

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!
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!
9:00 Walking Group
10:00 Beading \$
12:00 Lunch D
1:00 Tai Chi \$*
1:00 Next Chapter

Wednesday

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

Thursday

8:30-5 Fitness Ctr.
8:30-5 Cards, Games
8:30-5 Pool, Ping-Pong
8:30-5 Computer Lab
IPads AVAILABLE!
9:00 Walking Group
9:15 All Levels Yoga\$*
10:00 Weaving \$
10:45 Knit & Crochet
Beginners Class (new!)
12:00 Lunch D
12:45 Bingo \$
1:00 Tai Chi \$*

Friday

8:30-5 Fitness Ctr. \$
8:30-5 Cards, Games
8:30-5 Pool, Ping-Pong
8:30-5 Computer Lab
IPads AVAILABLE!
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>KEY \$=Cost D=Donation Appreciated but Optional * Next month's payment due by the 25th, or you can pay drop in rate</p>	<p>September is NATIONAL SENIOR CENTER MONTH!!</p>	<p>1</p>
<p>4 JOURNEY'S WAY IS CLOSED For LABOR DAY Enjoy and be safe!!</p>	<p>5 1:00 - Poetry Apprecia- tion (last one)</p>	<p>6 10:00 - \$2 Line Dancing</p>	<p>7 9:15 NEW TIME-Yoga 10:45 Speaker Series Presents: American Government (pt1) 2:00 - TAP Dancing \$2</p>	<p>8</p>
<p>11 11:30 Ladore Trip meets in Lobby - Bus leaves promptly at 12:30 Adieu, Adios and Cya!!</p>	<p>12 9:30 ADVISORY COUNCIL 1pm Next Chapter (starts!)</p>	<p>13 10:00 - \$2 Line Dancing 1:00 Men's Group (starts!) 1:00 Everybody With Diabetes Counts! (1st of 6)</p>	<p>14 10:45 Speaker Series Presents: American Government (pt2) 9:15 NEW TIME-Yoga 2:00 - TAP Dancing \$2</p>	<p>15 Welcome Home Ladore Trip Participants! 1:00 Painting & More</p>
<p>18</p>	<p>19 1:00 Next Chapter</p>	<p>20 10:00 - \$2 Line Dancing 1:00 Men's Group 1:00 Everybody With Diabetes Counts! (2nd of 6)</p>	<p>21 10:45 Speaker Series Presents: American Government (pt3) 2:00 - TAP Dancing \$2</p>	<p>22  WELCOME FALL!! </p>
<p>25</p>	<p>26 10 - 1 APPRISE (Medicare consultations by appointment only) 10:45 LUNCH BUNCH Restaurant - TBA 1:00 Next Chapter</p>	<p>27 10:00 - \$2 Line Dancing 1:00 Men's Group 1:00 Everybody With Diabetes Counts! (3rd of 6)</p>	<p>28 1:00 Speaker Series Meet- ing 2:00 - TAP Dancing \$2</p>	<p>29 <i>Birthday Celebration</i>  5:30 Evening Bingo Refreshments \$</p>



**SEPTEMBER
2017**

JOURNEY'S WAY SENIOR CENTER

403 Rector Street Philadelphia PA 19128

215-487-1750

www.journeys-way.org

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

SPECIAL EVENTS, TRIPS, PROGRAMS & HAPPENINGS FOR SEPTEMBER!

September is

NATIONAL SENIOR CENTER MONTH

FITNESS & MOVEMENT

Thanks AGAIN to a **generous, anonymous donor,**

LINE DANCING Class every WEDNESDAY at 10am

TAP DANCING Class every THURSDAY at 2pm

*will continue to be **ONLY \$2 per class!!***

SEE OUR CALANDER for the many other fitness & movement classes available including: **Meditation, Silver Sneakers, Enhanced Fitness, Yoga, Tai Chi!**

GROW YOUR CREATIVITY

SEE OUR CALANDER for the many classes available including: **Music Lessons, Craft Class, Drawing Class, I-Pad Classes, Knit and Crochet, Beading, Weaving, News & Views!**

NEW Beginners Knit & Crochet Class Great Refresher!

Come see what the fun and excitement is all about!

Every Thursday: 12:45 to 2pm

Bring your Yarn and Beginners Needles and if you don't have any they will be provided!

A Booklet with Instructions will also be provided.

OUTINGS & TRIPS

LUNCH BUNCH - Tuesday, September 26th - 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, SEPTEMBER 18

FUN

EVENING BINGO Friday, SEPTEMBER 29th * **5:30** Doors open for food * **6:30** Games Start

COMING IN OCTOBER!

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 13th and ending October 18th.** 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.

FREE IPAD Classes every Tuesday at 10:30 starting OCTOBER 3 until December 19th