



# surrey connect

Changing the way we age

## July 2026

A Nonprofit Organization

## Because slowing down was never your style

Lifestyle choices are the best way to help maintain independence and promote healthy aging.

Independence Day comes once a year, but you can work on improving your independence year-round.

**Here are a few tips . . .**

### Move, move, move

One of the most effective ways to maintain your independence is by staying active.

- Walking, stretching, light exercise and other regular physical activity can help you maintain or improve balance, mobility, and strength.
- Make sure you check out the different exercise classes at each Surrey location, or stop by for a nutritious lunch!

### Practice prevention

Eating a nutritious, well-balanced diet and going for regular health screenings and check-ups are also great ways to support your physical independence.

### Stay connected

Hobbies, activities, and volunteering help keep your brain active and your heart full of joy and purpose.

- Meet friends for a class, exercise, or a meal. A daily connection with others can help decrease isolation and improve cognitive health.
- Build a support network of people and resources you trust to help when needed. At Surrey, being independent doesn't mean doing it alone.

*Article by Courtney Barmes, LMSW, Surrey Home Care Social Worker*

Courtney is a Kutztown University graduate, with a master's degree in social work from West Chester University. She recently completed her state-issued social work license credential (LMSW). Courtney brings a wealth of knowledge from previous work at the Community Service Foundation, as a counselor and caseworker.

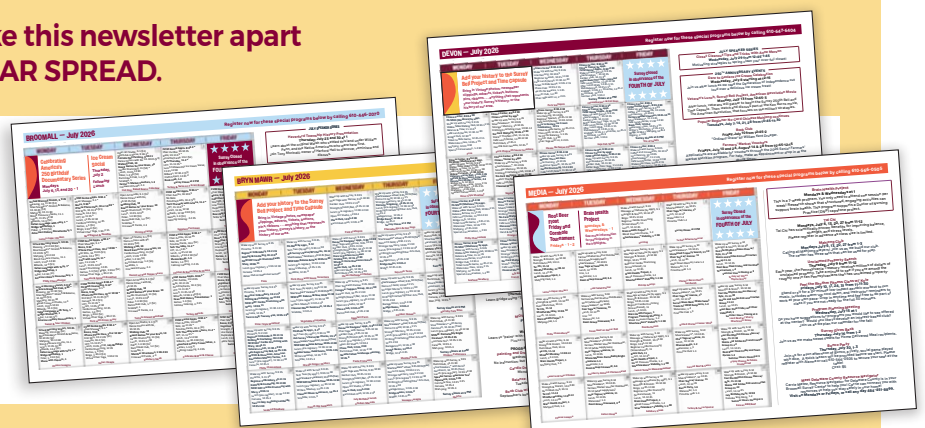


She is excited to be at Surrey as part of the Home Care team!  
She can be reached at 610-647-9840 or [cbarmes@surreyservices.org](mailto:cbarmes@surreyservices.org).

After reading July articles, you can take this newsletter apart and find your Surrey Center's CALENDAR SPREAD.

Make sure to flip over the two inside pages to find your center!

- Broomall – LIGHT BLUE
- Bryn Mawr – YELLOW
- Devon – MAROON
- Media – ORANGE



# Beat the Heat at Surrey

Summer has arrived. Getting outdoors is a mood booster, but staying cool is important as temperatures climb. Surrey is one of the coolest places to be this summer.

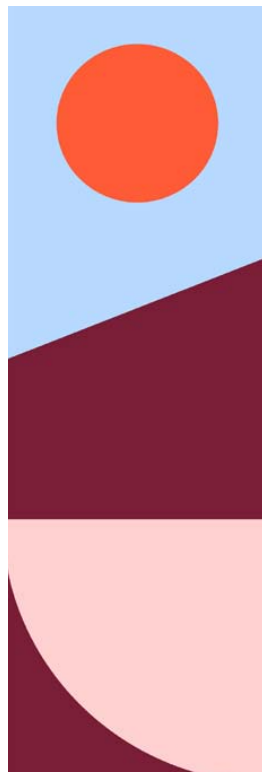
Enjoy air-conditioned spaces in our four centers while enjoying exciting programs. Whether you join an exercise class, attend a speaker series, or spend time with your favorite club, you will stay comfortable.

Surrey offers delicious, nutritious, affordable lunches at our centers Monday through Friday. An easy way to stay cool without heating up your kitchen.

Stay cool, connected, and enjoy your summer at Surrey!

## Heat Safety Tips

- Slow down. Reduce, eliminate, or reschedule strenuous activities until the coolest time of the day. Children, older adults and anyone with health problems should stay in the coolest available place, not necessarily indoors.
- Dress for summer. Wear lightweight, light-colored clothing to reflect heat and sunlight.
- Drink plenty of water, non-alcoholic and decaffeinated fluids. Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty.
- Spend more time in air-conditioned places. If you do not have an air conditioner, go to Surrey, a local library, store or other location with air conditioning for part of the day.
- If you do not have air conditioning at home, use fans and make sure you have your windows open.
- Don't get too much sun. Sunburn reduces your body's ability to dissipate heat.



## Introducing Surrey's Partnership with **FREEWILL**

You asked, we listened. This summer, Surrey will introduce free, easy-to-use, secure estate planning tools provided through a new partnership with FreeWill, America's largest online will provider that guides you through writing or updating your will in as little as 20 minutes.

Nearly 70% of adults in the United States do not have a will. Creating a will enables individuals to protect the people they care about; ensure their assets go on to support the people and causes that matter most to them; and find peace of mind in knowing their wishes are documented.

**Watch for a link on Surrey's website in August for use by individuals at home and a pilot program in Devon. Questions? Contact Mojdeh Keykhah in Development, [mkeykhah@surreyservices.org](mailto:mkeykhah@surreyservices.org) or 484-843-2513.**



## Stay Scam Smart

Surrey Media was opened with excitement hosting Scam Jam, sponsored by State Representative Lisa Borowski. During the event, we learned how to recognize, avoid, and report fraud and scams from expert educators and local law enforcement.

Scams have become an ongoing issue for everyone. They come as calls, mail, and even get through to personal emails and cell phones. So, how do we know what is a scam and what is real? Here are a few ways to recognize a scam:

A sense of urgency or emergency; misspelled words or grammar mistakes; not willing to meet you in person if you ask; requests many forms of identification; it sounds too good to be true.

How to avoid a scam: do not give your personal information to anyone you did not expect to hear from, look to a trusted person to help you identify the scam, do not pay someone who insists you send money one specific way; resist the urge for immediacy.

**Never be embarrassed to report a scam, it could help someone else. If facing immediate concern, call the non-emergency local police line to file a report.**

**Call your local District Attorney and National Elder Fraud Hotline at 1-833-372-8311 to report a scam. Delete, report, and block anything that you suspect could be a scam email or text message.**

## The secret to a full life? Be part of someone else's.

Joanne and Bill Recktenwald worked together for many years when Bill had his own dental practice and Joanne managed his office. Now that they are retired, they are Surrey volunteers together. First, they volunteered delivering meals in Media but then Bill wanted to do more. So, they became volunteer drivers. "It is amazing how much you can get to know someone in a 20-minute drive," Bill said.

"Bill and I sit in the car; we're together and talking. We like taking people where they need to go. They are so appreciative and thankful. We'd just be sitting at home; now when we get back, we feel good that we were able to help. This has been so rewarding, and I enjoy doing this with my husband," said Joanne. Bill added that doing this together is quite helpful, too. "My wife puts in the navigation directions, and I do the driving."

**“ We like taking people where they need to go. They are so appreciative and thankful. ”**

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |  |
|---|---|---|---|---|--|
| <p><b>Add your history to the Surrey Bell Project and Time Capsule</b></p> <p>Bring in Vintage photos, newspaper clippings, adverts, tickets, buttons, pins, ribbons . . . anything that represents your history, Surrey's history, or the history of our area.</p> |   |   |   | <p><b>Surrey Closed</b><br/>in observance of the<br/><b>FOURTH OF JULY</b></p>  |  |
|   | <p><b>Fitness Center, 8:30-4:30</b><br/>PA MEDI (Medicare) by appt.<br/>Wake Up with Surrey, 9-9:45<br/>Walkie-Talkie Walking Club, 10:30-11:15<br/>Balance &amp; Flow, 11-11:45<br/>Café Lunch/GnGo, 11:30-12:30<br/>Bridge Club, 12:30-3<br/>Ticket to Ride Game, 12:45-2:15<br/>Watercolor Class, 12:45-2:15<br/>Mahjong, 12:45-3:30<br/>Spanish Conversation, 1-2:30</p> <p><b>6</b></p> <p><b>Pizza</b></p>  | <p><b>Fitness Center, 8:30-4:30</b><br/>Fitness Trainer by appt.<br/>Wake Up with Surrey, 9-9:45<br/>SilverSneakers®, 10-10:45<br/>Stronger Memory, 10-10:45<br/>Knitting/Crocheting Club, 10:30-12<br/><b>No-Card Mahjong, 10:45-11:30</b><br/>Stretch This/Not That, 11-11:45<br/>Café Lunch/GnGo, 11:30-12:30<br/>Rummikub, 12:45-3<br/>Hand &amp; Foot Canasta, 12:45-2</p> <p><b>7</b></p> <p><b>Pork Chop with Sauce Forestiere</b></p>                             | <p><b>Fitness Center, 8:30-4:30</b><br/>Wake Up with Surrey, 9-9:45<br/>Line Dancing, 10-10:45<br/>Beginner Spanish, 10:45-11:30<br/>Café Lunch/GnGo, 11:30-12:30<br/><b>Dare to Declare Ice Cream Celebration, 12:15</b><br/>Ticket to Ride Game, 12:45-2:15<br/>Chess Club, 12:45-2:15<br/>Tai Chi for Balance, 1-1:45<br/>French Club, 1-2:30<br/>Chair Yoga with Liz, 2-2:45</p> <p><b>8</b></p> <p><b>Pork Scallopini</b></p>                                      |   | <p><b>Fitness Center, 8:30-4:30</b><br/>Fitness Trainer by appt.<br/>CVIM Dental Appts., 8:30-2:30<br/>Wake Up with Surrey, 9-9:45<br/>SilverSneakers®, 10-10:45<br/>Garden Club, 10-11:30<br/><del>Better Back Floor Yoga, canceled</del><br/>Café Lunch/GnGo, 11:30-12:30<br/>After Lunch Walk, 12:45-1:15<br/>Well-Balanced, 12:45-1:15<br/>Scrabble, 12:45-2   Pinochle, 12:45-2<br/>Rummikub, 12:45-2<br/>German Club, 1:30-2</p> <p><b>2</b></p> <p><b>Surrey Closes at 2 PM</b><br/><b>Cheeseburgers &amp; Hot Dogs</b></p> |
|   | <p><b>Fitness Center, 8:30-4:30</b><br/>PA MEDI (Medicare) by appt.<br/>Wake Up with Surrey, 9-9:45<br/>Walkie-Talkie Walking Club, 10:30-11:15<br/>Balance &amp; Flow, 11-11:45<br/>Café Lunch/GnGo, 11:30-12:30<br/><b>Veteran's Lunch, 11:30-12:30</b><br/><b>Veterans Surrey Bell, 12:45-1:45</b><br/><b>MOVIE &amp; Discussion, American Revolution Military Tactics, 2-3</b><br/>Bridge Club, 12:30-3<br/>Ticket to Ride Game, 12:45-2:15<br/>Watercolor Class, 12:45-2:15<br/>Mahjong, 12:45-3:30<br/>Spanish Conversation, 1-2:30</p> <p><b>13</b></p> <p><b>Diner Style Meatloaf</b></p> | <p><b>Fitness Center, 8:30-4:30</b><br/>Fitness Trainer by appt.<br/>Wake Up with Surrey, 9-9:45<br/>SilverSneakers®, 10-10:45<br/>Stronger Memory, 10-10:45<br/>Knitting/Crocheting Club, 10:30-12<br/><b>No-Card Mahjong, 10:45-11:30</b><br/>Stretch This/Not That, 11-11:45<br/>Café Lunch/GnGo, 11:30-12:30<br/><b>Classical Music, 12:45-2</b></p> <p><b>14</b></p> <p><b>Vegetable Croquettes</b></p>  | <p><b>Fitness Center, 8:30-4:30</b><br/>Wake Up with Surrey, 9-9:45<br/><b>MOVIE: The Last Class</b><br/>Line Dancing, 10-10:45<br/>Beginner Spanish, 10:45-11:30<br/><b>Cardio Drumming, 11-11:30</b><br/>Café Lunch/GnGo, 11:30-12:30<br/>Ticket to Ride Game, 12:45-2:15<br/>Chess Club, 12:45-2:15<br/>Tai Chi for Balance, 1-1:45<br/>French Club, 1-2:30<br/>Chair Yoga with Liz, 2-2:45</p> <p><b>15</b></p> <p><b>Eggplant Parm</b></p>                         |   | <p><b>Fitness Center, 8:30-4:30</b><br/>Fitness Trainer by appt.<br/>CVIM Dental Appts., 8:30-2:30<br/>Wake Up with Surrey, 9-9:45<br/>SilverSneakers®, 10-10:45<br/>Garden Club, 10-11:30<br/>Better Back Floor Yoga, 11-11:45<br/>Café Lunch/GnGo, 11:30-12:30<br/>After Lunch Walk, 12:45-1:15<br/>Well-Balanced, 12:45-1:15<br/>Scrabble, 12:45-3   Pinochle, 12:45-3<br/>Rummikub, 12:45-3<br/>German Club, 1:30-3</p> <p><b>16</b></p> <p><b>Chicken Skewers</b></p>   |
|   | <p><b>Fitness Center, 8:30-4:30</b><br/>PA MEDI (Medicare) by appt.<br/>Wake Up with Surrey, 9-9:45<br/>Walkie-Talkie Walking Club, 10:30-11:15<br/>Balance &amp; Flow, 11-11:45<br/>Café Lunch/GnGo, 11:30-12:30<br/>Bridge Club, 12:30-3<br/>Ticket to Ride Game, 12:45-2:15<br/>Watercolor Class, 12:45-2:15<br/>Mahjong, 12:45-3:30<br/>Spanish Conversation, 1-2:30</p> <p><b>20</b></p> <p><b>Philly Cheesesteak</b></p>  | <p><b>Fitness Center, 8:30-4:30</b><br/>Fitness Trainer by appt.<br/>Wake Up with Surrey, 9-9:45<br/>SilverSneakers®, 10-10:45<br/>Stronger Memory, 10-10:45<br/>Knitting/Crocheting Club, 10:30-12<br/><b>No-Card Mahjong, 10:45-11:30</b><br/>Stretch This/Not That, 11-11:45<br/>Café Lunch/GnGo, 11:30-12:30<br/><b>Discussion Group, 12:45-2</b><br/>Rummikub, 12:45-3<br/>Hand &amp; Foot Canasta, 12:45-2</p> <p><b>21</b></p> <p><b>Orange Ginger Chicken</b></p> | <p><b>Fitness Center, 8:30-4:30</b><br/>Wake Up with Surrey, 9-9:45<br/>Line Dancing, 10-10:45<br/>Beginner Spanish, 10:45-11:30<br/><b>Cardio Drumming, 11-11:30</b><br/>Café Lunch/GnGo, 11:30-12:30<br/>Ticket to Ride Game, 12:45-2:15<br/>Chess Club, 12:45-2:15<br/>Tai Chi for Balance, 1-1:45<br/>French Club, 1-2:30<br/>Chair Yoga with Liz, 2-2:45</p> <p><b>22</b></p> <p><b>Pasta Primavera</b></p>  |   | <p><b>Fitness Center, 8:30-4:30</b><br/>Fitness Trainer by appt.<br/>CVIM Dental Appts., 8:30-2:30<br/>Wake Up with Surrey, 9-9:45<br/>SilverSneakers®, 10-10:45<br/>Garden Club, 10-11:30<br/>Better Back Floor Yoga, 11-11:45<br/>Café Lunch/GnGo, 11:30-12:30<br/>After Lunch Walk, 12:45-1:15<br/>Well-Balanced, 12:45-1:15<br/>Scrabble, 12:45-3   Pinochle, 12:45-3<br/>Rummikub, 12:45-3<br/>German Club, 1:30-3</p> <p><b>23</b></p> <p><b>Meatball Subs</b></p>   |
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|   |   |   |   | <p><b>Fitness Center, 8:30-3</b><br/>CVIM Dental Appts., 8:30-2:30<br/>Wake Up with Surrey, 9-9:45<br/>Coffee and Crosswords, 10-10:45<br/>Line Dancing, 10-10:45<br/><b>Farmers Market Vouchers, 10:45-12:15</b><br/>SilverSneakers®, 11-11:45<br/>Café Lunch/GnGo, 11:30-12:30<br/><b>Book Club, 12:45-2</b><br/>Watercolor Class, 12:45-2:15<br/>Writer's Workshop, 12:45-2:15<br/>Bridge, 12:30-3   Mah-jong, 12:45-3<br/>Qigong, 1-1:45</p> <p><b>10</b></p> <p><b>Surrey Closes at 3 PM</b><br/><b>Trio of Salads</b></p> |  |
|   |   |   |   | <p><b>Fitness Center, 8:30-3</b><br/>Wake Up with Surrey 9-9:45<br/>Coffee and Crosswords, 10-10:45<br/>Line Dancing, 10-10:45<br/>SilverSneakers®, 11-11:45<br/>Café Lunch/GnGo, 11:30-12:30<br/>Watercolor Class, 12:45-2:15<br/>Writer's Workshop, 12:45-2:15<br/>Bridge, 12:30-3<br/>Mah-jong, 12:45-3<br/>Qigong, 1-1:45</p> <p><b>17</b></p> <p><b>Surrey Closes at 3 PM</b><br/><b>Garlicky Pork Bites</b></p>   |  |
|   |   |   |   | <p><b>Fitness Center, 8:30-3</b><br/>Wake Up with Surrey, 9-9:45<br/>Coffee and Crosswords, 10-10:45<br/>Line Dancing, 10-10:45<br/>SilverSneakers®, 11-11:45<br/>Café Lunch/GnGo, 11:30-12:30<br/><b>LIVE String Band Strut, 12:15</b><br/>Watercolor Class, 12:45-2<br/>Writer's Workshop, 12:45-2:15<br/>Bridge, 12:30-3<br/>Mah-jong, 12:45-3<br/>Qigong, 1-1:45</p> <p><b>24</b></p> <p><b>Surrey Closes at 3 PM</b><br/><b>Chicken Puttanesca</b></p>   |  |
|   |   |   |   | <p><b>Fitness Center, 8:30-3</b><br/>Wake Up with Surrey, 9-9:45<br/>Coffee and Crosswords, 10-10:45<br/>Line Dancing, 10-10:45<br/>SilverSneakers®, 11-11:45<br/>Café Lunch/GnGo, 11:30-12:30<br/>Watercolor Class, 12:45-2<br/>Writer's Workshop, 12:45-2:15<br/>Bridge, 12:30-3<br/>Mah-jong, 12:45-3<br/>Qigong, 1-1:45</p> <p><b>31</b></p> <p><b>Surrey Closes at 3 PM</b><br/><b>Quiche</b></p>  |  |

**JULY SPEAKER SERIES**  
**Closet Cleanout Tips and Tricks with Anne Merson**  
**Wednesday, July 29 from 12:45-1:45**  
Motivating strategies to spring clean your over-full closet!

**250<sup>TH</sup> ANNIVERSARY EVENTS**  
**Dare to Declare Ice Cream Celebration**  
**Wednesday, July 8 starting at 12:15**  
Join us after lunch as we read the Declaration of Independence out loud over a delicious ice cream treat!

**Veteran's Lunch, Surrey Bell Project, American Revolution Movie**  
**Monday, July 13 from 12:45-3**  
After lunch, veterans will gather to begin the Surrey 250th Bell and Time Capsule. Then, watch and discuss part of the Ken Burns movie, The American Revolution, that focuses on the military strategies.

**Popular Beginner No-Card Chinese Mahjong continues**  
**Tuesdays, July 7, 14, 21, 28 from 10:45-11:30**

**Book Club**  
**Friday, July 10 from 12:45-2**  
"Ordinary Grace" by William Kent Drueger.

**Farmers' Market Vouchers**  
**Fridays, July 10 and 24, August 14 & 28 from 10:45-12:15**  
Applications are available for vouchers through the 2026 Senior Farmers' Market Nutrition Program. For help, make an appointment or drop in at the above times.

**NEW! Summer Cardio Drumming Class with Jaya**  
**Wednesdays, July 15, 22, 29 from 11-11:30**  
Learn this fun, full-body workout for all fitness levels that combines rhythmic drumming with aerobic exercise to boost fitness, coordination, and mood.

**Movie: The Last Class**  
**Wednesday, July 15 from 10-11:15**  
Former Secretary of Labor Robert Reich always considered teaching his true calling. The Last Class captures a master educator wrestling with the dual realities of his own aging and his students inheriting a world out of balance.

**LIVE Annual String Band Strut**  
**Friday, July 24 starting at 12:15**  
Join the Polish American String Band for a Mummer-ific party in the Cafe after lunch in honor of Dr. Bernard Schneider. Bring your dancing shoes!

**SUMMER HOURS!**  
**Fridays in July and August, Surrey closes at 3 PM**

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

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

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|---|---|--|---|---|---|--|
| <p><b>Add your history to the Surrey Bell Project and Time Capsule</b></p> <p>Bring in Vintage photos, newspaper clippings, adverts, tickets, buttons, pins, ribbons . . . anything that represents your history, Surrey's history, or the history of our area.</p> |   | <p>Wake Up with Surrey, 9-9:45 <b>1</b></p> <p>Chair Yoga with Denise, 9:45-10:30 Garden Club, 10:45-11:30</p> <p>Strength/Stretch/Bal, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Open Art Studio, 12:30-2</p> <p><b>Chess Club, 12:45-2:30</b></p> <p>Rummikub Club, 12:45-2:30</p> <p><b>Pork Scallopini</b></p>   | <p>Wake Up with Surrey, 9-9:45 <b>2</b></p> <p>SilverSneakers® <i>virtual</i>, 9:45-10:15 (free)</p> <p>Dance Fit Gold, 10:30-11:15</p> <p>Stronger Memory, 10:45-11:30</p> <p><b>Patriotic Singalong, 10:45-11:15</b></p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Knitting/Crocheting/Fiber Arts Club, 12:45-2</p> <p>Backgammon, 12:45-2</p> <p><b>Bridge Basics, 12:45-2</b></p> <p>Bridge, 12:45-2</p> <p><b>Surrey Closes at 2 PM</b></p> <p><b>Cheeseburgers &amp; Hot Dogs</b></p>                           | <p><b>Surrey Closed in observance of the FOURTH OF JULY</b></p> |   |  |
|   | <p>Wake Up with Surrey, 9-9:45 <b>6</b></p> <p>Pinochle, 9-11:30</p> <p><b>Beginner Embroidery, 10-11:15</b></p> <p><b>Knitting &amp; Crocheting, 10-11:30</b></p> <p><b>NEW DAY! Cardio Drumming with Mary, 10:30-11</b></p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Canasta, 12:45-3</p> <p><i>Italian Club on hiatus over summer</i></p> <p><b>Pizza</b></p>   | <p>Wake Up with Surrey, 9-9:45 <b>7</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><b>NEW DAY! Balance &amp; Flow, 10:45-11:30</b></p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Writers Meetup, 12:45-1:45</p> <p>Scrabble, 12:45-3</p> <p><b>Pork Chop with Sauce Forestiere</b></p>  | <p>Wake Up with Surrey, 9-9:45 <b>8</b></p> <p><b>Resource Navigator appt., 9:30-11:30</b></p> <p>Chair Yoga with Denise, 9:45-10:30 Garden Club, 10:45-11:30</p> <p>Strength/Stretch/Bal, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p><b>Dare to Declare Ice Cream Celebration, 12:15-12:30</b></p> <p><b>Wisdom Circle Discussion Group, 12:45-2</b></p> <p><b>Chess Club, 12:45-2:30</b></p> <p>Open Art Studio, 12:30-2</p> <p>Rummikub Club, 12:45-2:30</p> <p><b>Classic Barbeque Chicken</b></p> |   | <p>Wake Up with Surrey, 9-9:45 <b>9</b></p> <p>SilverSneakers® <i>virtual</i>, 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>Backgammon, 12:45-3:30</p> <p><b>Bridge Basics, 12:45-2</b></p> <p>Bridge, 12:45-3:45</p> <p><b>Baja Fish Tacos</b></p>  | <p>Wake Up with Surrey, 9-9:45 <b>10</b></p> <p>Rummikub, 10-11:30</p> <p>SilverSneakers® with Kenny <i>livestream</i>, 11-11:45 (free)</p> <p>Lunch (pre-register), 11:30-12:30</p> <p><b>MOVIE: The Last Class, 12:45-2:15</b></p> <p>Cornhole Toss, 12:45-1:45</p> <p>Canasta, 12:45-3</p> <p>Mah-jong, 12:45-3</p> <p><b>Surrey Closes at 3 PM</b></p> <p><b>Trio of Salads</b></p>                  |
|   | <p>Wake Up with Surrey, 9-9:45 <b>13</b></p> <p>Pinochle, 9-11:30</p> <p><b>Beginner Embroidery, 10-11:15</b></p> <p><b>Knitting &amp; Crocheting, 10-11:30</b></p> <p><b>NEW DAY! Cardio Drumming with Mary, 10:30-11</b></p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Canasta, 12:45-3</p> <p><b>Tucci in Italy: Tuscany Trek, 12:45-1:30</b></p> <p><b>Diner Style Meatloaf</b></p>   | <p>Wake Up with Surrey, 9-9:45 <b>14</b></p> <p>Tech Tues (by appt.), 9:30-11:30</p> <p>SilverSneakers® <i>livestream</i>, 10-10:45 (free)</p> <p><b>NEW DAY! Balance &amp; Flow, 10:45-11:30</b></p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Writers Meetup, 12:45-1:45</p> <p><b>Classical Music livestream, 12:45-2</b></p> <p>Scrabble, 12:45-3</p> <p><b>Vegetable Croquettes</b></p>   | <p>Wake Up with Surrey, 9-9:45 <b>15</b></p> <p>Chair Yoga with Denise, 9:45-10:30 Garden Club, 10:45-11:30</p> <p>Strength/Stretch/Bal, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Open Art Studio, 12:30-2</p> <p><b>Chess Club, 12:45-2:30</b></p> <p>Rummikub Club, 12:45-2:30</p> <p><b>Eggplant Parm</b></p>   |   | <p>Wake Up with Surrey, 9-9:45 <b>16</b></p> <p>SilverSneakers® <i>virtual</i>, 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>Backgammon, 12:45-3:30</p> <p><b>Bridge Basics, 12:45-2</b></p> <p>Bridge, 12:45-3:45</p> <p><b>Chicken Skewers</b></p> | <p>Wake Up with Surrey, 9-9:45 <b>17</b></p> <p>Rummikub, 10-11:30</p> <p>SilverSneakers® with Kenny <i>livestream</i>, 11-11:45 (free)</p> <p>Lunch (pre-register), 11:30-12:30</p> <p><b>Outdoor Games, 12:45-2</b></p> <p>Canasta, 12:45-3</p> <p>Mah-jong, 12:45-3</p> <p><b>Surrey Closes at 3 PM</b></p> <p><b>Garlicky Pork Bites</b></p>   |
|   | <p>Wake Up with Surrey, 9-9:45 <b>20</b></p> <p>Pinochle, 9-11:30</p> <p><b>Beginner Embroidery, 10-11:15</b></p> <p><b>Knitting &amp; Crocheting, 10-11:30</b></p> <p><b>NEW DAY! Cardio Drumming with Mary, 10:30-11</b></p> <p><b>Veterans Lunch, 11:30-12:30</b></p> <p><b>Vets begin Surrey Bell, 12:45-1:45</b></p> <p><b>MOVIE &amp; Discussion, American Revolution Military Tactics, 2-3</b></p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Canasta, 12:45-3</p> <p><b>Philly Cheesesteak</b></p> | <p>Wake Up with Surrey, 9-9:45 <b>21</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><b>NEW DAY! Balance &amp; Flow, 10:45-11:30</b></p> <p>Lunch (pre-register), 11:30-12:30</p> <p><b>Speaker Series: Avoid Scams, 12:45-1:45</b></p> <p>Writers Meetup, 12:45-1:45</p> <p>Scrabble, 12:45-3</p> <p><b>Orange Ginger Chicken</b></p> | <p>Wake Up with Surrey, 9-9:45 <b>22</b></p> <p><b>Resource Navigator appt., 9:30-11:30</b></p> <p>Chair Yoga with Denise, 9:45-10:30 Garden Club, 10:45-11:30</p> <p>Strength/Stretch/Bal, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Open Art Studio, 12:30-2</p> <p><b>Chess Club, 12:45-2:30</b></p> <p>Rummikub Club, 12:45-2:30</p> <p><b>Needle Felted Landscape Painting, 12:45-3</b></p> <p><b>Pasta Primavera</b></p>  |   | <p>Wake Up with Surrey, 9-9:45 <b>23</b></p> <p>SilverSneakers® <i>virtual</i>, 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>Backgammon, 12:45-3:30</p> <p><b>Bridge Basics, 12:45-2</b></p> <p>Bridge, 12:45-3:45</p> <p><b>Meatball Subs</b></p>   | <p>Wake Up with Surrey, 9-9:45 <b>24</b></p> <p>Rummikub, 10-11:30</p> <p>SilverSneakers® with Kenny <i>livestream</i>, 11-11:45 (free)</p> <p>Lunch (pre-register), 11:30-12:30</p> <p><b>MOVIE: Remarkably Bright Creatures, 12:45-2:45</b></p> <p>Cornhole Toss, 12:45-1:45</p> <p>Canasta, 12:45-3</p> <p>Mah-jong, 12:45-3</p> <p><b>Surrey Closes at 3 PM</b></p> <p><b>Chicken Puttanesca</b></p> |
|   | <p>Wake Up with Surrey, 9-9:45 <b>27</b></p> <p>Pinochle, 9-11:30</p> <p><b>Beginner Embroidery, 10-11:15</b></p> <p><b>Knitting &amp; Crocheting, 10-11:30</b></p> <p><b>NEW DAY! Cardio Drumming with Mary, 10:30-11</b></p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Canasta, 12:45-3</p> <p><b>Tucci in Italy: Exploring Lombardy, 12:45-1:30</b></p> <p><b>Seafood Newburg</b></p>  | <p>Wake Up with Surrey, 9-9:45 <b>28</b></p> <p>Tech Tues (by appt.), 9:30-11:30</p> <p>SilverSneakers® <i>livestream</i>, 10-10:45 (free)</p> <p><b>NEW DAY! Balance &amp; Flow, 10:45-11:30</b></p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Writers Meetup, 12:45-1:45</p> <p><b>Classical Music livestream, 12:45-2</b></p> <p>Scrabble, 12:45-3</p> <p><b>French Dip Sandwich</b></p>  | <p>Wake Up with Surrey, 9-9:45 <b>29</b></p> <p>Chair Yoga with Denise, 9:45-10:30 Garden Club, 10:45-11:30</p> <p>Strength/Stretch/Bal, 10:45-11:30</p> <p>Lunch (pre-register), 11:30-12:30</p> <p>Open Art Studio, 12:30-2</p> <p><b>Chess Club, 12:45-2:30</b></p> <p>Rummikub Club, 12:45-2:30</p> <p><b>July Birthday Lunch</b></p> <p><b>Chicken Marsala</b></p>   |   | <p>Wake Up with Surrey, 9-9:45 <b>30</b></p> <p>SilverSneakers® <i>virtual</i>, 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>Backgammon, 12:45-3:30</p> <p><b>Bridge Basics, 12:45-2</b></p> <p>Bridge, 12:45-3:45</p> <p><b>Sausage Lasagna</b></p> | <p>Wake Up with Surrey, 9-9:45 <b>31</b></p> <p>Rummikub, 10-11:30</p> <p>SilverSneakers® with Kenny <i>livestream</i>, 11-11:45 (free)</p> <p>Lunch (pre-register), 11:30-12:30</p> <p><b>Speaker Series: Downsize Your Paperwork, 12:45-1:45</b></p> <p>Cornhole Toss, 12:45-1:45</p> <p>Canasta, 12:45-3</p> <p>Mah-jong, 12:45-3</p> <p><b>Surrey Closes at 3 PM</b></p> <p><b>Quiche</b></p>        |

**JULY SPEAKER SERIES**

**"Avoiding AI Scams" with David Fink**  
**Tuesday, July 21 from 12:45-1:45**

Find out about the latest scams that use AI to be more difficult to identify. Learn how to avoid scams and protect yourself should you encounter one.

**"Downsize Your Paperwork" with Anne Merson**  
**Friday, July 31 from 12:45-1:45**

Downsizing your home is one thing but boxes of paperwork need completely different tactics. Learn what to get rid of and how to keep it from piling up.

**250<sup>TH</sup> ANNIVERSARY EVENTS**

**Patriotic Singalong with Joanne**  
**Thursday, July 2 from 10:45-11:15**

**Dare to Declare Ice Cream Celebration**  
**Wednesday, July 8 from 12:15-12:30**

Join our lunch reading of the Declaration of Independence over ice cream!

**Veteran's Lunch, Surrey Bell Project, American Revolution Movie**  
**Monday, July 20 from 12:45-3**

After lunch, vets begin the Surrey 250th Bell then watch & discuss Ken Burns', "The American Revolution", on Revolutionary war strategies.

**Chess Club**

**Wednesdays, July 1, 8, 15, 22, 29 from 12:45-2:30**

Both beginning & experienced players are welcome. Please register.

**Beginner Bridge Basics**

**Thursdays, July 2, 9, 16, 23, 30 from 12:45-2**

Learn Bridge using "Tricky Bridge," and try a game with other beginners.

**MOVIE: The Last Class**  
**Friday, July 10 from 12:45-2:15**

**MOVIE: Remarkably Bright Creatures**  
**Friday, July 24 from 12:45-2:45**

**Needle-Felted Landscapes**  
**Wednesday, July 22 from 12:45-3**

Learn to "paint" with wool. Needle felt a flat, sunset scene with Lorraine. Please register. Space is limited. \$6 supply fee.

**PROGRAM CHANGES FOR JULY and AUGUST**  
**Painting and Drawing Class is OPEN STUDIO until September**

**Wednesdays, July 1, 8, 15, 22, 29 from 12:30-2**  
 No instruction, but enjoy the light, space, and calm of our art studio.

**Cardio Drumming with Mary moves to Mondays**  
**Mondays, July 6, 13, 20, 27 from 10:30-11**

**Balance & Flow with Chris moves to Tuesdays**  
**Tuesdays, July 7, 14, 21, 28 from 10:45-11:30**

**Book Club will be on summer hiatus in July and August**  
 September's book is "When the English Fall", by David Williams.

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|---|--|--|--|
| <p><b>Celebrating America's 250 Birthday Documentary Series</b><br/>Mondays July 6, 13, and 20 - 1</p>   | <p><b>Ice Cream Social</b><br/>Thursday, July 2 following Lunch</p>   | <p>Open Art Studio, 9-1 (\$1)<br/>MLHS Ask A Nurse, 9:30-11<br/><b>Patriotic Nail Painting, 9:30-11</b><br/>Dance Fitness with Ro, 10-10:45 (\$3)<br/><b>Walking Club, 10</b><br/><b>Board Games for your Brain, 10</b><br/>Cardio Drumming, 11 (\$3) *<br/>Lunch, 11:45-12:30<br/>Poker, 1-3:30 (\$1)<br/>Rummikub Club, 1-2 (\$1)<br/>Scrabble, 1<br/><b>Farmer's Market Vouchers, 1-3</b><br/>Crossword Puzzle, 2-3<br/><b>Hot Dog, Baked Beans, Coleslaw</b></p> | <p><b>CVIM Dental Appts. 8:30-3 *</b><br/>Chair Zumba, 10-10:45<br/>Reiki, 10-11:45 *<br/>Pinochle/Cards, 10-2 (\$1)<br/><b>Tech Thursday, 11-2 *</b><br/>LIFT, 11-11:45 *<br/>Lunch Followed by Ice Cream Social, 11:45-12:30<br/>Billiards, 12:30-2 (\$1)<br/>Craft Project, 12:45-2<br/><b>Book Club, 1-2</b><br/><b>Surrey Closes at 2 PM</b><br/><b>Turkey &amp; Swiss on 7 Grain Bread</b></p> | <p><b>Surrey Closed in observance of the FOURTH OF JULY</b></p>  |
| <p><b>Virtual Morning Stretch, 9-9:45</b> 6<br/>Weaving, 10-11:30 (\$1)<br/>SilverSneakers®-Stretch &amp; Balance, 10-10:45 (\$3)<br/>Mahjong, 10-11:30<br/>Blood Pressure Checks, 11-1<br/>Lunch, 11:45-12:30<br/>Billiards, 12-3 (\$1)<br/><b>Italian Language with Tony, 1 *</b><br/><b>Bridge Workshop, 1</b><br/>Poker, 1-3:30 (\$1)<br/><b>American History Documentary, 1</b><br/><b>Lemon-Caper Chicken</b></p>  | <p><b>CVIM Dental Appts. 8:30-3 *</b> 7<br/>Chair Massage, 9-1 *<br/><b>Bocce, 9:30 *</b><br/><b>iPhone Photo Class, 10 or 10:30 *</b><br/>Knit Wits, 10-11:45 (\$1)<br/>Canasta, 10-2 (\$1)<br/>LIFT, 11-11:45 *<br/>Lunch, 11:45-12:30<br/>Cardio Drumming, 12:45<br/>Games, 1-3 (\$1)<br/>Bingo, 1:30-4 (\$1)<br/>Virtual Chair Yoga, 1:30-2:15<br/><b>Beef Ragout &amp; Noodles</b></p>   | <p>Open Art Studio, 9-1 (\$1) 8<br/>Dance Fitness with Ro, 10-10:45 (\$3)<br/><b>Walking Club, 10</b><br/><b>Board Games for your Brain, 10</b><br/>Cardio Drumming, 11 (\$3)<br/>Lunch, 11:45-12:30<br/>Poker, 1-3:30 (\$1)<br/>Rummikub Club, 1-2 (\$1)<br/>Scrabble, 1<br/>Crossword Puzzle, 2-3<br/><b>Shrimp Scampi</b></p>   | <p><b>CVIM Dental Appts. 8:30-3 *</b> 9<br/>Chair Zumba, 10-10:45<br/>No Reiki<br/>Pinochle/Cards, 10-3 (\$1)<br/><b>Tech Thursday with Juliana, 11-2 *</b><br/>LIFT, 11-11:45 *<br/>Lunch, 11:45-12:30<br/>Billiards, 12:30-3:30 (\$1)<br/>Games, 1-3 (\$1)<br/>Calming Coloring, 2-2:45<br/><b>Eggplant Parmesan</b></p>   | <p><b>CVIM Dental Appts. 9:15-3:15 *</b> 10<br/>Chair Massage, 9-1 *<br/><b>Bocce, 9:30 *</b><br/><b>Cognitive Stimulation, 10-10:45</b><br/>Strength, Flex. &amp; Balance, 10 (\$3)<br/>Line Dancing, 11-11:45 (\$3)<br/>Duplicate Bridge, 10-3 (\$1)<br/>Lunch, 11:45-12:30<br/><b>Bean Bag Battle, 1</b><br/>Table Tennis, 1-2:30<br/><b>Summer Hours Closing at 3</b><br/><b>Turkey w/ Gravy</b></p>   |
| <p><b>Virtual Morning Stretch, 9-9:45</b> 13<br/>Weaving, 10-11:30 (\$1)<br/>SilverSneakers®-Stretch &amp; Balance, 10-10:45 (\$3)<br/>Mahjong, 10-11:30<br/>Blood Pressure Checks, 11-1<br/>Lunch, 11:45-12:30<br/>Billiards, 12-3 (\$1)<br/><b>Italian Language with Tony, 1 *</b><br/><b>Bridge Workshop, 1</b><br/>Poker, 1-3:30 (\$1)<br/><b>American History Documentary, 1</b><br/><b>Philly Cheeseburger</b></p>   | <p><b>CVIM Dental Appts. 8:30-3 *</b> 14<br/>Chair Massage, 9-1 *<br/><b>Bocce, 9:30 *</b><br/><b>iPhone Photo Class, 10 or 10:30 *</b><br/>Knit Wits, 10-11:45 (\$1)<br/>Canasta, 10-2 (\$1)<br/><b>Craft with Juliana, 11 *</b><br/>LIFT, 11-11:45 *<br/>Lunch, 11:45-12:30<br/>Cardio Drumming, 12:45<br/>Games, 1-3 (\$1)   Bingo, 1:30-4 (\$1)<br/>Virtual Chair Yoga, 1:30-2:15<br/><b>Tomato &amp; Spinach Breakfast</b></p> | <p>Open Art Studio, 9-1 (\$1) 15<br/>Dance Fitness with Ro, 10-10:45 (\$3)<br/><b>Walking Club, 10</b><br/><b>Board Games for your Brain, 10</b><br/>Cardio Drumming, 11 (\$3)<br/>Lunch, 11:45-12:30<br/>Poker, 1-3:30 (\$1)<br/>Rummikub Club, 1-2 (\$1)<br/>Scrabble, 1<br/>Crossword Puzzle, 2-3<br/><b>Ravioli w/ Red Pepper Sauce</b></p>  | <p><b>CVIM Dental Appts. 8:30-3 *</b> 16<br/>Chair Zumba, 10-10:45<br/>Reiki, 10-11:45 *<br/>Pinochle/Cards, 10-3 (\$1)<br/><b>Tech Thursday, 11-2 *</b><br/>LIFT, 11-11:45 *<br/>Lunch, 11:45-12:30<br/>Billiards, 12:30-3:30 (\$1)<br/><b>Musical Bingo, 1-3</b><br/>Games, 1-3 (\$1)<br/>Calming Coloring, 2-2:45<br/><b>Chicken &amp; Bacon Mac &amp; Cheese</b></p>                             | <p><b>CVIM Dental Appts. 9:15-3:15 *</b> 17<br/>Chair Massage, 9-1 *<br/><b>Bocce, 9:30 *</b><br/><b>Cognitive Stimulation, 10-10:45</b><br/>Strength, Flex. &amp; Balance, 10 (\$3)<br/>Line Dancing, 11-11:45 (\$3)<br/>Duplicate Bridge, 10-3 (\$1)<br/>Lunch, 11:45-12:30<br/><b>Quizzo, 1</b><br/>Table Tennis, 1-2:30<br/><b>Summer Hours Closing at 3</b><br/><b>Roast Beef w/ Gravy</b></p>        |
| <p><b>Virtual Morning Stretch, 9-9:45</b> 20<br/><b>Veterans Breakfast Club, 9:30 *</b><br/>Weaving, 10-11:30 (\$1)<br/>SilverSneakers®-Stretch &amp; Balance, 10-10:45 (\$3)<br/>Mahjong, 10-11:30<br/>Blood Pressure Checks, 11-1<br/>Lunch, 11:45-12:30<br/>Billiards, 12-3 (\$1)<br/><b>Italian Language with Tony, 1 *</b><br/><b>Bridge Workshop, 1</b><br/>Poker, 1-3:30 (\$1)<br/><b>American History Documentary, 1</b><br/><b>Sweet &amp; Sour Chicken</b></p> | <p><b>CVIM Dental Appts. 8:30-3 *</b> 21<br/><b>PA Medi Counseling, 9-12*</b><br/>Chair Massage, 9-1 *<br/><b>Bocce, 9:30 *</b><br/><b>iPhone Photo Class, 10 or 10:30 *</b><br/>Knit Wits, 10-11:45 (\$1)<br/>Canasta, 10-2 (\$1)<br/>LIFT, 11-11:45 *<br/>Lunch, 11:45-12:30<br/>Cardio Drumming, 12:45<br/>Games, 1-3 (\$1)<br/>Bingo, 1:30-4 (\$1)<br/>Virtual Chair Yoga, 1:30-2:15<br/><b>Pork with Onion Gravy</b></p>       | <p>Open Art Studio, 9-1 (\$1) 22<br/>Dance Fitness with Ro, 10-10:45<br/><b>Walking Club, 10</b><br/><b>Board Games for your Brain, 10</b><br/>Cardio Drumming, 11 (\$3)<br/>Lunch, 11:45-12:30<br/>Poker, 1-3:30 (\$1)<br/>Rummikub Club, 1-2 (\$1)<br/>Scrabble, 1<br/>Crossword Puzzle, 2-3<br/><b>Tomato Glazed Meatloaf</b></p>   | <p><b>CVIM Dental Appts. 8:30-3 *</b> 23<br/>Chair Zumba, 10-10:45<br/>Reiki, 10-11:45 *<br/>Pinochle/Cards, 10-3 (\$1)<br/>LIFT, 11-11:45 *<br/>Lunch, 11:45-12:30<br/>Billiards, 12:30-3:30 (\$1)<br/><b>Haverford History Presentation, 1</b><br/>Games, 1-3 (\$1)<br/>Calming Coloring, 2-2:45<br/><b>Turkey Alfredo</b></p>   | <p><b>CVIM Dental Appts. 9:15-3:15 *</b> 24<br/>Chair Massage, 9-1 *<br/><b>Bocce, 9:30 *</b><br/><b>Cognitive Stimulation, 10-10:45</b><br/>Strength, Flex. &amp; Balance, 10 (\$3)<br/>Line Dancing, 11-11:45 (\$3)<br/>Duplicate Bridge, 10-3 (\$1)<br/>Lunch, 11:45-12:30<br/><b>Bean Bag Battle, 1</b><br/>Table Tennis, 1-2:30<br/><b>Summer Hours Closing at 3</b><br/><b>Crispy Cheese Cod</b></p> |
| <p><b>Virtual Morning Stretch, 9-9:45</b> 27<br/>Weaving, 10-11:30 (\$1)<br/>SilverSneakers®-Stretch &amp; Balance, 10-10:45 (\$3)<br/>Mahjong, 10-11:30<br/>Blood Pressure Checks, 11-1<br/>Lunch, 11:45-12:30<br/>Billiards, 12-3 (\$1)<br/><b>Italian Language with Tony, 1 *</b><br/><b>Bridge Workshop, 1</b><br/>Poker, 1-3:30 (\$1)<br/><b>Movie with Popcorn, 1</b><br/><b>Cheese Lasagna</b></p>  | <p><b>CVIM Dental Appts. 8:30-3 *</b> 28<br/>Chair Massage, 9-1 *<br/><b>Bocce, 9:30 *</b><br/><b>iPhone Photo Class, 10 or 10:30 *</b><br/>Knit Wits, 10-11:45 (\$1)<br/>Canasta, 10-2 (\$1)<br/>LIFT, 11-11:45 *<br/>Lunch, 11:45-12:30, <b>July Birthdays</b><br/>Cardio Drumming, 12:45<br/>Games, 1-3 (\$1)<br/>Bingo, 1:30-4 (\$1)<br/>Virtual Chair Yoga, 1:30-2:15<br/><b>Italian Hoagie</b></p>                            | <p>Open Art Studio, 9-1 (\$1) 29<br/>Dance Fitness with Ro, 10-10:45<br/><b>Walking Club, 10</b><br/><b>Board Games for your Brain, 10</b><br/>Cardio Drumming, 11 (\$3)<br/>Lunch, 11:45-12:30<br/>Poker, 1-3:30 (\$1)<br/>Rummikub Club, 1-2 (\$1)<br/>Scrabble, 1<br/><b>Member Orientation, 1:30-2:30</b><br/>Crossword Puzzle, 2-3<br/><b>Salisbury Steak</b></p>   | <p><b>CVIM Dental Appts. 8:30-3 *</b> 30<br/>Chair Zumba, 10-10:45<br/>Reiki, 10-11:45 *<br/>Pinochle/Cards, 10-3 (\$1)<br/><b>Tech Thursday with Juliana, 11-2 *</b><br/>LIFT, 11-11:45 *<br/>Lunch, 11:45-12:30<br/>Billiards, 12:30-3:30 (\$1)<br/><b>Haverford History Presentation, 1</b><br/>Games, 1-3 (\$1)<br/>Calming Coloring, 2-2:45<br/><b>Crabcake &amp; Mac &amp; Cheese</b></p>      | <p><b>CVIM Dental Appts. 9:15-3:15 *</b> 31<br/>Chair Massage, 9-1 *<br/><b>Bocce, 9:30*</b><br/><b>Cognitive Stimulation, 10-10:45</b><br/>Strength, Flex. &amp; Balance, 10 (\$3)<br/>Line Dancing, 11-11:45 (\$3)<br/>Duplicate Bridge, 10-3 (\$1)<br/>Lunch, 11:45-12:30<br/>Table Tennis, 1-2:30<br/><b>Summer Hours Closing at 3</b><br/><b>Korean BBQ Beef</b></p>                                  |

### JULY SPEAKER SERIES

#### Haverford Township History Presentation

Thursday, July 23 and 30 at 1

Learn about the original Welsh who settled this land under William Penn, and the Native Americans who were here first. Join Tony Morinelli, owner of Harford Hall to discover, reminisce and discuss.

**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.

#### Walking Club at Veteran's Park Wednesdays, July 1, 8, 15, 22, 29 at 10

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

#### Book Club

Thursday, July 2, 1:30 *How the Word is Passed* by Clint Smith  
Thursday, August 6, 1:30 *In the Midst of Winter* by Isabel Allende

#### Italian Language with Tony Morinelli Mondays, July 6, 13, 20, 27 at 1

Unlock your Italian potential! Join this conversational class designed for all levels to build fluency. Register at the reception desk.

#### Bean Bag Battle

Friday, July 10 and July 24 at 1

Join other members in a game of Bean Bag Toss. Play one-on-one or form teams and compete against each other. Fun for all skill levels.

#### Tech Thursday

Thursday, July 2, 9, 16, and 30

Appointments available at 12, 1, or 2. Contact the reception desk.

#### Musical Bingo

Thursday, July 16 from 1-3

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

#### Quizzo

Friday, July 17 at 1

Engage your brain by answering trivia questions hosted by Mac.

#### Veteran's Breakfast Club\*

Monday, July 20 at 9:30

**Registration Required at the Reception Desk**

Enjoy coffee and breakfast treats with fellow veterans while you connect over stories of where you trained and what parts of the world you were stationed.

#### Donate Your Unused Binoculars

Do you have a pair of binoculars you don't need? Please consider donating to Surrey Broomall for use in a new fall program.

**REMINDER: Programs with an \* require pre-registration or appointments. Please see the reception desk or call 610-446-2070**

#### Meet Delaware County Resource Navigator

Carrie Matez, Resource Navigator for Delaware County is in your Broomall Surrey Center to help you! Carrie can connect you with resources to help you stay safely in your home!  
**Visit on Tuesdays, Wednesdays, or Thursdays, or call any day 484-451-8899.**

#### 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.

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| <p><b>Root Beer Float Friday and Cornhole Tournament</b><br/>Fridays • 1 - 2</p>  | <p><b>Brain Health Project</b><br/>Mondays &amp; Wednesdays • 1<br/>See more information for participating in the highlights.</p>  | <p>Wake up with Surrey, 9-10<br/>Massage w/ Dahana (by appt), 9-1<br/>Strength &amp; Stretch, 10-10:40<br/>Bingo, 10:45-11:30<br/>Beginner Cardio Drumming (Screenshared), 11<br/>Lunch, 12-12:45<br/><b>Brain Health Project, 1</b><br/>Blood Pressure Checks, 1-2<br/><b>SilverSneakers® Stability, 1-1:40</b></p> <p>Hot Dog</p>  | <p>Wake Up with Surrey, 9-10<br/>SilverSneakers®, 10-10:45<br/><b>Chair Yoga w/ Joanne, 11</b><br/>Lunch, 12-12:45<br/>Watercolor 1-2<br/>Pinochle Club 1-2</p> <p>Surrey Closes at 2 PM</p> <p>Turkey &amp; Swiss Special</p>   | <p><b>Surrey Closed in observance of the FOURTH OF JULY</b></p>  |
| <p>Wake up with Surrey, 9-10<br/>Strength &amp; Stretch, 10-10:40<br/>Rummikub Club, 10-11<br/><b>Tai Chi, 11-12</b><br/><b>Mindful Monday, 11:30-12</b><br/>Lunch, 12-12:45<br/><b>Brain Health Project, 1</b><br/>Mahjong Club, 1-3</p> <p>Lemon-Caper Chicken</p>    | <p>Wake up with Surrey, 9-10<br/>Farmers Market Voucher Distribution, 10-12 (while supply lasts)<br/>SilverSneakers®, 10-10:45<br/><b>Foor Yoga w/ Suzanne, 11</b><br/>Lunch, 12-12:45<br/>Uno, 1-2<br/>Watercolor, 1-3<br/><b>Zoom Group Crossword, 3-4</b></p> <p>Cold Salad Platter</p>   | <p>Wake up with Surrey, 9-10<br/>Massage w/ Dahana (by appt), 9-1<br/>Strength &amp; Stretch, 10-10:40<br/>Bingo, 10:45-11:30<br/>Beginner Cardio Drumming (Screenshared), 11<br/>Lunch, 12-12:45<br/><b>Brain Health Project, 1</b><br/>Blood Pressure Checks, 1-2<br/><b>SilverSneakers® Stability, 1-1:40</b></p> <p>Shrimp Scampi</p>  | <p>Wake Up with Surrey, 9-10<br/>SilverSneakers®, 10-10:45<br/><b>Unclaimed Property Search, 11-12</b><br/><b>Chair Yoga w/ Joanne, 11</b><br/>Lunch, 12-12:45<br/>Walk Down Memory Lane 1-2<br/>Watercolor, 1-3<br/>Pinochle Club 1-3</p> <p>Chicken Bacon Ranch Sandwich</p> | <p>Wake Up with Surrey, 9-10<br/>Strength &amp; Stretch, 10-10:40<br/><b>Feel the Rhythm Fitness Class w/ Kyle, 11-11:30</b><br/><b>Skeins and Smiles Knit and Crochet Group 11-12</b><br/>Lunch, 12-12:45<br/><b>Root Beer Float Friday and Cornhole Tournament, 1-2</b><br/>Summer Hours Closing at 3<br/>Turkey w/ Citrus Thyme Gravy</p>   |
| <p>Wake up with Surrey, 9-10<br/>Strength &amp; Stretch, 10-10:40<br/>Rummikub Club, 10-11<br/><b>Tai Chi, 11-12</b><br/><b>Mindful Monday, 11:30-12</b><br/>Lunch, 12-12:45<br/><b>Brain Health Project, 1</b><br/>Mahjong Club, 1-3</p> <p>Philly Cheeseburger</p>    | <p>Wake up with Surrey, 9-10<br/>Farmers Market Voucher Distribution, 10-12 (while supply lasts)<br/>SilverSneakers®, 10-10:45<br/><b>Foor Yoga w/ Suzanne, 11</b><br/>Lunch, 12-12:45<br/>Uno, 1-2<br/>Watercolor, 1-3<br/><b>Zoom Group Crossword, 3-4</b></p> <p>Roast Beef on Kaiser Roll</p>  | <p>Wake up with Surrey, 9-10<br/>Massage w/ Dahana (by appt), 9-1<br/>Strength &amp; Stretch, 10-10:40<br/>Bingo, 10:45-11:30<br/>Beginner Cardio Drumming (Screenshared), 11<br/>Lunch, 12-12:45<br/><b>Brain Health Project, 1</b><br/><b>Program Planning Meeting, 1</b><br/>Blood Pressure Checks, 1-2<br/><b>SilverSneakers® Stability, 1-1:40</b></p> <p>Ricotta Ravioli</p> | <p>Wake Up with Surrey, 9-10<br/>SilverSneakers®, 10-10:45<br/><b>Chair Yoga w/ Joanne, 11</b><br/>Lunch, 12-12:45<br/><b>Surrey Gives Back: Make Sweet Treats for HDM Recipients, 1-2</b><br/>Watercolor, 1-3<br/>Pinochle Club 1-3</p> <p>Grilled Chicken Caesar Wrap</p>    | <p>Wake Up with Surrey, 9-10<br/>Strength &amp; Stretch, 10-10:40<br/><b>Feel the Rhythm Fitness Class w/ Kyle, 11-11:30</b><br/><b>Skeins and Smiles Knit and Crochet Group 11-12</b><br/>Lunch, 12-12:45<br/><b>Root Beer Float Friday and Chair Volleyball, 1</b><br/>Summer Hours Closing at 3<br/>Roast Beef w/ Sherry Mushroom Gravy</p> |
| <p>Wake up with Surrey, 9-10<br/>Strength &amp; Stretch, 10-10:40<br/>Rummikub Club, 10-11<br/><b>Tai Chi, 11-12</b><br/><b>Mindful Monday, 11:30-12</b><br/>Lunch, 12-12:45<br/><b>Brain Health Project, 1</b><br/>Mahjong Club, 1-3</p> <p>Sweet and Sour Chicken</p> | <p>Wake Up with Surrey 9-10<br/>SilverSneakers® 10-10:45<br/>Farmers Market Voucher Distribution, 10-12 (while supply lasts)<br/><b>Floor Yoga w/ Suzanne, 11</b><br/>Lunch, 12-12:45<br/><b>Movie Matinee- Remarkably Bright Creatures 1-3</b><br/>Watercolor, 1-3<br/><b>Zoom Group Crossword, 3-4</b></p> <p>Cranberry Almond Chicken Salad</p> | <p>Wake Up with Surrey, 9-10<br/>Massage w/ Dahana (by appt), 9-1<br/>Strength &amp; Stretch, 10-10:40<br/>Bingo, 10:45-11:30<br/>Beginner Cardio Drumming (Screenshared), 11<br/><b>Book Club, 11</b><br/>Lunch, 12-12:45<br/><b>Brain Health Project, 1</b><br/>Blood Pressure Checks, 1-2<br/><b>SilverSneakers® Stability, 1-1:40</b></p> <p>Sweet Tomato Glazed Meatloaf</p>  | <p>Wake Up with Surrey, 9-10<br/>SilverSneakers®, 10-10:45<br/><b>Chair Yoga w/ Joanne, 11</b><br/>Lunch, 12-12:45<br/><b>Musical Bingo, 1-2</b><br/>Watercolor, 1-3<br/>Pinochle Club 1-3</p> <p>Corned Beef &amp; Swiss</p>  | <p>Wake Up with Surrey, 9-10<br/>Strength &amp; Stretch, 10-10:40<br/><b>Feel the Rhythm Fitness Class w/ Kyle, 11-11:30</b><br/><b>Skeins and Smiles Knit and Crochet Group 11-12</b><br/>Lunch, 12-12:45<br/><b>Root Beer Float Friday and Team Quizzo 1-2</b><br/>Summer Hours Closing at 3<br/>Crispy Cheese &amp; Potato Crusted Cod</p>  |
| <p>Wake up with Surrey, 9-10<br/>Strength &amp; Stretch, 10-10:40<br/>Rummikub Club, 10-11<br/><b>Tai Chi, 11-12</b><br/><b>Mindful Monday, 11:30-12</b><br/>Lunch, 12-12:45<br/><b>Brain Health Project, 1</b><br/>Mahjong Club, 1-3</p> <p>Cheese Lasagna</p>         | <p>Wake Up with Surrey, 9-10<br/>SilverSneakers®, 10-10:45<br/>Farmers Market Voucher Distribution, 10-12 (while supply lasts)<br/><b>Floor Yoga w/ Suzanne, 11</b><br/>Lunch, 12-12:45<br/>Watercolor, 1-3<br/><b>Zoom Group Crossword, 3-4</b></p> <p>Italian Hoagie</p>   | <p>Wake Up with Surrey, 9-10<br/>Massage w/ Dahana (by appt), 9-1<br/>Strength &amp; Stretch, 10-10:40<br/>Bingo, 10:45-11:30<br/>Beginner Cardio Drumming (Screenshared), 11<br/>Lunch, 12-12:45<br/><b>Brain Health Project, 1</b><br/>Blood Pressure Checks, 1-2<br/><b>SilverSneakers® Stability, 1-1:40</b></p> <p>Salisbury Steak</p>  | <p>Wake Up with Surrey, 9-10<br/>SilverSneakers®, 10-10:45<br/><b>Chair Yoga w/ Joanne, 11</b><br/>Lunch, 12-12:45<br/><b>Bunco Party, 1-3</b><br/>Watercolor, 1-3<br/>Pinochle Club 1-3</p> <p>Turkey &amp; Swiss Special</p>   | <p>Wake Up with Surrey, 9-10<br/>Strength &amp; Stretch, 10-10:40<br/><b>Feel the Rhythm Fitness Class w/ Kyle, 11-11:30</b><br/><b>Skeins and Smiles Knit and Crochet Group 11-12</b><br/>Lunch, 12-12:45<br/><b>July Birthday Party, 12:30</b><br/>Karaoke Sing Along, 1-2<br/>Summer Hours Closing at 3<br/>Korean BBQ Beef</p>             |

**Brain Health Project**  
**Mondays & Wednesdays at 1**  
This is a 7-week program. You only need to attend one session per week! Research shows that structured, engaging activities can support brain health. This program supports a Doctor of Nursing Practice (DNP) capstone project.

**Tai Chi**  
**Mondays, July 6, 13, 20, 27 from 11-12**  
Tai Chi has scientifically proven benefits for improving balance, strength, and stress levels. Please register in advance as class size is limited.

**Mahjong Club**  
**Mondays July 6, 13, 20, 27 from 1-3**  
Calling all Mahjong players! Join us as we build our club. The center has three sets that can be used for play.

**Unclaimed Property Search**  
**Thursday, July 9 from 11-12**  
Each year, the Pennsylvania Treasury receives millions of dollars of unclaimed property. Take a minute to see if you are among the roughly one in ten Pennsylvanians that has unclaimed property.

**Feel the Rhythm Fitness Class w/ Kyle**  
**Fridays July 10, 17, 24, 31 from 11-11:30**  
Stand or sit for a 30-minute low-impact aerobic workout to fun music. Includes warm-up, cool down, and instructor reminders to work at your own pace. Drop in anytime and feel free to do part of class if you are not ready for the full 30 minutes.

**Program Planning Meeting**  
**Wednesday, July 15 at 1**  
Do you have suggestions for programs you would like to see offered at the center? Would you like to develop an interest-based club? Join us as we plan our calendar for the fall!

**Surrey Gives Back**  
**Thursday, July 16 from 1-2**  
Join us as we make sweet treats for Home Delivered Meal recipients.

**Bunco Party**  
**Thursday, July 30, 1-3**  
Join us for a fun afternoon of Bunco, a lively, social game played with dice. A quick lesson will be provided before we start. Please register with Alanna or call 610-566-0505 to secure your seat at the table!  
Cost: \$5

**Meet Delaware County Resource Navigator**  
Carrie Matez, Resource Navigator for Delaware County is in your Broomall Surrey Center to help you! Carrie can connect you with resources to help you stay safely in your home!  
**Visit on Mondays or Fridays, or call any day 484-451-8899.**

**SURREY**  
CONSIGNMENT SHOP

**ONE DAY SALE!**

Saturday, July 11 • 9 - 4

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[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 *New Location!***

176 S New Middletown 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.



Pictured at the reception desk of the  
**NEW SURREY MEDIA CENTER**

from L to R: Jill Whitcomb, Surrey CEO;  
COSA Director, Carin Tinney;  
State Rep Lisa Borowski; and  
District Attorney of Delaware County,  
Tanner Rouse during Scam Jam!