

September 2023

New Horizons Senior Center

Mailing Address: PO Box 85, Narberth, PA 19072

www.newhorizonseniorcenter.org

All Programs offered In Person AND Zoom Hybrid unless otherwise noted

CALL 610 664-2366

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 LABOR DAY – CENTER CLOSED</p> <p>GRAB AND GO MEALS *Menu on Back*</p> <p>RSVP by previous Wed -----</p> <p>Contact New Horizons for appointments:</p> <p>COUNSELING COMPUTER TECH SUPPORT MEDICARE COUNSELING</p>	<p>5</p> <p>Computer Tech Support with Gerry Hebert <i>30 min. session by appt –IN-PERSON</i></p> <p>10:30 Healthy Exercise with Agnes Palena Gentle Exercise using weights, stretchy bands, <i>By Zoom Only</i></p> <p>12 – 2:00 Game Day Sign up in advance for: Mah Jongg, Scrabble, Pinochle. NEW- learn Chess with a Master</p>	<p>6</p> <p>10:00 Creative Writing Write stories and poems from weekly story prompts and share them with other creative writers By Zoom Only</p> <p>1:00 Guided Meditation Eileen Abrams MA,M.Ed Brings Calm and contentment By Zoom Only</p>	<p>7</p> <p>10:30 World Affairs w/ Bob Bond Discussion of Current World and National Affairs</p> <p>10:30 Walking Club with Pauline Rosenberg Enjoy a leisurely walk. <i>Meet outside Narberth Boro Hall</i></p> <p>12:00 Transitions & Changes Ruth Wilf, CNM,PHD Create well-being in the midst of life's changes. By Zoom Only</p> <p>1:00 Healthy Exercise with Agnes Palena</p>	<p>8</p> <p>10:30 Tai Chi Class Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p> <p>1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength</p>
<p>11</p> <p>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>12</p> <p>Computer Tech Support with Gerry Hebert <i>30 min. session by appt –IN-PERSON</i></p> <p>9:00 Low-Cost Wills with Heather Turner, Esq. <i>30 min. Sessions – by appt. \$35 for members. \$50 for non-members.</i></p> <p>10:30 Healthy Exercise with Agnes Palena <i>By Zoom Only</i></p> <p>12 – 2:00 Game Day</p> <p>1:00 Virtual Film Club: Slumdog Millionaire A Mumbai teen looks back on his life after being accused of cheating on "Who Wants to be a Millionaire" Film Discussion on August 19</p>	<p>13</p> <p>10:00 Creative Writing Write stories and poems from weekly story prompts and share them with other creative writers By Zoom Only</p> <p>1:00 Mid-Day Music 20th C. American History Through Folk Music, Pt 2: The Sixties with Bob Bond, Historian Through the folk music of the sixties, Bond will discuss American history during Civil Rights and Vietnam Era By Zoom Only</p>	<p>14</p> <p>10:00 Knit and Chat w/ Chris Jackson</p> <p>10:30 Walking Club with Pauline Rosenberg <i>Meet outside Narberth Boro Hall</i></p> <p>12:00 Transitions & Changes Ruth Wilf, CNM,PHD Create well-being in the midst of life's changes. By Zoom Only</p> <p>1:00 Healthy Exercise with Agnes Palena</p>	<p>15</p> <p>10:30 NO Tai Chi Class</p> <p>10:30 Book Club "Becoming" by Michelle Obama with Chris Jackson</p> <p>1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength</p>
<p>18</p> <p>10:30 Full Circle w/ Janet Levit, MSW, LCSW Find purpose in your later years. Zoom Only</p> <p>1:00 Guided Meditation Eileen Abrams MA,M.Ed Brings Calm and contentment Zoom Only</p>	<p>19</p> <p>Computer Tech Support with Gerry Hebert <i>30 min. session by appt –IN-PERSON</i></p> <p>10:30 Healthy Exercise with Agnes Palena <i>By Zoom Only</i></p> <p>12-2:00 Game Day Sign up in advance for: Mah Jongg, Scrabble, Pinochle. NEW - learn Chess with a Master</p> <p>1:00 Film Club Discussion: Slumdog Millionaire with Elensue Jacobson Watch on your own or view it together on Sept 12</p>	<p>20</p> <p>10:00 Creative Writing Write stories and poems from weekly story prompts and share them with other creative writers. By Zoom Only</p> <p>1:00 Memory Matters with Marisa Jacobs, Phar.D. During World Alzheimer's Month, learn strategies to keep your mind active and your memory sharp.</p>	<p>21</p> <p>10:30 World Affairs w/ Bob Bond Discussion of Current World and National Affairs</p> <p>10:30 Walking Club with Pauline Rosenberg Enjoy a leisurely walk. <i>Meet outside Narberth Boro Hall</i></p> <p>12:00 Transitions & Changes Ruth Wilf, CNM,PHD Create well-being in the midst of life's changes. By Zoom Only</p> <p>1:00 Healthy Exercise with Agnes Palena</p>	<p>22</p> <p>10:30 Tai Chi Class Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p> <p>1:00 Dance Fitness with Betsy Klausman Learn easy dance steps to improve balance & strength</p>
<p>25 Yom Kippur</p>  <p>CENTER CLOSED TODAY</p>	<p>26</p> <p>Computer Tech Support with Gerry Hebert <i>30 min. session by appt –IN-PERSON</i></p> <p>9:00 Low-Cost Wills Signing with Heather Turner, Esq</p> <p>10:30 Healthy Exercise with Agnes Palena Gentle Exercise <i>By Zoom Only</i></p> <p>12 - 2:00 Game Day Sign up in advance for: Mah Jongg, Scrabble, Pinochle. NEW - learn Chess with a Master</p>	<p>27</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 Mid-Day Music Glenn Miller with Stan Fink, Jazz Musician and Teacher The life and music of Glenn Miller, an American Big Band Trombonist, Composer, and a bestselling Recording Artist with hits including "In the Mood," & "Little Brown Jug"</p>	<p>28</p> <p>10:00 Knit and Chat w/ Chris Jackson</p> <p>10:30 Walking Club with Pauline Rosenberg <i>Meet outside Narberth Boro Hall</i></p> <p>12:00 Transitions & Changes Ruth Wilf, CNM,PHD Create well-being in the midst of life's changes. By Zoom Only</p> <p>1:00 Healthy Exercise with Agnes Palena</p>	<p>29</p> <p>10:30 NO Tai Chi Class</p> <p>10:30 Protect 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>