

December 2022

New Horizons Senior Center

Mailing Address: PO Box 85, Narberth, PA
www.newhorizonsseniorcenter.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>COMPUTER TECH SUPPORT</p> <p>MEDICARE COUNSELING</p> <p>PRIVATE COUNSELING</p> <p>Contact New Horizons for appointments</p>	<p>GRAB AND GO MEALS (DEC 1 – DEC 29)</p> <p>Tuesday and Thursday Pick up 11 am – 1 pm</p> <p>Must RSVP by previous Wednesday to guarantee a meal for pick-up</p>	<p>1 10:00 Knit and Chat w/ Chris Jackson (In-Person / Zoom)</p> <p>10:30 Walking Club with Pauline Rosenberg Enjoy a leisurely Narberth walk. Meet outside Narberth Boro Hall Weather permitting – call to confirm</p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, MDiv Create well-being</p> <p>1:00 Healthy Exercise</p>	<p>2 10:30 Save Our Planet with Pauline Rosenberg Discuss ways to restore nature and create a healthier planet. Topic: TBA</p> <p>1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength</p>
<p>5 10:30 Full Circle w/ Janet Levit, MSW, LCSW Find purpose in your later years.</p> <p>1:00 Healthy Exercise with Agnes Palena Gentle Exercise using weights, stretchy bands, and basic stretches. ALL ARE WELCOME</p>	<p>6 Computer Tech Support with Gerry Hebert 30 min. session by appt – IN-PERSON</p> <p>10:30 Senior Fitness with Zachary Smicker</p> <p>1:00 Tai Chi for Arthritis w/ Elissa Berardi, NH Executive Dir., and Certified Tai Chi instructor A special 8-week class</p>	<p>7 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>8 10:30 World and National Affairs Discussion w/ Bob Bond (In-Person or Zoom)</p> <p>10:30 Walking Club with Pauline Rosenberg Meet outside Narberth Boro Hall</p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, MDiv Create well-being</p> <p>1:00 Healthy Exercise</p>	<p>9 10:30 Book Club <i>The Mistletoe Murder and Other Stories</i> by P.D. James with Chris Jackson</p> <p>1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength</p>
<p>12 10:30 Full Circle w/ Janet Levit, MSW, LCSW Find purpose in your later years.</p> <p>1:00 Healthy Exercise with Agnes Palena Gentle Exercise using weights, stretchy bands, and basic stretches. ALL ARE WELCOME</p>	<p>13 Computer Tech Support with Gerry Hebert 30 min. session by appt – IN-PERSON</p> <p>10:30 Senior Fitness with Zachary Smicker Build Strength, Improve Flexibility</p> <p>1:00 Tai Chi for Arthritis w/ Elissa Berardi, NH Executive Dir., and Certified Tai Chi instructor</p>	<p>14 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>15 10:00 Knit and Chat w/ Chris Jackson (In-Person / Zoom)</p> <p>10:30 Walking Club with Pauline Rosenberg Enjoy a leisurely Narberth walk. Meet outside Narberth Boro Hall</p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, MDiv Create well-being</p> <p>1:00 Healthy Exercise</p>	<p>16 10:30 Travel Club with Betsy Klausman <i>South Africa: Part 2</i> Continue our visit to South Africa – go on an animal safari in Kruger National Park, visit Robben Island (where Mandela was imprisoned) and other amazing South African sights!</p> <p>1:00 Dance Fitness with Betsy Klausman</p>
<p>19 HANUKKAH: 1st Day</p> <p>10:30 Full Circle w/ Janet Levit, MSW, LCSW Find purpose in your later years.</p> <p>1:00 Healthy Exercise with Agnes Palena Gentle Exercise using weights, stretchy bands, and basic stretches. ALL ARE WELCOME</p> 	<p>20 Computer Tech Support with Gerry Hebert 30 min. session by appt – IN-PERSON</p> <p>10:30 Senior Fitness with Zachary Smicker</p> <p>12:00 Guided Meditation Eileen Abrams, MA, M. Ed. Brings more calm and contentment</p> <p>1:00 Tai Chi for Arthritis w/ Elissa Berardi, NH Executive Dir., and Cert. Tai Chi instructor</p>	<p>21 WINTER SOLSTICE</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>22 10:30 World and National Affairs Discussion w/ Bob Bond (In-Person or Zoom)</p> <p>10:30 Walking Club with Pauline Rosenberg Meet outside Narberth Boro Hall</p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv</p> <p>1:00 Healthy Exercise</p>	<p>23 New Horizons Closed</p> <p>Enjoy the Holiday</p> <p>Saturday, December 24: CHRISTMAS EVE</p> <p>Sunday, December 25: CHRISTMAS DAY</p> 
<p>26 HANUKKAH: 8th Day</p> <p>New Horizons Closed</p> <p>Enjoy the Holiday</p> <p>KWANZA: 1st Day</p> 	<p>27 Computer Tech Support with Gerry Hebert 30 min. session by appt – IN-PERSON</p> <p>10:30 Senior Fitness with Zachary Smicker</p> <p>1:00 Tai Chi for Arthritis w/ Elissa Berardi, NH Executive Dir., and Certified Tai Chi instructor</p>	<p>28 10:00 Creative Writing Write stories and poems from weekly story prompts and share them with other creative writers</p> <p>12:00 Being Mortal With Loisann Furgess-Oler, MDiv Discuss issues about death and dying, how to prepare and what matters in the end. Topic: Mourning a Loss</p> <p>1:00 Tai Chi Class</p>	<p>29 10:00 Knit and Chat w/ Chris Jackson (In-Person / Zoom)</p> <p>10:30 Walking Club with Pauline Rosenberg Enjoy a leisurely Narberth walk. Meet outside Narberth Boro Hall</p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, MDiv Create well-being</p> <p>1:00 Healthy Exercise</p>	<p>30 10:30 Morning Music: Motown Music w/ DJ Gerry Hebert and Music Man Stan Fink Learn about the Motown soul music of Smokey Robinson, Marvin Gaye, The Supremes and so much more</p> <p>1:00 Dance Fitness with Betsy Klausman improve balance & strength</p> <p>Saturday, December 31: NEW YEAR'S EVE</p>