NEW HORIZONS

NARBERTH OCT 2026

CALENDAR

NEW HORIZONS

a daytime community center for active adults

100 CONWAY AVE
(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 10:00–12:00 Glee Club 10:00–12:00 Knit and Chat 10:30–11:30 World Affairs	2 10:30–11:30 T'ai Chi 2 - Current Students Only 1:00–2:00 Rich Conversations
5 10:30–11:30 T'ai Chi 1 - Open 10:30–11:30 Walking Club 10:30–11:30 Full Circle (Z) 12:00–2:00 Advanced Mah Jongg 12:00–1:00 Guided Meditation (Z))	6 10:30–11:30 Chair Yoga 10:30–12:00 Computer Tech Support 1:00–2:00 Protect our Planet - with Phyllis Blumberg: The Importance of Voting	7 10:30–11:30 Creative Writing (Z) 12:00–2:00 Mah Jongg (Int) 1:00–2:00 Health Zoom Lecture: "ADHD" w/ Marisa (Z)	8 10:00–12:00 Glee Club 10:00–12:00 Knit and Chat 10:30–11:30 World Affairs 1:00–2:00 Line Dancing w/ IBX 1:00–2:00 No Healthy Exercise (H)	9 10:30–11:30 T'ai Chi 2 - Current Students Only 1:00–2:00 Drawing Club w/ Reda Scher
12 Center Closed For Indigenous Peoples' Day	13 9:30–12:00 Low Cost Wills 10:30–11:30 Chair Yoga 10:30–12:00 No Computer Tech Support	14 10:30–11:30 Creative Writing with Kath Hubbard (Z) 12:00–2:00 Mah Jongg (Int) 1:00–2:00 Breast Cancer Awareness w/ Main Line Health	15 9:00–11:00 Sen. Cappelletti Satellite Hours 10:00–12:00 Glee Club 10:00–12:00 Knit and Chat 10:30–11:30 World Affairs 1:00–2:00 Zumba Gold w/ Rosanna	16 10:30–11:30 T'ai Chi 2 - Current Students Only 1:00–2:00 Zentangle Bookmarks w/ Judy Ringold
19 10:30–11:30 T'ai Chi 1 - Open 10:30–11:30 Walking Club 10:30–11:30 Full Circle (Z) 12:00–2:00 Advanced Mah Jongg	20 9:00–12:00 Medicare Counseling 10:30–11:30 Chair Yoga 10:30–12:00 Computer Tech Support 1:00–2:00 Film Club: "Tucci in Italy"	21 10:30–11:30 Creative Writing (Z) 12:00–2:00 Mah Jongg (Int)	22 10:00–12:00 Glee Club 10:00–12:00 Knit and Chat 10:30–11:30 World Affairs 12:15–1:00 October Birthday Party 1:00–2:00 No Healthy Exercise (H)	23 10:30–11:30 T'ai Chi 2 - Current Students Only 11:30–12:30 Book Club: Hamnet (H) 1:00–2:00 Watercolor Class: Still Life w/ Carol Karden
26 10:30–11:30 No T'ai Chi 1 10:30–11:30 Walking Club 10:30–11:30 Full Circle (Z) 12:00–2:00 Advanced Mah Jongg 12:00–1:00 Guided Meditation w/ Eileen (Z)	27 10:30–11:30 Chair Yoga 10:30–12:00 Computer Tech Support 1:00–2:00 Film: "Portraits of Possibility" w/ director David Block	28 10:30–11:30 Creative Writing (Z) 12:00–2:00 Mah Jongg (Int) 1:00–2:00 Secrets of Animal Behavior: Halloween Edition w/ Prof. Alyssa Stark	29 10:00–12:00 Glee Club 10:00–12:00 Knit and Chat 10:30–11:30 World Affairs 12:00–1:00 Nutrition Workshop: Dessert Social w/ Teri 1:00–2:00 Zumba Gold w/ Rosanna	30 10:30–11:30 T'ai Chi 2 - Current Students Only 12:00–1:00 Halloween Lunch Party 1:00–2:00 Halloween Painted Pottery w/ Ardmore Mudroom

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