

NEW HORIZONS
SENIOR CENTER

MAY 2026

NARBERTH
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
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>PLEASE SIGN UP FOR ALL PROGRAMS AND MEALS IN ADVANCE</p> <p>THANK YOU!</p>			<p>1 MAY DAY 10:30 NO Tai Chi 2 <i>Limited to current students</i> 10:30 Art Corner: Mosaic Workshop pt 2 w/Mosaic Artist Jim Mullahy Grout your finished mosaic</p>
<p>4 Narberth Center Closed – Ashbridge Open</p> <p>10:30 Tai Chi 1 - All welcome (Ashbridge) 10:30 Full Circle (Z) 10:30 Walking Club 12:00 Guided Meditation (Z) 1:00 Healthy Exercise (Z)</p>	<p>5 CINCO DE MAYO</p> <p>10:30 Computer Tech Support <i>30 min. session by appt</i> 10:30 Chair Yoga 1:00 Science Lecture: How Trees and Plants Communicate w/Dr. Alyssa Stark, Villanova biology prof. <i>The Interconnectedness of trees and plants</i></p>	<p>6</p> <p>10:30 Creative Writing (Z) 12:00 Mah Jongg <i>For advanced and intermediate players Call to inquire about beginners classes</i> 1:00 Zoom Lecture: Mental Health <i>For Mental Health Awareness Month – Discussion of common mental health conditions and treatments w/Marisa Jacobs, PharmD</i> 1:00 Arthritis Exercise week 5 10 weeks preregistration required</p>	<p>7</p> <p>10:00 NHSC Glee Club 10:00 Knit and Chat 10:30 World Affairs 12:30 Play Pinochle 1:00 Zumba</p>	<p>8</p> <p>10:30 Tai Chi 2 <i>Limited to current students</i> 12 Mother's Day Lunch Party + Dessert Social 1:00 Event TBA <i>Dine on roast beef, delicious desserts, and help us honor the mothers in all our lives</i></p> <p>MOTHER'S DAY – Sunday, May 10</p>
<p>11</p> <p>NO Tai Chi Today 10:30 Full Circle (Z) 10:30 Walking Club 12:00 Mah Jongg <i>For advanced and intermediate players</i> 1:00 Healthy Exercise (Z) 1:00 NO Meaning and Connection</p>	<p>12</p> <p>9:00 Low-Cost Wills Heather Turner Esq \$35 Members, \$50 Non-Members 10:30 Computer Tech Support <i>30 min. session by appt</i> 10:30 Chair Yoga 1:00 Film Club National Geographic <i>"Dolphin Reefs" pt. 2</i></p>	<p>13</p> <p>10:30 Creative Writing (Z) 12:00 Mah Jongg <i>For advanced and intermediate players</i> 1:00 Arthritis Exercise week 6</p>	<p>14</p> <p>9:00-11:00 Senator Cappelletti's Satellite Hours w/Bettina Pearl 10:00 NO NHSC Glee Club 10:00 Knit and Chat 10:30 World Affairs 12:00 Play Pinochle 1:00 Healthy Exercise (H)</p>	<p>15</p> <p>10:30 Tai Chi 2 <i>Limited to current students</i> 1:00 Art Corner: Sketch Club <i>All levels welcome, materials and demos provided. w/ artist Reda Scher</i> Topic: Charcoal still life</p>
<p>18</p> <p>10:30 Tai Chi 1 - All welcome 10:30 Full Circle (Z) 10:30 Walking Club 12:00 Guided Meditation 12:00 Mah Jongg <i>For advanced and intermediate players</i> 1:00 Healthy Exercise (Z) 1:00 NO Meaning and Connection</p>	<p>19 ELECTION DAY</p> <p>Narberth Center Closed – Ashbridge Open</p> <p>DON'T FORGET TO VOTE TODAY!</p>	<p>20</p> <p>10:30 Creative Writing (Z) 12:00 Mah Jongg <i>For advanced and intermediate players</i> 1:00 Arthritis Exercise week 7</p> <p><i>(Ashbridge Senior Health Fair)</i></p>	<p>21</p> <p>10:00 NHSC Glee Club 10:00 Knit and Chat 10:30 World Affairs 12:00 Play Pinochle 1:00 Zumba</p>	<p>22 SHAVUOT</p> <p>10:30 Tai Chi 2 <i>Limited to current students</i> 11:00 Book Club <i>"Daughters of the Flower Fragrant Garden" by Zhuqing Li</i> 1:00 Art Corner: Watercolor Workshop w/Artist, Carol Karden Topic - Landscapes</p>
<p>25</p> <p>MEMORIAL DAY CENTER CLOSED</p>	<p>26</p> <p>9:00 Wills Signing 10:30 Computer Tech Support <i>30 min. session by appt</i> 10:30 Chair Yoga 12:15 May Birthday Party + Ice Cream Social – TruVine HomeCare 1:00 Brain Games w/Sue Bond A workout for your brain</p>	<p>27</p> <p>10:30 Creative Writing (Z) 12:00 Mah Jongg <i>For advanced and intermediate players Call to inquire about beginners classes</i> 1:00 Arthritis Exercise week 8</p>	<p>28</p> <p>10:00 NO NHSC Glee Club 10:00 Knit and Chat 10:30 World Affairs 12:00 Play Pinochle 1:00 Healthy Exercise (H)</p>	<p>29</p> <p>10:30 Tai Chi 2 <i>Limited to current students</i> 1:00 Protect Our Planet <i>Environmental updates w/Phyllis Blumberg</i></p>

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)