

Call us today at 215-525-5470 or email information@mywayonline.org



January 13, 2016

Snow can be beautiful but....

It hasn't snowed yet this year but it is a good time to think about what you might need when it does. Will you need someone to take you grocery shopping, do errands and/or shovel your walk or driveway?



Call us at 215-525-5470 and we will be happy to help.

Northwest Village Network Annual Winter Potluck Jan 23rd

Join the people at the Northwest Village Network on Saturday, January 23, 2016 from 5:30 pm to 8:30 pm for a Pot Luck at the Chestnut Hill Meeting House, 20 E Mermaid Lane, Philadelphia PA 19118. To sign up, contact SuzAnne Moore at SuzAnneRLiss815@aol.com or 215-621-7146.. Tell her what you will bring and the names of those coming with you. Admission is free, donations welcome. See you there!



East Falls Village offering Stretch and Tone Class

East Falls Village offers a great opportunity to exercise in a relaxed setting, giving you the chance to improve your balance and flexibility while socializing with others at "Stretch & Tone with a Yoga Twist."

The Stretch & Tone with a Yoga Twist class is held on Tuesdays at 10 a.m. at the East Falls Presbyterian Church, located at Vaux Street and Midvale Avenue. Class is taught by a knowledgeable instructor referred by Ralston Center and is experienced in working with seniors. Members and non-members of East Falls Village alike are encouraged to participate.



Beginners are welcome. Please remember to wear comfortable clothing and bring a yoga mat if you have one. For more information, contact East Falls Village at 267-444-4507 or visit their website www.eastfallsvillage.com and look under the "Calendar of Events."

Please call us at 215-525-5470 if you have any questions.

Give the gift of care for Valentine's Day

If you really want to show you care, give a Ralston My Way gift certificate for Valentine's Day. "My Way Money" is available at a special price of \$100 for 5 hours of service and save up to \$5 an hour. AVAILABLE FOR A LIMITED TIME ONLY. Call Ralston My Way at 215-525-5470 for more information and purchase your "My Way Money" today.



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