

PROGRAM DESCRIPTIONS [C] = *at the Center (in person)*, [H] = *Hybrid (both in person and zoom)*, [Z] = *Zoom*, [P] = *Phone (by Appt)*

- **Art Corner: Watercolor Painting [C]** - NEW! Monthly program with Carol Kordan
- **Book Club [H]** - Read the book, then discuss with other Book Lovers. Hosted by Chris Jackson. *This month: "No Ordinary Time..."* by Doris Kearns Goodwin
- **Chair Yoga [C]** - Enjoy yoga theory, seated and standing poses, and breathing techniques, ending with relaxation poses taught by Roe Pietropaula, CYI, RN
- **Creative Writing [Z]** - Join other writing enthusiasts to share stories and poems based on a weekly story prompt. All levels and abilities are welcome to join.
- **Community Hour [C]** - Meet your friends for fun and togetherness.
- **Finding Meaning and Connection [C]** - Fern Shapiro, MFT, leads a NEW support group focused on building enriching relationships & discusses hopes / fears of aging.
- **Full Circle [Z]** - a safe place for seniors to discuss ideas to develop enriching and fulfilling ways to utilize their time and to get support for any pressing issues, led by Janet Levit, MSW, LCSW
- **Game Time at New Horizons [C]** - Call to sign-up for Chess, Mah Jongg, Pinochle, and more! *On Wednesdays: Chess Instructor Al Pearson offers his expertise.*
- **Glee Club [C]** - All singers are invited to participate in this fun group!
- **Guided Meditation [Z]** - Eileen Abrams, MA,M.Ed. fosters more focus and inner peace.
- **Healthy Exercise Class – Mondays [Z] and Select Thursdays [H]** - Aileen McGovern leads a series of healthy, gentle, and invigorating exercise routines.
- **Knit and Chat [C]** - Join Chris Jackson and other knitters for a session of friendly chatting and helpful knitting hints. All Knitters welcome!
- **Mah Jongg [C]** - RETURNING! Interested players come to New Horizons to indulge in their love of the game. *Please register in advance.*
- **Tai Chi for Balance, Fall Prevention, Mental Focus and Calm [C]** - Rosalie Pressman, cert. tai chi instructor, teaches gentle movements, breathing & body alignment. .
- **Walking Club [C]** - Meet Pauline Rosenberg at the Conway Entrance to Borough Hall (by the Fire House) for an hour of socializing and exercise.
- **World Affairs [C]** - Local historians Bob and Sue Bond lead Seniors in a lively discussion of current events. All views and political orientations are welcome!
- **Zumba Gold [C]** – Fun, low intensity dance workout led by Rosanna Dorazio focusing on balance, coordination, and flexibility.

PERSONALIZED ASSISTANCE – Call 610 664-2366 to Register an Appointment

Computer Tech Support Tuesdays [C] and by appointment [P] - Gerry Hebert offers consultations both IN PERSON at Narberth Borough Hall and BY PHONE on Tuesdays from 10:30 AM to 12:00 Noon, by appointment

Low-Cost Wills [C] - Heather Turner, Esq. offers aid to create or update Wills, Power of Attorney, or Living Wills on select Tuesdays every month, by appointment

Medicare Counseling [C] - Matt Elman, a certified PA MEDI counselor offers IN PERSON help at Narberth Borough Hall, by appointment.

Private Counseling [P] - Social Worker Debbie Robinson offers FREE private phone sessions, by appointment.

Taxes Help [C] - Beginning in February, New Horizons will offer FREE help from qualified professionals to file your taxes, by appoint. Call the Center for more info.

JANUARY Menu – IN PERSON MEALS – Dine at the Center!

VEG = Vegetarian Meal

- Th - 1/2: RIGATONI w/ MEAT SAUCE,
Peas, Warm Spiced Peaches
- F - 1/3: SPECIAL NEW YEAR'S MEAL: STUFFED CHICKEN BREAST,
Garlic Mashed Potatoes, Collard Green, Chocolate Cake
- M - 1/6: MANICOTTI w/ MEAT SAUCE,
Broccoli, Pears w/ Oat Topping
- T - 1/7: SALSA CHICKEN,
Brown Rice, Corn w/ Red Peppers
- W - 1/8: BAKED FISH w/ ITALIAN PARSLEY CREAM SAUCE,
Italian Blend, Buttered Orzo
- Th - 1/9: BAKED CHICKEN w/ CHICKEN GRAVY,
Traditional Stuffing, Carrots and Peas
- F - 1/10: PEPPER & ONION CHEESE OMELET, (VEG)
Sliced Fresh Seasonal Fruit, Hashed Browns
- M - 1/13: PHILLY CHEESEBURGER,
Potato Wedges, Peas and Carrots
- T - 1/14: BBQ CHICKEN THIGH,
Cole Slaw, Veg Baked Beans
- W - 1/15: FRENCH ONION MEATLOAF,
Green Beans, Mashed Potatoes
- Th - 1/16: ROSEMARY ROASTED TURKEY w/ LIGHT TURKEY GRAVY,
Brussel Sprouts, Cornbread Stuffing
- F - 1/17: CHEESEY OMELET, (VEG)
Sautéed Spinach and Carrots, Cooked Apples
- M - 1/20: CETNER CLOSED: MARTIN LUTHER KING, Jr DAY: No Meals Served
- T - 1/21: GROUND BEEF AND BEAN CHILI,
Carrots, Cauliflower, & Broccoli Mix, Sweet Corn
- W - 1/22: MILD CHICKEN & VEGETABLE CURRY
Peas, Brown Rice
- Th - 1/23: SLICED BEEF MERLOT,
Whipped Sweet Potatoes, Roasted Beets
- F - 1/24: CRABCAKE w/ MAC & CHEESE,
Scalloped Tomatoes, Broccoli
- M - 1/27: ASIAN GARLIC CHICKEN,
Fried Brown Rice, Stir-Fry Veggies
- T - 1/28: BAKED ZITI, (VEG)
Brussel Sprouts, Tossed Salad
- W - 1/29: MAPLE GLAZED CHICKEN,
Mashed Sweet Potato, Sugar Snap Peas
- Th - 1/30: ITALIAN PULLED PORK,
Mashed Potatoes, Green Beans
- F - 1/31: RICE & SPINACH STUFFED FISH w DILL SAUCE,
Broccoli, Herb Couscous