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| +May 2024 |  New Horizons Senior CenterMailing Address: PO Box 85, Narberth, PA**www.newhorizonsseniorcenter.org** | *CALL 610 664-2366* FOR MORE INFO ON HOW TO JOINANY PROGRAM |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday**  |
| **Zoom Only** | **In-Person** | **Zoom Only** | **Hybrid Unless Otherwise Noted** |
| **Additional****Program****Information****On Back** | **Grab & Go****MENU****List****On Back** | **1 MAY DAY****10:00 Writers Group*****Write stories and poems from weekly story prompts and share them with other creative writers*** | **2** **10:00 Knit and Chat****w/ Chris Jackson****10:30 World Affairs****w/ Bob Bond** ***Discussion of Current******World and National Affairs*****10:30 Walking Club****w/ Pauline Rosenberg*****Meet outside Narberth Boro Hall*****12:00 Transitions & Changes** **w/ Ruth Wilf, CNM, PhD****1:00** **Healthy Exercise****w/ Aileen McGovern** | **3**  **10:30 Tai Chi for**  **Arthritis and Fall**  **Prevention CLASS #3****Rosalie Pressman,****Cert. Tai Chi —*In-person only*****1:00** **Dance Fitness****w/ Betsy Klausman*****Learn easy dance steps to improve balance & strength*** |
| **6** **10:30 Full Circle****w/ Janet Levit, MSW, LCSW*****Find purpose in your*** ***later years.*****12:00 Guided Meditation****w/ Eileen Abrams, MA, M.Ed****Brings more calm and contentment****1:00** **Healthy Exercise****w/ Aileen McGovern** | **7** **Computer Tech Support** **w/ Gerry Hebert*****30 min. session by appt*** **10:30** **Chair Yoga****w/ Roe Pietropaula, CYI,RN****Gentle Yoga, seated** **and standing****12 – 2:00 Game Day****Sign up in advance for:****Bridge, Mah Jongg, Scrabble** | **8****10:00 Writers Group*****Exercise your creativity and sharpen your writing skills.*****1:00** **Drug Interactions** **w/ Marisa Jacobs, PharmD****How to avoid harmful drug interactions, side effects and adverse reactions and other ways pharmacists can assist and protect consumers** | **9** **10:00 Knit and Chat****w/ Chris Jackson****(*In-Person ONLY)*****10:30 Walking Club****w/ Pauline Rosenberg****12:00 Transitions & Changes** **w/ Ruth Wilf, CNM, PhD****1:00** **Healthy Exercise****w/ Aileen McGovern** | **10** **10:30 Tai Chi for**  **Arthritis and Fall**  **Prevention CLASS #4****Rosalie Pressman,****Cert. Tai Chi —*In-person only*****1:00** **Dance Fitness****w/ Betsy Klausman*****Sunday, May 12:*****Mother’s Day** |
| **13****10:30 Full Circle****w/ Janet Levit, MSW, LCSW****1:00** **Healthy Exercise****w/ Aileen McGovern****Gentle Exercise using****weights and stretchy bands** | **14** **9:00 Low-Cost Wills****w/ Heather Turner, Esq.****30 min. sessions – by appt.****$25 -members, $50 – nonmember****10:30** **Chair Yoga****w/ Roe Pietropaula, CYI,RN****12 – 2:00 Game Day****1:00** **History Lecture:****Civil Rights** **and the Supreme Court****w/ Bob Bond and Richard Bernstein****Take a look at pivotal cases that shaped our nation’s history.****(HYBRID)** | **15** **10:00 Writers Group****1:00 Film Club:****Screening****“Hidden Figures”****Based on the true story of a team of African American women who served an important role in NASA during the early years of the****Space Program** | **16** **10:00 Knit and Chat****w/ Chris Jackson****(*In-Person ONLY)*****10:30 World Affairs****w/ Bob Bond** **10:30 Walking Club****w/ Pauline Rosenberg****12:00 Transitions & Changes** **Ruth Wilf, CNM, PhD****1:00** **Healthy Exercise****w/ Aileen McGovern** | **17** **10:30 Tai Chi for**  **Arthritis and Fall**  **Prevention CLASS #5****Rosalie Pressman,****Cert. Tai Chi —*In-person only*****11:30 Book Club** **w/ Chris Jackson*****“I Know Why The*** ***Caged Bird Sings”*****by Maya Angelou****Autobiography that tells the story of Angelou’s early years****1:00** **Dance Fitness****w/ Betsy Klausman** |
| **20** **10:30 Full Circle****w/ Janet Levit, MSW, LCSW****12:00 Guided Meditation****w/ Eileen Abrams, MA, M.Ed****Brings more calm and contentment****1:00** **Healthy Exercise****w/ Aileen McGovern** | **21** **10:30** **Chair Yoga****w/ Roe Pietropaula, CYI,RN****12 – 2:00 Game Day****1:00** **Protect Our Planet:****Reduce Your Carbon Pollution** **Special Presenter – Phyllis Blumberg, PhD****Learn easy, energy conservation actions and sustainability-informed choices.****(HYBRID)** | **22** **10:00 Writers Group****1:00 Film Club:** **Discussion****w/ Ellensue Jacobson****“Hidden Figures”****Discussion with other movie lovers** **‘** | **23** **10:00 Knit and Chat****w/ Chris Jackson****(*In-Person ONLY)*****10:30 Walking Club****w/ Pauline Rosenberg****12:00 Transitions & Changes** **w/ Ruth Wilf, CNM, PhD****1:00** **Healthy Exercise****w/Aileen McGovern** | **24** **10:30 Tai Chi for**  **Arthritis and Fall**  **Prevention CLASS #6****Rosalie Pressman,****Cert. Tai Ch—*In-person only* i****12:00 Therapeutic****Benefits of Gardening****w/ Carolyn Vachani,** **Therapeutic Horticulturalist****Join Carolyn for a discussion about the many benefits of gardening and share your gardening stories.** **1:00** **Dance Fitness****w/ Betsy Klausman** |
| **27 MEMORIAL DAY*****CENTER CLOSED*****Tomb of the unknown soldier** | **28** **Computer Tech Support** **w/ Gerry Hebert*****30 min. session by appt*** **9:00 Low-Cost Wills (signing)****w/ Heather Turner, Esq****10:30** **Chair Yoga****w/ Roe Pietropaula, CYI,RN****12 – 2:00 Game Day****Sign up in advance for:****Bridge, Mah Jongg, Scrabble** | **29** **10:00 Writers Group****1:00** **Midday Music:** **Carole King****w/ Stan Fink and** **Eileen Abrams****Learn about the life and music of the renowned singer-songwriter Carole King.** | **30** **10:00 Knit and Chat****w/ Chris Jackson****(*In-Person ONLY)*****10:30 World Affairs****w/ Bob Bond** **10:30 Walking Club****w/ Pauline Rosenberg****12:00 Transitions & Changes** **W/Ruth Wilf, CNM, PhD****12:30** **Birthday Party****For all May birthdays and anyone who likes cake****1:00** **Healthy Exercise****w/Aileen McGovern** | **31****10:30 Tai Chi for**  **Arthritis and Fall**  **Prevention CLASS #7****Rosalie Pressman,****Cert. Tai Chi—*In-person only*** **1:00** **Dance Fitness****w/ Betsy Klausman** |