

**May 2024**

# New Horizons Senior Center

Mailing Address: PO Box 85, Narberth, PA

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

**CALL 610 664-2366**

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

<b>Monday</b> Zoom Only	<b>Tuesday</b> In-Person	<b>Wednesday</b> Zoom Only	<b>Thursday</b> Hybrid Unless Otherwise Noted	<b>Friday</b>
<b>Additional Program Information</b>  <b>On Back</b>	<b>Grab &amp; Go MENU List</b>  <b>On Back</b>	<b>1 MAY DAY</b>  <b>10:00 Writers Group</b> <i>Write stories and poems from weekly story prompts and share them with other creative writers</i>	<b>2</b> <b>10:00 Knit and Chat</b> w/ Chris Jackson <b>10:30 World Affairs</b> w/ Bob Bond <i>Discussion of Current World and National Affairs</i> <b>10:30 Walking Club</b> w/ Pauline Rosenberg <i>Meet outside Narberth Boro Hall</i> <b>12:00 Transitions &amp; Changes</b> w/ Ruth Wilf, CNM, PhD <b>1:00 Healthy Exercise</b> w/ Aileen McGovern	<b>3</b> <b>10:30 Tai Chi for Arthritis and Fall Prevention CLASS #3</b> Rosalie Pressman, Cert. Tai Chi — <i>In-person only</i> <b>1:00 Dance Fitness</b> w/ Betsy Klausman <i>Learn easy dance steps to improve balance &amp; strength</i>
<b>6</b> <b>10:30 Full Circle</b> w/ Janet Levit, MSW, LCSW <i>Find purpose in your later years.</i> <b>12:00 Guided Meditation</b> w/ Eileen Abrams, MA, M.Ed Brings more calm and contentment <b>1:00 Healthy Exercise</b> w/ Aileen McGovern	<b>7</b> <b>Computer Tech Support</b> w/ Gerry Hebert <i>30 min. session by appt</i> <b>10:30 Chair Yoga</b> w/ Roe Pietropaula, CYI,RN Gentle Yoga, seated and standing <b>12 – 2:00 Game Day</b> Sign up in advance for: Bridge, Mah Jongg, Scrabble	<b>8</b> <b>10:00 Writers Group</b> <i>Exercise your creativity and sharpen your writing skills.</i> <b>1:00 Drug Interactions</b> w/ Marisa Jacobs, PharmD <i>How to avoid harmful drug interactions, side effects and adverse reactions and other ways pharmacists can assist and protect consumers</i>	<b>9</b> <b>10:00 Knit and Chat</b> w/ Chris Jackson <b>(In-Person ONLY)</b> <b>10:30 Walking Club</b> w/ Pauline Rosenberg <b>12:00 Transitions &amp; Changes</b> w/ Ruth Wilf, CNM, PhD <b>1:00 Healthy Exercise</b> w/ Aileen McGovern	<b>10</b> <b>10:30 Tai Chi for Arthritis and Fall Prevention CLASS #4</b> Rosalie Pressman, Cert. Tai Chi — <i>In-person only</i> <b>1:00 Dance Fitness</b> w/ Betsy Klausman  <b>Sunday, May 12:</b> <b>Mother's Day</b>
<b>13</b> <b>10:30 Full Circle</b> w/ Janet Levit, MSW, LCSW  <b>1:00 Healthy Exercise</b> w/ Aileen McGovern Gentle Exercise using weights and stretchy bands	<b>14</b> <b>9:00 Low-Cost Wills</b> w/ Heather Turner, Esq. <i>30 min. sessions – by appt. \$25 -members, \$50 – nonmember</i> <b>10:30 Chair Yoga</b> w/ Roe Pietropaula, CYI,RN <b>12 – 2:00 Game Day</b> <b>1:00 History Lecture:</b> Civil Rights and the Supreme Court w/ Bob Bond and Richard Bernstein <i>Take a look at pivotal cases that shaped our nation's history.</i> <b>(HYBRID)</b>	<b>15</b> <b>10:00 Writers Group</b>  <b>1:00 Film Club: Screening</b> "Hidden Figures"  <i>Based on the true story of a team of African American women who served an important role in NASA during the early years of the Space Program</i>	<b>16</b> <b>10:00 Knit and Chat</b> w/ Chris Jackson <b>(In-Person ONLY)</b> <b>10:30 World Affairs</b> w/ Bob Bond <b>10:30 Walking Club</b> w/ Pauline Rosenberg <b>12:00 Transitions &amp; Changes</b> Ruth Wilf, CNM, PhD <b>1:00 Healthy Exercise</b> w/ Aileen McGovern	<b>17</b> <b>10:30 Tai Chi for Arthritis and Fall Prevention CLASS #5</b> Rosalie Pressman, Cert. Tai Chi — <i>In-person only</i> <b>11:30 Book Club</b> w/ Chris Jackson <i>"I Know Why The Caged Bird Sings"</i> by Maya Angelou <i>Autobiography that tells the story of Angelou's early years</i> <b>1:00 Dance Fitness</b> w/ Betsy Klausman
<b>20</b> <b>10:30 Full Circle</b> w/ Janet Levit, MSW, LCSW <b>12:00 Guided Meditation</b> w/ Eileen Abrams, MA, M.Ed Brings more calm and contentment <b>1:00 Healthy Exercise</b> w/ Aileen McGovern	<b>21</b> <b>10:30 Chair Yoga</b> w/ Roe Pietropaula, CYI,RN <b>12 – 2:00 Game Day</b> <b>1:00 Protect Our Planet:</b> Reduce Your Carbon Pollution Special Presenter – Phyllis Blumberg, PhD <i>Learn easy, energy conservation actions and sustainability-informed choices.</i> <b>(HYBRID)</b>	<b>22</b> <b>10:00 Writers Group</b>  <b>1:00 Film Club: Discussion</b> w/ Ellensue Jacobson "Hidden Figures" <i>Discussion with other movie lovers</i>	<b>23</b> <b>10:00 Knit and Chat</b> w/ Chris Jackson <b>(In-Person ONLY)</b> <b>10:30 Walking Club</b> w/ Pauline Rosenberg <b>12:00 Transitions &amp; Changes</b> w/ Ruth Wilf, CNM, PhD <b>1:00 Healthy Exercise</b> w/Aileen McGovern	<b>24</b> <b>10:30 Tai Chi for Arthritis and Fall Prevention CLASS #6</b> Rosalie Pressman, Cert. Tai Chi— <i>In-person only</i> <b>12:00 Therapeutic Benefits of Gardening</b> w/ Carolyn Vachani, Therapeutic Horticulturalist <i>Join Carolyn for a discussion about the many benefits of gardening and share your gardening stories.</i> <b>1:00 Dance Fitness</b> w/ Betsy Klausman
<b>27 MEMORIAL DAY</b>  <b>CENTER CLOSED</b>  	<b>28</b> <b>Computer Tech Support</b> w/ Gerry Hebert <i>30 min. session by appt</i> <b>9:00 Low-Cost Wills (signing)</b> w/ Heather Turner, Esq <b>10:30 Chair Yoga</b> w/ Roe Pietropaula, CYI,RN <b>12 – 2:00 Game Day</b> Sign up in advance for: Bridge, Mah Jongg, Scrabble	<b>29</b> <b>10:00 Writers Group</b>  <b>1:00 Midday Music:</b> Carole King w/ Stan Fink and Eileen Abrams <i>Learn about the life and music of the renowned singer-songwriter Carole King.</i>	<b>30</b> <b>10:00 Knit and Chat</b> w/ Chris Jackson <b>(In-Person ONLY)</b> <b>10:30 World Affairs</b> w/ Bob Bond <b>10:30 Walking Club</b> w/ Pauline Rosenberg <b>12:00 Transitions &amp; Changes</b> W/Ruth Wilf, CNM, PhD <b>12:30 Birthday Party</b> <i>For all May birthdays and anyone who likes cake</i> <b>1:00 Healthy Exercise</b> w/Aileen McGovern	<b>31</b> <b>10:30 Tai Chi for Arthritis and Fall Prevention CLASS #7</b> Rosalie Pressman, Cert. Tai Chi— <i>In-person only</i> <b>1:00 Dance Fitness</b> w/ Betsy Klausman