

**February  
2024**

# New Horizons Senior Center

Mailing Address: PO Box 85, Narberth, PA

[www.newhorizonsseniorcenter.org](http://www.newhorizonsseniorcenter.org)

All Programs offered BOTH 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><b>NEW!!</b> <b>CHAIR YOGA CLASS BEGINS</b> Tuesday February 27 At 10:30 am <b>Roe Pietropaula, CYI, RN</b> Certified Yoga Instructor and Registered Nurse This 1 hour class includes yoga theory, seated and standing poses, breathing techniques ending with relaxation poses <b>THIS CLASS IS IN PERSON ONLY</b></p>		<p><b>1</b> 10:00 <b>Knit and Chat</b> w/ Chris Jackson 10:30 <b>Walking Club</b> with Pauline Rosenberg Enjoy a leisurely walk. <b>Meet outside Narberth Boro Hall</b> 12:00 Transitions &amp; Changes Ruth Wilf, CNM,PHD Create well-being in the midst of life's changes. <b>By Zoom Only</b> 1:00 <b>Healthy Exercise</b></p>	<p><b>2 GROUNDHOG DAY</b> 10:30 <b>Tai Chi Class</b> Instructor: Rosalie Pressman 1:00 <b>Dance Fitness</b> with Betsy Klausman</p> 
<p><b>5</b> 10:30 <b>Full Circle</b> w/ Janet Levit, MSW, LCSW Find purpose in your later years. <b>by Zoom Only</b> 1:00 <b>Guided Meditation</b> With Eileen Abrams, MA, M,Ed Brings more calm and contentment <b>by Zoom Only</b></p>	<p><b>6</b> 10:30 <b>Computer Tech Support</b> with Gerry Hebert 30 min. session by appt 10:30 <b>Healthy Exercise</b> with Agnes Palena Gentle Exercise <b>By Zoom Only</b> 12 – 2:00 <b>Game Day</b> Sign up in advance for: Mah Jongg, Scrabble, Pinochle</p>	<p><b>7</b> 10:00 <b>Creative Writing</b> Write stories and poems from weekly story prompts and share them with other creative writers <b>By Zoom Only</b></p>	<p><b>8</b> 10:00 <b>Knit and Chat</b> w/ Chris Jackson 10:30 <b>World Affairs</b> w/ Bob Bond Discussion of Current Affairs 10:30 <b>Walking Club</b> with Pauline Rosenberg <b>Meet outside Narberth Boro Hall</b> 12:00 Transitions &amp; Changes Ruth Wilf, CNM,PHD <b>by Zoom Only</b> 1:00 <b>Healthy Exercise</b> with Agnes Palena</p>	<p><b>9</b> 10:30 <b>Tai Chi Class</b> Instructor: Rosalie Pressman 1:00 <b>Dance Fitness</b> with Betsy Klausman <b>Saturday, February 10:</b> <b>CHINESE NEW YEAR (DRAGON)</b></p> 
<p><b>12 LINCOLN'S B-DAY</b> 10:30 <b>Full Circle</b> w/ Janet Levit, MSW, LCSW <b>By Zoom Only</b></p> 	<p><b>13</b> 10:30 <b>Computer Tech Support</b> with Gerry Hebert 30 min. session by appt 9:00 <b>Low-Cost Wills</b> with Heather Turner, Esq. 30 min. Sessions – by appt. \$35 - members. \$50 - non-members 10:30 <b>Healthy Exercise</b> with Agnes Palena <b>By Zoom Only</b> 12 – 2:00 <b>Game Day</b> 1:00 <b>Film Club Screening</b> "The Joy Luck Club" Young Chinese American Women learn about life from their Mothers <b>by Zoom Only</b></p>	<p><b>14 VALENTINE'S DAY</b> 10:00 <b>Creative Writing</b> Write stories and poems from weekly story prompts and share them with other creative writers <b>By Zoom Only</b> 1:00 <b>Guided Meditation for Valentine's Day</b> A Valentine's Day Meditation for everyone! With Eileen Abrams, MA, M,Ed Brings more calm and contentment <b>by Zoom Only</b></p> 	<p><b>15</b> 10:00 <b>Knit and Chat</b> w/ Chris Jackson 10:30 <b>Walking Club</b> with Pauline Rosenberg <b>Meet outside Narberth Boro Hall</b> 12:00 Transitions &amp; Changes Ruth Wilf, CNM,PHD <b>by Zoom Only</b> 1:00 <b>Healthy Exercise</b> with Agnes Palena</p>	<p><b>16</b> 10:30 <b>Tai Chi Class</b> Instructor: Rosalie Pressman Yang Family Style Tai Chi <b>ALL ARE WELCOME</b> 10:30 <b>Book Club</b> with Chris Jackson The Art Forger by Barbara Shapiro <b>by Zoom Only</b> 1:00 <b>Dance Fitness</b> with Betsy Klausman Learn easy dance steps to improve balance &amp; strength</p>
<p><b>19 PRESIDENTS' DAY</b></p>  <p><b>NEW HORIZONS IS CLOSED TODAY</b></p>	<p><b>20</b> 10:30 <b>Computer Tech Support</b> with Gerry Hebert 30 min. session by appt 10:30 <b>Healthy Exercise</b> with Agnes Palena <b>By Zoom Only</b> 12 – 2:00 <b>Game Day</b> 1:00 <b>Film Club Discussion</b> "The Joy Luck Club" with Ellensue Jacobson <b>by Zoom Only</b> View Feb 13 or on your own</p>	<p><b>21</b> 10:00 <b>Creative Writing</b> Write stories and poems from weekly story prompts and share them with other creative writers <b>By Zoom Only</b> 1:00 <b>Protect Our Planet</b> with Pauline Rosenberg Discuss ways to restore nature and create a healthier planet <b>by Zoom Only</b></p>	<p><b>22</b> 10:00 <b>Knit and Chat</b> w/ Chris Jackson 10:30 <b>World Affairs</b> w/ Bob Bond Discussion of Current Affairs 10:30 <b>Walking Club</b> with Pauline Rosenberg <b>Meet outside Narberth Boro Hall</b> 12:00 Transitions &amp; Changes Ruth Wilf, CNM,PHD <b>by Zoom Only</b> 1:00 <b>Healthy Exercise</b> with Agnes Palena</p>	<p><b>23</b> 10:30 <b>Tai Chi Class</b> Instructor: Rosalie Pressman Yang Family Style Tai Chi <b>ALL ARE WELCOME</b> 1:00 <b>Dance Fitness</b> with Betsy Klausman Learn easy dance steps to improve balance &amp; strength</p>
<p><b>26</b> 10:30 <b>Full Circle</b> w/ Janet Levit, MSW, LCSW <b>by Zoom Only</b> 1:00 <b>Healthy Exercise</b> with Agnes Palena <b>by Zoom Only</b></p> <hr/> <p><b>**History Lecture on 2-27</b> Richard Bernstein, PhD, JD Fmr. Asst US Atty in Phila for 22 years who tackled various issues, from a white nationalist rally at Valley Forge, to The Repub. Nat'l Conv. in 2000, and Demos at the Indep. Nat'l Hist Park.</p>	<p><b>27</b> 10:30 <b>Computer Tech Support</b> w/Gerry Hebert 30 min. session by appt 10:30 <b>NEW!! Chair Yoga</b> With Roe Pietropaula, CYI, RN Gentle Yoga seated and standing In Person only 12 – 2:00 <b>Game Day</b> 1:00 <b>History Lecture</b> First Amendment Stories Richard Bernstein, PhD, JD <b>in person or zoom</b></p> <p>* PLEASE SEE PANEL TO THE LEFT FOR LECTURE INFO.</p>	<p><b>28</b> 10:00 <b>Creative Writing</b> Write stories and poems from weekly story prompts and share them with other creative writers <b>By Zoom Only</b> 1:00 <b>Travel Club:</b> Greece, pt IV with Betsy Klausman The Greek adventure continues on the Greek Islands and on to Istanbul <b>by Zoom Only</b></p>	<p><b>29</b> 10:00 <b>Knit and Chat</b> w/ Chris Jackson 10:30 <b>Walking Club</b> with Pauline Rosenberg <b>Meet outside Narberth Boro Hall</b> 12:00 Transitions &amp; Changes Ruth Wilf, CNM,PHD <b>by Zoom Only</b> 1:00 <b>Healthy Exercise</b> with Agnes Palena</p>	