

August 2022



New Horizons Senior Center

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

All Programs are by ZOOM unless otherwise noted

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 MUSIC WEEK</p> <p>10:30 Accordion Live Virtual Performance Henri Mikol <i>Henri entertains us with a mix of fascinating accordion music.</i></p> <p>1:00 Healthy Exercise with Agnes Palena <i>Gentle Exercise using weights, stretchy bands, and basic stretches.</i> ALL ARE WELCOME</p>	<p>2 MUSIC WEEK</p> <p>10:30 Musical Guided Meditation with Eileen Abrams, MA, M. Ed. <i>Try out this gentle, guided meditation session to bring more calm and contentment into your life.</i></p> <p>1:00 Jazz Pianist: Joanne Brackeen <i>Stan Fink will discuss the life and music of American Jazz pianist extraordinaire, Joanne Brackeen.</i></p>	<p>3 MUSIC WEEK</p> <p>10:30 Musical Creative Writing w/ New Horizons Creative Writers <i>Enjoy original writings and poetry inspired by favorite music from NH's talented Creative Writers.</i></p> <p>1:00 Film Club Virtual Screening "South Pacific" Rodgers & Hammerstein Musical <i>A love story of a young navy nurse and French plantation owner. 1959, Based on a Michener Book.</i> Film Club discussion August 10</p>	<p>4 MUSIC WEEK</p> <p>10:30 Joan Baez w/ Eileen Abrams and Judy Ringold <i>Enjoy discussion and music of singer-songwriter and activist Joan Baez.</i></p> <p>10:30 Knit and Chat with Chris Jackson <i>In person only today.</i></p> <p>10:30 Computer Tech Support with Gerry Hebert 30 min. session by appt – ONSITE</p> <p>1:00 Healthy Exercise with Agnes Palena <i>Gentle Exercise using weights, stretchy bands, and basic stretches.</i></p>	<p>5 MUSIC WEEK</p> <p>10:30 The Beatles, Cont. with DJ Gerry Hebert and Stan the Music Man <i>Join us as we discuss the masterpiece album "Sgt. Pepper's Lonely Hearts Club Band."</i></p> <p>1:00 Latin Rhythm Dance Fitness with Betsy Klausman <i>Try out this fun class. Hear some Latin Rhythms and learn easy Latin dance steps to improve balance & strength.</i></p>
<p>8</p> <p>10:30 Full Circle w/Janet Levit, MSW, LCSW <i>Find purpose in your later years.</i></p> <p>1:00 Healthy Exercise with Agnes Palena <i>Gentle Exercise using weights, stretchy bands, and basic stretches.</i> ALL ARE WELCOME</p>	<p>9</p> <p>10:30 NEW Mah Jongg Onsite – call to register</p> <p>10:30 NEW! Walking Club with Pauline Rosenberg <i>Socialize and Exercise while enjoying a leisurely Narberth walk.</i> Meet at Narberth Boro Hall Outside – Weather permitting</p> <p>1:00 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab. <i>Build Strength, Improve Flexibility, and Stretch.</i></p>	<p>10</p> <p>10:00 Creative Writing <i>Write stories and poems from weekly story prompts and share them with other creative writers.</i></p> <p>10:30 Film Club "South Pacific" Discuss Classic Films with Ellensue Jacobson <i>Watch on your own or view it together on Zoom on August 3 at 1:00 PM.</i></p>	<p>11</p> <p>10:30 World and Natl Affairs Discussion with Bob and Susan Bond Onsite or by Zoom</p> <p>10:30 Computer Tech Support with Gerry Hebert 30 min. session by appt – ONSITE</p> <p>12:00 Transitions & Changes <i>Create well-being in the midst of life's changes.</i></p> <p>1:00 Healthy Exercise with Agnes Palena</p>	<p>12</p> <p>10:30 Save Our Planet with Pauline Rosenberg <i>Discuss ways you can restore nature and create a healthier planet.</i> Topic: Regenerative Agriculture and how we can support it.</p> <p>1:00 Dance Fitness with Betsy Klausman <i>Learn easy dance steps to improve balance & strength.</i></p>
<p>15</p> <p>10:30 Full Circle w/Janet Levit, MSW, LCSW <i>Find purpose in your later years.</i></p> <p>1:00 Healthy Exercise with Agnes Palena <i>Gentle Exercise using weights, stretchy bands, and basic stretches.</i> ALL ARE WELCOME</p>	<p>16</p> <p>10:30 NEW Mah Jongg Onsite – call to register</p> <p>10:30 Advanced Tai Chi Instructor: Rosalie Pressman <i>Must have experience in Yang Family Style Tai Chi.</i> Outside – Weather permitting</p> <p>10:30 NEW! Walking Club with Pauline Rosenberg <i>Socialize and Exercise while enjoying a leisurely Narberth walk.</i> Meet at Narberth Boro Hall Outside – Weather permitting</p> <p>1:00 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab.</p>	<p>17</p> <p>10:00 Creative Writing <i>Write stories and poems from weekly story prompts and share them with other creative writers.</i></p> <p>1:00 Tai Chi Class Yang Family Style Tai Chi ALL ARE WELCOME</p>	<p>18</p> <p>10:30 Knit and Chat with Chris Jackson Onsite or by Zoom</p> <p>10:30 Computer Tech Support with Gerry Hebert 30 min. session by appt – ONSITE</p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv <i>Create well-being in the midst of life's changes.</i></p> <p>1:00 Healthy Exercise with Agnes Palena</p>	<p>19</p> <p>10:30 Book Club: "Waiting For Snow in Havana" By Carlos Eire with Chris Jackson <i>"Waiting for Snow in Havana" is a eulogy for a native land and a loving testament to the collective spirit of Cubans everywhere.</i></p> <p>1:00 Dance Fitness with Betsy Klausman <i>Learn easy dance steps to improve balance & strength.</i></p>
<p>22</p> <p>New Horizons Center Closed for "Summer Recess" Aug. 22 to Sept. 5</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>29</p>	<p>30</p>	<p>31</p> <p><i>Available by Appt (By Phone):</i></p> <p>COMPUTER TECH SUPPORT</p> <p>MEDICARE COUNSELING</p>	<p>GRAB AND GO MEALS (Aug. 2 – Aug. 18)</p> <p>Tuesday and Thursday Pick up 11 am – 1 pm Must RSVP by previous Wednesday</p>	