

# JUNE

## 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.

## JUNE 2019



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# From the Director

June 2019



Dear Members,

I hope that everyone enjoyed the Memorial Day holiday and is ready for a fun filled summer here at the center. I want to thank all of you for coming out to the "Open House" on 5/24/2019, and I hope you had a nice time enjoying the fresh air outside in the courtyard area while cooling off with some real Philadelphia water ice. The Philadelphia Prevention Partnership kicked off the summer game series with the plinko board and the bean bag toss, so I'd love to piggy-back off of that and start a shuffleboard tournament in mid-June. Please let me know if you are interested so we can get that started as soon as possible.

Speaking of competition and tournaments, the city-wide PCA billiard tournament will be starting in July with the date yet to be determined. I'll be coming around with a sign up sheet for that as well, so I hope we can get a solid team together to continue on last years success and have another fun season of competition while forming new friendships with members from other centers. "Lets go Bressi!" as the fans will be shouting from the stands!

Please keep in mind that we will be having our Senior Expo on June 7<sup>th</sup> at the new Pause Park. There will be over thirty vendors at the event doing everything from conducting blood pressure screenings to teaching healthy cooking lessons. And perhaps most importantly, center member Maxine Johnson will be running her line-dancing class! I'm expecting lots of smiles and fun seeing the community get together for this exciting dance session. And we found a way to make attending this event as easy as possible by hiring a van driver to take you from the center to the park and back. It's going to be an awesome event for sure!

But that's just the first huge event we'll be throwing in June. We'll be starting off our Summer Concert Series on June 28<sup>th</sup> with a live band performance by "Vivien and the Crew." They will be playing Soul, Motown, and much more, so come prepared to move and groove (as our membership motto goes) because it's going to be lively day of dancing and laughing at the center. We'll be serving Prime Rib, garlic mashed potatoes, asparagus, corn bread, and finished off with a delicious pineapple cheesecake. Whoa! It'll be another fun day in the sun, so make sure to tell your friends and family to come out and enjoy the show.

If you have not seen Nichet to complete your re-registration paperwork, please make an appointment to do so with her ASAP. It's very important that we keep your paperwork up to date. We will be sure to issue your new membership card as soon as the paperwork and your health assessment (which is also done during re-registration) has been completed. We would like to have all of our members re-registered by June 24<sup>th</sup> which is the first day we'll be handing out fruit and produce vouchers to all active members. Please see the flyer in this packet for the dates and times that we will be handing out the fruit and produce vouchers.

Finally, I want to thank everyone for spreading the word about the center to your friends and family and perhaps even more importantly, welcoming in the new members. Keep in mind that, ultimately, it is your kindness towards the potential member that will be the primary factor in whether he/she returns to the center.

I look forward to another amazing summer spent together!

Sincerely,

Jim





## June

June Greetings and warm wishes for the start of summer. As always, we want give thanks to you, OUR MEMBERS. **IT IS YOU** who make what goes on here at Peter Bressi truly special.

You know our motto "Get Busy at Peter Bressi." May was very busy with our Cinco De Mayo Party, Mother's Day Breakfast, and Memorial Day OPEN HOUSE. If you can believe it June is shaping to be just as busy with more informative activities and fun including MORE gardening. Don't Miss **our SUMMER CONCERT SERIES Friday June 28** starting at 12pm. This month features **Vivienne Lewis the Entertainer featuring Daryl Lewis**. This soulful group performs all your Motown and other favorites. Bring a friend!

In June, we will also celebrate completion the **Arthritis Foundation Walk With Ease Program. Congratulations to all of our participants.**

In June we will also celebrate our fathers with **Father's Day Event Friday June 14** . This June we also celebrate PRIDE MONTH and continue to welcome our LGBTQ Brothers and sisters as we do every month. Stay tuned for thoughtful informative programming to showcase and celebrate ALL!

Shout out and Special Welcome to our newest members! As we spring ahead into the next month, we also look forward to even more of your friends and neighbors joining the Peter Bressi family. So please do tell a friend, family or church member and spread the fun around!

### June's other Highlights include

**6/7 Frankford Senior Resource Expo**

**6/12 Understanding Hearing Loss presented by PA SCHOOL for DEAF**

**6/14 Father's Day Luncheon .**

**6/20 Opiod vs. Abuse and 1on1 Medication Review**

**6/25 Pre-Diabetes Info Session**

**6/28 SUMMER CONCERT**

***PRODUCE VOUCHER DISTRIBUTION FOR MEMBERS***

***THE WEEK OF 6/24-6/28 10AM-11AM***

**Of Course YOUR Advisory Board will continue showing your favorite movies with 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 Meditation Group, Art with Ruth, Spiritual Journey & more.**

**Be on the lookout for our newest feature Senior Spotlight. Every month we will give you a chance to get to know one of your fellow members a little better by spotlighting them and their special contribution to the center. Your turn could be next! This month our Spotlight is Lenora Holmes**

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



# A Note From Niche't



Greetings everyone thank goodness we made it through another month it's June. I hope all of you guys enjoyed the wonderful events that took place during the month of May. The open house and the birthday celebration was a blast. Whenever there is good food and music it's always a great time.

This month I will be conducting the women's group and enlightening you guys on how important it is to uplift one another as women. This group also helps women tap into their inner selves and express who they are freely without judgement. Talking about self love and confidence are great ways to build self- esteem. It's important that we strive to be the best human beings we can be and just be good to each other. If you guys have any ideas on topics you would like me to discuss please let me know. I will be giving more educational presentations and introducing you guys to more healthy snacks.

A special thanks to everyone that participated in Zumba class, I really appreciate your commitment to excising and staying active at the senior. Also just a reminder don't forget to stop by the office and renew your membership. It's that time of year again and I want to make sure I don't forget about anyone. The food vouchers from PCA will be coming very soon don't forget to pick it up as it arrives. I hope everyone is taking some time out to themselves to just relax and engage in some hobbies that they may find exciting.

**Fun Facts:** Currently people over 65 years number 483 million in the world and by 2030 the number will reach 974 million. By the year 2025 approximately 18 percent of the world population will be seniors. Those over the age of 60 outnumber those under 15. The U.S Census Bureau indicates that individuals 85 and up are the fastest growing age group by percentage. The U.S Department of Health and Human Services on Aging estimates that 70% of all people 65 and up will need long term care services in their life time. Lastly one in four households will care for a loved one age 50 and older which is great.

**Quote of the day:** Remember Life is beautiful and there's so much to smile about (Marilyn Monroe)

## ***J.U.N. E – STANDS FOR....***

***J- Just have fun and don't worry be stress free.***

***U- Unity amongst one another is a great way to stay connected with the world around us.***

***N- If we strive to be nice to one another things seem too fall in place.***

***E- Lastly having compassion and empathy always drives us and makes our spirit feel good.***

**June 3, 2019- 10:00am - Compassionate Care Agency "Game Day"**

**June 14, 2019- 12:30pm - Worksmart Agency –"Father's Day Celebration"**

**June 17, 2019- 10:00am - Presentation by Niche't**

**June 18, 2019- 10:00am - Zumba Class w/ Niche't & Linda**



# **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**

# June is...

National Frozen Yogurt Month

National Iced Tea Month

National Hernia Awareness Month

National Papaya Month

National Rivers Month

National Rose Month

National Safety Month

National Soul Food Month

Seniors Month

Stroke Awareness Month

Dairy Alternatives Month

Effective Communications Month

Fireworks Safety Months (June & July)

Great Outdoors Month

International Accordion Awareness Month

International Men's Month

International Surf Music Month

June Dairy Month

National Fresh Fruits and Vegetables Month

# HAPPENINGS

## ORIGIN OF JUNE'S NAME

Origin of June's Name – June is the first is that the month is named after the Roman goddess Juno, the goddess of marriage and the wife of the supreme deity Jupiter; the second is that the name comes from the Latin word iuniores, meaning "younger ones", as opposed to maiores ("elders") for which the preceding month May (Maius) may be named.

## Birthstone

Pearl

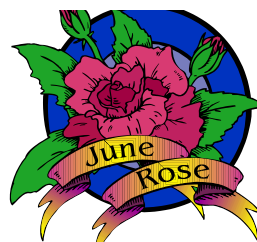
(Alt. Moonstone)



## Flower

Rose

(Alt. Honeysuckle)



## Color

Light Blue and White

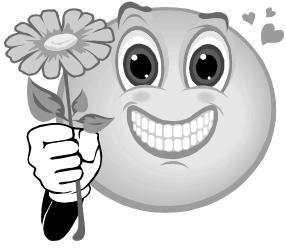


## QUOTE FOR JUNE

"Love is to the heart what the summer is to the farmer's year — it brings to harvest all the loveliest flowers of the soul."

~Author Unknown





# 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!**

## ***JUNE BIRTHDAYS***

***Martha Benjamin***

***Thaddeus Jones***

***Warren Cosby***

***David Lingo***

***Richard Adams***

***Sandra Smith***

***Catherine Ballard***

# HAPPENINGS.....

## EXERCISE ROOM UPSTAIRS



Exercise 5 Days a week on Treadmills & Elliptical Machines





# ONGOING ACTIVITIES

**PETER BRESSI  
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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**

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

**JUNE 2019  
SPECIAL EVENTS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 9:00 Good News Monday 9:00 Card Sharks 10:15 Compassionate Home Health 1:00 - 3:00 Meditation w/Bear</p>	<p>4 9:00 Card Sharks 10:30 Line Dancing 12:15 - 1:15 Walk With Ease Program 1:15 - 2:30 Bingo</p>	<p>5 9:00 Card Sharks 10:15 SEXsuccessfully Aging 12:30 Art w/Ruth 1:30 - 2:30 Bingo 2:00 Women' s Group</p>	<p>6 9:00 Card Sharks 9:30 Morning Stretch 10:15 Delta Community Sports 12:30 - 1:30 Walk with Ease Program</p>	<p>7 9:00 Card Sharks 9:00 Spring into the Weekend 10:00 - 2:00 Frankford Senior Resource Expo in Frankford Pause Park 1:30 Bingo</p>
<p>10 9:00 Good News Monday 9:00 Card Sharks 10:00 Chickies &amp; Petes at Parx 10:00 - 11:00 Spiritual Journey 1:00 - 3:00 Meditation w/Bear</p>	<p>11 9:00 Card Sharks 10:15 General Meeting 12:15 - 1:15 Walk With Ease Program 1:15 - 2:30 Bingo</p>	<p>12 9:00 Card Shark 10:30 Understanding Hearing Loss presented by PA School for DEAF 12:45 – 2:00 Bingo</p>	<p>13 9:00 Card Sharks 10:30 BTC Dietician 12:30 Art w/Ruth 12:00 - 2:00 Senior Cinema</p>	<p>14 9:00 Spring into Weekend 9:00 Card Sharks 9:00 Pennies from Heaven 12:00 Noon Fathers Day Celebration 12:45 - 2:00 Bingo 2:00 Women' s Group</p>
<p>17 9:00 Card Sharks 9:00 Good News Monday 10:15 Special Presentation by Nichet 11:00 - 1:30 Mini Trip Gallos 1:00 - 3:00 Meditation w/Bear</p>	<p>18 9:00 Card Sharks 9:30 Morning Stretch 10:15 Zumba w/Nichet and Linda 1:15 - 2:30 Bingo 2:00 Short Stories</p>	<p>19 9:00 Card Sharks 12:45 - 2:00 Bingo</p>	<p>20 9:00 Card Sharks 9:30 Morning Stretch 9:30 - 11:30 Preventing Opioid Abuse and 1 on 1 Medication Review 12:30 - 1:30 Walk With Ease Completion</p>	<p>21 9:00 Spring into Weekend 9:00 Card Sharks 9:00 Pennies from Heaven 10:15 PCA Sponsored Men's Health Presentation 12:45 - 2:00 Bingo 2:00 Women' s Group</p>
<p>24 9:00 Card Sharks 9:00 Good News Monday 10:00 - 11:00 Spiritual Journey 10:00 Mini Trip Philadelphia Mills 10:00 - 11:00 Vouchers for Members Only 1:00 - 3:00 Meditation w/Bear</p>	<p>25 9:00 Card Sharks 9:30 Morning Stretch 10:45 Art w/Ruth 12:15 - 1:15 Walk With Ease Program 1:15 - 2:30 Bingo 2:00 Short Stories</p>	<p>26 9:00 Card Sharks 10:00 - 11:00 Vouchers for Members Only 12:30 Art w/Ruth 1:30 – 2:30 Bingo 2:00 Women' s Group</p>	<p>27 9:00 Card Sharks 9:30 Morning Stretch 10:15 Liberty and Justice for All Special Presentation 12:15 - 1:15 Walk With Ease Program</p>	<p>28 9:00 Spring into Weekend 9:00 Card Sharks 9:00 Pennies from Heaven 10:00 - 11:00 Vouchers for Members Only 12:30 - 2:00 Summer Concert 12:45 - 2:00 Bingo 2:00 Women' s Group</p>
				

## TUMMY TREASURE

### Refrigerator Lime Cheesecake



#### Ingredients

32 soft ladyfingers, split  
1 envelope unflavored gelatin  
1/4 cup lime juice, chilled  
2 packages (8 ounces each) cream cheese, softened  
1 cup sugar  
6 ounces white baking chocolate, melted and cooled  
2 teaspoons grated lime zest  
1 cup heavy whipping cream, whipped  
Fresh strawberry and lime slices, optional

#### Directions

1. Arrange 20 split ladyfingers around the edges and 12 split ladyfingers on the bottom of an ungreased 8-in. springform pan; set aside. In a small saucepan, sprinkle gelatin over cold lime juice; let stand for 1 minute. Heat over low heat, stirring until gelatin is completely dissolved; cool.
2. Meanwhile, beat cream cheese and sugar until smooth. Gradually beat in melted chocolate, lime zest and gelatin mixture. Fold in whipped cream. Pour into prepared pan. Cover and refrigerate until set, about 3 hours. Remove sides of pan. If desired, serve with strawberry and lime slices.

#### Nutrition Facts

1 slice: 408 calories, 25g fat (16g saturated fat), 100mg cholesterol, 267mg sodium, 42g carbohydrate (35g sugars, 0 fiber), 6g protein.



# Summer Safety Tips

With some precautionary steps and healthy senior personal care, everyone can enjoy the blue skies and warm weather. Below is a list of 8 things seniors can do to improve their safety during the hot summer months.

## HELPFUL HINTS

**1. Drink plenty of fluids:** Aim to drink 6 to 8 glasses of water per day. By the time you are thirsty, your body is already dehydrated. For seniors, the feeling of thirst decreases as we age, so be sure to increase your water intake if you are exercising or doing any type of prolonged physical activity. Of those fluids you are taking in, be sure they are non-alcoholic and decaffeinated. Carbonated sodas and pops may taste good, but they will only further your dehydration.

**2. Pick the right outfit with accessories:** When possible, wear loose, lightweight, and light-colored long sleeves to help protect your skin from sun, while also allowing your skin to breathe. Use wide brimmed hats to keep the sun off of your face and neck, as well as full coverage (wrap around) sunglasses for the best eye protection. Glasses that block UVA and UVB rays can help reduce the cumulative effect of damage linked to cataracts and age-related macular degeneration.

**3. Turn on your air conditioning:** Air conditioning is important when it is hot and humid outside. During a heat wave, if you don't have central air or a room air conditioner, spend part or most of each day at locations with air condition, including a friend's house, shopping mall, senior center, or movie theater.

**4. Be an early bird or night owl:** The sun is strongest between 10 am and 4 pm. If you must be outside during a summer heat wave, limit your outdoor activity to the morning and the evening, when the temperature is lower and the sun is less intense.

**5. Watch for heat stroke:** It is extremely important to watch for signs of heat stroke, especially for seniors. Some signs to look for include confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, and a rapid pulse. If you or someone you know experiences these symptoms, seek medical attention immediately.

**6. Check on friends and family:** Use the rising temperatures as an opportunity to catch up with your neighbors and relatives, especially the elderly and those who do not have air conditioning. Plan outings together in places that have air conditioning.

**7. Review your medications:** Many seniors use medications daily. Some medications can cause side effects, like increased sensitivity to ultraviolet (UV) rays. Review all medications and check with a doctor or pharmacist for any questions.

**8. Wear sunscreen:** Sunscreen is a major component to preventing sunburns. Look for a sunscreen that blocks both UVA and UVB rays, and also have a sun protection factor (SPF) of 15 or more. Be sure to apply it about 15-30 minutes before exposure. If you're enjoying water activities, be sure to reapply your sunscreen frequently.





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

**BIRTHDAY PARTY**  
**JUNE 25TH**



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



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



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



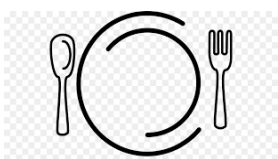
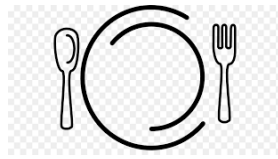
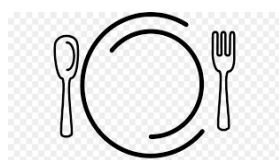

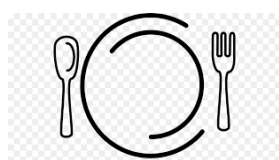


# JUNE 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Pizza Burger w/ tomato sauce &amp; Mozzarella Cheese</b> <b>Potato Wedges</b> <b>Garlic Spinach &amp; Diced tomatoes</b> <b>Wheat Hamburger Roll</b> <b>Mandarin Oranges</b>	<b>4</b> <b>Garlic Chicken w/ snow peas, carrots &amp; water chestnuts</b> <b>Fried Brown Rice, Sesame Green Beans</b> <b>Wheat Bread</b> <b>Orange</b>	<b>5</b> <b>Sliced Beef Merlot</b> <b>Whipped Sweet Potatoes</b> <b>Roasted Beets</b> <b>Tossed Salad w/ Tomato &amp; Cucumber</b> <b>2 Grain Bread</b> <b>Cinnamon Applesauce</b>	<b>6</b> <b>Baked Chicken Breast w/Light Poultry Sauce</b> <b>Traditional Stuffing</b> <b>Carrot, Snap Peas</b> <b>Brocccolli &amp; Raisins</b> <b>Wheat Roll</b> <b>Fruit Cocktail</b>	<b>7</b> <b>Butter Crumb Fish</b> <b>Butter Parsley Potatoes</b> <b>Ratatouille</b> <b>Wheat Roll</b> <b>Banana Muffin</b> <b>Barley Soup</b>
<b>10</b> <b>Manicotti w/ Cheese</b> <b>Broccoli &amp; Carrots</b> <b>Diced Pears w/Oat Topping</b> <b>Fresh Apple</b>	<b>11</b> <b>Roasted Chicken Thigh w/ Garlic</b> <b>Thyme Pan Sauce</b> <b>Carrots</b> <b>Cole Slaw</b> <b>Wheat Bread</b>	<b>12</b> <b>Sliced Hot Roast Beef w/Gravy</b> <b>Mashed Potatoes</b> <b>Mixed Vegetables</b> <b>Club Roll</b> <b>Mandarin Oranges</b>	<b>13 Father's Meal</b> <b>Baked Chicken Leg w/Gravy</b> <b>Baked Macaroni &amp; Cheese</b> <b>Broccoli Florets</b> <b>Tossed Salad Dressing</b> <b>Dinner roll</b> <b>Chocolate Cake</b>	<b>14</b> <b>Baked Fish w/ tomatoes olives &amp; capers</b> <b>Green &amp; Wax Beans</b> <b>Orzo w/peppers</b> <b>Wheat Roll</b> <b>Mixed Fruit</b> <b>Vegetable Soup</b>
<b>17</b> <b>Tortellini w/Mini Meatballs</b> <b>Zucchini, Carrots &amp; Yellow Squash</b> <b>Warm Cinnamon Apples</b> <b>Fresh Orange</b>	<b>18</b> <b>BBQ Chicken thigh</b> <b>Sauteed Cabbage</b> <b>Seasoned Potato Cubes</b> <b>Wheat Roll</b> <b>Applesauce</b> <b>Chicken Noodle soup</b>	<b>19</b> <b>Pepper Steak Beef Strips</b> <b>Oriental Blend Vegetables</b> <b>Brown Rice</b> <b>7 Grain Bread</b> <b>Diced Pears</b>	<b>20</b> <b>Rosemary Roasted Turkey w/Gravy</b> <b>Brussel Sprouts</b> <b>Corn Bread Stuffing</b> <b>Wheat Roll</b> <b>Diced Peaches</b>	<b>21</b> <b>Crab Cake w/ Macaroni &amp; Cheese</b> <b>Scalloped Tomatoes</b> <b>1/2 cup Broccoli</b> <b>1 Slice Bread</b>
<b>24</b> <b>Chicken Marsala w/Mushrooms in sauce</b> <b>Red Skinned Green Bean</b> <b>Almandine</b> <b>Wheat Roll</b> <b>Chocolate Chip Cookie</b>	<b>25</b> <b>Sloppy Joes</b> <b>Ground Beef w/ lentils</b> <b>California Blend</b> <b>Wax Beans</b> <b>Wheat Hamburger Roll</b> <b>Berry Applesauce</b>	<b>26</b> <b>Baked Fish Sandwich w/Dill Sauce on the side</b> <b>Grilled Vegetables</b> <b>Lemon Herb Brown Rice</b> <b>Wheat Hamburger Roll</b> <b>Banana Soup</b>	<b>27</b> <b>Rotini w/Meatballs</b> <b>Peas Carrots</b> <b>Caesar Salad</b> <b>Wheat Bread</b> <b>Diced Peaches</b>	<b>28</b> <b>Vegetable Omelet w/American Cheese</b> <b>Cran-apple Compote</b> <b>Hash Browns</b> <b>Rye Bread</b> <b>Pineapple</b>
				

# B.T.C. FOOD

PCA JUNE 2019  
**MENU NON-KOSHER**  
**CONGREGATE MENU**  
**ALTERNATIVE CHOICE LUNCH**

<b>Tuesday</b> 4	<b>Wednesday</b> 5	<b>Thursday</b> 6	<b>Friday</b> 7
Turkey Ham & Swiss Pita Lettuce & Tomato Potato Salad Fresh Orange/Fresh Peach	<p><b>No Alternate Meal</b></p> 	Greek Salad w/Tuna Chickpea Salad Fruit Coctail Wheat Roll Dressing	Turkey on Rye Bread Lettuce & Tomato Cole Slaw Tropical Fruit Salad Banana Muffin Barley Soup
11	12	13	14
Turkey Salad Platter on bed of Lettuce & Sliced Tomato Marinated Broccoli Salad Pumpnickel Bread Vanilla Pudding	Asian Chicken Salad Romaine Lettuce Carrot, Red Peppers & Chow mein noodles Wheat Roll Dressing Mandarin Oranges	<p><b>No Alternate Meal</b></p> 	Roast Beef Caesar Salad Homemade Macaroni Salad Wheat Bread Mixed Fruit Vegetable Soup
18	19	20	21
Spinach Salad w/Egg Salad on top & Red Peppers & Red Onion Marinated Beet Salad Wheat Roll Applesauce Chicken Noodle Soup	Turkey & American Cheese on Wheat Hamburger Roll Lettuce & Tomato Broccoli & Onion & Cranberry Salad Diced Pears Mayo	Chicken Taco Salad Chicken Cheddar Cheese tomato black beans, corn romaine lettuce Marinated Carrot Salad Wheat Bread Diced Peaches	Chicken Salad Platter Lettuce & Tomato Homemade Potato Salad Health Salad Wheat Roll Sugar Cookie
25	26	27	28
Swiss & Cheddar Cheese Sandwich on Grain Bread Lettuce & Tomato Black Bean Corn & Tomato Salad Berry Applesauce	Chef Salad (Turkey ham turkey & swiss cheese) Romaine Lettuce, Cucumber & Peppers & Tomato Homemade vegetable Pasta Clam Chowder Soup Dressing	Cottage Cheese & Fruit Platter Carrot Raisin Salad Diced Peaches Wheat roll	Garden Salad w/Grilled Chicken & Hard Boiled Egg, Tomato & Cucumber Couscous w/Cranberry Salad Wheat Bread Pineapple
			

# 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 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**



# UPCOMING EVENTS

## JULY 2019

**Monday - July 8th Mini Trip - Chickie & Petes Parx Casino**

**Pickup at Residence**

**10:00am - 2:30pm**

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

**Monday - July 8th & 22nd - Spiritual Journey w/Nate & Delores.**

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

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

**Monday - July 15th Mini Trip - Philadelphia Mills Movie Theater**

**Pickup at Residence**

**10:00am - 4:00pm**

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

**Monday - July 22nd Mini Trip - TBA**

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

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

**Monday - July 29th Mini Trip - TBA**

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

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

**Tuesday - July 30th - 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**

**MARY DIONNE**

**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**



**THE PETER BRESSI NORTHEAST SENIOR CENTER IS FUNDED BY  
PHILADELPHIA CORPORATION FOR AGING AND IS A COMMUNITY PROGRAM**