surrey connect

Changing the way we age

A Nonprofit Organization

October 2026

Planning with Purpose

Thursday, November 5, 2026 ▪ 4 - 6 pm

Main Line Unitarian Church
816 S Valley Forge Rd, Devon, PA 19333

Planning for your future may seem overwhelming but can be easier when you define what you want to achieve. That's why Surrey and our community partners are hosting a panel discussion about what to consider and what actions to take to be prepared for the future.

Join expert panelists Linda Anderson, Esq., Anderson Elder Law in Media; Kim Brumbaugh, Brumbaugh Wealth Management in Exton; and Dennis McAndrews, Esq., McAndrews Law Offices in Berwyn as they share their knowledge about financial, legal, and estate plans.

There is no charge for this presentation but a $20 donation to Surrey is recommended.

To register, please visit the Surrey website or contact Dr. Mojdeh Keykhah at 484-843-2513 or mkeykhah@surreyservices.org

Linda Anderson, Esq.

Kim Brumbaugh

Dennis McAndrews, Esq.

Surprising Ways to Protect Your Cognitive Health

It's probably not surprising that regular exercise, social connection, and a healthy diet are habits that support cognitive health. But did you know that poor dental care and hearing loss can have an effect on cognitive health?

Poor periodontal health and bleeding gums are associated with up to a 61% higher risk of developing conditions like dementia. Researchers found that the inflammation and bacteria associated with these conditions trigger immune responses that cause brain inflammation which may lead to brain cell damage.

In people who have untreated hearing loss, a lack of auditory input can cause the auditory cortex to atrophy or shrink. Furthermore, trouble hearing leads people to withdraw from conversations and social activities, reducing vital mental stimulation.

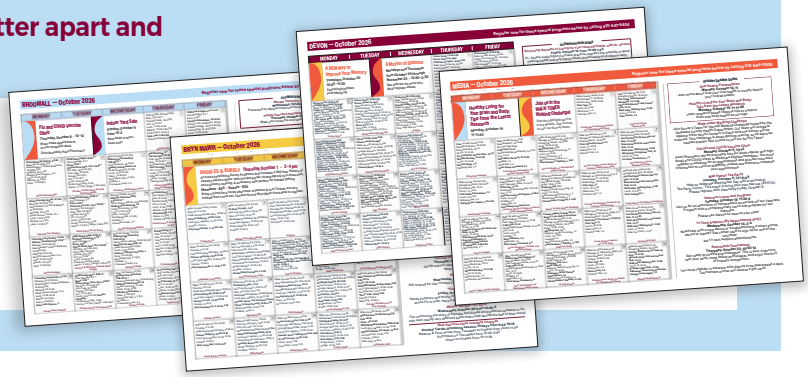
Surrey provides programs and services to help protect your dental and auditorial health. See below for highlights in October.

- **CVIM Dental Clinics at Devon, Broomall, and Media**
  Call the center for appointments and eligibility information.
- **Oral Health Presentation**
  SURREY MEDIA, Monday, October 12, 11-12
- **Surprising Benefits of Caring for Your Hearing**
  SURREY DEVON, Friday, October 16, 12:45-1:45

After reading the articles, you can take this newsletter apart and 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**



Surrey Personal Finance Management for Peace of Mind

Keeping up with bills, paperwork and financial responsibilities can become overwhelming, especially when there are multiple accounts, deadlines, and documents to manage.

Surrey's Personal Finance Management (PFM) provides personalized support to help clients stay organized and confident in their financial lives. Fall is a great time to take a moment and assess finances, and our Personal Finance Management service is designed to make that process easier.

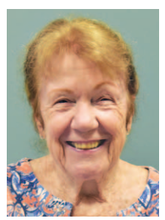
Personal Finance Managers can assist with:

- Sorting and organizing mail
- Purging outdated paperwork
- Setting up or refreshing filing systems
- Managing bill payments — including credit cards — to help prevent late fees
- Preparing checks for clients to sign
- Gathering paperwork for income tax preparation (while clients or their tax professionals handle the actual filing)

Personal Finance Management gives you peace of mind; you retain control of your finances while Surrey takes care of the daily work. This service is available in your home for affordable rates.

The process begins with a phone conversation, followed by an in-home meeting — typically up to two hours — to understand your needs and create a plan tailored to you.

With PFM, you have an added layer of reassurance for yourself and your loved ones. Having a second set of eyes on your financial paperwork can help you steer clear of unusual requests or scams; keep paperwork in order; and manage the ins and outs of your finances.



For more information, Surrey invites you to call Surrey Home Care at 610-647-9840 or visit SurreyHomeCare.org.

Joni Yinger, Surrey Personal Finance Manager

Medicare Open Enrollment

2027 Medicare Open Enrollment: October 15 - December 7, 2026.

During this time you can:

- Change from Original Medicare to a Medicare Advantage Plan
- Change from a Medicare Advantage Plan back to Original Medicare
- Switch from one Medicare Advantage Plan or Drug Plan to another Medicare Advantage Plan or Drug Plan
- Join a Medicare prescription Drug Plan
- Drop Medicare prescription drug coverage

When choosing a Medicare Advantage plan or Prescription Drug plan, consider that not all doctors accept all plans. Make sure your physician or hospital accepts the plan before you sign up. A plan may have a very low premium but if it does not cover the services or medications you need, your health care could cost a lot more money later.

PA-Medi volunteers, who are trained Medicare experts, will be at Surrey sites offering one-on-one appointments to help you evaluate your current plan and offer other options to meet your needs. There is no charge for this service, but appointments are required and spaces are limited.

Join us at Surrey Devon

Medicare Open Enrollment 101: An Overview

Wednesday, October 14 ▪ 12:45-1:45

or enjoy a livestream at Surrey Bryn Mawr

Protect Your Health this Winter

Upcoming Flu and COVID Vaccine Clinics at Surrey Centers

Vaccines are by appointment and you can visit any Surrey. To make an appointment, please call or visit the front desk. You will need to provide insurance to confirm eligibility.

MEDIA ▪ Monday, October 5 from 10-12
Distributed by Paoli Pharmacy

BROOMALL ▪ Thursday, October 8 from 10-12
Distributed by Paoli Pharmacy

BRYN MAWR ▪ Thursday, October 15 from 9:30-11:30
Distributed by Parvin Pharmacy

DEVON ▪ Tuesday, November 3 (times TBD)
Distributed by Paoli Pharmacy

Just for Veterans

DEVON Veterans Lunch
Monday, October 12 from 11:30-12:30
Come together with fellow Surrey Veterans for lunch and connection.

MEDIA Veterans Lunch and Program
Tuesday, October 13 from 11:30-2
Join Surrey Media in starting a Veterans Group with a complimentary lunch and program for our Veterans. Please see Alanna to reserve your spot.

BROOMALL Veterans Breakfast Club
Monday, October 19 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.

BRYN MAWR Veterans Lunch
Monday, October 19 from 11:30-12:30
Grab a bite and catch up with your fellow Surrey Veterans!

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
(Free and open to all.)

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

Tour tickets
are $95 per person
and includes a boxed lunch.

Sponsorship opportunities and tickets are available!

Visit surreyservices.org to explore partnership opportunities, levels, and benefits or contact Dana Heiman at dheiman@surreyservices.org or 484-321-6104 for more details.

DEVON — October 2026

Register now for these special programs below by calling 610-647-6404

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A NEW Way to Improve Your Memory **Tuesday, October 20** **12:45-1:45** Featuring Kathleen Ford		**A Matter of Balance** **Mondays and Thursdays from October 29 through November 23 ▪ 12:30-2:30** See side bar for more info. Must register ahead.	**1** **Fitness Center, 8:30-4:30** **Fitness Trainer by appt.** **CVIM Dental Appts., 8:30-2:30** Wake Up with Surrey, 9-9:45 SilverSneakers®, 10-10:45 Better Back Floor Yoga, 11-11:45 Café Lunch/GnGo, 11:30-12:30 Well-Balanced, 12:45-1:15 Scrabble, 12:45-3 | Pinochle, 12:45-3 Rummikub, 12:45-3 German Table, 1:30-3 **Chicken & Mushroom Wellington**	**2** **Fitness Center, 8:30-4:30** Wake Up with Surrey, 9-9:45 Coffee and Crosswords, 10-10:45 Line Dancing, 10-10:45 SilverSneakers®, 11-11:45 Café Lunch/GnGo, 11:30-12:30 **After Lunch Walk, 12:30-12:45** Watercolor Class, 12:45-2:15 Writer's Workshop, 12:45-2:15 Competitive Bridge, 1-3 American Mahjong, 12:45-3:30 Qigong, 1-1:45 **Potato Gnocchi in Champignon Sauce**
5 **Fitness Center, 8:30-4:30** **PA MEDI (Medicare) by appt.** Wake Up with Surrey, 9-9:45 **Cardio Drumming, 10-10:30** Walkie-Talkie Walking Club, 10:30-11:15 Balance & Flow, 11-11:45 Café Lunch/GnGo, 11:30-12:30 **After Lunch Walk, 12:30-12:45** Competitive Bridge, 1-3 Ticket to Ride Game, 12:45-2:15 Watercolor Class, 12:45-2:15 **Mahjong (now tables for both American & Chinese), 12:45-3:30** Spanish Conversation, 1-2:30 **Turkey Divan**	**6** **Fitness Center, 8:30-4:30** **Fitness Trainer by appt.** Wake Up with Surrey, 9-9:45 SilverSneakers®, 10-10:45 Stronger Memory, 10-10:45 Knitting/Crocheting Club, 10:30-12 Learn Chinese Mahjong, 10:45-11:30 Stretch This/Not That, 11-11:45 Café Lunch/GnGo, 11:30-12:30 **Dance Party, 1-2** Rummikub, 12:45-3 Hand & Foot Canasta, 12:45-2 **Grilled Ham with Haluski**	**7** **Fitness Center, 8:30-4:30** Wake Up with Surrey, 9-9:45 Line Dancing, 10-10:45 **Friendly Bridge, 10:30-11:30** Beginner Spanish, 10:45-11:30 Cardio Drumming, 11-11:30 Café Lunch/GnGo, 11:30-12:30 **After Lunch Walk, 12:30-12:45** Ticket to Ride Game, 12:45-2:15 Chess Club, 12:45-2:15 Tai Chi for Balance, 1-1:45 French Club, 1-2:30 Chair Yoga with Liz, 2-2:45 **Lasagna**	**8** **Fitness Center, 8:30-4:30** **Fitness Trainer by appt.** **CVIM Dental Appts., 8:30-2:30** Wake Up with Surrey, 9-9:45 SilverSneakers® via video, 10-10:45 Better Back Floor Yoga, 11-11:45 Café Lunch/GnGo, 11:30-12:30 Well-Balanced, 12:45-1:15 Scrabble, 12:45-3 | Pinochle, 12:45-3 Rummikub, 12:45-3 German Table, 1:30-3 **Oktoberfest Pork Jagerschnitzel**	**9** **Fitness Center, 8:30-4:30** **CVIM Dental Appts., 8:30-2:30** Wake Up with Surrey, 9-9:45 Coffee and Crosswords, 10-10:45 Line Dancing, 10-10:45 SilverSneakers®, 11-11:45 Café Lunch/GnGo, 11:30-12:30 **After Lunch Walk, 12:30-12:45** **Book Club, 12:45-2** Watercolor Class, 12:45-2:15 Writer's Workshop, 12:45-2:15 Competitive Bridge, 1-3 American Mahjong, 12:45-3:30 Qigong, 1-1:45 **Cilantro Lime Chicken**
12 **Fitness Center, 8:30-4:30** **PA MEDI (Medicare) by appt.** Wake Up with Surrey, 9-9:45 **Cardio Drumming, 10-10:30** Walkie-Talkie Walking Club, 10:30-11:15 Balance & Flow, 11-11:45 Café Lunch/GnGo, 11:30-12:30 **Veteran's Lunch, 11:30-12:30** **After Lunch Walk, 12:30-12:45** Competitive Bridge, 1-3 Ticket to Ride Game, 12:45-2:15 Watercolor Class, 12:45-2:15 **Mahjong (now tables for both American & Chinese), 12:45-3:30** Spanish Conversation, 1-2:30 **Vegetable Croquettes**	**13** **Fitness Center, 8:30-4:30** **Fitness Trainer by appt.** Wake Up with Surrey, 9-9:45 SilverSneakers® via video, 10-10:45 Stronger Memory, 10-10:45 Knitting/Crocheting Club, 10:30-12 Learn Chinese Mahjong, 10:45-11:30 Stretch This/Not That, 11-11:45 Café Lunch/GnGo, 11:30-12:30 **Classical Music, 12:45-2** **Smothered Pork Chops**	**14** **Fitness Center, 8:30-4:30** Wake Up with Surrey, 9-9:45 Line Dancing, 10-10:45 **Friendly Bridge, 10:30-11:30** Beginner Spanish, 10:45-11:30 Cardio Drumming, 11-11:30 Café Lunch/GnGo, 11:30-12:30 **After Lunch Walk, 12:30-12:45** **Medicare Open Enrollment 101, 12:45-1:45** Ticket to Ride Game, 12:45-2:15 Chess Club, 12:45-2:15 Tai Chi for Balance, 1-1:45 French Club, 1-2:30 Chair Yoga with Liz, 2-2:45 **Tuscan Chicken**	**15** **Fitness Center, 8:30-4:30** **Fitness Trainer by appt.** **CVIM Dental Appts., 8:30-2:30** Wake Up with Surrey, 9-9:45 SilverSneakers®, 10-10:45 Better Back Floor Yoga, 11-11:45 Café Lunch/GnGo, 11:30-12:30 Well-Balanced, 12:45-1:15 Scrabble, 12:45-3 | Pinochle, 12:45-3 Rummikub, 12:45-3 German Table, 1:30-3 **Beef Empanada**	**16** **Fitness Center, 8:30-4:30** Wake Up with Surrey, 9-9:45 Coffee and Crosswords, 10-10:45 Line Dancing, 10-10:45 SilverSneakers®, 11-11:45 Café Lunch/GnGo, 11:30-12:30 **After Lunch Walk, 12:30-12:45** **Speaker Series: Benefits of Addressing Hearing Problems Early, 12:45-1:45** Watercolor Class, 12:45-2:15 Writer's Workshop, 12:45-2:15 Competitive Bridge, 1-3 American Mahjong, 12:45-3:30 Qigong, 1-1:45 **Fried Catfish with Mango Salsa**
19 **Fitness Center, 8:30-4:30** **PA MEDI (Medicare) by appt.** Wake Up with Surrey, 9-9:45 **Cardio Drumming, 10-10:30** Walkie-Talkie Walking Club, 10:30-11:15 Balance & Flow, 11-11:45 Café Lunch/GnGo, 11:30-12:30 **After Lunch Walk, 12:30-12:45** Competitive Bridge, 1-3 Ticket to Ride Game, 12:45-2:15 Watercolor Class, 12:45-2:15 **Mahjong (now tables for both American & Chinese), 12:45-3:30** Spanish Conversation, 1-2:30 **Chicken Piccata**	**20** **Fitness Center, 8:30-4:30** **Fitness Trainer by appt.** Wake Up with Surrey, 9-9:45 SilverSneakers®, 10-10:45 Stronger Memory, 10-10:45 Knitting/Crocheting Club, 10:30-12 Learn Chinese Mahjong, 10:45-11:30 Stretch This/Not That, 11-11:45 Café Lunch/GnGo, 11:30-12:30 **Speaker Series: A NEW Way to Improve Your Memory, 12:45-1:45** **Discussion Group, 12:45-2** Rummikub, 12:45-3 Hand & Foot Canasta, 12:45-2 **Eggs Benedict**	**21** **Fitness Center, 8:30-4:30** Wake Up with Surrey, 9-9:45 Line Dancing, 10-10:45 **Friendly Bridge, 10:30-11:30** Beginner Spanish, 10:45-11:30 Cardio Drumming, 11-11:30 Café Lunch/GnGo, 11:30-12:30 **After Lunch Walk, 12:30-12:45** **Math from a Different Perspective, 12:45-1:45** Ticket to Ride Game, 12:45-2:15 Chess Club, 12:45-2:15 Tai Chi for Balance, 1-1:45 French Club, 1-2:30 Chair Yoga with Liz, 2-2:45 **Pork Fricassee**	**22** **Fitness Center, 8:30-4:30** **Fitness Trainer by appt.** **PA MEDI (Medicare) by appt.** **CVIM Dental Appts., 8:30-2:30** Wake Up with Surrey, 9-9:45 SilverSneakers®, 10-10:45 Better Back Floor Yoga, 11-11:45 Café Lunch/GnGo, 11:30-12:30 Well-Balanced, 12:45-1:15 Scrabble, 12:45-3 | Pinochle, 12:45-3 Rummikub, 12:45-3 German Table, 1:30-3 **Turkey Shepherd's Pie**	**23** **Fitness Center, 8:30-4:30** Wake Up with Surrey, 9-9:45 Coffee and Crosswords, 10-10:45 Line Dancing, 10-10:45 SilverSneakers®, 11-11:45 Café Lunch/GnGo, 11:30-12:30 **After Lunch Walk, 12:30-12:45** Watercolor Class, 12:45-2 Writer's Workshop, 12:45-2:15 Competitive Bridge, 1-3 American Mahjong, 12:45-3:30 Qigong, 1-1:45 **October Birthday Lunch** **Trio of Salads**
26 **Fitness Center, 8:30-4:30** **PA MEDI (Medicare) by appt.** Wake Up with Surrey, 9-9:45 **Cardio Drumming, 10-10:30** Walkie-Talkie Walking Club, 10:30-11:15 Balance & Flow, 11-11:45 Café Lunch/GnGo, 11:30-12:30 **After Lunch Walk, 12:30-12:45** Competitive Bridge, 1-3 Ticket to Ride Game, 12:45-2:15 Watercolor Class, 12:45-2:15 **Mahjong (now tables for both American & Chinese), 12:45-3:30** Spanish Conversation, 1-2:30 **Sweet & Sour Salmon**	**27** **Fitness Center, 8:30-4:30** **Fitness Trainer by appt.** Wake Up with Surrey, 9-9:45 SilverSneakers®, 10-10:45 Stronger Memory, 10-10:45 Knitting/Crocheting Club, 10:30-12 Learn Chinese Mahjong, 10:45-11:30 Stretch This/Not That, 11-11:45 Café Lunch/GnGo, 11:30-12:30 **Classical Music, 12:45-2** **BBQ Chicken**	**28** **Fitness Center, 8:30-4:30** Wake Up with Surrey, 9-9:45 Line Dancing, 10-10:45 **Friendly Bridge, 10:30-11:30** Beginner Spanish, 10:45-11:30 Cardio Drumming, 11-11:30 Café Lunch/GnGo, 11:30-12:30 **After Lunch Walk, 12:30-12:45** **Craft with Val, 12:45-2** Ticket to Ride Game, 12:45-2:15 Chess Club, 12:45-2:15 Tai Chi for Balance, 1-1:45 French Club, 1-2:30 Chair Yoga with Liz, 2-2:45 **Pulled Pork Taco**	**29** **Fitness Center, 8:30-4:30** **Fitness Trainer by appt.** **PA MEDI (Medicare) by appt.** Wake Up with Surrey, 9-9:45 SilverSneakers®, 10-10:45 Better Back Floor Yoga, 11-11:45 Café Lunch/GnGo, 11:30-12:30 **Matter of Balance, 12:30-2:30** Well-Balanced, 12:45-1:15 Scrabble, 12:45-3 | Pinochle, 12:45-3 Rummikub, 12:45-3 German Table, 1:30-3 **Quiche Pedro**	**30** **Fitness Center, 8:30-4:30** Wake Up with Surrey, 9-9:45 **MOVIE: Arsenic and Old Lace, 9:45-11:45** Coffee and Crosswords, 10-10:45 Line Dancing, 10-10:45 SilverSneakers®, 11-11:45 Café Lunch/GnGo, 11:30-12:30 **After Lunch Walk, 12:30-12:45** Watercolor Class, 12:45-2 Writer's Workshop, 12:45-2:15 Competitive Bridge, 1-3 American Mahjong, 12:45-3:30 Qigong, 1-1:45 **Halloween Chili**

OCTOBER SPEAKER SERIES

Surprising Benefits of Caring for Your Hearing Health with Dr. Zavala
Friday, October 16 from 12:45-1:45
Dr. Zavala, audiologist in private practice, explains the benefits of good hearing health and why aging adults should address problems early.

A NEW Way to Improve Your Memory (it will surprise you)
Tuesday, October 20 from 12:45-1:45 *featuring Kathleen Ford*
Recent studies consistently show that there is a unique and fun way to improve memory and strengthen overall brain health.
Most older adults have never heard of it.

Math from a Different Perspective with Dr. Rich Cooper
Wednesday, October 21 from 12:45-1:45
Explore a different way of seeing and applying math skills in daily context.

Dance Party: Israeli Dance
Tuesday, October 6 from 1-2
Join us the first Tuesday of every month for a Dance Party with a new theme each month.

Book Club
Friday, October 9 from 12:45-2
"The Gown" by Jennifer Robson.

Medicare Open Enrollment 101
Wednesday, October 14 from 12:45-1:45
Learn who should make appointments and the benefits of meeting with a trained PA-Medi volunteer.

Craft with Val
Wednesday, October 28 from 12:45-2
Check out Val's fall craft at the front desk. Register for $6.

A Matter of Balance
Mondays & Thursdays, October 29 and November 2, 5, 9, 12, 16, 19, and 23 from 12:30-2:30
"A Matter of Balance" is an 8-class course proven to help lower your risk of falling. No charge, includes complimentary lunch. Must attend all classes and have not taken the class before. Seats are limited, register at the front desk.

Halloween Movie: Arsenic and Old Lace
Friday, October 30 from 9:45-11:45

Ride the Radnor Trail
Do you want to join other members for a bike ride on the Radnor Trail before lunch? All interested, please submit your name to the front desk.

Visit the Watercolor Class Art Exhibit in the Cafe
Look in Surrey Devon for signs about the upcoming reception.

Coming in early November!
Vaccine Clinic November 3rd and Diwali Celebration

BROOMALL — October 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Flu and COVID Vaccine Clinic **Thursday, October 8 ▪ 10-12** Must make appointment at the reception desk. Distributed by Paoli Pharmacy.		**Indoor Yard Sale** **Sunday, October 11 from 10-2** Best deals in town. Cash only!	**1** Chair Zumba, 10-10:45 ($3) Reiki, 10-11:45 * Pinochle/Cards, 10-3 ($1) LIFT, 11-11:45 * Lunch, 11:45-12:30 Billiards, 12:30-3:30 ($1) Craft Project, 12:45-3 **Book Club, 1:30-2:30** Calming Coloring 2-2:45 Eggplant Parmesan	**2** **CVIM Dental Appts. 9:15-3:15 *** Chair Massage, 9-1 * Bocce, 9:30 * **Cognitive Stimulation, 10-10:45** Strength, Flex. & Balance, 10 ($3) Duplicate Bridge, 10:30-3:30 ($1) Line Dancing, 11-11:45 ($3) Lunch, 11:45-12:30 Table Tennis, 1-3 Turkey w/ Citrus Thyme Gravy
5 **Virtual Morning Stretch, 9-9:45** Weaving, 10-11:30 ($1) SilverSneakers®-Stretch & Balance, 10-10:45 ($3) Mahjong, 10-11:30 Blood Pressure Checks, 11-1 Lunch, 11:45-12:30 Billiards, 12-3 ($1) Poker, 1-3:30 ($1) Philly Cheeseburger	**6** **CVIM Dental Appts. 8:30-3 *** Chair Massage, 9-1 * **Bocce, 9:30 *** **iPhone Photo Class, 10 or 10:30 *** Knit Wits, 10-11:45 ($1) Chair Yoga, 10-10:45 Canasta, 10-2 ($1) LIFT, 11-11:45 * Lunch, 11:45-12:30 Cardio Drumming, 12:45 Games, 1-3 ($1) | Bingo, 1:30-4 ($1) Chicken Tortilla Soup & Roast Beef Sandwich	**7** Open Art Studio, 9-1 ($1) **Walking Club-Haverford, 9:30-10:15 *** Virtual Exercise, 10-10:45 **Walking Club-Broomall, 10** Cardio Drumming, 11 ($3) Lunch, 11:45-12:30 Poker, 1-3:30 ($1) Rummikub Club, 1-2 ($1) Scrabble, 1 Crossword Puzzle, 2-3 Ravioli w/ Red Pepper Sauce	**8** **Bird Watching, 9 *** **Vaccine Clinic, 10-12 *** Chair Zumba, 10-10:45 ($3) Reiki, 10-11:45 * Pinochle/Cards, 10-3 ($1) **Tech Thursday 11-2 *** LIFT, 11-11:45 * Lunch, 11:45-12:30 Billiards, 12:30-3:30 ($1) Games, 1-3 ($1) Calming Coloring, 2-2:45 Cream of Mushroom Soup & Grilled Chicken Caesar Wrap	**9** **CVIM Dental Appts. 9:15-3:15 *** Chair Massage, 9-1 * Bocce, 9:30 * **Cognitive Stimulation, 10-10:45** Strength, Flex & Balance, 10 ($3) Duplicate Bridge, 10:30-3:30 ($1) Line Dancing, 11-11:45 ($3) Lunch, 11:45-12:30 **Bean Bag Battle, 1** Table Tennis, 1-3 Roast Beef w/ Gravy
12 **Virtual Morning Stretch, 9-9:45** Weaving, 10-11:30 ($1) SilverSneakers®-Stretch & Balance, 10-10:45 ($3) Mahjong, 10-11:30 Blood Pressure Checks, 11-1 Lunch, 11:45-12:30 Billiards, 12-3 ($1) Poker, 1-3:30 ($1) Sweet & Sour Chicken	**13** **CVIM Dental Appts. 8:30-3 *** Chair Massage, 9-1 * **Bocce, 9:30 *** **iPhone Photo Class, 10 or 10:30 *** Knit Wits, 10-11:45 ($1) Chair Yoga, 10-10:45 Canasta, 10-2 ($1) LIFT, 11-11:45 * Lunch, 11:45-12:30 Cardio Drumming, 12:45 Games, 1-3 ($1) | Bingo, 1:30-4 ($1) Roast Pork Loin w/ Gravy	**14** Open Art Studio, 9-1 ($1) **Walking Club-Haverford, 9:30-10:15 *** Dance Fitness with Ro, 10-10:45 ($3) **Walking Club-Broomall, 10** Cardio Drumming, 11 ($3) Lunch, 11:45-12:30 Poker, 1-3:30 ($1) Rummikub Club, 1-2 ($1) Scrabble, 1 Crossword Puzzle, 2-3 Tomato Glazed Meatloaf	**15** **Bird Watching, 9 *** Chair Zumba, 10-10:45 ($3) Reiki, 10-11:45 * Pinochle/Cards, 10-3 ($1) LIFT, 11-11:45 * Lunch, 11:45-12:30 Billiards, 12:30-3:30 ($1) **Musical Bingo, 1-3** Games, 1-3 ($1) Calming Coloring, 2-2:45 Tomato Soup & Corned Beef & Swiss on Rye	**16** **CVIM Dental Appts. 9:15-3:15 *** Chair Massage, 9-1 * Bocce, 9:30 * **Cognitive Stimulation, 10-10:45** Strength, Flex Balance, 10 ($3) Duplicate Bridge, 10:30-3:30 ($1) Line Dancing, 11-11:45 ($3) Lunch, 11:45-12:30 **Quizzo, 1** Table Tennis, 1-3 Crispy Cheese Cod
19 **Virtual Morning Stretch, 9-9:45** **Veterans' Breakfast Club, 9:30 *** Weaving, 10-11:30 ($1) SilverSneakers®-Stretch & Balance, 10-10:45 ($3) Mahjong, 10-11:30 Blood Pressure Checks, 11-1 Lunch, 11:45-12:30 Billiards, 12-3 ($1) Poker, 1-3:30 ($1) Cheese Lasagna	**20** **CVIM Dental Appts. 8:30-3 *** **PA Medi Counseling, 9-12 *** Chair Massage, 9-1 * **Bocce, 9:30 *** **iPhone Photo Class, 10 or 10:30 *** Knit Wits, 10-11:45 ($1) Chair Yoga, 10-10:45 Canasta, 10-2 ($1) LIFT, 11-11:45 * Lunch, 11:45-12:30 Cardio Drumming, 12:45 Games, 1-3 ($1) | Bingo, 1:30-4 ($1) Chicken & Wild Rice Soup & Italian Hoagie	**21** Open Art Studio, 9-1 ($1) **Walking Club-Haverford, 9:30-10:15 *** Dance Fitness with Ro, 10-10:45 ($3) **Walking Club-Broomall, 10** Cardio Drumming, 11 ($3) Lunch, 11:45-12:30 **History of Marple Township, 1** Poker, 1-3:30 ($1) Rummikub Club, 1-2 ($1) Scrabble, 1 Crossword Puzzle, 2-3 Salisbury Steak	**22** **Bird Watching, 9 *** Chair Zumba, 10-10:45 ($3) Reiki, 10-11:45 * Pinochle/Cards, 10-3 ($1) LIFT, 11-11:45 * Lunch, 11:45-12:30 Billiards, 12:30-3:30 ($1) Games, 1-3 ($1) Calming Coloring, 2-2:45 Crabcake & Mac & Cheese	**23** **CVIM Dental Appts. 9:15-3:15 *** Chair Massage, 9-1 * Bocce, 9:30 * **Cognitive Stimulation, 10-10:45** Strength, Flex. & Balance, 10 ($3) Duplicate Bridge, 10:30-3:30 ($1) Line Dancing, 11-11:45 ($3) Lunch, 11:45-12:30 **Bean Bag Battle, 1** Table Tennis, 1-3 Korean BBQ Beef
26 **Virtual Morning Stretch, 9-9:45** Weaving, 10-11:30 ($1) SilverSneakers®-Stretch & Balance, 10-10:45 ($3) Mahjong, 10-11:30 Blood Pressure Checks, 11-1 Lunch, 11:45-12:30 Billiards, 12-3 ($1) Poker, 1-3:30 ($1) **Movie with Popcorn, 1** Lemon-Caper Chicken	**27** **CVIM Dental Appts. 8:30-3 *** Chair Massage, 9-1 * **Bocce, 9:30 *** **iPhone Photo Class, 10 or 10:30 *** Knit Wits, 10-11:45 ($1) Chair Yoga, 10-10:45 Canasta, 10-2 ($1) LIFT, 11-11:45 * Lunch, 11:45-12:30, **October Birthdays** Cardio Drumming, 12:45 Games, 1-3 ($1) | Bingo, 1:30-4 ($1) Chicken Pot Pie & Tossed Salad	**28** Open Art Studio, 9-1 ($1) **Walking Club-Haverford, 9:30-10:15 *** Dance Fitness with Ro, 10-10:45 ($3) **Walking Club-Broomall, 10** Cardio Drumming, 11 ($3) Lunch, 11:45-12:30 **Member Orientation, 1** Poker, 1-3:30 ($1) Rummikub Club, 1-2 ($1) Scrabble, 1 Crossword Puzzle, 2-3 Shrimp Scampi	**29** **Bird Watching Rain Date** Chair Zumba, 10-10:45 ($3) Reiki, 10-11:45 * Pinochle/Cards, 10-3 ($1) **Tech Thursday 11-2 *** LIFT, 11-11:45 * Lunch, 11:45-12:30 Billiards, 12:30-3:30 ($1) **Halloween Dance Party, 1-3** Games, 1-3 ($1) Calming Coloring, 2-2:45 Eggplant Parmesan	**30** **CVIM Dental Appts. 9:15-3:15 *** Chair Massage, 9-1 * Bocce, 9:30 * **Cognitive Stimulation, 10-10:45** Strength, Flex. & Balance, 10 ($3) Duplicate Bridge, 10:30-3:30 ($1) Line Dancing, 11-11:45 ($3) Duplicate Bridge, 10:30-3:30 ($1) Lunch, 11:45-12:30 Table Tennis, 1-3 Ghoulish Beef Goulash

OCTOBER EVENTS

Marple Township History
Wednesday, October 21 at 1
Presented by Marple Historical Society President Sam Pickard

Happy Haunted Halloween Dance Party
Thursday, October 29 from 1-3
Wear your costume and haunt the dance floor!

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.

Indoor Yard Sale Donations
Donations accepted until **Friday, October 9**.
No clothing. All donations must be clean and in good condition.

Book Club
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

Outdoor: Walking Club Broomall at Veterans Park
Wednesdays, October 7, 14, 21, and 28 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, October 7, 14, 21, and 28 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.

Birdwatching *
Thursdays, October 8, 15, 22 at 9
Birdwatching for beginners. Experienced birders are welcome and can help the novices. Provide own transportation to the trail. Bring binoculars if you have them. Wear supportive footwear for a mile walk.
October 8 Meet at Surrey Center Broomall for Birding Basics
October 15 and 22 Meet at the Merry Place Parking Lot
600 Glendale Rd, Havertown, PA 19083
Must register at the Surrey reception desk.

Musical Bingo
Thursday, October 15 from 1-3
DJ Len swaps numbers for melodies and cranks Bingo up to a tuneful eleven!

Veterans' Breakfast Club *
Monday, October 19 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. Bring your photos and mementos if you would like to share them.

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!
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.

BRYN MAWR OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Top 10 Easiest Houseplants to Keep Thriving with Lorraine **Tuesday, October 20 from 12:45-1:45**		**Getting Unstuck with Dr. Rich Cooper** **Wednesday, October 28 from 12:45-1:45**	**1** Wake Up with Surrey, 9-9:45 SilverSneakers® *virtual*, 9:45-10:15 (free) **Painting & Drawing, 10-11:30** Dance Fit Gold, 10:30-11:15 Stronger Memory, 10:45-11:30 Lunch (pre-register), 11:30-12:30 *No Fiber Arts this afternoon* *No games this afternoon* **Baubles & Bubbly, 2-4** Chicken & Mushroom Wellington	**2** Wake Up with Surrey, 9-9:45 **NEW Session! Cardio Drumming, 9:45-10:15** **Chess, 10-11:30** **NEW DAY! Balance & Flow, 10:30-11:15** Lunch (pre-register), 11:30-12:30 Cornhole Toss, 12:45-1:45 Canasta, 12:45-3 Mah-jong, 12:45-3 Potato Gnocchi in Champignon Sauce
5 Wake Up with Surrey, 9-9:45 Pinochle, 9-11:30 Cardio Drumming with Mary, 10:30-11 **Chinese Mahjong, 10:30-11:30** Lunch (pre-register), 11:30-12:30 Canasta, 12:45-3 **Italy Unpacked Ep. 1, 12:45-1:45** Turkey Divan	**6** Wake Up with Surrey, 9-9:45 **PA-Medi by appt., 9-12** Tech Tues (by appt.), 9:30-11:30 Fiber Arts Club, 10-11:30 SilverSneakers® *livestream*, 10-10:45 (free) Lunch (pre-register), 11:30-12:30 Writers Meetup, 12:45-1:45 Scrabble, 12:45-3 Grilled Ham with Haluski	**7** Wake Up with Surrey, 9-9:45 Chair Yoga with Denise, 9:45-10:30 New Member Orientation 10-11 Strength/Stretch/Bal, 10:45-11:30 Lunch (pre-register), 11:30-12:30 Chess, 12:45-2:30 Rummikub, 12:45-2:30 Lasagna	**8** Wake Up with Surrey, 9-9:45 SilverSneakers® *virtual*, 9:45-10:15 (free) **Painting & Drawing, 10-11:30** Dance Fit Gold, 10:30-11:15 Stronger Memory, 10:45-11:30 Lunch (pre-register), 11:30-12:30 **Monthly Men's Lunch, 11:30-12:30** **Pub Games, 12:45-2** Fiber Arts Club, 12:45-2:30 **Rummikub, 12:45-3:30** Bridge Basics, 12:45-2 Bridge, 12:45-3:45 Oktoberfest Pork Jagerschnitzel	**9** Wake Up with Surrey, 9-9:45 **NEW Session! Cardio Drumming, 9:45-10:15** **Chess, 10-11:30** **NEW DAY! Balance & Flow, 10:30-11:15** Lunch (pre-register), 11:30-12:30 Cornhole Toss, 12:45-1:45 Canasta, 12:45-3 Mah-jong, 12:45-3 Cilantro Lime Chicken
12 Wake Up with Surrey, 9-9:45 Pinochle, 9-11:30 Cardio Drumming with Mary, 10:30-11 **Chinese Mahjong, 10:30-11:30** Lunch (pre-register), 11:30-12:30 Canasta, 12:45-3 **Italy Unpacked Ep. 2, 12:45-1:45** Vegetable Croquettes	**13** Wake Up with Surrey, 9-9:45 Tech Tues (by appt.), 9:30-11:30 Fiber Arts Club, 10-11:30 SilverSneakers® *livestream*, 10-10:45 (free) Lunch (pre-register), 11:30-12:30 Classic Rock Guitar with Riley, 12:15-12:30 Classical Music *livestream*, 12:45-2 Writers Meetup, 12:45-1:45 Scrabble, 12:45-3 **Needlefelted Pumpkins, 1-2:30** Smothered Pork Chops	**14** Wake Up with Surrey, 9-9:45 **Resource Navigator, 9:30-11:30** Chair Yoga with Denise, 9:45-10:30 **Ask Surrey's Nurse/BP Checks, 10-12** Strength/Stretch/Bal, 10:45-11:30 Lunch (pre-register), 11:30-12:30 **Medicare Open Enrollment 101, 12:45-1:45** **Wisdom Circle: The Last Goodbye; Personal Challenges with Death and Dying, 12:45-2** Chess, 12:45-2:30 Rummikub, 12:45-2:30 Tuscan Chicken	**15** Wake Up with Surrey, 9-9:45 **MLH Ask-a-Nurse, 9:30-11:30** **Vaccine Clinic, 9:30-11:30** SilverSneakers® *virtual*, 9:45-10:15 (free) **Painting & Drawing, 10-11:30** Dance Fit Gold, 10:30-11:15 Stronger Memory, 10:45-11:30 Lunch (pre-register), 11:30-12:30 **Pub Games, 12:45-2** **The Guardian Guild, 12:45-1:45** Fiber Arts Club, 12:45-2:30 **Rummikub, 12:45-3:30** Bridge Basics, 12:45-2 Bridge, 12:45-3:45 Beef Empanada	**16** Wake Up with Surrey, 9-9:45 **NEW Session! Cardio Drumming, 9:45-10:15** **Chess, 10-11:30** **NEW DAY! Balance & Flow, 10:30-11:15** Lunch (pre-register), 11:30-12:30 Cornhole Toss, 12:45-1:45 Canasta, 12:45-3 Mah-jong, 12:45-3 Fried Catfish with Mango Salsa
19 Wake Up with Surrey, 9-9:45 Pinochle, 9-11:30 Cardio Drumming with Mary, 10:30-11 **Chinese Mahjong, 10:30-11:30** Lunch (pre-register), 11:30-12:30 **Veterans Lunch, 11:30-12:30** Canasta, 12:45-3 **Italy Unpacked Ep. 3, 12:45-1:45** Chicken Piccata	**20** Wake Up with Surrey, 9-9:45 **PA-Medi by appt., 9-12** Tech Tues (by appt.), 9:30-11:30 Fiber Arts Club, 10-11:30 SilverSneakers® *livestream*, 10-10:45 (free) Lunch (pre-register), 11:30-12:30 **Speaker Series: Top 10 Easiest House Plants to Keep Thriving, 12:45-1:45** Writers Meetup, 12:45-1:45 Scrabble, 12:45-3 Eggs Benedict	**21** Wake Up with Surrey, 9-9:45 Chair Yoga with Denise, 9:45-10:30 **Caregiver Support Group, 10-11** Strength/Stretch/Bal, 10:45-11:30 Lunch (pre-register), 11:30-12:30 **Photography Club, 12:45-1:45** Chess, 12:45-2:30 Rummikub, 12:45-2:30 Pork Fricassee	**22** Wake Up with Surrey, 9-9:45 SilverSneakers® *virtual*, 9:45-10:15 (free) **Painting & Drawing, 10-11:30** Dance Fit Gold, 10:30-11:15 Stronger Memory, 10:45-11:30 Lunch (pre-register), 11:30-12:30 **Pub Games, 12:45-2** Fiber Arts Club, 12:45-2:30 **Rummikub, 12:45-3:30** Bridge Basics, 12:45-2 Bridge, 12:45-3:45 Turkey Shepherd's Pie	**23** Wake Up with Surrey, 9-9:45 **NEW Session! Cardio Drumming, 9:45-10:15** **Chess, 10-11:30** **NEW DAY! Balance & Flow, 10:30-11:15** Lunch (pre-register), 11:30-12:30 Cornhole Toss, 12:45-1:45 **"Fix-It" Cafe, 12:45-2:45** Canasta, 12:45-3 Mah-jong, 12:45-3 October Birthday Lunch Trio of Salads
26 Wake Up with Surrey, 9-9:45 Pinochle, 9-11:30 Cardio Drumming with Mary, 10:30-11 **Chinese Mahjong, 10:30-11:30** Lunch (pre-register), 11:30-12:30 Canasta, 12:45-3 **Sicily Unpacked, 12:45-1:45** Sweet & Sour Salmon	**27** Wake Up with Surrey, 9-9:45 Tech Tues (by appt.), 9:30-11:30 Fiber Arts Club, 10-11:30 SilverSneakers® *livestream*, 10-10:45 (free) **Ask Surrey's Nurse/BP Checks, 10-12** Lunch (pre-register), 11:30-12:30 Classical Music *livestream*, 12:45-2 **Monthly Book Club, 12:45-2** Writers Meetup, 12:45-1:45 Scrabble, 12:45-3 BBQ Chicken	**28** Wake Up with Surrey, 9-9:45 **Resource Navigator, 9:30-11:30** Chair Yoga with Denise, 9:45-10:30 Strength/Stretch/Bal, 10:45-11:30 Lunch (pre-register), 11:30-12:30 **Speaker Series: Getting Unstuck with Dr. Rich Cooper, 12:45-1:45** Chess, 12:45-2:30 Rummikub, 12:45-2:30 Pulled Pork Taco	**29** Wake Up with Surrey, 9-9:45 SilverSneakers® *virtual*, 9:45-10:15 (free) **Painting & Drawing, 10-11:30** Dance Fit Gold, 10:30-11:15 Stronger Memory, 10:45-11:30 Lunch (pre-register), 11:30-12:30 **Pub Games, 12:45-2** Fiber Arts Club, 12:45-2:30 **Rummikub, 12:45-3:30** Bridge Basics, 12:45-2 Bridge, 12:45-3:45 Quiche Pedro	**30** Wake Up with Surrey, 9-9:45 **NEW Session! Cardio Drumming, 9:45-10:15** **Chess, 10-11:30** **NEW DAY! Balance & Flow, 10:30-11:15** Lunch (pre-register), 11:30-12:30 **MOVIE: Wicked: For Good, 12:45-3** Cornhole Toss, 12:45-1:45 Canasta, 12:45-3 Mah-jong, 12:45-3 Halloween Chili

OCTOBER SPEAKER SERIES

Top 10 Easiest Houseplants to Keep Thriving with Lorraine
Tuesday, October 20 from 12:45-1:45
Looking to develop your green thumb? Lorraine introduces the best houseplants that will flourish in your home.

Getting Unstuck with Dr. Rich Cooper
Wednesday, October 28 from 12:45-1:45
Learn techniques to combat paralyzing avoidance and get going again.

ITALIAN CULTURE FILM SERIES

Italy Unpacked Series: Episodes 1-3 and Sicily Unpacked
Mondays, October 5, 12, 19, and 26 from 12:45-1:45
Andrew Graham-Dixon and Giorgio Locatelli explore the sights, art, and food - both on and off the beaten track in Emilia-Romagna, Lombardy, Piedmont, and Sicily.
Italian Language Lessons will be back in November with a new native speaking instructor.

Monthly Men's Lunch and Pub Games Oktoberfest Kickoff
Thursday, October 8: Lunch 11:30-12:30 and Games 12:45-2
Get together with the guys for an Oktoberfest lunch. Pub games start on the October 8 and continue the rest of the month every Thursday afternoon.

Needlefelted Pumpkins
Tuesday, October 13 from 1-2:30
Make an adorable pumpkin during Lorraine's class. Must pre-register. Fee $6.

Medicare Open Enrollment 101
Wednesday, October 14 from 12:45-1:45 *livestreamed from Devon*
Learn what a PA-Medi volunteer can provide.

Vaccine Clinic with Parvin Pharmacy
Thursday, October 16 from 9-12
COVID and Flu vaccines at Surrey, free with insurance.
Must pre-register by Oct 8.

Photography Club
Wednesday, October 21 from 12:45-1:45
Still looking for like-minded shutterbugs to join our new Photography Club.

"Fix-It" Cafe continues
Friday, October 23 from 12:45-2:45
Handy tinkerers and thrifty members come together to repair small objects at the Fix-It Cafe. Have a skill or an item in need? See our front desk.

MOVIE: Wicked: For Good
Friday, October 30 from 12:45-3
The continuing the story of Elphaba and Glinda amid political upheaval in Oz, with each taking very different paths that could decide the fate of their world.

New Exercise Class and Date Changes
Another Cardio Drumming session, Fridays from 9:45-10:15
Balance & Flow moves from Tuesdays to Fridays from 10:45-11:30
Rummikub on Thursdays from 12:45-3:30
Chess on Fridays from 10-11:30

MEDIA — October 2026

Register now for these special programs below by calling 610-566-0505

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Healthy Living for Your Brain and Body: Tips from the Latest Research **Monday, October 19** **11-11:45**		**Join us in the WALK-TOBER Walking Challenge!** See the highlight box for more details. See Connie to join our Surrey team.	**1** Wake Up with Surrey, 9-10 SilverSneakers®, 10-10:45 Shut the Box, 10:45-11:30 **Chair Yoga, 11** Lunch, 12-12:45 Watercolor, 1-3 Pinochle Club, 1-3 **Chicken Bacon Ranch Sandwich w/ Vegetable Beef Soup**	**2** Wake Up with Surrey, 9-10 Strength & Stretch, 10-10:40 **First Friday Fall Prevention Workshop, 11-11:30** **Skeins & Smiles Knit and Crochet Club, 11-12** **Walk-tober Walking Club, 11:30** Lunch, 12-12:45 **Team Quizzo, 1-2** **Turkey w/ Citrus Thyme Gravy**
5 Wake up with Surrey, 9-10 Strength & Stretch, 10-10:40 Rummikub Club, 10-11 Tai Chi, 11-11:45 **Flu and COVID Vaccine Clinic, 10-12** **Mindful Monday, 11-11:30** Lunch, 12-12:45 **Musical Bingo, 1-2** Mahjong Club, 1-3 **Philly Cheeseburger**	**6** Wake up with Surrey, 9-10 SilverSneakers®, 10-10:45 No Chair Yoga Today **Crafts Club, 11-12** Zumba Gold (Screenshared), 11-11:45 Uno, 11-12 **Mad Hatter Tea Party, 12-12:45** Scrabble, 1-2 Watercolor, 1-3 **Zoom Group Crossword, 3-4** **Assorted Tea Sandwiches w/ Chicken Tortilla Soup**	**7** Coffee & Murdsearch, 9-10 Massage w/ Dahana (by appt), 9-1 Strength & Stretch, 10-10:40 Bingo, 10:45-11:30 **Mahjong Club, 11-1** Beginner Cardio Drumming, 11 Lunch, 12-12:45 Wheel of Fortune, 1-2 Blood Pressure Checks, 1-2 **SilverSneakers® Stability, 1-1:40** **Ricotta Ravioli w/ Roasted Red Pepper Sauce**	**8** Wake up with Surrey, 9-10 Massage w/ Dahana (by appt), 9-1 SilverSneakers®, 10-10:45 **Chair Yoga with Joanne, 11** Lunch, 12-12:45 Watercolor, 1-3 Pinochle Club, 1-3 **Grilled Chicken Caesar Wrap w/ Cream of Mushroom Soup**	**9** Wake up with Surrey, 9-10 Strength & Stretch, 10-10:40 **Feel the Rhythm Fitness Class w/ Kyle, 11-11:30** **Skeins & Smiles Knit and Crochet Club, 11-12** **Walk-tober Walking Club, 11:30** **Hiking Club at Longview Park, 11** Lunch, 12-12:45 **Cornhole Tournament, 1-2** **Roast Beef w/ Sherry Mushroom Gravy**
12 Wake up with Surrey, 9-10 Strength & Stretch, 10-10:40 Rummikub Club, 10-11 Tai Chi, 11-11:45 **Oral Health Presentation, 11** Lunch, 12-12:45 Mahjong Club, 1-3 **Tasting Series: Apples, 1:15-1:45** **Sweet & Sour Chicken**	**13** Wake up with Surrey, 9-10 SilverSneakers®, 10-10:45 Chair Yoga with Connie, 11-11:45 **Crafts Club, 11-12** Zumba Gold (Screenshared), 11-11:45 Uno, 11-12 **Veterans Lunch and Program, 11:30-2** Lunch, 12-12:45 Scrabble, 1-2 Watercolor, 1-3 **Zoom Group Crossword, 3-4** **Cranberry Almond Chicken Salad w/ Italian Wedding Soup**	**14** Coffee & Crosswords, 9-10 Massage w/ Dahana (by appt), 9-1 Strength & Stretch, 10-10:40 Bingo, 10:45-11:30 **Mahjong Club, 11-1** Beginner Cardio Drumming, 11 Lunch, 12-12:45 Walk Down Memory Lane, 1-2 Blood Pressure Checks, 1-2 **SilverSneakers® Stability, 1-1:40** **Sweet Tomato Glazed Meatloaf**	**15** Wake Up with Surrey, 9-10 Massage w/ Dahana (by appt), 9-1 SilverSneakers®, 10-10:45 Nickel Bingo, 10:30-11:30 **Chair Yoga, 11** Lunch, 12-12:45 Watercolor, 1-3 Pinochle Club, 1-3 **Corned Beef & Swiss Sandwich w/ Creamy Tomato Soup**	**16** Wake Up with Surrey, 9-10 Strength & Stretch, 10-10:40 **Feel the Rhythm Fitness Class w/ Kyle, 11-11:30** **Skeins & Smiles Knit and Crochet Club, 11-12** **Walk-tober Walking Club, 11:30** Lunch, 12-12:45 **Chair Volleyball, 1** **Crispy Cheese & Potato Crusted Cod**
19 Wake up with Surrey, 9-10 Strength & Stretch, 10-10:40 Rummikub Club, 10-11 Tai Chi, 11-11:45 **Healthy Living for Your Brain and Body, 11-11:45** Lunch, 12-12:45 **November Sneak Peek, 12:45** **Bean Bag Baseball 1-2** **Medicare Update Zoom Presentation, 1:30-2:30** Mahjong Club, 1-3 **Cheese Lasagna**	**20** Wake Up with Surrey 9-10 SilverSneakers®, 10-10:45 Chair Yoga with Connie, 11-11:45 **Crafts Club, 11-12** Zumba Gold (Screenshared), 11-11:45 Uno, 11-12 Lunch, 12-12:45 Scrabble, 1-2 **Movie Matinee, 1-3** Watercolor, 1-3 **Zoom Group Crossword, 3-4** **Italian Hoagie w/ Chicken and Wild Rice Soup**	**21** **Friends Helping Friends Day at Boscov's, see staff to purchase!** Coffee & Murdsearch, 9-10 Massage w/ Dahana (by appt), 9-1 Strength & Stretch, 10-10:40 Bingo, 10:45-11:30 **Mahjong Club, 11-1** Beginner Cardio Drumming, 11 Lunch, 12-12:45 Jeopardy, 1-2 Blood Pressure Checks, 1-2 **SilverSneakers® Stability, 1-1:40** **Salisbury Steak**	**22** Wake up with Surrey, 9-10 Massage w/ Dahana (by appt), 9-1 SilverSneakers®, 10-10:45 **Rummikub Tournament, 10:30-12** **Chair Yoga, 11** Lunch, 12-12:45 Watercolor, 1-3 Pinochle Club, 1-3 **Turkey & Swiss Special w/ Lentil Soup**	**23** Wake up with Surrey, 9-10 Strength & Stretch, 10-10:40 **Feel the Rhythm Fitness Class w/ Kyle, 11-11:30** **Skeins & Smiles Knit and Crochet Club, 11-12** **Walk-tober Walking Club, 11:30** Lunch, 12-12:45 Make Your Point, 1-1:45 **Korean BBQ Beef**
26 Wake up with Surrey, 9-10 Strength & Stretch, 10-10:40 Rummikub Club, 10-11 Tai Chi, 11-12 **Mindful Monday, 11-11:30** Lunch 12-12:45 Mahjong Club, 1-3 Hometown Horse Races, 1 **Lemon-Caper Chicken Piccata**	**27** Wake Up with Surrey 9-10 **Widener Nursing Students 9-1** SilverSneakers®, 10-10:45 Chair Yoga with Connie, 11-11:45 **Crafts Club, 11-12** Zumba Gold (Screenshared), 11-11:45 Uno, 11-12 Lunch, 12-12:45 Scrabble, 1-2 Watercolor, 1-3 **Zoom Group Crossword, 3-4** **Cold Salad Platter w/ Mushroom Barley Soup**	**28** Coffee & Crosswords, 9-10 Massage w/ Dahana (by appt), 9-1 Strength & Stretch, 10-10:40 Bingo, 10:45-11:30 **Mahjong Club, 11-1** **Book Club, 11** Beginner Cardio Drumming, 11 Lunch, 12-12:45 **Halloween & Fall Themed Scattergories, 1-2** Blood Pressure Checks, 1-2 **SilverSneakers® Stability, 1-1:40** **Shrimp Scampi**	**29** Wake up with Surrey, 9-10 Massage w/ Dahana (by appt), 9-1 SilverSneakers®, 10-10:45 Yahtzee, 10:45-11:30 **Chair Yoga, 11** Lunch, 12-12:45 Watercolor, 1-3 **Bunco Party, 1-3** Pinochle Club, 1-3 **Chicken Bacon Ranch Sandwich w/ Vegtable Beef Soup**	**30** Wake up with Surrey, 9-10 Strength & Stretch, 10-10:40 **Feel the Rhythm Fitness Class w/ Kyle, 11-11:30** **Skeins & Smiles Knit and Crochet Club, 11-12** **Walk-tober Walking Club, 11:30** Lunch, 12-12:45 **Birthday Celebration, 12:30** **Halloween Dance Party (Costumes Strongly Encouraged), 1-2** **Ghoulish Beef Goulash**

October Speaker Series

Oral Health Presentation
Monday, October 12, 11
Learn more about how your oral health is closely tied to your overall health.

Healthy Living for Your Brain and Body: Tips from the Latest Research
Monday, October 19, 11-11:45
Learn research-based lifestyle tips to support brain and body health as you age.

Walk-tober Walking Challenge

Join Surrey's Team for the Fall Walking Challenge hosted by the Delaware County Health Department. Our team will compete against other Senior Centers in Delco and one winner will be crowned. This challenge is about getting moving, so all exercise classes qualify. See Connie to join our Surrey Team!

Fall Flu and COVID Vaccine Clinic

Monday, October 5, 10-12
Paoli Pharmacy will be providing free flu (both regular and high dose) and COVID shots to Medicare eligible members. You must register in advance for an appointment and provide insurance information to confirm eligibility. Please see Alanna to schedule your appointment.

Mad Hatter Tea Party

Tuesday, October 6, 12-12:45
Help us celebrate Mad Hatter Day with a whimsical Tea Party Lunch. This event is bring your own tea cup (BYOTC)! Please register with Alanna by Friday, October 2.

Veterans Lunch and Program

Tuesday, October 13, 11:30-2
Join us for an afternoon of camaraderie as we kick off our Veterans Program with a complimentary lunch and program for our Veterans.
Please see Alanna to reserve your spot!

1:1 Tech Support (By Appointment Only)

Wednesday, October 14, 2-4
Need help with a new device or troubleshooting a smart phone, device or laptop? See center staff to sign up for one of the volunteer led 1:1 tech support appointments.

Rummikub Tournament

Thursday, October 22, 10:30-12
Get ready to shuffle and strategize. This is your chance to test your skills, meet fellow enthusiasts, and enjoy the thrill of friendly competition.

You must register in advance with Alanna to be guaranteed a spot. Tournament winner will receive a gift card!

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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.