

## Special Events and Programs JANUARY 2017 iii

**Happy  
New Year!**

**Join our Celebration!**  
**Fri, Jan 6**

**12 Noon -Festive Lunch**  
**1:00 -Classic Tones**

### Menu

- ~Sliced Roast Beef with Gravy
- ~Whipped Potatoes~ Black-eyed Peas
- ~Cornbread
- ~Chocolate Mousse

### Memoir Workshops

**January 3 - February 16**

**Facilitator Katie Huntington is a sophomore at Bennington College where she studies psychology and creative writing.**

Join one or more of these workshops and create a lasting record of your unique life story.

**Scrapbooking, Weds 1:30-3 pm**  
**January 4 -February 8**

Bring your favorite photos, souvenirs, and a binder and paper. We'll provide glue, markers and good company.

**Writing Workshop, Thurs 1:30- 2:30 pm,**  
**January 5 -February 9**

We will support each other to write our life experiences and what they mean to us.

**Interview Sessions will be individually scheduled**

Kate will interview you, just like a Hollywood ghost writer. She will meet with you once for an interview and another time for you to review her write up. She will give you the finished version.

**Memoir Party w/ Refreshments 2pm**  
**Wednesday, February 15**  
**snow date February 16**

All participants are invited to celebrate the completion of their projects by sharing them. Your lives and talents are unique and your work will inspire others.



### JACK'S FIRE HOUSE

**TUESDAY January 17**

2 SEATINGS

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

Enjoy a delicious holiday meal donated by Jack's Fire House featuring turkey with all the trimmings!

Kindly RSVP by January 12

### New!

### Men's Group at Journey's Way

**Wednesdays, 1:00 - 2:00pm**

**January 18 - March 29**

Join this informal discussion group. We'll talk about managing change instead of change managing you, staying relevant in today's world, how to stay active and healthy. We'll share our life skills and experiences. It's a special place to talk...  
**JUST FOR MEN!**

### LUNCH CLUB

**TUESDAY, JANUARY 24**

**11:00 • JW LOBBY**

### GALLO'S SEAFOOD

**8101 ROOSEVELT BLVD**

Join this friendly group at the restaurant and pay your own way. Travel on your own or meet group in JW Lobby at 11:00 to travel together. For CCT, contact front desk no later than 1/17.

### MUSIC LESSONS FOR FUN & BRAIN HEALTH

**Fridays starting JANUARY 13**

**Ukulele - 10:00-11:00am**  
**Recorder - 11:00 - 12:00pm**

Learning to play a musical instrument is fun and excellent for brain health. Classes are geared for learners 55+. You will need to speak with the instructor to purchase/rent an instrument.

**COST: \$18 per session**

**(\$2 additional cost to cover written materials)**

**Group Lessons - \$90 for each 5-class series.**



### Counselor Mark Presents

**HOSPITAL DISCHARGE  
PLANNING**

**Friday Jan 19 10:30-11:30**

Get vital information about how to plan and care for yourself or a loved one getting out of the hospital.

### SUPPORT OUR TROOPS!

We are collecting goods specifically requested by our deployed troops. They are picked up monthly and are put into Care Packages that are then shipped onward to the our troops and their families everywhere



### Programs JANUARY 2017

**FUN FITNESS for your body and brain awaits you! We're highlighting Yoga, Tai Chi, Line Dance and Tap Dance on this page.**

**NEW! ADULTS OF ALL AGES ARE NOW WELCOME! You can invite your younger family and friends to join you!**

**New fee structure. Classes can be as little as \$5.00 each. See page 4 for details.**

#### **BEGINNERS TAP DANCE**

**Wed 3:30- 4:30pm**

Enjoy this fun classic dance form to develop coordination and rhythm. *Great for brain health and fitness.* Learn basic elements of Broadway and rhythm style tap.

Come dressed in anything comfortable to move in! Tap shoes are recommended, but any hard-soled shoes that slide are also an option.



I ♥  
Book Club

#### **JW BOOK CLUB**

**JANUARY 26 • 1:00 PM**  
Last THURSDAY OF MONTH

***The Pilot's Wife***

*By Anita Shreve*

Fascinating chronicle of love, deception and consequences.

**For more information about this club call Sheila 215-482-1255**

#### **YOGA ALL LEVELS**

**Mimm San Yulan**

**Mon 11:30-12:30 am**

**Thurs 9:30-10:30 am**

Yoga is exercise and meditation that can be done seated in a chair or on a mat. Learn basic postures and breathing. Increase strength, flexibility, concentration and calm.

#### **TAI CHI ALL LEVELS**

**John Chen Tues 1-2 pm**

**Chris Sandorello Thurs 1-2 pm**

Tai Chi is a standing meditative flowing quiet dance. Build internal energy, improve flexibility, strength and balance and calm with gentle fluid movement.

#### **LINE DANCING ALL LEVELS**

**Arnold Zacharias**

**Weds 10-11**

Learn line dances from around the world (!) in a friendly setting.

Requests are welcome! Be a hit at your next party!

#### **IPAD Classes — Free!**

#### **Increasing Technology Skills in the 55+ Community**

**All classes are Tuesdays, 10:30 am. Attend only the classes you want.**

*Instructor Lynn Israel is a retired computer teacher from the School District of Philadelphia*

- January 10 Smart phone /tablet basics; finding answers; backing up data; iCloud
- January 17 Making phone calls: 3 calls, saving numbers, FaceTime, messages
- January 24 What are apps/widgets & why do we want them
- January 31 Digital books & music; overdrive, iTunes & the free library
- February 7 Surfing the World Wide Web; web browsers & search engines
- February 14 NO CLASS
- February 21 NO CLASS
- February 28 Taking great pictures, videos & podcasts; saving, organizing
- March 7 Editing pictures & videos & sharing them with others
- March 14 Playing games to exercise our brains
- March 21 Using the contacts app - using an electronic address book
- March 28 Using the calendar app - how to use an electronic appointment book
- April 4 NO CLASS
- April 11 NO CLASS
- April 18 Using Social media: Facebook, twitter etc.

To register for any of the classes call Journeys Way: 215-487-1750 x 1101. Tell us (1) if you need to use one of our iPads & (2) if you want to reserve lunch (deadline is Friday noon each week).

In order to make your learning experience stress free, please **bring your Apple ID & password to class**. If you do not have one, we will set up one for you.



Dear Friends,

I hope you enjoyed the Holiday Season! Happy 2017! Welcome back to Journey's Way!

We are delighted to offer programs year around to keep you growing, connected, healthy, informed, and feeling good. In addition, we have services for you to use as needed- from transportation to help with resources, housing, forms, taxes, etc as needed.

However, our funding does not completely cover our costs, and we strive to keep prices affordable. For these reasons, we do fundraising.

Now, we ask you to consider becoming a paid member. For less than \$3.00 a month - for a \$25.00 Bronze Membership, for example - you'll contribute to helping your neighbors live well in their communities and you'll get discounts on classes and other rewards. **Our paid membership drive starts January 6, at our New Years Celebration!** Later this year we'll resume our *We Love Our Center Campaign* and mailings will go out in spring.

Your support means so much to us! It enables us to continue to offer people 55+ the resources and programs they need to remain vibrant, giving community members!

*With heartfelt thanks,*

*Center at Journey's Way  
Staff & Volunteers*



**MEMBERSHIP 2017**

**THANK YOU to all our members, friends, and families for your ongoing support of the Center at Journey's Way. We invite you to renew your membership for 2017!**

**REGULAR MEMBERSHIP**

**Regular Member: No charge. Just complete/update the registration forms for Journey's Way and enjoy the many programs and services we offer. Pay our regular low fees.**

**PAID MEMBERSHIP**

**Bronze Member: \$25 a year for individuals; \$45 for couples.**

Entitles you to use the fitness center for \$1 a day, class and trip discounts, discounted tickets to the annual Interact Auction, \$2 JW Bucks to use at Journey's Way.

**Silver Member: \$50 a year for individuals; \$90 for couples.**

Entitles you to everything in the Bronze level, plus free use of the fitness center, \$5 JW Bucks to use at Journey's Way, and a \$5 gift card.

**Gold Member: \$65 a year for individuals; \$120 for couples.**

Entitles you to everything in the Silver level, \$10 JW Bucks to use at Journey's Way, and a \$10 gift card, plus one free class a month (limitations apply).

**Lifetime Membership: \$500 for individuals; \$950 for couples.**

Entitles you to everything in the Gold level, plus four free meals a month, four free CCT rides a month & a \$25 gift card.

**CENTER CLOSINGS**

**Holidays**

Journey's Way will be closed for  
**New Year's Jan 2**  
**Martin Luther King Jr. Day Jan 16**

**Stormy Weather –Safety First**

When Public & Diocesan schools are closed due to bad weather, JW is closed to participants.

**Help Requested  
We can use help with  
these projects:**

Preparing Newsletter for monthly bulk mailing  
Sorting our bead inventory ongoing  
Contact Kathy, 215-487-1750 x 1102

**STAY TUNED FOR  
ANNOUNCEMENTS ON  
UPCOMING TRIPS!**

**TRIP POLICY  
REMINDERS**

**Everyone who goes on a trip must:**

- Complete a JW Registration
- Complete an Emergency Contact Form
- Sign JW Trip Policy

**Refunds will be granted if  
Journey's Way cancels the trip.**

*As trip arrangements vary, the refund policy will be published for each trip.*

**NEW POLICY FOR JOURNEY'S WAY UNSUBSIDIZED CLASSES WITH PAID INSTRUCTORS:**

**FEES AND ATTENDANCE**

**Explanation:** Journey's Way strives to offer programs to keep you well, ever growing, and connected to others. We do our best to offer excellent instruction and keep our prices low. We look for grants to subsidize programs but grants are not always available. At this time, seven Journey's Way classes are not subsidized in any way.

**Policy:** A recent review of all JW programs showed that we are losing too much money on classes that are paid for solely by fees from those attending. Going forward, these classes will need to break even to be held. *Please understand that we are not looking to make a profit on the classes we offer; we just can't afford to lose money.*

**These are the classes that are affected:**

- Line Dance Wednesday, 10-11 am
- Stretch & Strengthen Monday, 9:30 -10:15 am
- Tai Chi Tuesday, 1-2 pm
- Tai Chi Thursday, 1-2 pm
- Tap Dance Wednesday, 3:30-4:30 pm
- Yoga, Monday, 11:30 am-12:30 pm
- Yoga, Thursday, 9:30 -10:30 am

*Advance registration by the 25<sup>th</sup> of the previous month will be required so we know if a session will break even each month.*

*Adults of all ages are welcome to take classes. We sincerely hope this experience will encourage intergenerational sharing and enrichment.*

**Procedures:**

Payment for each month's session will be due no later than the 25<sup>th</sup> of the previous month, or that Friday if the 25<sup>th</sup> falls on a weekend.

There must be a sufficient number of people registered in advance for each month's session to be held.

If JW needs to cancel a class, participants will be given a refund for that class.

If you are in need of a scholarship, please contact Rebecca at 215.487.1750 x 1007

**Fee Schedule:**

There will be advance registration/ payment for a month of classes. Monthly payment will be calculated based on each class as follows below. Note that some months there may be more or less classes due to holiday closings and the number of specific days in a given month

\$5 for JW **paid members\***

\$7 for JW **regular members\***

\$9 for adults under age 55

Drop in fee, paid per class, if enough people preregister

\$8 for people 55+

\$9 for people under 55

**\*A paid member is a regular member (registered) who also pays a fee. See page 3 for details**

403 Rector St. ~ 215.487.1750





*Ongoing Events*

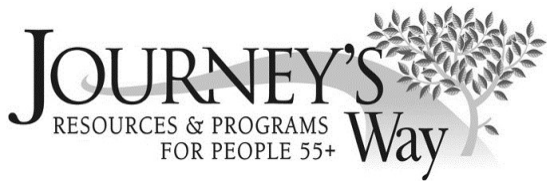


Monday	Tuesday	Wednesday	Thursday	Friday
8:30-5 Fitness Ctr. \$	8:30-2 Fitness Ctr. \$	8:30-5 Fitness Ctr. \$	8:30-5 Fitness Ctr. \$	8:30-5 Fitness Ctr. \$
8:30-5 Cards, Games	8:30-5 Cards, Games	8:30-5 Cards, Games	8:30-5 Cards, Games	8:30-5 Cards, Games
8:30-5 Pool, Ping-Pong	8:30-5 Pool, Ping-Pong	8:30-5 Pool, Ping-Pong	8:30-5 Pool, Ping-Pong	8:30-5 Pool, Ping-Pong
8:30-5 Open Tech Lab	8:30-5 Open Tech Lab	8:30-5 Open Tech Lab	8:30-5 Open Tech Lab	8:30-5 Open Tech Lab
9:30 Stretch/Strength \$	8:45 Continent. Break. \$	8:45 Continent. Break. \$	8:45 Continent. Break.	8:45 Continent. Break. \$
10:00 iPad & More Tutorial w/ Nina by apt.	9:00 Walking Group	9:00 Knit & Crochet \$	9:00 Walking Group	9:30 SilvSnk Cllsic D/\$
10:25 Meditation	10:00 Beading \$	9:15 SilvSnk Cllsic D/\$	9:30 All Levels Yoga \$	10:00 Ukulele \$
10:30 Enhance Fitness <i>D</i>	10:30 IPads w/Lynn	10:00 Line Dancing \$	10:00 Weaving \$	11:00 Recorder \$
11:00 Music Lessons \$	12:00 Lunch <i>D</i>	11:00 Mini Massage	12:00 Lunch <i>D</i>	10:45 News & Views
11:30 All Levels Yoga \$	1:00 Next Chapter resumes Jan 10	12:00 Lunch <i>D</i>	12:45 Bingo \$	10:30 Enhance Fitness <i>D</i>
12:00 Lunch <i>D</i>	1:00 Tai Chi \$	12:45 Bingo \$	2:00 <b>NEW! Drawing Starts 1/11</b>	12:00 Lunch <i>D</i>
12:30 Reading Buddies	2:30 Music I Love Classical Music Appreciation	2:00 <b>NEW! Drawing Starts 1/11</b>	3:30 Tap Dance \$	1:00 Pinochle / Bridge
		7:00 Dr's Chamber Orchestra resumes Jan 11		



↓ *Special & Time Limited Programs* ↓

<b>2</b> Closed 	<b>3</b> WELCOME Kate Huntington, scrapbooking/ memoir intern!	<b>4</b> 1:30 <b>NEW!</b> Scrapbooking starts	<b>5</b> 1:30 <b>NEW!</b> Memoir Writing starts	<b>6</b> New Year Luncheon & Celebration w/ the Classic Tones <b>MEMBERSHIP KICKOFF</b>
<b>9</b> 	<b>10</b> 9:30 Advisory Council 10:30 IPADS starts 1:00 Financial Committee	<b>11</b> 11 Nutrition for Life Healthy Portion Sizes & Free Samples! 1:00 <b>NEW!</b> Mens Group 1:30 Scrapbooking 2:00 <b>NEW!</b> Drawing begins	<b>12</b>  11:15 TOWN WATCH Presentation 1:30 Memoir Writing	<b>13</b> 10:00 Medicare consultations with APPRISE, a consumer clearing house
<b>16</b> Martin Luther King Day Closed 	<b>17</b>  Jack's Firehouse Festive Winter Meal 11:30 & 1:00 seatings RSVP by Jan 10 (Tai Chi at John's)	<b>18</b> 9:30 Trader Joe's \$ RSVP by 1/9 1-2 Men's Group 1:30 Scrapbooking 2:00 Drawing 	<b>19</b> 9:30 Reading Terminal \$ RSVP by 1/10 11:00 MARK Presents HOSPITAL DISCHARGE PLANNING 1:30 Memoir Writing 2:30 Jelly Making-Marmalade— \$8 due 1/12	<b>20</b> 12:15 Ice Cream, Cake & Birthday Reading to honor those born in January 
<b>23</b> 	<b>24</b> 11:00 Lunch Bunch <u>Gallo's Seafood</u> Meet at JW \$	<b>25</b> 1-2 Men's Group 1:30 Scrapbooking 2:00 Drawing	<b>26</b> 1:00 Book Club The Pilot's Wife by Anita Shreve 1:30 Memoir Writing	<b>27</b> 
<b>30</b> 	<b>31</b> 		<b>COMING IN FEBURARY!</b> • AARP DRIVER SAFTEY • CHRONIC DISEASE SELF-MANAGEMNT	<b>KEY</b> \$ = Cost D=Donation Appreciated but Optional



**The Center at Journey's Way**  
...A Division of Intercommunity Action, Inc.  
403 Rector St. Philadelphia, PA 19128

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Address Service Requested

**DATED MATERIAL: JANUARY 2017**

**CCT Shared Ride Service Reminder – Ride for \$1 each way!**

If you are a Philadelphia resident **age 65 +**, you are eligible to ride CCT for **\$4.00 per 1-way ride**. If you are a **Journey's Way regular member**, you can ride CCT for a **\$1.00 optional donation per 1-way ride**.

We can schedule CCT for you to come to the Center, go food shopping, go to Dr. appointments.

**To sign up for CCT or arrange to take CCT through Journey's Way** make an appointment with Mark, the center counselor, to complete the paper work.

**To schedule rides** go to the front desk or call 215-487-1750, x 1101.

**RIDES MUST BE SCHEDULED IN ADVANCE. CLIP & SAVE THESE SCHEDULING DEADLINES:**

**To schedule a ride to the CENTER:**

- For a **Mon** ride, you must contact JW by **Tues** the week before
- For a **Tues** ride, you must contact JW by **Wed** the week before
- For a **Wed** ride, you must contact JW by **Thurs** the week before
- For a **Thurs** ride, you must contact JW by **Fri** the week before
- For a **Fri** ride, you must contact JW by **Mon**

**To schedule a ride for ANOTHER PURPOSE:**

- For a **Mon** ride, you must contact JW by **Thurs** the week before
- For a **Tues** ride, you must contact JW by **Fri** the week before
- For a **Weds** ride, you must contact JW by **Mon**
- For a **Thurs** ride, you must contact JW by **Tues**
- For a **Fri** ride, you must contact JW by **Wed**