

April



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><i>Call us for Assistance with Meal Solutions:</i></p> <p>GRAB AND GO MEALS Tues and Thurs 11:00 AM – 1:00 PM</p> <p><i>Must RSVP by previous Thursday (1 week prior)</i></p> <p>GROCERY SHOPPING</p>	<p><i>Available by Appt (By Phone):</i></p> <p>COUNSELING SESSIONS</p> <p>COMPUTER TECH SUPPORT</p> <p>MEDICARE COUNSELING</p>	<p>NOTE:</p> <p><i>All programs are by Zoom unless otherwise noted.</i></p>	<p>Participants in ONSITE events are required to:</p> <p>Wear masks and bring proof of COVID vaccine and booster.</p> <p>You must register in advance for all ONSITE programs.</p>	<p>1</p> <p>10:30 How DOBS (PA Dept of Banking and Securities) Can Help with Your Consumer Affairs George Dillman, Pa. Dept. of Banking and Security <i>Do you have issues with your Bank, Credit Union, Investments, Mortgages, or other business? Bring your questions and find out what to do about it.</i></p> <p>1:00 Dance Fitness with Betsy Klausman</p>
<p>4</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>5</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>1:00 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab. <i>Build Strength, Improve Flexibility, and Stretch</i></p>	<p>6</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>7</p> <p>10:30 Knit and Chat with Chris Jackson</p> <p>10:30 Computer Tech Support with Gerry Hebert ONSITE - 30 min. session by appt</p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv</p> <p>1:00 Healthy Exercise</p>	<p>8</p> <p>10:30 Book Club: “A Rule Against Murder” By Louise Penny with Chris Jackson <i>Available in your local library</i></p> <p>1:00 Dance Fitness with Betsy Klausman <i>Learn easy dance steps to improve balance & strength</i></p>
<p>11</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>12</p> <p>10:00 What to Do with Photos on Your Phone, Pt II with Alex McHugh <i>Organize and print photos, make them into albums, and other useful items.</i> ONSITE or by Zoom!</p> <p>1:00 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab.</p>	<p>13</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>14</p> <p>10:30 World and Natl Affairs Discussion with Bob and Susan Bond</p> <p>10:30 Computer Tech Support with Gerry Hebert ONSITE - 30 min. session by appt</p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv</p> <p>1:00 Healthy Exercise</p>	<p>15 Good Friday & Start of Passover</p> <p>10:30 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 Dance Fitness with Betsy Klausman <i>Learn easy dance steps to improve balance & strength</i></p>
<p>18</p> <p>10:30 Full Circle w/Janet Levit, MSW, LCSW <i>Find purpose in your later years</i></p> <p>1:00 No Healthy Exercise - Easter Monday</p>	<p>19</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>1:00 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab. <i>Build Strength, Improve Flexibility, and Stretch</i></p>	<p>20</p> <p>10:30 National Poetry Month Celebration <i>New Horizons' talented Creative Writers, Harvey Davis, Stan Fink, Sondra Koch, Helen Luu, Marie Louise, Ellensue Jacobson and Harris Kabler share their writings on Nature and the Environment</i></p> <p>1:00 Tai Chi Class Instructor: Rosalie Pressman</p>	<p>21</p> <p>10:30 Knit and Chat with Chris Jackson</p> <p>10:30 Computer Tech Support with Gerry Hebert ONSITE - 30 min. session by appt</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>22 Earth Day</p> <p>10:30 Protect Our Planet with Pauline Rosenberg Celebrate Earth Day <i>Discuss ways you can restore nature and create a healthier planet.</i></p> <p>12:00 Earth Day Celebration/ April Birthday Party <i>Celebrate Mardi Gras and our April Birthdays with friends.</i> “The Residence at Bala” will host a Trivia contest with prizes and will deliver cake to any April birthdays (in the area). For cake delivery RSVP by April 15</p> <p>1:00 Dance Fitness</p>
<p>25</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>26</p> <p>10:00 Smart Phone One-on-One Tutorials with Alex McHugh <i>Smart Phone assistance by appt.</i> ONSITE or by Zoom!</p> <p>1:00 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab.</p> <p>2:15 Virtual Film Screening: “An American in Paris” <i>Film Club discussion Friday, April 29, at 10:30 AM</i></p>	<p>27</p> <p>10:00 Creative Writing <i>Write stories and poems from weekly story prompts and share them with others.</i></p> <p>12:00 Cooking Demo: Cooking for One Teri Wassel, M.S., R.D. <i>Cooking for one can be fun! Learn recipes and tips to keep your meals easy and flavorful!</i></p> <p>1:00 Tai Chi Class Instructor: Rosalie Pressman Yang Family Style Tai Chi</p>	<p>28</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 ONSITE - 30 min. session by appt</p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv</p> <p>1:00 Healthy Exercise with Agnes Palena</p>	<p>29</p> <p>10:30 NEW Film Club Discuss Classic Films with Ellensue Jacobson “An American in Paris” <i>Watch on your own or view it together on Zoom on Tuesday April 26, After-Hours at 2:15 PM</i></p> <p>1:00 Dance Fitness with Betsy Klausman <i>Learn easy dance steps to improve balance & strength</i></p>