

FEBRUARY TRIPS & EVENTS



The Expressive Hand is a place where you can relax while painting a one-of-a-kind pottery keepsake.....paint your own personal work of art. You pick your piece of pottery.....your price/cost depends on the piece you choose....express yourself thru design, technique, and colors! It takes one week for your artwork to be fired.

DATE: THURS, FEB 20—TIME: 10-12—DEADLINE: THURS, FEB 13
COST FOR TRANSPORTATION ONLY: \$5/FRIENDS \$8/NON



PENNSYLVANIA ACADEMY OF THE FINE ARTS

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Exhibits include: Art for Art's Sake: The WPA and It's Legacy; Bill Viola, Ocean without a Shore; Beyond the Paint; George Tooker's Highway. Enjoy a visit to this vital art scene!

DATE: TUES, FEB 25—TIME: 10-12—DEADLINE: TUES, FEB 18
COST: \$15 FRIENDS, ETC —\$18 NON PAID MEMBERS

CCT—CONNECT—MON, FEB 24—10:30—12:00

Chances are you use CCT for rides to the Center or to take a group trip. New rules for CCT state that you must have a photo ID. If you have not used your CCT card in the last 6 months to a year, you must check with CCT to make sure your card is still valid. This trip will take you down to CCT so you can obtain a new card with a photo ID. **COST: \$3/Friends—\$5/Nonpaid mem**



To Market to Market--Suggested Donation \$2/friends \$5/Nonpaid --CCT shared ride

You choose the date and time--one week notice required. Go to your favorite market — Acme, Shoprite, SuperFresh, Whole Foods, Reading Terminal, Trader Joes, etc. Door to door service---must make a reservation.



THE NEW BRITTINGHAM'S

640 E. Germantown Pike

Tues, Feb 25—11:30 AM

Meet at the restaurant and pay your own way. **Please call Constance so she can make a reservation!**

BOOK CLUB

FEB 27-1:00PM

“Memory Keeper’s Daughter”

Kim Edwards

POETRY

APPRECIATION

FEBRUARY 20

MOVIE MATINEE-1:00 PM - FRIDAYS

★2/07—Dark Shadows—Johnny Depp, Michelle Pfeiffer

★2/14—Unfinished Song—Terence Stamp, Vanessa Redgrave

★2/21—Bourne Ultimatum—Matt Damon, Joan Allen







★2/28—Man of Steel (Superman)—Henry Cavill, Amy Adams, Russell Crowe



FEBRUARY 2014

<i>MON</i>	<i>TUES</i>	<i>WEDS</i>	<i>THURS</i>	<i>FRI</i>
8:30-5 Fitness Ctr. 8:30-5 Play Pool 8:30-5 Tech Lab Open 9:00 Café/Coffee 9:30 Stretch/Strength 10:45 Meditation 11:00 Music Lessons 11:30 Yoga 12:00 Lunch	8:30-5 Fitness Ctr. 8:30-5 Open Tech Lab 9:00 Café/Breakfast 9:00 Walking Group 10:00 Beading 10:00 EnhanceFitness 10:30 Men's Group 12:00 Lunch 1:00 Tai Chi 1:00 Next Chapter 1- 2:30 Computer Club	8:30-5 Fitness Ctr. 8:30-5 Play Pool 9:00 Café/Breakfast 9:00 Knit & Crochet 9:15 Silver Sneakers Classic 10:00 Reading Buddies 10:00 Line Dancing 12:00 Lunch 12:45 Bingo	8:30-5 Fitness Ctr. 8:30-5 Tech Lab Open 9:00 Café/Breakfast 9:00 Walking Group 10:00 Weaving 10:00 YOGARHYTHM 11:0 Chorus 12:00 Lunch 12:45 Bingo 1- 2:30 Computer Club or Tutoring —By appt 1:00—Tai Chi	8:30-5 Fitness Ctr. 8:30-5 Tech Lab Open 9:00 Café/Breakfast 9:30 SilvSneaksClassic 10:45 News & Views 11:00 EnhanceFitness 12:00 Lunch 12:30 Painting & More 1:00 Movie Matinee 1:00 Pinochle 1:00 Writers Group—1st & 3rd Friday of Mo.

FEBRUARY Special Events

		<p><u>DO YOU LOVE TO SING?? JOIN OUR CHORUS—OPEN TO ALL—NO TRYOUTS!</u> <u>THURS, 11:00-11:45</u></p>		
		<p>5</p> 	<p>6</p> <p><u>10—YOGARHYTHMICS</u></p>	<p>7</p> <p>DRAWING CLASS: 12:30-Abstract Art 1:00-Movie: "DARK SHADOWS" 1:00-Pinochle 1:00--Writer's Group 4:00 Kids Zone</p>
<p>10</p> <p>11:15—Eat Well w/Ruby "The Benefits of Fiber"</p>	<p>11</p> <p>10:00--Advisory Committee 10:00—APPRISE APPT. ONLY! 10:00—MEET THE NEW JEWELRY TEACHER 10:30--Men's Group 1:00—Fundraising Comm.</p>	<p>12</p> <p>9:00-TAX PREP 10:00-SENIOR LAW 9:30-10:30—<u>NEW MEMBERS BREAKFAST</u></p>	<p>13</p> <p><u>10—YOGARHYTHMICS</u> 11:00—KNEE HEALTH 12:00—Special Dessert: <u>Chocolate Lovers</u> 1:30—Program Committee</p>	<p>14—<u>VALENTINE'S LUNCH</u> </p> <p>DRAWING CLASS: 12:30: Abstract Art 1:00-Movie:"UNFINISHED SONG" 1:00-Pinochle</p>
<p>17 <u>CLOSED</u> <u>PRESIDENTS' DAY</u> </p>	<p>18</p> <p>10:30--Men's Group 10-12—SPECIAL JEWELRY CLASS 1:00—Life Coaching w/<u>Norman Viss</u> 1:00-STAMPS & COINS</p>	<p>19</p> <p>9:00-TAX PREP 10:00-SENIOR LAW 11:00—<u>SELF DEFENSE FOR SENIORS</u></p>	<p>20</p> <p><u>10—YOGARHYTHMICS</u> 10:00—TRIP: <u>THE EXPRESSIVE HAND POTTERY STUDIO</u> 1:30—Poetry</p>	<p>21—DRAWING CLASS: 12:30—Abstrat Art 1:00-Movie: "BOURNE ULTIMATUM" 1:00-Pinochle 1:00--Writer's Group 4:00—Kids Zone</p>
<p>24</p> <p>10:30—CCT TRIP FOR PHOTO ID 1:00—GENEALOGY</p>	<p>25</p> <p>10:00—<u>TRIP:</u> <u>PENNSYLVANIA ACADEMY OF FINE ARTS</u></p>	<p>26—9:00-TAX PREP 10:00-SENIOR LAW 1:00—<u>ARMCHAIR TRAVELER: ANTARTICA!</u> FRANK DOUGHERTY</p>	<p>27—Book Club 10—YOGARHYTHMICS </p>	<p>28</p> <p>DRAWING CLASS: 12:30—Abstract Art 1:00 Movie: "MAN OF STEEL"</p>



The Center at Journey's Way
...A Program of Intercommunity
Action, Inc.

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DATED MATERIAL
FEBRUARY 2014

MEMBERSHIP! MEMBERSHIP!! MEMBERSHIP!!!

It is time once again to join or renew your membership. Please consider supporting our center....we are here for YOU! Supporting us by paid membership enables us expand programs and support YOU!

MEMBER: You become a registered member of Journey's Way and pay our regular, low fees.

FRIEND: \$25.00—Class & trip discounts; use of the fitness center at \$1/day; and \$2 in JW bucks to use here as you wish.

PATRON: \$50.00—Use of Fitness Center at no charge; class and trip discounts; and \$5.00 in JW bucks to use here as you wish.

SUSTAINING: \$65.00—Use of Fitness Center at no charge; class and trip discounts; \$10.00 in JW bucks to use as you wish; and you'll be first to get any special tickets such as the Mann Music Center, etc.

Upcoming Events

Healthy Steps gives adults 60+ comprehensive information on how to prevent falls. Falls are the number one reason for nursing home admissions-- here's your chance to learn how to avoid being a statistic! This workshop addresses safety at home and in everyday activities; diet and medications; staying fit for life; and more. A 60+ page booklet and lunch are included.

Healthy Steps will be offered Thursday March 20, 10:00 am - 2:45 pm. RSVP is a must!! Healthy Steps is supported by The Philadelphia Corporation for Aging PrimeTime Health Promotion Program. Registration deadline: Friday March 14.

FUTURE EVENTS:

—Lawrence Geller, Producer, presents a fun filled stroll down memory lane,

“Radio Revisted,” an hour of song and comedy. RESCHEDULED FOR THURS, APRIL 10

—St. Patrick's Day, March 17, Corned Beef and Cabbage Lunch with special entertainment at 1:00 PM



Celtic Harpist and Vocalist Meghan Kathleen Davis, 11:15 to 11:45 AM