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OUR MISSION

Surrey Services helps older adults to live at home with independence and dignity and to continue as active members of the community.

United Way
Donor # 614

Amazing Volunteers

Surrey is fortunate to have an incredible and dedicated corps of volunteers. This summer we had two groups of students that went above and beyond. A big thank you to MFuge and Student Life for their volunteer work. These two student groups worked tirelessly on several projects for CHORE Connection clients, often late into the evening. They improved the safety of several homes, cleared brush from yards and other jobs for low income seniors in our community.



The Main Line Antiques Show

October 3 and 4

Cabrini College, 610 King of Prussia Rd, Radnor

The Radnor Hotel returns as the presenting sponsor for the Show's 10th year anniversary celebration. This year, the show features over 40 distinguished dealers offering a wide selection of fine and decorative arts, jewelry, furniture and folk art for both seasoned and new collectors. Further information about the show is available at www.mainlineantiquesshow.com.

Friday, October 2: Opening Night Party

Don't miss this fun-filled party!

Great fun, food and fabulous treasures.

Saturday, October 3 and Sunday, October 4:

Weekend Spectacular

Over 40 Exhibitors.

Learn amazing information from the experts.

Stop by to see Terrain's incredible décor.

Support a great cause: Surrey!

For more information, or to purchase a ticket to the Opening Night Party, call Mojdeh at 610-647-6404, ext. 111. Stop by any Surrey location for a free ticket to this spectacular event Saturday from 10 to 7 and Sunday from 11 to 5.

Lifelong Learning

Islam: An Introduction to My Neighbor

Surrey Devon

Mondays, October 12 - November 9, 1:30 - 2:45

As our communities grow more diverse, understanding each other becomes increasingly essential. This fascinating 5 week course is being presented by **Osher Lifelong Learning Institute**.

Topics will include the history and culture of pre-Islamic Arabia; the history of the Prophet, Muhammad; Muslim beliefs and practices; social views on topics like family and gender.

Participants will have the opportunity to share ideas and questions. For more information or to register, call Nicole at 610-647-9172. (\$40)



Barbara's Blog

Trivia Question: Who is Mrs. Gregory?

Mrs. Gregory was the first Surrey member. In 1981, she paid \$15 to Surrey's founder, Jeanne La Rouche. Mrs. Gregory recognized the value of the services she would receive and was happy to pay \$15 to help support the organization.

Membership in Surrey opens the door for supportive services, information, socialization opportunities, education, exercise and so much more. We rely on membership dues to help sustain the organization as so much of what we provide older adults in the community is at no charge. Anyone may access a wide variety of critically important services including:

- Information and referrals to sources and experts, which is especially important in a crisis situation.
- The opportunity to enjoy an afternoon or morning reading in our libraries or meeting a friend for coffee at any of our locations.
- Attending one of the many educational and lifelong learning programs we host during the year, including important topics such as dementia, nutrition and falls prevention.
- Access to low cost or no cost exercise programs designed to help older adults stay as active as possible.

While these services do not have a charge, there is a cost. It is our knowledgeable and experienced staff that provides free information. Our buildings must be maintained so that there is a place for community members to socialize. Even the coffee has to be purchased and made.

One of the most important benefits individuals in the community have access to through Surrey is our incredible corps of volunteers. These extraordinary people grocery shop for homebound seniors. They provide transportation to medical appointments or other destinations. They visit with seniors, help with yardwork, change a light bulb and do so much more. While the volunteers donate their time, there are costs associated with our volunteer program. There is staff time to organize projects and connect the volunteer with the senior in need along with administrative costs such as background checks.

Your payment of \$35 in membership supports these and many other programs. When you pay your dues, it helps ensure that Surrey will be able to continue to support older adults in our community.

I would be willing to bet that when Mrs. Gregory paid her \$15 in 1981, she could not have envisioned where Surrey is today – in four different locations and in hundreds of homes.

Thank you for supporting Surrey's mission and for paying your annual dues.

Barbara Fentress
President & CEO

Barbara

Whole Grains for Your Health

When grains grow, they have three edible parts: the outer bran layer, rich in fiber and B vitamins; the germ, full of antioxidants; and the starchy endosperm. Eating the whole grain, meaning all 3 parts, gives your body extra antioxidants, fiber, vitamins, and minerals all of which are essential to good health.

Adding whole grains to your diet can lower your risk of chronic diseases and illnesses. Switching to whole grains also helps with weight control. Aim for three or more servings (48 grams or more) daily for best health results.

Try substituting whole grain linguini for traditional pasta or quinoa for potatoes. Look for bread and cereal that is stamped "100% whole grain." An added benefit is most whole grains take a short time to cook.

Visit Surrey's Resources section on the web site for several delicious recipes containing whole grains.

Source: The Whole Grains Council

Stay Healthy: Important Vaccines for Older Adults

An estimated 1 million Americans get shingles every year, and about half of them are 60 years old or older. Additionally, over 60 percent of seasonal flu-related hospitalizations occur in people 65 years and older.

As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. This is why, in addition to seasonal flu (influenza) vaccine and Td or Tdap vaccine (tetanus, diphtheria, and pertussis), you should also get:

- Pneumococcal vaccines, which protect against pneumococcal disease, including infections in the lungs and bloodstream (recommended for all adults over 65 years old, and for adults younger than 65 years who have certain chronic health conditions)
- Zoster vaccine, which protects against shingles (recommended for adults 60 years or older)

Talk with your doctor if you have any questions about your vaccines.

Source: The Centers for Disease Control and Prevention

Flu Shots at Surrey

Main Line Health will be at Surrey this fall to provide flu shots. There is no cost, however registration is required through Main Line Health by calling 1-866-CALL-MLH.

Surrey Devon: November 4, 1:30 to 3:30

Surrey Havertown: Thursday, October 22, 9:30 to 11:30

Surrey Media: Friday, October 16, 9:30 - 11

Breast Cancer and Genetics

5% to 10% of breast cancers are thought to be hereditary, caused by abnormal genes. Genes are particles in cells, contained in chromosomes, and made of DNA (deoxyribonucleic acid). DNA contains the instructions for building proteins. And proteins control the structure and function of all the cells that make up your body.

Think of your genes as an instruction manual for cell growth and function. Abnormalities in the DNA are like typographical errors. They may provide the wrong set of instructions, leading to faulty cell growth or function. In any one person, that same mistake will appear in all the cells that contain the same gene. This is like having an instruction manual in which all the copies have the same typographical error.

BRCA1 and BRCA2 genes

Most inherited cases of breast cancer are associated with two abnormal genes: BRCA1 (Breast Cancer gene one) and BRCA2 (Breast Cancer gene two). Everyone has BRCA1 and BRCA2 genes. The function of the BRCA genes is to repair cell damage and keep breast cells growing normally. When these genes contain abnormalities or mutations that are passed from generations, the genes don't function normally and breast cancer risk increases. Abnormal BRCA1 and BRCA2 genes may account for up to 10% of all breast cancers, or 1 out of every 10 cases.

Having an abnormal BRCA1 or BRCA2 gene doesn't mean you will be diagnosed with breast cancer. Researchers are learning that other mutations in pieces of chromosomes may be linked to higher breast cancer risk in women with an abnormal BRCA1 gene as well as women who didn't inherit an abnormal breast cancer gene.

Women who are diagnosed with breast cancer and have an abnormal BRCA1 or BRCA2 gene often have a family history of breast cancer, ovarian cancer, and other cancers. Still, most people who develop breast cancer did not inherit an abnormal breast cancer gene and have no family history of the disease.

Source: BreastCancer.org

See Page 3 for information on "The Connection Between your Genetic Makeup and Cancer: What You Need to Know," October 21 at 6 pm.

Dementia Caregivers' Workshops

Surrey - Devon

Surrey is partnering with Jefferson Eldercare to offer support workshops for individuals caring for someone with memory loss. These FREE programs offer participants educational materials, resources and specific strategies that are appropriate for their situations. To register call Nicole at 610-647-9172.

Ensuring Safety in the Home

Friday, October 30, 9:30 - 11

This program will provide practical tips on how to make the home safer and resources for acquiring adaptive equipment that will improve safety during daily activities. Includes specific tips for living with individuals with dementia.

Promoting Activity Engagement

Friday, November 6, 9:30 - 11

Learn the benefits of activity for individuals with dementia and strategies to promote participation in activities of interest. Learn and practice these strategies and gain the knowledge to enhance activity engagement.

2016 Medicare Open Enrollment Period

October 15 – December 7, 2015

This is the time when 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 your Medicare prescription drug coverage completely.

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.

Each drug plan has its own list of drugs that it covers, called a formulary. Make sure the plan will cover the medication you need.

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 on.

APPRISE volunteers will be at Surrey sites to help you evaluate your current plan and offer other options to meet your needs. See dates below.

APPRISE Counseling

New to Medicare? Have questions about your medical insurance? Having a problem with a bill? Trained APPRISE volunteers can help.

Chester County Residents:

Surrey – Devon

Call 610-647-6404 for times and appointments.

Friday, October 23

Monday, October 26

Monday, November 2

Friday, November 13

Monday, November 23

Wednesday, December 2

Delaware County Residents:

Surrey - Broomall

Call 215-307-7158 for an appointment.

Tuesday, October 27, 10 - 2

Surrey - Havertown

Call 610-446-2070 for an appointment.

Thursday, October 15, 9 - 11:30

Surrey - Media

Call 610-566-0505 for an appointment.

Wednesday, October 28, 1 - 4

Baby Boomer Primer: An Intro to Aging Services

Friday, Oct. 2, 9:30 - 2:15 (\$10, lunch included)

Surrey Devon

With a growing number of the population joining the over 65 club, there seems to be a new service marketed to the senior population everyday. Join us as we explain the services available to you and explore your options. This informative program consists of four topical and handouts and other reference materials will be distributed. This is not a sales presentation.

- Untangling Senior Health Care Considerations
- Legal and Critical Documents
- Choosing Where to Live in Retirement
- Golden Social Opportunities

Lunch will be provided in the Surrey cafe. For more information or to make a reservation, please call Nicole at 610-647-9172.

Help Yourself to Health


The Hickman

400 N. Walnut Street, West Chester

6 Thursdays, October 1– November 5, 9 - 11:30

Nobody wants to live with a chronic illness such as heart or pulmonary disease, arthritis, diabetes or depression. Unfortunately, as we age, many of us do.

Help Yourself to Health is a workshop designed to help anyone with any kind of chronic condition feel more in control of their condition. Participants will get support, find practical ways to deal with pain and fatigue and discover better nutrition and exercise choices. This is a proven program developed at Stanford University that many Surrey members have benefited from. Registration is required. Call Nicole for information or to register 610-647-9172. There is no charge for this workshop.

Mon	Tue	Wed	Thu	Fri
<p>Please call Nicole 610-647-9172 to register for programs or sign up in the lobby book.</p>	<p>Enjoy the Opera? Want to learn more about it? Join us every Tuesday for Fun with Opera at 12:45</p>		<p>1 Reiki by appointment Yoga 10:30 - 11:30 Silver Sneakers 10:45 - 11:30 Lunch 11:30 - 12:30 Grief & Loss Support Group 1- 2 Drama 1:30 - 3 Van Trip: Trader Joes Vegetarian Chili</p>	<p>2 Boomer Primer 9 - 2:15 Open Art 10 - 12 Chair Yoga 11- 12 Line Dancing 1 - 1:45 Gentle Stretch 1 - 2 Trip: Paoli Acme <hr/>Saturday - Swing Club 10:30 - 11:30</p>
<p>5 APPRISE Ensemble 9 Chimes 9:30 Chorus 10-11:45, Crochet 10-11:30, Lunch 11:30 - 12:30 Silver Sneakers 12:30 - 1:15 MLSN Bridge 2 - 4 Yoga 6:30 - 7:30 Van Trip: Devon Acme Chef's Salad</p>	<p>6 Walking Club 10:15 - 10:45 Strength & Stretch 10:45 - 1:30 Lunch 11:30 - 12:30 MLSN Knitting 11:30 - 1 AF Exercise 12:30 - 1:15 Fun w/ Opera 12:45 - 2 Caregiver Support Grp 1:30 - 3 Van Trip: Giant or Wegmans Turkey Cottage Pie</p>	<p>7 MLSN Current Events 9 - 10:30 Balance/Strength 10:45 - 11:30 Poetry 10:45 - 11:45 Lunch 11:30 - 12:30 Ask the Nurse 12:00 - 1:30 Gentle Stretch 1 - 2 Trip: Paoli Acme Chicken w/ Mushroom Sauce</p>	<p>8 Reiki by appointment Yoga 10:30 - 11:30 Silver Sneakers 10:45 - 11:30 Lunch 11:30 - 12:30 Grief & Loss Support Group 1 - 2 Drama 1:30 - 3 Intro to Skype 2 - 3:30 Van Trip: Trader Joes * AICR Ginger Beef & Vegetables</p>	<p>9 Possibilities Fair 9 - 2:30 (see page 7 for details) Chair Yoga 11 - 12 Gentle Stretch 1 - 2 Trip: Paoli Acme <hr/>Saturday - Swing Club 10:30 - 11:30</p>
<p>12 APPRISE Ensemble 9 Chimes 9:30 Chorus 10 - 11:45 Crochet Club 10 - 11:30 Lunch 11:30 - 12:30 Silver Sneakers 12:30 - 1:15 OSHER 1:30 - 2:45 MLSN Bridge 2 - 4 Yoga 6:30 - 7:30 Van Trip: Devon Acme Gnocchi w/ Meat Sauce</p>	<p>13 Walking Club 10:15 - 10:45 Strength & Stretch 10:45 - 1:30 Lunch 11:30 - 12:30 MLSN Knitting 11:30 - 1 Downloading E-Books 12:30 - 1:30 AF Exercise 12:30 - 1:15 Fun w/ Opera 12:45 - 2 Van Trip: Giant or Wegmans Grilled Chicken Breast</p>	<p>14 MLSN Current Events 9 - 10:30 Mind Matters 10 - 11:15 Balance/Strength 10:45 - 11:30 Lunch 11:30 - 12:30 Fireproofing Tips 12:45 - 1:45 Gentle Stretch 1 - 2 Trip: Paoli Acme Swai Fish Pesto Crust</p>	<p>15 Reiki by appointment Yoga 10:30 - 11:30 FREE Health Screening 10 - 1 Silver Sneakers 10:45 - 11:30 Lunch 11:30 - 12:30 Grief & Loss Support Group 1 - 2 VA Benefits 1 - 2 Drama 1:30 - 3 Van Trip: Trader Joes Lamb Sliders</p>	<p>16 Open Art 10 - 12 Chair Yoga 11 - 12 Gentle Stretch 1 - 2 Line Dancing 1 - 1:45 Trip: Paoli Acme <hr/>Saturday - Swing Club 10:30 - 11:30</p>
<p>19 Ensemble 9 Chimes 9:30 Chorus 10 - 11:45 Crochet Club 10 - 11:30 Lunch 11:30 - 12:30 Speech Recognition Software 12:30 - 1:30 Silver Sneakers 12:30 - 1:15 OSHER 1:30 - 2:45 MLSN Bridge 2 - 4 Yoga 6:30 - 7:30 Van Trip: Devon Acme Chicken & Broccoli Baked Potato</p>	<p>20 Three Musketeer's 10 - 11 Walking Club 10:15 - 10:45 Strength & Stretch 10:45 - 11:30 Lunch 11:30 - 12:30 MLSN Knitting 11:30 - 1 AF Exercise 12:30 - 1:15 Fun w/ Opera 12:45 - 2 Van Trip: Giant or Wegmans Sweetly Succulent Tilapia</p>	<p>21 MLSN Current Events 9 - 10:30 Balance/Strength 10:45 - 11:30 Lunch 11:30 - 12:30 Qi Gong 12 - 12:50 Ask the Nurse 12 - 1:30 Gentle Stretch 1 - 2 Breast Cancer Awareness 6 - 7pm Trip: Paoli Acme Beer Braised Sausages</p>	<p>22 Reiki by appointment Yoga 10:30 - 11:30 Silver Sneakers 10:45 - 11:30 Lunch 11:30 - 12:30 Grief & Loss Support Group 1 - 2 Drama 1:30 - 3 Mah Jong 1:30 - 4 Quiche w/ Butternut Squash and Bacon</p>	<p>23 APPRISE Open Enrollment Open Art 10 - 12 TGIF 11:30 - 12:30 Chair Yoga 11- 12 Line Dancing 1 - 1:45 Gentle Stretch 1 - 2 Trip: Paoli Acme Lemon Rosemary Chicken <hr/>Saturday - Swing Club 10:30 - 11:30</p>
<p>26 Ensemble 9 Chimes 9:30 Chorus 10 - 11:45 Crochet Club 10 - 11:30 Lunch 11:30 - 12:30 Silver Sneakers 12:30 - 1:15 OSHER 1:30 - 2:45 MLSN Bridge 2 - 4 Yoga 6:30 - 7:30 Van Trip: Devon Acme Tuna Casserole</p>	<p>27 Walking Club 10:15 - 10:45 Strength & Stretch 10:45 - 11:30 Lunch 11:30 - 12:30 MLSN Knitting 11:30 - 1 AF Exercise 12:30 - 1:15 Fun w/ Opera 12:45 - 2 Van Trip: Giant or Wegmans Autumn Beef Stew</p>	<p>28 MLSN Current Events 9 - 10:30 Balance/Strength 10:45 - 11:30 Lunch 11:30 - 12:30 Qi Gong 12 - 12:50 Book Club 12:30 - 1:30 Gentle Stretch 1 - 2 Halloween Dinner 4:30 - 6:30 Trip: Paoli Acme Chicken Marsala</p>	<p>29 Reiki by appointment Yoga 10:30 - 11:30 Silver Sneakers 10:45 - 11:30 Lunch 11:30 - 12:30 Words in Words 12:30 - 1:30 Grief & Loss Support Group 1 - 2 Drama 1:30 - 3 Mah Jong 1:30 - 4 Using Smart Phones 2 - 3:30 Roasted Pork Loin</p>	<p>30 Jefferson 9:30 - 11 Open Art 10 - 12 Chair Yoga 11 - 12 Line Dancing 1 - 1:45 Gentle Stretch 1 - 2 90+ Birthday 2 - 3 Trip: Paoli Acme <hr/>Saturday - Swing Club 10:30 - 11:30</p>

Boomer Primer: A one day workshop

Friday, October 2, 9 - 2:15 (\$10, includes lunch)
All you need to know about aging services. See page 2 for more information.

Poetry Reading by Marsha Williams

Wednesday, October 7, 10:45 - 11:45
Enjoy Marsha reading various poems and authors!

Intro to Skype

Thursday, October 8, 2 - 3:30, \$15
Learn how to use this amazing program to make free "phone calls" with your computer anywhere in the world—and see the people you are talking to.

Islam: An Introduction to My Neighbor

5 Mondays, October 12 - November 9, 1:30 - 2:45
See page 1 for details.

Downloading Books to Mobil Devices

Tuesday, October 13, 12:30 - 1:30
An Easttown Library librarian will teach you how to download e-Books, e-AudioBooks, and e-Magazines to your tablet or other app-friendly mobile device. Bring the username and password for your device.

Tips for Fireproofing Your Home

Wednesday, October 14, 12:45 - 1:45
Protect yourself and your home in case of a fire. Join us as we learn all about fire safety.

Mind Matters: Food, Glorious Food!

Wednesday, October 14, 10 - 11:15
Chef Donna will show us how to make eating a more pleasurable experience and cooking a creative endeavor! Streamed live from WITF, an NPR affiliate.

VA Benefits

Thursday, October 15, 1 - 2
Learn what types of benefits are available for, what you are eligible for, how to access these benefits.

FREE Health Screening

Thursday, October 15, 10 - 1
Interested in having your Cholesterol or Blood Pressure checked? Come out for FREE non-fasting testing by the Chester County Health Department.

Speech Recognition Software

Monday, October 19, 12:30 - 1:30
See how assistive-technology can turn speech into words on the computer. A great tool for those with mobility constraints such as arthritis or Parkinson's disease. Software demonstrated by Karen Strauss.

An "All for One and One for All" Adventure!

Tuesday, October 20, 10 - 11
Learn about People's Light's *The Three Musketeers (The Later Years): A Musical Panto*. Participants will go 'behind the scenes' here at Surrey and become the characters to experience first-hand the wild and wondrous world of the holiday Panto.

Connection Between Genetic Makeup and Cancer

Wednesday, October 21, 6 - 7
Dr. Timothy Fox from Main Line Health will discuss the relationship between genetic mutations and cancer, and what people can do to protect themselves and/or help to detect these cancers in an early and potentially curative stage.

Halloween Dinner

Wednesday, October 28, 4:30 - 6:30, \$10
Come in your best costume for a Chicken Ghoulish dinner by Chef Ben. We will have a costume contest, dreadfully delicious desserts and a heck of a good time! Call Nicole to register 610-647-9172.

Using Smart Phones


Thursday, October 29, 2 - 3:30, \$15
Do you find your smartphone makes you feel anything but smart? Learn its capabilities including phone, email, Internet, downloading apps and taking pictures. Be sure to bring your phone to class.

Dementia Caregiver Workshop :

Ensuring Safety in the Home
Friday, October 30, 9:30 - 11
See page 2 for details.

Saturday Swing Club

Every Saturday 10:30 - 11:30
Join the Surrey Band! Bring your instruments and play some old favorites together. Contact Larry Kelly, 610-251-9746 or email LarKelly@aol.com.

Mon	Tue	Wed	Thu	Fri
All Surrey activities are held at Trinity Church 144 Lawrence Road, Broomall Unless otherwise noted	Did you know that Surrey provides rides to the Newtown Square ACME on Wednesdays at 11:30 and the Broomall ACME on Fridays at 10? For information call Transportation 610-993-9493.	For more information or to contact Olga please call 215-307-7158	1 Arts & Crafts Drop-In 10:30 - 12 Line Dancing (\$4) 11 - 12 All You Can Eat Pancake Brunch (\$2) 12:15 - 1:15 Book Club 1 - 2 DCTMA Trip Discussion 1:15 - 2	2 Afternoon Movie at Marple Public Library 1 - 3
5 Eat Healthy, Be Active 10:30 - 11:30 YogaStretch (\$3) 1 - 1:45	6 Move-n-Groove Exercise (\$3) 10 - 10:45 Canasta (\$1) 11 - 1 Wii Bowling 1 - 2:30	7 Coffee Hour 10:30 - 12 Metros Art Grp (\$1) 10:30 - 2 Pinochle (\$1) 12:15 - 3	8 Arts & Crafts Drop-In 10:30 - 12 Line Dancing (\$4) 11 - 12 Lunch (\$4) Honey Glazed Ham 12:15 - 1:15 (Reservations Requested) Brain Games 1:30 - 2	9 Luncheon hosted by Trinity Church (Reservations required). Register with Olga or a Trinity Church Member. (Space is limited). 12 - 2
12 Eat Healthy, Be Active 10:30 - 11:30 YogaStretch (\$3) 1 - 1:45	13 Move-n-Groove Exercise (\$3) 10 - 10:45 Canasta (\$1) 11 - 1 Wii Bowling 1 - 2:30	14 Coffee Hour 10:30 - 12 Metros Art Grp (\$1) 10:30 - 2 Pinochle (\$1) 12:15 - 3 Gypsy at the Media Theatre 2 - 5	15 Arts & Crafts Drop-In 10:30 - 12 Line Dancing (\$4) 11 - 12 Lunch (\$4) Chicken Pot Pie 12:15 - 1:15 Wheel of Fortune 1:15 - 2	16  Don't miss the Halloween Party on Monday!!!!
19 Member Get Together: Halloween Party 12 - 2 No Eat Healthy today No Yoga Stretch today	20 Move-n-Groove Exercise (\$3) 10 - 10:45 Canasta (\$1) 11 - 1 Wii Bowling 1 - 2:30	21 Coffee Hour 10:30 - 12 Metros Art Grp (\$1) 10:30 - 2 Pinochle (\$1) 12:15 - 3	22 Arts & Crafts Drop-In 10:30 - 12 Line Dancing (\$4) 11 - 12 Lunch (\$4) Tarragon Chicken Salad 12:15 - 1:15 (Reservations Requested) 90th & October Birthdays Party & Bingo 1:15 - 2	23 Trip to Reading Terminal Market w/ Delaware County Transportation Management Association
26 Aura Readings with Kay 10 - 12 (by appt.) Eat Healthy, Be Active 10:30 - 11:30 Pot Luck Luncheon 12:15 - 1:15 YogaStretch (\$3) 1 - 1:45	27 Move-n-Groove Exercise (\$3) 10 - 10:45 APPRISE Counseling, (by appointment only) 10-2 Canasta (\$1) 11 - 1 Wii Bowling 1 - 2:30	28 Coffee Hour 10:30 - 12 Metros Art Grp (\$1) 10:30 - 2 Pinochle (\$1) 12:15 - 3	29 Arts & Crafts Drop-In 10:30 - 12 Line Dancing (\$4) 11 - 12 Lunch by Chef Ben: Roasted Pork Loin w/ Apples and Cabbage (\$4) 12:15 - 1:15 (Reservations Requested) Coloring Inside the Lines: Adult Coloring Books 1:15 - 2	30 Multicultural Dine Around 12 - 2 at Lourdas Greek Tavern at 50 North Bryn Mawr Avenue in Bryn Mawr (Reservations Required).

All You Can Eat (AYCE) Pancake Brunch

Thursday, October 1, 12:15 - 1:15 \$2
Enjoy coffee, tea, juice, two pieces of sausage, and all the pancakes you can eat!

Book Club

Thursday, October 1, 1 - 2
Join us as we discuss our book for this month, *Change of Heart* by Jodi Picoult. We will distribute the book for November, *Light Oceans* by M.L. Stedman. Book Club is facilitated by Bridgette from the Marple Public Library.

Delaware County Transportation Management Association Trip Discussion

Thursday, October 1, 1:15 - 2
Join us as we discuss the details with DCTMA regarding our trip to the Reading Terminal Market on Friday, October 23.

Afternoon Movie at Marple Public Library

Friday, October 2, 1 - 3
Join your Surrey friends and members of the library for a monthly afternoon movie in their new updated community room. The movie will be a recent release. Please call Olga for movie title.

YogaStretch

Mondays, 1 - 1:45 (except October 19) \$3
YogaStretch classes offer a variety of stretching exercises in both seated and standing positions. The positions involve stretching and reaching your limbs and gently bending your body into easy to reach positions that are designed to target specific muscle groups. All fitness levels welcome!

Eat Healthy, Be Active

Mondays (except October 19), 11 - 12
This six-week class, will teach you to how to play an active role in maintaining a healthy weight, reducing your risk of chronic disease, and living a healthy life. **FREE!** The series includes:
1) Enjoy healthy food that tastes great
2) Quick, healthy meals and snacks
3) Eating healthy on a budget
4) Tips for losing weight and keeping it off
5) Making healthy eating part of your total lifestyle
6) Physical activity is key to living well

Gypsy at the Media Theatre

Wednesday, October 14, 2 - 5, \$25
Join us for the matinee production of *Gypsy*. The cost will be \$25 if we have at least 15 people who are interested in attending. For more information or to reserve your spot, please contact Olga at 215-307-7158. The deadline for registration and payment is Monday, October 5.

Member Get Together: Halloween Party (\$4)

Monday, October 19, 12 - 2, \$4
Costumes not required but strongly encouraged! Reservations are necessary. Please call Olga at 215-307-7158 or contact a committee member to register.

90th Birthday Party

Thursday, October 22, 1:15 - 2
Join us as we celebrate those members of Surrey who are turning 90 this calendar year, along with our October birthdays, with cake and a fun afternoon of bingo for prizes.

Trip to Reading Terminal Market

Friday, October 23, time TBD
Come to the planning meeting on October 1 for more information or call Olga.

Pot Luck Luncheon

Monday, October 26, 12:15 - 1:15
Join your Surrey friends for a delicious Pot Luck Luncheon. Either bring a homemade or store bought entrée or side or bring a \$4 contribution. **Surrey will provide the dessert and drinks.** Please tell Olga what you plan on bringing.

APPRISE Counseling, by appointment only


Tuesday, October 27, 10 - 2
APPRISE provides Medicare information through individual counseling appointments. Please call Olga to schedule your appointment. **Free!**

Coloring Inside the Lines: Adult Coloring Books

Thursday, October 29, 1:15 - 2
Coloring is not just for kids anymore! The healthy benefits go beyond relaxation, and include exercising fine motor skills and training the brain to focus. Join us for a fun and creative afternoon!

Multicultural Dine Around

Friday, October 30, 12 - 2
Each month, we will visit a local restaurant which features multicultural cuisine. October will feature delicious Greek food at Lourdas Greek Tavern at 50 North Bryn Mawr Avenue in Bryn Mawr. **Please bring enough cash to cover your portion of the bill, plus tax and tip.** You must register with Olga as space is limited.

Mon	Tue	Wed	Thu	Fri
<p>Lunch Policy</p> <ul style="list-style-type: none"> Lunch is served Monday - Friday, 11:45 - 12:30. Reserve your lunch by calling the Center after 9 am. A \$2 contribution is requested. Pick up your lunch ticket at the Registration Desk. 	<p>Havertown Activities</p> <p>For additional information about any activity listed, or for the menu of the day, call Receptionist Margarita or Elayne, or Program Assistant <i>Mary Gengenbach</i> at (610) 446-2070.</p>		<p>1 Open Art Studio 9 - 12 Stretch & Move 10 - 10:45 Eat Healthy, Be Active 11 -11:45 Lunch 11:45 - 12:30 Party Bridge 12 - 4 Open Art Studio 12:30 - 3:30 Duplicate Bridge 12:30 - 4 Table Tennis 1 - 4</p> <p>Crab Cake</p>	<p>2 Silver Sneakers 10 - 10:45 Lecture & Lunch: Foot Care for Seniors 11 - 11:45 Lunch 11:45 - 12:30 Duplicate Bridge 12:30 - 4 Table Tennis 1 - 4</p> <p>Garlic Sliced Beef w/ Gravy</p>
<p>5 BP w/ Nancy 9:30 - 11 Silver Sneakers 10 - 10:45 Weaving 10 - 11:30 Walking Club 11 - 11:45 Brain Fitness 11 - 11:45 Lunch 11:45 - 12:30 Pinochle 1 - 4</p> <p>Chicken Chili w/ Beans</p>	<p>6 Landscape Painting 9 - 12 Stretch & Move 10 - 10:45 Knit Wits 10 - 11:45 Lunch 11:45 - 12:30 Mah Jong 12 - 3 Bingo 12:30 - 3 Line Dancing 1 - 2 Table Tennis 2 - 4</p> <p>Sheppard's Pie</p>	<p>7 Current Events 9 - 10 Ask a Nurse 9:30 - 11:30 Tai Chi 10 - 10:45 Sip & Swipe Café 10 - 12 Lunch 11:45 - 12:30 Open Art Studio 12:30 - 3:30 Line Dancing 1 - 2 Advanced Italian 1 - 3:30 Poker 1 - 4</p> <p>Broiled Fish w/ Tarragon Sauce</p>	<p>8 Open Art Studio 9 - 12 Stretch & Move 10 - 10:45 Eat Healthy, Be Active 11 -11:45 Lunch 11:45 - 12:30 Party Bridge 12 - 4 Open Art Studio 12:30 - 3:30 Duplicate Bridge 12:30 - 4 Table Tennis 1 - 4</p> <p>Citrus Roast Chicken Quarter</p>	<p>9 Silver Sneakers 10 - 10:45 Lecture & Lunch: Tax Info for Seniors 11 - 11:45 Lunch 11:45 - 12:30 Duplicate Bridge 12:30 - 4 Table Tennis 1 - 4</p> <p>Garlic Deluxe Salad w/ Chicken</p>
<p>12 BP w/ Nancy 9:30 - 11 Silver Sneakers 10 - 10:45 Weaving 10 - 11:30 Walking Club 11 - 11:45 Brain Fitness 11 - 11:45 Lunch 11:45 - 12:30 Pinochle 1 - 4</p> <p>Apple Sage Roasted Turkey</p>	<p>13 Landscape Painting 9 - 12 Stretch & Move 10 - 10:45 Knit Wits 10 - 11:45 Lunch 11:45 - 12:30 Mah Jong 12 - 3 Bingo 12:30 - 3 Line Dancing 1 - 2 Table Tennis 2 - 4 Caribbean Jerk Chicken</p>	<p>14 Current Events 9 - 10 Tai Chi 10 - 10:45 Mind Matters 10 - 11:15 Sip & Swipe Café 10 - 12 Lunch 11:45 - 12:30 Open Art Studio 12:30 - 3:30 Line Dancing 1 - 2 Advanced Italian 1 - 3:30 Poker 1 - 4</p> <p>Roast Beef Wrap</p>	<p>15 APPRISE 9 - 11:30 (appt.) Open Art Studio 9 - 12 Stretch & Move 10 - 10:45 Lunch 11:45 - 12:30 Party Bridge 12 - 4 Open Art Studio 12:30 - 3:30 Duplicate Bridge 12:30 - 4 Table Tennis 1 - 4</p> <p>Broiled Fish-Red Pepper Sauce</p>	<p>16 Casino Trip AC Resorts Silver Sneakers 10 - 10:45 Lecture & Lunch: APPRISE Medicare Update 2016 10:45 - 11:45 Lunch 11:45 - 12:30 Duplicate Bridge 12:30 - 4 Table Tennis 1 - 4</p> <p>Sliced Beef au Jus</p>
<p>19 BP w/ Nancy 9:30 - 11 Silver Sneakers 10 - 10:45 Weaving 10 - 11:30 Walking Club 11 - 11:45 Brain Fitness 11 - 11:45 Lunch 11:45 - 12:30 Pinochle 1 - 4</p> <p>Herbed Roasted Chicken Quarter</p>	<p>20 Landscape Painting 9 - 12 Stretch & Move 10 - 10:45 Knit Wits 10 - 11:45 Lunch 11:45 - 12:30 Mah Jong 12 - 3 Bingo 12:30 - 3 Line Dancing 1 - 2 Table Tennis 2 - 4</p> <p>Crab Salad Platter</p>	<p>21 Current Events 9 - 10 Ask a Nurse 9:30 - 11:30 Tai Chi 10 - 10:45 Sip & Swipe Café 10 - 12 Lunch 11:45 - 12:30 Open Art Studio 12:30 - 3:30 Line Dancing 1 - 2 Advanced Italian 1 - 3:30 Poker 1 - 4</p> <p>BBQ Meatballs</p>	<p>22 Open Art Studio 9 - 12 Flu Shots MLH 9:30 - 11:30 Stretch & Move 10 - 10:45 Eat Healthy, Be Active 11 -11:45 Lunch 11:45 - 12:30 Party Bridge 12 - 4 Open Art Studio 12:30 - 3:30 Duplicate Bridge 12:30 - 4 Table Tennis 1 - 4</p> <p>Roasted Turkey w Apricot Glaze</p>	<p>23 Silver Sneakers 10 - 10:45 Lecture & Lunch: Blue Cross Medicare Plans 2016 10:45 - 11:45 Lunch 11:45 - 12:30 Duplicate Bridge 12:30 - 4 Table Tennis 1 - 4</p> <p>Ravioli Bolognese</p>
<p>26 BP w/ Nancy 9:30 - 11 Silver Sneakers 10 - 10:45 Weaving 10 - 11:30 Walking Club 11 - 11:45 Brain Fitness 11 - 11:45 Lunch 11:45 - 12:30 Pinochle 1 - 4</p> <p>Garlic Sliced Roast Beef w/ Gravy</p>	<p>27 Landscape Painting 9 - 12 Stretch & Move 10 - 10:45 Knit Wits 10 - 11:45 Kitchen Table Stories 10:45 - 11:45 Halloween Special Luncheon 10:30 - 12:30 Mah Jong 12 - 3 Bingo 12:30 - 3 Line Dancing 1 - 2 Table Tennis 2 - 4 Halloween Surprise Lunch!</p>	<p>28 Current Events 9 - 10 Tai Chi 10 - 10:45 Sip & Swipe Café 10 - 12 Lunch 11:45 - 12:30 Open Art Studio 12:30 - 3:30 Line Dancing 1 - 2 Advanced Italian 1 - 3:30 Poker 1 - 4</p> <p>Stuffed Shells</p>	<p>29 Open Art Studio 9 - 12 Stretch & Move 10 - 10:45 Eat Healthy, Be Active 11 -11:45 Lunch 11:45 - 12:30 Party Bridge 12 - 4 Open Art Studio 12:30 - 3:30 Duplicate Bridge 12:30 - 4 Table Tennis 1 - 4</p> <p>Tarragon Chicken Salad Platter</p>	<p>30 Silver Sneakers 10 - 10:45 New Member Lunch & Birthday Party 11:45 - 12:30 Duplicate Bridge 12:30 - 4 Table Tennis 1 - 4</p> <p>Special Halloween Menu: Ghoulish Goulash</p>

Sip & Swipe Café: iPad Training
Wednesdays, 10 - 11 or 11 - 12
Learn to use an iPad. Pre-register, but free.

Lecture & Lunch: Foot Care for Seniors
Friday, October 2, 11 - 11:45
Healthy feet are vital for good health. Dr. Robby Weimer of Weimer Family Podiatry will talk about how preventative care can avoid problems. Free and Free Lunch for those attending!

Eat Healthy, Be Active
6 Thursdays, Oct. 1- Nov. 12, 11 - 11:45, **FREE!**
This six-week class will teach you to how to play an active role in maintain a healthy weight, reduce your risk of chronic disease, and live a healthy lives. The series includes: enjoy healthy food that tastes great; quick, healthy meals and snacks; eating healthy on a budget; tips for losing weight and keeping it off; making healthy eating part of your total lifestyle; physical activity is key to living well.

Landscape Painting
5 Tuesdays left, October 6 - November 10, 9 - 12
In this interactive course on techniques of light and texture, Larry Meyers will guide you using the medium of your choice! Cost: \$30/\$25 for Surrey members, includes instructional materials.

Lecture & Lunch: Tax Information for Seniors
Friday, October 9, 11 - 11:45
Hear Paul A. Shafer of Paul A. Shafer & Assoc. Tax Consultants, discuss the taxation of pension and

profit sharing plans, annuities, Social Security, and more. Free and free Lunch for those attending.

MindMatters: Food, Glorious Food
Wednesday, October 14, 10 - 11:15
Chef Donna will guide you into a new understanding of taste, and how taste is experienced—to make eating a more pleasurable experience and cooking a creative endeavor! Chef Donna will share her “Three Bites to Being Full and Satisfied©” rules. Streaming live from WITF, an NPR affiliate. Free!

APPRISE Counseling, by appointment
Thursday, October 15, 9 - 11:30
APPRISE is a free health insurance counseling program designed to help older Pennsylvanians with Medicare. Call 610-446-2070 to schedule your appointment. Free!

Casino Trip
Friday, October 16, 9 - 6:30
Enjoy a day in Atlantic City at Resorts or walk the boardwalk. Payment due at time of registration. Cost: \$22 (get \$25 casino “money” back).

Lecture & Lunch: APPRISE, Medicare 2016
Friday October 16, 10:45 - 11:45
Medicare Annual Enrollment Update: new and updated information for the new Medicare year and New Medical and/or Preventive Services offered to Medicare Consumers. Free and free Lunch for those attending the presentation!

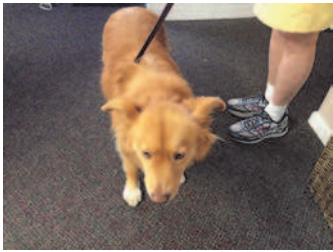
Flu shots by Main Line Health
Thursday, October 22, 9:30 - 11:30
Appointment only. Pre-registration is required. Register through Main Line Health by calling 1-866-CALL-MLH.

Lecture & Lunch: IBX Medicare Plans for 2016
Friday, October 23, 10:45 - 11:45
Christina Garrity of Senior Advisors presents information on the new and updated Medicare plans for IBX. Free and free lunch if attending!

Halloween Special Luncheon
Tuesday, Oct. 27, 10:30 - 12:30
Ghouls & boys, have a screaming time with an early Halloween celebration. Come in costume and win Havertown Bux! Pre-Registration is a MUST. Cost: \$6* (*\$2 COSA suggested contribution for meals, \$4 is for entertainment & fellowship!)

New Member Lunch & Birthday Party!
Friday, October 30, 11:45 - 12:30
Members with October birthdays are our special guests and receive a free lunch today.

Haverford Township Adult School (HTAS) is holding two classes here at Surrey Havertown. See the HTAS Fall 2015 brochure for full descriptions. **Registration through HTAS is a MUST:** 610-446-8022 or www.haverfordadultschool.org
Spielberg: Cinema and Sentiment (#417)
5 Mondays, Sept. 28 - Oct. 26, 12:30 - 2:30, \$65 fee
Benjamin Franklin – Reluctant Patriot (#415)
4 Mondays, Nov. 2 - 23, 1 - 2:30, \$55 fee

Mon	Tue	Wed	Thu	Fri
<p>Surrey Media Activities</p> <p>For additional information about any activity listed, or for the menu of the day, call <i>Connie Woodring</i>, Program Assistant, at 610-566-0505.</p>	 <p>Thanks for visiting Lakota!</p>		<p>1</p> <p>Bead It Jewelry Club 9 - 10:15 Healthy Living Talk 11:30 - 12 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 Pinochle Lessons & Play 1 - 3 Walking Club 1:15 - 1:45</p> <p>Crab Cake</p>	<p>2</p> <p>Knitting Lessons and Sit 'N Knit 9:15 - 10:15 Pinochle Club 9 - 11:30 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 Shopping at the ACME 1:00 Bridge Club 1 - 4 House Plant Clinic 1 - 2 Garlic Sliced Beef</p>
<p>5</p> <p>Pinochle Club 9 - 11:30 SilverSneakers® 10 - 11 Lunch 12 - 12:45 Weaving & Fiber Arts Program 1 - 2:30 Eat Healthy, Be Active 1 - 2</p> <p>Chicken Chili</p>	<p>6</p> <p>SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 YogaStretch 1 - 1:45 Pokeno Party 1 - 2</p> <p>Assorted Hoagies</p>	<p>7</p> <p>Bingo 9:15 - 10:15 Pinochle Club 9 - 11:30 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 Delaware County Transportation Management Association Travel Training Presentation 1 - 2 Broiled Stuffed Fish w/ Tarragon Sauce</p>	<p>8</p> <p>Bead It Jewelry Club 9 - 10:15 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 Pinochle Lessons & Play 1 - 3 Walking Club 1:15 - 1:45</p> <p>Citrus Spiced Roast Chicken Quarter</p>	<p>9</p> <p>Knitting Lessons and Sit 'N Knit 9:15 - 10:15 Pinochle Club 9 - 11:30 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 Shopping at the ACME 1:00 Bridge Club 1 - 4 Make Dreamcatchers (\$1 materials fee) 1 - 2 Garden Deluxe Salad w/ Chicken</p>
<p>12</p> <p>Pinochle Club 9 - 11:30 SilverSneakers® 10 - 11 Lunch 12 - 12:45 Weaving & Fiber Arts Program 1 - 2:30 Eat Healthy, Be Active 1 - 2</p> <p>Apple Sage Roasted Turkey</p>	<p>13</p> <p>SilverSneakers® 10:30 - 11:30 YogaStretch 1 - 1:45 Surrey Community Service Project 1 - 2 Surrey Pot Luck Supper 5 - 6:30</p> <p>Caribbean Jerk Chicken</p>	<p>14 <i>Bingo 9:15 - 10:15</i></p> <p>Pinochle Club 9 - 11:30 Ask the Nurse 10 - 11:30 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 Kitchen Table Stories 1 - 2 Gypsy at the Media Theatre 2 - 4 (see Broomall calendar for information) Roast Beef Wrap</p>	<p>15</p> <p>Bead It Jewelry Club 9 - 10:15 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 Pinochle Lessons & Play 1 - 3 Walking Club 1:15 - 1:45</p> <p>Broiled Fish w/ Roasted Red Pepper Sauce</p>	<p>16</p> <p>Knitting Lessons and Sit 'N Knit or Crochet 9:15 - 10:15 Pinochle Club 9 - 11:30 Flu Shots (by appointment) 9:30 - 11 SilverSneakers® 10:30 - 11:30 Shopping at the ACME 1:00 Bridge Club 1 - 4 Healthy Cooking 1:15 - 2 Sliced Beef Au Jus</p>
<p>19</p> <p>Pinochle Club 9 - 11:30 SilverSneakers® 10 - 11 Lunch 12 - 12:45 Weaving & Fiber Arts Program 1 - 2:30 Eat Healthy, Be Active 1 - 2</p> <p>Herbed Roasted Chicken</p>	<p>20</p> <p>SilverSneakers® 10:30 - 11:30 YogaStretch 1 - 1:45 Surrey Scrapbooking Club 1 - 2</p> <p>Crab Salad Platter</p>	<p>21</p> <p>Bingo 9:15 - 10:15 Pinochle Club 9 - 11:30 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 Coloring Inside the Lines: Adult Coloring Books 1 - 2</p> <p>Pancakes & Sausages</p>	<p>22</p> <p>Bead It Jewelry Club 9 - 10:15 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 Pinochle Lessons & Play 1 - 3 Walking Club 1:15 - 1:45 Supper Club at the Aston Diner 5 - 6:30</p> <p>Roasted Turkey w/ Apricot Glaze</p>	<p>23</p> <p>Knitting Lessons and Sit 'N Knit or Crochet 9:15 - 10:15 Pinochle Club 9 - 11:30 SilverSneakers® 10:30 - 11:30 Shopping at the ACME 1:00 Bridge Club 1 - 4 Sketching/Drawing 1 - 2</p> <p>Ravioli Bolognese</p>
<p>26</p> <p>Pinochle Club 9 - 11:30 SilverSneakers® 10 - 11 Lunch 12 - 12:45 Weaving & Fiber Arts Program 1 - 2:30 Eat Healthy, Be Active 1 - 2 Reiki Sessions 1 - 2 Opera Night at Felini Café 6 - 8</p> <p>Garlic Sliced Beef</p>	<p>27</p> <p>SilverSneakers® 10:30 - 11:30 YogaStretch 1 - 1:45 Confectioner's Corner 1 - 2</p> <p>Mustard Glazed Chicken</p>	<p>28</p> <p>Bingo 9:15 - 10:15 Pinochle Club 9 - 11:30 Ask the Nurse 10 - 11:30 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 Focus on Fiction Book Club at HKF Library 1 - 2 APPRISE Medicare Counseling (by appointment) 1 - 4 Stuffed Shells</p>	<p>29</p> <p>Bead It Jewelry Club 9 - 10:15 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 Pinochle Lessons & Play 1 - 3 Walking Club 1:15 - 1:45</p> <p>Tarragon Chicken Salad</p>	<p>30</p> <p>Knitting Lessons and Sit 'N Knit 9:15 - 10:15 Pinochle Club 9 - 11:30 SilverSneakers® 10:30 - 11:30 Lunch 12 - 12:45 Shopping at the ACME 1:00 Bridge Club 1 - 4 Sketching/Drawing 1 - 2</p> <p>Ghoulish Ghoulish</p>

Walking Club

Thursdays, 1:15 - 1:45

Join us for a casual weekly walk through our beautiful neighborhood. Walk at your own pace while enjoying the company of other members. **Weather permitting.**

House Plant Clinic

Friday, October 2, 1 - 2

Have questions or need some help rejuvenating a house plant? Please contact Connie to let us know you will be joining us.

Eat Healthy, Be Active

6 Mondays, 1 - 2

This six-week class, taught by Surrey Services staff, will teach you to how to play an active role in maintaining a healthy weight, reduce your risk of chronic disease, and live a healthy lifestyle. **FREE!**

The series includes:

- 1) Enjoy healthy food that tastes great
- 2) Quick, healthy meals and snacks
- 3) Eating healthy on a budget
- 4) Tips for losing weight and keeping it off
- 5) Making healthy eating part of your total lifestyle
- 6) Physical activity key to living well

Travel Training Presentation by Delaware County Transportation Management Association

Wednesday, October 7, 1 - 2

Join us as we learn more about how to navigate the public transportation system and sign up for your Senior Ride Free card!

Make a Dreamcatcher

Friday, October 9, 1 - 2, \$1

Join us as we learn to make Native American dreamcatchers. \$1 materials fee.

Surrey Pot Luck Supper!

Tuesday, October 13, 5 - 6:30

Join your Surrey friends at our monthly Pot Luck Supper. Either bring a homemade or store bought entrée, side or dessert or bring a \$4 contribution. The food and friendship are always wonderful.

Free Flu Shots (by appointment)

Friday, October 16, 9:30 - 11

Bryn Mawr Hospital Community Health Services Department is offering **free** flu shots for those 65+. To register call: 1-866-CALL-MLH.

Coloring Inside the Lines: Adult Coloring Books

Wednesday, October 21, 1 - 2

Coloring is not just for kids anymore! The healthy benefits go beyond relaxation, and include exercising fine motor skills and training the brain to focus. Join us for a fun and creative afternoon!

Supper Club at The Aston Diner

Thursday, October 22, 5 - 6:30

Join your Surrey friends for our monthly dinner outing at Aston Diner. To secure your spot or if you need assistance with transportation, please see Kathy or Connie. **Space is limited.**

Fun with Sketching/Drawing

Fridays, October 23 and 30, 1 - 2

Join us for a casual and fun introduction to sketching. **This class is geared for beginners.**

Focus on Fiction Book Club at the Helen Kate Furness Library

Wednesday, October 28, 1 - 2

Join us for our monthly book club. This month's book will be *Aviator's Wife* by Melanie Benjamin.

Reducing Caregiver Stress

Caregivers give of themselves to provide for their family member or friend who cannot live independently without that support.



While caregiving can be rewarding, the stress it creates may take a toll on the health, relationships and state of mind of the person providing the care. This can lead to caregiver burnout, illness and resentment of the care recipient. Follow these guidelines to help reduce the stress.

Acknowledge Stressors. To address this stress the first step is to pinpoint what things cause stress – is it feeling like you aren't doing enough or that you are neglecting other relationships?

Once you are aware of what creates stress for you steps can be taken. Don't be afraid to ask for help. Have specific tasks you can assign to others when help is offered. For example, if you feel you don't have enough time to cook the type of meals you would like, consider asking a friend to make a meal each week or order from a restaurant that delivers.

Give yourself a break. Even 30 minutes a day to take a walk or relax reading a book will help. Physical activity can help reduce stress and improve overall well-being. Do something you love such as dancing or gardening if you don't enjoy structured exercise programs. Remember – taking time for self is a necessity, not a luxury!

Set realistic goals. You may have cleaned the house in one day before you took on the caregiving role, but that may not be possible now.

Learn to say no to requests that are draining. Let another family member host the big holiday meal this year.

Practice acceptance by focusing on the things you can control. You may not be able to change someone's behavior but you can change how you react to it.

Take care of your own health. You can't provide care to someone else if you become ill.

Get support. Attend a support group for caregivers or seek social support from friends. Surrey in Devon has a caregiver support group that meets the second Tuesday of every month from 1:30–3.

Become educated. Attend relevant classes or use reliable internet sites (such as those with .gov or .edu as part of the address). Although there is no such thing as a "perfect" caregiver, being educated can help you do the best job possible. Surrey also offers educational workshops that may be of assistance. This month in partnership with Jefferson Eldercare, we are offering workshops for people caring for someone with dementia. For more information about these workshops see page 2.

Options for taking a break from this role are available. Surrey's care managers can assist with finding appropriate respite options and the home services department can provide support with highly qualified nurses, aides or cleaning services.

By practicing acceptance, focusing on what you can control, keeping your sense of humor and taking care of yourself you can continue this caregiving journey.

"To care for those who once cared for us is one of the highest honors."

Tia Walker

NFB Possibilities Fair

Surrey - Devon

Friday, October 9, 9:00 – 2:30 Cost: \$5
12 - 1 Lunch, presentation and discussion.
Refreshments and exhibits all day.

The Possibilities Fair by NFB (National Federation of the Blind) will show people losing their vision that accommodations can be made so they can continue living the kind of life they lived as a sighted person. The Fair will include demonstration areas featuring alternative techniques, equipment services for older adults losing vision and helpful hints about enjoying life.

This program is open to any and all older adults experiencing low vision or blindness. You can come at any time during the course of the day. There will be refreshments and exhibits. At noon there will be lunch and a discussion led by Jim Antonocchi, President of NFB Pennsylvania.

To register contact Nicole at 610-647-9172.

We thank our members for their generous gifts! 7/18/15– 8/14/15

Ms. Lillian Aquilante
Mr. and Mrs. Bruce Artman
Ms. Mary Auchincloss
Ms. Lucille Balukjian
Mr. George R. Blohm
Ms. Gloria Burghart
Ms. Sandra Chatfield
Mrs. Marjorie Chiccino
Ms. Sarah Culhane
Ms. Lynn F. Daly
Mr. & Mrs. Carmen DiMaggio
Mr. and Mrs. Joseph Elefritz
Mr. & Mrs. Richard A. Ellison
Mr. and Mrs. William Ewing
Mr. Douglas M. Felske
Barbara and George Fentress
Mrs. Patricia Fish
Mr. and Mrs. Gregory Gaul
Mr. and Mrs. James Govatos

Ms. Margaret K. Graham
Mr. and Mrs. George C. Guenther
Mr. William F. Hahn
Ms. June C. Johnson
Ms. Theresa Johnson
Mr. and Mrs. Allen Kanter
Dr. and Mrs. John H. Kerr
Ms. Joan Layfield
Mrs. Patricia A. Mackey
Mr. & Mrs. Raymond MacNeil
Mr. and Mrs. H. N. Metz
Mrs. Alice Morse
Mr. & Mrs. Lewis Neumann
Mr. and Mrs. Charles Parvin
Ms. Marion C. Pegg
Ms. Lucyle Pollock
Mrs. Peter Purse
Ms. Sharon Reed
Mr. & Mrs. Robert Robinson
Mr. Jerry Satlow
Ms. Linda B. Scavello
Mr. and Mrs. Richard Seidel
Mrs. Mary Sileo
Ms. Margaret Sprout

Ms. Teresa Sutton
Mr. Thomas Ulatowski
Ms. Maud T. Walker
Mr. and Mrs. Robert B. Wolfe

In Memory of Ralph Miller

Mr. and Mrs. John Matt

In Memory of E. Joyce Moore

Mr. and Mrs. John Matt
Mr. and Mrs. Robert L. Price
Ms. Victoria M. Todd

Your support helps ensure Surrey's sustainability so that we are always there to assist older adults in our community. To make a donation or to find out more about giving options, please call Lauren Christiansen at 610-647-9774.

Personal Finance Corner

How Do I Benefit From the PA Lottery?

By Jacquelyn Kennedy Sisson
Surrey's Daily Money Manager

Did you ever think that you would benefit from the Pennsylvania Lottery when it was created in 1971? Sure, everyone hopes to win big, but now that you are a senior you may benefit from lottery funded state programs. Since its inception, the lottery has funded almost \$25 billion in programs for seniors. During the fiscal year, which ended 7/2014 (the most recently available), the lottery provided \$1 billion towards senior programs in PA, with \$47 million in Delaware County and \$23 million in Chester County.

What are the Programs?

The Property Tax / Rent Rebate Program:

The rebate program was designed to reduce the burden of property taxes on seniors and is available to both homeowners and renters. In order to be eligible for a rebate, the applicant must be:

- 65 years or older, or a widow or widower age 50 or over, or age 18 or older and disabled.
- Have annual Income that does not exceed \$35,000 for homeowners and \$15,000 for renters. The applicant may exclude 50% of social security income when calculating annual income.

The deadline to apply for a 2014 rebate HAS BEEN EXTENDED TO 12/31/15. The amount of the rebate ranges from \$250 to \$650 depending on income. Forms are available at Surrey locations or call 888-222-9190.

PACE / PACENET:

The PACE and PACENET programs provide prescription assistance by lowering the cost of prescription medication for those 65 and older that meet certain income criteria. Depending on the program, the cost of prescriptions generally ranges from \$6 - \$15 each. The income limits are:

- PACE (the more generous of the two programs) - \$14,500 for individuals and \$17,700 for married couples.
- PACENET - \$23,500 for individuals and \$31,500 for married couples.

When calculating income for PACE and PACENET, Medicare Part B premiums may be deducted from income (\$104.90 per month). The thinking behind this calculation is that the premiums are generally deducted from monthly Social Security deposits, so the amounts are never really received as "income." For more information or to enroll, you may contact Surrey to make an appointment with an APPRISE counselor or contact the program directly at (800) 225-7223.

Other Programs:

Lottery proceeds also fund long term living services and Area Agencies on Aging, such as the County Office of Services for the Aging (COSA) in Delaware County, and the Chester County Department of Aging. In addition, funding is provided for shared ride programs (Rover and Community Transit) and free or reduced rate public transit (SEPTA). Anyone age 65 or older may ride SEPTA trolleys or buses for free and regional rail lines for \$1 by showing their Medicare card or a SEPTA Transit ID Card, which can be obtained from SEPTA.

So, all those lottery tickets that ended up being a disappointment may still pay off in other ways.

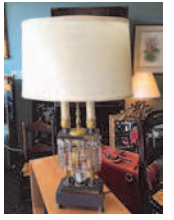
Supporting An Important Cause Offers Satisfaction

There are many advantages to giving to a non-profit. The foremost benefit is to you, the donor, to be able to support a cause you feel is important. You may not be able to take time off from work or daily obligations to help directly, but you can help support the organization that is able to do so. Whatever the cause, by donating to a nonprofit organization, you are helping to remedy a problem that exists.

People inevitably feel good after helping a charity. Whether you are donating time or money, helping to save lives or those less fortunate, your act of kindness is worthy and is an example for others to follow.

In its 34th year of service, now serving over 8,000 adults annually in Chester and Delaware counties, Surrey has become a recognized nonprofit leader in community aging services. Our hallmark is the ability to provide a full range of innovative services that address the transitional phases of older life. Your support of Surrey, through membership, program participation, gifts in memory of or in honor of friends and loved ones, annual donations, and attendance at special events have all helped to support the organization and enable us to provide solutions for issues that older adults must face. Thank you for counting on us to be the organization that works on your behalf to help others.

SURREY CONSIGNMENT SHOP



One Day Sale

30% - 50% ENTIRE SHOP*
Saturday, October 10th, 9-4

Vintage Jewelry
Fabulous Furniture
Eclectic Accessories
And so much more!



810 Lancaster Ave., Berwyn, 610-647-8632

*Excluding Noelle handbags

SURREY
Services for Seniors

ADDRESS SERVICES REQUESTED

60 Surrey Way
Devon, Pennsylvania 19333

NONPROFIT ORG
US POSTAGE
PAID
SOUTHEASTERN, PA
PERMIT NO. 7

Surrey Services for Seniors

www.surreyservices.org • info@surreyservices.org

DEVON

60 Surrey Way
Devon, PA 19333
610-647-6404

HAVERTOWN

1105 Earlington Road
Havertown, PA 19083
610-446-2070

MEDIA

302 S. Jackson Street
Media, PA 19063
610-566-0505

BROOMALL

(at Trinity Church)
144 Lawrence Road
Broomall, PA 19008
215-307-7158

Consignment Shop

810 Lancaster Avenue
Berwyn, PA 19312
610-647-8632

Happy Halloween!

