

MARCH 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.

MARCH 2020



INSIDE THIS ISSUE

Birthdays
Current Issues
Helpful Hints
Menu
Sunshine Club
Tummy Treasure

From the Director

March 2020



Dear Members,

With Spring right around the corner, I'm excited about the warmer weather ahead and an abundance of excellent programming we'll be rolling out throughout March. March is especially important month for us, as we will be holding our annual "Healthy Steps for Older Adults Fall Prevention program" on March 13th. Our goal this year is to have 25 members sign up and participate in the program, including the 4-week follow up that we'll do with you here at the center. If the 25 members complete the program, the center will be given a \$2,500.00 grant which we'll use to run a variety of fun and informative nutrition and exercise program throughout our next fiscal year, which is July 1, 2020 – June 30, 2021. Your participation could not be more appreciated! In addition to that, we'll be running the "Walk with EASE" program beginning on 3/17. I was so happy with the turn out last year and I hope you're willing to participate in this fun and educational exercise program again. I'm already looking forward to the smoothies to celebrate our accomplishments!

If that doesn't look like enough March fun for you, it's also CENSUS time! I know your enthusiasm is through the roof right now, but I have to ask you to reserve some of that energy for the two full days of programming we'll be holding surrounding the Census! On serious note, the census is of extreme importance to the overall health of our center, and unfortunately, Philadelphia is one of the most underreported cities in the U.S. Under-reported Census data can drastically reduce the amount of funding the state is willing to provide us in order to keep the center running as efficiently as possible. So, although completing the census may seem tedious and insignificant, in reality, it's very important as it is directly related to the funding that we can receive in the future.

A representative from "Philly Counts" will be coming to our center on 3/12 to hold the "Census Champions training." We'll be coming around to see who will be willing to become a promotor and educator on the importance of the Census so you can help us recruit as many seniors as possible to come in and complete the survey's on-line here at the center. A representative from "Generations-On-Line" will also be present on this day to show you how to navigate the system, so you can complete the census as easily as possible. Following that up, we'll be holding a large scale Census celebration on 3/26 to draw in as many seniors as possible to complete the Census while also raffling off some nice prizes (including an air conditioner!) during the event. We'll have a computer instructor present on that day to go over the Census completion process again to help make completing it as easy as possible. We can't thank you enough for your participation! As you can see, we need you a lot more than you need us! The center is non-existent without you, and your attendance and participation could not be appreciated more by our staff as well as the friends you've made here at the center.

I want to thank everyone for participating in the Diabetes Self-Management program. The instructors were excellent, and it was great hearing the goals you've set out (and already started working on) to manage and/or prevent this illness. I want to wish everyone a happy and safe St. Patrick's Day as well. We will be celebrating the holiday with fun games and tasty Irish themed snacks to ring in the special occasion. Please show your St. Patrick's spirit by showing off your shamrock green colors. In addition to that, it's March Madness! That means the mini-hoop is going back up for our Friday free throw shooting contests. The winner will take home a Wawa gift card, but most importantly, will earn bragging rights throughout the month.

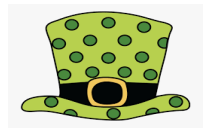
I look forward to another great spring season together!

Sincerely,

Jim Crawford



Program Coordinator



March

March Greetings and warm wishes for Happy Spring. Yes it really is that time already! As always, we want give thanks to you OUR MEMBERS. **IT IS YOU** who make all that we do here at Peter Bressi truly special.

You know our motto "Get Busy at Peter Bressi." Well that's exactly what we've been doing. February was very busy with our Heart Health Month Events, Mardi Gras Party, continuation of PCA's Diabetes Self-Management Program, and month long celebration of Black History. Stay tuned to our Facebook page for pictures of our Heroes of Black History Event where members dressed as and paid homage to pioneers. Citizens Bank Elder Exploitation Financial Literacy Sessions were also very informative and special thanks to Jacinda Padilla and the Philadelphia Prevention Partnership for impactful, compassionate and heartwarming programming throughout the month.

March brings a new month, new activities, and new opportunities to live, laugh, learn, and celebrate each other. Amongst many things in March, we are focusing on **Senior Nutrition and Celebrating the Senior Nutrition Program**. We will have a month of healthy food tips, shopping and label reading information, and more. We will also have practical education around **National Kidney Month**. Of course, lots of fun is included as we celebrate **Irish American Heritage Month** and a St. Patrick's Day filled with treats and sweets. Speaking of fun, it's National Craft Month so prepare to be creative and keep on crafting!

Along with the fun we take a serious look at Avoiding Fraud and other predatory practices during National Consumer Protection Week March 2-March 6. **The Consumer Protection Bureau of PA Attorney General's Office and Frankford Neighborhood Advisory Council** will visit during the week to provide information and resources.

As you know, the **2020 Census** is upon us. Participating in the census literally is your way to be counted. Census numbers determine the amount of public funding to neighborhoods and cities, legislative representation, and more. Here at Peter Bressi, we're working with **PCA, PHILLY COUNTS -the city's Census Action Group** and other partners to make sure everyone has a chance to be represented. See flyers in this newsletter for our Census Events and **BE HERE THURSDAY MARCH 26 for OUR FRANKFORD SENIOR CENSUS EVENT. We're inviting EVERY SENIOR 55 AND UP to COME HERE THAT DAY TO USE CENTER COMPUTERS TO COMPLETE THE CENSUS, GET CENSUS INFORMATION AND ENJOY CONTINENTAL BREAKFAST at 10AM THEN LUNCH at 12:30pm and get a CHANCE to win Valuable Prizes including an AIR CONDITIONER for completing the CENSUS here that day.**

March is also the perfect time to start the **Arthritis Foundation Walk with Ease Exercise Program**. This **FREE** 6 week series showcases simply WALKING as the powerful tool manage and improve the symptoms of Arthritis. The sessions include guides to stretching, posture, and walking. **The program starts Tuesday March 17 at 12pm.** See the flyer in this month's newsletter for the session schedule. To register Call me at **(215) 831-2926** or stop in to sign up in person.





March's Other Highlights Include:

- 3/2 National Kidney Month Awareness Presentation from Right Aid Home Care
- 3/3 Frankford Neighborhood Advisory Council Session on Community Resources

- 3/4 10:30 PA Attorney General's Office Consumer Protection Workshop
- 3/6 General Meeting

- 3/10 Golden Generation "Bridging the Gap Between Generations" ARTS & CRAFTS with EL CENTRO High School Students
- 3/12 2020 CENSUS Computer Support by Generations Online /2020 Census Overview and Census Champion Training with PHILLY COUNTS

- 3/13 HEALTHY STEPS FALL PREVENTION PROGRAM
- 3/17 ST Patrick's Day Celebration

- 3/20 Zumba with Nichet
- 3/24 Golden Generation "Bridging the Gap Between Generations" Community Conversations with EL CENTRO High School Students

- 3/25 Healthy Shopping and Reading between the Labels with Chef Lynette
- 3/26 Frankford Senior Census Event
- 3/31 March Birthday Party

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. March's Senior Spotlight could be you. The winner is picked every month at the General Meeting and is an opportunity for us to get to know you better. Your picture and profile will hang around the center and you will get a chance to shine!

As even those who aren't Irish say **Erin go Bragh(Long live the Irish)**, this month may I leave you with an Irish saying:

May the road rise up to meet you. May the wind always be at your back. May the sun shine warm upon your face, and rains fall soft upon your fields, until we meet again.....

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

Your Activities Coordinator, **BLAIR**



A Note From Nichet



Greetings everyone and welcome to March, I hope all of you enjoyed the wonderful and awesome events that took place last month. The Mardi Gras celebration and the black history month celebration were simply outstanding. For those of you who participated in the black history show thank you so very much. Your hard work and dedication is greatly appreciated. I think each one of us learned so much about African American leaders and their great efforts to American Society.

This month I am going to be doing more presentations and having more open groups. I want you guys to feel comfortable talking to your peers and staff. If anyone has a problem or issue and is having trouble please feel free to ask staff for help. We will be more than willing to assist you. Also just a small reminder this month we are having our healthy steps workshop and I would like all of you guys to participate. This day will be dedicated to exercising and educating you guys on the dangers of risk fall among seniors.

If anyone needs assistance paying utility bills or you just need financial assistance please stop by the office and I'll be more than happy to help you with whatever questions you may have. Also please don't forget about PCA's webinars, they have two awesome one's coming up in March that you all can listen in on. There titled -A matter of balance "Volunteer Training" and Let your voice be heard "A discussion in public health Preparedness"

However I hope all you guys are engaging in some fun activities and picking up more hobbies as often as possible. As we all know having a hobby can be a stress reliever which is good for our mental health. Having a healthy mind can increase our life span, help us fight depression and aid in psychological well-being. I'll name a few hobbies and activities that you all might be interested in doing. Creative writing and poetry, Scrapbooking, Quilting, Birdwatching Ceramics, Painting and etc. Everyone needs something to make them fulfilled and hobbies have a way of invigorating the mind and body.

Fun Facts: Did you know that 11,400 senior centers serve more than 1 million older adults everyday. Also compared with their peers senior center participants have higher levels of health social interaction and life satisfaction and lower levels of income. Another interesting fact is that your brain never stops growing: We grow new neurons with time, and the brain is constantly reshaping itself in response to learning. Lastly did you know that minorities make up almost half of the older population 42% of people 65 and older in the US are part of minority groups.

Quote of the Day: Keep looking up that's the secret to life "Charlie Brown"

March 05, 2020 - 10:00am America's Home Health Care Game Day

March 13, 2020 - 10:00am Healthy Steps Workshop

March 18, 2020 - 10:00am Women's Group

March 20, 2020 - 10:30am Zumba Class 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

MARCH is...

Women's History Month

Deaf History Month

National Craft Month

Optimism Month

Honor Society Awareness Month

National Foreign Language Month

Irish American Heritage Month

National Ethics Month

Expanding Girls' Horizons in Science
and Engineering Month

Bleeding Disorders Awareness Month

National Cheerleader Safety Month

National Kidney Month

National Nutrition Month

National Colorectal Cancer Awareness
Month

Save Your Vision Month and Work-
place Eye Wellness Month

Trisomy Awareness Month

Problem Gambling Awareness Month



HAPPENINGS

ORIGIN OF MARCH'S NAME

The name of March comes from Latin **Martius**, the first month of the earliest Roman calendar. March is the **third month of the year**, has **31 days**, and is named after **Mars**, the Roman god of war. ... It was originally the first month of the year in the Roman calendar.

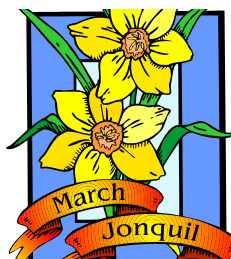
Birthstone

Bloodstone



Flower

Jonquil
(Daffodil)



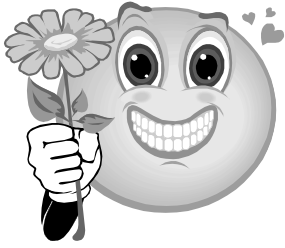
QUOTE FOR MARCH

"December days were brief
and chill,
The winds of March were wild
and drear,
And, nearing and receding still,
Spring never would, we
thought, be here."

~Arthur Hugh Clough

Color

White



SPECIAL MENTION

**OUR SUNSHINE
CLUB SENDS
GET WELL
WISHES TO**



**Auroa Zoleta
Richard Wilks**

ATTENTION PLEASE!

**WHEN RESERVING A RIDE ON
PARA-TRANSIT SHARED RIDE
WITH KAREN THOMAS PLEASE
GIVE HER AT LEAST FIVE (5)
BUSINESS DAYS FOR DAILY RIDES
AND MINI TRIP RIDES. 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 FOR ALL DAILY RIDES. ALL MINI-TRIPS, YOU
MUST RETURN TO YOUR HOME AFTERWARD.
THANK YOU!**

MARCH BIRTHDAYS

***Helen Wilkerson
Jannette Robinson
William Cellini
Marquita Wright
James Glover
Jim Katona***

***Gloria Green
Eulogio Santos
Steven Carasick
Carrie Parker
Valerie McCoy
Walter Jackson***

HAPPENINGS.....

EXERCISE ROOM UPSTAIRS



Exercise 5 Days a week on Treadmills & Elliptical Machines



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

**MARCH 2020
SPECIAL EVENTS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:00 Good News Monday 9:00 Card Sharks 10:30 National Kidney Month Awareness Presentation from Rite Aid Home Care 11:00 - 5:00 Mini Trip Movie Theater 12:30 Art w/Ruth</p>	<p>3 9:00 Card Sharks 10:30 Frankford Neighborhood Advisory Council Session on Community Resources 12:45 - 2:00 Bingo</p>	<p>4 9:00 Card Shark 10:30 PA Attorney General's Office Consumer Protection Workshop 12:45 – 2:00 Bingo</p>	<p>5 9:00 Card Sharks 10:30 America's Home Health Game Day 12:00 Common Threads PCA Diabetes Self Management Session</p>	<p>6 9:00 Card Sharks 9:00 Spring into the Weekend 10:30 General Meeting 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 - 1:30 Mini Trip Mission Barbeque 1:00 Mediation w/Bear</p>	<p>10 9:00 Card Sharks 10:30 Golden Generation "Bridging the Gap Between Generations Arts & Crafts w/EL Centro High School Students 12:45 - 2:00 Bingo</p>	<p>11 9:00 Card Shark 10:30 Cigna Healthcare Practical Nutrition Program 12:45 – 2:00 Bingo</p>	<p>12 9:00 Card Sharks 10:30 2020 Census Computer Support by Generations Online 12:15 2020 Census Overview and Census Champion Train w/ Philly Counts</p>	<p>13 9:00 Card Sharks 9:00 Pennies from Heaven 9:30 Healthy Steps Fall Prevention Program NO BINGO</p>
<p>16 9:00 Card Sharks 9:00 Good News Monday Mini Trip Chillis 12:30 Art w/Ruth</p>	<p>17 9:00 Card Shark 10:00 St. Patrick's Day Celebration 12:00 Arthritis Foundation/PCA Walk w/Ease Exercise Program 12:45 - 2:30 Bingo</p>	<p>18 9:00 Card Sharks 10:00 Women's Group w/Nichet "Women's Choice" 12:45 - 2:00 Bingo 2:00 Women's Group</p>	<p>19 9:00 Card Sharks 10:30 Welcom to Spring Event hosted by Independence Blue Cross 12:30 Arthritis Foundation/PCA Walk w/Ease Exercise Program</p>	<p>20 9:00 Card Sharks 9:00 Pennies from heaven 10:00 Zumba w/Nichet 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 - 5:00 Mini Trip Movie Theater 12:30 Healthy Cooking w/Lynette</p>	<p>24 9:00 Card Sharks 10:30 Golden Generation "Bridging the Gap Between Generations Arts & Crafts w/EL Centro High School Students 12:45 - 2:00 Bingo 2:00 Short Stories</p>	<p>25 9:00 Card Sharks 10:30 Healthy Shopping Tips w/ Lynette 12:45 - 2:00 Bingo 2:00 Women's Group</p>	<p>26 9:00 Card Sharks Frankford Seniors Census Event All Day w/Continental Breakfast for All Seniors 11:00 2020 Census Computer Support Lunch at 12:30 Special Time Today 1:00 Senior Census</p>	<p>27 9:00 Card Sharks 9:00 Pennies from Heaven 12:45 - 2:00 Bingo</p>
<p>30 9:00 Card Sharks 9:00 Good News Monday 11:00 - 5:00 Mini Trip Chickie & Petes 12:30 Art w/Ruth</p>	<p>31 9:00 Card Sharks 10:30 AETNA Medicare 11:45 - 12:45 March Birthday Party 12:45 - 2:00 Bingo 2:00 Short Stories</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



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



PATIO AREA OUT BACK

TUMMY TREASURE



QUICK RAMEN NOODLE STIR FRY

INGREDIENTS:

- 2 (3.5-ounce) packages instant ramen noodles, flavor packets discarded
- 1/3 cup beef stock
- 1/4 cup oyster sauce
- 1 tablespoon rice wine vinegar
- 1 teaspoon Sriracha, or more, to taste
- 1 tablespoon toasted sesame oil
- 1 pound lean ground beef
- 1 cup diced sweet onion
- 3 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 2 green onions, thinly sliced
- 1/2 teaspoon toasted sesame seeds

DIRECTIONS:

1. In a large pot of boiling water, cook ramen noodles until tender, about 3-4 minutes; rinse with cold water and drain well.
2. In a medium bowl, whisk together beef stock, oyster sauce, rice wine vinegar and Sriracha.
3. Heat sesame oil in a large skillet over medium heat. Add ground beef and onion and cook until beef has browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat.
4. Stir in garlic and ginger until fragrant, about 1 minute.
5. Stir in beef stock mixture, scraping any browned bits from the bottom of the skillet.
6. Stir in ramen noodles until heated through and evenly coated in sauce, about 1-2 minutes.
7. Serve immediately, garnished with green onions and sesame seeds, if desired.



HOUSEHOLD CLEANING TIPS



Laundry Room Tips

1. Pour cornmeal on fabric or upholstery to absorb grease stains. Apply enough to cover the soiled area and let it sit for a half hour, and then vacuum to remove the cornmeal mess.
2. You know that sticky residue that collects on irons? Run the iron (don't use the steam setting) over white paper sprinkled with salt.
3. Add 1/2 cup of lemon juice to a load of laundry to brighten whites.
4. Got some lipstick on your favorite shirt? Saturate the spot with hair spray (be sure the fabric is machine washable) and let it sit for at least 10 minutes. Dab with a damp cloth to remove and launder as usual.

Bathroom Tips

1. Apply a bit of baby oil to a cotton cloth and use it to shine your bathroom chrome.
2. Make a paste out of lemon juice and salt and use it to scour and disinfect your bathroom surfaces (but don't use on marble!).
3. Keep your drains clear by adding 1 cup of baking soda and 1 cup of white vinegar to them (in that order) and allow to fizz. Twenty minutes later, rinse with hot water. The same mixture applied to shower heads will unclog the nozzle.
4. Fill a spray bottle with half vinegar, half water and spray the shower walls with it after every rinse to dispel mold and mildew.

Miscellaneous Tips

1. Use alcohol in a spray bottle to kill bugs in your home.
2. Fix little holes in your window screens by painting some clear nail polish over the holes.
3. Clean your windows with vinegar water and newspaper.
4. Remove permanent marker from counters and walls by dabbing a rubbing-alcohol-containing cotton ball over the stain (test for color-fastness first).
5. Get paint off your skin with vegetable oil. Vegetable oil on a soft cloth can also help remove scuff marks.
6. A slice of cucumber over each eye will reduce the tired, swollen look (fine, it's not really a household tip, but I couldn't resist this oldie and goodie).



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



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

BIRTHDAY PARTY
MARCH 31ST



MONDAY THRU FRIDAY
BILLIARDS, TABLE GAMES
BINGO, LUNCH



ADDITIONAL TABLES ARE
LOCATED UPSTAIRS



TREADMILLS &
ELLIPTICAL MACHINES



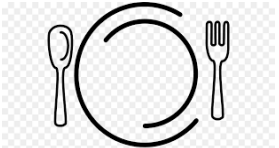
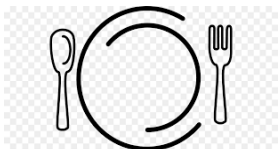

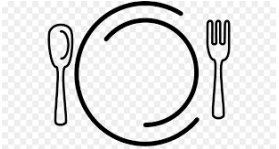
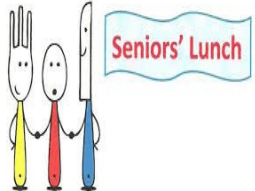


MARCH 2020 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pesto Chicken Shredded Mozzarella Cheese Zucchini Carrot & Yellow Squash Rotini w/diced tomatoes Wheat Roll Mandarin Oranges	3 Meatloaf w/Onion Gravy Scalloped Potatoes Peas Wheat Bread Fresh Orange Homemade Vegetarian Navy Bean Soup	4 Baked Ziti Garlic Spinach w/ Carrots Cauliflower Chocolate Chip Cookie	5 Sweet & Sour Turkey Meatballs Honey Glazed Carrots Brown Rice w/ Chopped Peppers Wheat Bread	6 Crab Cake w/Mac & Cheese with tomatoes Green Beans Health Salad Wheat Bread Applesauce
9 Chicken thigh w/ Beans & Wilted Greens Carrots Wheat roll Fresh Pear	10 BBQ Cheddar Burger Sweet Potato Cubes Sugar Snap Peas & Red Peppers Cucumber & Onion Salad Hamburger Roll Mixed Fruit	11 Egg w/Sausage Crumbles & Cheese Cubed Potatoes Roasted Peppers, Zucchini & Onions Wheat Bread	12 Beef & Broccoli Brown Rice Sesame Cabbage & Carrots Wheat Roll Pineapple	13 Lemon Paprika Baked Fish Confetto Orzo Brussel Sprouts Wheat Bread Diced Pears Homemade Tomato Florentine Soup w/ Pasta
16 Manicotti w/ Meatballs Sauteed Kale, Spin- ach & Diced Carrots Warm Applesauce Mixed Fruit	17 Orange Chicken Peas & Carrots Broccoli Wheat Roll Fresh Apple	18 Salisbury Steak w/ Caramelized Onion Whipped Potatoes & Cauliflower Mixed Vegetables Rye Bread Burry Applesauce	19 Oven Fried Chicken Squash, Carrots & Zucchini Yellow Sweat Corn Wheat Roll Tropical Fruit Mix Chicken Noodle Soup	20 Thyme & Tarragon Baked Fish Seasoned Potatoes Sautéed Cabbage Romaine Lettuce w/ Shredded Carrots Wheat Bread Raisin Muffin
23 Sliced Turkey w/ Herb Poultry Gravy & Stuffing Green Bean Al- mandine Carrot Coins Wheat Roll Peach Applesauce	24 Grilled Chicken Caprese Penne Pasta Broccoli & Cauliflow- er Zucchini & Carrots Wheat Bread Fresh Pear Homemade Italian Wedding Soup	25 Beef Taco Brown Rice Fiesta Corn Tossed Salad w/ cucumber & Tomato Dressing Wheat Tortilla Pineapple	26 Chicken Chop Suey Sliced Chicken Steamed Brown Rice Broccoli & Carrots Whole Wheat Roll Mandarin Oranges	27 Veggie Deluxe Omelet Marinated Green Bean Salad Spice Peaches Wheat Bread Zucchini Muffin
30 Pesto Chicken Shredded Mozzarella Cheese Zucchini Carrot & Yellow Squash Rotini w/diced tomatoes Wheat Roll Mandarin Oranges	31 Meatloaf w/Onion Gravy Scalloped Potatoes Peas Wheat Bread Fresh Orange Homemade Vegetarian Navy Bean Soup			 <i>Seniors' Luncheon</i>

B.T.C. FOOD

PCA MARCH 2020
MENU NON-KOSHER
CONGREGATE MENU
ALTERNATIVE CHOICE LUNCH

Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Chicken Salad Sandwich & Soup Marinated Tomato & Basil & Onion Salad Fresh Orang Wheat Bread Vegetarian Navy Soup	No Alternate Meal 	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
10	11	12	13
No Alternate Meal 	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
17	18	19	20
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	No Alternate Meal 
24	25	26	27
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	No Alternate Meal 	Cranberry Almond Chicken Spinach Salad Marinated Broccoli & Cauliflower Salad Wheat Roll Zucchini Muffin
31			
Chicken Salad Sandwich & Soup Marinated Tomato & Basil & Onion Salad Fresh Orang Wheat Bread Vegetarian Navy Soup		No Alternate Meal 	

**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

ZIP-UP 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 APRIL 2020

**Monday - April 6th Mini Trip Philadelphia Mills Movie Theater
Pickup at Residence
11:00am - 5:00pm
Cost \$4.00 See Karen or Blair**

**Monday - April 13th Mini Trip TBA
11:30am - 2:00pm
Cost \$4.00 See Karen or Blair**

**Monday - April 13th & 20th
Spiritual Journey w/Nate & Delores.
This is a class for the mind, body and spirit.
Time 10:00am - 11:00am Dining Area**

**Monday - April 20th Mini Trip TBA
11:00am - 1:30pm
Cost \$4.00 See Karen or Blair**

**Monday - April 27th Mini Trip Philadelphia Mills Movie Theater
Pickup at Residence 11:00am - 5:00pm
Cost \$4.00 See Karen or Blair**

**Tuesday - April 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



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