

JANUARY 2025

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
Open 9am-2pm

PRIVATE COUNSELING
AVAILABLE UPON REQUEST

Monday	Tuesday	Wednesday	Thursday	Friday
		1 NEW YEAR'S DAY CENTER CLOSED	2 10:00 NO NHSC Glee Club (C) 10:00 Knit and Chat (C) 10:30 World Affairs (C) 1:00 Healthy Exercise (H)	3 10:30 Tai Chi (C)
6 10:30 Full Circle (Z) 10:30 Walking Club (C) 1:00 Healthy Exercise (Z) 12:00 Guided Meditation (Z) 1:00 Tai Chi (C) <i>NEW on Mon -- switching to Tues in February</i> 1:00 Meaning & Connection (C)	7 NO Computer Tech Support Today 10:30 Chair Yoga (C) 12:00 Games – Pinochle & more (C) 1:00 Mid-Day Music: The Blues Pt 2 (H) <i>w/ Stan Fink</i> <i>The life and music of Blues musician B.B. King, guitarist, singer-songwriter</i>	8 10:00 Creative Writing (Z) 12:00 Games: Chess & more (C) 12:00 Mah Jongg (C) <i>Please sign up in advance</i>	9 10:00 NO NHSC Glee Club (C) 10:00 Knit and Chat (C) 1:00 Zumba Gold (C) <i>Instructor: Rosanna Dorazio</i>	10 10:30 Tai Chi (C) 1:00 Rich Conversations (C) <i>Chat with Rich Stein, New Horizons Exec. Director. Bring your questions and comments!</i>
13 10:30 Full Circle (Z) 10:30 Walking Club (C) 10:30 State Rep Mary Jo Daley (C) <i>LEGISLATIVE UPDATES</i> 12:00 Guided Meditation (Z) 1:00 Healthy Exercise (Z) 1:00 Tai Chi (C) 1:00 Meaning & Connection (C)	14 9:00 Low-Cost Wills Heather Turner Esq (C) 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 Film: Live to 100 - Secrets of the Blue Zone, Part 4 (C) <i>w/ Ellensue Jacobson</i> <i>A look at lifestyle strategies for a long life.</i>	15 10:00 Creative Writing (Z) 12:00 Games: Chess & more (C) 12:00 Mah Jongg (C) <i>Please sign up in advance</i> 1:00 Bladder Issues – (Z) <i>Marisa Jacobs, PharmD</i> <i>Marisa will discuss common bladder issues such as incontinence, infections. Q&A after the presentation</i>	16 10:00 NO NHSC Glee Club (C) 10:00 Knit and Chat (C) 10:30 World Affairs (C) 1:00 Healthy Exercise (H) <i>Instructor: Aileen McGovern</i>	17 10:30 Tai Chi (C) 11:30 Book Club (H) <i>“No Ordinary Time – Franklin and Eleanor Roosevelt: Home Front WW II” by Doris Kearns Goodwin w/ Chris Jackson</i> 1:00 Art Corner: Zentangle (C) <i>w/ Judy Ringold</i> <i>Create beautiful art with simple lines and curves. Easy, fun, relaxing</i>
20 MARTIN LUTHER KING, JR DAY CENTER CLOSED	21 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 MLK Jr. Tribute: (C) <i>Letter from Birmingham Jail w/ Robert Bond</i> <i>Written while imprisoned for non-violent protest against segregation</i>	22 10:00 Creative Writing (Z) 12:00 Games: Chess & more (C) 12:00 Mah Jongg (C) <i>Please sign up in advance</i> 1:00 Meet NEW Gentle Movement Instructor: (C) Beth Ladenheim, Dance movement therapist/ dance instructor. Try out this new Gentle Mobility and Agility Movement Class	23 10:00 NO NHSC Glee Club (C) 10:00 Knit and Chat (C) 1:00 Zumba Gold (C) <i>Instructor: Rosanna Dorazio</i>	24 10:30 Tai Chi (C) 1:00 Art Corner: NEW Monthly Watercolor Workshop (C) <i>w/ Artist Carol Kardon</i> <i>Award winning artist Carol Kardon will teach introductory techniques to create beautiful floral watercolors. FREE workshop. All materials are provided. All are welcome!</i>
27 10:30 Full Circle (Z) 10:30 Walking Club (C) 1:00 Healthy Exercise (Z) 1:00 Tai Chi (C) 1:00 Meaning & Connection (C)	28 9:00 Wills Signing (C) 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 Cookies / Pastries Dessert Social 1:00 Everything you always wanted to know about Home Care Services (C) <i>Hosted by TruVine HomeCare Services</i>	29 10:00 Creative Writing (Z) 12:00 Games: Chess & more (C) 12:00 Mah Jongg (C) <i>Please sign up in advance</i> 1:00 TBA	30 10:00 NO NHSC Glee Club (C) 10:00 Knit and Chat (C) 10:30 World Affairs (C) 12:00 January Birthday Party (C) <i>For all January Birthdays! And anyone who likes cake.</i> 1:00 Healthy Exercise (H)	31 10:30 Tai Chi (C) 1:00 Protect Our Planet (C) <i>w/ Phyllis Blumberg, PhD</i> <i>How to identify climate misinformation and discuss strategies to counter it.</i>

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