

**JULY
2024**

NEW HORIZONS

SENIOR CENTER

Mailing Address: PO Box 85, Narberth, PA 19072
www.newhorizonsseniorcenter.org



**Laurel
Hill**

CALL 610 664-2366
 FOR MORE INFO
 ON HOW TO JOIN
 ANY PROGRAM

Monday Zoom Only	Tuesday In-Person	Wednesday Zoom Only	Thursday Hybrid Unless Otherwise Noted	Friday
<p>1 10:30 Full Circle w/ Janet Levit, MSW, LCSW <i>Find purpose in your later years.</i></p> <p>1:00 Healthy Exercise w/ Aileen McGovern <i>Gentle Exercise using weights and stretchy bands</i></p>	<p>2 10:30 Computer Tech Support w/ Gerry Hebert <i>30 min. session by appt</i></p> <p>10:30 Chair Yoga w/ Roe Pietropaula, CYI, RN <i>Gentle Yoga, seated and standing</i></p> <p>12 – 2:00 Game Day Sign up in advance for: Bridge, Mah Jongg, Scrabble</p>	<p>3 10:00 Writers Group <i>Write stories and poems from weekly story prompts and share them with other creative writers</i></p>	 <p>HAPPY 4TH OF JULY!!!! (NO CENTER PROGRAMS TODAY)</p>	<p>5 (NO CENTER PROGRAMS TODAY)</p> 
<p>8 10:30 Full Circle w/ Janet Levit, MSW, LCSW</p> <p>12:00 Guided Meditation w/ Eileen Abrams, MA, M.Ed <i>Brings more focus, inner peace, and relieves stress?</i></p> <p>1:00 Healthy Exercise w/ Aileen McGovern</p>	<p>9 10:30 Computer Tech Support with Gerry Hebert <i>30 min. session by appt</i></p> <p>10:30 Chair Yoga w/ Roe Pietropaula, CYI, RN <i>Gentle Yoga, seated and standing</i></p> <p>12 – 2:00 Game Day</p>	<p>10 10:00 Writers Group</p>	<p>11 10:00 Knit and Chat w/ Chris Jackson <i>(In-Person ONLY)</i></p> <p>10:30 Walking Club with Pauline Rosenberg</p> <p>12:00 Transitions & Changes Ruth Wilf, CNM,PHD</p> <p>1:00 Healthy Exercise w/ Aileen McGovern</p>	<p>12 10:30 Tai Chi for Balance, Coordination, and Mental Focus. w/ Rosalie Pressman, cert. Tai Chi Instructor <i>Appropriate for arthritis IN PERSON ONLY</i></p> <p>1:00 Dance Fitness w/ Betsy Klausman—hybrid</p>
<p>15 10:30 Full Circle w/ Janet Levit, MSW, LCSW</p> <p>1:00 Healthy Exercise w/ Aileen McGovern</p>	<p>16 10:30 Computer Tech Support with Gerry Hebert <i>30 min. session by appt</i></p> <p>10:30 Chair Yoga w/ Roe Pietropaula, CYI, RN <i>Gentle Yoga, seated and standing</i></p> <p>12 – 2:00 Game Day</p> <p>1:00 History Presentation First Ladies as Activists 1920s-2020s w/ Katherine Sibley, PhD Prof of History St. Joe's Univ <i>Explore several U.S. First Ladies advocacy & how their influence has been of growing significance throughout the last century</i></p>	<p>17 10:00 Writers Group</p> <p>1:00 Travel Club <i>Greece and Beyond: Surprise Destinations!!</i> w/Betsy Klausman <i>Continue the voyage with excursions to nearby amazing destinations. You won't be disappointed!</i></p>	<p>18 10:00 Knit and Chat w/ Chris Jackson <i>(In-Person ONLY)</i></p> <p>10:30 World Affairs w/ Bob Bond <i>Discussion of Current World and National Affairs Hybrid on request</i></p> <p>10:30 Walking Club with Pauline Rosenberg</p> <p>12:00 Transitions & Changes Ruth Wilf, CNM,PHD</p> <p>1:00 Healthy Exercise w/ Aileen McGovern</p>	<p>19 10:30 Tai Chi for Balance, Coordination, and Mental Focus. w/ Rosalie Pressman, IN PERSON ONLY</p> <p>1:00 Dance Fitness w/ Betsy Klausman hybrid</p>
<p>22 10:30 Full Circle w/ Janet Levit, MSW, LCSW</p> <p>12:00 Guided Meditation w/ Eileen Abrams, MA, M.Ed. <i>Brings more focus, inner peace, and relieves stress?</i></p> <p>1:00 Healthy Exercise w/ Aileen McGovern</p>	<p>23 10:30 Computer Tech Support w/ Gerry Hebert <i>30 min. session by appt</i></p> <p>10:30 Chair Yoga w/ Roe Pietropaula, CYI, RN</p> <p>12:30 Birthday Party <i>For all July birthdays and anyone who likes cake</i></p> <p>12 – 2:00 Game Day</p> <p>1:00 Protect Our Planet: <i>Climate Conversations</i> w/ Phyllis Blumberg, PhD <i>Learn strategies to have effective climate conversations</i></p>	<p>24 10:00 Writers Group</p> <p>1:00 Film Club: Screening "Out of Africa" <i>A romantic drama starring Robert Redford and Meryl Streep. Based on true story of Klaus Maria Brandauer who left her home to run a coffee plantation in Kenya</i></p>	<p>25 10:00 Knit and Chat w/ Chris Jackson <i>(In-Person ONLY)</i></p> <p>10:30 Walking Club w/ Pauline Rosenberg</p> <p>12:00 Transitions & Changes Ruth Wilf, CNM,PHD</p> <p>1:00 Healthy Exercise w/ Aileen McGovern</p>	<p>26 10:30 Tai Chi for Balance, Coordination, and Mental Focus. w/ Rosalie Pressman, IN PERSON ONLY</p> <p>11:30 Book Club w/ Chris Jackson <i>The Heaven and Earth Grocery Store</i> by James McBride hybrid</p> <p>1:00 Dance Fitness w/ Betsy Klausman hybrid</p>
<p>29 10:30 Full Circle w/ Janet Levit, MSW, LCSW</p> <p>1:00 Healthy Exercise w/ Aileen McGovern</p>	<p>30 10:30 Computer Tech Support w/ Gerry Hebert</p> <p>10:30 Chair Yoga w/ Roe Pietropaula, CYI, RN</p> <p>12 – 2:00 Game Day</p> <p>1:00 Rich Conversations: <i>Come join a conversation with Rich Stein, Exec. Dir. New Horizons. Bring your questions & comments!</i></p>	<p>31 10:00 Writers Group</p> <p>1:00 Film Club: Discussion w/ Ellensue Jacobson "Out of Africa" <i>Delve into issues raised in films with other movie lovers</i></p>	<p>MUSIC WEEK Coming Aug. 5-8</p> <p>2 musicians a day</p> <p>Join Old Friends and Newcomer Musicians & Join us for lunch between sessions</p>	