

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

Special Events and Programs JULY 2015 & More!

BE A PART OF WHAT'S HAPPENING THIS SUMMER AT JW

A SMARTER WAY

TO KEEP TRACK OF MEDS!

WEDNESDAY, JULY 1, 12 NOON

Presentation Over Lunch

Philadelphia-based start-up, TowerView Health, is developing an electronic pill box that reminds people to take their meds if they skip a dose. The team—all recent college grads— are working with Penn Medicine to test their design.

As part of this process TowerView Health is seeking the perspective of older adults to make this service as user friendly as possible. *If you are over the age of 60 and take multiple medications, they would love your input! Find out more at this informative session!*

ZUMBA

THURSDAYS 6-7 pm

JULY 23

OPEN TO THE COMMUNITY!



Join us for a fun, lively workout, with a Latin flair! Our Zumba class will be tailored to

adults age 55+. Wear sneakers and clothing so you can move freely. *Zumba 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 further information.*

AMERICAN HERITAGE

FEDERAL CREDIT UNION

PRESENTS

IDENTITY THEFT

WEDNESDAY, JULY 8

10:30AM-11:15AM

Did you know that one out of 25 Americans is a victim of identity theft each year? There are preventive measures you can take to substantially reduce the chance of identity theft occurring. This seminar will explain steps you can take so you don't become a victim of identity theft, and what to do if you ever do become a victim.

PRODUCE VOUCHERS !

JULY 6– JULY 24, 2-4:30 PM

(Or Until Supplies Run Out)

The Senior Farmer's Market Nutrition Program features \$20 worth of checks for Pennsylvania grown produce. Journey's Way is pleased to be one of the distribution sites. To be eligible you must: (1) show proof that you live in Phila.; (2) show proof that you will be age 60+ by 12/31/15; (3) verbally declare that your household income does not exceed \$21,775 for an individual; \$29,471 for two people; \$37,167 for three people; \$44,863 for four people; (4) pick up vouchers in person and complete registration forms. Funded by the Pennsylvania Department of Agriculture and administered by the Philadelphia Corporation for Aging.

BRIDGING THE GAPS

WELLNESS PROGRAMS

THURSDAYS • 11 AM

We warmly welcome Bridging the Gaps interns Allanda Williams and Lindsay Michel from the Pennsylvania College of Osteopathic Medicine. They will be presenting / coordinating these health presentations:

July 2 - Healthful Taste of Independence Day

July 9 - Thyroid Health

July 16 - A Good Night's Sleep -The Roxborough Memorial Hospital Sleep clinic staff will present tips based on the latest research.

July 23 - Eye Health

July 30 - Bone Health

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VETERAN'S FREE LEGAL CLINIC
TUESDAY JULY 28
9:30AM-1:00PM
 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 by July 24
NOTE ONLY TWO MORE CLINICS AFTER JULY— AUGUST 25 & SEPTEMBER 22
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SPECIAL EVENTS & PROGRAMS JULY 2015 & MORE!

**COME DINE WITH ME!
 LUNCHEON UPDATE!**

Starting July 1, our lunches are featuring several improvements!

- fewer carbs overall
- more whole grains
- spinach greens in salads
- larger portions of lean protein
- more fruit/vegetables
- less sugary juices
- ethnic surprises

Kindly 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 Reminders!

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

- Continental - Mondays,
- Tuesday – Friday enjoy eggs, hash browns, and turkey bacon.
- Fridays - pancakes are available too.
- Cost is \$1.00-\$4.00.
No reservations required.

Last, present this article to the front desk in July and your lunch is "on the house" (one time).

FIBER ARTS SHOW
with
COFFEE, & CONVERSATION
Wednesday August 5, 11 am

See what eight women have created with scraps of fabric, ribbon, even a mop head—and hear how they did it! Be delighted and inspired. We hope to have more fiber arts classes in the future, so come to appreciate and dream about what you might like to do!

WELCOME NADIR!

We warmly welcome Nadir Garvin, a Work Ready intern from North Light. He will be at Journey's Way July 6-August 14 helping distribute produce vouchers, entering data, and assisting in many ways behind the scenes.

GREENSGROW
Fresh Produce!
Healthy Snacks!
 Thursdays,
10:30 am –11:30 am
July 9 - early September
 The GreensGrow Farms
 Mobile Market Returns! Enjoy
 fresh, locally grown produce
 and healthy snacks at
 affordable prices from the
 GreensGrow food truck.

NUTRITION FOR LIFE
INVITES YOU TO A
WORKSHOP

Monday, July 20
 Topic: Summer Foods: Increasing
 Fruits and Vegetables
 with **Ruby Davis**
 Nutrition Educator
 ~ Samples ~

TRANSPORTATION
ASSISTANCE:

If you live in Philadelphia and are age 65+, you are eligible for door to door transportation assistance through SEPTA's Customized Community Transport (CCT). When you make your own reservation, a ride is \$4.00 one way. However, *if you become a JW registered member, JW 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
JULY 30 • 1:00PM
LAST THURSDAY OF MONTH
"ME BEFORE YOU"
by Jojo Moyes

Lou Clark knows a lot of things. She knows she likes working in the Buttered Bun tea shop, and she might not love her boyfriend Patrick.....



LUNCH CLUB
TUESDAY, JULY 28
CRACKER BARREL
12:00pm • Plymouth Meeting

Join this friendly group at the chosen restaurant and pay your own way. Travel on your own or meet group in JW Lobby at 11:15 to travel together.



Upcoming Trips, 2015

PHILLIES GAMES 1:05 PM GAME TIME



WEDNESDAY, JULY 22

Phillies vs. Tampa Bay Rays

COST: \$25 (includes ticket and CCT transportation) Payment Due: **Friday, July 10 - NO Refunds**

THURSDAY, AUGUST 6

Phillies vs. Los Angeles Dodgers

COST: \$25 (includes ticket and CCT transportation) Payment Due: **Friday, July 24 - NO Refunds**

Contact: Estavia Jefferson, 215.487.1750 ext.1102 to schedule CCT rides and to purchase tickets.

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
reservations contact:**

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

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DATED MATERIAL: JULY 2015

Technology Updates!

I-Pads are here! Use them at the Center at no charge for an hour! (longer if there are no requests)! Need help? Tutors are available too! Please contact Estavia for further information.



TUTORIALS for Your Tech Gadgets

Do you have a wonderful gadget like a cell phone, tablet, notebook, camera, etc., and lots of questions about how to use it? Help is on the way!

Wednesdays

**Now - July 22,
11am-12 Noon,**

tutorials will be available from MFUGE teen campers. Please sign on the bulletin board opposite the rest room or contact the front desk to schedule your time.

JW SUMMER

MIDDAY MOVIE

PREMIER & LIGHT DINNER

WEDNESDAY, JULY 29

2:00PM - 4:00PM

“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, July 24 for light dinner. Walk-ins welcome for movie & popcorn!



APPRISE* –WEDNESDAYS

JULY 15 & 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 night of every month STARTING SEPTEMBER 25. Details to be announced!!