

403 Rector St.

PhiladelphiaPA19128

215.487.1750

www.journeys-way.org

What is The Center at Journey’s Way?

* Established in 1973, the Center continues to be a focal point in the community for older adults
* Offering resources and programs for lifelong learning, wellness and civic engagement
* National Accreditation in 2015 recognized Journey’s Way as a Center of Excellence

What types of programs and services does the Center offer?

* Although the building has been closed since March 2020 due to the COVID-19 pandemic, the center NOW offers a variety of virtual classes, programs, and services.
* Staff and class instructors are available to assist participants in accessing virtual programs
* Weekly exercise classes, mindfulness meditation, balance and fall prevention programs
* Wellness programs such as interactive nutrition education, health talks, weekly support, and discussion groups.
* Connect and Explore the Arts- enjoy virtual demonstrations and art exhibits, join upcoming workshops including fabric arts, bead making, quilting, weaving, crafts and more
* Engage and enjoy cultural experiences, celebrations, speakers, book club, and volunteering.
* Supportive services are available such as information and referrals, connection to resources, food insecurity programs, Grab & Go meals, counseling and access to transportation services.

What do I need to know about becoming a Member at Journey’s Way?

* Anyone 55 + is welcome to participate. If you need supportive services or want to engage in virtual programming, registration and joining the center is quick and easy.
* There is no charge for the basic membership option, just complete the registration form and verify proof of age. This can be done by phone, email or mail in option, which ever you prefer.
* The Annual Membership Drive is currently on hold until further notice. Once the center reopens, we will provide more information about paid membership levels, fees, perks and incentives!

Are there program fees?

* Most of our virtual programs and classes are available at no charge however, reasonable fees may be charged for some classes and special workshops.
* Grab & Go frozen meals are available to anyone 60+ who may need nutritional support. Donations are appreciated to help cover the cost of the meal.

How can I contact the Center?

* The center building, located at 403 Rector Street in Roxborough, is currently closed to participants but staff continues working from home and are available to return your call.
* For more information call (215) 487-1750 and please leave a message or visit us at [www.journeys-way.org](http://www.journeys-way.org) or [www.facebook.com/JourneysWay](http://www.facebook.com/JourneysWay)