


Mon	Tue	Wed	Thu	Fri
<p>Havertown Activities</p> <p>For additional information about any activity listed, or for the menu of the day, call</p> <p><i>Mabel Frazier or Mary Ella Hunt, Registrars, or Mary Gengenbach, Program Asst.</i></p> <p>610-446-2070</p>		<p>1 Current Events 9-10 Billiards 9-11:30 Tai Chi 10-10:45 FYI—Bravo Health's 65+ Medicare Plans 10:45-11:45 Knit Wits 11-11:45 Lunch 11:45-12:30 Wii 12:30-4 Line Dancing 1-2:30 Adv. Italian 1-3:30 Poker 1-4 Art & Photo Group 1:30-2:30 Veal Patty w/ Gravy</p>	<p>2 Wii 9-11:30 Open Art Studio 9:30-3:30 Stretch & Move Exercise 10-10:45 Bridge 10-4 Lunch 11:45-12:30 Billiards 12:30-4 Duplicate Bridge 12:30-4 Table Tennis 1-4</p> <p>Rotini w/ Meatballs</p>	<p>3 Wear Red Day Wii 9-11:30 Exercise 10-10:45 Lunch 11:45-12:30 Billiards 12:30-4 Duplicate Bridge 12:30-4 Table Tennis 1-4</p> <p>Egg Salad w/ Peppers</p>
<p>6 Billiards 9-11:30 BP w/ Nancy 9:30-11 Exercise 10-10:45 Walking Club 11-11:45 Brain Fitness w/ Sandy 11-11:45 Lunch 11:45-12:30 Wii 12:30-4 Pinochle & Rummy King 1-4</p> <p>Swedish Meatballs</p>	<p>7 Wii 9-11:30 Billiards 9-11:30 Stretch & Move Exercise 10-10:45 Coffee with Pearl 10:30-11:30 Lunch 11:45-12:30 Mah Jongg 12-3 Bingo 12:30-4 Line Dancing 1-2:30 Table Tennis 2:30-4</p> <p>Pizza Burger</p>	<p>8 Current Events 9-10 Billiards 9-11:30 Ask a Nurse 9:30-11:30 Tai Chi 10-10:45 FYI—Main Line Health Presents 10:45-11:45 Knit Wits 11-11:45 Lunch 11:45-12:30 Wii 12:30-4 Line Dancing 1-2:30 Adv. Italian 1-3:30 Poker 1-4 Art & Photo Group 1:30-2:30 Turkey & Cheese Hoagie</p>	<p>9 Wii 9-11:30 Open Art Studio 9:30-3:30 Stretch & Move Exercise 10-10:45 Bridge 10-4 Donuts with PA Senator Daylin Leach 11-11:45 Lunch 11:45-12:30 Billiards 12:30-4 Duplicate Bridge 12:30-4 Table Tennis 1-4</p> <p>Chicken Cacciatore</p>	<p>10 Wii 9-11:30 Exercise 10-10:45 "Reel" Pizza Lunch & Movie 11:30-1:30 Lunch 11:45-12:30 Billiards 12:30-4 Duplicate Bridge 12:30-4 Table Tennis 1-4</p> <p>Lemon-Oregano Crusted Fish</p>
<p>13 Billiards 9-11:30 BP w/ Nancy 9:30-11 Exercise 10-10:45 Walking Club 11-11:45 Brain Fitness w/ Sandy 11-11:45 Lunch 11:45-12:30 Wii 12:30-4 Pinochle & Rummy King 1-4</p> <p>Tortellini w/ Meat Sauce</p>	<p>14 Wii 9-11:30 Billiards 9-11:30 Stretch & Move Exercise 10-10:45 Coffee with Pearl 10:30-11:30 Lunch 11:45-12:30 Mah Jongg 12-3 Bingo 12:30-4 Line Dancing 1-2:30 Table Tennis 2:30-4</p> <p>Grilled Raspberry Chicken</p>	<p>15 Current Events 9-10 Billiards 9-11:30 Tai Chi 10-10:45 FYI—Maximizing Retirement Income 10:30-11:45 Knit Wits 11:00-11:45 Lunch 11:45-12:30 Wii 12:30-4 Line Dancing 1-2:30 Adv. Italian 1-3:30 Poker 1-4 Art & Photo Group 1:30-2:30 Turkey Noodle Casserole</p>	<p>16 Wii 9-11:30 Open Art Studio 9:30-3:30 Stretch & Move Exercise 10-10:45 Bridge 10-4 Lunch 11:45-12:30 Billiards 12:30-4 Duplicate Bridge 12:30-4 Table Tennis 1-4</p> <p>Rosemary Chicken w/ Glaze</p>	<p>17 Wii 9-11:30 Exercise 10-10:45 Lunch 11:45-12:30 Billiards 12:30-4 Duplicate Bridge 12:30-4 Table Tennis 1-4</p> <p>Cheesy Tuna Cakes</p>
<p>20 Billiards 9-11:30 BP w/ Nancy 9:30-11 Exercise 10-10:45 Walking Club 11-11:45 Brain Fitness w/ Sandy 11-11:45 Lunch 11:45-12:30 Wii 12:30-4 Pinochle & Rummy King 1-4</p> <p>Beef Stroganoff</p>	<p>21 Wii 9-11:30 Billiards 9-11:30 Stretch & Move Exercise 10-10:45 Coffee with Pearl 10:30-11:30 Lunch 11:45-12:30 Mah Jongg 12-3 Bingo 12:30-4 Line Dancing 1-2:30 Table Tennis 2:30-4</p> <p>Chicken Salad</p>	<p>22 Current Events 9-10 Billiards 9-11:30 Ask a Nurse 9:30-11:30 Tai Chi 10-10:45 Knit Wits 11-11:45 Lunch 11:45-12:30 Wii 12:30-4 Line Dancing 1-2:30 Adv. Italian 1-3:30 Poker 1-4 Art & Photo Group 1:30-2:30 Butter Crumb Flounder</p>	<p>23 <i>Wii 9-11:30</i> Open Art Studio 9:30-3:30 Help Yourself to Health 9-11:30 (pre-registration required) Stretch & Move Exercise 10-10:45 Bridge 10-4 Lunch 11:45-12:30 Billiards 12:30-4 Duplicate Bridge 12:30-4 Table Tennis 1-4</p> <p>Turkey Meatloaf w/ Gravy</p>	<p>24 Wii 9-11:30 Exercise 10-10:45 Member Birthday Party Lunch 11:45-12:30 Billiards 12:30-4 Duplicate Bridge 12:30-4 Table Tennis 1-4</p> <p>Eggplant Parmesan</p>
<p>27 Billiards 9-11:30 BP w/ Nancy 9:30-11 Exercise 10-10:45 AARP Drivers Refresher Course 10-2 Walking Club 11-11:45 Brain Fitness w/ Sandy 11-11:45 Lunch 11:45-12:30 Wii 12:30-4 Pinochle & Rummy King 1-4</p> <p>Barbecued Chicken</p>	<p>28 Wii 9-11:30 Billiards 9-11:30 Stretch & Move Exercise 10-10:45 Kitchen Table Stories 10:45-11:45 Lunch 11:45-12:30 Mah Jongg 12-3 Bingo 12:30-4 Line Dancing 1-2:30 Table Tennis 2:30-4</p> <p>Gingered Sliced Beef</p>	<p>29 Current Events 9-10 Billiards 9-11:30 Tai Chi 10-10:45 Knit Wits 11-11:45 Lunch 11:45-12:30 Book Club 12:30-2:30 Wii 12:30-4 Line Dancing 1-2:30 Adv. Italian 1-3:30 Poker 1-4 Art & Photo Group 1:30-2:30 Veal Patty w/ Gravy</p>	<p>Lunch Reservation Policy</p> <ul style="list-style-type: none"> • Lunch is served Monday-Friday, 11:45-12:30 • Lunch can be reserved for the day by calling the Center after 9:00 a.m. • A \$2 lunch contribution is requested. • Stop by the Registration Desk when you arrive and pick up your lunch ticket. 	

Knit Wits Knitting Circle ~ NEW ~

Wednesdays 11:00-11:45
Join Linda Macon and knit for a good cause. Impact Services is a Philadelphia-based non-profit, serving pregnant women and moms with a child under a year old. Members at each Surrey site will be busy knitting and crocheting blankets, sweaters and booties for the babies, and items for the mothers. Join the Knit Wits and be part of Surrey Cares. FREE

Art & Photo Group

Wednesdays 1:30-2:30
Experience Art in your own way with Alexis Green-tree. Bring your camera and learn how to really use it. Alexis is a professional artist and photographer and will guide you individually and as a group each week. Cost: \$2 per class/ \$1.50 for Surrey Members

Exercise at Surrey at Havertown

5 days a week, 10 - 10:45. \$3 per class
Mondays & Fridays – Fitness Aerobics
Tuesdays & Thursday –
Stretch, Strength & Movement
Wednesdays – Tai Chi

FYI...For Your Information

Bravo Health's 65+ Medicare Plans
Wednesday, February 1, 10:45-11:45
Learn about the range of Medicare Advantage and Part D Prescription Drug plans Bravo Health has to offer. The representative will talk about the choices and benefits of their Managed Care system. Bravo Health is one of the Medicare Providers in PA. FREE

Donuts with Daylin

Thursday, February 9, 11-11:45
Surrey at Havertown welcomes PA State Senator Daylin Leach. Listen as Senator Leach alerts us to Harrisburg happenings and answers your questions.

"Reel" Pizza Lunch & Movie: Enchanted ~ PG

Friday, February 10, 11:30-1:30
Enjoy a fun, fairytale love story. Movie & Lunch—\$5.00 *
*\$2.00 is the COSA suggested contribution for meals. The additional \$3 is the donation for popcorn & fellowship!

Help Yourself to Health Workshop

6 Thursdays, 9 - 11:30
February 23, March 1, 8, 15, 22 and 29
Do you have a chronic condition like diabetes, arthritis, asthma, high blood pressure, heart disease, COPD, or anxiety? The **Help Yourself to Health** workshop teaches techniques to better manage symptoms like pain, fatigue, frustration and isolation. Learn to effectively communicate with your health professionals, friends and family; and make informed treatment, diet and exercise decisions.

AARP Driver Safety Program

Monday, February 27, 10-2
This is a one-day refresher course for those who have taken the full 8-hour Driver Safety Class. You must provide proof to the instructor on the day of the class that you have taken the 8-hour course. Cost: \$12.00 for AARP members (you must have an AARP card); \$14.00 for non-members. Register at the Registration Desk between 9 - 2 any day before the class. A check for payment is to be made payable to "AARP" and is due the day of the class.