

JANUARY 2024

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?



Happy New Year!

The New Year Meal is served on
Friday, 1/5 at noon in the Dining Room.
ONLY hot meals will be served.
Reservations are closed. **Wait List only.**



*Stuffed Chicken Breast w/Gravy
Garlic Mashed Potatoes & String Beans
Juice, Dinner Roll & Chocolate Cake*

The Center will be CLOSED
Monday, January 1 & Monday,
January 15 for MLK Day.



A Message from the Center Director

I want to take this opportunity to thank everyone for your support in 2023 and well wishes for my upcoming retirement on January 12, 2024. I have enjoyed working at Journey's Way with the dedicated staff, colleagues, members, volunteers, and community partners. I will always cherish these special memories! Thank you.

*You are invited to stop in on
Wednesday, January 10
between 10:30 - 11:30am in the
Dining Room. Enjoy a cup of
Coffee, Sweet Treats. &
Conversation!*

Looking forward to seeing you!



Staffing at Journey's Way

Interact is actively interviewing candidates for the Center Director, Program Coordinator and Administrative Assistant positions. We hope to make an announcement very soon.

Shared Ride (CCT) Reminder

Mark Weber is scheduling rides for medical appointments, grocery shopping and center rides. For ride reservations on CCT, please contact us at least five business days prior to the date of the ride. Call 215-487-1750 x 1001 and if there is no answer, leave a message and someone will call back.

Payments: Membership & Classes

Staff will accept payments for memberships, classes, and other fees. Please do not leave payments (cash or checks) at the front desk. If possible, make sure you have the exact change or a check and enclose in an envelope with your name, date, amount, purpose or include the JW registration form. We want to make sure you get credit for your payment.

Touchscreen & Meal Reservations

The PCA IT Department has been working on the touchscreens, however you still cannot print out your individual meal ticket. Please make sure you register on the touchscreen daily for your meal and all activities you plan to attend that day and then stop by the front desk to pick up a JW meal ticket (*pink/hot or blue/cold*)

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 OPTIONAL.

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

G&G Meal Pick Up on Tues. 1/2 & 1/15



COLD Meals (ALTERNATE) are served on Tuesday, Wednesday, Thursday & Friday. To serve Hot Meals (REGULAR) we **MUST** have a **minimum of 15 reservations** to place the meal order. If we do not have the minimum number of reservations, we must change the order to ALL cold meals. We are sorry for any inconvenience.

Suggested Meal Contribution is \$2.00 (60+) Under Age 60 - Pay Full Cost \$4.10 at the Front Desk. RESERVE meals on the Touchscreen by 11am on Wednesday the week before meal service. **Call 215-487-1750 x 1101** to cancel or hold your meal. People with tickets served first, then the wait list. Lunch is served at **NOON**.

Center Staff:

Jaimee Arndt – Deputy Director of Programs

jarndt@intercommunityaction.org

Karen Rouse- Center Director

215-487-1750 x 1007

krouse@intercommunityaction.org

Mark Weber – Center Counselor

215-487-1750 x 1008

mweber@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!

To introduce & sell K-Cups we need Coffee Time Volunteers!

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.

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- EnhanceFitness meets at 1pm.

WEDNESDAY- Silver Sneakers from 9:30-10:30am and **EnhanceFitness** from 11am -

12pm. Remember to *Swipe your*

SilverSneakers card on the scanner!

Check with your Medicare provider and ask if they offer the SilverSneakers card!

***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.

Pick up Fitness Packets at the Front Desk.

The Walking Group is on winter break. If you are interested in joining Susi Lada and the walkers at the Plymouth Meeting Mall on Tuesday & Thursday mornings, call 215-487-1750 x 1101 for more information.

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, demo and tasting. Next session scheduled to begin on 1/10.

Check the calendar for quarterly BTC Nutrition Talks with Eileen Chopnick.

Black History Month Planning Committee

is looking for **VOLUNTEERS!**

Creative Arts and Crafting

Sketch & Paint (all levels) Join Barb Zanelli on Tuesdays at 10am for the next workshop coming in March! Supplies provided. **(\$fee)**



Ceramics Handbuilding (Intermediate & advanced only) Join Mike Zerbe on Tuesdays on 1/9, 1/16, 1/23 & 1/30 from 12:30 -3pm in Rm 3. Supplies & firing included. **(\$ fee)** This is a 10-week workshop. Beginners, please inquire about basic level instruction.

Knit/Crochet: "Cro-Knit Stitches"- Join Dee and Teddi on Wednesdays from 9:30 - 11:30 in Room 3. All levels welcome! **\$ Donation**

Valentine Card Making Workshop Join Jackie on February 7 on Wednesday at 1pm in Room 3. **Fee: \$2 or use JW bucks!**

Jewelry with a Twist – on Winter Break.

The monthly workshop returns in the spring on Wednesday afternoon at 1pm. Work with beads & other mediums. **(\$fee)**

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 like **Applique**. Join us!



Quilting Workshop Returns in the Spring!

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.

Cornhole – Come and play on the patio (weather permitting) or indoors in the Grand Room. Check room availability.

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.



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 – On break until **February 28**. Join Lynn on Thursdays from 10:45-11:45am in the Grand Room. Smartphone basics, social media, and apps! Bring your Apple ID or Password to class.



The Computer in the Dining Room is now available, or you may bring a personal device and access 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

News & Views – Join Sam and the group on Fridays, 10:45 -12:00pm in the Grand Room. Currents events, lively discussions & more!

“Lit Lovers” VIRTUAL Monthly Book Club

meets on 1/28 from 1:30 - 2:30pm.

Book list & Zoom link available



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) – seasonal

PA Medi at Journey Way!

If you have Medicare questions, you can meet privately with Deena Pollock on Wed. 1/10 from 1-3pm. **Please call Joanne Burke at Einstein - Jefferson Health at 215-456-7600 to schedule an appointment.**

JW Inclement Weather Policy:

When the Philadelphia Public Schools close for a snow day or a virtual learning day (severe weather) the Center is **CLOSED**.

Call 215-487-1750 x 1101 for more information & weather-related updates.



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.