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NOVEMBER 2014 Special Events and Programs

**LUNCH HOURS EXTENDED
TUES, WED & THURS
STARTING NOVEMBER 10**



Please Note: Dining Room is reserved for Bingo **12:45-1:30pm** Wednesday and

Thursday. If you wish to converse you are welcome to eat downstairs in Room 1 but will be responsible for trashing all lunch items in the dining room trash can. Registration is required using the touch screen under extended lunch.

**LIVING, LOVING, PLANNING
A Family Discussion About
End of Life Options
The Conversation Continues
WEDNESDAYS • 5:30-7:30pm**

- Hospice **11/5**
- Down-Sizing & Getting Organized **11/12**
(New rescheduled date)

Sessions are Free! Please see insert for additional information about the sessions. Call Estavia Jefferson — 215-487-1750, then press 2, then *1102.



**CHAIR MASSAGE
WEDNESDAY, NOVEMBER 12
11:00am - 1:00pm**

Massage Therapist Maryann Sengvilayheuang will be here to provide a relaxing 5 min (per person) chair massage. **Cost \$1** per minute.

Massage passes can be purchased at the front desk.



**THREAD FITNESS CLASS
THURSDAY, NOVEMBER 20
2:30pm • Optional suggested donation \$2.00**

Threads stands for the fibers in our muscles. Personal certified trainer Zachary Segal has studied movement and exercise for many years. He has drawn from various disciplines to develop his Threads fitness technique— a standing movement workout to help you become stronger, more agile, erect, flexible, and fluid. Our class will be a half hour of moving on your feet with varied exercises, stretches, movement patterns, and tempos. Participants should leave feeling invigorated and refreshed.

Give it a try!

CELEBRATE

**THANKSGIVING and
VETERANS DAY
THURSDAY, NOVEMBER 20**



**Join us to Honor our
Veterans**

- ⇒ OPEN FORUM • **10-11am**
(Calling all VETS to speak about your experiences)
- ⇒ WORLD WAR I & II POSTER ART EXHIBIT & PRESENTATION • **11-2pm**
With guest lecturer Nicholas Bucci, well known local historian, collector, and restorer of historical artifacts.

**SPECIAL LUNCHEON
12:00pm**

THANKSGIVING DAY MENU
Roast Turkey with Stuffing
Gravy • Broccoli Cheese Soup • Mashed Red Bliss Potatoes • Cranberry Sauce • Glazed Carrots • Sweet Potato Pie with Whipped Topping 1% milk. **Lunch reservation must be made no later than Monday, Nov. 17.**



SPECIAL EVENTS & PROGRAMS CONT. Page 2

MEDICARE NEWS

APPRISE

WEDNESDAY, NOV. 12

**12-2:00pm • CONSULTATIONS
BY APPOINTMENT**

DO YOU NEED HELP WITH MEDICARE? If you are new to Medicare or have questions about your current plan, APPRISE can help!

REMINDERS:

- Annual Open Enrollment period is Oct. 15 - Dec. 7. Both original Medicare and Medicare Advantage plan members can change their plans for the coming year. Medicare's Annual Disenrollment Period is Jan 1 - Feb. 14. Medicare Advantage plan members can drop their current plan and return to original Medicare and join a stand-alone Part D plan. Please call 215.456.7600 to schedule appointments.

CARIE PRESENTS

MEDICARE PATROL

THURSDAY, NOV. 13 • 11:00am

MARK PRESENTS

(CENTER COUNSELOR)

TUESDAY, NOV. 18 • 11:00am



REVERSE MORTGAGES

WED. NOV. 19 • 10:30 am

Come to find out about the changes to the Reverse Mortgages. Tim Donofrio of Security 1 Lending has been in the banking business for 20 years, with 15 years of specializing in Reverse Mortgages. He will explain what a reverse mortgage is and will answer all of your questions about this sometime "misunderstood" mortgage.

BOOK CLUB

**LAST THURSDAY OF MONTH
NOV. 20 • 1:00pm**

A Moveable Feast

By: Ernest Hemingway

The book describes Hemingway's apprenticeship as a young writer while he was married to his first wife, Hadley.

INTERGENERATIONAL

PEN PAL PROGRAM • TBD

We are looking for volunteer Pen Pals to write to a class of fifth graders. The group will exchange letters every four weeks. Letters will be collected at Journey's Way and delivered to students. We will host a Meet and Greet for students to meet pen pals in May. If this program interest you please stop pass and sign-up with Estavia Jefferson.

MOVIE MATINEE

FRIDAYS 1:00pm

Cost: \$1



11/7 • AIR FORCE ONE

11/14 • THE BUTLER

**11/21 • AN OLD FASHIONED
THANKSGIVING (2008)**

11/28 • CLOSED

Please Note: All movies are subject to change. If there is a change announcements will be displayed around the center.

CENTER CLOSINGS

**THURSDAY, NOVEMBER 27 &
FRIDAY, NOVEMBER 28**

Journey's Way will be closed in Observation of the Thanksgiving Holiday. The center will reopen on Monday, December 1 during normal hours of operation. On behalf of Journey's Way we wish all of our members a safe and healthy holiday!



SPECIAL EVENTS & PROGRAMS CONT. Page 3

SNEAK PEAK AT UPCOMING PROGRAMS

**STATE SENATOR
SHIRLEY M. KITCHEN and
DIVINE SOURCES PRESENTS**
Take back your HEALTH!
MONDAY, DEC. 1 • 12:30pm

A program that will teach you how to take control of your health by using fresh produce, herbs and spices to prepare healthy and delicious, plant-based smoothies. Each participant will receive a bag filled with fresh produce. Please RSVP using the touch screen for this program.

GET YOUR PLANNING DOCUMENTS IN ORDER WED. DECEMBER 3 BY APPOINTMENT ONLY.

Adults 55+ will be able to review and execute these personal planning documents – Wills, Powers of Attorney and Advance Directives-- at Journey's Way with Patricia L. Rizzo, an attorney from SeniorLAW Center. SeniorLAW Center is the only legal services agency in the Pennsylvania dedicated exclusively to serving adults 55+.

For a low fee of \$450, you will receive a Will, Health Care Power of Attorney, Financial Power of Attorney and Advance Directive for

Health Care. **To make an appointment to complete your planning documents, contact SeniorLAW Center at 215-988-1242, and state that you are interested in the December 3 clinic at Journey's Way.** To be eligible for this program, you must be age 55 or older and also provide household income information which qualifies you under SeniorLAW Center's Enhanced Services Program (ESP) policies. ESP is designed to serve people 55+ with modest incomes. For additional details, see Rebecca Kochman.

**GIVE-A-GIFT EXCHANGE
THURSDAY, DEC. 11 • 11:00am**
Break the doldrums of winter with a fun gift exchange! Bring a wrapped gift worth no more than \$5.00 and we'll play a game with the gifts...bring a gift, get a gift...it's up to you. Please RSVP with Estavia
Deadline: Friday,



**WOMEN CELEBRATING
WOMEN SOCIAL
THURSDAY, DEC. 12 • 3-5pm**

Join us for a late afternoon of games, socializing and pampering. Light refreshments and prizes.

Cost: \$2.00

**SOUP NIGHT
THURSDAY, DECEMBER 18
4:00pm - 5:30pm**

You're invited to a neighborhood soup night at Journeys Way. Warm up the winter with different flavors of delicious homemade soup. **COST: \$5** (includes 1 bowl of soup, small house salad, bread and dessert).



**HOLIDAY
TALENT / NO TALENT &
FASHION SHOW
MONDAY, DECEMBER 22
2:00pm—4:00pm**

Do you have any hidden talent/no talent you have been waiting to share with other? If you answered yes to this question than come be apart of Journey's Way holiday entertainment show. You must sign up in advance at the Program Office. Please see flyers and bulletin board posting for further details.



**SPECIAL HOLIDAY
LUNCHEON
12:00pm**

Lunch reservation must be made no later than Friday, Dec. 19

Trips & Dining 2014 - 2015

READING TERMINAL MARKET MONDAY, NOVEMBER 17

10:00AM - 1:30PM

Thanksgiving is this month and what better place than the Reading Terminal Market to pick all the fixings for your holiday meal!

Please RSVP with Estavia Jefferson at the Program Office to schedule rides for this trip. **CCT RIDERS: Optional suggested donation \$2.00**

Deadline: Wednesday, Nov. 12

SHOPRITE SUPERMARKET NUTRITION EDUCATION TUESDAY, NOVEMBER 18

10:00AM - 1:30PM

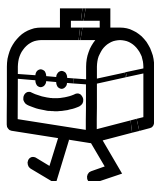
A guided tour and nutrition presentation. Meet with Ruby Davis, Nutrition Consultant, for a special, healthy food based tour. Receive a \$10 Shoprite gift card after completion of the tour. **Note:** Only members who have not participated in the past will receive a gift card.

Please RSVP with Estavia Jefferson at the Program Office to schedule rides for this trip. **CCT RIDERS: Optional suggested donation \$2.00**

Deadline: Wednesday, Nov. 12

APPLEBEE'S - ANDORRA LUNCH CLUB MONDAY, NOVEMBER 24

12 NOON • Meet lunch group at restaurant and pay your own way.



HUNTERDON HILLS PLAY HOUSE DINNER THEATRE MONDAY, DECEMBER 15, 2014 DEPARTS JW 9:30AM

PACKAGE INCLUDES: LUNCHEON & SHOW

Enjoy a play house Christmas. An ensemble cast of multitalented performers celebrate Christmas in an original holiday song and dance fest featuring traditional carols, classic and contemporary Yuletide compositions, humorous skits, and spectacular dance numbers - all backed by a live onstage orchestra.

MENU CHOICES

Yankee Pot Roast • Chicken Sorrento • Fried Shrimp Platter • Lemon Pepper Cod • Slow-Roasted Turkey Stuffing • Baked Vegetable Lasagna • Vegetable Kabobs

COST: \$91 (per person) final payment due by Dec. 1, 2014 price includes full course meal, show, desserts, tips, taxes and bus.

**For more information and reservations contact:
Estavia Jefferson
215.487.1750 x2, *1102.**

CAPE COD, MA, JUNE 22-26, 2015 5 DAYS & 4 NIGHTS DEPARTS JW 8:00AM DEPARTS JW 6:00PM PACKAGE INCLUDES:

Round Trip Motor Coach Transportation, *4 nights deluxe accommodations, 4 full breakfast, 4 dinners including one with entertainment, full day guide service of Martha's Vineyard, Hyannis to Provincetown Tour, visit to Captain Bangs Hallett House, time on the Cape Cod Lighthouse Trail, guided tour of Plymouth, tour and visit to Plymouth Plantation, visit to the Mayflower II, admission to the Sandwich Glass Museum, visit to Naval Submarine Base in Groton, CT., browsing and shopping in Mystic, CT., meal tax and meal gratuities and baggage handling.

COST: \$550 Per Person/DBL (single supplement... \$105) final payment due by April 17, 2015.

**For more information and reservations contact:
Estavia Jefferson
215.487.1750 x2, * 1102 or
Liz Turella 267.253.0109.**

