

October 2021

New Horizons' Virtual Center

Mailing Address: PO Box 85, Narberth, PA
www.newhorizonsseiorcenter.org

CALL 610 664-2366
FOR MORE INFO
ON HOW TO JOIN
ANY REMOTE PROGRAM

All Programs are by ZOOM unless otherwise noted

Monday

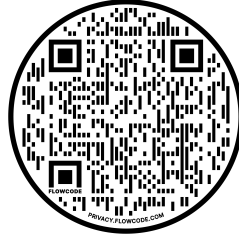
Tuesday

Wednesday

Thursday

Friday

Scan this QR code with your phone's camera to learn more about New Horizons Senior Center and apply for membership.



Call us for Assistance with Meal Solutions:

GRAB AND GO MEALS
GROCERY SHOPPING
 MEALS ON WHEELS

AVAILABLE BY APPT
 By Phone

COUNSELING SESSIONS
 COMPUTER TECH SUPPORT
 MEDICARE COUNSELING

1
 10:30 **Environmental Sustainability Workshop**
 with Pauline Rosenberg
 Discuss ways you can help the environment in your community

1:00 **Facebook Workshop**
 with Alex McHugh
 Reasons to use Facebook and how to use it
 Bring Your Questions

4
 10:30 **Full Circle**
 with Janet Levit, MSW, LCSW
 Find purpose in your later years

1:00 **Healthy Exercise**
 with Agnes Palena
 Gentle Exercise using weights, stretchy bands and basic stretches,
ALL ARE WELCOME

5
 10:30 **Transitions & Changes**
 Loisann Furgess-Oler, MS, Mdiv
 Create well-being in the midst of life's changes

12:00 **Advanced Tai Chi**
 With Rosalie Pressman
 Must have experience in Yang Family Style Tai Chi

1:00 **Senior Fitness**
 with Zachary Smicker
 Regional Director, Fox Rehab.
 Build Strength, Improve Flexibility, and Stretch

6
 10:00 **Creative Writing**
 Write stories and poems from weekly story prompts and share them with other creative writers

1:00 **Tai Chi Class**
 with Rosalie Pressman
 Yang Family Style Tai Chi
ALL ARE WELCOME

7
 10:30 **World & National Affairs Discussion**
 with Bob and Susan Bond

1:00 **Healthy Exercise**
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8
 10:30 **Guided Meditation**
 with Eileen Abrams, MA, M.Ed
 For well-being and stress relief. Try this gentle way to bring more calm and contentment into your life.
No Experience Required

1:00 **Dance Fitness**
 with Betsy Klausman
 Learn easy dance steps to improve balance & strength

11 **COLUMBUS DAY**

10:30 **Full Circle**
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1:00 **Tai Chi Class**
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14
 10:00 **Knit and Chat**
 with Chris Jackson

1:00 **Healthy Exercise**
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15
 10:30 **Book Club "Uncommon Type"**
 With Chris Jackson
 Read and discuss "Uncommon Type" by Tom Hanks.
 Available in your local library

1:00 **Dance Fitness**
 with Betsy Klausman

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22
 10:30 **Cooking with Cookbook Authors**
 with Ellensue Spicer-Jacobson
 Meet the authors & try out new recipes! Special guests today: Authors of "Paleo Harvest: Healthy Cooking," Geoffrey and Nicole Bond.

1:00 **Dance Fitness**
 with Betsy Klausman

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11:45 **Lunchtime Virtual Travel: Las Vegas**
 Tour guide: Betsy Klausman
 Explore Multi-Media Sights and Sounds of Las Vegas with tour guide Betsy Klausman.

1:00 **Senior Fitness**
 with Zachary Smicker
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29
 10:30 **Morning Music: The Beatles**
 with Gary Hebert and Stan Fink
 Learn about the life and music of The Beatles.

12:00 **Halloween and October Birthday Party**
 "The Residence at Bala" will deliver cake to any Oct. b-days (in the area) - please RSVP by Oct. 25
 Celebrate Halloween with your "Sixties" Costume

1:00 **Dance Fitness**
 with Betsy Klausman