

# Surrey Virtual Programming — March 2021

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   |
|--|--|--|--|
| <p>Morning Stretch, 10 am <span style="float: right;">1</span></p> <p>Listen &amp; Stretch, 10 am <b>(Phone)</b></p> <p>Women's History Month Kick-Off, 11 am</p> <p>MOVE!, 1 pm</p> <p>Arthritis Foundation Exercise, 1 pm</p> <p>Virtual Yahtzee, 3 pm</p> <p>Mindful Monday: Self-Care, 2 pm</p> <p>APPRISE Appointments Available, call 610-647-6404</p> | <p>Knitting/Crocheting, 10:30 am <span style="float: right;">2</span></p> <p>Get Moving, 1 pm</p> <p>Tai Chi for Arthritis, 1 pm</p> <p>Caregiver Support Group, 2 pm</p> <p>Group Crossword Puzzle, 3 pm</p>  | <p>Morning Stretch, 10 am <span style="float: right;">3</span></p> <p>Listen &amp; Stretch, 10 am <b>(Phone)</b></p> <p>Pinochle, 10:30 am <b>(On-line)</b></p> <p>Grab and Go Craft Pick-Up, 10:30 am</p> <p>Medicare 101 (APPRISE), 11 am</p> <p>Chair Yoga with Liz, 2 pm</p> <p>Our Next Act, 3 pm</p> | <p>Light Resistance Training, 9:30 am <span style="float: right;">4</span></p> <p>Phone-In Bingo, 10 am</p> <p>Better Back Yoga with Liz Wanner, 11 am</p> <p>Diabetic Support Group, 12:30 pm</p> <p>YogaStretch with Connie, 1 pm</p>                        |
| <p>Morning Stretch, 10 am <span style="float: right;">8</span></p> <p>Listen &amp; Stretch, 10 am <b>(Phone)</b></p> <p>MOVE!, 1 pm</p> <p>Arthritis Foundation Exercise, 1 pm</p> <p>Phone-In Trivia, 3 pm</p> <p>APPRISE Appointments Available, call 610-647-6404</p>   | <p>Knitting/Crocheting, 10:30 am <span style="float: right;">9</span></p> <p>Get Moving, 1 pm</p> <p>Tai Chi for Arthritis, 1 pm</p> <p>What It's Worth, 1:30 – 3 pm</p> <p>Group Crossword Puzzle, 3 pm</p>   | <p>Morning Stretch, 10 am <span style="float: right;">10</span></p> <p>Listen &amp; Stretch, 10 am <b>(Phone)</b></p> <p>Grab and Go Craft Pick-Up, 10:30 am</p> <p>Chair Yoga with Liz, 2 pm</p> <p>Veterans Program, 2 pm</p> <p>Our Next Act, 3 pm</p>  | <p>Light Resistance Training, 9:30 am <span style="float: right;">11</span></p> <p>Phone-In Bingo, 10 am</p> <p>Better Back Yoga with Liz Wanner, 11 am</p> <p>YogaStretch with Connie, 1 pm</p>   |
| <p>Morning Stretch, 10 am <span style="float: right;">15</span></p> <p>Listen &amp; Stretch, 10 am <b>(Phone)</b></p> <p>Irish Potato Candy Demonstration, 11 am</p> <p>MOVE!, 1 pm</p> <p>Arthritis Foundation Exercise, 1 pm</p> <p>Scattergories, 3 pm</p> <p>APPRISE Appointments Available, call 610-647-6404</p>                                       | <p>Knitting/Crocheting, 10:30 am <span style="float: right;">16</span></p> <p>Get Moving, 1 pm</p> <p>Tai Chi for Arthritis, 1 pm</p> <p>Caregiver Support Group, 2 pm</p> <p>Group Crossword Puzzle, 3 pm</p> <p>Home Care 101: Your Basic Questions Answered, 3 – 4 pm</p> | <p>Morning Stretch, 10 am <span style="float: right;">17</span></p> <p>Listen &amp; Stretch, 10 am <b>(Phone)</b></p> <p>Grab and Go Craft Pick-Up, 10:30 am</p> <p>Chair Yoga with Liz, 2 pm</p> <p>Our Next Act, 3 pm</p>  | <p>Light Resistance Training, 9:30 am <span style="float: right;">18</span></p> <p>Phone-In Bingo, 10 am</p> <p>Book Club, 10:30 am</p> <p>Better Back Yoga with Liz Wanner, 11 am</p> <p>YogaStretch with Connie, 1 pm</p> <p>Let's Downsize, 1:30 – 3 pm</p> |
| <p>Morning Stretch, 10 am <span style="float: right;">22</span></p> <p>Listen &amp; Stretch, 10 am <b>(Phone)</b></p> <p>PA Eats!, 11 am</p> <p>MOVE!, 1 pm</p> <p>Arthritis Foundation Exercise, 1 pm</p> <p>Phone-In Trivia, 3 pm</p> <p>APPRISE Appointments Available, call 610-647-6404</p>   | <p>Knitting/Crocheting, 10:30 am <span style="float: right;">23</span></p> <p>Get Moving, 1 pm</p> <p>Tai Chi for Arthritis, 1 pm</p> <p>Group Crossword Puzzle, 3 pm</p>  | <p>Morning Stretch, 10 am <span style="float: right;">24</span></p> <p>Listen &amp; Stretch, 10 am <b>(Phone)</b></p> <p>Pinochle, 10:30 am <b>(On-line)</b></p> <p>Grab and Go Craft Pick-Up, 10:30 am</p> <p>Chair Yoga with Liz, 2 pm</p> <p>Our Next Act, 3 pm</p>                                     | <p>Light Resistance Training, 9:30 am <span style="float: right;">25</span></p> <p>Phone-In Bingo, 10 am</p> <p>Better Back Yoga with Liz Wanner, 11 am</p> <p>YogaStretch with Connie, 1 pm</p> <p>Let's Downsize, 1:30 – 3 pm</p>                            |
| <p>Morning Stretch, 10 am <span style="float: right;">29</span></p> <p>Listen &amp; Stretch, 10 am <b>(Phone)</b></p> <p>Inspired By . . . , 11 am</p> <p>MOVE!, 1 pm</p> <p>Arthritis Foundation Exercise, 1 pm</p> <p>Phone-In Trivia, 3 pm</p> <p>APPRISE Appointments Available, call 610-647-6404</p>   | <p>Knitting/Crocheting, 10:30 am <span style="float: right;">30</span></p> <p>Get Moving, 1 pm</p> <p>Tai Chi for Arthritis, 1 pm</p> <p>Group Crossword Puzzle, 3 pm</p>  | <p>Morning Stretch, 10 am <span style="float: right;">31</span></p> <p>Listen &amp; Stretch, 10 am <b>(Phone)</b></p> <p>Chair Yoga with Liz, 2 pm</p> <p>Our Next Act, 3 pm</p>   | <p style="text-align: center;"><i>All programs</i></p>   |

| <b>FRIDAY</b>   |    |
|---|----|
| Morning Stretch with Connie, 10 am<br>Seniors Against Scams, 11 am<br>Grab and Go Craft, 1 pm<br>Qigong with Liz Wanner, 1:30 pm  | 5  |
| Morning Stretch with Connie, 10 am<br>CommUNITY March Madness!, 11 am<br>Grab and Go Craft, 1 pm<br>Qigong with Liz Wanner, 1:30 pm                                     | 12 |
| Morning Stretch with Connie, 10 am<br>CommUNITY March Madness!, 11 am<br>Grab and Go Craft, 1 pm<br>Qigong with Liz Wanner, 1:30 pm                                     | 19 |
| Morning Stretch with Connie, 10 am<br>Grab and Go Craft, <b>NEW TIME</b><br><i>Part of the . . .</i> CommUNITY March Madness!, 11 am<br>Qigong with Liz Wanner, 1:30 pm | 26 |

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Unless otherwise noted

**The MARCH 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 March Programs**

**WOMEN'S HISTORY MONTH KICK-OFF**

**Monday, March 1, 11 am**

During the month of March, we highlight the amazing accomplishments of strong, determined women. Join us as we celebrate some famous women as well as amazing women in our lives.

**MEDICARE 101 (APPRISE)**

**Wednesday, March 3, 11 am**

Learn the basics of Medicare Parts A, B, C, and D. This program also provides information about Medicare-specific terminology including copays, coinsurance, deductibles, enrollment special periods, Medicare plan enrollment and disenrollment, penalties, Medigap, and supplemental plans.

**SENIORS AGAINST SCAMS**

**Friday, March 5, 11 am**

Developed by the National Council on Aging, Seniors Against Scams, is a program that identifies popular scams targeting older adults. Learn how to protect yourself against financial fraud and what to do if you are a victim.

**WHAT IT'S WORTH**

**Tuesday, March 9, 1:30 – 3 pm**

Back by popular demand! Think Antiques Roadshow with social distancing. Krista Friedrich, an antiques expert and Liz Farina, Consignment Shop manager will lend their expertise to your item. RSVP to lfarina@surreyservices.org or call 610-647-8632. *Spaces are limited.*

**VETERANS PROGRAM**

**Wednesday, March 10, 2 pm**

Dave Corrigan, USMC, from Representative Dean's office will present information about benefits available to Vets. All are welcome to join.

**CONFECTIONER'S CORNER: IRISH POTATO CANDY DEMONSTRATION**

**Monday, March 15, 11 am**

Join us as we demonstrate how to make Irish Potato Candy. We will provide an ingredient list for those who want to join us from home!

**HOME CARE 101: Your Basic Questions Answered**

**Tuesday, March 16, 3 - 4 pm**

*(See back cover for details)*

**LET'S DOWNSIZE**

**Thursdays, March 18 and 25, 1:30 – 3 pm**

Join Liz Farina, Consignment Shop Manager to learn how to downsize. This is a 2-part program. RSVP to lfarina@surreyservices.org or call 610-647-8632.

**INSPIRED BY . . .**

**Monday, March 29, 11 am**

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. You can use items that you have right at home.

**THE BOOK CLUB IS READING:** *The Night Watchman* by Louise Erdrich