

June 2023

New Horizons Senior Center

Mailing Address: PO Box 85, Narberth, PA

www.newhorizonsseniorcenter.org

All Programs are by ZOOM unless otherwise noted

Proudly Sponsored by



Laurel Hill

www.laurelhillphl.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Contact us for appointments</p> <p>COMPUTER TECH SUPPORT</p> <p>MEDICARE COUNSELING</p> <p>PRIVATE COUNSELING</p>		<p>CALL 610 664-2366</p> <p>FOR MORE INFO ON HOW TO JOIN ANY REMOTE PROGRAM</p> <p>PLEASE NOTE: MASKS ARE NOW OPTIONAL AT BORO HALL</p>	<p>1 10:30 World and Nat'l Affairs w/ Bob Bond (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</p> <p>1:00 Healthy Exercise with Agnes Palena <u>In Person or by Zoom</u></p>	<p>2 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>5 10:30 Full Circle w/ Janet Levit, MSW, LCSW Find purpose in your later years.</p> <p>1:00 Senior Fitness with Zachary Smicker Regional Dir. Fox Rehab Build Strength, Improve Flexibility and Stretch</p>	<p>6 D-DAY (NO COMPUTER TECH TODAY)</p> <p>10:30 Healthy Exercise with Agnes Palena Gentle Exercise using weights, stretchy bands, and basic stretches. <u>By Zoom</u></p> <p>1:00 Outdoor Tai Chi Class Instructor: Rosalie Pressman All are welcome to learn and practice basics Narberth Gazebo – weather permitting</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 Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p>	<p>8 10:30 Knit and Chat w/ Chris Jackson (In-Person / 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 Create well-being</p> <p>1:00 Healthy Exercise with Agnes Palena <u>In Person or by Zoom</u></p>	<p>9 10:30 Fall Prevention with Marisa Jacobs, PharmD Each year, millions of older adults fall, resulting in high healthcare costs and potentially serious injuries. This presentation reviews the risk factors for falls and how you can prevent them. Bring your questions!</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 Senior Fitness with Zachary Smicker Regional Dir. Fox Rehab Build Strength, Improve Flexibility and Stretch</p>	<p>13 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 min sessions by appt. \$35 for members \$50 for non-members</p> <p>10:30 Healthy Exercise with Agnes Palena <u>By Zoom</u></p> <p>1:00 Virtual Film Club The 2nd Best Exotic Marigold Hotel w/Judi Dench, Maggie Smith, Richard Gere Film Discussion: Tues 6/20</p>	<p>14 FLAG DAY</p> <p>10:00 Creative Writing Write stories and poems from weekly story prompts and share them with other creative writers.</p> <p>NO TAI CHI TODAY See You Next Week!</p>	<p>15 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 <u>In Person or by Zoom</u></p>	<p>16 10:30 Book Club Silent Spring By Rachel Carson with Chris Jackson <u>In Person or by Zoom</u></p> <p>1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength <u>In Person or by Zoom</u></p> <p>Sunday, June 18: Father's Day</p>
<p>19 10:30 Full Circle w/ Janet Levit, MSW, LCSW Find purpose in your later years.</p> <p>1:00 Senior Fitness with Zachary Smicker Regional Dir. Fox Rehab Build Strength, Improve Flexibility and Stretch</p>	<p>20 Computer Tech Support with Gerry Hebert 30 min. session by appt – IN-PERSON</p> <p>10:30 Healthy Exercise with Agnes Palena <u>By Zoom</u></p> <p>1:00 Outdoor Tai Chi Class Instructor: Rosalie Pressman All are welcome to learn and practice basics Narberth Gazebo – weather permitting</p> <p>1:00 Film Club Discussion The 2nd Best Exotic Marigold Hotel with Ellensue Jacobson Watch on your own or view it together on Zoom on June 13</p>	<p>21 SUMMER SOLSTICE</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>22 10:30 Knit and Chat w/ Chris Jackson (In-Person / 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 Create well-being</p> <p>1:00 Healthy Exercise with Agnes Palena <u>In Person or by Zoom</u></p>	<p>23 10:30 Morning Music: In the Good Old Summertime Music with Eileen Abrams Enjoy Music celebrating the summer through the decades and how the music reflected the changing times – Summer Wind, Heat Wave, Under the Boardwalk, Up on the Roof and more.</p> <p>1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength</p>
<p>26 10:30 Full Circle w/ Janet Levit, MSW, LCSW Find purpose in your later years.</p> <p>1:00 Senior Fitness with Zachary Smicker Regional Dir. Fox Rehab Build Strength, Improve Flexibility and Stretch</p>	<p>27 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 Healthy Exercise <u>By Zoom</u></p> <p>1:00 Outdoor Tai Chi Class Instructor: Rosalie Pressman All are welcome to learn and practice basics Narberth Gazebo – weather permitting</p> <p>1:00 Being Mortal Loisann Furgess-Oler, MDiv Discuss issues of death and dying, how to prepare and what matters in the end.</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 Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p>	<p>29 10:30 World and Nat'l Affairs w/ Bob Bond (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</p> <p>1:00 Healthy Exercise with Agnes Palena <u>In Person or by Zoom</u></p>	<p>30 11:00 Save Our Planet with Pauline Rosenberg Discuss ways to restore nature and create a healthier planet.</p> <p>1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength</p>