

MARCH 2025

NEW HORIZONS

SENIOR CENTER

Mailing Address: PO Box 85, Narberth, PA 19072
www.newhorizonsseniorcenter.org

CALL 610 664-2366 FOR MORE INFO ON HOW TO JOIN ANY PROGRAM

PRIVATE COUNSELING AVAILABLE UPON REQUEST

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>TAXES PROGRAM Mondays, Feb 10 – April 14 9:30-2:30 (1.5 hour appointment) <i>IN PERSON</i> Tax Aid offered by certified professionals, by appoint. CALL 610 947-0930 TO REGISTER</p> <p>10:30 Full Circle (Z) 10:30 Walking Club (C) 1:00 Healthy Exercise (Z)</p>	<p>4 MARDI GRAS</p> <p>10:30 Computer Tech Support (C) <i>30 min. session by appt</i> 10:30 Chair Yoga (C) 1:00 Tai Chi 1 (C) w/ Rosalie Pressman <i>For beginners and those who want to review basics.</i></p>	<p>5</p> <p>10:00 Creative Writing (Z) 12:00 Games: Chess & more (C) 12:00 Mah Jongg (C) <i>Please sign up in advance</i> 1:00 NEW Gentle Movement (C) Beth Ladenheim, <i>Dance movement therapist/ dance instructor.</i> Gentle Mobility and Agility Movement Class</p>	<p>6</p> <p>10:00 NHSC Glee Club (C) 10:00 Knit and Chat (C) 1:00 Zumba Gold (C) Instructor: Rosanna Dorazio</p>	<p>7</p> <p>10:30 Tai Chi 2 (C) w/ Rosalie Pressman <i>Continuation of the ongoing Friday class – limited to current students.</i> 1:00 NEW An Interesting Life Episode 1 - Peter Aborn <i>World Traveler and Adventurer</i> <i>Enjoy Peter's Tales living a life of Adventure, from Colorado to California, Mexico, Kenya, South Africa, then back to Philadelphia... and more!</i></p>
<p>10</p> <p>TAXES PROGRAM (ALL DAY) 10:30 Full Circle (Z) 10:30 Walking Club (C) 1:00 Healthy Exercise (Z)</p> <p>SUNDAY, MARCH 9: Daylight Savings Time Starts</p>	<p>11</p> <p>9:00 Low-Cost Wills Heather Turner Esq (C) 10:30 Computer Tech Support (C) <i>30 min. session by appt</i> 10:30 Chair Yoga (C) 1:00 NO Tai Chi 1 today 1:00 Film Club: National Geographic's "Secrets of the Elephants" Episode 2</p>	<p>12</p> <p>10:00 Creative Writing (Z) 12:00 Games: Chess & more (C) 12:00 Mah Jongg (C) <i>Please sign up in advance</i> 1:00 Zoom Lecture: Arthritis (Z) Marisa Jacobs, PharmD <i>Marisa will discuss types of arthritis, the symptoms, causes and a variety of treatments. Bring your questions.</i> 1:00 Gentle Movement (C)</p>	<p>13</p> <p>10:00 NHSC Glee Club (C) 10:00 Knit and Chat (C) 10:30 World Affairs (C) 1:00 Healthy Exercise (H)</p>	<p>14 HOLI, PURIM</p> <p>10:30 Tai Chi 2 (C)</p> <p>ST. PADDY'S DAY LUNCH PARTY Beginning at 12:00 Noon <i>Celebrate St. Paddy's Day with NHSC! Enjoy Shepherd's Pie and Sides and indulge in a Delicious Desert Social. Then stay to listen to Fabulous Irish Music at 1:00 PM (\$2 Suggested Donation, pay at door)</i></p>
<p>17 ST. PATRICK'S DAY</p> <p>TAXES PROGRAM (ALL DAY) 10:30 Full Circle (Z) 10:30 Walking Club (C) 12:00 Guided Meditation (Z) 1:00 Healthy Exercise (Z)</p>	<p>18</p> <p>10:30 Computer Tech Support (C) <i>30 min. session by appt</i> 10:30 Chair Yoga (C) 1:00 Tai Chi 1 (C)</p>	<p>19</p> <p>10:00 Creative Writing (Z) 12:00 Games: Chess & more (C) 12:00 Mah Jongg (C) <i>Please sign up in advance</i> 1:00 Gentle Movement (C)</p>	<p>20 SPRING EQUINOX</p> <p>9:00-11:00 State Senator Cappelletti's Satellite Hours (C) w/ Bettina Pearl (SEPTA Senior IDs, Property Tax/Rent Rebates, REAL ID, etc)</p> <p>10:00 NHSC Glee Club (C) 10:00 Knit and Chat (C) 1:00 Zumba Gold (C)</p>	<p>21</p> <p>10:30 Tai Chi 2 (C) 11:30 Book Club (H) w/ Chris Jackson "Demon of Unrest" By Erik Larson 1:00 Protect Our Planet (C) Environmental Day of Action w/ Phyllis Blumberg, PhD <i>Phyllis will lead an effort to write letters and make phone calls together to elected officials to protect our environment</i></p>
<p>24</p> <p>TAXES PROGRAM (ALL DAY) 10:30 Full Circle (Z) 10:30 Walking Club (C) 1:00 Healthy Exercise (Z)</p>	<p>25</p> <p>9:00 Wills Signing (C) 10:30 Computer Tech Support (C) <i>30 min. session by appt</i> 10:30 Chair Yoga (C) 1:00 Tai Chi 1 (C)</p>	<p>26</p> <p>10:00 Creative Writing (Z) 12:00 Games: Chess & more (C) 12:00 Mah Jongg (C) <i>Please sign up in advance</i> 1:00 Gentle Movement (C)</p>	<p>27</p> <p>10:00 NHSC Glee Club (C) 10:00 Knit and Chat (C) 10:30 World Affairs (C) 12:15 March Birthday Party (C) <i>For all March Birthdays and Cake Lovers</i> 1:00 Healthy Exercise (H)</p>	<p>28</p> <p>10:30 Tai Chi 2 (C) 1:00 Art Corner: NEW Monthly Watercolor Workshop (C) w/ Artist Carol Kardon <i>Artist Carol Kardon teaches this FREE intro to WATERCOLOR Class. All materials are provided.</i></p>
<p>31 EID AL-FITR</p> <p>TAXES PROGRAM (ALL DAY) 10:30 Full Circle (Z) 10:30 Walking Club (C) 12:00 Guided Meditation (Z) 1:00 Healthy Exercise (Z)</p>	<p><i>Tax-Aide Narberth will be at Borough Hall on Mondays until April 14, from 9:30 to 2:30 (by appointment). Call (610) 947-0930 to see if your particular situation qualifies and to reserve your slot!</i></p>			<p>Medicare Counseling available on request. Call the Center to make an appt</p>

NEW! - HOT in person community LUNCH AVAILABLE DAILY – Menu on back. Reserve by previous Wednesday 610-664-2366

LOCATION CODES – C - In Person at Center H - Hybrid (in person and by Zoom) Z – Zoom only