



Surrey Virtual Programming — May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Stretch, 10 am 3 Listen & Stretch, 10 am (Phone) MOVE!, 1 pm Mindful Monday, 2 pm Phone-In Trivia, 3 pm APPRISE Appointments Available, call 610-647-6404	Knitting/Crocheting, 10:30 am 4 Get Moving, 1 pm Tai Chi for Arthritis, 1 pm Group Crossword Puzzle, 3 pm	Morning Stretch, 10 am 5 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	Light Resistance Training, 9:30 am 6 Phone-In Bingo, 10 am Better Back Yoga with Liz Wanner, 11 am Diabetic Support Group, 12:30 pm YogaStretch with Connie, 1 pm Surrey Consignment REOPENS!	Morning Stretch with Connie, 10 am 7 CommUNITY!, 11 am Grab and Go Craft, 1 pm Qigong with Liz Wanner, 1:30 pm
Morning Stretch, 10 am 10 Listen & Stretch, 10 am (Phone) MOVE!, 1 pm Mindful Monday, 2 pm Scattergories, 3 pm APPRISE Appointments Available, call 610-647-6404	Healthy Steps for Older Adults, 10 am – 12 noon 11 Knitting/Crocheting, 10:30 am Get Moving, 1 pm Tai Chi for Arthritis, 1 pm Group Crossword Puzzle, 3 pm	Morning Stretch, 10 am 12 Listen & Stretch, 10 am (Phone) Grab and Go Craft Pick-Up, 10:30 am Chair Yoga with Liz, 2 pm Veterans Group Meeting, 2 pm Our Next Act, 3 pm	Light Resistance Training, 9:30 am 13 Phone-In Bingo, 10 am Book Club, 10:30 am Better Back Yoga with Liz Wanner, 11 am YogaStretch with Connie, 1 pm	Morning Stretch with Connie, 10 am 14 CommUNITY!, 11 am Grab and Go Craft, 1 pm Qigong with Liz Wanner, 1:30 pm
Morning Stretch, 10 am 17 Listen & Stretch, 10 am (Phone) MOVE!, 1 pm Mindful Monday, 2 pm Phone-In Trivia, 3 pm APPRISE Appointments Available, call 610-647-6404	Knitting/Crocheting, 10:30 am 18 Get Moving, 1 pm Tai Chi for Arthritis, 1 pm Home Care 101: Your Basic Questions Answered, 3 pm Group Crossword Puzzle, 3 pm	Morning Stretch, 10 am 19 Listen & Stretch, 10 am (Phone) Pinochle, 10:30 am (On-line) Grab and Go Craft Pick-Up, 10:30 am Chair Yoga with Liz, 2 pm Our Next Act, 3 pm	Light Resistance Training, 9:30 am 20 Phone-In Bingo, 10 am Better Back Yoga with Liz Wanner, 11 am YogaStretch with Connie, 1 pm	Morning Stretch with Connie, 10 am 21 Grab and Go Craft, 1 pm Qigong with Liz Wanner, 1:30 pm
Morning Stretch, 10 am 24 Listen & Stretch, 10 am (Phone) MOVE!, 1 pm Mindful Monday, 2 pm Phone-In Trivia, 3 pm APPRISE Appointments Available, call 610-647-6404	Knitting/Crocheting, 10:30 am 25 Get Moving, 1 pm Tai Chi for Arthritis, 1 pm Group Crossword Puzzle, 3 pm	Morning Stretch, 10 am 26 Listen & Stretch, 10 am (Phone) Grab and Go Craft Pick-Up, 10:30 am Chair Yoga with Liz, 2 pm Paint and Sip, 2:30 pm Our Next Act, 3 pm	Light Resistance Training, 9:30 am 27 Phone-In Bingo, 10 am Better Back Yoga with Liz Wanner, 11 am YogaStretch with Connie, 1 pm	Morning Stretch with Connie, 10 am 28 Grab and Go Craft, 1 pm Qigong with Liz Wanner, 1:30 pm
HAPPY MEMORIAL DAY 31	All programs are  zoom Unless otherwise noted 			

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

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 May Programs

EVERYBODY WALK ACROSS PA . . . All Month Long

Join Team Surrey for an eight-week walking program to encourage increased physical activity and healthy eating habits. Register with Connie for Team Surrey at cwoodring@surreyservices.org. You will track and then report your miles to Connie, the team captain, each week to get your team total. Learn fitness tips, information, and incentives from the PA Everybody Walk program. A great way to get moving and get fit this spring.

SURREY CONSIGNMENT SHOP

REOPENS Thursday, May 6, 9:30 – 4

Surrey's Consignment Shop will be open Tuesday – Friday from 8:30 – 4 and Saturdays from 9:30 – 4. To protect everyone's safety masks will be required, hand sanitizer will be available, and we will be limiting the number of shoppers in the store at one time. If you're interested in consigning, please call to schedule your appointment 610-647-8632. 810 Lancaster Avenue, Berwyn, PA 19312 • www.surreyconsignmentshop.org

VETERANS PROGRAM Wednesday, May 12, 2 pm

Two presenters, Fern Billet and Megan Walton, will participate in this month's meeting to share information about VA Health Care and assist veterans and their families navigate the VA system to ensure that they are receiving the benefits and services they are entitled to. The presentation will also provide details about the Corporal Michael J. Crescenz VA Medical Center or the Coatesville VA Medical Center. All are welcome, please RSVP to mgalligan@surreyservices.org or call 610-647-6404.

HOME CARE 101: YOUR BASIC QUESTIONS ANSWERED Tuesday, May 18, 3 pm

Learn your options for remaining at home, types of assistance available, what a typical day might look like, and ways to proactively plan for events. Presenters include current Surrey caregivers who will share their insights and answer questions.

For more information or to RSVP, contact Paula Giles at 610-647-9840 or pgiles@surreyservices.org

THE BOOK CLUB IS READING: *The Midnight Library* by Matt Haig