

## Celebrating 25 Years of Ralston Wellness

*Join us for the*  
**25th Anniversary Celebration of Ralston Wellness**  
**Tuesday, October 11, 2016**  
**9:00 am to 1:00 pm**  
**Ralston Center**

This event is free. Please RSVP to Alicia at [aanwar@ralstoncenter.org](mailto:aanwar@ralstoncenter.org) or call 215-386-2984 ext 14 by October 6, 2016. For more information visit our website at [www.ralstoncenter.org](http://www.ralstoncenter.org)

## Age-Friendly West Philadelphia Stakeholders Meeting

The next Age-Friendly West Philadelphia stakeholders meeting is scheduled for **Tuesday, November 15, from 9:00am - 10:30am.**

Join us for updates on our Age-Friendly West Philadelphia programs and share your ideas about maximizing the impact of our next steps! Come prepared to share your updates and discuss collaboration opportunities with all present. Light breakfast provided!

**Please RSVP by Tuesday, November 1, to Alicia Anwar at [aanwar@ralstoncenter.org](mailto:aanwar@ralstoncenter.org)**

## Walk Age-Friendly Mantua Benches Update!



The winning bench prototype was selected by older Mantua residents and confirmed by many others who shared their time and feedback at Ralston Center. Our partner organizations are fine-tuning the winning design, and we are working with representatives from the Mantua Civic Association to finalize and seek approval for the requested bench locations.

We are looking forward to the community celebration to install the benches in the near future!

## Food & Company's Communal Cooking Sessions

Food & Company's communal cooking sessions with older West Philadelphians will begin this month!



Our staff had a great time recently meeting with partners to seek out quality, locally-sourced fresh ingredients.

We are excited to start preparing nutritious soups with and for older residents, and share recipes, wisdom, stories and laughter.



Please join us in this effort!

Sign up as a participant or community partner location by contacting **Jennifer Russell** at [jrussell@ralstoncenter.org](mailto:jrussell@ralstoncenter.org) or **215-386-3541**

## Training Opportunity for Volunteers 55+ to Lead Groups for Successful Aging

Touching Lives Over 55, a program of **Journey's Way**, is recruiting volunteers to facilitate peer discussion groups about health and wellness, successful aging, retirement, and life experiences. For ten years, more than 150 volunteers ages 55-90 have lead "Next Chapter" discussion groups with over 3,600 older adults across Philadelphia!

Volunteers must be at least 55 and enjoy working with people, have good listening skills, and provide their own transportation. Discussion groups meet weekly in senior community centers throughout Philadelphia, including West Philadelphia Senior Community Center, Star Harbor, and others. Peer leaders learn new skills, meet new people, and enrich lives!

The next training starts on **October 25** and runs through **November 22** at **Journey's Way, 403 Rector Street** in Roxborough.

To apply to become a Volunteer Peer Leader and begin writing your next chapter, contact Jan Zacharjasz at 215- 487-1750 ext. 1214 or email: [jzacharjasz@intercommunityaction.org](mailto:jzacharjasz@intercommunityaction.org)

## Want to share your events, news or updates?

We are happy to include your news, events or updates focused on older adults in West Philadelphia in this newsletter. The deadlines for submitting information to be included for 2016 are:

November 23rd (December Issue)

Please send your information, photos and questions to Jean Papaj, Director of Communications and Marketing, at [jpapaj@ralstoncenter.org](mailto:jpapaj@ralstoncenter.org).

