

HAPPENINGS



**PETER BRESSI
NORTHEAST
SENIOR CENTER
4744 FRANKFORD AVNUE
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

MAY 2022



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From the Director

May 2022,



Dear Members,

I want to start out by wishing all of the lovely Mother's and Grandmother's out there a happy Mother's Day! We look forward to running numerous Mother's Day themed events with some special surprises along the way. Summer is approaching quickly, and I'm hoping we get the "ok" from PCA to open full-time sometime this month. If we do, be sure to expect a special BBQ to ring in Memorial Day. Keeping hope alive!

We were thrilled to hear that our first restaurant trip went smoothly and that everyone had a great time. Please let us know where you would like to go next. I talked to a few people who showed interest in taking a trip to Chickies-N-Pete's at Parx casino. Think it over and just let us know wherever you'd like to go so we can make it happen.

It was nice seeing you guys enjoy the puppet show put on by the little ones from the Frankford Friend's School. We love being able to utilize the courtyard area so please let us know if you'd like to participate in other activities out there. We can have shuffle board or ring toss competitions, or you could just chill in the sun with some friendly conversation with your fellow members. Endless possibilities out there!

When we do open, we would greatly appreciate you spreading the word to your friends and family. We'd love to get off to a great start, and your word of mouth can go a long way in helping us do just that. Also, I'd love to have the opportunity to spread the word to various churches and/or agencies servicing seniors throughout the city, so if you could mention to your local pastor/social service liaison that I would like to speak to their members about what we do, I'll surely owe you guys a big pizza party for the favor.

We're really looking forward to and hearing your input on what would like to see implemented. Don't ever forget that your par-friendship/compassion you of-members is what makes our fully and what keeps the good each day.



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Program Coordinator



Hello May and goodbye April!

This past month was filled with plenty of sponsored activities some old and some new. From the endless sponsored bingos, to healthy trivia, to Easter wreath making, to presentations about medication, and of course the wonderful puppet show that the kindergarten kids from Frankford Friends School put on! Between the entertainment and prizes I would say we had a pretty good month here at the Peter Bressi Senior Center! I hope you enjoyed all of those activities as much as I did, and hopefully some of those sponsored activities will return in May! This upcoming month I have a variety of activities planned. We will continue our regularly scheduled activities like bingo, chair aerobics, movie days, and of course our game shows, however I have a few more new activities planned. For Mother's day we are planning a "Build-your-own-bouquet bar". We will have an assortment of flowers and bows you can choose from to build your own flower bouquet, which you can display in your home! We will have a relatively small celebration for Memorial Day with lots of giveaways, music, and fun! The Kindergarten children from Frankford Friends School will return again, but this time it's our turn to entertain them! We will have a small carnival where we can help the kids play games, win prizes, and see the joy on their faces as they are having so much fun! I will keep you posted on the exact dates for that. Lastly, we will continue to have sponsored activities throughout the month where you can win prizes! As always if you have any questions, comments, ideas, or concerns please do not hesitate to reach out. I am always open to new ideas. I want to say thank you those who participate in the activities and give the new activities a try. You make everything so much fun and I appreciate you! I hope everyone stays happy and healthy during this time, and enjoys the nicer and warmer weather that's coming.

Thank you,

Kristin Green



A Note From Nichet



Greetings everyone and welcome to the beautiful month of May! I am super excited for this month because we have some wonderful activities planned for you guys. Just to name a few, we'll be holding sponsored bingo events, presentations on health and nutrition, and exciting arts & crafts sessions. I really enjoyed the children's puppet show held in April and the presentation on "Understanding your Medications" with Highmark Homecare. I really appreciate everyone's enthusiasm and dedication to being a member of our center. Your participation is extremely appreciated!

Please keep in mind that May is re-enrollment month so I'll be coming around to make appointments with you to complete the yearly paperwork. We really appreciate your \$10 membership dues at this time, as it goes a long way in helping us to keep our programming fresh and exciting by providing us the funds necessary to purchase new games, supplies, and hire outside entertainment.

If anyone needs help with emergency fund requests, please let me know. We continue to offer help with utility bills, assistance with purchasing heating oil, LIHEAP Application referrals, Housing assistance, Medicare and Medicaid Information, and much more. We also have the grab and go meals available here at the center if anyone is in need of food.

I hope everyone is staying engaged in some fun things to do on their down time, whether it be reading a interesting book, taking a walk around the neighborhood or local park, drawing or painting a beautiful picture, writing in a journal, watching a good television show, cooking a good meal with the family, crocheting, knitting, traveling, etc. Just make sure you're not working too hard and that you're able to make quality time for yourself. Let's always remember that self-care and the care for others goes hand in hand.

Beautiful Quotes:

Give each day the chance to become the most beautiful day of your life
"Mark Twain"

You are who you are and nothing can change that, your beautiful just the way you are



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



HISTORY OF MAY

May is named after the Greek goddess Maia who looked after plants. The month is known for love and success. It is not only the name of the month, but some parents give their girls May as a first or middle name especially if they are born in that month.

MAY IS NATIONAL

ALS Awareness

Better Speech and Language

Correct Your Posture

Jewish American Heritage

Global Employee Health And Fitness

Dental Care Awareness

Military Appreciation Month

Sturge-Weber Syndrome Awareness Month

American Cheese Month

Celiac Disease Awareness Month

International Drum Month

Ehlers-Danlos Syndrome Awareness

Asparagus Month

Stroke Awareness Month

Motorcycle Awareness Month

Mental Health Awareness Month

Wild-

fire

"When April steps aside for May, like diamonds, all the raindrops glisten, fresh violets open every day to some new bird, each hour we listen."

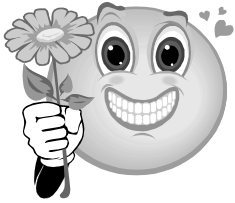
"May is the most beautiful month of the year, a month alive with warm color. The flowers and trees are in full bloom, and even the sun joins this rhapsody by emitting warmer rays."

Aware-
ness
Month

"You are as welcome as the flowers in May."

"If we didn't do what we loved, we wouldn't exist."





May Birthdays

Edward Duffy
Sheryl Broude
Eldora Adams

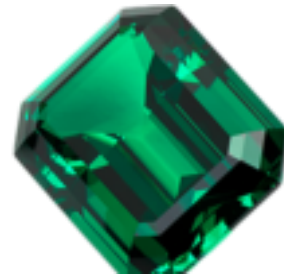
Cynthia Santos
Ethel Moyer
Rudie Tyler



Birth-
Lily

Emerald

Flower



stone

"A diplomat is a man who
Always remembers a woman's
birthday but never remembers
her age."

"Why is a birthday cake the
only food you can blow on and
spit on and everybody rushes
to get a piece?"

"From birth to age eighteen, a girl
needs good parents. From eighteen
to thirty-five, she needs good looks.
From thirty-five to fifty-five, she
needs a good personality. From fifty-
five on, she needs good cash."

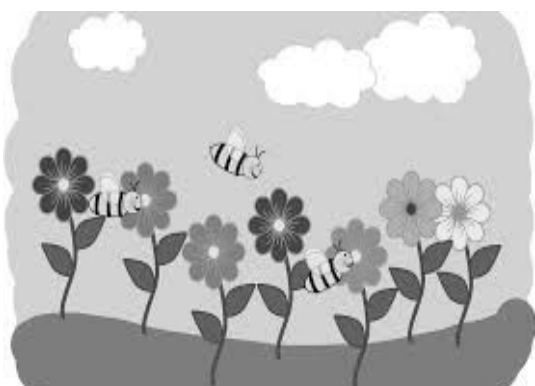
"The more you praise and celebrate
your life, the more there is in life to
celebrate."



ONGOING ACTIVITIES

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Bingo Exercise	9:00 Covid Conference Call	9:00 Bingo Exercise	9:00 Covid Conference Call	9:00 Bingo Exercise
1:00 Board Games Exercise	1:00 Remote Meditation & Mindfulness	1:00 Board Games Exercise	1:00 Remote Meditation & Mindfulness	1:00 Board Games Exercise



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

PATIO AREA OUT BACK



**TUMMY
TREASURE**

Crock-Pot Corn Chowder



INGREDIENTS

- 1 large onion chopped
- 3 Celery stalks chopped
- 1 Potato, cubed
- 6 ears of corn, Kernels removed
- 4 cups chicken broth
- 12 ounces evaporated milk
- 3 springs fresh thyme
- 1 bay leaf
- Salt and pepper to taste

DIRECTIONS



TUMMY TREASURE

Lemon Tiramisu



INGREDIENTS

- 1 Carton (8 ounces) mascarpone Cheese
- 1 Package (8 ounces) cream cheese softened
- 1 Package (3.4 ounces) instant lemon pudding mix
- 1 Cup 2% milk
- 1 teaspoon lemon extract
- 2/3 Cup lemon juice
- 3 tablespoons sugar
- 24 crisp ladyfinger cookies
- 2 teaspoons grated lemon zest

DIRECTIONS

1. Beat first 5 ingredients on medium speed until blended, 2-3 minutes (do not over beat)
2. Whisk lemon juice and sugar in a shallow bowl until sugar is dissolved. Quickly dip 8 ladyfingers into lemon juice, allowing excess to drip off, place in a single layer in an 8-inch square dish. Spread a third of the mascarpone mixture over top. Repeat layers twice.
3. Sprinkle with lemon zest. Refrigerate, covered at least 2 hours before serving.

NUTRITION FACTS



31 Reasons to Celebrate in May

						1 May Day 
2 National Truffle Day 	3 World Press Freedom Day 	4 Bird Day 	5 Cinco de Mayo 	6 International No Diet Day 	7 National Cosmopolitan Day 	8 Iris Day 
9 Mother's Day (second Sunday) 	10 Stay Up All Night, Night 	11 National Eat What You Want Day 	12 National Limerick Day 	13 Hummus Day 	14 National Buttermilk Biscuit Day 	15 Chocolate Chip Day 
16 Love a Tree Day 	17 National Walnut Day 	18 National No Dirty Dishes Day 	19 National Devil's Food Cake Day 	20 National Quiche Lorraine Day 	21 National Memo Day 	22 National Vanilla Pudding Day 
23 World Turtle Day 	24 Asparagus Day 	25 National Wine Day 	26 National Blueberry Cheesecake Day 	27 National Grape Popsicle Day 	28 International Hamburger Day 	29 Learn About Composting Day 
30 Water a Flower Day 	31 National Macaroon Day 					

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

KRISTIN GREEN

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**