

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

- **NEW!! Agility and Mobility [C]** - Beth Ladenheim leads a class focused on keeping fit.
- **Art Corner: Paper Flowers [C]** - Craft Daffodils, Lilies and Hydrangeas with Heidi Guy
- **Art Corner: Watercolor Painting [C]** - Monthly program with Carol Kardon
- **Art Corner w/ Judy: Spring Zentangle [C]** - Make beautiful art with simple lines/curves
- **Book Club [H]** - Read the book, then discuss with other Book Lovers. Hosted by Chris Jackson. *This month: "Demon of Unrest" by Eric Larson (rescheduled from March)*
- **NEW!! Brain Games** - Join Sue Bond and others for an afternoon of fun and learning
- **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]** - Share stories and poems based on a weekly story prompt
- **Film Club [C]** - Enjoy good films and shows with Ellensue Jacobson
This month: National Geographic's "The Secrets of the Elephants, pt 3" (4-prt series)
- **Full Circle [Z]** - discuss ideas to develop enriching & fulfilling ways to utilize your time & receive support, led by Janet Levit, MSW, LCSW
- **Games 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, MEd - gain focus & inner peacefulness
- **Healthy Exercise Class - Mondays [Z] and Select Thursdays [H]** - Aileen McGovern leads a series of healthy, gentle, and invigorating exercise routines
- **NEW!! Healthy Steps in Motion [C]** - Evidenced-based program focusing on balance led by Dawn Batman from Montgomery County Office of Aging Services
- **Knit and Chat [C]** - Join Chris Jackson for a session of helpful knitting hints.
- **Mah Jongg [C]** - Interested players come to New Horizons.
- **Protect our Planet [C]** - Learn ways to restore nature & create a healthier planet
- **Tai Chi 1 & 2 [C]** - w/ Rosalie Pressman, cert. instr. Mon/Tues-Beginners, Fri-Advanced
- **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: Acid Reflux*
- **Zumba Gold [C]** - Fun dance workout designed specifically for older adults focusing on balance, coordination, and flexibility, led by Rosanna Dorazio

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. **(by Prior Appointment Only)**

APRIL Menu: IN PERSON MEALS. Dine with us! (VEG = Vegetarian)

Take-out available upon request

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

T - 4/1: **SALSA CHICKEN, Brown Rice, Corn w/ Red Peppers**

W- 4/2: **BAKED FISH w/ ITALIAN PARSLEY CREAM SAUCE, Italian Blend, Buttered Orzo**

Th - 4/3: **BAKED CHICKEN w/ CHICKEN GRAVY, Traditional Stuffing, Carrots and Peas**

F - 4/4: **PEPPER & ONION CHEESE OMELET (VEG),
Sliced Fresh Seasonal Fruit, Hashed Browns**

M - 4/7: **PHILLY CHEESEBURGER, Potato Wedges, Peas and Carrots**

T - 4/8: **BBQ CHICKEN THIGH, Cole Slaw, Veg Baked Beans**

W - 4/9: **FRENCH ONION MEATLOAF, Green Beans, Mashed Potatoes**

Th - 4/10: **ROSEMARY ROASTED TURKEY w/ LIGHT TURKEY GRAVY,
Brussel Sprouts, Cornbread Stuffing**

F - 4/11: **CHEESEY OMELET (VEG), Sautéed Spinach and Carrots, Cooked Apples**

M - 4/14: **CHICKEN MARSALA, Red Skinned Potatoes, Tossed Salad**

T - 4/15: **GROUND BEEF AND BEAN CHILI,
Carrots, Cauliflower, & Broccoli Mix, Sweet Corn**

W - 4/16: **SPRING LUNCH PARTY! GLAZED TURKEY HAM w/ FRUIT SAUCE,
Corn Pudding, Cabbage, Delicious Desserts (including Carrot Cake)**

Th - 4/17: **SLICED BEEF MERLOT, Whipped Sweet Potatoes, Roasted Beets**

F - 4/18: **GOOD FRIDAY - CENTER CLOSED**

M - 4/21: **ASIAN GARLIC CHICKEN, Fried Brown Rice, Stir-Fry Veggies**

T - 4/22: **BAKED ZITI (VEG), Brussel Sprouts, Tossed Salad**

W - 4/23: **MAPLE GLAZED CHICKEN, Mashed Sweet Potato, Sugar Snap Peas**

Th - 4/24: **ITALIAN PULLED PORK, Mashed Potatoes, Green Beans**

F - 4/25: **RICE & SPINACH STUFFED FISH w/ DILL SAUCE, Broccoli, Herb Couscous**

M - 4/28 **MANICOTTI (VEG) w/ MEAT SAUCE, Broccoli, Pears w/ Oat Topping**

T - 4/29: **SALSA CHICKEN, Brown Rice, Corn w/ Red Peppers**

W- 4/30: **BAKED FISH w/ ITALIAN PARSLEY CREAM SAUCE,
Italian Blend, Buttered Orzo**

Th - 5/1: **BAKED CHICKEN w/ CHICKEN GRAVY, Traditional Stuffing, Carrots and Peas**

F - 5/2: **PEPPER & ONION CHEESE OMELET (VEG),
Sliced Fresh Seasonal Fruit, Hashed Browns**

SPECIAL SPRING LUNCH PARTY:

Wednesday, April 16 at 12:00 Noon

**Tasty Glazed Turkey Ham, Delicious Desserts, Exciting Exercise & Games
(\$2.00 Suggested Non-Mandatory Donation, pay at the door)**