

# SURREY Connect

A Nonprofit Organization

February 2026

**Surrey will be closed Friday, March 6, 2026 for Staff Training.**

## UPDATED Weather Policy

In the event of snow accumulation or ice, Surrey sites will open at 9:30. Surrey will send an email on delayed opening days. Make sure you are subscribed to Surrey's emails to be informed of weather updates.

You can also visit the website for quickly updated information on the home page of [surreyservices.org](http://surreyservices.org) or visit Surrey's Facebook or Instagram page.

If you are not sure, please call your Surrey location before venturing out.

**Broomall**  
**610-446-2070**

**Bryn Mawr**  
**484-222-4930**

**Devon**  
**610-647-6404**

**Media**  
**610-566-0505**

Not on Surrey's email list?  
Let us know you would like  
to be added by emailing  
[info@surreyservices.org](mailto:info@surreyservices.org)

## 2026 The Year of Cognitive Six ONGOING EXERCISE

Not surprisingly, exercise is as good for the brain as it is for the body. Regular exercise helps maintain regular blood pressure and blood sugar; reduces inflammation; and releases hormones that double as neurotransmitters, or chemical messengers between your nerve cells.

One study, which looked at nearly 90,000 older adults in the U.K., found that at least 35 minutes of physical activity each week was associated with a 41% lower risk of developing dementia.

Besides the physiological effect on the body, exercise helps with other pillars of brain health. Exercise can help manage stress and improve sleep. Did you know that when you exercise, your body produces more melatonin, a natural hormone that helps regulate your sleep cycle?

Invite a friend to go on a walk or take a Surrey exercise class together and you will be addressing another pillar of brain health — being social and not becoming isolated.

Research shows that 2 ½ hours of exercise per week is optimal — that's the equivalent of three classes at Surrey.

### This month, try an exercise or other movement class:

**Silver Sneakers Tai Chi** • Surrey Broomall  
Mondays, 9 – 9:45

**Dance Fit Gold** • Surrey Bryn Mawr  
Thursdays, 10:30 – 11:15

**Strength & Balance with Christina**  
Surrey Devon  
Wednesdays, 11 – 11:45

**Beginner Cardio Drumming**  
*(Screenshared)*  
Surrey Media  
Fridays 11 – 11:30

### Six Pillars of BRAIN HEALTH

Be Social  
Engage Your Brain  
Manage Stress

### ONGOING EXERCISE

Restorative Sleep  
Eat Right



## February is Heart Health Month! Know Your Numbers



What's good for your heart is good for your brain! The brain depends on healthy blood flow, oxygen, and glucose to function at its best. The key health numbers below such as cholesterol, blood pressure, blood sugar, and body mass index are linked to memory, focus, and long-term cognitive health, including reduced risk of stroke and dementia. Below are numbers you should know and discuss with your doctor.

- ♥ **Total blood cholesterol –** goal is < 180 mg/dL
- ♥ **The normal range for total cholesterol is 180 mg/dL or less. You also need to know your “healthy” HDL cholesterol and “bad” LDL cholesterol numbers.**
- ♥ **The optimal range for HDL cholesterol is more than 60 and LDL cholesterol should be less than 100.**
- ♥ **Blood pressure – goal is 120/80 mmHG or less**
- ♥ **Blood sugar (glucose) – goal is < 130 mg/dL**
- ♥ **The average blood sugar range is between 70 and 130.**
- ♥ **Body mass index – goal is < 25 kg/m<sup>2</sup>**
- ♥ **A BMI over 25 means that you are overweight, and a number over 30 indicates obesity.**

Source: UnitedHealthcare

## VOLUNTEER VIEWPOINT: Finding Purpose & Community at Surrey

“When I retired, I had projects to do, but there was a void in my life because I missed people,” says Louise Hayden, Surrey Ambassador Volunteer at Media. Louise first volunteered at Surrey through Maturity Works, a program that matches retirees and non-profits. Louise began doing a “little bit of everything” at Media. She delivered meals, was a front-desk greeter, helped facilitate trivia games, and shared the benefits of Surrey with her friends and neighbors. “My friends tell me they are bored at home but they aren’t ‘old enough’ for Surrey,” says Louise, “I tell them it’s an amazing active place full of fun people and great activities.” Louise is taking a medical break due to a health condition, but she can’t wait to get back to her volunteer role, “I am so excited about the new center opening and all the volunteer jobs there will be.”

**Surrey welcomes new volunteers at all our locations but especially as we prepare to open a new center in Media. Email Patti at [pzubey@surreyservices.org](mailto:pzubey@surreyservices.org) or call 484-321-6106.**

*Louise and Tucker preparing to drop off home delivered meals.*



*Surrey is excited to offer a new excursion trip with Boscov's Travel:*

## **Sweet Caroline: Musical Tribute to Neil Diamond**

**at Tropicana Casino & Resort in Atlantic City**

**Thursday, June 25, 2026**

Depart from Surrey Devon at 10 am and  
return to Surrey Devon by 9 pm

**\$168 per person**



A day of music, fun, and fortune is in store! The trip includes:

- Round trip transportation via private motorcoach with restrooms
- Buffet lunch at Tropicana Hash House
- Chef Pedro freshly-made snack for guests traveling on the bus back to Surrey
- Free time to enjoy The Atlantic City Tropicana Casino
- A \$25 Casino Bonus Package Slot Play when you bring a valid ID and Total Rewards Card \*

### **THE MAIN EVENT?**

A ticket to *Sweet Caroline: Musical Tribute to Neil Diamond* an electrifying live show starring Jay White, a Las Vegas headliner. Sing along to all your favorite Neil Diamond tunes!

**Reservations must be received and paid for by May 8, 2026.**

Pick up a registration form at a Surrey location or visit the Local Trips page on [surreyservices.org](http://surreyservices.org) under the Programs section.

**For more information call  
484-945-1200 or email  
[bostravcoventry@boscovs.com](mailto:bostravcoventry@boscovs.com)**

*\*Visit website or see registration form for more information*

**SAVE THE DATE**

**Surrey's Annual**

## **Garden Party**

**Thursday, June 18, 2026  
at Bryn Clovis**

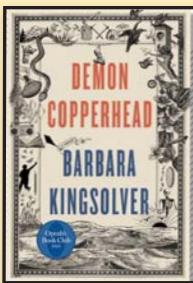
**Sponsorships now available! Visit [surreyservices.org](http://surreyservices.org) or call  
Kathleen Elsmore 610-647-9854 or email [kelsmore@surreyservices.org](mailto:kelsmore@surreyservices.org)**



# DEVON – February 2026

**MONDAY**

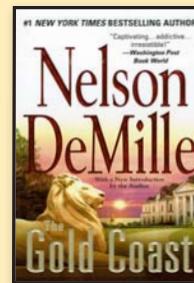
## BOOK CLUB SELECTIONS



**February 6**

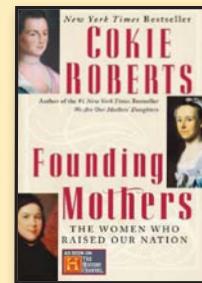
**Demon Copperhead**  
by Barbara Kingsolver

**TUESDAY**



**February 6**  
**Demon Copperhead**  
by Barbara Kingsolver

**WEDNESDAY**



**March 6**  
**The Gold Coast**  
by Nelson DeMille

**THURSDAY**



**April 3**  
**Founding Mothers**  
**Founding Mothers**  
by Cookie Roberts

**Fitness Center, 8:30-4:30**  
PA MEDI (Medicare) by appt.  
**Groundhog Day Movie, 9:30-11:15**  
Wake Up with Surrey, 9-9:45  
Walkie-Talkie Walking Club, 10:30-11:15  
Balance & Flow, 11-11:45  
Café Lunch/GnGo, 11:30-12:30  
**Veteran's Lunch, 11:30-12:30**  
Bridge Club, 12:30-3  
Ticket to Ride Game, 12:45-2:15  
Watercolor Class, 12:45-2:15  
Mah-jong, 12:45-3:30  
**Spanish Conversation, 1-2:30**

Bacon Cheeseburger

**Fitness Center, 8:30-4:30**  
Fitness Trainer by appt.  
PA MEDI (Medicare) by appt.  
Wake Up with Surrey, 9-9:45  
SilverSneakers®, 10-10:45  
Knitting/Crocheting Club, 10:30-12  
Stronger Memory, 10:45-11:30  
Stretch This/Not That, 11-11:45  
Café Lunch/GnGo, 11:30-12:30  
**Siemans Tech Helper Appts., 12:30-2**  
Rummikub, 12:45-3  
Hand & Foot Canasta, 12:45-2

Crispy Vegetarian Croquettes

**Fitness Center, 8:30-4:30**  
AARP Tax Prep by appt. ONLY  
Wake Up with Surrey, 9-9:45  
Line Dancing, 10-10:45  
**Beginner Spanish, 10:45-11:30**  
Strength & Balance with Christina, 11-11:45  
Café Lunch/GnGo, 11:30-12:30  
Ticket to Ride Game, 12:45-2:15  
Tai Chi for Balance, 1-1:45  
French Club, 1-2:30  
Chair Yoga with Liz, 2-2:45

Chef Pedro's Chicken Enchiladas

**Fitness Center, 8:30-4:30**  
Fitness Trainer by appt.  
CVIM Dental Appts., 8:30-2:30  
Wake Up with Surrey, 9-9:45  
SilverSneakers®, 10-10:45  
Better Back Floor Yoga, 11-11:45  
Café Lunch/GnGo, 11:30-12:30  
After Lunch Walk, 12:45-1:15  
Scrabble, 12:45-3  
Pinochle, 12:45-3  
Rummikub, 12:45-3  
German Club, 1:30-3

Roasted Turkey with Stuffing

**Fitness Center, 8:30-4:30**  
PA MEDI (Medicare) by appt.  
Wake Up with Surrey, 9-9:45  
Walkie-Talkie Walking Club, 10:30-11:15  
Balance & Flow, 11-11:45  
Café Lunch/GnGo, 11:30-12:30  
Bridge Club, 12:30-3  
Ticket to Ride Game, 12:45-2:15  
Watercolor Class, 12:45-2:15  
Mah-jong, 12:45-3:30  
**Spanish Conversation, 1-2:30**

Creamy Mushroom Pork Chop

**Fitness Center, 8:30-4:30**  
Fitness Trainer by appt.  
Wake Up with Surrey, 9-9:45  
SilverSneakers®, 10-10:45  
Knitting/Crocheting Club, 10:30-12  
Stronger Memory, 10:45-11:30  
Stretch This/Not That, 11-11:45  
Café Lunch/GnGo, 11:30-12:30  
**Classical Music, 12:45-2**

Creamy Chipped Beef Over Toast & Egg

**Fitness Center, 8:30-4:30**  
AARP Tax Prep by appt. ONLY  
Wake Up with Surrey, 9-9:45  
Line Dancing, 10-10:45  
**Beginner Spanish, 10:45-11:30**  
Strength & Balance with Christina, 11-11:45  
Café Lunch/GnGo, 11:30-12:30  
Ticket to Ride Game, 12:45-2:15  
**NEW! Chess Club, 12:45-2:15**  
Tai Chi for Balance, 1-1:45  
French Club, 1-2:30  
Chair Yoga with Liz, 2-2:45

Stuffed Pepper with Ground Turkey

**Fitness Center, 8:30-4:30**  
Fitness Trainer by appt.  
CVIM Dental Appts., 8:30-2:30  
Wake Up with Surrey, 9-9:45  
SilverSneakers®, 10-10:45  
Better Back Floor Yoga, 11-11:45  
Café Lunch/GnGo, 11:30-12:30  
After Lunch Walk, 12:45-1:15  
**Valentine's Craft, 12:45-2**  
Scrabble, 12:45-3  
Pinochle, 12:45-3  
Rummikub, 12:45-3  
German Club, 1:30-3

Valentine Lunch: Chicken Cordon Bleu

**Surrey Closed**  
**February 16**  
for  
**President's Day**

**Fitness Center, 8:30-4:30**  
Fitness Trainer by appt.  
Wake Up with Surrey, 9-9:45  
SilverSneakers®, 10-10:45  
Knitting/Crocheting Club, 10:30-12  
Stronger Memory, 10:45-11:30  
Stretch This/Not That, 11-11:45  
Café Lunch/GnGo, 11:30-12:30  
**No Reading Book Club, 12:45-2**  
Rummikub, 12:45-3  
Hand & Foot Canasta, 12:45-2

Mardi Gras Lunch

Chicken & Sausage Jambalaya

**Fitness Center, 8:30-4:30**  
AARP Tax Prep by appt. ONLY  
Wake Up with Surrey, 9-9:45  
Line Dancing, 10-10:45  
**Beginner Spanish, 10:45-11:30**  
Strength & Balance with Christina, 11-11:45  
Café Lunch/GnGo, 11:30-12:30  
Ticket to Ride Game, 12:45-2:15  
**NEW! Chess Club, 12:45-2:15**  
Tai Chi for Balance, 1-1:45  
French Club, 1-2:30  
Chair Yoga with Liz, 2-2:45

Beef Chili over Baked Potato

**Fitness Center, 8:30-4:30**  
Fitness Trainer by appt.  
CVIM Dental Appts., 8:30-2:30  
Wake Up with Surrey, 9-9:45  
SilverSneakers®, 10-10:45  
Better Back Floor Yoga, 11-11:45  
Café Lunch/GnGo, 11:30-12:30  
After Lunch Walk, 12:45-1:15  
**Cupid's Corner Putt-Putt, 12:45-2**  
Scrabble, 12:45-3  
Pinochle, 12:45-3  
Rummikub, 12:45-3  
German Club, 1:30-3

Haluski with Ham

**Fitness Center, 8:30-4:30**  
PA MEDI (Medicare) by appt.  
Wake Up with Surrey, 9-9:45  
Walkie-Talkie Walking Club, 10:30-11:15  
Balance & Flow, 11-11:45  
Café Lunch/GnGo, 11:30-12:30  
Bridge Club, 12:30-3  
Ticket to Ride Game, 12:45-2:15  
Watercolor Class, 12:45-2:15  
Mah-jong, 12:45-3:30  
**Spanish Conversation, 1-2:30**

Blackened Chicken with  
Pancetta Corn Relish

**Fitness Center, 8:30-4:30**  
Fitness Trainer by appt.  
Wake Up with Surrey, 9-9:45  
SilverSneakers®, 10-10:45  
Knitting/Crocheting Club, 10:30-12  
Stronger Memory, 10:45-11:30  
Stretch This/Not That, 11-11:45  
Café Lunch/GnGo, 11:30-12:30  
**Classical Music, 12:45-2**

Grilled Brats

**Fitness Center, 8:30-4:30**  
AARP Tax Prep by appt. ONLY  
Wake Up with Surrey, 9-9:45  
Line Dancing, 10-10:45  
**Beginner Spanish, 10:45-11:30**  
Strength & Balance with Christina, 11-11:45  
Café Lunch/GnGo, 11:30-12:30  
**Speaker Series: Privacy and AI, 12:45**  
Ticket to Ride Game, 12:45-2:15  
**NEW! Chess Club, 12:45-2:15**  
Tai Chi for Balance, 1-1:45  
French Club, 1-2:30  
Chair Yoga with Liz, 2-2:45

Lunar New Year Lunch  
Sweet & Sour Porkloin with  
Ginger-Soy Longevity Noodles

**Fitness Center, 8:30-4:30**  
Fitness Trainer by appt.  
CVIM Dental Appts., 8:30-2:30  
Wake Up with Surrey, 9-9:45  
SilverSneakers®, 10-10:45  
Better Back Floor Yoga, 11-11:45  
Café Lunch/GnGo, 11:30-12:30  
After Lunch Walk, 12:45-1:15  
**Author Talk: Joe Natalicchio, 12:45-1:45**  
Scrabble, 12:45-3  
Pinochle, 12:45-3  
Rummikub, 12:45-3  
German Club, 1:30-3

Rosemary Lemon Grilled Chicken

## FRIDAY

### Valentine's Day Lunch

**Thursday, February 12**  
**11:30 – 12:30**

Chicken Cordon Bleu  
and a decadent dessert.

*Reservations required;  
one guest per member*

**Fitness Center, 8:30-4:30**

**CVIM Dental Appts., 8:30-2:30**

Wake Up with Surrey, 9-9:45

Coffee and Crosswords, 10-10:45

Line Dancing, 10-10:45

SilverSneakers®, 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, 12:30-3:30

Mah-jong, 12:45-3:30

Qigong, 1-1:45

**Pot Pie**

**6**

**Fitness Center, 8:30-4:30**

Wake Up with Surrey 9-9:45

**Tom's Movie Pick: "Lincoln", 9-11:30**

Coffee and Crosswords, 10-10:45

Line Dancing, 10-10:45

SilverSneakers®, 11-11:45

Café Lunch/GnGo, 11:30-12:30

Watercolor Class, 12:45-2

Writer's Workshop, 12:45-2

Bridge, 12:30-2

Mah-jong, 12:45-2

Qigong, 1-1:45

**Surrey Closes at 2 PM**  
**Spaghetti Bolognese**

**13**

**Fitness Center, 8:30-4:30**

Wake Up with Surrey, 9-9:45

Coffee and Crosswords, 10-10:45

Line Dancing, 10-10:45

SilverSneakers®, 11-11:45

Café Lunch/GnGo, 11:30-12:30

Watercolor Class, 12:45-2:15

Writer's Workshop, 12:45-2:15

Bridge, 12:30-3:30

Mah-jong, 12:45-3:30

Qigong, 1-1:45

**Quiche**

**20**

**Fitness Center, 8:30-4:30**

Wake Up with Surrey, 9-9:45

Coffee and Crosswords, 10-10:45

Line Dancing, 10-10:45

SilverSneakers®, 11-11:45

Café Lunch/GnGo, 11:30-12:30

Watercolor Class, 12:45-2:15

Writer's Workshop, 12:45-2:15

Bridge, 12:30-3:30

Mah-jong, 12:45-3:30

Qigong, 1-1:45

**February Birthday Lunch**

**Seafood Stuffed Mushrooms**

**27**

## February Speaker Series

### Stories of a Mardi Gras Queen

**Tuesday, February 17 • 10:45 – 11:15 (before the Mardi Gras lunch)**

Join Betsy Pincus for photos and entertaining stories of her experience as a Mardi Gras queen. (If you are going to the Mardi Gras lunch afterwards, remember to make reservations.)

### Stop AI from Learning Through Your Emails & Texts

**Wednesday, February 25 • 12:45 – 1:45**

David Fink will explain ways to protect your personal data and the steps you can use to control access to your emails, photos, texts, and other information.

### Baseball's Most Outrageous Promotions

**Thursday, February 26 • 12:45 – 1:45**

Joe Natalicchio from Surrey's Writer's Workshop will be sharing his newly published book about some of baseball's craziest stunts to increase attendance. Orders for the book will be taken at the front desk to ensure enough are available at the event.

### Sieman's Tech Helper Appointments

**Tuesday, February 3 • 12:30 – 2**

Individual appointments with a tech expert who can answer your iPhone, tablet, or laptop questions. *Reserve your appointment by calling the 610-647-6404.*

### February Featured "Wake Up with Surrey" Movies

**"Groundhog Day" Monday, February 2 • 9:30 – 11:15 (141 mins.)**

**Tom's Movie Pick: "Lincoln" Friday, February 13 • 9 – 11:30 (2 hrs. 30 mins)**

Join us for coffee, tea, pastries and a morning movie.

### NEW! Chess Club

**Wednesdays February 11, 18, 25 • 12:45 – 2:15**

All interested chess players of any level of experience are welcome to join the Chess Club, guided by John Calder.



### Valentine's Day Lunch

**Thursday, February 12 • 11:30 – 12:30**

Join your Surrey Community pal-entines for Chicken Cordon Bleu and a decadent dessert.

*Reservations required; one guest per member.*



### Valentine's Day Craft (\$6 materials fee)

**Thursday, February 12 • 12:45 – 2**

Sample at the front desk. *Please pay and pre-register at the front desk.*



### Cupid's Corner Mini Golf

**Thursday, February 19 • 12:45 – 2**

Does Surrey make your heart go putt-putt?

Win chocolate kisses for playing and a jackpot prize for a hole-in-one.



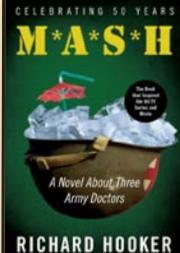
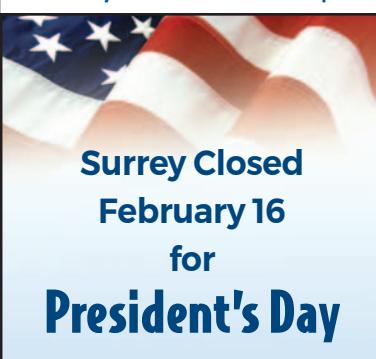
### One Wall: Exhibition by Chris Lohr

**Throughout February**

Visit the One Wall galleries to see the wonderful paint displays.

Read more at the show, upstairs and downstairs at Surrey Devon.

# BRYN MAWR – February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>BOOK CLUB</b> <b>SELECTIONS</b> 	<b>Tuesday</b> <b>February 24</b> <b>12:45 - 2</b> <b>MASH</b> by Richard Hooker	<b>One Wall: Exhibition of Watercolor Class Works</b> <b>Opening Reception:</b> <b>Wednesday, February 25 at 2</b>	
Wake Up with Surrey, 9-9:45 Movie: Groundhog Day, 9:30-11:15 Pinochle, 9-11:30 Boggle, 10-10:45 Strength & Balance with Christina, 11-11:30 Lunch (pre-register), 11:30-12:30 Canasta, 12:45-3 Italian: Beginner Language, 12:45-1:45  <b>Bacon Cheeseburger</b>	Wake Up with Surrey, 9-9:45 Tech Tues (by appt.), 9:30-11:30 SilverSneakers® <i>livestream</i> , 10-10:45 (free) Tablet Games for Active Brains, 10:45-11:30 Lunch (pre-register), 11:30-12:30 Writers Meetup, 12:45-1:45 Jewelry Making Club, 12:45-2 Scrabble, 12:45-3  <b>Crispy Vegetarian Croquettes</b>	Wake Up with Surrey, 9-9:45 Chair Yoga with Denise, 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  <b>Chef Pedro's Chicken Enchiladas</b>	Wake Up with Surrey, 9-9:45 SilverSneakers® <i>virtual</i> , 9:45-10:15 (free) <b>Needle Felted Card, 10-11:30</b> <b>Dance Fit Gold, 10:30-11:15</b> Stronger Memory, 10:45-11:30 Lunch (pre-register), 11:30-12:30 Knitting/Crocheting/Fiber Arts Club, 12:45-2:30 Bridge Club: Returns in April Backgammon, 12:45-3:30  <b>Roasted Turkey with Stuffing</b>
Wake Up with Surrey, 9-9:45 Pinochle, 9-11:30 Boggle, 10-10:45 Strength & Balance with Christina, 11-11:30 Lunch (pre-register), 11:30-12:30 <b>Veterans Lunch, 11:30-12:30</b> Canasta, 12:45-3 Italian: Culture & History, 12:45-1:45  <b>Creamy Mushroom Pork Chop</b>	Wake Up with Surrey, 9-9:45 <b>PA-Medi by appt., 9-12</b> Tech Tues (by appt.), 9:30-11:30 SilverSneakers® <i>livestream</i> , 10-10:45 (free) <b>Ask Surrey's Nurse/BP Checks, 10-12</b> Tablet Games for Active Brains, 10:45-11:30 Lunch (pre-register), 11:30-12:30 Classical Music ( <i>livestream</i> ), 12:45-2 Writers Meetup, 12:45-1:45 Jewelry Making Club, 12:45-2 Scrabble, 12:45-3  <b>Creamy Chipped Beef Over Toast &amp; Egg</b>	Wake Up with Surrey, 9-9:45 Chair Yoga with Denise, 9:45-10:30 <b>Resource Navigator appt., 9:30-11:30</b> Strength/Stretch/Bal, 10:45-11:30 Lunch (pre-register), 11:30-12:30 Painting & Drawing, 12:30-2 <b>Wisdom Circle Discussion Group, 12:45-2</b> Rummikub Club, 12:45-2:30  <b>Stuffed Pepper with Ground Turkey</b>	Wake Up with Surrey, 9-9:45 SilverSneakers® <i>virtual</i> , 9:45-10:15 (free) <b>Dance Fit Gold, 10:30-11:15</b> Stronger Memory, 10:45-11:30 <b>Sing-a-Long, 10:45-11:15</b> Lunch (pre-register), 11:30-12:30 Knitting/Crocheting/Fiber Arts Club, 12:45-2:30 Bridge Club: Returns in April Backgammon, 12:45-3:30  <b>Valentine Lunch: Chicken Cordon Bleu</b>
 <b>Surrey Closed</b> <b>February 16</b> for <b>President's Day</b>	Wake Up with Surrey, 9-9:45 Tech Tues (by appt.), 9:30-11:30 SilverSneakers® <i>livestream</i> , 10-10:45 (free) <b>Speaker Series: Mardi Gras, 10:45-11:15</b> Lunch (pre-register), 11:30-12:30 <b>Tom's Monthly Movie Pick, 12:45-2:30</b> Writers Meetup, 12:45-1:45 Jewelry Making Club, 12:45-2 Scrabble, 12:45-3  <b>Mardi Gras Lunch (pre-register)</b> <b>Chicken &amp; Sausage Jambalaya</b>	Wake Up with Surrey, 9-9:45 Chair Yoga with Denise, 9:45-10:30 <b>Caregiver Support Group, 10-11:30</b> <b>Speaker Series: "Help! I'm Stuck", 12:45</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>Beef Chili over Baked Potato</b>	Wake Up with Surrey, 9-9:45 Main Line Health <b>Ask-A-Nurse, 9:30-11:30</b> (Drop in for consult) SilverSneakers® <i>virtual</i> , 9:45-10:15 (free) <b>Dance Fit Gold, 10:30-11:15</b> Stronger Memory, 10:45-11:30 Lunch (pre-register), 11:30-12:30 Knitting/Crocheting/Fiber Arts Club, 12:45-2:30 Bridge Club: Returns in April Backgammon, 12:45-3:30  <b>Haluski with Ham</b>
Wake Up with Surrey, 9-9:45 Pinochle, 9-11:30 Boggle, 10-10:45 Strength & Balance with Christina, 11-11:30 Lunch (pre-register), 11:30-12:30 Canasta, 12:45-3 Italian: Foreign Language Film, 12:45-1:45  <b>Blackened Chicken with Pancetta Corn Relish</b>	Wake Up with Surrey, 9-9:45 <b>PA-Medi by appt., 9-12</b> Tech Tues (by appt.), 9:30-11:30 SilverSneakers® <i>livestream</i> , 10-10:45 (free) <b>Speaker Series: Memory Tricks, 10:30</b> Tablet Games for Active Brains, 10:45-11:30 Lunch (pre-register), 11:30-12:30 Writers Meetup, 12:45-1:45 Jewelry Making Club, 12:45-2 Classical Music ( <i>livestream</i> ), 12:45-2 <b>Monthly Book Club, 12:45-2</b> Scrabble, 12:45-3  <b>Grilled Brats</b>	Wake Up with Surrey, 9-9:45 Chair Yoga with Denise, 9:45-10:30 <b>Resource Navigator appt., 9:30-11:30</b> Strength/Stretch/Bal, 10:45-11:30 Lunch (pre-register), 11:30-12:30 <b>Dessert &amp; Learn: Lunar New Year, 12:30-1</b> Painting & Drawing, 12:30-2 <b>Opening Art Reception, 2</b> Rummikub Club, 12:45-2:30  <b>Lunar New Year Lunch</b> <b>Sweet &amp; Sour Porkloin with Ginger-Soy Longevity Noodles</b>	Wake Up with Surrey, 9-9:45 SilverSneakers® <i>virtual</i> , 9:45-10:15 (free) <b>Dance Fit Gold, 10:30-11:15</b> Stronger Memory, 10:45-11:30 Lunch (pre-register), 11:30-12:30 Knitting/Crocheting/Fiber Arts Club, 12:45-2:30 Bridge Club: Returns in April Backgammon, 12:45-3:30  <b>Rosemary Lemon Grilled Chicken</b>

## FRIDAY

### Valentine's Day Lunch

Thursday, February 12

11:30 – 12:30

Chicken Cordon Bleu and a decadent dessert.

*Reservations required;  
one guest per member*

6

Wake Up with Surrey, 9-9:45  
Cardio Drumming, 10-10:30  
**Rummikub, 10-11:30**  
Balance & Flow with Christine, 10:45-11:30  
**Camera Club, 10:30-11:30**  
Lunch (pre-register), 11:30-12:30  
**Origami Hearts Craft, 12:45-1:15**  
Indoor Cornhole Toss, 12:45-1:45  
Canasta, 12:45-3  
Mah-jong, 12:45-4

#### Pot Pie

13

Wake Up with Surrey, 9-9:45  
Cardio Drumming, 10-10:30  
**Rummikub, 10-11:30**  
Balance & Flow with Christine, 10:45-11:30  
Lunch (pre-register), 11:30-12:30  
Indoor Cornhole Toss, 12:45-1:45  
**Cupid's Corner Mini Golf, 12:45-2**  
Canasta, 12:45-2  
Mah-jong, 12:45-2  
**Surrey Closes at 2 PM**  
**Spaghetti Bolognese**

20

Wake Up with Surrey, 9-9:45  
Cardio Drumming, 10-10:30  
**Rummikub, 10-11:30**  
Balance & Flow with Christine, 10:45-11:30  
Lunch (pre-register), 11:30-12:30  
Indoor Cornhole Toss, 12:45-1:45  
Canasta, 12:45-3  
Mah-jong, 12:45-4

#### Quiche

27

Wake Up with Surrey, 9-9:45  
Cardio Drumming, 10-10:30  
**Rummikub, 10-11:30**  
Balance & Flow with Christine, 10:45-11:30  
Lunch (pre-register), 11:30-12:30  
Indoor Cornhole Toss, 12:45-1:45  
Canasta, 12:45-3  
Mah-jong, 12:45-4

#### February Birthday Lunch

#### Seafood Stuffed Mushrooms

## February Speaker Series

### Behind the Scenes at Mardi Gras

Tuesday, February 17 • 10:45 – 11:15 (before the Mardi Gras lunch)

Mary brings back beads, throws, and stories only a New Orleans insider knows.

### "Help! I'm Stuck!"

Wednesday, February 18 • 12:45 – 1:45

It's a familiar feeling: You can't get started on something you really need to do and you don't know what is holding you back. Dr. Richard Cooper shares insight and practical strategies for getting unstuck.

### Practical Tricks for Improving Your Memory

Tuesday, February 24 • 10:30 – 11:30

Anne Imhof, RN, explains the exercises she was taught by her neurologist which helped her heal after a concussion. Learn how to strengthen your own short term memory and why these strategies work.

### Dessert & Learn: Let's Celebrate the Lunar New Year

Wednesday, February 25 • 12:30 – 1

Sample traditional Lunar New Year treats and learn about the most important celebration in Chinese culture.

### Wake Up With Surrey's Annual "Groundhog Day" Movie

Monday, February 2 • 9:30 – 11:15

Join us for coffee, tea, and pastries as a weatherman relives the same day.



### Valentine's Crafts

Needle Felted Card Thursday, February 5 • 10 – 11:30 (pre-register, seats limited)

Origami Hearts Craft Friday, February 6 • 12:45 – 1:15



### Valentine's Day Lunch

*(Reservations required; one guest per member)*

Thursday, February 12 • Sing-a-Long: 10:45 – 11:15 • Lunch: 11:30 – 12:30

Join your Pal-entines for Chicken Cordon Bleu and a decadent dessert.



### Cupid's Corner Mini Golf



Friday, February 13 • 12:45 – 2



Does Surrey make your heart go putt-putt? Chocolate kisses for everyone who participates and a jackpot prize for a hole-in-one.

### Mardi Gras Lunch

*(Reservations required; one guest per member)*

Tuesday, February 17 • Program: 11 – 11:30 Lunch: 11:30 – 12:30

Authentic New Orleans jambalaya, beads, jazz and a view of Bourbon Street.

### Tom's Monthly Movie Pick: Lincoln (2012) starring Daniel Day-Lewis

Tuesday, February 17 • 12:45 – 3:15

### 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.

# BROOMALL – February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>Author Talk • Tony Marinelli</b></p> <p><b>Monday, February 9 • 1</b></p> <p>100th Anniversary of celebrating Black History. Tony will read excerpts from his book, <i>Voices Unchained</i>, the slave narratives from the National Archives</p>	<p><b>Beating the Winter Blues</b></p> <p><b>Thursday, February 12 • 1</b></p> <p>Facilitator, Kayla, is a music therapist and pastor, who offers a host of holistic approaches and practical tools to help lift you up.</p>		<p><b>SEPTA Senior Key Card Event</b></p>
<p>SilverSneakers®-Tai Chi, 9-9:45 (\$3) Weaving, 10-11:30 (\$1) SilverSneakers®-Stretch &amp; Balance, 10-10:45 (\$3) Mahjong, 10-11:30 Blood Pressure Checks, 11-1 Lunch, 11:45-12:30 Billiards, 12-3 (\$1) Poker, 1-3:30 (\$1) Wii Bowling, 1-3</p> <p><b>Stuffed Shells</b></p>	<p>CVIM Dental Appts. 8:30-3 * Drum Circle, 10 Knit Wits, 10-11:45 (\$1) Canasta, 10-2 (\$1) LIFT, 11-11:45 * Lunch, 11:45-12:30 <b>iPhone Photo Class, 12:30 or 1 *</b> Cardio Drumming, 12:45 * Chair Massage, 10-1 * Games, 1-3 (\$1)   Bingo, 1:30-4 (\$1) Chair Yoga, 1:30-2:15</p> <p><b>Egg Salad on Rye</b></p>	<p>3 Open Art Studio, 9-1 (\$1) MLHS Ask a Nurse, 9:30-11 Dance Fitness with Ro, 10-10:45 (\$3) Brain Games, 10:30-11:15 Cardio Drumming, 11 (\$3) * Lunch, 11:45-12:30 Poker, 1-3:30 (\$1) Rummikub Club, 1-2 (\$1) Scrabble, 1 Crossword Puzzle, 2-3</p> <p><b>Pasta &amp; Meatballs</b></p>	<p>4 CVIM Dental Appts. 8:30-3 * Zumba on the Screen, 10-10:45 Reiki, 10-11:45 * <b>Tech Thursday, 11-2 *</b> Pinochle/Cards, 10-3 (\$1) LIFT, 11-11:45 * Lunch, 11:45-12:30 Billiards, 12:30-3:30 (\$1) Games, 1-3 (\$1) <b>Craft Project, 12:45-3</b> <b>Book Club, 1:30-2:30</b> Calming Coloring, 2-2:45</p> <p><b>BLT on Multigrain</b></p>
<p>SilverSneakers®-Tai Chi, 9-9:45 (\$3) Weaving, 10-11:30 (\$1) SilverSneakers®-Stretch &amp; Balance, 10-10:45 (\$3) Mahjong, 10-11:30 <b>Blood Pressure Checks, 11-1</b> Lunch, 11:45-12:30 Billiards, 12-3 (\$1) <b>Author Reading, 1 by Tony Morinelli</b> Poker, 1-3:30 (\$1) Wii Bowling, 1-3</p> <p><b>Salisbury Steak</b></p>	<p>CVIM Dental Appts. 8:30-3 * <b>Nail Painting, 10-2</b> Drum Circle, 10 Knit Wits, 10-11:45 (\$1) Canasta, 10-2 (\$1) LIFT, 11-11:45 * Lunch, 11:45-12:30 <b>iPhone Photo Class, 12:30 or 1 *</b> Cardio Drumming, 12:45 * Chair Massage, 10-1 * Games, 1-3 (\$1)   Bingo, 1:30-4 (\$1) Chair Yoga, 1:30-2:15</p> <p><b>BBQ Pork Ribette</b></p>	<p>10 Open Art Studio, 9-1 (\$1) Dance Fitness with Ro, 10-10:45 (\$3) Brain Games, 10:30-11:15 Cardio Drumming, 11 (\$3) * Lunch, 11:45-12:30 Poker, 1-3:30 (\$1) Rummikub Club, 1-2 (\$1) Scrabble, 1 <b>Valentine's Crossword Puzzle, 2-3</b></p> <p><b>Chicken Cordon Blue</b></p>	<p>11 CVIM Dental Appts. 8:30-3 * Zumba on the Screen, 10-10:45 Reiki, 10-11:45 * <b>Tech Thursday, 11-2 *</b> Pinochle/Cards, 10-3 (\$1) LIFT, 11-11:45 * <b>Special Valentine's Lunch, 11:45-12:30</b> Billiards, 12:30-3:30 (\$1) <b>Beating the Winter Blues, 1</b> Games, 1-3 (\$1) Calming Coloring, 2-2:45</p> <p><b>Beef Stroganoff</b></p>
<p><b>Surrey Closed February 16 for President's Day</b></p>	<p>CVIM Dental Appts. 8:30-3 * <b>PA MEDI Counseling, 9-12*</b> Drum Circle, 10 Knit Wits, 10-11:45 (\$1) Canasta, 10-2 (\$1) LIFT, 11-11:45 * Lunch, 11:45-12:30 <b>iPhone Photo Class, 12:30 or 1 *</b> Cardio Drumming, 12:45 * Chair Massage, 10-1 * Games, 1-3 (\$1)   Bingo, 1:30-4 (\$1) Chair Yoga, 1:30-2:15</p> <p><b>Seafood Salad</b></p>	<p>17 Open Art Studio, 9-1 (\$1) Dance Fitness with Ro, 10-10:45 (\$3) Brain Games, 10:30-11:15 <b>Septa Senior Key Card, 11-1</b> Cardio Drumming, 11 (\$3) * Lunch, 11:45-12:30 Poker, 1-3:30 (\$1) Rummikub Club, 1-2 (\$1) Scrabble, 1 Crossword Puzzle, 2-3</p> <p><b>Cheese Omelet &amp; French Toast</b></p>	<p>18 CVIM Dental Appts. 8:30-3 * Zumba on the Screen, 10-10:45 Reiki, 10-11:45 * <b>Tech Thursday, 11-2 *</b> Pinochle/Cards, 10-3 (\$1) Ask the Surrey Nurse, 10:30-11:30 LIFT, 11-11:45 * Lunch, 11:45-12:30 Billiards, 12:30-3:30 (\$1) <b>Musical Bingo, 1-3</b> Games, 1-3 (\$1) Calming Coloring, 2-2:45</p> <p><b>Italian Meats on Kaiser</b></p>
<p>SilverSneakers®-Tai Chi, 9-9:45 (\$3) Weaving, 10-11:30 (\$1) SilverSneakers®-Stretch &amp; Balance, 10-10:45 (\$3) Mahjong, 10-11:30 Blood Pressure Checks, 11-1 Lunch, 11:45-12:30 Billiards, 12-3 (\$1) Poker, 1-3:30 (\$1) <b>Valentine's Movie with Popcorn, 1</b></p> <p><b>Sunday Roasted Chicken</b></p>	<p>CVIM Dental Appts. 8:30-3 * Drum Circle, 10 Knit Wits, 10-11:45 (\$1) Canasta, 10-2 (\$1) LIFT, 11-11:45 * Lunch, 11:45-12:30, <i>February Birthdays</i> <b>iPhone Photo Class, 12:30 or 1 *</b> Cardio Drumming, 12:45 * Chair Massage, 10-1 * Games, 1-3 (\$1)   Bingo, 1:30-4 (\$1) Chair Yoga, 1:30-2:15</p> <p><b>Sliced Beef au jus</b></p>	<p>24 Open Art Studio, 9-1 (\$1) Dance Fitness with Ro, 10-10:45 (\$3) Brain Games, 10:30-11:15 Cardio Drumming, 11 (\$3) * Lunch, 11:45-12:30 Poker, 1-3:30 (\$1) Rummikub Club, 1-2 (\$1) Scrabble, 1 Crossword Puzzle, 2-3</p> <p><b>Breaded Chicken Strips</b></p>	<p>25 CVIM Dental Appts. 8:30-3 * Zumba on the Screen, 10-10:45 Reiki, 10-11:45 * <b>Tech Thursday, 11-2 *</b> Pinochle/Cards, 10-3 (\$1) LIFT, 11-11:45 * Lunch, 11:45-12:30 Billiards, 12:30-3:30 (\$1) <b>Frozen February Dance Party, 1-3</b> Games, 1-3 (\$1) Calming Coloring, 2-2:45</p> <p><b>Sweet &amp; Sour Meatballs</b></p>

# Register now for these special programs below by calling 610-446-2070

## FRIDAY

**Wednesday, February 18 • 11 – 1**  
**Apply for or renew your FREE Septa pass.**

Hosted by State Senator Tim Kearney & State Rep. Greg Vitali's office

**CVIM Dental Appts. 9:15-3:15 \*** 6  
 Inspire Mind & Memory, 10-10:45  
 AARP Tax Preparation, 9-2\*  
 Chair Massage, 10-1 \*  
 Strength, Flex. & Balance, 10 (\$3)  
 Line Dancing, 11-11:45 (\$3)  
 Duplicate Bridge, 11-3:30 (\$1)  
 Lunch, 11:45-12:30  
 Beading with Mary, 1 (\$1)  
 Table Tennis, 1-3

### Stuffed Baked Fish

**CVIM Dental Appts. 9:15-3:15 \*** 13  
 Inspire Mind & Memory, 10-10:45  
 Tax Preparation, 10-2\*  
 Chair Massage, 10-1 \*  
 Strength, Flex. & Balance, 10 (\$3)  
 Line Dancing, 11-11:45 (\$3)  
 Duplicate Bridge, 11-3:30 (\$1)  
 Lunch, 11:45-12:30

**Surrey Closes at 2 PM**

### Meatballs & Spaghetti

**CVIM Dental Appts. 9:15-3:15 \*** 20  
 Inspire Mind & Memory, 10-10:45  
 Tax Preparation, 10-2\*  
 Chair Massage, 10-1 \*  
 Strength, Flex. & Balance, 10 (\$3)  
 Line Dancing, 11-11:45 (\$3)  
 Duplicate Bridge, 11-3:30 (\$1)  
 Lunch, 11:45-12:30  
**Valentine's Quizzo, 1**  
 Beading with Mary, 1 (\$1)  
 Table Tennis, 1-3

### Baked Tilapia

**CVIM Dental Appts. 9:15-3:15 \*** 27  
 Inspire Mind & Memory, 10-10:45  
 Tax Preparation, 10-2\*  
 Chair Massage, 10-1 \*  
 Strength, Flex. & Balance, 10 (\$3)  
 Line Dancing, 11-11:45 (\$3)  
 Duplicate Bridge, 11-3:30 (\$1)  
 Lunch, 11:45-12:30  
 Beading with Mary, 1 (\$1)  
 Table Tennis, 1-3

### Baked Rigatoni w/ Spinach

## 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.



## SilverSneakers®-Tai Chi

**Mondays February 2, 9, 23 • 9 – 9:45**

Tai Chi is a low-impact exercise anyone can learn. Join our class and discover the numerous benefits it offers for your mind and body.

## iPhone Photography Class

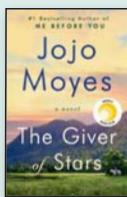
**Tuesdays February 3, 10, 17, 24 • 12:30 or 1**

Learn how to enhance your phone photography and videography skills. Please visit the reception desk and choose an appointment at either 12:30 or 1.

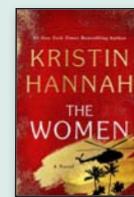
## Playing Games with your Brain

**Wednesdays, February 4, 11, 18, 25 • 10:30 – 11:15**

Engage your brain with board games. Enjoy both old and new favorite games . . .  
 Bananagrams, Scattergories, Taboo, Scrabble



**Book Club** • Thursdays • 1:30  
 February 5 • *The Giver of Stars* by Jojo Moyes  
 March 5 • *The Women* by Kristin Hannah



## Author, Tony Marinelli

**Monday, February 9 • 1**

100th Anniversary of celebrating Black History.

Tony will read excerpts from his book, *Voices Unchained*, the slave narratives from the National Archives

## Beating the Winter Blues

**Thursday, February 12 • 1**

Facilitator, Kayla, is a music therapist and pastor, who offers a host of holistic approaches and practical tools to help lift you up.

## SEPTA Senior Key Card Event

**Wednesday, February 18 • 11 – 1**

Apply for or renew your FREE Septa pass.

Hosted by State Senator Tim Kearney & State Rep. Greg Vitali's office

## Musical Bingo

**Thursday, February 19 • 1 – 3**

Len swaps numbers for melodies and cranks Bingo up to a tuneful eleven!

## Valentine's Quizzo

**Friday, February 20 • 1**

Engage your brain by answering trivia questions hosted by Mac.



## Frozen February Dance Party

**Thursday, February 26 • 1 – 3**

Warm up on the dance floor! Join DJ Len for some toasty tunes!

## REMINDER

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

## Parking Tips at Surrey Broomall

Consider forming a carpool group with others attending the same events.

Parking is allowed on Parkway Drive and Sussex Blvd. Parking near the dumpster, on the grass, or in the adjacent Auto Parts parking lot is prohibited.

# MEDIA – February 2026

Visit us at our New Temporary Home: Surrey Media at Providence Friends Meeting

105 North Providence Rd. (Route 252) Media. Located .2 Miles North of the intersection of Providence Rd. & Baltimore Pike. Hours 9 am – 3 pm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BRAIN HEALTH PROJECT UPDATE</b> <b>Stay Tuned for Start Date!</b> <p>This 7 week program will feature structured, engaging activities which research has shown may support brain health.</p> <p><i>This program supports a Doctor of Nursing (DNP) capstone project.</i></p>	<b>SURREY GIVES BACK</b> <b>Monday, February 9 • 1</b> <p>Join our Surrey Cupid Crew as we make cards to include with individual roses in our Valentine's delivery to our home delivered meal recipients.</p> <p><i>This project is in partnership with AARP's Wish of a Lifetime.</i></p>	<b>VOLUNTEER RECRUITMENT WEEK!</b> <b>February 23 – 27</b> <p>Come to a Volunteer Interest Session and learn about the opportunities will we have when we open our new center. All potential volunteers must complete an application and pass a background check prior to volunteering.</p>	<b>STATE OF THE CENTER</b> <b>Friday February 27 12:45</b> <p>Join us for an update on the progress of our future new center!</p>	
Strength & Stretch, 10-10:40 Rummikub, 10-11:30 Chair Zumba (Screenshared), 11-11:30 Lunch, 12-12:45 Mexican Train Dominoes, 1-2	<b>2</b> SilverSneakers®, 10-10:45 Zumba Gold (Screenshared), 11-11:30 Lunch, 12-12:45 Uno, 1-2 Water Color, 1-3 <b>3</b> <b>Zoom Group Crossword, 3-4</b>	<b>4</b> <b>Hot Chocolate Tasting &amp; Conversation Starters, 9:30-10</b> Strength & Stretch, 10-10:40 Bingo, 10:45-11:30 Lunch, 12-12:45 <b>5</b> <b>Valentine's Scattergories, 1-2</b> Poker, 1-2	SilverSneakers®, 10-10:45 Beginner Cardio Drumming (Screenshared), 11-11:30 Lunch, 12-12:45 Rummikub, 1-2 <b>6</b> <b>Mixed Mediums, 1-3</b>	<b>National Wear Red Day</b> Strength & Stretch, 10-10:40 Beginner Cardio Drumming (Screenshared), 11-11:30 <b>7</b> <b>Heart Health Jeopardy, 11:30-12</b> Lunch, 12-12:45 Bingo Bonanza, 1-2
Strength & Stretch, 10-10:40 Rummikub, 10-11:30 Chair Zumba (Screenshared), 11-11:30 <b>8</b> <b>Mindful Monday: Importance of Winter Hydration, 11:30-12</b> Lunch, 12-12:45 <b>9</b> <b>Surrey Gives Back: Cupid Crew Card Project, 1-1:45</b>	<b>9</b> SilverSneakers®, 10-10:45 Zumba Gold (Screenshared), 11-11:30 Lunch, 12-12:45 Uno, 1-2 Water Color, 1-3 <b>10</b> <b>Zoom Group Crossword, 3-4</b>	<b>11</b> <b>Coffee Tasting &amp; Conversation Starters, 9:30-10</b> Strength & Stretch, 10-10:40 Bingo, 10:45-11:30 Lunch, 12-12:45 Walk Down Memory Lane, 1-2 Poker, 1-2	<b>12</b> SilverSneakers®, 10-10:45 Beginner Cardio Drumming (Screenshared), 11-11:30 Lunch, 12-12:45 Rummikub, 1-2 <b>13</b> <b>Mixed Mediums, 1-3</b>	<b>10</b> <b>Cupid Crew Rose Delivery</b> Strength & Stretch, 10-10:40 Beginner Cardio Drumming (Screenshared), 11-11:30 <b>11</b> <b>Valentine's Brunch, 12-12:45</b> Benefits of Dark Chocolate for Brain Health and Tasting, 1-1:45
<b>14</b> <b>Surrey Closed for President's Day</b>	<b>16</b> <b>Baking Club: Crescent Roll Mardi Gras King Cake, 9</b> SilverSneakers®, 10-10:45 Zumba Gold (Screenshared), 11-11:30 Lunch, 12-12:45 Uno, 1-2 Watercolor, 1-3 <b>17</b> <b>Zoom Group Crossword, 2-3</b>	<b>18</b> <b>Tea Tasting &amp; Table Talk Dice Game, 9:30-10</b> Strength & Stretch, 10-10:40 Bingo, 10:45-11:30 Lunch, 12-12:45 Wheel of Fortune, 1-2 Poker, 1-2	<b>19</b> SilverSneakers®, 10-10:45 Beginner Cardio Drumming (Screenshared), 11-11:30 Lunch, 12-12:45 Rummikub, 1-2 <b>20</b> <b>Mixed Mediums, 1-3</b>	Strength & Stretch, 10-10:40 Beginner Cardio Drumming (Screenshared), 11-11:30 <b>21</b> <b>Lunar New Year Horoscopes and Trivia, 11:30</b> Lunch, 12-12:45 Chair Volleyball, 1-2
Strength & Stretch, 10-10:40 Rummikub, 10-11:30 Chair Zumba (Screenshared), 11-11:30 <b>22</b> <b>Mindful Monday: Box Breathing Relaxation Techniques, 11:30-12</b> Lunch, 12-12:45 <b>23</b> <b>Volunteer Interest Session, 12:45</b> Make Your Point, 1-1:45	<b>23</b> SilverSneakers®, 10-10:45 Zumba Gold (Screenshared), 11-11:30 <b>24</b> <b>Volunteer Interest Session, 11:30</b> Lunch & A Movie, 12-2 <b>25</b> <b>Zoom Group Crossword, 2-3</b>	<b>26</b> <b>Hot Chocolate Tasting &amp; Conversation Starters, 9:30-10</b> Strength & Stretch, 10-10:40 Bingo, 10:45-11:30 Surrey Book Club, 11-12 <b>27</b> <b>Volunteer Interest Session, 11:30</b> Lunch by Chef Pedro, 12-12:45 Poker, 1-2	SilverSneakers®, 10-10:45 Beginner Cardio Drumming (Screenshared), 11-11:30 Lunch, 12-12:45 <b>28</b> <b>Volunteer Interest Session, 11:30</b> Rummikub, 1-2 <b>29</b> <b>Mixed Mediums, 1-3</b>	Strength & Stretch, 10-10:40 Beginner Cardio Drumming (Screenshared), 11-11:30 <b>30</b> <b>February Birthday Party, 12:30</b> State of the Center, 12:45 Karaoke Sing Along, 1:15-2

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.

## Being Independent Doesn't Mean Going at It Alone

A Surrey caregiver can help cognitive health by encouraging physical activity, healthy eating, social engagement, and mentally stimulating activities like puzzles, music, and hobbies. Surrey's professional staff work with clients, family caregivers, and other medical professionals to create a care plan that supports a calm, predictable routine to reduce confusion, and is tailored to the person's abilities and interests to foster connection and independence.

All Home Care team members are trained to notice any significant changes in health, environment, or mental state, and can collaborate with the client's medical team or family caregivers.

By Nabanita Datta,  
Surrey Home Care



Call Surrey Home Care  
at 610-647-9840 or email  
[info@surreyservices.org](mailto:info@surreyservices.org)  
to learn more about  
**SURREY HOME CARE.**

“  
According  
to data from  
Grantmakers  
in Aging,  
less than  
**2%**  
of philanthropic  
funding  
goes toward  
aging-related  
programs and  
services.  
”

## Decades of Service, A Future of Strength Together

There are many ways to help support Surrey's nonprofit mission and benefit older adults in need especially during uncertain times. Some giving options impact Surrey during your lifetime, while others help you leave a legacy.

**A PLANNED GIFT**, specifically a charitable bequest in your will, is a gift that costs you nothing during your lifetime and can have a lasting impact. It involves designating a portion of your estate to a charity or non-profit organization through your will. This type of gift allows you to support a cause you care about without impacting your current finances. You can consult a financial advisor or attorney or make the designation yourself.

Simply contact your bank, retirement plan administrator, insurance company, or other financial institution to request a beneficiary designation form. You may also be able to log into your account and update your beneficiaries online.

**Please use Surrey's legal name: Surrey Services for Seniors**  
**Include Surrey's tax identification number: 23-2610145**

By directing your planned gift to support general operating, you are empowering Surrey leadership with agility to address the most urgent challenges and priorities. Please let us know about your gift and whether you would like to have it directed toward a specific area so we can ensure that your wishes are carried out.

**Contact Dana at 484-321-6104 or visit [surreyservices.org](http://surreyservices.org) for more information on planned giving.**

# SURREY CONSIGNMENT SHOP

## ONE DAY SALE!

Saturday, FEB 21 • 9 am - 4 pm

**Everything in the Shop  
30% to 50% OFF!**

810 Lancaster Ave, Berwyn, PA 19312

610-647-8632 • [SurreyConsignmentShop.org](http://SurreyConsignmentShop.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

PRESORTED  
FIRST CLASS MAIL  
U.S. POSTAGE  
**PAID**  
SOUTHEASTERN, PA  
PERMIT NO. 7

# 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 Temporary Home**

Providence Friends Meeting House  
105 North Providence Road, 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.



Share the love this Valentine's Day,  
support our new

**SURREY  
MEDIA CENTER  
coming this spring!**