

JANUARY 2015 Special Events and Programs

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**HELP YOURSELF TO HEALTH
SIGN UP NOW!**

JANUARY 6 - FEBRUARY 10

TUESDAY • 1:00pm - 3:00pm

Start the New Year off right!

Are you an adult age 60 or older with an ongoing health condition? If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the **Help Yourself to Health Workshop** can help you take charge of your life! Get support, learn how to deal with pain, fatigue, and learn better ways to talk with your doctor and family about your health. To register or for more information, call 215-487-1750.

New Information! So, you can join us for a “second time around” so long as your last course ended by June 30, 2013. **Free! Manual & Relaxation CD Included!** This program is supported by funds received by Philadelphia Corporation for Aging Prime Time Health Promotion Program from the Administration on Aging through the Pennsylvania Department of Aging.

NEW YEAR LUNCHEON

TUESDAY • JANUARY 6

12:00PM • MENU TBA

Lunch reservation must be made no later than WEDNESDAY, DEC 31.



JANUARY 12 - JANUARY 18

DINE OUT & SUPPORT

JOURNEY'S WAY!

Enjoy lunch or dinner at the LUCKY STAR Asian restaurant. Lucky Star features Chinese, Thai, and Japanese Cuisine--delicious and reasonably priced-- in a beautiful and cozy setting. Join your friends and family members Monday, January 12 - Sunday, January 18.

Lucky Star will donate 15% of the proceeds to Journey's Way!

Lucky Star Restaurant is located, 8919 Ridge Ave. Phila. PA 19128
Lunch 11:00am - 3:00pm,
Diner 4:30-11:00 pm. Phone
(215) 482.3760 or (215) 508.5508.

LUNCH DELIVERY

will be available here

Thursday, January 15 at lunch time. Orders must be made in advance in the lobby no later than Wednesday, January 14 at 12 noon.



CENTER CLOSINGS

THURSDAY • JANUARY 1

FRIDAY • JANUARY 2

Happy New Years on behalf of Journey's Way. We would like to wish everyone a Safe, Healthy and Prosperous 2015!



CENTER CLOSED

MONDAY • JANUARY 19

Journey's Way will be closed in observation of Martin Luther King Jr. Holiday. Volunteer in your community on Martin Luther King Day of Service.

CLASS CANCELLATIONS

JANUARY 5 & 19

NO READING BUDDIES

In an effort to remove the moisture from the basement, the lower level (basement) will be under construction the first 2 weeks of the month Jan 5-9 and Jan 12-16. Please see bulletin boards or call for class cancellation or location changes.

SPECIAL EVENTS & PROGRAMS CONT. Page 2



MOVIE MATINEE FRIDAYS 1:00pm Cost: \$1

1/2 • CLOSED
1/9 • TOURIST
1/16 • LES MISERABLES
1/23 • CHICAGO
1/30 • FRANKIE & ALICE

Please Note: All movies are subject to change. If there is a change announcements will be displayed around the center.



SURF/TURF LUNCH SPECIAL

WEDNESDAY • JANUARY 14
12:00PM • MENU TBA

Lunch reservation must be made no later than Friday, January 9.

VNA HOSPICE OF PHILADELPHIA
WEDNESDAY, JAN 21 • 11AM
Find out how Hospice can support patients and families earlier than you ever imagined!

Bonnie Koletas, RN will cover on hospice vs. palliative care; the different levels of hospice; examples of use; qualifying factors; and how to start service. Q & A to follow.

Advance registration is really helpful. Please use the touch screen.

INTERGENERATIONAL PEN PAL PROGRAM

JANUARY 15 — MAY 21, 2015

A FUN WAY to help a youngster improve his/her writing skills! Join the volunteer Pen Pals and write to a class of fifth graders.

- The group will exchange letters every four weeks.
- Letters will be collected here every third Thursday of the month and delivered to the students.
- We will host a Meet and Greet for students to meet pen pals in May.



If, this program interests you, please stop by and sign-up with Estavia Jefferson no later than Friday, Jan 9, 2015

WOMEN CELEBRATING WOMEN SOCIAL

THURSDAY, JAN 22 • 2-4pm
(POSTPONED FROM DECEMBER 12)

Join us for an late afternoon of games, socializing and pampering.

The Theme for the afternoon is Red & Gold Royalty.

Wear red or gold attire. Great opportunity to “Strut your stuff.” Light refreshments and prizes.

Cost: \$2 passes may be purchased at the program office.

Deadline: Tuesday, January 20.



SNEAK PEAK UPCOMING PROGRAMS

GET KNOWLEDGE & SUPPORT TO LOSE THOSE UNWANTED POUNDS!
THURSDAY, FEB. 19 & 26
10:30AM

This 2-session program will provide you with important information related to weight management through delicious healthy eating, and regular enjoyable exercise.

Each session is 1 hour.

Session 1 will cover:

- Portion size (my plate)
Limiting fat and sugar
Bake, broil or boil instead of frying
The Mediterranean Diet
The Dash Diet
The importance of daily exercise.

Session 2 will cover:

- The effectiveness and safety of three new anti-obesity medications: Osymia, Xenicol and Belviq
Medical reasons why these medications are prescribed
Benefits and drawbacks of these medication

Advance registration is really helpful. Please use the touch screen.

Trips & Dining - 2015

AFRICAN AMERICAN MUSEUM MONDAY, JANUARY 19

11:00 AM - 5:00 PM

**Dr. Martin Luther King, Jr.
Sharing the Heritage Celebration
and Day of Service.**

FREE ADMISSION thanks to AAMP and the Citizens Bank Foundation. Celebrate the life and legacy of Dr. Martin Luther King, Jr.! This day of activities, learning, direct service and community celebration is appropriate for all ages. Donate food to ChAAMPs Against Hunger Philabundance Food Drive. Or Donate books for Philadelphia Reads. Create arts and crafts in honor of past and present equal rights movements. Explore the exhibits.

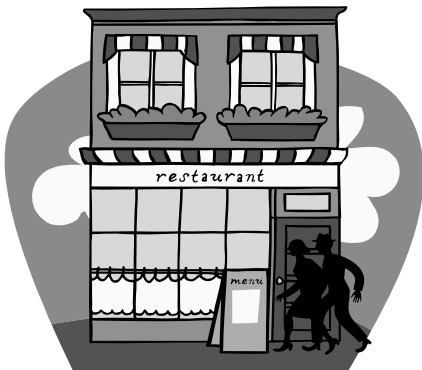
See Estavia Jefferson or call 215.487.1750 *2 1102 for further details or to RSVP.

Deadline: Tuesday, Jan. 13.

RUBY TUESDAYS LUNCH CLUB

TUESDAY, JANUARY 27

12 NOON • Meet friendly lunch group at the restaurant and pay your own way.



LIVE CASINO & SHOPS ARUNDEL MILLS, MARYLAND FRIDAY, MARCH 6

DEPARTS JW 8:00AM
RETURNS TO JW 6:30PM

Enjoy a day at this brand New Casino or at the shopping outlets! **Slot Play and/or Buffet voucher to be announced FEBRUARY 6.**

**COST: \$35 (Paid Members)
\$37 (Non-Paid Members).**

On Sale Now: Deadline Feb. 13 2015.

HUNTERDON HILLS PLAY HOUSE DINNER THEATRE MONDAY, MARCH 23, 2015 DEPARTS JW: 9:00 AM RETURNS TO JW: 5:30 PM

**PROUDLY PRESENTS
"ABIES IRISH ROSE"**

Enjoy Anne Nichol's Hilarious Comedy Classic- Young Abraham Levy tries to fool his strict Jewish father by introducing his new bride, Rosemary Murphy, as "Rosie Murphyski." The plan actually seems to work at first until Rosemary's strict Irish-Catholic father arrives on the scene, and a hilarious tug-of-war erupts. **COST: \$82** (per person) **Final Payment** due by March 13, 2015. Price includes full course meal, show, desserts, tips, taxes and bus.

For more information and reservations contact Estavia Jefferson 215.487.1750 x2, *1102.

CAPE COD, MA, JUNE 22-26, 2015 5 DAYS & 4 NIGHTS DEPARTS JW: 8:00 AM RETURNS TO JW: 6:00 PM PACKAGE INCLUDES:

Round Trip Motor Coach Transportation, *4 nights deluxe accommodations, 4 full breakfast, 4 dinners including one with entertainment, full day guide service of Martha's Vineyard, Hyannis to Provincetown Tour, visit to Captain Bangs Hallett House, time on the Cape Cod Lighthouse Trail, guided tour of Plymouth, tour and visit to Plymouth Plantation, visit to the Mayflower II, admission to the Sandwich Glass Museum, visit to Naval Submarine Base in Groton, CT., browsing and shopping in Mystic, CT., meal tax and meal gratuities and baggage handling.

COST: \$550 Per Person/DBL (single supplement... \$105) final payment due by April 17, 2015.

**For more information and reservations contact:
Estavia Jefferson
215.487.1750 x2, *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 19128 Permit No. 3259

Permit No. 3259

Address Service Requested

DATED MATERIAL
JANUARY 2015

PROGRAM PLANNING
COMMITTEE MEETING
THURSDAY, JAN 8 • 1:30PM

Join us as we plan some new educational and informational programs for this coming 2015 program year. New members are invited to join this committee and share some new ideas.



TRIP PLANNING
COMMITTEE MEETING
THURSDAY, JAN 15 • 1:30PM

Join us as we plan trips for this coming 2015 year. New members are invited to join this committee and share some new traveling interest or ideas.

THREAD FITNESS CLASS
THURSDAYS
STARTING JANUARY 8
2:30 pm • Optional suggested donation \$2.00

Threads stands for the fibers in our muscles. Personal certified trainer Zachary Segal has studied movement and exercise for many years. He has drawn from various disciplines to develop his Threads fitness technique— a standing movement workout to help you become stronger, more agile, erect, flexible, and fluid. Our class will be a half hour of moving on your feet with varied exercises, stretches, movement patterns, and tempos. Participants should leave feeling invigorated and refreshed.

Give it a try!



NEW PROGRAM ALERT!!!
BEGINNING MID-JAN.

THURSDAYS 11:15 AM
THE BEST DAY OF MY LIFE (SO FAR)

You're invited to this eight week story telling program for people 55+!. Join this fun group to share your stories, listen, and/or "scribe." You can tell your story any way you wish — say it, write it, put it on the computer. Listeners are welcome, too! And we need folks who can type the stories into the computer for those who can't. With your permission, stories will go on our blog where they will be shared with your family and friends and Best Day of My Life (So Far) groups all around the world!! A great way to appreciate our lives, experiences, and feelings and learn about others! Sign up in the lobby or call 215-487-1750.

Monday

8:30-5 Fitness Ctr.*
8:30-5 Play Pool
8:30-5 Tech Lab Open
9:00 Café/Coffee
9:30 Stretch/Strength*
10:30 Enhance Fitness *
at Pensdale
11:00 Music Lessons
11:30 Yoga *
12:00 Lunch

Tuesday

8:30-5 Fitness Ctr.*
8:30-5 Open Tech Lab
9 :00 Café/Breakfast
9 :00 Walking Group
10:00 Beading
10:30 Men's Group
11:00 Sent. Chorus
12:00 Lunch
1:00 Tai Chi
1-2:30 Computer Lab

Wednesday

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 Line Dancing*
12:00 Lunch
12:45 Bingo






THURSDAY

8:30-5 Fitness Ctr.*
8:30-5 Tech Lab Open
9 :00 Café/Breakfast
9 :00 Walking Group *
10:00 Weaving
10:00 Yoga Rhythmic*
12:00 Lunch
12:45 Bingo
1:00 Tai Chi *
1-2:30 Computer Lab or
Tutoring - By appt.

FRIDAY

8:30-5 Fitness Ctr. *
8:30-5 Open Tech Lab
9 :00 Café/Breakfast
9:15 S-Sneakers Classic *
10:45 News & Views
11:00 Enhance Fitness *
12:00 Lunch
12:30 Painting & More
1:00 Pinochle / Bridge
1:00 Writers Group
(1& 3rd Fri. of Month)
2:00 Digital Photo
(1 & 3rd Fri. of Month)

* Remember your New Year's Resolution to be HEALTHIER!

 2015 * Remember your New Year's Resolution to be HEALTHIER!		1- CENTER CLOSED	2- CENTER CLOSED
5 12:30 Reading Buddies (Cancelled)	6 10:00 Beading (Cancelled) 12:00 New Years Meal	7 9:00 Knit & Crochet (Cancelled)	8 10:00 Weaving (Cancelled)
12  FUNDRAISER DINE OUT & SUPPORT JOURNEY'S WAY ALL WEEK 1/12 -1/18	13 1:00 *Help Yourself to Health (CDSM Program)	14 12:00 SURF/TURF SPECIAL LUNCH	15  LUNCH DELIVERY TODAY ONLY!
SUPPORT JOURNEY'S WAY ALL WEEK. DINE OUT AT  THROUGH 1/18/15			
19 - CENTER Help African American Museum Trip 	20 1:00 *Help Yourself to Health (CDSM Program)	21 11:00 * VNA HOSPICE Presentation	22 2:00 Special Event Women Celebrating Women Social
26	27 1:00 *Help Yourself to Health (CDSM Program) 12:00 LUNCH CLUB RUBY TUESDAYS	28	29 1:00 BOOK CLUB "Mrs. Lincoln's Dressmaker" By: Jennifer Chiaverini
			30 1:00 MOVIE MATINEE "FRANKIE & ALICE"

and Support Journey's

Way!



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LUCKY STAR features Chinese, Thai, and Japanese Cuisine-- delicious and reasonably priced-- in a beautiful and cozy setting.

Join your friends and family members

Monday, January 12 – Sunday, January 18.

LUCKY STAR will donate 15% of the proceeds to Journey's

Way! JUST BRING THIS FLYER W/YOU!

LUCKY STAR, 8919 Ridge Ave. Phila PA 19128

Lunch 11:00 am-3:00 pm, *Dinner* 4:30-11:00 pm

Phone (215)482-3760 or (215)508-5508

Plus

Lunch Delivery at Journey's Way **Thursday, January 15**

Lunch orders must be made in advance at the front desk no later than Wednesday, Jan. 14 (12 noon).

Put Life Back in Your Life



Start the New Year Off Right!

Are you an adult age 60 or older with an ongoing health condition?

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the **Help Yourself to Health Workshop can help you take charge of your life! Get support, learn how to deal with pain, fatigue, and learn better ways to talk with your doctor and family about your health.**



HELP YOURSELF TO HEALTH Sign Up Now!

FREE! MANUAL & RELAXATION CD INCLUDED!

Tuesdays, 1:00pm - 3:30pm, January 13 - February 17

New Information! If you took this course before, you can join us for a **REFRESHER if your most recent course ended by June 30, 2013**

THE FAIRTHRONE - 6763 Ridge Ave, Phila PA 19128



This program is supported by funds received through the administration on Aging through Pennsylvania Department of Aging.



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

2015 Membership Drive

Please join or renew your membership for
The Center at Journey's Way!

2015 Member Drive begins Monday, January 5!

Your membership helps us provide all the great programs you enjoy.

Fitness Center • Parties • Trips • Tech Lab • Arts Classes

Great times with Good people!

Member benefits include...

- Reduced fees to fitness center
- Journey's Way Bucks to use on classes
- Discounts on Journey's Way trips and classes
- Discounts on Intercommunity Action events
- Discounts on facility rentals

Three levels of annual support

- **Bronze membership** - \$25 a year (\$45 couples) – receive all above benefits
- **Silver membership** - \$50 a year (\$90 couples) – receive all above benefits, plus FREE access to fitness center and a Tee Shirt
- **Gold membership** - \$65 a year (\$120 couples) – receive all above benefits, plus reusable water bottle, and special tickets to community events throughout the year.

New this year...

SPECIAL LIFETIME MEMBERSHIP* - \$500 one time gift

Member receives all Gold Member level benefits, plus
ONE FREE COURSE a year AND ONE FREE FACILITY RENTAL a year FOR LIFE*

**restrictions apply*

Join before February 28 and be eligible for a great prize!

For more information, stop by the Center
or call Estavia at 215-487-1750 ext. 1102