

NEW HORIZONS
SENIOR CENTER

**APRIL
2025**
CALENDAR



SCAN ME

NEW HORIZONS SENIOR CENTER

100 Conway Ave, Narberth, PA 19072 (Above the firehouse)
www.newhorizonsseniorcenter.org

**CALL 610 664-2366 FOR
MORE INFO ON HOW TO JOIN
ANY PROGRAM
(Program Descriptions on Back)**

**PRIVATE COUNSELING
AVAILABLE UPON REQUEST**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>PLEASE SIGN UP FOR ALL PROGRAMS AND MEALS IN ADVANCE</p> <p>THANK YOU!</p>	<p>1</p> <p>10:30 Computer Tech Support (C) <i>30 min. session by appt</i></p> <p>10:30 Chair Yoga (C)</p> <p>1:00 Tai Chi 1 (C)</p>	<p>2</p> <p>10:00 Creative Writing (Z)</p> <p>12:00 Games: Chess, Mah Jongg & more (C) <i>Please sign up in advance</i></p> <p>1:00 NEW! Agility & Mobility (C) w/ Beth Ladenheim</p>	<p>3</p> <p>10:00 NHSC Glee Club (C)</p> <p>10:00 Knit and Chat (C)</p> <p>1:00 Zumba Gold (C) Instructor: Rosanna Dorazio</p>	<p>4</p> <p>10:30 Tai Chi 2 (C)</p> <p>1:00 Art Corner: Paper Flowers (C) w/ Artist Heidi Guy <i>Craft A Spring Flower Bouquet from Paper - Daffodils, Lilies and Hydrangeas</i></p>
<p>7</p> <p>10:30 Full Circle (Z)</p> <p>10:30 Walking Club (C)</p> <p>1:00 Healthy Exercise (Z)</p> <p>AARP TAX-AIDE All day by prior appointment</p>	<p>8</p> <p>9:00 Low-Cost Wills (C) w/ Heather Turner, Esq</p> <p>10:30 Computer Tech Support (C) <i>30 min. session by appt</i></p> <p>10:30 Chair Yoga (C)</p> <p>1:00 Tai Chi 1 (C)</p>	<p>9</p> <p>10:00 Creative Writing (Z)</p> <p>12:00 Games: Chess, Mah Jongg & more (C) <i>Please sign up in advance</i></p> <p>1:00 NEW! Agility & Mobility (C)</p>	<p>10</p> <p>10:00 NHSC Glee Club (C)</p> <p>10:00 Knit and Chat (C)</p> <p>10:30 World Affairs (C)</p> <p>1:00 Healthy Exercise (H)</p>	<p>11</p> <p>10:30 Tai Chi (C)</p> <p>1:00 Rich Conversations (H) Q & A w/ Rich Stein, New Horizons Exec Dir</p>
<p>14</p> <p>10:30 Full Circle (Z)</p> <p>10:30 Walking Club (C)</p> <p>12:00 Guided Meditation (Z)</p> <p>1:00 Healthy Exercise (Z)</p> <p>AARP TAX -AIDE (LAST DAY) All day by prior appointment</p>	<p>15 LAST DAY TO FILE TAXES</p> <p>10:30 Computer Tech Support (C) <i>30 min. session by appt</i></p> <p>10:30 Chair Yoga (C)</p> <p>1:00 Tai Chi 1 (C)</p> <p>1:00 Film Club (C) <i>National Geographic's "Secrets of the Elephants" Episode 3: Rainforest</i></p>	<p>16</p> <p>10:00 Creative Writing (Z)</p> <p>12:00 SPRING LUNCH PARTY <i>PLUS a Delicious Desert Social. (\$2 Suggested Donation, pay at door) Afterwards, stay to try out our new exercise program or indulge in some fun games.</i></p> <p>12:00 Games: Chess, Mah Jongg & more (C) <i>Please sign up in advance</i></p> <p>1:00 NEW! Agility & Mobility (C)</p>	<p>17</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 NO NHSC Glee Club (C)</p> <p>10:00 Knit and Chat (C)</p> <p>1:00 Zumba Gold (C)</p>	<p>18</p> <p>GOOD FRIDAY CENTER CLOSED</p>
<p>21</p> <p>10:30 Full Circle (Z)</p> <p>10:30 Tai Chi 1 (C)</p> <p>10:30 Walking Club (C)</p> <p>1:00 Healthy Exercise (Z)</p> <p>1:00 Brain Games (C) w/ Sue Bond</p>	<p>22</p> <p>9:00 Wills Signing (C)</p> <p>10:30 Computer Tech Support (C) <i>30 min. session by appt</i></p> <p>10:30 Chair Yoga (C)</p> <p>1:00 Art Corner with Judy (C)</p> <p>Spring Zentangle</p>	<p>23</p> <p>10:00 Creative Writing (Z)</p> <p>12:00 Games: Chess, Mah Jongg & more (C) <i>Please sign up in advance</i></p> <p>1:00 Zoom Lecture: Acid Reflux (Z) Marisa Jacobs, PharmD <i>Discussion of acid reflux, symptoms, causes and treatments. Q&A</i></p> <p>1:00 NEW! Agility & Mobility (C)</p>	<p>24</p> <p>10:00 NHSC Glee Club (C)</p> <p>10:00 Knit and Chat (C)</p> <p>10:30 World Affairs (C)</p> <p>12:15 April Birthday Party (C) <i>For all April Birthdays and Cake Lovers</i></p> <p>1:00 Healthy Exercise (H)</p>	<p>25</p> <p>10:30 Tai Chi (C)</p> <p>11:30 Book Club (H) w/ Chris Jackson <i>"Demon of Unrest" By Erik Larson</i></p> <p>1:00 Art Corner: Monthly Watercolor Workshop (C) w/ Artist Carol Kardon <i>FREE intro to WATERCOLOR Class. All materials are provided</i></p>
<p>28</p> <p>10:30 Full Circle (Z)</p> <p>10:30 Tai Chi 1 (C)</p> <p>10:30 Walking Club (C)</p> <p>12:00 Guided Meditation (Z)</p> <p>1:00 Healthy Exercise (Z)</p> <p>1:00 Brain Games (C)</p>	<p>29</p> <p>10:30 Computer Tech Support (C) <i>30 min. session by appt</i></p> <p>10:30 Chair Yoga (C)</p> <p>1:00 Protect Our Planet (C) Environmental Day of Action w/ Phyllis Blumberg, PhD <i>Take actions to protect our environment</i></p>	<p>30</p> <p>10:00 Creative Writing (Z)</p> <p>12:00 Games: Chess, Mah Jongg & more (C) <i>Please sign up in advance</i></p> <p>1:00 NEW! Healthy Steps In Motion (C) Evidence based Fall Prevention exercise program – an 8-week course w/ certified instructor Dawn Batman</p>	<p>Tax-Aide Narberth will be at Borough Hall on Mondays until April 14, from 9:30 to 2:30 (by prior appointment)</p>	<p>Medicare Counseling available on request. Call the Center to make an appt</p>

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