ASHBRIDGE AUGUST 2026

NEW HORIZONS

a daytime community center for active adults

(610) 664-2366
www.newhorizonsseniorcenter.org
Ashbridge House, Bryn Mawr

Monday	Tuesday	Wednesday	Thursday	Friday
3 MUSIC WEEK @ NARBERTH	4 MUSIC WEEK @ NARBERTH 1:00-4:00 Advanced Mah Jongg	5 MUSIC WEEK @ NARBERTH 11:00-12:00 Knit & Chat 12:00-2:00 Chess Instruction	6 MUSIC WEEK @ NARBERTH 10:30-12:00 Tech Help	7 MUSIC FINALE 11am-2pm: Jeanette and Steve: Country, folk, blues Lunch/Dessert social Film "The Other Side of the Fence" w/ Henry Nevison Q&A
10 10:30-11:30 Full Circle (Z) 12:00-1:00 Guided Meditation (Z) 12:30-3:00 Monday Movie Matinee	11 10:30-11:30 Intro to T'ai Chi 1 1:00-4:00 Advanced Mah Jongg	12 10:00-11:00 Creative Writing (Z) 11:00-12:00 Knit & Chat 12:00-2:00 Chess Instruction	13 10:30-11:30 Tech Help *(30 min. session by appt)* 12:00-2:00 Beginning Mah Jongg Instruction	14 11:00-1:00 Mah Jongg
17	18 10:30-11:30 Intro to T'ai Chi 1 1:00-2:00 VA/VetCenter outreach 1:00-4:00 Advanced Mah Jongg	19 10:00-11:30 Art Therapy Workshop w/ JCC GEMS 11:00-12:00 Knit & Chat 12:00-2:00 Chess Instruction	20 10:30-11:30 Tech Help 10:30-11:30 Mat Yoga 12:00-2:00 Beginning Mah Jongg Instruction 1:00-2:00 Zumba Gold with Rosanna	21 11:00-1:00 Mah Jongg
24 12:00-1:00 Guided Meditation (Z)	25 10:30-11:30 NO Intro to T'ai Chi 1:00-4:00 Advanced Mah Jongg	26 11:00-12:00 Knit & Chat 12:00-2:00 Chess Instruction	27 10:30-11:30 Tech Help 10:30-11:30 Mat Yoga 12:00-2:00 Beginning Mah Jongg Instruction	28 11:00-1:00 Mah Jongg
31 10:30-11:30 Full Circle (Z) 1:00-2:00 Healthy Exercise (Z)	**Daily Lunch at Narberth! (See website for menu and reserve by prior Wednesday)** **Visit the website for program details and last minute updates.**			

Website

Donate

(Z) ZOOM | (H) HYBRID
PLEASE SIGN UP FOR ALL PROGRAMS AND LUNCH IN ADVANCE
CALL TO GET ONE ON ONE SUPPORT

New Horizons
Always Welcomes
Your Donations.
THANK YOU!