

Surrey Virtual Programming — October 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<h2 style="color: #FFD700; font-family: serif;">HAPPY HALLOWEEN</h2> <p>Join us FRIDAY, OCTOBER 30 for Virtual Costumes & Pumpkin Decorating</p> <p>Celebrating all day. Be sure to send your photos in early for judging!</p>			<p>Telephone Bingo, 10 am 1</p> <p>Better Back Yoga with Liz Wanner, 11 am (Zoom)</p> <p>YogaStretch with Connie, 1 pm (Zoom)</p>
<p>Morning Stretch with Connie, 10 am (Zoom)</p> <p>EnerChi with Connie, 1 pm (Zoom)</p> <p>Telephone Trivia, 3 pm</p> <p style="text-align: right;">5</p>	<p>Crafting/Knitting/Crocheting, 10:30 am (Zoom)</p> <p>Caregiver Support Group 2 pm (Zoom)</p> <p>Group Crossword Puzzle, 3 pm (Zoom)</p> <p style="text-align: right;">6</p>	<p>Morning Stretch with Connie, 10 am (Zoom)</p> <p>Pinochle, 10:30 am (On-line website)</p> <p>Memoir Writing Class, 1 pm (Zoom)</p> <p>Chair Yoga w Liz, 2 pm (Zoom)</p> <p>Surrey Next Act, 3 pm (Zoom)</p> <p style="text-align: right;">7</p>	<p>Telephone Bingo, 10 am 8</p> <p>Better Back Yoga with Liz Wanner, 11 am (Zoom)</p> <p>YogaStretch with Connie, 1 pm (Zoom)</p>
<p>FLU SHOTS at Havertown, 9 am, call to RSVP 12</p> <p>Morning Stretch with Connie, 10 am (Zoom)</p> <p>Phone-it-in Book Club, 11 am</p> <p>EnerChi with Connie, 1 pm (Zoom)</p>	<p>FLU SHOTS at Media, 9:30 am, call to RSVP 13</p> <p>Crafting/Knitting/Crocheting, 10:30 am (Zoom)</p> <p>Group Crossword Puzzle, 3 pm (Zoom)</p>	<p>Morning Stretch with Connie, 10 am (Zoom)</p> <p>Pinochle, 10:30 am (On-line website)</p> <p>Memoir Writing Class, 1 pm (Zoom)</p> <p>Chair Yoga w Liz, 2 pm (Zoom)</p> <p>Surrey Next Act, 3 pm (Zoom)</p> <p style="text-align: right;">14</p>	<p>Telephone Bingo, 10 am 15</p> <p>Book Club, 10:30 am (Zoom)</p> <p>Better Back Yoga with Liz Wanner, 11 am (Zoom)</p> <p>YogaStretch with Connie, 1 pm (Zoom)</p>
<p>Morning Stretch with Connie, 10 am (Zoom)</p> <p>EnerChi with Connie, 1 pm (Zoom)</p> <p>Telephone Trivia, 3 pm</p> <p style="text-align: right;">19</p>	<p>Crafting/Knitting/Crocheting, 10:30 am (Zoom)</p> <p>Dealing with Social Isolation, 11 am (phone)</p> <p>Caregiver Support Group 2 pm (Zoom)</p> <p>Group Crossword Puzzle, 3 pm (Zoom)</p> <p style="text-align: right;">20</p>	<p>Morning Stretch with Connie, 10 am (Zoom)</p> <p>Pinochle, 10:30 am (On-line website)</p> <p>Memoir Writing Class, 1 pm (Zoom)</p> <p>Chair Yoga w Liz, 2 pm (Zoom)</p> <p>Surrey Next Act, 3 pm (Zoom)</p> <p style="text-align: right;">21</p>	<p>Telephone Bingo, 10 am 22</p> <p>Better Back Yoga with Liz Wanner, 11 am (Zoom)</p> <p>YogaStretch with Connie, 1 pm (Zoom)</p>
<p>Morning Stretch with Connie, 10 am (Zoom)</p> <p>Relaxation and Body Scan, 11 am (Zoom)</p> <p>EnerChi with Connie, 1 pm (Zoom)</p> <p style="text-align: right;">26</p>	<p>Crafting/Knitting/Crocheting, 10:30 am (Zoom)</p> <p>Group Crossword Puzzle, 3 pm (Zoom)</p> <p style="text-align: right;">27</p>	<p>Morning Stretch with Connie, 10 am (Zoom)</p> <p>Pinochle, 10:30 am (On-line website)</p> <p>Grab & Go Crafts Pick-Up</p> <p>FLU SHOTS at Devon, 2 pm</p> <p>Chair Yoga w Liz, 2 pm (Zoom)</p> <p>Surrey Next Act, 3 pm (Zoom)</p> <p style="text-align: right;">28</p>	<p>Telephone Bingo, 10 am 29</p> <p>Better Back Yoga with Liz Wanner, 11 am (Zoom)</p> <p>Grab & Go Arts and Crafts, 11 am (Zoom)</p> <p>YogaStretch with Connie, 1 pm (Zoom)</p>

FRIDAY

2

Morning Stretch with Connie, 10 am **(Zoom)**
Life After Loss, 10:30 am **(Zoom)**
Let's Do Telephone Lunch, 12 noon
Qigong with Liz Wanner, 1:30 – 2 pm **(Zoom)**

9

Morning Stretch with Connie, 10 am **(Zoom)**
Life After Loss, 10:30 am **(Zoom)**
Telephone Relaxation and Body Scan, 11 am
Let's Do Telephone Lunch, 12 noon
Qigong with Liz Wanner, 1:30 – 2 pm **(Zoom)**

16

Morning Stretch with Connie, 10 am **(Zoom)**
Life After Loss, 10:30 am **(Zoom)**
Let's Do Telephone Lunch, 12 noon
Qigong with Liz Wanner, 1:30 – 2 pm **(Zoom)**

23

Morning Stretch with Connie, 10 am **(Zoom)**
Life After Loss, 10:30 am **(Zoom)**
Let's Do Telephone Lunch, 12 noon
Qigong with Liz Wanner, 1:30 – 2 pm **(Zoom)**

30

Morning Stretch with Connie, 10 am **(Zoom)**
Life After Loss, 10:30 am **(Zoom)**
Let's Do Telephone Lunch, 12 noon
Chinese Medicine with Liz Wanner, 1:30 – 2 pm **(Zoom)**
HAPPY HALLOWEEN (see top left)

The OCTOBER CALENDAR is for ALL CENTERS and contains programs open to all Surrey members.

Our centers are not open for programs. Please contact Kathy with questions about virtual programs at 610-566-0505.

How Can I Participate in a Digital Program?

Each week you'll receive an email with a listing of the week's programs with a link to register. Click the link and you'll be ready to go. You can also email khenderson@surreyservices.org for more information about a specific program.

OCTOBER Featured Programs NEW PHONE IN PROGRAMS

Surrey is offering new programs that are available by dialing in to a local phone number with your telephone. No need for a computer, tablet or smartphone.

Give one a try this month.

TELEPHONE BINGO! • Thursdays at 10 am

TELEPHONE TRIVIA • Mondays, October 5 and 19 at 3 pm

TELEPHONE RELAXATION AND BODY SCAN • Friday, October 9 at 11 am

NEW! PHONE-IT-IN BOOK CLUB • Monday, October 12 at 11 am

To participate, please email Mary Gengenbach at mgengenbach@surreyservices.org or call 610-466-2070 at least 24 hours before the program is scheduled. She will provide the dial in phone number.

DEALING WITH SOCIAL ISOLATION DURING COVID

Tuesday, October 20, 11 am • Phone In Program

Learn strategies to help stay positive when isolated due to the COVID pandemic. This program will be led by Surrey's Krishna Evans who is a licensed clinical social worker. To participate, please email Mary Gengenbach at mgengenbach@surreyservices.org or call 610-466-2070 at least 24 hours before the program is scheduled. She will provide the dial in phone number.

GRAB AND GO ARTS AND CRAFTS PROJECT

**Wednesday, October 28, Pick-Up • Thursday, October 29, 11 am
(Zoom, RSVP required)**

Enjoy a festive craft this month. Pick up materials needed in the Grab and Go line on Wednesday, October 28 and join the class via Zoom on October 29 at 11 am. Please contact Kathy at khenderson@surreyservices.org or call 610-566-0505 to RSVP for this program.