

**APRIL
2024**

New Horizons Senior Center

Mailing Address: PO Box 85, Narberth, PA

www.newhorizonsseniorcenter.org

CALL 610 664-2366

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

Monday All by Zoom	Tuesday All in Person	Wednesday All by Zoom	Thursday All Hybrid Unless	Friday Otherwise Noted
<p>1 10:30 Full Circle w/ Janet Levit, MSW, LCSW Find purpose in your later years. Navigate the challenges and joys of aging with grace and dignity. 1:00 Healthy Exercise w/ Agnes Palena Gentle Exercise using weights and stretchy bands tp improve strength and flexibility</p>	<p>2 Computer Tech Support w/ Gerry Hebert 30 min. session by appt 10:30 Chair Yoga w/ Roe Pietropaula, CYI, RN Gentle Yoga, seated and standing 12 – 2:00 Game Day Sign up in advance for: Bridge, Mah Jongg, Scrabble 9:00 Low-Cost Wills(signing) w/ Heather Turner, Esq</p>	<p>3 10:00 Writers Group Write stories and poems from weekly story prompts and share with the group. 1:00 Popular Scams and How to Avoid Them w/ George Dillman, PA Dept. of Banking and Securities We are scammed out of THOUSANDS of dollars daily. Examine commonly used tactics and how to avoid them.</p>	<p>4 10:30 Knit and Chat w/ Chris Jackson (In-Person ONLY) 10:30 World Affairs w/ Bob Bond Discussion of Current World and National Affairs 10:30 Walking Club w/ Pauline Rosenberg Meet outside Narberth Boro Hall 12:00 Transitions & Changes w/ Ruth Wilf, CNM,PHD (Zoom) 1:00 Healthy Exercise w/ Agnes Palena</p>	<p>5 10:30 Tai Chi Class w/ Rosalie Pressman Yang Family Style Tai Chi Improve your balance and flexibility In person, zoom by Request 1:00 Dance Fitness w/ Betsy Klausman Learn easy dance steps to improve balance & strength</p>
<p>8 10:30 Full Circle w/ Janet Levit, MSW, LCSW 12:00 Guided Meditation Eileen Abrams, MA, M,Ed Brings more calm and contentment 1:00 Healthy Exercise w/ Agnes Palena</p>	<p>9 Computer Tech Support w/ Gerry Hebert 30 min. session by appt 10:30 Chair Yoga w/ Roe Pietropaula, CYI, RN 12 – 2:00 Game Day 1:00 MEET THE DIRECTOR Rich Stein, NH Exec. Dir, will share his vision and answer your burning questions. Refreshments served (Hybrid)</p>	<p>10 10:00 Writers Group Exercise your creativity and sharpen your writing skills. 1:00 Film Club: Screening "Hidden Figures" True story of a team of African American women who served an important role in NASA during early years of Space Program</p>	<p>11 10:30 Knit and Chat w/ Chris Jackson 10:30 Walking Club w/ Pauline Rosenberg Meet outside Narberth Boro Hall 12:00 Transitions & Changes w/ Ruth Wilf, CNM,PHD (Zoom) 1:00 Healthy Exercise w/ Agnes Palena</p>	<p>12 10:30 Tai Chi Class w/ Rosalie Pressman 1:00 Bone & Joint Health w/ Marisa Jacobs Discussion on the importance of the skeletal system and how to keep bones and joints healthy with age By Zoom Only 1:00 NO Dance Fitness today</p>
<p>15 TAX DAY!!!! 10:30 Full Circle w/ Janet Levit, MSW, LCSW 1:00 Healthy Exercise w/ Agnes Palena</p>	<p>16 Computer Tech Support w/ Gerry Hebert 30 min. session by appt 9:00 Low-Cost Wills w/ Heather Turner, Esq. 30 min. sessions – by appt. \$25 -members, \$50 – nonmember 10:30 Chair Yoga w/ Roe Pietropaula, CYI, RN 12 – 2:00 Game Day</p>	<p>17 10:00 Writers Group 1:00 Film Club: Discussion "Hidden Figures" Discussion with other movie lovers</p>	<p>18 10:30 Knit and Chat w/ Chris Jackson (In-Person ONLY) 10:30 World Affairs w/ Bob Bond 10:30 Walking Club w/ Pauline Rosenberg Meet outside Narberth Boro Hall 12:00 Transitions & Changes w/ Ruth Wilf, CNM,PHD (Zoom) 1:00 Healthy Exercise w/ Agnes Palena</p>	<p>19 10:30 NEW Tai Chi for Arthritis and Fall Prevention CLASS #1 Rosalie Pressman, Cert. Tai Chi A special 8-week class that improves strength and flexibility, supports joints/reduces pain Space is limited – please sign up by April 12 - In person only 11:30 Book Club w/ Chris Jackson "Lady Tan's Circle of Women" By Lisa See Inspired by true story of a female physician from 15thC China. Hybrid 1:00 NO Dance Fitness today</p>
<p>22 10:30 Full Circle w/ Janet Levit, MSW, LCSW 1:00 Guided Meditation Eileen Abrams, MA, M,Ed Brings more calm and contentment 1:00 Healthy Exercise w/ Agnes Palena</p>	<p>23 PASSOVER: 1ST DAY And Primary Election Day  New Horizons Closed</p>	<p>24 10:00 Writers Group 1:00 Protect Our Planet w/ Pauline Rosenberg Discuss ways to restore nature and create a healthier planet</p>	<p>25 10:30 Knit and Chat w/ Chris Jackson 10:30 Walking Club w/ Pauline Rosenberg Meet outside Narberth Boro Hall 12:00 Transitions & Changes w/ Ruth Wilf, CNM,PHD (Zoom) 1:00 Healthy Exercise w/ Agnes Palena</p>	<p>26 10:30 Tai Chi for Arthritis and Fall Prevention CLASS #2 Rosalie Pressman, Cert. Tai Chi 1:00 Art Corner: Watercolor Flowers w/ Judy Ringold Learn fun and easy WC techniques to bring your flowers to life In person only 1:00 NO Dance Fitness today</p>
<p>29 10:30 Full Circle w/ Janet Levit, MSW, LCSW 1:00 Healthy Exercise w/ Agnes Palena</p>	<p>30 PASSOVER: 8TH DAY Computer Tech Support w/ Gerry Hebert 30 min. sess by appt 9:00 Low-Cost Wills(signing) w/ Heather Turner, Esq 10:30 Chair Yoga w/ Roe Pietropaula, CYI, RN 12:15 Dessert Social w/ Teri Wassel, MS, RD Enjoy a delicious, nutritious treat! 12 – 2:00 Game Day 1:00 Mid-Day Music: Elvis Presley - Part 1 w/ Gerry Hebert and Stan Fink Present the music and life of the legendary Elvis, King of Rock and Roll hybrid</p>	<p>Additional Program Information On Back</p>	<p>PROGRAMS: In Person or Hybrid (Virtual and In Person) or Zoom ONLY</p>	<p>Grab & Go MENU List On Back</p>