

403 Rector St. Phila PA 19128 p-215-487-1750 www.journeys-way.org

DECEMBER - 2011 -- PROGRAMS OF INTEREST



- BREAKFAST!!!- Monday, Wednesday, and Friday--9:00 AM to 10:30 AM - \$1.00 to \$3.00--Fresh and delicious!  
- Cereal, Bagels, Waffles, Fruit, Juice, Coffee & Tea--On Fridays, we will be serving fresh eggs your way.
- BRIDGE - Starting Thursday, Dec 1, the Bridge Club will be meeting every Thursday at 1:00 PM.
- GENTLE YOGA-CHAIR OR MAT- Thursdays, 9:15 AM--ongoing drop-in class to ease yourself into your day.
- FREE EDUCATIONAL SCREENING ON DEPRESSION - What's normal and what's not?  
- Nov. 29, 10:15 to 11:45 AM. Please register- 215-487-1750
- DIGITAL CAMERA WORKSHOP - 2 Wednesdays, December 7 & 14. Cost: \$30/WORKSHOP 11:15-12:15  
- Organizing your pictures, uploading, working w/ files, attaching to email, etc. Please register.
- CCT ADVOCATE - Dec. 8, 11:00AM--An advocate from CARIE will explain how to access CCT and how to avoid and resolve problems with CCT
- EBENEZER MAXWELL VICTORIAN MANSION - December 9--1:00PM--Mem\$ 10/NonMem\$ 13.  
- Guided Tour--Deadline: November 30!
- FIRE PREVENTION & SAFETY -Dec. 13--11:15 AM--Review and learn the best way to stay safe in your home.
- COMMUNITY HOLIDAY DINNER- Donated by JACK'S FIREHOUSE - Dec. 14th - All ages are welcome!  
- Two seatings- 12:00 and 1:30 PM - MUST MAKE RESERVATIONS BY FRIDAY, DEC. 9. Bring your family and friends.
- NUTRITION AND HYPERTENSION-Explore the best way to change your diet and control your hypertension.  
--December 19, 11:00 AM
- CENTER HOLIDAY LUNCHEON - December 20--12:00 - Celebrate the holidays! Please register in advance.

## TRIPS - DECEMBER - 2011



### THE EBENEZER MAXWELL MUSEUM

DATE : Friday, December 9, 2011 - TIME: 12:45 PM - 2:30 PM

COST: Memb-\$10 NonMemb-\$13

DEADLINE Wednesday, Nov. 30, 2011 - Please register

A guided tour of is Philadelphia's only authentically restored Victorian house, museum, and garden. The mansion will be beautifully decked out for the holidays!



### THE COMCAST CENTER - Watch the Holiday Extravaganza

DATE: Monday, December 19, 2011- TIME: 10:15 - 1:15 PM

COST: Memb -\$5 NonMemb-\$7 -- Have lunch in the food court.

DEADLINE: Tuesday, Dec. 13, 2011 - Please register



**LUNCH CLUB : KING BUFFET--** DATE: Tuesday, Dec.13-- DEADLINE: Dec.12 -- 11:30 - 1:00 PM

-FOR CCT TRANSPORTATION, DEADLINE IS DECEMBER 5

-500 W Germantown Pike, Plymouth Meeting, PA 19462

-Meet at the restaurant, pay your way-Reservations required, please sign up with our receptionist.

### FOOD TRIPS

**WHOLE FOODS** - Plymouth Meeting, PA - Shop and buy your own lunch.

DATE: Mon., Dec 12 -- DEADLINE: Dec. 6 - TIME: 10:00 - 12:30

COST: Memb-\$3--NonMemb-\$4 Donation covers transportation.

**TRADER JOES** - Ardmore, PA--Shop and buy your own lunch.

DATE: Friday, Dec. 16 --DEADLINE: Dec. 7 - TIME: 10:00 - 12:30

COST: \$3/Mem--\$4/NonMem Donation covers transportation



**READING TERMINAL MARKET** DATE: Tuesday, Dec. 20--DEADLINE: Dec. 14 - TIME: 10:00 - 1:00

COST: \$3/Mem--\$4/NonMem - Donation covers transportation



### DECEMBER BOOK CLUB DISCUSSION - 1:00 PM - DEC. 15

“There’s Something About St.Tropez” by Elizabeth Adler

**MOVIE MATINEE** - Fridays, 1:00 PM -\$1.00

Dec 2--Planet Earth--Forests and Deep Sea

Dec 9--Sherlock Holmes--Robt.Downey Jr, J.Law



Dec 16--Elf--Will Ferrell, James Caan

Dec 23--Water for Elephants--Reese Witherspoon

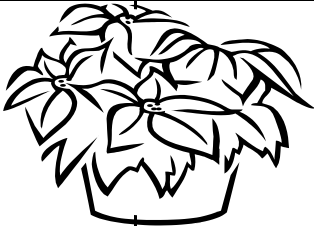





Dec 30--Holiday--Cary Grant, Katherine Hepburn

**DECEMBER - 2011**

**ONGOING PROGRAMS**

<i>MON</i>	<i>TUES</i>	<i>WEDS</i>	<i>THURS</i>	<i>FRI</i>
8:30-5 Fitness Ctr. 8:30-5 Pool Room 8:30-5 Tech Lab* 9:00 Café/Breakfast 9:30 Stretch/Strength 10:00 ShopRite 11:00 Meditation 11:30 Yoga 12:00 Lunch 12:45 Bingo 1:30 Classic Tones 1:30 Reading Buds	8:30-6 Fitness Ctr. 8:30-5 Pool Room 8:30-5 Tech Lab* 9:00 Cafe 9:00 Walking Group 10:00 Beadery 10:00 Crosshatch Drawing 10:30 Board games 12:00 Lunch 12:30 Drawing 2:00 Tai Chi 2:00 Computer Club	8:30-5 Fitness Ctr. 8:30-5 Tech Lab * 9:00 Café/Breakfast 9:15 SilverSneaks 10:00 ShopRite 10:00 Line Dancing 10:30 Knit/Crochet 10:30 Men's Group 11:00 Eat Well 12:00 Lunch 12:45 Bingo 1:00 Zumba 12:45 Bingo	8:30-5 Fitness Ctr. 8:30-5 Pool Room 8:30-5 Tech Lab * 9:00 Café 9:00 Walking Group 9:15 Gentle Mat Yoga 10:15 J W Chorus** 10:00 Weaving 12:00 Lunch 12:45 Bingo 1:30 Bridge 1:30 Tai Chi 2:30 Comp Tutoring	8:30-5 Fitness Ctr. 8:30-5 Pool Room 8:30-5 Tech Lab * 9:00 Café/Breakfast 9:30 SilverSneaks 10:00 ShopRite 10:30 News & Views 11:00 Get Fit/U Sit 12:00 Lunch 12:30 Painting & More Open Studio 12:30 Card Sharks

**Special Events**

			1 1:30 Bridge Club 1:30 Program Committee	2 1:00: Writers Wrkshp 1:00 - Movie: Planet Earth: Forests and Deep Sea !
5 10:30 Fitness Social 1:30-Reading Buddies	6 10- 12 Crosshatch Draw 1 - 2 The Next Chapter	7 11:15--Digital Camera 1-2--Zumba	8) 9:15 -Gentle Mat Yoga 11-CCT-Shared Ride program-learn how to access and advocate for yourself	9 <b>12:30 Ebenezer Max well Museum</b> 1:00-Movie: Sherlock Holmes
12 11:00-Whole Foods 1:30-Reading Buddies	13 10-12-Crosshatch Draw 10:00-Advisory Council 11:15- Fire Prevention & Safety <b>11:30- Lunch Club: King Buffet</b>	14 -11:15--Digital Camera <b>12:00 &amp; 1:30 PM</b> <b>2 seatings-all ages</b> <b>reservations a must!</b> <b><u>Community Holiday</u></b> <b><u>Dinner</u></b> <b>NO FITNESS</b>	15 1:00-Bookclub	16 10:00-Trader Joes 1:00-Writer's Wrkshp 1:00: Movie: Elf
19 <b>11:00 Nutrition &amp; Hypertension</b> <b>10:15 Comcast Center</b> 1:30 Reading Buddies	20 10-12 Crosshatch Draw <b>12:00 Holiday Luncheon</b> 1 - 2--The Next Chapter	21 11:00 Eat Well 1-2 Zumba 	22 1:30--Poetry	23  Movie: Water for Eleph
26  <b>CLOSED</b>	27- 10-Reading Terminal	28-11--Eat Well w/Ruby No Zumba	29 Birthdays! 	30  Movie: Holiday



The Center at Journey's Way

...A Program of Intercommunity Action, Inc.

403 Rector St.

Philadelphia, PA 19128

Non-Profit Org

U.S. Postage

Philadelphia PA 19128

Permit No. 3259

**DATED MATERIAL**

**DECEMBER - 2011**

## **WE LOVE OUR CENTER**

Congratulations and many thanks to all of our wonderful volunteers who have helped us to exceed our goal for the

"WE LOVE OUR CENTER CAMPAIGN.....and our sincere thanks to all of our very generous contributors.

**Merci! Gracias! Danke! Toda! Dziekuje! Takk!**

*Our best to you and yours this holiday season. Wishing you a healthy and peaceful New Year.*

*The Staff at Journey's Way*

## **Weatherization**

Do you or someone you know need to have your home weatherized for the winter? Would you like to lend a helping hand to an older neighbor?

Our trained volunteers will visit seniors' homes to install window plastic and do yard work on December 3.

Please call 215-487-1750 for further information and to register. Space is limited!!!

*Weatherization is part of the Neighbor to Neighbor program, an ongoing effort by Journey's Way to help older neighbors remain safe and secure in their homes.*

