

**November
2022**

New Horizons Senior Center

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

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

All Programs are by ZOOM unless otherwise noted

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>10:30 Computer Tech Support with Gerry Hebert <i>30 min. session by appt – IN-PERSON</i></p> <p>1:00 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab. <i>Build Strength, Improve Flexibility, and Stretch</i></p>	<p>2</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 Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p>	<p>3</p> <p>10:30 Knit and Chat w/ Chris Jackson (<i>In-Person / Zoom</i>)</p> <p>10:30 Walking Club with Pauline Rosenberg <i>Enjoy a leisurely Narberth walk. Meet outside Narberth Boro Hall</i></p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv <i>Create well-being</i></p> <p>1:00 Healthy Exercise</p>	<p>4</p> <p>10:30 Save Our Planet with Pauline Rosenberg <i>Discuss ways to restore nature and create a healthier planet. Topic: RECYCLING (rescheduled) How to recycle unusual items - Electronics, Clothing, Furniture, Eyeglasses, etc</i></p> <p>1:00 Dance Fitness with Betsy Klausman <i>Learn easy dance steps to improve balance & strength</i></p>
<p>7</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. ALL ARE WELCOME</i></p> <p>DAYLIGHT SAVINGS TIME ENDS NOVEMBER 6!!</p>	<p>8</p> <p>Election Day Don't Forget to Vote!</p> 	<p>9</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>10</p> <p>10:30 World and National Affairs Discussion w/ Bob Bond (<i>In-Person or Zoom</i>)</p> <p>10:30 Walking Club with Pauline Rosenberg <i>Meet outside Narberth Boro Hall</i></p> <p>12:00 Transitions & Changes with Loisann Furgess-Oler, MS, Mdiv</p> <p>1:00 Healthy Exercise</p>	<p>11</p> <p>VETERAN'S DAY</p> <p>10:30 Book Club with Chris Jackson <i>The Snow Leopard</i> by Peter Matthiessen <i>An account of the author's 2-month search for the snow leopard in the Himalayas.</i></p> <p>1:00 Dance Fitness with Betsy Klausman <i>Learn easy dance steps to improve balance & strength.</i></p>
<p>14</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. ALL ARE WELCOME</i></p>	<p>15</p> <p>10:30 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab.</p> <p>11:00 Computer Tech Support with Gerry Hebert</p> <p>1:00 Tai Chi for Arthritis and Fall Prevention w/ Elissa Berardi, NH Executive Dir. and Certified Tai Chi instructor <i>A special 8-week class that improves strength and flexibility, supports joints / reduces pain Limited space-Sign up soon.</i></p>	<p>16</p> <p>10:00 Creative Writing <i>Write stories and share them with other creative writers.</i></p> <p>12:00 Being Mortal w/ Loisann Furgess-Oler, MDiv Presenters: Attorneys Andrew and Ian Peltzman, JD, MBA <i>Continuing discussions about Estates, Wills, and Deeds. Bring your questions.</i></p> <p>1:00 Tai Chi Class Yang Family Style Tai Chi ALL ARE WELCOME</p>	<p>17</p> <p>10:30 Knit and Chat w/ Chris Jackson (<i>In-Person / Zoom</i>)</p> <p>10:30 Walking Club with Pauline Rosenberg <i>Meet outside Narberth Boro Hall (Weather permitting)</i></p> <p>12:00 Transitions & Changes with Loisann Furgess-Oler, MS, Mdiv</p> <p>1:00 Healthy Exercise with Agnes Palena</p>	<p>18</p> <p>10:30 Morning Music: The Beatles (cont.) <i>Enjoy The Beatles 1967 "Magical Mystery Tour" With DJ Gerry Hebert and Music Man Stan Fink</i></p> <p>1:00 Dance Fitness with Betsy Klausman <i>Learn easy dance steps to improve balance & strength.</i></p>
<p>21</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. ALL ARE WELCOME</i></p>	<p>22</p> <p>10:30 Senior Fitness with Zachary Smicker</p> <p>10:30 Computer Tech Support with Gerry Hebert <i>30 min. session by appt – IN-PERSON</i></p> <p>12:00 Guided Meditation with Eileen Abrams, MA, M. Ed. <i>Brings more calm and contentment</i></p> <p>1:00 Tai Chi for Arthritis w/ Elissa Berardi, NH Exec. Director and Certified Tai Chi instructor</p>	<p>23</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 Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p>	<p>24</p> <p><i>Happy Thanksgiving!</i></p> <p>Center Closed</p> 	
<p>28</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. ALL ARE WELCOME</i></p>	<p>29</p> <p>10:30 Senior Fitness with Zachary Smicker <i>Build Strength, Improve Flexibility</i></p> <p>10:30 Computer Tech Support with Gerry Hebert <i>30 min. session by appt – IN-PERSON</i></p> <p>1:00 Tai Chi for Arthritis w/ Elissa Berardi, NH Executive Dir. and Certified Tai Chi instructor <i>A special 8-week class that improves strength and flexibility, supports joints and reduces pain.</i></p>	<p>30</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</p> <p>2:00 Film Club with Ellensue Jacobson "Saving Mr. Banks" <i>A wonderful true story about Walt Disney's struggle to get P. L. Travers to give him the rights to film Mary Poppins. After viewing, join the discussion on Fri. Dec. 2</i></p>	<p>GRAB AND GO MEALS (Nov 1 – Dec 2)</p> <p>Every Tues and Thurs Pick up 11 AM – 1 PM</p> <p><i>Must RSVP by Wed the week before</i></p> <p>All our programs and services are offered for free, thanks to our generous donors!</p>	
				<p><i>Available by Appt (By Phone):</i></p> <p>COMPUTER TECH SUPPORT</p> <p>MEDICARE COUNSELING (Medicare Enrollment Period this month -- Call to make an appt with Steve Small.)</p> <p>Contact New Horizons for appointments</p>