

Special Events, Programs, Announcements - JUNE 2017



FATHER'S DAY LUNCHEON & DOUBLE FEATURE MOVIE MATINEE BOND and 'MOORE' BOND!! Friday, June 16



RSVP by Thurs June 8

Come out and join us for a delicious lunch as we celebrate our Dad's, Husband's and **ALL FATHERS!**

MENU

Roast Beef, Sweet Potatoes,
Broccoli and Spinach Salad and
Blueberry Cobbler for Dessert!



BOND and 'MOORE' BOND!

1:00 - Moonraker

2ND MOVIE: The Man with the Golden Gun



This past April a Lottery Fundraiser run by our JW Advisory Council helped us subsidize and or pay for many of the items we all get to enjoy at the Center. Our advisory board members all work extremely hard but we wanted to give a special

SHOUT OUT TO

EILEEN CONWAY!

who once again, went seriously **"above and beyond"**! Eileen was personally responsible for selling over 350 tickets of the almost 400 sold.

Thank you Eileen!



vs St. Louis Cardinals

10:45 THURSDAY, JUNE 22

\$27 includes ticket, CCT and Box Lunch!
Must register by JUNE 14th for CCT
FULL PAYMENT DUE: Tuesday 6/15

For information and for reservations contact:
Kathy Young, 215.487.1750 x1102



UNDERSTANDING YOUR CREDIT REPORT

10:45 - Wednesday, June 21st

Join our friend and Financial Educator, Joe Wehr, for a workshop/presentation on how to **improve your credit score!** Your personal credit is your reputation and your credit score impacts everything in your life – homeownership, insurance rates, and even employment.

- * Learn why a credit report and credit score is important
- * Understand what hurts and helps your credit score
- * Review steps to correct credit report inaccuracies

**Earlier start time so Joe can open up for questions.
Don't miss out!**

****IMPORTANT LUNCH ANNOUNCEMENT****

All registered diners **must check themselves in on the touch screen by 11:45** and be in the dining room by 12:00 Noon to be guaranteed lunch. Those who are later will be added to the waiting list.

If there is an urgent situation that will make you late, **please contact us before 11:30. am.** Our goal is to keep the dining room running smoothly as the number of diners increases. Thank you!!

FUN FITNESS FOR JUNE! TREAT YOUR BODY & BRAIN!

Many opportunities to stretch your body and your brain on this page!

Yoga, Tai Chi, Line Dance and Tap Dance Classes —

JW has them all!

They can cost as little as \$5.00 each.

ADULTS OF ALL AGES ARE WELCOME! You can invite your younger family and friends to join you!

Fees for JULY due 6/25



TAI CHI ALL LEVELS

Tues 1 -2 pm John Chen
(3 classes)

Thurs 1-2 pm Chris Sandorello
(4 classes)

Please note: Costs differ for Tue/Thurs due to number of classes:

JW paid members **Tue/\$15 Thur/\$20**

JW reg. members **Tue/\$21 Thur/\$28**

Adults under 55 Tue/\$28 Thur/\$35

Tai Chi is a standing meditative flowing quiet dance. Build internal energy, improve flexibility, strength and balance and calm with gentle fluid movement.

LINE DANCING CLASS

SPECIAL ANNOUNCEMENT!!

An anonymous donor is subsidizing the July & August classes.

Therefore each class in the months of July and August will be

\$2 per class!

No advance registration is required.

BEGINNERS TAP DANCE

Thurs 2-3 pm (4classes)

JW paid members \$20

JW registered members \$28

Adults under age 55 \$35



Enjoy this fun classic dance form to develop coordination and rhythm!

Great for brain health and fitness.

Learn basic elements of Broadway and rhythm style tap. Come dressed in anything comfortable to move in!

Tap shoes are recommended, but any hard-soled shoes that slide are also an option.

IPAD Classes — Free!

Increasing the technology skills in the 55+ community

Attend only the classes you want.

If you miss any classes, that will not be a problem.

EVERY Tuesday, 10:30

Instructor Lynn Israel



June 6 Making phone calls: 3 way calling, saving #'s FT, messages

June 13 Privacy and Safety Issues

June 20 What are apps/widgets & why do we want them

June 27 Surfing the Internet, web browsers & search engines

July 4 HOLIDAY - NO CLASS

July 11 Taking great pictures; saving, organizing and editing them

July 25 Taking great videos; saving, organizing and editing them

Aug 1 & 8 NO CLASS

Aug 15 Playing games to exercise our brains

Aug 22 Using the contact app - how to use an address appt. book

Aug 29 Using the calendar app - how to use an electronic appt. book

Sept 5 Using Social media; Facebook, twitter, etc.

Sept 12 Digital books, movies & music; iTunes & the free library

To register for any of the classes call Journeys Way: 215-487-1750 x1101.

Tell us (1) if you need to use one of our iPads & (2) if you want to reserve lunch (deadline is 11am Friday each week).

In order to make your learning experience stress free, please **bring your Apple ID & password to class**. If you do not have one, we will set up one for you.

YOGA ~ ALL LEVELS

Mimm San Yulan

Mon 11:30-12:30 (4 classes)

JW paid members \$20

JW registered members \$28

Adults under age 55 \$36

Thurs 9:30-10:30 (4 classes)

JW paid members \$20

JW registered members \$28

Adults under age 55 \$36

Yoga is exercise and meditation that can be done seated in a chair or on a mat. Learn basic postures and breathing. Increase strength, flexibility, concentration and calm.



Art Classes

CRAFTS

1:00 Mondays



DRAWING

10:00 - Wednesdays

Bring your own photographs, pictures and beloved objects to learn from. *Mariam El Mahdy - Instructor*



PAINTING AND MORE

1:00 Fridays, June 2, June 16, June 30

Learn acrylics, watercolor and drawing! *Maureen Sweeney - Instructor*



Trainings for Volunteer Peer Leaders to teach:

Chronic DISEASE Self Management and Chronic PAIN Self Management

Courses will be offered this summer or early fall at PCA.

Please see Rebecca or Kathy for further information.



EVENING BINGO

FRIDAY NIGHTS

June 16, July 28, Aug. 25, Sept. 29

\$10 includes 9 Games (4 cards per round)

\$1.00 each for Specials - 2 Games (50/50)

\$5.00 Coverall - \$100 Prize

DOORS OPEN • 5:30

GAME STARTS • 6:30

Refreshments Sold

OPEN TO THE COMMUNITY



BOOK CLUB

JUNE 29 • 1:00 PM

THE ART OF HEARING HEARTBEATS

By Jan-Philipp Sendker

A magical and uplifting Burmese tale of hardship and resilience. A young man's journey and his undying power to move mountains.



For more information about this club call Sheila 215-482-1255 or Sally 215-487-7656

Community Italian Dinner & Music!

Thursday Evening - June 8, 2017

6:00 Doors Open

6:30 Buffet Dinner

7:30 Entertainment

Simply Marvelous Singers



Cost: \$15.00. Check or cash due at time of reservation, also entree choice of Chicken, Tilapia or Eggplant Parmigiana - **Almost Sold Out!**

LUNCH BUNCH!

TUESDAY, June 27

11:00 • JW LOBBY

Chickie's & Pete's

11000 Roosevelt Blvd

Join this friendly group on the **last Tuesday of every month.** Travel on your own or meet group in

JW Lobby at 10:45.

Pay your own way.

FOR CCT please indicate on the sign up sheet

NO LATER than 11am, Monday, 6/19



COMING IN AUGUST!!

AARP Safe Drivers Course

First Timers - 8 Hour Session - 2 Classes

* **Tues. August 22, 12:30 - 4:45 PM**

* **Wed. August 23, 12:30 - 4:45 PM**

Refresher - 4 Hour Session

* **Tues. August 29, 12:30 - 4:45 PM**

Payment must be check or money order made out to AARP, \$15 AARP members, \$20 Non AARP members. **You MUST pre-register**—deadline is Wed. May 31. For further information or to register, call Journey's Way 215-487-1750.



MEN'S GROUP

Every Wednesday

1:00 - 2:00 pm

Join this informal discussion group.

We'll talk about managing change instead of change managing you!

REFRESHMENTS

JUNE 28 final group until Fall

PRODUCE VOUCHERS

Available Weekdays

June 19 ~ June 30 2017

2:00 - 4:30 pm

New distribution schedule will start 7/5.

Call for details.

(We will continue to distribute until supplies are exhausted).

As part of the **2017 Senior Farmers' Market Nutrition Program**, Journey's Way will be offering \$20 in Produce Vouchers to adults 60+. The vouchers are for the purchase of Pennsylvania grown produce at designated farmer's markets in Philadelphia.

To be eligible to receive vouchers you must meet all the following requirements:

- ◆ **Be age 60 or older by 12/31/17**
- ◆ **Live in Philadelphia**
- ◆ **Show proof of address and age**
- ◆ **Meet income eligibility requirements below.**

All amounts are gross annual income:

1 person - \$ 22,311	4 people - \$ 45,500
2 people - \$ 30,044	5 people - \$ 53,243
3 people - \$ 37,777	6 people - \$ 60,976

- ◆ **An eligible senior may receive a set of vouchers one time per year only**

Vouchers will be distributed at:

JOURNEY'S WAY

**403 Rector St., Philadelphia, PA 19128
(215) 487-1750**

The \$20 Vouchers must be spent by Nov 30, 2017 at a participating farmers' market.

The Senior Farmer's Market Nutrition Program (SFMNP) I is funded by the PA Department of Agriculture.



CAMP LADORE

SENIOR GETAWAY

September 11 - 15, 2017

Meeting for all Participants

9:30 am Tuesday June 20



ONGOING EVENTS BELOW

Monday

8:30-5 Fitness Ctr. \$
8:30-5 Cards, Games
8:30-5 Pool, Ping-Pong
8:30-5 Computer Lab
IPads AVAILABLE!
8:45 Continent. Break.\$
9:30 Strch./S\$*
10:00 iPad appt only
10:30 Meditation
10:30 Enhance Fitness *D*
11:00 Music Lessons \$
11:30 All Levels Yoga \$
12:00 Lunch *D*
1:00-Craft Class!

Tuesday

8:30-2 Fitness Ctr. \$
8:30-5 Cards, Games
8:30-5 Pool, Ping-Pong
8:30-5 Computer Lab
IPads AVAILABLE!
8:45 Continent.Break.\$
9:00 Walking Group
10:00 Beading \$
10:30 I-Pad Class
12:00 Lunch *D*
1:00 Next Chapter
1:00 Tai Chi \$ *

Wednesday

8:30-5 Fitness Ctr. \$
8:30-5 Cards, Game
8:30-5 Pool, Ping- Pong
8:30-5 Computer Lab
IPads AVAILABLE!
8:45 Continent. Break. \$
9:00 Knit & Crochet \$
9:15 SilvSnkClssic D/\$
10:00 Line Dancing \$ *
10:00 Drawing
11 Mini Hand Massage
12:00 Lunch *D*
12:45 Bingo \$
1:00 Men's Group
1:00 Classic Tones

Thursday

8:30-5 Fitness Ctr.
8:30-5 Cards, Games
8:30-5 Pool, Ping- Pong
8:30-5 Computer Lab
IPads AVAILABLE!
8:45 Continent. Break. \$
9:00 Walking Group
9:30 All Levels Yoga \$*
10:00 Weaving \$
12:00 Lunch *D*
12:45 Bingo \$
1:00 Tai Chi \$ *
2:00 Tap Dance \$*

Friday

8:30-5 Fitness Ctr. \$
8:30-5 Cards, Games
8:30-5 Pool, Ping-Pong
8:30-5 Computer Lab
IPads AVAILABLE!
8:45 Continent. Break. \$
9:30 SilvSnk Clssic D/\$
10:00 Recorder \$
11:00 Ukulele \$
10:45 News & Views
10:30 Enhance Fitness *D*
12:00 Lunch *D*
1:00 Pinochle/Bridge

SPECIAL & TIME LIMITED PROGRAMS BELOW

<p>Key to Symbols: •\$=Cost • D= donation appreciated but Optional • *=Next month's payment due by the 25th, or pay drop-in rate</p>				<p>1</p>		<p>2 Celebrate SUMMER!!Special Lunch of Cheeseburgers & Hot dogs with Apple Pie/Ice cream! 1:00 Movie Matinee <i>D</i> ARGO! <i>D</i> 1:00 Painting & More</p>			
<p>5 1:00 Peer Leader Feedback</p>		<p>6</p>		<p>7 AARP 12:30—4:30 1:30 <u>Keep it Moving Chronic Pain</u></p>		<p>8 COMMUNITY DINNER! 6pm Limited Seating!</p>		<p>9 11:15 -<u>Performance by Yankee Doodles</u> Ukes and Recorders!</p>	
<p>12 </p>		<p>13 10:00 ADVISORY COUNCIL AARP 12:30—4:30 1:00 Financial Committee</p>		<p>14 11:00 Health Promotion Council Topic: Physical Activity! 1:30 <u>Keep it Moving Chronic Pain</u></p>		<p>15</p>		<p>16 Father's Day Celebration! Roast Beef, Sweet Potatoes, Veggies and Cobbler DBL Feature Movie Matinee BOND & 'MOORE' BOND!! <i>D</i> 1:00 Painting & More 5:30 Evening Bingo, Refreshments \$</p>	
<p>19</p>		<p>20 9:30 Meeting for Camp Ladore Meeting</p>		<p>21 10:45 CLARIFI - <u>Understanding Credit</u> 1:30 <u>Keep it Moving Chronic Pain</u></p>		<p>22 10:45 Mark Presents Phillies vs Cardinals</p>		<p>23 8:30 -4pm BALANCING DOLLARS & SENSE Held at CENTER IN THE PARK - FREE</p>	
<p>Produce Vouchers see p. 2.....Produce Vouchers see p. 2.....Produce Vouchers see p. 2.....Produce Vouchers see p. 2</p>									
<p>26 1:00 Peer Leader Feedback</p>		<p>27 10:00 APPRISE: Medicare consultations By appointment only! 10:45 Lunch Bunch Chickie & Petes 1:00 Next Chapter (final group until Fall)</p>		<p>28 1:00 Men's Group (final group until Fall) 1:30 <u>Keep it Moving Chronic Pain (Last)</u></p>		<p>29 1:00 Book Club <i>The Art of Hearing Heartbeats</i></p>		<p>30 1:00 Painting & More</p>	
<p>Produce Vouchers see p. 2.....Produce Vouchers see p. 2.....Produce Vouchers see p. 2.....Produce Vouchers see p. 2</p>									

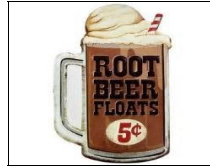
Lunch is served at Noon daily.

****** NEW RULE! PLEASE SIGN IN BY 11:45. If you're going to be later, call us before 11:45. ******

Please reserve by WEDNESDAY, NOON for Monday and by FRIDAY, NOON for Tues—Friday

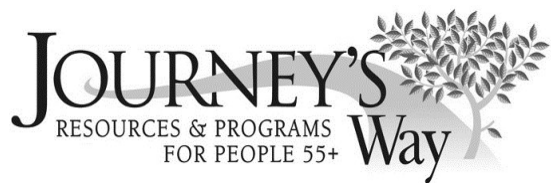
COST: • \$4 Age 55 - 59

Father's Day Lunch June 16, 2017



Root Beer Floats & Penny Candy June 29th

<p>5</p> <p>Beef Chow Fun Broccoli, noodles Health Salad Oatmeal Cookie</p>	<p>6 Cold Lunch Hard Boiled Egg & Cubed Cheddar Cheese Platter Health Salad; Macaroni salad</p> <p>Hot Lunch Creamy Tuscan Chicken Capri blend veggies Mandarin oranges</p>	<p>7 Cold Lunch Chicken Reuben/ Rye Cole Slaw, 3 Bean Salad Pineapple</p> <p>Hot Lunch Chicken Noodle Soup Turkey, Or/ Honey Glaze Green Beans Almondine Whipped Sweet Potatoes Pineapple</p>	<p>8 Cold Lunch Chicken Caprese Salad 3 Bean Salad Mandarin Oranges</p> <p>Hot Lunch Stuffed cabbage bowl Marinated carrot salad Peach</p>	<p>2 Cold Lunch Asian Chicken Salad Sesame noodles Mandarin oranges</p> <p>Celebrate Summer Cheeseburgers & Hotdogs Corn on the cob, Coleslaw Apple pie/ & Ice cream</p>
<p>12</p> <p>Grilled Chicken Bake Sugar Snap Peas Sweet Corn Blueberry Cake</p>	<p>13 Cold Lunch Egg Salad Sandwich on Pumpernickel Bread Pickled Beet Salad Cowboy Caviar Diced pears</p> <p>Hot Lunch Manicotti & Meatballs Broccoli & Carrots Diced pears</p>	<p>14 Cold Lunch Tuna Salad Cucumber dill salad Fruit salad</p> <p>Hot Lunch Grilled Hawaiian BBQ Chicken Breast w/ pineapple, peppers, onions Rice medley Nectarine</p>	<p>15 Cold Lunch Chicken salad platter Broccoli, red onion, cranberry salad Carrot salad Tropical fruit mix</p> <p>Hot Lunch Cheeseburger Potato Salad, Cole Slaw Tropical fruit mix</p>	<p>9 Cold Lunch Italian Hoagie Salad Red Bliss Potatoes Unsweetened Applesauce</p> <p>Hot Lunch Crab Cake Mac & Cheese Zucchini & stewed tomatoes Spinach & Carrots Applesauce</p> <p>16 Cold Lunch Chicken Caesar Salad Fruited Jello</p> <p>Father's Day Meal Roast Beef Sweet Potatoes Broccoli Spinach Salad Blueberry Cobbler</p>
<p>19</p> <p>Tomato Soup Macaroni & Cheese w/ Turkey Ham & tomatoes; Sautéed Kale, Spinach & Carrots Mixed Fruit</p>	<p>20 Cold Lunch Roast Beef & Provolone/ Rye; Lettuce, Tomato Cole Slaw Plum</p> <p>Hot Lunch Egg roll in a bowl Cukes/ red peppers, salad Apple</p>	<p>21 Cold Lunch Tuna Salad Nicoise Vegetable Pasta Salad Mandarin Oranges</p> <p>Hot Lunch Baked Ziti Green & wax beans Tossed salad Mandarin oranges</p>	<p>22 Cold Lunch Cranberry Almond Chicken Spinach Salad Cauliflower & Broccoli Salad Chocolate Pudding</p> <p>Hot Lunch Herb roasted turkey Mashed cauliflower & potato Sugar snap peas Chocolate pudding</p>	<p>23 Cold Lunch Turkey, Ham & Swiss Succotash Salad Unsweetened Applesauce</p> <p>Celebrate Birthdays! Hot Lunch Veggie Omelet, English Muffin Brandied Peaches Cinnamon applesauce</p>
<p>26</p> <p>Sliced Roast Beef w/ Honey Bourbon Sauce Green beans w/ almonds Sweet Potato Cubes Tropical Fruit Mix</p>	<p>27 Cold Lunch Seafood Salad & American cheese platter Marinated tomato & onion Orange</p> <p>Hot Lunch Italian Wedding Soup Grilled Chicken Caprese Cauliflower, Broccoli, Carrots</p>	<p>28 Cold Lunch Turkey & Muenster Cheese Sandwich Carrot Raisin Salad Pineapple</p> <p>Hot Lunch Balsamic Glazed Pulled Pork Brown rice, Cowboy Caviar Pineapple</p>	<p>29 Cold Lunch Sonoma chicken salad German Potato salad S/F Vanilla Cake</p> <p>Hot Lunch Meatloaf Seasoned potatoes Peas & carrots Vanilla cake</p>	<p>30 Cold Lunch Asian Chicken Salad Sesame noodles Mandarin oranges</p> <p>Hot Lunch Lemon Butter Baked Fish Mushroom Rice Pilaf Diced peaches</p>



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

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