



# FEBRUARY 2024

## Information & Opportunities for Older Adults

Mon-Fri 9:00-4:00 // 403 Rector Street // Ph: 215-487-1750

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

- **The Center will be CLOSED Monday, February 19 for Presidents Day.**
- **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.

### Membership

**BASIC (FREE)** Just complete registration form and provide proof of age (55+). Choose & pay for some activities separately.

**Classic & Premier levels** Get reduced or free class & exercise room prices, plus Journey's Way bucks.

### Meals

**RESERVE** meals on the Touchscreen by 11am on Wednesday the week before meal service. Then stop by the front desk to pick up a JW meal ticket (*pink/hot or blue/cold*). 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**.

**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. 2/20 (day after Presidents Day)

**TUESDAY - FRIDAY COLD Meals (ALTERNATE)**. 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.**

### Payments: Meals, Classes, & Membership

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.

### **Center Counselor, Mark Weber**

Mark is available for information and assistance. To schedule an appointment, call **215-487-1750** (x1008), or 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) – seasonal.
- **Shared Rides (CCT)** 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.

### **PA MEDI at Journey Way!**

If you have Medicare questions, you can meet privately with Deena Pollock, trained Medicare counselor. Call her at 215-456-7600.



**The Computer in the Dining Room is now available, or you may bring a personal device and access FREE JW Guest Wi-fi!**

### **Memorial**

We are saddened to share the news of the passing of Mildred O'Toole, a longtime member of Journey's Way, at age 93. Her daughters hope everyone will keep Mildred in their prayers.

*Please see the next pages for activities schedules.*

## **ACTIVITIES**

1. Health, Fitness & Wellbeing
2. Creative Arts and Crafting
3. Leisure, Learning, Fun & Games
4. Support & Discussion Groups
5. Other Activities

*Please make sure you register on the touchscreen daily for all activities you plan to attend that day.*

### **1. Health, Fitness & Wellbeing**

**Virtual Stretch & Strengthen (\$fee)** *Mondays at 9:30am. Zoom link is available.*

#### **Exercise with Jackie in the Grand Room!**

- **MONDAY**- Enhance Fitness meets at 1pm.
- **WEDNESDAY**- Silver Sneakers from 9:30-10:30am and **Enhance Fitness** from 11am - 12pm.



Remember to *Swipe your Silver Sneakers card on the scanner! Check with your Medicare provider and ask if they offer the Silver Sneakers card!*

#### **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**

### **2. Creative Arts and Crafting**

**Ceramics Hand building** (Intermediate & advanced only) Join Mike Zerbe on Tuesdays on 2/6, 2/13, 2/20, & 2/27 (also 3/5 & 3/12) 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!**

**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!

**Sketch & Paint (all levels) (returning February 6)** Join Barb Zanelli on Tuesdays at 10am for the next workshop! Supplies provided. (**\$fee**)



**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**)

**Quilting Workshop (Returns in the Spring)**

### **3. Leisure, Learning, Fun & Games**

**The Little Lending Library** - Main Floor beyond the Grand Room. 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.



### **4. 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.***



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.

## **5. Other Activities**

**Valentine's Day, Tuesday, February 14, 2024** – Pie ala Mode/Coffee @ 2pm. Meet and greet the new staff at Journey's Way.

**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!*

### **Free Nutrition Classes in the Dining Room!**

**Wednesdays:** Join Priscilla at 12:45pm for the HPC cooking class, demo and tasting.  
*Check the calendar for quarterly BTC Nutrition Talks with Eileen Chopnick.*

**Black History Month Planning Committee** is looking for **VOLUNTEERS!**

**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.

*More information is below!*

## **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 Staff:**

**Jaimee Arndt – Deputy Director of Programs** jarndt@intercommunityaction.org

**Louis Smith- Center Director** 215-487-1750 x 1007 email. Louis.Smith@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

**Pat Boldosser – Program Coordinator** pboldosser@intercommunityaction.org

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