

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

- **An Interesting Life - NEW!** Everyone has a story. *Ep 1: Peter Aborn - World Traveler...*
- **Art Corner: Watercolor Painting [C] - NEW!** Monthly program with Carol Kardon.
- **Book Club [H]** - Read the book, then discuss with other Book Lovers. Hosted by Chris Jackson. *This month: "Demon of Unrest"* by Eric Larson
- **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.
- **Film Club [C]** - Enjoy good films and shows with Ellensue Jacobson. *This month: National Geographic's "The Secrets of the Elephants, pt 2" A 4-part series*
- **Full Circle [Z]** - a safe space for seniors to discuss ideas to develop enriching & fulfilling ways to utilize their time & receive support, 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!
- **Gentle Movement [C]** - Beth Ladenheim leads a class focused on mobility and agility.
- **Guided Meditation [Z]** - Eileen Abrams, MA, MEd - gain focus & 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.*
- **Protect our Planet [C]** - Learn diff ways to restore nature & create a healthier planet
- **Tai Chi for Balance, Fall Prevention, Mental Focus and Calm [C]** - with Rosalie Pressman, cert. Tai Chi instructor. Tues, open to everyone, Fri, current students only.
- **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!
- **Zoom Lecture Series** - Join Marisa Jacobs, PharmD in a Zoom discussion on various health issues and needs. *This month: Arthritis*
- **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/Schedule an Appoint

Computer Tech Support - Gerry Hebert offers consultations both IN PERSON and BY PHONE on Tuesdays from 10:30 AM to 12:00 Noon – by appointment only

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

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

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

Tax Help/Filing [C] - FREE help from AARP tax professionals to prepare & file taxes Mondays until April 14, from 9:30 - 2:30. *Call 610 947-0930 to register for a slot.*

MARCH Menu: IN PERSON MEALS. Dine with us! (VEG = Vegetarian)
Take-out available.

M - 3/3 **MANICOTTI (VEG) w/ MEAT SAUCE, Broccoli, Pears w/ Oat Topping**

T - 3/4: **SALSA CHICKEN, Brown Rice, Corn w/ Red Peppers**

W - 3/5: **BAKED FISH w/ ITALIAN PARSLEY CREAM SAUCE, Italian Blend, Buttered Orzo**

Th - 3/6: **BAKED CHICKEN w/ CHICKEN GRAVY, Traditional Stuffing, Carrots and Peas**

F - 3/7: **PEPPER & ONION CHEESE OMELET, (VEG)**

Sliced Fresh Seasonal Fruit, Hashed Browns

M - 3/10: **PHILLY CHEESEBURGER, Potato Wedges, Peas and Carrots**

T - 3/11: **BBQ CHICKEN THIGH, Cole Slaw, Veg Baked Beans**

W - 3/12: **FRENCH ONION MEATLOAF, Green Beans, Mashed Potatoes**

Th - 3/13: **ROSEMARY ROASTED TURKEY w/ LIGHT TURKEY GRAVY, Brussel Sprouts, Cornbread Stuffing**

F - 3/14: **ST. PATTY'S DAY LUNCH PARTY: SHEPHERD'S PIE, Carrots, Brussel Sprouts, Dessert Social, Irish Music**

M - 3/17: **CHICKEN MARSALA, Red Skinned Potatoes, Tossed Salad**

T - 3/18: **GROUND BEEF AND BEAN CHILI,**

Carrots, Cauliflower, & Broccoli Mix, Sweet Corn

W - 3/19: **MILD CHICKEN & VEGETABLE CURRY, Peas, Brown Rice**

Th - 3/20: **SLICED BEEF MERLOT, Whipped Sweet Potatoes, Roasted Beets**

F - 3/21: **CRABCAKE w/ MAC & CHEESE, Scalloped Tomatoes, Broccoli**

M - 3/24: **ASIAN GARLIC CHICKEN, Fried Brown Rice, Stir-Fry Veggies**

T - 3/25: **BAKED ZITI (VEG), Brussel Sprouts, Tossed Salad**

W - 3/26: **MAPLE GLAZED CHICKEN, Mashed Sweet Potato, Sugar Snap Peas**

Th - 3/27: **ITALIAN PULLED PORK, Mashed Potatoes, Green Beans**

F - 3/28: **RICE & SPINACH STUFFED FISH w/ DILL SAUCE, Broccoli, Herb Couscous**

M - 3/31 **MANICOTTI (VEG) w/ MEAT SAUCE, Broccoli, Pears w/ Oat Topping**

T - 4/1: **MEAL TBD – Call 610 664-2366 for details**

W - 4/2: **MEAL TBD – Call 610 664-2366 for details**

Th - 4/3: **MEAL TBD – Call 610 664-2366 for details**

F - 4/4: **MEAL TBD – Call 610 664-2366 for details**

SPECIAL ST. PATTY'S DAY LUNCH PARTY:

Friday, March 14 at 12:00 Noon

Come Celebrate with Us!

Shepherd's Pie, Delicious Dessert Social, Entertaining Irish Music

(\$2.00 Suggested Non-Mandatory Donation, pay at the door)