



403 Rector St. Phila PA 19128 p-215-487-1750

December 2010 ~ Outstanding Programs

Holiday Bazaar

Thurs Dec 2 11:00 am—7:00 pm

Crafts ~ Gifts ~ Baked Goods

Donations of baked goods, handmade items, & lightly used holiday decorations are welcome. *Vendors wanted.*

Meet Your New Representative, Pam DeLissio Fri Dec 17 10:30am -Noon

Hear Representative DeLissio's analysis of the Pennsylvania political landscape, her agenda, and her goals.

Taking Care of Business Legal Program

Fri Dec 10 By appt

Enhanced Services Program of the SeniorLAW Center will provide legal services to complete life planning documents for adults 55+ with modest income. Cost of services is affordable.

This program has income eligibility. Please call 215.487.1750 for information and an appointment.

Tenants Action Group

Tues Jan 18 11:00 am

A representative of the Tenants Action Group will discuss landlord-tenant issues and effective conflict resolution

Chanukah ~ Festival of Lights

Thurs Dec 9 11:00 am

Celebrate Chanukah with Rabbi Linda Holtzman of Mishkan Shalom. Enjoy games and traditional foods.



Center Holiday Party

Thurs Dec 16

11:30 Holiday Luncheon

1:00 Entertainment

RSVP by Tues Dec 14 ~ Cost \$3.00*

Enjoy a wonderful meal and favorite holiday music with your friends.

Door prizes.

Home Delivered Holiday Meals

Jake's Restaurant

With *Journey's Way & North Light*

Sun Dec 19

If you or someone you know in the community is homebound & spending the holidays alone, please call Journey's Way. Volunteers will deliver a delectable holiday dinner - a gift from *Jakes' Restaurant*.

Community Holiday Dinner

From Jack's Firehouse Restaurant

Mon Dec 20 3 seatings —

11:30 am, 12:45 pm, & 2:00 pm

RSVP by Dec 13

Family and friends are invited to this delicious dinner ~ turkey with sweet potato mash, veggies and gingerbread dessert. Enjoy holiday music, too.

* No one 60+ will be turned away due to inability to pay

Latin Aerobics

Tues Dec 7, 14 5:30-6:30 pm ~ Resumes Jan
Mbrs \$4.00, nonmbrs \$5.00

Move to the beat of the Merengue & Samba!



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December 2010 ~ More Programs

Tech Classes & Workshops

Excel Intro

Fridays, Dec 3 & 10, 9:00-11:00 am
2 2-hr sessions. Cost: \$25 mbrs /\$30 nonmbrs.

Beginning Computers

Mon & Weds Jan 24-Feb 28; 10-11/2 hr sessions.
Cost: \$75 mbrs; \$95 non-mbrs

Computer Tutoring

Thurs 2:30 pm by appt. Cost: \$2
Step-by-step help on specific computer problems

Computer Club Tues 1:00 pm

Get technical support, training, and information on software, hardware, installation. Presentations and individual assistance. All levels welcome.

For Word Lovers in Poetry & Prose

Writers Wksp Fri Dec 3, 17; Jan 7, 21 1:00 pm
Nurture your writing in poetry and prose in this friendly and supportive group of fellow writers.

Book Discusson Thurs Jan 13 1:30 pm
Join our lively discussion of *Sarah's Key* by Titiana de Rosnay

Poetry Readers Thurs Jan 20 1:30 pm
Explore poems familiar and new. Poems are read aloud, followed by response and reflection.

An Easy New Year's Resolution.... Go Green!

Get the monthly newsletter via email & cut down on paper use!

Please send your email address to
frontdesk@intercommunityaction.org

Trips

Cost includes ticket, transportation, box lunch.
Participants must be registered members and have CCT Connect IDs. Payment due when you sign up.

Comcast Holiday Spectacular

Tues Dec 7 10:00-12:30
Cost: \$3 mbrs/ \$4 nonmbrs
Registration/payment deadline: Nov 30
Spectacular 3-D show on Comcast's video wall and a variety of eateries downstairs.

Macy's Holiday Light Show & Dickens' Village

Tues Dec 14 10:00am-12:30 pm
Cost: \$3 mbrs / \$4 nonmbrs
Registration/payment deadline: Dec 7
Enjoy these two holiday classics.

African-American Museum in Philadelphia

Tues Jan 25 10:00 am-1:00 pm
Cost: \$13 mbrs/ \$15 non-mbrs
Registration deadline: Jan 18
Experience the richness of the African American heritage.

Put More Life Into Your Life!

The Next Chapter

Tues 12:45 pm
Discussion group begins Jan 11. Share your thoughts about life, love, loss, and change with old and new friends.

Men's Group


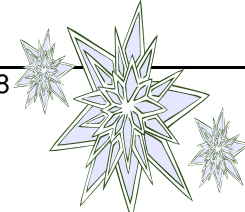



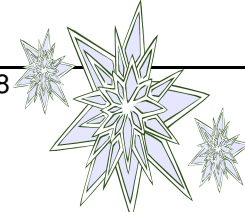

Wed 10:30 am
Enjoy meeting with other mature men to discuss issues of importance. Call to register, Space is limited!

Help Yourself to Health

Tues Feb 22 - March 29 10-12:30 am - or -
Thurs Feb 24- March 31 6-8:30 pm
If you have any chronic diseases or conditions, this 6-session series is for you—and your friends! Get excellent information and support. Call to register. Space is limited .

The Center at Journey's Way
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December 2010 Program Calendar

Ongoing Activities				
MON	TUES	WEDS	THURS	FRI
8:30-5 Fitness Ctr. 8:30-5 Tech Lab* 9:00 Coffee Shop 9:30 Stretch & Strengthen 10:00 ShopRite 11:00 Meditation 11:30 Yoga 12:00 Lunch 12:45 Bingo 1:30 Reading Buddies 2:00 Classic Tones <div style="border: 1px dotted black; padding: 2px;"> <i>*Lab unavailable during classes- check class schedules below</i> </div>	8:30-6 Fitness Ctr. 8:30-5 Tech Lab * 9:00 Coffee Shop 9:00 Wii 10:00 Beadery 10:00 Walking Group 11:00 Brain Fitness 12:00 Lunch 12:30 Drawing 12:45 French 1:00 Computer Club 2:00 Tai Chi	8:30-5 Fitness Ctr. 8:30-5 Tech Lab * 9:00 Coffee Shop 9:15 SilverSneaks 10:00 ShopRite 10:00 Line Dancing 10:00 Defensive Bridge 10:30 Knit/Crochet 10:30 Men's Group 11:00 Tennis 12:00 Lunch 12:30 Tennis 12:30 Card Sharks 12:45 Bingo 1:30 Mah Jongg 1:30 Bridge	8:30-5 Fitness Ctr. 8:30-5 Tech Lab * 9:00 Coffee Shop 9:00 Wii 9:30 Bridge 10:00 ShopRite 10:00 Weaving 10:00 Walking Group 12:00 Lunch 12:45 Bingo 1:30 Tai Chi 2:30 Comp Tutoring (By appt))	8:30-5 Fitness Ctr. 8:30-5 Tech Lab * 9:00 Coffee Shop 9:30 SilverSneaks 10:00 ShopRite 10:30 News & Views 11:00 Get Fit While You Sit 12:00 Lunch 12:30 Painting & More Open Studio 12:30 Card Sharks 12:30 Friendship Grp
Special Events				
Sat Dec 4 Neighbor-to-Neighbor Home Weatherization Sun Dec 19 Home Delivered Holiday Meals ~Advance registration necessary ~		1 11:00 Eat Smart Ground Turkey Stroganoff	2 11:00-7:00 Holiday Bazaar Crafts, Refreshments	3 1:00 Writers Wksp
6 1:30-2:00 Classic Tones 	7 10:00 Trip: Comcast Holiday Special 5:30 Latin Aerobics	8 11:00 Eat Smart Ground Turkey Stroganoff (Pensdale) 10:00 APPRISE Counseling (By appt) Nutrition Consults	9 11:00 Chanukah Presentation & Party 1:30 Program Committee Mtg	10 9:30 Senior Law Enhanced Services (By appt)
13 Classic Tones Cancelled 10:00 Trip: Target	14 10:00 Trip: Macy's Holiday Light Show & Dickens Village 10:00 Advisory Council 1:30 Holiday Decorating 5:30 Latin Aerobics	15 11:00 Eat Smart: Calcium (Wksp) 11:00 Blood Pressure	16 11:30 Center Holiday Party 1:00 Entertainment	17 9:30 Trader Joe's 10:30 Meet Your New State Rep Pamela DeLissio 1:00 Writers Wksp
20 Classic Tones Cancelled Community Holiday Dinner & Entertainment	21 	22 9:30 Trip: Reading Terminal 10:00 APPRISE Counseling (By appt)	23 	24  Closed
27 Classic Tones Cancelled Reading Buddies Cancelled 	28 	29 11:00 Eat Smart: Italian Wedding Minestrone Updated 11-29-10	30 11:30 December Birthdays & New Year Celebration	31  Closed



The Center at Journey's Way
A Program of Intercommunity Action, Inc.
403 Rector St
Phila PA 19128

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DATED MATERIAL

A Holiday Gift to Enjoy All Year
Membership to
The Center at Journey's Way
At the **Basic Membership level of \$25 a year**, you will receive discounts on classes, trips, raffles, the Fitness Center, free use of our Tech Center, and *newsletters mailed to you*. Plus, you will be helping Journey's Way provide resources and programs for your 55+ family members, friends and neighbors.
Please feel free to contact us for information about enhanced membership. Thank you. We appreciate your support.



Visit our website for updates
www.journeys-way.org
Stop by Dec 20 for the January calendar

★ **12th Night Party** 🌟 **Thurs Jan 6** ★
★ 11:30 12th Night Traditions ★
★ 12:00 Lunch, 1:00 Entertainment ★
★ RSVP deadline Tues Jan 4 ~ cost \$3.00* ★
★ **Pal Joey presents Singers of the Century** ★
★ Frank Sinatra, Perry Como, Nat King Cole, ★
★ Dean Martin and more. ★

Neighbor to Neighbor
For older adults who may need a friendly call, weatherization, a chore done, a ride....
For volunteers who would like to lend a hand to keep elders safe & secure in their homes & to make a difference.....
Call us for further information.

*No one 60+ is turned away due to inability to pay.