

SURREY *Connect*

A Nonprofit Organization



Help Make Media a Success!

The new Media center will be opening soon! We can't wait to welcome all our Surrey community to a bright, open location for programs and gathering, a cafe with lots of natural light, and ample parking. Watch your email, Surrey's website, or social media for updates and news about the official ribbon cutting ceremony.

We need everyone's help to make this dream a reality — 68% of Surrey's annual operating revenue comes from your contributions — not state or federal funding.

We have a very special opportunity to announce. Surrey's new building will provide naming opportunities to donors as a way to permanently honor or recognize an individual, business, or private foundation.

If you or someone you know would like to know more about this unique opportunity, please contact Dana at dheiman@surreyservices.org or 484-321-6104.

2026 The Year of Cognitive Six

RESTORATIVE SLEEP

Getting seven or more hours of sleep each night can prevent many health problems, including as much as a 30% decrease in your risk for cognitive decline. Try these tips to improve falling asleep and staying asleep.

- Go to bed and wake up at roughly the same time every day.
- Create a 30-minute, pre-bed routine. Read a book, do some gentle stretches, or listen to soft music. Avoid digital devices because the blue light short-wavelength light mimics daylight.
- Make your evening meals lighter and avoid alcohol.

Your daytime habits can affect the quality of your sleep as well:

- Eat your meals at approximately the same time every day. This can help keep those circadian rhythms in sync.
- Soak in the morning sun. 30 minutes to an hour of light exposure after waking can help you sleep.
- Get moving! Even 3 minutes of morning movement can increase your mood, alertness and motivation. Take a walk in the sunshine or dance in a sunlit room.

Did you know that Surrey Caregivers can assist you in getting a better night's sleep?

- Help you prepare meals and enjoy them at regular times of the day. Also remind you to take your medications at the prescribed times.
- Bring you to your favorite Surrey Center for an exercise class or walk with you outdoors in the sunshine.
- Launder your sheets and make your bed to help create a relaxing environment.
- Overnight caregivers are available to assist you in feeling safe, secure, and able to sleep worry free.

Sweet dreams! Zzzzzzz

By Krishna Evans, MSW
Surrey Home Care

Six Pillars of BRAIN HEALTH

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

RESTORATIVE SLEEP

- Eat Right





Tech day volunteer from Siemens-Healthineers



Terri and Mary, longtime Broomall and Devon volunteers



Student volunteers from Sacred Heart Academy

April is National Volunteer Appreciation Month!

Cheers to 45 Years of Volunteers

Surrey would not be what it is or where it is today without volunteers. This year, we are approaching the 45th anniversary of Surrey, that means Cheers to 45 Years of Volunteers!

Jeanne LaRouche, Surrey's founder, organized a group of volunteers to provide transportation to older adults in her neighborhood who could no longer drive. Fast forward 45 years and volunteers are still the foundation of Surrey and all we do: providing rides, serving in the cafes, being advocates in the community, leading programs, and so much more. Surrey volunteers know that the secret to a full life is being part of someone else's.

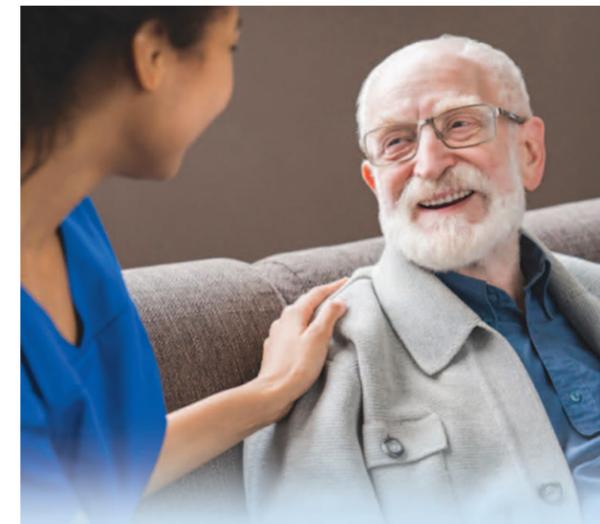
If you know someone who would like to volunteer, scan the QR code ▶ Visit the Surrey website or call Patti at 484-321-6106.



Corporate volunteers from Teleflex



Keith and Tracey, 2025 Holiday House Tour chairs



Surrey Partnership for Cognitive Health
Main Line Health & Bryn Mawr Family Practice present

Brain Health Assessments and Guidance

Thursday, April 16, 2026 at THREE Surrey locations

Broomall • Bryn Mawr • Devon

A significant portion of brain health is determined by lifestyle and environmental choices that are within your control.

This innovative program will enable participants to receive a cognitive health assessment from a physician.

Armed with this information, participants can take advantage of the many lifestyle, nutrition, and cognitive programs that Surrey offers to help keep their minds healthy and strong.

Call your center (see the calendar grids) to schedule a private, 30-minute cognitive assessment with a physician at 9:45, 10:15, 10:45, or 11:15, **appointments are limited.**

It's Never Too Late to Create a Budget

April is Financial Literacy Month, a national observance that encourages people to strengthen their budgeting skills. A budget can give you peace of mind, help you prepare for unexpected situations, and even protect you from fraud.

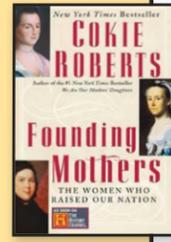
Here are the components you will need to create your budget.

- **INCOME:** Gather pay stubs from Social Security and other government benefits; pensions; and any money you receive from other sources.
- **MONTHLY FIXED EXPENSES:** Your mortgage or rent; medical insurance premiums; and fixed debt payments.
- **MONTHLY FLEXIBLE EXPENSES:** Food, utilities, and gas for your car.
- **PERIODIC EXPENSES:** Costs for insurance: home, renters, and car insurance. Property taxes.
- **DISCRETIONARY EXPENSES:** Your clothing and personal care purchases; entertainment; and charitable giving. For one week, keep track of everything you purchase.

Once you have the components, decide your goals. A common system is the 50/30/20 Rule: Allocate 50% of income to needs, 30% to wants, and 20% to savings/debt.

If you need help getting started, contact Lois, Surrey's Personal Finance Manager at 610-647-9840 or info@surreyservices.org. Reduce stress and take control of your finances!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Surrey Partnership for Cognitive Health Main Line Health & Bryn Mawr Family Practice present</p> <p>Brain Health Assessments and Guidance Thursday, April 16 • by appointment at Surrey Devon</p> <p>Call 610-647-6404 to schedule a private, 30-minute cognitive assessment with a physician. <i>Appointments are limited.</i></p>		<p>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 returns April 22 Strength & Balance with Christina, 11-11:45 Café Lunch/GnGo, 11:30-12:30 Ticket to Ride Game, 12:45-2:15 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 Seafood Scampi</p>	<p>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 Garden Club, 10-11:30 Better Back Floor Yoga, 11-11:45 Café Lunch/GnGo, 11:30-12:30 After Lunch Walk, 12:45-1:15 Craft: Hoppy's Farm, 12:45-2 \$6 Scrabble, 12:45-3 Pinochle, 12:45-3 Rummikub, 12:45-3 German Club, 1:30-3 Stuffed Shells</p>	<p>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 Creamy garlic pork bites</p>
<p>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 returns April 20 Gulf coast gumbo</p>	<p>Fitness Center, 8:30-4:30 Fitness Trainer by appt. Wake Up with Surrey, 9-9:45 SilverSneakers®, 10-10:45 Stronger Memory, 10-10:45 Knitting/Crocheting Club, 10:30-12 Stretch This/Not That, 11-11:45 Café Lunch/GnGo, 11:30-12:30 Adopt-an-Orchid, 12:45-1:45 Rummikub, 12:45-3 Hand & Foot Canasta, 12:45-2 Salisbury steak</p>	<p>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 returns April 22 Strength & Balance with Christina, 11-11:45 Café Lunch/GnGo, 11:30-12:30 Ticket to Ride Game, 12:45-2:15 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 Frittata</p>	<p>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 Cupcake Decorating, 10-11:30 Better Back Floor Yoga, 11-11:45 Café Lunch/GnGo, 11:30-12:30 After Lunch Walk, 12:45-1:15 Springtime Putting Green, 12:45-2 Scrabble, 12:45-3 Pinochle, 12:45-3 Rummikub, 12:45-3 German Club, 1:30-3 Pasta Primavera</p>	<p>Fitness Center, 8:30-4:30 Wake Up with Surrey, 9-9:45 Coffee and Crosswords, 10-10:45 Line Dancing, 10-10:45 Tech Support, 10-11:30 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 DEADLINE to submit for County Art Show Sloppy Joes</p>
<p>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 Veteran's Lunch, 11:30-12:30 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 April 20 Sazon chicken breast</p>	<p>Fitness Center, 8:30-4:30 Fitness Trainer by appt. Wake Up with Surrey, 9-9:45 SilverSneakers®, 10-10:45 Stronger Memory, 10-10:45 Knitting/Crocheting Club, 10:30-12 Stretch This/Not That, 11-11:45 Café Lunch/GnGo, 11:30-12:30 Classical Music, 12:45-2 Sweet and sour pork loin</p>	<p>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 returns April 22 Strength & Balance with Christina, 11-11:45 Café Lunch/GnGo, 11:30-12:30 Ticket to Ride Game, 12:45-2:15 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 Ratatouille</p>	<p>Fitness Center, 8:30-4:30 Fitness Trainer by appt. CVIM Dental Appts., 8:30-2:30 Wake Up with Surrey, 9-9:45 MLH Brain Health Assessments, 9-11 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 Mediterranean chicken kabobs</p>	<p>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 Writer's Workshop, 12:45-2 Bridge, 12:30-2 Mah-jong, 12:45-2 Qigong, 1-1:45 Fried catfish</p>
<p>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 Matter of Balance, 12:30-2:30 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 Mustard grilled chicken thighs</p>	<p>Fitness Center, 8:30-4:30 Fitness Trainer by appt. Wake Up with Surrey, 9-9:45 SilverSneakers®, 10-10:45 Stronger Memory, 10-10:45 Knitting/Crocheting Club, 10:30-12 Stretch This/Not That, 11-11:45 Café Lunch/GnGo, 11:30-12:30 Speaker Series: Getting Unstuck, 12:45-1:45 Discussion on Topic, 12:45-2 Rummikub, 12:45-3 Hand & Foot Canasta, 12:45-2 Eggs benedict</p>	<p>Fitness Center, 8:30-4:30 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 SEPTA Senior Card Signup, 12:30-2 Ticket to Ride Game, 12:45-2:15 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 Evening Speaker Series: Downsizing Open-faced Reuben sandwich</p>	<p>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 Garden Club, 10-11:30 Better Back Floor Yoga, 11-11:45 Café Lunch/GnGo, 11:30-12:30 Matter of Balance, 12:30-2:30 After Lunch Walk, 12:45-1:15 Scrabble, 12:45-3 Pinochle, 12:45-3 Rummikub, 12:45-3 German Club, 1:30-3 Café Closed: Quiche Grab n Go ONLY, \$5</p>	<p>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 April Birthday Lunch Ravioli</p>
<p>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 Matter of Balance, 12:30-2:30 The Lifestyle Medicine, 12:45 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 Crispy vegetable croquettes</p>	<p>Fitness Center, 8:30-4:30 Fitness Trainer by appt. Wake Up with Surrey, 9-9:45 SilverSneakers®, 10-10:45 Stronger Memory, 10-10:45 Knitting/Crocheting Club, 10:30-12 Stretch This/Not That, 11-11:45 Café Lunch/GnGo, 11:30-12:30 Classical Music, 12:45-2 Beef stroganoff</p>	<p>Fitness Center, 8:30-4:30 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: Surrey's Winners in Botanical Arts of Flower Show 12:45-1:45 Ticket to Ride Game, 12:45-2:15 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 Pollo al Limone (Italian lemon chicken)</p>	<p>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 Garden Club, 10-11:30 Better Back Floor Yoga, 11-11:45 Café Lunch/GnGo, 11:30-12:30 Matter of Balance, 12:30-2:30 After Lunch Walk, 12:45-1:15 Scrabble, 12:45-3 Pinochle, 12:45-3 Rummikub, 12:45-3 German Club, 1:30-3 Green goddess chicken roll up</p>	<p>April Book Club Selection Founding Mothers by Cokie Roberts Adult version recommended. Read all or only the selections which interest you.</p> 

Devon April Speaker Series

Adopt-an-Orchid with Suzanne Betts (*Rescheduled from March 26*)
Tuesday, April 7 • 2:45 – 1:45 • Members: Free • Non-members: \$10
Learn how to care for an orchid from horticulturalist and Surrey volunteer, Suzanne, then choose your favorite to take home. **Pre-registration required.**

Getting Unstuck with Rich Cooper, Ph.D.
Tuesday, April 21 • 12:45 – 1:45
Feel Stuck? You are not alone. Learn how you can overcome what is stopping you from our popular and expert speaker.

Lifestyle Medicine
Monday, April 27 • 12:45 – 1
Lifestyle medicine is an evidence-based approach that uses diet, physical activity, sleep, stress management, and social connection—to treat and prevent diseases. Presented by Dr. Doris Lebischak and Shania, Bryn Mawr College Social Work intern.

Meet the Surrey Winners in the Botanical Arts Competition at the 2026 Philadelphia Flower Show
Wednesday, April 29 • 12:45 – 1:45
Stephanie and Mary return to show you how they turned seeds, leaves, and twigs into their 2026 entries. Beginning Thursday, April 30, the “One Wall, Many Stories” first and second floor galleries will showcase their experience.

Cupcake Decorating Class with JuneBug Sweet Treats,
pre-registration required
Thursday, April 9 • 10 – 11:30
The Surrey Garden Club welcomes June’s demonstration piping spring flower cupcakes.

Tech Support with David Fink
Friday, April 10 • 10 – 11:30
Sign up for a private 20 minute appointment

Brain Health Assessments (*More information top left*)
Thursday, April 16 • 9 – 11
A Matter of Balance with Main Line Health
Mondays and Thursdays, April 20, 23, 27 and 30 • 12:30 - 2:30
May 4, 7, 11, and 14 • 12:30 – 2:30

“A Matter of Balance” is an 8-class course proven to help lower your risk of falling. No charge and includes a complimentary lunch. Must attend all classes and have not taken the class before. **Seats are limited, register at the front desk.**

SEPTA Senior Fare Card Sign-Up and Renewal Event
Wednesday, April 22 • 12:30 – 2

Rep. Shusterman’s team will be at Surrey to assist you in getting your SEPTA Senior Fare Card. The card enables riders 65+ to receive free transit on SEPTA buses, trolley, and rail. See front desk for required documentation.
Preregister for an appointment or walk-in and wait.

Let’s Downsize! (*More information on Page 11*)
Wednesday, April 22 • 5:30 – 7:30 • \$10 member and \$20 non-member
Learn strategies for downsizing and where to best sell or donate your unneeded items Light bites and one glass wine or beer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Surrey Partnership for Cognitive Health Main Line Health & Bryn Mawr Family Practice present</p> <p>Brain Health Assessments and Guidance</p> <p>Thursday, April 16 • by appointment at Surrey Bryn Mawr</p> <p>Call 484-222-4930 to schedule a private, 30-minute cognitive assessment with a physician.</p> <p><i>Appointments are limited.</i></p>		<p>Wake Up with Surrey, 9-9:45 1</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 & Drawing, 12:30-2</p> <p>Rummikub Club, 12:45-2:30</p> <p>Seafood scampi</p>	<p>Wake Up with Surrey, 9-9:45 2</p> <p>Garden Club, 9:30-10:30</p> <p>SilverSneakers® virtual, 9:45-10:15 (free)</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>Tea & Talk, 12:45-3:45</p> <p>Backgammon, 12:45-3:30</p> <p>Stuffed shells</p>	<p>Wake Up with Surrey, 9-9:45 3</p> <p>Cardio Drumming, 10-10:30</p> <p>Rummikub, 10-11:30</p> <p>Camera Club, 10:30-11:30</p> <p>Balance & Flow with Christine, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Indoor Cornhole Toss, 12:45-1:45</p> <p>Springtime Mini Golf, 12:45-2</p> <p>Canasta, 12:45-3</p> <p>Mah-jong, 12:45-4</p> <p>Creamy garlic pork bites</p>
<p>Wake Up with Surrey, 9-9:45 6</p> <p>Pinochle, 9-11:30</p> <p>Word Game - Boggle, 10-10:45</p> <p>Strength & 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>Gulf coast gumbo</p>	<p>Wake Up with Surrey, 9-9:45 7</p> <p>Tech Tues (by appt.), 9:30-11:30</p> <p>SilverSneakers® livestream, 10-10:45 (free)</p> <p>Word Game - Boggle, 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>Documentary Sampler Series: Georgia O’Keeffe: The Brightness of Light, 12:45-1:45</p> <p>Scrabble, 12:45-3</p> <p>Salisbury steak</p>	<p>Wake Up with Surrey, 9-9:45 8</p> <p>Resource Navigator appt., 9:30-11:30</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 & Drawing, 12:30-2</p> <p>Wisdom Circle Discussion Group, 12:45-2</p> <p>Rummikub Club, 12:45-2:30</p> <p>Frittata</p>	<p>Wake Up with Surrey, 9-9:45 9</p> <p>Garden Club, 9:30-10:30</p> <p>SilverSneakers® virtual, 9:45-10:15 (free)</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>Tea & Talk, 12:45-3:45</p> <p>Backgammon, 12:45-3:30</p> <p>Pasta primavera</p>	<p>Wake Up with Surrey, 9-9:45 10</p> <p>Cardio Drumming, 10-10:30</p> <p>Rummikub, 10-11:30</p> <p>Balance & Flow with Christine, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Indoor Cornhole Toss, 12:45-1:45</p> <p>Resin Jewelry Part 1, 12:45-2</p> <p>Canasta, 12:45-3</p> <p>Mah-jong, 12:45-4</p> <p>Sloppy Joes</p>
<p>Wake Up with Surrey, 9-9:45 13</p> <p>Pinochle, 9-11:30</p> <p>Word Game - Boggle, 10-10:45</p> <p>Strength & Balance with Christina, 11-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Documentary Sampler Series & Guest Speaker: Burden of Memory, 12:45-2:30</p> <p>Canasta, 12:45-3</p> <p>Italian: Culture & History, 12:45-1:45</p> <p>Sazon chicken breast</p>	<p>Wake Up with Surrey, 9-9:45 14</p> <p>PA-Medi by appt., 9-12</p> <p>Tech Tues (by appt.), 9:30-11:30</p> <p>Ask Surrey’s Nurse/BP Checks, 10-12</p> <p>SilverSneakers® livestream, 10-10:45 (free)</p> <p>Word Game - Boggle, 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 (livestream), 12:45-2</p> <p>Scrabble, 12:45-3</p> <p>Sweet and sour pork loin</p>	<p>Wake Up with Surrey, 9-9:45 15</p> <p>Chair Yoga with Denise, 9:45-10:30</p> <p>Caregiver Support Group, 10-11:30</p> <p>Strength/Stretch/Bal, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Painting & Drawing, 12:30-2</p> <p>Rummikub Club, 12:45-2:30</p> <p>Ratatouille</p>	<p>Wake Up with Surrey, 9-9:45 16</p> <p>Garden Club, 9:30-10:30</p> <p>MLH Brain Health Assessments, 9-11</p> <p>Ask an MLH Nurse</p> <p>SilverSneakers® virtual, 9:45-10:15 (free)</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>Tea & Talk, 12:45-3:45</p> <p>Backgammon, 12:45-3:30</p> <p>Mediterranean lunch marinated chicken kabobs</p>	<p>Wake Up with Surrey, 9-9:45 17</p> <p>Cardio Drumming, 10-10:30</p> <p>Rummikub, 10-11:30</p> <p>Balance & Flow with Christine, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Indoor Cornhole Toss, 12:45-1:45</p> <p>Resin Jewelry Part 2, 12:45-2</p> <p>Canasta, 12:45-3</p> <p>Mah-jong, 12:45-4</p> <p>Fried catfish</p>
<p>Wake Up with Surrey, 9-9:45 20</p> <p>Pinochle, 9-11:30</p> <p>Word Game - Boggle, 10-10:45</p> <p>Strength & Balance with Christina, 11-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Veterans Lunch, 11:30-12:30</p> <p>Canasta, 12:45-3</p> <p>Italian: Beginner Language, 12:45-1:45</p> <p>Mustard grilled chicken thighs</p>	<p>Wake Up with Surrey, 9-9:45 21</p> <p>Tech Tues (by appt.), 9:30-11:30</p> <p>SilverSneakers® livestream, 10-10:45 (free)</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Poetry Reading, dessert reception at 12:30, reading starts at 12:45</p> <p>Jewelry Making Club, 12:45-2</p> <p>Scrabble, 12:45-3</p> <p>Eggs benedict</p>	<p>Wake Up with Surrey, 9-9:45 22</p> <p>Resource Navigator appt., 9:30-11:30</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 & Drawing, 12:30-2</p> <p>Rummikub Club, 12:45-2:30</p> <p>Open face Reuben sandwich</p>	<p>Wake Up with Surrey, 9-9:45 23</p> <p>Garden Club, 9:30-10:30</p> <p>SilverSneakers® virtual, 9:45-10:15 (free)</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>Tea & Talk, 12:45-3:45</p> <p>Backgammon, 12:45-3:30</p> <p>Quiche Grab and Go ONLY</p>	<p>Wake Up with Surrey, 9-9:45 24</p> <p>Cardio Drumming, 10-10:30</p> <p>Rummikub, 10-11:30</p> <p>Balance & Flow with Christine, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Indoor Cornhole Toss, 12:45-1:45</p> <p>Documentary Sampler Series: Our Planet (season 1, ep. 1), 12:45-1:35</p> <p>Canasta, 12:45-3</p> <p>Mah-jong, 12:45-4</p> <p>Ravioli</p>
<p>Wake Up with Surrey, 9-9:45 27</p> <p>Pinochle, 9-11:30</p> <p>Word Game - Boggle, 10-10:45</p> <p>Strength & Balance with Christina, 11-11:30</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>Crispy vegetable croquettes</p>	<p>Wake Up with Surrey, 9-9:45 28</p> <p>PA-Medi by appt., 9-12</p> <p>Tech Tues (by appt.), 9:30-11:30</p> <p>Ask Surrey’s Nurse/BP Checks, 10-12</p> <p>SilverSneakers® livestream, 10-10:45 (free)</p> <p>Word Game - Boggle, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Monthly Book Club, 12:45-2</p> <p>Writers Meetup, 12:45-1:45</p> <p>Jewelry Making Club, 12:45-2</p> <p>Classical Music (livestream), 12:45-2</p> <p>Scrabble, 12:45-3</p> <p>Beef stroganoff</p>	<p>Wake Up with Surrey, 9-9:45 29</p> <p>Chair Yoga with Denise, 9:45-10:30</p> <p>Strength/Stretch/Bal, 10:45-11:30</p> <p>Surrey Transportation, 11-1:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Painting & Drawing, 12:30-2</p> <p>Rummikub Club, 12:45-2:30</p> <p>April Birthday Lunch</p> <p>Pollo al Limone (Italian lemon chicken)</p>	<p>Wake Up with Surrey, 9-9:45 30</p> <p>Garden Club, 9:30-10:30</p> <p>SilverSneakers® virtual, 9:45-10:15 (free)</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>Tea & Talk, 12:45-3:45</p> <p>Backgammon, 12:45-3:30</p> <p>Green goddess chicken roll up</p>	<p>DOCUMENTARY SAMPLER SERIES:</p> <p>Friday, May 1 12:45 - 2:45</p> <p>The American Revolution (episode 1)</p>

Bryn Mawr Documentary Sampler Series

Georgia O’Keeffe: The Brightness of Light
Tuesday, April 7, 12:45 – 1:45

The “Mother of American Modernism”, O’Keeffe became famous for her paintings of flowers, bones, and the beauty of nature. Features Claire Danes as Georgia O’Keeffe.

SPECIAL PRIVATE SHOWING! Burden of Memory
Monday, April 13, 12:45 – 2:30

Lt. Col. William Bonelli survived the attack on Pearl Harbor and went on to fly a B-17 in 29 combat missions. Yet, this isn’t a war story. It’s a story about a person who just happened to be in a war. The showing of this award-winning documentary is made possible by his daughter, Geralee, who will introduce the film.

Our Planet

Friday, April 24, 12:45 – 1:35

Join us for an Earth Day celebration while we watch Our Planet, Season 1, Episode 1, exploring Peru, Tanzania, the Serengeti, the Arctic, and Greenland.

American Revolution by Ken Burns

Friday, May 1 • 12:45 – 2:45

Tensions rise and political protest turns to violence from 1754-1775 as the thirteen colonies find common causes to go to war. Watch the first episode of this 6-part series that examines how America’s founding turned the world upside-down.

Springtime Mini Golf

Friday, April 3, 12:45 – 2

Celebrate spring by getting on the green. See how many hole-in-ones you can make.

Resin Jewelry Making with Lorraine

Friday, April 10 and 17, 12:45 – 2

Preregister for this 2-session series to learn how to make resin art jewelry. \$6 for both sessions combined. You need to attend both classes to complete your project.

Poetry Reading and Dessert Reception

Tuesday, April 21, 12:30 – 1:30

The Writers’ Group will be reading their works at Poets Among Us exhibit. Treats from the dessert bar will be available during the 20 minute reading. Open to the public.

Surrey Transportation Information Session

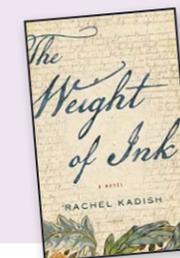
Wednesday, April 29, 11 – 1:30

Diane Kochinsky, Surrey’s Director of Transportation, will answer your questions and help you schedule rides.

One Wall, Many Stories: Poets Among Us

April . . . NATIONAL POETRY MONTH!

The Writers’ Meetup group shares their verses . . . delightfully framed for all to read!



APRIL BOOK CLUB | Tuesday, April 28 • 12:45 - 2
The Weight of Ink by Rachel Kadish

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Surrey Partnership for Cognitive Health Main Line Health & Bryn Mawr Family Practice present</p> <p>Brain Health Assessments and Guidance</p> <p>Thursday, April 16 • by appointment at Surrey Broomall</p> <p>Call 610-446-2070 to schedule a private, 30-minute cognitive assessment with a physician.</p> <p><i>Appointments are limited.</i></p>		<p>Open Art Studio, 9-1 (\$1) 1</p> <p>MLHS Ask a Nurse, 9:30-11</p> <p>Dance Fitness with Ro, 10-10:45 (\$3)</p> <p>Wake Up your Brain, 10</p> <p>Cardio Drumming, 11 (\$3) *</p> <p>Lunch, 11:45-12:30</p> <p>Poker, 1-3:30 (\$1)</p> <p>Rummikub Club, 1-2 (\$1)</p> <p>Scrabble, 1</p> <p>Crossword Puzzle, 2-3</p> <p>Glazed Turkey Ham</p>	<p>CVIM Dental Appts. 8:30-3 * 2</p> <p>Zumba, 10-10:45</p> <p>Reiki, 10-11:45 *</p> <p>Pinochle/Cards, 10-3 (\$1)</p> <p>LIFT, 11-11:45 *</p> <p>Special Holiday Lunch, 11:45-12:30</p> <p>Billiards, 12:30-3:30 (\$1)</p> <p>Games, 1-3 (\$1)</p> <p>Craft Project, 12:45-3</p> <p>Book Club, 1:30-2:30</p> <p>Calming Coloring, 2-2:45</p> <p>Tarragon Chicken Salad</p>	<p>CVIM Dental Appts. 9:15-3:15 * 3</p> <p>Inspire Mind & Memory, 10-10:45</p> <p>AARP Tax Preparation, 9-2*</p> <p>Chair Massage, 9-1 *</p> <p>Strength, Flex. & Balance, 10 (\$3)</p> <p>Line Dancing, 11-11:45 (\$3)</p> <p>Duplicate Bridge, 11-3:30 (\$1)</p> <p>Lunch, 11:45-12:30</p> <p>Beading with Mary, 1 (\$1)</p> <p>Table Tennis, 1-3</p> <p>Stuffed Baked Fish</p>
<p>SilverSneakers®-Tai Chi, 9-9:45 (\$3) 6</p> <p>Weaving, 10-11:30 (\$1)</p> <p>SilverSneakers®-Stretch & Balance, 10-10:45 (\$3)</p> <p>Mahjong, 10-11:30</p> <p>Blood Pressure Checks, 11-1</p> <p>Lunch, 11:45-12:30</p> <p>Billiards, 12-3 (\$1)</p> <p>Italian Language with Tony, 1*</p> <p>Poker, 1-3:30 (\$1)</p> <p>Wii Bowling, 1-3</p> <p>Salisbury Steak</p>	<p>CVIM Dental Appts. 8:30-3 * 7</p> <p>Chair Massage, 9-1 *</p> <p>Rhythm Fun, 10</p> <p>Knit Wits, 10-11:45 (\$1)</p> <p>Canasta, 10-2 (\$1)</p> <p>Virtual Morning Stretch, 11-11:45</p> <p>Lunch, 11:45-12:30</p> <p>iPhone Photo Class, 12:30 or 1 *</p> <p>Cardio Drumming, 12:45 *</p> <p>Games, 1-3 (\$1) Bingo, 1:30-4 (\$1)</p> <p>Chair Yoga, 1:30-2:15</p> <p>BBQ Pork Ribbette</p>	<p>Open Art Studio, 9-1 (\$1) 8</p> <p>Dance Fitness with Ro, 10-10:45 (\$3)</p> <p>Wake Up your Brain, 10</p> <p>Cardio Drumming, 11 (\$3) *</p> <p>Lunch, 11:45-12:30</p> <p>Poker, 1-3:30 (\$1)</p> <p>Rummikub Club, 1-2 (\$1)</p> <p>Scrabble, 1</p> <p>Crossword Puzzle, 2-3</p> <p>Chicken Cordon Blue</p>	<p>CVIM Dental Appts. 8:30-3 * 9</p> <p>Zumba, 10-10:45</p> <p>Reiki, 10-11:45 *</p> <p>Pinochle/Cards, 10-3 (\$1)</p> <p>Tech Thursday, 11-2 *</p> <p>Virtual Morning Stretch, 11-11:45</p> <p>Lunch, 11:45-12:30</p> <p>Billiards, 12:30-3:30 (\$1)</p> <p>Games, 1-3 (\$1)</p> <p>Calming Coloring, 2-2:45</p> <p>BBQ Roast Beef on Club Roll</p>	<p>CVIM Dental Appts. 9:15-3:15 * 10</p> <p>Inspire Mind & Memory, 10-10:45</p> <p>AARP Tax Preparation, 9-2*</p> <p>Chair Massage, 9-1 *</p> <p>Strength, Flex. & Balance, 10 (\$3)</p> <p>Line Dancing, 11-11:45 (\$3)</p> <p>Duplicate Bridge, 11-3:30 (\$1)</p> <p>Lunch, 11:45-12:30</p> <p>Beading with Mary, 1 (\$1)</p> <p>Table Tennis, 1-3</p> <p>Crabcake & Mac & Cheese</p>
<p>SilverSneakers®-Tai Chi, 9-9:45 (\$3) 13</p> <p>Weaving, 10-11:30 (\$1)</p> <p>SilverSneakers®-Stretch & Balance, 10-10:45 (\$3)</p> <p>Mahjong, 10-11:30</p> <p>Blood Pressure Checks, 11-1</p> <p>Lunch, 11:45-12:30</p> <p>Billiards, 12-3 (\$1)</p> <p>Italian Language with Tony, 1*</p> <p>Poker, 1-3:30 (\$1)</p> <p>Wii Bowling, 1-3</p> <p>Cheese Burger</p>	<p>CVIM Dental Appts. 8:30-3 * 14</p> <p>Chair Massage, 9-1 *</p> <p>Rhythm Fun, 10</p> <p>Knit Wits, 10-11:45 (\$1)</p> <p>Canasta, 10-2 (\$1)</p> <p>LIFT, 11-11:45 *</p> <p>Lunch, 11:45-12:30</p> <p>iPhone Photo Class, 12:30 or 1 *</p> <p>Cardio Drumming, 12:45 *</p> <p>Bocce, 1-3 *</p> <p>Games, 1-3 (\$1) Bingo, 1:30-4 (\$1)</p> <p>Chair Yoga, 1:30-2:15</p> <p>Seafood Salad on Ciabatta</p>	<p>Open Art Studio, 9-1 (\$1) 15</p> <p>Dance Fitness with Ro, 10-10:45 (\$3)</p> <p>Walking Club, 10</p> <p>Wake Up your Brain, 10</p> <p>Cardio Drumming, 11 (\$3) *</p> <p>Lunch, 11:45-12:30</p> <p>Poker, 1-3:30 (\$1)</p> <p>Rummikub Club, 1-2 (\$1)</p> <p>Scrabble, 1</p> <p>Crossword Puzzle, 2-3</p> <p>Cheese Omelet & French Toast</p>	<p>CVIM Dental Appts. 8:30-3 * 16</p> <p>Brain Health Assessments, 9:00-11:00</p> <p>Zumba, 10-10:45</p> <p>Reiki, 10-11:45 *</p> <p>Pinochle/Cards, 10-3 (\$1)</p> <p>LIFT, 11-11:45 *</p> <p>Lunch, 11:45-12:30</p> <p>Billiards, 12:30-3:30 (\$1)</p> <p>Musical Bingo, 1-3</p> <p>Games, 1-3 (\$1)</p> <p>Calming Coloring, 2-2:45</p> <p>Italian Meats on Kaiser</p>	<p>CVIM Dental Appts. 9:15-3:15 * 17</p> <p>Inspire Mind & Memory, 10-10:45</p> <p>Chair Massage, 9-1 *</p> <p>Strength, Flex. & Balance, 10 (\$3)</p> <p>Line Dancing, 11-11:45 (\$3)</p> <p>Duplicate Bridge, 11-3:30 (\$1)</p> <p>Lunch, 11:45-12:30</p> <p>Quizzo, 1</p> <p>Beading with Mary, 1 (\$1)</p> <p>Bocce, 1-3 *</p> <p>Table Tennis, 1-3</p> <p>Baked Tilapia</p>
<p>SilverSneakers®-Tai Chi, 9-9:45 (\$3) 20</p> <p>Weaving, 10-11:30 (\$1)</p> <p>SilverSneakers®-Stretch & Balance, 10-10:45 (\$3)</p> <p>Mahjong, 10-11:30</p> <p>Blood Pressure Checks, 11-1</p> <p>Lunch, 11:45-12:30</p> <p>Billiards, 12-3 (\$1)</p> <p>Italian Language with Tony, 1*</p> <p>Bridge Workshop, 1</p> <p>Poker, 1-3:30 (\$1)</p> <p>Wii Bowling, 1-3</p> <p>Sunday Roasted Chicken</p>	<p>CVIM Dental Appts. 8:30-3 * 21</p> <p>PA MEDI Counseling, 9-12*</p> <p>Chair Massage, 9-1 *</p> <p>Rhythm Fun, 10</p> <p>Knit Wits, 10-11:45 (\$1)</p> <p>Canasta, 10-2 (\$1)</p> <p>LIFT, 11-11:45 *</p> <p>Lunch, 11:45-12:30</p> <p>iPhone Photo Class, 12:30 or 1 *</p> <p>Cardio Drumming, 12:45 *</p> <p>Bocce, 1-3 *</p> <p>Games, 1-3 (\$1) Bingo, 1:30-4 (\$1)</p> <p>Chair Yoga, 1:30-2:15</p> <p>Sliced Beef w/ Gravy</p>	<p>Open Art Studio, 9-1 (\$1) 22</p> <p>Dance Fitness with Ro, 10-10:45 (\$3)</p> <p>Walking Club, 10</p> <p>Wake Up your Brain, 10</p> <p>Cardio Drumming, 11 (\$3) *</p> <p>Lunch, 11:45-12:30</p> <p>Grow Our Garden, 1</p> <p>Poker, 1-3:30 (\$1)</p> <p>Rummikub Club, 1-2 (\$1)</p> <p>Scrabble, 1</p> <p>Crossword Puzzle, 2-3</p> <p>Breaded Chicken Strips</p>	<p>CVIM Dental Appts. 8:30-3 * 23</p> <p>Zumba, 10-10:45</p> <p>Reiki, 10-11:45 *</p> <p>Pinochle/Cards, 10-3 (\$1)</p> <p>Tech Thursday, 11-2 *</p> <p>LIFT, 11-11:45 *</p> <p>Lunch, 11:45-12:30</p> <p>Billiards, 12:30-3:30 (\$1)</p> <p>Games, 1-3 (\$1)</p> <p>Calming Coloring, 2-2:45</p> <p>Sweet & Sour Meatballs</p>	<p>CVIM Dental Appts. 9:15-3:15 * 24</p> <p>Inspire Mind & Memory, 10-10:45</p> <p>Chair Massage, 9-1 *</p> <p>Strength, Flex. & Balance, 10 (\$3)</p> <p>Line Dancing, 11-11:45 (\$3)</p> <p>Duplicate Bridge, 11-3:30 (\$1)</p> <p>Lunch, 11:45-12:30</p> <p>Beading with Mary, 1 (\$1)</p> <p>Bocce, 1-3 *</p> <p>Table Tennis, 1-3</p> <p>Baked Rigatoni</p>
<p>SilverSneakers®-Tai Chi, 9-9:45 (\$3) 27</p> <p>Weaving, 10-11:30 (\$1)</p> <p>SilverSneakers®-Stretch & Balance, 10-10:45 (\$3)</p> <p>Mahjong, 10-11:30</p> <p>Blood Pressure Checks, 11-1</p> <p>Lunch, 11:45-12:30</p> <p>Billiards, 12-3 (\$1)</p> <p>Italian Language with Tony, 1*</p> <p>Bridge Workshop, 1</p> <p>Poker, 1-3:30 (\$1)</p> <p>Movie with Popcorn, 1</p> <p>Stuffed Shells</p>	<p>CVIM Dental Appts. 8:30-3 * 28</p> <p>Chair Massage, 9-1 *</p> <p>Rhythm Fun, 10</p> <p>Knit Wits, 10-11:45 (\$1)</p> <p>Canasta, 10-2 (\$1)</p> <p>LIFT, 11-11:45 *</p> <p>Lunch, 11:45-12:30, April Birthdays</p> <p>Singer Debbie Feeser will entertain</p> <p>iPhone Photo Class, 12:30 or 1 *</p> <p>Cardio Drumming, 12:45 *</p> <p>Bocce, 1-3 *</p> <p>Games, 1-3 (\$1) Bingo, 1:30-4 (\$1)</p> <p>Chair Yoga, 1:30-2:15</p> <p>Egg Salad on Rye Bread</p>	<p>Open Art Studio, 9-1 (\$1) 29</p> <p>Dance Fitness with Ro, 10-10:45 (\$3)</p> <p>Walking Club, 10</p> <p>Wake Up your Brain, 10</p> <p>Cardio Drumming, 11 (\$3) *</p> <p>Lunch, 11:45-12:30</p> <p>Poker, 1-3:30 (\$1)</p> <p>Rummikub Club, 1-2 (\$1)</p> <p>Scrabble, 1</p> <p>Orientation, 1:30-2:30</p> <p>Crossword Puzzle, 2-3</p> <p>Pasta & Meatballs</p>	<p>CVIM Dental Appts. 8:30-3 * 30</p> <p>Zumba, 10-10:45</p> <p>Reiki, 10-11:45 *</p> <p>Pinochle/Cards, 10-3 (\$1)</p> <p>Tech Thursday, 11-2 *</p> <p>LIFT, 11-11:45 *</p> <p>Lunch, 11:45-12:30</p> <p>Billiards, 12:30-3:30 (\$1)</p> <p>Dance Party, 1-3</p> <p>Games, 1-3 (\$1)</p> <p>Calming Coloring, 2-2:45</p> <p>Paprika Chicken</p>	<p>CONVERSATIONAL ITALIAN with Tony Morinelli</p> <p>Mondays in April • 1</p> <p>Unlock your Italian potential!</p> <p>Join this conversational class designed for all levels to build fluency. Register at the reception desk.</p>

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.



Wake Up your Brain

Wednesdays, April 1, 8, 15, 22, 29 • 10

Fitness for your body and brain. Stretch, hydrate, challenge your brain.



Book Club

April 2, 1:30 • *The Measure* by Nikki Erlick

May 7, 1:30 • *The Villa* by Rachel Hawkins

June 4, 1:30 • *Fly Away Home* by Jennifer Weiner

iPhone Photography Class

Tuesdays April 7, 14, 21, 28 • 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.

Bocce at Veteran's Park

Tuesdays, April 14, 21, 28 and Fridays, April 17, 24 • 1

Bocce is back at Veteran's Park! Please register ahead at the Reception Desk.

Walking Club at Veteran's Park

Wednesdays, April 15, 22, 29 • 10

Connect with Surrey members. Meet at the arch and walk at your own pace.

Musical Bingo

Thursday, April 16 • 1 – 3

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

Quizzo

Friday, April 17 • 1

Engage your brain by answering trivia questions hosted by Mac.

Bridge Workshop

Mondays, April 20, 27 • 1

Learn Bridge or strengthen your skills with John Pino.

Grow our Herb Garden

Wednesday, April 22 • 1

Help plant container pots of herbs. Learn the health benefits of different herbs.

Vocalist Debbie Feeser

Tuesday, April 28 at Birthday Lunch

Dance Party - All Request Hop!

Thursday, April 30 • 1 – 3

Add your requests to the DJ list at the reception desk.

Save the Date! Kentucky Derby Dance Party Delco Gives Fundraiser!

Saturday, May 2 • 2 – 4

Join Surrey members for a Kentucky Derby Dance Party

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 – April 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
<p>Surrey Media April 2026 program schedule is subject to change as we approach our move in Spring 2026. Please continue to check your email and with Center Staff for potential updates</p>				
Wake Up with Surrey Coffee & Conversation, 9-9:45 Strength & Stretch, 10-10:40 Rummikub, 10-11:30 Surrey Walking Club, 11-11:30 Mindful Monday, 11:30-12 Lunch, 12-12:45 Make Your Point, 1-1:45	Wake Up with Surrey Coffee & Conversation, 9-9:45 SilverSneakers®, 10-10:45 Zumba Gold (Screenshared), 11-11:30 Lunch, 12-12:45 Uno, 1-2 Zoom Group Crossword, 2-3 Water Color, 1-3	Wake Up with Surrey Coffee & Conversation, 9-9:45 Strength & Stretch, 10-10:40 Bingo, 10:45-11:30 National Poetry Month Word Search, 11:30-12 Lunch, 12-12:45 Walk Down Memory Lane, 1-2 Poker, 1-2	Wake Up with Surrey Coffee & Conversation, 9-9:45 SilverSneakers®, 10-10:45 Beginner Cardio Drumming (Screenshared), 11-11:30 Lunch, 12-12:45 Scrabble Club, 1-2 Watercolor, 1-3	Wake Up with Surrey Coffee & Conversation, 9-9:45 Strength & Stretch, 10-10:40 Chair Dance Fitness w/ Kyle, 11-11:30 Lunch, 12-12:45 Volunteer Appreciation Ice Cream Social & Team Quizzo, 1-2
Wake Up with Surrey Coffee & Conversation, 9-9:45 Strength & Stretch, 10-10:40 Rummikub, 10-11:30 Surrey Walking Club, 11-11:30 Mindful Monday, 11:30-12 Lunch, 12-12:45 Pokeno Party, 1-1:45	Wake Up with Surrey Coffee & Conversation, 9-9:45 SilverSneakers®, 10-10:45 Zumba Gold (Screenshared), 11-11:30 Lunch, 12-12:45 Confectioner Corner, 12:45-1:15 Uno, 1-2 Water Color, 1-3	Wake Up with Surrey Coffee & Conversation, 9-9:45 Strength & Stretch, 10-10:40 Bingo, 10:45-11:30 Lunch, 12-12:45 Wheel of Fortune, 1-2 Poker, 1-2	Wake Up with Surrey Coffee & Conversation, 9-9:45 SilverSneakers®, 10-10:45 Beginner Cardio Drumming (Screenshared), 11-11:30 Lunch, 12-12:45 Scrabble Club, 1-2 Watercolor, 1-3	Wake Up with Surrey Coffee & Conversation, 9-9:45 Strength & Stretch, 10-10:40 Chair Dance Fitness w/ Kyle, 11-11:30 Lunch, 12-12:45 Chair Volleyball, 1-2
Wake Up with Surrey Coffee & Conversation, 9-9:45 Strength & Stretch, 10-10:40 Rummikub, 10-11:30 Surrey Walking Club, 11-11:30 Mindful Monday, 11:30-12 Lunch, 12-12:45 Surrey Gives Back Community Service Project, 1-1:45	Wake Up with Surrey Coffee & Conversation, 9-9:45 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	Wake Up with Surrey Coffee & Conversation, 9-9:45 Strength & Stretch, 10-10:40 Bingo, 10:45-11:30 Lunch, 12-12:45 Hometown Horse Races, 1-2 Poker, 1-2	Wake Up with Surrey Coffee & Conversation, 9-9:45 SilverSneakers®, 10-10:45 Beginner Cardio Drumming (Screenshared), 11-11:30 Lunch, 12-12:45 Scrabble Club, 1-2 Watercolor, 1-3	Wake Up with Surrey Coffee & Conversation, 9-9:45 Strength & Stretch, 10-10:40 Chair Dance Fitness w/ Kyle, 11-11:30 Lunch, 12-12:45 April Birthday Party, 12:30 Karaoke Sing Along, 1:15-2
Wake Up with Surrey Coffee & Conversation, 9-9:45 Strength & Stretch, 10-10:40 Rummikub, 10-11:30 Surrey Walking Club, 11-11:30 Mindful Monday, 11:30-12 Lunch, 12-12:45 Group Crossword, 1-1:45	Wake Up with Surrey Coffee & Conversation, 9-9:45 SilverSneakers®, 10-10:45 Zumba Gold (Screenshared), 11-11:30 Lunch & A Movie, 12-2 Watercolor, 1-3 Zoom Group Crossword, 2-3	Wake Up with Surrey Coffee & Conversation, 9-9:45 Strength & Stretch, 10-10:40 Bingo, 10:45-11:30 Lunch, 12-12:45 Hometown Horse Races, 1-2 Poker, 1-2	Wake Up with Surrey Coffee & Conversation, 9-9:45 SilverSneakers®, 10-10:45 Beginner Cardio Drumming (Screenshared), 11-11:30 Lunch, 12-12:45 Scrabble Club, 1-2 Watercolor, 1-3	

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.

Celebrate National Poetry Month

by creating a Surrey themed poem.

Love the friendships you have made, our classes, our food? Whatever makes you happy write about it.

Each poem submitted will receive a ticket for a chance to win a \$20 Wawa gift card.

SAVE THE DATE

Surrey's Annual

Garden Party

Thursday, June 18, 2026

5:30 – 8:30

at Bryn Clovis

Sponsorships and tickets available!

Visit surreyservices.org, call Kathleen Elsmore 610-647-9854 or email kelsmore@surreyservices.org to learn more.



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. Bring friends, neighbors, or family for dancing with DJ Kenny, delicious snacks, and fun.

The event is part of a Delaware County-wide giving event called Delco Gives hosted by the Foundation for Delaware County. Bring your Derby hats & dancing shoes! All are welcome!

\$10 suggested donation at the door, benefits Surrey Delco programs.

Let's Downsize!

SURREY DEVON

Wednesday, April 22 • 5:30 – 7:30

\$10 for Surrey members
\$20 for non-members

(included in price is a ticket for one glass of wine or beer; unlimited non-alcoholic options)

Enjoy light bites and beverages while Liz Farina, Director of Retail at Surrey Consignment Shop, provides strategies to manage the downsizing process.

You'll leave with a resource guide to help you through the process. Due to the popularity of this program, we will prioritize individuals who have never taken the class.

Pre-registration and pre-payment is required. Call 610-647-6404 to RSVP.



SURREY
CONSIGNMENT SHOP

ONE DAY SALE!

**Saturday, April 11
9 am - 4 pm**

**30% to 50% OFF!
ENTIRE SHOP**

810 Lancaster Avenue, Berwyn, PA 19312



SurreyConsignmentShop.org • 610-647-8632

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 • 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

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.



Terri and Libby, volunteers with Sun East Foundation, assist at the Surrey Holiday House Tour Shops.