

SURREY *News*

DEVON • BROOMALL • HAVERTOWN • MEDIA • BERWYN

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OUR MISSION

Surrey Services helps older adults to live with independence and dignity and to continue as engaged members of the community.

SurreyServices.org

Dear Friends:

Surrey was built on the foundation of *"Neighbor Helping Neighbor"* and never has that been more important than today! In these unprecedented times, Surrey has become a lifeline to seniors who are now isolated in their homes. As Chairman of the Board, I have been overwhelmed by the rapid, intentional, compassionate and thoughtful response to this crisis from our entire Surrey community. Our community is "family," and our family is responsive and resilient.

When we made the difficult decision to close our five centers, our commitment to our mission and our seniors was not diminished. In fact, it grew even stronger. Surrey staff, volunteers, members and community partners pulled together to find new and innovative ways to address the physical, emotional and social needs of our neighbors.

During this uncertain time of social distancing, it is more important than ever to connect. To that end, Surrey immediately developed virtual programming bringing many of our programs and support services online. The response has been overwhelming! Regular emails and social media posts reach our seniors throughout the week with links to exercise classes and other fun and educational programs. Our award-winning *Wonders of Opera and Classical Music* class continues online thanks to its dedicated volunteer instructor. Our grief support groups continue through Zoom and "friendly calls" by staff and volunteers to check on the well-being of those at home have expanded tenfold.

For 40 years, Surrey has adapted and grown to address changing needs and situations. We firmly believe that the personal bonds developed through this crisis, the adaptation of innovative programming, and continued dedication to the mission will make the entire Surrey community stronger than ever.

I want to thank our members for their overwhelming participation and efforts to stay connected; our friends in the community who have given their time and resources to support our mission; and to our staff who have proven themselves more than up to what was needed to make it all happen. On behalf of the entire Surrey Board of Directors, we all look forward to the day when we can greet each other and begin to carry on, implementing exciting new programs and activities envisioned for our future years together.

With heartfelt gratitude,



Rick Davis
Board Chair, Surrey Services for Seniors

We have included May calendars in this edition even though, at press time, our centers are not open for programs. Please contact your center to confirm hours etc. BEFORE you plan to visit.



Nancy Crawford, Surrey Member Services, making friendly check-in calls from home.



Surrey Transportation loaded with Home Delivered Meals.

RECIPES

SIMPLE SNACK BREAD

Previous generations have demonstrated that you can eat well using simple ingredients. Did you know that President Franklin Delano Roosevelt often ate deviled eggs in tomato sauce, mashed potatoes, coffee, and, for dessert, prune pudding? While you might not relish that menu, here is a recipe for simple quick bread that can be eaten any time of day. This recipe has become a sensation online.

1932 Peanut Butter Bread

- 2 cups all purpose flour
- ¼ cup sugar
- 4 teaspoons baking powder
- ½ teaspoon salt
- 1 ½ cup milk
- ½ cup regular or crunchy peanut butter

Preheat oven to 325 F. Mix together the dry ingredients. Mix in the milk and then the peanut butter. Scrape into a greased loaf pan and bake for one hour.


Note: good “extras” to add include chocolate chips, cinnamon or raisins.

PASTA

Simple Spaghetti

- Spaghetti noodles
- Bacon
- Dried parsley
- 1 or 2 eggs
- Parmesan cheese

Cook your noodles and fry the bacon. Drain the noodles and quickly mix in the egg and parmesan cheese while the noodles are hot (so the egg is cooked) and while the stove top is still on. Stir in crumbled bacon, a little bacon grease, and dried parsley.



THE ROARING '20s

Save the New Date


THURSDAY, SEPTEMBER 10, 2020

at the Philadelphia Country Club

Join us as we celebrate two esteemed members of our community at the Surrey Gala. This year, we will honor John Beilenson, a dynamic member of our Surrey family, with the Sondra Speer Scott Inspiration Award for his extraordinary and innovative contributions to the Surrey community. And, the esteemed Jeanne Molitor La Rouche Leadership Award, named for our Surrey founder, will be presented to James E. McErlane, Senior Partner in the Law Firm of Lamb McErlane P.C.

We thank our current sponsors, supporters and advertisers and invite everyone to join us at this celebration.


For sponsorships or tickets please visit our website at www.SurreyServices.org or call Jill Whitcomb at 484-321-6101.



Living to the Power of You



Echo Lake in Malvern | LivingAtEchoLake.com | 484-568-4777
Daylesford Crossing in Paoli | DaylesfordCrossing.com | 610-640-4000
Plush Mills in Wallingford | PlushMills.com | 610-690-1630
Kyffin Grove in North Wales | KyffinGrove.com | 267-460-8100

RETIREMENT LIVING, SUPPORTIVE LIVING, AND MEMORY CARE 

What the CARES Act Offers for Older Adults

To help Americans affected by the COVID-19 pandemic, Congress recently passed the Coronavirus Aid, Relief, and Economic Security (CARES) Act. The act has specific provisions for seniors.

For individuals, this act provides for a one-time stimulus check of \$1,200. Older adults who receive Social Security benefits (including Disability, Old Age, Survivor's, etc.) will receive the rebate as long as they make less than the maximum income (adjusted gross income up to \$75,000 for individuals and up to \$150,000 for married couples filing joint return) **without any further action on their part**. The amount of the check will get smaller the more money they earned over the \$75,000 threshold. Individuals who earned more than \$99,000 will not get a stimulus check at all.

UNEMPLOYMENT

The law will make it easier for people who lost jobs due to coronavirus-related circumstances to qualify for benefits. It also will make them eligible for an additional \$600 per week on top of what they will already qualify for in unemployment benefits from the state. Unemployment benefits are available to furloughed, gig and independent contractors.

IRAS AND 401K CONSIDERATIONS

Another part of the CARES Act temporarily loosens the rules on distributions from retirement accounts, giving people affected by the crisis access of up to \$100,000 of their retirement savings without the usual 10% penalty.

The law also doubles the amount 401(k) participants can take in loans from an account for the next six months. Some limits apply. IRAs don't permit loans.

For those required to take a Required Minimum Distribution (RMD), this law temporarily suspends the RMD for defined contribution retirement plans, including 401(k)s, TSPs, and Individual Retirement Accounts (IRAs). The law allows individuals to leave that money in their accounts and avoid a penalty and paying tax on the distribution.

SCAMS

Scams surrounding the CARES Act are already being reported. Checks will be mailed directly to the recipients. If anyone calls suggesting that they can expedite the payment, hang up. Never give out any personal information or banking information over the phone. Report the scam to the Office of the Inspector General at oig.ssa.gov.



If you have questions about organizing paperwork, paying bill, or filing medical claims, contact Jacquelyn Kennedy Sisson Surrey's Personal Finance Manager at 610-647-9840 or at info@surreyservices.org



NEW DATES IN PA	
 PRIMARY ELECTION NEW DATE: JUNE 2, 2020	 DRIVER LICENSES EXPIRING BEFORE APRIL 30 NOW EXPIRE: MAY 31, 2020
 REAL ID NEW DEADLINE: OCTOBER 1, 2021	 INCOME TAX NEW FILING DEADLINE: JULY 15, 2020

SURREY
Home Care
SERVICES

Personal Care and Social Companions
RN Care Management
Medical Procedure Transportation
Cleaners
Personal Financial Management
Geriatric Care Management
Live-In Caregivers
Weekend Respite Program

610-647-9840 • SurreyHomeCare.org

How to Stay on Schedule When Staying Home

STAY CONNECTED WITH SURREY VIA EMAIL.

If you aren't receiving Surrey's program emails let us know by emailing info@surreyservices.org.

MOVE AROUND THE HOUSE

Regular light exercise provides increased energy levels, a better mood, more relaxation, and can lead to better sleep. Taking small walks around the house or backyard and doing concentrated muscle exercises will keep your blood flowing and help you feel your best.

EAT REGULAR MEALS

Try and stay on a good nutritional schedule by eating breakfast, lunch and dinner. Don't fall into the trap of snacking all day or eating the same thing at every meal. If you need help with grocery shopping or obtaining food, call the Surrey location nearest you.

CREATE A COMFORTABLE ROUTINE

Sticking to a general daily routine even though you are at home. Simply waking up, brushing your teeth, putting on clothes, and taking your medicine at the same time every day can create a strong building block for the rest of your day.

WORK YOUR MIND

Find a way to exercise your mind every day. Creative arts – such as painting or drawing – use more of the brain's receptors than reading. If you're more of a puzzle pro, problem solving activities such as crosswords and word searches are also beneficial, as they build recall memory and stimulate word association.

RELAX AND REDUCE STRESS LEVELS

Just reminding yourself to take deep breaths several times a day or when you're feeling upset targets the stress response and can lower blood pressure, heart rate, oxygen consumption, and stress hormones. Now is a great time to try meditation or yoga.



SURREY CONSIGNMENT SHOP

Working for You!

To serve our valued consignors, the Shop will extend all consignments to reach the full 60 days. This will begin when we reopen.

Now is a great time to schedule your consignment appointments.

Contact Liz at 610-647-8632 or lfarina@surreyservices.org

810 Lancaster Avenue,
Berwyn, PA 19312
610-647-8632
www.SurreyConsignmentShop.org

APPRISE Counseling

HAVE QUESTIONS ABOUT YOUR MEDICAL INSURANCE?

APPRISE counselors have been offering telephone consultations for individuals. Here's how to schedule an appointment.

Chester County Residents:

Please call Surrey Devon at 610-647-6404.

Surrey staff will assist you with a telephone appointment.

Delaware County Residents:

Please call Surrey Media at 610-566-0505

Changes at East Goshen

Surrey is committed to our members and friends in the East Goshen area. However, due to the COVID-19 challenges, Surrey will no longer offer programs at the United Church of Christ. We would like to thank the church for being a wonderful community partner and host.

Surrey membership means you can participate in programs and activities at any Surrey location. Our digital programming also is available to anyone who would like to subscribe. If you are not receiving communications from Surrey, please email info@surreyservices.org or call 610-647-6404. Thank you!

One Week at SURREY

During the COVID-19 shut down, Surrey continued offering its services in new and innovative ways. Staff and volunteers worked together in the Surrey tradition of *Neighbor Helping Neighbor*. Here is a snapshot of one week.

Grab and Go Lunches

550 • Devon
96 • Media
19 • Havertown

"This is a note to express our deep appreciation for Grab and Go lunches. We were both ill, my husband had been in hospital with Pneumonia. So we are trying to be extremely careful. The lunches have been a bright spot in days that have been filled with sorrow for the world. We count our blessings everyday. Sincere thanks."

— Donal and Dona



Times a Surrey email with programs and activities was opened

4,956

"The numerous outreach activities from Surrey are a treasure for everyone one of us as we keep our distance. Hope that all who make them possible know how much this helps The Surrey Community. We are grateful to have such a creative team in charge."

— Suzanne M

Friendly Check in Calls
36 to Delaware county residents
84 to Chester county residents



Donated Face Coverings Sewn by Volunteers

350

TOP 3 Clicked Emailed Stories
Recipe for Old Fashioned Peanut Butter Bread
Getting Better Sleep, New York Times article link
Watch the LIVE Hawk cam at Cornell University

Meals on Wheels and Home Delivered Meals

680 • Devon
353 • Media
169 • Havertown



DEVON — May 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Reiki Wednesdays and Fridays by appt.</p> <p>Contact Liz Wanner: LizWanner11@comcast.net</p>	<p>Keep Calm And Drink Tea</p> <p>The Afternoon Royal Tea Party</p> <p>will be rescheduled for June</p>	<p>Donations of Chess Sets are needed for a new Surrey Chess Club.</p> <p>Please drop off any gently used sets at the Devon front desk.</p>	
<p>4</p> <p>APPRISE by Appt. Chorus & Chimes 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 Italian Circolo 12:45 - 2:00 Bridge 1:30 - 4</p> <p>Pasta with Shrimp Marinara</p>	<p>5</p> <p>CG Jung Book Club 10 - 12 Arthritis Fnd Exercise 10:45-11:30 Knitting 11 - 12:30 Lunch 11:30 - 12:30 Opera and Classical Music 12:45 - 2 Watercolor 1 - 3 Caregiver Support Group 2-3</p> <p>Soft Tacos with Shredded Beef</p>	<p>6</p> <p>Reiki by Appt. MLSN Course 9 -10:30 Matter of Balance 9:30-11:30 Life After Loss 10:30-11:30 Balance & Posture 11 - 11:45 Lunch 11:30 - 12:30 Chair Yoga 12:45-1:30 French Conversation 1:30 - 3</p> <p>Balsamic Glazed Chicken</p>	<p>7</p> <p>CVIM (Dentist) by Appt. Delco APPRISE by Appt. Moving on from Grief and Loss 10:30 - 11:30 Yoga for Back Pain 10:45 - 11:30 Silver Sneakers 11 - 11:45 Lunch 11:30 - 12:30 Balance & Posture 12:45 - 1:30 Mah Jongg 12:30 - 3 German Conversation 1:30 - 3</p> <p>Grilled Pork Tenderloin</p>
<p>11</p> <p>APPRISE by Appt. Chorus & Chimes 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 Italian Circolo 12:45 - 2:00 Bridge 1:30 - 4</p> <p>Quiche Lorraine</p>	<p>12</p> <p>Arthritis Fnd Exercise 10:45-11:30 Knitting 11 - 12:30 Lunch 11:30 - 12:30 Opera and Classical Music 12:45 - 2 Watercolor 1 - 3</p> <p>Battered Fish and Potato Salad</p>	<p>13</p> <p>Reiki by Appt. MLSN Course 9 -10:30 Matter of Balance 9:30-11:30 Life After Loss 10:30-11:30 Balance & Posture 11 - 11:45 Lunch 11:30 - 12:30 Chair Yoga 12:45-1:30 French Conversation 1:30 - 3</p> <p>Chopped Steak with Mushrooms</p>	<p>14</p> <p>CVIM (Dentist) By Appt Moving on from Grief and Loss 10:30 - 11:30 Yoga for Back Pain 10:45 - 11:30 Silver Sneakers 11 - 11:45 Lunch 11:30 - 12:30 Balance & Posture 12:45 - 1:30 Mah Jongg 12:30 - 3 German Conversation 1:30 - 3</p> <p>Chicken Parmesan</p>
<p>18</p> <p>APPRISE by Appt. Chorus & Chimes 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 Italian Circolo 12:45 - 2:00 Bridge 1:30 - 4</p> <p>Meat Lasagne</p>	<p>19</p> <p>Arthritis Fnd Exercise 10:45-11:30 Knitting 11 - 12:30 Lunch 11:30 - 12:30 Opera and Classical Music 12:45 - 2 Watercolor 1 - 3 Caregiver Support Group 2-3</p> <p>Pineapple Glazed Ham</p>	<p>20</p> <p>Reiki by Appt. MLSN Course 9 -10:30 Matter of Balance 9:30-11:30 Life After Loss 10:30-11:30 Balance & Posture 11 - 11:45 Lunch 11:30 - 12:30 Chair Yoga 12:45-1:30 French Conversation 1:30 - 3</p> <p>Tilapia with Lemon Pepper Crust</p>	<p>21</p> <p>CVIM (Dentist) by Appt. Moving on from Grief and Loss 10:30 - 11:30 Yoga for Back Pain 10:45 - 11:30 Silver Sneakers 11 - 11:45 Lunch 11:30 - 12:30 Balance & Posture 12:45 - 1:30 Mah Jongg 12:30 - 3 German Conversation 1:30 - 3</p> <p>Breaded Veal Cutlet</p>
<p>25</p> <p>Surrey is Closed in Honor of Memorial Day</p>	<p>26</p> <p>Arthritis Fnd Exercise 10:45-11:30 Knitting 11 - 12:30 Lunch 11:30 - 12:30 Opera and Classical Music 12:45 - 2 Watercolor 1 - 3</p> <p>Grilled Chicken Breast with Pilaf</p>	<p>27</p> <p>Reiki by Appt. MLSN Course 9 -10:30 Matter of Balance 9:30-11:30 Life After Loss 10:30-11:30 Balance & Posture 11 - 11:45 Lunch 11:30 - 12:30 Chair Yoga 12:45-1:30 French Conversation 1:30 - 3</p> <p>Turkey Fricassee</p>	<p>28</p> <p>CVIM (Dentist) by Appt. Moving on from Grief and Loss 10:30 - 11:30 Yoga for Back Pain 10:45 - 11:30 Silver Sneakers 11 - 11:45 Lunch 11:30 - 12:30 Balance & Posture 12:45 - 1:30 Mah Jongg 12:30 - 3 German Conversation 1:30 - 3</p> <p>Oven Barbequed Catfish</p>

FRIDAY

1

PM Reiki by Appt.

Rhythm & Balance 10 - 10:45
 Writing a Memoir 10 - 11
 Tai Chi for Beginners 11 - 11:45
 Lunch 11:30 - 12:30
 Pinochle and Canasta 12:30-2
 Puzzlemasters 12:30-2
 Scrabble Club 12:30 - 2
 Chinese Medicine 12:45-1:30
Saturday Class schedule at right

Roast Turkey with Wild Rice

8

PM Reiki by Appt.

Rhythm & Balance 10 - 10:45
 Writing a Memoir 10 - 11
 Tai Chi for Beginners 11 - 11:45
 Lunch 11:30 - 12:30
 Pinochle and Canasta 12:30-2
 Puzzlemasters 12:30-2
 Scrabble Club 12:30 - 2
 Chinese Medicine 12:45-1:30
 Diabetes Support Group 1 - 3
Saturday Class schedule at right

Stuffed Flounder Florentine

15

PM Reiki by Appt.

Rhythm & Balance 10 - 10:45
 Writing a Memoir 10 - 11
 Tai Chi for Beginners 11 - 11:45
 Birthday Lunch 11:30 - 12:30
 Pinochle and Canasta 12:30-2
 Puzzlemasters 12:30-2
 Scrabble Club 12:30 - 2
 Chinese Medicine 12:45-1:30
Saturday Class schedule at right

Italian Roast Pork Loin

22

PM Reiki by Appt.

Rhythm & Balance 10 - 10:45
 Writing a Memoir 10 - 11
 Tai Chi for Beginners 11 - 11:45
 Lunch 11:30 - 12:30
 Pinochle and Canasta 12:30-2
 Puzzlemasters 12:30-2
 Scrabble Club 12:30 - 2
 Chinese Medicine 12:45-1:30
Saturday Class schedule at right

Chicken Cacciatore over Polenta

29

PM Reiki by Appt.

Rhythm & Balance 10 - 10:45
 Writing a Memoir 10 - 11
 Tai Chi for Beginners 11 - 11:45
 Lunch 11:30 - 12:30
 Pinochle and Canasta 12:30-2
 Puzzlemasters 12:30-2
 Scrabble Club 12:30 - 2
 Book Club 12:45 - 2:15
 Chinese Medicine 12:45-1:30
Saturday Class schedule at right

Beef and Cheese Macaroni

Ready to shake off winter? Yes!

Take any exercise class for only

- \$3 member
- \$5 nonmember or guest
- **Free** for Silver Sneakers or Silver & Fit members (just fill out a fitness center application form to begin exercising at no charge)

Fitness Class Schedule

Monday

Strength & Stretch 10:45-11:30

(Leslie)

Silver Sneakers 12:30-1:15 (Judy)

Tuesday

Arthritis Foundation Exercise

10:45 - 11:30 (Judy)

Wednesday

Balance & Posture 11-11:45

(Darlene)

Chair Yoga 12:45-1:30 (Liz)

Thursday

Yoga for Back Pain 10:45-11:30 (Liz)

Silver Sneakers 11-11:45 (Darlene)

Balance & Posture 12:45-1:30

(Darlene)

Friday

Rhythm & Balance 10-10:45

(Darlene)

Tai Chi for Beginners 11-11:45 (Liz)

Chinese Medicine 12:45-1:30 (Liz)

Saturday

Barre Express 10-10:25 (Judy)

Tai Chi 10:30-11:15 (Judy)

Note: Take both Saturday classes and pay for only one class. Two-for-One!

Writing a Memoir

Fridays, May 1, 8, 15, 22, 29 10-11

The Memoir Group receives weekly writing prompts and tips during the shutdown. We will continue this until

we are able to meet in person. To join the group contact Mary at mgalligan@surreyservices.org.

Grief Support Groups:

Surrey offers two support groups led by compassionate professionals from the Home Care staff. Call Marie Keeley at 610-647-9840 to join either support group.

Pre-registration is required.

Life After Loss

Wednesdays, 10:30-11:30

An ongoing, weekly group for those grieving a recent loss. This group will continue to meet weekly via Zoom until Surrey re-opens. Pre-register.

NEW Moving on from Grief and Loss

Thursdays, 10:30-11:30

Pre-register now; Start Date TBA

This 6-week long program led by Joanna Carmichael, RN is for people who have been struggling with a loss and feel ready to move on from it.

Veterans Program

Monday, May 11, 4 - 5 (tentative)

Presenter Aaron Watkins, a former Army helicopter pilot and a Vietnam veteran, currently serves as the Secretary of the Tuskegee Airmen, the famous "Red Tails" of WWII.

Surrey Chorus Concert Schedule

Thursday, May 21

Location and Time: TBA

Monday, June 1, 1 - 2

Location: Tredyffrin Library

Friday, June 5 1 - 2

Location: Devon Surrey

BROOMALL — May 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p style="text-align: center;">For more Information or to contact Olga please call 215-307-7158</p>	<p style="text-align: center;">All Surrey activities are held at Trinity Church, 144 Lawrence Road, Broomall, unless otherwise noted.</p>		
<p style="text-align: right;">4</p> <p>Relaxation for Mind & Body 11:15-12 Lunch \$4, 12:15 - 1 (Reservations Required) YogaStretch (\$3) 1 - 1:45</p> <p style="text-align: center;">Stuffed Shells</p>	<p style="text-align: right;">5</p> <p>Cardio Strength and Balance 10 - 10:45 Canasta (\$1) 11 - 2 Lunch \$2, 12:15 - 1 Cinco de Mayo Mocktail Party 1:15-2</p> <p style="text-align: center;">French Toast Sticks</p>	<p style="text-align: right;">6</p> <p>Reiki (by appt.) 10:15 - 12 Coffee/Tea Time 10:30 - 12 Metros Art Grp (\$1) 10:30 - 2 Pinochle/Cards 11 - 2</p>	<p style="text-align: right;">7</p> <p>Chair Zumba (\$3) 11:15-12 Pot Luck Luncheon 12-1 Mother's Day Ice Cream Social & May Birthday Bingo! 12-2 Book Club 1-2</p> <p style="text-align: center;">Pot Luck Luncheon</p>
<p style="text-align: right;">11</p> <p>Eat Smart, Live Strong 11:15-11:45 Lunch \$4, 12:15 - 1 (Reservations Required) YogaStretch (\$3) 1 - 1:45 Mini-Massages (\$5 by appointment only) 2-3</p> <p style="text-align: center;">Chicken Pot Pie</p>	<p style="text-align: right;">12</p> <p>Cardio Strength and Balance 10 - 10:45 Canasta (\$1) 11 - 2 Lunch \$2, 12:15 - 1</p> <p style="text-align: center;">Soup & Salad</p>	<p style="text-align: right;">13</p> <p>Reiki (by appt.) 10:15 - 12 Coffee/Tea Time 10:30 - 12 Metros Art Grp (\$1) 10:30 - 2 Pinochle/Cards 11 - 2 Lunch \$3, 12:15 - 1 (Reservations Required) American Bandstand 1-2</p> <p style="text-align: center;">Croissant Sandwiches</p>	<p style="text-align: right;">14</p> <p>Coffee 'n Creativity 10:30 - 12 Chair Zumba (\$3) 11:15-12 Lunch by Chef \$4 (Reservations Required) 12:15-1:15 Bunco Party 1:15-2:15</p> <p style="text-align: center;">Chicken Parmesan</p>
<p style="text-align: right;">18</p> <p>Member Get Together 12-2 No YogaStretch Today</p>	<p style="text-align: right;">19</p> <p>Cardio Strength and Balance 10 - 10:45 Canasta (\$1) 11 - 2 Lunch \$2, 12:15 - 1</p> <p style="text-align: center;">Hot Dog</p>	<p style="text-align: right;">20</p> <p>Reiki (by appt.) 10:15 - 12 Coffee/Tea Time 10:30 - 12 Metros Art Grp (\$1) 10:30 - 2 Pinochle/Cards 11 - 2</p>	<p style="text-align: right;">21</p> <p>Coffee 'n Creativity 10:30 - 12 Chair Zumba (\$3) 11:15-12 Lunch by Chef \$4 (Reservations Required) 12:15-1:15 Treat Your Shelf Book Swap & Tea Tasting 1:15-2</p> <p style="text-align: center;">Breaded Veal Cutlet</p>
<p style="text-align: right;">25</p> <p style="text-align: center;">Surrey is Closed in Honor of Memorial Day</p>	<p style="text-align: right;">26</p> <p>Cardio Strength and Balance 10 - 10:45 APPRISE by appt. 10-2 Canasta (\$1) 11 - 2 Lunch \$2, 12:15 - 1</p> <p style="text-align: center;">Quiche</p>	<p style="text-align: right;">27</p> <p>Reiki (by appt.) 10:15 - 12 Coffee/Tea Time 10:30 - 12 Metros Art Grp (\$1) 10:30 - 2 Pinochle/Cards 11 - 2</p>	<p style="text-align: right;">28</p> <p>Coffee 'n Creativity 10:30 - 12 Chair Zumba (\$3) 11:15-12 Lunch \$4 (Reservations Required) 12:15-1:15 Wheel of Fortune 1:15-2</p> <p style="text-align: center;">Honey Spiral Ham</p>

FRIDAY

1

First Friday Flick at the Marple Public Library

8

NEW Relaxation for Mind & Body

Monday, May 4, 11:15 - 12

The body and mind have remarkable healing capabilities. A state of deep relaxation creates the conditions which allow these natural powers to work best to maximize physical and emotional health. Three key components of deep relaxation are a focused mind, relaxed muscles, and calm breathing. Join us as we do a guided exercise that many people find helpful in achieving this state. **Free!**

Cinco de Mayo Mocktail Party

Tuesday, May 5, 1:15 - 2

Let's celebrate with some delicious festive mocktails, pico de gallo and chips!

NEW Chair Zumba!

Thursdays, 11:15 - 12 (\$3)

Gold Zumba can be done standing or entirely in a chair. Don't let that chair fool you, it's a great workout with a focus on core and upper body strength.

Pot Luck Luncheon & Mother's Day Ice Cream Social and May Birthday Bingo

Thursday, May 7, 12 - 2

Join us for a delicious Pot Luck Luncheon followed by May Birthday Bingo! Either bring a store bought or homemade entrée or side or a \$4 contribution. Surrey will provide the ice cream and all the fixings! Please register with Olga and tell her what you will be bringing.

Eat Smart, Live Strong

Monday, May 11, 11:15 - 11:45

This six session class will be offered in monthly installments. It is designed to help improve fruit and vegetable consumption and physical activity. Join us for the second class in the series on Challenges and Solutions. **Free!**

15

22

Dine Around at Joe's Pizza and Restaurant, Newtown Square, 11:30-1

29

Mini - Massages (by appointment only)

Monday, May 11, 2 - 3

Surrey staff member, Connie, will be offering 15 minute table massages (\$5). There are only four available by appointment. Please see Olga to schedule a relaxing session.

American Bandstand Surrey Style

Wednesday, May 13, 1 - 2

Join us as Len the DJ sets the stage for some singing, dancing, music trivia, and other fun with music. We'll share memories that are oldies but goodies and make some new ones, too.

Bunco Party

Thursday, May 14, 1:15-2:15

Bunco is a fun dice game that requires no skill or strategy. Join us for an afternoon of fun. Instruction will be given before the game begin.

Member Get Together (\$4)

Monday, May 18, 12 - 2

Please call Olga at 215-307-7158 or contact a committee member to register.

NEW Treat Your Shelf Book Swap and Tea Tasting

Thursday, May 21, 1:15 - 2

Bring in some books that you have already read and swap them for new ones. We will have an informal discussion about what everyone is reading while sipping a variety of teas.

Dine Around

Friday, May 22, 11:30 - 1

Join us for lunch at Joe's Pizza. **Please bring enough cash to cover your portion of the bill, plus tax and tip. You must register with Olga as space is limited.**

APPRISE counseling, by appt. only

Tuesday, May 26, 10 - 2

Medicare information through individual counseling appointments. Please call Olga to schedule your appointment.

HAVERTOWN — May 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Lunch Policy</p> <ul style="list-style-type: none"> Lunch is served Monday - Friday, 11:45 - 12:30. Reserve your lunch by calling the Center after 9 am. \$2.50 contribution is requested. Pick up your lunch ticket at the Registration Desk. 	<p>Havertown Activities</p> <p>For additional information about any activity listed, or for the menu of the day, call the receptionists or Program Assistant <i>Mary Gengenbach</i> at 610-446-2070</p>		
<p>4</p> <p>Silver Sneakers 10-10:45 (\$3) Weaving 10-11:30 (\$1) Walking Club 11 - 11:45 Brain Fitness 11-11:45 Lunch 11:45 - 12:30 Movie Monday 1-3</p> <p>Egg Salad Platter</p>	<p>5</p> <p>Chair Yoga 10 - 10:45 (\$3) Knit Wits 10 - 11:45 Lunch 11:45 - 12:30 Bingo 12:30 - 3 (\$1) Line Dancing 1 - 2 (\$3) Table Tennis 2 - 4 Trivia Tuesdays 3-4</p> <p>BBQ Cheddar Burger</p>	<p>6</p> <p>Ask a Nurse 9:30 - 11:30 Tai Chi 10 - 10:45 (\$3) Lunch 11:45 - 12:30 Open Art Studio 12:30 - 3:30 (\$1) Weaving 1 - 2:30 (\$1) Poker 1 - 4 (\$1)</p> <p>Orange Chicken</p>	<p>7</p> <p>Open Art Studio 9 - 12 (\$1) Chair Zumba 10 - 10:45 (\$3) Brady Bunch Morning 10-11:45 Lunch 11:45 - 12:30 Open Art Studio 12:30 - 3:30 (\$1) Duplicate Bridge 12:30 - 4 (\$1) Table Tennis 1 - 4</p> <p>Beef & Broccoli</p>
<p>11</p> <p>Silver Sneakers 10 - 10:45 (\$3) Weaving 10 - 11:30 (\$1) Walking Club 11 - 11:45 Brain Fitness 11 - 11:45 Lunch 11:45 - 12:30 Mother's Day Tea Party 1 - 2</p> <p>Tuna Salad Platter</p>	<p>12</p> <p>Chair Yoga 10 - 10:45 (\$3) Knit Wits 10 - 11:45 Lunch 11:45 - 12:30 Bingo 12:30 - 3 (\$1) Line Dancing 1 - 2 (\$3) Table Tennis 2 - 4 Trivia Tuesdays 3-4</p> <p>Manicotti w/ Meatballs</p>	<p>13</p> <p>Tai Chi 10 - 10:45 (\$3) Lunch 11:45 - 12:30 Open Art Studio 12:30 - 3:30 (\$1) Weaving 1 - 2:30 (\$1) Poker 1 - 4 (\$1)</p> <p>Salisbury Steak</p>	<p>14</p> <p>Crazy Hat or Socks Day (ALL DAY) Open Art Studio 9 - 12 (\$1) Chair Zumba 10 - 10:45 (\$3) Lunch 11:45 - 12:30 Open Art Studio 12:30 - 3:30 (\$1) Duplicate Bridge 12:30 - 4 (\$1) Table Tennis 1 - 4</p> <p>Oven "Fried" Chicken</p>
<p>18</p> <p>BP Screening 9:45 - 11:15 Silver Sneakers 10 - 10:45 (\$3) Weaving 10 - 11:30 (\$1) Walking Club 11 - 11:45 Brain Fitness 11 - 11:45 Lunch 11:45 - 12:30 1:1 Tech Time 1-2:30</p> <p>Thyme & Tarragon Baked Fish</p>	<p>19</p> <p>Chair Yoga 10 - 10:45 (\$3) Knit Wits 10 - 11:45 Lunch 11:45 - 12:30 Bingo 12:30 - 3 (\$1) Line Dancing 1 - 2 (\$3) Table Tennis 2 - 4 Trivia Tuesdays 3-4</p> <p>Chicken Salad Sandwich</p>	<p>20</p> <p>Ask a Nurse 9:30 - 11:30 Tai Chi 10 - 10:45 (\$3) Lunch 11:45 - 12:30 Open Art Studio 12:30 - 3:30 (\$1) Weaving 1 - 2:30 (\$1) Poker 1 - 4 (\$1)</p> <p>Beef Taco</p>	<p>21</p> <p>Open Art Studio 9 - 12 (\$1) Chair Zumba 10 - 10:45 (\$3) Lunch 11:45 - 12:30 Open Art Studio 12:30 - 3:30 (\$1) Duplicate Bridge 12:30 - 4 (\$1) Table Tennis 1 - 4</p> <p>Pesto Chicken</p>
<p>25</p> <p>Surrey is Closed in Honor of Memorial Day</p>	<p>26</p> <p>Chair Yoga 10 - 10:45 (\$3) Knit Wits 10 - 11:45 Lunch 11:45 - 12:30 Bingo 12:30 - 3 (\$1) Line Dancing 1 - 2 (\$3) Table Tennis 2 - 4 Trivia Tuesdays 3-4</p> <p>Meatloaf</p>	<p>27</p> <p>National Senior Health & Fitness Day Ask a Nurse 9:30 - 11:30 Free Tai Chi Class 10 - 10:45 Lunch 11:45 - 12:30 Open Art Studio 12:30 - 3:30 (\$1) Weaving 1 - 2:30 (\$1) Poker 1 - 4 (\$1) Neighborhood Walk 1-1:30 Baked Ziti</p>	<p>28</p> <p>Open Art Studio 9 - 12 (\$1) Chair Zumba 10 - 10:45 (\$3) Lunch 11:45 - 12:30 Open Art Studio 12:30 - 3:30 (\$1) Duplicate Bridge 12:30 - 4 (\$1) Creative Creations w Gabi 1-2:30 Table Tennis 1 - 4</p> <p>Turkey & Muenster Cheese Sandwich</p>

FRIDAY

1

Silver Sneakers 10-10:45 (\$3)
Relax and Rewind 10:45-11:45
 Lunch 11:45 - 12:30
 Duplicate Bridge 12 - 4 (\$1)
Poetry Appreciation Kickoff
12:45 - 2
 Table Tennis 1 - 4

Chicken Thighs

8

Silver Sneakers 10 - 10:45 (\$3)
Relax and Rewind 10:45-11:45
 Duplicate Bridge 12- 4 (\$1)
 Table Tennis 1 - 4

Stuffed Chicken

15

Silver Sneakers 10 - 10:45 (\$3)
Relax and Rewind 10:45-11:45
 Duplicate Bridge 12- 4 (\$1)
 Table Tennis 1 - 4

Sliced Turkey & Stuffing

22

Silver Sneakers 10 - 10:45 (\$3)
Relaxation for Body and Mind
10:45-11:45
 Duplicate Bridge 12 - 4 (\$1)
 Table Tennis 1 - 4

Veggie Omelet

29

Silver Sneakers 10 - 10:45 (\$3)
Relax and Rewind 10:45-11:45
New Members' Lunch &
Birthday Party 11:45 - 12:30
 Duplicate Bridge 12- 4 (\$1)
 Table Tennis 1 - 4

Crab Cake & Mac & Cheese

NEW Relax and Rewind

Fridays, 10:45-11:45
 Sit down and relax before lunch with our Program Manager, Gabi. Rewind and take a minute to reconnect with friends around you.

Poetry Appreciation Kick-Off (Take Two)

Friday, May 1, 12:45 - 2
 Join us as celebrate National Poetry Month (a month later) with readings and an informal poetry writing workshop.

Movie Monday: *Secretariat*

Monday, May 4, 1- 3
 Join us as we sit down and get comfy for a free afternoon movie. This month we will be watching: *Secretariat*

NEW Trivia Tuesdays

Tuesdays, May 5, 12, 19, 26, 3 - 4
 Keep your mind sharp as a tack each Tuesday with trivia about the world and nature! Join us in the fun!

Brady Bunch Morning

Thursday, May 7, 10 - 11:45
 Throw back Thursday with The Brady Bunch. Join us as we reminisce, watch and enjoy a treat from back in the day—Chex Mix. Free.

Mother's Day Tea Party

Monday, May 11, 1:15 - 2
 Enjoy some sweet treats while we sample a variety of teas. Please bring your favorite tea cup.

Crazy Hat or Socks Day

Thursday, May 14
 Join us as we get CRAZY with our CRAZY HAT AND SOCKS DAY. Participate all day.

1:1 Tech Time

Monday, May 18, 1 - 2:30
 (by appointment)
 Have questions about your smart phone or device? This is not a class, but a chance to ask Gabi specific questions about your devices. See the receptionist to make an appointment.

NEW Relaxation for Mind & Body

Friday, May 22, 10:45 - 11:45
 The body and mind have remarkable healing capabilities. A state of deep relaxation creates the conditions which allow these natural powers to work best to maximize physical and emotional health. Three key components of deep relaxation are a focused mind, relaxed muscles, and calm breathing. Join us as we do a guided exercise that many people find helpful in achieving this state. This program is free.

National Senior Health & Fitness Day

Wednesday, May 27, all day
 National Senior Health & Fitness Day is a nationwide health and fitness event for older adults, always held the last Wednesday in May during Older Americans Month. The event's goals is to promote the importance of regular physical activity. Join us to learn more about the health promotion activities available at the center. You will have the chance to participate in a **free** Tai Chi class at 10am and join us for a 1pm walk through the neighborhood.

NEW Creative Creations with Gabi: Zentangle

Thursday, May 28, 1 - 2:30
 Join Gabi to create a form of meditative doodling that has patterns, or tangles, put together to form a "Zen-tangle."

New Members Lunch & Birthday Party

Friday, May 29, 11:45 - 12:30
 Join us at lunch for free cake as we celebrate those with May birthdays. Members with birthdays in May will be treated to a free lunch.

MEDIA — May 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Surrey Media Activities</p> <p>For additional information about any activity listed, or for the menu of the day, call <i>Connie Woodring</i>, Program Manager, at 610-566-0505.</p>			
<p>4</p> <p>Pinochle Club 9 - 11:30 SilverSneakers® 10 - 11 Healthy Living Nutrition Series 11:15-12 Lunch 12 - 12:45 Weaving 1:15 - 2:30 Relaxation for Mind & Body 1:15-1:45 Egg Salad Platter</p>	<p>5</p> <p>Pinterest Club 9:30-10:15 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 YogaStretch 1 - 1:45 Crochet Corner 1-2 Cinco de Mayo Mocktail Party 1:15 - 2 BBQ Cheddar</p>	<p>6</p> <p>Pinochle Club 9 - 11:30 Bingo 9:15 - 10:15 Ask the Nurse 10 - 11:30 SilverSneakers® 10:30 - 11:30 Lunch & a Movie 11:45 - 2 Orange Chicken</p>	<p>7</p> <p>Body Groove 9:45-10 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 Garden Club 1-2 Community Service Project 1:15-2 Pinochle Lessons & Play 1 - 4 Beef & Broccoli</p>
<p>11</p> <p>Pinochle Club 9 - 11:30 SilverSneakers® 10 - 11 Noodlesize! 11:15-11:45 Lunch 12 - 12:45 Weaving 1:15 - 2:30 Fact or Fiction 1:15-2 Tuna Salad Platter</p>	<p>12</p> <p>Breakfast Club (\$2) 9:30-10:15 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 SilverSneakers® YogaStretch 1 - 1:45 Crochet Corner 1-2 Manicotti</p>	<p>13</p> <p>Pinochle Club 9 - 11:30 Bingo 9:15 - 10:15 SilverSneakers® 10:30 - 11:30 Kitchen Table Stories 1-2 Salisbury Steak</p>	<p>14</p> <p>Body Groove 9:45-10 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 Garden Club 1-2 Pinochle Lessons & Play 1 - 2 Oven "Fried" Chicken</p>
<p>18</p> <p>Pinochle Club 9 - 11:30 SilverSneakers® 10 - 11 Drums Alive 11:15-11:45 Lunch 12 - 12:45 Eat Healthy, Be Active 1:15-2 Weaving 1:15 - 2:30 Thyme & Tarragon Baked Fish</p>	<p>19</p> <p>Pinterest Club 9:30-10:15 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 SilverSneakers® YogaStretch 1 - 1:45 Crochet Corner 1 - 2 Chicken Salad Sandwich & Soup</p>	<p>20</p> <p>Pinochle Club 9 - 11:30 Bingo 9:15 - 10:15 Ask the Nurse 10-11:30 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 Kahoot! Individual or Team Trivia 1:15 - 2 Beef Taco</p>	<p>21</p> <p>Body Groove 9:45-10 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 Garden Club 1-2 Pinochle Lessons & Play 1 - 4 Pesto Chicken</p>
<p>25</p> <p>Surrey is Closed in Honor of Memorial Day</p>	<p>26</p> <p>Pinterest Club 9:30-10:15 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 SilverSneakers® YogaStretch 1 - 1:45 Crochet Corner 1 - 2 Meatloaf</p>	<p>27</p> <p>Pinochle Club 9 - 11:30 Bingo 9:15 - 10:15 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 Book Club at HKF Library 1 - 2 APPRISE Medicare Counseling (by Appointment 1-3) Wheel of Fortune 1:15-2 Baked Ziti</p>	<p>29</p> <p>Body Groove 9:45-10 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 Garden Club 1-2 Pinochle Lessons & Play 1 - 4 Turkey & Muenster Sandwich</p>

FRIDAY

1

Pinochle Club 9 - 11:30
SilverSneakers® 9- 10
Sit 'N Knit 9:15 - 10:15
SilverSneakers® 10:30 - 11:30
First Friday Concert 12-12:30
Lunch 12 - 12:45
Inspired by... 1-2
Tai Chi 1 - 2

Chicken Thighs

8

Pinochle Club 9 - 11:30
SilverSneakers® 9- 10
Sit 'N Knit 9:15 - 10:15
SilverSneakers® 10:30 - 11:30
Lunch 12 - 12:45
Tai Chi 1 - 2
Mother's Day Tea Party 1:15 - 2

Stuffed Chicken

15

Pinochle Club 9 - 11:30
SilverSneakers® 9- 10
Sit 'N Knit 9:15 - 10:15
SilverSneakers® 10:30 - 11:30
Lunch 12 - 12:45
Tai Chi 1 - 2
Walking Club 1:15-1:45

Turkey & Stuffing

22

Pinochle Club 9 - 11:30
SilverSneakers® 9- 10
Sit 'N Knit 9:15 - 10:15
SilverSneakers® 10:30 - 11:30
Tai Chi 1-2
Memorial Day Deck Party 1:15-2

Veggie Omelet

30

Pinochle Club 9 - 11:30
SilverSneakers® 9- 10
Sit 'N Knit 9:15 - 10:15
SilverSneakers® 10:30 - 11:30
Lunch 12 - 12:45
Tai Chi 1 - 2

Crab Cake and Mac & Cheese

Inspired by . . .

Friday, May 1, 1 - 2

Each month we will pick a theme, artist, color or whatever inspires us and will create something. This is not a formal art program but for those who just want to explore their creativity.

NEW Healthy Living Nutrition Series

Monday, May 4, 11:15 - 12

Join Penn State Cooperative Extension for their Healthy Living Nutrition Series which will empower you to "Be the Best You Can." The first session will be on the Power of Grains. Free.

NEW Relaxation for Mind & Body

Monday, May 4, 1:15 - 1:45

The body and mind have remarkable healing capabilities. A state of deep relaxation creates the conditions which allow these natural powers to work best to maximize physical and emotional health. Three key components of deep relaxation are a focused mind, relaxed muscles, and calm breathing. Join us as we do a guided exercise that many people find helpful in achieving this state. Free.

Cinco de Mayo Mocktail Party

Tuesday, May 5, 1:15 - 2

Let's celebrate with some delicious festive mocktails, pico de gallo and chips!

NEW Garden Club

Thursdays, 1 - 2

Through a generous grant from the County Office of Services for the Aging, we have two raised garden beds. Join us as we plan, plant and maintain our Surrey Garden.

Community Service Project

Make Spring Treats for Home-Delivered Meal Recipients

Thursday, May 7, 1:15-2

Do you know that volunteers pack and

deliver meals to more than 45 older adults in our community every day? Join us as we make treats to include in their daily deliveries.

Mother's Day Tea Party

Friday, May 8, 1:15 - 2

Enjoy some sweet treats while we sample a variety of teas. Please bring your favorite tea cup.

Noodlesize!

Monday, May 11, 11:15 - 11:45

Noodlesize workouts use lightweight flexible, bendable noodles to combine stretching, range of motion, balance and cardio all into one.

Drums Alive

Monday, May 18, 11:15 - 11:45

This fitness class combines the benefits of a traditional class with the brain affected benefits of music and rhythm. Enjoy a mild cardio workout and improvement your motion with drumsticks. **Advanced registration is required as space is limited.**

Eat Healthy, Be Active

Monday May 18, 1:15 - 2

This six session class will be offered in monthly installments. Join us for the fifth class in the series on *Physical Activity is the Key to Living Well*.

NEW Kahoot! Individual or Team Trivia

Wednesday, May 20, 1:15 - 2

Join us as we play individual and/or team trivia through the computer based learning platform Kahoot! Instruction will be given before the games begin.

Memorial Day Deck Party

Friday, May 22, 1:15 - 2

Let's kick off the Memorial Day weekend with a party on the front deck. Enjoy some drinks, snacks and music.

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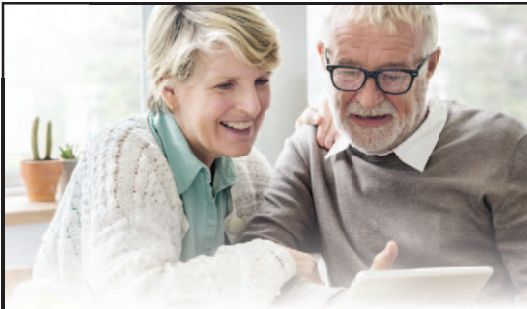
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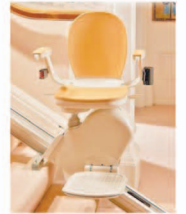
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Save the New Date

**THURSDAY
SEPTEMBER 10, 2020**



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