



THE WELCOME TABLE

caring for our community



ADULT EDUCATION

class guide

OCTOBER - DECEMBER
2023





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THE WELCOME TABLE

at St. James

At the Welcome Table, we believe everyone should have access to the resources they need to have a high-quality life. We work to make it easier for our students, their families and our larger community to have access to the things they need in order to thrive. As a team, we maintain a commitment to upholding certain values that benefit our community. These values include total care, community involvement/ownership, quality service, and reflection and response.

Community Actions are designed to create spaces for members of our school and broader community to access essential needs and experience a community of sharing. Community Actions are the pillars which we operate through and consist of food sharing, adult education, legal aid, home repairs and community lending.

Building community is beautiful but challenging work that happens when all who participate in its formation are open to learning and adjusting to better serve the needs of the whole.



What is **ADULT EDUCATION** *at the Welcome Table?*

We offer a wide variety of classes and workshops for adults ranging from digital literacy and personal finance to enrichment classes like cooking, yoga and Zumba.

Additionally, we provide one-on-one life coaching to support individuals looking for support with goal setting and planning towards academic and/or professional goals. We hope this booklet is a resource for you

Musa Macenyane



We envision a time when all Allegheny West community members and our neighbors across North Philadelphia are thriving in their daily lives.



ARE YOU A CREATOR?

* All creative classes are held on Saturdays at 10:00 AM
in the Adult Education Center *

Clay Studio

October 14

Wellness Weekend

November 11

Urban Creators

December 9

Holiday Crafting

December 16



The Clay Studio

October 14th
10:00 AM



Get your hands dirty and activate your creative side in this ceramics class led by our friends from The Clay Studio! Founded in 1974, The Clay Studio continues in the belief that shared creativity, so fundamental to humanity, is a critical force for good. Finished projects will go to The Clay Studio for firing and be delivered to SJS for pick up. This class is perfect for all ages and there is no experience necessary.



Wellness Weekend



November 11th
10:00 AM

Instructed by Tiana Jones

Wellness Weekends at The Welcome Table will be a re-energizing experience. We are excited to bring a more holistic approach to wellness, with classes crafted and geared specifically towards our community. We will engage in transformative mental Health and Mindset activities, indulge in the art of Aromatherapy and the healing properties of herbal teas, plus you can join us for all things physical health and nutrition to kick start your own health and wellness journey.

Wellness Weekends are more than an event or workshop. This is a journey and as a community we are coming together to learn, grow and love ourselves. Health isn't a destination, it takes time, patience, compassion and a can-do attitude. Join us for these amazing experiences, whether you are a health guru/expert or just beginning your own journey.



The Urban Creators is a platform for radical and collaborative imagination located near Temple University in the West Kensington neighborhood. Their programs focus on food, art, and education with a consistent effort towards fostering community resilience and

economic opportunity. Urban Creators has successfully revitalized over three acres of vacant land into a network of urban gardens and public green spaces. The Welcome Table is excited to partner with Kuan at Urban Creators for an afternoon of fun and learning!



Instructed by Kuan



URBAN CREATORS

December 9th
10:00 AM



Holiday Craft

December 16th
10:00 AM

The holiday season is about coming together, and our crafting class fosters a sense of togetherness and camaraderie. You'll have the chance to share stories, laughter, and inspiration with your fellow crafters, building lasting memories and friendships. Don't miss this chance to infuse your holiday season with creativity, warmth, and the joy of crafting with your community!



ARE YOU A MOVER?



* All exercise classes are held on Saturdays at 11:30 AM
on the Court *

Body Positivity

October 14

November 11

December 9

Zumba

October 21

November 18

December 16



Body Positivity

Body Positivity is a stretch class geared towards moving and listening to your body and opening up your mind to what's possible. We all struggle with keeping it positive when it comes to our individual bodies so here we will dive into a session that's all about celebrating every inch of YOU. Because, let's be real, our bodies are nothing short of magic. It's imperative to take any little time you have to put yourself first. Let's make your overall health and wellness a priority.

We will open up the class with breathwork techniques and affirmations. Followed by a series of movements and unwinding with stretches that will have you feeling longer, lighter and oh-so restored! You are worth every moment. Come as you are and leave feeling like the superstar you've always been!

October 14th

**November
11th**

**December 9th
11:30 AM**



Instructed by Tiana Jones



Zumba

ZUMBA® takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Featuring Latin, Caribbean and hip-hop rhythms and easy to follow moves, Zumba® is an exercise class that keeps everyone motivated by creating a dance party atmosphere.

October 21st

November 18th

December 16th

11:30 AM



ARE YOU A FOODIE?



* All food classes are held on Saturdays at 10:00 AM
in the Adult Education Center *

International Food

October 21

Cooking With Keisha

November 18



Are you ready to elevate your culinary skills and create delicious memories with your neighbors and friends? All skill levels are welcome! Whether you're a novice or a seasoned home chef, our community cooking classes offer something for everyone.

International Food - Hispanic

Instructed by Maria and Company

October 21st at 10:00 AM

Cooking With Keisha

Instructed by Keisha Marshall

November 18th at 10:00 AM



Keisha Marshall



COMPUTER CLASS & LAB

* Computer Class and Lab is every Tuesday and Saturday
in the Adult Education Center

Participants not required to have their own computer or laptop*

CLASSES START SATURDAY, SEPTEMBER 30TH

Tuesday Instructor: Shaquanda Clemons

Saturday Instructor: Nick Villareal

Skills Class

Tuesdays 6 - 7 PM

Saturdays 11 AM - 12 PM

Open Lab

Tuesdays 7 - 8 PM

Saturdays 12 - 2 PM



Skills Class

Tuesdays: 6:00 - 7:00 PM

Saturdays: 11:00 AM - 12:00 PM

Enhance your basic computer skills in a class taught by an expert level instructor. Class topics will include Microsoft Office and other core computer skills that can be used for work and life. To sign up, please scan the QR code or contact the Welcome Table directly.

Open Lab

Tuesdays: 7:00 - 8:00 PM

Saturdays: 12:00 - 2:00 PM

Open Lab is a time for anyone to come ask questions and receive digital assistance, to scan, print or make copies, get homework done, access free wifi and more. No sign up necessary.



Shaquanda Clemons



Nick Villareal



FINANCIAL & LEGAL AID

OFFICE HOURS

* All Office Hours are held in the Adult Education Center *

Financial Aid

4:00 - 6:00 PM

October 12

October 19

October 26

Legal Aid

2:00 - 4:30 PM

October 18

November 15

December 20



Financial Aid

October 12th, 19th & 26th from 4:00 - 6:00 PM

Learn how to manage your finances. Topics that will be covered include: Medicare Beneficiaries, Benefits and Entitlements, Budgeting Reviews, Building and Managing Credit, Consumer Rights, Retirement - LTC Legacy Planning, and more.

Legal Aid

*October 18th, November 15th & December 20th
from 2:00 - 4:30 PM*

The Welcome Table is a proud partner of Episcopal Legal Aid (ELA), a Philadelphia based legal services organization. ELA provides free legal counseling and services for people dealing with civil legal issues. Steve Chawaga, the lawyer who leads the organization, comes to the Welcome Table Farmer's Market one Saturday each month to provide in-person counseling to community members interested in seeking legal advice.



Crystal Evans



Steve Chawaga



HUBS

* All Hubs are located in the Adult Education Center
and will begin on October 5th *

Senior Activity Hub

Thursdays Mornings from 10:00 AM - 12:00 PM

Are you or a loved one looking to embrace the joys of retirement while staying active, engaged, and connected with others in a vibrant and welcoming community? Look no further than our Senior Activity Hub! We welcome seniors of all backgrounds, abilities, and walks of life.

Resource Hub

Thursday Evenings from 5:00 - 7:00 PM

We believe in making knowledge accessible to all because when people know better, people do better. The Resource Hub is an opportunity for community members to get assistance with locating resources and interact with guest resources such as employment, education and city services.



FALL FESTIVAL

Saturday, October 28th from 12:00 - 2:00 PM

The Welcome Table's Annual Community Fall Festival is a celebration of community spirit, creativity, and the joys of the autumn season. It's an event where neighbors become friends, and memories are made. Show off your seasonal spirit and come dressed in your favorite fall or Halloween costumes. Mark your calendars, invite your loved ones and get excited for trick-or-treating in the graveyard, pumpkin painting, yard games, good food and more!



CONTACT

INFORMATION



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[@phillywelcometable](https://www.instagram.com/phillywelcometable)



3217 W Clearfield Street
Philadelphia, PA 19132

** To register for classes, please email, call, or fill out the form on the next page **



REGISTRATION FORM

Name

Address

City

State

Zip Code

Phone

Email

List the class(es) you would like to sign up for:

1) _____

2) _____

3) _____

4) _____

5) _____

☐

I would like to receive the Welcome Table Monthly Newsletter via email

Please tear this form out and mail it to us at 3217 W Clearfield St, Phila, PA 19132 addressed to “The Welcome Table”, place in the donations box at the Farmers Market, or return directly to Musa Macenyane.





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