

HAPPENINGS



**PETER BRESSI
NORTHEAST
SENIOR CENTER
4744 FRANKFORD AVENUE
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.

JUNE 2022



INSIDE THIS ISSUE

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



HAPPY
FATHER'S
DAY



JUNE
TEENTH
FREEDOM
DAY

From the Director



June 2022,

Dear Members,

We can't fully express how wonderful it is having you back full-time and to be able to experience this normalcy again (that almost seems abnormal) since it's been way too long since we've all been together on a consistent basis. Try not to miss out on anything taking place through June because we have lots of plans to keep this place alive and happening! This is your place to relax, have fun, laugh, and bond with your fellow members. If there is anything you would like to see run, please don't hesitate to let us know. Your input is what makes our center stand out amongst all of the rest!

I want to thank you all for coming out to enjoy the Memorial Day BBQ with us. I haven't had that much fun in a long time, and it was so great seeing you all laughing it up and enjoying some summer time grub. I have a great video of the line dancing show you guys put on, so I'll surely be coming around to show it off and to make fun of Nichet for running off the dance floor once she noticed I was recording it all. It was such an awesome start heading in to the Memorial Day weekend, but there's much more ahead!

I want to throw another center bash in celebration of Juneteenth, Father's Day, and Independence Day. I'll be on vacation the last week of June (we would normally have the 4th of July celebration on July 1st) through July 4th, so I wanted to see if you guys would be okay with having one big celebration combining the three holidays. I already talked to John Conklin who informed me that he is available on June 17th so all I have to do is give him the go-ahead, and he'll be back to rock the center again. We have so much to celebrate each month (just being able to hang out, laugh, and have fun together is reason enough), but the holidays just give us the excuse to go even louder and larger!

I want to wish all the Father's and Grandfather's out there a Happy Father's Day. I hope your Grandkids give you a day off from asking for new sneakers and an updated I-phone, but that's unlikely. We look forward to running a few Father's Day themed events, so don't miss out on anything if you can help it. Also, make sure you schedule a time to meet with Nichet to complete your updated membership paperwork if you haven't yet done so.

And finally, it's that time of year for the fruit and produce vouchers. You'll once again receive \$24 in vouchers to use at the various fruit and produce markets throughout the city. We're going to be handing out the vouchers to our members on June 27th, 29th, and July 1st, and then distributing the vouchers non-members on July 11th, 14th, 18th, and 21st so be sure to tell your friends. We included the flyer with this newsletter.

Please continue to spread the word to your friends and family about all we have going on at the center. We're opening our \$5 refer a friend bonus back up, so bring them in to enroll then enjoy a nice WAWA smoothie or milkshake on the center. We're off to an awesome start so let's keep the momentum going.

I look forward to spending an amazing summer together!

Sincerely,

Jim



Program Coordinator



Hello June and happy summer!

This past month was busy. Between opening full time and being able to serve lunch in the center again (finally!!), and of course our Memorial Day barbecue! I hope you enjoyed that just as much as I did. I enjoyed dancing, eating, and chit chatting with you as well as meeting your friends and family. It was truly a wonderful day. This upcoming month I have more activities planned. I hope to have one more activity outside before the weather gets into the higher temperatures. I will keep you posted on that. This month we have a bunch of sponsored activities (sponsored bingos on June 6th, June 9th, and June 15th), a sponsored healthy eating demonstration with Divine Resources on June 23rd, and the kindergarteners from Frankford Friends School will return once again for a carnival day, which we will be hosting! That date is to be determined, so I will keep you posted on that. As far as our regular activities go we will have a few new presentations on healthy eating, dealing with the summer heat, and overall health. We will also be hosting a "Spa Day" for the ladies on June 22nd where we will be painting nails, and taking care of the overall health of our hands. Regular bingo will now be held weekly on Monday, Wednesday, and Friday from 10am-11am. Please note this is subject to change if a sponsored activity is hosted on those days. As usual we will continue our regularly scheduled activities like our game shows, chair aerobics, current events group, and our movie days. I hope everyone is just as happy as we are to have you back at the center full time. As the temperatures climb and we go full force into summer I want to remind everyone to drink lots of water and stay cool. I look forward to introducing new activities to you and continuing the old ones. As always if you have any questions, comments, or concerns please do not hesitate to reach out. I am always open to new ideas. I hope everyone stays happy and healthy during this time.

Thank you,

Kristin Green



A Note From Nichet



Greetings everyone and welcome to June! I am very happy that we were able to enjoy another successful month together. May was filled with so much fun and all of the activities were enjoyable. From the sponsored bingo events, to the Memorial Day Barbeque, our arts and craft sessions, and our nutrition program, each special event was a blast! The staff and I were all very happy that you guys enjoyed yourselves.

We have a special presentation on “Healthy Ways to Beat the Summer Heat” on the first official day of summer, which is June 21st. As summer is here, it’s really important that you drink plenty of water daily. Water is really good for us because it helps us stay cool and hydrated. One should consume at least eight glasses a day or more. Also, try and eat cold foods more than hot: such as hoagies, pasta salad, cold cut sandwiches, fruits, water ice, ice cream, etc. It’s also important to dress cool and try not to wear a lot of layers and heavy item clothing. Shorts, dresses, t-shirts, sandals, and/or sneakers are good to wear throughout the summer. Also, if you are able to go swimming at a pool, beach, lake, etc., please don’t hesitate to do so (safely, of course) and enjoy the cool water. If you are outside a lot this summer, try and find shaded places to either sit or stand. Lastly, fans and air conditioners are important to use during the excessive heat.

If anyone needs assistance with an emergency fund request, please don’t hesitate to come see me. We offer help with housing, utility bills, individual and group counseling, Medicare and Medicaid information, and grab and go meals to go along with the in-house congregate meals we serve Monday – Friday. Also, I am in the process of doing your membership renewals so please don’t forget to meet with me and also sign up for our “Fun in the Sun” summer basket raffle.

As I always mention, please take time some time out for yourself because we always have to remember that self-care is the best care. When we take care of ourselves, it’s easy to help and take care of others. I strongly encourage everyone to do what makes you happy in life, whatever that may be, and don’t ever be afraid to ask for help. Travel, get away for the same atmosphere, read a good book, exercise, draw, paint, and embark upon any journey that you may feel is for you.

Beautiful quotes:

“It is during our darkest moments that we must focus to see the light” — Aristotle

“Do good and good will come too you” —The Unknown

“Beauty is not something you buy; instead, beauty is what lies within” — Byron Pulsifer

“You make a life out of what you have not what you are missing” — Kate Morton

“Success is not final, failure is not fatal: it is the courage to continue that counts” — Winston Churchill

“Act as what you do makes a difference. It does” — William James



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 JUNE

June is the sixth month of the year in the Julian and Gregorian calendars, the second of four months to have a length of 30 days, and the third of five months to have a length of less than 31 days.

JUNE IS NATIONAL

Give a Bunch of Balloons Month
African-American Music Appreciation Month
LGBTQIA Pride Month
Accordion Awareness Month
Fresh Fruit and Vegetables Month
Camping Month
Country Cooking Month
Great Outdoors Month
Homeownership Month
Papaya Month
PTSD Awareness Month
Soul Food Month
Turkey Lovers Month

DJ Month
Zoo and Aquarium Month
Men's Health Month
Adopt a Cat Month
Candy Month
Caribbean American Month
Dairy Month
Headache and Migraine Awareness Month
Iced Tea Month
Pollinators Month
Safety Month
Rose Month

"It is better to be a young June bug than an old bird of paradise."

— Mark Twain

"June is the time for being in the world in new ways, for throwing off the cold and dark spots of life."

— Joan D. Chittister

"It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside."

— Maud Hart Lovelace

"It is the month of June,
The month of leaves and roses,
When pleasant sights salute the eyes,
And pleasant scents the noses."

— Nathaniel Parker Lewis





June Birthdays

Catherine Ballard
Richard Adams
Deborah Stasko

Martha Benjamin
Warren Cosby
Dorothy Callahan

Flower Rose



Birthstone Pearl



"Celebrate your birthday with
gratitude, kindness
compassion to give good
reason of your existence in
this world"

— Invajy

"If you look over the years, the
styles have changed-the clothes, the
hair, the production, the approach to
the songs. The icing to the cake has
changed flavors. But if you really
look at the cake itself, it's
really the same."

— John Oates

"Count your age by friends, not
years. Count your life by
smiles, not tears"

— John Lennon

"You take away all the other
luxuries in life, and if you can
make someone smile and laugh,
you have given the most
special gift: happiness."

— Brad Garrett



ONGOING ACTIVITIES

**PETER BRESSI
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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

Crab & Avocado Salad with Fruit Salsa



INGREDIENTS

- 1 pound pasteurized crabmeat (preferably lump or back fin), piced over for stray shells
- 1 1/2 cups mangoes, peaches or nectarines dice
- 1/4 medium red onion, cut into small dice
- 1/4 medium red bell pepper, cored and cut into medium dice
- 1 tablespoon chopped fresh cilantro or parsley
- 2 tablespoons fresh lim juice
- 1/2 teaspoon salt and pepper to taste
- 3 ripe avocados

DIRECTIONS

1. Gently mix all ingredients except avocado in a medium bowl, (can be covered and refrigerated several hours).
2. When ready to serve, halve, pit peel and slice avocado. Fan half an avocado on each plate and serve crab salad alongside.

NUTRITION FACTS

224 calories; protein 6.6g; carbohydrates 19.9g; fat 15.1g; cholesterol 14.2mg; sodium 273.3mg.



TUMMY TREASURE

Strawberry-Melon Summer Salad



INGREDIENTS

1 cup of lemon yogurt
1 tablespoon honey
1 teaspoon lemon juice
2 cups watermelon balls
2 cups cantaloupe balls
2 cups halved fresh strawberries

DIRECTIONS

1. In a salad bowl, whisk together the lemon yogurt, honey, and lemon juice until smooth, and gently fold in the watermelon balls, cantaloupe balls, and strawberries. Toss to coat, and serve.

NUTRITION FACTS

Per serving 100 Calories; protein 3.3g; carbohydrates 22.7g, fat .4g; cholesterol 0.7mg; sodium 38.6mg



NORTHEAST SENIOR CENTER ADVISORY COUNCIL



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