

# December 2021

## New Horizons' Virtual Center

Mailing Address: PO Box 85, Narberth, PA  
[www.newhorizonsseiorcenter.org](http://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
<p><i>Available by Appt (By Phone):</i></p> <p><b>COUNSELING SESSIONS</b></p> <p><b>COMPUTER TECH SUPPORT</b></p> <p><b>MEDICARE COUNSELING</b></p>	<p><b>GRAB AND GO MEALS</b> By Registration Only!</p> <p><i>Pick Up on Tuesdays</i> Noon-1:00 PM at Narberth Borough Hall</p> <p><i>Check NH Newsletter or email for menu.</i></p> <p><i>Call us for Assistance</i> 610-664-2366</p>	<p>1</p> <p>10:00 <b>Creative Writing</b> <i>Write stories and poems from weekly story prompts and share them with other writers</i></p> <p>1:00 <b>Tai Chi Class</b> Instructor: Rosalie Pressman Yang Family Style Tai Chi <b>ALL ARE WELCOME</b></p>	<p>2</p> <p>10:30 <b>World and Natl Affairs Discussion</b> with Bob and Susan Bond</p> <p>12:00 <b>Transitions &amp; Changes</b> Loisann Furgess-Oler, MS, Mdiv <i>Create well-being in the midst of life's changes</i></p> <p>1:00 <b>Healthy Exercise</b> with Agnes Palena <i>Gentle Exercise using weights, stretchy bands, and stretches</i> <b>ALL ARE WELCOME</b></p>	<p>3</p> <p>10:30 <b>Learn How to Use Phone Apps</b> with Alex McHugh <i>Learn about some fun and useful Apps and how to load them on your phone</i></p> <p>1:00 <b>Dance Fitness</b> with Betsy Klausman <i>Learn easy dance steps to improve balance &amp; strength</i></p>
<p>6</p> <p>10:30 <b>Full Circle</b> with Janet Levit, MSW, LCSW <i>Find purpose in your later years</i></p> <p>1:00 <b>Healthy Exercise</b> with Agnes Palena <i>Gentle Exercise using weights, stretchy bands, and basic stretches</i> <b>ALL ARE WELCOME</b></p>	<p>7</p> <p>12:00 <b>Advanced Tai Chi</b> Instructor: Rosalie Pressman <i>Must have experience in Yang Family Style Tai Chi</i></p> <p>1:00 <b>Senior Fitness</b> with Zachary Smicker Regional Director, Fox Rehab. <i>Build Strength, Improve Flexibility, and Stretch</i> <b>ALL ARE WELCOME</b></p>	<p>8</p> <p>10:00 <b>Creative Writing</b> <i>Write stories and poems from weekly story prompts</i></p> <p>12:00 <b>COOKING DEMO: Healthy Holiday Cooking</b> <i>What desserts should I have for the holidays?</i> Teri Wassel, MS, RD will prepare simple, healthy, holiday desserts that will satisfy your sweet tooth</p> <p>1:00 <b>Tai Chi Class</b></p>	<p>9</p> <p>10:00 <b>Knit and Chat</b> with Chris Jackson</p> <p>12:00 <b>Transitions &amp; Changes</b> Loisann Furgess-Oler, MS, Mdiv <i>Create well-being in the midst of life's changes</i></p> <p>1:00 <b>Healthy Exercise</b> with Agnes Palena <i>Gentle Exercise using weights, stretchy bands, and basic stretches</i></p>	<p>10</p> <p>10:30 <b>Book Club: "The Midwife's Apprentice"</b> By Karen Cushman <i>Available in your local library</i></p> <p>1:00 <b>Dance Fitness</b> with Betsy Klausman <i>Learn easy dance steps to improve balance &amp; strength</i></p>
<p>13</p> <p>10:30 <b>Full Circle</b> with Janet Levit, MSW, LCSW</p> <p>12:00 <b>Protect Our Planet</b> with Pauline Rosenberg <i>By taking care of our planet, we take care of ourselves!</i> Topic: FURNITURE! Believe it or not, furniture can be full of chemicals. What does this mean and how can we avoid it?</p> <p>1:00 <b>Healthy Exercise</b></p>	<p>14</p> <p>10:30 <b>Virtual Travel</b> Ireland: The Emerald Isle Part 2 Tour guide: Betsy Klausman <i>Enjoy the rich greenery, beautiful coastline, grand castles, leprechauns, literature, and pubs of Ireland</i></p> <p>12:00 <b>Advanced Tai Chi</b> Instructor: Rosalie Pressman <i>Must have experience in Yang Family Style Tai Chi</i></p> <p>1:00 <b>Senior Fitness</b></p>	<p>15</p> <p>10:00 <b>Creative Writing</b></p> <p>12:00 <b>Guided Meditation</b> with Eileen Abrams, MA, M.ED <i>Try out this gentle meditation to bring more calm and contentment into your life</i></p> <p>1:00 <b>Tai Chi Class</b> Instructor: Rosalie Pressman Yang Family Style Tai Chi <b>ALL ARE WELCOME</b></p>	<p>16</p> <p>10:30 <b>World and Natl Affairs Discussion</b> with Bob and Susan Bond</p> <p>12:00 <b>Transitions &amp; Changes</b> Loisann Furgess-Oler, MS, Mdiv <i>Create well-being in the midst of life's changes</i></p> <p>1:00 <b>Healthy Exercise</b> with Agnes Palena</p>	<p>17</p> <p>10:30 <b>Musical Holiday &amp; Birthday Bash</b> with DJ Gerry Hebert <i>Gerry will host this presentation about favorite holiday music including: "White Christmas," "Do You Hear What I Hear?" and "Santa Baby"</i> <i>"The Residence at Bala" will deliver cake to any December birthdays (in the area).</i> <b>PLEASE RSVP BY: DEC 13th</b></p> <p>1:00 <b>Dance Fitness</b></p>
<p>20</p> <p>10:30 <b>Full Circle</b> with Janet Levit, MSW, LCSW <i>Find purpose in your later years</i></p> <p>1:00 <b>Healthy Exercise</b> with Agnes Palena <i>Gentle Exercise using weights, stretchy bands, and basic stretches</i> <b>ALL ARE WELCOME</b></p>	<p>21</p> <p>10:30 <b>Transitions &amp; Changes</b> Loisann Furgess-Oler, MS, Mdiv <i>Create well-being in the midst of life's changes</i></p> <p>1:00 <b>Senior Fitness</b> with Zachary Smicker Regional Director, Fox Rehab.</p>	<p>22</p> <p>10:00 <b>Creative Writing</b></p> <p>1:00 <b>Mid-Day Music: Stan Getz</b> with Stan Fink <i>Have lunch with friends while enjoying a presentation on American Jazz saxophonist Stan Getz, known as "The Sound" because of his warm, lyrical tone</i></p> <p>1:00 <b>NO Tai Chi Class</b></p>	<p>23</p> <p>10:00 <b>Knit and Chat</b> with Chris Jackson</p> <p>1:00 <b>Healthy Exercise</b> with Agnes Palena <i>Gentle Exercise using weights, stretchy bands, and basic stretches</i> <b>ALL ARE WELCOME</b></p>	<p>24 <b>CHRISTMAS EVE</b></p>  <p><b>Center Closed for Christmas Eve</b></p>
<p>27</p> <p>10:30 <b>Full Circle</b> with Janet Levit, MSW, LCSW <i>Find purpose in your later years</i></p> <p>1:00 <b>NO Healthy Exercise</b></p>	<p>28</p> <p>10:30 <b>Transitions &amp; Changes</b> Loisann Furgess-Oler, MS, Mdiv <i>Create well-being in the midst of life's changes</i></p> <p>12:00 <b>Advanced Tai Chi</b> Instructor: Rosalie Pressman <i>Must have experience in Yang Family Style Tai Chi</i></p> <p>1:00 <b>Senior Fitness</b></p>	<p>29</p> <p>10:00 <b>Creative Writing</b> <i>Write stories and poems from weekly story prompts</i></p> <p>1:00 <b>Tai Chi Class</b> Instructor: Rosalie Pressman Yang Family Style Tai Chi <b>ALL ARE WELCOME</b></p>	<p>16</p> <p>10:30 <b>World and Natl Affairs Discussion</b> with Bob and Susan Bond</p> <p>1:00 <b>Healthy Exercise</b> with Agnes Palena <i>Gentle Exercise using weights, stretchy bands, and basic stretches</i> <b>ALL ARE WELCOME</b></p>	<p>31 <b>NEW YEAR'S EVE</b></p>  <p><b>Center Closed for New Year's Eve</b></p>