

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



FREE City Services Resource Fair! **Friday, November 3 10am to 12pm**

Journey's Way hosts the Resource Fair sponsored by Councilmembers Katherine Gilmore Richardson & Curtis Jones, Jr. Enjoy Tastykakes & coffee, vendors, giveaways & 50/50!
Walk-ins welcome.

The University of Penn Nursing Students are at Journey's Way on Tuesdays from 10am-2pm through 11/14. Health talks & blood pressure screenings. Pick up a flyer.

Thanksgiving Meal at Journey's Way



Join us on **Tuesday, November 21** for a traditional Thanksgiving Turkey Meal at noon in the Dining Room! You **MUST** reserve your meal on the Touchscreen **before 11am Wednesday, November 15.**

Roasted Turkey & Cornbread Stuffing
Giblet Gravy & Cranberry Sauce
Mashed Sweet Potatoes
Green Beans Almondine
Dinner Roll & Apple Pie



The Center will be CLOSED Thursday, 11/23 and Friday, 11/24 for the Holiday.



- The **Christmas Holiday Meal** is served on **Thursday, December 21**
- The **Holiday Gift Basket Raffle** is coming in December. **DONATIONS NEEDED!** We accept **new** items & gift cards. Contact Karen Rouse.

Attic Windows Quilt Workshop
Mondays from 1:00 to 3:30pm 11/6, 11/13, 11/20, 11/27 & 12/11 (No Class 12/4)
Join Judy Donovan and learn how to make a small wall sized Attic Windows Quilt using novelty or "theme" fabrics as the window scenes. If you love cats, dogs, or any animal, use fabric for your theme! If you are bringing your own fabric the most important is the theme fabric for the windows. **If you prefer to make another type of quilt that's OK, just let Judy know!** The Journey's Way "fabric stash" should have enough fabric to make the quilt. Supplies & machines provided. The class will use Rooms 2 & 3. Register NOW! (\$ fee)
Partial funding from the Philadelphia Activities Fund Grant

Make & Take Mosaic Class

Wednesday, 11/29 from 12:45 - 3:45pm

Join Lisa Myers in the Art Room



Mosaic Art is an easy & fun way to create decorative designs to use in functional ways. Most mosaic classes are a multi-class process, but this "one-step" technique will allow you to create & finish a piece to take away with you at the end of class. We will be working mostly with tile and ceramic pieces. Feel free to use what is provided or you may bring your "tesserae" (pieces of broken tiles, ceramics, glass, pebbles, bits of jewelry, etc.). All other materials, tools & supplies are provided. Register Now!

Material Fee: \$5.00 or use JW Bucks!

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. IF YOU FEEL SICK, PLEASE STAY HOME! CDC COVID Guidelines available. JW Staff are required to wear masks in congregate areas.

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 on Thursday.

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 the wait list. Lunch is served at **NOON**.



Take a Look at the Monthly Menu!

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



Exercise with Jackie in the Grand Room!
MONDAY- On 11/6, EnhanceFitness will meet at 1pm. WEDNESDAY- Silver Sneakers from 9:30-10:30am and EnhanceFitness from 11am - 12pm. *Swipe your SilverSneakers card on the scanner!*
***Virtual Stretch & Strengthen (\$fee)**
Mondays at 9:30am. Zoom link is available.



The “Fitness Zone” Schedule
Mon., Wed, Thur. & Fri. - 9:00am-3:45pm
Tuesday – 9:00am to 12noon
Fees: Based on JW Membership Levels.

Walking Group – Tuesdays & Thursdays from 9:30-10:30am. **Weather permitting.**
The group meets behind Roxborough HS on the track at Pechin & Hermitage Streets.
Look for the Indoor Walking Group flyer!

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**

Free Nutrition Classes in the Dining Room!
Wednesdays: Join Priscilla at 12:45pm for the HPC cooking class & tasting. On 11/15 at 12:30pm , join Eileen Chopnick **BTC Nutritionist for “Kitchen Safety in the Home” & free thermometer giveaway!**

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 11/7, 11/14, 11/21 & 11/28 from 10am-12pm in Room 3. Art supplies are provided. Register now. **(\$fee)**



Ceramics Handbuilding Workshop - (Intermediate/advanced only) Join Mike Zerbe on Tuesday 11/7, 11/14, 11/21, 11/28, 12/5 & 12/12 from 12:30 -3pm in Room 2. Supplies & firing included. **(\$ fee)**

Last Call! Basic Entry Level Ceramics Class –
Learn basic handbuilding skills. Tuesdays from 10am-12pm. ***If we do not have 5 students registered & paid by noon on Friday, 11/3 we have to cancel the class.***

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

Holiday Card Making Workshops – Join Jackie on Wednesday, 11/8 and 12/6 from 1 - 3pm in Room 3. **Fee:** \$2 or use JW Bucks!

Jewelry with a Twist – Marie is teaching a monthly jewelry workshop on **Wednesday, 11/15 & 12/13** from 12:45 - 2pm in Rm 3.

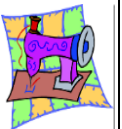
Work with beads & other mediums.

Material Fee or use JW Bucks!

Pick up the registration flyer today.

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

Visit the **Sewing Circle** on Thursdays from 1- 3pm in Room 3. Enjoy sewing projects and learn new skills. ***If you would like to Learn How to Applique join us this month!***



NEW Craft Workshops – See Page 11

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 Table** was moved to the **Activity Zone** on the 1st Floor. We hope that the pool table will be ready to “Rack & Roll” soon! Come and enjoy playing **Cornhole** on the patio or indoors. Volunteers needed!

Leisure Time – Play cards, Canasta, games & socialize with friends in the Dining Room. Stop by Fridays at 1pm and play **Pinochle!**

Music Appreciation - Join Robert on Tuesdays from 2:00pm to 3:15pm in the **Activity Zone** on the Main Floor. Relax, listen, and enjoy the music you love.



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

FREE TECH TALK CLASSES - Join Lynn on Thursdays from 10:45-11:45am in the Grand Room. Smartphone basics, social media, apps & more. Bring your Apple ID or Password to class. **Register now!**



FYI- Checkout the Computer in the Dining Room or Connect to FREE JW Guest Wi-fi!

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

“Lit Lovers” Monthly Book Club meets virtually on 11/16 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

- 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) Now through 12/7/23. During this period, you can make changes to your Medicare Coverage. To schedule a private appointment at JW with Deena Pollock, please call Joanne Burke at Einstein Health now Jefferson Health at **215-456-7600**

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.