



OF LOWER MERION-NARBERTH

## **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

[http://www.stcolmanardmore.com/html/body\\_colmanites.html](http://www.stcolmanardmore.com/html/body_colmanites.html)

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., 2<sup>nd</sup> 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.omgcparrish.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](http://www.Wayneseniorcenter.com)

Services Provided: Engaging programs, trips, exercise classes, and meals

Fees: yes, call for more information