

April 2009 ~ Center Highlights

Pensdale Village Housing Update

Journey's Way is constructing the Pensdale addition. (Take a look)! The planned completion date is December 2009. This addition will house 38 apartments and the new state-of-the-art Adult Day Services program of Journey's Way.

No names are being taken for apartments. Applications will be available when the project is near completion. Notices will go in this column and in the newspapers.

Be Your Own Advocate

Thurs Apr 2 11:00

Pam Walz, Director of Elderly Law at Community Legal Services, will tell you how to handle denials of health and social welfare benefits. *You have options!*

Lunch & Learn

How To Look at A Painting

Thurs Apr 2 1:00 pm

The average museum goer spends 24 seconds looking at a painting. Let Barnes Foundation docent and lecturer Sheldon Weintraub show you all you've missed- and won't miss again- in this exciting illustrated presentation.

BINGO Fundraiser Sat April 4

Doors Open at 11:00

Play begins at 12:00

Refreshments, Door Prizes

A fun afternoon, for \$10.00

Tea for Two or More

Thurs April 30

RSVP April 27

11:30 Special Luncheon

1:00 Live musical performance by the Classic Tones

2:00 Tea w/ sandwiches & pastries

Classic Tones is Journey's Way home-grown acappella group committed to songs that bring joy and evoke good feelings.

Listen and then enjoy a tea formally served with tea sandwiches and pastries.

If you have favorite spring clothing, this is the perfect occasion to wear it!

Celebrate National Poetry Month!

Walt Whitman Poetry Reading

Thurs Apr 16 1:00

Calling all poetry lovers! Join our poetry reading/discussion group led by Jane Bodine. We will read poetry together for pleasure and share responses – no expectation of oratory skills or scholarly analysis. Bring your friends.

Alcohol Awareness

Tues April 21 10:45-11:45 (late lunch)

Do you know someone who drinks too much? Do you wish you could help them stop? This presentation by William Shapiro, PsyD, and Jay Cantor, MSW, LCSW of the Belmont Center for Comprehensive Treatment, will give you a greater understanding of substance abuse and resources for assessment and treatment. A Philadelphia Corporation for Aging PrimeTime Health Program.

Seder Tues April 14 10:30

Rabbi Linda Holtzman of Mishkan Shalom will give a lecture demonstration about this Jewish ceremony of freedom. Ethnic foods. **RSVP by April 11.**

MORE INSIDE!

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AARP Safe Driving

Beat the Blues!

Food Assistance: SNAP (formerly food stamps)

Memoir Writing

Page 3

French Lessons

Scrapbooking

Support Your Center!

Go for the Gold!

The Center at Journey's Way offers you great programs and resources! Support your Center by purchasing a Gold Card for \$12.00 a year.

Purchase a Gold Card by April 30 and get a free raffle ticket to win either a microwave oven valued at \$100 or a \$25.00 Target gift card. Drawing is May 1, 11:30 am. There will be a special reception for Gold Card Friends of Journey's Way in May.

February 2009 ~ Special Events

Weds MOVIES

Bonneville

Feb 4 1:30-3:00

Jessica Lange stars in road trip yarn that drives home themes of friends and landscapes of the American Southwest.

Duma

Feb 11 1:30-3:15

Family drama explores the bonds of friendship between man and beast when a young boy traverses the southern region of Africa.

The Darjeeling Limited

Feb 18 1:30-3:00

Following the death of their father, three brothers embark on a journey on the Darjeeling Limited and attempt to reconnect after years of physical and emotional distance.

Guess Who's Coming to Dinner

Feb 25 1:30-3:00

Spencer Tracy and Katharine Hepburn star as wealthy Californians who consider themselves progressive until confronted with their daughter's plan to marry a black man. Produced in 1967.

Real to Reel

Tuesdays with Morrie

Feb 20 12:30-2:00

Based on Mitch Albom's nonfiction bestseller, film explores the long-term relationship between Mitch and his terminally ill mentor.

DO GOOD, FEEL GREAT!

Be a "Neighbor to Neighbor" Volunteer. Assist older adults with light chores, errands, rides, weatherization, and friendly calls.

Note: Urgent need for drivers

Be a "Touching Lives Over 55!" Volunteer Peer Counselor

Learn skills to lead discussion groups w/ seniors on wellness, relationships, and more.

Be a Leader at Journey's Way -Volunteer!

Share your knowledge and skills. We'll match your interests & your schedule.

Reading Buddies Mondays 1:30-2:30

Senior volunteers help Levering School 2nd and 3rd graders with reading skills.

For further information call Jim Remsen at 215-487-1750.

The Center at Journey's Way, a program of Intercommunity Action, Inc, is funded in part, under a contract with the Philadelphia Corporation for Aging & the Pennsylvania Department of Aging.

FUN

Sweet Treats

Fri Feb 13 12:30 pm

Learn to make a luscious chocolate treat-samples, too

Mardi Gras

Tues Feb 24 11:00 am

(See p. 1)

Birthday Party

Thurs Feb 26 11:00 am

Your day in the sun (such as it is in February)

TRIPS

Complete payment is necessary to confirm your trip reservation. **For trips using CCT Connect all Philly residents 65+ must have CCT Connect number..**

Walmart /Michael's

Tues Feb 17 9:30-2:30

Cost: CCT- pay the driver \$7.40.

Nicest Walmart in town. Real bargain as a combo with crafts supplier Michael's.

2009 Philadelphia Flower Show

"Bella Italia"

Tues March 3, 9:30-2:30

(arrive at JW approximately 3:15)

Cost: Tickets \$22.00

CCT – pay the driver \$7.40

Philadelphia Convention Center, 12th & Arch

Enjoy this annual internationally acclaimed event right here in center city!

Ticket Deadline Feb 20.

THE SAVVY CONSUMER

Ask the Counselor: PACE for 2009

Tues Feb 17 11:00 am

Mark Weber, JW Center Counselor, will update you on the PACE program.

The Housing Connection:

Money Matters

Weds Feb 11 11:00 am

Barbara Davis, JW Housing Counselor will discuss concerns about money.

Pensdale Village Housing Update

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April 2009 ~ Ongoing Classes, Groups, Services

FITNESS

Fitness Center Mon-Fri- 8:30-5:00

Line Dancing Weds 10:00-11:00
Roxborough Baptist Church
Cost: \$4 drop-in rate
\$3.50 per class paid by month in advance

Play Tennis for Life

Beginners: Weds 11:00
Intermediate: Weds 12:30
Green Valley Country Club
Cost: \$84 for twelve sessions



SilverSneakers Weds & Fri 9:30-10:15
Cost: Free with some insurances;
All others, \$1 suggested donation.

Stretch & Strengthen

Mon 9:30- Advanced Beginners
11:00 Pensdale- Beginners
\$2.00 suggested voluntary donation
A PCA PrimeTime Health Program

Tai Chi Tues 2:00-3:00 & Thurs 1:30-2:30
Cost: \$4 drop-in rate
\$3.50 a class paid by month in advance

Wii Mon, Tues, Thurs 9:30-10:30,
Play virtual tennis, bowling, golf & more using
technology hooked up to our wide screen TV.

Yoga in Your Seat Mon 1:30-2:30
Cost: \$4 drop-in rate
\$3.50 per class paid by month in advance

HEALTH & WELLNESS

Healing Meditation Mon 2:30
Provides a time of calming and centering
through guided meditation practice

Eat Well Series Weds 11:00
(2nd Weds at Pensdale)
Delicious, easy recipes, food tips, and samples.

Keeping Balanced By appointment
Ask Program Coordinator Betsy
Simple no sweat exercise to improve your
balance.

Mind Play Tues 11:00
Games, puzzles, and more to keep you sharp

CREATIVE ARTS

Beadery Tues 10:00-2:00
Materials fee \$1.00 All levels welcome.
**Donations of outdated, broken jewelry
welcome.**

LANGUAGE

NEW! Conversation with Colette, in French!
Tues beginning April 14 1:30 pm
Cost: \$1.00 suggested donation

Join this friendly group of eager learners –
beginners and those who want a refresher - and
learn conversational French with Colette Cohn,
a native speaker who grew up in Paris.

Craft Circle

Call if you need instruction on knit/crochet
Make useful items for folks who need them.

Painting and More Fri 12:30-3:00
Cost: \$1.00 materials fee. Open studio

Writers' Workshop Fri Apr 3 & 17 12:30-2:00
Learn to express your ideas and experiences
and share them with others in the group.

Piano Lessons By Appointment

NEW! Scrapbooking Fri 9:30-11:30.
Learn techniques for preserving and presenting
your family treasures.

DISCUSSION

News and Views Fri 10:30-12:00

Friendship Group Fri 12:30-1:15



FUN

Singing on a Clear Day with Michele
Tues Apr 7 10:45
Professional performer for your enjoyment!

Bridge- All levels Thurs 10:00-11:30

Card Sharks- All levels Weds & Fri 12:30-4:30

Mah Jongg- All levels Weds 1:30

SERVICES

Center Counselor & Housing Counselor
Resources, information and referrals. Individual
consultations. Call for an appointment.

APPRISE Health Insurance Counseling
Weds Apr 15 10:00-12:00
By appointment

Adult Child Caregivers Support Group
Usually the 4th Weds of the Month 7:00 pm
Next meeting is April 22

Neighbor to Neighbor
Call if you or someone you know can use a
helping hand with *chores, errands, minor home
repair* or would enjoy a *friendly call*.

TECHNOLOGY

Fraidy Cat Computer Sessions
Fri 9:30-10:30
Start at the very beginning....
Cost: \$2 suggested donation
RSVP by Weds 215-487-1750



Computer instruction-
Cost: \$80 age 59 & under, \$75 age 60+.
Instruction tailored to the needs of older adults.

Advanced Beginners

April 6, 13, 15, 20, 22, 27, 29, May 4, 6, 11

Beginners

May 20, 26, 27, June 1, 3, 8, 10, 15, 17, 22

**Reserve time on our computer-just call
ahead!**

April 2009 Calendar of Events

ONGOING ACTIVITIES

<i>MON</i>	<i>TUES</i>	<i>WEDS</i>	<i>THURS</i>	<i>FRI</i>
8:30-5 Fitness Center 8:45 Piano 9:30 Stretch & Strengthen 10:45 Wii Bowl League 10:00 Market Trip: ShopRite 11:30 Lunch 12:15 Bingo 1:30 Reading Buddies 2:00 Classic Tones 1:30 Chair Yoga 2:30 Meditation	8:30-5 Fitness Center 9:30 Wii - Free Play 10:00 Beadery 11:00 Mind Play 11:30 Lunch 2:00 Tai Chi	8:30-5 Fitness Center 8:45 Piano 10:00 Market Trip: ShopRite 9:30 SilverSneakers 10:00 Line Dancing 10:30 Craft Circle 11:00 Tennis 11:45 Lunch 12:15 Bingo 12:30 Tennis 12:30 Card Sharks 1:30 Mah Jhongg	8:30-5 Fitness Center 9:30 Wii- Free Play 10:00 Market Trip: ShopRite Bridge 11:30 Lunch 12:15 Bingo 1:30 Tai Chi	8:30-5 Fitness Center 9:30 Fraidy Cats SilverSneakers Scrapbooking 10:00 Market Trip: Acme 10:30 News & Views 11:30 Lunch 12:30 Painting & More Open Studio 12:30 Card Sharks 12:30 Friendship Grp

SPECIAL EVENTS

		1 9:00-5:00 Taxes (by appt) 11:00 Eat Well: 1:30 Movie <i>Miss Pettigrew Lives for a Day</i>	2 11:00 Be Your Own Advocate 1:00 Lunch & Learn: How to Look at A Painting	3 9:30 Scrapbooking 12:30 Writers Wksp ***** 4 12:00 BINGO!!!
6	7 11:00 Singing on a Clear Day 12:30 Active Citizen	8 11:00 Eat Well (Pensdale) 1:30 Movie <i>Penelope</i>	9 11:00 Mark Presents 1:00 Program Committee	10 9:30 Scrapbooking
13	14 11:00 Seder 12:30 Advisory Council 1:30 French	15 11:00 Eat Well 10:30-12:30 Apprise Counseling 1:30 Movie <i>Singin in the Rain</i>	16 10:30 Blood Pressure Screening 1:00 Walt Whitman Poetry Reading	17 9:30 Scrapbooking 12:30 Writers Wksp
20	21 10:45 Alcohol Awareness 12:30 Active Citizen 1:30 French	22 10:30 Beat the Blues ! 11:00 Eat Well 1:00 SNAP –food assistance 1:30 Movie <i>An American in Paris</i>	23 11:00 April Birthdays 3 Food Boxes	24 9:30 Scrapbooking 12:30 Real to Reel Chop Shop
27	28 1:30 French 1:00 AARP Safe Drivers	29 1:00 AARP Safe Drivers (NO BINGO)	30 11:30 Spring Luncheon 1:00 Classic Tones 2:30 Tea for More than Two	

The Center at Journey's Way
 A Program of IntercommunityAction, Inc.
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DATED MATERIAL

