

NEW HORIZONS
SENIOR CENTER

MAY 2026

ASHBRIDGE
CALENDAR



scan

**NEW HORIZONS
SENIOR CENTER**

Aging Better Together

newhorizonsseniorcenter.org • 610 664 2366



donate

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

CALL 610 664-2366

FOR MORE INFO ON 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
				1 MAY DAY
4 <i>New Horizons Narberth CLOSED Today</i> 10:30 Tai Chi 1 - All welcome 10:30 Full Circle (Z) 12:00 Guided Meditation (Z) 1:00 Healthy Exercise (Z) 1:00 NO Meaning and Connection	5 CINCO DE MAYO	6 10:30 Creative Writing (Z) 12 Chess Instruction For all levels of players w/ Al Pearson	7 11:00 Walking Club Explore the beautiful grounds of Ashbridge Park on an easy walk	8 MOTHER'S DAY LUNCH PARTY AT NEW HORIZONS IN NARBERTH <i>Sunday, May 10: MOTHER'S DAY</i>
11 12 – Film Club: “My Octopus Teacher” Academy award winning film chronicling the unusual friendship between the filmmaker and an octopus	12	13 10:30 Creative Writing (Z) 12 Chess Instruction For all levels of players w/Al Pearson	14 11:00 Walking Club Explore the beautiful grounds of Ashbridge Park on an easy walk	15 12:00 Game Day Mah Jongg For advanced and intermediate players. Call to inquire about beginners classes Call to confirm players Play Pinochle Call to confirm players
18 12:00 Guided Meditation (Z) 1:00 Healthy Brain Aging w/Brianna Morgan, PhD, CRNP, ACHPN, Asst Prof, Villanova University	19 <i>New Horizons Narberth CLOSED Today</i> 11-2 Book Drop off Event Bring up to 6 books to donate to Ashbridge House library. Please bring in a bag with your name on it 1:00 Autobiography in a Flash! A workshop w/Writer/Educator, Kath Hubbard Learn the art of “Flash” memoir	20 10:30 Creative Writing (Z) 12 Chess Instruction 1:00 Ashbridge Community Health Fair Senior resources, including: Blood Pressure Screenings, Caregivers, Senior Living Specialists, Relocation Services, Rehab Services, and more	21 11:00 Walking Club Explore the beautiful grounds of Ashbridge Park on an easy walk 1:00 Art Corner: Gelli Printmaking w/Artist, Linnie Greenberg Try fun and easy Gelli monoprinting	22 SHAVUOT 12:00 Game Day Mah Jongg For advanced and intermediate players. Call to inquire about beginners classes Call to confirm players Play Pinochle Call to confirm players
25 MEMORIAL DAY CENTER CLOSED	26 1:00 Music and Movement Learn dance movements to a variety of music w/Jane Deren Clay, PhD	27 10:30 Creative Writing (Z) 12 Chess Instruction For all levels of players w/Al Pearson	28 11:00 Walking Club Explore the beautiful grounds of Ashbridge Park on an easy walk 1:00 Art Corner: Open Studio – Drawing for all levels. Materials and demos provided. w/Reda Scher	29 12:00 Game Day Mah Jongg For advanced and intermediate players. Call to inquire about beginners classes Call to confirm players Play Pinochle Call to confirm players

LUNCH AVAILABLE DAILY at Narberth Location – Menu on website or at the center. Reserve by Wed before the week you want meals: 610-664-2366

LOCATION CODES: Z – by Zoom H – Hybrid (in-person and by Zoom)