

MAY 2014

VITAL INFORMATION

APPRISE-Tues, May 13—10:00 –1:00

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

MIND - BODY - SPIRIT

HEADACHES & NECK PAIN—

Wed, May 13, 11:00—Dr. Bill Pezzello of Lyceum Physical Medicine will be here to answer your questions on how headaches and neck pain can be related.

EAT WELL w/Ruby—Tues, May 19, 10:00

Just say yes to beans at the Farmer's Mkt.

HEALTH SOURCES—Thurs, May 29, 10:00

A "HEALTHY EATING" WORKSHOP

Free nutritional Demo/Free sampling; health and nutrition screenings; healthy eating and exercise tips from a personal health coach; Healthcare Q & A; Discussion on chronic degenerative diseases such as arthritis, diabetes, etc.; FREE samples if health coffee & tea, etc.; Free giveaways, games, and fun!

Please RSVP to Constance.



MOTHER'S DAY—THURS, MAY 8, NOON
CHICKEN PICCATA, WILD RICE,
SALAD, BISCUIT, LEMON MERINGUE PIE

Knit & Crochet Sale — Jewelry Sale
Sing-a-Long after Lunch

MINI GARDEN CLUB

PLANT EXCHANGE

Tues, May 20, 11:00

Exchange outdoor plants with other plant enthusiasts

WELLNESS & RESOURCE FAIR – Thursday May 1,

9:00– 12:00—Roxborough Memorial Hospital & the RMH School of Nursing ~ Info, giveaways—refreshments, prizes! Chiropractic, meditation, and much, much more. Please RSVP for lunch.

NEW CLASS! SENIOR SELF DEFENSE—

4 WEEKS, WEDNESDAYS, MAY 7, 14, 21, 28

Hands-on instruction on how to defend yourself—feel safer on the street and in your house!

\$4/Paid Members — \$6/Non Paid Members



LIVING, LOVING, & PLANNING-

A Family Discussion about End of Life Options—

6:00-7:30PM—Five (5) Wednesdays, May 14, 21, 28, June 4 & 11
Initiating conversations about end of life issues can be difficult, so Journey's Way is starting the conversation for you. Come with an open mind and don't forget, your family and friends are included if you so wish! Register each Thursday in advance to reserve your light dinner. Constance Voigt, 215-487-1750, then press *1102. **All sessions are free!**

Please see insert for additional information about the sessions.



CLASSIC TONES CONCERT AND DJ

DANCE PARTY—Thurs, May 15, 1:00-2:30

A musical afternoon of song & dance!!!

PCA presents "ORAL HEALTH"-Thurs, May 22, 11:00

Maintaining healthy teeth and gums is important to your overall health. Hear the latest and the best ways to do so.

Witness Testimony-Wed, May 21, 1:00PM--

by Dr. Dom Roberti—Credible witnesses including air traffic controllers, military and civilian pilots, and government officials describe their experiences with UFOs in a video from the Disclosure Project. Dom will offer an introduction and lead a discussion.

DRAWING CLASSES—FRIDAYS, 12:30– 2:30

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

May's Theme: Painting with three colors



MAY TRIPS & EVENTS



PHILLES VS. THE LA ANGELS—WED, MAY 14

Join us at Citizen's Bank Park for an afternoon Phillies Game. The game starts at 1:05PM and we will be leaving from the Center at 11:00 to have plenty of time to stroll around the park, people watch, and eat hot dogs!

DATE: WEDS, MAY 14—TIME: LEAVING AT 11:00 AM via CCT

COST: \$35.00/FRIENDS, ETC. —\$40/NON PAID MEMBERS



MORRIS ARBORETUM—TUES, MAY 27, 10:00-12:30

May is the perfect time to take a guided tour thru Morris Arboretum. Lunch after the tour at the outdoor Compton Café—you are responsible for paying for your own lunch. Enjoy the beautiful landscapes and lovely outdoors!

DATE: TUES, MAY 27—TIME: 10-12:30—DEADLINE: MON, MAY 19

TOUR COST: \$16 OR \$13, depending on size of group.

CCT—CONNECT—MON, MAY 19—10:30—12:00-Deadline: May 12

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.



UNCLE JULIO'S-Plymouth Meeting

500 W. Germantown Pike

Tues, May 27—11:30 AM

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

BOOK CLUB MAY 29-1:00PM

"THE PARIS WIFE"

Paula McLain

POETRY APPRECIATION

MAY 22
1:30 PM

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

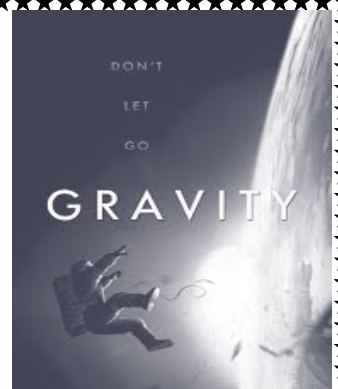
5/02—Nebraska—Bruce Dern

5/09—Admission—Tina Fey, Paul Rudd

5/16—Gravity—Sandra Bullock, George Clooney

5/23—Alfred Hitchcock Classic—Rear Window— Jimmy Stewart, Grace Kelly









5/30—20 Feet from Stardom—Bruce Springsteen, Sting



MAY 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.

MAY EVENT CALENDAR

				
			1 9:00 AM - 12:00 PM WELLNESS & RESOURCE FAIR	2-12:30—DRAWING CLASS-3 color paintings 1:00--Writer's Group 1:00-Movie: "Nebraska" 4:00-Kids Zone
5 REMINDER: If you're 65+ why not consider using CCT to come to the Center or to go to doctor's appointments	6 1:00--Next Chapter	7 11:00— <u>NEW CLASS SENIOR SELF DEFENSE</u>	8-10- YOGARHYTHM. 12:00--MOTHER'S DAY LUNCHEON 12:30-SING-A-LONG KNIT & CROCH. SALE JEWELRY SALE	9 12:30—DRAWING CLASS —3 color paintings 1:00-Movie: "Admission" 1:00-Pinochle
12 	13- 10:00—APPRISE 10:00-Advisory Committee 10:30--Men's Group 11:00--HEADACHES & NECK PAIN DR. BILL PEZZOLA 1:00--Next Chapter 1:00-Fundraising Comm.	14—11:00-SENIOR SELF-DEFENSE  PHILLIES TRIP LEAVE AT 11:00 AM GAME: 1:05 6:00--"Death Café" An open discussion about life and death. RSVP	15 NO BINGO!! 10:00— <u>YOGARHYTHMICS</u> 1:00—CONCERT BY "THE CLASSIC TONES" FOLLOWED BY A DJ DANCE PARTY	16 12:30—DRAWING CLASS —3 color paintings 1:00-Movie: "Gravity"  1:00-Pinochle 1:00--Writer's Gr. 4:00-Kids Zone
19 10:00- <u>NUTRITION WITH RUBY—</u> "Just Say Yes to Beans" 10:30—CCT Connect Photo ID	20  No classes in the Grand Rm 11:00-PLANT EXCHANGE 1:00—CHANGE YOUR LIFE W/NORM VISS 1:00-Next Chapter 1:00-Stamps & Coins	21 11:00— <u>NEW CLASS: SENIOR SELF DEF.</u> 1:00—Dr. Dom Roberti: "Witness Testimony" 6:00— <u>WILLS, TRUSTS & ESTATE PLANNING—RSVP</u>	22 10:00— <u>YOGARHYTHMICS</u> 11:00—ORAL HEALTH (PCA)  1:30 -Poetry	23 DRAWING CLASS: 12:30—3 color paintings 1:00-Movie: Classic Film: Alfred Hitchcock's "Rear Window" 1:00-Pinochle
26 -WE ARE CLOSED ! 	27—TRIP: 10:00— MORRIS ARBORETUM LUNCH CLUB: UNCLE JULIO'S 1:00-Next Chapter	28— 11:00— <u>NEW CLASS SENIOR SELF DEFENSE</u> 6:00— <u>LONG TERM OPTIONS MADE CLEAR—RSVP</u>	29--10:00 YOGARHYTHMICS 10:00-HEALTH SOURCES—Demos, Nutrition, Smoothies 1:00 - Book Club	30 DRAWING CLASS: 12:30—3 color paintings 1:00 Movie: "20 Feet from Stardom" 1:00-Pinochle 4:00-Kids Zone



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

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DATED MATERIAL
MAY 2014

Greensgrow Mobile Grocery Store Coming to Journey's Way Starting May 7—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 truck on Rector between Mitchell and Pechin. EBT/FMNP accepted.

Fill out a survey and bring it to the truck by May 28 for a 10% discount!

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+