

NEW HORIZONS

APRIL 2026

CALENDAR

NARBERTH



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NEW HORIZONS SENIOR CENTER

Aging Better Together

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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

Calendar grid with columns for Monday through Friday and rows for dates 1-31. Each cell contains a list of activities, times, and location codes (Z for zoom, H for hybrid).

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ASHBRIDGE



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SENIOR CENTER**

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ASHBRIDGE (Rosemont) 1301 W. Montgomery Ave
www.newhorizonsseniorcenter.org

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

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Community LUNCH AVAILABLE DAILY @ our Narberth Location</i> – See menu online <i>Reserve by Wednesday before the week you want meals</i> 610-664-2366</p> <p>LOCATION CODES: Z – by zoom H - Hybrid (in person and by Zoom) OFFSITE -- See online calendar or call 610-664-2366 for details</p>		<p>1 TAX-AIDE 9:30 am – 2:30 pm</p>	<p>2 PASSOVER (1st Day)</p>	<p>3 GOOD FRIDAY CENTER CLOSED</p>
6	7 TAX-AIDE 9:30 am – 2:30 pm	8 TAX-AIDE 9:30 am – 2:30 pm	9 PASSOVER (Last Day)	10
13	14 TAX-AIDE 9:30 am – 2:30 pm	15 TAX DAY!!!	16 9:00-11:00 Senator Cappelletti's Satellite Hours w/ Bettina Pearl 10:00 NHSC Glee Club 10:00 Knit and Chat 10:30 World Affairs 12:00 Play Pinochle 1:00 Healthy Exercise (H)	17
20 12-2:00 Film Club – Nonnas <i>A funny, heartfelt movie based on a true story of a Brooklyn man who opens an Italian restaurant to honor his late mother and hires local grandmas as the chefs.</i>	21	22 10:30 Creative Writing (Z) 1:00 Spring Flower Arranging <i>Make your own beautiful Spring bouquet. Flowers, vases and other supplies will be provided. Feel free to bring a favorite vase if you like. w/ Laurey Andreas, Sunrise of Haverford RSVP by April 20</i>	23 11:00 Walking Club <i>Explore the beautiful grounds of Ashbridge Park on a gentle easy walk. Wonderful for getting out and making new friends. W/ Judy Ringold</i> 1:00 Art Corner: Spring Collage <i>w/ Artist Linda Dubin Garfield - Create collages based around Spring. All materials are provided but you are welcome to bring your own mementos</i>	24
27 11:00 Game Day- Bingo – w/ Carousel Connections 1:00 Chair Yoga Workshop W/ Leslie Reber, Yoga 4 the World 60 min. Gentle Yoga class designed for Seniors. Simple movements to stretch and strengthen your body, as well as mindfulness and breathing techniques promoting relaxation	28 1:00 Preserving Brain Health <i>Hear about New insights Neuroscience, Integrative Medicine and Public Health w/Arnold Eisner, MD</i>	29 10:30 Creative Writing (Z) 1:00 Protect Our Planet <i>Local and State Climate and Environmental updates w/ Phyllis Blumberg</i>	30 11:00 Walking Club <i>Explore the beautiful grounds of Ashbridge Park on a gentle easy walk. Wonderful for getting out and making new friends. W/ Judy Ringold</i> 1:00 Art Corner: Open Studio <i>Drawing for all levels. All levels welcome. Materials, Demonstrations provided W/ Reda Scher</i>	