



JUNE 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>Call us for Assistance with Meal Solutions:</i></p> <p>GRAB AND GO MEALS Tuesday and Thursday Pick up 11 am – 1 pm</p> <p><i>Must RSVP by previous Wednesday</i></p>	<p><i>Available by Appt (By Phone):</i></p> <p>COMPUTER TECH SUPPORT</p> <p>MEDICARE COUNSELING</p>	<p>1</p> <p>10:00 Creative Writing <i>Write stories and poems from weekly story prompts and share them with others.</i></p> <p>1:00 Tai Chi Class Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p>	<p>2</p> <p>10:30 World and Natl Affairs Discussion with Bob and Susan Bond <i>Onsite or by Zoom!</i></p> <p>10:30 Computer Tech Support with Gerry Hebert 30 min. session by appt – ONSITE</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>3</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>6</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>7</p> <p>10:00 Smart Phone One-On-One Tutorials with Alex McHugh <i>Smart Phone help by appt. ONSITE</i></p> <p>1:00 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab. <i>Build Strength, Improve Flexibility, and Stretch</i></p>	<p>8</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>9</p> <p>10:30 Knit and Chat with Chris Jackson <i>Onsite or by Zoom!</i></p> <p>10:30 Computer Tech Support with Gerry Hebert 30 min. session by appt – ONSITE</p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv</p> <p>1:00 Healthy Exercise</p>	<p>10</p> <p>10:30 Book Club: "Conan Doyle for the Defense" By Margalit Fox 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>13</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>14 Flag Day</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>15</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>16</p> <p>10:30 World and Natl Affairs Discussion with Bob and Susan Bond <i>Onsite or by Zoom!</i></p> <p>10:30 Computer Tech Support with Gerry Hebert 30 min. session by appt – ONSITE</p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv</p> <p>1:00 Healthy Exercise</p>	<p>17</p> <p>10:30 Virtual Travel: Visit Australia, Part 2 G'Day Mates!!! with Betsy Klausman <i>Let's continue in the footsteps of Crocodile Dundee while we journey into the Outback and more.</i></p> <p>1:00 Dance Fitness with Betsy Klausman <i>Learn easy dance steps to improve balance & strength</i></p>
<p>20 Juneteenth (Observed)</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>21</p> <p>10:00 What is a Podcast? with Alex McHugh <i>Reasons to listen to podcasts, how to find them and learn about some good podcasts to listen to.</i> On-site or by Zoom!</p> <p>12:00 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 Senior Fitness</p>	<p>22</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</p> <p>2:00 Virtual Film Screening "My Fair Lady" <i>Film Club discussion: June 28</i></p>	<p>23</p> <p>10:30 Knit and Chat with Chris Jackson <i>Onsite or by Zoom!</i></p> <p>10:30 Computer Tech Support with Gerry Hebert 30 min. session by appt – ONSITE</p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv</p> <p>1:00 Healthy Exercise with Agnes Palena</p>	<p>24</p> <p>10:30 Morning Music: Simon and Garfunkel w/ Stan Fink, teacher, musician <i>Popular folk duo with great harmonies.</i></p> <p>12:00 June Birthday Party <i>Let's Celebrate together our friends' June birthdays!</i></p> <p>1:00 Dance Fitness with Betsy Klausman <i>Learn easy dance steps to improve balance & strength</i></p>
<p>27</p> <p>10:30 Full Circle w/Janet Levit, MSW, LCSW <i>Find purpose in your later years</i></p> <p>12:00 Protect Our Planet with Pauline Rosenberg <i>Discuss ways you can restore nature and create a healthier planet.</i></p> <p>1:00 Healthy Exercise with Agnes Palena <i>Gentle Exercise using weights, stretchy bands, and basic stretches.</i></p>	<p>28</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>12:00 Film Club "My Fair Lady" Discuss Classic Films with Ellensue Jacobson <i>Watch on your own or view it together on Zoom on June 22 at 2:00</i></p> <p>1:00 Senior Fitness with Zachary Smicker</p>	<p>29</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 Being Mortal Loisann Furgess-Oler, MS, Mdiv <i>This workshop deals with issues about death and dying, how to prepare and what matters in the end</i></p> <p>1:00 Tai Chi Class Instructor: Rosalie Pressman Yang Family Style Tai Chi</p>	<p>30</p> <p>10:30 World and Natl Affairs Discussion with Bob and Susan Bond <i>Onsite or by Zoom!</i></p> <p>10:30 Computer Tech Support with Gerry Hebert 30 min. session by appt – ONSITE</p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv</p> <p>1:00 Healthy Exercise with Agnes Palena</p>	<p>Participants attending In-Person events are required to:</p> <ul style="list-style-type: none"> - Register in advance. - Wear masks. - Bring your COVID vaccine cards.