

NEW HORIZONS
SENIOR CENTER

MAY 2026

NARBERTH
CALENDAR



scan

**NEW HORIZONS
SENIOR CENTER**

Aging Better Together

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**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

100 Conway Avenue Narberth Pa, 19072 (above the Firehouse)
www.newhorizonsseniorcenter.org

| 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 <i>w/Mosaic Artist Jim Mullahy</i> <i>Grout your finished mosaic</i></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 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 <i>w/Dr. Alyssa Stark, Villanova biology prof.</i> <i>The Interconnectedness of trees and plants</i></p> | <p>6 10:30 Creative Writing (Z) 12:00 Mah Jongg <i>For advanced and intermediate players</i> <i>Call to inquire about beginners classes</i> 1:00 Zoom Lecture: Mental Health <i>For Mental Health Awareness Month -</i> <i>Discussion of common mental health</i> <i>conditions and treatments</i> <i>w/Marisa Jacobs, PharmD</i> 1:00 Arthritis Exercise week 5 <i>10 weeks preregistration required</i></p> | <p>7 10:00 NHSC Glee Club 10:00 Knit and Chat 10:30 World Affairs 12:30 Play Pinochle 1:00 Zumba</p> | <p>8 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</i> <i>help us honor the mothers in all our lives</i></p> <p>MOTHER'S DAY – Sunday, May 10</p> |
| <p>11 NO Tai Chi Today 10:30 Full Circle (Z) 10:30 Walking Club 10:30 Holocaust Presentation NEW! 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 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 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 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 10:30 Tai Chi 2 <i>Limited to current students</i> 1:00 Art Corner: Sketch Club <i>All levels welcome, materials and</i> <i>demos provided. w/ artist Reda Scher</i> <i>Topic: Charcoal still life</i></p> |
| <p>18 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 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 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 10:30 Tai Chi 2 <i>Limited to current students</i> 11:00 Book Club <i>"Daughters of the Flower Fragrant</i> <i>Garden" by Zhuqing Li</i> 1:00 Art Corner: Watercolor Workshop <i>w/Artist, Carol Karden</i> <i>Topic - Landscapes</i></p> |
| <p>25</p> <p>MEMORIAL DAY</p> <p>CENTER CLOSED</p> | <p>26 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 10:30 Creative Writing (Z) 12:00 Mah Jongg <i>For advanced and intermediate players</i> <i>Call to inquire about beginners classes</i> 1:00 Arthritis Exercise week 8</p> | <p>28 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 10:30 Tai Chi 2 <i>Limited to current students</i> 1:00 Protect Our Planet <i>Environmental updates</i> <i>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)

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

| 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 Sunday, May 10: MOTHER'S DAY |
| 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 1:00 Holocaust Presentation Harriton HS senior Sydney Wolfson presents her "March of the Living" trip to Poland and invites members to share Holocaust-era memories or experiences. | 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 |

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