

FEBRUARY 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.

FEBRUARY 2020



**INSIDE
THIS
ISSUE**

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

From the Director

February 2020



Dear Members,

I want to thank everyone for coming out to our MLK celebration. I learned a lot of interesting facts about the civil rights leader that I was previously unaware of, and I want to thank Maxine Johnson for her very informative presentation about the immense positive impact the civil rights leader has had on our society. It was a very educational event, and we'd like to piggy back off of that one as we move in to African American History Month.

We will be speaking about various Influential African American leaders throughout the month, and will be holding a variety of different programs and activities in honor of those who have helped make this country a great place to live. In addition to these daily events, we will also be celebrating "Heart Health Month" with a slew of presentations and fun programs involving ways of maintaining optimal heart health. As many of you know, there is an interwoven connection between the body, mind and spirit, so in order to effectively nurture one, we must nurture all three. Be on the look out for meditation and mindfulness sessions along w/exercise and nutrition programs throughout the month. We will also be celebrating Valentine's Day on Feb 14th, so bring your sweet tooth with you as we will have a variety of tasty treats to sample, as we discuss the power of loving kindness towards one another. I think this is the perfect day to let your friends, family, and fellow members know how much you care for and appreciate their friendship and the positive influence they have had on your lives.

Please continue to welcome in new guests and urge friends and family to attend special events we're offering here at the center. We're confident that if we can get a new face in one day, then he/she will likely return to participate in other activities or even just to socialize with other members. Please don't forget that just saying Hi to a new member (or potential member) and asking them how their day was going or how it is nice to meet them can make that whole day a great one for that individual. Your words are powerful, so please use them wisely and kindly so we can positively impact those around us.

Finally, with the frigid temperatures surely ahead of 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 by 7:45am stating if the center will be open on that day. Also, as a reminder, we will be closed on February 17th in observance of President's Day.

Thank you again for everything you do each day! I look forward to another great month together!

Sincerely,

Jim Crawford



Program Coordinator

February



February Greetings and warm wishes for us all to be able to start this new year off healthily and happily. As always, we want give thanks to you OUR MEMBERS. **IT IS YOU** who will make this year at Peter Bressi truly special.

While only its only the beginning of 2020 we've hit the ground running here at the center. You know our motto "Get Busy at Peter Bressi." January was very busy with our MLK Day Celebration (special thanks to the Rep. Jason Dawkins for his remarks), the 1st of our Citizens Bank Elder Exploitation Financial Literacy Sessions, and the kickoff of PCA's Diabetes Self-Management Program. If you can believe it February is shaping to be just as "hearty"

February is **Heart Health Month** and brings a new month, new activities, and new opportunities to live, laugh, learn, and celebrate each other. We will have a month of Heart healthy food demonstrations, arts and crafts, and even health tips that will hopefully make your heart sing. Wear your red often throughout the month with pride and special thanks to **Jacinda Padilla from Philadelphia Prevention Partnership, Taylor and Mike from IQ Home Health** for adding their special touch to the event.

February is also the perfect time to start the **PCA's Diabetes Self-Management Program**. This **FREE** series offers 6 weeks of strategies on how to better manage symptoms of diabetes **The Workshop continues Thursday February 6** and last 4 more weeks every Thursday until **March 5** 12:00pm to 2:30pm. See the flyer in this month's newsletter. Call me at (215) 831-2926 or stop in to sign up in person. February is also **Black History Month**. Stay tuned for events throughout the month to commemorate this month. Stop in to see our Wall of History filled with facts and profiles of prominent figures. You may even see some of your heroes walking around the building!

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.



February's Other Highlights Include:



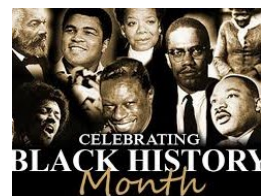
- 2/4 Heart Health Trivia with IQ Home Health**
- 2/5 Citizens Bank Elder Exploitation Financial Literacy**
- 2/12 General Meeting**
- 2/13 Heart Healthy Arts and Crafts**
- 2/14 Valentines' Day Celebration and Meal**
- 2/17 CENTER CLOSED FOR PRESIDENT'S DAY**
- 2/18 Jump Start your Heart Zumba with Nichet**
- 2/19 Food Safety with BTC Dietician Linda**
- 2/21 ACCESS MATTERS Health Promotion Event**
- 2/25 Mardi Gras Themed February Birthday Party**
- 2/26 Citizens Bank Elder Exploitation Financial Literacy**
- 2/27 Heroes of Black History Event**

Of Course YOUR Advisory Board will continue selling your favorite snacks available for munching! Sounds like a lot doesn't it. Well you're right. That's why we need you. YOUR Advisory Board has tons of ideas for trips, and other events they'd like to host. The only thing missing is you!

VOLUNTEERS NEEDED AND WANTED TO JOIN YOUR ADVISORY BOARD.

REMEMBER Don'T MISS A MINUTE. In between, enjoy the week filled with activities such as Art with Ruth, Spiritual Journey & more. February's Senior Spotlight is Setsuko Holman. Take a gander at her profile hanging around the center and get to know her even better.

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



A Note From Nichet



Hello everyone and welcome to February, I hope all of you enjoyed the wonderful events that took place last month. However this month, I am looking forward to introducing you guys to more healthy eating habits and more exciting ways to exercise. I am happy to announce that I will be doing another special women's group. This women's group is special because it's going to primarily focus on women's empowerment. I think encouraging women to tap into their inner selves and not be afraid to step out of their comfort zones is great. Another exciting event coming up is our Black History month celebration in which I hope you all enjoy. I'm looking forward to sharing some knowledge about influential African Americans leaders in American History. Also this is nice, because we all are looking forward to learning some wonderful educational information. If anyone has any questions or want to know the details, please see Blair Jordan and Niche't Kemp.

As I always mention, I hope you guys are taking some time out to relax and enjoy the many wonders of life. This means go shopping treat yourself, engage in something fun, play pool, go bowling go to the movies, travel the world and etc. Whatever it is that makes you happy please do it. Most of all, tell your loved ones how much you care about them. Life is way to short and we all have to start enjoying ourselves more each day. Also having hobbies keep your stress levels down.

However, if anyone is interested in listening to webinars that PCA has coming up, please let me know. This month, they offer Occupational Therapy and Social Work: Community Based Approaches to Support People living with Dementia & Caregivers, Tax Preparation Assistance: Supporting Financial Preparedness for Underserved Populations. These Webinars are very helpful and educational as well.

Fun Facts: Did you know that seniors hold the most voting power, when it comes to voting in the United States, those 60 and over cast more ballots than any other age group. Also there is less stress after age 65, despite citing other health and money concerns. Lastly, more than 15 million older adults are formally recognized volunteers, but nearly half of all seniors volunteer in some capacity.

Quote of the Day:

The best way to pay for a lovely moment is to enjoy it. *"Richard Bach"*

February 7th 2020 - Right at Home Health Care Presentation 10:00am

February 11th 2020 – Compassionate Care Provider Agency "Game Day" 10:00am

February 13th 2020- Sliver Bird Home Care Presentation 10:00am

February 18th 2020- Zumba Class w/Niche't

February 27th 2020- Black History Month Celebration



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

FEBRUARY is...

American Heart Month

An Affair to Remember Month

Black History Month

Canned Food Month

Creative Romance Month

Great American Pie Month

National Bird Feeding Month

National Cherry Month

National Children's Dental Health Month

National Grapefruit Month

National Weddings Month

Spunky Old Broads Month

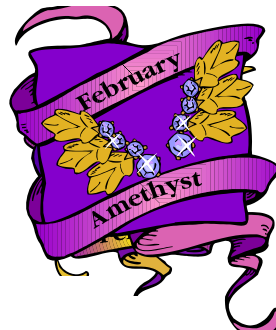
HAPPENINGS

ORIGIN OF FEBRUARY'S NAME

Origin of February's Name - February, the Roman "Month of Purification," gets its name from the Latin Word, Februarius, through the verb Februare, meaning to "expiate" or "purify." At the Festival of Februa celebrated on February 15, people reported of their wrongdoings and offered sacrifices to the gods.

Birthstone

Amethyst



Flower

Violet



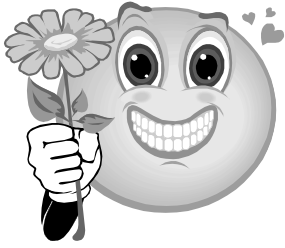
QUOTE FOR FEBRUARY

"Away in a meadow all covered with snow
The little old groundhog looks for his shadow
The clouds in the sky determine our fate
If winter will leave us all early or late."

- Don Halley

Color

Yellow and Black



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!**

FEBRUARY BIRTHDAYS

Setsuko Holman

Helen Jackson

Loretta McCullough

Jerome McKnight

Lucille Jones

Roman Colon-Tirado

Juanito Pepito

Gregory wood

Herman Rozier

HAPPENINGS.....

EXERCISE ROOM UPSTAIRS



Exercise 5 Days a week on Treadmills & Elliptical Machines



FEBRUARY



Valentine's Day



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

**FEBRUARY 2020
SPECIAL EVENTS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 9:00 Good News Monday 9:00 Card Sharks 12:30 Art w/Ruth</p>	<p>4 9:00 Card Sharks 10:30 Heart Healthy Trivia w/Instant Quality Home Health 12:45 - 2:00 Bingo</p>	<p>5 9:00 Card Shark 10:30 Elder Exploitation Financial Literacy from Citizens Bank 12:45 – 2:00 Bingo</p>	<p>6 9:00 Card Sharks 12:00 Common Threads PCA Diabetes Self Management Session</p>	<p>7 9:00 Card Sharks 9:00 Spring into the Weekend 10:30 Right at Home Healthcare 12:45 - 2:00 Bingo</p>
<p>10 9:00 Good News Monday 9:00 Card Sharks 11:00 - 5:00 Mini Trip Movie Theater</p>	<p>11 9:00 Card Sharks 10:30 Compassionate Care Game Day 12:45 - 2:00 Bingo</p>	<p>12 9:00 Card Shark 10:30 General Meeting 12:45 – 2:00 Bingo</p>	<p>13 9:00 Card Sharks 10:30 Heart Healthy Crafts w/Jacinda 12:00 Common Threads PCA Diabetes Self Management Session</p>	<p>14 9:00 Card Sharks 9:00 Pennies from Heaven 10:30 Valentines Day Celebration 12:45 - 2:00 Bingo</p>
<p>17 CENTER CLOSED</p> 	<p>18 9:00 Card Shark 10:30 Jump Start Your Heart Zumba w/Nichet 12:45 - 2:30 Bingo</p>	<p>19 9:00 Card Sharks 10:30 Food Safety w/ BTC Dietician Linda 12:45 - 2:00 Bingo 2:00 Women's Group</p>	<p>20 9:00 Card Sharks 12:00 Common Threads PCA Diabetes Self Management Session</p>	<p>21 9:00 Card Sharks 9:00 Pennies from heaven 10:30 Access Matter Health Promotion Ever 12:45 - 2:00 Bingo</p>
<p>24 9:00 Card Sharks 9:00 Good News Monday 10:00 - 11:00 Spiritual Journey 11:00 - 1:30 Mini Trip Fridays 12:30 Art w/Ruth</p>	<p>25 9:00 Card Sharks 11:45 Mardi Gras and February Birthday Party 12:45 - 2:00 Bingo 2:00 Short Stories</p>	<p>26 9:00 Card Sharks 10:30 Elder Exploitation Financial Literacy from Citizens Bank 12:45 - 2:00 Bingo 2:00 Women's Group</p>	<p>27 9:00 Card Sharks 12:00 "Common Threads" PCA Diabetes Self Management Session</p>	<p>28 9:00 Card Sharks 9:00 Pennies from Heaven 12:45 - 2:00 Bingo</p>
				

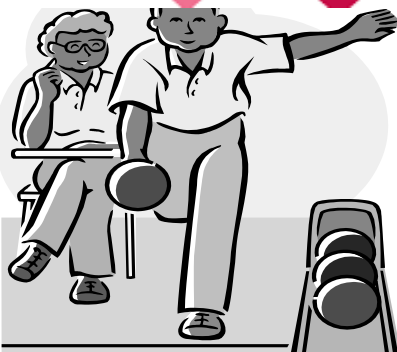
ONGOING ACTIVITIES

**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

Happy Valentine's Day

Happy Valentine's Day



**FUN AND GAMES
ON THE COMPUTER
MONDAY - FRIDAY
8:30 - 4:30**



PATIO AREA OUT BACK

TUMMY TREASURE



Pink Champagne Layer Cake

Ingredients - Cake

- 1 box Betty Crocker white cake mix
- 1 1/4 cups champagne, room temperature
- 1/3 cup vegetable oil
- 3 egg whites
- 4 or 5 drops red food color

Champagne Frosting

- 1/2 cup butter, softened
- 4 cups powdered sugar
- 1/4 cup champagne, room temperature
- 1 teaspoon vanilla
- 4 or 5 drops red food color

Directions

1. Heat oven to 350°F (325°F for dark or nonstick pans). Spray bottoms and sides of two 8- or 9-inch round cake pans with baking spray with flour.
2. In large bowl, stir together cake mix and 1 1/4 cups champagne. Add oil, egg whites and food color; beat with electric mixer on medium speed 2 minutes. Pour into pans.
3. Bake as directed on box for 8- or 9-inch rounds. Cool 10 minutes. Remove cakes from pans to cooling racks. Cool completely, about 1 hour.
4. In medium bowl, beat frosting ingredients with electric mixer on medium speed until smooth. On serving plate, place 1 cake layer, rounded side down. Frost top of cake layer. Top with second layer, rounded side up. Frost side and top of cake. Sprinkle with garnishes. Store loosely covered.



WINTER SAFETY



Winter Safety Tips For Older Adults

What Is a Safe Room Temperature for Elderly People?

It's tempting to turn down the thermostat to keep energy bills low, but is that wise? The young and the old may have trouble regulating their body temperature—meaning they could have trouble staying warm in winter and cool in summer. This is especially a concern for elderly individuals, as they can suffer serious health complications from peaks or drops in internal body temperature. Stay safe this winter by setting your thermostat or that of your loved ones to a temperature of 68 – 74 degrees Fahrenheit.

Why Is Room Temperature Important?

An appropriate room temperature will allow individuals to maintain a healthy body temperature. While 98.6 degrees Fahrenheit is commonly referred to as a “normal” internal temp, some variation is expected. Really, anything between 98.2 and 99.9 degrees can be considered normal. A body temperature below 98.2 degrees Fahrenheit is considered abnormal, and anything below 95 degrees Fahrenheit is a major cause for concern, as it indicates a risk of hypothermia. Keep your home at a safe temperature to help maintain a healthy body temperature.

What Is Hypothermia?

Hypothermia can be defined as the state of having an abnormally low body temperature—typically below 95 degrees Fahrenheit. Generally associated with exposure to freezing water, hypothermia can set in quickly, without warning. But it may not have anything to do with exposure to wind and rain. Among the young and old, hypothermia can set in anytime, even in their relatively warm homes.

Dangerously low body temperatures can lead to serious health problems like heart attack, organ damage, and even death. Keeping the thermostat set to a safe temperature, between 68 and 74 degrees Fahrenheit, is the easiest way to safeguard against hypothermia.



STAYING WARM



More Staying Warm Tips for Elderly

Outside of adjusting room temperature, there are many ways elderly individuals and their caregivers can safeguard against temperature-related health problems. These include:

- If consuming alcohol, do so moderately. Alcoholic beverages can contribute to the loss of body heat.
- Inspect the home's insulation. Protect against drafts by adding door snakes or thermal curtains throughout the house.
- Dress for the weather. Wear layers so you can adjust your outfit for any fluctuation in temperature.
- Keep extra blankets on your bed, and wear warm pajamas to bed.
- Eat small meals frequently throughout the day to keep your energy up and help maintain a healthy body temperature.
- Believe in the buddy system. Check in with elderly friends and family regularly, in person or over the phone, to make sure they are warm and safe throughout the winter.



BLACK HISTORY



“I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality.... I believe that unarmed truth and unconditional love will have the final word.”

—Martin Luther King, Jr.



“My fellow Americans, we are and always will be a nation of immigrants. We were strangers once, too”

—Barack Obama



“As women and young girls, we have to invest that time in getting to understand who we are and liking who we are.”

—Michelle Obama



“I have learned over the years that when one’s mind is made up, this diminishes fear.”

—Rosa Parks



“Bringing the gifts that my ancestors gave, I am the dream and the hope of the slave. I rise. I rise. I rise.”

—Maya Angelou



“Truth is powerful and it prevails.”

—Sojourner Truth



“The measure of a country's greatness is its ability to retain compassion in times of crisis.”

— Thurgood Marshall



“Do not judge me by my successes, judge me by how many times I fell down and got back up again.”

— Nelson Mandela



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

BIRTHDAY PARTY
FEBRUARY 25TH



MONDAY THRU FRIDAY
BILLIARDS, TABLE GAMES
BINGO, LUNCH



ADDITIONAL TABLES ARE
LOCATED UPSTAIRS

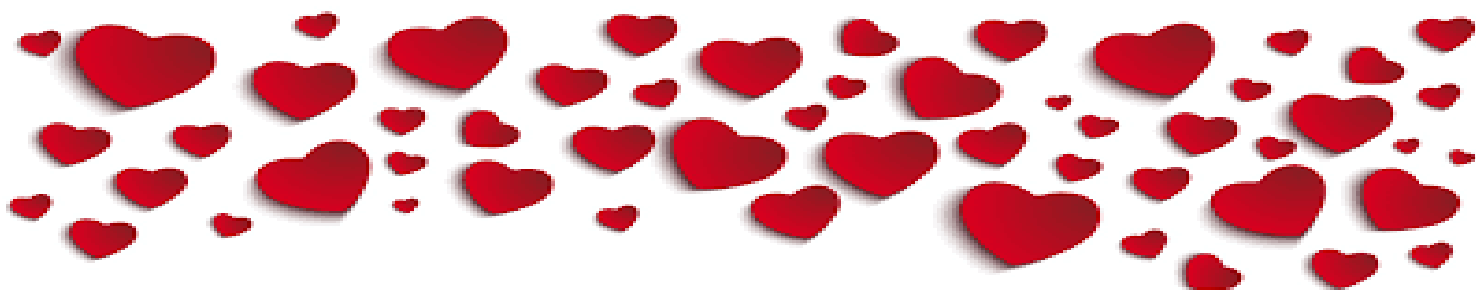


TREADMILLS &
ELLIPTICAL MACHINES



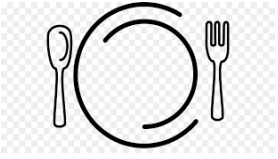
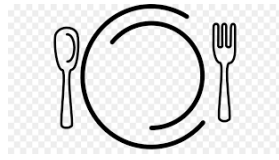
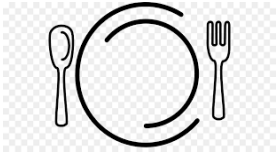
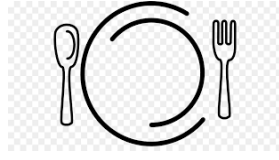
FEBRUARY 2020 MENU

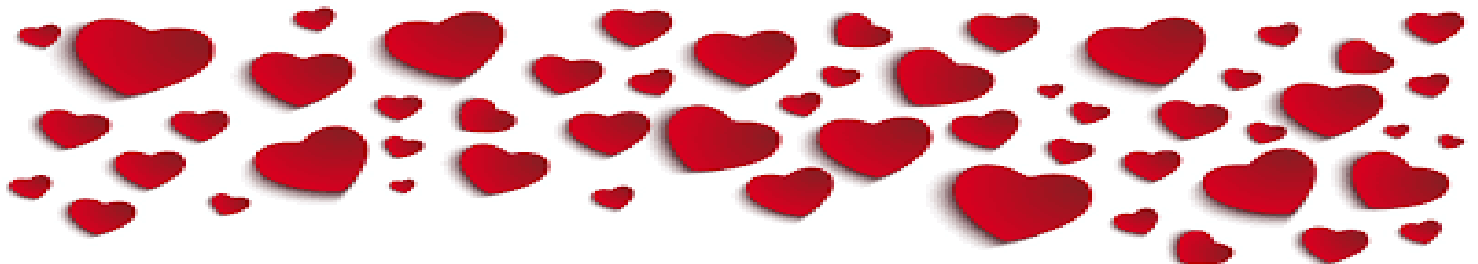
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sliced Turkey w/ Herb Poultry Gravy & Stuffing Green Bean Almandine Carrot Coins Wheat Roll Peach Applesauce	4 Grilled Chicken Caprese Penne Pasta Broccoli & Cauliflow- er Zucchini & Carrots Wheat Bread Fresh Pear Homemade Italian Wedding Soup	5 Beef Taco Brown Rice Fiesta Corn Tossed Salad w/ cucumber & Tomato Dressing Wheat Tortilla Pineapple	6 Chicken Chop Suey Sliced Chicken Steamed Brown Rice Broccoli & Carrots Whole Wheat Roll Mandarin Oranges	7 Veggie Deluxe Omelet Marinated Green Bean Salad Spice Peaches Wheat Bread Zucchini Muffin
10 Pesto Chicken Shredded Mozzarella Cheese Zucchini Carrot & Yellow Squash Rotini w/diced to- matoes Wheat Roll Mandarin Oranges	11 Meatloaf w/Onion Gravy Scalloped Potatoes Peas Wheat Bread Fresh Orange Homemade Vegetarian Navy Bean Soup	12 Baked Ziti Garlic Spinach w/ Carrots Cauliflower Chocolate Chip Cookie	13 Sweet & Sour Turkey Meatballs Honey Glazed Carrots Brown Rice w/ Chopped Peppers Wheat Bread	14 <u>Valentines Day Meal</u> Meatballs w/ Marinara Spaghetti Green Beans Caesar Salad Fresh Clementine Roll Strawberry Shortcake
17 <u>CENTER CLOSED</u> 	18 BBQ Cheddar Burger Sweet Potato Cubes Sugar Snap Peas & Red Peppers Cucumber & Onion Salad Hamburger Roll Mixed Fruit	19 Egg w/Sausage Crumbles & Cheese Cubed Potatoes Roasted Peppers, Zucchini & Onions Wheat Bread	20 Beef & Broccoli Brown Rice Sesame Cabbage & Carrots Wheat Roll Pineapple	21 Lemon Paprika Baked Fish Orzo, Brussel Sprouts Wheat Bread Diced Pears Homemade Tomato Florentine Soup
24 Manicotti w/ Meatballs Cinnamon Applesauce Sautéed Kale, Spinach & Diced Carrots Mixed Fruit	28 Orange Chicken Peas & Carrots Broccoli Wheat Roll Fresh Apple	26 Salisbury Steak w/ Caramelized Onion Whipped Potatoes & Cauliflower Mixed Vegetables Rye Bread Berry Applesauce	27 Oven Fried Chicken Squash, Carrots & Zucchini Yellow Sweat Corn Wheat Roll Tropical Fruit Mix Chicken Noodle Soup	28 Thyme & Tarragon Baked Fish Seasoned Potatoes Sautéed Cabbage Romaine Lettuce w/ Shredded Carrots Wheat Bread Raisin Muffin



B.T.C. FOOD

**PCA FEBRUARY 2020
MENU NON-KOSHER
CONGREGATE MENU
ALTERNATIVE CHOICE LUNCH**

Tuesday 4	Wednesday 5	Thursday 6	Friday 7
No Alternate Meal 	Asian Chicken Salad Health Salad Dressing Wheat Bread Chocolate Chip Cookie	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
11	12	13	14
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	No Alternate Meal 
18	19	20	21
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	No Alternate Meal 	No Alternate Meal 
25	26	27	28
Tuna (Salad) Nicosia Salad Mixed Greens Hard boiled Egg Tomatoes, green Peppers Marinated Pickled Beet Salad Fresh Pear Wheat Roll Dressing Italian Wedding Soup	Turkey Ham & Swiss on 7 Grain Bread Lettuce & tomato Succotash Salad Pineapple	Roast Beef & Provolone on Club roll Lettuce & Tomato Homemade Bean Salad Mandarin Oranges	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

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. LET'S 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 MARCH 2020

Monday - March 2nd Mini Trip Philadelphia Mills Movie Theater

Pickup at Residence

11:00am - 5:00pm

Cost \$4.00 See Karen or Blair

Monday - March 9th Mini Trip Mission Barbeque

11:30am - 2:00pm

Cost \$4.00 See Karen or Blair

Monday - March 9th & 23rd

Spiritual Journey w/Nate & Delores.

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

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

Monday - March 16th Mini Trip Chillis

11:00am - 1:30pm

Cost \$4.00 See Karen or Blair

Monday - March 23rd Mini Trip Philadelphia Mills Movie Theater

Pickup at Residence 11:00am - 5:00pm

Cost \$4.00 See Karen or Blair

Monday - March 30th Mini Trip Chickie & Petes at Parks Casino

Pickup at Residence 11:00am - 5:00pm

Cost \$4.00 See Karen or Blair

Tuesday - March 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	HELEN JACKSON
TREASURER	MARTHA BENJAMIN

STAFF

CENTER DIRECTOR	JIM CRAWFORD
PROGRAM COORDINATOR	BLAIR JORDAN
CASEWORKER	NICHET KEMP
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