



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>2</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>3</p> <p>10:30 Advanced Tai Chi Instructor: Rosalie Pressman Must have experience in Yang Family Style Tai Chi <i>Outside – Weather permitting</i></p> <p>1:00 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab. Build Strength, Improve Flexibility, and Stretch</p>	<p>4</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>5 <i>Cinco de Mayo</i></p> <p>10:30 World and Natl Affairs Discussion with Bob and Susan Bond <i>In-Person or by Zoom!</i></p> <p>10:30 Computer Tech Support with Gerry Hebert 30 min. session by appt. <i>(In-Person)</i></p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv Create well-being in the midst of life's changes</p> <p>1:00 Healthy Exercise with Agnes Palena</p>	<p>6</p> <p>10:30 Guided Meditation with Eileen Abrams, MA, M.Ed. Try out this gentle, guided meditation session to bring more calm and contentment into your life.</p> <p>1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength</p>
<p>9</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>10</p> <p>10:00 Have Some Fun with YouTube with Alex McHugh Watch music videos, movies, cooking demos, old tv shows, historical Events and more. <i>In-Person or by Zoom!</i></p> <p>1:00 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab.</p>	<p>11</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>12</p> <p>10:30 Knit and Chat with Chris Jackson</p> <p>10:30 Computer Tech Support with Gerry Hebert 30 min. session by appt. <i>(In-Person)</i></p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv</p> <p>1:00 Healthy Exercise</p>	<p>13</p> <p>10:30 Book Club: <i>"Magna Carta: The Birth of Liberty"</i> - By Dan Jones with Chris Jackson Available in your local library</p> <p>1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength</p>
<p>16</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>17</p> <p>10:30 Advanced Tai Chi Instructor: Rosalie Pressman Must have experience in Yang Family Style Tai Chi <i>Outside – Weather permitting</i></p> <p>12:00 Healthy Aging Quizzo w/ Zachary Smicker and Bernadette Bonner from Symphony Square Commemorate Older American's Month with \$25 gift card prizes.</p> <p>1:00 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab.</p>	<p>18</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>19</p> <p>10:30 World and National Affairs Discussion with Bob and Susan Bond <i>In-Person or by Zoom!</i></p> <p>10:30 Computer Tech Support with Gerry Hebert 30 min. session by appt. <i>(In-Person)</i></p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv</p> <p>1:00 Healthy Exercise</p> <p>2:15 Virtual Film Screening <i>This month: "The King and I"</i> Film Club Discussion May 24</p>	<p>20</p> <p>10:30 Morning Music: The Beatles (cont.) with DJ Gerry Hebert and Music Man Stan Fink Revisit 1965-66 when The Beatles gave their final tours and produced Help and Rubber Soul and Revolver</p> <p>12:00 May Birthday Party Celebrate our friends' May birthdays. "The Residence at Bala" will deliver cake to any May B-days in the area. <i>For cake delivery RSVP by May 16</i></p> <p>1:00 Dance Fitness with Betsy Klausman</p>
<p>23</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>24</p> <p>10:00 Smart Phone One-on-One Tutorials with Alex McHugh Smart Phone help by appt. <i>(In-Person)</i></p> <p>12:00 NEW Film Club Discuss Classic Films <i>This Month: "The King and I"</i> with Ellensue Jacobson Watch on your own or view it together on Zoom: Thurs May 19, at 2:15</p> <p>1:00 Senior Fitness</p>	<p>25</p> <p>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 Workshop Loisann Furgess-Oler, MS, Mdiv This monthly workshop will deal with issues about death and dying, how to prepare and what matters in the end.</p> <p>1:00 Tai Chi Class</p>	<p>26</p> <p>10:30 Knit and Chat with Chris Jackson</p> <p>10:30 Computer Tech Support with Gerry Hebert 30 min. session by appt. <i>(In-Person)</i></p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv</p> <p>1:00 Healthy Exercise with Agnes Palena</p>	<p>27</p> <p>10:30 Virtual Travel: Australia - G'Day Mates!!! Pack your bags for another adventure with tour guide, Betsy Klausman Get Ready for Shrimp on the Barbe, a Concert at the Sydney Opera House, the Great Barrier Reef, and the Outback.</p> <p>1:00 Dance Fitness with Betsy Klausman</p>
<p>30 <i>Memorial Day</i></p> <p>Center Closed for Memorial Day</p>	<p>31</p> <p>10:30 Advanced Tai Chi Instructor: Rosalie Pressman Must have experience in Yang Family Style Tai Chi <i>Outside – Weather permitting</i></p> <p>12:00 Protect Our Planet Discuss ways you can restore nature and create a healthier planet.</p> <p>1:00 Senior Fitness</p>	<p><i>Participants attending In-Person events are required to:</i></p> <ul style="list-style-type: none"> - Register in advance. - Wear masks. - Bring your COVID vaccine cards. 	<p><i>Available by Appt (By Phone):</i></p> <p>GROCERY SHOPPING</p> <p>COMPUTER TECH SUPPORT</p> <p>MEDICARE COUNSELING</p>	<p><i>Call us for Assistance with Meal Solutions:</i></p> <p>GRAB AND GO MEALS</p> <p>Tuesday and Thursday Pick up 11:00 AM - 1:00 PM Must RSVP by previous Wednesday</p>