

**February  
2023**

# New Horizons Senior Center

Mailing Address: PO Box 85, Narberth, PA

[www.newhorizons seniorcenter.org](http://www.newhorizons seniorcenter.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><b>GRAB AND GO MEALS (FEB 2 – MAR 2)</b></p> <p>Tuesday and Thursday Pick up 11 am – 1 pm</p> <p><i>Must RSVP by previous Wednesday to guarantee a meal for pick-up</i></p>		<p><b>1</b></p> <p><b>10:00 Creative Writing</b> <i>Write stories and poems from weekly story prompts and share them with other creative writers.</i></p> <p><b>1:00 Act III Rehearsal</b> with Selma Savitz</p> <p><b>1:15 Tai Chi Class</b> Instructor: Rosalie Pressman Yang Family Style Tai Chi</p>	<p><b>2</b> <b>GROUNDHOG DAY</b></p> <p><b>10:30 World and National Affairs Discussion</b> w/ Bob Bond <i>(In-Person or Zoom)</i></p> <p><b>10:30 Walking Club</b> with Pauline Rosenberg <i>Meet outside Narberth Boro Hall</i></p> <p><b>12:00 Transitions &amp; Changes</b> Loisann Furgess-Oler, MS, MDiv</p> <p><b>1:00 Healthy Exercise</b></p>	<p><b>3</b></p> <p><b>11:00 Save Our Planet</b> with Pauline Rosenberg <i>Discuss ways to restore nature and create a healthier planet.</i></p> <p><b>Topic: Recycling – How does it work AND not work</b></p> <p><b>1:00 Dance Fitness</b> with Betsy Klausman <i>Learn easy dance steps to improve balance &amp; strength</i></p>
<p><b>6</b></p> <p><b>10:30 Full Circle</b> w/ Janet Levit, MSW, LCSW <i>Find purpose in your later years.</i></p> <p><b>1:00 Healthy Exercise</b> with Agnes Palena <b>ALL ARE WELCOME</b></p>	<p><b>7</b></p> <p><b>Computer Tech Support with Gerry Hebert</b> <b>IN-PERSON 30 min. by appt –</b></p> <p><b>10:30 Senior Fitness</b> with Zachary Smicker Regional Director, Fox Rehab. <i>Build Strength, Improve Flexibility, and Stretch.</i></p>	<p><b>8</b></p> <p><b>10:00 Creative Writing</b> <i>Write stories and poems. from weekly story prompts and share them with other creative writers.</i></p> <p><b>1:15 Tai Chi Class</b> Instructor: Rosalie Pressman Yang Family Style Tai Chi <b>ALL ARE WELCOME!</b></p>	<p><b>9</b></p> <p><b>10:00 Knit and Chat</b></p> <p><b>10:30 Walking Club</b> with Pauline Rosenberg</p> <p><b>12:00 Transitions &amp; Changes</b> Loisann Furgess-Oler, MS, MDiv</p> <p><b>1:00 Healthy Exercise</b> with Agnes Palena <b>ALL ARE WELCOME</b></p>	<p><b>10</b></p> <p><b>10:30 Book Club</b> “All About Me” by Mel Brooks with Chris Jackson</p> <p><b>1:00 Dance Fitness</b> with Betsy Klausman</p> <p><b>Sunday, Feb 12: LINCOLN’S B-DAY</b></p>
<p><b>13</b></p> <p><b>10:30 Full Circle</b> w/ Janet Levit, MSW, LCSW <i>Find purpose in your later years.</i></p> <p><b>1:00 Healthy Exercise</b> with Agnes Palena <i>Gentle Exercise using weights, stretchy bands, and basic stretches.</i> <b>ALL ARE WELCOME</b></p>	<p><b>14 VALENTINE’S DAY</b></p> <p><b>Computer Tech Support with Gerry Hebert</b> <b>IN-PERSON 30 min. by appt –</b></p> <p><b>9:00 Low-Cost Wills</b> with Heather Turner, Esq <i>30-minute sessions – by appt. \$35 for members \$50 for non-members</i></p> <p><b>10:30 Senior Fitness</b> with Zachary Smicker</p> <p><b>1:00 Virtual Film Club (Valentine’s Day Edition)</b> “An Affair to Remember” <i>With Cary Grant and Deborah Kerr. A couple falls in love and agrees to meet at the Empire State Building – but will they?</i></p>	<p><b>15</b></p> <p><b>10:30 Romantic Valentine’s Day Poems and Stories</b> Presented by NHSC Creative Writers <i>Enjoy New Horizons talented creative Writers’ Romantic stories and poems</i></p> <p><b>1:00 Act III Rehearsal</b> with Selma Savitz</p> <p><b>1:15 Tai Chi Class</b> Instructor: Rosalie Pressman</p>	<p><b>16</b></p> <p><b>10:30 World and National Affairs Discussion</b> w/ Bob Bond <i>(In-Person or Zoom)</i></p> <p><b>10:30 Walking Club</b> with Pauline Rosenberg <i>Meet outside Narberth Boro Hall Weather permitting – call to confirm</i></p> <p><b>12:00 Transitions &amp; Changes</b> Loisann Furgess-Oler, MS, MDiv</p> <p><b>1:00 Healthy Exercise</b></p>	<p><b>17</b></p> <p><b>10:30 Vaccines</b> Marisa Jacobs, PharmD <i>Presentation will review vaccines recommended for older adults by the CDC including shingles, flu, pneumonia, tetanus and COVID. Learn about side effects and how to prepare. Bring your questions!</i></p> <p><b>1:00 Dance Fitness</b> with Betsy Klausman <i>Learn easy dance steps to improve balance &amp; strength</i></p>
<p><b>20 PRESIDENT’S DAY</b></p> <p><b>10:30 Full Circle</b> w/ Janet Levit, MSW, LCSW <i>Find purpose in your later years.</i></p> <p><b>1:00 Healthy Exercise</b> with Agnes Palena</p> 	<p><b>21 MARDI GRAS</b></p> <p><b>Computer Tech Support with Gerry Hebert</b></p> <p><b>10:30 Senior Fitness</b> with Zachary Smicker</p> <p><b>12:00 Guided Meditation</b> Eileen Abrams, MA, M. Ed. <i>Brings calm and contentment</i></p> <p><b>1:00 Being Mortal</b> with Loisann Furgess-Oler, MDiv <i>Discuss issues like death, dying, how to prepare, what matters in the end.</i> <b>Topic: Mourning a Loss</b></p>	<p><b>22</b></p> <p><b>10:00 Creative Writing</b> <i>Write stories and poems from weekly story prompts and share them with other creative writers.</i></p> <p><b>1:15 Tai Chi Class</b> Instructor: Rosalie Pressman Yang Family Style Tai Chi <b>ALL ARE WELCOME</b></p>	<p><b>23</b></p> <p><b>10:00 Knit and Chat</b> w/ Chris Jackson <i>(In-Person / Zoom)</i></p> <p><b>10:30 Walking Club</b> with Pauline Rosenberg <i>Enjoy a leisurely Narberth walk. Meet outside Narberth Boro Hall Weather permitting – call to confirm</i></p> <p><b>12:00 Transitions &amp; Changes</b> Loisann Furgess-Oler, MS, MDiv <i>Create well-being</i></p> <p><b>1:00 Healthy Exercise</b></p>	<p><b>24</b></p> <p><b>10:30 Travel Club</b> with Betsy Klausman <i>Travel to amazing and exciting places all over the world ... without leaving the comfort and safety of your own couch.</i> <b>Next Destination: TBD</b></p> <p><b>1:00 Dance Fitness</b> with Betsy Klausman <i>Learn easy dance steps to improve balance &amp; strength</i></p>
<p><b>27</b></p> <p><b>10:30 Full Circle</b> w/ Janet Levit, MSW, LCSW <i>Find purpose in your later years.</i></p> <p><b>1:00 Healthy Exercise</b> with Agnes Palena <i>Gentle Exercise using weights, stretchy bands, and basic stretches.</i> <b>ALL ARE WELCOME</b></p>	<p><b>28</b></p> <p><b>Computer Tech Support with Gerry Hebert</b> <b>IN-PERSON 30 min. by appt –</b></p> <p><b>9:00 Low-Cost Wills (Signing)</b></p> <p><b>10:30 Senior Fitness</b> with Zachary Smicker</p> <p><b>1:00 Cooking Demo:</b> <i>Healthy and Easy to Make Sweet Treats</i> Teri Wassel, MS, RD <i>Prepare simple sweet treats!</i></p>		<p><b>Available by Appt (By Phone):</b></p> <p><b>COMPUTER TECH SUPPORT</b></p> <p><b>MEDICARE COUNSELING</b></p> <p><b>PRIVATE COUNSELING</b> <i>Contact New Horizons for appointments</i></p>	