



COMMUNITY ENRICHMENT FITNESS NETWORK: Fall/Winter 2025

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HOME CARE**



*2025 Belle of the Ball and Lord
Harvest: Alfreda Alexander & Lewis
McCants*



*Top Sellers: Kathleen Gambrell,
Anne Ryles, Dana Millwood*

CEFN's Senior Harvest Ball: A Smashing Success!

Greetings to CEFN's wonderful friends and supporters! I hope you're all getting ready to enjoy the upcoming holidays. I'm happy to share that CEFN's 5th Annual Senior Harvest Ball Old School Basement Party, held on Friday, October 24th, 2025, at the Hilton Hotel, was a smashing success!

Over 500 precious older adults were in attendance. Because of how well this year's Senior Harvest Ball went, I'm excited to announce CEFN's 11th Senior Gala Extravaganza, with the theme "Boots on the Ground," which will be held on Friday, April 10th. Back by popular demand, UGO will be our live guest performance. Please come dressed in your most creative cowboy or cowgirl outfit; prizes will be awarded to the most creative ensemble. Please contact CEFN if you are interested in attending. Due to high demand, you must reserve your seat on or before December 31st, 2025. Seats may be reserved for \$20 per person.

CEFN's board of directors also extend a heartfelt thanks to our committed team of interns, **Zach Jordan, Ayan Ali, Kiet Pham, Julia Bautista, Wes Lee, Justyce Hollenbach, and Jingwen Huang** who worked tirelessly to ensure that every guest had an enjoyable and cohesive experience. A special thanks also goes out to our former co-op students **Jeremy Senh, Skye Seidenstein, Max Haney, and Justyce Hollenbach**, who helped to make this a memorable event.

We want to recognize **Alfreda Alexander**, a 51-year-old cancer survivor who was crowned Belle of the Ball at 92 years old. Alfreda was showered with gifts from the **Golden Gems** and the **Guiding Lights** seniors, and we are happy to share that her friends and loved ones also offered warm thoughts about her life and battle against cancer. We are also thrilled to acknowledge **Lewis McCants**, who was crowned the Lord Harvest.

CEFN is honored to recognize our three top sellers with first place winner: **Kathleen Gambrell**, second place winner: **Anne Ryles**, and third place winner: **Dana Millwood** for inviting their guests. CEFN could not have done it without their outstanding support in bringing guests to our Gala.

Behind the scenes, CEFN's event coordinator, **Alisha Willis**, played a pivotal role in bringing everything together. Her careful planning and leadership ensured the event ran seamlessly for the day from start to finish. Alisha worked closely with **Dion Martin** to set up a video wall, which was a special highlight of the event, allowing older adults seated in the rear to view the entire program. We also want to especially thank our new and current volunteers. Our talented videographers, **Heather Vail** and **Dawn Parsons**, along with photographer **Jeremy Senh** in which they captured these beautiful moments, allowing us to relive the magic of the day through their lenses. Special thanks to CEFN's valuable platinum sponsor **Stephen Kinsey** from **Patriot Home**. Patriot Home's generous support also helped make this event a huge success.

Please check out all the photos and video clips from the event by visiting our website at CEFN.org. Please see Page 2 for details about the event, Page 3 for collage of highlights, and Page 4 for the **Boots on the Ground** event!

We look forward to seeing you at our Boots on the Ground-themed 11th Annual Senior Gala on Friday, April 10, 2026, at the Hilton Hotel. For reservations or more information, please contact Sherry Hill at (215) 858-4957 or email us at cefnphila@gmail.com.

On behalf of CEFN, we wish you all happy holidays and a wonderful New Year!

Peace and Blessings,

Sherry Hill || *Executive Director* || CEFN

Julia Bautista (Event, Volunteer, and Marketing Manager) Community Enrichment Fitness Network

A lively group of seniors is dancing together in rows



Live performance from the amazing Spirit of the Legends Band



Vaughn Coleman with the winner of the money tree raffle



CEFN's 5th Senior Harvest Ball: A Look Back

The **Community Enrichment Fitness Network (CEFN)**, in partnership with our incredible sponsors, vendors, and generous supporters, hosted the unforgettable **5th Annual Senior Harvest Ball Old School Basement Party Fundraiser** which was held on **Friday, October 24th, 2025**. At Philadelphia's Hilton Hotel on City Avenue came alive with the energy of over 500 joyful older adults who spent the afternoon laughing, dancing, and celebrating together. CEFN is delighted to share that attendees' feedback was overwhelmingly positive, with the majority of guests rating the event as "excellent" or "very good." The touching feedback reminded us just how meaningful this event is in bringing joy and connection to our older adults community.

The feedback from our precious older adults was incredibly uplifting, with attendees describing the event as "Beautiful, invigorating, and energetic." Many shared that they are already looking forward to next year's celebration, with one guest expressing, "I had a wonderful time!" Comments like these remind us why we continue to host events like the Senior Harvest Ball, and CEFN is incredibly grateful for the opportunity to bring joy and companionship to our older adults community. Our volunteers echoed this sentiment as well, sharing feedback such as, "Always happy to work with and be a part of CEFN," reinforcing the strong sense of connection and purpose that makes this event so meaningful.

CEFN was delighted to combine and host a "Health Fair" along with our "Meet and Greet the Vendors" in the Garden Ballroom, where older adults, sponsors, and vendors connected through various wellness activities. These included: **blood pressure checks, a makeup booth, relaxing massages, informative sessions on healthy eating, memory testing, and a lively photobooth.** During the healthfair/meet and greet the vendors, our older adults had an opportunity to participate in raffles for a 55 inch TV, 100 dollar money tree, gift baskets, and other amazing gift items as well **sponsored by Patriot Home.** They also received amazing giveaways from our health and wellness vendors. After our older adults visited the health fair and meet and greet the vendors, they then transitioned into the main ballroom for the Senior Harvest Ball festivities.

The entertainment lineup was truly exceptional and filled with unforgettable moments. **DJ Gary Colway Jr.** kicked off the event with a vibrant mix of timeless favorites that instantly set the tone. Our remarkable host and comedian **Malcolm Hill** kept the crowd entertained with humor, charisma, and his natural ability to keep the energy high throughout the day. t Guests were captivated by **Dana Millwood's** "Dancing Down Memory Lane" demo, We want thank Mr. Darien Ebo for introducing the **Spirit of the Legends Band** to CEFN's Senior Harvest Ball and we've already spoken with him about bringing them back by popular demand next fall. The Legends Band kept the momentum going with iconic Philly tunes from the '70s and '80s beloved classics that had guests, even those with canes and walkers, dancing in the aisles and in their seats. The ballroom overflowed with laughter, applause, and pure joy, creating memories our attendees will cherish for years to come. A special highlight for this year was **Dion Martin** who set up the video walls that elevated the overall experience, ensuring everyone could clearly enjoy the event from any seat.

For more information, please reach out to Sherry Hill at 215-858-4957 or cefnphila@gmail.com

Best regards,

Julia Bautista (Event, Volunteer, and Marketing Manager) Community Enrichment Fitness Network

5TH SENIOR HARVEST BALL HIGHLIGHTS



Boots on the Ground

Country and Western

CEFN'S 11TH Annual Senior Gala

SAVE THE DATE: APRIL 10, 2026 9AM-3PM

THE UGO BAND



COMEDIAN/HOST:
MALCOLM HILL

\$60 DONATION

FEATURING YOUR FAVORITES:

*Live Entertainment,
Raffles, Health Fair,
Vendors, Catered Meal,
Dancing, and More!*

4200 CITY AVENUE, PHILADELPHIA, PA 19131

PLEASE DIRECT INQUIRES TO SHERRY HILL AT 215-858-4957

OR EMAIL CEFNPHILA@GMAIL.COM