheat Roll Tropical Fruit Mix Chicken Noodle Soup	<b>24</b> Thyme & Tarragon Baked Fish Seasoned Potatoes Sautéed Cabbage Romaine Lettuce w/ Shredded Carrots Wheat Bread Raisin Muffin
<b>27</b> Sliced Turkey w/ Herb Poultry Gravy & Stuffing Green Bean Al-mandine Carrot Coins Wheat Roll Peach Applesauce	<b>28</b> Grilled Chicken Caprese Penne Pasta Broccoli & Cauliflower Zucchini & Carrots Wheat Bread Fresh Pear Homemade Italian Wedding Soup	<b>29</b> Beef Taco Brown Rice Fiesta Corn Tossed Salad w/ cucumber & Tomato Dressing Wheat Tortilla Pineapple	<b>30</b> Chicken Chop Suey Sliced Chicken Steamed Brown Rice Broccoli & Carrots Whole Wheat Roll Mandarin Oranges	<b>31</b> Veggie Deluxe Omelet Marinated Green Bean Salad Spice Peaches Wheat Bread Zucchini Muffin

# B.T.C. FOOD

## PCA JANUARY 2020 MENU NON-KOSHER CONGREGATE MENU ALTERNATIVE CHOICE LUNCH

Tuesday	Wednesday 1	Thursday 2	Friday 3
	<b>CENTER CLOSED</b> 	Roast Beef & Provolone on Club Roll Lettuce & Tomato Homemade 3 Bean Salad Mandarin Oranges	Cranberry Almond Chicken Spinach Salad Marinated Broccoli & Cauliflower Salad Wheat Roll Zucchini Muffin
7	8	9	10
Chicken Salad Sandwich & Bean Soup Green Salad Marinated Tomato & Basil & Onion Salad Fresh Orange' Wheat Bread	<b>No Alternate Meal</b> 	Seafood Salad & Hard Boiled Egg Dill Cucumber Salad Homemade Pasta Salad w/ peppers Diced Peaches Wheat Roll	Turkey & Muenster Cheese on Wheat Hamburger Lettuce & tomato Homemade Carrot Raisin Salad Applesauce
14	15	16	17
Spinach Salad w/Chicken & Beets Cold Brown Rice Salad Dressing Wheat Bread Mixed Fruit	Deli Salad Romaine Lettuce, Turkey Ham, Roast Beef, & Swiss Cheese Potato Salad Dressing Wheat Bread	Hard Boiled Egg & Cheese Platter Lettuce & Tomato Broccoli and Cranberry Salad Macaroni Salad Wheat Bread Pineapple	Sliced Chicken Reuben on Pita Homemade Cole Slaw Diced Pears Dressing Tomato Florentine w/pasta Soup
21	22	23	24
Tuna Salad Platter Vegetable pasta Soup Wheat Roll Fresh Apple	Garden Salad w/Grilled Chicken Black Bean & Corn & Red Pepper Salad Wheat Roll Berry Applesauce	Egg Salad Platter Marinated Tomato & White Bean Salad Marinated Carrot Salad Wheat Roll' Tropical Fruit Mix Chicken Noodle Soup	<b>No Alternate Meal</b> 
28	29	30	31
<b>No Alternate Meal</b> 	<b>No Alternate Meal</b> 	<b>No Alternate Meal</b> 	Cranberry Almond Chicken Spinach Salad Marinated Broccoli & Cauliflower Salad Wheat Roll Zucchini Muffin



# **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**

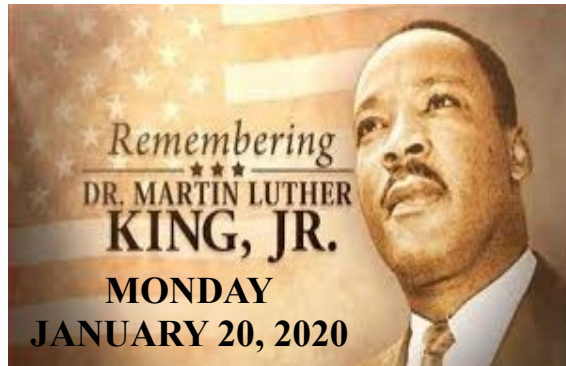
**Navy Blue with Yellow Logo**

**Gray with Blue Logo**

**Carolina Blue with Yellow Logo**

**Army Green with Yellow Logo**

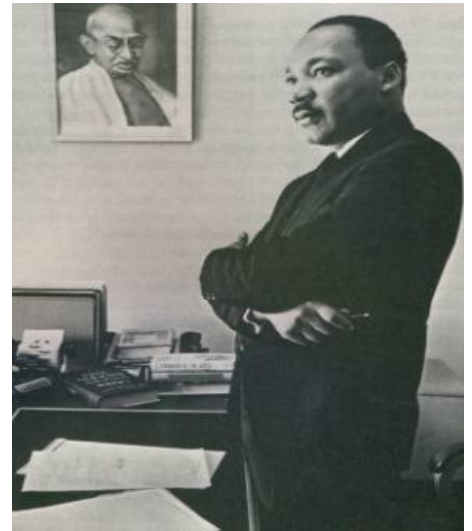
## MLK DAY OF SERVICE



**Dr. King's Dream  
Treat people kindly  
Do what is fair  
Work for all people  
Show that you care  
These are the ways  
If we work as a team  
To remember the man  
Who said, "I have a  
dream."**

### **A Dream Can Come True**

**Martin Luther King had a dream  
For people everywhere.  
He wanted them to get along  
And show how much they care  
By helping one another  
And by always being fair.  
So remember Martin Luther King  
And help his dream come true  
By always treating others  
As you'd want them to treat  
you.**



**Freedom Freedom  
Twinkle Twinkle**

**Freedom, freedom, let it ring  
"Let it ring" said Dr. King**

**Let us live in harmony.  
Peace and love for you and me.**

**Freedom, freedom, let it ring  
"Let it ring" said Dr. King**



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](http://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 FEBRUARY 2020**

**Monday - February 3rd - Parks Casino**

**10:30am - 3:30pm**

**Pickup at Residence**

**Cost \$4.00 See Karen or Blair**

**Monday - February 10th Mini Trip**

**Philadelphia Mills Movie Theater**

**Pickup at Residence**

**11:00am - 4:30pm**

**Cost \$4.00 See Karen or Blair**

**Monday - February 10th & 24th**

**Spiritual Journey w/Nate & Delores.**

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

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

**Monday - February 24th Mini Trip TBA**

**11:00am - 1:30pm**

**Cost \$4.00 See Karen or Blair**

**Tuesday - February 25th - Center Birthday Party**

**Free ice cream and cake**

**Time 11:45am - 12:45pm Entertainment**



# **NORTHEAST SENIOR CENTER ADVISORY COUNCIL**



## **ADVISORY COUNCIL MEMBERS AT LARGE**

<b>PRESIDENT</b>	<b>HELEN WILKERSON</b>
<b>VICE PRESIDENT</b>	<b>FRANCINE CASHLEY</b>
<b>SECRETARY</b>	<b>HELEN JACKSON</b>
<b>TREASURER</b>	<b>MARTHA BENJAMIN</b>

## **STAFF**

<b>CENTER DIRECTOR</b>	<b>JIM CRAWFORD</b>
<b>PROGRAM COORDINATOR</b>	<b>BLAIR JORDAN</b>
<b>CASEWORKER</b>	<b>NICHET KEMP</b>
<b>PROGRAM REPRESENTATIVE</b>	<b>KAREN THOMAS</b>
<b>NUTRITION AIDE</b>	<b>JACQUELINE COLEMAN</b>
<b>CUSTODIAN</b>	<b>ERVIN GUESS</b>



**THE PETER BRESSI NORTHEAST SENIOR CENTER IS FUNDED BY  
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