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



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



<u>Breakfast:</u> 8:45 to 10:45 AM, <u>\$1- \$3-</u> 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

<u>Diabetes or Pre-Diabetic?? Join us for</u> 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

<u>BEGINNER UKULELE</u>-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.



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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

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

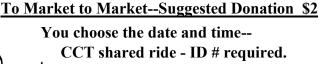


LUNCH CLUB: Tuesday, May 28—11:30 AM



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!





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!

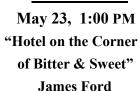


Will return in June--Date TBA

Have a fresh breakfast and play Bingo--This is a fundraiser for JW! \$6 gets you breakfast and 1 card. Additional cards are Seven games will be \$1.50, as usual. 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



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



TUES

MON



FRI

THURS

MAY 2013 WEDS

9.30 5 Fitness Ctv	9.20 (Eitness Ctm	9.20 5 Eitness Ctv	9.30 5 Eitness Ctr	9.20 5 Fitness Ctv
8:30-5 Fitness Ctr.	8:30-6 Fitness Ctr.	8:30-5 Fitness Ctr.	8:30-5 Fitness Ctr.	8:30-5 Fitness Ctr.
8:30-5 Play Pool	8:30-5 Open Tech Lab	8:30-5 Play Pool	8:30-5 Tech Lab Open	8:30-5 Tech Lab Open
8:30-5 Tech Lab Open	9:00 Café/Breakfast	9:00 Café/Breakfast	9:00 Café/Breakfast	9:00 Café/Breakfast
9:00 Café/Coffee	9:00 Walking Group	9:00 Knit & Crochet	9:00 Walking Group	9:30 SilverSneaks
9:30 Stretch/Strength	10:00 Beading	9:15 SilverSneaks	10:00 Weaving (Class is	10:45 News & Views
10:20 Reading Buds	10:00 EnhanceFitness	10:00 Line Dancing	closed to new students)	11:00 EnhanceFitness
11:00 Meditation	10:30 Men's Group	12:00 Lunch	10:30 Board Games	12:00 Lunch
11:00 Music Lessons	11:00 Pilates-1st & 3rd	12:45 Bingo	10:30 J W Chorus	12:30 Painting & More
11:30 Yoga	Tuesday	1:00 New Wed Class	12:00 Lunch	1:00 Movie Matinee
12:00 Lunch	12:00 Lunch	EnhanceFitness	12:45 Bingo	1:00 Writers Wrkshp
12:45 Bingo	1-2:00 Next Chapter	Starts May 8 Thru June 26	1:30 Tai Chi	1st & 3rd Fri.
1:30 Classic Tones	1-2:30 Computer Club	1 m u vunc 20	1-2:30 Comp Tutoring	1:00 Pinochle
5:30 Zumba—TBA	2:30 Tai Chi		(By appt))	1:15 Mah Jong
Siev Zumbu TBN		MANZ C . LE		1,10 Man oong
MAY Special Events				
SHAPI	PY	1PLEASE NOTE	2	3
Mathe	r's Day		9-12:00- HEALTH FAIR,	1:00-Movie: Trouble with
or Corne	and the	**Eat Well w/Ruby -	COME ONE, COME ALL	The Curve
	-	Future dates to be	12:15- LUNCH	1:00-Writers Workshop
		announced	1-2- FUN & GAMES!	1:00-Pinochle
WE HONOR A	ND LOVE YOU			1000 1 111001110
6	7	8	9	10
家の人派	10:30 -Men's Group	1:00-SMALL STEPS,	10-12-MEDICATION CHECK	TRIP: RITTENHOUSE
	11:00PILATES	BIG REWARDS	12:00-MOTHER'S DAY	SQUARE CRAFT SHOW
12	Please note: the 2nd		LUNCHEON	1:00-Movie: Men in
	session will be on		1:30-Program Committee	Black III
	May 28th.	≈M1		1:00 -Pinochle
13 -1:00-TRIP:	14	15	16	17
BARNES MUSEUM	10:00 Advisory Council			
9:15-Beg. Computer	11:15-PILATES	12:00-Linton's	1:00-Healthy Steps	1:00-Movie: Bernie
10:15-Advanced Beg.	11:15Ask Mark	Burger Bar	follow-up	1:00-Writers Workshop
Computer	1:00-Stamp & Coins	1:00-SMALL STEPS,		1:00-Witters Workshop
11:30-Beginners	1-2-Next Chapter	BIG REWARDS		1.00 Dimarki
Ukulele				1:00-Pinochle
20	21	22	23	24NO MOVIE
9:15-1:15	**** POLLS	1:00-SMALL STEPS,	12:15-4:30- <u>AARP</u>	
AARP	VOTE OPEN	BIG REWARDS 5-7-	Safe Driving Beginners	12:15-4:30- <u>AARP</u>
REFRESHER	7:00 am to	INTERCOMMUNITY ACTION ANNUAL		Safe Driving Beginners
<u>COURSE</u>	6:00 pm	COMMUNITY FAIR	12:00-Celebrate	
COURSE	1–2-Next Chapter	7-9Roxborough	Birthdays!	1:00-Pinochle
	-	Historical Society	1:00-Book Club	
27	28-11:15-SCOPE FOR	29	30	31
Closed-Memorial Day	HOPE	<i>43</i>		1:00-Movie:
*		11:15-Five Secrets to	TRIP: BARTRAM	
T T	11:30LUNCH CLUB:	Looking and	GARDENS	Moonrise Kingdom
3	DREAM HOUSE	Feeling Better	Þ	1:00-New Members
*****	ASIAN BISTRO	About Yourself	1:30-Poetry	Meeting
	1–2-Next Chapter			1:00-Pinochle



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

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DATED MATERIAL May 2013

<u>Ideas?</u>...We are open to your ideas for new classes, trips, or events. Call Constance, X *1102

<u>Questions?</u>...Need answers about social services? Call Mark Weber, X *1008

<u>Housing Questions?</u>...Speak to our housing specialist, Barbara Davis, at X *1106

<u>Concerns about the Center?</u>...Rebecca Kochman, our Director, is available at X *1007

<u>Our main number is 215-487-1750--you now must press * (star) to reach an extension</u>

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!!!