

JUNE
2014

VITAL INFORMATION

REVERSE MORTGAGES AND TAX

LIENS—Wed, June 11, 11:00 AM—Our Housing Counselors will tell you all you need to know and answer your questions.

APPRISE—Tues, June 17—10:00 –1:00

Individual consults for all your MEDICARE concerns and questions. Appointment only!

MIND - BODY - SPIRIT

NUTRITION WITH RUBY—Monday, June 16, 11:00—Food tasting today!

CHANGE YOUR LIFE—Tuesday, June 17, 1:00

Learn how small steps can lead to big changes in your life w/Dr. Norm Viss

ONGOING TRAUMATIC STRESS-

How Stress Affects Your Daily Life

Thurs, June 19, 11:00-Dr. Frank Trotta, Ph.D. will speak on the many ways that trauma, even as far back as childhood, can affect you now and how counseling can help.

MEN'S HEALTH—Tues, June 24, 10:30—

Hear the latest about Men's Health w/Todd Harrison from Health Partners. Bring your questions and curiosity!

**HAPPY
& BATTERED
DADAYS**

FATHER'S DAY LUNCHEON-THURS, JUNE 12

Steak Tips w/onions & mushrooms, Baked potato, Brussel Sprouts w/bacon & onion

Peach Cobbler



ENTERTAINMENT!
THURS, JUNE 12, 1:00
CABARET SINGER & CO-
MEDIENNE
SUSAN CANTONE



BEGINNERS COMPUTER CLASSES

Four (4) Mondays, 5/09, 5/16, 5/23, & 5/30

9:15 to 10:15—All the basics to have you use the Internet with ease. How to turn on your computer, using the mouse, email, searching for information and more. \$65/mem-\$80/non

HOW TO GET A GOOD NIGHT'S SLEEP

Thurs, June 12—11:00 AM—Join Cindy Tanz, Clinical Education Specialist Persante Sleep Care, who will discuss tips on how to wake up feeling refreshed, when to speak with your doctor about feeling tired, and the diagnosis and treatment of common sleep disorders.



LIVING, LOVING, & PLANNING-

A Family Discussion about End of Life Options—

June 11, 6:00-7:30 PM—Creating Your Own Obituary and Thoughts for Tomorrow

Register each Thursday in advance to reserve your light dinner. Constance Voigt, 215-487-1750, then press *1102.

All sessions are free! Doors open at 5:30 for dinner.

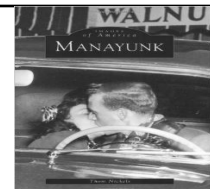
Buddhist Wisdom for Modern Westerners

Wed, June 18, 1:00 PM w/Dr. Dom Roberti

Lacking a creed and more a spiritual psychology than a religion, Buddhist teachings are accessible to modern Westerners regardless of religious faith. This brief introduction will include some historical aspects and stress the Buddhist approach to finding happiness through wisdom, moral living, and meditation.

"MANAYUNK" BY THOM NICKELS

Mon, June 23, 1:00—Thom is a poet and writer and has compiled a treasure chest of images and stories from Manayunk's unique past.



WELCOME OUR VISITOR FROM THAILAND, CHANON KOMONMARN

Wed, June 24, 11:00—Chanon is a faculty member from Thammasat University's Department of Social Work. Chanon is interested in learning from and interacting with our seniors. Please join us for conversation and a food taste of Thailand!

MEDITATION WITH CHANON—

Wed, June 24, 1:00 PM in the Grand Room

JUNE TRIPS & EVENTS



“THE REAL THING” A TOM STOPPARD PLAY

“The Real Thing” is a Tony Award winner for Best Play which combines brilliant wordplay, wit, and insight, illuminating the nature—and the mystery—of love.

DATE: WEDS, JUNE 18—TIME: LEAVING AT 1:00 PM via CCT

CURTAIN TIME: 2:00 RETURN TIME: 5:00 PM

COST: \$38/FRIENDS, ETC. —\$41/NON PAID MEMBERS

DEADLINE: JUNE 11



ACADEMY OF NATURAL SCIENCES-JUNE 30, 12:00-3:30 PM

THE BIRD OF PARADISE EXHIBIT-

Take a journey to the remote rainforests of New Guinea, land of the exotic birds-of-paradise to explore their mating dances, songs, habitat, and more!

TOUR COST: \$16 or \$13 for members, depending on size of group.

\$19 or \$22 for non paid members—DEADLINE: Mon, June 23

CCT—CONNECT—June 23—10:30—12:00-Deadline: June 16

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—any location within the Phila. area.



BERTUCCI'S

500 W. Germantown, Plym. Meeting

Tues, June 24—11:30 AM

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

BOOK CLUB

JUNE 29-1:00PM

“A TALE OF TWO CITIES”

Chas. Dickens

MOVIE MATINEE-1:00 PM - FRIDAYS \$1.00

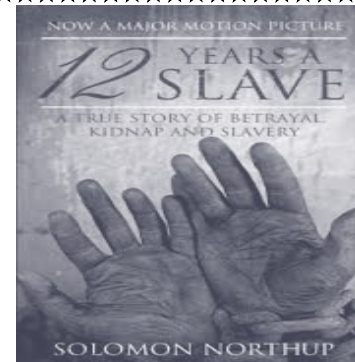
6/06—12 Years a Slave—Chiwetel Ejiofor—Best Picture! Best Supp. Actress!

6/13—Captain Phillips—Tom Hanks

6/20—The Secret Life of Walter Mithey—Ben Stiller

6/27—Philomena—Judi Dench

July 4th—Center is Closed! Happy 4th of July



JUNE 2014

MON	TUES	WEDS	THURS	FRI
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 10-11:30 NEW! Mobile Grocery Store on Rector	8:30-5 Fitness Ctr. 8:30-5 Tech Lab Open 9:00 Café/Breakfast 9:00 Walking Group 10:00 Weaving 10:00 YOGARHYTHMIC 12:00 Lunch 12:45 Bingo 1- 2:30 Computer Club or Tutoring —By appt 1:00 Tai Chi 1:30 Chess Club	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.

JUNE EVENT CALENDAR



		<u>4</u> 6:00—WHAT YOU DON'T KNOW ABOUT FUNERAL AND BURIAL PLANNING RSVP FOR DINNER!	<u>5</u> 10:00— <u>YOGARHYTHMICS</u>	<u>6</u> 12:30-Painting & Drawing 1:00--Writer's Group 1:00-Movie: "12 Years a Slave" 4:00-Kids Zone
<u>9</u> 9:15— <u>BEGINNERS COMPUTER</u>	<u>10</u> 10:00-Advisory Committee 1:00--Next Chapter 1:00-Fundraising Comm.	<u>11—11:00—REVERSE MORTGAGES & TAX LIENS</u> <u>6:00—LIVING, LOVING & PLANNING—WHAT YOU CAN DO ON YOUR OWN—RSVP!</u>	<u>12—11—HOW TO GET A GOOD NIGHT'S SLEEP</u> <u>12:00-FATHER'S DAY LUNCHEON</u> <u>1:00—CABARET W/SUSAN CANTONE</u>	<u>13</u> 12:30-Painting & Drawing 1:00-Movie: "Captain Phillips" 1:00-Pinochle
<u>16</u> 9:15— <u>BEGINNERS COMPUTER</u> 10:00- <u>NUTRITION WITH RUBY Tastings</u>	<u>17</u> 10:00—APPRISE 10:30--Men's Group 1:00--Next Chapter 1:00—CHANGE YOUR LIFE W/NORM VISS 1:00—Stamps & Coins	<u>18—TRIP: WILMA THEATER</u> <u>1:00—Dr.Dom Roberti: "The Wisdom of Buddhism for Westerners"</u>	<u>19</u> 10:00— <u>YOGARHYTHMICS</u> 11:00—ONGOING <u>TRAUMATIC STRESS & HOW IT AFFECTS YOUR DAILY LIFE</u>	<u>20</u> 12:30-Painting & Drawing 1:00-Movie: "Secret Life of Walter Mitty" 1:00-Pinochle 1:00--Writer's Group 4:00-Kids Zone
<u>23</u> 9:15— <u>BEGINNERS COMPUTER</u> <u>10:30—CCT Connect Photo ID</u> 1:00—TOM NICKELS AUTHOR OF "MANAYUNK"	<u>24</u> <u>10:30—MEN'S HEALTH CONCERNS</u> 11:30—Lunch Club: BERTUCCI'S 1:00-Next Chapter	<u>25</u>  <u>11:00—MEET AND GREET —VISITOR FROM THAILAND, CHANON KOMONMARN</u> <u>1:00-MEDITATION WITH CHANON</u>	<u>26</u> 10:00— <u>YOGARHYTHMICS</u> 1:30--Book Club	<u>27</u> 12:30-Painting & Drawing <u>1:00-Movie: "Philomena"</u> 1:00-Pinochle
<u>30</u> 9:15— <u>BEGINNERS COMPUTER</u> <u>TRIP: ACADEMY OF NATURAL SCIENCES</u>			REMINDER: If you're 65+ why not consider using CCT to come to the Center or to go to doctor's appointments	



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

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DATED MATERIAL
JUNE 2014

Greensgrow Mobile Grocery Store Coming to Journey's Way Wednesdays, 10-11:30 am

The community is invited to purchase fresh and healthy produce and snacks at affordable prices by this non - profit! Look for the yellow truck on Rector between Mitchell and Pechin. EBT/FMNP accepted.

PLEASE HELP US STAY GREEN AND BRING YOUR OWN SHOPPING BAG!

WE LOVE OUR CENTER CAMPAIGN

With the help of our members, we try to find activities and services that help YOU age well in your community. At Journey's Way, we have over 20 different programs each week including:

Activities to stimulate your mind, body, and spirit

Services to assist you in accessing health, social, and housing benefits

A safe, friendly haven to socialize with friends and meet new ones

Your tax deductible donation will sustain ongoing programming and staffing. You can make a pledge TODAY by visiting www.journeys-way.org. You can mail your much needed donation with our return envelope available at the Center, or drop it off at: 403 Rector St., Philadelphia, PA 19128. No amount is too small— it all goes to sustain our wonderful Center. We thank you for your generous and continued support!

JOURNEY'S WAY PROVIDES RESOURCES & PROGRAMS FOR PEOPLE 55+