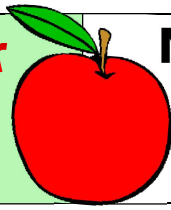


**September
2022**



New Horizons Senior Center

Mailing Address: PO Box 85, Narberth, PA
www.newhorizonsseiorcenter.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>GRAB AND GO MEALS (Sept. 8 – Sept. 29) Tuesdays* and Thursdays Pick up 11 am – 1 pm Must RSVP by previous Wed. (Not available Sept. 6)</p>	<p>¹ All on-site programs are at the West Wing (formerly the Girl Scout Rm.) of the Narberth Library.* Registration required</p>	<p>²</p>
<p>⁵ Center Closed for Labor Day</p>	<p>⁶ 10:30 NEW Mah Jongg <i>Onsite – call to register</i></p> <p>10:30 Walking Club with Pauline Rosenberg Socialize and Exercise Meet at Narberth Library <i>Outside – Weather permitting</i></p> <p>1:00 WISE (Wellness Initiative for Senior Education) Presented by Montgomery Co Office of Senior Services Six week class covering healthy aging lifestyle choices.</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 Yang Family Style Tai Chi ALL ARE WELCOME</p>	<p>⁸ 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 w/ 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>⁹ 10:30 Book Club: "The Ghost Map" by Steven Johnson with Chris Jackson The story of London's most terrifying epidemic and how it changed science, cities, and the modern world.</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 10:30 NEW Mah Jongg <i>Onsite – call to register</i></p> <p>10:30 Walking Club with Pauline Rosenberg Socialize and Exercise Meet at Narberth Library <i>Outside – Weather permitting</i></p> <p>10:30 Advanced Tai Chi with Rosalie Pressman Must have experience in Yang Family Style Tai Chi <i>Outside – Weather permitting</i></p> <p>1:00 WISE (Wellness Initiative for Senior Education)</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 Yang Family Style Tai Chi ALL ARE WELCOME</p> <p>2:00 Film Club: "Downton Abbey: A New Era" with Ellensue Jacobson Sequel to 2019 movie and TV series by Julian Fellowes. Film Club discussion on Friday Sept. 23 10:30 am</p>	<p>¹⁵ 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 w/ 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>¹⁶ 10:30 Save Our Planet with Pauline Rosenberg Discuss ways you can restore nature and create a healthier planet. Topic: Wild or Farmed fish?</p> <p>12:00 Guided Meditation w/ Eileen Abrams, MA, M. Ed. Try out this gentle, guided meditation session to bring more calmness and contentment into your life.</p> <p>1:00 Dance Fitness with Betsy Klausman</p>
<p>¹⁹ 10:30 Full Circle 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 10:30 NEW Mah Jongg <i>Onsite – call to register</i></p> <p>10:30 Walking Club with Pauline Rosenberg Socialize and Exercise Meet at Narberth Library <i>Outside – Weather permitting</i></p> <p>1:00 WISE (Wellness Initiative for Senior Education) Presented by Montgomery Co Office of Senior Services</p>	<p>²¹ 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 Presenters: Attorneys Andrew and Ian Peltzman, JD, MBA. Estates, Deeds, etc. Part 3 Bring your questions!</p> <p>1:00 Tai Chi Class Yang Family Style Tai Chi</p>	<p>²² AUTUMN BEGINS</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 w/ Loisann Furgess-Oler, MS, MDiv</p> <p>1:00 Healthy Exercise with Agnes Palena</p>	<p>²³ 10:30 Film Club Discussion "Downton Abbey: A New Era" (2022) with Ellensue Jacobson Watch on your own or view it together on Zoom on Sept. 14 at 2:00 pm</p> <p>1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength.</p>
<p>²⁶ ROSH HASHANAH</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>²⁷ 10:30 NEW Mah Jongg <i>Onsite – call to register</i></p> <p>10:30 Walking Club with Pauline Rosenberg Socialize and Exercise Meet at Narberth Library <i>Outside – Weather permitting</i></p> <p>10:30 Advanced Tai Chi with Rosalie Pressman Must have experience in Yang Family Style Tai Chi <i>Outside – Weather permitting</i></p> <p>1:00 WISE (Wellness Initiative for Senior Education)</p>	<p>²⁸ 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 Yang Family Style Tai Chi ALL ARE WELCOME</p>	<p>²⁹ 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 w/ Loisann Furgess-Oler, MS, MDiv</p> <p>1:00 Healthy Exercise with Agnes Palena</p>	<p>³⁰ 10:30 Morning Music: Chick Corea w/ Stan Fink, jazz musician and teacher One of the foremost jazz pianists, and composers today.</p> <p>1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength.</p>