

### Location Codes:

[C] =at the Center (in person),

[H] =Hybrid (both in person and zoom),

[Z] =Zoom,

[P] =Phone (by Appt)

### PROGRAM DESCRIPTIONS

- **Ballroom Dancing [C]** - Peter Aborn teaches fun and easy steps to learn classic ballroom dances- starting with Fox Trot. Good for balance, posture and health.
- **Book Club [H]** - Read the book, then discuss with other Book Lovers. Hosted by Chris Jackson. *This month: "The Lost Girls of Paris"* by Pam Jenoff.
- **Chair Yoga [C]** - Yoga theory, seated and standing poses, and breathing techniques ending with relaxation poses taught by Roe Pietropaula, CYI, RN
- **Creative Writing [Z]** - Share stories and poems based on a weekly story prompt. All levels and abilities welcome.
- **Dance Fitness [H]** - Betsy Klausman leads a fun, fast-paced class designed to improve balance and strength. No experience necessary.
- **Full Circle [Z]** - Janet Levit, MSW, LCSW leads a group considering issues from finances to family relations.
- **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 skills*
- **Glee Club [C]** - All singers are invited to participate in this fun ensemble.
- **Guided Meditation [Z]** - Eileen Abrams, MA,M.Ed. leads improving focus & inner peace.
- **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.
- **Tai Chi for Balance, Fall Prevention, Mental Focus and Calm [C]** - Rosalie Pressman, cert. Tai Chi instructor, teaches gentle movements, breathing & body alignment.
- **Transitions and Changes [Z]** - Engage with Ruth Wilf, CNM, PhD discussing 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 walking through Narberth.
- **World Affairs [C]** - Bob and Sue Bond lead a lively discussion of current events. All views and political orientations are welcome!

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

**Computer Tech Support Tuesdays [C] and by appointment [P]** - Register to consult with Gerry Hebert IN PERSON at Narberth Borough Hall on Tuesdays from 10:30 AM to 12:00 Noon, or schedule a PHONE CONSULTATION with Gerry on any weekday

**Low-Cost Wills [C]** - Register to consult with Heather Turner, Esq. on select Tuesdays every month to create or update Wills, Power of Attorney, or Living Wills

**Medicare Counseling [C]** - Register to consult with Matt Elman, a certified PA MEDI counselor IN PERSON at Narberth Borough Hall on Mondays from 1:00 PM to 2:30 PM

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

### November Menu – IN PERSON MEALS – Dine at the Center!

VEG = Vegetarian Meal

- F - 11/1: **SWISS & TURKEY HAM OMELET**  
Spinach & Carrots, Hashbrowns
- M - 11/4: **SOUTH-WEST CHICKEN**  
Salsa Rice w/ Black Beans, Corn w/ Peppers
- T - 11/5: **CLOSED TODAY (Election Day)**
- W - 11/6: **CHICKEN FLORENTINE**  
Bowties, Peas and Carrots
- Th - 11/7: **RIGATONI w/ MEAT SAUCE**  
Peas, Warm Spiced Peaches
- F - 11/8: **SLICED TURKEY w/ ROASTED GARLIC GRAVY & FRENCH ONIONS**  
Whipped Sweet Potatoes, Brussel Sprouts
- M - 10/11: **CLOSED TODAY (Veteran's Day)**
- T - 11/12: **BAKED TILAPIA w/ BASIL CREAM SAUCE,**  
Noodles, Peas and Carrots
- W - 11/13: **CHEESEBURGER w/ CAMELIZED ONIONS**  
Side Salad, Potatoes
- Th - 11/14: **TORTELLINI w/ PEAS (VEG)**  
Green Beans, Fruit Crisp
- F - 11/15: **GARLIC ROSEMARY SLICED BEEF**  
Beets, Collard Greens
- M - 11/18: **STUFFED SHELLS (VEG)**  
Brussel Sprouts w Diced Carrots, Warm Apples
- T - 11/19: **GARLIC DIJON CHICKEN THIGH**  
Sweet Potato, Cole Slaw
- W - 11/20: **MEATBALLS w/ ONION GRAVY**  
Potato Cubes, Green Beans
- Th - 11/21: **SWT POTATOES, PEPPERS, CHEESE OMELET (VEG)**  
Pumpkin Flavored Oatmeal, Pears
- F - 11/22: **CHICKEN ALFREDO**  
Penne, Broccoli, Cauliflower and Carrot
- M - 11/25: **LASAGNA ROLLUP (VEG)**  
Side Salad, Cauliflower
- T - 11/26: **SALISBURY STEAK w/ MUSHROOMS**  
Broccoli, Roasted Potatoes
- W - 11/27: **THANKSGIVING SPECIAL!**  
ROAST TURKEY W/ CORNBREAD STUFFING & GRAVY  
Mashed Sweet Potatoes, Green Beans Almondine, Sweet Potato Pie
- Th - 11/28: **CLOSED TODAY (Thanksgiving Day)**
- F - 11/29: **CLOSED TODAY (Black Friday)**

### SPECIAL THANKSGIVING LUNCH PARTY:

**Wednesday, November 27 at 12:00 Noon**

*Come Celebrate with us!*