



Community Enrichment Fitness Network



Sherry and Michael Getting Ready for the Event



Smooth Edge Band Celebrating Around Sherry Hill



Jasmine and Ali Hackett showing folks how to exercise in a chair

On behalf of the Community Enrichment Fitness Network (CEFN), we trust you are having a wonderful summer despite some of the challenges we are currently experiencing with the COVID-19 pandemic. We are happy to report that the COVID-19 cases have been dramatically reduced in the Philadelphia area. However, we encourage you to continue **wearing your mask** and **maintaining 6-foot social distancing**.

Despite the fact that CEFN had to postpone our Senior Gala Extravaganza 70s Party twice due to this COVID-19 pandemic, I'm happy to report that on **Friday, June 12**, CEFN, along with its platinum sponsors **CareGivers America** and **Dedicated Senior Medical Center** hosted a successful first-time senior health and wellness event. We wanted to stay connected with our older adults who purchased tickets for the Senior Gala, originally scheduled **Friday, April 3**. So, we decided to use the same day that was scheduled for our face-to-face event at the Hilton Hotel on **June 12**. Instead, we aired our first senior health and wellness virtual event on Facebook live and YouTube. According to the feedback we received from viewers, the event was a smashing success despite some of the technical challenges we experienced. The second reason why we decided to host this virtual event is because we wanted to give the viewers an idea of what to expect when they attend our face-to-face Senior Gala 70s event, initially scheduled for **Friday, October 23, 2020** but due to an upsurge in cases in southern states and the city's mandate to postpone events until **February 2021**, we decided to hold another virtual event on **October 23, 2020** and the face-to-face at the Hilton Hotel on an alternate date, **Friday, April 2nd, 2021**. See page 4 for details on our alternate date for April 2nd, 2021. Also, see page 2 for more details on the first senior health and wellness virtual event.

Please Save the Date for Friday, August 21. CEFN will host another virtual event. We will re-launch our *Nutrition Awareness and Healthy Cooking Program*. We will have a live healthy cooking demonstration, yoga, Zumba demonstrations, and much more! Please be sure to **dress in your comfortable workout attire**. Of course, we will also have some lively Entertainment with the Smooth Edge Band and Clay Jackson, who will serenade you with his saxophone. See page 3 for more details.

CEFN will still honor the attendees who purchased tickets for the 70's event for **April 3rd, 2020**. The tickets bought will still be honored for **April 2nd, 2021**. In the meantime, enjoy your summer and we look forward to connecting with you on **Friday, August 21, 2020**. Join us at the **VIRTUAL Senior Gala on Friday, October 23 on Facebook Live and YouTube**. More details will follow soon.

Peace and blessings,
Sherry Hill, 215-858-4957

CEFN Hosts First Time Senior Health and Wellness Virtual Event



If you missed CEFN's first live virtual event, don't worry we recorded it, and you can check it on the link below!

https://www.youtube.com/watch?v=qkPneYi_wR0&feature=youtu.be We've received great feedback and positive comments about the event!

I am excited to announce that CEFN successfully hosted our first online virtual senior health and wellness event on **Friday, June 12, 2020**. Platinum sponsors include: **Caregivers America and Dedicated Senior Medical Center** also helped to make this event a huge success! As CEFN's event planner coordinator for this first-time virtual event, I am also happy to report that despite the technical challenges we experienced, the event was absolutely amazing! With only two to three weeks for planning this event, planning this event was very exciting! We are so glad you were able to join us for this splendid time!

According to the majority of the viewers, they immensely enjoyed receiving vital COVID-19 updates from **Dr. Naima Benson** – MD from Dedicated Senior Medical Center – and learning the wonderful work that Philabundance does to distribute meals to those in need during this COVID-19 pandemic. We also learned about the work **Dr. Karen James** and **Howard James** offer to help boost one's immune system. In addition, we thank **State Representative Chris Rabb**, who also gave updates on the state's plans to reopen the city of Philadelphia and informed us that his office is open to seniors who are in need of services. It was also very informative to learn about the services Caregivers America, Dedicated Senior Medical Center and CEFN offer to seniors. We extend condolences to State Representative Kinsey and his family for the untimely transition of their precious daughter, Lanessa S. Kinsey, on June 11, 2020

One of the major highlights of the event were MC, **Ali Hackett**, and the wonderful and great sounds of Smooth Edge Band. Ali and the Smooth Edge Band kept the event lively, and entertaining. Many of our viewers commented saying that the music was "great, awesome, amazing". Everyone was either on their feet dancing or in their seats moving to the beat of each song. The band was definitely exceptional in their performances and we cannot wait to hear from them again during our next **Virtual Senior Gala Extravaganza 70s Party on October 23, 2020**. See flyer on page 4 for more information.

Not only was the music amazing, but many people appreciated the information given during our virtual event. We specifically chose our speakers accordingly to the situation we are in – COVID-19 pandemic. Many viewers loved listening to the information provided by our doctor, natural holistic professionals, state representative, and Philabundance. We were able to discuss following CDC guidelines on COVID-19 updates.

CEFN, along with platinum sponsors were proud and excited to host this virtual event. With the current situation going on with COVID-19. Unfortunately, we were unable to meet face-to-face on **June 12**. This pandemic has deeply disappointed us because we know that there will be quite some time before we can be reunited and see our friends and family at CEFN's events again. We're glad to know that we can at least reach out to our friends and supporters through an online virtual event, rather than risking our health for an in-person event at this time. We are so glad that we were able to host this event and look forward to you joining us again, for another virtual event on **Friday, August 21**. See flyer on page 3 for more information.

Join us on **Friday, October 23rd, 2020** for our **VIRTUAL Senior Gala** event! MC, Dwight Smith (Smitty from the City) and DJ Gary Cowley will entertain us with live entertainment that will get you up on your feet dancing! We'll also have karaoke and line dancing! You don't want to miss this exciting **VIRTUAL senior gala**! More details will follow soon. For more information, check out our website, www.cefn.org, or call **Sherry Hill at 215-858-4957**.

Sophie Kim



*CEFN and Caregivers
America Presents the
Relaunching of its
Nutrition Awareness
and Healthy Cooking
Program*



Featuring:

- Prepare a healthy, nutritious and delicious meal
- Join us for a fun Zumba exercise workout!
- Participate in a relaxing yoga demonstration!
- Have your bottled water, towel, and workout gear!

Enjoy the smooth sounds of saxophonist, Clay Jackson, and much more!

Check us out on Facebook live. And YouTube on Friday, August 21 Time :10:30 AM-12PM

<https://www.youtube.com/watch?v=u0uyMcHKU2U>

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www.cefn.org



**Dedicated Senior
Medical Center**
A CHEMED COMPANY

**CAREGIVERS
AMERICA**

Simplura

Presents

THE 6TH ANNUAL SENIOR GALA EXTRAVAGANZA



Live Jazz Entertainment
Delicious Catered Meal
Health & Wellness Vendors
Dancing
Raffles
Prizes

70's PARTY

Dress Attire "70's Threads"



**NEW
DATE!**

FRIDAY
April 2, 2021

11am-3pm
(Doors Open at 10am)

Early Bird DONATION \$35

RSVP until early bird special tickets sell out

\$40 DONATION FOR REGULAR PRICE No tickets sold at door (no refunds)

Parking available on City Line Avenue Mall across from Hotel

Hotel Parking \$5.00 – Free Shuttle Bus (from hotel parking lot)

For more information Contact Sherry Hill (215) 858-4957

Or email cefnphila@gmail.com

Make check payable to CEFN, Mail to: P.O. Box 4122 Philadelphia, PA 19144

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