

NEW HORIZONS

MARCH 2026

CALENDAR



scan

**NEW HORIZONS
SENIOR CENTER**

Aging Better Together

newhorizonsseniorcenter.org • 610 664 2366



donate

100 Conway Avenue Narberth Pa, 19072 (Above the Firehouse)

www.newhorizonsseniorcenter.org

CALL 610 664-2366
FOR MORE INFO ON HOW TO JOIN
ANY PROGRAM
Open 9am-2pm

**PRIVATE COUNSELING
AVAILABLE UPON REQUEST**

Always check our website for last-minute updates and information

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 10:30 Tai Chi 1 - All welcome 10:30 Full Circle (Z) 10:30 Walking Club call to confirm 12:00 Advanced Mah Jongg 1:00 Healthy Exercise (Z) 1:00 Meaning and Connection</p>	<p>3 10:30 Computer Tech Support 30 min. session by appt 10:30 Chair Yoga 1:00 – 3:00 Matter of Balance wk. 5</p>	<p>4 TAXES PROGRAM 9:30-2:30 (1.5-hour appointment) IN PERSON Tax Aid offered by by appt. Call 610 947-0930 to register 10:00 Creative Writing (Z) 12:00 Games: Chess, Mah Jongg</p>	<p>5 10:00 NO NHSC Glee Club 10:00 Knit and Chat 10:30 World Affairs 12:30 NEW! Play Pinochle 1:00 Healthy Exercise (H)</p>	<p>6 10:30 Tai Chi 2 <i>Limited to current students</i> 1:00 Art Corner: Paper Projects w/ Artist Heidi Huy SUNDAY, MARCH 8: Daylight Savings Time Starts</p>
<p>9 10:30 Tai Chi 1 - All welcome 10:30 Full Circle (Z) 10:30 Walking Club 12:00 Guided Meditation (Z) 12:00 Advanced Mah Jongg 1:00 Healthy Exercise (Z) 1:00 Meaning and Connection</p>	<p>10 9:00 Low-Cost Wills Heather Turner Esq 10:30 Computer Tech Support 10:30 Chair Yoga 1:00 Secrets of Animal Behavior w/ Dr. Alyssa Stark, Villanova Biology prof Topic – Communication Among Animals (Rescheduled from January) 1:00 – 3:00 Matter of Balance wk. 6</p>	<p>11 TAXES PROGRAM 9:30-2:30 (1.5-hour appointment) Call 610 947-0930 to register 10:00 Creative Writing (Z) 12:00 Games: Chess Instruction Mah Jongg for Beginners 1:00 Dietary Recommendations (Z) w/ Marisa Jacobs, PharmD</p>	<p>12 10:00 NO NHSC Glee Club 10:00 Knit and Chat 10:30 World Affairs 12:30 Play Pinochle 1:00 Zumba Gold</p>	<p>13 NARBERTH LOCATION CLOSED TODAY -- COME TO ASHBRIDGE! 10:30 – 2:30 Ashbridge Open House 1301 W. Montgomery Ave. Bryn Mawr Please join us for an Ashbridge Open House. Celebrate our newly renovated site. Demos, Deserts and refreshments</p>
<p>16 NO Tai Chi today 10:30 Full Circle (Z) 10:30 Walking Club 12:00 Advanced Mah Jongg 1:00 Healthy Exercise (Z) 1:00 Meaning and Connection</p>	<p>17 HAPPY ST. PATRICK'S DAY 10:30 Computer Tech Support 30 min. session by appt 10:30 Chair Yoga 12-1 ST. PATRICK'S DAY LUNCH PARTY 12:15 Dessert Social hosted by ClearCaptions 1:00 Bingo – w/ Carousel Connections 1:00 – 3:00 Matter of Balance wk. 7</p>	<p>18 TAXES PROGRAM 9:30-2:30 (1.5-hour appointment) Call 610 947-0930 to register 10:00 Creative Writing (Z) 12:00 Games: Chess Instruction Mah Jongg for Beginners</p>	<p>19 9-11 Sen Cappelletti's Satellite Hours w/ Bettina Pearl 10:00 NHSC Glee Club 10:00 Knit and Chat 10:30 World Affairs 12:30 Play Pinochle 1:00 *Matter of Balance*</p>	<p>20 10:30 Tai Chi 2 <i>Limited to current students</i> 11:00 Book Club (H) "This is Happiness" by Niall Williams 1:00 Art Corner: Monthly Watercolor Workshop w/ Artist Carol Kardon</p>
<p>23 10:30 Tai Chi 1 - All welcome 10:30 Full Circle (Z) 10:30 Walking Club 12:00 Guided Meditation (Z) 12:00 Advanced Mah Jongg 1:00 Healthy Exercise (Z) 1:00 Art Corner: Printmaking w/ Artist Linnie Greenberg Try fun and easy Gelli monoprinting 1:00 Meaning and Connection</p>	<p>24 9:00 Wills Signing 10:30 Computer Tech Support 30 min. session by appt 10:30 Chair Yoga 1:00 – 3:00 Matter of Balance wk. 8 1:00 Film Club – Tucci in Italy Follow Stanley Tucci around Italy exploring different regions' cultures, cuisines and history</p>	<p>25 TAXES PROGRAM 9:30-2:30 (1.5-hour appointment) Call 610 947-0930 to register 10:00 Creative Writing (Z) 12:00 Games: Chess Instruction Mah Jongg for Beginners</p>	<p>26 10:00 NHSC Glee Club 10:00 Knit and Chat 10:30 World Affairs 12:15 March Birthday Party 12:30 Play Pinochle 1:00 Zumba Gold</p>	<p>27 10:30 Tai Chi 2 <i>Limited to current students</i> 1:00 Guest Speaker: Cancer Prevention & Treatment <i>Learn about cancer risk factors, screening methods, and tips for staying healthy.</i> w/ Katerina Kotsadam, Fox Chase Cancer Center, Office of Comm. Outreach</p>
<p>30 10:30 Tai Chi 1 - All welcome 10:30 Full Circle (Z) 10:30 Walking Club 12:00 Advanced Mah Jongg 1:00 Healthy Exercise (Z) 1:00 Meaning and Connection</p>	<p>31 10:30 Computer Tech Support 30 min. session by appt 10:30 Chair Yoga 1:00 "Brewing Possibilities" Film <i>Story of the people & mission of GET Café in Narberth where all abilities are welcome.</i> w/ Director David Block</p>	<p>Tax-Aide Narberth will be at Borough Hall on Wednesdays & Ashbridge (Rosemont) on Tuesdays from Feb 11 to April 8, from 9:30 to 2:00 (by appointment). Call (610) 947-0930 to see if your particular situation qualifies and to reserve your slot!</p>		<p>* Matter of Balance Make up on Thursday, March 19.</p>

Community LUNCH AVAILABLE DAILY – Menu on back. Reserve by Wednesday before the week you want meals 610-664-2366
LOCATION CODES: Z – by zoom H - Hybrid (in person and by Zoom) OFFSITE -- Not taking place at Borough Hall (check back for details)

PROGRAM DESCRIPTIONS

[H] = Hybrid (in person & zoom), [Z] = Zoom; otherwise, Borough Hall

- **“A Matter of Balance”** - 8 Weeks, Tues, Feb 3 - March 24, **REGISTRATION CLOSED**
- **NEW!! Art Corner: Paper Projects** - with Heidi Guy: FREE Workshop. Learn how to create Egg Decoupage and other paper artistry.
- **NEW!! Art Corner: Printmaking** - with Linnie Greenberg: FREE Workshop. Learn fun and easy Gelli monoprinting.
- **Art Corner: Watercolor Workshop** - Paint with Carol Kardon. *This Month: TBD*
- **Book Club [H]** - Read the book, then discuss it with other Book Lovers. Hosted by Chris Jackson. *This month: “This is Happiness” by Niall Williams*
- **Chair Yoga** - Yoga theory, seated and standing poses, w/ Roe Pietropaula, CYI, RN.
- **Creative Writing [Z]** - Share stories and poems based on a weekly story prompt
- **Film Club** - Enjoy good films and shows then discuss w/ others and Ellen Sue Jacobson. *This month: “Tucci in Italy”*
- **Full Circle [Z]** - Janet Levit, MSW, LCSW discusses productive ways to use your time
- **Games** - Chess Instruction w/ Al Pearson on Wed, Mah Jongg, Puzzles, & more!
- **Glee Club** - All singers are invited to this fun group, beginning March 19.
- **NEW!! Guest Speaker: Healthy Body: Cancer Prevention and Treatment** - Learn about the risk factors, screening methods, and tips for staying healthy
- **Guided Meditation [Z]** - w/ 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, & invigorating exercises - **Monday by Zoom ONLY**
- **Knit and Chat** - Join Chris Jackson for a session of helpful knitting hints and chat
- **Mah Jongg** - Come play this Chinese tile game. **Mon-Advanced, Wed-Beginners**
- **Meaning and Connection**– w/ Fern Shapiro, MFT, - Discuss relationships, motivation, and connecting
- **NEW!! Pinochle** - Come play this old favorite every Thursday at 12:30 PM!
- **“Secrets of Animal Behavior”** - Join Dr. Alyssa Stark, Villanova Biology professor and learn why animals act as they do. *This Month: Communication Among Animals*
- **NEW! Special Event: Ashbridge Open House** - Come see our expanded space! Demos, Snacks, and Fun!
- **NEW! Special Event: “Brewing Possibilities”** - Come watch this film about Get Cafe
- **Tai Chi 1 & 2** - w/ Rosalie Pressman, cert. instr. **M-All Welcome; F-Current Students**
- **Walking Club** - Meet Pauline Rosenberg at the Conway Entrance of Borough Hall (by the Firehouse). **Walking Club will not go out if the temp is below 35 degrees.**
- **World Affairs** - Local historians Bob & Sue Bond lead a discussion of current events
- **Zoom Lecture Series [Z]** - Join Marisa Jacobs, PharmD in a Zoom discussion on various health issues and needs. *This Month: “Dietary Recommendations”*
- **Zumba Gold** - w/ Rosanna Dorazio, Fun dance workout designed for older adults

PERSONALIZED ASSISTANCE – Call 610 664-2366 to Register

Computer Tech Support - Gerry Hebert helps IN PERSON or BY PHONE 10:30-Noon

Low-Cost Wills - Heather Turner, Esq. offers aid on designated Tuesdays

Medicare Counseling - A certified PA MEDI counselor offers IN PERSON help

Private Counseling - Social Worker Debbie Robinson offers FREE phone sessions

Tax Help/Filing with AARP - **CALL TAX-AIDE @ 610 947-0930 TO REGISTER.**

Ashbridge: Tu, Feb 24 - Apr 14, 8:30 - 1:00. **Narberth:** W, Feb 11 - Apr 8, 9:30 - 2:30.

MARCH Menu: Dine with us at the Center! (VEG = Vegetarian)

M - 3/2: **STUFFED SHELLS w/ CREAMY WHITE WINE & MUSHROOM SAUCE, Green Beans, Tossed Salad (VEG)**

T - 3/3: **PENNE PASTA & (BEEF) MEATBALLS, Broccoli, Cauliflower, Carrots**

W - 3/4: **SLICED TURKEY W/ STUFFING (& GRAVY), Corn, Brussel Sprouts**

Th - 3/5: **CREAMY PAPRIKA CHICKEN, Cauliflower, Brown Rice w/ Peas**

F - 3/6: **STUFFED BAKED FISH, Garlic Spinach & Carrots, Herb Roasted Potatoes**

M - 3/9: **SALISBURY STEAK w/ TOMATO-BEEF GRAVY, Carrots, Whipped Potatoes**

T - 3/10: **CHICKEN CORDON BLEU, Brussel Sprouts, Rosemary Red Bliss Potatoes**

W - 3/11: **BBQ PORK RIBBETTE, Island Blend Veggies, Mashed Sweet Potato**

Th - 3/12: **EGG & TURKEY SAUSAGE w/ MINI BAGEL, Scalloped Apples, Home Fries**

F - 3/13: **CENTER CLOSED AT BOROUGH HALL -- COME TO ASHBRIDGE!**

M - 3/16: **CHEESEBURGER, Broccoli & Carrots, Potato Wedges**

T - 3/17: **ST. PADDY’S DAY LUNCH PARTY: SHEPHERD’S PIE, Tossed Salad, Cabbage, Irish Soda Bread, Apple Cake**

W - 3/18: **CHEESE OMELET & FRENCH TOAST, Cinnamon Sweet Carrots, Compote (Apple, Pear, Raisin) (VEG)**

Th - 3/19: **CHICKEN CACCIATORE, Sauteed Spinach w/ Carrots, Mashed Potatoes**

F - 3/20: **BAKED TILAPIA w/ MUSTARD CREAM SAUCE, Asian Veg Blend, Rice Pilaf**

M - 3/23: **SUNDAY ROASTED CHICKEN, Green Beans, Mashed Sweet Potatoes**

T - 3/24: **BREADED CHICKEN STRIPS, Cole Slaw, Potato Wedges**

W - 3/25: **SLICED BEEF w/ AU JUS, Island Blend Veggies, Parslied Potatoes**

Th -3/26: **SWEET & SOUR (TURKEY) MEATBALLS, Mixed Veggies, Brown Rice w/ Peppers**

F - 3/27: **BAKED RIGATONI w/ SPINACH, Broccoli & Cauliflower, Carrots (VEG)**

M - 3/30: **STUFFED SHELLS w/ CREAMY WHITE WINE & MUSHROOM SAUCE, Green Beans, Tossed Salad (VEG)**

T - 3/31: **PENNE PASTA & (BEEF) MEATBALLS, Broccoli, Cauliflower, Carrots**

W - 4/1: **MEAL TBD**

Th - 4/2: **MEAL TBD**

F - 4/3: **CENTER CLOSED: GOOD FRIDAY, No Meals Served Today**

ST. PATRICK’S DAY LUNCH PARTY EXTRAVAGANZA:
Scrumptious Shepherd’s Pie, Delightful Desserts, Brilliant BINGO
Tuesday, March 17, beginning at Noon
Please RSVP by Tuesday, March 10

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