



January 9, 2017

Prepare for Snow Removal

Dear Ralston My Way Members,

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?

Just a reminder, Ralston My Way is providing this service only when it snows more than 2 inches, and it will be on a first-come first-served basis. Snow removal is \$22/hour.

If you have questions call us at 215-525-5470 and we will be happy to help.



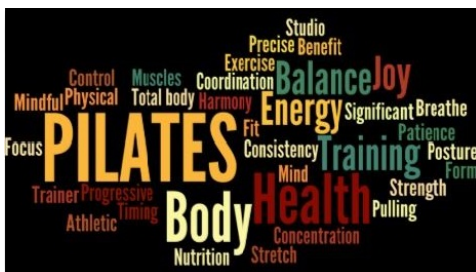
Best regards,

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

Eric Wilden
Executive Director
Ralston My Way

Gentle Pilates Class at Ralston Center

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



When: Feb 10, 17, 24, March 3, 10, 17, 24, 31
from 9:00 am - 9:45 am

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

Snow Dates: April 7, 14
Preregistration Required.
Cost: \$56 for all 8 sessions

Description:

"Pilates-based" non-aerobic exercise class for posture, strength, & flexibility. A gentler, effective way to stay fit using the power of your core. Even people with previous injuries can try (although if you have been injured, you should get clearance from your doctor).

* improves stamina

* lengthens and strengthens the muscles while improving overall health, without .
overtaxing the heart or joints.

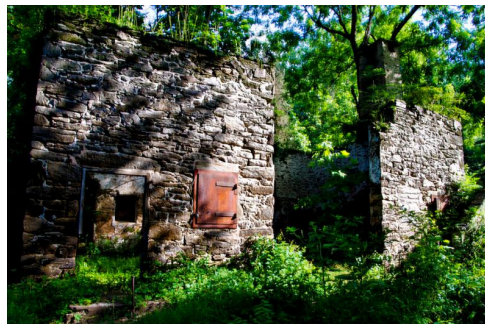
* improves tendon and ligament strength, as well as joint functioning.

Community Events

Join the clean up at Butter Cup Cottage

Be a part of MLK Day. Please Join the Climate Action Team for a fun, easy, & productive morning at the ruins of Butter Cup Cottage.

Volunteer to help clear invasive plants from this lovely Fairmount Park plot of land. No experience necessary!



When: January 16, 2017 from 9:00 am - 12:00 pm

- Wear warm clothing & very sturdy shoes!
- Tools & Gloves will be provided
- Light breakfast and lunch will be served

For more information call Sue MacQueen at 215-479-9730

Caregivers of Older Adults Support Group - W. Philadelphia



Caregivers of Older Adults Support Group - W. Philadelphia

Last Wednesday of the every month until 12/27/2017,
11:30am - 12:30pm

@ W. Philadelphia Senior Community Center, 1016 N. 41st
Street (at Poplar Street)

To RSVP please email CARES@lutheransettlement.org

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

Text | [Optional Link](#)