

Call us today at 215-525-5470 or email info@ralstonmyway.org



February 7, 2017

Baby it's cold outside!



Don't go out in the cold alone!

We can take you grocery shopping, to appointments, to visit friends or do errands.

Call us at 215-525-5470 and we will be happy to talk with you and see if we can help.

Gentle Pilates Class at Ralston Center

Join Ralston Center as we offer an 8 Class Series of Gentle Pilates.

When: Every Friday, February 10 through
March 31, 2017 from 9:00 am - 9:45 am
Snow dares: April 7 & April 14

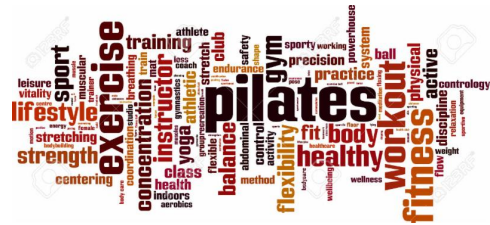
Where: Ralston Center, 3615 Chestnut
Street, Philadelphia, PA 19104

Cost: \$40 for all 8 sessions

Preregistration Required!

Contact Alicia @ aanwar@ralstoncenter.org (215)386-2984

Scholarships and reduced fees available for those who qualify



Dance for Health with Ralston Center & Penn Memory Center

Join Ralston Center & Penn Memory Center as they offer Dance for Health Classes



When: Every Saturday from February
25th to June 3rd, 2017* | 11:00am -
12:30pm

Where: Ralston Center, 3615 Chestnut
St, Philadelphia, PA 19104

Individuals 60 years of age and older who are willing to participate in a weekly dance session for three months are eligible to participate.

What will I be asked to do?

* You'll participate in a dance session once per week and monthly intergenerational activity with Sayre High School students.

* You'll also complete surveys before and after the program.

To join us, please RSVP by February 22nd to:

Tigist Hailu, MPH

*No class will be held May 27, 2017, the Saturday of Memorial Day Weekend.

Penn Memory Center at the University of Pennsylvania |
www.pennmemorycenter.org

Community Events

Pamper Day



Take a moment to unwind and enjoy an afternoon of pampering and relaxation.

When: February 24, 2017 at 1:00 pm

Cost: \$5.00

If you have any question or you would like to buy a ticket, Contact the Program Office (215)-848-7722 ext. 225 or info@centerinthepark.org

Shop & Share Sunday

CHESTNUT HILL COMMUNITY ASSOCIATION ANNUAL APPEAL is hosting Shop & Share Sunday that will allow you to shop local and support your local community.



Chestnut Hill Community Association
Growing a Stronger Community Together

Participating businesses will donate a percentage of sales to the Chestnut Hill Community Association Annual Appeal. This fundraising has supported Chestnut Hill community activities and provided grants to many worthy local nonprofits and programs!

When: February 26, 2017

For more information or to make a donation visit www.chestnuthill.org

Community Forum-- Death with Dignity: Rights & Choices

A public forum organized by a neighborhood coalition of advocates for the aging: Northwest Village Network, along with the East Falls Village Network, Ralston My Way, and Mt. Airy USA, with support from Weavers Way Co-op, brings "Death with Dignity: Rights and Choices". The forum will feature Ethan Anderson, and will be joined by a speaker Barbara Mancini, RN. *This event is FREE



When: Sunday, March 26, 2017, from 3:00 - 5:00 PM

Where: Restaurant 7165
7165 Germantown Avenue
Philadelphia, PA 19119

For more information email: outreach@weaversway.coop or call: 215-843-2350, ext. 118

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

Text | [Optional Link](#)

Copyright © 2015. All Rights Reserved.