



Beth Cromly, NH  
Program Coordinator

# NEW HORIZONS EDITION

*A Social Recovery Program*

*of the*

**Thomas M. Wernert Center**

***For Mental Health Recovery and Support***



Brenda Dabrowski,  
NH Program Assistant

## JANUARY ACTIVITIES...

### LASSO A GREAT TIME!!

Come with us on Friday, January 20 to enjoy a night of bull riding at the Huntington Center. This is a great activity, filled with action and thoughts of the old west! We will meet at the Wernert Center at 6:45 pm. Make your RSVP and \$11 deposit with Beth on Wednesday, January 4 at the Open Member Meeting or after. Ride 'em cowboy! Rides home will be provided.



### IT'S SHOPPING IN BOWLING GREEN

The university town of Bowling Green offers a nice variety of shopping and New Horizons will go there on Tuesday, January 17. We will go to stores such as Ben Franklin, a gift shop called For Keeps, and Wal-Mart, etc. Make your RSVP with Beth. This is a free activity. We will meet at the Center at 10:00 am.

### "TWO SMALL PIECES OF GLASS"

A good time can be had by all who attend the show at the Ritter Planetarium! The show is titled "Two Small Pieces of Glass" and it is about the telescope and how it sees the stars. Weather permitting, we will even be able to look through a telescope. The Ritter Planetarium is located at the University of Toledo and they have a wonderful program. We will go there on Friday, January 27. We will meet at the Wernert Center at 6:45 pm. Please RSVP with a \$3 deposit. Rides home will be provided!



### VALENTINE THEATER FEATURES

#### "GONE WITH THE WIND"

Join New Horizons when we go to see the Civil War Epic "Gone with the Wind" starring Clark Gable and Vivian Leigh. This well known, classic movie will be featured at the Valentine Theater on Friday, January 6. Meet at the Wernert Center at 6:45 pm. RSVP with a \$3 non-refundable deposit. Rides home will be provided.

### HAVE AN APPETITE FOR ROAST BEEF?...

### COME TO TOLEDO'S OWN RED WELLS RESTAURANT!

If you have a taste for roast beef, you will want to join New Horizons at their next Lunch Club activity at Red Wells Restaurant, 1740 West Sylvania Avenue at 11:00 am on Wednesday, January 11. It is delicious and they also offer a number of sides such as macaroni & cheese, beans, and mashed potatoes. They have pies for dessert too! Should you decide to attend, you will need to bring along about \$10 to cover the cost of your meal and tax. New Horizons will provide \$3 for your meal and \$5 if your lunch club card is full. If you do not have a Lunch Club card, one will be provided. Please RSVP at 419-242-3000 ext. 104.

# WHY WALK WHEN YOU CAN RIDE??

By Cindy McGwire

If you find yourself caught at home without a ride, missing out on the outside activities and places Toledo has to offer, you have to try Bus Training with Beth Cromly. I found the experience encouraging and uplifting. Beth came to my house and walked me to the bus stop. She showed me the bus system, the schedules and the downtown loop. Since learning to use the T.A.R.T.A. bus system, it's a whole new world that's quite liberating! Don't be stuck at home without a ride. See Beth today!

NOTE: For information on Bus Training call Beth at 419-242-3000, ext. 104. This is a free service of the Wernert Center.



Cindy, going home on Bus 20M. What a ride! Photo by Beth C.

## Activities in January & February...

- **Open Member Meeting:** January 4 & February 1, at the Senior Center, 1:15 pm
- **Open Swim at Lucas County Educational Services Center/Collingwood Center:** January 9 & February 6, 9:45 am.
- **Bowling at Toledo Sports Center,** January 10 & 24, February 7 & 21, 11:45 am.
- **Ping Pong Tournament** at TMWC, January 12 at 2 pm. Fun for all—play or not!
- **Cards & Games at P.J.'s Deli, 500 Madison,** January 18 & 25 and February 15 & 29 at 12 pm.
- **Walk About Westfield Mall,** January 23 & 30 and February 20 at 2:30. Meet at the fireplace in the food court.
- **Movies at Rave Theater, Westfield Mall,** January 31 and February 28. Meet in theater lobby from 1-3:30 pm. Free!

## MOVING FOOTHILLS, NOT MOUNTAINS!

By Beth Cromly

The New Year brings many events. New acquaintances, new birth, new hopes, and new experiences. It also brings us to that time of year where we make new resolutions. The definition of resolution in the dictionary is "Thing resolved on, intention (as in New Year's resolutions)". It also means "resolute temper or character". Many of us make New Year's resolutions at the beginning of every year. I have made some in the year's past, without success or completion, sometimes I don't even get started. I am of the opinion that although I am initially intent on completing my task for the year, I often do not have the character to do so. I also feel that many times, I pick out too large a task for the year, one that overwhelms me and is not feasible. When I fail, it puts me in a bad state of mind, but I try not to be too hard on myself. I feel it is good to do something on a smaller scale and do it well so that we will have a positive outcome and this gives validity that we can, indeed, accomplish something. We can't move mountains, but we can make a plan on how to move the foothills. This too requires a resolute temper and character, but choosing the task that we can do makes it come to fruition! Make it a good New Year!!

**INFORMATION ON SIGNING UP FOR ACTIVITIES:** The first opportunity one has to sign up for a month's activities is at the Open Member Meeting held the first Wednesday of each month at 1:15 pm at the Senior Center. The Senior Center is located at 2308 Jefferson near 23rd Street. If you are unable to attend the meeting, you can sign up any time after that during the month. Many activities do fill up to capacity at the Open Member Meeting, so you have a better chance of attending the activity if you go to the Open Member Meeting. Some activities require an RSVP which means you must let Beth Cromly know at 419-242-3000 ext 104 that you are going. Some activities require a deposit of money to help pay for the cost. Your name cannot be placed on the list until you pay your deposit. If you are employed and cannot attend the meeting, you may call Beth and make special arrangements to attend an activity.

## FEBRUARY ACTIVITIES

### IT'S A SMALL WORLD...

The Toledo Museum of Art has an interesting exhibit on display that New Horizons is going to see. It is called the "Small Worlds Exhibit". Featured are 5 artists who have designed 40 works in miniature in various mediums such as paint, sculpture, drawing and video. Also on exhibit is a 65 square foot, fully functional house. We will be attending this on Thursday, February 16. Please meet at the back of the Museum on Grove Place, in the lobby at 1 pm. This is a free activity and does not require an RSVP.



### LOTS'A PASTA...

New Horizons has voted to attend Lunch Club in February at the Spaghetti Warehouse, 42 South Superior Street. We will meet there at 11:00 am on Tuesday, February 14. The price range for lunch at the Spaghetti Warehouse is from approximately \$8 to \$12. This does not include your beverage, tax and 20% tip which will be added onto the bill.

### QUOTE OF THE MONTH:

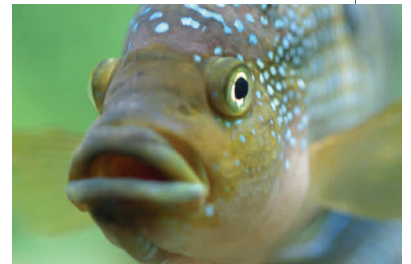
"Kind words can be short and easy to speak, but their echoes are truly endless" - Mother Theresa

### GET OUT AND ABOUT WITH NEW HORIZONS...

Come along with New Horizons when we go to Maumee, Ohio to the Maumee Antique Mall. We will go there on Wednesday, February 22. Please meet at the Wernert Center at 10 am. RSVP, this is a free activity. This antique mall used to be a large department store. Now, there are many individuals selling collectibles and antiques. One can find anything from jewelry, dishes, old sports cards, antique tools and books etc. They even have nice antique furniture. Bus #20M or 20T will bring you to the Wernert Center. RSVP. This is a free activity!

### HAVE WE GOT A FISH ON OUR LINE...

We have a fish on our line. Its genus species name is *Sander vitreus*. It is a freshwater fish native to most of Canada and to the northern United States. It is a North American close relative of the European pikeperch and to us that means Walleye. Yes, the fish on our line is none other than the Toledo Walleye of local hockey fame. Join us on Friday, February 24 when New Horizons goes to see them play. We will meet at the Wernert Center at 6:15 pm and rides home will be provided. RSVP with an \$8 deposit.



**NOTE: There will be a meeting for the New Horizons Officers on February 23 at 2 pm Please come and bring your ideas! You're doing great!**

### VOLUNTEER PROJECT AT SENIOR CENTER...



Calling all volunteers! We have a very special project slated for February 8 and 9 and hope to get as many of you involved as possible. We will be having a tea for the Senior Center members at 2308 Jefferson. On February 8 we will bake the cookies and cake at the Wernert Center from 1:30 pm to 4 pm. Then, on February 9, we will go to the Senior Center for a tea party from 1:30 to 3:30 pm. The Senior Center has always been so kind to us, letting us come each month to have our Open Member Meeting there at no charge. It sure would be nice if we had a good number of men and women volunteering for this. When you sign up, please let us know which day, or both, you are interested in helping with this.

# RINGING IN THE NEW YEAR !

# HELLO 2012

# GOODBYE

# 2011



At left, Georgia with her winter hat. Many members enjoyed making a hat. They won't be cold this winter!



Above from left: Katie Phillips, Beth Cromly, Kelly Skinner and Stacey Stubblefield on a sunny day this fall after attending The Blade & Toledo Community Foundation Non Profit Innovation & Excellence Awards Breakfast.



Nursing students from Lourdes University presented the Center with a gift upon completing their stay here. Thank you Lourdes University students! You're great!



Above from left: Wernert Center Board of Trustees, Carol Nagy, Vice President, Deb Paterakis, President, and Laura Wilson, Secretary, at the Nov. 11 Annual Meeting. What hard work these three women have done during their terms of office. We truly appreciate you!



Above: the Bedford High School Soiree sang and danced for us in December—what a talented group of young people! Here they are with their director, Mr. Mark Smith.



At left: Julie Foley, Aim High Program Coordinator, and her nephew Christopher Smith, who is in the Bedford High School Soiree. Julie arranged to have them come to the Wernert Center. They were terrific! Nice job, Julie!



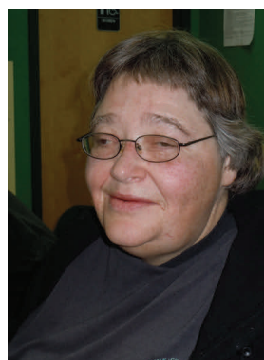
Above from left: Deb Angel and Eva LaVoy, new Wernert Center Board of Trustees. They were elected to the Board by our members at the Annual Meeting. Congratulations Deb and Eva!



Above: Thomas made a hat with Beth, too. Way to go, Thomas!



Above: Nancy Lendrum, of the Toledo Symphony Orchestra was "heaven sent" to us. Her music was wonderful and we learned so much about the harp!



Above: Mary Jo, on a recent visit to the Wernert Center! Happy New Year, Mary Jo!

The Bedford High School Soiree, below, swirling about as they sing holiday tunes!

