

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

Special Events and Programs OCTOBER 2015 & More!

ADVISORY COUNCIL BOSCOV'S FUNDRAISER *Plymouth Meeting Mall* 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!

Get there on your own or join us on CCT.
Deadline for CCT riders is October 15th no later than Noon.

Depart JW: 9:00AM
Return To JW: 2:00PM
SHOPPING PASSES AVAILABLE FOR PURCHASE UNTIL DAY OF!!

UNDERSTANDING AND COPING W/ HEARING LOSS WEDNESDAY, OCTOBER 21 10:30AM • DINING ROOM

Understanding and coping with hearing loss is designed to help participants:

- ◆ Learn how the ear is constructed and how it functions
- ◆ Recognize at least two signs of hearing loss
- ◆ Understand the nature of hearing loss associated with aging
- ◆ Learn communication tips

This program is presented by Pennsylvania School for the Deaf and sponsored by Philadelphia Corporation for Aging Prime Time Health Promotions Program.

FINANCIALLY FIT FOR 55+ LITERACY WORKSHOPS WITH CLARIFI WEDNESDAYS DOORS OPEN • 5:30PM SPEAKER • 6 - 7PM OCT. 7, 14, & 21

CLARIFI, a non profit devoted to Lifelong Financial Literacy, is offering this important, informative series to the public at no charge.

Topics:

- 10/7 Reverse Mortgages
- 10/14 Start Small, Thing BIG!
- 10/21 Investigate Investing

A light dinner is available for a modest cost: \$2 suggested donation for those 60+ \$4 for those 59 and under.

*Kindly RSVP by the Friday BEFORE each session.
215-487-1750 x 1101 or x1102*

GATEWAY "HELPS" 5 TUESDAYS

Health Literacy Program Series
OCTOBER 13 - NOVEMBER 10

Doors open • 5:30PM
Presentations • 6:00PM

Gateway Health wants you to learn how to make smart decisions about your health and well-being.

Topics:

- 10/13 - Take Charge of your Health
- 10/20 - Getting the Care you need
- 10/27 Going Beyond Medicine
- 11/3 Understanding Your Meds
- 11/10 Wrap-up & Know your Health Game Night w/ prizes.

A light dinner is available for a modest cost: \$2 suggested donation for those 60+ \$4 for those 59 and under.

*Kindly RSVP by the Friday BEFORE each session.
215-487-1750 x 1101 or x1102*

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 **ART SUBMISSION CRITERIA**

Two-dimensional

Painting, Drawing, Photography, Print and Fiber Art Three-dimensional
Sculpture, Woodcarving, Pottery and Fiber Art

SUBMITTING ART WORK

Open To All Ages

- ⇒ Complete (1) Art submission form and (1) Release Form (for each piece)
 - ⇒ Deadline to submit photo of artwork is Friday, October 9. Your actual piece will need to be submitted no later than Tuesday, October 13
 - ⇒ Submit artwork to front desk Monday-Friday o 12pm - 5pm
- Please plan to pick up art work Mon., Nov. 16 - Fri., Nov 20 2pm - 3pm.**
Contact us to make other arrangements if needed at 215.487.1750 x1101 or x1102

VETERAN'S FREE

LEGAL CLINIC

TUESDAY • OCTOBER 27

(4th Tuesday of the Month)

9:30 AM - 1:00 PM

SeniorLaw Center has a monthly legal clinic here for Philadelphia Veterans and Family members 60+.

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.

SPECIAL EVENTS & PROGRAMS OCTOBER 2015 & More!

COME DINE WITH ME!

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.

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.



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.



CHEF'S SPECIAL

TUESDAY, OCTOBER 20

MENU

GYRO (Lamb & Beef)

GREEN BEANS

ORANGE



NUTRITION FOR LIFE

INVITES YOU TO A

WORKSHOP

Monday, OCTOBER 19

11:15 -12:00 PM

Topic: Stretch Food Dollars & Reading Labels

Ruby Davis, Nutrition Educator...Find out WHY IT MATTERS & HOW TO DO IT!

NEW!! ASK THE NURSE

THURSDAYS

1ST & 3RD OF THE MONTH

9:30AM - 11:00AM

Blood Pressure Screenings and more. Barbara Shubert BSN, RN will be here every 1st & 3rd Thursday of the month to discuss any health related questions and give free Blood Pressure screening. Appointments are on a first come first served basis. Sign up sheet will be available at the front desk.

JW MIDDAY MOVIE

& LIGHT DINNER

WEDNESDAY, OCTOBER 28

2:00 PM - 4:00 PM

"HARRY POTTER & THE DEADLY HALLOWS: PART I"

Movie & Popcorn

Cost: \$2.00

Light Dinner

Cost: \$2.00 optional

donation for people 60+;

\$4 for people 59 & under.

RSVP by: Friday, October 23 for light dinner. Walk-ins welcome! for movie & popcorn!



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.

EVENING BINGO

FRIDAY • OCTOBER 30

OPEN TO THE COMMUNITY



Journey's Way BINGO will be the last Friday every month.

DOORS OPEN • 5:30PM

GAME STARTS • 6:30PM

COST: \$15

BOOK CLUB

OCTOBER 29 • 1:00 PM

LAST THURSDAY OF MONTH

Dear Abigail

By Diane Jacobs.... The Intimate Lives and Revolutionary Ideas of Abigail Adams and Her Two Remarkable Sisters.

New Members are welcomed and invited to join this group. **For more information about this club call Sheila 215-482-1255 or Sally 215-487-7656.**



Upcoming Trips & More 2015

COMING SOON!!

Tap Dance for Beginners

Enjoy this fun classic dance form to develop rhythm, coordination, and enhance brain health! This six session series will cost \$12, thanks to a grant from the PA Dept. on Aging.

Self Defense for Everyone

You don't have to be an athlete to learn basic self defense strategies. This eight session series will teach you what to do should you need to protect yourself from attack. There will be lots of time to learn and practice so you are proficient and confident. This course could save your life. This eight session series will cost \$16, thanks to a grant from the PA Dept. on Aging.

For further information please stop by Estavia's office or call 215-487-1750 x 1102.

LUNCH CLUB

TUESDAY, OCTOBER 27

UNCLE JULIO'S FINE MEXICAN FOOD

Plymouth Meeting Mall

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 call front desk to schedule a CCT rides.

**READING TERMINAL
THURSDAY, NOVEMBER 5
10:00AM • DEPART JW
2:30PM • RETURN TO JW**

Travel on your own or meet group in JW Lobby at 9:30 to travel together call front desk to schedule a CCT rides no later than Thursday, October 29.

**POETRY JAM
TUESDAY, NOVEMBER 17
1:30PM • DINING ROOM**

Calling all poetry lovers/ readers to join us in exploring poems familiar, new and or original. Come and Share explore and discuss what the poem evokes and on your feelings and memories

COST:FREE

NATIONAL CONSTITUTION CENTER

**Veterans Day Commemoration
WEDNESDAY, NOV 11
9:30AM - 12:00PM
Independence Mall
525 Arch Street**

In honor of Veterans Day, the National Constitution Center will honor the dedication and sacrifices of the brave men and women who have answered the Constitution's call to "provide for the common defense." The day will also include live interviews with veterans and interactive civic education programs. At activity stations, guests can write thank-you letters to veterans and make patriotic crafts, including American flags, star wreaths, and poppy pins. Travel on your own or meet group at JW Lobby at 11:15 to travel together call front desk to schedule a CCT rides no later than Fri. Nov. 6th. Admission to the museum is FREE for veterans and active military personal and is only \$5 for the general public, courtesy of Macy's Inc.

**SPOOKTOBER/COSTUME DANCE PARTY w/ Disc Jockey
FRIDAY, OCTOBER 30
1:30PM • DINING ROOM**

Wear your MASK, SILLY HAT or Costume for a chance to win a prize. Enjoy hot cider, cookies and treat bag!



**HUNTERDON HILLS
PLAY-HOUSE
DINNER THEATER
Join Journey's Way at
Hunterdon Hills Play-House
Dinner Theater an amazing
luncheon & show!**

**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

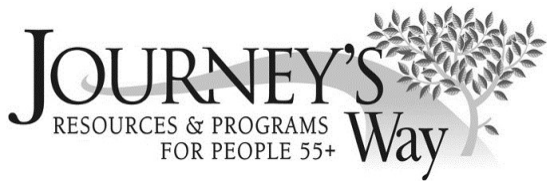
***For more information and reservations contact:
215.487.1750. ext.1102**

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.



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

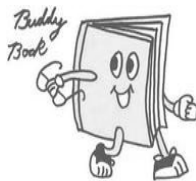
DATED MATERIAL: OCTOBER 2015

**READING BUDDIES
MONDAYS**

**10:30 AM - 11:30 AM
OCTOBER 5, ORIENTATION
OCTOBER 19, 1ST SESSION**

**WELCOME BACK
COOK WISSAHICKON SCHOOL
& VOLUNTEERS!**

Reading Buddies meets weekly at Journey's Way throughout the school year. Volunteers are paired with one or two children to work on reading. The group also celebrates holidays with refreshments and activities. Adults 55+ are warmly invited to join the friendly Reading Buddies volunteers and make a difference in a child's life. **For more information contact Estavia at 215.487.1750 x1102.**



**I-PADS ARE HERE!
WIFI IS HERE!**

Use our I-PADS or bring your own tech device! Need help? Tutors are available too! Appointments are necessary for tutorials but not for using I-PADS on your own.

Sign-up on the bulletin board or call front desk for volunteer availability schedule.

**THE BEST DAY OF MY LIFE
SO FAR (GHOST VERSION)
THURSDAY, OCTOBER 29
11:15AM • DINING ROOM**

Bring your CREEPIEST story, and join in as we exchange our most bizarre encounters with paranormal activities!
Light refreshments will be provided!



**AARP SMART DRIVER
(2) DAY COURSE**

**WEDNESDAY, NOV. 4
THURSDAY, NOV. 5
12:30 - 4:30PM**

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**

REMINDER: PLEASE CHECK BULLETIN BOARDS AND FLYERS FOR UPCOMING PROGRAMS AND EVENTS. SUGGESTIONS AND IDEAS ARE ALWAYS WELCOMED AND APPRECIATED!