



Philadelphia

**Leisure
Activities &
You**

The intention of this manual is to encourage readers to pursue an active leisure lifestyle that will enhance overall health and well-being. However, it is not suggested as a replacement for prescribed medication or professional help. If you are working with a fitness trainer, medical doctor, psychologist, therapist, life-coach, recreational therapist or other mental or physical health professional, please talk with them about any activities that you intend to try. These professionals are responsible for helping countless people to recognize and overcome barriers, build personal strengths and enhance quality of life. Before starting any exercise regimen, you should always consult your doctor.

Authors:

Gretchen Snethen, PhD, CTRS

Brandon Snead, CTRS

Natasha Roseboom, CTRS

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Icon Key

Throughout this manual, you will find the following icons.

These icons are intended to ease your ability to search for events and activities that are right for you.



Easy to reach by public transportation



Museum



Wheelchair Accessible



Good for the family, kids, teens



Always Free



Free or Discounted at specific times or through an application process. Check activity description for cost saving details.



Information & Exercises

Introduction to Leisure

When you hear the word “leisure,” what images come to mind? You might think of relaxing walks on the beach, energetic holiday meals with family, dancing with friends or playing a game of basketball. Each of us is unique, with individual interests. The things that you consider fun and interesting are building blocks to your identity and tools that can be used to achieve and live your best life.

Many people fail to recognize the importance of leisure in their lives. They think of leisure activities as something that they would do if they had more time, money or friends with similar interests. Leisure activities might be considered frivolous or a reward allowed only after all of the real work is complete. For people who are always busy with family or work, it may feel like the *important* work is never complete and therefore leisure is postponed, possibly until the kids are grown or retirement. It’s not terribly uncommon for people to spend their whole life waiting to start living.

This manual is intend to encourage you to get involved with your leisure interests and start living your best life today. In this manual, we intend to impress on the reader with even the strongest puritanical work ethic that leisure is not just fun and games. It’s serious business. An active leisure lifestyle can enhance physical health and mental strength. It can enhance spiritual wellness and provide a sense of meaning. The importance of leisure in our lives cannot be understated. *Oh, and it is also a lot of fun!*

There are many low cost and free leisure activities available in Philadelphia. What is your thing? Team sports, gardening, reading, running, nature, cooking, travel... What makes you smile? The options seem endless. How many different things do you want to try? The first step toward having an active leisure life is to consider your interests.

Exercise - Brainstorming Leisure Interests

Grab a piece of paper and a pen and list activities that interest you. Write anything that comes to your mind. This is just a thinking exercise. Don’t worry about barriers that might prevent you from participating. Spend 10-15 minutes on this. Just dream.

If you’re stumped, try answering the following questions:

What did you enjoy doing as a child and teenager?

What activities do you engage in regularly?

What activities would you like to try in the future?

When are you happy and energized or most relaxed or focused?

Can you think of activities that are so engaging that you lose track of time?

Are there things that other people do which you wish you could try?

Browse the activities listed in this manual for more ideas.

The Domains of Wellness

Our overall well-being is made-up of various components. These components interact to build our health and quality of life. Below wellness is broken into five domains and an explanation is given about how you can use leisure to benefit each domain.



Leisure & Your Physical Health

Physical health is related to the way our bodies feel, our physical strength and stamina. Physical health is impacted by diet and exercise. Often when we think of diet and exercise, we imagine *hard* work. Instead, consider utilizing fun leisure activities. Would it be fun to make healthy recipes with your kids or taste a new fruit or vegetable each week? Think about using fun to get you moving, like walking your dog through the park, playing catch with friends, gardening, or dancing at your local community center (*or just around the house*).

It is recommended that adults aged 18–64 should do at least 150 minutes (2.5 hours) of moderate-intensity physical activity throughout the week or 75 minutes of vigorous-intensity aerobic physical activity throughout the week. If that sounds like a lot of time, then you understand the importance of finding fun activities to help you achieve and maintain your optimal physical health. Remember, when exercising you should always listen to the body's warning symptoms, and consult a doctor if exercise causes chest pain, irregular heartbeat, unusual fatigue, nausea, unexpected breathlessness, or light-headedness.



Leisure & Your Cognitive Strength

Cognitive strength is brain strength. Just like your physical health, it is different for everyone but essentially it involves how well you can make decisions, and understand and remember information. There are many ways that you can use your interests to improve and maintain your cognitive health. Games, puzzles, memorizing songs, poetry or plays, studying for GED classes, or just reading books that you enjoy, allow you to flex your mental muscles. Even scheduling leisure activities can be an exercise in research, planning and organizing. As your brain power grows, you enhance your memory, reasoning, and problem solving skills. You might also notice enhanced ability to focus your attention and a better understanding of the world.



Leisure & Spirituality/Meaning

People differ greatly in the ways that we experience spirituality and meaning. In general, spirituality makes us feel that we are connected to something greater than ourselves. It is common to hear spirituality and immediately think of religion. While it is true that for many people, religious activities like prayer and attending religious services do inspire them to feel a connection to a higher power, others may sense a connection to something greater through meditation, nature or art.

Meaning can be understood as your reason for getting up in the morning. How do you answer the questions, “What do you do?” and, “What gives your life a purpose?” You might be an artist and painting gives you a purpose. Or you might be a father whose children provide a sense of purpose. These things hold great importance to you and help to explain who you are in the world, artist or parent.

Your spirituality and meaning may come from the same sources. For example, someone might find spirituality and meaning in the things they do related to their religion. Or spirituality and meaning might come from separate sources. An artist might find meaning in painting and experience spirituality in nature. What inspires us to experience the feelings of spirituality and meaning are very personal. We can express and experience our spirituality and meaning through our leisure activities.



Leisure & Social Life

Social wellness involves our ability to relate to and connect with other people. This includes the ability to establish and maintain positive relationships with family, friends and peers. When leisure activities involve other people, you have the opportunity to exercise social skills, laugh, share stories and form friendships with people who have similar interests. These friends might motivate you to be more active in your interests by telling you about upcoming activities. This cycle of friends and activities can lead to an active leisure life. Just like the benefits of being active seem endless, so are the benefits of friendship. Friends share our joys and give support during tough times, a second opinion when we are unsure, and connections to help us avoid feeling lonely and isolated.

Consider looking through the activity section of this manual with a friend in search of activities that you can do together. If you read the manual independently, think about the people in your life who might want to join you for an outing. And, always remember, as you meet new people, to consider inviting them to future activities. An active social life blossoms when you offer and accept invitations to do fun things.



Leisure & Emotions

Emotional wellness relates to our ability to understand and cope with life's challenges. The ability to acknowledge and share feelings of anger, fear, sadness or stress; hope, love, joy and happiness in a productive manner contributes to emotional wellness.

Leisure can help you to feel positive emotions and it can be a great medicine to alleviate boredom and to give you a break from frustrations. Maybe in your past, you have wanted to feel happy but found it difficult. You are not alone. In any bookstore, you will find shelves full of books instructing the reader on how to achieve a happier life. If joy did not require effort, these bookshelves would be empty. While this manual explains that leisure is important for reasons beyond the emotional pay-off, this does not intend to diminish the importance of the good feelings that go along with activities.

In leisure we experience positive emotions, but we also have an opportunity to improve our emotional strengths with coping skills. Life will bring frustrations, even when you're doing fun things. Therefore it is important to practice coping skills that help you to achieve calm, contentment, peace, and inner strength. After a rough day, you might experience relief by venting to a friend, kicking a ball, lifting weights or running. Also, consider the calming effects associated with yoga, meditation, prayer and deep breathing. By practicing activities that help you feel emotionally centered, you can enhance your emotional wellness and ability to cope with difficult situations.

Exercise - Domains of Wellness

Step 1 - On a piece of paper, create headings for each domain: physical, cognitive, spiritual/meaning, social, emotions.

Step 2 - Write at least two activities that match each domain. List more if you can think of more. Activities that you list for this exercise should be things that you are interested in trying. For activity ideas, review your brainstorming list from the previous Brainstorming Leisure Interests exercise or browse the Activities section of this manual.

Using Leisure to Achieve Goals

A goal is more than a dream. Dreams are wishes. Goals are things that you commit to achieving because you believe they are worth your efforts. How can you tell the difference? People with goals can tell you what actions they are doing (not what they will do someday) to achieve the results they want.

The first step in turning a dream into a goal is to plan how you will achieve the desired results. Sometimes, just thinking about the work can feel overwhelming. This is where leisure becomes valuable. Leisure makes the work feel more like fun. With some creative thought, you can probably find ways to achieve many of your goals in fun and exciting ways.

Think about the ways most people plan to improve their physical fitness. They give up desserts, avoid restaurants, sweat at the gym and even eat nothing but grapefruit for weeks. Essentially, this type of planning assumes that to reach goals, adults stop doing things that they enjoy and start doing things that they do not enjoy. It should not surprise anyone to hear that most diets fail. What if, instead of focusing your efforts on things that you dislike, you used *fun* as a means to improve your physical health? Yup, actual real-life fun. You could meet-up with friends for a healthy potluck and recipe trade, do Zumba at the gym, play Frisbee with your kids, enjoy a game of baseball... The options are nearly endless.

Some activities require creativity to consider how to incorporate leisure into objectives. If your goal is to get your own apartment, objectives might include: 1) choose a neighborhood, 2) save \$500 for a deposit, 3) contact a broker, 5) visit 5 apartments, pick one and submit an application, 6) hire movers, 7) pack, 8) move. Can you think of ways to make these objectives fun? Maybe you could explore neighborhoods by jogging outdoors or by meeting friends at local coffee shops. You could you save money by exchanging pricey activities with free activities, like those listed in this manual. Also, you might invite friends to visit apartments with you and join you for packing/moving parties? There are countless ways you could make frustrating activities more fun, which will increase your chances of reaching your goals. An easy technique that can be used in most situations is playing your favorite music while working on goals.

Exercise – Goal Planning

Step 1 - Brainstorm

The first part of goal planning is to brainstorm. Put your dreams on paper. Write all of the changes and accomplishments you want for yourself. Think about this month, this year, next year, five years, ten years. Consider each of the Domains of Wellness and DREAM BIG!

Step 2 - Selection

Pick one achievement that is important to you. Ask yourself why this is important to you. Is it something you are motivated to do or something other people would want for you? When your goals are valuable to you, it is more likely that you will stick with them. Are you ready to commit, willing and able to do the necessary work? What can you do to enhance your confidence in your ability to achieve your goal?

Step 3 - Objectives

Consider where you are today in comparison to where you want to be. What action steps are necessary to accomplish your goal? List specific, measurable actions. This way you will have no doubt when you have completed a task. Use your leisure interests as much as possible to enhance your chances of success.

Step 4 – Make Deadlines

Create a deadline for each of your objectives and goals. Be realistic about how much time each will require. If you miss a deadline, don't stress and don't give up. Think about why it is taking longer than expected and reconsider the amount of time you need.

Community Based Leisure – Planning

Just as there are many benefits associated with leisure participation, there are also many challenges. You might not be able to predict everything that will happen, but with thoughtful planning, a support system and coping skills, you can face most difficulties and still enjoy your leisure pursuits. In this section, we will discuss some of the challenges you might encounter. As you read the different possibilities, consider how you might deal with them. Confidence in your ability to face challenges will help to assure that you will not be distracted from your goals or dissuaded from pursuing your leisure interests when the going gets rough.

The first challenge involved in participating in leisure activities is picking *just one* activity. In a city like Philadelphia, your choices are almost endless. After you pick an activity, you have to find a place that offers it at a reasonable cost, plan transportation, gain the necessary skills, and decide which, if any, friends to invite. People who use wheelchairs or have a physical disability have an additional step in planning because they must ensure that activities are inclusive and accessible.

Exercise - Planning

Up to this point, you've done several exercises that encouraged you to think about activities that interest you and how they can benefit you. For this exercise, you will pick one activity and plan it. Answer the following questions:

1. Where can you do this activity?
2. When can you do this activity?
3. What transportation will you use to get there?
4. What are the costs of transportation and activity participation? Are there any other costs, such as food and water?
5. What skills will you need? Do you understand the rules and regulations? Do you need training and, if so, will training be available?
6. Is there anyone who you would like to invite?
7. What type of clothing is appropriate for the activity?
8. If you need accommodations, such as wheelchair accessibility, are accommodations available?
9. What do you expect to achieve by doing this activity? You might want to have fun, relax, bonding time with friends, or to learn something new. Remind yourself of the purpose of the activity so you can stay focused on your goal.

If you take your time and answer these questions in advance, you will have less angst during the day of your activity. Still, even with the best planning, you might find yourself running late, a friend might forget your plans, the weather might be bad, a bus might be late... Though these things can be frustrating and they are not terribly uncommon. Learning to accept things as they are and not how you meant for them to be is a big part of maintaining a healthy leisure lifestyle.

Possibly the most challenging thing that you could encounter are the people who are not understanding of your specific needs or struggles. You can decide who to invite when you plan an activity, but you can't always control who else will be there. Some people are just plain mean for no reason. Other people might be having a bad day. Even good friends can sometimes seem distant or uncooperative. Sometimes it's hard to figure out the motives people have for being unpleasant. Remember Oscar the Grouch? That guy never had a good day. On Sesame St, people knew what to expect from Oscar and they didn't take it personally. Try to avoid Oscars as much as possible and surround yourself with people whose happiness is obvious to you. If people don't seem eager to join you in activities, consider inviting other people or finding activities that will allow you to make new friends.

Exercise - Challenges

Using the same activity you picked for the Planning Exercise, consider potential challenges. Think about all of the things that could go wrong. Consider problems you have faced in the past and how you can navigate these issues without being distracted from your goal. This is not meant to cause you anxiety, but to give you an opportunity to consider how you might respond to challenges.

At this point you might be wondering if it is worth all of the effort. *YES* is the answer, a thousand times, *YES!* Community based leisure can bring frustrations, but for those who can get past them, there is the potential for friendships, adventure, self-improvement and lots of fun. Your skills and support system will help you to overcome challenges.

Your skills are the inner strengths and abilities that will help you to be successful. Are you patient, a good listener, calm in a crisis? Is it easy for you to make new friends or maintain strong friendships? These are valuable skills. They are assets that you have within you.

Supports are things that can be found outside of yourself. Friends, family, peers, a therapist or a doctor can be good supports. Supports can also include informative websites, music that calms you, prayer, meditation, good luck charms... These are things outside of yourself that can help you to be successful.

Exercise - Strengths & Supports

1. Make a success list. What are your greatest successes? Success doesn't mean perfection. Successes don't have to be huge. Your successes can be the things you've done well and/or things you've completed. You might be a successful parent, friend, student, or worker. You might have achieved a beautiful garden or a clean home. Maybe you are sticking to healthy habits. Do you have an apartment, car, great style or an interesting collection of items that you enjoy? On your success list, include everything that you are proud of.
2. List the skills that you used to achieve each success. Does it require patience to be a good parent, listening skills to be a good friend, reading and computer literacy to be a good student? Think deeply about the skills associated with each of your successes. You increase your chances of continued success when you understand and use the skills that helped you achieve previous successes.
3. List the supports available to you. Include people. Friends, family members, coworkers, peers, counselors and doctors who encourage and support you. Who and what helps you to remain calm, energized and focused?
4. Consider the ways that the skills and supports can help you to achieve your goals and participate in your leisure interests.

Now that you've had the opportunity to think about your interests and the positive effects that activities can have in your life, it's time to get moving and have some fun! The remainder of this manual includes helplines, resources to find activities, annual events, free or low cost activities available in Philadelphia and city maps. You'll find information and cost saving tips on almost every page.

Final Exercise: Achieve your dreams & enjoy your life!



Philadelphia
Support &
Resources

Support

We all need help sometimes. Below are a few helplines that can provide support.

Alcohol and Drug Helpline
(800) 821-4357

Counselors are available to refer you to local services.
24 hours a day, 7 days a week

Coalition Against Hunger
(215) 430-0555
www.hungercoalition.org

Against Hunger services include information on pantries, food banks, and soup kitchens across the city and county. Also, search for a food pantries at: www.hungercoalition.org/food-pantries

Domestic Violence Hotline
(866) 723-3014
www.womenagainstabuse.org

The Phila Domestic Violence Hotline (1-866-723-3014) is for individuals with questions or concerns about domestic violence.
24 hours a day, 7 days a week

NAMI (National Alliance on Mental Illness) Helpline
(800) 950-6264
www.nami.org

Receive information, referrals to agencies and support groups, and support. Volunteers answering the phones are made up of consumers and family members and are therefore in a unique position to offer support and empathy.
Mon-Fri, 10am-6pm

Office of Homeless Services
(215) 232-1984
www.phila.gov/homelesservices/

The goal of the Office of Homeless Services is to make homelessness rare, brief and non-recurring throughout the city of Philadelphia.
24 hours a day, 7 days a week

Philadelphia Quit Line (Nicotine)
(800) 784-8669

This helpline offers free phone coaching to help you quit smoking and up to 8 weeks of free nicotine patches, lozenges or gum may be available for PA Quit Line callers.

Smoke Free Philly (Nicotine)
(215) 683-5483
www.smokefreephilly.com

Smoke Free Philly will provide a listing of resources and support groups available in your area.

Suicide Prevention Helpline
(800) 273-8255
www.suicidepreventionlifeline.org

Counselors are available to provide free and confidential emotional support to people in suicidal crisis or emotional distress.
24 hours a day, 7 days a week

Resources

Below are resources that you can use to find upcoming events and activities in Philadelphia.

Google & Google Maps
www.google.com

Google is a search engine that can help you find almost anything. www.google.com/maps will help you find directions almost anywhere.

Groupon
www.groupon.com

Groupon provides users with internet discounts for a variety of things, including music and writing classes, restaurants, events, spas, fitness groups and almost anything else you can think of.

MeetUp
www.meetup.com

MeetUp is a website that people use to advertise activities that are open to anyone who wishes to participate. MeetUp events center around a shared interests, like cooking, reading, board games, and many more.

MetroKids
www.metrokids.com

MetroKids offers a calendar of family-friendly events, camps and day care, special needs directories, and parenting advice. Visit their website or call (888) 890-4668.

Philadelphia Parks and Recreation
www.phila.gov/parksandrecreation

The Philla Parks and Recreation department provide various activities including adult education, sports and fitness classes. Try the on-line Find a Facility search engine to locate a center near you and activities. For kids' programs: (215) 686-2181, www.phila.gov/youthprograms

Philly Fun Guide
www.phillyfunguide.com

Visit the Philly Fun Guide website to learn about upcoming activities in Philadelphia.

UWISHUNU
www.uwishunu.com

UWISHUNU is a blog that posts information about upcoming Philadelphia events. Many events are free or low cost.

Visitors Center
6th & Market St
(215) 965-7676
www.visitphilly.com

The Philadelphia Visitors Center can be a great reference for fun activities in Philly. They can also provide you with maps and help planning a day in the city.

William Way Center
1315 Spruce Street
(215) 732-2220
www.waygay.org

The LGBT community center offers events and activities throughout the year for people who are interested in getting involved with the gay community. There is always something happening at the center. Staff will also help you find support groups and volunteer opportunities.

Yelp
www.yelp.com

Yelp is a search engine that will allow you to search for businesses. You can read and post reviews on businesses.



Philadelphia Annual Events

The events below are organized by approximate annual date, starting with January.

Philadelphia is host to many events and activities. To find events, review the Resources section of this manual, talk to your neighbors, and read posters at local parks and coffee shops. Below, you will find information about annual events. Most are free to attend but you might have to pay for food and some activities. Call or visit the websites for specific dates and times. If you want to get involved, most events and festivals also offer opportunities for volunteers!

Penn's Landing Festivals
www.delawareriverwaterfront.com

In Philly, the year begins with New Year's Eve fireworks at Penn's Landing. The waterfront party continues throughout the year with various festivals and events. Fireworks are free, event prices vary.

Date: New Year's Eve Fireworks at dusk and midnight

Location: Delaware Waterfront between Market & South Sts



Mummers Parade
(215) 336-3050
www.phillymummers.com

Mummers wear over-the-top costumes, play music, dance and perform from sunrise to sunset, creating a truly Philadelphian experience.

Date: New Year's Day

Location: Broad St, between Oregon & Market



Chinese New Year Parade
(215) 922-2156
www.chinatown-pcdc.org

Chinese New Year begins with an evening lion dance parade and fireworks.

Date: changes annually, mid-January to the end of February

Location: 10th St, between Vine & Market



Mardi Gras
www.mummersmardigras.com

Mardi Gras parties are planned throughout the city. These parties typically involve loud music in bars. Only expect these events to be family friendly if specifically stated. Mummers perform in Manayunk annually.

Date: changes annually, mid-February to the beginning of March

Location: Main Street in Manayunk



African American History Month
(215) 289-6484

A variety of events are held at museums and throughout the city to celebrate African American history.

Date: events throughout the month of February

Location: Various



St. Patrick's Day Parade
www.philadelphiastpatsparade.com

Each year, Philadelphia's Irish community, and fans of the celebration, go green with more than 100 floats and 10,000 marchers.

Date: Sunday prior to St. Patrick's Day (March)

Location: JFK Blvd and Kelly Drive



Lehigh Ave Arts Festival
(215) 427-1514
www.portsideartscenter.org

Lehigh Avenue closes to traffic and hosts an annual arts festival with music, performances, and artists selling their works.

Date: changes, late April

Location: 2400 E Lehigh Ave, at Belgrade



Spring Festival
www.southstreet.com

A festival of music, dancing, food, art and a kids' zone.

Date: changes annually, early May

Location: South St, between 2nd & 8th



Easter Parade
www.southstreet.com

Grab some bunny ears and join the music, dancing, bonnets and costumes. Awards are given for 12 categories of best dressed!

Date: Easter Sunday

Location: South St, between Passyunk & 2nd



Fairmount Arts Crawl
www.fairmountcdc.org

Fairmount's indoor/outdoor festival for art lovers, converts local businesses and sidewalks into temporary galleries with live music and performances.

Date: changes annually, early April

Location: Fairmount Avenue & 20th St area



Dad Vail Regatta
(215) 886-1123
www.dadvail.org

Crew teams from schools across the US compete in the nation's largest collegiate regatta.

Date: second Saturday in May

Location: Schuylkill River, along and north of Boat House Row



Kensington Kinetic Sculpture Derby
(215) 427-0350
www.kinetickensington.org

The Sculpture Derby is a fun and whimsical parade of human powered vehicle (bicycle) floats designed by artists and amateurs.

Date: changes annually, May

Location: Trenton Ave & Norris St



Italian Market Festival
www.italianmarketphilly.org

This event includes a procession of the saints, music, entertainers, contests, and 100 vendors selling both street foods and Italian staples.

Date: 3rd weekend in May

Location: 9th St between Wharton & Fitzwater



Rittenhouse Spring Festival
www.rittenhouserow.org

The chic Rittenhouse area celebrates Spring with music, dance and art displays in Rittenhouse Square and beyond.

Date: changes annually, May

Location: Walnut St, between Broad & 19th



Manayunk Arts Festival
www.manayunk.com
(215) 482-9565

Manayunk Arts Festival features more than 250 artists from across the nation while attracting a quarter million spectators.

Date: changes annually, June

Location: Main St in Manayunk



Gay Pride Parade & Festival
(215) 875-9288
www.phillypride.org

The parade and festival feature music, performances, cowboys and drag queens, boas, and glitter. The day is a lively mix of fabulous and friendly.

Date: second Sunday in June

Location: Parade starts at 13th & Locust streets, and ends at Penn's Landing, where festival takes place. There is a charge for the festival.



Independence Day Fireworks

Each year, the parkway hosts a free concert all day long with a fireworks finale over the Philadelphia Museum of Art.

Date: July 4

Location: Benjamin Franklin Parkway, at the Philadelphia Museum of Art



East Passyunk Car Show

The festival offers music, performers, vendors, crafts and kids' activities + over 140 antique, muscle and custom cars, trucks and motorcycles

Date: changes annually, July

Location: Passyunk Ave, between Broad & Dickenson



2nd Street Festival
www.2ndstfestival.org

Northern Liberties' street party will provide music, carnival-like performances, food, art, and games.

Date: changes annually, August

Location: 2nd St, between Germantown Ave & Green St



Greenfest Philly
(215) 567-4004
www.greenfestphilly.org

This festival offers hands-on activities, organic food, live music, free giveaways and family fun.

Date: changes annually, early to mid-September

Location: Headhouse Square, on 2nd St just north of South St



Puerto Rican Parade

Puerto Rican Parade celebrates Latino and Puerto Rican heritage with high energy floats, music and dancing.

Date: last Sunday in September

Location: Benjamin Franklin Parkway



Columbus Day Parade
(215) 686-3458

Philadelphia celebrates Columbus Day with a parade and merriment!

Date: Columbus Day

Location: S Broad St



Harvest Festival
(215) 922-2317
www.readingterminalmarket.org

Philadelphia's Reading Terminal Market is home to some of the best food and produce in the city. With family friendly activities and amazing food is no better place to celebrate the Fall harvest.

Date: changes annually, October

Location: Reading Terminal Market at 12th & Arch



Outfest
(215) 875-9288
www.phillypride.org

The Lesbian, Gay, Bisexual and Transgendered community celebrates Coming Out Day with a friendly festival of food, art, dance and music.

Date: changes annually, mid October

Location: 13th & 12th, between Pine & Walnut



Thanksgiving Day Parade

At the nation's first Thanksgiving Day parade you'll find floats and giant balloons, plus local choirs, dance groups, marching bands and Santa, himself.

Date: Thanksgiving Day

Location: Benjamin Franklin Parkway



Macy's Christmas Light Show and Wanamaker Organ Show
(484) 684 7250
www.wanamakerorgan.com

Following Thanksgiving, Macy's Christmas Light Show is a family holiday tradition. Free daily music and lights telling a holiday tale.

Date: Thanksgiving to New Year's Day, several shows daily

Location: Macy's, at 13th & Market



Comcast Holiday Spectacular

This state-of-the-art video wall is crystal clear, providing a holiday visual like no other.

Date: Thanksgiving to New Year's Day, several shows daily

Location: Comcast Building lobby, at 17th & JFK



Franklin Square Light Show

Music and 50,000 lights will help you get into the holiday spirit.

Date: mid-November to New Year's Day, several shows daily

Location: Franklin Square, at 6th & Race







Adult Education Courses & GED

When we strengthen our minds, we also improve our ability to understand and contribute to the world. This may lead to enhanced satisfaction with work and increased income opportunities.

Center for Literacy
399 Market St, Suite 201
(215) 474-1235
www.centerforliteracy.org

The center provides adult education, English as a second language, family literacy for parents, GED prep and testing, and transition planning for college and career. Referral services are available to help students overcome barriers such as the need for childcare, mental health services, re-entry services, housing assistance, employment, or drug and alcohol rehabilitation. Locations are available throughout Philadelphia.



Community College of Philadelphia
17th & Spring Garden St
(215) 751-8006
www.ccp.edu

Adult Evening High School Program managed by the Community College of Philadelphia at Northeast and Benjamin Franklin High Schools. The program is free to Philadelphia residents. The college also offers scholarships, grants and low-interest loans to help assure that everyone can receive a quality education.



Free Library of Philadelphia
Locations throughout Philadelphia
www.freelibrary.org

The Free Library provides a variety of Adult Education Classes throughout Philadelphia. Classes include adult basic education, computer training, English as a second language, and GED classes and testing. A list of libraries in Philadelphia can be found in this resource guide in the Reading section. Contact your local library for details. Visit the Reading section of this manual for a list of locations.

Library for the Blind and Physically Handicapped
919 Walnut St
(215) 925-3213
flpblind@library.phila.gov

The Free Library of Philadelphia's Library for the Blind and Physically Handicapped provides an adult education program designed to meet the needs of the blind and visually impaired, the physically handicapped and those who have learning disabilities. All materials are provided in alternative formats such as Braille, large print and audiocassette. Other accommodations are provided as needed.



Mayor's Commission on
Literacy

1901 Vine St

(215) 686-5250 or

(215) 686-4400

www.philaliteracy.org

Reading Literacy, Computer Literacy, English and GED classes are available in Center City, North Philadelphia, and West Philadelphia. Call to schedule an initial evaluation. After the first meeting, participants are paired with coaches to create goals.



Temple University

1913 N Broad St, #200

(215) 204-2560

www.ablle.pbworks.com

GED preparation and job skills classes offered on Temple campus to adults who are employed or seeking employment. Call for information.



Wagner Free Institute of
Science

1700 W Montgomery Ave

(215) 763-6529

www.wagnerfreeinstitute.org

The institute hosts educational classes and lectures throughout the city and displays scientific artifacts at the museum. A donation is suggested for the museum and the museum is partially wheelchair accessible.



YMCA

1724 Christian St

(215) 735-5800

www.ymca.net

The YMCA offers educational opportunities at various Philadelphia locations. Classes include adult education, GED preparation, and English as a second language. Call or visit the website for information.



Art Classes

Art provides opportunities to express creativity, explore and express thoughts and emotions, and achieve personal enjoyment and satisfaction.

A.C. Moore

1851 S. Columbus Blvd &

9111 Roosevelt Blvd

(215) 330-0741

www.acmoore.com

In store demonstrations and classes for children, adults, and families. Costs vary, from free to approximately \$20. When planning to participate in a class, remember to consider the cost of supplies.



Fleisher Art School
719 Catherine St
(215) 922-3456
www.fleisher.org

Fleisher Art Memorial's mission is to make art accessible to everyone. Members can take a variety of free art classes, including pottery, drawing and painting. Membership costs are \$30 per semester or \$60 for an annual membership. Scholarships are available.



Michaels Arts and Crafts Stores
57 E City Ave, Bala Cynwyd
(610) 667-1642 &
9739 Roosevelt Blvd
(267) 345-4500

In store demonstrations and classes for children, adults, and families. Costs vary, from free to approximately \$20. When planning to participate in a class, remember to consider the cost of supplies.



Portside Arts Center
2531 E. Lehigh Ave
(215) 427-1514
www.portsideartscenter.org

Portside offers weekly classes and one day workshops (prices vary, starting at \$10). They also hosts events for the public throughout the year, a calendar can be viewed online or call for more details or questions.



Bike

Biking can be an inexpensive way to commute, enjoy nature and get to know a city while exercising. In Philadelphia's streets are generally bike friendly. Also consider cycling the Nature Trails listed in this manual.

Neighborhood Bike Works
3916 Locust Walk
(215) 386-0316
www.neighborhoodbikeworks.org

Neighborhood Bike Works loans space and tools to repair your bike. They have everything you need, including knowledgeable staff who will help to get your bike fixed and on the road again. They also sell new and used bike parts and bikes. Donations are welcomed.



Better Bike Share (Bicycle Coalition & Ride Indego)
www.bicyclecoalition.org

Learn to ride a bike during a 2-hour class or find places to bike, bike safety information and much more by visiting their website.



Ride Indego

You might have seen Indego' blue bikes on the streets or parked at various locations. Purchase individual rides or sign up for monthly bike memberships (\$15 or \$5 per month with an ACCESS card).



Billiards

Playing pool is a great way to socialize and enjoy a game that doesn't break your budget. Many local bars have pool tables for as low as a quarter per game. There are also pool halls with their own discounted days and hours, call the one closest to you for details and to learn about discounts.

Pool Halls

North Bowl | www.northbowlphilly.com | 909 North 2nd St | (215) 238-BOWL

South Bowl | www.southbowlphilly.com | 19 E Oregon Ave | (215) 389-BOWL

Vuong Viet Pool Hall | 2464 Kensington Ave

Broad Street Billiards | 2256 N Broad St | (215) 236-1612

Ballard's Billiards | 2004 W Columbia Ave | (215) 765-8334

Ball Busters Billiards | 3265 S 61st St



Bowling

Bowling can be a lot of fun and family friendly way to socialize. It requires little planning or training to participate. Most bowling allies offer leagues. League teams are usually made-up of four people who come together weekly for games. Typically, you can bring your own friends or be placed onto a team.

Erie Lanes
1310 Erie Ave
(215) 535-3500
www.goerielanes.com

Daily bowling specials as low as seventy five cents per game. Call or visit the website for details about rates and specials.



Hi Spot Lanes
3857 Pechin St
(215) 483-2120

Manayunk bowling specials include weekday before 5pm, \$3 games.



North Bowl
www.northbowlphilly.com
909 North 2nd St
(215) 238-BOWL

North Bowl and South Bowl both offer a very cool atmosphere and can be pricey, so take advantage of happy hours on food, drinks and games. Call or visit the website for details about rates and specials.



PEP Bowl
1200 S Broad St
(215) 952-2695
www.pepbowl.com

Bowling specials as low as \$3 per game with \$3 shoe rental. Call or visit the website for details about rates and specials.



South Bowl
www.southbowlphilly.com
19 E Oregon Ave
(215) 389-BOWL

North Bowl and South Bowl both offer a very cool atmosphere and can be pricey, so take advantage of happy hours on food, drinks and games. Call or visit the website for details about rates and specials.



Thunderbird Lanes
3081 Holme Ave
(215) 464-7171
www.tbirdlanes.com

Special bowling rates as low as \$1 in the evenings. Call or visit the website for details about rates and specials.



Computer Classes

People learn computer skills for a variety of reasons. You may want to use social media to keep in touch with friends, increase employment opportunities or just give yourself a new challenge. Whatever your skill level, there are computer classes available to meet your needs.

Free Library of Philadelphia
Locations throughout
Philadelphia
www.freelibrary.org

Library classes include: internet basics, writing a resume, family history research, and Microsoft Excel, Word, Publisher and PowerPoint. Visit the Reading section of this manual for a list of library locations.



KEYSPOT
1207 Chestnut St
(215) 851-1784
www.phillykeyspots.org

The KEYSPOT network offer training and technology to all Philadelphia communities. Labs are available throughout Philadelphia.



Dance

Dance is a great way to get moving and socialize while having fun that you forget that you're also exercising. There are dancefloors throughout Philadelphia. Visit these locations to get your groove on!

Allens Lane Art Center
601 W Allens Lane
(215) 248-0546
www.allenslane.org

Allens Lane brings Mt. Airy community members together to enjoy the arts; offering art, dance for all skill levels, and theater classes.



American Dance Wheels
(215) 588-6671
www.americandancewheels.com

Classes designed for people who use wheelchairs and their friends/loved ones, standing or seated. Classes are held at various locations in Philadelphia and range from approximately \$5-\$10. They also offer volunteer opportunities.



Living Arts Dance Studios
81 Fairmount Ave
(888) 257-9991
www.livingartsdance.com

Dance classes are offered at \$10 per class, less if you purchase multiple classes in advance. Diversity of classes including: hip hop, belly, Zumba, ballet and kick boxing.



PhiladelphiaDANCE.org
484-469-0288
philadelphiadance@gmail.com
www.philadelphiadance.org

PhiladelphiaDANCE.org is dedicated to sharing dance related information in the greater Philadelphia region. Contact them or visit their website to learn about dance groups in your area.



Food

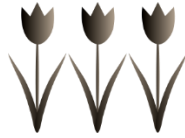
Philadelphia is home to some world-class restaurants. And, you don't have to break your budget to eat well. Consider some of the culinary options listed below.

Reading Terminal Market has something for every taste. You'll find prepared breakfast, lunch, dinner, and snacks in addition to flowers and groceries. Enjoy the bustling atmosphere and stay for a bite.
51 N 12th St | (215) 922-2317 | Monday to Saturday 8-6, Sunday 9-5

Farmers' Markets offer local breads, cheeses, fruits and vegetables and more. Most accept SNAP for purchases. For a list of markets, visit: www.thefoodtrust.org/farmers-markets

The Italian Market vendors offer great prices on fruits and vegetables.
9th Street between Washington and Passyunk | Tuesday to Saturday: 8-4, Sunday: 8-1

Food trucks throughout the city are a great way to experience almost every type of food imaginable at low prices. Trucks can be found throughout the city, especially around universities. Visit Drexel, Penn and Temple and enjoy the campus energy and breakfast or lunch.



Horticulture

Gardening can put you in touch with nature as you nurture seeds, trim branches and admire your garden. For low cost plants, ask your local gardening store about clearance items. Many stores, like Lowes, sell off-season flowers and plants that need a little attention at prices under \$1!

Greensgrow Farms
2501 E Cumberland St &
4912 Baltimore Ave
(215) 427-2702
www.greengrow.org

Greensgrow Farms offers a variety of opportunities for the public to explore the idea of urban farming. Visit for workshops, farmers markets, and to just stroll among farm animals, plants and flowers. Call or visit their website for information about upcoming events.



Urban Jungle
1526-30 E Passyunk Ave
(215) 952-0811
www.urbanjunglephila.com

Urban Jungle is a plant store that offers classes and events throughout the year. Events vary in price, some are free. Call or visit their website for information about upcoming events.



Ice Skate

Ice skating is a family-friendly way to get exercise and socialize while listening to music and having fun.

Blue Cross River Rink
121 S Columbus Blvd
(215) 629-3200
www.delawareriverwaterfront.com/places/blue-cross-riverrink

This outdoor winter waterfront ice rink is surrounded by artist vendors, food vendors and fire pits, perfect for smores! Call or visit their website for the current season's pricing and hours for public skating.

2013-2014 Pricing: Admission \$3, Skate Rental \$10



Penn Ice Rink
3130 Walnut St
(215) 898-1923

cms.business-
services.upenn.edu/icerink/

During the winter months, the Penn operates an indoor rink in West Philly. Skating lessons are offered, but not free. Call or visit their website for the current season's pricing and hours for public skating.

2013-2014 Pricing: Admission \$6-7, Skate Rental-\$3



The Philadelphia Parks and Recreation department offers free ice skating and ice hockey rinks during the winter months. Admission is free. Below are some locations. Call or visit the website for more information on public skate hours, prices for skate rentals and locations near you.

Hayes | 9850 Roosevelt Blvd | (215) 685-0376

Rizzo | 1001 S Front St | (215) 685-1593

Scanlon | 1099 E Tioga St | (215) 685-9893

Simons | 7200 Woolston Ave | (215) 685-3551

Tarken | 6250 Frontenac St | (215) 685-1226

Laura Sims | 63rd & Walnut | (215) 685-1995



Movies

Going to a movie is another great American passtime. If you love seeing movies in a theater or outdoors, below you will find a few ways to save your money while enjoying a story.

Ritz Landmark Theaters

214 Walnut St &
400 Ranstead St &
125 S 2nd St

(215) 925-4535

Weekday matinee prices will get you in to see a movie for under \$7. The Ritz theaters are clean and they show a variety of films from independent to Oscar contenders.



Temple's "The Reel" Cinema

1755 N 13th St

(215) 204-9217

www.temple.edu/studentaffairs/
studentcenters/hgsc/facility/cine
ma.html

See blockbuster movies at rock-bottom prices. For just \$4 you can see movies at The Reel throughout the school year on Thursdays, Fridays and Saturdays. Call or check the website for upcoming showings. Wheelchair space is limited.



Free Outdoor Movies

Grab a lawn chair, blanket and some friends to view an outdoor screening. Movies are shown throughout the spring, summer, and fall at the locations listed below. Call or check websites for upcoming events, including movies.

Northern Liberties | Park at 3rd and Poplar Sts | www.nlina.org | (215) 627-6562

South St | Headhouse Square at 2nd & Lombard Sts | www.southstreet.com | (215) 413-3713

Schuylkill Banks | various locations | www.schuylkillbanks.org | (215) 222-6030

Mt. Airy | 13 E. Mt. Pleasant Ave | www.gomtairy.com | (215) 844-6021

Delaware River | various locations | www.delawareriverwaterfront.com | (215) 629-3200

Clark Park in West Philadelphia | 43rd and Baltimore | www.friendsofclarkpark.org



Museums & Art Galleries & Historic Attractions

A cultural outing in Philadelphia doesn't have to empty your wallet. Below you will find low cost options that will get you walking and learning on any budget. Philadelphia high school students can register for a Stamp Pass (www.phillystampass.org) to get free admission to many of the city's best museums.

ACCESS Card holders can get discounted rates on museum admission to some of Philadelphia's best museums. An ACCESS Card holder can get \$2 admission for themselves and three family members (4 people total). For details and a list of participating museums, visit the Art Reach website at: <http://www.art-reach.org/programs/access-admission/>

American Swedish History
Museum

FDR Park, 1900 Pattison Ave

www.americanswedish.org

The American Swedish Historical Museum in South Philadelphia is the oldest Swedish Museum in the US, founded in 1926, to celebrate the cultural heritage and traditions and contributions to history, art, architecture, music, science and technology can come together. Adult admission \$8



Free Historic Tours

<http://archive.visitphilly.com/so-undabout/default.aspx>

Download free audio tours to your iPod to listen and learn about Philadelphia's history. Or, go visit the National Constitution Center's website to view a historic sites map and information on each site at www.theconstitutional.com/tours/self-guided-tours.



Barnes Foundation

2025 Benjamin Franklin Parkway

(215) 278-7000

www.barnesfoundation.org

The Barnes boasts one of the finest collections of post-impressionist and early modern paintings. Admission is free on the first Sunday of every month for the first people who pick up tickets at 9am. A limited number of free tickets are offered.



Chemical Heritage Museum

315 Chestnut St

(215) 925-2222

www.chemheritage.org

The Chemical Heritage Foundation and Museum has a permanent exhibit of gadgets, art and books that explore how chemistry has touched our lives. A rotating gallery explores various scientific topics in a very approachable way and interactive way, even for kids and non-scientists.



Crane Arts

1400 North American St

(215) 232-3203

www.cranearts.com

This art gallery and event space showcases rotating exhibitions of paintings, photographs and sculpture. Events throughout the year are full of vibrant energy, arts and music. Admission to the gallery is free.



Edgar Allen Poe Museum

532 N 7th St

(215) 597-8780

www.nps.gov/edal/index.htm

Visit the home where Poe lived during his 6 years in Philadelphia. You'll learn about Poe and hear some of his works, many accompanied by music. The museum is partially wheelchair accessible.



The Franklin Institute
222 N 20th St
(215) 448-1200
www2.fi.edu

The Franklin Institute is a science and technology museum. Exhibitions are touchable and family friendly with themes ranging from sports to physical disease and outer space. Admission is free between 5pm-8pm.



Independence Hall & The Liberty Bell – Free Admission
6th and Market
(800) 537-7676
www.nps.gov

Experience Philadelphia’s rich history by visiting our most iconic attractions, Independence Hall where the Declaration of Independence and the United States Constitution were debated and adopted, and the Liberty Bell, a national symbol for freedom.



Institute of Contemporary Art
118 S 36th St
(215) 898-7108
www.icaphila.org

The ICA exposes visitors to what is “new and happening” in the art world. It was the first museum to give Warhol a solo exhibition and it continues to show new and innovative artists.



Mummers Museum
1100 S 2nd St
(215) 336-3050
www.mummersmuseum.com

You don’t have to wait until New Year’s Day to enjoy the Mummers. For a \$3.50 adult admission, you can visit the Mummers Museum to hear the music and see costumes and memorabilia dating back to the turn of the 20th century.



Olde City
2nd and 3rd Streets between Market & Race

On the first Friday of each month, galleries in the Old City neighborhood open their doors 5pm-9pm. Curb cuts make most of the streets accessible, but not all of the galleries in Old City are accessible.



PA Academy of Fine Arts
118 N Broad St
(215) 972-7600 www.pafa.org

The academy is both a school and a world class museum. The museum displays works by notable American artists along with the academy’s alumni and faculty. Free days are offered occasionally, call for details.



Phila Museum of Art
2600 Ben Franklin Parkway
(215) 763-8100
www.philamuseum.org

Art lovers will be find a vast collection, making this a world-class museum. It is an absolute must-do on the cultural circuit. Pay-what-you-wish, Wednesdays after 5pm and first Sun of each month.



Please Touch Museum
4231 Ave of the Republic, in
Fairmount Park
(215) 581-3168
www.pleasetouchmuseum.org

Play provides a foundation for socialization, cooperation, negotiation, and problem-solving. It offers an outlet for imagination and creativity. The Please Touch Museum encourages kids to learn through play. Admission is \$2 on the 1st Wednesday of each month, 5-8pm.



Rodin Museum
Benjamin Franklin Parkway &
22nd St
(215) 763-8100
www.rodinmuseum.org

The Rodin Museum is a treasure for Philadelphians who appreciate art, architecture or landscaping as the building and its grounds are a big part of any visit. Donations are appreciated but not necessary to visit.



United States Mint
151 N Independence Mall W
(215) 408-0112
www.usmint.gov

Watch as money is literally made and tour the gallery of coins and historic money making machines.



Music Classes

Music has the power to stir our emotions and music lessons have been found to enhance concentration and the areas of the brain associated with language and reasoning. If you love music, consider how much fun it could be to make music and share it with your friends and family.

Take Lessons
www.takelessons.com

Take Lessons connects teachers with students. You can find a teacher for almost any instrument. Prices vary and you can read profiles of the instructors before picking the one that is right for you.



Nature Trails

Enjoy nature while cycling, running and walking. You'll also find lookouts and lawns perfect for a lunch or just to relax with a book. They are all free and open throughout the year!

Cynwyd Heritage Trail

(SEPTA's Cynwyd Station to the Manayunk viaduct)

www.cynwydtrail.org

This 2 mile trail connecting Manayunk to Laurel Hill West Cemetery.



Delaware River Trail

PA side of the Delaware River (Mifflin St in South Philadelphia to Allegheny Avenue in Port Richmond)

www.delawareriverwaterfront.com

The Delaware River waterfront hosts many fantastic festivals, many at Penn's Landing and Penn Treaty Park. It is also perfect for strolling a continuous waterfront path between South Philadelphia and Port Richmond. Visitors shouldn't miss the nature trail (between Mifflin & Washington), Penn's Landing (between South & Market), the Race Street Pier (at Race St), and Penn Treaty Park (at Marlborough St).



DuPont Crescent Trail

(East side of the Schuylkill River between 34th & Wharton)

www.schuylkillbanks.org

Along the Grays Ferry neighborhood, the Dupont Crescent Trail is a little-known waterfront trail. It is cut off from most of the city by highways and water, leaving it quiet and peaceful. It's a great place for approximately a mile stroll and plenty of park to relax.



Fairmount Park

www.fairmountparkconservancy.org

With more than 215 miles of meandering scenic trails featuring over two dozen historically significant sites scattered throughout, Fairmount Park is one of the largest metropolitan parks in the country, and a great start to any outdoor outing. Philadelphia Parks & Recreation maintains trails in many areas, including Cobbs Creek Park, Franklin D. Roosevelt Park and Tacony Creek Park.



Manayunk Towpath
(parallel to Main Street in
Manayunk)

www.manayunkcanal.org

Gorgeous views of the Schuylkill River, downtown Manayunk, Falls Bridge and more can be found along this charming canal pathway. The trail continues along the Schuylkill River Trail into Valley Forge.



Pennypack Park
(Far Northeast, along the
Pennypack Creek)

www.friendsofpennypackpark.org

Pennypack Park makes you feel like you've left the city behind, with approximately 1600 acres composed of woodlands, meadows, wetlands, playgrounds, biking/hiking trails and bridle paths for horseback riding.



Schuylkill River Trail &
West River Drive

www.schuylkillbanks.org

The Schuylkill River Trail and Kelly Drive connect Center City to Manayunk. This path is part of the development plan which will eventually connect Maine to Florida. On this journey you'll pass the pass Boathouse Row, Philadelphia Museum of Art and Laurel Hill Cemetery. The northern tip reaches both Manayunk and the Wissahickon Path.

Tip: Enjoy the less traveled path along the Schuylkill, West River Drive (also known as MLK Drive) between Spring Garden and Falls Bridge. This path is perfect for biking, walking and family activities, on weekend days, April to October, 7am-5pm, when it is closed to traffic.



Wissahickon Trail &
Forbidden Drive

www.fow.org

Part of Fairmount Park, the Wissahickon trail and Forbidden Drive are must-dos for Philadelphians who appreciate nature hikes. Visitors can almost completely forget the city that surrounds them as they are enveloped in nature. The main trail follows the Wissahickon creek but there are plenty of off-road trails for the adventurous hiker.

Also known as the Wissahickon Valley Park Trail, this 7 mile stretch takes you along the Wissahickon Creek. This trail is particularly popular for cyclists due to the wide and mostly flat, gravel path. Don't know where to start the ride? You can drive to the Valley Green Inn to park and unload.





Parks

In Philadelphia most neighborhoods have parks with benches, trees and grass. Below, we have listed a few sitting parks, ideal for relaxing in the sunshine. If you are seeking larger parks for cycling, walking or running, check out the Nature Trails section of this manual.

FDR Park
Broad & Pattison St

Escape the hustle in this South Philadelphia park. There is space for activities like tennis, baseball, rugby, golf, soccer and a skate park. But, if your idea of a day at the park is laying by the lake or fishing, FDR Park has plenty for you too.



Franklin Square
6th & Race St

Benches and picnic tables surround Franklin Square's central fountain. Franklin Square also offers family entertainment with a carousel (\$3), a Philadelphia-themed miniature golf course (\$9 for adults, \$7 ages 2-12), two state-of-the-art playgrounds (free), a fountain and a burger shop. The sitting park is wheelchair accessible, activities are partially wheelchair accessible.



Rittenhouse Square
18th & Chestnut St

A lovely gem in the heart of Philadelphia, Rittenhouse Square is a prime spot for relaxing and people-watching. In the warm months, it is active with musicians and performers, families and sunbathers. It is surrounded by historic homes and some of Philadelphia's medium to high-end shopping along Walnut St.



Washington Square
6th & Walnut St

Just steps from Independence Hall, get away from the hustle and bustle in relaxed Washington Square. Visit the Tomb of the Unknown Revolutionary War Soldier, and a Moon tree, planted from seeds brought to the moon on the Apollo XIV mission.



Philadelphia Parks & Recreation Facilities

www.phila.gov/parksandrecreation/findafacility

Programming available for kids, teens, seniors and individuals with disabilities. Opportunities include:

Day camp for kids and senior groups; Arts (painting, drawing, arts & crafts, drama, writing, poetry); Exercise and fitness (cheerleading, Zumba, dance, gymnastics, martial arts, swimming pools, weightlifting, horse stables); Activity space and team sports & activities: rowing, board games, baseball fields, basketball, soccer, billiards, ice & hockey, skate parks, volley ball, golf, shuffleboard

Far Northeast

Boyle | 13024 Stevens Road | (215) 685-0367
Burholme | Cottman & Central | (215) 685-0575
Chalfont | 4330-40 Deerpath Lane | (215) 685-9398
Fitzpatrick | 12501 Torrey Rd | (215) 685-9395
Fluehr Park | 4200 Grant Ave | (215) 685-9392
Gifford | 575 Tomlinson Rd | (215) 685-0377
Hayes | 9850 Roosevelt Blvd | (215) 685-0376
Jacobs | 4500 Linden Ave | (215) 685-8748
Junod | 12770 Dunksferry Rd | (215) 685-9396
Lackman | 1101 Bartlett St | (215) 685-0370
McArdle | 2801 Welsh Rd | (215) 685-0366
Mitchell | 3700 Whitehall Ln | (215) 685-9394
Palmer | 3035 Comly Rd | (215) 685-0371
Picariello | 10801 Calera Rd | (215) 685-9393
T Holme | 9152 Academy Rd | (215) 685-8793
Torresdale | 9550 Frankford Ave | (215) 685-9392

Near Northeast

American Legion | 6201 Torresdale | (215) 685-8733
Carmella | 2100 Wakeling St | (215) 685-1235
Deni | 1381 Ruan St | (215) 685-1223
Disston | 4423 Longshore Ave | (215) 685-8750
Disston | 6401 Keystone St | (215) 685-8734
Dorsey | 6501 Hegerman St | (215) 685-8734
Fox Chase | 7901 Ridgeway St | (215) 685-0575
Gambrel | 1900 Wakeling St | (215) 685-1243
Holmesburg | 4500 Rhawn St | (215) 685-8714
Houseman | 5091 Summerdale Ave | (215) 685-1240
Jardel | 1400 Cottman Ave | (215) 685-0596
Lawncrest | 6000 Rising Sun Ave | (215) 685-0597
Lower Mayfair | 3001 Robbins Ave | (215) 685-1227
Max Myers | 1601 Hellerman St | (215) 685-1242
Mayfair | 2901 Princeton Ave | (215) 685-8732
Mcilvain | 5200 Penn St | (215) 685-1228
Moss | 5700 Torresdale Ave | (215) 685-1241
Mullin | 4301 Princeton Ave | (215) 685-8757
Pelbano | 8101 Bustleton Ave | (215) 683-1975
Ramp | 3300 Solly Ave | (215) 685-8746
Roosevelt | 6455 Walker St | (215) 685-8754
Russo | 7321 Torresdale Ave | (215) 685-8747
Simpson | 1010 Arrott St | (215) 685-1223
Vogt | 4131 Unruh Ave | (215) 685-8753
Wissinoming | 5801 Frankford Ave | (215) 685-1498

Olney & Oak Lane

Barrett | 641 Lindley Ave | (215) 685-9146
Belfield | 2109 W Chew Ave | (215) 685-2220
Cherashore | 851 W Olney Ave | (215) 685-2897
Emanuel | 8500 Pickering Ave | (215) 685-9253
Feltonville | 231 E Wyoming Ave | (215) 685-9150
Finley | 7701 Mansfield Ave | (215) 685-2890
Fisher | 571 W Spencer St | (215) 685-2874
Morris | 1610 W Cheltenham Ave | (215) 685-2891
Olney | 100 E Godfrey Ave | (215) 685-2889
Simons | 7200 Woolston Ave | (215) 685-3551
Stenton | 4600 N 16th St | (215) 685-9147
Ziehler | 200 E Olney Ave | (215) 685-9145

Germantown & Chestnut Hill

Awbury | 6101 Ardleigh St | (215) 685-2895
Gustine | 4868 Ridge Ave | (215) 685-2568
Happy Hollow | 4800 Wayne Ave | (215) 685-2195
Hermitage Mansion | 700 E Hermit Ln
Historic Rittenhouse Town | 206 Lincoln Dr
L Young | 1100 E Cheltenham Ave | (215) 685-2236
Mallery | 100 E Johnson St | (215) 685-2234
Mt Airy | 7001 Germantown Ave | (215) 685-9297
Pleasant | 6720 Boyer St | (215) 685-2230
Water Tower | 209 E Hartwell Ln | (215) 685-9296
Waterview | 5826 McMahon St | (215) 685-2229

Roxborough & Manayunk

Hillside | 201 Fountain St | (215) 685-2595
Houston | 900 Grakyn Ln | (215) 685-2597
Kendrick | 5822 Ridge Ave | (215) 685-2584
Bridesburg, Fishtown, Kensington & Richmond
Bridesburg | 4625 Richmond | (215) 685-1247
Cione | 2600 E Aramingo Ave | (215) 685-9880
Cohocksink | 2889 Cedar St | (215) 685-9884
Fishtown | 1202 E Montgomery | (215) 685-9885
Glavin | 3267 Almond St | (215) 685-9898
Heitzman | 2136 Castor Ave | (215) 685-1244
Mcveigh | 400 E Ontario St | (215) 685-9896
Monkiewicz | 3201 Richmond St | (215) 685-9894
Piccoli | 1501 E Bristol St | (215) 685-1249
Samuel | 3539 Gaul St | (215) 685-1246

Upper North Philadelphia

Jerome Brown | 1919 W Ontario | (215) 685-9764
McDevitt | 3531 Scotts Ln | (215) 685-2197
Rivera | 3201 N 5th St | (215) 685 - 9887
Schmidt | 113 W Ontario | (215) 685-9895
Shuler | 3000 N 27th St | (215) 685-9750
12th & Cambria | 2900 N 11th St | (215) 685-9780
Hunting Park | 900 Hunting Park | (215) 685-9153
Fernhill | Wissahickon & Roberts | (215) 685-2197

Lower North Philadelphia

8th & Diamond | 800 Diamond St | (215) 685-2761
Amos | 1817 N 16th St | (215) 685 – 2708
Athletic | 1401 N 26th St | (215) 685 – 2709
C.B. Moore | 2551 N 22nd St | (215) 685-9755
Clemente | 1800 Wallace St | (215) 685 – 2760
Cruz | 1431 N 6th St | (215) 685 – 2759
Dendy | 1501 N 10th St | (215) 685-2763
East Poplar | 820 N 8th St | (215) 686 – 1786
Francisville | 1737 Francis St | (215) 685 – 2762
Gathers | 2501 W Diamond St | (215) 685 – 2710
Hancock | 147 Masters St | (215) 685 – 9886
Lemon Hill Mansion | Sedgely Drive
Lloyd Hall | 1 Boathouse Row | (215) 685-3936
M.L. King | 2101 CB Moore Ave | (215) 685 – 2733
Mander | 2140 N 33rd St | (215) 685-3894
N. Liberties | 321 Fairmount Ave | (215) 686-1785
Penrose | 1101 W Susquehanna | (215) 685-2711
Nelson | 2500 N 3rd St | (215) 685-9890
Shissler | 1800 Blair St | (215) 685-9888
Towey | 1832 N Howard St | (215) 685-9892

West Philadelphia

Baker | 5431 Lansdowne Ave | (215) 685-0261
Carousel House | 1701 Belmont | (215) 685-0160
Christy | 726 S 55th St | (215) 685-1997
Clayborn & Lewis | 1101 N 38th St | (215) 685-7654
CobbsCreek | 280 Cobbs Creek | (215) 685-1983
Conestoga | 5200 Media St | (215) 685-0146
Granahan | 338 N 65th St | (215) 685-1990
Laura Sims | 200 S 63rd St | (215) 685-1995
Lee Cultural Ctr | 4328 Haverford | (215) 685-7655

Miles Mack | 732 N 36th St | (215) 685-7654
Mill Creek | 743 N 48th St | (215) 685-0260
Papa | 6839 Landsdowne Ave | (215) 685-0141
Shepard | 5700 Haverford Ave | (215) 685-1992
Smith Memorial | 33rd & Oxford | (215) 765-4325
Tustin | 5901 W Columbia Ave | (215) 685-0258
West Mill Creek | 5100 Parrish St | (215) 685-0186
Wright | 3320 Haverford Ave | (215) 685-7686

Center City

Markward | 400 S Taney St | (215) 685 – 6649
Seger | 1000 Lombard St | (215) 686 – 1780
Starr Garden | 600 Lombard St | (215) 686–1782

South Philadelphia

Anderson | 740 S 17th St | (215) 685-6594
Barry | 1800 Johnston St | (215) 685-1886
Capitolo | 900 Federal St | (215) 685 - 1883
Chew | 1800 Washington Ave | (215) 685-6596
Columbus Sq | 1200 Wharton St | (215) 685-1890
D Finnegan | 1231 S 30th St | (215) 685-1896
Disilvestro | 1701 S 15th St | (215) 685-1598
Guerin | 2201 S 16th St | (215) 685-1894
Hawthorne | 1200 Carpenter St | (215) 685-1848
Murphy | 300 Shunk St | (215) 685-1874
Palumbo | 700 S 9th St | (215) 686-1783
Sacks | 400 Washington Ave | (215) 685-1889
Shot Tower | 101 Carpenter St | (215) 685-1592
Smith | 2100 S 24th St | (215) 685 - 1898
Vare | 2600 Morris St | (215) 685-1876
Wharton Sq | 2300 Wharton St | (215) 685-1888

Southwest Philadelphia

48th & Woodland | 4740 Woodland | (215) 685-2692
Cibotti | 7700 Elmwood Ave | (215) 685-4194
Eastwick | 74th St & Lindbergh Ave | (215) 685-4194
Eastwick Regional | 80th & Mars Pl | (215) 685-4193
J. Finnegan | 6801 Grovers Ave | (215) 685-4191
Kingsessing | 4901 Kingsessing | (215) 685-2694
McCreesh | 6744 Regent St | (215) 685-2696
Myers | 5800 Chester Ave | (215) 685-2698
Pepper | 8400 Lyons Ave | (215) 685-4195



Performances

Whether you choose drama, comedy or music, watching a performance can be a great way to enjoy yourself with friends and family. Below are a few places you can find entertainment at a reasonable price.

Curtis Institute of Music
1726 Locust St
(215) 893-5252
commonroom.curtis.edu

The Curtis Institute is a music school for exceptionally talented musicians. If you enjoy classical music, consider attending a free recital or concert.



Free Library – Main Library
1901 Vine St
(215) 686-5322
www.freelibrary.org

On select Sundays, the Free Library's Main Library hosts Sundays On Stage, a variety of performances including music, dance, and plays appropriate for all age groups.



Kimmel Center
1500 Walnut St
(215) 790-5800
www.kimmelcenter.org

The Kimmel hosts free music performances and events. Enjoy jazz, piano, classical and even high school bands and a diversity of events, including fashion shows, discussion groups and award presentations.



Walnut St Theatre
825 Walnut St
(215) 574-3550
www.walnutstreettheatre.org

The Walnut St Theater is the oldest theater in the US. \$10 tickets are available for every main-stage performance. Half price tickets can be purchased on the day of a performance, using promo code DAYWST. Day-of-show tickets for the Independence Studio on 3 are \$20, with promo code DAYSTU.



Wilma Theater
265 S Broad St
(215) 546-7824
www.wilmatheater.org

The Wilma’s productions represent a range of voices, viewpoints, and styles. Discounted tickets include, \$25 Rush Tickets (purchased 30 minutes prior to performance) and students can get discounts as low as \$10.



WXPN
3025 Walnut St
(215) 222-1400
www.xpn.org

WXPN is Philadelphia’s premier venue for independent musicians and welcomes guests to free concerts every Friday at noon. Registration is necessary. Call or visit the website to register.



Reading

Readers can escape reality by hopping from line to line in a great book. Reading also helps you gain a greater understanding of the world and helps you build a strong brain. For cheap books, try thrift stores. Visit the Shopping – Thrift Stores section of this manual for locations. The Adult Education Courses section of this manual lists opportunities to increase literacy skills. Book clubs are great ways to socialize. Discuss book clubs in your area with your local library and bookstores. You might find a religious book club at your church or temple. MeetUp is another great resource for starting or joining a group.
www.meetup.com

Book Corner
1901 Vine St
(215) 567-4562
www.libraryfriends.info

The store has a great selection and all books are \$1, \$2, or \$3. The store is organized, clean and the staff is super friendly and helpful.



Book Trader
7 N 2nd St
(215) 925-2080

This two level used book shop is a winding maze of treasures for the book (and vinyl) lover inside of you.



Molly's Bookstore
1010 S 9th St
(215) 923-3367

In the heart of the Italian Market, this bookstore is full of eclectic and out of print books. You can also find bins of books for \$2.



Mostly Books
529 Bainbridge St
(215) 238-9838
www.mostlybooksphilly.com

Mostly Books' visitors can geek-out, winding their way through room after room of books, DVD's, music, photographs, art and more. The building is partially wheelchair accessible.



Philly AIDS Thrift
710 S 5th St
(215) 922-3186

In addition to clothing, home goods and practically everything else, Philly AIDS Thrift has a large book selection priced as low as 25 cents! Visit the dollar room for the least expensive books. Proceeds support HIV/AIDS organizations.



Port Richmond Books
(215) 425-3385
www.portrichmondbooks.com

Over 200,000 used books line the shelves of a converted silent-movie house. If you love the feel of winding aisles of seemingly endless books and old jazz playing on aged vinyl, this is the place for you.



Free Library of Philadelphia

In addition to a wide range of books and reading materials, the Philadelphia Public Library offers resources, including: computer and internet access, performances, educational classes, music, DVD's and more. Programming is available for all ages and most are offered free of charge. Contact your local branch to learn about opportunities are offered and how to participate.

705 East Cathedral Road | (215) 685-2552
5800 Cobbs Creek Parkway | (215) 685-1973
6304 Castor Avenue | (215) 685-1471
10199 Bustleton Avenue | (215) 685-0472
2320 Cecil B. Moore Avenue | (215) 685-2766
1901 Vine St | (215) 686-5322
3320 Haverford Avenue | (215) 685-7436
932 South 7th St | (215) 686-1766
8711 Germantown Avenue | (215) 685-9290
6017 Ogontz Avenue | (215) 685-3566
2851 Island Avenue | (215) 685-4170
3501 Midvale Avenue | (215) 685-2093
1217 East Montgomery Ave | (215) 685-9990
501 Rhawn St | (215) 685-0547 |
4634 Frankford Avenue | (215) 685-1473
2437 South Broad St | (215) 685-1758
5501 North 5th St | (215) 685-2846
446 North 65th St | (215) 685-1970
5543 Haverford Avenue | (215) 685-1964
7810 Frankford Avenue | (215) 685-8756
18 S. 7th St | (215) 685-1633
68 West Cheltenham Avenue | (215) 685-2150
11099 Knights Road | (215) 685-9383
104 West Dauphin St | (215) 685-9996
1201 South 51st St | (215) 685-2690
6098 Rising Sun Avenue | (215) 685-0549
601 West Lehigh Avenue | (215) 685-9794

1333 Wagner Avenue | (215) 685-9156
6945 Germantown Avenue | (215) 685-2095
125 South 52nd St | (215) 685-7433
601 East Indiana Avenue | (215) 685-9995
3720 North Broad St | (215) 685-9790
2228 Cottman Avenue | (215) 685-0522
6614 North 12th St | (215) 685-2848
7422 Haverford Avenue | (215) 685-0182
6942 Woodland Avenue | (215) 685-2662
1905 Locust St | (215) 685-6621
1201 South 23rd St | (215) 685-1899
600 West Girard Avenue | (215) 686-1768
2987 Almond St | (215) 685-9992
6245 Ridge Avenue | (215) 685-2550
6742 Torresdale Avenue | (215) 685-8755
1935 Shunk St | (215) 685-1755
3079 Holme Avenue | (215) 685-0494
1500 Wadsworth Avenue | (215) 685-9293
201 South 40th St | (215) 685-7671
9233 Roosevelt Boulevard | (215) 685-0498
2000 Washington Lane | (215) 685-2843
200 Snyder Avenue | (215) 685-1754
2808 West Lehigh Avenue | (215) 685-9799
5325 Overbrook Avenue | (215) 685-0298
231 East Wyoming Avenue | (215) 685-9158

Library for the Blind and Physically Handicapped
919 Walnut St | (215) 683-3213



Religious

Philadelphia is home to many religions and houses of worship. If you find meaning and spirituality in a faith, you might enjoy getting involved by joining a choir or volunteering.

Baptist | Baptist Association | 8711 Ridge Ave | (215) 482-8222 | www.philadelphiabaptist.org

Buddhist | www.philabuddhist.org | info@philabuddhist.org

Catholic | Archdiocese of Philadelphia | 222 North 17th St | (215) 587-3600 | www.archphila.org

Episcopal | Episcopal Diocese of PA | 7301 Germantown Ave | (215) 627-6434 | www.diopa.org

Hinduism | Samarpan Temple | 6515 Bustleton Ave | (215) 537-9537 | www.samarpantemple.org

Islam | Muslim Community Center | 3130 N Broad St | (267) 259-2209 | myumalik@aol.com

Jewish | Jewish Federation of Greater Phila | 2100 Arch St | (215) 832-0500 | www.jewishphilly.org

Quaker | Friends General Conference | 1216 Arch St, #2B | (215) 561-1700 | www.fgcquaker.org

Unitarian | First Unitarian | 2125 Chestnut St | (215) 563-3980 | www.philauu.org

Non-denominational churches that are inclusive of all people:

Broad St Ministry | 315 S Broad St | (215) 735-4847 | www.broadstministry.org

Circle of Hope | locations in Frankford area, S Philly and NJ | (215) 468-2726 | www.circleofhope.net

Epic | locations in Manayunk, Center City and Roxborough | 215-525-9193 | www.epicwired.net



Running

Running is a wonderful cardiovascular exercise. It gets your heart pumping and your muscles moving. You can join a gym or visit a nature trail. Or you can simply tie your shoe laces and pound the pavement, as Philadelphia's sidewalks typically provide ample space for runners.

Philly Runners

info@phillyrunners.org

www.phillyrunners.org

This group is for people of various skill levels. They meet at the Philadelphia Museum of Art on Tues/Thurs at 6:30pm and Sat at 9am, Labor Day to Memorial Day, 8am after. Visit their website to confirm meeting times.



Road Race Runner

www.roadracerunner.com

Philadelphia hosts many races throughout the year. Road Race Runners' website provides a calendar of upcoming races throughout the country. Most races charge an entry fee.



Sports Leagues

Sports leagues offer a variety of sports. Typically, you select your sport and skill level, pay your dues and commit to playing with your team for a season. It's a great way to meet new people, exercise and enjoy yourself. Philly teams include: swimming, baseball, soccer, football, volleyball, hockey, ultimate Frisbee, badminton, corn hole and more. Philadelphia Parks and Recreation also offer leagues.

Philadelphia Sport & Social
(215) 483-9340
www.playphillysports.com

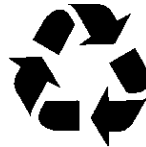
League sports. Seasonal fees vary between approximately \$50-\$100 per-season. Competitive levels range from just for fun to competitive.

Philadelphia Sports Network
(267) 291-4776
www.philadelphiasportsnetwork.com

League sports. Seasonal fees vary between approximately \$50-\$100 per-season. Competitive levels range from just for fun to competitive.

Stonewall Sports
www.stonewallphilly.com

Stonewall Sports is a non-profit community sports organization focused on providing safe spaces for LGBTQIA (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and Ally) individuals.



Shopping – Thrift Stores & Flea Markets

Whether you're looking for a deal on good quality items or options to meet a unique fashion sense, thrift stores might be the place to find what you're searching for. Philadelphia offers great thrift stores. Below are a few of our finest, where you'll find clothing, home furnishings, books, music, electronics and more.

Circle Thrift
2233 Frankford Ave
(215) 423-1222 &
1125 S Broad St
(215) 468-0645

Circle Thrift has a selection of items for the home, clothing, books, music and more. They are associated with the Circle of Hope ministry whose mission is to inspire people through services and sober gatherings. The Broad Street location is partially wheelchair accessible.



Good Will
2601 S Front St
(215) 463-5054

Goodwill Thrift Stores offer everything you can imagine and their mission is to hire disadvantaged people and help them gain work skills.



Philly AIDS Thrift
710 S 5th St
(215) 922-3186

This funky shop offers items for the funky hipster and the sophisticate. Find clothing for as low as \$1 and books priced as low as 25 cents!



Philly Flea Market
(215) 625-3532
www.philafleamarkets.org

100+ vendors sell treasures, of clothing, furniture, jewelry, books, music... Winter market (8th & Spring Garden), Spring and Fall markets (various locations), Sundays, April-Nov (Roosevelt Mall, Cottman & Roosevelt).



Quaker City Flea Market
5001 Comly Street
www.quakercityfleamarket.com

Find true bargains on antiques, collectables, toys and tube socks. The indoor/outdoor market is open Fridays, 7-2, Saturdays and Sundays, 7-4.



ReStore
2318 Washington Ave
(215) 739-9300

ReStore sells new and used furniture, appliances, building supplies, home goods and more. Profits are used to build and repair homes in Philadelphia.



Second Mile
210 S 45th St &
214 S 45th St
(215) 662-1663

Find everything from housewares to clothing, and electronics. The store provides opportunities for people working toward recovery and reentry.



Uhuru Furniture & Collectables
832 N Broad St
(215) 546-9616

Uhuru has most of things you need for the home, including furniture, lighting, dishes and flatware. Location is partially wheelchair accessible.





Swimming

Many gyms and buildings have pools for a fee. Below is a list of Philadelphia's free public pools, open during the summer months. For information about open times for adult and family swim, call or visit the website: <http://www.phila.gov/ParksandRecreation/placestogo/facilities/Pages/SwimmingPools.aspx>

Kensington, Bridesburg, Richmond

Bridesburg | 4625 Richmond St | (215) 685-1247
Cione | 2600 East Aramingo Ave | (215) 685-9880
Cohox | 2889 Cedar St | (215) 685-9884
Heitzman | 2136 Castor Ave | (215) 685-1244
McVeigh | 400-64 E. Ontario St | (215) 685-9896
Piccoli | 1501 E. Bristol St | (215) 685-1249
Samuel | 3539 Gaul St | Phone: (215) 685-1246
Scanlon | 1099 E Venango St | (215) 685-9893

Center City

O'Connor | 26th and South St

Far Northeast

Jacobs | 4500 Linden Ave | (215) 685-8748
Lackman | 1101 Bartlett St | (215) 685-0370
Mitchell | 3700 Whitehall Lane | (215) 685-9394

Germantown, Chestnut Hill

Awbury | 6101 Ardleigh St | (215) 685-2895
L Young | 1100 E Cheltenham Ave | (215) 685-2236
Pleasant | 6720 Boyer St | (215) 685-2230

Lower North Philadelphia

Amos | 1817-59 N. 16th St. | (215) 685-2708
Athletic | 1401-55 N. 26th St. | (215) 685-2709
C.B. Moore | 2551 N 22nd St | (215) 685-9755
Cruz | 1431 N 06th St | (215) 685-2759
Dendy | 1501-39 N. 10th St. | (215) 685-2763
East Poplar | 820 N 08th St | (215) 686-1786
Francisville | 1737 Francis St | (215) 685-2762
H Gathers | 2501 W Diamond St | (215) 685-2710
Hancock | 147 Master St | (215) 685-9886
Mander | 2140 N. 33rd St. | (215) 685-3894
MLK | 2101 Cecil B. Moore | (215) 685-2733
N. Liberties | 321 Fairmount Ave | (215) 686-1785
Penrose | 1101 W Susquehanna | (215) 685-2711

Near North East

American | 6201 Torresdale | (215) 685-8733
Houseman | 5091 Summerdale | (215) 685-1240
Max Myers | 1601 Hellerman St | (215) 685-1242
Simpson | 1010 Arrott St | (215) 685-1223

Fox Chase | 7901 Ridgeway St | (215) 685-0575
Jardel | 1400 Cottman Ave | (215) 685-0596
Lawncrest | 6000 Rising Sun Ave | (215) 685-0597

Olney, Oak Lane

Belfield | 2109 W Chew Ave | (215) 685-2220
Cherashore | 851 W Olney Ave | (215) 685-2897
Feltonville | 231 E Wyoming Ave | (215) 685-9150
Morris | 1610 W Cheltenham Ave | (215) 685-2891
Ziehler | 200-64 E. Olney Ave | (215) 685-9145

Roxborough, Manayunk

Hillside | 201 Fountain St | (215) 685-2595
Kendrick | 5822-24 Ridge Ave | (215) 685-2584

South Philadelphia

Barry | 1800 Johnston St | (215) 685-1886
Chew | 1800 Washington Ave | (215) 685-6596
Marian Anderson | 740 S 17th St | (215) 685-6594
Murphy | 300 Shunk St | (215) 685-1874
Sacks | 400 Washington Ave | (215) 685-1889
Stinger Square | 32nd & Dickinson
Vare | 2600 Morris St | (215) 685-1876

Southwest Philadelphia

Christy | 728 S 55th St | (215) 685-1997
J. Finnegan | 6801 Groves Ave | (215) 685-4191
Kingsessing | 4901 Kingsessing | (215) 685-2694
Myers | 5800 Chester Ave | (215) 685-2698

Upper North Philadelphia

12th & Cambria | 2900 N 11th St | (215) 685-9780
Hunting Park | 900 Hunting Park | (215) 685-9153
Schmidt | 113-23 W Ontario St | (215) 685-9895
Shuler | 3000 N 27th St | (215) 685-9750

West Philadelphia

Baker | 5431-43 Lansdowne Ave | (215) 685-0261
Carousel House | 1701 Belmont | (215) 685-0160
Cobbs Creek | 280 Cobbs Creek | (215) 685-1983
Lee | 4328 Haverford Ave | (215) 685-7655
Mill Creek | 743-81 N 48th St | (215) 685-0260
Shepard | 5700 Haverford Ave | (215) 685-1992
Tustin | 5901 W Columbia Ave | (215) 685-0258

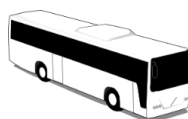


Tai Chi

Tai Chi movements are slow and intentional, exercising the body and focusing the mind.

Tai Chi class
6614 N 12th St
(215) 685-1284
www.freelibrary.org

The library offers free tai chi classes. Call or visit the website for details and to ask about other fitness classes.



Travel

Philadelphia is surrounded by amazing cities. Consider low cost options to explore our neighboring cities.

Wanderu
www.wanderu.com

Wanderu can help you to get the lowest priced tickets for bus and train tickets, even on last minute travel. Purchase tickets on-line.

Discount Bus Companies (travel cheaply, book online, buses have Wifi and power outlets)

Megabus | www.megabus.com

Bolt Bus | www.boltbus.com

Greyhound | www.greyhound.com



Volunteer

Volunteering can provide feelings of purpose and meaning while socializing and meeting people.

American Red Cross
2201 Chestnut St
(215) 299-4000
www.redcross.org

Volunteers are a part of everything the Red Cross does, including office work, outreach and blood drive events, helping victims of disasters, CPR and water safety training, STD prevention education, and event planning.



Habitat for Humanity
1829 N 19th St
(215) 765-6000

Habitat for Humanity volunteers help at the ReStore resale shops and those with construction experience can help at construction zones.



Hunger Coalition
(215) 769-0659
www.hungercoalition.org

Volunteers help get food on the tables of families in need by volunteering in the office, at special events, and pantries throughout Philadelphia.



MANNA
2323 Ranstead St
(215) 496-2662 *138
www.mannapa.org

MANNA cooks and delivers nutritious meals and provides nutritional counseling to neighbors battling life-threatening illnesses. Volunteers prepare and deliver meals, and provide office and special event support.



PAWS
100 N 2nd St
(215) 238-9901 *30
2900 Grays Ferry Ave
(215) 298-9680 *0

If you love animals, you can become a PAWS volunteer where you will assist at adoption events, bathe and walk animals, transport to foster homes or adoption locations, and/or provide administrative support.



Philabundance
(215) 339-0900
www.philabundance.org

Philabundance volunteers sort foods, staff pantries, harvest crops and provide office and special event support throughout Philadelphia. Call or email for details about locations and volunteering.



Philly AIDS Thrift
710 S 5th St
(215) 922-3186
phillyaidsthift@aol.com
www.phillyaidsthift.com

Philly AIDS Thrift raises funds to support local HIV/AIDS organizations. An eclectic mix of volunteers greet customers, sort donations and keep the store clean and organized. Call or stop in the store for more information on volunteering.



Volunteer Organizations – Organizations below offer volunteer opportunities with no commitment. Location, costs (usually free), accessibility and appropriateness for children are relative to each project.

Serve Philadelphia | (215) 686-0317 | www.serve.phila.gov

One Brick | www.philadelphia.onebrick.org

Volunteer Match | www.volunteermatch.org



Walking

Walking is a great form of exercise and Philly is a great place to walk. Many people like randomly exploring neighborhoods, others want a destination. If you are getting to know a new area, pay attention to natural landmarks, like buildings and stores, to help you find your way and avoid getting lost. Also consider walking in the parks and nature trails listed in this manual. Or, select an activity that you want to do and walk to the location instead of driving. Below are a few other things that might help you stay motivated to walk.

Mural Arts Philadelphia offers tours by foot, public transportation and segue. Or, you can download a free map for a self-guided walking tour of Philly's murals. www.muralarts.org/self-guided | (215) 685-0750

Geocaching is an app you can download onto your phone. There are free and paid versions. Geocaching turns your phone into a scavenger hunt. You use a map to locate items that have been left around the city.

Accupedo Pedometer is another app that you can download to your phone. It counts your steps. Make a goal to reach 10,000 steps per day or to increase your steps during the next few weeks!



Writing

Writing can be a fun way to exercise your brain power and your creativity. To write, you don't need anything more than a pen and paper. Consider joining a group to process your thoughts and create your best work. For information on other writing groups, talk with the staff at your local library or visit the websites listed below.

Writing Groups

Women's Writing Workshops | womenwritephilly@gmail.com

Moonstone & Apiary | www.phillyliterarycalendar.com

Phila Writers MeetUp | Old 1st Reformed Church (4th & Race) | First Sat, 2pm | www.meetup.com/writers-362



Strength Training & Fitness

Strengthen your body and maintain your weight by exercising at a gym or with a group. When you join a gym, the staff can show you how to use machines and help you create a plan to reach your personal fitness goals. Contact the locations below to ask about wheelchair accessibility.

November Project

www.november-project.com

Meet exercise enthusiasts for outdoor fitness groups on Wed and Fri at 6:25am. Wed groups meet at the Philadelphia Museum of Art steps. Fri groups meet at various locations. Learn about upcoming groups at: www.facebook.com/NovemberProjectPHL/

Salvation Army Kroc Center

Corps Community Center

4200 Wissahickon Ave

(215) 717-1200

www.use.salvationarmy.org/use/www_use_KrocCenterPA.nsf

The Salvation Army's Kroc Center has art classes, fitness facilities, sports fields, and an amazing pool with a water park for kids. It also has a horticulture area, interactive leadership and educational opportunities. The building and grounds are beautiful. Scholarships are available. Contact the center for a tour and for details.



Planet Fitness

(267) 639-4851

www.planetfitness.com

Planet Fitness offers first class weight training and cardiovascular machines for just \$10 monthly membership + initiation and annual fees.

Locations in Fishtown, Germantown, Mayfair, Park West, Red Lion Road, Rising Sun, Roxborough & South Philly.



YMCA

(800) 872-9622

www.ymca.org

The YMCA provides educational and physical activity opportunities for the whole family. Call to find a location near you and to ask about scholarships and programming.





Yoga

Yoga can increase strength, balance and flexibility. Most instructors will offer modifications for movements, allowing participation at any skill levels. For free fitness instruction, the Free Library hosts classes and lends videos and books. Or use your computer to search for “Exercise” or “Yoga” on YouTube.

Philly Yoga Factory

1520 Sansom St

(215) 977-9642

www.yogaphiladelphia.com

Philly Yoga factory offers classes for donations, the suggested donation is \$10 per class. Mat rentals are free and towel rentals are \$2.



Studio 34

4522 Baltimore Ave

(215) 387-3434

www.studio34yoga.com

Studio 34 makes yoga available to everyone with work exchange. 2 hours of work (front desk, cleaning, computers) are exchanged for a class.



Maha Yoga

1700 Sansom St

(215) 864-0770

A convenient location in the heart of Center City, expert and dedicated instructors and community donation classes for \$5, Maha is a great studio.



Outdoor Yoga

Experience yoga in parks and on the waterfronts during the spring, summer and fall. Some groups are free, but accept donations. Check websites for upcoming events and to discuss accessibility.

The Porch (30th St Station) | (215) 243-0555 | www.universitycity.org

The Piazza and various locations hosted by Dhyana Yoga | (215) 496-0770 | www.dhyana-yoga.com

Race Street Pier & the Delaware Riverfront | www.delawareriverwaterfront.com/events

Schuylkill River | www.facebook.com/groups/YogaOnTheBanks

Various Farmer’s Market Locations | www.yogaonthebanks.com/yoga-at-the-market

Lemon Hill | www.myphillypark.org/events

Philadelphia Museum of Art | (215) 763-8100 | www.philamuseum.org/wednesdaynights

Yoga at the Oval (by the Philadelphia Museum of Art | www.theovalphl.org

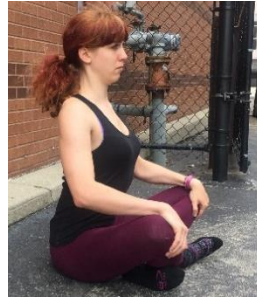
Wholefoods \$5 Rooftop yoga | www.yogagardenphilly.com/rooftop-yoga-at-whole-foods

Navy Yard | www.navayogacenter.com

Yoga with Katie - Katie leads free and paid yoga classes throughout Philadelphia. Below, she offers poses and encourages you to try them. For more information, contact Katie at kpizziketti@gmail.com.



Cat



Cow



Summit



Crescent



Boat



Mountain



Downward Dog



Plank, knees down



Forward Fold



Yoga Jacks 1



Yoga Jacks 2



Warrior 2



Ext. Side Angle



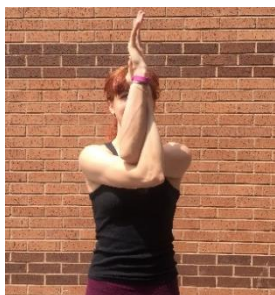
Tree



Power Pose



Dancing Yogi



Eagle Arms



Holy Cow



Easy Pose



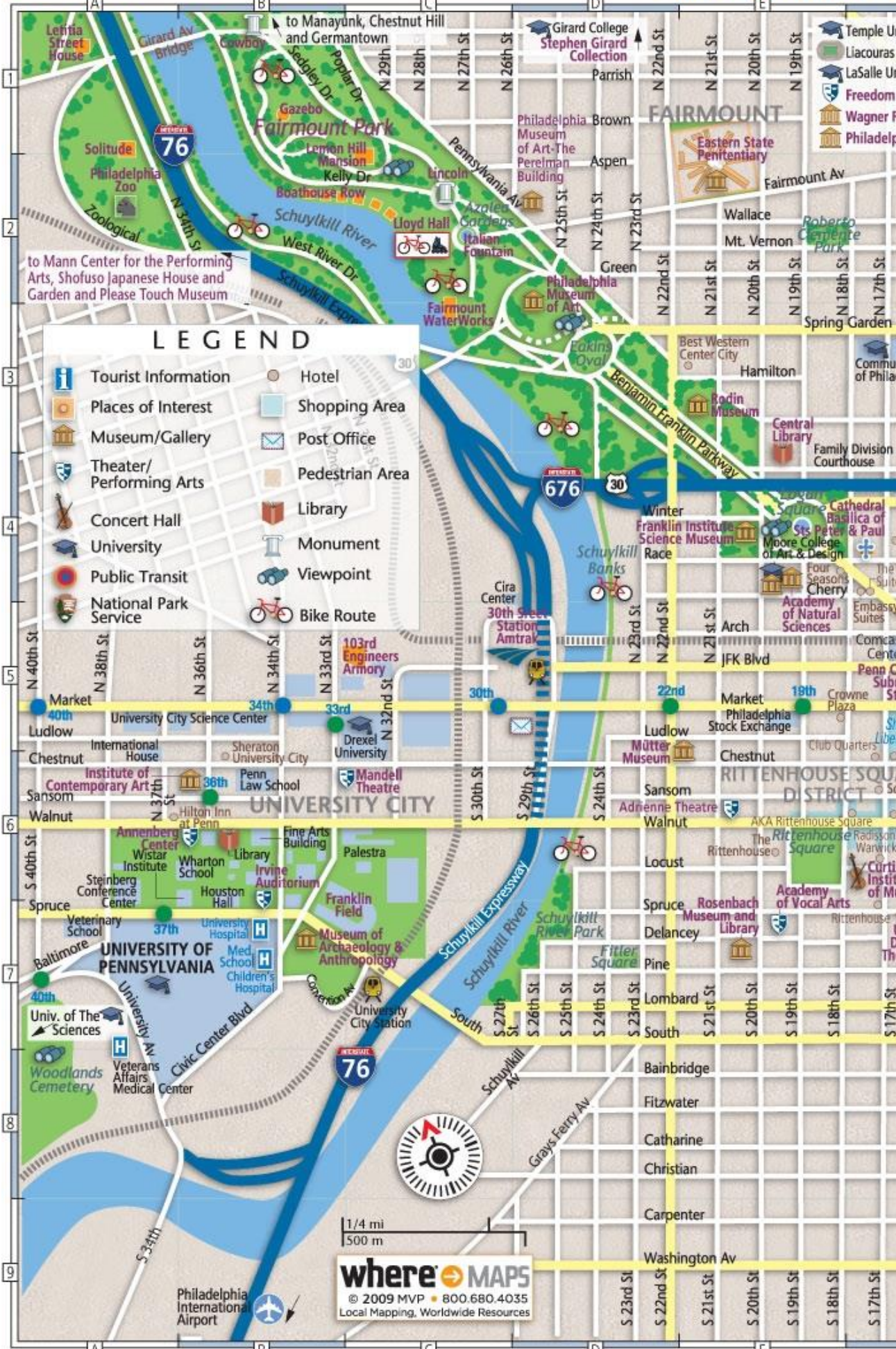
Twisted Easy Pose



Philadelphia – A City of Neighborhoods

Philadelphia is often referred to as a city of neighborhoods. Each neighborhood has its own personality, its own food, recreational opportunities and even its own accent(s) and slang. You might explore different areas while playing sports, attending dance classes, shopping or searching for the city's best cheesesteak. By exploring new neighborhoods, you increase your opportunities to meet new people and try new things.





VN PHILADELPHIA



SOUTH PHILLY

- American Swedish Historical Museum
- Lincoln Financial Field, Eagles
- Citizens Bank Park, Phillies



SEPTA offers transportation throughout Philly. Base cost for riding local transport is \$2.25. Save money by purchasing tokens, \$1.80 each and transfers for \$1 each. For information or help planning your next trip: www.septa.org | (215) 580-7800

Train, Subway & Trolley Map

