NEW HORIZONS

ASHBRIDGE OCT 2026

CALENDAR

NEW HORIZONS

a daytime community center for active adults

ASHBRIDGE HOUSE
BRYN MAWR
(610) 664-2366
www.newhorizonsseniorcenter.org

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Lunch at Narberth See website for menu and reserve by prior Wednesday Always visit the website for program details and last minute updates			1 10:30–11:30 Mat Yoga Workshop 10:30–12:00 Computer Tech Support 1:00–4:00 Mah Jongg Free Play	2 11:00–1:00 Mah Jongg
5 10:30–11:30 Full Circle (Z) 11:00–12:00 Carousel Connections Choir 11:30–1:30 Art in Nature Club 12:00–1:00 Guided Meditation (Z)	6 10:30–11:30 Intro to T'ai Chi 12:30–4:00 Advanced Mah Jongg	7 10:30–11:30 Creative Writing (Z) 11:00–12:00 Knit & Chat 12:00–2:00 Stitch Club 12:00–2:00 Chess Instruction 1:00–2:00 Health Lecture: "ADHD" w/ Marisa (Z)	8 10:30–11:30 Mat Yoga Workshop 10:30–12:00 Computer Tech Support 12:00–2:00 Beginning Mah Jongg	9 10:30–11:45 Bird Migration Walk & Talk 12:00–2:00 Beginning Mah Jongg
12 Center Closed For Indigenous Peoples' Day	13 10:30–11:30 Intro to T'ai Chi 12:30–4:00 Advanced Mah Jongg 1:00–2:00 An Interesting Life: Peter Aborn	14 10:30–11:30 Creative Writing with Kath Hubbard (Z) 11:00–12:00 Knit & Chat 12:00–2:00 Stitch Club 12:00–2:00 Chess Instruction	15 10:30–11:30 No Mat Yoga Workshop 10:30–12:00 Computer Tech Support 12:00–2:00 Beginning Mah Jongg	16 12:00–2:00 Beginning Mah Jongg
19 10:30–11:30 Full Circle (Z) 11:00–12:00 Carousel Connections Choir 11:30–1:30 Art in Nature Club 1:00–4:00 Film & Discussion: Harriet Tubman	20 10:30–11:30 Intro to T'ai Chi 12:30–4:00 Advanced Mah Jongg 1:00–2:00 VA/Vet Center Outreach	21 10:30–11:30 Creative Writing (Z) 11:00–12:00 Knit & Chat 12:00–2:00 Stitch Club 12:00–2:00 Chess Instruction	22 10:30–12:00 Computer Tech Support 12:00–2:00 Beginning Mah Jongg	23 11:00–1:00 Blood Pressure Screening w/ MLH 11:30–12:30 Book Club: "Hamnet" (Z) 12:00–2:00 Beginning Mah Jongg
26 10:30–11:30 Full Circle (Z) 11:00–12:00 Carousel Connections Choir 11:30–1:30 Art in Nature Club	27 10:30–11:30 Intro to T'ai Chi 12:30–4:00 Advanced Mah Jongg	28 10:30–11:30 Creative Writing (Z) 11:00–12:00 Knit & Chat 12:00–2:00 Stitch Club 12:00–2:00 Chess Instruction 7:00–8:00 RVCA Meeting	29 10:30–12:00 Computer Tech Support 11:30–2:30 Breast Cancer Resource Table w/ MLH 12:00–2:00 Beginning Mah Jongg	30 10:30–11:30 Art Therapy w/ John Sappington 12:00–2:00 Beginning Mah Jongg

Website

New Horizons Always Welcomes Your Donations. Thank You!

Donate

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