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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 JOIN  ANY 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** |