

January 2018

* Happy Holidays from New Horizons! *


New Horizons Senior Center

100 Conway Ave, 2nd Fl., Narberth, 19072

Mailing: PO Box 85. Narberth, PA 19072

610-664-2366 * newhorizonsseniorcenter.org

Stay Fit, Make Friends, Have Fun!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p>CENTER CLOSED Re-Open 1/4/18</p>	<p><u>Jan. Birthstone:</u> <u>Garnet</u></p> <p>The word "Garnet" is derived from a term that means "Seed," because the gem resembles the color and shape a pomegranate seed. The stone is commonly red, and symbolizes peace, friendship, trust, prosperity and good health.</p>	<p>3</p> <p>9:30 Grocery Shopping Door to Door service Please leave a message on the voicemail by 1 PM on Tuesday to sign up for the grocery trip</p>	<p>4</p> <p>10:00 Knitting Group w/Chris Jackson</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 Class</p> <p>1:00 Computer Tutorials With Gerry Hebert 30 min. sessions by appt. \$5/\$8</p>	<p>5</p>
<p>8</p> <p>10:15 Bridge</p> <p>10:30 Healthy Steps in Motion Class</p> <p>10:30 Full Circle Support Group W/ Janet Levit , MSW, LCSW Find purpose in your later years</p> <p>1:00 Game Time: Pinochle, Bridge and Mah Jongg</p>	<p>9</p>	<p>10</p> <p>9:30 Grocery Shopping Door to Door service - by appt.</p> <p>10:00 Creative Writing</p> <p>10:30 Tai Chi & QiGong Class w. Rosalie Pressman</p> <p>1:00 Book Club "The Red Tent" by Anita Diamant</p>	<p>11</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>1:00 Computer Tutorials With Gerry Hebert 30 min. sessions by appt. \$5/\$8</p>	<p>12</p>
<p>15</p>  <p>CENTER CLOSED</p>	<p>16</p>	<p>17</p> <p>9:30 Grocery Shopping Door to Door service - by appt.</p> <p>10:00 Creative Writing</p> <p>10:30 Tai Chi & QiGong Class w Rosalie Pressman</p> <p>1:00 Ask the Doctor Seminar Series <i>Skin Conditions and Wound Care as we Age</i> Randall Russell, MD Medical Director of the Wound Center at Lankenau</p>	<p>18</p> <p>9:30 Current Events With Chad Hoffman, Office of State Sen. Leach</p> <p>10:00 Knitting Group Without Chris Jackson</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>1:00 Computer Tutorials With Gerry Hebert 30 min. sessions by appt. \$5/\$8</p>	<p>19</p>
<p>22</p> <p>10:15 Bridge</p> <p>10:30 Healthy Steps Class</p> <p>10:30 Full Circle Group W/ Janet Levit , MSW, LCSW</p> <p>1:00 Tai Chi – Peer Led Practice Session</p> <p>1:00 Transitions & Changes Discussion Group w/ Loisann Furgess-Oler Create well-being in the midst of life changes</p>	<p>23</p>	<p>24</p> <p>9:30 Grocery Shopping Door to Door service - by appt.</p> <p>10:00 Creative Writing</p> <p>10:30 Tai Chi & QiGong Class w. Rosalie Pressman</p> <p>12:45 Film Screening & Discussion Group With Dr. Mark Shulkin "The Secret Life of Walter Mitty" (1947)</p>	<p>25</p> <p>10:00 Knitting Group Without Chris Jackson</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>1:00 Computer Tutorials With Gerry Hebert 30 min. sessions by appt.; \$5/\$8</p>	<p>26</p>
<p>29</p> <p>10:15 Bridge</p> <p>10:30 Healthy Steps</p> <p>10:30 Full Circle Support Group W/ Janet Levit , MSW, LCSW Find purpose in your later years</p> <p>1:00 Tai Chi – Peer Led Practice Session</p> <p>1:00 National and World Affairs Discussion Group w/ Susan and Robert Bond Discuss current world issues</p>	<p>30</p>	<p>31</p> <p>9:30 Grocery Shopping</p> <p>10:00 Creative Writing</p> <p>10:30 Tai Chi & QiGong</p> <p>12:15 Dessert Social Cookies and brownies</p> <p>1:00 New Years' Wellness Retreat Massage, Live Music, Therapy Dogs, Art Therapy, Refreshments, and More!! Dessert & Retreat generously hosted by Home Helpers</p>	<p><u>WEATHER ADVISORY!</u></p> <p>In the event of snowy, icy or dangerously cold conditions the Center will close to ensure your safety! If the weather is dicey, please call or check the website before coming out!</p>	<p>Zodiac Symbols: Capricorn the Goat (Earth) 12/22 – 1/19 Disciplined, Responsible, Good Manager, Self-Control, Pessimistic</p> <p>Aquarius the Water Boy (Air) 1/20 - 2/18 Progressive, independent, aloof humanitarian, temperamental, original, uncompromising</p> 