

May 2023

New Horizons Senior Center

Mailing Address: PO Box 85, Narberth, PA

www.newhorizonsseiorcenter.org

All Programs are by ZOOM unless otherwise noted

CALL 610 664-2366

**FOR MORE INFO
ON HOW TO JOIN
ANY REMOTE PROGRAM**

**MASKS ARE REQUIRED
AT BORO HALL EXCEPT
WHEN EXERCISING**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 MAY DAY</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>2</p> <p>Computer Tech Support with Gerry Hebert 30 min. session by appt – IN-PERSON</p> <p>10:30 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab. Build Strength, Improve Flexibility, and Stretch</p>	<p>3</p> <p>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 Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p>	<p>4</p> <p>10:30 World and Nat'l Affairs w/ Bob Bond (In-Person or Zoom)</p> <p>10:30 Walking Club with Pauline Rosenberg Meet outside Narberth Boro Hall</p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, MDiv</p> <p>1:00 Healthy Exercise with Agnes Palena Gentle Exercise using weights and basic stretches. In Person or by Zoom</p>	<p>5 CINCO DE MAYO</p> <p>11:00 Guided Meditation Eileen Abrams, MA, M. Ed. Brings calm and contentment</p> <p>12:00 Betsy Klausman Encore Presentation Of her presentation for the PA Volunteer Recognition Event</p> <p>1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength NarbEarth Day Saturday May 6, 12-4 pm</p>
<p>8</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>9</p> <p>Computer Tech Support with Gerry Hebert 30 min. session by appt – IN-PERSON</p> <p>9:00 Low-Cost Wills with Heather Turner, Esq 30 minute sessions – by appt. \$35 for members \$50 for non-membs</p> <p>10:30 Senior Fitness with Zachary Smicker</p> <p>1:00 Being Mortal W/ Loisann Furgess-Oler, MDiv Discuss issues about death and dying, how to prepare and what matters in the end.</p>	<p>11</p> <p>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 Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p>	<p>11</p> <p>10:00 Knit and Chat w/ Chris Jackson (In-Person or Zoom)</p> <p>10:30 Walking Club with Pauline Rosenberg Enjoy a leisurely Narberth walk. Meet outside Narberth Boro Hall</p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, MDiv Create well-being in the midst of life's changes</p> <p>1:00 Healthy Exercise with Agnes Palena In Person or by Zoom</p>	<p>12</p> <p>10:30 Book Club A Woman of No Importance by Sonia Purnell with Chris Jackson In person or by zoom</p> <p>1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength In Person or by Zoom</p> <p>Sunday, May 14: Mother's Day</p>
<p>15</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>16 Election Day BOROUGH HALL CLOSED FOR ACTIVITIES TODAY</p> <p>10:30 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab. Build Strength, Improve Flexibility, and Stretch</p> <p>1:00 Virtual Film Club The Best Exotic Marigold Hotel w/ Judi Dench, Maggie Smith and Bill Nighy. Film Discussion: Tues 4/30</p>	<p>17</p> <p>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 Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p>	<p>18</p> <p>10:30 World and Nat'l Affairs w/ Bob Bond (In-Person or Zoom)</p> <p>10:30 Walking Club with Pauline Rosenberg Meet outside Narberth Boro Hall</p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, MDiv</p> <p>1:00 Healthy Exercise with Agnes Palena In Person or by Zoom</p>	<p>19</p> <p>11:00 Guided Meditation Eileen Abrams, MA, M. Ed. Brings calm and contentment</p> <p>1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength</p>
<p>22</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>23</p> <p>Computer Tech Support with Gerry Hebert 30 min. session by appt – IN-PERSON</p> <p>9:00 Low Cost Wills Signing</p> <p>10:30 Senior Fitness with Zachary Smicker</p> <p>1:00 Outdoor Tai Chi with Rosalie Pressman ALL are welcome to learn and practice basics Narberth Gazebo- Weather permitting</p>	<p>24</p> <p>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 Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p>	<p>25</p> <p>10:00 Knit and Chat w/ Chris Jackson (In-Person or Zoom)</p> <p>10:30 Walking Club with Pauline Rosenberg Meet outside Narberth Boro Hall</p> <p>12:00 Transitions & Changes Loisann Furgess-Oler, MS, MDiv</p> <p>1:00 Healthy Exercise with Agnes Palena In Person or by Zoom</p>	<p>26</p> <p>11:00 Protect Our Planet with Pauline Rosenberg Discuss ways to restore nature and create a healthier planet. In Person or by Zoom</p> <p>1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength In Person or by Zoom</p>
<p>29</p> <p>HAPPY MEMORIAL DAY!!!</p>  <p>CENTER CLOSED</p>	<p>30</p> <p>Computer Tech Support with Gerry Hebert 30 min. session by appt – IN-PERSON</p> <p>10:30 Senior Fitness with Zachary Smicker</p> <p>1:00 Film Club Discussion The Best Exotic Marigold Hotel with Ellensue Jacobson Watch on your own or view it together on Zoom on April 16</p> <p>1:00 Outdoor Tai Chi with Rosalie Pressman ALL are welcome to learn and practice basics Narberth Gazebo- Weather permitting</p>	<p>31</p> <p>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 Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p>	<p>GRAB AND GO MEALS See Menu on Back</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>	<p>Available by Appt (By Phone):</p> <p>COUNSELING</p> <p>COMPUTER TECH SUPPORT</p> <p>MEDICARE COUNSELING</p> <p>Contact New Horizons for appointments</p>