

Haverford Township Senior Workshop at the Haverford CREC Center

9000 Parkview Drive, Haverford, Pa 19041

Tuesday November 12th from 10:00 AM to 12:30 PM

Register Now Seating is Limited*



Topics:

- **Surrey Services**

Presented by Robert Madonna, CEO of Surrey

Surrey Services for seniors: learn about free transportation, dental and other services for older adults.

- **Home Security & Protection From Phone and Other Scams**

Presented by Detective Sgt. Michael Flynn Haverford Police Department

Hear tips on how to protect yourself from con-artists and thieves.

- **Fitness & Exercise**

Presented by Jackie O'Doherty Fitness Director of the CREC Center

Learn about stretching and exercise techniques.

- **Basics of Medicare 101**

Presented by Tina Garrity, Tri-State Senior Consultants:

The Do's and Don'ts of Medicare and Medicare Supplemental Plans

Light refreshments will be served.

Attendance is limited to Haverford Township Residents.

Seating is limited to the first 110 people.

You Can Register Now! At

mark.n.cohen1@gmail.com

**Please contact all your senior family members and neighbors who may
not utilize**

social media to make them aware of the workshop.

Sponsored by the Haverford Township Senior Advisory Council