

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

## 2026 The Year of Cognitive Six

### **EAT RIGHT**

### **March is National Nutrition Month**

This is a great chance to consider what we use to fuel our bodies! Are you getting enough servings of fresh fruits and vegetables daily? Are you taking in a full healthy diet?

There are many studies that suggest eating a healthful diet will reduce the risk of cardiovascular disease, diabetes, and cancer. But did you know that a healthy diet also can reduce the risk of cognitive decline and dementia? Studies have found direct links to eating right and improved memory and cognitive function.

**According to the Academy of Nutrition and Dietetics, there are five nutrients that are beneficial to brain health that can help improve cognitive function:**

- **Omega-3 fatty acids**
- **B vitamins**
- **Antioxidants**
- **Vitamin D**
- **Choline**

Source: <https://www.eatright.org/health/wellness/healthful-habits/feeding-your-body-feeding-your-brain>

Choosing a diet rich in leafy greens, chicken, berries, and whole grains can help protect the brain by reducing oxidative stress and inflammation. What's more, the social connection that occurs when people enjoy a meal together is another behavior that scientists say can help reduce cognitive decline.

Lunches at Surrey are healthy, delicious, and affordable. Your Surrey membership means you can enjoy lunch with friends at any one of our four locations.

**Lunch at Surrey can be the healthiest, most enjoyable part of your day. See the calendar pages for menus and plan a date for lunch at Surrey, Monday through Friday.**

- ▶ **Surrey Broomall • 11:45 – 12:30**
- ▶ **Surrey Bryn Mawr • 11:30 – 12:30 (pre-register)**
- ▶ **Surrey Devon • 11:30 – 12:30**
- ▶ **Surrey Media • 12 – 12:45**

### **Six Pillars of BRAIN HEALTH**

- Be Social
- Engage Your Brain
- Manage Stress
- Ongoing Exercise
- Restorative Sleep

### **EAT RIGHT**



## VOLUNTEER VIEWPOINT: David Fink

David Fink, an application engineer by trade and an educator at heart, finds that sharing his knowledge to benefit others is a very rewarding way of life.

Five years ago, when David retired and moved in with his long-time love Wendy, a Surrey member, he decided to check it out. Before long, he signed up to take shifts as a gym monitor and, over the years, he has been serving lunch in the Café, preparing food for Meals on Wheels, and fixing leaky faucets in the kitchen or squeaky ceiling fans around the building.

He has discovered that his true passion at Surrey, however, is in teaching adults about today's hot topics, aiming to keep his talks "light, informative and mildly humorous." He has presented on artificial intelligence, technology assistance, the story of Hanukkah, and on St. Patrick's Day – March 17 – he will speak about his and Wendy's experiences and show photos and memorabilia from their recent trip to Ireland.

Learning is essential to David and Wendy. The two attend evening programs at the Penn State branch in Great Valley. "We need to keep our minds going to stay healthy mentally," said David, "... It's better to bust than rust. We must keep ourselves going."

Before Surrey, David had always wanted to volunteer, but his work schedule and the pandemic did not allow for that. Once he moved to Devon and got a taste of Surrey, it became a most natural fit to become involved with this community.

His mottos: "You make yourself available to the world and things happen" and "Can't catch a fish without a line or net," have proven to be in true in his life, time and time again.

*Written by Surrey Volunteer, Judy Minches.  
View the entire article at [surreyservices.org](http://surreyservices.org).*



*David assists a Surrey member during a Tech Help appointment.*

## Arbor Day Yard Work Event

Friday, April 24, 2026

This Spring, Surrey is connecting volunteers with homeowners who need yard clean up assistance and deploying all the volunteers Friday, April 24 in honor of Arbor Day!

### FOR MEMBERS

This opportunity is first-come, first-serve. If you would like to request help with yard clean up on April 24, please contact Stephanie Yocum at 610-647-6404.

### FOR VOLUNTEERS AND GROUPS

Individuals and groups are welcome to help on April 24 or with future Surrey projects. If you would like to share a fun, team-building experience, please contact Patti at 484-321-6106 or [pzubey@surreyservices.org](mailto:pzubey@surreyservices.org).



## Cruising Through Tax Season



**Do you love doing taxes?**

**I didn't think so.**

**MOST PEOPLE DON'T.**

**Is there a way to cruise through taxes with fewer waves?**

**YES!**

**Surrey's Personal Finance Managers are your ticket to smooth sailing.**

***There are many stops on your tax journey . . .***

- Organize income and financial documents
- Review credits and deductions
- Gather medical and donation receipts
- Collect personal and expense information
- Ensure you have every document *(not all arrive via the USPS anymore)*
- Confirm tax forms needed
- Meet the deadline

***Hi, I'm Lois, a Personal Finance Manager at Surrey.***



I can visit your home and help with all the items you need to travel towards tax day.

As a "PFM," I can help set sail through financial, insurance, and bill paying waters - during tax season and beyond! We can throw overboard — I mean, organize — papers and file or purge excess cargo called papers.

***I'd like to help you arrive at destination "Tax Day".***

**Schedule time with a Personal Finance Manager at Surrey. Call 610-647-9840 or email [info@surreyservices.org](mailto:info@surreyservices.org)**

## Monthly Giving: Benefits for Surrey and Donors

Which would you prefer to plan a budget? Receiving steady monthly income or lump sums at different points throughout the year?

Surrey is fortunate to have donors and funders who help support our mission. Every gift is appreciated and has a direct impact. Donors who elect to make a recurring, monthly gift help Surrey have regular, planned income to fund programs and services.

Now is a great time to switch to monthly giving. You'll receive a monthly acknowledgement and an end-of-year statement for tax purposes. No gift is too small to be a monthly gift.

**There are several ways to become a monthly donor. Visit [surreyservices.org](http://surreyservices.org) and click "Donate Now" and select "Monthly" above the donation amounts. Or contact Dana at 484-321-6104 to find out other ways of giving.**

## Kentucky Derby Dance Party

**Surrey Broomall • Saturday, May 2 • 2 - 4**

*\$10 suggested donation*

Pull out your derby hats and dancing shoes and join us at Surrey Broomall to support Surrey's Delco Gives fundraiser!

The event is part of a Delaware County-wide giving event called Delco Gives hosted by the Foundation for Delaware County. This will be Surrey's third year participating. The \$10 suggested donation at the door directly benefits Surrey programs.



# DEVON – March 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
<b>Fitness Center, 8:30-4:30</b> <b>PA MEDI (Medicare) by appt.</b> 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  <b>Italian Sausage with Peppers</b>	2	<b>Fitness Center, 8:30-4:30</b> <b>Fitness Trainer by appt.</b> 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 Rummikub, 12:45-3 Hand & Foot Canasta, 12:45-2  <b>Quiche</b>	3	<b>Fitness Center, 8:30-4:30</b> <b>AARP Tax Prep by appt. ONLY</b> 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 <b>Chess Club, 12:45-2:15</b> Tai Chi for Balance, 1-1:45 French Club, 1-2:30 Chair Yoga with Liz, 2-2:45  <b>Chicken Pesto Sandwich</b>	4	<b>Fitness Center, 8:30-4:30</b> <b>Fitness Trainer by appt.</b> <b>CVIM Dental Appts., 8:30-2:30</b> 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  <b>Beef Taco</b>	5
<b>Fitness Center, 8:30-4:30</b> <b>PA MEDI (Medicare) by appt.</b> Wake Up with Surrey, 9-9:45 Walkie-Talkie Walking Club, 10:30-11:15 Balance & Flow, 11-11:45 <b>Veteran's Lunch, 11:30-12:30</b> 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 <b>Speaker Series: Amelia Earhart, 2-3</b> <b>Swedish Meatballs</b>	9	<b>Fitness Center, 8:30-4:30</b> <b>Fitness Trainer by appt.</b> 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 <b>Classical Music, 12:45-2</b>  <b>BBQ Pulled Pork</b>	10	<b>Fitness Center, 8:30-4:30</b> <b>AARP Tax Prep by appt. ONLY</b> Wake Up with Surrey, 9-9:45 Line Dancing, 10-10:45 Beginner Spanish Returns in April Strength & Balance with Christina, 11-11:45 Café Lunch/GnGo, 11:30-12:30 Ticket to Ride Game, 12:45-2:15 <b>Chess Club, 12:45-2:15</b> Tai Chi for Balance, 1-1:45 French Club, 1-2:30 Chair Yoga with Liz, 2-2:45  <b>Pizza</b>	11	<b>Fitness Center, 8:30-4:30</b> <b>Fitness Trainer by appt.</b> <b>CVIM Dental Appts., 8:30-2:30</b> Wake Up with Surrey, 9-9:45 SilverSneakers®, 10-10:45 <b>Garden Club, 10-11:30</b> 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  <b>Peanut Crusted Tilapia</b>	12
<b>Fitness Center, 8:30-4:30</b> <b>PA MEDI (Medicare) by appt.</b> 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 Returns in April  <b>Italian Pot Roast</b>	16	<b>Fitness Center, 8:30-4:30</b> <b>Fitness Trainer by appt.</b> 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 <b>St. Patrick's Day Lunch, 11:30-12:30</b> <b>Travels in Ireland, 12:45-1:45</b> <b>No Reading Book Club, 12:45-2</b> Rummikub, 12:45-3 Hand & Foot Canasta, 12:45-2  <b>St. Patrick's Day Lunch</b> <b>Irish Shepherd's Pie</b>	17	<b>Fitness Center, 8:30-4:30</b> <b>AARP Tax Prep by appt. ONLY</b> Wake Up with Surrey, 9-9:45 Line Dancing, 10-10:45 Beginner Spanish Returns in April Strength & Balance with Christina, 11-11:45 Café Lunch/GnGo, 11:30-12:30 Ticket to Ride Game, 12:45-2:15 <b>Chess Club, 12:45-2:15</b> Tai Chi for Balance, 1-1:45 French Club, 1-2:30 Chair Yoga with Liz, 2-2:45  <b>Tuna Melt</b>	18	<b>Fitness Center, 8:30-4:30</b> <b>Fitness Trainer by appt.</b> <b>CVIM Dental Appts., 8:30-2:30</b> 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 <b>Leprechaun's Leap Putting Green, 1-2</b> German Club, 1:30-3  <b>Chicken Puttanesca</b>	19
<b>Fitness Center, 8:30-4:30</b> <b>PA MEDI (Medicare) by appt.</b> 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 Returns in April  <b>Eggplant Parmesan</b>	23	<b>Fitness Center, 8:30-4:30</b> <b>Fitness Trainer by appt.</b> 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 <b>Speaker Series: How to Avoid Financial Scams, 12:45-1:45</b> Rummikub, 12:45-3 Hand & Foot Canasta, 12:45-2  <b>Butter Chicken</b>	24	<b>Fitness Center, 8:30-4:30</b> <b>AARP Tax Prep by appt. ONLY</b> Wake Up with Surrey, 9-9:45 Line Dancing, 10-10:45 Beginner Spanish Returns in April Strength & Balance with Christina, 11-11:45 Café Lunch/GnGo, 11:30-12:30 Ticket to Ride Game, 12:45-2:15 <b>Chess Club, 12:45-2:15</b> Tai Chi for Balance, 1-1:45 French Club, 1-2:30 Chair Yoga with Liz, 2-2:45  <b>Beef Enchilada Casserole</b>	25	<b>Fitness Center, 8:30-4:30</b> <b>Fitness Trainer by appt.</b> <b>CVIM Dental Appts., 8:30-2:30</b> 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 <b>Adopt-an-Orchid, 12:45-1:45</b> After Lunch Walk, 12:45-1:15 Scrabble, 12:45-3 Pinochle, 12:45-3 Rummikub, 12:45-3 German Club, 1:30-3  <b>March Birthday Lunch</b> <b>Seafood Alfredo</b>	26
<b>Fitness Center, 8:30-4:30</b> <b>PA MEDI (Medicare) by appt.</b> 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 Returns in April  <b>Rosemary Chicken</b>	30	<b>Fitness Center, 8:30-4:30</b> <b>Fitness Trainer by appt.</b> 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 <b>Classical Music, 12:45-2</b>  <b>Beef Stew</b>	31	<b>Luck O' the Irish Raffle</b>		Raffle tickets for lots of fun Support Surrey programs	
				<b>Women's History Month</b>		Celebrate Amelia Earhart One Wall features great stories Monthly Movie looks at film	
				<b>National Nutrition Month</b>		Try our 30-in-7 Challenge your nutrients is better...	

**FRIDAY**

**Surrey Closed  
March 6  
for  
STAFF  
TRAINING**

**Fitness Center, 8:30-4:30** 13  
**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  
**Beef Cheesesteak**

**Fitness Center, 8:30-4:30** 20  
 Wake Up with Surrey 9-9:45  
**Tom's Movie Pick: "Eleanor the Great", 9:30-11:10**  
 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  
**Vegetable Lasagna**

**Fitness Center, 8:30-4:30** 27  
 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  
**Pepperoni Flatbread**

abulous gift baskets: \$1 each.

thru the eyes of a pilot!  
 stories of the Women of Surrey  
 female identity & relationships.

and learn why variety in  
 more in the Devon lobby.

**Devon March Speaker Series**

**Major Ralph Corsi, Ret.: Amelia Earhart, Through the Eyes of an Aviator**

**Monday, March 9 • 2 – 3**

Open to all, Pilot and Veteran Ralph Corsi, will be presenting Amelia Earhart, particularly her final flight. The Veterans' Lunch will be 11:30 – 12:30.

**David Fink: Travels in Ireland**

**Tuesday, March 17 • 12:45 – 1:45**

Join David as he takes us on a virtual tour following his adventures travelling through Ireland recently.

**Beth Manley: How to Avoid Financial Scams**

**Tuesday, March 24 • 12:45 – 1:45**

Beth Manley of the Franklin Mint Federal Credit Union will share her presentation about the newest scams to be on the lookout for, including those using AI.

**Adopt-an-Orchid with Suzanne Betts**

**Thursday, March 26 • 12:45 – 1:45**

Learn all the insider tricks to care for an orchid from a renowned horticulturalist, then take home an orchid of your own!  
**Must pre-register. Members: Free. Non-members: \$10**

**Garden Club: Sips & Stones**

**Thursday, March 12 • 10 – 11:30**

Get together with members of the Garden Club for some hot tea and painting kindness rocks, while discussing plans for the Surrey Garden this spring!

**Annual Luck O' the Irish Raffle**

**March 2 through March 17** (drawing at St. Pat's Lunch-need not be present to win)

Starting Monday, March 2, you can purchase \$1 tickets to win your favorite basket . . . more tickets = better chances. Winners will be drawn at the St. Patrick's Lunch.

**St. Patrick's Day Lunch**

**Tuesday, March 17 • 11:30 – 12:30**

Celebrate Irish heritage with Chef's Shepherd's Pie. **Reservations required.**

**Leprechaun's Leap Mini Golf**

**Thursday, March 19 • 1 – 2**

Will you make that lucky shot? Come out to see if you can avoid the leprechaun's tricks and sink the ball in the hole. Prizes for all.

**Tom's Movie Pick: "Eleanor the Great"**

**Friday, March 20 • 9:30 – 11:10**

94-year-old Eleanor befriends a young journalism student in NY.

**One Wall: Women of Surrey**

**Throughout March**

Learn about the amazing women at Surrey with stories posted on the first floor One Wall gallery display.

**REMINDER: Caregiver Support Group is on a break at Devon. We welcome you to join us in Bryn Mawr on Wednesday, March 18 from 10-11:30 for Caregiver Support Group.**

# BRYN MAWR – March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Wake Up with Surrey, 9-9:45 <b>2</b></p> <p>Pinochle, 9-11:30</p> <p>Boggle, 10-10:45</p> <p>Strength &amp; Balance with Christina, 11-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Canasta, 12:45-3</p> <p>Italian: Beginner Language, 12:45-1:45</p> <p><b>Italian Sausage with Peppers</b></p>	<p>Wake Up with Surrey, 9-9:45 <b>3</b></p> <p>Tech Tues (by appt.), 9:30-11:30</p> <p>SilverSneakers® <i>livestream</i>, 10-10:45 (free)</p> <p>Tablet Games for Active Brains, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Writers Meetup, 12:45-1:45</p> <p>Jewelry Making Club, 12:45-2</p> <p>Scrabble, 12:45-3</p> <p><b>Quiche</b></p>	<p>Wake Up with Surrey, 9-9:45 <b>4</b></p> <p>Chair Yoga with Denise, 9:45-10:30</p> <p>Strength/Stretch/Bal, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Painting &amp; Drawing, 12:30-2</p> <p>Rummikub Club, 12:45-2:30</p> <p><b>Chicken Pesto Sandwich</b></p>	<p>Wake Up with Surrey, 9-9:45 <b>5</b></p> <p>SilverSneakers® <i>virtual</i>, 9:45-10:15 (free)</p> <p><b>NEW! Garden Club, 9:30-10:30</b></p> <p>Dance Fit Gold, 10:30-11:15</p> <p>Stronger Memory, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Knitting/Crocheting/Fiber Arts Club, 12:45-2:30</p> <p><b>NEW! Tea &amp; Talk, 12:45-3:45</b></p> <p>Backgammon, 12:45-3:30</p> <p><b>Beef Taco</b></p>
<p>Wake Up with Surrey, 9-9:45 <b>9</b></p> <p>Pinochle, 9-11:30</p> <p>Boggle, 10-10:45</p> <p>Strength &amp; Balance with Christina, 11-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p><b>Needle Felted Flowers, 12:45-2:15</b></p> <p>Canasta, 12:45-3</p> <p>Italian: Culture &amp; History, 12:45-1:45</p> <p><b>Swedish Meatballs</b></p>	<p>Wake Up with Surrey, 9-9:45 <b>10</b></p> <p><b>PA-Medi by appt., 9-12</b></p> <p>Tech Tues (by appt.), 9:30-11:30</p> <p>SilverSneakers® <i>livestream</i>, 10-10:45 (free)</p> <p>Tablet Games for Active Brains, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Classical Music (livestream), 12:45-2</p> <p>Writers Meetup, 12:45-1:45</p> <p>Jewelry Making Club, 12:45-2</p> <p>Scrabble, 12:45-3</p> <p><b>BBQ Pulled Pork</b></p>	<p>Wake Up with Surrey, 9-9:45 <b>11</b></p> <p><b>Resource Navigator appt., 9:30-11:30</b></p> <p>Chair Yoga with Denise, 9:45-10:30</p> <p>Strength/Stretch/Bal, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Painting &amp; Drawing, 12:30-2</p> <p><b>Wisdom Circle Discussion Group, 12:45-2</b></p> <p>Rummikub Club, 12:45-2:30</p> <p><b>Pizza</b></p>	<p>Wake Up with Surrey, 9-9:45 <b>12</b></p> <p>SilverSneakers® <i>virtual</i>, 9:45-10:15 (free)</p> <p><b>NEW! Garden Club, 9:30-10:30</b></p> <p>Dance Fit Gold, 10:30-11:15</p> <p>Stronger Memory, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Knitting/Crocheting/Fiber Arts Club, 12:45-2:30</p> <p><b>NEW! Tea &amp; Talk, 12:45-3:45</b></p> <p>Backgammon, 12:45-3:30</p> <p><b>Peanut Crusted Tilapia</b></p>
<p>Wake Up with Surrey, 9-9:45 <b>16</b></p> <p>Pinochle, 9-11:30</p> <p><b>Origami 4-Leaf Clover Craft, 10-11</b></p> <p>Boggle, 10-10:45</p> <p>Strength &amp; Balance with Christina, 11-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p><b>Veterans Lunch, 11:30-12:30</b></p> <p>Canasta, 12:45-3</p> <p>Italian: Beginner Language, 12:45-1:45</p> <p><b>Italian Pot Roast</b></p>	<p>Wake Up with Surrey, 9-9:45 <b>17</b></p> <p>Tech Tues (by appt.), 9:30-11:30</p> <p>SilverSneakers® <i>livestream</i>, 10-10:45 (free)</p> <p>Tablet Games for Active Brains, 10:45-11:30</p> <p><b>Irish Sing-Along &amp; Poetry Reading, 10:45-11:15</b></p> <p>Lunch (pre-register), 11:30-12:30</p> <p><b>Tom's Monthly Movie Pick: Eleanor the Great, 12:45-2:25</b></p> <p>Writers Meetup, 12:45-1:45</p> <p>Jewelry Making Club, 12:45-2</p> <p>Scrabble, 12:45-3</p> <p><b>St. Patrick's Day Lunch</b> <b>Irish Shepherd's Pie</b></p>	<p>Wake Up with Surrey, 9-9:45 <b>18</b></p> <p>Chair Yoga with Denise, 9:45-10:30</p> <p><b>Caregiver Support Group, 10-11:30</b></p> <p>Strength/Stretch/Bal, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Painting &amp; Drawing, 12:30-2</p> <p>Rummikub Club, 12:45-2:30</p> <p><b>Tuna Melt</b></p>	<p>Wake Up with Surrey, 9-9:45 <b>19</b></p> <p>SilverSneakers® <i>virtual</i>, 9:45-10:15 (free)</p> <p><b>NEW! Garden Club, 9:30-10:30</b></p> <p>Dance Fit Gold, 10:30-11:15</p> <p>Stronger Memory, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Knitting/Crocheting/Fiber Arts Club, 12:45-2:30</p> <p><b>Leprechaun's Mini Golf, 12:45-2</b></p> <p><b>NEW! Tea &amp; Talk, 12:45-3:45</b></p> <p>Backgammon, 12:45-3:30</p> <p><b>Chicken Puttanesca</b></p>
<p>Wake Up with Surrey, 9-9:45 <b>23</b></p> <p>Pinochle, 9-11:30</p> <p>Boggle, 10-10:45</p> <p>Strength &amp; Balance with Christina, 11-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Canasta, 12:45-3</p> <p><b>Needle Felted Chicks &amp; Bunnies, 12:45-2:15</b></p> <p>Italian: Foreign Language Film, 12:45-1:45</p> <p><b>Eggplant Parmesan</b></p>	<p>Wake Up with Surrey, 9-9:45 <b>24</b></p> <p><b>PA-Medi by appt., 9-12</b></p> <p>Tech Tues (by appt.), 9:30-11:30</p> <p><b>Ask Surrey's Nurse/BP Checks, 10-12</b></p> <p>SilverSneakers® <i>livestream</i>, 10-10:45 (free)</p> <p>Lunch (pre-register), 11:30-12:30</p> <p><b>Speaker Series: Fraud Defense Essentials (livestream), 12:45-1:45</b></p> <p><b>Monthly Book Club, 12:45-2</b></p> <p>Writers Meetup, 12:45-1:45</p> <p>Jewelry Making Club, 12:45-2</p> <p>Scrabble, 12:45-3</p> <p><b>Butter Chicken</b></p>	<p>Wake Up with Surrey, 9-9:45 <b>25</b></p> <p><b>Resource Navigator appt., 9:30-11:30</b></p> <p>Chair Yoga with Denise, 9:45-10:30</p> <p>Strength/Stretch/Bal, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Painting &amp; Drawing, 12:30-2</p> <p><b>Adopt-an-Orchid, 12:45-1:45</b></p> <p>Rummikub Club, 12:45-2:30</p> <p><b>Beef Enchilada Casserole</b></p>	<p>Wake Up with Surrey, 9-9:45 <b>26</b></p> <p>SilverSneakers® <i>virtual</i>, 9:45-10:15 (free)</p> <p><b>NEW! Garden Club, 9:30-10:30</b></p> <p>Dance Fit Gold, 10:30-11:15</p> <p>Stronger Memory, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Knitting/Crocheting/Fiber Arts Club, 12:45-2:30</p> <p><b>NEW! Tea &amp; Talk, 12:45-3:45</b></p> <p>Backgammon, 12:45-3:30</p> <p><b>Seafood Alfredo</b></p>
<p>Wake Up with Surrey, 9-9:45 <b>30</b></p> <p>Pinochle, 9-11:30</p> <p>Boggle, 10-10:45</p> <p>Strength &amp; Balance with Christina, 11-11:30</p> <p><b>Murder Mystery Lunch (pre-register), 11-2</b></p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Canasta, 12:45-3</p> <p>Italian: Foreign Language Film, 12:45-1:45</p> <p><b>Rosemary Chicken</b></p>	<p>Wake Up with Surrey, 9-9:45 <b>31</b></p> <p>Tech Tues (by appt.), 9:30-11:30</p> <p>SilverSneakers® <i>livestream</i>, 10-10:45 (free)</p> <p>Tablet Games for Active Brains, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Writers Meetup, 12:45-1:45</p> <p>Jewelry Making Club, 12:45-2</p> <p>Classical Music (<i>livestream</i>), 12:45-2</p> <p>Scrabble, 12:45-3</p> <p><b>March Birthday Lunch</b> <b>Beef Stew</b></p>	<p><b>Luck O' the Irish Raffle</b></p> <p>Raffle tickets for lots of \$1 each. Support Surrey projects!</p> <p><b>Women's History Month</b></p> <p>Writers' Meetup is exploring Great Women in History. Monthly Movie looks at women's history.</p> <p><b>National Nutrition Month</b></p> <p>Try our 30-in-7 Challenge. Your nutrients is better.</p>	

**FRIDAY**

**Surrey Closed  
March 6  
for  
STAFF  
TRAINING**

Wake Up with Surrey, 9-9:45 **13**  
 Cardio Drumming, 10-10:30  
 Rummikub, 10-11:30  
 Balance & Flow with Christine, 10:45-11:30  
 Lunch (pre-register), 11:30-12:30  
**Needle Felted Flowers, 12:45-2:15**  
 Indoor Cornhole Toss, 12:45-1:45  
 Canasta, 12:45-3  
 Mah-jong, 12:45-4

**Beef Cheesesteak**

Wake Up with Surrey, 9-9:45 **20**  
 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  
**Needle Felted Chicks & Bunnies,  
12:45-2:15**  
 Canasta, 12:45-3  
 Mah-jong, 12:45-4

**Vegetable Lasagna**

Wake Up with Surrey, 9-9:45 **27**  
 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

**Pepperoni Flatbread**

fabulous gift baskets: \$1  
 programs! March 2-17

bring great women writers.  
 on display throughout March.  
 female identity & relationships.

and learn why variety in  
 more in the lobby.

**Bryn Mawr March Speaker Series**

**Fraud Defense Essentials: What Everyone Needs to Know**

**Tuesday, March 24 • 12:45 – 1:45 (livestreamed)**

Beth Manley of the Franklin Mint Federal Credit Union will share her presentation about the newest scams to be on the lookout for, including those using AI.

**Adopt-an-Orchid with Suzanne Betts**

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

Learn the insider tricks to care for an orchid, then take home an orchid of your own!  
**Must pre-register. Members: Free. Non-members: \$10**

**NEW Garden Club Starting in March**

**Thursdays, March 5, 12, 19, 26 • 9:30 – 10:30**

This month's focus will be seed starting flowers and vegetables for the Bryn Mawr garden. No experience necessary.

**Tea & Talk**

**Thursdays, March 5, 12, 19, 26 • 12:45 – 3:45**

Conversation and beverages with Surrey members Thursdays after lunch.

**Two Spring Needle Felting Projects**

**FLOWERS: Monday, March 9 or Friday, March 13 • 12:45 – 2:15**

**BUNNIES & CHICKS: Friday, March 20 or Monday, March 23 • 12:45 – 2:15**

Join Lorraine's last two needle felting projects before the group moves on to embroidery. Each project takes one day only, though each will be offered two days.



**Annual Luck O' the Irish Raffle**

**March 2 through March 17 (drawing at St. Pat's Lunch-need not be present to win)**

Starting Monday, March 2, you can purchase \$1 tickets to win your favorite basket . . . more tickets = better chances. Winners will be drawn at the St. Patrick's Lunch.



**St. Patrick's Day Celebrations: Tuesday, March 17**

**Sing-Along and Poetry Reading • 10:45 – 11:15**

**St. Patrick's Lunch • 11:30 – 12:30**



Celebrate Irish heritage with an Irish Sing-Along, Irish Poetry Reading, and Chef's Shepherd's Pie. Reservations required; one guest per member.

**Tom's Monthly Movie Pick: Eleanor the Great**

**Tuesday, March 17 • 12:45 – 2:25**

94-year-old Eleanor befriends a young journalism student in NY.

**Leprechaun's Leap Mini Golf**

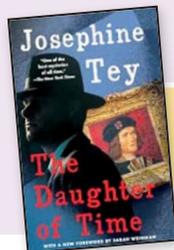
**Thursday, March 19 • 12:45 – 2**

Will you make that lucky shot? Come out to see if you can avoid the leprechaun's tricks and sink the ball in the hole. Prizes for all.

**NEW! Murder at the Manor Mystery Lunch**

**Monday, March 30 • 11 – 2**

Join us to take part in solving a "murder" over lunch at Surrey.  
**Must pre-register.**



**MARCH  
BOOK CLUB**

**Tuesday, March 24 • 12:45 – 2**  
**The Daughter of Time by Josephine Tey.**

# BROOMALL – March 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY					
<b>SilverSneakers®-Tai Chi, 9-9:45 (\$3)</b> 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	2	<b>CVIM Dental Appts. 8:30-3 *</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, 9-1 * Games, 1-3 (\$1)   Bingo, 1:30-4 (\$1) Chair Yoga, 1:30-2:15	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	4	<b>CVIM Dental Appts. 8:30-3 *</b> Zumba, 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	5	<b>Stuffed Shells</b>	<b>Pasta &amp; Meatballs</b>	<b>Sliced Turkey</b>	<b>BLT on Multigrain</b>
<b>SilverSneakers®-Tai Chi, 9-9:45 (\$3)</b> 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	9	<b>CVIM Dental Appts. 8:30-3 *</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	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 Crossword Puzzle, 2-3	11	<b>CVIM Dental Appts. 8:30-3 *</b> Zumba, 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) Calming Coloring, 2-2:45	12	<b>Salisbury Steak</b>	<b>Chicken Salad on Croissant</b>	<b>BBQ Pork Ribbette</b>	<b>BBQ Roast Beef on Club Roll</b>
<b>SilverSneakers®-Tai Chi, 9-9:45 (\$3)</b> 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) <b>In the Kitchen with Tony, 1</b> Poker, 1-3:30 (\$1) Wii Bowling, 1-3	16	<b>CVIM Dental Appts. 8:30-3 *</b> <b>PA MEDI Counseling, 9-12*</b> Drum Circle, 10 Knit Wits, 10-11:45 (\$1) Canasta, 10-2 (\$1) LIFT, 11-11:45 * <b>St Patrick Day Lunch, 11:45-12:30</b> <b>iPhone Photo Class, 12:30 or 1 *</b> Cardio Drumming, 12:45 * Chair Massage, 9-1 * Games, 1-3 (\$1)   Bingo, 1:30-4 (\$1) Chair Yoga, 1:30-2:15	17	Open Art Studio, 9-1 (\$1) Dance Fitness with Ro, 10-10:45 (\$3) <b>Property Tax/Rent Rebate, 10-2</b> 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>St.Patrick's Crossword Puzzle, 2-3</b>	18	<b>CVIM Dental Appts. 8:30-3 *</b> Zumba, 10-10:45 NO Reiki <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	19	<b>Cheese Burger</b>	<b>Bangers &amp; Mash</b>	<b>Creamy Chicken &amp; Broccoli</b>	<b>Italian Meats on Kaiser</b>
<b>SilverSneakers®-Tai Chi, 9-9:45 (\$3)</b> 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) <b>Advocating for Yourself, 1</b> Poker, 1-3:30 (\$1) Wii Bowling, 1-3	23	<b>CVIM Dental Appts. 8:30-3 *</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, 9-1 * Games, 1-3 (\$1)   Bingo, 1:30-4 (\$1) Chair Yoga, 1:30-2:15	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 <b>Gardening For Life, 1</b> Poker, 1-3:30 (\$1) Rummikub Club, 1-2 (\$1) Scrabble, 1 Crossword Puzzle, 2-3	25	<b>CVIM Dental Appts. 8:30-3 *</b> Zumba, 10-10:45 Reiki, 10-11:45 * Pinochle/Cards, 10-3 (\$1) LIFT, 11-11:45 * Lunch, 11:45-12:30 Billiards, 12:30-3:30 (\$1) Games, 1-3 (\$1) Calming Coloring, 2-2:45	26	<b>Sunday Roasted Chicken</b>	<b>Breaded Chicken Strips</b>	<b>Sliced Beef w/Au Jus</b>	<b>Sweet &amp; Sour Meatballs</b>
<b>SilverSneakers®-Tai Chi, 9-9:45 (\$3)</b> 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) <b>Movie with Popcorn, 1</b>	30	<b>CVIM Dental Appts. 8:30-3 *</b> Drum Circle, 10 Knit Wits, 10-11:45 (\$1) Canasta, 10-2 (\$1) LIFT, 11-11:45 * Lunch, 11:45-12:30, <b>March Birthdays</b> <b>Singer Debbie Feeser will entertain</b> <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	31	<div style="text-align: center;"> <h2>ADVOCATING FOR YOURSELF</h2> <p><b>Monday, March 23 • 1</b></p> <p>Understand your rights, how to access resources and communicate effectively with medical providers.</p> <p><i>Presented by Main Line Health</i></p> </div>				<b>Stuffed Shells</b>	<b>Pasta &amp; Meatballs</b>		

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

**FRIDAY**

**Surrey Closed  
March 6  
for  
STAFF  
TRAINING**

**CVIM Dental Appts. 9:15-3:15 \*** **13**  
 Inspire Mind & Memory, 10-10:45  
 AARP Tax Preparation, 9-2\*  
 Chair Massage, 9-1 \*  
 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

**Crabcake & Mac & Cheese**

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

Learn about gardening throughout the lifespan!  
 Discover safe techniques, try adaptive gardening tools, learn pain management, and do hands-on gardening!  
*Please register ahead!*

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

For more information, call 484-451-8899 or speak with one of the CVIM staff.  
 Includes Veterans who meet CVIM eligibility criteria.



**iPhone Photography Class**

**Tuesdays, March 3, 10, 17, 24, 31 • 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, March 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**

**March 5 • *The Women* by Kristin Hannah**

**April 2 • *The Measure* by Nikki Erlick**

**May 7 • *The Villa* by Rachel Hawkins**

**In the Kitchen with Tony Morinelli • Gnudi (Tuscan dumplings)**

**Monday, March 16 • 1**

**Property Tax / Rent Rebate Application Assistance**

*with Staff from Representative Vitali and Senator Kearney's Offices*

**Wednesday, March 18 • 10 – 2 • Call 610-446-2070 for more information.**

**Musical Bingo**

**Thursday, March 19 • 1 – 3**

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

**Quizzo**

**Friday, March 20 • 1**

Engage your brain by answering trivia questions hosted by Mac.

**AARP Tax Aid Session for the Deaf Community**

**Saturday, March 21 • 10 – 3**

**Advocating for Yourself**

**Monday, March 23 • 1**

Understand your rights, how to access resources and communicate effectively with medical providers. Presented by Main Line Health.

**Gardening for Life**

**Wednesday, March 25 • 1**

Learn safe gardening techniques, adaptive equipment to use, and fall prevention techniques. One hour presentation, 30 minute hands on activity and survey.

**Vocalist Debbie Feeser**

**Tuesday, March 31 • Birthday Lunch**

**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 – March 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						
Strength & Stretch, 10-10:40 Rummikub, 10-11:30 Chair Zumba (Screenshared), 11-11:30 Lunch, 12-12:45 <b>Mexican Train Dominoes, 1-2</b>	2	SilverSneakers®, 10-10:45 Zumba Gold (Screenshared), 11-11:30 Lunch, 12-12:45 Uno, 1-2 Water Color, 1-3 <b>Zoom Group Crossword, 3-4</b>	3	Strength & Stretch, 10-10:40 Bingo, 10:45-11:30 <b>Nutrition Month Crossword, 11:30-12</b> Lunch, 12-12:45 <b>St. Patrick's Day Scattergories, 1-2</b> Poker, 1-2	4	SilverSneakers®, 10-10:45 Beginner Cardio Drumming (Screenshared), 11-11:30 Lunch, 12-12:45 Rummikub, 1-2 <b>Watercolor, 1-3</b>	5	<b>Surrey Closed March 6 for STAFF TRAINING</b>		
Strength & Stretch, 10-10:40 Rummikub, 10-11:30 Chair Zumba (Screenshared), 11-11:30 Mindful Monday, 11:30-12 Lunch, 12-12:45 <b>Women's History Month 'Wisdom Wall' Project &amp; Tea, 1-2</b>	9	SilverSneakers®, 10-10:45 Zumba Gold (Screenshared), 11-11:30 Lunch, 12-12:45 Uno, 1-2 Water Color, 1-3	10	<b>Coffee Tasting &amp; Conversation Starters, 9:30-10</b> Strength & Stretch, 10-10:40 Bingo, 10:45-11:30 <b>Nutrition Month Word Search, 11:30-12</b> 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 <b>Watercolor, 1-3</b>	12		<b>Different time! Strength &amp; Stretch, 9-9:40</b> <b>Gardening for Life, 10-12</b> Lunch: Chicken Caesar Salad & Soup, 12-12:45 <b>State of the Center Update, 12:45-1:15</b> Bingo Bonanza, 1-2	13
Strength & Stretch, 10-10:40 Rummikub, 10-11:30 Chair Zumba (Screenshared), 11-11:30 <b>Mindful Monday, 11:30-12</b> Lunch, 12-12:45 Pokeno Party, 1-1:45	16	SilverSneakers®, 10-10:45 Zumba Gold (Screenshared), 11-11:30 Lunch, 12-12:45 <b>Confectioner Corner: Make Irish Potato Candy, 12:45-1:15</b> Uno, 1-2 <b>Water Color, 1-3</b> <b>Zoom Group Crossword, 2-3</b>	17	Strength & Stretch, 10-10:40 Bingo, 10:45-11:30 <b>Nutrition Month Fact or Fiction, 11:30-12</b> 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 <b>Watercolor, 1-3</b>	19		<b>Tea Tasting &amp; Table Talk Dice Game, 9:30-10</b> Strength & Stretch, 10-10:40 Beginner Cardio Drumming (Screenshared), 11-11:30 Lunch, 12-12:45 Chair Volleyball, 1-2	20
Strength & Stretch, 10-10:40 Rummikub, 10-11:30 Chair Zumba (Screenshared), 11-11:30 <b>Mindful Monday, 11:30-12</b> Lunch, 12-12:45 <b>Volunteer Interest Session, 12:45</b> Surrey Gives Back Community Service Project, 1:15-2	23	SilverSneakers®, 10-10:45 Zumba Gold (Screenshared), 11-11:30 <b>Volunteer Interest Session, 11:30</b> Lunch, 12-12:45 Uno, 1-2 <b>Watercolor, 1-3</b> <b>Zoom Group Crossword, 2-3</b>	24	<b>Hot Chocolate Tasting &amp; Conversation, 9:30-10</b> Strength & Stretch, 10-10:40 Bingo, 10:45-11:30 <b>Nutrition Family Feud, 11:20-12</b> Lunch by Chef Pedro, 12-12:45 <b>Volunteer Interest Session, 12:45</b> <b>Hometown Horse Races, 1-2</b> Poker, 1-2	25	SilverSneakers®, 10-10:45 Beginner Cardio Drumming (Screenshared), 11-11:30 Lunch, 12-12:45 <b>Volunteer Interest Session, 1</b> Rummikub, 1-2 <b>Watercolor, 1-3</b>	26		Strength & Stretch, 10-10:40 Beginner Cardio Drumming (Screenshared), 11-11:30 <b>Volunteer Interest Session, 11:30</b> Lunch, 12-12:45 March Birthday Party, 12:30 Karaoke Sing Along, 1:15-2	27
Strength & Stretch, 10-10:40 Rummikub, 10-11:30 Chair Zumba (Screenshared), 11-11:30 <b>Mindful Monday, 11:30-12</b> Lunch, 12-12:45 <b>Volunteer Interest Session, 12:45</b> Make Your Point, 1-1:45	30	SilverSneakers®, 10-10:45 Zumba Gold (Screenshared), 11-11:30 Lunch & A Movie, 12-2 <b>Watercolor, 1-3</b> <b>Zoom Group Crossword, 2-3</b>	31	<b>GARDENING FOR LIFE WORKSHOP</b> <b>Friday, March 13, 10-12</b> Learn about gardening throughout the lifespan! Discover safe techniques, try adaptive gardening tools, learn pain management, and do hands-on gardening! <i>Please register ahead!</i>	<b>NATIONAL NUTRITION MONTH</b> For each nutrition activity you participate in during the month of March, you will be entered to win a \$10 Gift Card to ACME! <b>3/4 – Nutrition Crossword</b> <b>3/11 – Nutrition Word Search</b> <b>3/18 – Nutrition Fact or Fiction</b> <b>3/25 – Nutrition Family Feud</b>	<b>VOLUNTEER RECRUITMENT WEEK!</b> <b>March 23-27</b> <i>Join a Volunteer Interest Session to learn about opportunities in our NEW CENTER.</i>				

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.

## SOCIAL WORK AWARENESS MONTH

### Meet Surrey's Bryn Mawr College Intern, Shania

March is Social Work Awareness Month. I feel grateful for the opportunity to learn and grow in this field through hands-on practice at Surrey. Through conducting home assessments, assisting with care plans, and improving my resource navigation skills, I've been able to see just how much of a difference Surrey makes in clients' daily lives, their needs, and what makes them feel safe and supported.

Under the guidance of Surrey social worker, Krishna Evans, MSW and assisting Stephanie Yocum, Devon's care navigator, I have watched the dedicated and supportive staff demonstrate how effective and essential teamwork is in providing care to Surrey members. My Surrey internship has strengthened my confidence and further reminds me why this field matters so much to me.



“ I've been able to see just how much of a difference Surrey makes in clients' daily lives. ”



## SURREY CONSIGNMENT Shopping Event

Friday, March 20 • 10 - 4  
&  
Saturday, March 21 • 10 - 4

810 Lancaster Avenue,  
Berwyn

Surrey Consignment is hosting a pop-up collaboration with TC House of Style, a specialty store featuring vintage clothing, handbags, scarves, and accessories. This special event will be for two days only.



A percent of all sales will benefit Surrey's programs and services. Save the date and shop for Surrey!



## Surrey's Annual

# Garden Party

Thursday, June 18, 2026  
at Bryn Clovis from 5:30 - 8:30

Sponsorships available!

Visit [surreyservices.org](http://surreyservices.org) or  
call Kathleen Elsmore at 610-647-9854  
or email [kelsmore@surreyservices.org](mailto:kelsmore@surreyservices.org)  
to learn more

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 *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.



### Shania, Surrey Social Worker Intern.

Read about her experience at  
Surrey on page 11.