

# Surrey Virtual Programming — January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>4</p> <p>Morning Stretch with Connie, 10 am <b>(Zoom)</b></p> <p>Mindful Mondays: Relaxation and Body Scan, 11 am <b>(Zoom)</b></p> <p>EnerChi with Connie, 1 pm <b>(Zoom)</b></p> <p>Virtual Yahtzee, 3:00 pm <b>(Zoom)</b></p>	<p>5</p> <p>Chronic Pain Self Management, 10 am <b>(Zoom)</b></p> <p>Crafting/Knitting/Crocheting, 10:30 am <b>(Zoom)</b></p> <p>Get Moving Workout, 1 pm <b>(Zoom)</b></p> <p>Caregiver Support Group, 2 pm <b>(Zoom)</b></p> <p>Group Crossword Puzzle, 3 pm <b>(Zoom)</b></p>	<p>6</p> <p>Morning Stretch with Connie, 10 am <b>(Zoom)</b></p> <p>Pinochle, 10:30 am <b>(On-line)</b></p> <p>Grab and Go Craft Pick-Up, 10:30 am</p> <p>Memoir Writing, 1 pm <b>(Zoom)</b></p> <p>Chair Yoga with Liz, 2 pm <b>(Zoom)</b></p> <p>Our Next Act, 3 pm <b>(Zoom)</b></p>	<p>7</p> <p>Light Resistance Training, 9:30 am <b>(Zoom)</b></p> <p>Phone-In Bingo, 10 am <b>(Zoom)</b></p> <p>Better Back Yoga with Liz Wanner, 11 am <b>(Zoom)</b></p> <p>YogaStretch with Connie, 1 pm <b>(Zoom)</b></p>
<p>11</p> <p>Morning Stretch with Connie, 10 am <b>(Zoom)</b></p> <p>Facts About Vitamins and Supplements, 11 am <b>(Zoom)</b></p> <p>EnerChi with Connie, 1 pm <b>(Zoom)</b></p> <p>Phone-In Trivia, 3:00 pm</p>	<p>12</p> <p>Chronic Pain Self Management, 10 am <b>(Zoom)</b></p> <p>Crafting/Knitting/Crocheting, 10:30 am <b>(Zoom)</b></p> <p>Get Moving Workout, 1 pm <b>(Zoom)</b></p> <p>Group Crossword Puzzle, 3 pm <b>(Zoom)</b></p>	<p>13</p> <p>Morning Stretch with Connie, 10 am <b>(Zoom)</b></p> <p>Memoir Writing, 1 pm <b>(Zoom)</b></p> <p>Chair Yoga with Liz, 2 pm <b>(Zoom)</b></p> <p>Veterans Program, 2 pm <b>(Zoom)</b></p> <p>Our Next Act, 3 pm <b>(Zoom)</b></p>	<p>14</p> <p>Light Resistance Training, 9:30 am <b>(Zoom)</b></p> <p>Phone-In Bingo, 10 am <b>(Zoom)</b></p> <p>Book Club, 10:30 am <b>(Zoom)</b></p> <p>Better Back Yoga with Liz Wanner, 11 am <b>(Zoom)</b></p> <p>YogaStretch with Connie, 1 pm <b>(Zoom)</b></p>
<p>18</p> <p><b>MLK Virtual Day of Service</b></p> <p>Morning Stretch with Connie, 10 am <b>(Zoom)</b></p> <p>EnerChi with Connie, 1 pm <b>(Zoom)</b></p>	<p>19</p> <p>Chronic Pain Self Management, 10 am <b>(Zoom)</b></p> <p>Crafting/Knitting/Crocheting, 10:30 am <b>(Zoom)</b></p> <p>Get Moving Workout, 1 pm <b>(Zoom)</b></p> <p>What It's Worth, 1:30 – 3 pm <b>(Zoom)</b></p> <p>Caregiver Support Group, 2 pm <b>(Zoom)</b></p> <p>Group Crossword Puzzle, 3 pm <b>(Zoom)</b></p>	<p>20</p> <p>Morning Stretch with Connie, 10 am <b>(Zoom)</b></p> <p>Pinochle, 10:30 am <b>(On-line)</b></p> <p>Grab and Go Craft Pick-Up, 10:30 am</p> <p>Memoir Writing, 1 pm <b>(Zoom)</b></p> <p>Chair Yoga with Liz, 2 pm <b>(Zoom)</b></p> <p>Our Next Act, 3 pm <b>(Zoom)</b></p>	<p>21</p> <p>Light Resistance Training, 9:30 am <b>(Zoom)</b></p> <p>Phone-In Bingo, 10 am <b>(Zoom)</b></p> <p>YogaStretch with Connie, 1 pm <b>(Zoom)</b></p>
<p>25</p> <p>Morning Stretch with Connie, 10 am <b>(Zoom)</b></p> <p>Cooking Demo: Soups, 11 am <b>(Zoom)</b></p> <p>EnerChi with Connie, 1 pm <b>(Zoom)</b></p> <p>Phone-In Trivia, 3:00 pm</p>	<p>26</p> <p>Chronic Pain Self Management, 10 am <b>(Zoom)</b></p> <p>Crafting/Knitting/Crocheting, 10:30 am <b>(Zoom)</b></p> <p>Get Moving Workout, 1 pm <b>(Zoom)</b></p> <p>Group Crossword Puzzle, 3 pm <b>(Zoom)</b></p>	<p>27</p> <p>Morning Stretch with Connie, 10 am <b>(Zoom)</b></p> <p>Pinochle, 10:30 am <b>(On-line)</b></p> <p>Memoir Writing, 1 pm <b>(Zoom)</b></p> <p>Chair Yoga with Liz, 2 pm <b>(Zoom)</b></p>	<p>28</p> <p>Light Resistance Training, 9:30 am <b>(Zoom)</b></p> <p>Phone-In Bingo, 10 am <b>(Zoom)</b></p> <p>YogaStretch with Connie, 1 pm <b>(Zoom)</b></p> <p>Let's Downsize, 1:30 – 3 pm <b>(Zoom)</b></p>

## FRIDAY

8

Morning Stretch with  
Connie, 10 am **(Zoom)**

Weather Wise: Prepare &  
Be Safe, 11 am **(Zoom)**

Grab and Go Craft, 1 pm **(Zoom)**

Qigong with Liz Wanner,  
1:30 pm **(Zoom)**

15

Morning Stretch with  
Connie, 10 am **(Zoom)**

Brandywine Museum  
Staff Picks, 12:30 pm **(Zoom)**

Qigong with Liz Wanner,  
1:30 pm **(Zoom)**

22

Morning Stretch with  
Connie, 10 am **(Zoom)**

Grab and Go Craft, 1 pm **(Zoom)**

Qigong with Liz Wanner,  
1:30 pm **(Zoom)**

29

Morning Stretch with  
Connie, 10 am **(Zoom)**

Qigong with Liz Wanner,  
1:30 pm **(Zoom)**

## The JANUARY 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](mailto:khenderson@surreyservices.org) or call 610-566-0505 for more information about a specific program.

### Featured January Programs

#### 6 WEEKS TO WRITING A MEMOIR

**Wednesdays, January 6, 13, 20, 27 and February 3, 10, 1 pm (Zoom)**

*Back by popular demand.*

Start to put your life stories on paper with the support and writing prompts of facilitator Nancy Havens, Ed.D. In order to keep the class interactive, this class will have a limited number of spaces.

Please register with your full name and email to Mary Galligan at [mgalligan@surreyservices.org](mailto:mgalligan@surreyservices.org) or call 610-647-6404.

#### WEATHER WISE: PREPARE AND BE SAFE

**Friday, January 8, 11 am (Zoom)**

This MindMatters presentation will provide some tips to help you be prepared for inclement winter weather.

#### FACTS ABOUT VITAMINS AND SUPPLEMENTS

**Monday, January 11, 11 am (Zoom)**

Should you take vitamins? If so, which ones? How do they work? Penn State Extension nutritionists explain the hows and whys.

#### VETERANS MEETING

**Wednesday, January 13, 2 pm (Zoom)**

Join guest speaker Colonel Jim McCloskey as he presents: Vietnam, Then and Now. RSVP to Mary Galligan at [mgalligan@surreyservices.org](mailto:mgalligan@surreyservices.org) or call 610-647-6404.

#### BRANDYWINE RIVER MUSEUM'S STAFF PICKS

**Friday, January 15, 12:30 pm (Zoom)**

Join us as we share virtual tours spotlighting staff picks from the Museum's collection.

#### VIRTUAL MLK DAY OF SERVICE

**Monday, January 18 All Day**

We will have several service projects available from which to choose. More details will be available in early January.

#### COOKING DEMO & RECIPE SWAP: SOUPS

**Monday, January 25 at 11 am (Zoom)**

Nothing warms up the deep chill of January like a bowl of soup. Join us to celebrate National Soup Month with a cooking demo and soup recipe swap!