

January 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>3</p> <p>10:30 Full Circle with Janet Levit, MSW, LCSW Find purpose in your later years</p> <p>1:00 Healthy Exercise Gentle Exercise using weights, stretchy bands and basic stretches ALL ARE WELCOME</p>	<p>4</p> <p>10:30 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv Create well-being in the midst of life's changes</p> <p>12:00 Advanced Tai Chi Instructor: Rosalie Pressman Must have experience in Yang Family Style Tai Chi</p> <p>1:00 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab. Build Strength, Improve Flexibility, and Stretch</p>	<p>5</p> <p>10:00 Creative Writing Write stories and poems from weekly story prompts and share them with other creative writers</p> <p>1:00 Tai Chi Class Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p>	<p>6</p> <p>10:00 Knit and Chat with Chris Jackson</p> <p>1:00 Healthy Exercise Gentle Exercise using weights, stretchy bands and basic stretches ALL ARE WELCOME</p>	<p>7</p> <p>10:30 Useful Phone Apps with Alex McHugh Learn about some popular, useful Apps such as Pandora Music Streaming, YouTube, ACME grocery delivery & coupons, YELP directory, and Maps (GPS)</p> <p>1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength</p>
<p>10</p> <p>10:30 Full Circle with Janet Levit, MSW, LCSW Find purpose in your later years</p> <p>1:00 Healthy Exercise Gentle Exercise using weights, stretchy bands and basic stretches ALL ARE WELCOME</p>	<p>11</p> <p>10:30 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv Create well-being in the midst of life's changes</p> <p>1:00 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab.</p>	<p>12</p> <p>10:00 Creative Writing Write stories and poems from weekly story prompts and share them with other creative writers</p> <p>1:00 Tai Chi Class Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p>	<p>13</p> <p>10:00 Knit and Chat with Chris Jackson</p> <p>1:00 Healthy Exercise Gentle Exercise using weights, stretchy bands and basic stretches ALL ARE WELCOME</p>	<p>14</p> <p>10:30 Book Club: "And the Mountains Echoed" By Khaled Hosseini Available in your local library</p> <p>1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength</p>
<p>17 MLK DAY of Service</p> <p>10:30 Full Circle with Janet Levit, MSW, LCSW Find purpose in your later years</p> <p>12:00 Guided Meditation to Celebrate the Life of Dr. Martin Luther King Jr. with Eileen Abrams, MA, M.ED A special mediation session to reflect on and celebrate his peaceful, non-violent philosophy and activism.</p> <p>1:00 Healthy Exercise</p>	<p>18</p> <p>10:30 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv Create well-being in the midst of life's changes</p> <p>12:00 Advanced Tai Chi Instructor: Rosalie Pressman Must have experience in Yang Family Style Tai Chi</p> <p>1:00 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab. Build Strength, Improve Flexibility, and Stretch</p>	<p>28</p> <p>10:00 Creative Writing Write stories and poems from weekly story prompts and share them with other creative writers</p> <p>1:00 Tai Chi Class Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p>	<p>20</p> <p>10:30 World and Natl Affairs Discussion with Bob and Susan Bond</p> <p>1:00 Healthy Exercise Gentle Exercise using weights, stretchy bands and basic stretches ALL ARE WELCOME</p>	<p>21</p> <p>10:30 Protect Our Planet with Pauline Rosenberg By taking care of our planet, we take care of ourselves! Topic: FURNITURE! Believe it or not, furniture can be full of chemicals. What does this mean and how can we avoid it?</p> <p>12:00 January Birthday Party Celebrate our January Birthdays with friends. "The Residence at Bala" will deliver cake to any January birthdays (in the area). PLEASE RSVP BY: JAN 17th</p> <p>1:00 Dance Fitness with Betsy Klausman</p>
<p>24</p> <p>10:30 Full Circle with Janet Levit, MSW, LCSW Find purpose in your later years</p> <p>1:00 Healthy Exercise Gentle Exercise using weights, stretchy bands and basic stretches ALL ARE WELCOME</p>	<p>25</p> <p>10:30 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv Create well-being in the midst of life's changes</p> <p>12:00 Mid-Day Music LIVE Cool Jazz with Stan Fink Have lunch with friends while enjoying a LIVE musical presentation with Stan Fink on saxophone</p> <p>1:00 Senior Fitness</p>	<p>26</p> <p>10:00 Creative Writing Write stories and poems from weekly story prompts and share them with other creative writers</p> <p>1:00 Tai Chi Class Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p>	<p>27</p> <p>10:00 Knit and Chat with Chris Jackson</p> <p>1:00 Healthy Exercise Gentle Exercise using weights, stretchy bands and basic stretches ALL ARE WELCOME</p>	<p>28</p> <p>10:30 Popular Scams and How to Avoid Them George Dillman, PA Dept of Banking and Securities w/ Betsy Klausman who will give her horrifying experience with how easy it is to be scammed. We are being scammed out of thousands of dollars daily. This workshop will introduce you to commonly used tactics, what to look for and how to avoid them.</p> <p>1:00 Dance Fitness with Betsy Klausman</p>
<p>31</p> <p>10:30 Full Circle with Janet Levit, MSW, LCSW Find purpose in your later years</p> <p>1:00 Healthy Exercise Gentle Exercise using weights, stretchy bands and basic stretches ALL ARE WELCOME</p>			<p>Available by Appt (By Phone):</p> <p>COUNSELING SESSIONS</p> <p>COMPUTER TECH SUPPORT</p> <p>MEDICARE COUNSELING</p>	<p>GRAB AND GO MEALS By Registration Only! please RSVP by the end of the Tuesday prior</p> <p>Pick Up on Tuesdays Noon-1:00 PM at Narberth Borough Hall Check NH Newsletter or email for the menu. Call us for Assistance 610-664-2366</p>