

**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!  
8:45Continent.Break.\$  
9:00 Walking Group  
10:00 Beading \$  
10:30 I-Pad Class  
12:00 Lunch *D*  
1:00 Tai Chi \$\*  
1:00 Poetry (new)

**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 \$

**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

	<p><b>1</b> 9:30- Trip to Mutter Museum No iPad Class 1:00 - Poetry Appreciation (new)</p>	<p><b>2</b> 10:00 - \$2 Line Dancing</p> 	<p><b>3</b> 11:00 B*T-G PRESENTS <i>it's gross! it's cool!</i> <b>IT'S YOUR MOUTH!!</b> 2:00 - TAP Dancing \$2</p>	<p><b>4</b></p> 
<p><b>7</b></p> 	<p><b>8</b> 9:30 <b>ADVISORY COUNCIL</b> No iPad Class 1:00 - Poetry Appreciation (new)</p>	<p><b>9</b> 10:00 - \$2 Line Dancing</p>	<p><b>10</b> 2:00 - TAP Dancing \$2</p> 	<p><b>11</b> Movie Matinee <i>D</i> Charlie St. Cloud</p> 
<p><b>14</b> COME AND VISIT OUR Journey's Way INFORMATION NOOK (next to elevator)</p>	<p><b>15</b> 1:00 - Poetry Appreciation (new)</p>	<p><b>16</b> <b>Health Event 9:30—1</b> <b>Blood Pressure Screening/Latest Info on Hypertension</b> 10:00 - \$2 Line Dancing</p>	<p><b>17</b> 2:00 - TAP Dancing \$2</p>	<p><b>18</b> 1:00 Painting &amp; More <b>FINAL DAY for Continental Breakfast</b></p> 
<p><b>21</b></p>  <p><b>Our New Director Starts!</b> Please Welcome Karen Rouse</p>	<p><b>22</b> 10 - 1 <b>APPRISE</b> (Medicare consultations by appointment only) 12:30 <b>AARP</b> Driver Safety, (Day 1) 1:00 - Poetry Appreciation (new)</p>	<p><b>23</b> 10:00 - \$2 Line Dancing 12:30 <b>AARP</b> Driver Safety, (Day 2)</p>	<p><b>24</b> 2:00 - TAP Dancing \$2</p> 	<p><b>25</b> <b>REBECCA'S LAST DAY</b></p>  <p>5:30 Evening Bingo Refreshments \$</p>
<p><b>28</b></p> 	<p><b>29</b> 10:30 <b>LUNCH BUNCH</b> 12:30 <b>AARP</b> Driver Safety, Refresher <b>AARP 12:30 - 4:45</b> 1:00 - Poetry Appreciation (new)</p>	<p><b>30</b>  10:30 Vs Atlanta Braves 10:00 - \$2 Line Dancing</p>	<p><b>31</b> 10:45 TOWN HALL MEETING - CCT Let Your Voice Be Heard! 1:00 Book Club <i>The Ice Cream Queen of Orchard St</i> <b>No Tap Class</b></p>	<p>Journey's Way will be <b>CLOSED</b> on Monday, September 4th</p> 



**AUGUST  
2017**

## JOURNEY'S WAY SENIOR CENTER

403 Rector Street Philadelphia PA 19128

215-487-1750

[www.journeys-way.org](http://www.journeys-way.org)

The Center at Journey's Way is a program of  
Intercommunity Action, Inc

### SPECIAL EVENTS, TRIPS, PROGRAMS & HAPPENINGS FOR AUGUST!

#### **FITNESS & MOVEMENT**

Thanks to a **generous, anonymous donor**, **BOTH Line Dancing and Tap Dancing Classes, only \$2 per class in August!**

**LINE DANCING CLASSES** every **WEDNESDAY at 10am**

**TAP DANCING CLASSES** every **THURSDAY at 2pm**

#### **LIFELONG LEARNING**

NEW!! **POETRY APPRECIATION** meets every **TUESDAY from 1 to 2pm!** Come and Share/Read/Listen/Discuss!

**SHARED RIDE TOWN MEETING-Thursday, August 31 at 10:45** Come out to share concerns and let your voice be heard! Helpful information available and help with complaints. Facilitated by Transportation Advocate from **CARIE**

#### **TO YOUR HEALTH**

**HEALTH EVENT WEDNESDAY, 8/16 from 9:30 to 1pm** BLOOD PRESSURE SCREENINGS & INFORMATION ON PREVENTION AND TREATMENT OF HYPERTENSION! **Hosted by Philadelphia College of Pharmacy Students**

#### **OUTINGS & TRIPS**

**LUNCH BUNCH** - Tuesday, August 25<sup>th</sup> - Restaurant Join this friendly group on the last Tuesday of every month. Travel on your own or meet group in JW Lobby at 10:45.

**Must register for CCT** by *Monday, August 21*



**VS** Atlanta Braves

10:45 - **Wednesday, August 30 \$23** includes ticket, CCT and Boxed Lunch! .

**Must register for CCT** by *Tuesday, August 22* **PAYMENT DUE: August 17**

#### **FUN**

**EVENING BINGO** **Friday, August 25<sup>th</sup> \* 5:30** Doors open for food \* **6:30** Games Start

**MOVIE MATINEE** **Friday, August 11<sup>th</sup>** 1pm **Charlie ST. Cloud!** D

#### **ANNOUNCEMENT**

**REBECCA KOCHMAN** - *Journey's Way Center Director* for 28 DEDICATED YEARS is retiring! Friday, August 25<sup>th</sup> will be her final day with us. Rebecca's commitment, hard work and devotion to JW and our members has been exceptional. Rebecca will be **greatly missed!**

**Karen Rouse** will be joining us as the new JW Center Director and comes on board August 21. More information to follow but in the meantime please give her a warm welcome when you see her.

#### **COMING IN SEPTEMBER!**

We are proud to announce that Paul Selbst, PhD will be presenting a three week lecture series called **Get To Know Your American Government**.

Join us **THURSDAY'S, September 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> at 10:45** for a very timely and important overview that should be very helpful as we try and keep up with the fast moving happenings coming out of Washington and abroad! The Heritage Map program has expanded and is now known as: **"THE SPEAKER SERIES AT JOURNEY'S WAY!"**

**EVERYBODY WITH DIABETES** COUNTS is the title of this **6-week, interactive, evidence-based** course being offered at JW **every Wednesday from 1pm to 3pm** starting **September 13<sup>th</sup> and ending October 18<sup>th</sup>**. Open to anyone who wants to learn about proper diabetes self-management care for themselves or a loved one to live healthier and have a better quality of life.

**AUGUST 2017 LUNCH MENU**

403 Rector Street Philadelphia PA 19128

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**

**\$2 - \$4 optional suggested donation Age 60+ NEW!!! Dairy or egg lunches available**

**Water Ice and Soft Pretzel on August 16th!**

	<p><b>1 Cold Lunch</b> Roast beef hoagie Cole slaw Pudding <b>Hot Lunch</b> Stuffed baked fish Capri veggie blend Red bliss potatoes Orange</p>	<p><b>2 Cold Lunch</b> Bently salad Cucumber salad Pineapple tidbits <b>Hot Lunch</b> Chili Mixed veggies Pineapple tidbits</p>	<p><b>3 Cold Lunch</b> Crab salad platter Marinated broccoli salad Fruit cocktail <b>Hot Lunch</b> Spinach &amp; cheddar omelet Hashbrowns Fruit cocktail</p>	<p><b>4 Cold Lunch</b> Tomato bisque Chef sandwich Three bean salad Cinnamon applesauce <b>Hot Lunch</b> Tomato bisque Beef Pot Roast, egg noodles Cinnamon Applesauce</p> 
<p>7 Turkey w/gravy Whipped potatoes Broccoli &amp; Carrots Fruit salad</p>	<p><b>8 Cold Lunch</b> Honey mustard chicken Broccoli salad Peach <b>Hot Lunch</b> Chicken fried rice Mixed veggies Peach</p>	<p><b>9 Cold Lunch</b> Apple juice Egg salad Carrot &amp; raisin salad Mandarin oranges <b>Hot Lunch</b> Apple juice Tuna noodle casserole Green beans Mandarin oranges</p>	<p><b>10 Cold Lunch</b> Minestrone soup Spinach Salad Lentil Salad Lemon cake <b>Hot Lunch</b> Minestrone soup BBQ chicken thigh Collard greens Potatoes cubes Lemon cake</p>	<p><b>11 Cold Lunch</b> Asian chicken salad Sesame pasta salad Pears <b>Hot Lunch</b> Tricolor tortellini &amp; meatballs Normandy blend veggies Spinach salad Pears</p>
<p>14 Sheppard's pie Cinnamon apples Peaches</p> 	<p><b>15 Cold Lunch</b> Turkey ham &amp; swiss Sweet corn &amp; bean salad Marinated summertime salad Oatmeal cookie <b>Hot Lunch</b> Cornmeal crusted fish Stewed tomatoes Oatmeal cookie</p>	<p><b>16 Cold Lunch</b> Chicken caesar salad Greek chickpea salad Pineapples <u><b>Water Ice &amp; Soft Pretzel</b></u> <b>Hot Lunch</b> Beef stroganoff Beets Pineapples</p> 	<p><b>17 Cold Lunch</b> Apple juice Thanksgiving turkey sandwich Green bean salad Strawberry applesauce <b>Hot Lunch</b> Veggie lasagna Grilled veggies, Tossed salad Strawberry applesauce</p>	<p><b>18 Cold Lunch</b> Manhattan Clam Chowder Tuna salad Marinated tomato &amp; bean salad Bagel, plum <b>Hot Lunch</b> Manhattan clam chowder Grilled chicken fricassee Rice pilaf, broccoli</p>
<p>21 Turkey w/apricot glaze Cornbread stuffing Brussel sprouts Mashed sweet potatoes Banana cake</p>	<p><b>22 Cold Lunch</b> Chicken salad platter Broccoli Salad Pickled beet salad Mandarin oranges <b>Hot Lunch</b> Meatball sandwich w/provolone Cole slaw, Zucchini &amp; Corn Mandarin oranges</p>	<p><b>23 Cold Lunch</b> Turkey sandwich Marinated carrot salad Couscous salad Nectarine <b>Hot Lunch</b> Grilled chicken teriyaki Snow peas, white rice Nectarine</p>	<p><b>24 Cold Lunch</b> Apple juice BBQ chicken ranch salad Cherry applesauce <b>Hot Lunch</b> Apple juice Lemon rosemary baked tilapia Green beans &amp; carrots Couscous, Cherry applesauce</p>	<p><b>25 Cold Lunch</b> Navy bean soup Seafood &amp; garden salad Pasta salad, peaches <u><b>Celebrate Birthdays!</b></u> <b>Hot Lunch</b> Navy bean soup Chicken thigh cacciatore Broccoli, cauliflower, peaches</p> 
<p>28 Grilled chicken parm Rotini pasta Broccoli Tossed salad Pudding</p>	<p><b>29 Cold Lunch</b> Roast beef hoagie Cole slaw Pudding <b>Hot Lunch</b> Stuffed baked fish Capri veggie blend Red bliss potatoes Orange</p>	<p><b>30 Cold Lunch</b> Bently salad Cucumber salad Pineapple tidbits <b>Hot Lunch</b> Chili Mixed veggies Pineapple tidbits</p>	<p><b>31 Cold Lunch</b> Crab salad platter Marinated broccoli salad Fruit cocktail <b>Hot Lunch</b> Spinach &amp; cheddar omelet Hashbrowns Fruit cocktail</p>	 <p>Journey's Way will be <b>CLOSED</b> On Monday, September 4th</p>