

# October 2017

# New Horizons

Borough Hall: 100 Conway Ave, Narberth, Pa. 19072

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:15 Bridge</p> <p>10:30 Healthy Steps in Motion Class</p> <p>10:30 <b>Full Circle Support Group</b></p> <p>w/Janet Levit, MSW, LCSW Find purpose in your later yrs</p> <p>1:00 Tai Chi &amp; QiGong Lessons for all levels Beginners through Advanced</p> <p>1:00 <b>Play Pinochle</b></p>	<p>3</p> <p>9:30 <b>Private Counseling</b> Joan Niles, LCSW, by appt.</p> <p>10:00 <b>Glee Club</b></p> <p>1:00 <b>Computer Tutorials with Gerry Hebert</b></p> <p>30 min. sessions by appt. \$5 memb/\$8 non-memb</p> 	<p>4</p> <p>9:30 <b>Grocery Shopping</b> Door to Door service - by appt.</p> <p>10:00 Creative Writing</p> <p>10:30 Tai Chi &amp; QiGong Current participants only</p> <p>12:45 <b>Massage</b> Chrissy Gormley-Winner 15 min. @\$12, by appt.</p> <p>1:00 <b>Play Pinochle</b></p>	<p>5</p> <p>10:00 <b>NO Knitting and Crocheting</b></p> <p>10:30 Gentle Yoga</p> <p>12:00 Bridge</p> <p>12:30 <b>Private Counsel</b> Joan Niles, LCSW, by appt.</p> <p>1:00 Healthy Steps in Motion Class</p>	<p>6</p> <p>10:00 <b>Walking Club</b> Call Center to confirm</p> <p>10:00 <b>Caregivers Support Group</b> Dr. Claudia Jorge and Nancy Boxer, Psychotherapist Caring for loved ones? Feel overwhelmed? Vent &amp; Share</p> <p>12:30 <b>Game Day</b> sign up in advance for: <b>Pinochle, Mah Jongg, Scrabble, Chess</b></p>
<p>9</p> <p>10:15 Bridge</p> <p>10:30 Healthy Steps in Motion Class</p> <p>10:30 <b>Full Circle Support Group</b></p> <p>1:00 Tai Chi &amp; QiGong Lessons for all levels Beginners through Advanced</p> <p>1:00 <b>World and National Affairs Discussion Grp w/ Robert Bond</b> Discuss current world issues</p>	<p>10</p> <p>9:30 <b>Private Counseling</b> Joan Niles, LCSW, by appt.</p> <p>10:00 <b>Glee Club</b></p> <p>1:00 <b>Computer Tutorials w/Gerry Hebert</b></p> <p>30 min. by appt. \$5 memb/\$8</p> <p><b>DAY TRIP</b> <b>Tour of Beth Sholom</b> Designed by architect Frank Lloyd Wright 9:15 AM depart NHSC Lunch Chef Vargas, OYO Fee \$14 memb/\$17 nonmemb \$5 Deposit Due by Oct 6</p>	<p>11</p> <p>9:30 <b>Grocery Shopping</b> Door to Door service - by appt.</p> <p>10:00 Creative Writing</p> <p>10:30 Tai Chi &amp; QiGong Current participants only</p> <p>1:00 <b>Ask the Financial Advisor: Ty McGilberry</b> Wechsler, Marsico, Simpson Bring questions about financial planning, investing, avoiding scams, retirement, downsizing or anything else financial</p>	<p>12</p> <p>10:00 <b>NO Knitting and Crocheting</b></p> <p>10:30 Gentle Yoga</p> <p>12:00 Bridge</p> <p>12:30 <b>Private Counsel</b> Joan Niles, LCSW, by appt.</p> <p>1:00 Healthy Steps in Motion Class</p> 	<p>13 <b>NAVY BIRTHDAY</b></p> <p>10:00 <b>Walking Club</b> Call Center to confirm</p> <p>12:30 <b>Game Day</b> sign up in advance for: <b>Pinochle, Mah Jongg, Scrabble, Chess</b></p> <p>1:30 <b>Shiatsu Treatments</b> Stephanie Howland 20 min. @\$12 by appt</p> 
<p>16</p> <p>10:15 Bridge</p> <p>10:30 Healthy Steps in Motion Class</p> <p>10:30 <b>Full Circle Support Group</b></p> <p>w/Janet Levit, MSW, LCSW Find purpose in your later yrs</p> <p>1:00 Tai Chi &amp; QiGong Lessons for all levels Beginners through Advanced</p> <p>1:00 <b>Play Pinochle</b></p>	<p>17</p> <p>9:30 <b>Private Counseling</b> Joan Niles, LCSW, by appt.</p> <p>10:00 <b>Glee Club</b></p> <p>1:00 <b>Computer Tutorials with Gerry Hebert</b></p> <p>30 min. sessions by appt. \$5 memb/\$8 non-memb</p> <p>1:00 <b>Coloring Club</b> A creative alternative to meditation w/Linda Schwartz</p>	<p>18</p> <p>9:30 <b>Grocery Shopping</b> Door to Door service - by appt.</p> <p>9:30 <b>Low Cost Wills</b> Kathleen Valentine - by appt.</p> <p>10:00 Creative Writing</p> <p>10:30 Tai Chi &amp; QiGong Current participants only</p> <p>12:45 <b>Massage</b> Chrissy Gormley-Winner 15 min. @\$12, by appt.</p> <p>1:00 <b>Design Solutions For Clutter Free Living</b> w/ Ali Dabbagh, Designer</p>	<p>19</p> <p>9:30 <b>Current Events Coffee and Donuts served</b> With Dana Hasness, office of State Sen. Leach</p> <p>10:00 <b>NO Knitting and Crocheting</b></p> <p>10:30 Gentle Yoga</p> <p>12:00 Bridge</p> <p>12:30 <b>Private Counsel</b> Joan Niles, LCSW, by appt.</p> <p>1:00 Healthy Steps in Motion Class</p>	<p>20</p> <p>10:00 <b>Walking Club</b> Call Center to confirm</p> <p>12:30 <b>Game Day</b> sign up in advance for: <b>Pinochle, Mah Jongg, Scrabble, Chess</b></p> <p>1:00 <b>Medicare Counseling</b> Private 1 on 1 sessions Rob Wilder, APPRISE Call for appt.</p>
<p>23</p> <p>10:15 Bridge</p> <p>10:30 Healthy Steps in Motion Class</p> <p>10:30 <b>Full Circle Support Group</b></p> <p>1:00 Tai Chi &amp; QiGong Lessons for all levels Beginners through Advanced</p> <p>1:00 <b>Transitions &amp; Changes Discus. Grp</b> w/Loisann Furgess-Oler Create well-being in the midst of life changes.</p>	<p>24</p> <p>9:30 <b>Private Counseling</b> Joan Niles, LCSW, by appt.</p> <p>10:00 <b>Glee Club</b></p> <p>1:00 <b>Computer Tutorials with Gerry Hebert</b></p> <p>30 min. sessions by appt. \$5 memb/\$8 non-memb</p> <p>1:30 <b>Shiatsu Treatments</b> Stephanie Howland 20 min. @\$12 by appt</p>	<p>25</p> <p>9:30 <b>Grocery Shopping</b> Door to Door service - by appt.</p> <p>10:00 Creative Writing</p> <p>10:30 Tai Chi &amp; QiGong Current participants only</p> <p>1:00 <b>Medicare Updates Information Session</b> w/Rob Wilder Bring your questions! 1:00 Play Pinochle</p>	<p>26</p> <p>10:00 <b>NO Knitting and Crocheting</b></p> <p>10:30 Gentle Yoga</p> <p>12:00 Bridge</p> <p>12:30 <b>Private Counsel</b> Joan Niles, LCSW, by appt.</p> <p>12:30 <b>Birthday Party</b> For all October Birthdays and anyone who likes cake!</p> <p>1:00 Healthy Steps in Motion Class</p>	<p>27</p> <p>10:00 <b>Walking Club</b> Call Center to confirm</p> <p>12:30 <b>Game Day</b> sign up in advance for: <b>Pinochle, Mah Jongg, Scrabble, Chess</b></p> <p><b>DAY TRIP</b> <b>Peddler's Village</b> 9:00AM depart NHSC Lunch OYO, Location TBA Fee \$5 memb/\$7 nonmemb Sign up starts Oct 2</p>
<p>30</p> <p>10:15 Bridge</p> <p>10:30 Healthy Steps</p> <p>10:30 <b>Full Circle Support Group</b></p> <p>w/Janet Levit, MSW, LCSW Find purpose in your later yrs</p> <p>1:00 Tai Chi &amp; QiGong Lessons for all levels Beginners through Advanced</p> <p>1:00 <b>World and National Affairs Discussion Grp</b> w/Susan Bond Discuss current world issues</p>	<p>31 <b>HAPPY HALLOWEEN!!!</b></p> <p>9:30 <b>Private Counseling</b> Joan Niles, LCSW, by appt.</p> <p>10:00 <b>Glee Club</b></p> <p>1:00 <b>Computer Tutorials w/Gerry Hebert</b></p> <p>30 min. by appt., \$5 memb/\$8 non</p> <p>12:00 <b>Halloween Lunch Party</b> Enjoy Betty the Caterer's Ghoulishious Lunch followed by Raffles &amp; <b>Film Screening</b>: Arsenic &amp; Old Lace \$2.00 Sugg. Donation for lunch Advance Signup Requested</p>	<p><b>Save the Date!</b> Wednesday, November 1st</p> <p>1:00 <b>Film Discussion Arsenic and Old Lace</b> with Dr. Mark Shulkin</p> <p>Join other Film Enthusiasts and discuss this Classic!</p>	<p><b>Oct. Birthstone: Opal</b> Legend says that Opal fell from the heavens when lightning struck Earth. The stone symbolizes Confidence, Hope, Purity, &amp; Innocence. Its changing colors are believed to reveal the health &amp; mental state of the wearer, and the stone is said to control tempers and calm nerves. Opals were once worn to repel evil and protect vision. <b>Dream of an opal and good luck will come to you!</b></p>	<p><b>Zodiac Symbols:</b> <b>Libra the Balanced Scales (Air)</b> <b>Sept 23-Oct 22</b> Cooperative, Social, Diplomatic, Fair-Minded, Gracious, Indecisive, Non-Confrontational</p> <p><b>Scorpio the Scorpion (Water)</b> <b>Oct 23 - Nov 21</b> Resourceful, Brave, Passionate, True Friend, Secretive, Distrusting, Stubborn, Jealous</p>  