

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

- **Book Club [H]** - Read the book, then discuss with other Book Lovers. Hosted by Chris Jackson. *This month: "Bridge to Terabithia"* by Katherine Paterson.
- **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.
- **Dance Fitness [H]** - Betsy Klausman leads a fun, fast-paced class designed to improve balance and strength. No experience necessary. Just come ready to dance!
- **Full Circle [Z]** - Janet Levit, MSW, LCSW leads a group that addresses various issues that seniors face, from finances to family relations.
- **Game Time at New Horizons [C]** - Call to sign-up for Chess, Mah Jongg, Pinochle, and more! *Now on Wednesdays: Chess Instructor Al Pearson offers lessons.*
- **Glee Club [C]** - The New Horizons Glee Club has returned to Borough Hall! All singers are invited to participate in this fun program, or just come to listen!
- **Guided Meditation [Z]** - Follow the steps to achieve contentment. Led by Eileen Abrams, MA, MEd
- **Healthy Exercise Class – Mondays [Z] and 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!
- **Ramble with Rich [C]** - An easy stroll around Narberth Park, hosted by NHSC Executive Director Rich Stein. All fitness and ambulatory levels welcome!
- **Tai Chi for Balance, Fall Prevention, Mental Focus and Calm [C]** - Rosalie Pressman, cert. Tai Chi instructor, teaches slow, gentle movements, breathing and body alignment.
- **Transitions and Changes [Z]**- Engage with Ruth Wilf, CNM, PhD, in a thought-provoking group discussion of our journey through life's changes and transitions.
- **Walking Club [C]**- Meet Pauline Rosenberg at the Conway Entrance to Borough Hall (by the Fire House) for an hour of socializing and exercise while enjoying a leisurely walk around Narberth.
- **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!

PERSONALIZED ASSISTANCE

Computer Tech Support [C]- Gerry Hebert will be available IN PERSON on the 2nd floor of Narberth Borough Hall on Tuesdays from 10:30 AM to 12:00 Noon to help with computer-related problems.

(Virtual) Computer Tech Support [P] - Call to schedule a PHONE CONSULTATION with Gerry Hebert on any weekday

Low-Cost Wills [C]- Heather Turner, Esq. is available on select Tuesdays every month to help with Wills, Powers of Attorney, or Living Wills, or to update existing documents.

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

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

VEG = Vegetarian Meal

- T- 10/1: **SALISBURY STEAK w/ MUSHROOMS**
Broccoli, Roasted Potatoes
- W-10/2: **CHICKEN TERIYAKI**
Asian Vegetables, Fried Brown Rice
- Th-10/3: **CLOSED TODAY**
- F-10/4: **SWISS & TURKEY HAM OMELET**
Spinach & Carrots, Hashbrowns
- M-10/7: **SOUTH-WEST CHICKEN**
Salsa Rice w/ Black Beans, Corn w/ Peppers
- T- 10/8: **CRAB CAKE w/ MAC & CHEESE**
Marinated Tomatoes, Onion Salad, Broccoli & Cauliflower
- W-10/9: **CHICKEN FLORENTINE**
Bowties, Peas and Carrots
- Th-10/10: **RIGATONI w/ MEAT SAUCE**
Peas, Warm Spiced Peaches
- F-10/11: **CLOSED TODAY**
- M-10/14: **CLOSED TODAY**
- T- 10/15: **BAKED TILAPIA w/ BASIL CREAM SAUCE**
Noodles, Peas and Carrots
- W-10/16: **CHEESEBURGER w/ CARMELIZED ONIONS**
Side Salad, Potatoes
- Th-10/17: **TORTELLINI w/ PEAS (VEG)**
Green Beans, Peas w/ Crisp Topping
- F-10/18: **GARLIC ROSEMARY SLICED BEEF**
Beets, Collard Greens
- M-10/21: **STUFFED SHELLS (VEG)**
Brussel Sprouts w Diced Carrots, Warm Apples
- T- 10/22: **GARLIC DIJON CHICKEN THIGH**
Sweet Potato, Cole Slaw
- W-10/23: **MEATBALLS w/ ONION GRAVY**
Potato Cubes, Green Beans
- Th-10/24: **SWT POTATOES, PEPPERS, CHEESE OMELET (VEG)**
Pumpkin Spiced Oatmeal, Peas
- F-10/25: **CHICKEN ALFREDO**
Penne, Broccoli, Cauliflower and Carrot
- M-10/28: **LASAGNA ROLLUP (VEG)**
Side Salad, Cauliflower
- T- 10/29: **SALISBURY STEAK w/ MUSHROOMS**
Broccoli, Roasted Potatoes
- W-10/30: **HALLOWEEN SPECIAL! GHOULISH BEEF GOULASH**
Buttered Rotini, Green Peas
- Th-10/31: **BAKED TILAPIA w/ RED PEPPER SAUCE**
Rotini, Green Beans
- F-11/1: **SWISS & TURKEY HAM OMELET**
Spinach & Carrots, Hashbrowns

SPECIAL HALLOWEEN LUNCH PARTY:

Wednesday, October 30 at 12:00 Noon

Wear a Costume, Dine on "Ghoulash" and Have Fun!