



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

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.omgparish.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

650 S. Henderson Rd.

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.