

**OCTOBER 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?**

**A Message from the Center Director**



This month I am “officially” announcing my retirement and my last day will be January 12, 2024. After 38 years working in the aging network, 10 years at Journey's Way, it's time to begin the “next chapter” of my life. I plan to spend more time with my friends, family and especially my grandson!

My career at Journey's Way began in November of 2009 working in Geriatric Counseling Services as the Program Coordinator. I was responsible for training volunteers to lead the Next Chapter groups. It was exciting to be on staff in the brand-new Journey's Way building. Although I left to pursue another career opportunity in 2013, I came back in 2017 to accept the position of Center Director.

During the last 6 years, there have been opportunities and successes along with some challenges. The COVID pandemic and lockdown was like nothing I experienced in my career. The good news is that together we persevered, facing many challenges to reopen the center and restore in-person programs and services. During the next few months, I will continue to work with staff, members, and the community to make Journeys Way the best it can be!

***My journey is not over yet!***

Karen Rouse

**Special Events this Month:**

**U of Penn Nursing Students at JW** starting 10/3 on Tuesdays from 10am-2pm. Health talks, blood pressure, wellness & fitness!

**Roxtoberfest on the Ridge!** Sat. 10/7 from 12 to 6pm. Rain date 10/8. Visit the JW & Interact Booth at Green Lane & Ridge Ave.

**JW hosts Acme Pharmacy FLU, COVID & RSV Shot Clinic** Wed. 10/17 from 10am to 1pm. **For more information & to schedule appt. please call 215-487-1750 x 1101.**

**Halloween Meal & Celebration**  
**Tuesday, October 31.** Join us at noon for the **Ghoulish Goulash Meal** in the Dining Room. Reserve your meal by 11am Wed. 10/25. At 1:30pm join the celebration and free concert by the Mt. Airy Songsters in the Grand Room followed by light refreshments & treats!  
**Costumes encouraged!**



**Medicare Annual Enrollment Period (AEP)**  
**Presentation by PA Medi at JW on**  
**Wednesday, October 11<sup>th</sup> at 12:30pm.**

Join Deena Pollock for an informative talk on Medicare open enrollment period from 10/15 to 12/7. Deena will also be available for individual appointments with members in the afternoon on **Wednesdays, 10/18 & 11/1.** To schedule an appointment, please

**call Joanne Burke at**  
**Einstein/Jefferson Health at**  
**215-456-7600**

## 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
- 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 but IF YOU ARE FEELING SICK, PLEASE STAY HOME!**  
***FYI- CDC COVID Guidelines are Available***

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

COLD Meals (***ALTERNATE***) are served on Tuesday, Wednesday, and Friday. Hot Meals (***REGULAR***) are served on Thursday only.

Cold meals are also available.

**Suggested Meal Contribution is \$2.00 (60+)**  
***FYI- Under Age 60 Pay Full Cost \$4.10.***

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 staff to hold your meal.

People with tickets served first, then anyone on the wait list. Lunch is served at NOON in the Dining Room.

## 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 & Fridays - 9am to 10:30am in the Dining Room. 50c or use JW Bucks  
***NEW- Introducing Keurig K-Cups!***

## Journey's Way Membership 2024!

***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. There is no charge for the Basic Membership, just complete the registration form and Proof of Age. The **Membership Drive** begins in January each calendar year, but you can join anytime.

**JOIN NOW** and get bonus months **FREE!**

The Center offers two paid level memberships: Classic & Premier, entitles members to class discounts, reduced or free use of the fitness center. Use ***Journey's Way Bucks*** for morning coffee, White Elephant Table, and ***credit towards classes!***



**BECOME A MEMBER TODAY!**

## Health, Fitness & Wellbeing



**Wednesday Line Up** - Join Jackie in the Grand Room for Silver Sneakers from 9:30-10:30am and EnhanceFitness from 11am - 12pm. **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 Zone" Schedule**

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

**Tuesday – 9:00am to 12noon**

**Fitness 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 behind Roxborough HS on the track at Pechin & Hermitage Streets.

**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 at 12:30pm in the Dining Room. Healthy & easy recipes, shopping tips, cooking demo, and tasting!

### **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."

## Creative Arts and Crafting

**Sketch & Paint (all levels)** Join Barb Zanelli on Tuesday 10/10, 10/17, 10/21 & 10/31 from 10am-12pm in Room 3. Art supplies are provided. Register now. **(\$fee)**



**Ceramics Handbuilding Fall Workshop - (Intermediate/advanced)** Join Mike Zerbe on Tuesday 10/3, 10/ 10, 10/17, 10/24 & 10/31 from 12:30 -3pm in Room 2. Supplies & firing included. Register now. **(\$ fee)**

**NEW- Basic (Entry Level) Ceramics Class** – Learn basic handbuilding skills. Complete the pre-registration form. We will need 5 students to schedule the class. The class will meet on Tuesdays from 10am to 12pm.

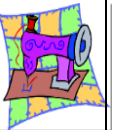
**Knit/Crochet: "Cro-Knit Stitches"**- Join Dee & Teddi on Wednesdays from 9:30 to 11:30am in Room 3. **\$ Donation**

**Card Making Workshop** – Join Jackie next month on Wednesday, 11/8 from 1 -3pm in Room 3. **Fee: \$2 or use JW Bucks!**

**Jewelry with a Twist** – Marie is back on Fridays from 12:45 - 2pm in Room 3. Work with beads & other mediums. **\$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** meets on Thursday from 1- 3pm in Room 3. If you enjoy sewing or want to improve your skills, visit the Circle!



**Fall Workshops -Let's Make a Quilt** with Judy Donovan & **Easy Mosaics** with Lisa Myers. **Look for Registration flyers!**



**PICK UP THE JW ANNUAL SURVEY!**

## 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** was relocated to the main floor **Activity Zone**. While the pool table is being repaired, enjoy playing **Cornhole** on the patio or in the Grand Room!

**Leisure Time** - Enjoy cards, games or just socialize with friends in the Dining Room. *If you would like to play Pinochle, stop by on Friday afternoon at 1pm*

**Music Appreciation** - Join Robert on Tuesdays from 2:00pm to 3:15pm in the **Activity Zone** located on the Main Floor.



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

### **TECH TALK- Free iPad/& iPhone Classes!**

Lynn will be back on Thursdays in November from 10:45-11:45am in the Grand Room. Learn Smartphone basics, social media, apps & more!

**JW hosts FREE Resource Fair!**  
Friday, November 3 from 10am - 12pm. Sponsored by Councilperson Katherine Gilmore Richardson.  
**Snacks, Giveaways & More!**

Save  
the  
Date

## Support & Discussion Groups

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

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

**Reaching Out on break until further notice.**

**"Lit Lovers" Monthly Book Club meets virtually** on 10/26 from 1:30 - 2:30pm.  
**Book list & Zoom link available.**



**News & Views** – Fridays, 10:45 -12:00pm in the Grand Room. Join Sam & the group to discuss current events & more!

## 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](mailto:mweber@intercommunityaction.org)

- Center registration, membership information and schedule a center tour
- CCT application for 65+ (Proof of Age required) **FREE** rides may be arranged for medical appointments, grocery shopping and rides to Journey's Way
- 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
- Grab & Go Meal Information/eligibility
- Produce Vouchers(SFMNP) information re: eligibility, applications & distribution

### **Medicare Annual Enrollment Period (AEP) October 15 to December 7.**

During this period, you can make changes to your Medicare coverage. Learn more. See page 1 for details.

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*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.*