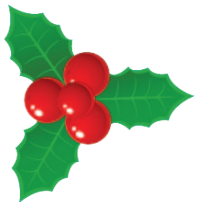



Surrey Virtual Programming — December 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<p>Crafting/Knitting/ Crocheting, 10:30 am (Zoom) 1</p> <p>Tai Chi for Arthritis, 1 pm (Zoom)</p> <p>Walking from Home Workout, 1 pm (Zoom)</p> <p>Caregiver Support Group, 2 pm (Zoom)</p> <p>Group Crossword Puzzle, 3 pm (Zoom)</p>	<p>Morning Stretch with Connie, 10 am (Zoom) 2</p> <p>Pinochle, 10:30 am (On-line)</p> <p>Chair Yoga with Liz, 2 pm (Zoom)</p> <p>Our Next Act, 3 pm (Zoom)</p>	<p>Light Resistance Training, 9:30 am (Zoom) 3</p> <p>Active Living Every Day, 11 am (Zoom)</p> <p>Better Back Yoga with Liz Wanner, 11 am (Zoom)</p> <p>YogaStretch with Connie, 1 pm (Zoom)</p> <p>TED Talk Thursday, 3 pm (Zoom)</p>
<p>Morning Stretch with Connie, 10 am (Zoom) 7</p> <p>Healthy Holiday Eating Guide, 11 am (Zoom)</p> <p>EnerChi with Connie, 1 pm (Zoom)</p> <p>Winter Wreath Making with Priscilla, 1:30 pm (Zoom)</p>	<p>Crafting/Knitting/ Crocheting, 10:30 am (Zoom) 8</p> <p>Tai Chi for Arthritis, 1 pm (Zoom)</p> <p>Walking from Home Workout, 1 pm (Zoom)</p> <p>Caregiver Support Group, 2 pm (Zoom)</p> <p>Group Crossword Puzzle, 3 pm (Zoom)</p>	<p>Speaking of Sports, 10 am (Zoom) 9</p> <p>Morning Stretch with Connie, 10 am (Zoom)</p> <p>Grab and Go Craft Pick-Up, 10:30 am (Zoom)</p> <p>Chair Yoga with Liz, 2 pm (Zoom)</p> <p>Veterans Program, 2 pm (Zoom)</p> <p>Our Next Act, 3 pm (Zoom)</p>	<p>Light Resistance Training, 9:30 am (Zoom) 10</p> <p>Active Living Every Day, 11 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) 14</p> <p>PSU — Fitness Fun, 11 am (Zoom)</p> <p>EnerChi with Connie, 1 pm (Zoom)</p>	<p>Crafting/Knitting/ Crocheting, 10:30 am (Zoom) 15</p> <p>Tai Chi for Arthritis, 1 pm (Zoom)</p> <p>Walking from Home Workout, 1 pm (Zoom)</p> <p>Caregiver Support Group, 2 pm (Zoom)</p> <p>Group Crossword Puzzle, 3 pm (Zoom)</p>	<p>Morning Stretch with Connie, 10 am (Zoom) 16</p> <p>Pinochle, 10:30 am (On-line)</p> <p>Chair Yoga with Liz, 2 pm (Zoom)</p> <p>Our Next Act, 3 pm (Zoom)</p>	<p>Light Resistance Training, 9:30 am (Zoom) 17</p> <p>Book Club, 10:30 am (Zoom)</p> <p>Active Living Every Day, 11 am (Zoom)</p> <p>YogaStretch with Connie, 1 pm (Zoom)</p>
<p>Morning Stretch with Connie, 10 am (Zoom) 21</p> <p>Holiday Dessert Recipe Swap and Discussion, 11 am (Zoom)</p> <p>EnerChi with Connie, 1 pm (Zoom)</p> <p>Shaken Not Stirred Holiday Mocktail Party with Liz, 4 pm (Zoom)</p>	<p>Crafting/Knitting/ Crocheting, 10:30 am (Zoom) 22</p> <p>Walking from Home Workout, 1 pm (Zoom)</p> <p>Caregiver Support Group, 2 pm (Zoom)</p> <p>Group Crossword Puzzle, 3 pm (Zoom)</p>	<p>Morning Stretch with Connie, 10 am (Zoom) 23</p> <p>Pinochle, 10:30 am (On-line)</p> <p>Chair Yoga with Liz, 2 pm (Zoom)</p>	<p style="text-align: center;">CLOSED 24</p> 
<p>Morning Stretch with Connie, 10 am (Zoom) 28</p> <p>EnerChi with Connie, 1 pm (Zoom)</p>	<p>Crafting/Knitting/ Crocheting, 10:30 am (Zoom) 29</p> <p>Walking from Home Workout, 1 pm (Zoom)</p> <p>Caregiver Support Group, 2 pm (Zoom)</p> <p>Group Crossword Puzzle, 3 pm (Zoom)</p>	<p>Pinochle, 10:30 am (On-line) 30</p> <p>Chair Yoga with Liz, 2 pm (Zoom)</p>	<p style="text-align: center;">CLOSED 31</p>  <p style="text-align: center; font-size: 2em;">NEW YEAR'S EVE</p>

FRIDAY	
Morning Stretch with Connie, 10 am (Zoom) Life After Loss, 10:30 am (Zoom) Qigong with Liz Wanner, 1:30 pm (Zoom)	4
Morning Stretch with Connie, 10 am (Zoom) Life After Loss, 10:30 am (Zoom) Grab and Go Craft, 1 pm (Zoom) Qigong with Liz Wanner, 1:30 pm (Zoom)	11
Morning Stretch with Connie, 10 am (Zoom) Life After Loss, 10:30 am (Zoom) Qigong with Liz Wanner, 1:30 pm (Zoom)	18
CLOSED <i>Happy Holidays</i>	25

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

Our programs are all virtual or over the telephone.

How Can I Participate in Programs?

Each week you'll receive an email with a listing of the week's programs and a link to register. Click the link and you'll be ready to go. You can also email khenderson@surreyservices.org or call 610-566-0505 for more information about a specific program.

Featured Zoom Programs

ACTIVE LIVING EVERY DAY (ALED)

Thursdays, December 3, 10, 17 at 11 am

Dislike traditional exercise? There are many other activities you can do to keep moving and stay healthy. Each class has a short presentation and discussion to help participants set goals and find an enjoyable activity. Note: This is not an exercise class. Please register with Connie Woodring at 610-566-0505 or email her at cwoodring@surreyservices.org.

HOLIDAY HEALTHY EATING GUIDE

Monday, December 7 at 11 am

Join Danielle Burke, RD, LDN to learn ways to stay healthy and be mindful as you celebrate the holidays. You can eat well and be well this holiday season with these simple strategies!

VETERANS PROGRAM

Wednesday, December 9 at 2 pm

Join guest speaker Jason Guenther, Administrator of the Washington Crossing National Cemetery. Jason will provide information about a new 205-acre national cemetery in Bucks County that is open to all members of the armed forces who have met a minimum active duty service requirement and were honorably discharged. Select family members are also eligible. Please RSVP to Mary Galligan mgalligan@surreyservices.org or 610-647-6404.

NUTRITION PROGRAM — PSU COOPERATIVE EXTENSION

Fitness Fun

Monday, December 14 at 11 am

BOOK CLUB

Thursday, December 17, 10:30 am

A Single Thread by Tracy Chevalier. Set in the 1930s, this novel follows a woman whose fiance died in World War I and who finds a sense of community among the guild of needlewomen embroidering kneelers for the pews at one of Britain's great cathedrals.

New Phone-In Programs

COLOR AND CHAT: MANDALAS FOR STRESS RELIEF

Friday, December 4 at 11 am

The simple act of coloring a picture can be quite beneficial in relieving stress and anxiety. One popular way to do this is to color mandalas. Join us as we color and chat. If you don't have your own Adult Coloring Book, you can pick up a mandala coloring page during a grab and go lunch or call Connie Woodring at 610-566-0505 and she will mail you one.

BYOB (BRING YOUR OWN BOOK) BOOK CLUB

Wednesday, December 9 at 1 pm

For this Bring Your Own Book ("BYOB") book discussion, make your own choice of book and tell us why you would (or wouldn't!) recommend it. This is a fun chance to be exposed to books and genres you might not otherwise seek out and to connect with other Surrey members.

PHONE-IN HOLIDAY LUNCHES

Are you missing your lunch time chats with friends? Here is your opportunity to re-connect! Join in the phone conversation for the location of your choice:

Devon/East Goshen — Thursday, December 17 at noon

Havertown — Friday, December 18 at noon

Broomall MGT — Monday, December 21 at noon

Media — Tuesday, December 22 at noon