

We are pleased to announce a
**\$100,000
CHALLENGE GRANT!**

If Surrey raises \$100,000 to initiate and sustain our hybrid programs during the re-opening phase and beyond, our donor will contribute an additional \$50,000 gift.

We are grateful for the challenge and hope you will help us meet our goal by supporting Surrey before June 30!



Thank you for your understanding and readership.

SURREY
60 Surrey Way, Devon, PA 19333
ADDRESS SERVICES REQUESTED

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June 2021

SURREY *News*

DEVON • BROOMALL • HAVERTOWN • MEDIA • BERWYN • SURREYSERVICES.ORG

Surrey's Process for In-Person Programs



Call for a reservation



Complete Surrey Waiver (one time only)



Have your temperature checked by Surrey staff or volunteer



Check in and answer health screening questions



Enjoy your program!



BEGINNING AGAIN

The past few weeks have been exciting. The sounds of happy voices can be heard around Surrey locations as staff and volunteers prepare for our first, in-person outdoor programs.

We have spent the past year finding new ways to help our community stay safe and engaged. As we follow the science and begin reopening, we will continue to observe safety protocols that are designed specifically for our community from experts including the Pennsylvania Department of Aging.

I am so happy to share the first group of in-person, outdoor programs with you. These are listed on pages 2 – 3. Throughout the month we will continue to add more in-person, outdoor programs, and activities. Please visit our website, subscribe to our emails, or call our centers to find out about new programs that have been added.

Our community is strong and I know we will all be supportive of each other during this reopening process. Our 40th Anniversary Challenge (see page 4) is a great example of the support Surrey receives from our community of friends.

I welcome your ideas, comments, concerns and invite you to share them with me. Most of all, I look forward to greeting you in person.

Jill Whitcomb
Surrey Interim President and CEO



SURREY SurreyServices.org • info@surreyservices.org

Surrey Transportation

Transportation@surreyservices.org • 610-993-9493

DEVON

60 Surrey Way, Devon, PA 19333 • 610-647-6404

BROOMALL (at Trinity Church)

144 Lawrence Road, Broomall, PA 19008 • 215-307-7158

HAVERTOWN (at Annunciation BVM Parish)

401 Brookline Blvd., Havertown, PA 19083 • 610-446-2070

MEDIA

302 S. Jackson Street, Media, PA 19063 • 610-566-0505

Consignment Shop

810 Lancaster Avenue, Berwyn, PA 19312 • 610-647-8632

OUR MISSION

Surrey inspires and enables all of us, as we age, to live with independence and dignity, and as engaged members of the community.



Surrey Caregivers Sharisse and Honora answered audience questions and shared tips at Home Care 101: Your Basic Questions Answered, a program offered in May.


Visit Surrey's website to read their tips for caregiving.

JUNE 2021

Surrey Programming

UNDER THE TENT

programs will be coming to Devon beginning June 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Knitting/Crocheting, 10:30 am Get Moving, 1 pm Tai Chi for Arthritis, 1 pm Group Crossword Puzzle, 3 pm	Morning Stretch, 10 am Grab and Go Craft Pick-Up, 10:30 am, <i>Devon & Media</i> Memoir Writing, 1 pm Chair Yoga with Liz, 2 pm	Light Resistance Training, 9:30 am Better Back Yoga with Liz Wanner, 11 am Diabetic Support Group, 12:30 pm YogaStretch with Connie, 1 pm, <i>Media</i>	Morning Stretch with Connie, 10 am Grab and Go Craft, 1 pm Qigong with Liz Wanner, 1:30 pm
Morning Stretch, 10 am, <i>Media</i> Walking Club, 11 am, <i>Havertown</i> MOVE!, 1 pm Mindful Monday, 2 pm APPRISE Appointments Available, call 610-647-6404	Knitting/Crocheting, 10:30 am Get Moving, 1 pm Tai Chi for Arthritis, 1 pm Group Crossword Puzzle, 3 pm	Morning Stretch, 10 am Grab and Go Craft Pick-Up, 10:30 am, <i>Devon & Media</i> Memoir Writing, 1 pm Chair Yoga with Liz, 2 pm Veterans Group Meeting, 2 pm	Light Resistance Training, 9:30 am Book Club, 10:30 am Better Back Yoga with Liz Wanner, 11 am YogaStretch with Connie, 1 pm, <i>Media</i>	Morning Stretch with Connie, 10 am Grab and Go Craft, 1 pm, <i>Media</i> Qigong with Liz Wanner, 1:30 pm
Morning Stretch, 10 am, <i>Media</i> Walking Club, 11 am, <i>Havertown</i> MOVE!, 1 pm Mindful Monday, 2 pm APPRISE Appointments Available, call 610-647-6404	Knitting/Crocheting, 10:30 am Get Moving, 1 pm Tai Chi for Arthritis, 1 pm Group Crossword Puzzle, 3 pm	Morning Stretch, 10 am Grab and Go Craft Pick-Up, 10:30 am, <i>Devon & Media</i> Pinochle, 10:30 am (On-line) Memoir Writing, 1 pm Chair Yoga with Liz, 2 pm	Light Resistance Training, 9:30 am Better Back Yoga with Liz Wanner, 11 am YogaStretch with Connie, 1 pm, <i>Media</i>	Morning Stretch with Connie, 10 am Grab and Go Craft, 1 pm, <i>Media</i> Qigong with Liz Wanner, 1:30 pm
Morning Stretch, 10 am, <i>Media</i> Walking Club, 11 am, <i>Havertown</i> MOVE!, 1 pm Mindful Monday, 2 pm APPRISE Appointments Available, call 610-647-6404	Knitting/Crocheting, 10:30 am Get Moving, 1 pm Tai Chi for Arthritis, 1 pm Group Crossword Puzzle, 3 pm	Morning Stretch, 10 am Grab and Go Craft Pick-Up, 10:30 am, <i>Devon & Media</i> Memoir Writing, 1 pm Chair Yoga with Liz, 2 pm	Light Resistance Training, 9:30 am Morning Meditation & Breakfast, 9:30, <i>Devon</i> Better Back Yoga with Liz Wanner, 11 am YogaStretch with Connie, 1 pm, <i>Media</i>	Morning Stretch with Connie, 10 am Grab and Go Craft, 1 pm, <i>Media</i> Qigong with Liz Wanner, 1:30 pm
Morning Stretch, 10 am, <i>Media</i> Walking Club, 11 am, <i>Havertown</i> MOVE!, 1 pm Mindful Monday, 2 pm APPRISE Appointments Available, call 610-647-6404	Knitting/Crocheting, 10:30 am Get Moving, 1 pm Tai Chi for Arthritis, 1 pm Group Crossword Puzzle, 3 pm	Morning Stretch, 10 am Grab and Go Craft Pick-Up, 10:30 am, <i>Devon & Media</i> Memoir Writing, 1 pm Chair Yoga with Liz, 2 pm	MORE PROGRAMS will be added each week! Subscribe to Surrey's emails to receive updates about new programs and activities or call the center near you for more information.	

The JUNE CALENDAR is for ALL CENTERS and contains programs open to all Surrey members on Zoom.

Surrey will offer a limited number of OUTDOOR PROGRAMS, weather permitting, by reservation only.

See location on the calendar or below.



MORNING STRETCH* • \$2/CLASS

Mondays only, June 7, 14, 21, 28 at 10 am, *Media*

*This program will be available via Zoom if there is inclement weather. If you would like to take this class at home, a recorded version is available. Please call to request a reserved space for in-person at 610-566-0505.

GRAB AND GO CRAFTS • \$2

Pick up Wednesdays, June 2, 9, 16, 23, 30 at 10:30 am, *Devon & Media*
Fridays, June 4, 11, 18, 25 at 1 pm, *Media**

Join the craft program June 4 via Zoom.

*Beginning June 11, you have the option of joining a small group in person on *Media*'s patio by reservation, on June 11, 18, and 25. You can also join the group via Zoom. Call 610-566-0505 for details.

Crafts this month are:

- JUNE 4 ► Jelly roll polymer clay trinket jar (via Zoom)
- JUNE 11 ► Pop out card (Zoom and small in-person group, *Media*)
- JUNE 18 ► Garden sparklers (Zoom and small in-person group, *Media*)
- JUNE 25 ► Sun print nature art (Zoom and small in-person group, *Media*)

WALKING PROGRAM • \$2

Mondays, June 7, 14, 21, 28 at 11 am, *Havertown*

Wear comfortable shoes and join the group as we enjoy the fresh air and walk through the neighborhood. Call 610-446-2070 to register.

GRAB AND GO LUNCH ON THE PATIO

Monthly subscription at 11:30, or \$5 at 12:30

Mondays, Wednesdays, Fridays in June, *Devon*

Pick up your lunch and enjoy it on the patio or under our new tenting, by reservation. Silverware and beverages will be provided. Call 610-647-6404 by 1 pm at least one day before you would like to request a reservation.

MORNING MEDITATION AND BREAKFAST • \$4

Thursday, June 24 at 9:30 am, *Devon*

Start your day with a peaceful morning meditation program for 30 minutes then enjoy a light breakfast on the patio. Watch for this program to be offered additional dates this summer.

THE BOOK CLUB IS READING: *The Authenticity Project* by Clare Pooley