

JULY 2013

CELEBRATE INDEPENDENCE

JULY 3RD LUNCHEON

Hotdogs, Hamburgers, Corn on the Cob, Melon

ENTERTAINMENT: 1:00 PM

MIKE CABOT, COMIC/IMPRESSIONIST



VITAL INFORMATION

LIFE COACH-Thurs, July 11, 11:00AM

Norman Viss, Life Coach, can guide you toward moving forward and living life well.

LUNCH WITH COUNCILMAN JONES

Thurs, July 11, Noon--Stop by, say "Hi."

**MORTGAGES, PROPERTY TAXES,
REVERSE MORTGAGES**

Wed, July 17, 11:15 AM--

JW Housing Counselor Barbara Davis explains the latest guidelines affect you.

OBAMACARE & SENIORS

Wed, July 23, 1:00 PM--

CARIE presents a comprehensive look at the Affordable Care Act and how it will impact you

BE HEALTHY!

BRIDGING THE GAPS IS BACK, 1:00 PM

Mon, July 8 - Soap, sanitizer, towel, hand dryer? What's best?

Tues, July 16 - Caring for your feet

Mon, July 22 - Skin, hair, & nail solutions

Tues, July 30 - Cholesterol & using statins

JOINT REPLACEMENT-

Thurs, July 25, 11:15 AM

Dr. Paul Horenstein, board certified physician, will discuss the pros & cons of joint replacement.

EAT WELL W/ RUBY-Thurs, July 18, 11 AM

FOOD TASTING-- Fruits and veggies!

BRICK BY BRICK

Journey's Way is building for you and future generations. When you buy an engraved BRICK, you can permanently honor a loved one on the patio of the Center at Journey's Way. Consider sponsoring one or more bricks for a spouse, parent, grandchild, child, beloved friend, or pet....promote your business...express your support for the services of Journey's Way.

Each 4" x 8" BRICK is \$75 and is tax deductible. It includes three lines of text. Please contact Angela, 215-487-1750 X *1101 for further information and to place your order.

TROLLEY CAR DINER/CAFÉ JW FUNDRAISER!

7613 Germantown Ave & 3269 S Ferry Rd (at Kelly Dr)

Mon July 15 - Sun July 21

7am-9 pm Mon-Fri, 3-9 pm Sat/Sun

TROLLEY CAR DINER/CAFÉ will donate 15% of all food, dine-in, or take-out purchases- w/JW COUPON!

Coupon inside, at JW, or at www.journeys-way.org.

HAVE FUN/SUPPORT OUR CENTER!



HARRAH'S CHESTER

Mon, July 15, 10:00AM - 3:00 PM

DEADLINE: JULY 2, \$25/mem \$28/non

\$25 back in slot play Transportation by air conditioned casino bus! Box lunch on request.

Pre-registration a **MUST!!!**

BREAKFAST 8:45-10:45

Mon- Fri \$1- \$3

Mon ~ Continental

Tues-Fri ~ Eggs, Bacon, Home Fries

Fri~Pancakes



JULY TRIPS & EVENTS



LASALLE UNIVERSITY MUSEUM
MON, JULY 22--9:30AM-12:00PM
Deadline: JULY 16
Cost: \$ 5/Mem, \$8/NonMem
 Beautiful exhibit of paintings using silk organza--don't miss this!



READING TERMINAL MARKET

TUES, JULY 30-- 10-11:30 AM

DEADLINE: TUES, JULY 23

This is a great way to spend your produce vouchers and have a food adventure.

CCT SHARED RIDE PHOTO ID: Monday, July 29, 10 AM-Deadline: July 23

Sign up to go to CCT headquarters to have your photo taken and your free photo ID will be issued. Box lunch available upon request Cost: \$2/members \$4/nonmembers



LUNCH CLUB: APPLEBEE'S
8601 Henry Ave., 19128
Tues, July 23--11:30 AM
 Meet at the restaurant and pay your own way. Going to the restaurant? Please call Constance so she can make a reservation!

To Market to Market--Suggested Donation \$2



You choose the date and time--
 CCT shared ride - ID # required.
 Go to your favorite supermarket — Acme, Shoprite, SuperFresh, Whole-Foods, Trader Joes, Reading Term., etc. Must register one week ahead.



BREAKFAST BINGO!
Tuesday, July 9--9:30-11:00 AM
 Have a fresh breakfast and play Bingo-- This is a fundraiser for JW! \$6 gets you breakfast and 1 card. Additional cards are \$1.50, as usual.
SIX GAMES will be played with a \$25 pot for the last game of coverall. Put some fun in your morning!!!

<p><u>BOOK CLUB</u> July 25, 1:00 PM <u>"State of Wonder"</u> Ann Patchett</p>	<p><u>POETRY APPRECIATION</u> Fall dates to be announced</p>
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MOVIE MATINEE - 1:00 pm--\$1.00

FRIDAYS






- 7/05--No Movie--Center Closed
- 7/12--The Impossible--Naomi Watts, Ewan McGregor
- 7/19--Anna Karenina--Keira Knightly, Jude Law
- 7/26--The Dark Knight Rises--Christian Bale, Gary Oldman







JULY 2013

<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 11:00 Meditation 11:00 Music Lessons 11:30 Yoga 12:00 Lunch 5:15 Zumba—TBA	8:30-6 Fitness Ctr. 8:30-5 Open Tech Lab 9:00 Café/Breakfast 9:00 Walking Group 10:00 Beading 10:00 EnhanceFitness 12:00 Lunch 1- 2:30 Computer Club 2- 3 STARTING JULY 9 KID ZONE WEEKLY THRU AUGUST 27 2:30 Tai Chi	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	8:30-5 Fitness Ctr. 8:30-5 Tech Lab Open 9:00 Café/Breakfast 9:00 Walking Group 10:00 Weaving (Class is closed to new students) 10:30 Board Games 12:00 Lunch 12:45 Bingo 1:30 Tai Chi 1-2:30 Comp Tutoring (By appt)	8:30-5 Fitness Ctr. 8:30-5 Tech Lab Open 9:00 Café/Breakfast 9:30 Silver Sneakers Classic 10:45 News & Views 11:00 EnhanceFitness 12:00 Lunch 12:30 Painting & More 1:00 Movie Matinee 1:00 Pinochle

JULY Special Events

1 10:15-Beginners Computer	2	3 12:00-JULY 4TH LUNCH 1:00 : Comic- Impressionist, Mike Cabot 		Closed July 4th & 5th
8 -10:15-Beginners Computer 1:00-Think Your Hands are Clean? Washing vs. sanitizer Heat vs. handtowels	9  9:30--11:00 <u>BREAKFAST</u> <u>BINGO</u> 10:00--Advisory Council 2-3--KID ZONE STARTS	10 11-12 Intergenerational sharing & computer assistance 	11 11:00-LIFE COACH NORMAN VISS 12:00-LUNCH WITH COUNCILMAN JONES 1:30--Program Committee	12 1:00-Movie: "The Impossible" 1:00-Pinochle
15  10:00-CASINO TRIP 10:15-Beginners Comp.	16 1:00--FOOT CARE 1:00-Stamps & Coins	17 -11:00-MORTGAGES, PROPERTY TAXES, & REVERSE MORTGAGE 11-12- Intergenerational sharing & computer assistance	18- 11:00--Eat Well/Ruby Increase your fruits and Veggies-- <u>Food tasting!</u>	19 1:00-Movie: "Anna Karenina" 1:00-Pinochle

TROLLEY CAR FUNDRAISER..TROLLEY CAR FUNDRAISER..TROLLEY CAR FUNDRAISER..TROLLEY CAR FUNDRAISER

22-10:15-Beginners Computer 10:30-TRIP:LASALLE UNIV MUSEUM 1:00-Skin, Hair & Nail Care	23- 11:30--LUNCH CLUB: APPLEBEE'S 1:00- <u>CARIE presents:</u> THE AFFORDABLE CARE ACT-- How Obamacare Will Impact Seniors	24 11-Noon Intergenerational sharing & computer assistance 	25 Dr. Horenstein 11:15-Is Joint Replacement Right For You? 12:00-Celebrate Birthdays! 1:00 Book Club 	26 1:00-Movie: "The Dark Knight Rises" 1:00-Pinochle
29 10:00--CCT TRIP 	30 <u>TRIP: READING</u> <u>TERMINAL MARKET</u> 1:00-High Cholesterol and Medications	31 11:00: Remembrance Service for Jo DiMaria Must RSVP	PLEASE NOTE: <u>PILATES IS</u> <u>CANCELLED UNTIL</u> <u>FURTHER NOTICE.</u>	



The Center at Journey's Way
...A Program of Intercommunity
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DATED MATERIAL
JULY 2013

A MEMORIAL SERVICE IN HONOR OF JOSEPHINE DI MARIA

Join family and friends on Wednesday, July 31, 11:00 AM

Lunch and refreshments will be served. Please RSVP to Constance by July 22nd.



Need yard work, odd jobs, or small repairs for your home? **Neighbor to Neighbor** will be in town for two weeks to assist you if you live in zip codes 19127, 19128, & 19129. A few spaces remain. Contact Rebecca Kochman to set up your appointment. 215-487-1750 x *1007

Upcoming Events

- Trips:** - The newly refurbished RODIN MUSEUM on the Parkway
- TOUR ABC CHANNEL 6 - Take a look at state of the art technology used in broadcasting
- JERSEY SHORE CASINO - Date to be announced
- MANN MUSIC CENTER TICKETS- Performances are July 24, July 31, and August 1st.
Paid members will receive 2 tickets for one concert-- no exceptions!!!

Class: Genealogy 2---Hands on in the computer lab

Presentations: Heart Health, Oral Health