

# April 2017

# New Horizons

Borough Hall: 100 Conway Ave, 2<sup>nd</sup> Floor, Narberth, Pa 19072

Mailing Address: PO Box 85, Narberth, PA

610-664-2366 \* [www.newhorizonsseiorcenter.org](http://www.newhorizonsseiorcenter.org)

*Stay Fit, Make Friends, Have Fun!*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>10:15 Bridge 10:30 Healthy Steps 10:30 <b>Full Circle Support Group</b> w/ Janet Levit, MSW, LCSW Find meaning and purpose in your later years 1:00 Tai Chi &amp; QiGong Lessons for all levels – Beginners through Advanced 1:00 <b>Transitions &amp; Changes Discussion Grp</b> with Loisann Furgess-Oler <i>Create well being in the midst of life changes.</i></p>	<p><b>4</b></p> <p>9:30 <b>Private Counseling</b> Joan Niles, LCSW, by appt. 10:00 <b>Glee Club</b> 1:00 <b>Computer Tutorials</b> with Gerry Hebert 30 min. sessions by appt. \$5 memb/\$8 non-memb 1:00 <b>NEW!! Improv Theater Group</b> With Susan Zipin Have fun. Be creative! No experiencenecessary 1:00 <b>Scrabble</b></p>	<p><b>5</b></p> <p>9:30 <b>Grocery Shopping</b> Door to Door service - by appt. 10:00 <b>Creative Writing</b> 10:30 <b>Tai Chi &amp; QiGong</b> Current participants only 1:00 <b>Medicare 101</b> Learn about your Options, eligibility, and more. Q&amp;A Bring your Questions! Ilene Brouda of APPRISE</p>	<p><b>6</b></p> <p>10:00 <b>Knitting and Crocheting Group</b> with Chris Jackson 10:30 <b>Gentle Yoga</b> 12:00 <b>Bridge</b> 12:00 <b>Private Counseling</b> Joan Niles, LCSW, by appt. 1:00 <b>Healthy Steps in Motion Class</b></p>	<p><b>7</b></p> <p>10:00 <b>Walking Club</b> Call Center to confirm 10:00 <b>Caregiver Support Group</b> Dr. Claudia Jorge and Nancy Boxer, Psychotherapist <i>Caring for a loved one? Feeling stressed? Overwhelmed? Looking for a place to vent and share?</i> 12:30 <b>Play Pinochle</b> 1:00 <b>Narberth Borough Garden</b> w/ Nancy Grundahl <i>Help beautify Narberth Borough Hall. Be part of a team to plan, plant and maintain the garden.</i></p>
<p><b>10</b></p> <p>10:15 Bridge 10:30 Healthy Steps 10:30 <b>Full Circle Support Group</b> w/ Janet Levit, MSW, LCSW Find meaning and purpose in your later years 1:00 Tai Chi &amp; QiGong Lessons for all levels – 1:00 <b>World &amp; National Affairs Discussion Group</b> with Howard Brouda Discuss current world issues</p>	<p><b>11 PASSOVER STARTS</b></p> <p>9:30 <b>Private Counseling</b> Joan Niles, LCSW, by appt. 10:00 <b>Glee Club</b> 1:00 <b>Computer Tutorials</b> with Gerry Hebert 30 min. sessions by appt. \$5 members/\$8 non-members 1:00 <b>Coloring Club</b> Alternative to meditation With Linda Schwartz</p>	<p><b>12</b></p> <p>9:30 <b>Grocery Shopping</b> Door to Door service - by appt. 10:00 <b>Creative Writing</b> 10:30 <b>Tai Chi &amp; QiGong</b> Current participants only 1:00 <b>Ask the Doctor: Hearing Healthcare</b> Dr. Jillian Schmidt, Au.D. Mainline Audiology Types of hearing loss, improve hearing, prevention, dizziness and more + Q &amp; A</p>	<p><b>13</b></p> <p>10:00 <b>Knitting and Crocheting Group</b> 10:30 <b>Gentle Yoga</b> 12:00 <b>Bridge</b> 12:00 <b>Private Counseling</b> Joan Niles, LCSW, by appt. 1:00 <b>Healthy Steps in Motion Class</b> 1:30 <b>Nutrition Committee</b> w/ Stephanie Howland Members give feedback about lunch program. All welcome!</p>	<p><b>14</b></p> <p><b>CENTER CLOSED</b> Good Friday</p> <p>Although we are closed ... feel free to call the center if you need any support or connection to resources!</p> 
<p><b>17</b></p> <p>10:15 Bridge 10:30 Healthy Steps 10:30 <b>Full Circle Support Group</b> w/ Janet Levit, MSW, LCSW Find meaning and purpose in your later years 1:00 Tai Chi &amp; QiGong Lessons for all levels – 1:00 <b>Transitions &amp; Changes Discussion Grp</b> with Loisann Furgess-Oler <i>Create well being in the midst of life changes.</i></p>	<p><b>18 PASSOVER ENDS, TAX DAY</b></p> <p>9:30 <b>Private Counseling</b> Joan Niles, LCSW, by appt. 10:00 <b>Glee Club</b> 1:00 <b>Computer Tutorials</b> with Gerry Hebert 30 min. sessions by appt. \$5 members/\$8 non-members 12:45 <b>Film Screening Cinderella</b> 2015 Adult version, directed by Kenneth Branagh <i>Discussion Wed. April 19</i></p>	<p><b>19</b></p> <p>9:30 <b>Grocery Shopping</b> Door to Door service - by appt. 10:00 <b>Creative Writing</b> 10:30 <b>Tai Chi &amp; QiGong</b> Current participants only 1:00 <b>Film Discussion Cinderella</b> Starring Lily James, Cate Blanchett, Helena Bonham Carter Discuss Classic Films w/ Dr. Mark Shulkin</p>	<p><b>20</b></p> <p>9:30 <b>Current Events</b> Coffee and Donuts served With Dana Hasness office of State Sen. Leach 10:00 <b>Knitting and Crocheting Group</b> 10:30 <b>Gentle Yoga</b> 12:00 <b>Bridge</b> 12:00 <b>Private Counseling</b> Joan Niles, LCSW, by appt. 1:00 <b>Healthy Steps in Motion Class</b></p>	<p><b>21</b></p> <p>9:30-12 <b>Medicare 1 on 1</b> w/ Ilene Brouda of APPRISE 45 min sessions by appt. 10:00 <b>Walking Club</b> 10:30 <b>Reverse Mortgages</b> w/ Jason Eichmiller Reverse Mortgage Specialist 12:30 <b>Play Pinochle</b> 1:00 <b>Computer Class: Online Security</b> With Gerry Hebert Learn simple strategies to protect your identity online</p>
<p><b>24</b></p> <p>10:15 Bridge 10:30 Healthy Steps 10:30 <b>Full Circle Support Group</b> w/ Janet Levit, MSW, LCSW Find meaning and purpose in your later years 1:00 Tai Chi &amp; QiGong Lessons for all levels – 1:00 <b>World &amp; National Affairs Discussion Group</b> with Howard Brouda Discuss current world issues and speak your mind!</p>	<p><b>25</b></p> <p>9:30 <b>Private Counseling</b> Joan Niles, LCSW, by appt. 10:00 <b>Glee Club</b> 1:00 <b>Computer Tutorials</b> with Gerry Hebert 30 min. sessions by appt. \$5 members/\$8 non-members 1:00 <b>Book Club</b> <i>How Green Was My Valley</i> By Richard Llewellyn 1:00 <b>R.S.V.P. Visits</b> Responding to Community Needs Through Volunteerism Learn about volunteer opportunities in our community. Volunteer and discover your passion; Share your talents; Change the World.</p>	<p><b>26</b></p> <p>9:30 <b>Grocery Shopping</b> Door to Door service - by appt. 9:30 <b>Low Cost Wills</b> Kathleen Valentine – by appt. 10:00 <b>Creative Writing</b> 10:30 <b>Tai Chi &amp; QiGong</b> Current participants only 12:45 <b>Massage</b> Chrissy Gormley-Winner 15 min. @ \$12 by appt. 1:00 <b>Healthy Cooking</b> <b>Springtime Salads</b> Including Fruit, Israeli, Picnic, Mediterranean Salads and more Sign up by April 24. EllenSue Jacobson Fee: \$6/\$8 nonmemb.</p>	<p><b>27</b></p> <p>10:00 <b>Knitting and Crocheting Group</b> 10:30 <b>Gentle Yoga</b> 12:00 <b>Bridge</b> 12:15 <b>Birthday Party</b> <i>For all April birthdays and anyone who likes cake.</i> 12:00 <b>Private Counseling</b> Joan Niles, LCSW, by appt. 1:00 <b>Healthy Steps in Motion Class</b></p>	<p><b>28</b></p> <p>10:00 <b>Walking Club</b> Call Center to confirm 12:30 <b>Play Pinochle</b> Learn to play! 1:00 <b>Mah Jongg</b> by advance sign-up</p> <hr/> <p><b>DAY TRIP</b> <b>Valley Forge Nat'l Park Guided Bus Tour</b> 9:15 - Depart NHSC Lunch - OYO \$14/\$16 nonmember</p> <p><i>Sign-ups begin March 20 \$5 Deposit due by April 21</i></p>

## FLOWER OF THE MONTH

**Did You Know?:** April, originally known as "Aprillis," comes from the Roman Calendar.

There are 2 theories for its origin:

1. It may refer to "aperio" which means "to open"--perhaps a reference to buds opening

