



403 Rector Street
Ph: 215-487-1750
Mon - Fri, 9:00 - 3:45

intercommunity*action*
Interact. Achieve Your Potential.

APRIL 2024 NEWSLETTER

Information & Opportunities for the 55+ Community

April Special Events

New! Creative Writing Class Weekly, starting Tuesday, April 2nd from 11:00 am – Noon. Learn more about the craft of writing and express your own life story in collaboration with class members.

Heart Health Talk – 2nd chance! Thursday, April 4th from 12:15 pm – 12:45 pm. If you missed the 1st presentation in March, it's being given again.

Advisory Council Meeting Tuesday, April 9th from 9:30 am – 11:00 am. The meeting is open to all JW members. The Council is looking for new nominees; for more information, please contact Pat (Program Director) or Louis (Center Director).

Fire Safety Talk from the Philadelphia Fire Department - Wednesday, April 10th from 10:30 am – 11:00 pm. Learn how to protect yourself and your home.

Primary Election Day - JW is a polling place – Tuesday, April 23rd, all day. The Dining Room and rooms on the lower floor will be accessible; the Grand Room and Exercise Room won't be accessible.

Health & Wellness Fair by the Roxborough Hospital School of Nursing – Friday, April 26th from 9:00 am – Noon. Free health screenings and information are available, along with giveaways and healthy snacks.

Journey's Way Activities & Services

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
- A community gathering place
- Creative arts & cultural events
- Volunteer opportunities
- Counseling & support groups
- Information & assistance

Here's how you and your 55+ loved ones can join – ask for info at the front desk.

Basic Membership (FREE) Just complete a 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. On the days of your meals, stop by the front desk to pick up a JW meal ticket (*blue slip is for cold, pink slip is for hot*). Members registered for lunch are served from 12:00 pm – 12:20 pm. Members on the wait list are served from 12:20 pm – 12:30 pm. Call 215-487-1750 x 1101 to cancel or hold your meal.

- **MONDAY - Grab & Go Meals ONLY** - Pick-up at 11:30 am -12:30 pm (*for G & G meal inquiries, please contact Mark Weber, Center Counselor*).
- **TUESDAY, WEDNESDAY, THURSDAY & FRIDAY** COLD Meals are available. **THURSDAY** a HOT Meal is also available.

SUGGESTED MEAL CONTRIBUTION is \$2.00 (60+) Under Age 60 - Pay Full Cost \$4.10 at the Front Desk.

Payments: Meals, Classes, & Membership

Front desk staff will accept payments for memberships, classes, and other fees. Make sure you have the exact change or a check.

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.

- 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.*** Arrange trips at least 5 business days in advance.
- 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 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's Way

If you have Medicare questions, you can meet privately with Deena Pollock, trained Medicare counselor. Deena will be at Journey's Way on 2nd Wednesdays; her phone number for making an appointment is 215-456-7600.

Activities Listings (Next Pages)

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. Due to the quirks of the PCA system, please also use the paper sign in sheet at your activity – thank you!

1. Health, Fitness & Wellbeing

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

Exercise with Jackie in the Grand Room

- **MONDAY- Enhance Fitness** meets at 1:00 pm.
- **WEDNESDAY- Silver Sneakers** from 9:30 pm - 10:30 pm and **Enhance Fitness** from 11:00 am - 12:00 pm.



Remember to swipe your Silver Sneakers card on the scanner or enter your information manually. Check with your Medicare provider and ask if they offer the Silver Sneakers card.

The “Fitness Zone” Schedule

Mon., Wed, Thur. & Fri. - 9:00 am- 3:45 pm; Tuesday - 9:00 am – 12:00 pm

Fees: Based on JW Membership Levels.

Pick up Fitness Packets at the Front Desk.



The Walking Group is on winter break.

Gentle Chair Yoga – Join Cheryl Dore on Mondays at 11:00 am - 12:00 pm in the Grand Room. Stretch, tone & improve your balance. (**\$ donation**)

Healing Meditation - Join Ron on Friday mornings from 9:30 am - 10:30 am in Room 3 to relax & reflect. No charge. (**\$ donation**)

2. Creative Arts and Crafting

Ceramics Hand Building with Mike Zerbe – schedule to be announced.

- **Intermediate/Advanced** (class is full) on Tuesdays from 12:30 pm - 3:00 pm in Rooms 2 & 3. Supplies & firing included. This is a 10-week workshop. (**\$ fee**)
- **Beginners** (required before taking Intermediate/Advanced) – schedule to be announced.

Knit/Crochet: “Cro-Knit Stitches” Join Dee Easley and Teddi McDuffie on Wednesdays from 9:30 am - 11:30 pm in Room 3. All levels welcome! (**\$ donation**)

Weaving with Barb Parman on Thursdays, from 10:00 am - 11:30 am in Room 3. Table loom and yarn provided. (**\$ donation**) (class is currently full)

Visit the **Sewing Circle** on Thursdays from 12:30 am - 2:30 pm (*NOTE THE TIME CHANGE*) in Room 3. Enjoy sewing projects and learn new skills like aplique. Join us!

Sketch & Paint (all levels) Join Barbara Zanelli on Tuesdays from 10:00 am – 12:00 pm in Room 3. Supplies provided. (**\$ fee**)



Jewelry with a Twist (on Winter Break) The monthly workshop returns in the spring. Work with beads & other mediums. (**\$ fee**) & **Quilting Workshop (Returns in the Spring)**

3. Leisure, Learning, Fun & Games

The Little Lending Library – On the 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 (including Canasta) and games & socialize with friends in the Dining Room. Stop by on Fridays at 1:00 pm and play Pinochle!

Music I Love – Join Robert Munger at 1:45 pm on Tuesdays in the Exercise/Activity Zone on the main floor.

Bingo - Join Gloria Wilson on Thursdays from 1:00 pm - 2:00 pm in the Dining Room. Buy cards after 12:30. Games start at 1:00.



4. Support & Discussion Groups

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

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

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

“Lit Lovers” VIRTUAL Monthly Book Club meets on 4/25 from 1:30 pm - 2:30 pm. Zoom link available. The April book is “Poverty, by America” by Matthew Desmond.



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

Morning Coffee Time Wednesdays & Fridays – 9:00 am to 10:30 am in the Dining Room. 50c for the 1st two cups (or use JW Bucks); cups after that are free!

Creative Writing Class Tuesdays – 11:00 am – Noon. Location to be announced. Join writing instructor Orah Zamir to learn more about the craft of writing and to express your own life story in collaboration with class members.

Tech Talk Join Lynn Israel on Thursdays from 11:00 am to Noon to learn smartphone basics, social media, and apps! *Bring your Apple ID or Password to class.*

Free Nutrition Classes in the Dining Room Join Priscilla Nascimento on Wednesdays at 12:45 pm in the Dining Room for the Health Promotion Council cooking class, demo and tasting.



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

Center Staff:

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

Louis Smith- Center Director 215-487-1750 x 1007 / Louis.Smith@intercommunityaction.org

Mark Weber – Center Counselor 215-487-1750 x 1008 / mweber@intercommunityaction.org

Barbara Davis – Housing Counselor 215-487-1750 x 1006 / bdavis@intercommunityaction.org

Pat Boldosser – Program Coordinator 215-487-1750 x 1102 / pboldosser@intercommunityaction.org

Crystal Stover- Custodian & Kitchen Aide 215-487-1750 x 1112

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 partially 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.