

403 Rector Street Philadelphia, PA 19128 • P 215.487.1750 • www.journeys-way.org

*SPECIAL EVENTS & PROGRAMS APRIL 2016*

**CLEVELAND, OHIO  
MACKINAW CITY, MICHIGAN  
AUGUST 21-27  
7 DAYS & 6 NIGHTS  
PACKAGE INCLUDES  
ROUND TRIP  
MOTOR COACH TRANSPORTATION**

**ACCOMMODATIONS**

- ◆ 1 Night stop-over in Canton, Ohio
- ◆ 2 Nights in Cleveland, Ohio
- ◆ 3 Night deluxe in Mackinaw City

**MEALS**

- ◆ 6 Great Breakfasts
- ◆ 5 Delicious Dinners

Includes:

Soo Locks Dinner Cruise  
Luncheon at the Grand Hotel

**ACTIVITIES**

Includes

Admission to Football Hall of Fame,  
Rock & Roll Hall of Fame & much  
more!

**COST**

- ◆ \$860 PP/DBL
- ◆ Paid JW membrs \$850 PP/DBL
- ◆ Single -ADD additional \$237

For more information & reservations  
contact: **Estavia Jefferson**, program  
coordinator 215.487.1750 x1102 or  
**Liz Turella**, group leader 215.303.2585



**vs SAN DIEGO PADRES  
THURSDAY, APRIL 14  
\$25 includes ticket & ,CCT trans.**

For more information and for  
reservations contact:

Estavia Jefferson, 215.487.1750

**SPRING IS HERE!**  
*Want some help cleaning  
your yard?*



Volunteers will be available through...**The Center at Journey's Way Neighbor to Neighbor Program**, to do **yard work April 16<sup>th</sup>** at the homes of senior adults who can use a helping hand. If you or anyone you know in Roxborough, Manayunk, or East Falls might need this service, let us know.

**WE'RE ALSO LOOKING FOR  
VOLUNTEERS TO HELP PROVIDE THIS  
WONDERFUL SERVICE.**

To schedule this service please call (215) 487-1750 x\*1005 or  
stop by The Center at Journey's Way, 403 Rector St.

**Registration Deadline: APRIL 3**

**DON'T MISS THE BOAT!  
MOTHER'S DAY LUNCHEON  
CRUISE (Spirit of Philadelphia)**

**WEDNESDAY, MAY 4**

**DEPART JW: 10:00 AM**

**RETURN TO JW: 4:00 PM**

**Enjoy a delicious meal and live  
entertainment!**

**COST: \$65** 

**2 SEATS AVAILABLE....**

**ACT FAST!**

**Contact Estavia Jefferson  
for more details**

**215.487.1750 x 1102.**

**TRIP POLICY  
REMINDERS**

**Everyone who goes on a trip must:**

- Complete a JW Registration
- Complete an Emergency Contact Form
- Sign JW Trip Policy

**Refunds will be granted if  
Journey's Way cancels the trip.**

*As trip arrangements vary, the  
refund policy will be published  
for each trip.*

Ongoing Events

Monday

8:30-5 Fitness Ctr.  
8:30-5 Pool, Ping-Pong  
8:30-5 Open Tech Lab  
9:00 Café/ Breakfast  
9:30 Stretch/Strength  
10:30 Enhance Fitness  
10:30 Reading Buddies  
10:25 Meditation  
11:00 Music Lessons  
11:30 Yoga  
12:00 Lunch  
1:00 Paper Art  
3:00 Self Defense

Tuesday

8:30-5 Fitness Ctr.  
8:30-5 Pool, Ping Pong  
8:30-5 Open Tech Lab  
9 :00 Café/Coffee  
9 :00 Walking Group  
10:00 Beading  
12:00 Lunch  
1:00 Tai Chi  
1:00 Next Chapter

Wednesday




8:30-5 Fitness Ctr.  
8:30-5 Pool, Ping Pong  
8:30-5 Open Tech Lab  
9 :00 Café/ Breakfast  
9 :00 Knit & Crochet  
9:15 SilverSneaks Classic  
10:00 Line Dancing  
12:00 Lunch  
12:45 Bingo  
3:00 Tap Dance  
7-9 NEW! Doctor's  
Chamber Orchestra  
Open Rehearsal

Thursday

8:30-5 Fitness Ctr.  
8:30-5 Pool, Ping Pong  
8:30-5 Open Tech Lab  
9:00 Café/ Breakfast  
9 :00 Walking Group  
10:00 Weaving  
12:00 Lunch  
12:45 Bingo  
1:00 Tai Chi  
4:00 Yoga  
6:00 Tap Dance

Friday

8:30-5 Fitness Ctr.  
8:30-5 Open Tech Lab  
8:30-5 Pool, Ping Pong  
9 :00 Café/ Breakfast  
9:30 SilverSneaks Classic  
10:45 News & Views  
11:00 Enhance Fitness  
12:00 Lunch  
1:00 Pinochle / Bridge

Special & Occasional Events				
				1 
4	5 11:00 Sentimental Chorus Rehearsal	6 Tech Lab closed today	7 9:30 "Ask The Nurse"	8 1:00 Movie TBA
11 12:45 How to use Uber 1-2 IPADs for Beginners	12 9:30 Advisory Council 1:00 Financial Meeting	13 11-12 IPADs for Beginners	14 Phillies Trip Heritage Map Speaker Series: 11 Shannon Ericson presents BARCELONA	15 1-2 IPADs for Beginners 
18 1-2 IPADs for Beginners	19 CELEBRATE PASSOVER 11 Presentation 12 Festive Luncheon	20 11-12 IPADs for Beginners 11 Food Label Savvy	21 9:30 "Ask The Nurse" 12 CHEF'S SPECIAL Kielbasa	22 12:15 Birthday Celebration 1-2 IPADs for Beginners 1 Documentary Film In Observance of Earth Day COW-SPIRACY
25 1-2 IPADs for Beginners 	26 ELECTION DAY 7-8 Polls Open JW White Elephant Table 9:30-12 SeniorLaw Center FREE Veterans Legal Clinic By appointment 11:15 Lunch Club DESTINATION CHINATOWN 1 Tai Chi at John's studio	27 11-12 IPADs for Beginners 11:15 Counselor Mark Presents Information You Can Use! 7 Roxborough Historical Society Presentation	28 Heritage Map Speaker Series: Double Bill 10:45 Al Kaufmann presents GERMANY DURING & AFTER WWII 2 The Lives of Others 2006 Best Foreign Film 1 Book Club 1 Tai Chi at John's studio 4 Yoga cancelled today 6 Tap Dance cancelled today	29 9-12 Wellness Fair w/ Roxborough Memorial Hospital & JW Crafts Sale 12:15 Hoagie Luncheon 1-2 IPADs for Beginners 6 Evening BINGO Doors Open @ 5:30



The Center at Journey's Way  
...A Division of Intercommunity Action, Inc.  
403 Rector St. Philadelphia, PA 19128

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

Address Service Requested

DATED MATERIAL: APRIL 2016

### POLICY REMINDERS

#### TWO REMINDERS ABOUT OUTSIDE ORGANIZATIONS

- ◆ JW does not permit meetings on the premises with outside organizations or businesses unless they are Journey's Way partners.
- ◆ Announcements from outside organizations, clubs or businesses go on our community bulletin board. It's the bulletin board by the elevator in the first floor lobby.



### Journey's Way, Roxborough Memorial Hospital & School of Nursing

*present*

## WELLNESS & RESOURCE FAIR

FRIDAY, APRIL 29 • 9:00 AM - 12:00 PM

12:15 PM - Hoagie Lunch,

Must reserve by Wednesday, April 20

Information, Screenings, Give-Aways, Door Prizes,  
JW-made Crafts Sale  
Free coffee, tea, bagels

*Tour Journey's Way Center and Learn about  
Journey's Way many Programs & Resources!*

For further information call the center at (215) 487-1750, x1101



Journey's Way is a Division of  
Intercommunity Action, Inc.

### RESOURCES

Did you know that JW connects people with information and resources in many areas - think healthcare, nutrition, legal, financial, Medicare, consumer concerns, transportation AND MORE! Some examples:

For HOUSING call the JW housing counselor, Arlene x1009.

If you're a VETERAN or in a veteran's immediate family, you can get FREE LEGAL ASSISTANCE right here the 4th Tuesday morning of every month. Just make an appointment at the front desk.

For MEDICARE related questions, call our partner APPRISE, 215. 456. 7600

For everything else, make an appointment with Mark Weber, our resource specialist. 215.487.1750 x1108.