

JUNE 2023

Information & Opportunities for Older Adults The Blast

403 Rector Street Philadelphia, PA 19128 Ph: 215-487-1750

What's New This Month at Journey's Way?

Celebrate Arts & Aging Exhibit is open through Friday, June 9!

There are forty artists 55+ exhibiting their work in a variety of mediums: quilts, paintings, drawings, jewelry, ceramics & more! Members and the public are invited to stop by to view the exhibit weekdays from 9am to 4pm.



Father's Day Luncheon – Thursday, 6/15 at Noon in the Dining Room. Enjoy the food, fellowship, and door prizes for the guys! Remember to reserve your meal before Wednesday, 6/7 at 11am.



*Roasted Beef with Gravy
Mashed Potatoes & Dinner Roll
Tossed Salad & Chocolate Cake*

Journey's Way Members Party!

Friday, June 9 at 2pm in the Grand Room.

This free event is sponsored by the JW Advisory Council. Enjoy an afternoon of fun, food, fellowship, and musical entertainment by Sapphire. If you pre-registered for the party, you will receive your admission ticket at the door.



Advisory Council Elections Results Congratulations to our Members!

*Joanne Hays Pat Killen
Mark Salomon*

Produce Vouchers are Coming Soon!

This year, eligible recipients will receive \$50 in vouchers to redeem at local markets for fresh produce! We will share the details once we have more information.




Journey's Way is Closed Monday, June 19 in Celebration of Juneteenth!

Juneteenth is celebrated on the anniversary of the order, issued by Major General Gordon Granger on June 19, 1865, proclaiming freedom for slaves in Galveston, Texas. Juneteenth has been observed annually celebrating African-American culture & history. In 2021, the day became a federal holiday when President Biden signed the Juneteenth National Independence Day Act.

Navigating the JW Website

Although the Journey's Way website has recently been updated, we are still receiving complaints that the information is out of date. Interact is developing a brand-new website but in the meantime, we continue to use the old site with all the glitches!

TIPS: When searching for the website use [The Center at Journey's Way](#) to take you to the updated page. Click on any topic on the right side for more information or click on Aging Services at the top of the list for a link to [Sample Menu & Monthly Calendar](#).

If your search happens to take you to the Aging Services page and you want more information, go to photo on the top left and click on [Senior Center](#) or use arrow < or >. To [Connect to JW Facebook](#) for the most current information, scroll down to the bottom of [any page](#) and click on  to connect to our Facebook page without log in, password or creating an account.

What is Journey's Way?

The Center at Journey's Way, the Aging Program of Intercommunity Action, Inc., a nonprofit serving older adults 55+ living in Roxborough, neighboring communities and citywide. The Center offers a variety of informative in-person and virtual programs:

- Health & wellness programs
- Nutritional programs & lunch
- Exercise & fitness center
- Recreation & leisure activities
- Lifelong learning experiences
- Creative arts & cultural events
- Volunteer opportunities
- Counseling & support groups
- Information & assistance

Center Hours of Operation & Meals:

Monday - Friday - 9am to 4pm

MASKS ARE NOW OPTIONAL!

Monday - Grab & Go Meals ONLY - Pick-up at 11:30am-12:30pm (*G&G meal inquiries contact Mark Weber, Center Counselor*)

FYI: Center is Closed Monday, 6/19. G&G distribution will be Tuesday, 6/20.

ALERT! Monday HOT meals are on HOLD

Hot Meals (**REGULAR**) are served on Tuesday & Thursday. COLD Meals (**ALTERNATE**) are also available. On Wednesday & Fridays we will serve **Cold Meals Only**. All meals are served at NOON in the Dining Room.

FYI - Week of 6/20 - 6/23 Cold Meals ONLY

Suggested Meal Contribution is \$2.00 (60+) Under age 60 pay full cost \$4.00. **RESERVE** meals on the Touchscreen by 11am on Wednesday the week before meal service.

Call **215-487-1750 x 1101** to cancel your meal or ask us to hold your meal. People with tickets served first, then the wait list.

Center Staff:

Karen Rouse- Center Director

215-487-1750 x 1007

krouse@intercommunityaction.org

Mark Weber – Center Counselor

215-487-1750 x 1008

mweber@intercommunityaction.org

Kathy Young- Program Coordinator

215-487-1750 x 1102

kyoung@intercommunityaction.org

Karen Sears – Secretary/Front Desk

215-487-1750 x 1101

ksears@intercommunityaction.org

Crystal Stover- Custodian & Kitchen Aide

215-487-1750 x 1112

Barbara Davis – Housing Counselor

215-487-1750 x 1006

bdavis@intercommunityaction.org

Morning Coffee Time

Wednesdays & Friday Mornings from 9am to 10:30am in the Dining Room. 50c a cup & free refill! Use JW Bucks!



Journey's Way Membership Drive

Anyone 55+ is welcome to visit the Center and become a member.

Journey's Way does not discriminate based on ethnicity, race, religion, gender identity or sexual expression. The **Membership Drive** begins in January each calendar year, but you can **join anytime**. There is no charge for the Basic Membership, just complete the registration form with Proof of Age. The Center offers two paid level memberships: Classic & Premier, entitles members to class discounts, reduced or free use of the fitness center. Spend Journey's Way Bucks for morning coffee, White Elephant Table, and **credit towards classes!**

BECOME A MEMBER TODAY!

Health, Fitness & Wellbeing



Exercise with Jackie in the Grand Room -

EnhanceFitness on Mondays from 1-2pm.

Wednesday Line Up: Silver Sneakers from 9:30-10:30am and EnhanceFitness from 11am-12:00pm. ***Swipe your SilverSneakers card on the scanner at the front desk.***

Virtual Exercise: *Stretch & Strengthen (SilverSneakers) (\$fee) Mondays at 9:30am and EnhanceFitness on Fridays at 11am. Zoom links are available.*

The Fitness Center Schedule

Mon., Wed, Thur. & Fri. - 9:00am-3:45pm

Tuesday – 9:00am to 1:00pm

Fees: Based on Journey's Way Membership Levels. Registration Packets are available at the Front Desk.



Walking Group – Tuesdays & Thursdays from 9:30-10:30am. Weather permitting. The group meets at the Roxborough High track at Pechin & Hermitage Streets behind the school. Walk laps at your own speed.

Gentle Yoga – Join Cheryl on Mondays at 11am -12pm in the Grand Room. Stretch, tone & improve your balance. **\$ Donation**

Healing Meditation - Join Ron on Friday mornings from 9:30-10:30am in Room 3. Relax & reflect. No charge. **\$ Donation**

HPC Free Nutrition Classes - Join Priscilla on Wednesdays- 6/7, 6/14, 6/28 & 7/5 at 12:30pm in the Dining Room. Shopping tips, easy recipes, demo and tasting. Join us!

Fall Prevention Talk & Tips presented by Penn Nursing on Wednesday, 6/25 at 12:30pm. Sean is back to share tips to prevent falls and show you exercises to improve lower- body strength & balance.

Special Offer! Classic & Premier Members may now use JW Bucks for class credit!



Creative Arts and Crafting

Sketch & Paint Workshop - Join Barb Zanelli on Tuesdays, 6/6 & 6/13 from 10am -12pm. This will be the last class for the summer. If you are interested in the next session let us know. Register **(\$fee)**



Ceramics Handbuilding - Join Mike Zerbe on Tuesdays, 6/6, 6/13, 6/20 & 6/27 (last class) meets 12:30 - 3pm in Room 2. Clay, supplies & firing included. Register **(\$ fee)**

Ceramics & Sketch & Paint are on Summer Break in July & August

Knit/Crochet: "Cro-Knit Stitches"-

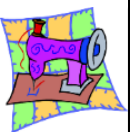
Join Dee & Teddi on Wednesdays from 9:30 - 11:30am in Room 3. **\$ Donation**

Jewelry with a Twist – Get Creative!

Join Marie on Fridays from 12:45 - 2pm in Room 3. Work with beads and other mediums. Register now! **(\$2 class fee)**

Weaving with Barb Parman on **Thursdays**, from 10:00 - 11:30am in Room 3. Table loom and yarn provided. **\$ Donation**

The Sewing Circle - Thursdays from 1-3pm in Room 3. If you enjoy sewing, want to improve your skills, or work on a variety of sewing projects, visit the Circle!



Disclaimer Policy Statement

"The views and opinions expressed during any of Journey's Way discussion groups or by guest speakers & presenters are solely those of the individuals and do not necessarily represent those of Journey's Way Senior Center and its employees."

Leisure, Learning, Fun & Games

The Little Lending Library - Main Floor beyond the Grand Room. Large print books are available. Browse & borrow. No charge.



The Pool Room on the lower level is OPEN from 9am – 3:45pm. All levels welcome!

Leisure Time - Enjoy cards, games or just socialize with friends in the Dining Room & Room #4 located on the lower level.

Music Appreciation - Join Robert on Tuesdays at 1:45-3:00pm in the Fitness Center. Listen to all types of music!



Bingo - Join Gloria on Thursdays from 1 to 2pm in the Dining Room. Buy cards after 12:30pm. Games start promptly at 1pm.



Tech Room- Members may use the computers in Room 1 on the Lower Level. Monday - Friday from 9am - 3:45pm. **Tech coaches needed!** See Kathy Young.

TECH TALK! Free iPad & iPhone Classes with Lynn! Thursdays at 10:45-11:45am

Class meets in the Grand Room on 6/1, 6/8, and 6/29.

Bring your Apple ID or Password to class.
Pick up the flyer and register now!



Stamp Collecting for Fun! The Stamp Club is on summer break. If there is interest in continuing, the club will return in the fall.

Support & Discussion Groups

Next Chapter Discussion Group – Listen & Share. Join Jim McCabe on Tuesdays from 12:30 - 1:30pm in the Meeting Room.

Men's Group - Join Jim McCabe, Mark Weber, and the Guys on Thursdays from 12:45 to 1:45pm in the Meeting Room.

Reaching Out – Sharing & Support. Join Marie on Wednesdays from 11am -12pm. Pick up a flyer for dates & details!

“Lit Lovers” Monthly Book Club meets virtually on 6/29 from 1:30 - 2:30pm.
Book list & Zoom link available.



News & Views – Fridays, 10:45 -12:00pm in the Grand Room- Main Floor. Join Sam & the group to discuss current events and other interesting topics.

Support & Services

Mark Weber, Center Counselor, is available for information and assistance. To schedule an appointment, call **215-487-1750** (x1008) email mweber@intercommunityaction.org

- Center registration & CCT application (Proof of Age required)
- Food Box information & application
- Information & Referral (legal, utilities, counseling, homecare, and government programs: SNAP/food stamps, PACE & PACENET, Medicare & Medicaid, etc.)
- Help completing forms & applications
- Membership information/center tours
- Grab & Go Meal Information/eligibility
- Produce Vouchers(SFMNP) information re: eligibility, applications & distribution

Congratulations! Barbara Davis, JW Housing Counselor, is a recipient of the Emergency Fund Coalition Community Service Award!

Journey's Way is funded by private donations, grants, charitable giving, and our major funders. Funded in part under contract with the Philadelphia Corporation for Aging and the Pennsylvania Department of Aging.



Tell Us Something Good!

Sylvia Myers Receives Citation from the Commonwealth of PA

For her decades of service to the community as a librarian at St. Lucy's school and through community groups such as the Roxborough Manayunk Wissahickon Historical Society, Friends of the Library, Women of Greater Philadelphia, Journey's Way, and many, many more, Sylvia Myers was presented with a citation from the Commonwealth of Pennsylvania's House of Representatives.

This special honor came to be through the work of Rep. Tarik Khan who personally presented her with the citation at the April 5th award ceremony. Her family was on hand to witness the event as were dozens of friends who represented the many organizations she'd served with over the years.



Rep Tarik Khan presenting Sylvia her citation at the April 5th award ceremony with her daughter Lisa.



"Whereas, the Commonwealth of Pennsylvania is always proud to recognize those individuals that, through their relentless hard work and service, have improved and enriched countless lives in our Commonwealth...

Sylvia Myers has served our community with passion and grace ... [and] has demonstrated the highest ideals as a member of our community and continually strives to be a guiding light and resource to all around her and is truly deserving of this recognition.... "
April 2023

The Volunteer Corner



Game Time - Volunteers are needed to organize and facilitate games in the Dining Room. Tuesdays & Thursdays from 9:30 - 11:30am and Fridays from 1-3:30pm.

Coffee Time - Volunteers needed to set up coffee service in Dining Room Wednesdays & Fridays at 9am and clean up at 10:30am.

Tech Coaches: Needed to help a member "on the spot" to use their smartphones, tablet, or trouble shoot a tech problem.
Times are flexible around your schedule.

**TO VOLUNTEER, call 215-487-1750 x 1102
or email kyoung@intercommnityaction.org**