

JANUARY 2024

THE WELCOME TABLE

Monthly Newsletter

Wellness Weekend

FEBRUARY 20TH AT 10:00 AM

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 indulge in the art of Aromatherapy and the healing properties of herbal teas (February 10th 2024), plus you can join us for transformative mental Health and Mindset activities (May 11th 2024).

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.



Neighbors painting Adult Education mural pictured above



CALENDAR OF EVENTS

SATURDAY, JAN. 6TH

Community Conversation: 10 AM

SATURDAY, JAN. 13TH

Clay Studio: 10 AM

Body Positivity: 11:30 AM

SATURDAY, JAN. 20TH

Zumba: 11:30 AM

EVERY SATURDAY

Farmers Market: 9:30 AM

Computer Class & Lab:
11 AM - 1 PM

EVERY THURSDAY

Senior Activity Hub

(Lunch included): 11 AM - 1 PM

Kindermusik: 5:30 - 6:15 PM



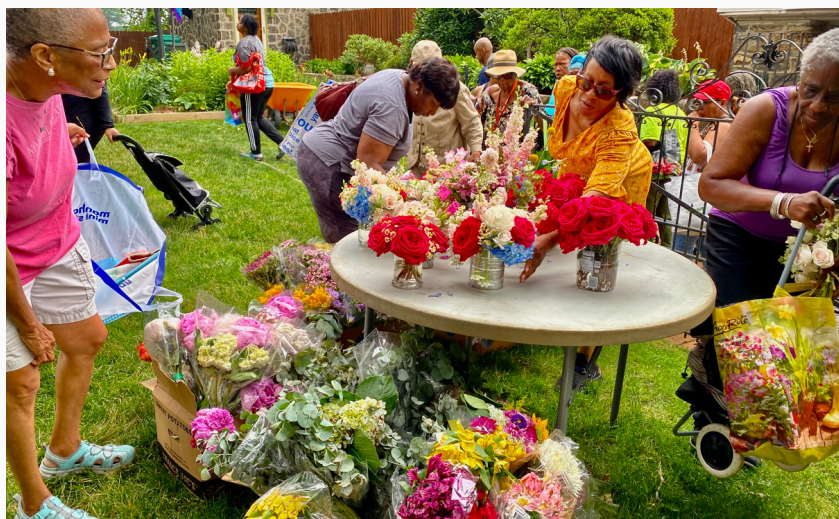
@phillywelcometable



2023 Is A Wrap!

THANK YOU TO ALL WHO CONTRIBUTED

As we stand at the threshold of a new year, let us carry the lessons learned and the memories made at The Welcome Table with us. Let the laughter echo in our hearts during challenging times, and let our shared moments be a reminder that, no matter what the future holds, we are stronger together. In the coming year, may The Welcome Table continue to be a haven of warmth, acceptance, and the embodiment of the enduring spirit of our community. Cheers to 2024, may it be a year of many blessings to you and your family!



Flowers at the Farmers Market

"This was the best day ever, I wish I had a time machine to go back and start it all over!"
- Young neighbor at Fall Festival 2023

"The Welcome Table is becoming the place to be"
- Wellness Weekend participant



this year...

31

Participants in
Adult Ed. Classes

88%

School Families
Received Holiday
Support

108

Avg. # Households
Supported Weekly at
Farmers Market

100%

Year-over-year Increase
in Home Repairs