

November 2021

New Horizons' Virtual Center

Mailing Address: PO Box 85, Narberth, PA

www.newhorizonsseniorcenter.org

CALL 610 664-2366

FOR MORE INFO
ON HOW TO JOIN
ANY REMOTE PROGRAM

All Programs are by ZOOM unless otherwise noted

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| <p>1</p> <p>10:30 Full Circle w/Janet Levit, MSW, LCSW <i>Find purpose in your later years</i></p> <p>1:00 Healthy Exercise with Agnes Palena <i>Gentle Exercise using weights, stretchy bands and basic stretches, ALL ARE WELCOME</i></p> | <p>2</p> <p>10:30 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv <i>Create well-being in the midst of life's changes</i></p> <p>1:00 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab. <i>Build Strength, Improve Flexibility, and Stretch</i></p> | <p>3</p> <p>10:00 Creative Writing <i>Write stories and poems from weekly story prompts and share them with other creative writers</i></p> <p>1:00 Tai Chi Class Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p> | <p>4</p> <p>10:30 World and Natl Affairs Discussion with Bob and Susan Bond</p> <p>1:00 Healthy Exercise with Agnes Palena <i>Gentle Exercise using weights, stretchy bands and basic stretches ALL ARE WELCOME</i></p> | <p>5</p> <p>10:30 Medicare 101 with Steve Small, APPRISE Medicare Representative <i>Everything you need to know about Medicare 2022. Steve will discuss how to find a plan that is right for you. Bring your questions!</i></p> <p>1:00 Dance Fitness with Betsy Klausman</p> |
| <p>8</p> <p>10:30 Full Circle w/Janet Levit, MSW, LCSW <i>Find purpose in your later years</i></p> <p>1:00 Healthy Exercise with Agnes Palena <i>Gentle Exercise using weights, stretchy bands and basic stretches, ALL ARE WELCOME</i></p> | <p>9</p> <p>10:30 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv <i>Create well-being in the midst of life's changes</i></p> <p>12:00 Advanced Tai Chi Instructor: Rosalie Pressman <i>Must have experience in Yang Family Style Tai Chi</i></p> <p>1:00 Senior Fitness with Zachary Smicker</p> | <p>10</p> <p>10:00 Creative Writing <i>Write stories and poems from weekly story prompts and share them with other creative writers</i></p> <p>1:00 Tai Chi Class Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p> | <p>11 VETERAN'S DAY</p> <p>10:00 Knit and Chat with Chris Jackson</p> <p>1:00 Healthy Exercise with Agnes Palena <i>Gentle Exercise using weights, stretchy bands and basic stretches ALL ARE WELCOME</i></p> | <p>12</p> <p>10:30 Guided Meditation with Eileen Abrams, MA, M.Ed <i>Try this gentle way to bring more calmness and contentment into your life NO EXPERIENCE REQUIRED</i></p> <p>1:00 Dance Fitness with Betsy Klausman <i>Learn easy dance steps to improve balance & strength</i></p> |
| <p>15</p> <p>10:30 Full Circle w/Janet Levit, MSW, LCSW <i>Find purpose in your later years</i></p> <p>12 -12:45 Facebook Workshop with Alex McHugh <i>Learn how to join our NH Facebook page and group!</i></p> <p>1:00 Healthy Exercise with Agnes Palena <i>Gentle Exercise using weights, stretchy bands and basic stretches, ALL ARE WELCOME</i></p> | <p>16</p> <p>10:30 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv <i>Create well-being in the midst of life's changes</i></p> <p>11:45 Lunchtime Travel Ireland: The Emerald Isle Tour guide: Betsy Klausman <i>Enjoy the rich greenery, beautiful coastline, grand castles, leprechauns, literature, and pubs of Ireland</i></p> <p>1:00 Senior Fitness with Zachary Smicker</p> | <p>17</p> <p>10:00 Creative Writing <i>Write stories and poems from weekly story prompts and share them with other creative writers</i></p> <p>1:00 Tai Chi Class Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p> | <p>18</p> <p>10:30 World and Natl Affairs Discussion with Bob and Susan Bond</p> <p>1:00 Healthy Exercise with Agnes Palena <i>Gentle Exercise using weights, stretchy bands and basic stretches ALL ARE WELCOME</i></p> | <p>19</p> <p>10:30 Book Club with Chris Jackson <i>Join us to discuss "Mayflower" by Nathaniel Philbrick Available in your local library</i></p> <p>12-12:45 Thanksgiving/November Birthday Party <i>Celebrate the holiday with NH friends and trivia. "The Residence at Bala" will deliver cake to any Nov. B-Days (in the area) - RSVP by Nov. 15</i></p> <p>1:00 Dance Fitness with Betsy Klausman</p> |
| <p>22</p> <p>10:30 Full Circle w/Janet Levit, MSW, LCSW <i>Find purpose in your later years</i></p> <p>10:30 Protect Our Planet! with Pauline Rosenberg <i>By taking care of our planet, we take care of ourselves! Topic this month: Skin Care Avoid toxic ingredients in makeup, skin and nail care.</i></p> <p>1:00 Healthy Exercise with Agnes Palena</p> | <p>23</p> <p>10:30 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv <i>Create well-being in the midst of life's changes</i></p> <p>12:00 Advanced Tai Chi Instructor: Rosalie Pressman <i>Must have experience in Yang Family Style Tai Chi</i></p> <p>1:00 Senior Fitness with Zachary Smicker</p> | <p>24</p> <p>10:00 Creative Writing <i>Write stories and poems from weekly story prompts and share them with other creative writers</i></p> <p>1:00 Tai Chi Class Instructor: Rosalie Pressman Yang Family Style Tai Chi ALL ARE WELCOME</p> | <p>25</p> <p>Happy Thanksgiving!</p> <p>Center Closed</p>  | |
| <p>29 HANUKKAH: 1st Day</p> <p>10:30 Full Circle w/Janet Levit, MSW, LCSW <i>Find purpose in your later years</i></p> <p>1:00 Healthy Exercise with Agnes Palena <i>Gentle Exercise using weights, stretchy bands and basic stretches, ALL ARE WELCOME</i></p> | <p>30</p> <p>10:30 Transitions & Changes Loisann Furgess-Oler, MS, Mdiv <i>Create well-being in the midst of life's changes</i></p> <p>1:00 Senior Fitness with Zachary Smicker Regional Director, Fox Rehab. <i>Build Strength, Improve Flexibility, and Stretch</i></p> | <p>Call us for Assistance with Meal Solutions:</p> <p>GRAB AND GO MEALS</p> <p>GROCERY SHOPPING</p> <p>MEALS ON WHEELS</p> | <p>Scan this code with your phone to learn more about NH!</p>  | <p>Available by Appt (By Phone):</p> <p>COUNSELING SESSIONS</p> <p>COMPUTER TECH SUPPORT</p> <p>MEDICARE COUNSELING</p> |