

January 2023

New Horizons Senior Center

Mailing Address: PO Box 85, Narberth, PA

www.newhorizonscenter.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>Sunday, January 1: NEW YEAR'S DAY</p> <p>CENTER CLOSED TODAY</p> 	<p>3</p> <p>Computer Tech Support with Gerry Hebert <i>IN-PERSON 30 min. by appt</i></p> <p>10:30 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab.</p> <p>1:00 Tai Chi for Arthritis w/ Elissa Berardi, NH Executive Dir. and Cert Tai Chi instructor <i>Last class of special 8-week class</i></p>	<p>4</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 <i>Yang Family Style Tai Chi</i> ALL ARE WELCOME</p>	<p>5</p> <p>10:30 World and National Affairs Discussion w/ Bob Bond <i>(In-Person or Zoom)</i></p> <p>10:30 Walking Club with Pauline Rosenberg <i>Meet outside Narberth Boro Hall</i></p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, MDiv</p> <p>1:00 Healthy Exercise</p>	<p>6</p> <p>11:00 Save Our Planet with Pauline Rosenberg <i>Discuss ways to restore nature and create a healthier planet.</i></p> <p>1:00 Dance Fitness with Betsy Klausman <i>Learn easy dance steps to improve balance & strength</i></p> <p>1:00 Act III Rehearsal with Selma Savitz</p>
<p>9</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>10</p> <p>Computer Tech Support with Gerry Hebert <i>IN-PERSON 30 min. by appt</i></p> <p>9:00 Low Cost Wills with Heather Turner, Esq <i>30 minute sessions \$35 for members \$50 for non-members Reservations are necessary</i></p> <p>10:30 Senior Fitness with Zachary Smicker</p> <p>1:00 Guided Meditation Eileen Abrams, MA, M. Ed. <i>Brings calm and contentment</i></p>	<p>11</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 <i>Yang Family Style Tai Chi</i> ALL ARE WELCOME</p>	<p>12</p> <p>10:00 Knit and Chat w/ Chris Jackson <i>(In-Person / Zoom)</i></p> <p>10:30 Walking Club with Pauline Rosenberg <i>Enjoy a leisurely Narberth walk. Meet outside Narberth Boro Hall</i></p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, MDiv <i>Create well-being</i></p> <p>1:00 Healthy Exercise with Agnes Palena</p>	<p>13</p> <p>10:30 Being Mortal Loisann Furgess-Oler, MDiv <i>Presenters: Attorneys Andrew and Ian Peltzman, JD, MBA Continuing discussions about Estates, Wills, and Deeds. Bring your questions.</i></p> <p>1:00 Dance Fitness with Betsy Klausman <i>Learn easy dance steps to improve balance & strength</i></p>
<p>16 MLK DAY of Service</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>17</p> <p>Computer Tech Support with Gerry Hebert <i>IN-PERSON 30 min. by appt</i></p> <p>10:30 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab. <i>Build Strength, Improve Flexibility, and Stretch</i></p> <p>1:00 Virtual Film Club Mary Poppins <i>Musical Fantasy with Julie Andrews and Dick Van Dyke</i></p>	<p>18</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 <i>Yang Family Style Tai Chi</i> ALL ARE WELCOME</p>	<p>19</p> <p>10:30 World and National Affairs Discussion w/ Bob Bond <i>(In-Person or Zoom)</i></p> <p>10:30 Walking Club with Pauline Rosenberg <i>Meet outside Narberth Boro Hall</i></p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, MDiv</p> <p>1:00 Healthy Exercise</p>	<p>20</p> <p>10:30 Book Club The Personal Librarian by Marie Benedict with Chris Jackson</p> <p>1:00 Dance Fitness with Betsy Klausman <i>Learn easy dance steps to improve balance & strength</i></p> <p>1:00 Act III Rehearsal with Selma Savitz</p>
<p>23</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>24</p> <p>Computer Tech Support with Gerry Hebert <i>IN-PERSON 30 min. by appt</i></p> <p>10:30 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab.</p> <p>1:00 Tai Chi for Arthritis Follow up Session w/ Elissa Berardi, NH Executive Dir. and Cert Tai Chi instructor</p>	<p>25</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 <i>Yang Family Style Tai Chi</i> ALL ARE WELCOME</p>	<p>26</p> <p>10:00 Knit and Chat w/ Chris Jackson <i>(In-Person / Zoom)</i></p> <p>10:30 Walking Club with Pauline Rosenberg</p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, MDiv <i>Create well-being</i></p> <p>1:00 Healthy Exercise</p>	<p>27</p> <p>10:30 Travel Club with Betsy Klausman South Africa: Part 2 <i>Continue our visit to South Africa – go on an animal safari in Kruger National Park, visit Robben Island where Nelson Mandela was imprisoned, and much more!</i></p> <p>1:00 Dance Fitness with Betsy Klausman</p>
<p>30</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>31</p> <p>Computer Tech Support with Gerry Hebert <i>IN-PERSON 30 min. by appt</i></p> <p>9:00 Low Cost Wills (Signing)</p> <p>10:30 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab.</p> <p>1:00 Midday Music: Intro to Mozart w/ Stan the Music Man <i>Intro to his life and works</i></p>	<p>Available by Appt (By Phone):</p> <p>COMPUTER TECH SUPPORT</p> <p>MEDICARE COUNSELING</p> <p>PRIVATE COUNSELING <i>Contact New Horizons for appointments</i></p>	<p>GRAB AND GO MEALS (JAN 3 – FEB 2)</p> <p>Tuesday and Thursday Pick up 11 am – 1 pm</p> <p>Must RSVP by previous Wednesday to guarantee a meal for pick-up</p>	

