

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



September 23, 2016

Falling leaves mean it's time to call Ralston My Way.



The temperatures are getting cooler and the days are getting shorter. It is time to remove your air conditioners from the windows and get your patio and porch furniture moved inside. Leaves need to be raked and sidewalks cleared to prevent falls. Want help at home with light housekeeping, laundry, meal preparation or something else?

Call today to schedule a time for us to come and work with you at 215 525-5470 or Schedule a Ralston My Way Service, through our website. Click here: <https://ralstoncenter.org/programs-services/ralston-my-way/services> fill out the form and hit "Submit." Someone from our office will get right back to you.

Talk to us!

If you haven't scheduled a Ralston My Way service in the last few months, tell us why. Are there services you need that you don't think we offer? Ask us and we will see what we can do. Have a comment or question? Email us today by hitting "reply" to this email.

Best regards,

**Eric Wilden
Executive Director
Ralston My Way**

REMINDER: 25th Anniversary Celebration

Join us to
Celebrate 25 Years of
Ralston Wellness
for
Older Adults

Tuesday, October 11th
9:00 AM to 1:00 PM

Ralston Center
3615 Chestnut Street
Philadelphia, PA 19104

*Join our demonstration classes in Chair Yoga, Tai Chi, Feldenkrais and Stretch & Tone • Visit Wellness Stations to check your blood pressure and measure your heart rate • Get a free chair massage, postural scan or do a flexibility assessment • Enjoy informative, nutritious cooking demonstrations and **stay for lunch***

More information soon on our website www.ralstoncenter.org

This event is FREE. Please RSVP!

See you there!

To RSVP contact Alicia at aanwar@ralstoncenter.org or call 215-386-2984 ext 14

RALSTON |
Wellness

Community Events

MALT 35th ANNIVERSARY CELEBRATION

Please join us for this special party celebrating 35 years of MALT honoring founder Barbara Bloom. Enjoy ice cream and cake, raffle baskets, photo booth, live entertainment, and Corvette Club display.

Date: September 25, 2016

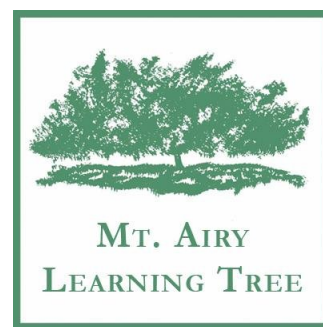
Meets: Sun from 2:00 PM to 5:00 PM

@ Chestnut Hill Friends Meeting, 20 E. Mermaid Lane
Philadelphia, Pennsylvania 19118

Fee: \$5.00

For more information

visit <https://aceweb.mtairylearningtree.org/CourseStatus.awp?&course=16F-PARTY>



FALL FOR THE ARTS FESTIVAL!

Each year, Chestnut Hill welcomes autumn with the Chestnut Hill Fall for the Arts Festival, a day of art, music, great food, boutique shopping and family fun.

More than 150 talented artists from throughout the country display and sell their creations in media ranging from watercolor paintings to jewelry.



Live entertainment, children's rides and alfresco dining round out the excitement during this Free event.

Sunday September 25, 2016 (raindate October 2)
@ 11 am to 5 pm

Everyone is invited to enjoy a day of art, music, culinary delights and boutique shopping at Germantown Avenue, between Willow Grove and Rex Avenue transformed into an outdoor arts and crafts

marketplace.

For more information visit <http://chestnuthillpa.com/events/fall-for-the-arts-festival/>

SENIOR STRUT: A HEALTH EVENT IN THE PARK

Starting at Lloyd Hall on Kelly Drive, seniors are invited to join in a one-mile walk led by Mummers, in colorful costumes playing lively music.

October 14, 2016
9:30 am - 12:00 pm

There will be free t-shirts for walkers; nutritious snacks; and a wide range of wellness activities, including free screenings, flu shots, demonstration stage with exercise-related activities and music by DJ Patty Pat. Presented by Fairmount Park Conservancy, Philadelphia Corporation for Aging (PCA) and Philadelphia Parks and Recreation.



Meet Harold Carmichael, Former Eagles wide receiver and Pro-Football Hall of Famer.

Tickets are \$5 and must be purchased in advance. Call 215-765-9000, ext. 5055 to purchase tickets

For more information:

visit <http://www.pcacares.org/event/senior-strut-a-health-event-in-the-park/>

FALL FEST 2016

It's (almost) that time of year again: mark your calendars for Fall Fest 2016!

East Falls will be rocking the banks of the Schuylkill River. Fall Fest will be hosted by the East Falls Fire Department in partnership with East Falls Community Council.



The event will host a variety of food trucks, a beer garden, craft vendors, a kids' zone and live music.

Saturday, October 15th

@ 11:00 am - 5:00 pm.

Location: Inn Yard Park and Kelly

Drive

The Fire Department will have their firetrucks available for kids to explore, fire-fighting equipment to try on and demonstrations including a simulated smoke filled room for kids and adults to experience a fire scenario first hand.

For More Information visit <http://www.eastfallslocal.com/event/fall-fest-2016/>

Ralston My Way | 215-525-5470 | info@ralstonmyway.org

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

7051 Germantown Avenue

Philadelphia, PA 19119

Text | [Optional Link](#)