

# SURREY *News*

DEVON • BROOMALL • EAST GOSHEN • 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](http://SurreyServices.org)

## Surrey Supporting Our Community

Your health and wellbeing is Surrey's primary concern.

**Due to the current health issues facing our communities, we have suspended programs and activities in our centers. However, you can connect to your Surrey community from the safety of your home. Here are some suggestions.**

**Subscribe to Surrey program eblasts.** You'll receive emails with short videos, exercise classes, ideas for crafts and puzzles and games. Visit [info@surreyservices.org](mailto:info@surreyservices.org) to add your email to a subscription list. Note: Surrey never sells email lists to any outside party.

**Follow Surrey on social media.** Surrey is on FaceBook, Instagram, Twitter and LinkedIn. Look for @SurreyServices to find our site. Also, the Surrey Consignment Shop has its own FaceBook and Instagram pages for virtual shopping.

**Call your closest Surrey location to find out about the services available in that area.** If you need assistance, a friendly check-in phone call or have questions about resources, call your local Surrey.

**Devon 610-647-6404 • Broomall 215-307-7158 • East Goshen 610-389-1124  
Havertown 610-446-2070 • Media 610-566-0505**

### GRAB AND GO LUNCHES ARE AVAILABLE

from the Devon, Havertown and Media centers. To order a lunch, please send an email to [info@surreyservices.org](mailto:info@surreyservices.org) or call the center that you would like to drive to for the Grab and Go lunch.

*Staff will deliver your lunch to your car.*

**The Surrey Gala** will be postponed until Fall of 2020. We will let you know the exact date as soon as it is confirmed. We look forward to celebrating with you in the fall and holding the raffle drawing then as well. If you have any questions about the Gala, call Jill Whitcomb at 484-321-6101.

**We have included APRIL 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.**

**During this uncertain time, please be safe and remember that we are all here to care for and help each other in the Surrey tradition of Neighbor Helping Neighbor!**

# NEW & *Noteworthy*

## MEALS are More than FOOD

Each weekday, a small but dedicated group gather early in the morning at Surrey Devon, Havertown and Media. Working in partnership with Main Line Meals on Wheels, the Delaware County Office on Aging (COSA), Havertown Meals on Wheels and Media Area Meals on Wheels

**these volunteers  
and staff pack more  
than 300 meals daily.**

Additional volunteers then deliver the meals to homebound seniors in Delaware and Chester counties.

The nutritious food delivered is not the only benefit of home delivered meals. For many recipients, the volunteer delivering the meal will be the only contact with another person they have that day. Volunteers also have discovered meal recipients who need assistance, such as help getting their home's heat back on or medical treatment. The social well-being delivered is intangible.

**Last year Surrey delivered more than 57,000 home delivered meals and served more than 31,000 meals at our sites.**

The meal program always welcomes new volunteers. If you'd like to volunteer, contact Caryn Fallon at 484-321-6106 or cfallon@surreyservices.org.

## Donate to Surrey WITHOUT SPENDING A PENNY

**Did you know there are many alternative ways to donate to Surrey?**

For example, an individual recently donated 100,000 miles from a frequent flyer air mile account. These donated miles will be included with a donated condo in Vail and auctioned at The Roaring '20s Surrey Gala. The donors spent zero dollars from their own pockets and their kind gifts will benefit Surrey. Here are some other examples:

**AmazonSmile:** Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.

- Visit [smile.amazon.com](https://smile.amazon.com)
- Sign in with your Amazon.com credentials
- Choose a charitable organization to receive donations, or search for the charity of your choice
- Start shopping!

In order for eligible purchases to be counted you need to begin at AmazonSmile every time you shop so add a bookmark for [smile.amazon.com](https://smile.amazon.com) to make it even easier to return.

**American Express points:** If you are an American Express card holder, you can donate points that you have accrued through purchases on the card. For every point you donate, Surrey is paid one cent.

**Airline miles:** Some airlines allow you to donate your air miles to a charity of your choice.

**For more information about any type of donation, contact Jill at 484-321-6101.**



**Living to the Power of You**

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

RETIREMENT LIVING, SUPPORTIVE LIVING, AND MEMORY CARE 



## Join National CENSUS Day

April 1, 2020 is National Census Day. The Census is critical because it determines how federal public funding gets distributed to support programs for health care, food security, education, housing, transportation and more. A large percentage of federal funding supports Medicare (Part B) and Medicaid. Census data is also used to allocate the number of seats a state receives in the House of Representatives and the remapping of legislative districts.

Whether you live in your own home, a group or nursing home or with relatives you matter. The census counts everyone in your household as of April 1, 2020. Only the head of the household or a person living alone should complete the census form. Invitations to respond to the 2020 Census were delivered between March 12-20. Once you receive that invitation, you can respond online, by phone, or by mail.

**For questions about this year's census, visit [pa.gov/census](http://pa.gov/census) and [census.gov](http://census.gov) or contact Surrey Member Services.**

## Home Care Services News

### Get Financially Fit this *Spring*

April is National Financial Literacy Month. It's a great time to take stock and get your finances organized. For most people, financial health doesn't depend on how much they earn, but how much they spend. The first step to achieve financial health is follow where your money goes.

- **Identify and document fixed monthly expenses.** These expenses are those that do not vary from month to month. Examples include mortgage or rent, car payments and insurance.
- **Identify periodic expenses.** These expenses are those that are not paid on a regular monthly basis. They can often be the top budget breaker. Periodic expenses can be tax debts, holiday bills and vacations.
- **Document your spending.** Now that you have your fixed and periodic monthly expenses identified, it's time to add in the variable expenses. This can be time-consuming because to be successful, you must track everything you spend no matter how small an amount. Visit Surrey's website to print out a tracking sheet designed by Money Management International. Or download a free app, such as Mint, that can track expenses on your smart phone or tablet.

Once you have the complete picture of where your money goes each month, you can identify ways to reduce spending.

You may find that Personal Finance Management from Surrey would make your life easier and get you financially fit.

**Call Jacky Kennedy Sisson, Surrey's Personal Finance Manager, at 610-647-6404 to find out more.**



## 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](http://SurreyHomeCare.org)

## Cultural Programs at Surrey

### Dance, theater, music, art.

You can find arts and cultural appreciation programs at Surrey in all these categories. Research has proven that lifelong learning helps keep cognitive skills sharp as we age. Surrey offers a constantly updated array of programs that are interesting, informative and fun. This month try one. For more details see the calendar pages.

#### Introduction to International and Israeli Dance

Surrey Devon

Mondays, April 6, 13, 20, 27, 1:30 – 2:30

#### Art Quilt Elements 2020 14th International Juried Exhibition of Contemporary Fine Art Quilts

Wayne Art Center, Wayne  
Friday, April 17, 1 – 2

## APPRISE Counseling

### HAVE QUESTIONS ABOUT YOUR MEDICAL INSURANCE?

#### Chester County Residents:

##### SURREY — DEVON

Call 610-647-6404 for an appointment.  
Mondays, April 6, 13, 20, 27  
9 – 12:30

##### SURREY — EAST GOSHEN

Call 610-647-6404 for an appointment.  
Tuesday, April 21, 9 – 11

#### Delaware County Residents:

##### SURREY — DEVON

Call 610-647-6404 for an appointment.  
Thursday, April 9, 9 – 11

##### SURREY — BROOMALL

Call 215-307-7158 for an appointment.  
Tuesday, April 28, 10 – 2

##### SURREY — HAVERTOWN

Call 610-446-2070 for information.

##### SURREY — MEDIA

Call 610-566-0505 for an appointment.  
Wednesday, April 22, 1 – 3

## Surrey Players Spring Show

Two One Act Plays

### The Spoon River Anthology Book Club and Jane Thinks Mink

Monday, May 4, 2020 • 1:45 – 2:45 pm

Surrey Devon

Stay after the show to meet the cast  
and celebrate with refreshments.



## WORRY vs. STRESS vs. ANXIETY

Three out of four Americans reported feeling stressed in the last month, a 2017 study found. But in one of these moments, if asked which you were experiencing — worry, stress or anxiety — would you know the difference? Or how to cope?

**WHAT IS WORRY?** Worry is what happens when your mind dwells on negative thoughts or things that could go wrong. Worry is also likely to cause us to problem-solve or take action, both of which are positive things.

#### Three things to help your worries:

**Give yourself a worry “budget,”** an amount of time in which you allow yourself to worry about a problem. Start with 20 minutes, then redirect your thoughts.

**When you notice that you’re worried** about something, push yourself to come up with a next step.

**Write your worries down.** 8 to 10 minutes of writing can help calm obsessive thoughts.

**WHAT IS STRESS?** Stress is a physiological response connected to an external event, like a work deadline. Symptoms of stress include a rapid heart rate, clammy palms and shallow breath. Adrenaline and cortisol flood your body. Chronic stress can cause health issues.

#### Three things to help your stress:

**Get exercise.** This is a way for your body to recover from the increase of adrenaline and cortisol.

**Get clear on what you can and can’t control.** Focus your energy on what you can control and accept what you can’t.

**Don’t compare your stress with anyone else’s stress.** People respond differently to stressful situations.

**WHAT IS ANXIETY?** Anxiety has a cognitive element (worry) and a physiological response (stress).

#### Three things to help your anxiety:

**Limit your sugar, alcohol and caffeine intake.** Because anxiety is physiological, stimulants may have a significant impact.

**Check in with your toes.** Wiggle them. This kind of refocusing can calm you and break the anxiety loop.

**When you’re in the middle of an anxiety episode** try to distract yourself with your senses: Listen to music or take a walk.

By Emma Pattee. *The New York Times*. February 26, 2020.

# EAST GOSHEN — April 2020

TUESDAY	THURSDAY	FRIDAY
<p><b>America's National Parks \$1</b> Tuesdays 12:30 4/7 Saguaro 4/14 Grand Canyon</p>	<p>Rhythm, Strength &amp; Bal. \$3 9:45 - 10:30 Knit/Crochet 10 - 11:30 Lunch 11:30 - 12:15 <b>Diabetic Support Group 12:30 - 1:30</b> BINGO! 12:30-1:30 \$1</p> <p><b>Pasta w Clam Sauce</b></p>	<p>Rhythm/Balance 10 -10:45 \$3 Trivia 10:45 - 11:30 Lunch 11:30 - 12:15 Watercolors 12:30 - 1:30 \$2 <b>Arthritis Exercise 12:45 - 1:30 \$3</b></p> <p><b>Veal Patty</b></p>
<p>Balance &amp; Strength 10 - 10:45 \$3 Scattergories Game 10:45 - 11:30 Lunch 11:30 - 12:15 America's Parks 12:30 - 1:30 \$1</p> <p><b>Baked Fish Italiano</b></p>	<p>Rhythm, Strength &amp; Bal. \$3 9:45 - 10:30 Knit/Crochet 10 -11:30 Craft Club \$1 10:30 - 11:30 Lunch 11:30 - 12:15 <b>Movie 12:30 - 2:45 \$2</b> Improve Your Balance 1-1:45</p> <p><b>Salisbury Steak</b></p>	<p><b>Surrey is Closed</b></p>
<p>Balance &amp; Strength 10 - 10:45 \$3 <b>Manicures 10:30 - 11:30</b> Lunch 11:30 - 12:15 <b>America's Parks 12:30 - 1:30 \$1</b></p> <p><b>Baked Ziti</b></p>	<p>Rhythm, Strength &amp; Balance \$3 9:45- 10:30 <b>Alzheimer's Support Group 10:30 - 11:30</b> Lunch 11:30 - 12:15 Next Step to Live Again 12:30 - 2:30 <b>Medical Marijuana 12:30 - 1:30</b></p> <p><b>Grilled Chicken</b></p>	<p>Ask the Nurse 10-12 Rhythm/Balance 10 -10:45 \$3 Trivia 10:45 - 11:30 Lunch 11:30 - 12:15 Watercolors 12:30 - 1:30 \$2 <b>Arthritis Exercise 12:45 - 1:30 \$3</b> <b>Car Fit, 12 - 2</b></p> <p><b>Roasted Beef</b></p>
<p><b>APPRISE by appt.</b> Balance &amp; Strength 10 - 10:45 \$3 <b>Safety in Home 10:30 - 11:30</b> Lunch 11:30 - 12:15 <b>Science Club 12:30 - 1:30</b> <b>Recycling 12:30 - 1:30</b></p> <p><b>Ginger Beef</b></p>	<p>Rhythm, Strength &amp; Balance 9:45 - 10:30 \$3 Knit/Crochet 10 - 11:30 Lunch 11:30 - 12:15 <b>Movie 12:15 - 2:30 \$2</b></p> <p><b>Apricot Glazed Pork Tenderloin</b></p>	<p>Rhythm/Balance 10 - 10:45 \$3 <b>TECH TIME 10:30 - 11:30</b> Lunch 11:30 - 12:15 <b>Arthritis Exercise 12:45 - 1:30 \$3</b></p> <p><b>Mediterranean Chicken</b></p>
<p><b>Surrey East Goshen Closed for Election Day</b></p>	<p>Rhythm, Strength &amp; Balance 9:45 - 10:30 \$3 Knit/Crochet 10-11:30 Lunch 11:30 - 12:15 Book Club 12:30 -1:30 <b>For the Union 12:45 - 1:45</b></p> <p><b>Cod with Lemon</b></p>	<p><b>Book Club</b> <u>News of the World</u> by Paulette Jiles</p> <p><b>Movies \$2</b> April 9 <i>Little Women</i> PG April 23 <i>Knives Out</i> PG-13</p>

## NEW Diabetic Support Group

Thursday, April 2, 12:30 - 1:30  
Beginning this month the group will meet the first Thursday of every month.

## Arthritis Exercise \$3

Fridays, 12:45 - 1:30  
Try this NEW class to improve your overall strength, balance and endurance.

## Manicures

Tuesday, April 14, 10:30 - 11:30  
*by appointment*  
Students from the Cosmetology TCHS will pamper you.

## Medical Marijuana and CBD Oil

Thursday, April 16, 12:30 - 1:30  
Learn about medical marijuana and who may be a treatment candidate. Wanda Beilenson, a former pharmacist for a medical marijuana dispensary will answer your questions.

## Car Fit

Friday, April 17, 12 - 2  
CarFit is a free safety check to help you increase control and comfort as a driver. Discover easy ways to protect you behind the wheel. **Appointments are required.** Please contact Amanda Pezick at 610-344-4461.

## Safety in the Home and Community

Tuesday, April 21, 10:30 - 11:30  
Officer Ken Frascella shares steps you can take to be safe.

## Recycling Do's & Don'ts

Tuesday, April 21, 12:30 - 1:30  
East Goshen Township shares what items you should recycle and what happens if you recycle the wrong things.

## Science Club

Tuesday, April 21, 12:30 - 1:30  
Join in the discussion on "The Chemistry of Cooking".

## Tech Time - Intro. to Smartphones

Friday, April 24, 10:30 - 11:30  
Taylor reviews tips on how to use your smartphone: Android or iPhone.

## For The Union author led book discussion

Thursday, April 30, 12:45 - 1:45  
Malcolm Johnstone discusses his book For the Union. Learn how Quaker abolition, a hanging, a slave riot and a newspaper in West Chester set the stage to launch Lincoln's quest for the presidency.

# DEVON — April 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Donations of <b>Chess Sets</b> needed for a new Surrey chess club.</p> <p>Please drop off any gently used sets at the Devon front desk.</p>	<p><b>Exercise Class Prices</b></p> <p>\$3/Member</p> <p>\$5/Non-Member</p> <p>Free for Silver Sneakers and Silver &amp; Fit (remember to fill out a Fitness Center form to be enrolled at Surrey)</p>	<p><b>1</b></p> <p><i>Reiki by Appt.</i>            MLSN Course 9 - 10:30  <b>Life After Loss 10:30 - 11:30</b>            Balance &amp; Posture 11 - 11:45            Lunch 11:30 - 12:30            Chair Zumba 12:45-1:30            Chinese Medicine Yoga 1-2            French Conversation 1:30 - 3</p> <p><b>Chili Beef Stuffed Baked Potato</b></p>	<p><b>2</b></p> <p><i>CVIM (Dentist) by Appt.</i>            Better Back Yoga 10:30 - 11:30            Silver Sneakers 11 - 11:45            Lunch 11:30 - 12:30            Balance &amp; Posture 12:45 - 1:30            Mah Jongg 12:30 - 3            German Conversation 1:30 - 3</p> <p><b>Pasta with Clam Sauce</b></p>
<p><b>6</b></p> <p><i>APPRISE by Appt.</i>            Chorus &amp; Chimes 9 - 11:45            Crochet Club 10 - 11:30            Strength &amp; Stretch 10:45 - 11:30            Lunch 11:30 - 12:30            Silver Sneakers 12:30 - 1:15            Surrey Players Drama 12:45-2:45            Italian Club 12:45 - 2  <b>International Dance 1:30-2:30</b>            Bridge 1:30 - 4  <b>Veterans Program 4-5</b>            Yoga : Back, Balance, Brain 5:15-6:15</p> <p><b>Pasta Alfredo</b></p>	<p><b>7</b></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</p> <p><b>Baked Fish Italiano</b></p>	<p><b>8</b></p> <p><i>Reiki by Appt.</i>            MLSN Course 9 -10:30            Matter of Balance 9:30-11:30  <b>Life After Loss 10:30 - 11:30</b>            Poetry Club 10 - 11            Balance &amp; Posture 11 - 11:45            Lunch 11:30 - 12:30            Chair Zumba 12:45-1:30            Chinese Medicine Yoga 1-2            French Conversation 1:30 - 3</p> <p><b>Barbecued Chicken</b></p>	<p><b>9</b></p> <p><i>CVIM (Dentist) by Appt.</i>  <i>Delco APPRISE by Appt.</i>            Better Back Yoga 10:30 - 11:30            Silver Sneakers 11 - 11:45            Lunch 11:30 - 12:30            Balance &amp; Posture 12:45 - 1:30            Mah Jongg 12:30 - 3            German Conversation 1:30 - 3</p> <p><b>Salisbury Steak</b></p>
<p><b>13</b></p> <p><i>APPRISE by Appt.</i>            Chorus &amp; Chimes 9 - 11:45            Crochet Club 10 - 11:30            Strength &amp; Stretch 10:45 - 11:30            Lunch 11:30 - 12:30            Silver Sneakers 12:30 - 1:15            Surrey Players Drama 12:45-2:45            Italian Club 12:45 - 2  <b>International Dance 1:30-2:30</b>            Bridge 1:30 - 4            Yoga: Back, Balance, Brain 5:15-6:15</p> <p><b>Broccoli and Cheddar Quiche</b></p>	<p><b>14</b></p> <p><i>Free Hearing Tests by Appt.</i>  <b>History Speaker Series 10:30-11:30</b>            Arthritis Fnd Exercise 10:45-11:30            Knitting 11 - 12:30            Lunch 11:30 - 12:30  <b>Handmade Card Class \$2 12:30 - 1:30</b>            Opera and Classical Music 12:45 - 2            Watercolor 1 - 3            Caregiver Support Group 2 - 3</p> <p><b>Baked Ziti</b></p>	<p><b>15</b></p> <p><i>Reiki by Appt.</i>            MLSN Course 9 -10:30            Matter of Balance 9:30-11:30  <b>Life After Loss 10:30 - 11:30</b>            Balance &amp; Posture 11 - 11:45            Lunch 11:30 - 12:30            Chair Zumba 12:45 - 1:30            French Conversation 1:30 - 3  <b>April Showers Dinner 4 - 6</b></p> <p><b>Baked Cod with Caper Cream</b></p>	<p><b>16</b></p> <p><i>CVIM (Dentist) By Appt</i>            Better Back Yoga 10:30 - 11:30  <b>Moving On 10:30 - 11:30</b>            Silver Sneakers 11 - 11:45            Lunch 11:30 - 12:30            Balance &amp; Posture 12:45 - 1:30            Mah Jongg 12:30 - 3            German Conversation 1:30 - 3</p> <p><b>Grilled Chicken Breast</b></p>
<p><b>20</b></p> <p><i>APPRISE by Appt.</i>            Chorus &amp; Chimes 9 - 11:45            Crochet Club 10 - 11:30            Strength &amp; Stretch 10:45 - 11:30            Lunch 11:30 - 12:30            Silver Sneakers 12:30 - 1:15            Surrey Players Drama 12:45-2:45            Italian Club 12:45 - 2  <b>International Dance 1:30 - 2:30</b>            Bridge 1:30 - 4            Yoga: Back, Balance, Brain 5:15-6:15</p> <p><b>Breaded Flounder</b></p>	<p><b>21</b></p> <p>Bingo (\$2) 10:30-11:30            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><b>Ginger Beef</b></p>	<p><b>22</b></p> <p><i>Reiki by Appt.</i>            MLSN Course 9 -10:30            Matter of Balance 9:30 - 11:30  <b>3 Weeks to Balance 10:30 - 11:15</b>  <b>Life After Loss 10:30 - 11:30</b>            Balance &amp; Posture 11 - 11:45            Lunch 11:30 - 12:30            Chair Zumba 12:45 - 1:30            Chinese Medicine Yoga 1 - 2            French Conversation 1:30 - 3</p> <p><b>Pasta Marinara</b></p>	<p><b>23</b></p> <p><i>CVIM (Dentist) by Appt.</i>            Better Back Yoga 10:30 - 11:30  <b>Moving On 10:30 - 11:30</b>            Silver Sneakers 11 - 11:45            Lunch 11:30 - 12:30            Balance &amp; Posture 12:45 - 1:30            Mah Jongg 12:30 - 3            German Conversation 1:30 - 3</p> <p><b>Apricot Glazed Pork Tenderloin</b></p>
<p><b>27</b></p> <p><i>APPRISE by Appt.</i>            Chorus &amp; Chimes 9 - 11:45            Crochet Club 10 - 11:30            Strength &amp; Stretch 10:45 - 11:30            Lunch 11:30 - 12:30            Silver Sneakers 12:30 - 1:15            Surrey Players Drama 12:45-2:45            Italian Circolo 12:45 - 2:00  <b>International Dance 1:30-2:30</b>            Bridge 1:30 - 4            Yoga: Back, Balance, Brain 5:15-6:15</p> <p><b>Sausage and Lentil Stew</b></p>	<p><b>28</b></p> <p><b>Try a Hearing Device 10 - 1</b>            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><b>Barbeque Chicken</b></p>	<p><b>29</b></p> <p><i>Reiki by Appt.</i>            MLSN Course 9 -10:30            Matter of Balance 9:30-11:30  <b>3 Weeks to Balance 10:30 - 11:15</b>  <b>Life After Loss 10:30 - 11:30</b>            Balance &amp; Posture 11 - 11:45            Lunch 11:30 - 12:30            Chair Zumba 12:45 - 1:30  <b>Surrey Spring Concert 1 - 2</b>            Chinese Medicine Yoga 1-2            French Conversation 1:30 - 3</p> <p><b>Oven Fried Pork Chops</b></p>	<p><b>30</b></p> <p><i>CVIM (Dentist) by Appt.</i>            Better Back Yoga 10:30 - 11:30  <b>Moving On 10:30 - 11:30</b>            Silver Sneakers 11 - 11:45            Lunch 11:30 - 12:30            Balance &amp; Posture 12:45 - 1:30            Mah Jongg 12:30 - 3            German Conversation 1:30 - 3</p> <p><b>Lemon Cod</b></p>

# FRIDAY

3

*PM Reiki by Appt.*  
 Chair Yoga 10 - 10:45  
 Tai Chi for Brain Health 11 - 12  
 Lunch 11:30 - 12:30  
 Pinochle and Canasta 12:30-2  
 Puzzlemasters 12:30-2  
 Scrabble Club 12:30 - 2  
 Mindful Chair Qigong 1-2  
**Saturday Classes Below**

**Veal with Orange Sauce**

10

## Surrey is Closed

We will reopen on Saturday with regular Fitness Center hours and exercise classes.

**Saturday Classes Below**

17

*PM Reiki by Appt.*  
 Chair Yoga 10 - 10:45  
 Tai Chi for Brain Health 11 - 12  
 Birthday Lunch 11:30 - 12:30  
 Pinochle and Canasta 12:30-2  
 Puzzlemasters 12:30 - 2  
 Scrabble Club 12:30 - 2  
 Mindful Chair Qigong 1 - 2

**Saturday Classes Below**

**Roasted Beef Eye of Round**

24

*PM Reiki by Appt.*  
 Chair Yoga 10 - 10:45  
 Poetry Club 10 - 11  
**How to Spot Fake News 10:30-11:15**  
 Tai Chi for Brain Health 11 - 12  
 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 1-2

**Saturday Classes Below**

**Mediterranean Chicken**

**Saturday Classes:**  
**Barre Express 10 - 10:25**  
**Tai Chi 10:30 - 11:15**

### Reiki

For appointments contact  
 Liz Wanner  
 LizWanner11@comcast.net

## Veterans Program

Monday, April 6, 4 - 5  
 Jason Guenther from the Washington Crossing National Cemetery in Bucks County will explain eligibility to be interred in a National Cemetery.

## International and Israeli Dance Lessons

Monday, April 6, 13, 20, and 27, 1:30 - 2:30  
 Join well known dancer and instructor, Lee Friedman, for 4 weeks of dance lessons. No experience or partner needed. Have fun, get moving, and meet new friends.

## Monthly History Speaker Series

### “Stealing Wyeth”

Tuesday, April 14, 10:30 - 11:30  
 Award winning investigative journalist, historian, and author, Bruce Mowday, returns to present the fascinating true story of an art heist in Chadd’s Ford. Mowday’s 2019 book about the crime is Stealing Wyeth. (Sign up in lobby book)

## Lunch at the Speaker’s Table

**\$4 Members/\$6 Non-Members**  
 Tuesday, April 14, 11:30 - 12:30  
 Join Bruce Mowday for lunch in the cafe immediately following his talk. Purchase a lunch ticket at the front desk for a seat at the Speaker’s Table.

## Handmade Card Class \$2

Tuesday, April 14, 12:30 - 1:30  
 See a sample of this month’s creative project in the lobby book. Pre-register.

## April Showers Dinner

**\$7 Members/\$9 Non-Members**  
 Wednesday, April 15, 4 - 6  
 Enjoy a delicious dinner with dessert and a complimentary glass of wine. Pay in advance at the front desk.

## NEW 3 Weeks to Improved Balance

Wednesday, April 22, 29 and May 6 10:30 - 11:15  
 Taught by Kyoko Yamada, a licensed physical therapist, this free, three-session class begins with a Fall Risk Assessment, then combines gentle exercise with expert

guidance to help you reduce your risk of falling. **Pre-register.**

## Book Club

Friday, April 24, 12:45 - 2:15  
 “The Giver of Stars” by Jojo Moyes

## NEW How to Spot Fake News

Friday, April 24, 10:30 - 11:15  
 Don’t be fooled! Volunteers from TE Connectivity lead this highly recommended session. **Pre-register.**

## NEW Try a Hearing Device

Tuesday, April 28, 10 - 11  
 Find out what a hearing device can do for you by actually testing one. Audiologist Tony Napolitano and representatives from Signia Hearing Aids will fit you with a device that you can borrow while you eat lunch in the café. **Pre-register for this incredible opportunity.**

## Surrey Spring Concert

**“Another Op’nin’, Another Show”**  
 Wednesday, April 29, 1 - 2  
 St. John’s Lutheran Church, Phoenixville  
 Celebrate spring at Surrey’s first away concert of the 2020 season.

## 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 required.*

## Life After Loss

Wednesdays, 10:30 - 11:30  
 An ongoing, weekly group for those grieving a recent loss.

## NEW Moving on from Grief & Loss

Thursdays, 10:30-11:30 starting April 16  
 This 6-week long program led by Joanna Carmichael, RN is for people who have been struggling loss for a long time and feel ready to move on from it.

**Register for all programs except exercise either by calling 610-647-6404 or signing up in the lobby book.**

# BROOMALL — April 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>For more Information or to contact Olga please call 215-307-7158</b></p>	<p><b>All Surrey activities are held at Trinity Church, 144 Lawrence Road, Broomall, unless otherwise noted.</b></p>	<p><b>Census Celebration Day!</b> Reiki (by appointment only) 10:15 - 12 Coffee/Tea Time 10:30 - 12 Metros Art Grp (\$1) 10:30 - 2 Pinochle/Cards 11 - 2</p>	<p>Coffee 'n Creativity 10:30 - 12 <b>Chair Zumba \$3 11:15 - 12</b> <b>Pot Luck Luncheon &amp; April Birthday Bingo! 12 - 2</b> <b>Book Club 1-2</b> Group Crossword Puzzle 1:15-2</p> <p><b>Pot Luck Luncheon</b></p>
<p><b>Relaxation for Mind &amp; Body 11:15 - 12</b> Lunch \$4, 12:15 - 1 (Reservations Required) YogaStretch (\$3) 1 - 1:45</p> <p><b>Stuffed Shells</b></p>	<p>Cardio Strength and Balance 10 - 10:45 Canasta (\$1) 11 - 2 Lunch \$2, 12:15 - 1</p> <p><b>French Toast Sticks</b></p>	<p>Reiki (by appointment only) 10:15 - 12 Coffee/Tea Time 10:30 - 12 Metros Art Grp (\$1) 10:30 - 2 Pinochle/Cards 11 - 2</p>	<p><b>Chair Zumba (\$3) 11:15-12</b> <b>Lunch by Chef \$4 (Reservations Required) 12:15 - 1:15</b> <b>Treat Your Shelf Book Swap &amp; Tea Tasting 1:15 - 2</b></p> <p><b>Salisbury Steak</b></p>
<p><b>Eat Smart, Live Strong 11:15 - 11:45</b> Lunch \$4, 12:15 - 1 (Reservations Required) YogaStretch (\$3) 1 - 1:45 <b>Mini-Massages (\$5 by appointment only) 2 - 3</b></p> <p><b>Chicken Pot Pie</b></p>	<p>Cardio Strength and Balance 10 - 10:45 Canasta (\$1) 11 - 2 Lunch \$2, 12:15 - 1</p> <p><b>Soup &amp; Salad</b></p>	<p>Reiki (by appointment only) 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) <b>American Bandstand 1- 2</b> <b>Croissant Sandwiches</b></p>	<p>Coffee 'n Creativity 10:30 - 12 <b>Chair Zumba (\$3) 11:15-12</b> <b>Lunch by Chef \$4 (Reservations Required) 12:15 - 1:15</b> <b>Tips for Maintaining Good Vision 1:15 - 2</b></p> <p><b>Grilled Chicken</b></p>
<p><b>Member Get Together 12 - 2</b> <b>No YogaStretch Today</b></p>	<p>Cardio Strength and Balance 10 - 10:45 Canasta (\$1) 11 - 2 Lunch \$2, 12:15 - 1</p> <p><b>Hot Dog</b></p>	<p>Reiki (by appointment only) 10:15 - 12 Coffee/Tea Time 10:30 - 12 Metros Art Grp (\$1) 10:30 - 2 Pinochle/Cards 11 - 2 <b>Volunteer Appreciation</b> <b>Ice Cream Social 1:15 - 2</b></p>	<p>Coffee 'n Creativity 10:30 - 12 <b>Chair Zumba (\$3) 11:15-12</b> <b>Lunch \$4 (Reservations Required) 12:15 - 1:15</b> <b>Project M.E.D.S. 1:15 - 1:45</b></p> <p><b>Vegetable Lasagna</b></p>
<p>Lunch \$4, 12:15 - 1 (Reservations Required) YogaStretch (\$3) 1 - 1:45</p> <p><b>Honey Spiral Ham</b></p>	<p>Cardio Strength and Balance 10 - 10:45 <b>APPRISE counseling, by appointment only 10 - 2</b> Canasta (\$1) 11 - 2 Lunch \$2, 12:15 - 1</p> <p><b>Quiche</b></p>	<p>Reiki (by appointment only) 10:15 - 12 Coffee/Tea Time 10:30 - 12 Metros Art Grp (\$1) 10:30 - 2 Pinochle/Cards 11 - 2</p>	<p>Coffee 'n Creativity 10:30 - 12 <b>Chair Zumba (\$3) 11:15-12</b> <b>Lunch \$4 (Reservations Required) 12:15 - 1:15</b> Wheel of Fortune 1:15-2</p> <p><b>Chili Stuffed Baked Potatoes</b></p>



## FRIDAY

3

**First Friday Flick at the Marple Public Library**

10

**Surrey is Closed**

17

**Art Quilt Elements 2020 at Wayne Art Center  
413 Maplewood Ave., Wayne  
1 - 2**

24

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

### **Pot Luck Dinner**

Join your fellow Surrey Volunteers at a Pot Luck Dinner on Wednesday, April 29, 4:30 - 6 at our Havertown Center. Bring an entrée or side. Surrey will provide dessert. Sign up with Kathy to secure your spot and to inquire about carpooling.

### **Census Celebration Day!**

Wednesday, April 1  
Every 10 years, the US Constitution requires a count (or "census") of all people. Join us for a day long celebration of Census Day. Learn why an accurate count is crucial to Delaware County. It's important. It's easy.

### **NEW Chair Zumba! \$3**

Thursdays, 11:15 - 12  
Chair 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 & April Birthday Bingo**

Thursday, April 2, 12 - 2  
Join us for a delicious Pot Luck Luncheon followed by April Birthday Bingo. Either bring a store bought or homemade entrée or side or a \$4 contribution. Surrey will provide the birthday cake. Please register with Olga and tell her what you will be bringing.

### **NEW Relaxation for Mind & Body**

Monday, April 6, 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 guided exercise that many people find helpful in achieving this state. Free.

### **NEW Treat Your Shelf Book Swap and Tea Tasting**

Thursday, April 9, 1:15 - 2  
Bring in books that you have already read and swap them with other participants. We will have an informal discussion about what everyone is reading while sipping a variety of teas.

### **Eat Smart, Live Strong**

Monday, April 13, 11:15 - 11:45  
This free, 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.

### **American Bandstand Surrey Style!**

Wednesday, April 15, 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.

### **Tips for Maintaining Good Vision**

Thursday, April 16, 1:15 - 2  
Join us for this informative presentation on Maintaining Good Vision from Main Line Health Community Health.

### **Art Quilt Elements Exhibit at Wayne Art Center**

**413 Maplewood Ave., Wayne**  
Friday, April 17, 1 - 2  
*Art Quilt Elements 2020* is the 14th exhibition of this internationally acclaimed show, unique for its professional presentation of contemporary fine art quilts. We will meet in the lobby of the Art Center at 1 pm. Please register with Olga.

### **Volunteer Appreciation Ice Cream Social**

Wednesday, April 22, 1:15 - 2  
Join us as we say "thank you". **Please bring a friend who might be interested in joining our volunteer team.**

### **Project M.E.D.S. Presentation**

Thursday, April 23, 1:15 - 1:45  
Medication Education Designed for Seniors is an educational program that will provide tips for keeping your medications organized, safe and properly disposed.

# HAVERTOWN — April 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>Lunch Policy</b></p> <ul style="list-style-type: none"> <li>Lunch is served Monday - Friday, 11:45 - 12:30.</li> <li>Reserve your lunch by calling the Center after 9 am.</li> <li>\$2.50 contribution is requested.</li> <li>Pick up your lunch ticket at the Registration Desk.</li> </ul>	<p><b>Havertown Activities</b></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 <b>610-446-2070</b></p>	<p><b>Census Celebration Day!</b></p> <p>Tai Chi 10 - 10:45 (\$3) Lunch 11:45 - 12:30 <b>Rummikub 12:30 - 2</b> Open Art Studio 12:30 - 3:30 (\$1) Weaving 1 - 2:30 (\$1) Advanced Italian 1 - 3:30 Poker 1 - 4 (\$1)</p> <p><b>Crab Cake &amp; Mac &amp; Cheese</b></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><b>Chicken Thighs</b></p>
<p>BP Screening 9:45 - 11:15 Silver Sneakers 10 - 10:45 (\$3) <b>Muffins w Mary Jo! 10 - 10:45</b> Weaving 10 - 11:30 Walking Club 11 - 11:45 Brain Fitness 11 - 11:45 Lunch 11:45 - 12:30 <b>St. Denis Senior Group 1 - 3</b></p> <p><b>BBQ Cheddar Burger</b></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</p> <p><b>Glazed Ham</b></p>	<p>Ask a Nurse 9:30 - 11:30 Tai Chi 10 - 10:45 (\$3) <b>Project M.E.D.S. 11-12</b> Lunch 11:45 - 12:30 <b>Rummikub 12:30-2</b> Open Art Studio 12:30 - 3:30 (\$1) Weaving 1 - 2:30 (\$1) Advanced Italian 1 - 3:30 Poker 1 - 4 (\$1)</p> <p><b>Beef &amp; Broccoli</b></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><b>Orange Chicken</b></p>
<p>Silver Sneakers 10 - 10:45 (\$3) <b>Muffins w Mary Jo! 10 - 10:45</b> Weaving 10 - 11:30 (\$1) Walking Club 11 - 11:45 Brain Fitness 11 - 11:45 Lunch 11:45 - 12:30 <b>Craft of the Month 12:45 - 3</b> <b>Book Discussion Group 12:45 - 2</b> <b>1:1 Tech Time 1 - 2:30</b> <b>Reduce Arthritis Pain 1 - 2</b> <b>Manicotti w/ Meatballs</b></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</p> <p><b>Salisbury Steak</b></p>	<p>Tai Chi 10 - 10:45 (\$3) Lunch 11:45 - 12:30 <b>Rummikub 12:30 - 2</b> Open Art Studio 12:30 - 3:30 (\$1) Weaving 1 - 2:30 (\$1) Advanced Italian 1 - 3:30 Poker 1 - 4 (\$1)</p> <p><b>Oven Fried Chicken</b></p>	<p><b>Crazy Hat Day (ALL DAY)</b> 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><b>Turkey w/ Gravy &amp; Stuffing</b></p>
<p>BP Screening 9:45 - 11:15 <b>Muffins w Mary Jo! 10 - 10:45</b> 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 <b>St. Denis Senior Group 1 - 3</b></p> <p><b>Chicken Salad Sandwich</b></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</p> <p><b>Beef Taco</b></p>	<p>Ask a Nurse 9:30 - 11:30 Tai Chi 10 - 10:45 (\$3) Lunch 11:45 - 12:30 <b>Rummikub 12:30-2</b> Open Art Studio 12:30 - 3:30 (\$1) Weaving 1 - 2:30 (\$1) Advanced Italian 1 - 3:30 Poker 1 - 4 (\$1)</p> <p><b>Pesto Chicken</b></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><b>Veggie Deluxe Omelet</b></p>
<p>Silver Sneakers 10 - 10:45 (\$3) <b>Muffins w Mary Jo! 10-10:45</b> Weaving 10 - 11:30 (\$1) Walking Club 11 - 11:45 Brain Fitness 11 - 11:45 Lunch 11:45 - 12:30 <b>Monday Movie 1 - 3</b> <b>New! 1:1 Tech Time 1-2:30</b></p> <p><b>Meatloaf</b></p>	<p><b>Surrey Havertown is Closed for Election Day</b></p>	<p>Ask a Nurse 9:30 - 11:30 Tai Chi 10 - 10:45 (\$3) Lunch 11:45 - 12:30 <b>Rummikub 12:30-2</b> Open Art Studio 12:30 - 3:30 (\$1) Weaving 1 - 2:30 (\$1) Advanced Italian 1 - 3:30 Poker 1 - 4 (\$1) <b>Surrey Volunteer Pot Luck 4:30</b> <b>Turkey &amp; Muenster Cheese</b></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) <b>Creative Creations w Gabi 1-2</b> Table Tennis 1 - 4</p> <p><b>Crab Cake &amp; Mac &amp; Cheese</b></p>

## FRIDAY

3

Silver Sneakers 10 - 10:45 (\$3)  
Lunch 11:45 - 12:30  
Duplicate Bridge 12 - 4 (\$1)  
**Poetry Month Kickoff 12:45 - 1:15**  
Table Tennis 1 - 4

**Egg Salad Platter**

10

**Surrey is Closed**

17

Silver Sneakers 10 - 10:45 (\$3)  
**Lecture & Lunch: Nutrition  
10:45-11:45**  
**Volunteer Appreciation  
Ice Cream Social 12:30-1:15**  
Duplicate Bridge 12- 4 (\$1)  
Table Tennis 1 - 4

**Thyme & Tarragon Baked Fish**

24

**Casino Trip to Atlantic City 9-6:30**  
Silver Sneakers 10 - 10:45 (\$3)  
**New Members' Lunch &  
Birthday Party 11:45 - 12:30**  
Duplicate Bridge 12 - 4 (\$1)  
Table Tennis 1 - 4

**Chicken Chop Suey**

### Census Celebration Day!

Wednesday, April 1

Every 10 years, the US Constitution requires a count (or "census") of all people. Join us for a day long celebration of Census Day. Learn why an accurate count is crucial to Delaware County. It's important. It's easy.

### NEW Poetry Month Kick-Off

Friday, April 3, 12:45 - 1:15

Join us as we kick off National Poetry Month with readings and an informal poetry writing workshop.

### Muffins with Mary Jo!

Mondays, April 6, 13, 20 & 27, 10 - 10:45  
Join our peer counselor Mary Jo as we eat treats and have discussion about how we feel.

### Project M.E.D.S.

Wednesday, April 8, 11 - 12

Medication Education Designed for Seniors is an educational program that will provide tips for keeping medications organized, safe and properly disposed of. Join us to get educated! Free!

### Reduce Arthritis Pain

Monday, April 13, 1 - 2

Have questions about how to reduce your pain? Licensed Physical Therapist Tonia will be here to answer your questions and give you tips to stay active.

### 1:1 Tech Time

Mondays April 13 and 27, 1 - 2:30  
(by appointment)

Have questions about your smart phone or device? This is not a class, but a chance to ask specific questions to our Program Manager, Gabi, about how to operate your devices. See the receptionist to make an appointment.

### Book Discussion Group

Monday, April 13, 12:45 - 2

Join the Book Discussion Group as they dive into a new book each month here at

Surrey Havertown. Contact the front desk to reserve a book.

### Craft of the Month

Monday, April 13, 12:45 - 3

Join Sandy and Terri as we learn a new and exciting surprise craft that you can give to family or friends. **Please RSVP to ensure we have enough materials.**

### Crazy Hat Day

Thursday, April 16

Join us as we get CRAZY with our CRAZY HAT DAY! Participate all day.

### Volunteer Appreciation Ice Cream Social

Friday, April 17, 12:30 - 1:15

Join us as we say "thank you". **Please bring a friend who might be interested in joining our volunteer team!**

### Lecture & Lunch: MLH Nutrition

Friday, April 17, 10:45 - 11:45

Need some tips on how to maintain a balanced diet? Main Line Health will be here to educate you on healthy eating.

### New Members Lunch & Birthday Party

Friday, April 24, 11:45 - 12:30

Join us at lunch for free cake as we celebrate those with April birthdays. Members with birthdays in April will be treated to a free lunch.

### Trip to Atlantic City Resorts

Friday, April 24, 9 - 6:30

You must pre-register and pre-pay at the Center. No refunds. Call the receptionist at 610-446-2070 for pricing and details.

### Surrey Volunteer Pot Luck

Wednesday, April 29, 4:30 - 6

Join your fellow Surrey volunteers for a delicious meal. Bring an entrée or side and Surrey will provide dessert. Sign up with Gabi.

### NEW Creative Creations with Gabi:

#### Zentangle

Thursday, April 30, 1 - 2

Join Gabi to create a form of meditative doodling that has patterns, or tangles, put together to form a "Zen-tangle."

# MEDIA — April 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>Surrey Media Activities</b></p> <p>For additional information about any activity listed, or for the menu of the day, call <i>Connie Woodring</i>, Program Manager, at <b>610-566-0505</b>.</p>		<p>1</p> <p><b>Census Celebration Day!</b>            Pinochle Club 9 - 11:30            Bingo 9:15 - 10:15            SilverSneakers® 10:30 - 11:30            Lunch 12 - 12:45  <b>Lunch &amp; A Movie: Knives Out 11:30 - 2</b></p> <p><b>Crab Cake and Mac &amp; Cheese</b></p>	<p>2</p> <p><b>Body Groove 9:45 - 10</b>            SilverSneakers® 10:30 - 11:30            Lunch 12 - 12:45  <b>Garden Club 1 - 2</b>            Pinochle Lessons &amp; Play 1 - 4</p> <p><b>Chicken Thighs</b></p>
<p>6</p> <p>Pinochle Club 9 - 11:30            SilverSneakers® 10 - 11  <b>Healthy Living Nutrition Series 11:15 - 12</b>            Lunch 12 - 12:45            Weaving 1:15 - 2:30  <b>Community Service Project 1 - 2</b></p> <p><b>BBQ Cheddar Burger</b></p>	<p>7</p> <p>Pinterest Club 9:30-10:15            SilverSneakers® 10:30 - 11:30            Lunch 12 - 12:45  <b>Intergenerational Partnership with PSU Brandywine 12:30-1:15</b>            YogaStretch 1 - 1:45            Crochet Corner 1-2</p> <p><b>Glazed Ham</b></p>	<p>8</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            Kitchen Table Stories 1 - 2</p> <p><b>Beef &amp; Broccoli</b></p>	<p>9</p> <p><b>Body Groove 9:45 - 10</b>            SilverSneakers® 10:30 - 11:30            Lunch 12 - 12:45  <b>Crafts Club— Silk Tie Easter Egg Dyeing 1 - 2</b>  <b>Garden Club 1 - 2</b>            Pinochle Lessons &amp; Play 1 - 4</p> <p><b>Orange Chicken</b></p>
<p>13</p> <p>Pinochle Club 9 - 11:30  <b>Project M.E.D.S. Presentation 11 - 11:45</b>            SilverSneakers® 10 - 11            Lunch 12 - 12:45            Weaving 1:15 - 2:30            Fact or Fiction 1:15 - 2</p> <p><b>Manicotti</b></p>	<p>14</p> <p><b>Breakfast Club (\$2) 9:30 - 10:15</b>            SilverSneakers® 10:30 - 11:30            Lunch 12 - 12:45            SilverSneakers® YogaStretch 1 - 1:45            Crochet Corner 1 - 2</p> <p><b>Salisbury Steak</b></p>	<p>15</p> <p>Pinochle Club 9 - 11:30            Bingo 9:15 - 10:15            SilverSneakers® 10:30 - 11:30            Make Your Point Trivia! 1:15 - 2</p> <p><b>Oven "Fried" Chicken</b></p>	<p>16</p> <p><b>Body Groove 9:45 - 10</b>            SilverSneakers® 10:30 - 11:30            Lunch 12 - 12:45  <b>Garden Club 1 - 2</b>            Pinochle Lessons &amp; Play 1 - 2</p> <p><b>Turkey &amp; Stuffing</b></p>
<p>20</p> <p>Pinochle Club 9 - 11:30            SilverSneakers® 10 - 11            Lunch 12 - 12:45  <b>Volunteer Appreciation Ice Cream Social 1:15 - 2</b></p> <p><b>Chicken Salad Sandwich &amp; Soup</b></p>	<p>21</p> <p><b>Pinterest Club 9:30 - 10:15</b>            SilverSneakers® 10:30 - 11:30            Lunch 12 - 12:45            SilverSneakers® YogaStretch 1 - 1:45            Crochet Corner 1 - 2</p> <p><b>Beef Taco</b></p>	<p>22</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  <b>Book Club at HKF Library 1 - 2</b>  <b>APPRISE Medicare Counseling by appointment 1 - 3</b>            Wheel of Fortune 1:15 - 2</p> <p><b>Pesto Chicken</b></p>	<p>23</p> <p><b>Body Groove 9:45-10</b>            SilverSneakers® 10:30 - 11:30            Lunch 12 - 12:45  <b>Garden Club 1 - 2</b>            Pinochle Lessons &amp; Play 1 - 4  <b>Surrey Supper Club in Media 5 - 7</b></p> <p><b>Veggie Omelet</b></p>
<p>27</p> <p>Pinochle Club 9 - 11:30            SilverSneakers® 10 - 11  <b>Drums Alive 11:15 - 11:45</b>            Lunch 12 - 12:45  <b>Reiki Sessions 1 - 3</b>  <b>Eat Healthy, Be Active 1:15 - 2</b>  <b>No Weaving Today</b></p> <p><b>Meatloaf</b></p>	<p>28</p> <p><b>Pinterest Club 9:30 - 10:15</b>            SilverSneakers® 10:30 - 11:30            Lunch 12 - 12:45            SilverSneakers® YogaStretch 1 - 1:45            Crochet Corner 1 - 2</p> <p><b>Baked Ziti</b></p>	<p>29</p> <p>Pinochle Club 9 - 11:30            Bingo 9:15 - 10:15            SilverSneakers® 10:30 - 11:30            Lunch 12 - 12:45            Bunco Party 1 - 2  <b>Volunteer Pot Luck at Surrey Havertown 4:30 - 6</b></p> <p><b>Turkey &amp; Muenster Sandwich</b></p>	<p>30</p> <p><b>Body Groove 9:45-10</b>            SilverSneakers® 10:30 - 11:30            Lunch 12 - 12:45  <b>Garden Club 1 - 2</b>            Pinochle Lessons &amp; Play 1 - 4</p> <p><b>Crab Cake and Mac &amp; Cheese</b></p>

## FRIDAY

3

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

**Egg Salad Platter**

10

**Surrey is Closed**

17

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  
**Art Quilt Exhibit at Wayne Art Center 1 - 2**

**Thyme & Tarragon Baked Fish**

24

Pinochle Club 9 - 11:30  
 SilverSneakers® 9- 10  
 Sit 'N Knit 9:15 - 10:15  
 SilverSneakers® 10:30 - 11:30  
 Tai Chi 1-2  
**Springton Lake Middle School Jazz Festival 6:15 - 8**

**Chicken Chopped Suey**

### Pot Luck Dinner

Join your fellow Surrey Volunteers on Wednesday, April 29, 4:30 - 6 at Surrey Havertown. Bring an entrée or side. Surrey will provide dessert. Sign up with Kathy to secure your spot and to inquire about carpooling opportunities.

### Census Celebration Day!

Wednesday, April 1

Every 10 years, the US Constitution requires a count (or "census") of all people. Join us for a day long celebration of Census Day. Learn why an accurate count is crucial to Delaware County. It's important. It's easy.

### 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.

### Inspired by . . .

Friday, April 3, 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, April 6, 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.

### Community Service Project

#### Make Spring Themed Treats for Home-Delivered Meal Recipients

Monday, April 6, 1 - 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.

### Project M.E.D.S. Presentation

Monday, April 13, 11 - 11:45

Medication Education Designed for Seniors is an educational program that will provide tips for keeping medications organized, safe and properly disposed of. Join us to get educated.

### NEW Art Quilt Elements Exhibit at Wayne Art Center

413 Maplewood Ave., Wayne

Friday, April 17, 1 - 2

*Art Quilt Elements 2020* is the 14th exhibition of this internationally acclaimed show, unique for its professional presentation of contemporary fine art quilts. We will meet in the lobby of the Art Center at 1.

### Volunteer Appreciation Ice Cream Social

Monday, April 20, 1:15 - 2

Join us as we say "thank you". **Please bring a friend who might be interested in joining our volunteer team!**

### NEW Springton Lake Middle

#### School Jazz Festival

Friday, April 24, 6:15 - 8

Let's take advantage of the talent of our local students by enjoying the Springton Lake Jazz Festival. Limited carpooling may be available, see Kathy to inquire about space. Let's meet in the lobby auditorium at 6:15. Admission is free.

### Drums Alive

Monday, April 27, 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 improve your motion with drumsticks. **Advanced registration is required as space is limited.**

### Eat Healthy, Be Active

Monday April 27, 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*.

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### EAST GOSHEN (at United Church of Christ)

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### HAVERTOWN (at Annunciation BVM Parish)

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