



MAY 2013



VITAL INFORMATION

AARP 55+ALIVE-Must preregister!

First Timers: Two-4 hour classes-
May 23, 24, 12:15-4:30

Refresher: 4 hrs., May 20, 9:15 - 12:30

AARP Members \$12, Non Members \$14

APPRISE-Tues, May 14--10-12 - Have your Medicare questions answered. Must call 215-456-7600 to set appointment.

BE HEALTHY!

Med Check

Thurs, May 9, 10:00 am-12:00 pm
Bring all your medicine and vitamins.
Is everything you're taking compatible?



SCOPE FOR HOPE

Tues., May 28, 11:00 am
Everything you've wanted to *know and ask about colonoscopy and how important it is* for you to be screened.



JUST FOR YOU

Mother's Day Lunch

Thurs., May 9, 12:00 pm
After Lunch Sing-along--Join us!

FIVE SECRETS OF LOOKING AND FEELING BETTER ABOUT YOURSELF--Wed., May 29, 11:15 am

Dr. Pezzello of Lyceum Physical Medicine will give you the keys to a fuller life!

FOOD! FOOD! FOOD!

Burger Bar-Wed., May 15, 12:00 pm
Hamburgers, w/all the fixings, FF, ice cream



Breakfast: 8:45 to 10:45 AM,
\$1- \$3- Always fresh and home made! Tues-Fri--Eggs, bacon, bagels, homefries & more ...Please note:
Mondays, Continental Breakfast only.

Wellness & Resource Fair -Thursday, May 2

Exhibits 9- 12:00 PM ~ Lunch (Hoagies) 12:15-1:00

--Fun Games & Prizes 1-2 !

With Partners, Roxborough Memorial Hospital & School of Nursing & Sponsor, BRAVO

Diabetes or Pre-Diabetic?? Join us for

SMALL STEPS, BIG REWARDS

Wed, May 8, 15, & 22 1:00 – 2:00 PM

A three part, important informational program, where you learn the causes, symptoms, and current treatments for this sometimes silent disease. Discussion on self management of type 1, type 2, and pre-diabetes will provide valuable information for yourself, a loved one, or someone you know.



Sponsored by PCA

Attention New-to-Journey's Way Members: On Friday, May 31, 1-2 pm we will have an introduction & information session to appraise you of the many ways Journey's Way can enrich your life. Refreshments!

NEW CLASSES!

EnhanceFitness-NEW CLASS! Wed, May 8 -June 26, 1-2 pm

This class is in addition to the EnhanceFitness Tuesday 10 am class and Friday 11 am class. Donations are welcome but optional .

COMPUTER CLASSES-May 13,20;June 3,10,17-Mem\$45/Non\$55

Beginners--Mon., 9:15--10:15--Learn the basics at your own pace.
Advanced Beginners--Mon., 10:15-11:15-Excel, email, social media

BEGINNER UKULELE -Mon., 11:30-12:15-May 13, 20, June 3,10

Group lessons--Mem \$65-Non/\$75---Ukes available for \$35.

NATIONAL SENIOR HEALTH AND FITNESS WEEK

May 28 thru June 3

Journey's Way invites all participants to try a new class and bring a friend -- both you and your friend can attend the class free!

Any class, any time. We honor you for supporting our Center.

MAY TRIPS & EVENTS



PA GUILD OF CRAFTSMAN

FRI, MAY 10--11:00-2:30

Deadline: MAY 6

Cost: \$4/Mem, \$6/Non

Fresh air and sunshine--Stroll thru beautiful Rittenhouse Square and enjoy 140 fine craft artists.



BARTRAM'S GARDEN 1728
National Historic Landmark House and Garden

BARTRAM'S GARDEN

54TH & LINDBERGH BLVD.

THURS, MAY 30--12:00-3:30--Deadline: MAY 21

Cost: \$ 13/Mem, \$16/Non

A guided tour of the Bartram House and the formal gardens...House Tour at 1:00--Garden Tour at 2:00

CCT SHARED RIDE PHOTO ID: Monday, May 20, 10 AM-Deadline: May 14

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, May 28--11:30 AM



DREAM HOUSE ASIAN BISTRO

6127 Ridge Ave. (Ridge & Green Lane)

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!

Will return in June--Date TBA

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. Seven games will be played with a \$25 pot for the last game of coverall. Put some fun in your morning!!!

Thank you for making April a success!

BOOK CLUB

May 23, 1:00 PM

"Hotel on the Corner of Bitter & Sweet"

James Ford

POETRY

APPRECIATION

May 30, 1:30 PM

Poetry readings and discussion

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

FRIDAYS

5/03--Trouble with the Curve--Clint Eastwood, Amy Adams

5/10--Men In Black III--Will Smith, Tommy Lee Jones

5/17--Bernie--Shirley MacLaine

5/24--NO MOVIE






5/31--Moonrise Kingdom--Bill Murray, Edward Norton



MAY 2013

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 10:20 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

MAY Special Events

				
		<p><u>1--PLEASE NOTE</u> **Eat Well w/Ruby - Future dates to be announced</p>	<p>2 9-12:00- HEALTH FAIR, COME ONE, COME ALL 12:15- LUNCH 1-2- FUN & GAMES!</p>	<p>3 1:00-Movie: Trouble with The Curve 1:00-Writers Workshop 1:00-Pinochle</p>
<p>6 </p>	<p>7 10:30 -Men's Group 11:00--PILATES Please note: the 2nd session will be on May 28th.</p>	<p>8 1:00-SMALL STEPS, BIG REWARDS</p>	<p>9 10-12-MEDICATION CHECK 12:00-MOTHER'S DAY LUNCHEON 1:30-Program Committee</p>	<p>10 TRIP: RITTENHOUSE SQUARE CRAFT SHOW 1:00-Movie: Men in Black III 1:00 -Pinochle</p>
<p>13 -1:00-TRIP: BARNES MUSEUM 9:15-Beg. Computer 10:15-Advanced Beg. Computer 11:30-Beginners Ukulele</p>	<p>14 10:00 Advisory Council 11:15-PILATES 11:15--Ask Mark 1:00-Stamp & Coins 1-2-Next Chapter</p>	<p>15  12:00-Linton's Burger Bar 1:00-SMALL STEPS, BIG REWARDS</p>	<p>16 1:00-Healthy Steps follow-up</p>	<p>17 1:00-Movie: Bernie 1:00-Writers Workshop 1:00-Pinochle</p>
<p>20 9:15-1:15 <u>AARP REFRESHER COURSE</u></p>	<p>21  POLLS OPEN 7:00 am to 6:00 pm 1-2-Next Chapter</p>	<p>22 1:00-SMALL STEPS, BIG REWARDS 5-7- INTERCOMMUNITY ACTION ANNUAL COMMUNITY FAIR 7-9--Roxborough Historical Society</p>	<p>23 12:15-4:30-<u>AARP Safe Driving Beginners</u> 12:00-Celebrate Birthdays! 1:00-Book Club</p>	<p>24--NO MOVIE 12:15-4:30-<u>AARP Safe Driving Beginners</u> 1:00-Pinochle</p>
<p>27 Closed-Memorial Day </p>	<p>28-11:15-SCOPE FOR HOPE 11:30--LUNCH CLUB: DREAM HOUSE ASIAN BISTRO 1-2-Next Chapter</p>	<p>29 11:15-Five Secrets to Looking and Feeling Better About Yourself</p>	<p>30 TRIP: BARTRAM GARDENS 1:30-Poetry</p>	<p>31 1:00-Movie: Moonrise Kingdom 1:00-New Members Meeting 1:00-Pinochle</p>



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

Non-Profit Org
U.S. Postage
Philadelphia PA 19128
Permit No. 3259

Address Service Requested

DATED MATERIAL
May 2013

Ideas?...We are open to your ideas for new classes, trips, or events. Call Constance, X *1102
Questions?...Need answers about social services? Call Mark Weber, X *1008
Housing Questions?...Speak to our housing specialist, Barbara Davis, at X *1106
Concerns about the Center?...Rebecca Kochman, our Director, is available at X *1007
Our main number is 215-487-1750--you now must press * (star) to reach an extension

upcoming events

May 28 thru June 3--National Senior Health and Fitness Week--Bring a new friend to a class at the center and you and your friend get the class for free!

May 28 thru June 3-- Advisory Council Elections!

June 13--Father's Day

June 14--Strawberry Shortcake Day

Trips: Greens Grow Farm--An urban farm in the middle of the city...visit: greensgrow.org

LaSalle University Museum

Fort Mifflin

Mann tickets are coming!! Members get them first, no exceptions!!!