

July 2017






New Horizons for Active Adults

100 Conway Avenue, Narberth, PA 19072

(Mailing address: PO Box 85, Narberth, PA 19072)

610-664-2366 * www.newhorizonsseiorcenter.org

Stay Fit, Make Friends, Have Fun!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10:15 Bridge</p> <p>10:30 Healthy Steps in Motion Class</p> <p>10:30 Full Circle Support Group</p> <p>1:00 Tai Chi & QiGong Lessons for all levels Beginners through Advanced</p> <p>1:00 World and National Affairs Discussion Group With Robert Bond</p>	<p>4</p> <p>Happy Fourth of July!!!</p> 	<p>5</p> <p>9:30 Grocery Shopping Door to Door service - by appt.</p> <p>10:30 Tai Chi & QiGong Current participants only</p> <p>12:30 Game Day Chess, Pinochle, Scrabble, Mah Jongg please RSVP to confirm!!</p>	<p>6</p> <p>10- Computer Tutorials 12:30 with Gerry Hebert 30 min. by appt. \$5 members/\$8 nonmembers</p> <p>10:00 Knitting Group</p> <p>10:30 Gentle Yoga</p> <p>12:00 Bridge Lessons</p> <p>12:30 Private Counseling Joan Niles, LCSW, by appt.</p> <p>1:00 Healthy Steps</p>	<p>7</p>
<p>10</p> <p>10:15 Bridge</p> <p>10:30 Healthy Steps in Motion Class</p> <p>10:30 Full Circle Support Group</p> <p>1:00 Tai Chi & QiGong Lessons for all levels Beginners through Advanced</p> <p>1:00 Transitions & Changes Discussion Grp w/ Loisann Furgess-Oler Create well-being in the midst of life changes.</p>	<p>11</p> <p>9:30 Grocery Shopping Door to Door service</p> <p>JULY Birthstone: Ruby <i>The Ruby is one of the most valuable gemstones, and is said by some to bring love and success to those who wear it. Other sources say that the Ruby symbolizes passion and energy, or health and wisdom.</i></p>	<p>12</p> <p>10:00 Creative Writing</p> <p>10:30 Tai Chi & QiGong Current participants only</p> <p>12:30 TV Discussion: "MASH" w. Dr. Mark Shulkin View and discuss the issues within this TV series about the staff of an army hospital in the Korean War, who find that laughter is the best way to deal with their situation.</p> <p>Rosie's Senior Jamboree 11 - 2, South Ardmore Park Sponsored by Lower Merion Music, Games, Food, More!</p>	<p>13</p> <p>10- Computer Tutorials 12:30 with Gerry Hebert 30 min. by appt. \$5 members/\$8 nonmembers</p> <p>10:00 NO Knitting Group</p> <p>10:30 Gentle Yoga</p> <p>12:00 Bridge Lessons</p> <p>10:30 Gentle Yoga</p> <p>12:30 Private Counseling Joan Niles, LCSW, by appt.</p> <p>1:00 Healthy Steps in Motion Class</p>	<p>21</p>
<p>17</p> <p>10:15 Bridge</p> <p>10:30 Healthy Steps in Motion Class</p> <p>10:30 Full Circle Support Group</p> <p>1:00 Tai Chi & QiGong Lessons for all levels Beginners through Advanced</p>	<p>18</p>	<p>19</p> <p>9:30 Grocery Shopping Door to Door service - by appt.</p> <p>10:00 NO Creative Writing</p> <p>10:30 Tai Chi & QiGong Current participants only</p> <p>1:00 ACT III Rehearsal with Selma Savitz</p>	<p>20</p> <p>10- Computer Tutorials 12:30 with Gerry Hebert 30 min. by appt. \$5 members/\$8 nonmembers</p> <p>10:00 NO Knitting Group</p> <p>10:30 Gentle Yoga</p> <p>12:00 Bridge Lessons</p> <p>12:15 Birthday Party</p> <p>12:30 Private Counseling Joan Niles, LCSW, by appt.</p> <p>1:00 Healthy Steps</p>	<p>21</p>
<p>24</p> <p>10:15 Bridge</p> <p>10:30 Healthy Steps in Motion Class</p> <p>10:30 Full Circle Support Group</p> <p>1:00 Tai Chi & QiGong Lessons for all levels Beginners through Advanced</p>	<p>25</p>	<p>26</p> <p>9:30 Grocery Shopping Door to Door service</p> <p>Center Closed for Science Week</p> 	<p>27</p> <p>Center Closed for Science Week</p> 	<p>28</p>
<p>31</p> <p>10:15 Bridge</p> <p>10:30 Healthy Steps in Motion Class</p> <p>10:30 Full Circle Support Group</p> <p>1:00 Tai Chi & QiGong Lessons for all levels Beginners through Advanced</p> <p>1:00 World and National Affairs Discussion Group w/Robert Bond</p>	<p>Zodiac Symbols:</p> <p> Cancer the Crab (Water): July 1-July 21 Tenacious, Highly Imaginative, Loyal, Emotional, Sympathetic, Persuasive, Moody, Pessimistic</p> <p> Leo the Lion (Fire) July 22-Aug 21 Creative, Passionate, Generous, Warm-Hearted, Cheerful, Humorous, Arrogant, Stubborn</p>	<p>July 31- Aug 3 is a special Arts and Music Theme week!</p> <p>NH will close Aug 4 - Sept 5 for Summer Hiatus <i>The Center will continue to offer Weekly Grocery Shopping on Wednesdays in August. Please continue to call to sign up. We will re-open on Tuesday, September 5th with a host of programs to stretch your horizons!</i></p>		