

July 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
Proudly Sponsored by:  www.WestLaurelHill.com	Available by Appt (By Phone): COMPUTER TECH SUPPORT MEDICARE COUNSELING Call us for Assistance with Meal Solutions	Participants attending In-Person events are required to: - Register in advance. - Wear masks. - Bring your COVID vaccine cards.	GRAB AND GO MEALS Tuesday and Thursday Pick up 11 am – 1 pm Must RSVP by previous Wednesday	1 10:30 Guided Meditation with Eileen Abrams, MA, M. Ed. Gentle, guided meditation session to bring more calm and contentment into your life. 1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength
4 Independence Day Center closed today for Independence Day!	5 10:00 Smart Phone One-on-One Tutorials with Alex McHugh 30 min. session by appt – ONSITE 10:30 NEW! Walking Club with Pauline Rosenberg Socialize and Exercise while enjoying a leisurely Narbeth walk. Meet at Narberth Boro Hall. Outside – Weather permitting 1:00 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab.	6 10:00 Creative Writing Write stories and poems from weekly story prompts and share them with other creative writers 1:00 Tai Chi Class Yang Family Style Tai Chi ALL ARE WELCOME	7 10:30 Knit and Chat with Chris Jackson Onsite or by Zoom! 10:30 Computer Tech Support with Gerry Hebert 30 min. session by appt – ONSITE 12:00 Transitions & Changes Create well-being in the midst of life's changes 1:00 Healthy Exercise with Agnes Palena	8 11:30 Volunteer Appreciation Zoom Lunch Join us to thank and celebrate our many wonderful volunteers. Sponsored in part by West Laurel Hill 1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength
11 10:30 Full Circle w/Janet Levit, MSW, LCSW Find purpose in your later years 1:00 Healthy Exercise with Agnes Palena Gentle Exercise using weights, stretchy bands, and basic stretches ALL ARE WELCOME	12 10:30 NEW! Walking Club with Pauline Rosenberg Socialize and Exercise while enjoying a leisurely Narbeth walk. Meet at Narberth Boro Hall. Outside – Weather permitting 1:00 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab.	13 10:00 Creative Writing Write stories and poems from weekly story prompts and share them with other creative writers 1:00 Tai Chi Class Yang Family Style Tai Chi ALL ARE WELCOME	14 10:30 World and Natl Affairs Discussion with Bob and Susan Bond Onsite or by Zoom! 10:30 Computer Tech Support with Gerry Hebert 30 min. session by appt – ONSITE 12:00 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv 1:00 Healthy Exercise	15 10:30 Book Club: "Dark Money" By Jane Mayer with Chris Jackson Available in your local library 1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength
18 10:30 Full Circle w/Janet Levit, MSW, LCSW Find purpose in your later years 1:00 Healthy Exercise with Agnes Palena Gentle Exercise using weights, stretchy bands, and basic stretches ALL ARE WELCOME	19 10:00 Tech Workshop: Navigating Online Accounts with Alex McHugh Learn about passwords and accounts. Onsite or by Zoom! 10:30 NEW! Walking Club with Pauline Rosenberg Socialize and Exercise while enjoying a leisurely Narbeth walk. Meet at Narberth Boro Hall. Outside – Weather permitting 12:00 Guided Meditation with Eileen Abrams, MA, M. Ed. Bring calm and contentment into your life. 1:00 Senior Fitness with Zachary Smicker	20 10:00 Creative Writing Write stories and poems from weekly story prompts and share them with other creative writers 1:00 Film Club Virtual Screening: "West Side Story" (2021) Steven Spielberg's 2021 remake tells the story of love and fierce rivalries in 1957 NYC. Film Club discussion: July 29	21 10:30 Knit and Chat with Chris Jackson Onsite or by Zoom! 10:30 Computer Tech Support with Gerry Hebert 30 min. session by appt – ONSITE 12:00 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv Create well-being in the midst of life's changes 1:00 Healthy Exercise with Agnes Palena	22 10:30 Morning Music: Keith Jarrett w/ Stan Fink, Jazz Musician and Teacher Jazz and Classical pianist and composer. 12:00 July Birthday Party Celebrate July Birthdays with friends. "The Residence at Bala" will deliver cake to any March birthdays (in the area). For cake delivery RSVP by July 18 1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength
25 10:30 Full Circle w/Janet Levit, MSW, LCSW Find purpose in your later years 12:00 NH Environmental Action Group with Pauline Rosenberg and Ellensue Jacobson Discuss ways we can take action as a group to create a healthier planet. 1:00 Healthy Exercise with Agnes Palena ALL ARE WELCOME	26 10:00 Smart Phone One-on-One Tutorials with Alex McHugh 30 min. session by appt – ONSITE 10:30 NEW! Mah Jongg Onsite – Please call to register. 10:30 NEW! Walking Club with Pauline Rosenberg Socialize and Exercise. Meet at Narberth Boro Hall. Outside – Weather permitting 1:00 Senior Fitness with Zachary Smicker	27 10:00 Creative Writing Write stories and poems from weekly story prompts and share them with other creative writers 1:00 Being Mortal Loisann Furgess-Oler, MS, Mdiv Discuss issues about death and dying, how to prepare and what matters in the end	28 10:30 World and Natl Affairs Discussion with Bob and Susan Bond Onsite or by Zoom! 10:30 Computer Tech Support with Gerry Hebert 30 min. session by appt – ONSITE 12:00 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv 1:00 Healthy Exercise with Agnes Palena	29 10:30 Film Club Discussion "West Side Story" (2021) with Ellensue Jacobson Watch on your own or view it together on Zoom on June 20th at 1:00 PM. 1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength