

NEW HORIZONS  
SENIOR CENTER

**JUNE 2026**

ASHBRIDGE  
CALENDAR



scan

**NEW HORIZONS  
SENIOR CENTER**

Aging Better Together

newhorizonsseniorcenter.org • 610 664 2366



donate

**CALL 610 664-2366**

FOR MORE INFO ON HOW  
TO JOIN ANY PROGRAM  
Open 10:30 am-2:30 pm

PRIVATE COUNSELING  
AVAILABLE UPON  
REQUEST

Always check our website  
for last-minute updates and  
information

ASHBRIDGE HOUSE - 1301 W. Montgomery Ave, Bryn Mawr, PA  
www.newhorizonsseniorcenter.org

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:30 Full Circle(Z) 12:00 Guided Meditation (Z) 1:00 Healthy Exercise (Z)	2 10:30 Intro to T'ai Chi 1 – New students. 5-week class. Preregistration required. Wk. 1 Emphasizes breath, balance and meditative movement. The practice cultivates calm and mental focus. Rosalie Pressman, Certified T'ai Chi Instructor	3 10:00 Creative Writing (Z) 12:00 Chess Instruction w/ Al Pearson. For all levels	4 10:30 Computer Tech Support 30 min. session by appt only w/ Kathy Williams 11:00 Walking Club Explore Ashbridge Park	5 Mah Jongg Call to inquire about beginners Mah Jongg classes, starting late June
8 10:30 Full Circle(Z) 1:00 Healthy Exercise (Z)	9 10:30 Intro to T'ai Chi 1 - All welcome 5-week class. Preregistration required. Wk. 2 Rosalie Pressman, Certified Tai Chi Instructor	10 10:00 Creative Writing (Z) 12:00 Chess Instruction w/ Al Pearson. For all levels	11 New Horizons Day @ Panera Wynnewood 20% of all sales go to New Horizons 10:30 Computer Tech Support by appt only 11:00 Walking Club Explore Ashbridge Park 1:00 Senior Scams & Financial Fraud Presented by Montco DA Office. Recognize & prevent scams, safety tips	12 ASHBRIDGE CLOSED – Volunteer Appreciation Luncheon at Narberth Borough Hall  Sunday, June 14: FLAG DAY
15 10:30 Full Circle(Z) 12:00 Guided Meditation (Z) 12:00 Monday Movie Matinee Film & Discussion: "Green Book" w/ Carol Shakow -True story of a tour of the Jim Crow South by Black pianist & his Italian American driver. 1:00 Healthy Exercise (Z)	16 10:30 NO T'ai Chi today	17 10:00 Creative Writing (Z) 12:00 Chess Instruction w/ Al Pearson. For all levels 1:00 Zoom Lecture: Migraines & Headaches Causes, symptoms, treatments w/ Marissa Jacobs, PharmD	18 10:30 Computer Tech Support by appt only 11:00 Walking Club Explore Ashbridge Park	19 JUNETEENTH CENTER CLOSED  Sunday, June 21: FATHER'S DAY
22 10:30 Full Circle(Z) 11:00 Rich Conversations w/Rich Stein 1:00 Assistive Technology Presentation w/ Monique Chabot, Temple Univ TechOWL Institute on Disabilities Hands-on demos of assistive tech devices that support older adults to stay independent and active.	23 10:30 Intro to T'ai Chi 1 - All welcome 5-week class pre-registration required. Wk. 3 Rosalie Pressman, Certified T'ai Chi Instructor 12-2:30 Vaccine Clinic Sponsored by GIANT Pharmacy Snack and Learn Vaccines available – Shingles, COVID, RSV, Pneumonia and Tdap	24 10:00 Creative Writing (Z) 12:00 Chess Instruction w/ Al Pearson. For all levels	25 10:30 Computer Tech Support by appt only 11:00 Walking Club Explore Ashbridge Park	26 11:00 GAME DAY: Mah Jongg For advanced and intermediate players. Call to inquire about beginners classes. Call to confirm players Pinochle Call to confirm players
29 10:30 Full Circle(Z) 1:00 Healthy Exercise (Z)	30 10:30 Intro to T'ai Chi 1 - All welcome 5-week class pre-registration required. wk. 3 Rosalie Pressman, Certified T'ai Chi Instructor 1:00 Music and Movement Learn dance movements to a variety of music w/ Jane Deren Clay, PhD			

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

LOCATION CODES: Z – by Zoom H - Hybrid (in person and by Zoom) VISIT OUR WEBSITE FOR MORE INFORMATION (www.newhorizonsseniorcenter.org)

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NARBERTH BOROUGH HALL - 100 Conway Avenue, Narberth, PA (above the Firehouse)  
www.newhorizonsseniorcenter.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10:30 T'ai Chi 1 - All welcome 10:30 Full Circle (Z) 10:30 Walking Club 12:00 Advanced Mah Jongg 12:00 Guided Meditation (Z) 1:00 Healthy Exercise (Z) 1:00 Meaning and Connection</p>	<p>2</p> <p>10:30 Computer Tech Support 30 min. session by appt 10:30 Chair Yoga 1:00 Film Club – "Tucci in Italy" Follow Stanley Tucci around Italy exploring different regions' cultures, cuisines and history</p>	<p>3</p> <p>10:00 Creative Writing (Z) 12:00 Mah Jongg For intermediate players Call to inquire about beginners classes 1:00 Arthritis Exercise week 9 10-weeks. Preregistration required</p>	<p>4</p> <p>10:00 NO NHSC Glee Club 10:00 Knit and Chat 10:30 World Affairs 12:00 Play Pinochle 1:00 Zumba Gold</p>	<p>5</p> <p>10:30 T'ai Chi 2 Limited to current students 1:00 Art Corner w/ Linda Dubin Mixed media collage art Topic: Summer Memories Materials provided. Bring your own memorabilia if you wish</p>
<p>8</p> <p>10:30 T'ai 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>9</p> <p>9:30 Low-Cost Wills w/ Heather Turner Esq \$35 Members, \$50 Non-Members 10:30 Computer Tech Support by appt 10:30 Chair Yoga 1:00 Secrets of Animal Behavior w/ Dr. Alyssa Stark, Villanova Biology prof Topic: Global warming's impact on animal kingdom</p>	<p>10</p> <p>10:00 Creative Writing (Z) 12:00 Mah Jongg For intermediate players. Call to inquire about beginners classes 1:00 Arthritis Exercise week 10 10-weeks. Preregistration required</p>	<p>11</p> <p>New Horizons Day @ Panera Wynnewood 20% of all sales go to New Horizons</p> <p>10:00 Knit and Chat 10:30 World Affairs 12:00 Play Pinochle 1:00 NO Healthy Exercise</p>	<p>12</p> <p>10:30 NO T'ai Chi 2 11:00 VOLUNTEER APPRECIATION LUNCHEON NH Glee Club performance 12:00 -Nana's/Pub of Penn Valley -- \$10 for NON-Members</p>
<p>15</p> <p>10:30 T'ai Chi 1 - All welcome 10:30 Full Circle (Z) 10:30 Walking Club 12:00 Advanced Mah Jongg 12:00 Guided Meditation (Z) 1:00 Healthy Exercise (Z) 1:00 Meaning and Connection</p>	<p>16</p> <p>10:30 Computer Tech Support by appt 10:30 Chair Yoga 1:00 – 3:00 Matter of Balance wk. 1 8-week class to manage falls and increase activity levels w/ Dylan Waters, Main Line Health 1:00 Ask the Doctor: Dr Darby Certified in Family &amp; Obesity Medicine, Dr. Janine Darby shares insights on chronic illness &amp; wellness</p>	<p>17</p> <p>10:00 Creative Writing (Z) 12:00 Mah Jongg For intermediate players. Call to inquire about beginners classes 1:00 Zoom Lecture: Migraines &amp; Headaches Causes, symptoms, treatments w/Marisa Jacobs, PharmD</p>	<p>18</p> <p>9:00-11:00 Senator Cappelletti's Satellite Hours w/ Bettina Pearl 10:00 Knit and Chat 10:30 World Affairs 12:00 Play Pinochle 12:15 June Birthday Party 1:00 Zumba Gold</p>	<p>19</p> <p><b>JUNETEENTH CENTER CLOSED</b></p> <p>Sunday, June 21: FATHER'S DAY</p>
<p>22</p> <p>10:30 T'ai Chi 1 - All welcome 10:30 Full Circle (Z) 10:30 Walking Club 12:00 Advanced Mah Jongg 1:00 NO Healthy Exercise 1:00 Meaning and Connection</p>	<p>23</p> <p>9:30 Wills Signing 10:30 Computer Tech Support by appt 10:30 Chair Yoga 1:00 – 3:00 Matter of Balance wk. 2 8-weeks. Preregistration required</p>	<p>24</p> <p>10:00 Creative Writing (Z) 12:00 Mah Jongg For intermediate players. Call to inquire about beginners classes 1:00 Film: "Gift Horses" w/ Director David Block Using horse therapy for autism, grief, blindness, &amp; physical disabilities</p>	<p>25</p> <p>10:00 Knit and Chat 10:30 World Affairs 12:00 Play Pinochle 12-2:30 Vaccine Clinic Sponsored by GIANT Pharmacy Snack and Learn Vaccines available – Pneumonia, COVID, Shingles, RSV, Tdap. Bring insurance cards 1:00 NO Healthy Exercise</p>	<p>26</p> <p>10:30 T'ai Chi 2 Limited to current students 11:00 Book Club "Island of Sea Women" by Lisa See 1:00 Senior Scams and Financial Fraud Presented by Montco DA Office Recognize and prevent common scams, safety tips</p>
<p>29</p> <p>10:30 T'ai 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>30</p> <p>10:30 Computer Tech Support by appt 10:30 Chair Yoga 1:00 – 3:00 Matter of Balance wk. 3 8-weeks. Preregistration required 1:00 Positive Approaches to Aging &amp; Caregiving w/Christopher Callahan, Nurse Partners</p>		<p>PLEASE SIGN UP FOR PROGRAMS &amp; MEALS IN ADVANCE</p> <p>THANK YOU!</p>	

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