

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 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

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/m²**
- ♥ **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 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 under the Programs section.

**For more information call
484-945-1200 or email
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 or call
Kathleen Elsmore 610-647-9854 or email kelsmore@surreyservices.org**



DEVON – February 2026

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | | | | |
|---|--|---|--|---|---|--|----|--|---|----|----|
| <div>BOOK CLUB SELECTIONS</div> | | <div>February 6</div> <div>Demon Copperhead</div> <div>by Barbara Kingsolver</div> | | <div>March 6</div> <div>The Gold Coast</div> <div>by Nelson DeMille</div> | | <div>April 3</div> <div>Founding Mothers Founding Mothers</div> <div>by Cookie Roberts</div> | | | | | |
| <div>Fitness Center, 8:30-4:30</div> <div>PA MEDI (Medicare) by appt.</div> <div>Groundhog Day Movie, 9:30-11:15</div> <div>Wake Up with Surrey, 9-9:45</div> <div>Walkie-Talkie Walking Club, 10:30-11:15</div> <div>Balance & 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, 12:45-3:30</div> <div>Spanish Conversation, 1-2:30</div> | | 2 | <div>Fitness Center, 8:30-4:30</div> <div>Fitness Trainer by appt.</div> <div>PA MEDI (Medicare) by appt.</div> <div>Wake Up with Surrey, 9-9:45</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>Siemens Tech Helper Appts., 12:30-2</div> <div>Rummikub, 12:45-3</div> <div>Hand & Foot Canasta, 12:45-2</div> | | 3 | <div>Fitness Center, 8:30-4:30</div> <div>AARP Tax Prep by appt. ONLY</div> <div>Wake Up with Surrey, 9-9:45</div> <div>Line Dancing, 10-10:45</div> <div>Beginner Spanish, 10:45-11:30</div> <div>Strength & Balance with Christina, 11-11:45</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> | | 4 | <div>Fitness Center, 8:30-4:30</div> <div>Fitness Trainer by appt.</div> <div>CVIM Dental Appts., 8:30-2:30</div> <div>Wake Up with Surrey, 9-9:45</div> <div>SilverSneakers®, 10-10:45</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>German Club, 1:30-3</div> | | 5 |
| Bacon Cheeseburger | | Crispy Vegetarian Croquettes | | Chef Pedro's Chicken Enchiladas | | Roasted Turkey with Stuffing | | | | | |
| <div>Fitness Center, 8:30-4:30</div> <div>PA MEDI (Medicare) by appt.</div> <div>Wake Up with Surrey, 9-9:45</div> <div>Walkie-Talkie Walking Club, 10:30-11:15</div> <div>Balance & 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, 12:45-3:30</div> <div>Spanish Conversation, 1-2:30</div> | | 9 | <div>Fitness Center, 8:30-4:30</div> <div>Fitness Trainer by appt.</div> <div>Wake Up with Surrey, 9-9:45</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>Classical Music, 12:45-2</div> | | 10 | <div>Fitness Center, 8:30-4:30</div> <div>AARP Tax Prep by appt. ONLY</div> <div>Wake Up with Surrey, 9-9:45</div> <div>Line Dancing, 10-10:45</div> <div>Beginner Spanish, 10:45-11:30</div> <div>Strength & Balance with Christina, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Ticket to Ride Game, 12:45-2:15</div> <div>NEW! Chess Club, 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> | | 11 | <div>Fitness Center, 8:30-4:30</div> <div>Fitness Trainer by appt.</div> <div>CVIM Dental Appts., 8:30-2:30</div> <div>Wake Up with Surrey, 9-9:45</div> <div>SilverSneakers®, 10-10:45</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>Valentine's Craft, 12:45-2</div> <div>Scrabble, 12:45-3</div> <div>Pinochle, 12:45-3</div> <div>Rummikub, 12:45-3</div> <div>German Club, 1:30-3</div> | | 12 |
| Creamy Mushroom Pork Chop | | Creamy Chipped Beef Over Toast & Egg | | Stuffed Pepper with Ground Turkey | | Valentine Lunch: Chicken Cordon Bleu | | | | | |
| <div>Surrey Closed</div> <div>February 16</div> <div>for</div> <div>President's Day</div> | | <div>Fitness Center, 8:30-4:30</div> <div>Fitness Trainer by appt.</div> <div>Wake Up with Surrey, 9-9:45</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>No Reading Book Club, 12:45-2</div> <div>Rummikub, 12:45-3</div> <div>Hand & Foot Canasta, 12:45-2</div> | | 17 | <div>Fitness Center, 8:30-4:30</div> <div>AARP Tax Prep by appt. ONLY</div> <div>Wake Up with Surrey, 9-9:45</div> <div>Line Dancing, 10-10:45</div> <div>Beginner Spanish, 10:45-11:30</div> <div>Strength & Balance with Christina, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Ticket to Ride Game, 12:45-2:15</div> <div>NEW! Chess Club, 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> | | 18 | <div>Fitness Center, 8:30-4:30</div> <div>Fitness Trainer by appt.</div> <div>CVIM Dental Appts., 8:30-2:30</div> <div>Wake Up with Surrey, 9-9:45</div> <div>SilverSneakers®, 10-10:45</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>Cupid's Corner Putt-Putt, 12:45-2</div> <div>Scrabble, 12:45-3</div> <div>Pinochle, 12:45-3</div> <div>Rummikub, 12:45-3</div> <div>German Club, 1:30-3</div> | | 19 | |
| | | Mardi Gras Lunch Chicken & Sausage Jambalaya | | Beef Chili over Baked Potato | | Haluski with Ham | | | | | |
| <div>Fitness Center, 8:30-4:30</div> <div>PA MEDI (Medicare) by appt.</div> <div>Wake Up with Surrey, 9-9:45</div> <div>Walkie-Talkie Walking Club, 10:30-11:15</div> <div>Balance & 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, 12:45-3:30</div> <div>Spanish Conversation, 1-2:30</div> | | 23 | <div>Fitness Center, 8:30-4:30</div> <div>Fitness Trainer by appt.</div> <div>Wake Up with Surrey, 9-9:45</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>Classical Music, 12:45-2</div> | | 24 | <div>Fitness Center, 8:30-4:30</div> <div>AARP Tax Prep by appt. ONLY</div> <div>Wake Up with Surrey, 9-9:45</div> <div>Line Dancing, 10-10:45</div> <div>Beginner Spanish, 10:45-11:30</div> <div>Strength & Balance with Christina, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Speaker Series: Privacy and AI, 12:45</div> <div>Ticket to Ride Game, 12:45-2:15</div> <div>NEW! Chess Club, 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> | | 25 | <div>Fitness Center, 8:30-4:30</div> <div>Fitness Trainer by appt.</div> <div>CVIM Dental Appts., 8:30-2:30</div> <div>Wake Up with Surrey, 9-9:45</div> <div>SilverSneakers®, 10-10:45</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>Author Talk: Joe Natalicchio, 12:45-1:45</div> <div>Scrabble, 12:45-3</div> <div>Pinochle, 12:45-3</div> <div>Rummikub, 12:45-3</div> <div>German Club, 1:30-3</div> | | 26 |
| Blackened Chicken with Pancetta Corn Relish | | Grilled Brats | | Lunar New Year Lunch Sweet & Sour Porkloin with Ginger-Soy Longevity Noodles | | 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

6

Pot Pie

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

13

Surrey Closes at 2 PM
Spaghetti Bolognese

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

20

Quiche

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

27

February Birthday Lunch
Seafood Stuffed Mushrooms

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.

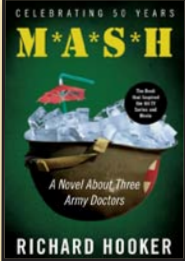


One Wall: Exhibition by Chris Lohr

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 | |
|---|--|---|--|---|--|--|--|
| BOOK CLUB SELECTIONS  | | Tuesday February 24 12:45 - 2 MASH by Richard Hooker | | One Wall: Exhibition of Watercolor Class Works Opening Reception: Wednesday, February 25 at 2 | |  | |
| Wake Up with Surrey, 9-9:45 2 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 Bacon Cheeseburger | | Wake Up with Surrey, 9-9:45 3 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 Crispy Vegetarian Croquettes | | Wake Up with Surrey, 9-9:45 4 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 Chef Pedro's Chicken Enchiladas | | Wake Up with Surrey, 9-9:45 5 SilverSneakers® <i>virtual</i> , 9:45-10:15 (free) Needle Felted Card, 10-11:30 Dance Fit Gold, 10:30-11:15 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 Roasted Turkey with Stuffing | |
| Wake Up with Surrey, 9-9:45 9 Pinochle, 9-11:30 Boggle, 10-10:45 Strength & Balance with Christina, 11-11:30 Lunch (pre-register), 11:30-12:30 Veterans Lunch, 11:30-12:30 Canasta, 12:45-3 Italian: Culture & History, 12:45-1:45 Creamy Mushroom Pork Chop | | Wake Up with Surrey, 9-9:45 10 PA-Medi by appt., 9-12 Tech Tues (by appt.), 9:30-11:30 SilverSneakers® <i>livestream</i> , 10-10:45 (free) Ask Surrey's Nurse/BP Checks, 10-12 Tablet Games for Active Brains, 10:45-11:30 Lunch (pre-register), 11:30-12:30 Classical Music (livestream), 12:45-2 Writers Meetup, 12:45-1:45 Jewelry Making Club, 12:45-2 Scrabble, 12:45-3 Creamy Chipped Beef Over Toast & Egg | | Wake Up with Surrey, 9-9:45 11 Chair Yoga with Denise, 9:45-10:30 Resource Navigator appt., 9:30-11:30 Strength/Stretch/Bal, 10:45-11:30 Lunch (pre-register), 11:30-12:30 Painting & Drawing, 12:30-2 Wisdom Circle Discussion Group, 12:45-2 Rummikub Club, 12:45-2:30 Stuffed Pepper with Ground Turkey | | Wake Up with Surrey, 9-9:45 12 SilverSneakers® <i>virtual</i> , 9:45-10:15 (free) Dance Fit Gold, 10:30-11:15 Stronger Memory, 10:45-11:30 Sing-a-Long, 10:45-11:15 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 Valentine Lunch: Chicken Cordon Bleu | |
|  Surrey Closed February 16 for President's Day | | Wake Up with Surrey, 9-9:45 17 Tech Tues (by appt.), 9:30-11:30 SilverSneakers® <i>livestream</i> , 10-10:45 (free) Speaker Series: Mardi Gras, 10:45-11:15 Lunch (pre-register), 11:30-12:30 Tom's Monthly Movie Pick, 12:45-2:30 Writers Meetup, 12:45-1:45 Jewelry Making Club, 12:45-2 Scrabble, 12:45-3 Mardi Gras Lunch (pre-register) Chicken & Sausage Jambalaya | | Wake Up with Surrey, 9-9:45 18 Chair Yoga with Denise, 9:45-10:30 Caregiver Support Group, 10-11:30 Speaker Series: "Help! I'm Stuck", 12:45 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 Beef Chili over Baked Potato | | Wake Up with Surrey, 9-9:45 19 Main Line Health Ask-A-Nurse, 9:30-11:30 (Drop in for consult) SilverSneakers® <i>virtual</i> , 9:45-10:15 (free) Dance Fit Gold, 10:30-11:15 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 Haluski with Ham | |
| Wake Up with Surrey, 9-9:45 23 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 Blackened Chicken with Pancetta Corn Relish | | Wake Up with Surrey, 9-9:45 24 PA-Medi by appt., 9-12 Tech Tues (by appt.), 9:30-11:30 SilverSneakers® <i>livestream</i> , 10-10:45 (free) Speaker Series: Memory Tricks, 10:30 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 Monthly Book Club, 12:45-2 Scrabble, 12:45-3 Grilled Brats | | Wake Up with Surrey, 9-9:45 25 Chair Yoga with Denise, 9:45-10:30 Resource Navigator appt., 9:30-11:30 Strength/Stretch/Bal, 10:45-11:30 Lunch (pre-register), 11:30-12:30 Dessert & Learn: Lunar New Year, 12:30-1 Painting & Drawing, 12:30-2 Opening Art Reception, 2 Rummikub Club, 12:45-2:30 Lunar New Year Lunch Sweet & Sour Porkloin with Ginger-Soy Longevity Noodles | | Wake Up with Surrey, 9-9:45 26 SilverSneakers® <i>virtual</i> , 9:45-10:15 (free) Dance Fit Gold, 10:30-11:15 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 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*

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

6

Pot Pie

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

13

Surrey Closes at 2 PM

Spaghetti Bolognese

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

20

Quiche

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

27

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 | |
|---|----|--|----|--|----|---|----|
| Author Talk • Tony Marinelli Monday, February 9 • 1 100th Anniversary of celebrating Black History. Tony will read excerpts from his book, <i>Voices Unchained</i> , 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 | | | |
| 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, 11-1 Lunch, 11:45-12:30 Billiards, 12-3 (\$1) Poker, 1-3:30 (\$1) Wii Bowling, 1-3 Stuffed Shells | 2 | 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 iPhone Photo Class, 12:30 or 1 * Cardio Drumming, 12:45 * Chair Massage, 10-1 * Games, 1-3 (\$1) Bingo, 1:30-4 (\$1) Chair Yoga, 1:30-2:15 Egg Salad on Rye | 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 Pasta & Meatballs | 4 | CVIM Dental Appts. 8:30-3 * Zumba on the Screen, 10-10:45 Reiki, 10-11:45 * Tech Thursday, 11-2 * Pinochle/Cards, 10-3 (\$1) LIFT, 11-11:45 * Lunch, 11:45-12:30 Billiards, 12:30-3:30 (\$1) Games, 1-3 (\$1) Craft Project, 12:45-3 Book Club, 1:30-2:30 Calming Coloring, 2-2:45 BLT on Multigrain | 5 |
| 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, 11-1 Lunch, 11:45-12:30 Billiards, 12-3 (\$1) Author Reading, 1 by Tony Morinelli Poker, 1-3:30 (\$1) Wii Bowling, 1-3 Salisbury Steak | 9 | CVIM Dental Appts. 8:30-3 * Nail Painting, 10-2 Drum Circle, 10 Knit Wits, 10-11:45 (\$1) Canasta, 10-2 (\$1) LIFT, 11-11:45 * Lunch, 11:45-12:30 iPhone Photo Class, 12:30 or 1 * Cardio Drumming, 12:45 * Chair Massage, 10-1 * Games, 1-3 (\$1) Bingo, 1:30-4 (\$1) Chair Yoga, 1:30-2:15 BBQ Pork Ribbette | 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 Valentine's Crossword Puzzle, 2-3 Chicken Cordon Blue | 11 | CVIM Dental Appts. 8:30-3 * Zumba on the Screen, 10-10:45 Reiki, 10-11:45 * Tech Thursday, 11-2 * Pinochle/Cards, 10-3 (\$1) LIFT, 11-11:45 * Special Valentine's Lunch, 11:45-12:30 Billiards, 12:30-3:30 (\$1) Beating the Winter Blues, 1 Games, 1-3 (\$1) Calming Coloring, 2-2:45 Beef Stroganoff | 12 |
|  Surrey Closed February 16 for President's Day | | CVIM Dental Appts. 8:30-3 * PA MEDI Counseling, 9-12* Drum Circle, 10 Knit Wits, 10-11:45 (\$1) Canasta, 10-2 (\$1) LIFT, 11-11:45 * Lunch, 11:45-12:30 iPhone Photo Class, 12:30 or 1 * Cardio Drumming, 12:45 * Chair Massage, 10-1 * Games, 1-3 (\$1) Bingo, 1:30-4 (\$1) Chair Yoga, 1:30-2:15 Seafood Salad | 17 | Open Art Studio, 9-1 (\$1) Dance Fitness with Ro, 10-10:45 (\$3) Brain Games, 10:30-11:15 Septa Senior Key Card, 11-1 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 Cheese Omelet & French Toast | 18 | CVIM Dental Appts. 8:30-3 * Zumba on the Screen, 10-10:45 Reiki, 10-11:45 * Tech Thursday, 11-2 * 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) Musical Bingo, 1-3 Games, 1-3 (\$1) Calming Coloring, 2-2:45 Italian Meats on Kaiser | 19 |
| 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, 11-1 Lunch, 11:45-12:30 Billiards, 12-3 (\$1) Poker, 1-3:30 (\$1) Valentine's Movie with Popcorn, 1 Sunday Roasted Chicken | 23 | 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> iPhone Photo Class, 12:30 or 1 * Cardio Drumming, 12:45 * Chair Massage, 10-1 * Games, 1-3 (\$1) Bingo, 1:30-4 (\$1) Chair Yoga, 1:30-2:15 Sliced Beef au jus | 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 Breaded Chicken Strips | 25 | CVIM Dental Appts. 8:30-3 * Zumba on the Screen, 10-10:45 Reiki, 10-11:45 * Tech Thursday, 11-2 * Pinochle/Cards, 10-3 (\$1) LIFT, 11-11:45 * Lunch, 11:45-12:30 Billiards, 12:30-3:30 (\$1) Frozen February Dance Party, 1-3 Games, 1-3 (\$1) Calming Coloring, 2-2:45 Sweet & Sour Meatballs | 26 |

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

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

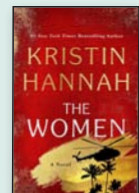
Wednesdays, February 4, 11, 18, 25 • 10:30 – 11:15

Engage your brain with board games. Enjoy both old and new favorite games . . .
Bananagrams, Scattagories, 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.

| | |
|--|----|
| CVIM Dental Appts. 9:15-3:15 * 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 | 6 |
| Stuffed Baked Fish | |
| CVIM Dental Appts. 9:15-3:15 * 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 | 13 |
| Meatballs & Spaghetti | |
| CVIM Dental Appts. 9:15-3:15 * 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 | 20 |
| Baked Tilapia | |
| CVIM Dental Appts. 9:15-3:15 * 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 | 27 |
| Baked Rigatoni w/ Spinach | |

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

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
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
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



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

SURREY

Services for Seniors

60 Surrey Way, Devon, PA 19333

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SURREY SurreyServices.org • info@surreyservices.org

Surrey Home Care

info@surreyhomecare.org • 610-647-9840

Surrey Transportation

Transportation@surreyservices.org • 610-993-9493

BROOMALL

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

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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

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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!