

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

Special Events and Programs SEPTEMBER 2015 & More!

National Senior Center Month "CELEBRATE LIFE AT JOURNEY'S WAY"

NEW!! ASK THE NURSE

THURSDAY • SEPT. 3

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.

**BEST DAY OF MY
LIFE.....SO FAR**

**THURSDAYS • 11:15AM
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.

NEW LOCATION (Dining Room)

**HOW TO SAVE MONEY ON
YOUR PRESCRIPTIONS &
ICE CREAM SOCIAL
WEDNESDAY, SEPT. 9 • 12:30PM**

Dan Yody from Caise Benefits will be speaking about how to help you understand and make better health insurance decisions as well as how to save money on your prescriptions.



**JW LOTTERY FUNDRAISER
VALID SEPTEMBER 1 - 30
DAILY NUMBER DRAWING
GET YOUR \$5 TICKET**

Win by matching your ticket # to the daily PA Lottery. Pick 3 Evening number (ONLY) Your number must Match Straight

Weekday Prize: \$25

Saturday Prize: \$50

Sunday Prize: \$100

Winners will be notified by JW Staff and will receive pay out within 24 hrs.

Tickets are available for Purchase Now - September 30.



**FINANCIALLY FIT FOR 55+
LITERACY WORKSHOPS
WITH CLARIFI**

WEDNESDAYS

DOORS OPEN • 5:30PM

SPEAKER • 6 - 7PM

SEPT. 30, 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:

9/30 Wise Use of Credit

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.

EVENING BINGO

**FRIDAY • SEPTEMBER 25
OPEN TO THE COMMUNITY**

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

DOORS OPEN • 5:30PM

GAME STARTS • 6:30PM

COST: \$15



*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

ART SUBMISSION CRITERIA

Two-dimensional

Painting, Drawing, Photography, Print and Fiber Art

Three-dimensional

Sculpture, Woodcarving, Pottery and Fiber Art

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

SPECIAL EVENTS & PROGRAMS SEPTEMBER 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
THURSDAY, SEPTEMBER 17
MENU
Birch Beer
Bratwurst & Sauerkraut
Apple Compote
Black Forrest Dessert

NUTRITION FOR LIFE

INVITES YOU TO A
WORKSHOP

Monday, September 21
11:15 -12:00 PM

Topic: Food Safety with
Ruby Davis

Nutrition Educator...Find out WHY it MATTERS & HOW TO DO IT!

ARE YOU STREET SMART
TUESDAY, SEPTEMBER 22
10:30AM- 11:30AM

Program provided by PCA & PHMC
Please join us for a program that focuses on safe pedestrian habits, seatbelt use, and safe driving behaviors. The presentation includes Traffic Safety Bingo and Prizes!!

JW SUMMER
MIDDAY MOVIE PREMIER
& LIGHT DINNER

WEDNESDAY, SEPTEMBER 23
2:00 PM - 4:00 PM

"THE SOLOIST"

Starring Jamie Foxx and
Robert Downey Jr.

Movie & Popcorn

Cost: \$2.00

Light Dinner

Cost: \$2.00 optional

donation for people 60+;

\$4 for people 59 & under.



BOOK CLUB

SEPTEMBER 24 • 1:00 PM
LAST THURSDAY OF MONTH

Henna HouseBy Nomi Eve
Yemen 1920- Adela Demaris'
parents desperately seek
husband for their young
daughter. By law if unmarried,
Jewish child will be adopted by
Muslim Community.

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.



A MESSAGE FROM CCT

Shared Ride Service during the World Meeting of Families Congress and the Papal Visit

On Friday, September 25, 2015, due to anticipated increased traffic congestion and possible street closures, there will be unanticipated disruptions to CCT Services.

On Monday, September 28, 2015, there will be **NO CCT Service** to and from all Philadelphia Senior Centers including JW. Only rides for work, medical appointments and dialysis treatment will be provided. This decision has been made due to anticipated traffic congestion as visitors depart from the city.

Upcoming Trips & More 2015

**SUGAR HOUSE CASINO
TUESDAY, SEPTEMBER 29
DEPARTS JW: 9:30 AM
RETURNS TO JW: 1:30 PM**

**COST: \$2
(CCT optional donation)**

Contact: Estavia at
215.487.1750 ext.1102
to sign-up and schedule
CCT rides.

**LUNCH CLUB
TUESDAY, SEPTEMBER 22
OLD COUNTRY BUFFET
4640 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 11:15 to travel together.

Contact Estavia at 15.487.1750 ext.1102 to sign-up and schedule CCT rides.

**SENIOR STRUT
FRIDAY, OCTOBER 9
9:30AM - 12:00PM**

**A HEALTH EVENT
IN THE PARK**

Presented by Fairmount Park Conservancy, PCA and Philadelphia Parks & Recreations

One mile kick-off walk led by Mummies, free t-shirts, health information, free screenings and fitness activities, demonstration stage, nutritious snacks, former Eagles Wide Receiver and DJ Patty Pat.

Location: Lloyd Hall, 1Boathouse Row, Kelly Drive **COST: \$3**
Contact: Estavia at 215.487.1750 ext.1102 for tickets and info.

**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:
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.*

**VETERAN'S FREE
LEGAL CLINIC
TUESDAY • SEPTEMBER 22
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.

AARP SMART DRIVER

(2) DAY COURSE

WEDNESDAY, NOV. 4

THURSDAY, NOV. 5

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**





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: SEPTEMBER 2015

**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.

**COUNCILWOMAN BLONDELL
 REYNOLDS BROWN
 13TH ANNUAL SENIOR EXPO
 FRIDAY, OCTOBER 2
 9:30AM - 12:00PM**

OPEN TO THE COMMUNITY!

Improving the quality of life for Seniors through the power of information. **Agencies Invited:** 311, Clarifi, Coalition Against Hunger, PECO, Fire Department, Police Department, Water Department, SEPTA, Mayors Commission on Aging and more. For more information or to RSVP, please contact 215.487.1750 ext. 1101.

**FREE FLU CLINIC
 ROXBOROUGH MEMORAL
 HOSIPTAL
 THURSDAY, OCTOBER 1
 FRIDAY, OCTOBER 2
 7:30AM - 12 NOON**

Free Flu Clinic and Good Neighbor Information fair at RMH. Reservations are necessary for flu shots. For more information call 215-487-4458.

GATEWAY "HELPS"
 Health Literacy Program Series
**OCTOBER 13, 20, 27, Nov, 3 &
 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. More details TBA.

**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 ARE NOW AVAILABLE!