

# SURREY

## Connect

August 2025

### Individuals Served

**4,601**

25%

### Meals Provided

**116,044**

to older adults in Chester, Delaware, and Montgomery counties.

People enjoying meals and social connection in our centers

20%

### Programs

**105,264**

hours of participation

33%

### Home Care

**36,595**

hours of personal care and social companions

29%

### Rides

**13,502**

to medical appointments, grocery shopping, and Surrey centers

23%

### Volunteers

**41,985**

hours of assistance

16%

### Assistance

Subsidized memberships for low-income adults

177%

*Thanks to you—*

## Surrey Expands and Reaches More Older Adults

*Surrey completed our fiscal year on June 30 and the numbers show – our growth was tremendous.*

How can Surrey provide access to a full life for a rapidly growing number of older adults? Surrey partners with other community-based organizations and is fiscally resourceful. In fact, Surrey has achieved a Platinum Seal of Transparency from Candid, a charity rating organization, for “the highest level of transparency and accountability.”

Most of the funds needed to help Surrey operate come from individual contributions – almost \$3 million. Surrey is a non-profit organization and benefits from charitable contributions from foundations, businesses, fundraising events, and most importantly **YOU**.

Sometimes people feel that the amount they can afford to give is too little and won't make a difference. That is not true. Here are some examples:

- ▶ **\$35 gift provides lunch for one week for a person**
- ▶ **\$135 gift provides 4 hours of transportation to a medical appointment downtown**
- ▶ **\$144 gift provides 4 hours of home care**

There are other ways to support Surrey long-term. Naming Surrey as a beneficiary in your will, making a qualified charitable distribution from a retirement account, or a stock donation are a few examples. For more information visit the Surrey website or call 484-321-6104.

**SURREY LETS YOU LIVE A LIFE OF CHOICE – with trusted support, personalized services, and opportunities that fit your goals, not your limitations.**

**This year, help Surrey grow by volunteering, bringing a guest, or becoming a donor.**

**Surrey will close at 2 pm Friday, August 29 & will be closed Monday, September 1 in honor of Labor Day!**

## Beat the Heat with Lunch at Surrey!

Summer days can be long and hot! Getting lunch at Surrey is a great way to make sure you are having a delicious, well-balanced, affordable meal, while allowing you to see your Surrey friends or connect with new people!

Our cafés are open and welcoming new guests each weekday. Cool down and recharge over a bite with a friend or by meeting someone new! Surrey cafés offer more than delicious meals — they offer connection! All are welcome.

**Surrey Broomall** serves lunch from 11:45 – 12:30.

Lunch is a \$2.50 recommended contribution.

**Surrey Media** serves lunch from 12 – 12:45.

Lunch is a \$2.50 recommended contribution.

**Surrey Bryn Mawr** serves lunch from 11:30 – 12:30.

Lunch costs \$7 for Surrey members and \$9 for non-members.

**Surrey Devon** serves lunch from 11:30 – 12:30. Lunch costs \$7 for Surrey members and \$9 for non-members. A light lunch option of soup, salad, and bread costs \$5.

Surrey Devon has a **Grab 'N Go** option, perfect for taking a meal home for later! Complete a Grab 'N Go order form at the front desk or by calling Surrey Devon at least two hours ahead of time (by 10 AM morning of pick up). You can pick up your Grab 'N Go order at the side entrance of Surrey Devon from 11:30-12:30 Monday-Friday. Grab 'N Go meals are \$5.

**We look forward to having lunch with you!**

**Questions about meals at Surrey? Call 610-647-6404.**



### Short Chef Pedro Recipe

#### Chef Pedro's Summer Apple Salad

- 2 Apples 1 Green and 1 Red Diced
- ½ Cup of Crusted Pecans Toasted
- ½ Cup of Pineapple Canned Chunk
- ¼ Cup of Raisins
- ¼ cup of Condensed Milk
- ½ lb. of Cream Cheese
- 1 teaspoon of Nutmeg
- 1 teaspoon of Cinnamon
- Honey to taste

*Dice both of your apples to bite size pieces*

*In a mixing bowl, combine all ingredients*

*Adjust sweetness level with honey*

*Enjoy!*

## Aging Like A Fine Wine with Dick Vermeil

*Presented by  
The Beilenson Institute*

**Featuring Coach Dick Vermeil  
of Vermeil Wines and  
Longevity Experts**

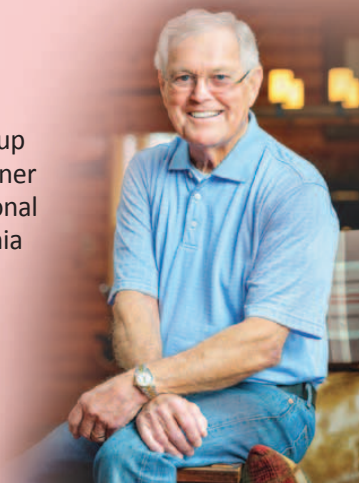
**Friday, October 17 • 11:30**

**The Desmond, Malvern**

**Networking | Luncheon  
Panelist Discussion**

All are welcome to join us for Surrey's fall event, a vibrant discussion with Coach Dick Vermeil and a group of expert longevity panelists. Coach Dick Vermeil, owner of Vermeil Wines and former head coach in the National Football League for 15 seasons, 7 with the Philadelphia Eagles, will discuss his secrets to aging well.

**Tickets to the event are \$65 per person and sponsorships are available. For more information, email [dheiman@surreyservices.org](mailto:dheiman@surreyservices.org) or call Dana Heiman at 484-321-6104**





## SURREY ACADEMY

After a few weeks in the hospital, Joe was ready to come home. The surgery went well, but the road to recovery looked long, and he still needed help with daily activities and movement as he continued to improve. Without hesitation, his daughter Mary called Surrey to start free family caregiver training through The Surrey Academy!

With the help of The Surrey Academy, Mary worked on an in-home assessment with a Registered Nurse, had hands-on instruction to learn how to provide the care her father needed, and completed the flexible online learning course in just ten hours.

The Surrey Academy gave Mary the confidence needed to take her father home after discharge. She successfully helped him into his recliner, turned on the game and knew they would be okay.

Surrey understands the rewards and challenges that family caregivers face. The Surrey Academy provides help and training from Surrey's professional staff to assist those caring for older loved ones. There is no charge to participants, thanks to a generous grant from the Bennett Family Foundation, Foundation for Delaware County, Justamere Foundation, and Lower Merion Township.

**For more information about The Surrey Academy or Surrey Home Care, call 610-647-9840 or fill out the form at [SurreyHomeCare.org](https://SurreyHomeCare.org).**

## Consignment: A Benefit of Surrey Membership

Surrey Consignment Shop began as one of the services offered by Surrey Services for Seniors. The shop has grown and thrived since opening in 2006. It specializes in consignments of furniture, china, crystal, artwork, jewelry, silver, handbags, and recently started consigning drapery. It does not consign clothing.

"Our customers are looking for unique items that are well-priced," says Liz Farina, Director of Retail. "Vintage furniture often is better quality than new." Items have a quick turnaround so it's a good idea to follow the Shop's Instagram or Facebook pages to see new items. You can also sign up to receive weekly emails that provide advance notice of sales.

Consigning at the Shop is one of the many benefits of a Surrey membership. Those who are not Surrey members are welcome to become a consignor for \$20 annually. All proceeds go back into services that benefit older adults in our community such as transportation, meals, programs, and home care services.

**The Surrey Consignment Shop is located at 810 Lancaster Avenue in Berwyn. Visit the Shop's website at [surreyconsignmentshop.org](https://surreyconsignmentshop.org). For specific questions or to send photos of items you would like the shop to evaluate for consignment, call 610-647-8632 or email [consignmentshop@surreyservices.org](mailto:consignmentshop@surreyservices.org). Holiday items are being accepted starting September 1!**





# DEVON – August 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY					
<div>BOOK CLUB</div> <div>Friday, August 8 • 12:45 – 2</div> <div>A Calamity of Souls • David Baldacci</div> <div>September Selection</div> <div>Poverty by America</div> <div>Matthew Desmond</div> <div>When Breath Becomes Air</div> <div>Paul Kalanithi (Autobiography)</div>				<div></div> <div></div> <div></div>		<div>How to Find Unclaimed Money with David Fink</div> <div>\$\$\$</div> <div>Thursday, August 14</div> <div>12:45 – 1:45</div>					
<div>Fitness Center, 8:30-4:30</div> <div>PA MEDI (Medicare) by appt.</div> <div>Walkie-Talkie Walking Club, 10:30-11:15</div> <div>Balance &amp; Flow, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Bridge Club, 12:30-3</div> <div>Ticket to Ride Game, 12:45-2:15</div> <div>Watercolor Class, 12:45-2:15</div> <div>Mah-jong, 12:30-3:30</div> <div>Crispy Fish Cakes</div>		4	<div>Fitness Center, 8:30-4:30</div> <div>Fitness Trainer by appt.</div> <div>SilverSneakers®, 10-10:45</div> <div>Knitting/Crocheting Club, 10:30-12</div> <div>Stronger Memory, 10:45-11:30</div> <div>Stretch This/Not That, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Rummikub, 12:45-3</div> <div>Salad Sampler over Mixed Greens</div>		5	<div>Fitness Center, 8:30-4:30</div> <div>Line Dancing, 10-10:45</div> <div>Garden Club on Patio, 10</div> <div>Strength &amp; Stretch virtual, 11-11:45 (free)</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Ticket to Ride Game, 12:45-2:15</div> <div>Tai Chi for Balance, 1-1:45</div> <div>French Club, 1-2:30</div> <div>Chair Yoga with Liz, 2-2:45</div> <div>Eggs Benedict Florentine</div>		6	<div>Fitness Center, 8:30-4:30</div> <div>Fitness Trainer by appt.</div> <div>CVIM Dental Appts., 8:30-2:30</div> <div>SilverSneakers®, 10-10:45</div> <div>Positivity Readings, 10-11:30 by appt</div> <div>Better Back Floor Yoga, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>After Lunch Walk, 12:45-1:15</div> <div>Scrabble, 12:45-3</div> <div>Pinochle, 12:45-3</div> <div>Rummikub, 12:45-3</div> <div>Beef Bourguignon</div>		7
<div>Fitness Center, 8:30-4:30</div> <div>PA MEDI (Medicare) by appt.</div> <div>Walkie-Talkie Walking Club, 10:30-11:15</div> <div>Balance &amp; Flow, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Veteran's Lunch, 11:30-12:30</div> <div>Bridge Club, 12:30-3</div> <div>Ticket to Ride Game, 12:45-2:15</div> <div>Watercolor Class, 12:45-2:15</div> <div>Mah-jong, 12:30-3:30</div> <div>Diner Style Meatloaf</div>		11	<div>Fitness Center, 8:30-4:30</div> <div>Fitness Trainer by appt.</div> <div>SilverSneakers®, 10-10:45</div> <div>Knitting/Crocheting Club, 10:30-12</div> <div>Stronger Memory, 10:45-11:30</div> <div>Stretch This/Not That, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Rummikub, 12:45-3</div> <div>No Reading Book Club, 12:45-2</div> <div>Duck Confit</div>		12	<div>Fitness Center, 8:30-4:30</div> <div>Line Dancing, 10-10:45</div> <div>Garden Club on Patio, 10</div> <div>Strength &amp; Stretch virtual, 11-11:45 (free)</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Ticket to Ride Game, 12:45-2:15</div> <div>Tai Chi for Balance, 1-1:45</div> <div>French Club, 1-2:30</div> <div>Chair Yoga with Liz, 2-2:45</div> <div>Chef Pedro's Quesa Birria</div>		13	<div>Fitness Center, 8:30-4:30</div> <div>Fitness Trainer by appt.</div> <div>CVIM Dental Appts., 8:30-2:30</div> <div>Tech Help, 9:30-11</div> <div>SilverSneakers®, 10-10:45</div> <div>Positivity Readings, 10-11:30 by appt</div> <div>Better Back Floor Yoga, 11-11:45</div> <div>Harmonic Minds Concert, 11-11:30</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>How to Find Unclaimed Money, 12:45-1:45</div> <div>After Lunch Walk, 12:45-1:15</div> <div>Scrabble, 12:45-3   Pinochle, 12:45-3</div> <div>Rummikub, 12:45-3</div> <div>Eggplant Parmesan</div>		14
<div>Fitness Center, 8:30-4:30</div> <div>PA MEDI (Medicare) by appt.</div> <div>Walkie-Talkie Walking Club, 10:30-11:15</div> <div>Balance &amp; Flow, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Bridge Club, 12:30-3</div> <div>Ticket to Ride Game, 12:45-2:15</div> <div>Watercolor Class, 12:45-2:15</div> <div>Mah-jong, 12:30-3:30</div> <div>Cheese Omelet, Hash Browns</div>		18	<div>Fitness Center, 8:30-4:30</div> <div>Fitness Trainer by appt.</div> <div>SilverSneakers®, 10-10:45</div> <div>Knitting/Crocheting Club, 10:30-12</div> <div>Stronger Memory, 10:45-11:30</div> <div>Stretch This/Not That, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Rummikub, 12:45-3</div> <div>TomatoFest 2025, 12:45-1:45</div> <div>Italian Pot Roast</div>		19	<div>Fitness Center, 8:30-4:30</div> <div>Line Dancing, 10-10:45</div> <div>Garden Club on Patio, 10</div> <div>Strength &amp; Stretch virtual, 11-11:45 (free)</div> <div>Lincoln the Goldendoodle Visit 11-11:30</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Ticket to Ride Game, 12:45-2:15</div> <div>Tai Chi for Balance, 1-1:45</div> <div>French Club, 1-2:30</div> <div>Chair Yoga with Liz, 2-2:45</div> <div>Stuffed Shells</div>		20	<div>Fitness Center, 8:30-4:30</div> <div>Fitness Trainer by appt.</div> <div>CVIM Dental Appts., 8:30-2:30</div> <div>SilverSneakers®, 10-10:45</div> <div>Positivity Readings, 10-11:30 by appt</div> <div>Better Back Floor Yoga, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Unclaimed Money appts, 12:45-2:45</div> <div>After Lunch Walk, 12:45-1:15</div> <div>Scrabble, 12:45-3</div> <div>Pinochle, 12:45-3</div> <div>Rummikub, 12:45-3</div> <div>Caribbean Chicken Kabobs</div>		21
<div>Fitness Center, 8:30-4:30</div> <div>PA MEDI (Medicare) by appt.</div> <div>Walkie-Talkie Walking Club, 10:30-11:15</div> <div>Balance &amp; Flow, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Bridge Club, 12:30-3</div> <div>Ticket to Ride Game, 12:45-2:15</div> <div>Watercolor Class, 12:45-2:15</div> <div>Mah-jong, 12:30-3:30</div> <div>Chicken Cacciatore</div>		25	<div>Fitness Center, 8:30-4:30</div> <div>Fitness Trainer by appt.</div> <div>SilverSneakers®, 10-10:45</div> <div>Knitting/Crocheting Club, 10:30-12</div> <div>Stronger Memory, 10:45-11:30</div> <div>Stretch This/Not That, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Rummikub, 12:45-3</div> <div>Tom's Monthly Movie, 12:45</div> <div>Classical Music Returns Sept. 9</div> <div>August Birthday Celebration</div> <div>Monte Cristo Sandwich</div>		26	<div>Fitness Center, 8:30-4:30</div> <div>Line Dancing, 10-10:45</div> <div>Garden Club on Patio, 10</div> <div>Strength &amp; Stretch virtual, 11-11:45 (free)</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Ticket to Ride Game, 12:45-2:15</div> <div>Tai Chi for Balance, 1-1:45</div> <div>French Club, 1-2:30</div> <div>Chair Yoga with Liz, 2-2:45</div> <div>Meat Lover's Stromboli</div>		27	<div>Fitness Center, 8:30-4:30</div> <div>Fitness Trainer by appt.</div> <div>CVIM Dental Appts., 8:30-2:30</div> <div>SilverSneakers®, 10-10:45</div> <div>Positivity Readings, 10-11:30 by appt</div> <div>Better Back Floor Yoga, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>After Lunch Walk, 12:45-1:15</div> <div>Scrabble, 12:45-3</div> <div>Pinochle, 12:45-3</div> <div>Rummikub, 12:45-3</div> <div>French Onion Pork Chop</div>		28

## FRIDAY

**Fitness Center, 8:30-3:00** **1**  
**Tablet Games for Active Brains, 10-10:45**  
 Line Dancing, 10-10:45  
 SilverSneakers® Classic, 11-11:45  
 Café Lunch/GnGo, 11:30-12:30  
 Watercolor Class, 12:45-2:15  
 Writer's Workshop, 12:45-2:15  
 Bridge, 12:30-2:45  
 Mah-jong, 12:45-2:45 | Qigong, 1-1:45

**Summer Hours:**  
**Surrey Closes at 3**

**Cheese Tortellini**

**Fitness Center, 8:30-3:00** **8**  
**Tablet Games for Active Brains, 10-10:45**  
 Line Dancing, 10-10:45  
 SilverSneakers® Classic, 11-11:45  
 Café Lunch/GnGo, 11:30-12:30  
**Monthly Book Club, 12:45-2**  
 Watercolor Class, 12:45-2:15  
 Writer's Workshop, 12:45-2:15  
 Bridge, 12:30-2:45  
 Mah-jong, 12:45-2:45 | Qigong, 1-1:45

**Summer Hours:**  
**Surrey Closes at 3**

**Chicken Pot Pie**

**Fitness Center, 8:30-3:00** **15**  
**Tablet Games for Active Brains, 10-10:45**  
 Line Dancing, 10-10:45  
 SilverSneakers® Classic, 11-11:45  
 Café Lunch/GnGo, 11:30-12:30  
 Watercolor Class, 12:45-2:15  
 Writer's Workshop, 12:45-2:15  
 Bridge, 12:30-2:45  
 Mah-jong, 12:45-2:45 | Qigong, 1-1:45

**Summer Hours:**  
**Surrey Closes at 3**

**Open Face Reuben Sandwich**

**Fitness Center, 8:30-3:00** **22**  
**Tablet Games for Active Brains, 10-10:45**  
 Line Dancing, 10-10:45  
 SilverSneakers® Classic, 11-11:45  
 Café Lunch/GnGo, 11:30-12:30  
 Watercolor Class, 12:45-2:15  
 Writer's Workshop, 12:45-2:15  
 Bridge, 12:30-2:45  
 Mah-jong, 12:45-2:45 | Qigong, 1-1:45

**Summer Hours:**  
**Surrey Closes at 3**

**Philly Roast Pork Sandwich**

**Fitness Center, 8:30-2:00** **29**  
**Tablet Games for Active Brains, 10-10:45**  
 Line Dancing, 10-10:45  
 SilverSneakers® Classic, 11-11:45  
 Café Lunch/GnGo, 11:30-12:30  
 Watercolor Class, 12:45-2:15  
 Writer's Workshop, 12:45-2:15  
 Bridge, 12:30-2:45  
 Mah-jong, 12:45-2:45 | Qigong, 1-1:45

**Surrey Closes at 2 pm and will be closed on Monday, Sept. 2**

**Marguerita Flatbread Pizza**

### August Speaker Series

#### How to Find Unclaimed Money with David Fink

**Thursday, August 14 • 12:45 – 1:45**

Celebrate National Financial Awareness Day by finding out how to go online and check to see if there are any unclaimed funds in your name that is owed to you. It is so simple to check and request your money be returned to you. **Find out how!**



#### Second Annual TomatoFest

**Tuesday, August 19 • 12:45 – 1:45**

**Tomatoes are the most popular vegetable (fruit) in the world!**

Join our guest speaker for a short and entertaining history of the tomato, then sample a variety of rare and heirloom tomatoes from both the Surrey Garden and the speaker's trial garden.



#### Tablet Games for Active Brains continues

**Fridays August 1, 8, 15, 22, and 29 • 10 – 10:45**

Bring your own tablet or pre-register to use a Surrey tablet. Learn how to access free popular games like crosswords, word games, word search, Jumble, Scrabble, puzzles, and more. Tablet games are a fun way to keep your mind sharp.

#### Veteran's Lunch

**Monday, August 11 • 11:30 – 12:30**

Join your fellow vets for lunch and conversation for a discounted \$5.

#### Harmonic Minds Concert

**Thursday, August 14 • 11 – 11:30**

#### Lincoln the Goldendoodle's Monthly Visit (fuzzy wuzzy love)

**Wednesday, August 20 • 11 – 11:30**

#### Tom's Monthly Movie Pick

**Tuesday, August 26 • Start time 12:45**

"The Penguin Lessons" (1 hr. 50 mins, 2024) premiered at the Toronto Film Festival and has recently been released in the US and UK. During the 1976 coup in Argentina, an English teacher rescues a penguin and brings it to his school.

#### September Sneak Preview

##### Classical Music Returns!

**Tuesday, September 9 • 12:45 – 2**

**NEW! Our popular Bryn Mawr instructor, Christina Rose, will teach a fitness class**

**Wednesday's beginning September 10 • 11 – 11:45**



#### Don't Forget Transportation . . .

**If you get transportation from Surrey and are planning to join a new activity or session, don't forget to contact the Transportation Department to adjust your rides.**

**Instructor-led classes cost \$5 unless covered by insurance (Renew Active, Silver and Fit, SilverSneakers). Please see reception for more information.**

# BRYN MAWR – August 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
		JOIN US FOR <b>TomatoFest 2025</b> <b>Friday, August 22</b> <b>12:45 – 1:45</b> <i>Pre-register to reserve a seat.</i>		<b>WISDOM CIRCLE</b> <b>NEW!</b> Discussion Group <b>Wednesday, August 13 • 12:45-2</b> <i>Share our wisdom, insights, triumphs, and challenges of this chapter of our lives!</i>			
Wake Up with Surrey, 9-9:45 Next Week: Pinochle New Time <b>Tablet Games, 10-10:45</b> Balance & Flow <i>livestream</i> , 11-11:45 (free) Lunch (pre-register), 11:30-12:30 After Lunch Walking Club, 12:45-1:15 Canasta, 12:45-3 Italian Culture & Conversation, 1-2	4	Wake Up with Surrey, 9-9:45 <b>Tech Tues: One-on-One Support by appt., 9:30-11:30</b> Coffee & Crosswords, 10-10:45 SilverSneakers® <i>livestream</i> , 10-10:45 (free) <b>Ask Surrey's Nurse + Blood Pressure Checks, 10-12</b> Lunch (pre-register), 11:30-12:30 <i>Writing &amp; Scrabble return next week</i> <b>Surrey Bryn Mawr closing at 1:30</b> <b>Salad Sampler over Mixed Greens</b>	5	Wake Up with Surrey, 9-9:45 <b>Resource Navigator appt., 9:30-11:30</b> Chair Yoga, 9:45-10:30 Strength/Stretch/Bal., 10:45-11:30 Lunch (pre-register), 11:30-12:30 Painting & Drawing, 12:30-2 Rummikub Club, 12:45-2:30 Balance & Flow w/ Christina, 2-2:45 <b>Eggs Benedict Florentine</b>	6	Wake Up with Surrey, 9-9:45 SilverSneakers® <i>livestream</i> , 10-10:45 (free) Stronger Memory, 11-11:30 Lunch (pre-register), 11:30-12:30 Knitting/Crocheting/Fiber Arts Club, 12:45-2:30 Bridge Club, 12:45-3:45 <b>NEW! Backgammon, 12:45-3:30</b> Tic Tac Toe Math, 2-3 <b>Beef Bourguignon</b>	7
<b>Crispy Fish Cakes</b> Wake Up with Surrey, 9-9:45 <b>NEW TIME: Pinochle, 9-11:30</b> <b>Tablet Games, 10-10:45</b> Balance & Flow <i>livestream</i> , 11-11:45 (free) <b>Veterans Lunch, 11:30-12:30</b> <b>Banana split dessert with lunch!</b> Lunch (pre-register), 11:30-12:30 After Lunch Walking Club, 12:45-1:15 Canasta, 12:45-3 Italian Culture & Conversation, 1-2	11	Wake Up with Surrey, 9-9:45 <b>PA-Medi by appt., 9-12</b> Coffee & Crosswords, 10-10:45 SilverSneakers® <i>livestream</i> , 10-10:45 (free) <b>Tablet Games for Active Brains, 10-10:45</b> Lunch (pre-register), 11:30-12:30 <b>Tom's Monthly Movie Pick, 12:45</b> Writers Meetup, 12:45-1:45 <b>NEW! Scrabble, 12:45-3</b> <b>Duck Confit</b>	12	Wake Up with Surrey, 9-9:45 Chair Yoga, 9:45-10:30 <b>Member Orientation, 10-11</b> Strength/Stretch/Bal., 10:45-11:30 Lunch (pre-register), 11:30-12:30 Painting & Drawing, 12:30-2 Rummikub Club, 12:45-2:30 <b>NEW! Wisdom Circle, 12:45-2</b> Balance & Flow w/ Christina, 2-2:45 <b>Chef Pedro's Quesa Birria</b>	13	Wake Up with Surrey, 9-9:45 SilverSneakers® <i>livestream</i> , 10-10:45 (free) Stronger Memory, 11-11:30 Lunch (pre-register), 11:30-12:30 <b>How to find your unclaimed \$ from PA livestream, 12:45-1:45</b> Knitting/Crocheting/Fiber Arts Club, 12:45-2:30 Bridge Club, 12:45-3:45 <b>NEW! Backgammon, 12:45-3:30</b> Tic Tac Toe Math, 2-3 <b>Eggplant Parmesan</b>	14
<b>Diner Style Meatloaf</b> Wake Up with Surrey, 9-9:45 <b>NEW TIME: Pinochle, 9-11:30</b> <b>Tablet Games, 10-10:45</b> Balance & Flow <i>livestream</i> , 11-11:45 (free) Lunch (pre-register), 11:30-12:30 After Lunch Walking Club, 12:45-1:15 Canasta, 12:45-3 Italian Culture & Conversation, 1-2	18	Wake Up with Surrey, 9-9:45 <b>Tech Tues: One-on-One Support by appt., 9:30-11:30</b> Coffee & Crosswords, 10-10:45 SilverSneakers® <i>livestream</i> , 10-10:45 (free) <b>NEW Time! Tablet Games for Active Brains, 10:45-11:30</b> <b>Ask Surrey's Nurse + Blood Pressure Checks, 10-12</b> Lunch (pre-register), 11:30-12:30 Writers Meetup, 12:45-1:45 <b>NEW! Scrabble, 12:45-3</b> <i>New! Book Club starting in Sept. 12:45-2</i> <b>Italian Pot Roast</b>	19	Wake Up with Surrey, 9-9:45 <b>Resource Navigator appt., 9:30-11:30</b> <b>Unclaimed PA \$ Appt *</b> Chair Yoga, 9:45-10:30 <b>Caregiver Support Group, 10-11:30</b> Strength/Stretch/Bal., 10:45-11:30 Lunch (pre-register), 11:30-12:30 Painting & Drawing, 12:30-2 Rummikub Club, 12:45-2:30 Balance & Flow w/ Christina, 2-2:45 <b>Stuffed Shells</b>	20	Wake Up with Surrey, 9-9:45 SilverSneakers® <i>livestream</i> , 10-10:45 (free) Stronger Memory, 11-11:30 Lunch (pre-register), 11:30-12:30 Knitting/Crocheting/Fiber Arts Club, 12:45-2:30 Bridge Club, 12:45-3:45 <b>NEW! Backgammon, 12:45-3:30</b> Tic Tac Toe Math, 2-3 <b>Caribbean Chicken Kabobs</b>	21
<b>Cheese Omelet, Hash Browns</b> Wake Up with Surrey, 9-9:45 <b>NEW TIME: Pinochle, 9-11:30</b> <b>Tablet Games, 10-10:45</b> Balance & Flow <i>livestream</i> , 11-11:45 (free) Lunch (pre-register), 11:30-12:30 After Lunch Walking Club, 12:45-1:15 Canasta, 12:45-3 Italian Culture & Conversation, 1-2	25	Wake Up with Surrey, 9-9:45 <b>PA-Medi by appt., 9-12</b> Coffee & Crosswords, 10-10:45 SilverSneakers® <i>livestream</i> , 10-10:45 (free) <b>NEW Time! Tablet Games for Active Brains, 10:45-11:30</b> Lunch (pre-register), 11:30-12:30 Writers Meetup, 12:45-1:45 <b>NEW! Scrabble, 12:45-3</b> <b>August Birthdays Celebration</b> <b>Monte Cristo Sandwich</b>	26	Wake Up with Surrey, 9-9:45 Chair Yoga, 9:45-10:30 Strength/Stretch/Bal., 10:45-11:30 Lunch (pre-register), 11:30-12:30 Painting & Drawing, 12:30-2 Rummikub Club, 12:45-2:30 Balance & Flow w/ Christina, 2-2:45 <b>Meat Lovers Stromboli</b>	27	Wake Up with Surrey, 9-9:45 SilverSneakers® <i>livestream</i> , 10-10:45 (free) Stronger Memory, 11-11:30 Lunch (pre-register), 11:30-12:30 Knitting/Crocheting/Fiber Arts Club, 12:45-2:30 Bridge Club, 12:45-3:45 Tic Tac Toe Math, 2-3 <b>French Onion Pork Chop</b>	28
<b>Chicken Cacciatore</b>		<b>Monte Cristo Sandwich</b>		<b>Meat Lovers Stromboli</b>		<b>French Onion Pork Chop</b>	



## FRIDAY

Wake Up with Surrey, 9-9:45  
Brain Games, 10-10:45  
ZUMBA Gold virtual, 10:45-11:30 (free)  
Lunch (pre-register), 11:30-12:30  
After Lunch Walking Club, 12:45-1:15  
Indoor Cornhole Toss, 12:45-1:45  
Canasta, 12:45-3  
Mah-jong, 12:45-4

1

**Summer Hours:**  
Surrey Closes at 3

**Cheese Tortellini**

Wake Up with Surrey, 9-9:45  
Brain Games, 10-10:45  
ZUMBA Gold virtual, 10:45-11:30 (free)  
Lunch (pre-register), 11:30-12:30  
After Lunch Walking Club, 12:45-1:15  
Indoor Cornhole Toss, 12:45-1:45  
Canasta, 12:45-3  
Mah-jong, 12:45-4

8

**Summer Hours:**  
Surrey Closes at 3

**Chicken Pot Pie**

Wake Up with Surrey, 9-9:45  
Brain Games, 10-10:45  
**NEW! Tech Friday: One-on-One Support by appt., 10:30-12**  
ZUMBA Gold virtual, 10:45-11:30 (free)  
**Camera Club, 10:30-11:30**  
Lunch (pre-register), 11:30-12:30  
After Lunch Walking Club, 12:45-1:15  
Indoor Cornhole Toss, 12:45-1:45  
Canasta, 12:45-3  
Mah-jong, 12:45-4

15

**Summer Hours: Surrey Closes at 3**  
**Open Face Reuben Sandwich**

Wake Up with Surrey, 9-9:45  
Brain Games, 10-10:45  
ZUMBA Gold virtual, 10:45-11:30 (free)  
Lunch (pre-register), 11:30-12:30  
**History of Tomatoes + Tasting, 12:45-1:45**  
After Lunch Walking Club, 12:45-1:15  
Indoor Cornhole Toss, 12:45-1:45  
Canasta, 12:45-3  
Mah-jong, 12:45-4

22

**Summer Hours: Surrey Closes at 3**

**Philly Roast Pork Sandwich**

Wake Up with Surrey, 9-9:45  
Brain Games, 10-10:45  
ZUMBA Gold virtual, 10:45-11:30 (free)  
Lunch (pre-register), 11:30-12:30  
After Lunch Walking Club, 12:45-1:15  
Indoor Cornhole Toss, 12:45-1:45  
Canasta, 12:45-3  
Mah-jong, 12:45-4

29

**Surrey Closes at 2 pm and will be closed on Monday, Sept. 2**

**Marguerita Flatbread Pizza**

## August Speaker Series

### Do You Have Unclaimed Money in Pennsylvania?

**Thursday, August 14 • 12:45 – 1:45**

***In person in Devon and livestreamed to Bryn Mawr***

Guest Speaker, David Fink, explains how to find money you did not know you had.

#### NEED HELP?

Sign up for a private appointment on Wednesday, August 20 with our Resource Navigator.

### TomatoFest

**Friday, August 22 • 12:45 – 1:45**

Join us for TomatoFest 2025! Tomatoes are the most popular vegetable (fruit) in the world! Hear a short and entertaining history of the tomato with samples of rare heirloom varieties from our speaker's trial garden. Pre-register to reserve a seat.

### PA-Medi: Free Medicare Consultation

**Tuesday, August 12 and 26 • By appointment between 9 – 12**

### Tom's Monthly Movie Pick

**Tuesday, August 12 • 12:45**

"Penguin Lessons" (1 hr. 50 mins, 2024) premiered at the Toronto Film Festival and has recently been released in the US and UK. During the 1976 coup in Argentina, an English teacher rescues a penguin and brings it to his school.

### Veteran's Lunch

**Monday, August 11 • 11:30 – 12:30**

Join your fellow vets for lunch and conversation for a discounted \$5. Everyone enjoying a cafe lunch on Monday will have a choice of a

***Custom Banana Split for Dessert***

### Tablet Games for Active Brains continues

**Tuesdays, August 12, 19, and 26 • 10 – 10:45**

Join Lorraine and use Surrey's tablets or your own to discover new, free online games. Keep your mind active while having fun.

### NEW! The Experience of Aging Discussion Group

**Wednesday, August 13 • 12:45 – 2**

Co-led by Lois Ann and Rich, each month this group will bring us together to share our wisdom, insights, triumphs, and challenges of this chapter of our lives. We will have guest speakers and change our discussion themes each month!

### ADDED! A Friday Tech Help Day

**Friday, August 15 • With appointments from 10:30 – 2 • Call ahead to register!**

Regularly scheduled Tech Tuesdays will continue on the second and fourth Tuesdays of the month with appointments from 9:30 – 11:30

### Don't Forget Transportation . . .

**If you get transportation from Surrey and are planning to join a new activity or session, don't forget to contact the Transportation Department to adjust your rides.**

***Instructor-led classes cost \$5 unless covered by insurance (Renew Active, Silver and Fit, SilverSneakers). Please see reception for more information.***

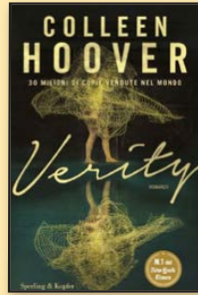
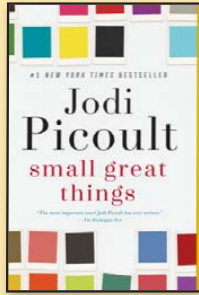
# BROOMALL – August 2025

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY



## BOOK CLUB

**Thursday, August 7 • 1:30 – 2:30**

**Small Great Things** by Jodi Picoult

**Thursday, September 4**

**Verity** by Colleen Hoover

**Thursday, October 2**

**The Friday Afternoon Club** by Griffin Dunne

**SilverSneakers®-Tai Chi, 9-9:45 (\$3)**

Weaving, 10-11:30 (\$1)  
SilverSneakers®-Stretch & Balance, 10-10:45 (\$3)  
Mahjong, 10-11:30  
**Blood Pressure Checks, 11-2**  
Lunch, 11:45-12:30  
Billiards, 12-3 (\$1)  
**Bridge Class, 1 (\$1) \***  
**Poker, 1-3:30 (\$1)**  
Wii Bowling, 1-3

**Lemon Chicken**

4

**CVIM Dental Appts. 8:30-3:00 \* Bocce at Veteran's Park, 9:30 \* Drum Circle, 10**

Knit Wits, 10-11:45 (\$1)  
Canasta, 10-2 (\$1)  
LIFT, 11-11:45 \*  
Lunch, 11:45-12:30  
Cardio Drumming, (Full) 12:45 \*  
Chair Massage, 10-1 \*  
Games, 1-3  
Bingo, 1:30-4 (\$1)

**Seafood Salad on Brioche Roll**

5

**MLHS Ask a Nurse, 9:30-11 Open Art Studio, 9-1 (\$1)**

Virtual Morning Stretch, 10-10:45  
**Walking Club @ Veterans Memorial Park, 10**  
Cardio Drumming, 11 (\$3) (Full) \*  
Lunch, 11:45-12:30  
Poker, 1-3:30 (\$1)  
Rummikub Club, 1-2 (\$1)  
Scrabble, 1  
Crossword Puzzle, 2-3

**Dijon Chicken**

6

**CVIM Dental Appts. 8:30-3:00 \* Chair Zumba, 10-10:45 (\$3)**

Reiki, 10-11:45 \*  
Tech Thursday, 10-1 \*  
Pinochle/Cards, 10-3 (\$1)  
LIFT, 11-11:45 \*  
Lunch, 11:45-12:30  
**Billiards, 12:30-3:30 (\$1)**  
Craft Project, 12:45-3  
**Book Club, Small Great Things, by Jodi Picoult, 1-2**  
Calming Coloring, 2-2:45

**Hot Dog**

7

**SilverSneakers®-Tai Chi, 9-9:45 (\$3)**

Weaving, 10-11:30 (\$1)  
SilverSneakers®-Stretch & Balance, 10-10:45 (\$3)  
Mahjong, 10-11:30  
**Blood Pressure Checks, 11-2**  
Lunch, 11:45-12:30  
Billiards, 12-3 (\$1)  
**Bridge Class, 1 (\$1) \***  
**Poker, 1-3:30 (\$1)**  
Wii Bowling, 1-3

**Baked Chicken**

11

**CVIM Dental Appts. 8:30-3:00 \* Bocce at Veteran's Park, 9:30 \* Drum Circle, 10**

Knit Wits, 10-11:45 (\$1)  
Canasta, 10-2 (\$1)  
LIFT, 11-11:45 \*  
Lunch, 11:45-12:30  
Cardio Drumming, (Full) 12:45 \*  
Chair Massage, 10-1 \*  
Games, 1-3 | Bingo, 1:30-4 (\$1)  
Chair Yoga, 1:30-2:15

**Crab Cake Mac & Cheese**

12

**Open Art Studio, 9-1 (\$1) Dance Fitness with Ro, 10-10:45 (\$3)**

**Walking Club @ Veterans Memorial Park, 10**  
Cardio Drumming, 11 (\$3) (Full) \*  
Lunch, 11:45-12:30  
**Ice Cream Social, 12:30**  
Poker, 1-3:30 (\$1)  
Rummikub Club, 1-2 (\$1)  
Scrabble, 1  
Crossword Puzzle, 2-3

**Hamburger & Salads**

13

**CVIM Dental Appts. 8:30-3:00 \* Chair Zumba, 10-10:45 (\$3)**

Reiki, 10-11:45 \*  
Tech Thursday, 10-1 \*  
Pinochle/Cards, 10-3 (\$1)  
LIFT, 11-11:45 \*  
Lunch, 11:45-12:30  
**Billiards, 12:30-3:30 (\$1)**  
Calming Coloring, 2-2:45

**Glazed Turkey**

14

**SilverSneakers®-Tai Chi, 9-9:45 (\$3)**

Weaving, 10-11:30 (\$1)  
SilverSneakers®-Stretch & Balance, 10-10:45 (\$3)  
Mahjong, 10-11:30  
**Blood Pressure Checks, 11-2**  
Lunch, 11:45-12:30  
Billiards, 12-3 (\$1)  
**Bridge Class, 1 (\$1) \***  
**Poker, 1-3:30 (\$1)**  
Wii Bowling, 1-3

**Chicken Parmesan**

18

**CVIM Dental Appts. 8:30-3:00 \* PA MEDI Counseling, 9-12\* Bocce at Veteran's Park, 9:30 \* Drum Circle, 10**

Knit Wits, 10-11:45 (\$1)  
Canasta, 10-2 (\$1)  
LIFT, 11-11:45 \*  
Lunch, 11:45-12:30  
Cardio Drumming, (Full) 12:45 \*  
Chair Massage, 11-1 \*  
Games, 1-3 | Bingo, 1:30-4 (\$1)  
Chair Yoga, 1:30-2:15

**Cheeseburger Meatloaf**

19

**Open Art Studio, 9-1 (\$1) Dance Fitness with Ro, 10-10:45 (\$3)**

**Walking Club @ Veterans Memorial Park, 10**  
Cardio Drumming, 11 (\$3) (Full) \*  
Lunch, 11:45-12:30  
Poker, 1-3:30 (\$1)  
Rummikub Club, 1-2 (\$1)  
Scrabble, 1  
Crossword Puzzle, 2-3

**Garlic Chicken**

20

**CVIM Dental Appts. 8:30-3:00 \* Chair Zumba, 10-10:45 (\$3)**

Reiki, 10-11:45 \*  
Tech Thursday, 10-1 \*  
Pinochle/Cards, 10-3 (\$1)  
**Ask the Surrey Nurse (Terry), 10:30-11:30**  
LIFT, 11-11:45 \*  
Lunch, 11:45-12:30  
**Billiards, 12:30-3:30 (\$1)**  
**Musical Bingo, 1-3**  
Calming Coloring, 2-2:45

**Italian Hoagie**

21

**SilverSneakers®-Tai Chi, 9-9:45 (\$3)**

Weaving, 10-11:30 (\$1)  
SilverSneakers®-Stretch & Balance, 10-10:45 (\$3)  
Mahjong, 10-11:30  
**Blood Pressure Checks, 11-2**  
Lunch, 11:45-12:30  
Billiards, 12-3 (\$1)  
**Bridge Class, 1 (\$1) \***  
**Poker, 1-3:30 (\$1)**  
**Movie with Popcorn, 1**  
**Beef Stew**

25

**CVIM Dental Appts. 8:30-3:00 \* Bocce at Veteran's Park, 9:30 \* Drum Circle, 10**

Knit Wits, 10-11:45 (\$1)  
Canasta, 10-2 (\$1)  
Virtual Morning Stretch, 11-11:45  
Lunch, 11:45-12:30 **August Birthdays**  
Cardio Drumming, (Full) 12:45 \*  
Chair Massage, 11-1 \*  
Games, 1-3 | Bingo, 1:30-4 (\$1)  
Chair Yoga, 1:30-2:15

**Pulled Pork on a Roll**

26

**Open Art Studio, 9-1 (\$1) Dance Fitness with Ro, 10-10:45 (\$3)**

**Walking Club @ Veterans Memorial Park, 10**  
Cardio Drumming, 11 (\$3) (Full) \*  
Lunch, 11:45-12:30  
Member Orientation, 1-2  
Poker, 1-3:30 (\$1)  
Rummikub Club, 1-2 (\$1)  
Scrabble, 1  
Crossword Puzzle, 2-3

**Hamburger**

27

**CVIM Dental Appts. 8:30-3:00 \* Chair Zumba, 10-10:45 (\$3)**

Reiki, 10-11:45 \*  
Tech Thursday, 10-1 \*  
Pinochle/Cards, 10-3 (\$1)  
Virtual Morning Stretch, 11-11:45  
Lunch, 11:45-12:30  
**Billiards, 12:30-3:30 (\$1)**  
**Luau Dance Party, 1-3**  
Calming Coloring, 2-2:45

**Chicken Waldorf Salad on Croissant & Special Luau Side Dish**

28



## FRIDAY

**CVIM Dental Appts. 9:15-3:15 \*** **1**  
**Bocce at Veteran's Park, 9:30 \***  
**Inspire Mind & Memory, 10-10:45**  
 Chair Massage, 10-1 \*  
**Strength, Flexibility & Balance, 10 (\$3)**  
**Line Dancing, 11-11:45 (\$3)**  
 Duplicate Bridge, 10-3 (\$1)  
 Lunch, 11:45 - 12:30  
 Beading with Mary, 1 (\$1)  
 Table Tennis, 1-3  
**Summer Hours:**  
**Surrey Closes at 3**

**Chicken Alfredo**

**CVIM Dental Appts. 9:15-3:15 \*** **8**  
**Bocce at Veteran's Park, 9:30 \***  
**Inspire Mind & Memory, 10-10:45**  
 Chair Massage, 10-1 \*  
**Strength, Flexibility & Balance, 10 (\$3)**  
**Line Dancing, 11-11:45 (\$3)**  
 Duplicate Bridge, 10-3 (\$1)  
 Lunch, 11:45-12:30  
 Beading with Mary, 1 (\$1)  
 Table Tennis, 1-3  
**Summer Hours:**  
**Surrey Closes at 3**

**Swedish Meatballs**

**CVIM Dental Appts. 9:15-3:15 \*** **15**  
**Bocce at Veteran's Park, 9:30 \***  
**Inspire Mind & Memory, 10-10:45**  
 Chair Massage, 10-1 \*  
**Strength, Flexibility & Balance, 10 (\$3)**  
**Line Dancing, 11-11:45 (\$3)**  
 Duplicate Bridge, 10-3 (\$1)  
 Lunch, 11:45-12:30  
 Beading with Mary, 1 (\$1)  
 Table Tennis, 1-3  
**Summer Hours:**  
**Surrey Closes at 3**

**BBQ Pork**

**CVIM Dental Appts. 9:15-3:15 \*** **22**  
**Bocce at Veteran's Park, 9:30 \***  
**Inspire Mind & Memory, 10-10:45**  
 Chair Massage, 10-1 \*  
**Strength, Flexibility & Balance, 10 (\$3)**  
**Line Dancing, 11-11:45 (\$3)**  
 Duplicate Bridge, 10-3 (\$1)  
 Lunch, 11:45-12:30  
 Beading with Mary, 1 (\$1)  
 Table Tennis, 1-3  
**Summer Hours:**  
**Surrey Closes at 3**

**Spanish Omelet**

**CVIM Dental Appts. 9:15-3:15 \*** **29**  
**Bocce at Veteran's Park, 9:30 \***  
**Inspire Mind & Memory, 10-10:45**  
 Chair Massage, 10-1 \*  
**Strength, Flexibility & Balance, 10 (\$3)**  
**Line Dancing, 11-11:45 (\$3)**  
 Duplicate Bridge, 10-2 (\$1)  
 Lunch, 11:45-12:30  
 Beading with Mary, 1 (\$1)  
 Table Tennis, 1-2  
**Surrey Closes at 2 and will be closed on Monday, Sept. 2**

**Chicken Alfredo**

### Free Dental Care provided by Community Volunteers in Medicine (CVIM)

With Dr. Christy Lazaroff, Dentist and Gina Farrel, Registered Dental Hygienist.  
 For more information, call Carolyn Beitmann at 484-451-8899 or ask to speak with one of the CVIM staff.  
 Includes Veterans who meet CVIM eligibility criteria.



### Bridge Class with John Pino

**Mondays August 4, 11, 18, 25 • 1 (\$1)**

This class is designed to cater to players of all levels, ensuring everyone can learn and improve in a friendly atmosphere.

**Must pre-register at the reception desk**

### TECH THURSDAYS

**Thursdays August 7, 14, 21, 28 • 10 – 1**

Need assistance with your Smart Phone, Tablet, or Laptop?

**Call for your appointment.**



### ICE CREAM SOCIAL

**Wednesday, August 13 • 12:30**



### Musical Bingo

**Thursday, August 21 • 1 – 3**

Len replaces the numbers with tunes and turns BINGO into musical fun!

### Vocalist Debbie Feeser Returns!

**Tuesday, August 26 • 12:15 – 1**

Debbie Feeser will perform at Broomall's August Birthday Lunch.  
 We are excited to welcome her back after her fantastic performances during the play "A Dog Barks" this past June.

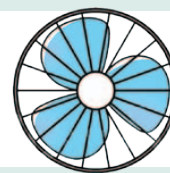
### Luau Dance Party

**Thursday, August 28 • 1 – 3**

End of summer luau dance party with DJ Len! Fun, summery drinks and snacks!

**FREE FANS**

In cooperation with COSA, Surrey Broomall has a limited number of fans available for seniors in need. Please call the reception desk if you need a fan.



### Parking Safety at Surrey Broomall

- Consider forming a carpool group with others attending the same events, especially those who live near you so you can take turns driving.
- Parking is allowed on Parkway Drive and Sussex Blvd. Be cautious as vehicles on the streets may be moving faster than expected and may not see you.
- Exercise caution when backing out of a parking space.
- Parking near the dumpster or on the grass is prohibited.
- Surrey members are prohibited from parking in the adjacent Auto Parts parking lot.

### REMINDER

Programs with an asterisk \* require pre-registration or an appointment, please see the reception desk or call 610-446-2070

# MEDIA – August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Trip to Linvilla Orchards for Voucher Redemption</b> <b>Monday, August 11 • 10</b> Haven't had a chance to redeem your Farmers Market Vouchers? Sign up with Kathy for a seat on this trip to Linvilla Orchards.	<b>Sweets with Sheri</b> <b>Join us on August 6 &amp; August 13 • 12:30</b> for informal get to know you chats with our new volunteer, Sheri. Let's come up with some discussion topics to learn from and support each other	<b>Trolley Ride &amp; Lunch at Bella Roma Pizza Kitchen</b> <b>Monday, August 18 • 11</b> Hop on the trolley and join us for lunch at Bella Roma Pizza Kitchen. Sign up with Kathy or Connie. Please bring cash for lunch and your SEPTA Senior Fare Card.	<b>Tossing Around: Fresh Fruit Salad</b> <b>Friday, August 22 • 11</b> Help us make a fresh fruit salad by bringing in a piece of fruit! Sign up with Louise at the front desk by August 13 and tell her what fruit you are bringing.	Strength & Stretch, 10-10:40 Beginner Cardio Drumming Workout (Screenshared), 11-11:20 and 11:25-11:45 Lunch, 12-12:45 <a href="#">Bingo Bonanza, 1-2</a> <b>Summer Hours: Surrey Closes at 3</b>
Strength & Stretch, 10-10:40 <b>Chair Zumba (Screenshared), 11-11:30</b> Lunch, 12-12:45 <b>Mindful Monday, 12:30-1</b> Rummikub & Dominoes, 1-2 Make Your Point w/ Louise, 1-2	SilverSneakers®, 10-10:45 <b>Zumba Gold (Screenshared), 11-11:30</b> Lunch, 12-12:45 SilverSneakers® Stability, 1-1:40 Strong Bones (Screenshared Class, bring yoga mat), 2-3 <b>Watercolor, 2-4</b> <b>Zoom Group Crossword, 3-4</b>	Strength & Stretch, 10-10:40 <b>Bingo, 10:45-11:30</b> Lunch, 12-12:45 <a href="#">Sweets with Sheri, 12:30-1</a> Scattergories, 1-2 Pinochle & Poker, 1-2 <b>Strength &amp; Stretch at Borough Recreation Center, 1-1:45</b>	SilverSneakers®, 10-10:45 Beginner Cardio Drumming (Screenshared), 11-11:30 Lunch, 12-12:45 Rummikub, 1-2 Strong Bones, 2-3 <b>Mixed Mediums, 2-4</b>	Strength & Stretch, 10-10:40 Beginner Cardio Drumming Workout (Screenshared), 11-11:20 and 11:25-11:45 Lunch, 12-12:45 <a href="#">Team Quizzo, 1-2</a> <b>Summer Hours: Surrey Closes at 3</b>
Strength & Stretch, 10-10:40 <a href="#">Trip to Linvilla Orchards, 10-11</a> <b>Chair Zumba (Screenshared), 11-11:30</b> Lunch, 12-12:45 <b>Mindful Monday, 12:30-1</b> Rummikub & Dominoes, 1-2 <b>Group Crossword Puzzle, 1-2</b>	SilverSneakers®, 10-10:45 <b>Zumba Gold (Screenshared), 11-11:30</b> Lunch, 12-12:45 SilverSneakers® Stability, 1-1:40 Strong Bones (Screenshared Class, bring yoga mat), 2-3 <b>Watercolor, 2-4</b> <b>Zoom Group Crossword, 3-4</b>	Strength & Stretch, 10-10:40 <b>Bingo, 10:45-11:30</b> Lunch, 12-12:45 <a href="#">Sweets with Sheri, 12:30-1</a> Walk Down Memory Lane, 1-2 Pinochle & Poker, 1-2 <b>Strength &amp; Stretch at Borough Recreation Center, 1-1:45</b>	SilverSneakers® Classic, 10-10:45 Beginner Cardio Drumming (Screenshared), 11-11:30 Lunch, 12-12:45 Rummikub, 1-2 Strong Bones, 2-3 <b>Mixed Mediums, 2-4</b>	Strength & Stretch, 10-10:40 Beginner Cardio Drumming (Screenshared), 11-11:20 and 11:25-11:45 Lunch, 12-12:45 <a href="#">Root Beer Float Friday &amp; Chair Volleyball, 1-2</a> <b>Summer Hours: Surrey Closes at 3</b>
Strength & Stretch, 10-10:40 <b>Chair Zumba (Screenshared), 11-11:30</b> <a href="#">Trolley Ride &amp; Lunch at Bella Roma Pizza Kitchen, 11-1</a> <b>Garden Club, 11-11:30</b> Lunch, 12-12:45 <b>Mindful Monday, 12:30-1</b> Rummikub & Dominoes, 1-2 Cornhole, 1-2	SilverSneakers®, 10-10:45 <b>Zumba Gold (Screenshared), 11-11:30</b> Lunch, 12-12:45 SilverSneakers® Stability, 1-1:40 Strong Bones (Screenshared Class, bring yoga mat), 2-3 <b>Watercolor, 2-4</b> <b>Zoom Group Crossword, 3-4</b>	Strength & Stretch, 10-10:40 <b>Bingo, 10:45-11:30</b> Lunch, 12-12:45 <a href="#">Summer Luau, 1-2</a> Pinochle & Poker, 1-2	SilverSneakers® Classic, 10-10:45 Beginner Cardio Drumming (Screenshared), 11-11:30 Lunch, 12-12:45 Rummikub, 1-2 Strong Bones, 2-3 <b>Mixed Mediums, 2-4</b>	<a href="#">Tossing Around: Fresh Fruit Salad, 11-11:30</a> Strength & Stretch, 10-10:40 Beginner Cardio Drumming (Screenshared), 11-11:20 and 11:25-11:45 Lunch, 12-12:45 <a href="#">Musical Bingo, 1-1:30</a> <b>Summer Hours: Surrey Closes at 3</b>
Strength & Stretch, 10-10:40 <b>Chair Zumba (Screenshared), 11-11:30</b> Lunch, 12-12:45 <b>Mindful Monday, 12:30-1</b> Rummikub & Dominoes, 1-2	SilverSneakers®, 10-10:45 <b>Zumba Gold (Screenshared), 11-11:30</b> Lunch, 12-12:45 SilverSneakers® Stability, 1-1:40 Strong Bones (Screenshared Class, bring yoga mat), 2-3 <b>Watercolor, 2-4</b> <b>Zoom Group Crossword, 3-4</b>	Strength & Stretch, 10-10:40 <b>Bingo, 10:45-11:30</b> <a href="#">Surrey Book Club, 11-11:45</a> <b>Lunch by Chef Pedro, 12-12:45</b> Wheel of Fortune, 1-2 Pinochle & Poker, 1-2	SilverSneakers® Classic, 10-10:45 Beginner Cardio Drumming (Screenshared), 11-11:30 Lunch, 12-12:45 Rummikub, 1-2 Strong Bones, 2-3 <b>Mixed Mediums, 2-4</b>	Strength & Stretch, 10-10:40 Beginner Cardio Drumming (Screenshared), 11-11:20 and 11:25-11:45 <b>Lunch &amp; Birthday Party, 12-12:45</b> <a href="#">Karaoke Sing Along, 1-1:30</a> <b>Surrey Closes at 2 and will be closed on Monday, Sept. 2</b>

Surrey charges nominal fees for meals and classes led by a paid instructor, such as exercise or those that require supplies, materials, equipment, or maintenance. A Surrey membership helps to pay for overhead not completely funded by COSA and makes programs available to all. If you have difficulty paying for classes, please contact your center director or Surrey member services.

## Tech Support at Surrey

Are you tired of pop-up ads disrupting your web searches? Do you get lost downloading apps from the app store? Are you being overrun by spam calls? Technology can be frustrating, let a technology volunteer help you work through your digital troubles.

*Make an appointment for technology assistance by calling the Surrey Center ahead of time to schedule an appointment!*

### SURREY BROOMALL

Thursdays August 7, 14, 21, 28 • 10 – 1

Call for your appointment at 610-446-2070.

### SURREY BRYN MAWR

Tuesdays August 5 and 19 • 9:30 – 11:30

or Friday, August 15 • 10:30 – 2

Call for your appointment at 484-222-4930.

### SURREY DEVON

Thursday, August 14 • 9:30 – 11

Call for your appointment at 610-647-6404.



## MEMBER ORIENTATION

**SURREY BRYN MAWR**  
**Wednesday, August 13**  
**10 – 11**

Learn about all the benefits of a Surrey membership — for new or existing members. Staff and volunteers will be available to answer your questions.



## Six Easy Ways to Save Money

### Look for Your Unclaimed Funds

**SURREY DEVON • Thursday, August 14, 12:45 – 1:45**

Celebrate National Financial Awareness Day by finding out how to go online and check to see if there are any unclaimed funds owed to you. It is so simple to check and request your money be returned to you. Find out how from volunteer David Fink.

### BUY FROZEN VEGETABLES

Frozen veggies are flash frozen at the peak of ripeness and can keep for months in the freezer so you use only what you need. Buy the store brand because the price is usually less.

### GET HELP WITH MEDICATIONS

If you are low-income or do not have prescription drug coverage you may qualify for “patient assistance programs” which provide free or discounted medicines. Learn more at [RxAssist.org](http://RxAssist.org) or [NeedyMeds.org](http://NeedyMeds.org).

### PAY WITH CASH

Credit card companies have increased the processing fees they charge businesses. Small businesses and restaurants will pass the fee on to you. Ask if there is a discount for paying cash. For security — don’t carry more than what you need in your wallet.

### TRACK SUBSCRIPTION SERVICES

According to AARP, more than 40% of consumers have forgotten about a subscription or warranty they are paying for automatically — especially online services. Keep track of these, watch for increases, and remember when a free trial ends.

### JOIN LOYALTY CLUBS

Restaurants and small businesses often reward members with freebies. For example, Wawa points can be used for free coffee, sandwiches and snacks.

**SURREY’S PERSONAL FINANCE MANAGERS**  
**can help you create a budget, find hidden expenses,**  
**automate your bill paying and more.**  
**Call Surrey Home Care Services at 610-647-9840**  
**to set up a consultation.**



**SURREY**  
CONSIGNMENT SHOP

*Holiday  
Items*  
accepted starting  
**SEPTEMBER 1!**

Call for an appointment 610-647-8632.

810 Lancaster Avenue, Berwyn, PA 19312  
SurreyConsignementShop.org

Did you know **68%** of our annual operating  
revenue comes from **YOUR CONTRIBUTIONS?**

**SURREY**

*Services for Seniors*

60 Surrey Way, Devon, PA 19333

ADDRESS SERVICES REQUESTED

**SURREY** [SurreyServices.org](http://SurreyServices.org) • [info@surreyservices.org](mailto:info@surreyservices.org)

**Surrey Home Care**

[info@surreyhomecare.org](mailto:info@surreyhomecare.org) • 610-647-9840

**Surrey Transportation**

[Transportation@surreyservices.org](mailto:Transportation@surreyservices.org) • 610-993-9493

**BROOMALL**

505 Parkway Drive, Broomall, PA 19008 • 610-446-2070

**BRYN MAWR**

119 Radnor Street, Bryn Mawr, PA 19010 • 484-222-4930

**DEVON**

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

**MEDIA**

302 S. Jackson St., 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.

MEET  
LINCOLN THE  
GOLDENDOODLE  
and his human at  
SURREY DEVON,  
August 20,  
11 – 11:30.

