

**October
2024**

NEW HORIZONS

SENIOR CENTER

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

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

PRIVATE COUNSELING
AVAILABLE UPON REQUEST

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please Help Us In Our Planning by Registering for All Programs you Plan to Attend. THANK YOU!</p>	<p>1 10:30 Computer Tech Support (C) 30 min. session by appt 10:30 Chair Yoga (C) 12:00 Games – Pinochle & more (C)</p>	<p>2 10:00 Creative Writing (Z) 10:30 Community Hour (C) Chat with friends over coffee. 12:00 Games: Chess & more (C)</p>	<p>3 Rosh Hashanah New Horizons Closed</p>	<p>4 10:30 Tai Chi (C) 1:00 NO Dance Fitness</p>
<p>7 10:30 Full Circle (Z) 10:30 Walking Club (C) 12:00 Guided Meditation (Z) 1:00 Healthy Exercise (Z)</p>	<p>8 9:00 Low- Cost Wills (C) w/ Heather Turner, Esq. 30 min. sessions by appointment 10:30 Computer Tech Support (C) 10:30 Chair Yoga (C) 12:00 Games – Pinochle & more (C) 1:00 Protect Our Planet (C) Buying Renewable Energy w/ Phyllis Blumberg, PhD</p>	<p>9 10:00 Creative Writing (Z) 10:30 Ageism Awareness Day (C) View videos on ageism encouraging discussions about growing old. 12:00 Games - Chess & more (C) 1:00 Vaccine Refresher Course (Z) w/ Marisa Jacobs, PharmD Look at current vaccines - COVID, Flu, RSV, Pneumonia, Shingles and more. Bring your questions.</p>	<p>10 10:00 NHSC Glee Club (C) 10:00 Knit and Chat (C) 10:30 World Affairs (C) 10:30 Walking Club (C) 12:00 Transitions & Changes (Z) 1:00 Healthy Exercise (H)</p>	<p>11 Sunday: Navy Birthday Erev Yom Kippur New Horizons Closed</p>
<p>14 Columbus Day / Indigenous Peoples Day New Horizons Closed Today</p>	<p>15 10:30 Computer Tech Support (C) 10:30 Chair Yoga (C) 12:00 Games – Pinochle & more (C) 1:00 State Rep. Mary Jo Daley (C) Legislative update with State Rep. Mary Jo Daley. Q&A Bring your questions</p>	<p>16 10:00 Creative Writing (Z) 10:30 Conversations with Rich (C) Chat with Rich Stein, New Horizons Exec. Director. Bring your questions and comments! 12:00 Games – Chess & more (C)</p>	<p>17 10:00 NHSC Glee Club (C) 10:00 Knit and Chat (C) 10:30 Walking Club (C) 12:00 Transitions & Changes (Z) 1:00 Healthy Exercise (H)</p>	<p>18 10:30 NO Tai Chi 10:30 Flower Arranging (C) w/ Olivia Dlugos, Sunrise of Haverford Free. All materials are provided- flowers, vases and ribbon - to create an Autumn flower arrangement. 1:00 Dance Fitness (H)</p>
<p>21 10:30 Full Circle (Z) 10:30 Walking Club (C) 12:00 Guided Meditation (Z) 1:00 Healthy Exercise (Z) 1:00 NEW! Life Story Improv (C) Orientation Learn about this new support group promoting social engagement through Improv of our life stories. w/ Fern Shapiro MFT</p>	<p>22 9:00 Wills Signing (C) 10:30 Computer Tech Support (C) 10:30 Chair Yoga (C) 12:00 Games – Pinochle & more (C) 1:00 Healthy Body Film: Live to 100 Secrets of the Blue Zone part 2 (C) This film looks at diet and other lifestyle strategies to long life. w/ Ellensue Jacobson</p>	<p>23 10:00 Creative Writing (Z) 10:30 Community Hour (C) 12:00 Games – Chess & more (C) 1:00 MidDay Music: The Blues (Z) w/ Stan Fink The life and music of Blues musicians -Bessie Smith, “The Empress of Blues,” and B.B. King, guitarist, singer songwriter</p>	<p>24 10:00 NHSC Glee Club (C) 10:00 Knit and Chat (C) 10:30 World Affairs (C) 10:30 Walking Club (C) 12:00 Transitions & Changes (Z) 12:15 October Birthday Party (C) For all October Birthdays! And anyone who likes cake. 1:00 Healthy Exercise (H)</p>	<p>25 10:30 Tai Chi (C) 11:30 Book Club (H) “Bridge to Terabithia” by Katherine Paterson 1:00 Dance Fitness (H)</p>
<p>28 10:30 Full Circle (Z) 10:30 Walking Club (C) 1:00 Healthy Exercise (Z) 1:00 Life Story Improv. (C) Sharing and improvisation of our life stories. w/ Fern Shapiro MFT</p>	<p>29 10:30 Computer Tech Support (C) 10:30 Chair Yoga (C) 12:00 Games – Pinochle & more (C) 1:00 Healthcare Advocacy (C) Kathleen Magee, Dir. Of Care Coord. Hosted by Rothkoff Law Group Healthcare advocacy for family & friends</p>	<p>30 10:00 Creative Writing (Z) 10:30 Community Hour (C) 12:00 Halloween Lunch Party (C) BTC’s Ghouliscious lunch 12:00 Games - Chess & more (C)</p>	<p>31 HAPPY HALLOWEEN! 10:00 NHSC Glee Club (C) 10:00 Knit and Chat (C) 10:30 Walking Club (C) 12:00 Transitions & Changes (Z) 1:00 Healthy Exercise (H)</p>	<p>INTERESTED IN HELPING WITH IN-PERSON, SIT DOWN COMMUNITY MEALS? Starting October 1, we will be serving meals in person. Come to the desk or call 610 664 2366 and let us know if you are interested in helping out</p>

NEW! - HOT in person community LUNCH AVAILABLE DAILY – Menu on back. Reserve by previous Wednesday 610-664-2366
LOCATION CODES – C - In Person at Center H - Hybrid (in person and by Zoom) Z – Zoom only