### Devon Wins Prestigious State Award

Surrey Center for Healthy Living in Devon was awarded the 2017 Senior Center of the Year by the Pennsylvania Association of Senior Centers (PASC). The award was presented by Teresa Osborne, Secretary of the Pennsylvania Department of Aging, at the annual PASC meeting in October.

The award cited several areas where Surrey had notable contributions to its members and the community:

- Recognized leadership in offering Evidence Based Programs, such as Living A Healthy Life and Matter of Balance. These programs have been proven to make a measurable difference in the health of participants.
- Offers a broad variety of innovative programming that appeal to a variety of interests and abilities.
- The Center for Healthy Living provides a robust, nutritional meal program.
- Provides a senior-friendly Fitness Center with specially calibrated machines for older adults staffed by a professional trainer at specified times.
- A commitment to providing services to its members and the community including transportation.

“We are extremely proud to be honored in this way. Please join me in congratulating the staff at Devon especially Christi, Nicole and Ben,” says Bob Madonna, President and CEO.

The Pennsylvania Association of Senior Centers (PASC) is a professional association of 103 senior centers dedicated to advocating on behalf of the consumers it serves.

### Havertown Veterans Expo

**Havertown Veterans Expo**

Friday, November 10, 10 - 1
1105 Earlington Road, Havertown, PA 19083

Havertown is offering a new, free program this fall designed for senior veterans and their families. The Surrey Veterans Expo will be held at Havertown center and will include several vendors who will provide information and resources customized for the unique needs of this group.

There will be refreshments, giveaways and door prizes. Special thanks to Vilas Healthcare, Senior Directory and the Veterans Benefit Assistance Program who are helping to sponsor the Expo. If you would like more information, please call Cheryl at 610-446-2070 or cthomas@surreyservices.org.

### Bob’s Blog

**Thanks for All that Surrey Has to Offer**

November is a special month to give thanks, so I wanted to start my blog with a sincere thank you to all of the individuals who make our mission possible.

Donors, members, volunteers, and staff work tirelessly to make what we do every day happen for thousands of older adults who depend on Surrey.

One of the best parts of my job is that I am able to hear member stories every day. They are all different and can be happy, funny or sometimes sad. The stories, and the people who live those stories, make each day an adventure.

If I could make time stand still, I wish that I could spend more time in all of our centers just listening to members’ life stories. If you think that I am alone in my feelings, I am not. I have heard the same thought from our staff and volunteers. In fact, Surrey offers programs (All About Me in Broomall and Kitchen Table Stories in Havertown and Media) that ask participants to share their stories with the group.

At the holidays, I also think about all the older adults who don’t know about Surrey and who might be alone or need help to stay safely in their homes. Our goal is to keep spreading the word about Surrey, to keep increasing the amount of services we offer and to continue our mission into 2018 and beyond. If you know someone who would benefit from Surrey, please reach out and invite them to visit for lunch or a program. Your action will mean a lot.

Bob Madonna, President & CEO
BobMadonna@surreyservices.org

### You Just Have to Laugh

**Surrey, Devon**

Thursday, November 2, 6 - 7:30, $15

Cathy Sikorski has been a significant caregiver for the last 25 years for seven different family members and friends. A published humorist and contributor to The Huffington Post, Sikorski is also a practicing attorney who limits her practice to Elder Law issues. Her combined legal and humor expertise has made her a sought after speaker where she tackles the Comedy of Caregiving and the legal issues that affect those who will one day be or need a caregiver.

“I look at the world of caregiving as a place to find humor ….cause otherwise It’s too damn hard.”
Fight Colds Deliciously

Getting an annual flu shot and being vigilant about washing your hands are two important ways to protect yourself from illness. What you eat also can help your body fight off winter colds and the flu as well.

An easy way to incorporate several infection fighting elements into your diet is with vegetable soup. Be sure to add orange and dark green vegetables, such as carrots, sweet potatoes and kale. Adding chicken or beef boosts the amount of protein and zinc. Zinc is needed to create white blood cells that fight infections.

Garlic keeps away viruses as well as vampires. Add some to your soup along with onions. Sauté them in olive oil for a dose of good fat. What’s more, the olive oil will help you absorb vitamin A from the carrots or sweet potatoes you add to your soup. Vitamin A keeps your skin healthy providing a natural barrier against all invaders.

Barley is another great addition to your soup because it contains a fiber called beta-glucan that is an antioxidant and antimicrobial. Other nutrients, including vitamin B6, folate, selenium, iron, as well as prebiotics and probiotics, also may influence immune response. One of the best places to get these nutrients is by eating low fat yogurt. Be sure to check the sugar amount on the label as different brands can vary widely in how much sugar they contain. Ideally, the sugar amount should be below 10g.

Visit the resources page on our website for healthy recipes or find it on our Facebook page.

APPRIZE Counseling

New to Medicare? Have questions about your medical insurance? Having a problem with a bill? Trained APPRIZE volunteers can help. This month APPRIZE volunteers will offer appointment for two types of questions: 1. Specific for Open Enrollment or Part D and 2. Regular Medicare counseling. Please check the dates and ensure you are registering for the type of counseling you need. You must have an appointment.

Surrey - Devon: call 610-647-6404

Chester County Residents: Open Enrollment Counseling

Wednesday, November 8 and 15 from 9 - 2:30

Friday, December 1 from 9 - 2:30

Medicare Counseling

Monday, November 6 from 9:30 - 1

Monday, November 13 from 9:30 - 1

Monday, November 20 from 9:30 - 1

Monday, November 27 from 9:30 - 1

Delaware county Residents: Medicare Counseling

Thursday, November 9 from 9:30 - 1

Surrey - Broomall: call 215-307-7158

Delaware County residents only.

Medicare Counseling

Tuesday, November 28 from 10 - 2

Surrey - Havertown: call 610-446-2070

Delaware County residents only.

Medicare Counseling

Thursday, November 16 from 9 - 11

Surrey - Media

Delaware County residents only.

Medicare Counseling

Call 610-566-0505 for dates.

Learning French Through Art

Surrey Devon

Fridays, November 3 - December 15, 10:30 - 11:30 (no class on November 24), $50

If you love art and languages, this is the class for you. We will explore the works of several French artists and their lives while learning French in a fun and casual atmosphere. All levels of French speakers are welcome. Call Nicole at 610-647-9172 to reserve your spot.

LIHEAP

The LIHEAP (Low Income Heat Energy Assistance Program) program is open from November 1 to April 6. It provides grants to income-eligible homeowners and renters to help pay heating bills. LIHEAP offers both cash and crisis grants.

Cash Grant: The grant payment is sent directly to the utility company or fuel provider, and it will be credited on the utility bill. The only exception is when a renter’s heat is included as part of the rent. Payment is then made directly to the individual.

Crisis Grant: Helps families who have an emergency and are in danger of being without heat. Call LIHEAP.

Chester county residents, call 888-814-4698

Delaware county residents, call 610-466-1042

Montgomery county residents, call 610-272-1752

Honoring Our Veterans

In honor of Veterans Day, all Veterans are invited to enjoy a free lunch at any location on Friday, November 10. Thank you for your service to our country!

Opera in the Afternoon

Sunday, November 19, 1 - 4:15, $20

Bryn Mawr Film Institute, 824 W. Lancaster Ave., Bryn Mawr 19010

“What is the meaning of destiny?” Verdi asks in this drama of passion and revenge. Leonora and her lover Alvaro take refuge in a monastery after accidentally shooting father. She is pursued by her brother, Don Carlo, who is bent on vengeance. This work, which marked Verdi’s return to opera after a long hiatus, considers consequences, the extremes of obsession, and the provocative force of fate.

Join a group from Surrey for a simulcast of this opera being performed at the National Theater in Munich. For more information, please contact Kathy at 610-566-0505.

The Autumn Blahs

People who suffer from winter depression actually experience the first signs of it as autumn sets in, says Dr. Norman Rosenthal, the psychiatrist who pioneered the idea of seasonal affective disorder (SAD). It’s all about light — or the lack of it, says Rosenthal, a clinical professor of medicine and the author of “Winter Blues: Affective Disorder.”

As the days get shorter, we experience less sunlight and that affects our mood. Of course, stress and genetics play a role in depression, but studies have shown 10 percent of those who live in northern states where the days are shortest experience some form of winter depression. “If you catch the signs early,” says Rosenthal, “then you have the energy, the focus and the time to do a good job of preempting the worse symptoms that will follow.” The signs include:

• You’re slowing down.
• You’re putting on a pound or two.
• You’re for the munchies, the sweets and the starches.
• Tasks feel like they’re more difficult for you.

Stay upbeat with these three simple tips:

Take a walk outside. Even a 20 - 30 minute walk a day has health benefits. An autumn walk has an additional benefit: you’re getting as much valuable sunlight as you can before winter.

Make sure light comes into your home or office. Trim any bushes that may have grown high over the summer and make sure your windows are clean. Don’t keep the blinds closed all day and make sure heavy window treatments aren’t blocking light.

Put your bedside lamp on a timer. Set it to come on a half an hour before you wake up. “There’s actual data that it works,” says Rosenthal.

If you are concerned your feelings might be more than blahs, Surrey offers the Mental Health Resource Program to help you find information and assistance. Call Nicole at 610-647-9172.

Source: NBC News, Today Health and Wellness

Volunteer Drivers Needed

Surrey is currently seeking volunteer drivers to transport individuals to medical appointments, grocery shopping, and other activities in Delaware and Chester counties. We are expanding our service to include weekend rides and so welcome volunteers who can help on Saturday or Sunday during the day. An excellent driving record is required and comfort with a GPS or knowledge of local roads. Please contact Linda DiMaggio at 484-321-6106.

Holiday Food Collection

Surrey is collecting non-perishable food items to be given to local food cupboards through mid-December. Please drop your donations off at any Surrey location. Also, please be sure to check expiration dates on any goods donated. Thank you for sharing with those less fortunate in our community.

Toys for Tots

November 1 - December 10

Once again the Surrey Consignment Shop is a drop off location for toys for this wonderful program. Please donate an unwrapped new toy for a child in need.

Surrey Consignment Shop

Black Friday Sale!!!

Friday, November 24

Doors Open at 9

30% to 50% off all items

Great Holiday Gifts!

810 Lancaster Ave.

Berklyn, PA 19312

610-647-8632
November 2017 — Devon

Mon  Tue  Wed  Thu  Fri

Call Nicole Robinson at 610-647-9172 to register for classes.

Friday Movie Club $2
November 10 - Wonder Woman
(PG-13)
November 17 - A Dog's Purpose
(PG)
1 World Vegan Day
MLSN Current Events 9 - 10:30
Balance/Posture/Strength 11-11:45
Lunch 11:30 - 12:30
Gentle Yoga 1 - 2
Line Dancing 12:45 - 1:30
French Conversation 1:30 - 3
Flu Shots 1:30-3:30
Pilates 5:30 - 6:30
Van Trip: Paoli Acme
Vegan Chili w/ Vegan Cornbread
2 Open Enrollment by appt.
MLSN Current Events 9 - 10:30
Balance/Posture/Strength 11-11:45
Lunch 11:30 - 12:30
Model Trains 12:45-1:20
No Line Dancing
French Conversation 1:30 - 3
Pilates 5:30 - 6:30
Van Trip: Paoli Acme
3 CVM (by appt.)
Appropriate Yoga 10:30 - 11:30
Silver Sneakers 10:45 - 11:30
Lunch 11:30 - 12:30
Feldenkrais 12:45 - 1:45
Mahn Jong 1:30 - 4
German Conversation 1:30 - 3
Just Have to Laugh 6 - 7:30
Van Trip: Trader Joe's
Baked Flounder
4 French & Art 10:30 - 11:30
Chair Yoga for Arthritis
(PG)
Gong 1 - 2
Van Trip: Paoli Acme
Café Closed
Saturday Class
Tai Chi for Arthritis 10:30- 11:15

2 APPRISE by appt.
Ensemble/Chimes/Chorus 9 - 11:45
Crochet Club 10 - 11:30
Strength & Stretch 10:45 - 11:30
Lunch 11:30 - 12:30
Silver Sneakers w/ Yoga 12:30 - 1:15
Drama 1:30 - 3:30
Yoga 6:30 - 7:30
Van Trip: Devon Acme
French Toast w/ Syrup
13 APPRISE by appt.
Ensemble/Chimes/Chorus 9 - 11:45
Crochet Club 10 - 11:30
Strength & Stretch 10:45 - 11:30
Lunch 11:30 - 12:30
Silver Sneakers w/ Yoga 12:30 - 1:15
Drama 1:30 - 3:30
Yoga 6:30 - 7:30
Van Trip: Devon Acme
Vegetarian Enchilada Casserole
14 World Diabetes Day
Silver & Fit Arthritis Foundation
Exercise 10:45 - 11:30
Senior Safety 10:30 - 11:30
Knitting Circle 11 - 12:30
Lunch 11:30 - 12:30
More Fun with Opera & Classical 12:45 - 2
Watercolor 2:30 - 4:30
Van Trip: Giant or Wegmans
Baked Salmon
15 Open Enrollment by appt.
MLSN Current Events 9 - 10:30
Balance/Posture/Strength 11-11:45
Lunch 11:30 - 12:30
Computer Class 12:45 - 2
Mediation 1 - 2
No Line Dancing
French Conversation 1:30 - 3
Pilates 5:30 - 6:30
Van Trip: Paoli Acme
Grilled Tilapia w/ Vinaigrette
16 CVM (by appt.)
Delco APPRISE by appt.
Yoga 10:30 - 11:30
Silver Sneakers 10:45 - 11:30
Lunch 11:30 - 12:30
Feldenkrais 12:45 - 1:45
Mahn Jong 1:30 - 4
German Conversation 1:30 - 3
Van Trip: Trader Joe's
Chicken Cacciatore
17 French & Art 10:30 - 11:30
Chair Yoga for Arthritis 11 - 12:30
Birthday Lunch 11:30 - 12:30
Gong 1 - 2
Movie 12:45 - 2:25
Van Trip: Paoli Acme
Chicken and Chorizo Paella
18 APPRISE by appt.
Ensemble/Chimes/Chorus 9 - 11:45
Crochet Club 10 - 11:30
Strength & Stretch 10:45 - 11:30
Lunch 11:30 - 12:30
Silver Sneakers 12:30 - 1:15
Drama 1:30 - 3:30
Yoga 6:30 - 7:30
Van Trip: Devon Acme
Fish Tacos
21 Sing, Play 10:30 - 11:40 & Silver & Fit Arthritis Foundation
Exercise 10:45-11:30
Knitting Circle 11 - 12:30
Lunch 11:30 - 12:30
More Fun with Opera & Classical 12:45 - 2
Caregiver Connections 2 - 3
Watercolor 2:30 - 4:30
Van Trip: Giant or Wegmans
Creamed Beef Baked Potatoes
22 MLSN Current Events 9 - 10:30
Balance/Posture/Strength 11-11:45
Thanksgiving Lunch 11 - 1:45
Surrey Classes 2 -3
Van Trip: Paoli Acme
Salsbury Steaks
23 Happy Thanksgiving!
Happy Thanksgiving!

Surrey is Closed for the Holiday
Happy Thanksgiving!
24 If you are interested in the
Surrey Devon Book Club
please call lean Billings at 610-725-0518.

Pie, Pie, Mi-Oh-My
Surrey is selling our famous pies for Thanksgiving! All orders must be paid for and placed by Friday, November 10. Choose Pecan ($15) and Pumpkin ($12). Pick up on Monday, Nov. 21, Tuesday, Nov. 22 or Wednesday, Nov. 23.

Flu Vaccine Clinic w
Wednesday, November 1, 1:30 - 3:30
Flu vaccines from Paoli Hospital/MLH. Those with Medicare B must present their card so that Medicare B can be billed. NO attendee will be personally billed. To register call 1-866-CALL-MLH.

French Language and Art $30 for series
Fridays, November 3 - December 15 (no class on Nov. 24th)
See page 2 for details.

Surrey Speakers: You Just Have to Laugh
Thursday, November 2, 6 - 7:30, $15
See page 1 for details.

Senior Safety
Tuesday, November 7, 10:30-11:30

Andrew Block of the Radnor Twop. Police Dept. will provide safety tips for individuals.

Model Trains as a Hobby
Wednesday, November 8, 12:45-1:20
Surrey member Larry DeYoung is past head of publications for the National Model Railroad Association. He will explain how model trains can be an ideal retirement hobby, give an overview of trains and will have a display with trains in operation.

Safe Holiday Shopping $10
Thursday, November 9, 9 - 3:30
Warning about shopping online! Join us to learn safety tips as well as good websites to use for your holiday shopping. Instructor Beth White.

Veterans Celebration Dinner
Saturday, November 11, 6 - 8:30, $25
Connect with fellow veterans while you enjoy appetizers, wine and beer and a delicious dinner.

Home Computing Apps and Programs $55
Wednesday, November 15, 12:45 - 2
Learn about apps for mobile phones and tablets and other programs for your home computer. Offered by former Villanova Professor Bob Powell.

Mediation for Holiday Stress Reduction
Wednesday, November 15, 1-2
Join Liz Wanner as she leads a relaxing and stress reducing mediation aimed at lowering stress that comes with the holiday season! $8 for members $10 for non-members.

Sing, Play, and Entertain with Johnny Turk $30
Tuesday, November 21, 28, Dec. 5, 12, 19, 10:30 - 11:40
Johnny Turk, professional entertainer, will sing Frank Sinatra songs and others and discuss how speaking and singing are closely related. During this program, the group will participate in activities including reading, speaking, and playfully singing lines from small scenes in a movie or Broadway play.

Thanksgiving Lunch $5 reservation, $7 walk in
Wednesday, November 22, 11 - 7
Come enjoy a delicious thanksgivng lunch cooked by Chef Ben. Please note this is a 2 seating lunch. Register in the lobby book for either the 11-12 seat or the 12-1 seating.

Van Trip: Paoli Acme
Open Enrollment by appt.
Van Trip: Paoli Acme
For more Information contact Olga at 215-307-7158

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| All Surrey activities are held at Trinity Church 144 Lawrence Road, Broomall, unless otherwise noted. | 2 Reiki (by appointment only) 10:15-12 Coffee/Tea Time 10:30 - 12
Metro Art Grp [$1] 10:30 - 2
Pinch [ Local 11-2
The Freedom of Song and Dance ($1) 1 - 2
Van Trip: Newtown Square ACME. Call transportation for reservations: 610-993-9493. | 2 Coffee’n Creativity 10:30 - 12 Line Dancing [$4] 11 - 12
Lunch by Chef Ben [$4]: Baked Flounder with Lemon Sauce (Reservations Required) 12:15-1:15
Book Club 1-2 | 3 First Friday Flick at Marple Public Library 1 - 3
Van Trip: Broomall ACME. Call transportation for reservations: 610-993-9493. | 

6 Lunch & Learn: Fighting Cancer with a Fork and Spoon 11-12
Pot Luck Luncheon 12-1
YogaStretch 1-2

7 Reiki (by appointment only) 10:15-12 Coffee/Tea Time 10:30 - 12
Metro Art Grp [$1] 10:30 - 2
Pinch [ Local 11-2
The Freedom of Song and Dance ($1) 1 - 2
Van Trip: Newtown Square ACME. | 8 Reiki (by appointment only) 10:15-12 Coffee/Tea Time 10:30 - 12
Metro Art Grp [$1] 10:30 - 2
Pinch [ Local 11-2
The Freedom of Song and Dance ($1) 1 - 2
Van Trip: Newtown Square ACME. | 9 Coffee’n Creativity 10:30 - 12 Line Dancing [$4] 11 - 12
Lunch by Chef Ben [$4]: Chicken Cacciatore (Reservations Required) 12:15-1:15
All About Me Discussion Group 1:15-2:15 |

13 Attitude of Gratitude– Create Center Gratitude Tree 11-12
Lunch [$4]: Stuffed Peppers (Reservations Required) 12-2
Mini-Massages (by appointment only) 1-2 |

20 Member Get Together [$4]: Thanksgiving Celebration (Reservations Required) 12-2
No YogaStretch |

27 Bingo and Learn with Rite Aid 11 - 12
Pot Luck Luncheon & November Birthday Party 12 - 1
YogaStretch 1 - 2 |

Neighbor Helping Neighbor Canned food drive to support members in need and our local food bank. Please donate non-perishable food items throughout the month of November. Please check expiration dates before donating.

Reiki (by appointment only) Wednesdays, 10:30 - 12
Reiki is a healing technique that alleviates stress and promote relaxation. Reiki practitioners will either run their hands just above a person’s body or will lay hands on certain points in the body to help unblock these areas allowing the energy to flow. Please see Olga to make an appointment ($5 for 10 minute session)

Book Club
Thursday, November 2, 1 - 2
Join us as we discuss this month’s book: The Nightingale by Kristin Hannah. Discussion is led by Marple Public Library’s Bridgette Crockett.

Lunch & Learn Presentation: Fighting Cancer with a Fork and Spoon
Monday, November 6, 11 - 11:45
Join us for an informative presentation on how to fight cancer through better nutrition offered by Main Line Health Community Health. Free!

All About Me Discussion Group
Thursday, November 9, 1:15 - 2:15
Do you want to know yourself and your Surrey friends a little bit better? With simple questions, All About Me spotlights everything your friends would be interested to know about you but never thought to ask. This will be a self-guided discussion group. We will provide questions.

Attitude of Gratitude
Monday, November 13, 11-12
Join us as we reflect on what we are grateful for this holiday season as we create our own gratitude tree.

Mini – Massages (by appointment only)
Monday, November 13, 2 - 3
Surrey staff member, Connie, will be offering 15 minute table massages. There are only four available massages and they are by appointment only. See Olga to schedule.

Thanksgiving Celebration
Monday, November 20, 12 - 2
Join us for a delicious lunch and support Surrey at the same time! Uno’s will donate back to Surrey 15-20% of the food sales for every table that presents our organization’s coupon (excluding alcohol, tax and tip). See Olga to reserve your spot. This is also good for take-out. Please share with friends and family!

Member Get Together
Monday, November 27, 12 - 2
Call transportation for reservations: 610-993-9493.

APPRISE Counseling, by appointment only Tuesday, November 28, 10 - 2
APPRISE provides free Medicare information through individual counseling appointments. Please call Olga to schedule your appointment.

Drink & Learn at Uno’s
November 13, 11:30 - 1
Join us for a delicious lunch and support Surrey at the same time! Uno’s will donate back to Surrey 15-20% of the food sales for every table that presents our organization’s coupon (excluding alcohol, tax and tip). See Olga to reserve your spot. This is also good for take-out. Please share with friends and family!

Thanksgiving Celebration
Monday, November 27, 12 - 2
Call transportation for reservations: 610-993-9493.
encourage your neighbors, friends and family to also be refreshments and giveaways. Please organizations participating that will be sharing hosting a Veterans Expo. There will be a number of armed forces, specifically our seniors, we will be at home. Free lunch for those attending.

can ensure safety and reduce your risk of falling at and can be life-changing. Learn ways you can pro-

Wednesday, November 15, 10:45 - 11:45 Cost: $25

If you would love some stress-free, no pressure, 

If you would love some stress-free, no pressure, 

BBQ Chicken Thigh

Shepherd’s Pie

BBQ Chicken Thigh

Lunch Policy

• Lunch is served Monday - Friday, 11:45 - 12:30.
• Reserve your lunch by calling the Center after 9 am.
• A $2 contribution is requested. Pick up your lunch ticket at the Registration Desk.

7 Election Day

9 Tai Chi 10 - 10:45 Drawing Skills 10 - 12
Lunch 11:45 - 12:30 Open Art Studio 12:30 - 3:30 Line Dancing 1 - 2 Advanced Italian 1 - 3:30 Poker 1 - 4

27 BP w/ Nancy 9:45 - 11:15 Silver Sneakers 10 - 10:45 Weaving 10 - 11:30 Walking Club 11 - 11:45 Brain Fitness 11 - 11:45 Lunch 11:45 - 12:30 Adult Coloring 12:30 - 2 Craft of the Month 12:45 - 3 Roast Beef Hoagie Sliced Turkey w/ Gravy

21 Stretch & Move 10 - 10:45 Knit Watts 10 - 11:45 Lunch 11:45 - 12:30 Bingo 12:30 - 3 Line Dancing 1 - 2 Table Tennis 2 - 4 Van Trip: Havertown ACM

28 Stretch & Move 10 - 10:45 Knit Watts 10 - 11:45 Kitchen Table Stories 10 - 12 Lunch 11:45 - 12:30 Open Art Studio 12:30 - 3:30 Line Dancing 1 - 2 Advanced Italian 1 - 3:30 Poker 1 - 4

29 Tai Chi 10 - 10:45 Drawing Skills 10 - 12 Lunch 11:45 - 12:30 Open Art Studio 12:30 - 3:30 Line Dancing 1 - 2 Advanced Italian 1 - 3:30 Poker 1 - 4

30 Spi & Swipe Café 9 - 10 Open Art Studio 9 - 12 Stretch & Move 10 - 10:45 Lunch 11:45 - 12:30 Poker Bridge 12 - 4 Open Art Studio 12:30 - 3:30 Duplicate Bridge 12:30 - 4 Table Tennis 1 - 4 Beef Chili

3 Silver Sneakers 10 - 10:45 Lecture & Lunch: Falls Prevention 10:05 - 11:45 Lunch 11:45 - 12:30 Board Game Café 12:30 - 4 Duplicate Bridge 12:30 - 4 Table Tennis 1 - 4 Spinach & Cheddar Omelet

10 Special Event Veterans Expo 10 - 1 No Other Activities Today

9 Tai Chi 10 - 10:45 Drawing Skills 10 - 12 Lunch 11:45 - 12:30 Open Art Studio 12:30 - 3:30 Line Dancing 1 - 2 Advanced Italian 1 - 3:30 Poker 1 - 4

8 Ask a Nurse 9:30 - 11:30 Tai Chi 10 - 10:45

7 Election Day

6 BP w/ Nancy 9:45 - 11:15 Silver Sneakers 10 - 10:45 Weaving 10 - 11:30 Walking Club 11 - 11:45 Brain Fitness 11 - 11:45 Lunch 11:45 - 12:30 Adult Coloring 12:30 - 2 Craft of the Month 12:45 - 3 Roast Beef Hoagie Sliced Turkey w/ Gravy

13 BP w/ Nancy 9:45 - 11:15 Silver Sneakers 10 - 10:45 Weaving 10 - 11:30 Walking Club 11 - 11:45 Brain Fitness 11 - 11:45 Lunch 11:45 - 12:30 Adult Coloring 12:30 - 2 Book Discussion Group 12:45 - 2 Grilled Chicken Fricassee

20 BP w/ Nancy 9:45 - 11:15 Silver Sneakers 10 - 10:45 Weaving 10 - 11:30 Walking Club 11 - 11:45 Brain Fitness 11 - 11:45 Lunch 11:45 - 12:30 Adult Coloring 12:30 - 2 Book Discussion Group 12:45 - 2 Grilled Chicken Fricassee

24 Surrey is Closed for the Holiday Easter Monday, November 20

12 Silver Sneakers 10 - 10:45 Lecture & Lunch: Aesthetics Open Enrollment 10:30 - 11:45 New Members Lunch & Birthday Party 11:45 - 12:30 Board Game Café 12:30 - 4 Duplicate Bridge 12:30 - 4 Table Tennis 1 - 4 Vegetable Lasagna

November 2017 — Havertown
### November 2017 Media

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Canned food drive to support members in need and our local food bank. Please donate non-perishable food items throughout the month of November. Please check expiration dates before donating.

**Matter of Balance**

*Fridays, September 29 through November 17, 10 - Noon*

This course emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. There are limited spots in this class. Please see Connie to register. **During this program, there will be no Friday morning SilverSneakers class.**

**Open Art Studio: Fun with Watercolor**

*Friday, November 2, 1 - 2*

Join us for a fun, stress free afternoon as we paint with watercolor. Materials will be provided but donations gladly accepted.

**Crafts Club: Air Dry Clay**

*Thursday, November 9, 1 - 2*

Sculpting Thursday, November 16, 1 - 2

Painting Join us as we use air dry clay to create a sculpture, jewelry, or whatever you can imagine! You must attend both classes to complete the project. Registration is required. Please sign up with Connie.

**Dough RAi$er Dinner at Uno’s**

*November 2017 — Media* 3910 West Chester Pike in Newtown Square

A fun and great way to swap out what’s OLD TO YOU and breathe some new life, color and style into your wardrobe! Each person should bring up to three items. Options include scarves, earrings, gloves or mittens, hats, tote bags, handbags, clutches, bracelets, necklaces, anklets, key chains, coin purses, etc (no clothes or shoes or anything w/ a specific size). All items should be clean and in good shape (but do not need to be new).

Each person who attends will have the chance to go home with the same number of items that you bring (assuming you find something you are interested in).
Preventing Identity Theft

Personal Finance Corner
By Jacqlyn Kennedy Sisson
Surrey’s Personal Finance Manager

Identity theft is becoming more common. Several stories have been in the media about large companies, such as Equifax, that have been hacked and sensitive information stolen including individuals’ social security numbers, credit card accounts and names. This information can then be used to gain access to bank accounts, credit cards and more. To protect yourself, experts have recommended strategies that can help make your important information less accessible.

Monitor your credit card and bank accounts
Be diligent about checking your accounts. Sometimes, thieves will use your stolen card to make 2 or 3 small purchases that you may not notice immediately. Once they know the card is active, they use the card to make large purchases, often all in one day. Call your credit card and bank and ask them to flag any purchases or debits greater than a certain amount.

Don’t give your social security number out
If you are asked to provide your social security number to a medical provider, library, supermarkets or health club, ask if there is another identifier that can be used instead. Many businesses don’t really need the number.

Guard your Medicare card
Unfortunately, your social security number is also your Medicare card number. In 2018, Medicare will start replacing social security numbers as the identifying number on Medicare cards. Guard this card and number.

Monitor your social security benefits
If you receive social security benefits, monitor the benefit payments carefully. Identity thieves can contact the social security administration and change the address to which a check is sent or the account to which it is wired.

Consider freezing your account
The most drastic step is a complete freeze on your account. This means that no one (including yourself) can open any new credit account. The cost is around $30 per year. There are several drawbacks to this approach. Unfortunately, it does not protect against someone accessing an existing account. Also, it takes a long time to unfreeze the account. If you were to need credit in an emergency, you may not be able to get it.

Give a Surrey Membership as a Gift
Have a friend or neighbor who would enjoy lunch or programs at Surrey? Why not give them a membership as a gift? Membership includes access to programs, transportation, free dental clinic, home services and more. Plus it’s a great place to get together for lunch or enjoy a class.

Did you know that membership also includes the consigning fee at the Surrey Consignment Shop? There are so many benefits to being a member, why not give a thoughtful gift that can be enjoyed all year long?

You can purchase a gift membership on Surrey’s website at www.SurreyServices.org or in any of our centers or call 610-647-6404.
The twelfth annual Main Line Antiques Show, held on October 7 and 8 at Cabrini University in Radnor was a smashing success. Honorary Chairs Anne Hamilton and Maureen Brennan-Miller, along with Show Manager Nick Vandekar and Rick Davis, Committee Chair were thrilled with the quality of the exhibitors. “It was a beautiful show,” said Nick Vandekar. “Attendees came to see their favorite dealers as well as new exhibitors.”

Eddie Ross, Deb Cassidy, from West Laurel Hill and Jaithan Kochar. West Laurel Hill was the Presenting Sponsor.

Eddie Ross hosted the “Shop the Show” event on Sunday morning.

Edna from Surrey Media in Surrey’s booth. Edna was one of the members featured in the “Faces of Surrey” photo display.

Rick Davis, Maureen Brennan-Miller, Eddie Ross, Jaithan Kochar and Anne Hamilton (left to right)