Social Centers for Seniors:

The Center for Positive Aging in Lower Merion (PALM)
117 Ardmore Ave.
Ardmore, PA 19003
(610) 642-9370
http://www.palmseniors.org/
Services Provided: Meal program; Personal enrichment programs and groups; Trips/travel; Music and drama; Language Arts; Fitness and health; Art and creative crafts; Resource and referral.
Eligibility: Age 55 or older.
Fees: Yes; Call office for fees on programs.

The Colmanites
St. Colman Church
11 Simpson Rd.
Ardmore, PA 19003
(610) 642-0545
Services Provided: Senior group meets every Thursday from 1pm to 3pm in the Rectory Meeting Room for refreshments, bingo, and loads of fun!

Golden Slipper Center for Seniors
3901 Conshohocken Ave.
Philadelphia, PA 19131
(215) 877-6667
http://www.goldenslipperclub.org/
Services Provided: Recreational senior center; Nutritious Kosher meal provided Monday through Friday at noon; Offers lectures, music, discussions, groups, pool table, bridge, a social worker and day trips to local cultural institutions.
Eligibility: Age 65 or older.
Fees: Yes; Membership fees; Fees for lunch and for some programs.
Kaiserman Jewish Community Center
45 Haverford Rd.
Wynnewood, PA 19096
(610) 896-7770
http://www.phillyjcc.com/
Services Provided: Social, educational, and athletic activities; Aqua therapy; Support groups.
Eligibility: Age 55 or older.
Fees: Yes.

Main Line Adult Day Center
119 Radnor St.
Bryn Mawr, PA 19010
(610) 527-4220
http://www.mainlineadultdaycenter.org/
Services Provided: Adult day care: Light breakfast; Hot lunch; Movement, music and art therapies; Incontinence training; Daily activity programs.
Eligibility: For frail, physically and/or cognitively impaired older adults.
Fees: Yes; Sliding scale fees.

New Horizons Senior Center
100 Conway Ave., 2nd Floor
Narberth, PA 19072
(610) 664-2366
http://newhorizonsseniorcenter.org/
Services Provided: A community senior center providing adult education, socialization, trips, exercise programs, vocal group, daily noon lunch, volunteer opportunities.
Fees: Nominal membership, fees for some activities and meals.

Our Mother of Good Counsel
31 Pennswood Rd.
Bryn Mawr, PA 19010
(610) 525-0147
http://www.omgcparish.org/
Services Provided: Senior club, socialization, and education.
Eligibility: Age 55 or older.
Fees: Yes; Membership fees.
Senior Adult Activities Center of Montgomery County
536 George St.
Norristown, PA 19401
(610) 275-1960
http://montcosaac.com/
Services Provided: Social, educational, and athletic activities; Advocacy.
Eligibility: Age 50 or older.
Fees: Yes.

Upper Merion Senior Center
431 West Valley Forge Road
King of Prussia, PA 19406
(610) 265-4715
http://www.umssc.org/
Services Provided: Socialization; trips; activities; fitness; midday meal; volunteer opportunities.
Eligibility: Older Adults; Call for information and brochures.
Fees: Yes, for some programs and trips. Call for information.

Wayne Senior Center
108 Station Road
Wayne, PA 19087
(610) 688-6246
www.Wayneseniorcenter.com
Services Provided: Engaging programs, trips, exercise classes, and meals
Fees: yes, call for more information