

**November
2024**

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**NEW HORIZONS
SENIOR CENTER**



**CALL 610 664-2366
FOR MORE INFO**

**PRIVATE COUNSELING
AVAILABLE UPON
REQUEST**

Monday	Tuesday	Wednesday	Thursday	Friday
		Reminder: Daylight Savings Time Ends Sunday, Nov 3	Don't forget to set your clocks back!	1 Diwali 10:30 Tai Chi (C) 1:00 Dance Fitness (H)
4 10:30 Full Circle (Z) 10:30 Walking Club (C) 12:00 Guided Meditation (Z) 1:00 Healthy Exercise (Z) 1:00 Medicare Counseling (C) <i>45 min. session by appt</i> 1:00 Finding Meaning & Connection (C) Fern Shapiro MFT <i>NEW * In-person support group exploring hopes and fears of aging.</i>	5 ELECTION DAY VOTE! CENTER CLOSED TODAY	6 10:00 Creative Writing (Z) 11:30 Games: Chess & more (C) 1:00 NEW * Ballroom Dancing (C) Peter Aborn, Ballroom Dance Instructor <i>Fun and easy steps to learn classic ballroom dances - starting with Fox Trot. Good for balance, posture and health.</i>	7 10:00 NHSC Glee Club (C) 10:00 Knit and Chat (C) 10:30 World Affairs (C) 12:00 Transitions & Changes (Z) 1:00 Healthy Exercise (H)	8 10:30 NO Tai Chi 10:30 Medicare Presentation (C) <i>Info for Open enrollment, plans., savings on prescription drugs. Q&A</i> Doug Keene, PA MEDI 1:00 Dance Fitness (H)
11 Veterans Day CENTER CLOSED	12 9:00 Low-Cost Wills Heather Turner, Esq 10:30 Computer Tech Support (C) <i>30 min. session by appt</i> 10:30 Chair Yoga (C) 12:00 Games – Pinochle & more (C) 12:15 Ice Cream/Pastries Desert Social + 1:00 Getting your Ducks in a Row (C) <i>Advance Planning Seminar. A roadmap to plan your final arrangements.</i> Hosted by Calvary Cemetery	13 10:00 Creative Writing (Z) 11:30 Games: Chess & more (C) 1:00 Ballroom Dancing (C) 1:00 Midday Music: The Blues (Z) <i>The life and music of Blues musicians -Bessie Smith, "The Empress of Blues," and B.B. King, guitarist, singer songwriter. w/ Stan Fink</i>	14 10:00 NHSC Glee Club (C) 10:00 Knit and Chat (C) 12:00 Transitions & Changes (Z) 1:00 Healthy Exercise (H)	15 10:30 Tai Chi (C) 11:30 Art Corner (C) <i>FREE workshop. Make your own marbled paper and create holiday cards, bookmarks, ornaments. All materials provided. RSVP by Nov. 13</i> w/Judy Ringold 1:00 Dance Fitness (H)
18 10:30 Full Circle (Z) 10:30 Walking Club (C) 12:00 Guided Meditation (Z) 1:00 Healthy Exercise (Z) 1:00 Medicare Counseling (C) <i>45 min. session by appt</i> w/ Matt Elman, PA MEDI counselor 1:00 Finding Meaning and Connection (C) Fern Shapiro MFT	19 10:30 Computer Tech Support (C) <i>30 min. session by appt</i> 10:30 Chair Yoga (C) 12:00 Games – Pinochle & more (C) 12:00 – 2:00 Health Fair (C) Hosted by Serving Spirit Home Care <i>Blood pressure, Heart rate, BMI, Oxygen screenings, & more! Healthy provided.</i>	20 10:00 Creative Writing (Z) 11:30 Games: Chess & more (C) 1:00 Vision Care (Z) Marisa Jacobs, PharmD <i>Marisa will discuss age related macular degeneration (AMD), cataracts, glaucoma, dry eye. Bring your questions.</i> 1:00 Ballroom Dancing (C)	21 10:00 NHSC Glee Club (C) 10:00 Knit and Chat (C) 10:30 World Affairs (C) 12:00 Transitions & Changes (Z) 12:15 Nov. Birthday Party (C) 1:00 Meet Zumba Gold Instructor: Rosanna Dorazio (C) <i>Low intensity workout – focusing on balance, coordination, flexibility</i>	22 10:30 Tai Chi (C) 11:30 Book Club (H) <i>"The Lost Girls of Paris"</i> <i>by Pam Jenoff</i> w/Chris Jackson 1:00 Dance Fitness (H)
25 10:30 Full Circle (Z) 10:30 Walking Club (C) 1:00 Healthy Exercise (Z) 1:00 Medicare Counseling (C) <i>45 min. session by appt</i> 1:00 Finding Meaning and Connection (C) Fern Shapiro MFT	26 9:00 Wills Signing 10:30 Computer Tech Support (C) <i>30 min. session by appt</i> 10:30 Chair Yoga (C) 12:00 Games – Pinochle & more (C) 1:00 State Rep Mary Jo Daley (C) <i>Legislative update/Election debriefing</i>	27 10:00 Creative Writing (Z) 12:00 Thanksgiving Lunch Party <i>Join us for BTCs Turkey Lunch</i> 11:30 Games: Chess & more (C) 1:00 Thanksgiving Dessert Social <i>Chef Chris Cradle will provide pumpkin & apple pies, cake, & a delicious variety of cookies.</i>	28 HAPPY THANKSGIVING! CENTER CLOSED	29 CENTER CLOSED

NEW! - HOT community LUNCH AVAILABLE DAILY (12 PM-1 PM) – 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