

The Center at Journey's Way offers classes for active adults. Lunch is offered daily and transportation is available if needed. A printed monthly schedule will tell you everything that's being offered including:

- Health and wellness programs
- A fitness center and exercise classes
- Creative and cultural arts
- Technology classes and workshops
- Volunteer opportunities
- Discussion groups, special events, trips and more

The Center at Journey's Way is funded in part under a contract with The Philadelphia Corporation for Aging & The Pennsylvania Department of Aging.

Other major funders include:

- The Pew Charitable Trusts
- United Way of Southeastern Pennsylvania



403 Rector Street

Philadelphia, PA 19128

Call for More Information:

215-487-1750

Visit us on the Web:

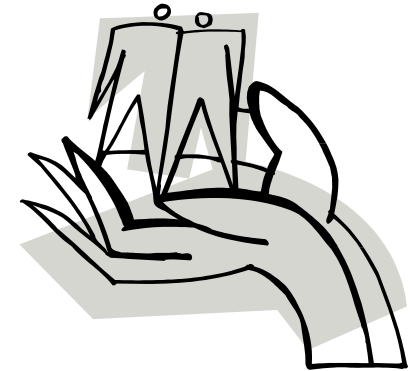
www.journeys-way.org



The Center at Journey's Way
A Program of Intercommunity Action, Inc.
403 Rector Street
Philadelphia, PA 19128



Are You **55+ and Looking for a Meaningful Volunteer Experience?**



Touching Lives Over 55 is looking for volunteers to lead peer discussion groups on health and wellness, aging issues and life after retirement.

For More Information Contact:
215-487-1750 x 1214

*Support for this program provided by
The Pew Charitable Trusts*

Journey's Way: Touching Lives Over 55

Journey's Way, Resources and Programs for People 55+ is a program of the Aging Services Division of Intercommunity Action Inc., a non profit organization. The mission of Journey's Way is to help older adults "live life to the fullest" as they age in their communities by providing a variety of life long learning experiences in health, fitness, education, socialization and volunteerism.



What is Touching Lives Over 55?

- An innovative program training volunteers 55+ to lead peer discussion groups in senior community centers in Philadelphia
- The purpose is to engage older adults in peer discussion groups to encourage social connections and provide opportunities for civic engagement
- The program provides meaningful volunteer opportunities for the leaders as well as positive role models for the group participants

Share Your Knowledge and Skills With Others!

Touching Lives Over 55 is currently recruiting Volunteer Peer Leaders to facilitate weekly discussion groups on health and wellness, aging issues and life after retirement.

Volunteer Criteria

- Must be 55+ and enjoy working with older adults
- Must be attentive to others, a good listener, expressive and have a positive attitude towards life
- Comfortable talking in groups and creating a safe place for people to discuss aging and health issues, loss and grief, and life changes
- Can commit to attend training meetings before leading discussion groups
- Can commit to co-lead a 12 week peer discussion group (*if you are unable to commit to a weekly group, substitute peer leaders are also needed)
- Can provide own transportation to the discussion groups and monthly volunteer feedback meetings at Journey's Way
- Complete the written application and provide references before a personal interview can be scheduled

About the Peer Discussion Groups



- "The Next Chapter – Talking about our Lives", peer discussion groups usually meet for 12 weeks at senior community centers
- Groups are one hour long and are scheduled Monday – Friday during daytime hours
- Anyone 55+ can attend the group and new members are welcome at any time
- The discussion groups provide opportunities to talk about "LIFE" and the challenges and sometimes surprises of growing older
- There are weekly peer discussion groups meeting at senior centers city-wide—there may be a group right in your neighborhood!

For More Information about Upcoming Trainings & Discussion Groups Contact:

David Young, Program Coordinator

(215) 487-1750 ext. 1214 or

dyoung@intercommunityaction.org