

New Horizons *for* Active Adults

September 2021 Newsletter

Our Virtual Center is "OPEN" and here for YOU

Quick Links

[September 2021 Calendar](#)

[New Horizons Website](#)

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**Vaccines available for all 12 and over
Booster Shots are now available for the
immunocompromised.**

[Please sign up and increase your safety!](#)

Call us for...

- Meal Solutions / Meals on Wheels
- Grocery Shopping
- Cloth Masks

Call 610-664-2366 for more info

[Check out our website](#)

Donate Now

We need your help during this challenging time.

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[Sustain FREE programs & services](#)



From our Executive Director

September marks the start of **New Horizons' 45th Season**. It is also National Senior Center Month, and New Horizons is ready to celebrate with you! Our Virtual Center has a delightful variety of wellness programs, discussion groups and creative activities for you to enjoy and to help you stay fit and connected to each other.

Until conditions and recommendations assure a safe and practical on-site reopening, we will continue to offer our amazing programs for you through your Virtual Center. There has never been a more important time to join us--to try something new, and to enjoy making fun and caring connections! Please enjoy a tour of our programs and support services in your September newsletter.

Wishing you all a safe and pleasant Labor Day, and for those of you who celebrate, a sweet and festive Rosh Hashana.

~With Kind Regards from Elissa Berardi

Healthy Exercise with Agnes,
Mondays and Thursdays at 1:00 PM, is
one of our popular wellness classes.

[Click here to see all of our
Regular Weekly Programs](#)

Dance Exercise with Betsy,
Fridays at 1:00 PM is another one of
our fun and popular fitness class.
Regular Weekly Programs



Monthly Programs

All programs are FREE and offered via ZOOM to any adults 55 and over

[Click Here to View a Complete List of All Our Monthly Programs](#)

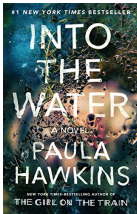
How To Register | call 610-664-2366 or email caroline.nhsc@gmail.com



World and National Affairs:

Thurs, Sept 9 and 23 at 10:30 AM with Bob and Sue Bond

Local historians Robert and Susan Bond lead Seniors in a lively discussion of current events. All views and political orientations are welcome!



September Book Club:

Fri, Sept 10 at 10:30 AM with Chris Jackson

"Into the Water" by Paula Hawkins (available in your library)

Read the book, and then discuss your impressions with other dedicated Bibliophiles. Books available at your local library or [Amazon.com](https://www.amazon.com).



Knit and Chat:

Thurs, Sept 16 and 30 at 10:00 AM with Chris Jackson

Bring your latest project--or something you just want to try--to the computer, and join Leader Chris Jackson and other knitters for a session of friendly chatting and helpful knitting hints. Open to experienced Knitters only.



"Do You Have A Plan?":

Fri, September 17 at 10:30 AM with Mindy Mozenter, Senior Living Specialists Philly

Mindy will discuss the Ins and Outs of Senior living - whether at home or at a Senior Residence. Learn about the variety of Residential and Home Care options and how to make the best plan for your lifestyle.

Mid-Day Music Performance:

Tuesday, September 21 at 11:45 AM with Stanley Fink, Jazz Musician and Music Teacher



New Horizons invites all Seniors to have lunch with friends, while enjoying music and discussions of various great musicians. *This Month: Join Stanley as he presents a program on the Jazz Trumpeter Wynton Marsalis, a member of a legendary Jazz family*



Senior Nutrition: *Fall Foods - "Serving up the Harvest"*

Fri, Sept 24 at 10:30 AM with Ellensue Jacobson

Seniors are invited to Celebrate the Fall Harvest by taking a look at this seasonal cookbook while Ellen Sue demonstrates several tasty Fall Recipes.



September Birthday Party:

Fri, Sept 24 at 12 Noon

Grab a cupcake, cookie, or your favorite dessert...and join the New Horizons Staff in lifting a glass to all our members born in September. ***The Residence at Bala will deliver birthday cake to any September birthdays (in the area)! (You MUST RSVP by Sept. 21st - Online RSVP below.)***



Lunchtime Virtual Travel Series:

Tues, Sept 28 at 11:45 AM with Tour Guide Betsy Klausman

We'll take you there without leaving home! Adults 55 and over can travel to amazing and exciting places all over the world ... without leaving the comfort and safety of your own couch. All welcome!

Next Stop: "Los Angeles to San Francisco" *Enjoy the Multi-Media Sights and Sounds of Los Angeles, and then travel up the winding coastal highway to San Francisco*



Guided Meditation (For Well-Being and Stress Relief)

Thurs, Sept 30 at 12 Noon with Eileen Abrams

Seniors are invited to join Eileen Abrams and try this gentle way to bring more contentment and calm into your life. Feel free to bring your lunch – as a portion of this session will be about “mindful eating” All welcome!

Pre-Registration On-Line

How to Register | Click the Buttons below to register, or call 610-664-2366 or email caroline.nhsc@gmail.com



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Register Now

Basic Facebook Workshops (One-on-One)

Personal Appointments Available with Alex McHugh

Learn about Facebook and get your account set up. We'll focus on how to find New Horizons events, interact with friends, and keep your account safe and secure.

To sign up for a one-on-one walkthrough, click the button below and select a 30-minute session.



Register Now

Regularly Scheduled Programs

[Click Here to View Our Regular Weekly Programs](#)

Regular Weekly Programs include:

**Support Groups: "Full Circle Discussion Group" and "Transitions and Changes"
Yoga Class, Senior Fitness Class, Tai Chi in the Yang Family Style,
Healthy Exercise Class (NOW BACK ON MONDAY!),
Dance Fitness, and Creative Writing**

Additionally, we offer Private Counseling and Private Classes including Computer Tech Tutorials and Help with Writing Projects.

[Click here for more information](#)

Tech Tip of the Month



GERRY HEBERT

7 More Ways to Spot Email Phishing Scams

According to the FBI, Americans lose more than \$50 million every year through phishing scams.

Usually, emails pretend to be from an organization you know and often they are indistinguishable from the real thing. Then, they set a trap by spinning a convincing story or explanation for writing. [CLICK HERE](#) to see some of the most common tricks they employ.

To learn about Gerry's Private Classes, [Click Here.](#)

New Horizons Senior Center | www.newhorizons seniorcenter.org

New Horizons is the DBA name of Options In Aging, a 501(c)3 organization, Tax ID Number 23-2003718

