



March 31, 2016

Does your garden need sprucing up? Is it time to bring out the porch and patio furniture?

Need help planting, mulching, mowing or with yard and garden cleanup? Perhaps your porch or patio furniture was inside for the winter.



We will bring it out, clean it and set up for you so it is ready for you to use and enjoy as the weather warms up.

Call Ralston My Way at 215-525-5470. Other jobs? Ask us!

Introducing the New Ralston My Way Website

The new Ralston My Way website is now available! See our new look, schedule a service, send us a message and more. Go to:

www.ralstonmyway.org

Community Events

Free Tax Preparation

Thursdays 10:00 am - 2:00 pm

5818 Germantown Avenue
Philadelphia, PA 19144-2187



Schedule your appointments NOW!

215-848-7722 Ext: 225 or e-mail info@centerinthepark.org

Astral Concert

April 21st, 2016 @ 5:30 pm

Cost: Free

Come and spend a nice afternoon. Listen to music and meet new people.

For more information or questions, call 215-848-7722 Ext: 225 or E-mail info@centerinthepark.org



Open Mic Night



April 20th, 2016 @ 5:30 pm, Cost: \$5.00

What better way to spend a weekday night than to listen to the talented individuals. On a date, with friends, or flying solo open mic nights are always great entertainment.

For more information or questions, call 215-848-7722 Ext: 225 or email info@centerinthepark.org

You can also visit the website at <http://www.centerinthepark.org/events.html>

Interesting Articles

[Exercise May Help Keep an Aging Mind Agile](#)

Regular exercise may help seniors' minds stay as agile as their bodies, a new study finds. The study included 100 adults, aged 60 to 80, who wore monitors to record their physical activity levels over one week. The participants also underwent MRI scans to measure blood oxygen levels and assess brain activity at rest.

[Sweetened Drinks May Damage Heart, Review Finds](#)

The added sugar in sodas, fruit drinks, sweet teas and energy drinks affects the body in ways that increase risk of heart attack, heart disease and stroke, said review author Vasanti Malik, a nutrition research scientist at Harvard's T.H. Chan School of Public Health in Boston.

[Guys Retire to Hang With Their Wives. And the Wives?](#)

About 60 percent of men cite spending more time with their wives as one of the strongest motivations to retire, according to a new survey based on more than 12,000 defined-contribution plan participants 55 or older. Just 43 percent of women say the same.

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 | info@ralstonmyway.org

| <http://www.ralstonmyway.org>

7051 Germantown Avenue

Philadelphia, PA 19119

Text | [Optional Link](#)