



# surreyconnect

Changing the way we age

A Nonprofit Organization

## September 2026

## New Surrey Media

### Open and Growing

The summer has been busy at the new Surrey Media. Center staff welcomed new members and volunteers; launched popular new programs, such as Tai Chi and Mahjong; and offered more in-person services, including drop-in Resource Navigation assistance on Mondays and Fridays.

### *And that's only the beginning!*

#### **CVIM Dental Office ▪ Thursday, September 3**

Surrey Media will open a new dental office in partnership with Community Volunteers in Medicine (CVIM).

CVIM staff will provide cleanings, x-rays, fillings, tooth extraction, and mouth cancer screening for older adults who qualify. This is the third Surrey-CVIM dental care office (the others are at Devon and Broomall).

*Please schedule in advance, as appointments are limited.*

*Contact Carrie Matez, MSW, Resource Navigator for Delaware County at 484-451-8899.*



*Joanna and Connie greet Surrey members behind the reception desk at our new Media center!*

#### **Welcome and Donor Recognition Reception ▪ Wednesday, September 16 from 3 - 5 pm**

Surrey will celebrate Media's official opening with a Welcome and Donor Recognition Reception.

All are welcome to attend. Please RSVP with Kathy Hall at [khall@surreyservices.org](mailto:khall@surreyservices.org) or call 484-303-1240.

**A benefit of Surrey membership is being able to participate in classes, clubs, and lunch at any Surrey location. Check the Media calendar and plan a visit to Surrey's newest center.**

**After reading September 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**



# Support that Goes Beyond the Emergency

Did you know Surrey Home Care offers Nurse Care Management? Our licensed nurses can help manage medications and appointments, refill pill boxes, take vital signs, and assist with nutrition guidance. They also can accompany you or your loved one to medical appointments and assist with understanding illnesses, prescriptions, and chronic disease management. Our Nurse Care Managers advocate on your behalf with your medical care providers, and can act as a liaison between you and your family members, and your medical team.

Surrey Nurse Care Managers do weekly, biweekly, or monthly visits and can help arrange for additional home care services as needed. Our nurses have many years of experience caring for older adults and recognize subtle changes in health that may require further evaluation. Surrey members and their families report feeling reassured after their Care Manager visits. They have a better understanding of their medical conditions and prescriptions, and feel more confident navigating the medical system with an experienced licensed nurse by their side.

If you or your loved one would benefit from involving a Nurse Care Manager for support, please call Surrey Home Care at 610-647-9840.

# Second Annual Fall Yard Clean-up

Back by popular demand!

Surrey is connecting volunteers with homeowners who need yard clean up and leaf raking on

Friday, November 13  
in honor of World Kindness Day.

## FOR SURREY MEMBERS

This opportunity is first-come, first serve.

If you would like to request help with raking leaves and picking up sticks on November 13, please contact us by Friday, October 23.

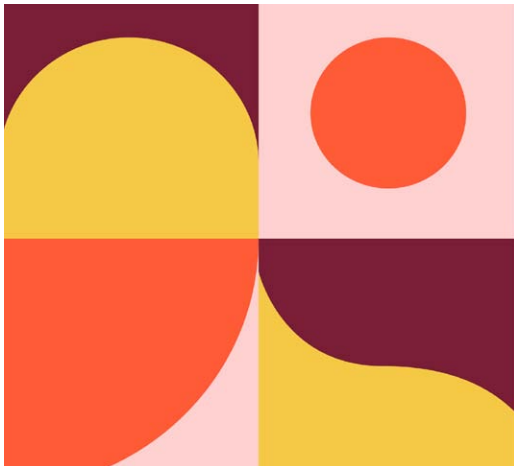
- Stephanie Yocum at 610-647-6404 (Chester & Montgomery Counties)
- Carrie Matez at 484-451-8899 (Delaware County)



## FOR VOLUNTEERS AND GROUPS

Individuals and groups are welcome to help on November 13.

If you would like to share a fun, team-building experience please contact Patti Zubey by Friday, October 9 at 484-321-6106 or pzubey@surreyservices.org.



COMING IN OCTOBER

# Surrey Broomall Indoor Yard Sale

Sunday, October 11, 10-3

Beginning Monday, September 21 donations of small appliances, china, accessories, toys, artwork, and books. No Clothing. All donations must be clean and in good condition. Proceeds help fund special programs at Broomall.

# Good for Your Brain and Your Body

You've heard it before. Exercise is good for you, but did you know that even a small amount of daily movement can have a big impact on your overall health, especially your brain?

Regular exercise offers benefits beyond physical fitness. It lowers fall risks by enhancing mobility and balance. It helps manage chronic conditions like heart disease and arthritis. It even improves digestion, supports better sleep, and boosts brain health.

Come move with Surrey this September! The easiest way to start, and keep going, is by joining the fun and collaborative classes at any of our Surrey locations.

Try Tai Chi at Surrey Broomall Mondays from 9-9:45. Tai Chi helps improve balance and flexibility through gentle movements. You can also enjoy Strength, Flexibility, & Balance at Surrey Broomall on Fridays at 10. This fitness class is focused on strength training, increasing flexibility, and improving balance.

SilverSneakers® Classic on Tuesdays and Thursdays at Surrey Media from 10-10:45 focuses on muscle strengthening and range of motion training.

Or jump start your fitness routine with 28 Days of Fitness with Surrey Bryn Mawr and Surrey Devon! Get moving for 28 days beginning Monday, September 1 through Monday, October 12! Sign up at Surrey Bryn Mawr or Surrey Devon and learn how to track your progress. All who complete the challenge will be entered in a Commit To Be Fit raffle. Find out more and sign up for the challenge at Surrey Bryn Mawr or Surrey Devon. All are welcome!

Exercise with Surrey in September. Find out how good it can feel to move, laugh, and connect with others. It might just become the best part of your week!

# A New Season of Classical Music

The Wonders of Opera and Classical Music returns after a brief summer hiatus.

Join us Tuesday, September 8 and Tuesday, September 29 at Surrey Devon from 12:45 - 2 for our September programs.

Enjoy a livestream of the program at Surrey Bryn Mawr.

Listen to overtures, arias, ensembles from Rossini, Verdi, Mozart, Wagner, and others during this award-winning program. Hear violin, piano, and vocal pyrotechnics by composers such as Paganini, Wieniawski, Liszt, Rachmaninoff, Donizetti, and Bellini. Laugh at Haydn's musical comedy. We will hear star performers of the past and present in these works. The playlists have been assembled and curated from YouTube by Surrey volunteer, Betsy Schumacker.

A welcome back reception will be held following the September 8 program at Devon.



# Surrey Holiday House Tour & Shops 2026

Friday, December 4

A benefit for Surrey

Home Tours:  
9:30 am - 4:00 pm

Holiday Shop:  
10:00 am - 4:00 pm

St. David's Episcopal Church  
Hall in Wayne, PA

Join Surrey for our Fourth Annual Holiday House Tour & Shops, a festive celebration with a tour of exquisite Main Line homes beautifully styled for the holidays and Holiday Shops featuring local vendors at St. David's.

Sponsorships and tickets  
are available now  
at surreyservices.org!

Individual tickets are \$95 and include entry to the self-guided tour of beautifully styled Main Line homes; a delicious, boxed lunch; a gift-bag filled with gifts from local retailers.

Your partnership helps change the way we age. Learn more about sponsorship opportunities and benefits at surreyservices.org.

For more information or questions about the Surrey Holiday House Tour & Shops, contact Kathleen Elsmore at 610-647-9854 or email kelsmore@surreyservices.org

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| <div>Watercolor Shows</div> <div>STUDENT GROUP SHOW</div> <div>in Café</div> <div>&amp;</div> <div>ONE-WOMAN SHOW</div> <div>on One Wall:</div> <div>Jacqueline Conrad</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <div>Fitness Center, 8:30-4:30</div> <div>Fitness Trainer by appt.</div> <div>Wake Up with Surrey, 9-9:45</div> <div>SilverSneakers®, 10-10:45</div> <div>Stronger Memory, 10-10:45</div> <div>Knitting/Crocheting Club, 10:30-12</div> <div>Learn Chinese Mahjong, 10:45-11:30</div> <div>Stretch This/Not That, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Rummikub, 12:45-3</div> <div>Hand &amp; Foot Canasta, 12:45-2</div> <div>28 Days of Fitness Starts</div> <div>Trio of Salads</div>             | <div>Fitness Center, 8:30-4:30</div> <div>Wake Up with Surrey, 9-9:45</div> <div>Line Dancing, 10-10:45</div> <div>Beginner Spanish, 10:45-11:30</div> <div>Cardio Drumming, 11-11:30</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>NEW After Lunch Walk, 12:30-12:45</div> <div>Ticket to Ride Game, 12:45-2:15</div> <div>Chess Club, 12:45-2:15</div> <div>Tai Chi for Balance, 1-1:45</div> <div>French Club, 1-2:30</div> <div>Chair Yoga with Liz, 2-2:45</div> <div>Chicken Pot Pie</div>                                          | <div>Fitness Center, 8:30-4:30</div> <div>Fitness Trainer by appt.</div> <div>Wake Up with Surrey, 9-9:45</div> <div>SilverSneakers®, 10-10:45</div> <div>Garden Club, 10-11:30</div> <div>Better Back Floor Yoga, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Well-Balanced, 12:45-1:15</div> <div>Scrabble, 12:45-3   Pinochle, 12:45-3</div> <div>Rummikub, 12:45-3</div> <div>German Table, 1:30-3</div> <div>Pizza: Gourmet Vegetarian or</div> <div>Pepperoni</div>                                                     | <div>Fitness Center, 8:30-3</div> <div>Wake Up with Surrey, 9-9:45</div> <div>Coffee and Crosswords, 10-10:45</div> <div>Line Dancing, 10-10:45</div> <div>SilverSneakers®, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>NEW After Lunch Walk, 12:30-12:45</div> <div>Watercolor Class, 12:45-2</div> <div>Writer’s Workshop, 12:45-2</div> <div>Competitive Bridge, 12:30-2</div> <div>American Mahjong, 12:45-2</div> <div>Qigong, 1-1:45</div> <div>Surrey Closes at 2</div> <div>End of Summer BBQ Grilled Favorites</div> |
| <div>Surrey</div> <div>Closed for</div> <div>LABOR DAY</div> <div>★</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <div>Fitness Center, 8:30-4:30</div> <div>Wake Up with Surrey, 9-9:45</div> <div>SilverSneakers® via video, 10-10:45</div> <div>Stronger Memory, 10-10:45</div> <div>Knitting/Crocheting Club, 10:30-12</div> <div>Learn Chinese Mahjong, 10:45-11:30</div> <div>Stretch This/Not That, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Classical Music, 12:45-2</div> <div>Pork Scallopini</div>                                                                                                                | <div>Fitness Center, 8:30-4:30</div> <div>Wake Up with Surrey, 9-9:45</div> <div>Line Dancing, 10-10:45</div> <div>Beginner Spanish, 10:45-11:30</div> <div>Cardio Drumming, 11-11:30</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>NEW After Lunch Walk, 12:30-12:45</div> <div>Ticket to Ride Game, 12:45-2:15</div> <div>Chess Club, 12:45-2:15</div> <div>Tai Chi for Balance, 1-1:45</div> <div>French Club, 1-2:30</div> <div>Chair Yoga with Liz, 2-2:45</div> <div>Rosemary Chicken</div>                                         | <div>Fitness Center, 8:30-4:30</div> <div>CVIM Dental Appts., 8:30-2:30</div> <div>Wake Up with Surrey, 9-9:45</div> <div>SilverSneakers® via video, 10-10:45</div> <div>NEW Neuro Arts with Zurn, 10-11:30</div> <div>Garden Club, 10-11:30</div> <div>Better Back Floor Yoga, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>Well-Balanced, 12:45-1:15</div> <div>Scrabble, 12:45-3   Pinochle, 12:45-3</div> <div>Rummikub, 12:45-3</div> <div>German Table, 1:30-3</div> <div>Parmesan Garlic Crusted Fish</div>             | <div>Fitness Center, 8:30-3</div> <div>Wake Up with Surrey, 9-9:45</div> <div>Coffee and Crosswords, 10-10:45</div> <div>Line Dancing, 10-10:45</div> <div>SilverSneakers®, 11-11:45</div> <div>Café Lunch/GnGo, 11:30-12:30</div> <div>NEW After Lunch Walk, 12:30-12:45</div> <div>Book Club, 12:45-2</div> <div>Watercolor Class, 12:45-2:15</div> <div>Writer’s Workshop, 12:45-2:15</div> <div>Competitive Bridge, 12:30-3</div> <div>American Mahjong, 12:45-3:30</div> <div>Qigong, 1-1:45</div> <div>Pesto Cheese Tortellini</div>    |
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SEPTEMBER SPEAKER SERIES

Understanding Learning Differences with Dr. Rich Cooper

Tuesday, September 22 from 12:45-1:45

Did you ever wonder why you struggled with reading or math, or your sense of time or direction? Get insight on your own and other’s learning challenges with Learning Specialist, Rich Cooper, Ph.D.

LANGUAGES RESTART

Spanish Conversation (Mondays), Beginner Spanish (Wednesdays), and German Table (Thursdays) return from summer break

French continues on Wednesdays, as well.

Classical Music is Back!

Tuesday, September 8 from 12:45-2, Reception 2-3 pm

Join us for the beginning of the 13th season of “Wonders of Opera and Classical Music.” Our annual Welcome Back reception follows in the cafe at 2.

Neuro Arts 2-Part Series with Zurn

Part 1: Thursday, September 10 from 10-11:30

Part 2: Thursday, September 17 from 10-11:30

This creative drawing technique transforms stress and emotions into flowing, abstract art while increasing mindfulness and mental well-being.

Must be able to attend both sessions to complete a project.

Book Club

Friday, September 11 from 12:45-2

“A Little Life” by Hanya Yanagihara.

Chinese AND American Mahjong Games

Monday, September 14, 21, and 28 from 12:45-3:30

Tables available for both American and Chinese games.

Second Session of Cardio Drumming Added

Mondays September 14, 21, 28 from 10-10:30

Please call to register ahead, 610-647-6404.

NEW! Social Bridge with Masako

Wednesdays, September 23 and 30 from 10:30-11:30

Beginners and casual players looking for friendly game of Bridge are welcome to join this new club.

Competitive Bridge continues on Mondays & Fridays for advanced players.

After Lunch Walking Group with Jayne

Every Monday, Wednesday, and Friday from 12:30-12:45

Meet at the front door bench for a quick 15 minutes of walking with friends to lower your blood sugar before afternoon games and programs.

Monthly Dance Parties start October 6

Join us after lunch on the first Tuesday of each month for a Dance Party!

October will feature Israeli Dance.

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                           | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                    |
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| <div>28 Days of Fitness</div> <div>September is Surrey's month to get back from vacation and focus on fitness. The Challenge is to get moving 28 days in 6 weeks to be entered in our Commit to be Fit Raffle. Check the front desk for more info.</div>                                                                                                                                                                         | <div>Wake Up with Surrey, 9-9:45</div> <div>Tech Tues (by appt.), 9:30-11:30</div> <div>SilverSneakers® <i>livestream</i>, 10-10:45 (free)</div> <div>Balance &amp; Flow, 10:45-11:30</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>Writers Meetup, 12:45-1:45</div> <div>Scrabble, 12:45-3</div> <div>28 Days of Fitness Starts Trio of Salads</div>                                                                                                                                                                 | <div>Wake Up with Surrey, 9-9:45</div> <div>Chair Yoga with Denise, 9:45-10:30</div> <div>Garden Club, 10:45-11:30</div> <div>Strength/Stretch/Bal, 10:45-11:30</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>Chess Club, 12:45-2:30</div> <div>Rummikub Club, 12:45-2:30</div> <div>Chicken Pot Pie</div>                                                                                                                                                                                                    | <div>Wake Up with Surrey, 9-9:45</div> <div>SilverSneakers® <i>virtual</i>, 9:45-10:15 (free)</div> <div>NEW Day! Painting &amp; Drawing, 10-11:30</div> <div>Dance Fit Gold, 10:30-11:15</div> <div>Stronger Memory, 10:45-11:30</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>Knitting/Crocheting/Fiber Arts Club, 12:45-2:30</div> <div>Backgammon, 12:45-3:30</div> <div>Bridge Basics, 12:45-2</div> <div>Bridge, 12:45-3:45</div> <div>Pizza: Gourmet Vegetarian or Pepperoni</div>                   | <div>Wake Up with Surrey, 9-9:45</div> <div>Rummikub, 10-11:30</div> <div>SilverSneakers® with Kenny</div> <div><i>livestream</i>, 11-11:45 (free)</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>Canasta, 12:45-2</div> <div>Mah-jong, 12:45-2</div> <div>Surrey Closes at 2</div> <div>End of Summer BBQ Grilled Favorites</div>                                                               |
| <div>Surrey Closed for LABOR DAY</div>                                                                                                                                                                                                                                                                                                                                                                                           | <div>Wake Up with Surrey, 9-9:45</div> <div>PA-Medi by appt., 9-12</div> <div>Tech Tues (by appt.), 9:30-11:30</div> <div>SilverSneakers® <i>livestream</i>, 10-10:45 (free)</div> <div>Ask Surrey's Nurse/BP Checks, 10-12</div> <div>Balance &amp; Flow, 10:45-11:30</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>Classical Music <i>livestream</i>, 12:45-2</div> <div>Paper Crafting (Project 1), 12:45-2:30</div> <div>Writers Meetup, 12:45-1:45</div> <div>Scrabble, 12:45-3</div> <div>Pork Scallopini</div> | <div>Wake Up with Surrey, 9-9:45</div> <div>Resource Navigator, 9:30-11:30</div> <div>Chair Yoga with Denise, 9:45-10:30</div> <div>New Member Orientation 10-11</div> <div>Ask Surrey's Nurse/BP Checks, 10-12</div> <div>Garden Club, 10:45-11:30</div> <div>Strength/Stretch/Bal, 10:45-11:30</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>Wisdom Circle: Challenging Aging Experiences, 12:45-2</div> <div>Chess Club, 12:45-2:30</div> <div>Rummikub Club, 12:45-2:30</div> <div>Rosemary Chicken</div> | <div>Wake Up with Surrey, 9-9:45</div> <div>SilverSneakers® <i>virtual</i>, 9:45-10:15 (free)</div> <div>NEW Day! Painting &amp; Drawing, 10-11:30</div> <div>Dance Fit Gold, 10:30-11:15</div> <div>Stronger Memory, 10:45-11:30</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>Knitting/Crocheting/Fiber Arts Club, 12:45-2:30</div> <div>Backgammon, 12:45-3:30</div> <div>Bridge Basics, 12:45-2</div> <div>Bridge, 12:45-3:45</div> <div>Parmesan Garlic Crusted Fish</div>                             | <div>Wake Up with Surrey, 9-9:45</div> <div>Rummikub, 10-11:30</div> <div>SilverSneakers® with Kenny</div> <div><i>livestream</i>, 11-11:45 (free)</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>Cornhole Toss, 12:45-1:45</div> <div>Canasta, 12:45-3</div> <div>Mah-jong, 12:45-3</div> <div>Pesto Cheese Tortellini</div>                                                                    |
| <div>Wake Up with Surrey, 9-9:45</div> <div>Pinochle, 9-11:30</div> <div>Embroidery, Knitting, &amp; Crocheting, 10-11:30</div> <div>Cardio Drumming with Mary, 10:30-11</div> <div>NEW! Learn Chinese Mahjong, 10:30-11:30</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>Canasta, 12:45-3</div> <div>The Leopard, S1, E4, 12:45-1:45</div> <div>Eggplant Parmesan</div>                                               | <div>Wake Up with Surrey, 9-9:45</div> <div>Tech Tues (by appt.), 9:30-11:30</div> <div>SilverSneakers® <i>livestream</i>, 10-10:45 (free)</div> <div>Balance &amp; Flow, 10:45-11:30</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>Paper Crafting (Project 2), 12:45-2:30</div> <div>Writers Meetup, 12:45-1:45</div> <div>Scrabble, 12:45-3</div> <div>Beef Stew</div>                                                                                                                                              | <div>Wake Up with Surrey, 9-9:45</div> <div>Chair Yoga with Denise, 9:45-10:30</div> <div>Speaker Series: How to Advocate for Yourself in a Healthcare Setting, 10-11:30</div> <div>Garden Club, 10:45-11:30</div> <div>Strength/Stretch/Bal, 10:45-11:30</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>NEW! Photography Club, 12:45-1:45</div> <div>Chess Club, 12:45-2:30</div> <div>Rummikub Club, 12:45-2:30</div> <div>Chicken Cheesesteaks</div>                                                        | <div>Wake Up with Surrey, 9-9:45</div> <div>SilverSneakers® <i>virtual</i>, 9:45-10:15 (free)</div> <div>NEW Day! Painting &amp; Drawing, 10-11:30</div> <div>Dance Fit Gold, 10:30-11:15</div> <div>Stronger Memory, 10:45-11:30</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>The Guardian Guild, 12:45-1:45</div> <div>Knitting/Crocheting/Fiber Arts Club, 12:45-2:30</div> <div>Backgammon, 12:45-3:30</div> <div>Bridge Basics, 12:45-2</div> <div>Bridge, 12:45-3:45</div> <div>Shepherd's Pie</div> | <div>Wake Up with Surrey, 9-9:45</div> <div>Rummikub, 10-11:30</div> <div>SilverSneakers® with Kenny</div> <div><i>livestream</i>, 11-11:45 (free)</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>Canasta, 12:45-3</div> <div>Mah-jong, 12:45-3</div> <div>Chicken Croquettes</div>                                                                                                              |
| <div>Wake Up with Surrey, 9-9:45</div> <div>Pinochle, 9-11:30</div> <div>Embroidery, Knitting, &amp; Crocheting, 10-11:30</div> <div>Cardio Drumming with Mary, 10:30-11</div> <div>NEW! Learn Chinese Mahjong, 10:30-11:30</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>Veterans Lunch, 11:30-12:30</div> <div>Canasta, 12:45-3</div> <div>The Leopard, S1, E5, 12:45-1:45</div> <div>Stuffed Peppers</div>          | <div>Wake Up with Surrey, 9-9:45</div> <div>PA-Medi by appt., 9-12</div> <div>Tech Tues (by appt.), 9:30-11:30</div> <div>SilverSneakers® <i>livestream</i>, 10-10:45 (free)</div> <div>Balance &amp; Flow, 10:45-11:30</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>Paper Crafting, 12:45-2:30</div> <div>Monthly Book Club, 12:45-2</div> <div>Writers Meetup, 12:45-1:45</div> <div>Scrabble, 12:45-3</div> <div>A Day in Greece</div>                                                                            | <div>Wake Up with Surrey, 9-9:45</div> <div>Resource Navigator appt., 9:30-11:30</div> <div>Chair Yoga with Denise, 9:45-10:30</div> <div>Garden Club, 10:45-11:30</div> <div>Strength/Stretch/Bal, 10:45-11:30</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>Chess Club, 12:45-2:30</div> <div>Rummikub Club, 12:45-2:30</div> <div>MOVIE: The Odyssey, 12:45-3:40</div> <div>Quiche</div>                                                                                                                   | <div>Wake Up with Surrey, 9-9:45</div> <div>SilverSneakers® <i>virtual</i>, 9:45-10:15 (free)</div> <div>NEW Day! Painting &amp; Drawing, 10-11:30</div> <div>Dance Fit Gold, 10:30-11:15</div> <div>Stronger Memory, 10:45-11:30</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>Knitting/Crocheting/Fiber Arts Club, 12:45-2:30</div> <div>Backgammon, 12:45-3:30</div> <div>Bridge Basics, 12:45-2</div> <div>Bridge, 12:45-3:45</div> <div>Lemon Butter Chicken</div>                                     | <div>Wake Up with Surrey, 9-9:45</div> <div>Rummikub, 10-11:30</div> <div>SilverSneakers® with Kenny</div> <div><i>livestream</i>, 11-11:45 (free)</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>Cornhole Toss, 12:45-1:45</div> <div>NEW! "Fix-It" Cafe, 12:45-2:45</div> <div>Canasta, 12:45-3</div> <div>Mah-jong, 12:45-3</div> <div>September Birthday Lunch</div> <div>Turkey Divan</div> |
| <div>Wake Up with Surrey, 9-9:45</div> <div>Pinochle, 9-11:30</div> <div>Embroidery, Knitting, &amp; Crocheting, 10-11:30</div> <div>Cardio Drumming with Mary, 10:30-11</div> <div>NEW! Learn Chinese Mahjong, 10:30-11:30</div> <div>Transportion &amp; Volunteering, 11-2</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>Canasta, 12:45-3</div> <div>The Leopard, S1, E6, 12:45-1:45</div> <div>Tuscan Chicken</div> | <div>Wake Up with Surrey, 9-9:45</div> <div>Tech Tues (by appt.), 9:30-11:30</div> <div>SilverSneakers® <i>livestream</i>, 10-10:45 (free)</div> <div>Ask Surrey's Nurse/BP Checks, 10-12</div> <div>Balance &amp; Flow, 10:45-11:30</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>Paper Crafting, 12:45-2:30</div> <div>Classical Music <i>livestream</i>, 12:45-2</div> <div>Writers Meetup, 12:45-1:45</div> <div>Scrabble, 12:45-3</div> <div>Salmon Melt</div>                                                   | <div>Wake Up with Surrey, 9-9:45</div> <div>Chair Yoga with Denise, 9:45-10:30</div> <div>Garden Club, 10:45-11:30</div> <div>Strength/Stretch/Bal, 10:45-11:30</div> <div>Lunch (pre-register), 11:30-12:30</div> <div>Speaker Series: Math from a Different Perspective with Dr. Rich Cooper, 12:45-1:45</div> <div>Chess Club, 12:45-2:30</div> <div>Rummikub Club, 12:45-2:30</div> <div>Ratatouille</div>                                                                                                          | <div>Baubles and Bubbly</div> <div>An Entertaining "300 year History of Jewelry Fashion Show" with Live Jazz Guitar, Champagne / Hors d'Oevres, &amp; Sale</div> <div>Tuesday, Monday, October 1 ▪ 2 - 4 pm</div> <div>\$25 Member ▪ \$30 Non-Member</div> <div>Tickets at the Surrey front Desk Information</div> <div>484-222-4930</div>                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                           |

SEPTEMBER SPEAKER SERIES

How to Advocate for Yourself in a Healthcare Setting

Wednesday, September 16 from 10-11:30

Care Coordinator, Sharon Major, will lead a discussion on how to get the information and solutions you need about your healthcare. She will also explore some frequently asked questions surrounding long-term care.

Math from a Different Perspective with Dr. Rich Cooper

Wednesday, September 30 from 12:45-1:45

Explore a different way of seeing and applying math skills in everyday context.

ITALIAN CULTURE FILM SERIES

The Leopard: Episode 4, 5, and 6

Mondays, September 14, 21, and 28 from 12:45-1:45

Watch the second half of this series which follows the Prince of Salina and his aristocratic family in 19th-century Sicily as political upheaval during Italian unification threatens their long-held power and traditions.

Explorations In Paper Crafting with Zurn

Tuesdays, September 1, 8, 15, 22, and 29 from 12:45-2:30

Each week, we will create a new project. Samples are available at the front desk. People need to be adept at cutting with scissors. Class limit is 8 people. Please bring small, curved cuticle scissors if you have them.

NEW! Learn Chinese Mahjong

Mondays, September 14, 21, 28 from 10:30-11:30

Looking to learn Mahjong? Tracy will be instructing on Monday mornings starting with the easier, original Chinese Mahjong that does not use a card.

NEW! Photography Club

Wednesday, September 16 from 12:45-1:45

Join our interest meeting as we discuss starting a new Photography Club.

MOVIE: The Odyssey

Wednesday, September 23 from 12:45-3:40

King Odysseus is on a perilous journey after the Trojan War, facing mythical trials and gods in this adaptation with groundbreaking cinematography.

NEW "Fix-It" Cafe

Friday, September 25 from 12:45-2:45

Need a repair? Small fixes to small household objects are at the Fix-It Cafe. See our front desk to reserve a spot in advance. Have a skill? Meet up with other handy members and volunteers to help our community.

Need a ride to the airport? Looking for something meaningful to do?

Monday, September 28 from 11-2:00

Diane will be on hand to discuss Surrey's transportation solutions as well as all of volunteer opportunities throughout our organization.

Painting & Drawing restarts on a new day!

Thursdays from 10-11:30

Book Club is back September 22 from 12:45-2

September's book is "When the English Fall", by David Williams.

BROOMALL — September 2026

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

| MONDAY                                                                                                                                                                                                                                                                                                                         | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                    | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                    | THURSDAY                                                                                                                                                                                                                                                                                                                                       | FRIDAY                                                                                                                                                                                                                                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>Pizza BINGO</div> <div>Wednesday, September 9, at 4 pm.</div> <div>\$5 admission fee.</div> <div>Join us for a fun afternoon of BINGO followed by Pica’s pizza.</div>                                                                                                                                                     | <div>CVIM Dental Appts. 8:30-3 *<br/>Chair Massage, 9-1 *<br/>Bocce, 9:30 *<br/>iPhone Photo Class, 10 or 10:30 *<br/>Knit Wits, 10-11:45 (\$1)<br/>Chair Yoga, 10-10:45<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)</div> <div>Tuna &amp; Egg Salad Platter</div>                         | <div>Open Art Studio, 9-1 (\$1)<br/>Walking Club-Haverford, 9:30-10:15 *<br/>MLHS Ask A Nurse, 9:30-11<br/>Dance Fitness with Ro, 10-10:45 (\$3)<br/>Walking Club-Broomall, 10<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</div> <div>Shrimp Scampi</div>          | <div>Chair Zumba Virtual, 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/>Craft Project, 12:45-3<br/>Book Club, 1:30-2:30<br/>Calming Coloring 2-2:45</div> <div>Hot Dog &amp; Baked Beans</div>                                                 | <div>CVIM Dental Appts. 9:15-3:15 *<br/>Chair Massage, 9-1 *<br/>Bocce, 9:30 *<br/>Cognitive Stimulation, 10-10:45<br/>Strength, Flex. &amp; Balance, 10 (\$3)<br/>Line Dancing, 11-11:45 (\$3)<br/>Duplicate Bridge, 11-2 (\$1)<br/>Lunch, 11:45-12:30<br/>Table Tennis, 1-2</div> <div>Surrey Closes at 2</div> <div>BBQ Chicken Sandwich</div> |
| <div>Surrey Closed for LABOR DAY</div> <div>★</div>                                                                                                                                                                                                                                                                            | <div>CVIM Dental Appts. 8:30-3 *<br/>Chair Massage, 9-1 *<br/>Bocce, 9:30 *<br/>iPhone Photo Class, 10 or 10:30 *<br/>Knit Wits, 10-11:45 (\$1)<br/>Chair Yoga, 10-10:45<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)</div> <div>Roast Beef on Kaiser Roll</div>                            | <div>Open Art Studio, 9-1 (\$1)<br/>Walking Club-Haverford, 9:30-10:15 *<br/>Dance Fitness with Ro, 10-10:45 (\$3)<br/>Walking Club-Broomall, 10<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/>Pizza Bingo, 4-6 (\$5)</div> <div>Ravioli w/ Red Pepper Sauce</div> | <div>Chair Zumba Virtual, 10-10:45<br/>Reiki, 10-11:45 *<br/>Pinochle/Cards, 10-3 (\$1)<br/>Tech Thursday 11-2 *<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</div> <div>Grilled Chicken Caesar Wrap</div>                                                    | <div>CVIM Dental Appts. 9:15-3:15 *<br/>Chair Massage, 9-1 *<br/>Bocce, 9:30 *<br/>Cognitive Stimulation, 10-10:45<br/>Strength, Flex &amp; Balance, 10 (\$3)<br/>Line Dancing, 11-11:45 (\$3)<br/>Duplicate Bridge, 11-3:30 (\$1)<br/>Lunch, 11:45-12:30<br/>Bean Bag Battle, 1<br/>Table Tennis, 1-3</div> <div>Roast Beef w/ Gravy</div>       |
| <div>Virtual Morning Stretch, 9-9:45<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/>Poker, 1-3:30 (\$1)</div> <div>Sweet &amp; Sour Chicken</div>                            | <div>CVIM Dental Appts. 8:30-3 *<br/>PA Medi Counseling, 9-12 *<br/>Chair Massage, 9-1 *<br/>Bocce, 9:30 *<br/>iPhone Photo Class, 10 or 10:30 *<br/>Knit Wits, 10-11:45 (\$1)<br/>Chair Yoga, 10-10:45<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)  Bingo, 1:30-4 (\$1)</div> <div>Roast Pork Loin w/ Gravy</div> | <div>Open Art Studio, 9-1 (\$1)<br/>Walking Club-Haverford, 9:30-10:15 *<br/>Dance Fitness with Ro, 10-10:45 (\$3)<br/>Walking Club-Broomall, 10<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</div> <div>Tomato Glazed Meatloaf</div>                                 | <div>Chair Zumba Virtual, 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/>Musical Bingo, 1-3<br/>Games, 1-3 (\$1)<br/>Calming Coloring, 2-2:45</div> <div>Corned Beef &amp; Swiss on Rye</div>                                                   | <div>CVIM Dental Appts. 9:15-3:15 *<br/>Chair Massage, 9-1 *<br/>Bocce, 9:30 *<br/>Cognitive Stimulation, 10-10:45<br/>Strength, Flex Balance, 10 (\$3)<br/>Line Dancing, 11-11:45 (\$3)<br/>Duplicate Bridge, 11-3:30 (\$1)<br/>Lunch, 11:45-12:30<br/>Quizzo, 1<br/>Table Tennis, 1-3</div> <div>Crispy Cheese Cod</div>                        |
| <div>Virtual Morning Stretch, 9-9:45<br/>Veterans’ Breakfast Club, 9:30 *<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/>Poker, 1-3:30 (\$1)</div> <div>Cheese Lasagna</div> | <div>CVIM Dental Appts. 8:30-3 *<br/>Chair Massage, 9-1 *<br/>Marple Library Visit, 9:30-11:30<br/>Bocce, 9:30 *<br/>iPhone Photo Class, 10 or 10:30 *<br/>Knit Wits, 10-11:45 (\$1)<br/>Chair Yoga, 10-10:45<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)  Bingo, 1:30-4 (\$1)</div> <div>Italian Hoagie</div>     | <div>Open Art Studio, 9-1 (\$1)<br/>Walking Club-Haverford, 9:30-10:15 *<br/>Dance Fitness with Ro, 10-10:45 (\$3)<br/>Walking Club-Broomall, 10<br/>Cardio Drumming, 11 (\$3)<br/>Lunch, 11:45-12:30<br/>Scam &amp; Fraud Prevention, 1<br/>Poker, 1-3:30 (\$1)<br/>Rummikub Club, 1-2 (\$1)<br/>Scrabble, 1<br/>Crossword Puzzle, 2-3</div> <div>Salisbury Steak</div>     | <div>Chair Zumba, 10-10:45 (\$3)<br/>Reiki, 10-11:45 *<br/>Pinochle/Cards, 10-3 (\$1)<br/>Tech Thursday 11-2 *<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</div> <div>Crabcake &amp; Mac &amp; Cheese</div>                                                  | <div>CVIM Dental Appts. 9:15-3:15 *<br/>Chair Massage, 9-1 *<br/>Bocce, 9:30 *<br/>Cognitive Stimulation, 10-10:45<br/>Strength, Flex. &amp; Balance, 10 (\$3)<br/>Line Dancing, 11-11:45 (\$3)<br/>Duplicate Bridge, 11-3:30 (\$1)<br/>Lunch, 11:45-12:30<br/>Bean Bag Battle, 1<br/>Table Tennis, 1-3</div> <div>Korean BBQ Beef</div>          |
| <div>Virtual Morning Stretch, 9-9:45<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/>Poker, 1-3:30 (\$1)<br/>Movie with Popcorn, 1</div> <div>Lemon-Caper Chicken</div>       | <div>CVIM Dental Appts. 8:30-3 *<br/>Chair Massage, 9-1 *<br/>Bocce, 9:30 *<br/>iPhone Photo Class, 10 or 10:30 *<br/>Knit Wits, 10-11:45 (\$1)<br/>Chair Yoga, 10-10:45<br/>Canasta, 10-2 (\$1)<br/>LIFT, 11-11:45 *<br/>Lunch, 11:45-12:30, September Birthdays<br/>Cardio Drumming, 12:45<br/>Games, 1-3 (\$1)  Bingo, 1:30-4 (\$1)</div> <div>Tuna &amp; Egg Salad Platter</div>       | <div>Open Art Studio, 9-1 (\$1)<br/>Walking Club-Haverford, 9:30-10:15 *<br/>Virtual Exercise, 10-10:45<br/>Walking Club-Broomall, 10<br/>Virtual Cardio Drumming, 11<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</div> <div>Shrimp Scampi</div>                                                   | <div>PLANNING AHEAD:</div> <div>Senior and Caregiver Symposium</div> <div>Saturday, September 19 ▪ 9 - 1 ▪ Surrey Broomall</div> <div>To register, please call 484-337-5202.</div> <div>Sponsored by Main Line Health</div> <div>Invest in your future and gain knowledge to make thoughtful decisions for yourself and your loved ones.</div> |                                                                                                                                                                                                                                                                                                                                                   |

SEPTEMBER SPEAKER SERIES

Marple Library Visit

Tuesday, September 22 from 9:30-11:30

Learn more about Marple Library’s services and programs for National Library Card Sign-Up Month.

Scam & Fraud Prevention Presentation

Wednesday, September 23 at 1

Cyber security expert, Seth Rosenberg, talks about ways to avoid being targeted for virtual scams.

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.

Outdoor: Walking Club Broomall at Veterans Park  
Wednesdays, September 2, 9, 16, 23, and 30 at 10  
Connect with Surrey members. Meet at the arch and walk at your own pace.

Indoor: Walking Club Haverford at  
Community Recreation and Environmental Center  
Wednesdays, September 2, 9, 16, 23 and 30 at 9:30 -10:15  
Meet at the CREC in Haverford, 9000 Parkview Drive.  
Walk the air conditioned indoor track. Must register at the reception desk.

Book Club

Thursday, September 3, 1:30 *A Spark of Light* by Jodi Picoult

Thursday, October 1, 1:30 *Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer

Thursday, November 5, 1:30 *Mr. Penumbra’s 24-Hour Bookstore* by Robin Sloan

Pizza Bingo \*

Wednesday, September 9, at 4 PM

\$5 admission. Must register by September 4 and pre-pay. No refunds.  
Bingo from 4 to 6, Pizza at 6:15

Bean Bag Battle

Friday, September 11 and 25 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.

Musical Bingo

Thursday, September 17 from 1-3

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

Veterans’ Breakfast Club \*

Monday, September 21 at 9:30

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

Coming in October, Yard Sale

Sunday, October 11, 10-3

Donations accepted starting September 21. No Clothing. All donations must be clean and in good condition.

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

Delaware County Resource Navigator

Carrie Matez, MSW, Resource Navigator for Delaware County is at Broomall Surrey Center to help you! Carrie can connect you with resources to help you stay safely in your home!

Tuesday, Wednesday, or Thursday; 484-451-8899.

Parking Tips at Surrey Broomall

Consider forming a carpool group with others attending the same events.  
Street parking is allowed on Parkway Dr. and Sussex Blvd.  
Do not park near the dumpster, on the grass, or in the adjacent Auto Parts lot.

| MONDAY                                                                                                                                                                                                                                                                                                                                                        | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                    | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                      | THURSDAY                                                                                                                                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                                                                                                                                                                                                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>Welcoming CVIM to Media</div> <div>Dental Suite Opening Thursday, September 3</div> <div>Call 484-451-8899 for more information or to make an appointment.</div>                                                                                                                                                                                         | <div>Wake up with Surrey, 9-10<br/>SilverSneakers®, 10-10:45<br/><b>Crafts Club, 11-12</b><br/>Zumba Gold (Screenshared), 11-11:45<br/>Uno, 11-12<br/>Lunch, 12-12:45<br/>Scrabble 1-2<br/>Watercolor, 1-3<br/><b>Zoom Group Crossword, 3-4</b></div> <div>Cold Salad Platter w/ Mushroom Barley Soup</div>                                                                                | <div>Coffee &amp; Crosswords, 9-10<br/>Massage w/ Dahana (by appt), 9-1<br/>Strength &amp; Stretch, 10-10:40<br/>Bingo, 10:45-11:30<br/><b>Mahjong Club, 11-1</b><br/>Beginner Cardio Drumming (Screenshared), 11<br/>Lunch, 12-12:45<br/>Scattergories, 1-2<br/>Blood Pressure Checks, 1-2<br/><b>SilverSneakers® Stability, 1-1:40</b></div> <div>Shrimp Scampi</div>                                                                        | <div>CVIM Dental Suite Opening Day<br/>Wake Up with Surrey, 9-10<br/>SilverSneakers®, 10-10:45<br/>Nickel Bingo, 10-11:30<br/><b>Chair Yoga, 11</b><br/>Lunch, 12-12:45<br/>Watercolor, 1-3<br/>Pinochle Club 1-3</div> <div>Chicken Bacon Ranch Sandwich w/ Vegetable Beef Soup</div>                       | <div>Wake Up with Surrey, 9-10<br/>Strength &amp; Stretch, 10-10:40<br/><b>First Friday Fall Prevention Workshop, 11-11:30</b><br/><b>Skeins &amp; Smiles Knit and Crochet Group, 11-12</b><br/>Lunch, 12-12:45<br/><b>Team Quizzo, 1-2</b></div> <div>Surrey Closes at 2</div> <div>Turkey w/ Citrus Thyme Gravy</div>                                                   |
| <div>Surrey Closed for LABOR DAY</div>                                                                                                                                                                                                                                                                                                                        | <div>Wake up with Surrey, 9-10<br/>SilverSneakers®, 10-10:45<br/><b>Crafts Club, 11-12</b><br/>Zumba Gold (Screenshared), 11-11:45<br/>Uno, 11-12<br/>Lunch, 12-12:45<br/>Scrabble 1-2<br/>Watercolor, 1-3<br/><b>Zoom Group Crossword, 3-4</b></div> <div>Roast Beef Sandwich w/ Chicken Tortilla Soup</div>                                                                              | <div>Coffee &amp; Murdsearch, 9-10<br/>Massage w/ Dahana (by appt), 9-1<br/>Strength &amp; Stretch, 10-10:40<br/>Bingo, 10:45-11:30<br/><b>Mahjong Club, 11-1</b><br/>Beginner Cardio Drumming (Screenshared), 11<br/>Lunch, 12-12:45<br/>Wheel of Fortune, 1-2<br/>Blood Pressure Checks, 1-2<br/><b>SilverSneakers® Stability, 1-1:40</b></div> <div>Ricotta Ravioli w/ Roasted Red Pepper Sauce</div>                                       | <div>Wake Up with Surrey, 9-10<br/>Massage w/ Dahana (by appt), 9-1<br/>SilverSneakers®, 10-10:45<br/>Nickel Bingo, 10-11:30<br/><b>Chair Yoga, 11</b><br/>Lunch, 12-12:45<br/>Watercolor, 1-3<br/>Pinochle Club 1-3</div> <div>Grilled Chicken Caesar Wrap w/ Cream of Mushroom Soup</div>                  | <div>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 &amp; Smiles Knit and Crochet Group, 11-12</b><br/>Lunch, 12-12:45<br/><b>Cornhole Tournament, 1-2</b></div> <div>Roast Beef w/ Sherry Mushroom Gravy</div>                                                                  |
| <div>Wake up with Surrey, 9-10<br/>Strength &amp; Stretch, 10-10:40<br/>Rummikub Club, 10-11<br/>No Tai Chi<br/><b>Surrey Walking Club: Mansion at Ridley Creek State Park, 11</b><br/><b>Mindful Monday, 11-11:30</b><br/>Lunch, 12-12:45<br/><b>Musical Bingo, 1-2</b><br/>Mahjong Club, 1-3</div> <div>Sweet &amp; Sour Chicken</div>                      | <div>Wake up with Surrey, 9-10<br/>SilverSneakers®, 10-10:45<br/><b>Crafts Club, 11-12</b><br/>Zumba Gold (Screenshared), 11-11:45<br/>Uno, 11-12<br/>Lunch, 12-12:45<br/>Scrabble 1-2<br/>Watercolor, 1-3<br/><b>Zoom Group Crossword, 3-4</b></div> <div>Cranberry Almond Chicken Salad w/ Italian Wedding Soup</div>                                                                    | <div>Coffee &amp; Crosswords, 9-10<br/>Massage w/ Dahana (by appt), 9-1<br/>Strength &amp; Stretch, 10-10:40<br/>Bingo, 10:45-11:30<br/><b>Mahjong Club, 11-1</b><br/>Cardio Drumming (Screenshared), 11<br/>Lunch, 12-12:45<br/>Left Center Right, 1-2<br/>Blood Pressure Checks, 1-2<br/><b>SilverSneakers® Stability, 1-1:40</b><br/><b>Welcome Reception, 3-5</b></div> <div>Sweet Tomato Glazed Meatloaf</div>                            | <div>Wake Up with Surrey, 9-10<br/>Massage w/ Dahana (by appt), 9-1<br/>SilverSneakers®, 10-10:45<br/>Nickel Bingo, 10-11:30<br/><b>Chair Yoga, 11</b><br/>Lunch, 12-12:45<br/>Watercolor, 1-3<br/>Pinochle Club 1-3</div> <div>Corned Beef &amp; Swiss Sandwich w/ Creamy Tomato Soup</div>                 | <div>Wake Up with Surrey, 9-10<br/>Strength &amp; Stretch, 10-10:40<br/><b>Fall Risk Assessment (by appt), 1-12:30</b><br/><b>Feel the Rhythm Fitness Class w/ Kyle, 11-11:30</b><br/><b>Skeins &amp; Smiles Knit and Crochet Group, 11-12</b><br/>Lunch, 12-12:45<br/><b>Chair Volleyball, 1</b></div> <div>Crispy Cheese &amp; Potato Crusted Cod</div>                 |
| <div>Wake up with Surrey, 9-10<br/><b>Breast Cancer Presentation with Main Line Health, 10</b><br/>Strength &amp; Stretch, 10-10:40<br/>Rummikub Club, 10-11<br/>No Tai Chi<br/><b>Mindful Monday, 11-11:30</b><br/>Lunch, 12-12:45<br/><b>October Sneak Peek, 12:45</b><br/>Walk Down Memory Lane, 1-2<br/>Mahjong Club, 1-3</div> <div>Cheese Lasagna</div> | <div>Wake Up with Surrey 9-10<br/>SilverSneakers® 10-10:45<br/><b>Crafts Club, 11-12</b><br/>Zumba Gold (Screenshared), 11-11:45<br/>Uno, 11-12<br/>Lunch, 12-12:45<br/>Scrabble 1-2<br/><b>Movie Matinee, 1-3</b><br/>Watercolor, 1-3<br/><b>Zoom Group Crossword, 3-4</b></div> <div>Italian Hoagie w/ Chicken and Wild Rice Soup</div>                                                  | <div>Coffee &amp; Murdsearch, 9-10<br/>Massage w/ Dahana (by appt), 9-1<br/>Strength &amp; Stretch, 10-10:40<br/>Bingo, 10:45-11:30<br/><b>Healthy Steps, 10-12:30</b><br/>Bingo, 10:45-11:30<br/><b>Mahjong Club, 11-1</b><br/>Cardio Drumming (Screenshared), 11<br/><b>Book Club, 11</b><br/>Lunch, 12-12:45<br/>Jeopardy, 1-2<br/>Blood Pressure Checks, 1-2<br/><b>SilverSneakers® Stability, 1-1:40</b><br/><b>Salisbury Steak</b></div> | <div>Wake Up with Surrey, 9-10<br/>Massage w/ Dahana (by appt), 9-1<br/>SilverSneakers®, 10-10:45<br/>Nickel Bingo, 10-11:30<br/><b>Chair Yoga, 11</b><br/>Lunch, 12-12:45<br/>Watercolor, 1-3<br/><b>Bunco Party, 1-3</b><br/>Pinochle Club, 1-3</div> <div>Turkey &amp; Swiss Special w/ Lentil Soup</div> | <div>Wake Up with Surrey, 9-10<br/>Strength &amp; Stretch, 10-10:40<br/><b>Healthy Steps, 10-12:30</b><br/><b>Feel the Rhythm Fitness Class w/ Kyle, 11-11:30</b><br/><b>Skeins &amp; Smiles Knit and Crochet Group, 11-12</b><br/>Lunch, 12-12:45<br/><b>Happier Birthdays Happen Here Celebration, 12:30</b><br/>Karaoke Sing Along, 1</div> <div>Korean BBQ Beef</div> |
| <div>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, 11-11:30</b><br/><b>Lunch and Learn: Choosing Healthy Carbs, 11:30-12:30</b><br/>Pokeno Party, 1-2<br/><b>Bean Bag Baseball 1-2</b><br/>Mahjong Club, 1-3</div> <div>Lemon-Caper Chicken Piccata</div>          | <div>Wake Up with Surrey 9-10<br/>SilverSneakers® 10-10:45<br/><b>Travel Training: Regional Rail Trip to Reading Terminal Market, 10:15</b><br/><b>Crafts Club, 11-12</b><br/>Zumba Gold (Screenshared), 11-11:45<br/>Uno, 11-12<br/>Lunch, 12-12:45<br/>Scrabble 1-2<br/>Watercolor, 1-3<br/><b>Zoom Group Crossword, 3-4</b><br/><b>Cold Salad Platter w/ Mushroom Barley Soup</b></div> | <div>Coffee &amp; Crosswords, 9-10<br/>Massage w/ Dahana (by appt), 9-1<br/>Strength &amp; Stretch, 10-10:40<br/>Bingo, 10:45-11:30<br/><b>Mahjong Club, 11-1</b><br/>Beginner Cardio Drumming (Screenshared), 11<br/>Lunch, 12-12:45<br/>Family Feud, 1-2<br/>Blood Pressure Checks, 1-2<br/><b>SilverSneakers® Stability, 1-1:40</b></div> <div>Shrimp Scampi</div>                                                                          | <div>Welcome &amp; Recognition Reception for the New Surrey Media Center</div> <div>Wednesday, September 16 ▪ 3 - 5</div> <div>RSVP to Kathy Hall at 484-303-1240 or khall@surreyservices.org</div> <div>Fall Flu and Covid Vaccine Clinic</div> <div>Monday, October 5 10-12</div>                          |                                                                                                                                                                                                                                                                                                                                                                           |

September Speaker Series

**Breast Cancer Presentation**  
**Monday, September 21, 10**  
Dr. Dalton, Main Line Health, specializes in the prevention, diagnosis, and treatment of all types of breast cancer.

**Lunch and Learn: Choosing Healthy Carbs**  
**Monday, September 28, 11:30**  
In recent years, carbohydrates (carbs) have gotten a bad reputation. But carbs can be part of a healthy diet, even for people with diabetes. Join Danielle Burke, RD, to learn how to portion and choose carbs so you get the most nutrition from your food with the least impact on your blood sugar.

**Healthy Steps - Stop Falls Before They Stop You!**  
**Wednesday, September 23 and Friday, September 25, 10-12:30**  
**Fall Risk Assessment- Friday, September 18, 10-12:30 by appt.**  
Join us in celebrating National Fall Prevention Awareness Week with this two-session program and fall risk assessment.

Healthy Steps is a program developed by the Pennsylvania Department of Aging to help reduce the risk of falls among older adults. You must register in advance by contacting Ellen Williams (County Office of Services for the Aging) at willamse@co.delaware.pa.us or call 610-499-1937.

**Bunco Party**  
**Thursday, September 24, 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

**Happier Birthdays Happen Here**  
**Kick-Off Senior Center Month Celebration**  
**Friday, September 25, 12:30**  
Let’s celebrate National Senior Center Month! This year’s theme—Happier Birthdays Happen Here—celebrates the moments, connections, and opportunities that help people not just live longer—but live well. Happier birthdays don’t start with candles or cake. They start with connection, purpose, support, and community. But, don’t worry, there will be cake!

**Travel Training: Regional Rail Trip to Reading Terminal Market**  
**Tuesday, September 29, 10:15**  
Not sure how to navigate the Regional Rail? Join us for a train ride downtown to Jefferson Station and the Reading Terminal Market. Don’t forget your Senior Fare Card. You must register with Kathy no later than 9/25. This trip requires significant walking.

**Meet Surrey’s Delaware County Resource Navigator**  
Carrie Matez, MSW, has office hours in the Media Surrey Center. Carrie can connect you with community resources to help you stay safely in your home including Medicare counseling, dental appointments through CVIM, and volunteer support services. **Visit on Mondays or Fridays, or call any day 484-451-8899.**



**SURREY**  
CONSIGNMENT SHOP

# Fall & Holiday Items

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**SEPTEMBER 1!**

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**OUR MISSION**

Surrey inspires and enables all of us, as we age,  
to live with independence and dignity,  
and as engaged members of the community.

## Surrey is Celebrating 45 Years!

Stay tuned for more ways  
to celebrate with us in September!

