

403 Rector Street Philadelphia, PA 19128 P 215.487.1750 ext. 2 www.journeysway.org

Special Events and Programs AUGUST 2015 & More!

BE A PART OF WHAT'S HAPPENING THIS SUMMER & BEYOND

JOURNEY'S WAY

FUNDRAISER

MONDAY, AUGUST 10

5 PM -12 midnight

DINE IN OR TAKE OUT!

CHUBBY'S

5826 Henry Ave • 215-487-2575

chubbysofhenryave.com

A percentage of your tab will

Go to Journey's Way!

VETERAN'S FREE

LEGAL CLINIC

TUESDAY • AUGUST 25

9:30 AM - 1:00 PM

SeniorLaw Center has a monthly legal clinic here for Philadelphia Veterans & family members 60+ that covers these areas: housing, landlord tenant issues, family law, veterans and other government benefits, consumer issues, and other noncriminal legal issues.

Appointments are a must!

Please call JW at 215.487.1750 to schedule! Ask about lunch, too.

Kindly RSVP for lunch when you schedule your appointment.

I-PADS ARE HERE!

WIFI IS HERE!

Use our I-PADS or bring your own tech device! Need help? We'd love to help you connect to your family, friends and much more! Tutors are available too! Appointments are necessary for tutorials but not for using I-PADS on your own. Please contact Estavia to schedule a tutorial and for further information.

NEW!! ZUMBA GOLD

MONDAYS 6 PM -7 PM

OPEN TO THE COMMUNITY!

Zumba Gold is being funded mainly through a grant from the PA Department on Aging, so the cost is a **\$2.00 suggested**

donation - a great opportunity to exercise and make friends!

How can you resist??

Call to register & for information.

ADVISORY COUNCIL

INSTALLATION

TUESDAY, AUGUST 11

12:15 PM • DINING ROOM

Please join us as we welcome our newly elected and returning Advisory Council Members.

Officers:

President - Liz Turella

Vice President - Eileen Conway

Secretary - Marie Shanahan

Treasurer - Sylvia Myers

Members-at-Large:

Pat Bubb, Dee Easley,

Claire Gold, Cheryl Hahn,

Don Hendrickson, John Lieb,

Betty Long, Sally Paletz,

Sam Paletz, Mary Anne Patrick,

Kathryn Trotta and Gloria Wilson

The Advisory Council represents JW Members to Staff. Please meet them and wish them well as they start their new term committed to giving their time and talent to keep JW ever growing and responsive to the needs, interests, and dreams of people 55+.

Best Day of My Life...so Far

Thursdays • 11:15AM – 12 Noon

Starts September 3

In this group, participants share stories about their lives. The stories become part of a world-wide blog of Best Days groups. If you just want to listen, you're welcome, too. We are looking for people who enjoy learning about each other plus "scribes" and bloggers.

Please call Estavia for further information.

Double Your Pleasure :

Two Art Shows at JW!

One Woman Show

SEPTEMBER 21 - OCTOBER 9

RECEPTION: FRIDAY

SEPTEMBER 18 • 4 PM - 6 PM

Feast your eyes on these beautiful photographs by Margi Ide. Margi is an award winning photographer who has taught herself digital photography. The theme of this exhibit is nature.

JW Community Art Show

OCTOBER 26 -NOVEMBER 13

RECEPTION FRIDAY

OCTOBER 23 • 7 PM - 9 PM

All area artists are invited to submit up to three pieces for the **JW Community Art Show**

Please call or email Rebecca for further information at 215.487.1750 x1007 or rkochman@intercommunityaction.org

SPECIAL EVENTS & PROGRAMS AUGUST 2015 & More!

COME DINE WITH ME!

Luncheon Update

Since July, we are enjoying larger entries, more greens in salads, and healthier, tastier meals overall. *Some of our favorites are Cheeseburger 8/5, Chicken Cordon Bleu 8/13, Cheese & Fruit 8/21, Italian Hoagie 8/26. Check the menu to find yours!* RSVP at least two working days in advance to be guaranteed your lunch. If you're 60+, the suggested optional donation is \$2.00; for folks 59 and under the cost is \$4.00 (please pay at the front desk). Tell us if it's your first time so we can give you a warm welcome!

Note Lunch is served at 12 Noon, but is available until 1:30 pm. We just need to know you'll be eating later so we don't give your lunch away! Either give your lunch "ticket" to the kitchen when you come in with your "ETA" or call the front desk before 11:45 am.

Breakfast Reminder

Get your delicious breakfast made to order, 8:45 am -10:30 am

- Continental - Mondays,
- Tuesday – Friday enjoy eggs, hash browns, and turkey bacon.
- Fridays - pancakes are available
- Cost is \$1.00-\$4.00.

No reservations required.



JW SUMMER

MIDDAY MOVIE PREMIER & LIGHT DINNER

WEDNESDAY, AUGUST 26

2:00 PM - 4:00 PM

“THE JUDGE”

Starring Robert Downey Jr.

Movie & Popcorn

Cost: \$2.00



Light Dinner

Cost: \$2.00 **optional** donation for people 60+; \$4 for people 59 & under.

RSVP by:

Friday, August 21 for light dinner.

Walk-ins welcome for movie & popcorn!

 * **GREENSGROW** *
 * **Fresh Produce!** *
 * **Healthy Snacks!** *
 * **Thursdays,** *
 * **10:30 AM-11:30 PM** *
 * The GreensGrow Farms *
 * Mobile Market Returns! Enjoy *
 * fresh, locally grown produce *
 * and healthy snacks at *
 * affordable prices from the *
 * GreensGrow food truck. *
 * **The truck will be parked on** *
 * **Rector St.** *

NUTRITION FOR LIFE INVITES YOU TO A WORKSHOP

**Monday, August 17
 11:15 -12:00 PM**

Topic: Reduce Sugar Intake: Drink More Water! with **Ruby Davis** Nutrition Educator
FIND OUT WHY IT MATTERS & HOW TO DO IT!

TRANSPORTATION ASSISTANCE

If you live in Philadelphia and are age 65+, you are eligible for door to door transportation assistance with Customized Community Transport (CCT). When you make your own reservation, a ride is \$4.00 one way. *However, become a registered member at JW and we can schedule your rides for the doctor, food shopping, or to visit JW, for a \$1.00 suggested optional donation one way.* There is no charge to register for JW or for CCT. Call and speak with our Center Counselor, Mark Weber.



BOOK CLUB

**AUGUST 28 • 1:00 PM
LAST THURSDAY OF MONTH**

I Know Why

The Caged Bird Sings

by Maya Angelou

A 1969 autobiography about the early years of African-American writer and poet Maya Angelou. The first in a seven-volume series, it is a coming-of-age story that illustrates how strength of character and a love of literature can help overcome racism and trauma.



Upcoming Trips, 2015

**READING TERMINAL
TUESDAY, AUGUST 18
DEPARTS JW: 9:30 AM
RETURNS TO JW: 1:30 PM**
Famous indoor farmer's market offering diverse fare, housewares & area specialties.
Produce Vouchers accepted.
COST: \$2 (CCT optional donation) Contact: Estavia at 215.487.1750 ext.1102 to sign-up and schedule CCT rides.

**LUNCH CLUB
TUESDAY, AUGUST 25
Nirvana Indian Bistro
12:00pm • Germantown Pike**
Join this friendly group at the restaurant and pay your own way. Travel on your own or meet group in JW Lobby at 11:15 to travel together.
Contact Estavia at 15.487.1750 ext.1102 to sign-up and schedule CCT rides.

**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.

CAMP LADORE
Northern Pocono Mountains



Senior Session "Jungle Theme"
**MONDAY- FRIDAY
SEPTEMBER 14 - 18
DEPARTS JW 9/14: 12:30 PM
RETURNS TO JW 9/18: 12 PM
5 DAYS & 4 NIGHTS
PACKAGE INCLUDES**

Round Trip Motor coach transport
4 nights deluxe accommodations
Meals & Activities

Activities Include:

Handicap Accessible Mini-Golf
Bocce Ball, Shuffle Board,
Horseshoes, Row Boats, Canoes,
Ping Pong, Volley Ball, Billiards,
Board Games, Darts, Pontoon Boat
Rides, Nature Walks, Heated
Indoor Pool & Hot Tub, Fitness
Room, Electronic Games, Fishing
(bring own equipment & license)
and bring a bike and go exploring.

**COST: \$290 PP/DBL
Single Room \$425 per person
\$50 Deposit required during time
of registration.**

**Final Payment due by
Friday, August 7, 2015**

**For more information and
reservations contact:
Estavia Jefferson, 215.487.1750.
ext.1102**

**HUNTERDON HILLS
PLAY-HOUSE
DINNER THEATER**
Join Journey's Way at
**Hunterdon Hills Play-House
Dinner Theater for two amazing
luncheons & shows!**

**SOCIAL SECURITY
THURSDAY, OCTOBER 15**
Two married art dealers struggle with the visit of the wife's goody-goody sister and her uptight CPA husband, who are fighting over who will end up having the sister's archetypal Jewish Mother live with them. All will soon learn that age is only a state of mind!
COST: \$82

**A FESTIVE HOLIDAY
MUSICAL REVUE FOR 2015
TUESDAY, DECEMBER 15**
An ensemble cast of multitalented performers celebrate Christmas in an original holiday song and dance fest featuring traditional carols, classic and contemporary Yuletide compositions, humorous skits, and spectacular dance numbers- all backed by live onstage orchestra.
COST: \$92

**For more information and
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Estavia Jefferson at 215.487.1750.
ext.1102**





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

Non-Profit Org
U.S. Postage
Philadelphia PA
Permit No. 3259

Address Service Requested

DATED MATERIAL: AUGUST 2015

AARP SMART DRIVER
(2) DAY COURSE

WEDNESDAY, SEPT. 16
THURSDAY, SEPT. 17
12:30 - 4:30PM

Participants must have attended another course within the last 3 years (proof must be provided). Bring PA Photo ID and check or money order only payable to AARP.

Please call front desk to register for a course. Lunch is available and served at Noon. **COST:**
\$15/AARP MEMBERS
\$20/NON-AARP MEMBERS



APPRISE* - WEDNESDAY
SEPT. 16

One-on-one consultations for all your MEDICARE concerns and questions. Schedule an appointment by calling 215.456.7600

*APPRISE is a government funded consumer clearing house

EVENING BINGO
Save the Date!!

Journey's Way
BINGO will be the
4th Friday every
month



STARTING SEPTEMBER 25.
Details to be announced!!

ADVISORY COUNCIL
BOSCOV'S FUNDRAISER
Friends Helping Friends

TUESDAY, OCTOBER 20th

Purchase a \$5 Boscov's Shopping Pass from Journey's Way and Journey's Way gets the proceeds.

Go to any Boscov's to get discounts and freebies, OCTOBER 20th ONLY!

Go on your own or join us on CCT. We'll be going to the Boscov's at Plymouth Meeting Mall.

SHOPPING PASSES WILL BE AVAILABLE SOON!