

**JUNE 2013**

**VITAL INFORMATION**

**APPRISE**-Tues, June 10--10-2 - Have your Medicare questions answered. Call Constance, Journey's Way, at 215-487-1750 ext \*1102 - You must pre-register!

**ADVANCE HEALTH CARE-**

**CARIE** presents-Wed, June 19, 11:15 AM  
Learn about the new PA advance health care decisions law, advance directives, health care power of attorney, and guardianship.

**BE HEALTHY!**

**SHINGLES?** Thurs, June 27- 11:30 AM

This informative presentation will bring you up to date about the shingles vaccine. Immunization is recommended for adults age 60 years or older.

**SCOPE FOR HOPE**

Learn why colonoscopies are a vital diagnostic tool.....Date to be announced

**JUST FOR YOU**

**FATHER'S DAY LUNCHEON**

Thurs., June 13, 12:00 PM

Steak tips, Baked Pot, Brussel Sprouts, Peach Cobbler

\*AFTER LUNCH SINGALONG\*

**FOOD! FOOD! FOOD!**

**STRAWBERRY SHORTCAKE DAY**

--Friday, June 14--Fresh baked cake

**SUMMER BARBEQUE**

--Thurs, June 20--BBQ chicken

**BREAKFAST: 8:45 to 10:45 AM, \$1- \$3-**

Always fresh and home made! Tues-Fri--  
Eggs, bacon, bagels, homefries &  
more--Fridays, fresh



pancakes. Please note: Mondays  
Continental Breakfast only.

**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.

**PECO PRESENTS - WED, JUNE 12, 11:15 AM**

Do you ever wonder what is the best way to conserve energy and pay less on your electric bills....have your questions answered. All participants will receive free light bulbs.

**EAT WELL WITH RUBY-THURS, JUNE 13, 11:00 AM**

Nutrition updates, healthy food ideas, and more!

**CURIOUS ABOUT YOUR FAMILY TREE?**

**THURS, JUNE 20, 1:00 PM--\$2/Mem \$4/NonMem**

Join Historian Rachel Wolgemuth from West Laurel Hill to learn how to use the Internet in your genealogy research. Topics will include: What information is available; where to start your research, and which free online sites to use.... and more!

Please pre-register with Constance by June 17.

**Germany: My Life During and After WWII**

**A Personal Retrospective--Wed, June 26, 10:45 AM**

Join Journey's Way member, Al Kauffman, for a look at the real Germany as experienced through his eyes as a native. Al will relate his stories on a personal level and answer your questions

**JUNE TRIPS & EVENTS**



**PHILLIES VS MARLINS**  
**WED, JUNE 5--11:30-4:00**  
**Deadline: JUNE 1**  
**Cost: \$35/mem \$40/non**  
**Transportation: CCT or your vehicle....we go rain or shine!**



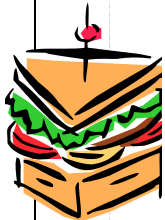
**FORT MIFFLIN-HISTORIC LANDMARK**  
**THURS, JUNE 20--9:30-12:00**  
**Deadline: JUNE 12**  
**Cost: \$ 8/Mem, \$11/NonMem**  
 History Lives! Tour one of the only intact Revolutionary War battlefields and the only fort in Philadelphia.

**CCT SHARED RIDE PHOTO ID: Monday, June 24, 10 AM-Deadline: June 18**

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: Tuesday, June 24—11:30 AM**



**KATZ'S DELI KITCHEN**  
 225 City Ave., Bala Cynwyd 19004  
 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!**



**IT'S BACK!!!**  
**Tuesday, June 11--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!!!

**BOOK CLUB**

June 27, 1:00 PM  
 "The Tea Rose"  
 Jennifer Donnelly

**POETRY APPRECIATION**

June 27, 1:30 PM  
 Poetry readings and discussion

**MOVIE MATINEE - 1:00 pm--\$1.00**

**FRIDAYS**


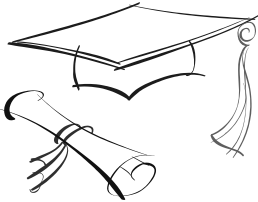







- 6/07--My Mom's New Boyfriend-Antonio Banderas, Meg Ryan
- 6/14--Killers--Ashton Kutcher, Katherin Heigl
- 6/21--\*Flight--Denzel Washington--Rated R--\*Brief, full frontal nudity
- 6/28--Water for Elephants--Reese Witherspoon, Edw.Pattinson



**JUNE 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 10:20 Reading Buds 11:00 Meditation 11:00 Music Lessons 11:30 Yoga 12:00 Lunch 12:45 Bingo 1:30 Classic Tones 5:30 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 10:30 Men's Group 11:00 Pilates-1st & 3rd Tuesday 12:00 Lunch 1-2:00 Next Chapter 1- 2:30 Computer Club 2:30 Tai Chi	8:30-5 Fitness Ctr. 8:30-5 Play Pool 9:00 Café/Breakfast 9:00 Knit & Crochet 9:15 SilverSneaks 10:00 Line Dancing 12:00 Lunch 12:45 Bingo 1:00 New Wed Class EnhanceFitness Starts May 8 Thru June 26	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 10:30 J W Chorus 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 SilverSneaks 10:45 News & Views 11:00 EnhanceFitness 12:00 Lunch 12:30 Painting & More 1:00 Movie Matinee 1:00 Writers Wrkshp 1st & 3rd Fri. 1:00 Pinochle 1:15 Mah Jong

**JUNE Special Events**

				
				
3 11:15--Healthy Eating with Lintons Dietician Reading Buddies Ends	4 10:30 -Men's Group 11:15--PILATES	5 TRIP: PHILLIES VS MARLINS 	6 9:30-EnhanceFitness Additional class this day only!	7 1:00-Movie: "My Mom's New Boyfriend" 1:00-Writers Workshop 1:00 -Pinochle
10 10-2--APPRISE-- Appointment Only! 10:15-Beginners Computer	11  9:30--11:00 <b>BREAKFAST BINGO</b> 10:00 Advisory Council 1-2-Next Chapter	12 11:15 PECO FREE LIGHTBULBS! 	13--11:00--Eat Well/Ruby <b>HAPPY FATHER'S DAY!</b> 12:00-Father's Day Lunch 12:40-Sing-Along 1:00-Bingo 1:30-Program Committee	14 12:00-STRAWBERRY SHORTCAKE  1:00-Movie: "Killers" 1:00-Pinochle
17 10:15-Beginners Computer	18 10:30 -Men's Group  (11:15--PILATES) moved to 6/25 1:00-Stamp & Coins	19 Special Jewelry Sale--BOGO  11:15-ADVANCE HEALTH CARE	20 10:00-TRIP: FORT MIFFLIN 12:00-Kick off Summer Bar-B-Que 1:00-GENEALOGY CLASS	21 1:00-Movie: "Flight" 1:00-Writers Workshop 1:00-Pinochle
24 10:00--CCT TRIP 	25-10:30 -Men's Group 11:15--PILATES 11:30--LUNCH CLUB: KATZ' s DELI 1-2-Next Chapter	26 10:45-Life During and After WWII by Al Kaufmann 7-9--Roxborough Historical Society	27-11:30 Shingles Presentation 12:00-Celebrate Birthdays! 1:00 Book Club 1:30-Poetry 	28 1:00-Movie: "Water for Elephants" 1:00- 1:00-Pinochle



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

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**DATED MATERIAL**  
**JUNE 2013**

**MEMORIAL SERVICE FOR JOSEPHINE DI MARIA**

***Wednesday, July 31, 11:00 AM***

***A formal memorial service for family and friends will be held at Journey's Way in the Grand Room. 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 the zip codes 19127, 19128, & 19129. Contact Rebecca Kochman to set up your appointment. 215-487-1750 X \*1007

**upcoming events**

**Trips: Greens Grow Farm--An urban farm in the middle of the city...visit: [greensgrow.org](http://greensgrow.org)**

**LaSalle University Museum--[www.lasalle.edu/museum](http://www.lasalle.edu/museum)**

**HARRAH'S CHESTER--We need 40 people to fill the bus! \$27/Mem, \$30/NonMem**

**....Possible date: July 15---Price includes \$25 slot play and \$10 food credit--See Constance**

**MOHEGAN SUN--Pocono Downs--Again, we need 40 people--Date to be announced!**

**\$20 PRODUCE VOUCHERS--Available July 8 to July 26--2:00 to 4:30 PM**

**MANN MUSIC CENTER tickets, Mid June--Performances are July 24, July 31, and August 8---**

**Paid members will receive tickets first-- no exceptions!!!**