

403 Rector Street Philadelphia PA 19128 P-215-487-1750 F-215-508-1925 www.journeys-way.org

MARCH 2014

VITAL INFORMATION

APPRISE—Tues, Mar 11—10:00 –1:00

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

LEGAL ASSISTANCE

Fri Mar 14 11 am – SeniorLAWCenter presentation about legal services for advance care directives, wills, etc.. Get guidelines for both free and low cost programs.

Wed Mar 26 –Temple Univ. supervised law student will be here to advise on your legal issues. Appointment only! Waiting list only.

BE HEALTHY-MIND & BODY!

EAT WELL w/Ruby —Mon, Mar 10, 11:15

Learn to interpret food labels

KNEE HEALTH—Thurs, Mar 13, 11:00

Are your knees aching...trouble walking?

Dr.Bill Pezzello of Lyceum Physical Medicine will be here to answer your questions.

HAVING TROUBLE HEARING ON THE PHONE? PA. CAPTIONED RELAY

SERVICE MAY HELP!! Thurs, Mar 20, 11:15

Cap-Tel is a free service where you can see, word-for-word, what is said.

ST. PATTY'S DAY LUNCH & ENTERTAINMENT Mon, Mar 17

11:15-11:45 AM :

Celtic Harpist/Vocalist Ms. Davis

NOON LUNCHEON:

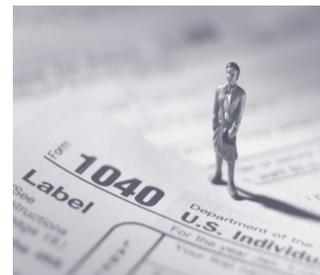
Corned Beef & Cabbage

TAX TIME IS HERE AGAIN!!!—

March 19, 26 & April 5th

APPOINTMENT ONLY

Have your taxes prepared at JW by experienced professionals. State, Federal, and Home Rebate are included.



HEALTHY STEPS—Thursday March 20

10:00 AM - 2:45 pm. RSVP is a must!!

Healthy Steps gives adults 60+ comprehensive information on how to prevent falls. 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 is supported by The Philadelphia Corporation for Aging PrimeTime Health Promotion Program.

Registration deadline: Friday March 14.

NEW JEWELRY TEACHER! Tuesdays, 10:00

Jewelry artist, Linda Washington, will teach innovative and exciting designs...learn new techniques and styles. The class is open to all. Cost: \$3/paid mem—\$5/nonpaid

SELF DEFENSE FOR SENIORS

WED, MAR 26—11:00-11:45

Empower yourself by learning the

techniques to keep you safe!

Free to all!!!



CROP CIRCLES-WED, MAR 19,1:00 PM—by Dr. Dom Roberti

Beautiful and intricate designs have been appearing overnight in crops around the world, including Pennsylvania. While many are undoubtedly hoaxes, the genuine ones seem to have a spiritual quality which is felt by both researchers and visitors. Free to all!

DRAWING CLASSES- FRIDAYS, 12:30– 2:30 PM

\$3/mem \$5/non paid members

March's Theme: Adding Color—Explore the subtleties of color with instructor extraordinaire, Maureen Sweeney.



Delicious Breakfast!
Mon-Continental
Tues-Fri—Full Breakfast

MARCH 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, MAR 20—TIME: 10-12—DEADLINE: THURS, MAR 13

COST FOR TRANSPORTATION ONLY: \$5/FRIENDS \$8/NON



PENNSYLVANIA ACADEMY OF THE FINE ARTS

PENNSYLVANIA ACADEMY OF FINE ARTS

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, MAR 25—TIME: 10-12—DEADLINE: TUES, MAR 18

COST: \$15 FRIENDS, ETC —\$18 NON PAID MEMBERS

CCT—CONNECT—MON, MAR 31—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.



OLIVE GARDEN

83 E. City Line Ave, Bala Cynwyd

Tues, Mar 25—11:30 AM

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

BOOK CLUB

MAR 20-1:00PM

“THE SPACE BETWEEN US”

Trinity Umbriger

POETRY

APPRECIATION

MAR 20-1:30 pm

MOVIE MATINEE-1:00 PM - FRIDAYS

3/07—Man of Steel (Superman)—Henry Cavill, Amy Adams, Russell Crowe

3/13—The Odd Life of Timothy Green—Jennifer Garner, Joel Edgerton

3/21—Two Guns—Denzel Washington, Mark Wahlberg

3/28—To Rome with Love—Alec Baldwin, Penelope Cruz



MARCH 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	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 11:00—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.

10:45 am & 1 pm
Mons, Mar 10-Mar 31
SIP & SWIPE! Learn
iPADS!

MARCH Special Events



Our JW chorus is on hiatus until further notice!

3 REMINDERS: If you're 65+ why not consider using CCT to come to the Center and for doctor's appointments	4 If you're 60+, lunch is an optional suggested donation of \$2.00. Questions? Ask center counselor Mark Weber.	5 9:00-TAX PREP. BY APPT. ONLY 10:00-TEMPLE ELDER LAW BY APPT. ONLY	6 9-12 MED CHECK 10- YOGARHYTHMICS	7 DRAWING CLASS: 12:30-Mixing colors 1:00-Movie: <u>MAN OF STEEL</u> 1:00-Pinochle 1:00--Writer's Group
10 11:15—Eat Well w/Ruby Reading food Labels	11 10:00—APPRISE Medicare Consults 10:00--Advisory Committee 10:30--Men's Group 1:00—Fundraising Comm.	12 9:00-TAX PREP BY APPT. ONLY	13 10—YOGARHYTHMICS 11:00—KNEE HEALTH 1:30—Program Committee	14 11:00 SeniorLAW Center PRESENTATION DRAWING CLASS: 12:30: Mixing colors 1:00-Movie: <u>THE ODD LIFE OF TIMOTHY GREEN</u> 1:00-Pinochle 4:00-Kids Zone
11:15-11:45 CELTC HARP: MEGHAN KATHLEEN DAVIS 12:00—CORNED BEEF & CABBAGE	18 10:30--Men's Group 1:00-STAMPS & COINS	19 9:00-TAX PREP BY APPT. ONLY 1:00—CROP CIRCLES DR. DOM ROBERTI	20- (NO YOGARHYTH) 10:00 HEALTHY STEPS 10:00—TRIP: <u>EXPRESSIVE HAND POTTERY STUDIO</u> 11:00-SELF DEFENSE 1:00 – Book Club 1:30 –Poetry	21 DRAWING CLASS: 12:30—Mixing colors 1:00-Movie: <u>TWO GUNS</u> 1:00-Pinochle 1:00--Writer's Group
24 31 10:30—CCT TRIP FOR PHOTO ID	25 10 TRIP: <u>PA ACADEMY OF FINE ARTS</u> 11:30 <u>OLIVE GARDEN</u>	26—9:00-TAX PREP BY APPT. ONLY 10:00-TEMPLE ELDER LAW BY APPT. ONLY 11:00— <u>SELF DEFENSE FOR SENIORS</u>	27 10—YOGARHYTHMICS	28 DRAWING CLASS: 12:30—Mixing colors 1:00 Movie: <u>TO ROME WITH LOVE</u> 4:00-Kids Zone





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

Non-Profit Org
U.S. Postage
Philadelphia PA
19128

Address Service Requested

DATED MATERIAL
MARCH 2014

MEMBERSHIP! MEMBERSHIP!! MEMBERSHIP!!!

It is time once again to join or renew your membership. Please consider supporting our center as a paid member.....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.

SIP & SWIPE Learn to use an iPad at no charge!

Mondays March 10, 17, 24, & 31 10:45-11:45 a m & 1-2p m

Use your fingertips to swipe your way to computer technology to enrich your life! You'll learn how to access vital information and services, talk to your grandchildren, play games for fun & brain health—and more! Brought to Journey's Way by Generations on Line!

Call Rebecca at 215-487-1750 x*1007 to add your name to the waiting list,

FUTURE EVENTS: SAVE THESE DATES!!

Lawrence Geller, Producer, presents a fun filled stroll down memory lane, **"RADIO REVISITED,"** an hour of song and comedy. Thursday , April 10

NEIGHBOR TO NEIGHBOR - Spring clean up Saturday April 12. Wait list only.
Call 215-487-1750 x *1005

THE STORY OF YOUR LIFE - Life Coach Norman Viss presents Tuesday, April 22

WELLNESS & RESOURCE FAIR – Thursday May 1 , 9-Noon

With Roxborough Memorial Hospital & the RMH School of Nursing ~ Info, giveaways, refreshments, prizes!