

**March  
2023**

# New Horizons Senior Center

Mailing Address: PO Box 85, Narberth, PA

[www.newhorizonsseniorcenter.org](http://www.newhorizonsseniorcenter.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</b> See Menu on Back</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>COMPUTER TECH SUPPORT</b></p> <p><b>MEDICARE COUNSELING PRIVATE COUNSELING</b></p> <p>Contact New Horizons for appointments</p>	<p>1 10:00 <b>Creative Writing</b> <i>Write stories and poems from weekly story prompts and share them with others</i></p> <p>1:00 <b>Tai Chi Class</b> Instructor: Rosalie Pressman <b>ALL ARE WELCOME</b></p> <p>1:00 <b>Act III Rehearsal</b></p>	<p>2 10:30 <b>World and National Affairs Discussion</b> w/ Bob Bond (In-Person or Zoom)</p> <p>10:30 <b>Walking Club</b> with Pauline Rosenberg <b>MEET ON 2<sup>ND</sup> FLOOR OF BORO HALL</b></p> <p>12:00 <b>Transitions &amp; Changes</b></p> <p>1:00 <b>Healthy Exercise</b></p>	<p>3 11:00 <b>Save Our Planet</b> with Pauline Rosenberg <i>Discuss ways to restore nature and create a healthier planet.</i> Topic: <b>Political Action</b></p> <p>1:00 <b>Dance Fitness</b> with Betsy Klausman <i>Learn easy dance steps to improve balance &amp; strength</i></p>
<p>6 10:30 <b>Full Circle</b> w/ Janet Levit, MSW, LCSW <i>Find purpose in your later years.</i></p> <p>1:00 <b>Healthy Exercise</b> with Agnes Palena <i>Gentle Exercise using weights, stretchy bands, and basic stretches.</i> <b>ALL ARE WELCOME</b></p>	<p>7 Computer Tech Support with Gerry Hebert <i>30 min. session by appt – IN-PERSON</i></p> <p>10:30 <b>Senior Fitness</b> with Zachary Smicker Regional Director, Fox Rehab. <i>Build Strength, Improve Flexibility</i></p> <p>12:00 <b>Guided Meditation</b> Eileen Abrams, MA, M. Ed.</p> <p>1:00 <b>Gentle Yoga</b> Jess from Day Vibes Yoga <i>(In partnership with Symphony Square Residences)</i></p>	<p>8 10:00 <b>Creative Writing</b> <i>Write stories and poems from weekly story prompts and share them with other creative writers.</i></p> <p>1:00 <b>Tai Chi Class</b> Instructor: Rosalie Pressman Yang Family Style Tai Chi <b>ALL ARE WELCOME</b></p>	<p>9 10:00 <b>Knit and Chat</b> w/ Chris Jackson <i>(In-Person / Zoom)</i></p> <p>10:30 <b>Walking Club</b> with Pauline Rosenberg <i>Enjoy a leisurely Narberth walk.</i> <b>MEET ON 2<sup>ND</sup> FLOOR OF BORO HALL</b></p> <p>12:00 <b>Transitions &amp; Changes</b> with Loisann Furgess-Oler, MS, MDiv <i>Create well-being</i></p> <p>1:00 <b>Healthy Exercise</b></p>	<p>10 10:30 <b>Natural Supplements</b> Marisa Jacobs, PharmD <i>Discuss natural supplements and plants that help with common ailments such as thyroid problems, sleep disorders, depression, arthritis and more</i> <i>Bring your questions!</i></p> <p>1:00 <b>Dance Fitness</b> with Betsy Klausman <i>Learn easy dance steps to improve balance &amp; strength</i></p>
<p>13 10:30 <b>Full Circle</b> w/ Janet Levit, MSW, LCSW <i>Find purpose in your later years.</i></p> <p>1:00 <b>Healthy Exercise</b> with Agnes Palena <i>Gentle Exercise using weights, stretchy bands, and basic stretches.</i> <b>ALL ARE WELCOME</b></p> <p><i>Sunday, March 12: Daylight Savings Time Starts</i></p>	<p>14 Computer Tech Support with Gerry Hebert</p> <p>9:00 <b>Low-Cost Wills</b> with Heather Turner, Esq <i>30-minute sessions – by appt. \$35 for members \$50 for non-memb</i></p> <p>10:30 <b>Senior Fitness</b> with Zachary Smicker</p> <p>1:00 <b>Virtual Film Club</b> "Roman Holiday" <i>A sheltered princess escapes her royal guardians and falls in love with an American journalist in Rome. Gregory Peck and Audrey Hepburn. Film Discussion: Tues 3/21</i></p>	<p>15 10:00 <b>Creative Writing</b> <i>Write stories and poems from weekly story prompts and share with others</i></p> <p>1:00 <b>Tai Chi Class</b> Instructor: Rosalie Pressman Yang Family Style Tai Chi <b>ALL ARE WELCOME</b></p> <p>1:00 <b>Act III Rehearsal</b> with Selma Savitz</p>	<p>16 10:30 <b>World and National Affairs Discussion</b> w/ Bob Bond (In-Person or Zoom)</p> <p>10:30 <b>Walking Club</b> with Pauline Rosenberg <b>MEET ON 2<sup>ND</sup> FLOOR OF BORO HALL</b></p> <p>12:00 <b>Transitions &amp; Changes</b> with Loisann Furgess-Oler, MS, MDiv</p> <p>1:00 <b>Healthy Exercise</b> with Agnes Palena <i>Gentle Exercise using weights, stretchy bands, and basic stretches.</i> <b>ALL ARE WELCOME</b></p> 	<p>17 <b>ST. PATRICK'S DAY</b></p> <p>10:30 <b>Book Club</b> "The Heart is a Lonely Hunter" by Carson McCullers with Chris Jackson</p> <p>1:00 <b>Dance Fitness</b> with Betsy Klausman <i>Learn easy dance steps to improve balance &amp; strength</i></p>
<p>20 <b>SPRING EQUINOX</b></p> <p>10:30 <b>Full Circle</b> w/ Janet Levit, MSW, LCSW</p> <p>12:00 <b>Lunch Program</b> Nutrition Committee w/New Horizons Staff <i>New Horizons is working to create a lunch program that is nutritious and enjoyable. Come to the meeting to share your comments and suggestions.</i></p> <p>1:00 <b>Healthy Exercise</b></p>	<p>21 Computer Tech Support with Gerry Hebert <i>30 min. session by appt – IN-PERSON</i></p> <p>10:30 <b>Senior Fitness</b> with Zachary Smicker Regional Director, Fox Rehab.</p> <p>1:00 <b>Film Club Discussion</b> "Roman Holiday" with Ellensue Jacobson <i>Watch on your own or view it together on Zoom on March 14</i></p>	<p>22 10:00 <b>Creative Writing</b> <i>Write stories and poems from weekly story prompts and share them with other creative writers.</i></p> <p>1:00 <b>Tai Chi Class</b> Instructor: Rosalie Pressman Yang Family Style Tai Chi <b>ALL ARE WELCOME</b></p>	<p>23 <b>RAMADAN: 1<sup>ST</sup> DAY</b></p> <p>10:00 <b>Knit and Chat</b> w/ Chris Jackson <i>(In-Person / Zoom)</i></p> <p>10:30 <b>Walking Club</b> with Pauline Rosenberg</p> <p>12:00 <b>Transitions &amp; Changes</b> with Loisann Furgess-Oler, MS, MDiv <i>Create well-being</i></p> <p>1:00 <b>Healthy Exercise</b> with Agnes Palena</p>	<p>24 10:30 <b>Residential Choices As We Age</b> w/ Mindy Mozenter, Senior Living Specialist <i>Where you live is very important for your health and happiness. Ms Mozenter will discuss options to help you make the best choices for your life and situation.</i></p> <p>1:00 <b>Dance Fitness</b> with Betsy Klausman</p>
<p>27 10:30 <b>Full Circle</b> w/ Janet Levit, MSW, LCSW <i>Find purpose in your later years.</i></p> <p>1:00 <b>Healthy Exercise</b> with Agnes Palena <i>Gentle Exercise using weights, stretchy bands, and basic stretches.</i> <b>ALL ARE WELCOME</b></p>	<p>28 Computer Tech Support with Gerry Hebert <i>30 min. session by appt – IN-PERSON</i></p> <p>9:00 <b>Low-Cost Wills Signing</b></p> <p>10:30 <b>Senior Fitness</b> with Zachary Smicker Regional Director, Fox Rehab.</p> <p>1:00 <b>Being Mortal</b> with Loisann Furgess-Oler, MDiv <i>Discuss issues like death, dying, how to prepare, and what matters in the end.</i> Topic: <b>Mourning a Loss</b></p>	<p>29 10:00 <b>Creative Writing</b> <i>Write stories and poems from weekly story prompts and share them with other creative writers.</i></p> <p>1:00 <b>Tai Chi Class</b> Instructor: Rosalie Pressman Yang Family Style Tai Chi <b>ALL ARE WELCOME</b></p>	<p>30 10:30 <b>World and National Affairs Discussion</b> w/ Bob Bond <i>(In-Person or Zoom)</i></p> <p>10:30 <b>Walking Club</b> with Pauline Rosenberg <b>MEET ON 2<sup>ND</sup> FLOOR OF BORO HALL</b></p> <p>12:00 <b>Transitions &amp; Changes</b> with Loisann Furgess-Oler, MS, MDiv</p> <p>1:00 <b>Healthy Exercise</b> with Agnes Palena</p>	<p>31 10:30 <b>Morning Music: Motown Music pt 2</b> with DJ Gerry Hebert and Music Man Stan Fink <i>This musical presentation will introduce you to Motown soul music of Smokey Robinson, Marvin Gaye, The Supremes and so much more</i></p> <p>1:00 <b>Dance Fitness</b> with Betsy Klausman <i>Learn easy dance steps to improve balance &amp; strength</i></p>