

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



July 7, 2015

Do you need fans or air conditioners installed or want help with yard work?


CALL RALSTON MY WAY AT 215-525-5470.

We can help you with indoor and outdoor chores such as cleaning, laundry, weeding, grass cutting and more. Our team members can put in your window air conditioners and install ceiling fans.

Other jobs? Please call and ask us. We are happy to work with you.

JOIN US AND TAKE YOUR FIRST CLASS *FREE!*

Here is the NEW summer schedule for wellness classes held at Ralston House, 3615 Chestnut Street, Philadelphia, PA 19104. For more information, call 215-386-2984 and ask for Jennifer.

RALSTON WELLNESS SUMMER SCHEDULE 2015				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 9:30 am Abdominal Workout	10:00 – 11:00 am Tai Chi	9:00 – 9:30 am Abdominal Workout	9:00 – 10:00 am Stretch & Tone	10:00 – 11:00 am Feldenkrais
9:30 – 10:30 am Stretch & Tone		9:30 – 10:30 am Stretch & Tone	Please visit the website at ralstoncenter.org for updated notifications or emergency closure information.	
		10:30 – 11:30 am Chair Yoga		
 <p>For 2015 Ralston Wellness classes will not be held on: Friday, July 3 • Friday, September 4 • Monday, September 7 • Wednesday, Thursday and Friday, November 25, 26 and 27 • Monday, December 21, through Friday, January 1, 2016. Classes resume Monday, January 4, 2016.</p>				

Things to know, things to do

Produce Voucher Program for Low-income Philadelphia Seniors Begins Monday, July 6

Philadelphia Corporation for Aging (PCA) will begin distribution of Senior Farmers' Market Nutrition Program produce vouchers on Monday, July 6. This annual program encourages seniors to eat more fresh fruits and vegetables.

Eligible Philadelphia seniors (age 60+) can receive \$20 worth of vouchers to purchase fresh Pennsylvania-grown produce at certified Farmers' Markets in Philadelphia. The vouchers will be distributed at PCA, 642 North Broad St. in Philadelphia (weekdays, 9 a.m. to 4 p.m.), and at other designated sites.

A popular distribution site is the Reading Terminal Market, 12th and Arch Sts., where the vouchers will be distributed on July 8 and 15, from 10 a.m. to 2 p.m., and can be spent onsite.

Proof of age and Philadelphia residency must be presented to receive vouchers. Seniors must sign in person (or through a proxy) and may receive the vouchers only once per year. To receive the produce vouchers, 2014 household income must not exceed: \$21,775 (individual), \$29,471 (couple), \$37,167 (3 people), or \$44,863 (4 people).

For more information, including other distribution sites, call the PCA Helpline at 215-765-9040. The vouchers, made available through funds from U.S. Dept. of Agriculture and Pa. Dept. of Agriculture, are distributed on a first-come, first-served basis and must be used by Nov. 30. [More>>](#)

Interesting articles to read online

[People who are elderly, poor, or not white have new ideas too](#)
Michigan Radio

[6 Surprisingly Simple Ways to Safeguard Your Vision as You Age](#)
From Vision and Eye Diseases

Chestnut Hill Pharmacy - 5% off to Ralston My Way Members

Thanks to the Chestnut Hill Pharmacy at 8030 Germantown Avenue for supporting YOU by offering a 5% discount when you say you are a Ralston My Way Member.

Ralston My Way | 215-525-5470 | information@mywayonline.org |
<http://www.mywayonline.org>
7051 Germantown Avenue
Philadelphia, PA 19119

Text | Optional Link

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