

September 2017

New Horizons

Borough Hall: 100 Conway Ave, Narberth, Pa. 19072
 610-664-2366 * www.newhorizonsseiorcenter.org
 (mailing address: PO Box 85, Narberth, PA 19072)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SEPTEMBER: Birthstone: <i>Sapphire</i> <i>A Sapphire is usually seen as deep blue, but it can actually be found in almost every color. In the Middle Ages, the gem was believed to represent loyalty and trust, and is still thought to symbolize wisdom, nobility and purity of the soul.</i></p>		<p>Zodiac Symbols: <i>Virgo the Virgin</i> Aug 21-Sept 22 Loyal, Analytical, Kind, Hardworking, Practical, Shy, Work-Oriented <i>Libra the Balanced Scales</i> Sept 23-Oct 22 Cooperative, Diplomatic Gracious, Fair-Minded, Social, Indecisive, Non-Confrontational</p> 	<p>LUNCH SERVED DAILY AT NOON \$2 Suggested Donation Enjoy 'eating out' with friends old and new at <i>New Horizons!</i></p>	<p>1 Center Closed</p>
<p>4 LABOR DAY Center Closed</p>	<p>5 9:30 Private Counseling Joan Niles, LCSW, by appt. 10:00 Glee Club 1:00 Computer Tutorials with Gerry Hebert 30 min. sessions by appt. \$5 memb/\$8 non-memb</p>	<p>6 9:30 Grocery Shopping Door to Door service - by appt. 10:00 Creative Writing 10:30 Tai Chi & QiGong Current participants only 1:00 World & National Affairs Discussion Grp With Robert Bond Discuss current world issues</p>	<p>7 10:00 NO Knitting Group 10:30 Gentle Yoga 12:00 Bridge Lessons 12:30 Priv. Counseling Joan Niles, LCSW, by appt. 1:00 Healthy Steps in Motion Class</p>	<p>8 10:00 Walking Club Call Center to confirm 10:00 Caregivers Support Group Dr. Claudia Jorge and Nancy Boxer, Psychotherapist Caring for loved ones? Feeling stressed or Overwhelmed? Vent & Share 12:30 Game Day Sign up in advance for: Pinochle, Mah Jongg, Scrabble, Chess</p>
<p>11 10:15 Bridge 10:30 Healthy Steps in Motion Class 10:30 Full Circle Support Group 1:00 Tai Chi & QiGong Lessons for all levels Beginners through Advanced</p>	<p>12 9:30 Private Counseling Joan Niles, LCSW, by appt. 10:00 Glee Club 12:30 Glee Club Board Mtg 12:45 Film Screening "The Birds" directed by Alfred Hitchcock 1:00 Computer Tutorials with Gerry Hebert 30 min. sessions by appt. \$5 memb/\$8 non-memb</p>	<p>13 9:30 Grocery Shopping 10:00 Creative Writing 10:30 Tai Chi & QiGong Current participants only 12:45 Massage Chrissy Gormley-Winner 15 min.@ \$12, by appt. 1:00 Film Discussion "The Birds" Discuss classic films with Dr. Mark Shulkin</p>	<p>14 9:30 Current Events Coffee and Donuts served With Dana Hasness, office of state Sen. Leach 10:00 Knitting Group 10:30 Gentle Yoga 12:00 Bridge Lessons 12:30 Priv. Counseling Joan Niles, LCSW, by appt. 1:00 Healthy Steps</p>	<p>15 DAY TRIP Mummers Museum 9:15 - Depart New Horizon Lunch: Iron Hill Brewery (OYO) Mem-\$10/Non-\$12 10:00 Walking Club Call Center to confirm 12:30 Game Day Sign up in advance for: Pinochle, Mah Jongg, Scrabble, Chess</p>
<p>18 CONSTITUTION DAY, 10:15 Bridge 10:30 Healthy Steps 10:30 Full Circle Support Group 1:00 Tai Chi & QiGong Lessons for all levels 1:00 Transitions & Changes Discussion Grp Loisann Furgess-Oler Create well-being in the midst of life changes</p>	<p>19 9:30 Private Counseling Joan Niles, LCSW, by appt. 10:00 Glee Club 1:00 Computer Tutorials with Gerry Hebert 30 min. sessions by appt. \$5 memb/\$8 non-memb 1:00 Book Club: "The Piano Tuner" by Daniel Mason lead by Christine Jackson</p>	<p>20 9:30 Grocery Shopping Door to Door service - by appt. 9:30 Low Cost Wills Kathleen Valentine-by appt 10:00 Creative Writing 10:30 Tai Chi & QiGong Current participants only 1:00 Act III Rehearsal 1:00 Scrabble sign up in advance</p>	<p>21 ROSH HASHANA 10:00 Knitting Group 10:30 Gentle Yoga 12:00 Bridge Lessons 12:15 Birthday Party For all September birthdays and anyone who like cake! 12:30 Priv. Counseling Joan Niles, LCSW, by appt. 1:00 Healthy Steps</p>	<p>22 FALL EQUINOX 10:00 Walking Club Call Center to confirm 12:30 Game Day Sign up in advance for: Pinochle, Mah Jongg, Scrabble, Chess</p>
<p>CELEBRATE INTERNATIONAL ACTIVE AGING WEEK AT NEW HORIZONS, SEPTEMBER 25 – 29TH</p>				
<p>25 10:15 Bridge 10:30 Healthy Steps in Motion Class 10:30 Full Circle Support Group 1:00 Tai Chi & QiGong Lessons for all levels 1:00 World & National Affairs Discussion Grp With Robert Bond Discuss current world issues</p>	<p>26 9:30 Private Counseling Joan Niles, LCSW, by appt. 10:00 Glee Club 1:00 Computer Tutorials with Gerry Hebert 30 min. \$5 mem/\$8 non-mem. 12:30-2:00 Flu Shots hosted by Rite Aid Free w/ Insurance Card 1:00 Stroke Prevention Hands From the Heart Home Healthcare Services Tips on signs, symptoms. Plus Healthy snacks, Raffles!</p>	<p>27 9:30 NO Grocery Shopping 9:30 Wills Signing 10:00 Creative Writing 10:30 Tai Chi & QiGong Current participants only 12:45 Massage Chrissy Gormley-Winner 15 min.@ \$12, by appt. 12:45 Healthy Eating: Menu Makeover Ellen Sue Jacobson, BS, Educating for Nutritional Wellness Presentation: The Importance of Senior Nutrition Healthy snacks!</p>	<p>28 9:30- Septa Senior 11:30 Photo Transit ID Card Day- hosted by Mary Jo Daley's office 65 years + invited to have ID pic taken and app process 10:00 Knitting Group 10:30 Gentle Yoga 12:00 Bridge Lessons 12:30 Priv. Counseling Joan Niles, LCSW, by appt. 1:00 Healthy Steps in Motion Class</p>	<p>29 10:00 Walking Club Call Center to confirm 10:00 Skin Health with Dr. Claudia Jorge, Director, AmeriCare Ageless Skin Care 12:30 Game Day Sign up in advance for: Pinochle, Mah Jongg, Scrabble, Chess Yom Kippur begins at sundown</p>