

Wayne Senior Center

Meal Program

Wayne Senior Center's weekly No Contact Meal Program takes place every Monday from 12:30PM to 2:00PM. Delivery is available to homebound older adults. Frozen meals, bread, milk, fresh produce, eggs and breakfast items are included. Please call Wayne Senior Center at 610-688-6246 to register for the meal program. Must be age 60 or older to register.

WSC Connect Virtual Programs and Telephone Outreach

Since March, Wayne Senior Center has worked tirelessly transitioning our busy programming schedule to a virtual format. We are proud to have created WSC Connect, our virtual programming hub. We offer 13-15 free virtual programs per week, using the Zoom platform. You'll find live exercise classes, health and wellness, lifelong learning programs, discussion groups and more! Tech help is available for anyone who needs help connecting. To sign up for our weekly WSC Connect e-newsletter, please email info@wayneseniorcenter.org

For low tech seniors, many of our virtual discussion groups and programs can be joined via telephone. Wayne Senior Center can also provide take home activities, puzzles, craft kits and books to help stay busy at home. Wayne Senior Center staff and volunteers are making telephone outreach calls and providing wellness check ins on all of our members.

Wayne Senior Center Tech Lending Library

In July 2020 WSC Connect Technology Lending Library Pilot Program was launched, to help WSC connect low tech older adults with devices and internet access. Participants in the pilot program are eligible to borrow an iPad and, if needed, a Mobile Beacon hot spot. The tablets are pre-loaded with apps that support Wayne Senior Center virtual programs, brain games, mindfulness and meditation, and Delaware County Library access. For more information on how to participate in the WSC Connect Technology Lending Library Pilot Program, please email info@wayneseniorcenter.org or call Wayne Senior Center at 610-688-6246.

SupportNet at Wayne Senior Center

Wayne Senior Center's SupportNet program provides vital social service support to older adults and their families needing assistance with housing and utilities, food insecurity, Medicare/Medicaid, long term care placement, home health care and more. SupportNet Coordinator, Renee Malnak, is available to meet via phone, Zoom, or outdoor visit at this time. For assistance, please email renee@wayneseniorcenter.org or call the Center at 610-688-6246.

Surrey Havertown and Surrey Media

Surrey offers community and connection through our Virtual (Zoom) and Phone-In Programs. Each week, more than 25 classes are available including exercise and health promotion, support groups, discussion groups, crafting, culture, and brain games. Looking for fun on your own schedule? Join us at The Surrey Session on Facebook, a virtual Surrey center where members and friends can check in, share information, play games and keep connected. Or subscribe to Surrey At Home, an e-newsletter that delivers curated links for

travel, lectures, exercise to your email three days per week. Don't have access to a computer or tablet? Surrey offers the opportunity to connect through weekly bingo games, trivia games and book chats with a simple phone call.

How Can I Participate in Surrey Programs?

If you have questions or would like to join our programs list and receive weekly emailed updates with the programs available during that week, please email Kathy at khenderson@surreyservices.org or call 610-566-0505.

Surrey welcomes volunteers interested in leading or helping with our virtual programs. If you are familiar with using a laptop or tablet and would like to help someone with technology, please call Kathy.

Program Highlights at Friendship Circle Senior Center

(located on the Mercy Catholic Campus Parking lot in Yeadon), Senior Community Services (SCS) as we celebrate together, Black History and Heart Month.

Join us!

www.scsdelco.org

610-237-6222

Zoom Classes - must pre-register with Jennifer Tennant, jtennant@scs-delco.org:

Groundhog Trivia

Friday, February 5 at 12 p.m. (noon)

“Brush up on your Ground Hog Trivia”

Creative Writing Club

February 3 & 17 (1st & 3rd Wednesdays) at 12:00 PM

Wake up your creating writing during the road to recovery

Stroke Smart

https://us02web.zoom.us/meeting/register/tZUpc-quqTMtGtMPd7SGLiu11dDD3aUUUB_w

Thursday, February 11 at 1:00 p.m.

Suzanne Hefton, RN, BSN

Stroke Coordinator, Crozer Health System

Learn to Zoom

Individual Appointments – Mondays – February 1, 8, 15, 22 – Call: 484-534-2033

Here is the registration link for the learn to Zoom class, feel free to share!

https://us02web.zoom.us/meeting/register/tZEIfu-uriwsEtxVWUJSbXpVK2ZQ_xvWDxL8

February 19, Friday, 11:00 a.m.

Get on Board on how to take classes on the computer

Chair Yoga
Thursdays, 10 AM
Increase flexibility, strength and muscle tone

Hot Books (Partnering with Yeadon Library)
Tuesday, February 23, 1 PM
A Promised Land, Barack Obama & Other Top Sellers

Painting Party (Elizabeth Aimee, Art Instructor)
Friday, February 12 at 10 AM – 12 p.m.
Elizabeth Aimee, Friendship Circle Art Instructor will encourage party participants to dive deep within themselves and each other as she takes you through this exciting party experience. Party participants will dabble with personal instruction and freelance as we create and share memories together. This is a party you don't want to miss out on; and a great way to celebrate heart month. Participants will gain informative knowledge about art and learn from one another's experiences.

Genealogy Club
Tuesdays, February 16, 23 at 11 a.m.
Learn how to research your Family History

Celebrate Black History Month
Friday, February 19, 11:00 a.m.
Share Who is your Favorite Black American Leader and Why
Friday, February 26, 11:00 a.m.
What Black History Month Means to Me?

To-Go Meals – Available Wednesdays & Fridays (See Menu)
REQUIRED: Registration with Beverly McCaskill, Friendship Circle Meal Supervisor
Call: (484) 540 - 9958 (Direct) or (610) 237 – 6222 (Friendship Circle Front Desk)

New Services & Look for Aging at Home

In order for the SCS Aging at Home Program to continue daily operations during the pandemic; it added new services to help seniors living in their homes and pause other services to keep them safe. Identified new needs are getting their food at the grocery store and feeling isolated. The program has recruited volunteer coaches that call you and take your food order over the telephone. Aging at Home has developed partnerships with Acme and Community Transit, who have established a relationship with Shoprite. The member pays with a credit card if they choose to use Acme services and Shoprite if they want to pay cash or check to the Community Transit driver. The calling service with the program was established when a member identified the need to connect with fellow members to prevent loneliness during the pandemic and then volunteered to call. One of the more popular services that continue to be paused is the volunteer transportation service that keeps both the member and the volunteer driver safe. All of services are operating in some capacity.

The 2021 "New Coupon Book" is ready for distribution for new and renewing members. This year, it has a new attractive look displaying its services on one sheet and allowing members to enjoy the simplicity of the marketing piece. It will be distributed to members that pay their annual membership of \$35 from

January 1 – December 31, 2021. Please send your annual membership fee to the Aging at Home, 1515 Lansdowne Avenue, Darby, PA 19023. The program currently serves seniors in sixteen boroughs from Yeadon to Eddystone. Please call the Aging at Home office, 484-534-2201 to learn how you can join and support this SCS program that ultimately helps seniors remain living in their own home.

Chester Senior Center

January & February Highlights

Check out the online line up of virtual programs and stay informed on our Facebook Page: Chester Senior Center as well as our SCS Facebook page:

Mondays

2:00 pm Zumba with Lavinia – Facebook Live or Zoom – Meeting ID: 852 2512 9092

Tuesdays

12:00 pm Card Making with Janis (2nd Tuesdays) – Zoom
(pre-registration and payment required)

12:30 pm Red Hatters – Teleconference: 484-209-0886

Wednesdays

11:00 am Tap Dancing – Zoom (pre-registration required)

9:30 am Herbal Wellness in 2021 (1st Wednesdays) – Zoom

Zoom Meeting ID: 556 126 9656

Or, dial in by your timezone: +1 646 558 8656 US (New York)

12:30 pm Book Club (3rd Wednesdays) – Teleconference

(pre-registration required to receive book of the month)

Thursdays

11:00 am Bible Study – Teleconference: 515-606-5158/Access code: 998171

Fridays

11:00 am Jewelry Making w/ Pam (2nd Fridays) – Facebook Live Chester Senior Center
Registration required to receive jewelry making kits

Birthday Drive By

If you are celebrating a birthday in January or February and are a member of the Chester Senior Center, please call to register to receive your special birthday meal!

Friday, January 29 – 12:00 – 1:00 pm (Registration required by January 22nd)

Friday, February 26 – 12:00 -1:00 pm (Registration required by February 19th)

