



Aug 22 , 2016

## Home Care and so much more!!

Dear My Way Members,

*"Ralston offers so much more," said a member and volunteer recently when asked how we are different. Our transportation services are more than a ride to get you from place to place. We come to your door and escort you to the car. We make sure you get where you are going safely. We can stop along the way and do errands with you. Our home care services offer personal care, light housekeeping, meal preparation, bathing, dressing, companionship when you want it and more. We are flexible and respond to your needs.*

*We are committed to going the extra mile to assure our members live a quality life in our community.*

*How can we serve you today? Call and tell us at 215-525-5470.*

Best regards,

A handwritten signature in black ink, appearing to read "Eric Wilden".

Eric Wilden  
Executive Director  
Ralston My Way



## Community Events

### MT AIRY TAI CHI



Two weekly classes:

Sunday 8:00 AM to 9:00 AM, Alma Mater, 7165 Germantown Ave.

Tuesday 5:30 PM to 6:30 PM, William Way Community Center, 1315 Spruce St.

All classes are free of charge and open to all ages and fitness level!

For more information go to [Tai Chi in Mt. Airy](#)

### MOVIES UNDER THE STARS

Brought by the Chestnut Hill Community Association every Friday Night in August. Bring your Chairs and Blankets

August, 26  
@ Water Tower Recreation Center



200 E. Hartwell Lane,  
Philadelphia, PA 19118

For more information fo to [www.chestnuthill.org](http://www.chestnuthill.org)

### **FREE Class Series in the Park by Water and Rock Studio**

Water and Rock Studio is proud to kickoff our first ever FREE class series in the park! These classes are completely free to the community and our member.

All classes are held at Pastorius Park at the stage area near the pond.



**water and rock**  
STUDIO

WHOLE BODY PERSONALIZED TRAINING

These free classes will be held every Saturday from mid July through the end of August. Spread the word, come out and join! Here's the line up: Saturdays, 4 - 5 pm at Pastorius Park (at the stage area near the pond)

8/27 - Intro to Self Defense  
See you there!

For more information visit [www.chestnuthillpa.com](http://www.chestnuthillpa.com)

### **The Philadelphia Food Access Collaborative**

Supported by the City of Philadelphia and United Way of Greater Philadelphia & Southern New Jersey. Several organizations offers free meals to those who need help.



See the link below for locations and hours of operation.

<http://commongood.unitedforimpact.org/sites/default/files/uploads/PFAC%20Free%20Meal%20Flyer-1.pdf>

Ralston My Way | 215-525-5470 | [info@ralstonmyway.org](mailto:info@ralstonmyway.org)  
| <http://www.ralstonmyway.org>  
7051 Germantown Avenue  
Philadelphia, PA 19119

Text | [Optional Link](#)