



Surrey Virtual Programming — April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><div><i>All programs are</i> zoom Unless otherwise noted</div></div>			<div><div>1</div><div>Light Resistance Training, 9:30 am Phone-In Bingo, 10 am Better Back Yoga with Liz Wanner, 11 am Diabetic Support Group, 12:30 pm YogaStretch with Connie, 1 pm</div></div>	<div><div>2</div><div><i>Closed</i></div></div>
<div><div>5</div><div>Morning Stretch, 10 am Listen & Stretch, 10 am (Phone) MOVE!, 1 pm Mindful Monday, 2 pm Phone-In Trivia, 3 pm APPRISE Appointments Available, call 610-647-6404</div></div>	<div><div>6</div><div>Knitting/Crocheting, 10:30 am Get Moving, 1 pm Tai Chi for Arthritis, 1 pm Group Crossword Puzzle, 3 pm</div></div>	<div><div>7</div><div>Morning Stretch, 10 am Listen & Stretch, 10 am (Phone) Grab and Go Craft Pick-Up, 10:30 am Chair Yoga with Liz, 2 pm Our Next Act, 3 pm</div></div>	<div><div>8</div><div>Light Resistance Training, 9:30 am Phone-In Bingo, 10 am Better Back Yoga with Liz Wanner, 11 am YogaStretch with Connie, 1 pm</div></div>	<div><div>9</div><div>Morning Stretch with Connie, 10 am Medication Take Back, Surrey Devon, 10:30 am – 12 noon CommUNITY!, 11 am Grab and Go Craft, 1 pm Qigong with Liz Wanner, 1:30 pm</div></div>
<div><div>12</div><div>Morning Stretch, 10 am Listen & Stretch, 10 am (Phone) MOVE!, 1 pm Mindful Monday, 2 pm Scattergories, 3 pm APPRISE Appointments Available, call 610-647-6404</div></div>	<div><div>13</div><div>Healthy Steps for Older Adults, 10 am – 12 noon Knitting/Crocheting, 10:30 am Get Moving, 1 pm Tai Chi for Arthritis, 1 pm Group Crossword Puzzle, 3 pm</div></div>	<div><div>14</div><div>Morning Stretch, 10 am Listen & Stretch, 10 am (Phone) Grab and Go Craft Pick-Up, 10:30 am Medigap Basics, 11 am Chair Yoga with Liz, 2 pm Veterans Group Meeting, 2 pm Our Next Act, 3 pm</div></div>	<div><div>15</div><div>Light Resistance Training, 9:30 am Phone-In Bingo, 10 am Healthy Steps for Older Adults, 10 am – 12 noon Book Club, 10:30 am Better Back Yoga with Liz Wanner, 11 am YogaStretch with Connie, 1 pm Let's Downsize, 1:30 – 3 pm</div></div>	<div><div>16</div><div>Morning Stretch with Connie, 10 am CommUNITY!, 11 am Grab and Go Craft, 1 pm Qigong with Liz Wanner, 1:30 pm</div></div>
<div><div>19</div><div>Morning Stretch, 10 am Listen & Stretch, 10 am (Phone) MOVE!, 1 pm Mindful Monday, 2 pm Phone-In Trivia, 3 pm APPRISE Appointments Available, call 610-647-6404</div></div>	<div><div>20</div><div>Knitting/Crocheting, 10:30 am Get Moving, 1 pm Tai Chi for Arthritis, 1 pm Caregiver Support Group, 2 pm Group Crossword Puzzle, 3 pm</div></div>	<div><div>21</div><div>Morning Stretch, 10 am Listen & Stretch, 10 am (Phone) Pinochle, 10:30 am (On-line) Grab and Go Craft Pick-Up, 10:30 am Immunity Boost: Support Your Health with Nutrition, 11:15 am Chair Yoga with Liz, 2 pm Our Next Act, 3 pm</div></div>	<div><div>22</div><div>Light Resistance Training, 9:30 am Phone-In Bingo, 10 am Better Back Yoga with Liz Wanner, 11 am YogaStretch with Connie, 1 pm Let's Downsize, 1:30 – 3 pm</div></div>	<div><div>23</div><div>Morning Stretch with Connie, 10 am Medication Take Back, Surrey Devon, 10:30 am – 12 noon Grab and Go Craft, 1 pm Qigong with Liz Wanner, 1:30 pm</div></div>
<div><div>26</div><div>Morning Stretch, 10 am Listen & Stretch, 10 am (Phone) Inspired By . . . , 11 am MOVE!, 1 pm Mindful Monday, 2 pm Phone-In Trivia, 3 pm APPRISE Appointments Available, call 610-647-6404</div></div>	<div><div>27</div><div>Knitting/Crocheting, 10:30 am Get Moving, 1 pm Tai Chi for Arthritis, 1 pm Group Crossword Puzzle, 3 pm</div></div>	<div><div>28</div><div>Morning Stretch, 10 am Listen & Stretch, 10 am (Phone) Grab and Go Craft Pick-Up, 10:30 am Chair Yoga with Liz, 2 pm Our Next Act, 3 pm</div></div>	<div><div>29</div><div>Light Resistance Training, 9:30 am Phone-In Bingo, 10 am Better Back Yoga with Liz Wanner, 11 am YogaStretch with Connie, 1 pm Let's Downsize, 1:30 – 3 pm</div></div>	<div><div>30</div><div>Morning Stretch with Connie, 10 am Grab and Go Craft, 1 pm Qigong with Liz Wanner, 1:30 pm</div></div>

The **APRIL 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 April Programs

MEDICATION TAKE BACK, SURREY DEVON

Two Fridays, April 9 and 23, 10:30 - noon

Bring your unused prescription medications to Devon to have them disposed of safely and responsibly by the Tredyffrin Police. You won't need to get out of your car, officers will be stationed outside and will take the medications as you drive through the parking lot.

HEALTHY STEPS FOR OLDER ADULTS

Tuesday, April 13 and Thursday, April 15, 10 am – 12 noon

Falls are not an inevitable part of aging. Learn how to be more aware of your risk, reduce falls, and improve overall health. This is a small group class so please RSVP to save a space. mgalligan@surreyservices.org or 610-647-6404.

MEDIGAP BASICS

Wednesday, April 14, 11 am

Learn how Supplemental Plans, or Medigap Plans can help cover the 20% that Medicare does not cover. This presentation also explains Supplemental/Medigap Plan Types, Plan Terminology, Plan Selection, and Plan Cost. APPRISE Medicare Counselors can help individuals who have questions.

VETERANS GROUP MEETING

Wednesday, April 14, 2 pm

This month's guest presenter, Megan Walton, will share updates and information about VA Medical Benefits and answer questions.

IMMUNITY BOOST: SUPPORT YOUR HEALTH WITH NUTRITION

Wednesday, April 21, 11:15 am

Learn about foods that can help boost your immunity naturally from Danielle Burke, registered dietician. Anyone who participates in the program will be entered into a raffle for a \$20 gift card to a local grocery store.

LET'S DOWNSIZE

Thursday, April 15 and April 22, 1:30 – 3 pm

Back by popular demand. 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.

THE BOOK CLUB IS READING: *The Chicken Sisters* by KJ Dell'Antonia