



THE BEST OF TIMES

APRIL 2015

Published Monthly since 1997 by
the Upper Merion Senior Service Center
a Non-Profit 501(c)(3) Organization
Serving the Senior Community

UPPER MERION SENIOR SERVICE CENTER
650 SOUTH HENDERSON ROAD
KING OF PRUSSIA, PA 19406
TEL: 610-265-4715
FAX 610-265-4005
WEBSITE: www.umssc.org
EMAIL: info@umssc.org
HOURS: MONDAY THRU FRIDAY
9:00 AM TO 3:00 PM

OUR MISSION STATEMENT

THE OBJECTIVE OF THE UPPER MERION SENIOR SERVICE CENTER SHALL BE TO IDENTIFY AND TO ASSIST IN MEETING THE NEEDS OF OLDER ADULTS IN A MULTI-USE ENVIRONMENT FOR PHYSICAL, EDUCATIONAL AND RECREATIONAL ACTIVITIES.

OFFICERS:

Mary F. McCree, President
Dick McCann, Vice President
Helen Cabrey, Secretary
Harlyce Grossman, Treasurer

MEMBERS OF THE BOARD:

Jane Burger, Ed Freudenberg, Ann Lister, Howard Lurie,
Howard Rosenblum, Barry Sachais, Roseanne Scully,
and Janet Sheehan

HONORARY MEMBERS:

Mary Meere, Arthur Powell, Constance H. Williams, and
Ronald G. Wagenmann

STAFF:

Cynthia L. Eastman, Executive Director
Shirley Robey, Executive Assistant
Beth Cassidy, Receptionist

"Best of Times" Editors:

Mary F. McCree and Shirley Robey

GOALS

- ♦ Increase membership.
- ♦ Work to increase funding for operational support: investigate new sources of funding in cooperation with local businesses and government agencies.
- ♦ Continue the development of innovative programming.
- ♦ Maintain our working partnership with the Upper Merion Area School District and Upper Merion Township.
- ♦ Explore the potential for new opportunities for services.
- ♦ Search for educational opportunities for members as part of our lifelong learning efforts.
- ♦ Help members remain healthy and active through participation in recreational, educational and leisure activities.

MONTHLY MESSAGE

Dear Friends,

♪ *Though April showers may come your way, they bring the flowers that bloom in May. So if it's raining, have no regrets, Because it isn't raining rain, you know, (It's raining violets)* ♪

As you all will recognize, the above are the opening lyrics to "April Showers" which is music to my ears as I do not hear the words "snow" or "ice",

Our April is very busy at the Center. We have re-scheduled our Alzheimer's Fireside Chat to Tuesday April 7 at 10:00 AM. Please make an effort to attend as I believe it will be well worth your time.

Please support our Flea Room. If you have any items at home for which you have no use, please donate them to the Flea Room. Our Flea Market and Bake Sale is scheduled for Saturday April 25 from 9:00 AM to 3:00 PM. Vendor spaces are only \$20.00.















We are holding our Volunteer Appreciation Day on Wednesday April 29 at 1:00 PM. Please sign up at the reception desk. As May is *Older Americans Month*, it provides us an early opportunity to raise awareness of the importance of community engagement as a tool for enhancing the wellbeing of older adults. Now is the time to **Get into the Act**. Our seniors already do so and we want to express our appreciation for all they do for the center and the township.

Happy Passover and Happy Easter to you all!

Come spend some time with us and remember to always say something nice about UMSSC.

Mary McCree

Upper Merion Senior Service Center (UMSSC) is an equal opportunity institution that will not discriminate on the basis of race, color, religious affiliation, national origin, sex, age, marital status or disabilities in its activities, programs or employment practices

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30 FLEA ROOM OPEN 10:00 BOARD MEETING 11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING	2 9:30 FLEA ROOM OPEN 10:00 FINANCIAL/INVEST. DISCUSSION GROUP 10:00 AARP TAX PREP 10:15 BINGO 12:30 CHAIR EXERCISE	3 SENIOR CENTER CLOSED IN OBSERVANCE OF GOOD FRIDAY 	4  PASSOVER
5 	6 SENIOR CENTER CLOSED IN OBSERVANCE OF EASTER HOLIDAY 	7 9:30 FLEA ROOM OPEN 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 10.00 Alzheimer's "Fireside Chat" 11:30 CHAIR EXERCISE 12:30 PINOCHLE (in Great Room) 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION	8 9:30 FLEA ROOM OPEN 10:00 GENERAL MEETING 11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING 1:00 GARDEN CLUB	9 9:30 FLEA ROOM OPEN 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:00 NURSE 10:00 AARP TAX PREP 10:15 BINGO (in Great Room) 11:00 OUTREACH BRIGGS 12:30 CHAIR EXERCISE	10 9:00 GRANDPARENTS DAY AT ROBERTS ELEMENTARY 9:30 POKER 10:00 SING-A-LONG 11:00 Wii GAMES	11 
12 	13 9:30 FLEA ROOM OPEN 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA	14 9:30 FLEA ROOM OPEN 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE (in Great Room) 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION	15 9:30 FLEA ROOM OPEN 9:30 VALLEY FORGE CASINO 11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING	16 9:30 FLEA ROOM OPEN 10:00 FINANCIAL/INVEST. DISCUSSION GROUP 10:15 BINGO (in Great Room) 12:30 CHAIR EXERCISE	17 9:30 POKER 10:00 SING-A-LONG 11:00 Wii GAMES 11:15 FRIDAY FLICKS "UNBROKEN"	18 
19 	20 9:30 FLEA ROOM OPEN 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:00 BOOK TALK 1:30 YOGA	21 9:30 FLEA ROOM OPEN 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE (in Great Room) 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION	22 9:30 FLEA ROOM OPEN 9:30 QUILTING 10:00 DASH DIET PRESENTATION 11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING 1:00 GARDEN CLUB	23 9:30 FLEA ROOM OPEN 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:00 NURSE 10:15 BINGO (in Great Room) 12:30 CHAIR EXERCISE	24 9:30 POKER 10:00 SING-A-LONG 11:00 Wii GAMES	25 18 TH ANNUAL FLEA MARKET & BAKE SALE 9:00 AM TO 3:00 PM
26 	27 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA	28 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION	29 11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 VOLUNTEER APPRECIATION 1:00 LINE DANCING	30 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO (in Great Room) 11:30 OUTREACH LEACH 12:30 CHAIR EXERCISE		

OUR BOARD OF DIRECTORS



INSIDE THIS ISSUE

	PAGE
2015 GOALS	1
CALENDAR	2
UPCOMING EVENTS	3
ACKNOWLEDGEMENTS	4
COMMUNITY OUTREACH	4
COMMUNITY HAPPENINGS	4
NEWSWORTHY	5
KEEPING SENIORS INFORMED	6
ACTIVITIES	7
REMINDERS	BACK PAGE

UPCOMING EVENTS

THE CENTER WILL BE CLOSED ON FRIDAY, APRIL 3 IN OBSERVANCE OF GOOD FRIDAY AND ON MONDAY, APRIL 6 FOR THE EASTER HOLIDAY

AARP 2014 TAX PREPARATION: THURSDAYS ONLY THROUGH APRIL 9: Free tax preparation for seniors by AARP. *All appointments are currently filled; however, you can add your name to our wait list and you will be contacted if an opening occurs.*

(RE-SCHEDULED) ALZHEIMERS FIRESIDE CHAT WITH JOAN GRASSO OF THE ALZHEIMER'S ASSOCIATION TUESDAY, APRIL 7 AT 10:00 AM: "Fireside chat" is a visit to informally talk with members about "Alzheimer's Disease 2015". It will be emphasized that this is not normal aging, that there are warning signs, that there are stages and changes as the disease progresses, and the importance of getting a good diagnosis and making appropriate plans for the future. Folks are encouraged to bring their questions/comments/concerns. We will also be introducing the schedule for Consumer Ed courses in June and July!

GRANDPARENTS DAY AT ROBERTS ELEMENTARY FRIDAY, APRIL 10 AT 9:10 AM. Sign up at Reception Desk. Bus will pick up from Center at 9:00 AM.

VALLEY FORGE CASINO WEDNESDAY, APRIL 15. THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY:

This offer does not cost anything but **to take advantage of this offer you must complete registration form available at the Senior Center or on our website at www.umssc.org. All new and renewal casino memberships or one-day passes are handled by Valley Services (not UMSSC).** Cash or credit card will be accepted by Valley Services. If you have any questions you can contact Valley Services at 610-354-8118. Shuttle will depart the center at 9:30 AM and return at 2:00 PM. For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. **THE RAMBLER NOW MAKES A STOP AT THE CASINO. CUT-OFF DATE FOR THIS TRIP IS WEDNESDAY, APRIL 8. Everyone must bring a valid photo ID.**

BRYN MAWR HOSPITAL PRESENTATION

WEDNESDAY, APRIL 22 AT 10:00 AM. Gretchen Skwer, RD, LDN will give a presentation on the *DASH* diet, an eating plan that can lower blood pressure and cholesterol and improve blood sugar levels.

FLEA ROOM* OPEN: Bring in your donations or come in to shop. The Flea Room will be open Monday through Thursday from 9:30 AM to 1:30 PM. Acceptable donations are children's books, appliances and electronics (in working order), knickknacks, decorations, etc. Donations of used clothing, junk or broken or non-working items not accepted! *All profits from sales benefit the Senior Center.*

(*NOTE: Pinochle and Bingo will be held in Great Room until after the Flea Market on April 25)

18TH ANNUAL UMSSC FLEA MARKET AND BAKE SALE SATURDAY, APRIL 25 FROM 9:00 AM TO 3:00 PM: Come join the fun! Make it a family/friend day! We have something for everyone! Raffles! Cash Prizes! and More! Hot dogs, sodas and desserts. The charge for an 8'x4' Vendor Space is \$20.00. Registration forms can be picked up at the Senior Center or on our website www.umssc.org Payment and completed registration form must be received to reserve your space. For additional information call 610-265-4715.

VOLUNTEER APPRECIATION DAY WEDNESDAY, APRIL 29 AT 1:00 PM: To celebrate our *member volunteers* who are doing extraordinary things at the center and around the community we are hosting a get together in the *Great Room*. Light refreshments will be served. Back by popular demand, the wonderful "*HARDLY ABLES*"; musicians from 3 different string bands will provide entertainment. **HOPE YOU CAN COME! Please sign up at the Reception Desk.**

SAVE THE DATE! WELLNESS EXPO 55+ MAY 19 from 2:00 pm to 7:00 pm. Will be held in the gym. Explore over 30 exhibitors of the Arts, Health Care, Wellness, Exercise & More. Live entertainment, activities, prizes, free food. Fun day to stimulate your mind, body & spirit. Don't miss a presentation by author Bob Butera.

**WATCH FOR MORE INFORMATION:
BRANDYWINE RIVER MUSEUM TRIP IN MAY.**

ACKNOWLEDGEMENTS

MEMBER DONATIONS TO UMSSC

Upper Merion Senior Service Center is a member of the *United Way Donor Program*. Anyone wishing to make a donation to the UMSSC can designate UMSSC as the recipient of their donation. (Reference UMSSC ID #45796, UW Agency #8229767.)

Please consider a tax-deductible donation to the Upper Merion Senior Service Center. As a non-profit organization 501(c)(3) we rely upon outside donations and gifts to help finance some of our programs, activities and services to our members. Does your company offer matching funds?

COMMUNITY OUTREACH

SHOEBOX RECYCLING

We are continuing our Shoebox Recycling program in partnership with Community Recycling to collect *gently used, suitable for re-use* shoes for men, women or children around the globe. This program has other benefits as well. Every box we fill *will raise funds for the center*. **Please be sure shoes are clean and in good condition. PLEASE DO NOT DONATE boots, flip-flops, slippers, plastic shoes, crocs, etc.**

KNITTERS WANTED

As you may or may not know, our knitting group **donates knitted caps to St. Christopher's Hospital for Children**. The hats are for the preemie babies to keep their tiny bodies warm. We are in need of some additional volunteers to help knit the hats. If you can knit and would like to help out, please stop in the office and give your name. You can join the group here at the Center on Tuesday's at 1:00 PM or you can take the yarn and do your knitting at home. Copies of the pattern can be picked up from the staff office.

UPPER MERION EMERGENCY AID

Dried goods donations collected for families in the community. More families are in need than ever before. Our donation box is outside of the lounge. **The Upper Merion Emergency Fund has specifically requested food donations of *Boxed Mashed, Scalloped, and Au Gratin Potatoes,***

Boxed Macaroni and Cheese, Spaghetti Sauce, Peanut Butter & Jelly, Chicken Broth, Canned Fruit, Tuna, Canned Sweet Potatoes, Canned White Potatoes, Cereal and laundry detergents are appreciated. PLEASE NO SOUP AT THIS TIME.

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

Book donations to the Bridgeport Elementary School children (grades K-4th) are still being collected. ***Our book donations are a big hit with the kids. Let's keep it going!*** Collection box is on the table under the bulletin board. ***When donating books please be sure that they are in good condition.***

PROJECT LINUS – ONGOING

The "Hearts and Hands" ladies group at Good Shepherd's Church is still collecting knitted and crocheted squares for blankets. The purpose of Project Linus is to provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers." Joan Banas has been collecting the squares on behalf of the church and will continue to do so as long as they are being made. Our participating members have done a great job for a very good cause.

COMMUNITY HAPPENINGS

SENIOR'S BOWLING & LUNCHEON

Upper Merion Township residents are invited to a luncheon followed by two (2) games of bowling at the Facenda Whitaker Lanes on Swede Road in Norristown. Must pre-register to participate. Please note lunch choice on registration form as follows: 1. Ham, 2. Tuna, 3. Turkey and 4. Italian. Registration deadline is 4:00 PM on Friday, April 11. A supply of Registration forms are available in the lobby of the Senior Center or at the Township Bldg.

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY

Spring 2015 Book Discussion Series continues Reading Love and Loss on Foreign Shores

April 12 *The Betrayal* by Helen Dunmore

April 26 *A Tale for the Time Being* by Ruth Ozecki

April is Money Smart Month. Get Money Smart@ your library Come to our *Financial Savvy Series* with Elizabeth Shamir, CFA, CFP®. Designed to help YOU manage and invest wisely. All sessions start at 7:00 PM.

Monday, April 13: *Retirement Income Planning*

Monday, April 20: *Rising Rates What You Need to Know*

Monday, April 27: *Building and Preserving Wealth*

Fundraiser at Bertucci's of Audubon: Dine from 11:00 am to 9:00 pm on Thursday, April 16. 15% of what you spend will be donated to the library.

Tech Night April 20 at 7 pm: Own an ipad or an iphone but have trouble using it? Planning on buying, but the latest technology troubling you? Our youth volunteers are here to help you. You can register via our online calendar, or by calling [610-265-4805](tel:610-265-4805) or stopping by the library.

Park & Rec 5 K Run and Fun Walk Sat. April 25 to benefit the Upper Merion Township Library: RACE START TIME: 8:30 AM, REGISTRATION TIME : 7:45 - 8:15 AM. COST: \$20 - 18 & up, \$10 - 17 & under. Start/Finish: Pheasant Run Entrance to the UM Township Building Park. All proceeds raised from the race will be donated to the Upper Merion Township Library. Join Upper Merion Park and Recreation's Earth & Arbor Day Celebration after the race, starting at 10 AM.

NEWSWORTHY

A BIG THANK YOU TO BIG BINGO VOLUNTEERS

Thank you to Helen Cabrey and her group of volunteers for helping out at our Big Bingo Game on March 7. We had a good turnout despite the rain. Our volunteers were: Joan Banas, Jane Burger, Helen & Jack Currykosky, Cindy Eastman, Jean Ehlinger, Ethel Hutchinson, Harlyce & Jerry Grossman, Barbara Hamill, Ann Leahan, Liz Marren, Mary & Don McCree, Lynn McCue, Judy Narke, Shirley Robey, Howard Rosenblum, Tony Segui, Ed Wenger. Also helping out were Dan Yarnall from Rep. Tim Briggs office and UMHS students Britney Lewis & Hailey Duong. A food donation of hot dogs, rolls and pretzels was made by Judy Vicchio.

Below are some pictures from the day.



Howard Rosenblum works the bingo computer



Last minute purchase of Lottery Basket tickets



Looks like they are having a good time



We had a great crowd – thanks everyone!

CONGRATULATIONS LOTTERY BASKET WINNER!



Mr. George Wheeler was the winner of the Lottery Basket drawing held on Saturday, March 7 at the UMSSC Big Bingo Game. Hope George found some winning tickets in that lucky basket!

MEMBER SPOTLIGHT



Mickey Basile looks through his album of war memorabilia

You may have seen Mickey Basile at the Center especially on Tuesday's or Friday's playing poker. Did you know, however, that, like so many of our members, he is a veteran? Mickey was only 18 or 19 when he became a communications specialist with the 4th Marine Division. On February 19, 1945 he landed on Iwo Jima along with 70,000 other Marines in one of the bloodiest and most controversial battles of World War II, and was one of the lucky ones who lived to tell about it. Mickey has stayed in touch with other veterans from his division and hopes to join them this August at Camp Lejeune for what will most likely be their last reunion.

After the war, Mickey returned to Plymouth Meeting and in 1948 married his late wife Mildred in 1948. Together they raised five wonderful children and were blessed with 14 grandchildren and seven great-grandchildren. ***Well done Mickey! We are proud to have you as a member at UMSSC!***

MEMBERSHIP FORM REMINDER

Please remember you must complete a new membership form when renewing your membership. Membership runs from January 1 to December 31, 2015 and still costs only \$15.00 for the year!

UM FARMERS MARKET

The Farmers Market winter hours are on alternate Saturdays, from 10-12 until April, 2015.

KEEPING SENIORS INFORMED

EXERCISE RELATIONSHIPS

Many people who were always physically active in their younger years continued to do so in their later years. But what about the older people who seldom included very many physical activities in their younger years? It is ***NEVER TOO LATE*** to gain from improved fitness. What matters now is how consistent you can become today, tomorrow and in the future by including regular

exercise into your life. Consistency always brings success. Each success may only be a small one, but small triumphs can quickly add up to something that will make a difference in your life.

The benefits of exercise are numerous. You may be able to improve your endurance, improve your sleep pattern, keep your bones strong and healthy, control your weight, sharpen your thinking and improve your self-image.

There are numerous resources to assist in developing an exercise regimen for yourself both at home or away. For at home, there are exercises on videos and DVD's to guide you in what to do. (And you do not have to drive somewhere to do them.) If you can go out, there are exercise activities at the Senior Center or at other locations in the area.

(Contributed by Jane Burger)

UNEXPECTED HEALTH BENEFITS OF KNITTING & CRAFTING

What common hobby is shared by Madeleine Albright, Goldie Hawn, Russell Crowe and thousands of other men and women across the country? The answer may surprise you. It's knitting; a handicraft that is growing in popularity. Over three-quarters of American households have at least one family member who spends an average of 7.5 hours weekly engaged in some craft, many of whom are knitters.

Besides the obvious advantage of creating useful articles and garments, knitters enjoy a host of health benefits both physical and psychological.

1. Knitting allows you to steep yourself in creativity and forget the stress and anxiety of your day. Being actively engaged in a project about which you are passionate and interested, allows the brain to immerse itself fully in the task, producing a feeling similar to a runner's high.
2. The rhythmic motion of knitting has been proven to change the brain chemistry so as to decrease bad stress hormones and increase the release of such good mood hormones as serotonin and dopamine.
3. The process of learning to knit helps you feel good about yourself and enhances your sense of self esteem. As you master more difficult stitches and patterns, you gain the confidence to try other new things in your life.
4. Crafts like knitting engage both your mind and body, causing optimistic feelings about your life and future. Knitters also tend to be more social and outgoing, especially as they interact with others who share their passion.

So why not take up a craft here at the Center? We offer Knitting and Crocheting, Quilting, Sewing and other crafts. Give them a try and see how your health might benefit from trying something new.

WHY SENIORS ARE CONSIDERED AN EASY FRAUD TARGET

The FBI Common Fraud Schemes webpage provides tips on how you can protect you and your family from fraud. *Senior Citizens especially should be aware of fraud schemes* for the following reasons:

1. Senior citizens are most likely to have a "nest egg," to own their home, and/or to have excellent credit—all of which make them attractive to con artists.
2. People who grew up in the 1930s, 1940s, and 1950s were generally raised to be polite and trusting. Con artists exploit these traits, knowing that it is difficult or impossible for these individuals to say "no" or just hang up the telephone.
3. Older Americans are less likely to report a fraud because they don't know who to report it to, are too ashamed at having been scammed, or don't know they have been scammed. Elderly victims may not report crimes, for example, because they are concerned that relatives may think the victims no longer have the mental capacity to take care of their own financial affairs.
4. When an elderly victim does report the crime, they often make poor witnesses. Con artists know the effects of age on memory, and they are counting on elderly victims not being able to supply enough detailed information to investigators. In addition, the victims' realization that they have been swindled may take weeks—or more likely, months—after contact with the fraudster. This extended time frame makes it even more difficult to remember details from the events.
5. Senior citizens are more interested in and susceptible to products promising increased cognitive function, virility, physical conditioning, anti-cancer properties, and so on. In a country where new cures and vaccinations for old diseases have given every American hope for a long and fruitful life, it is not so unbelievable that the con artists' products can do what they claim.

For more information go to the FBI website:
www.fbi.gov/scams.safety/fraud/seniors

ACTIVITIES

APPRISE COUNSELOR: Assistance with insurance and Medicare concerns. Call 610.265.4715 and give your name and telephone. The APPRISE counselor will contact you directly to set up an appointment.

BAND PRACTICE & INSTRUCTION: Tuesdays from 12:45 to 2:45 PM. The Upper Merion Senior Service Center Band practices under the direction of professional musician, Ed Hickman. The band has an open invitation to anyone age 55 or over who is interested in playing with a group. Stop in any Tuesday afternoon to hear us practice, check us out, or join the band.

BINGO: Thursdays at 10:15 AM. Cash prizes!
Reminder: bingo will be held in the great room until after the Flea Market on April 25.

BOARD GAMES AVAILABLE: Any day or time. Various board games available to play in the kitchen.

BOOK TALK: MONDAY, APRIL 20 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month we will be reading **"ONCE WE WERE BROTHERS" by Ronald H. Balson** is a contemporary legal thriller and a poignant look back into the lives of small town Poland during World War II. Elliot Rosenzweig, a wealthy Chicago philanthropist, is attending opening night at the opera. Ben Solomon, a retired Polish immigrant, makes his way through the crowd and shoves a gun in Rosenzweig's face, denouncing him as former SS officer, Otto Piatek. Solomon is blind-sided, knocked to the floor and taken away. Rosenzweig uses his enormous influence to get Solomon released from jail, but Solomon commences a relentless pursuit to bring Rosenzweig before the courts to answer for war crimes. Solomon finds a young attorney, Catherine Lockhart, to whom he recounts his family's struggles and heroisms during the war, revealing to her that he and Piatek grew up as brothers in the same household.

BRIDGE CLUB: Tuesdays at 9:30 AM. All bridge players welcome!

CHAIR EXERCISE: Tuesdays at 11:30 AM to 12:15 PM and Thursdays from 12:30 PM to 1:15 PM. \$3.00 per class.

COMPUTER CLUB: Tuesdays 9:30 AM to 11:30 AM. Coordinators: Herman Natanblut and Howard Lurie. Meetings are open to all *members*, all ability levels. The Computer Club will be glad to answer any technical questions members have.

CURRENT EVENTS DISCUSSION GROUP: Mondays at 10:30 AM in the Lounge. Coordinators: Joan Shaw and Paul Buce. The group continues to meet on Monday mornings at 10:30. Life and the news roll on and we examine them from every angle. No matter your perspective, come share it, we all learn from the interaction.

FINANCIAL/INVESTMENT DISCUSSION GROUP: Thursdays at 10:00 AM in the Computer Room.

Coordinator: Dick McCann. All levels of experience in making the best choices for your investments are welcome.

FRIDAY FLICKS: FRIDAY, APRIL 17 (Pizza at 11:15 AM, Movie at 12:00 PM) Coordinator: Don McCree. Pizza & Movie: \$5.00. Movie Only: \$2.00. ***If you are coming to Friday Flicks, please sign up in advance; this is important to do prior to end of day Thursday, April 16, as we order our pizzas and set up the great room with comfortable chairs for our movie goers. This month we will be showing "UNBROKEN" starring Jack O'Connell. Unbroken*** is an American biographical war drama film based on the 2010 non-fiction book by Laura Hillenbrand, *Unbroken: A World War II Story of Survival, Resilience, and Redemption*. The film revolves around the life of USA Olympian and athlete Louis "Louie" Zamperini, portrayed by Jack O'Connell. Zamperini survived in a raft for 47 days after his bomber was downed in World War II, then was sent to a series of prisoner of war camps.

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. Join us in a Tuesday evening (7:00 PM), April 8 visit to the Valley Forge Chapel to hear a lecture on the Bartram Family, 18th century plant collectors. If the snow melts we will do spring clean up at the Center on Wednesday the 8th, then ready plants for the flea market.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the ***2nd Wednesday of the month at 10:00 AM (on April 8).*** Birthdays will be celebrated. Come enjoy birthday cake, 50/50 and free bread. Any member who wants to be put on the agenda at the meeting should contact Mary McCree, President. ***Short presentation on Park & Rec Master Plan.***

KNITTING & CROCHETING: Tuesdays at 1:00 PM. Coordinator: Patricia Ackah. Instruction provided. ***Hand-made items are for sale and all proceeds benefit the Center.***

LIBRARY: Open Monday through Friday from 9:00 AM to 3:00 PM. Library Volunteer: Nancy Kime. An excellent selection of large print books, tapes and videos are available to borrow. ***Don't forget to check out the "roving book cart" featuring a special selection on loan from the Upper Merion Township Library.***

LINE DANCING: Every Wednesday at 1:00 PM in the gym. Coordinator: Aracelia Panzano.

MAH-JONGG: Mondays at 9:30 AM. Coordinator: Lynne Borocho. All level players are welcome, even beginners! Come in and learn to play this very popular game.

NURSE & ASK-A-NURSE: Every 2nd and 4th Thursday of each month from 10:00 AM to 12:00 PM. Have your blood pressure checked by our favorite Nurse Lori Gnacek from Bryn Mawr Hospital/Main Line Health.

Main Line Health "Ask a Nurse" will be offering a selection of free general medical equipment. Offered will be items from pill organizers to wheelchairs. If you are in need of certain medical equipment MLH is offering, you can come in to the center, fill out an application and meet with the nurse who will order the items for you.

OUTREACH: Representative Tim Briggs' aide is here the second Thursday of the month (11:00 AM to 2:00 PM) and Senator Daylin Leach's aide is here the last Thursday of the month (11:30 AM to 1:00 PM)

PINOCHLE LADIES AND GENTS: Tuesday's at 12:30 AM in the Game Room. ***REMINDER: Pinochle will be in the Great Room until after the Flea Market on April 25.***

POKER: Tuesday's and Friday's at 9:30 AM in the kitchen.

QUILTING: Fourth Wednesday at 9:30 AM. Instructor: Ethel Hutchinson. All levels welcome!

SING-A-LONG: Fridays at 10:00 to 11:30 AM. Coordinators: Theresa M. Smith and Dot Morio; Pianist: Ed Wenger. Come in and enjoy singing some old favorites together. ***Members meet for lunch at Michael's Deli following the program.***

TAI CHI: Wednesdays at 12:00 PM in the gymnasium. Cost: \$3.00 per class.

Wii GAMES: Wednesdays and Fridays at 11:00 AM in the lounge. Coordinator: Beth Cassidy

YOGA: Monday's at 1:30 PM. Video Instruction good for beginners, intermediate or advanced. Limited to 8 members per class.

ZUMBA GOLD: Session runs Monday's only from March 23 to May 18 from 12:00 PM to 12:45 PM. Cost: \$16.00 UM Residents and \$26.00 Non-UM Residents. ***Sign up and pay at the Township Building. THIS IS AN UM TWP. PARK & REC DEPT. PROGRAM.***

THE LAW OFFICES OF

Pizonka, Reilley, Bello & McGrory, P.C.

Joseph J. Pizonka

*Robert J. Reilley, Jr.**

*Salvatore F. Bello, Jr.**

*Daniel T. McGrory**

- **Personal Injury**
- **Real Estate**
- **Bankruptcy**
- **Criminal Law**
- **Domestic Law/Divorce**
- **Estate Planning**
- **Taxation**
- **Workers Compensation**
- **License Suspension/DUI**
- **Corporate Law**
- **Administrative & Municipal Law**

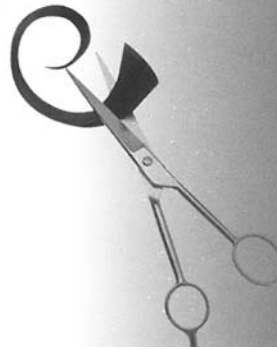
* Also Admitted in New Jersey

144 East DeKalb Pike, Suite 300, King of Prussia, PA 19406

(610) 992-1300 Fax: (610) 992-1505

www.prblaw.com

**WE THANK THE BUSINESSES WHO
HAVE PLACED ADS IN OUR
NEWSLETTER. WE HOPE OUR
MEMBERS WILL SUPPORT THEM AS
THEY SUPPORT US.**



HEADS UP SALON
808 N. HENDERSON RD
SUITE 110
KING OF PRUSSIA PA. 19406

610 265 6363

Seniors get \$10.00 off with this ad (Exp. 6/30/15)



Office Phone: 484 • 881 • 3399
Cell Phone: 610 • 207 • 8386
Fax: 866 • 334 • 1960

Lou@agelessexerciseinc.com
www.agelessexerciseinc.com

Lou Busovsky
President



**Angelo's
PIZZA**

212 West Beidler Road
King of Prussia Pa 19406
610 265-4148
Fax 265-6563



DAYLIN LEACH
STATE SENATOR - 17TH DISTRICT
COMMONWEALTH OF PENNSYLVANIA

SUITE 208
601 SOUTH HENDERSON ROAD
KING OF PRUSSIA, PA 19406
PHONE: (610) 768-4200
FAX: (610) 768-4204

SENATE BOX 203017
HARRISBURG, PA 17120-3017
PHONE: (717) 787-5544
FAX: (717) 705-7741
E-MAIL: dleach@pasenate.com

Turley

Insurance • Risk Management • Wealth Advisory

Turley Insurance Agency, Inc.
123 West Fourth Street
Bridgeport, PA 19405
Phone: 610-272-0495 ext 26
Facsimile: 610-272-6889
www.turleyinsurance.com

John A. Turley, III
President
jturley@turleyins.com



610-254-9440

Your Independence is Our Business!

206 Old Lancaster Road ■ Devon, PA 19333
www.LibertyCares.com



TIM BRIGGS PA
STATE REPRESENTATIVE 149th

*Serving the communities of
Bridgeport, Lower Merion, Upper Merion,
West Conshohocken and West Norriton*

PHONE: 610-768-3135 EMAIL: REPBRIGGS@PAHOUSE.NET
WEBSITE: WWW.PAHOUSE.COM/BRIGGS

NATIONWIDE
PARTS SEARCH
NETWORK



150 E. DeKalb St. (610) 265-0643
King of Prussia, PA 19406 (610) 265-0930
www.RossiAutoParts.com



Breakfast (all day) • Lunch • Dinner
Catering • Party Trays • Cold Beer

Deli (610) 265-3265 www.michaelsdeli.com

130 Town Center Road, King of Prussia, PA 19406

Since 1952

The Bacchi Funeral Home & Crematory, Ltd.

805 DeKalb St. (Rt. 202) Bridgeport, PA 19405-1211

(610) 272-1941

www.bacchifuneralhome.com



Darryl R. Bacchi, Supervisor
1928 - Russell J. Bacchi, F.D. - 2002

We are a family owned and operated funeral home which has been serving Bridgeport, King of Prussia, Norristown and surrounding communities since 1952.

King of Prussia Crematory is located on our premises.

www.cremating.com

Casket and Vault Display Room – Parking on Premises – Pre-arranged Funerals Available

We are proud to sponsor the Upper Merion Senior Service Center!

Edward J. Furman, CPA
Partner
efurman@maillie.com
PO Box 680, Oaks, PA 19456-0680
610.935.1420 | Cell: 610.212.5445
www.maillie.com



Expertise Beyond The Numbers
Certified Public Accountants and Business Consultants



**FROSTY
FALLS**
more than just ice cream

96 Dekalb Steet, Bridgeport, PA 19405 | 610.277.8525 | www.frostyfalls.com



**ITALIAN RESTAURANT AND
BAR**

**Valley Forge Shopping Center
239 Town Center Road
King of Prussia, PA 19406
610-265-2416
Fax: 610-265-3492**

*Let us host your next special occasion!
Luncheons–Dinners–Meetings–Funeral Luncheons
Accommodations from 20 to 150*



TIMES HERALD
BEST ITALIAN & FAMILY
RESTAURANT

PHILA INQUIRER
BEST ITALIAN RESTAURANT
MONTGOMERY COUNTY

MAIN LINE TIMES
BEST ITALIAN FAMILY
RESTAURANT

Atlantis Tile & Marble



www.AtlantisTileMarble.com

610.640.1460

391 Lancaster Ave., Malvern, PA 19355

Family Owned & Operated for Over 30 Years
Quality Service & Professional Install
Affordable - For All Budgets

MENTION THIS AD FOR ADDITIONAL SAVINGS

Mon, Tues, Thurs: 9am - 5pm • Wed: 9am - 8pm • Fri: 9am - 4pm
Saturday: 9-5 • Sunday: CLOSED

With us you're not just a number ... you're Family!



GREENSTONE GMT, LLC D.B.A. ATLANTIS TILE & MARBLE



WE WOULD ALSO LIKE TO ACKNOWLEDGE:

★ **Thank you Tony from Angelo's Pizza** – for the foot long Birthday Hoagie he donates to the center every month. ★ **LeBus Bread** – who donates delicious baked bread every month for the Member Bread Raffle and to ★ **Sun Joe** - who generously donates the baked goods we put out for snacks. We also thank ★ **Sicilian Delight** for their great discounts on pizza for Friday Flicks! ★ **Brian Neuffer** made a very generous donation of everyone's favorite Entenmann's baked goodies for snacking. Who doesn't like Entenmann's? ★ **Costco** for their generous donation of a monthly gift card for our birthday cake purchases.

GRACIAS! THANKS! DANKE! MERCI!
ARIGATO! GRAZIE! OBRIGADO!



NIKOLAOU LAW OFFICES

"Aggressive Representation For All Your Legal Needs"

Estate Planning – Wills
Business/Corporate
Injury Matters
Real Estate
Divorce – Family Issues

—
Call Nikolaou Law Offices
To receive more information at
610-337-3733

Email: info@nikolaoulawoffices.com


705 West DeKalb Pike
King of Prussia, PA 19406
(across the street from Sullivan's Steak House)

www.nikolaoulawoffices.com

UPPER MERION SENIOR SERVICE CENTER
 650 SOUTH HENDERSON ROAD KING OF PRUSSIA, PA 19406

Non-Profit Org.
 U.S. Postage
PAID
 Southeastern, PA
 Permit No. 615

TO: RESIDENT or OCCUPANT

<p>UM RAMBLER Free service to UM Township Seniors (Visit GVF Transportation for pass) You can ride back and forth to the Center, the Malls, and other destinations! GVF Transportation Dept. 1012 W. Eighth Ave., Suite A King of Prussia, PA 19406 Phone: 610-354-8899 www.gvftma.com</p>	<p style="text-align: center;">REMINDERS for APRIL 2015</p> <ul style="list-style-type: none"> * AARP 2014 TAX PREPARATION: THURSDAYS ONLY STARTING FEBRUARY 5 TO APRIL 9. <i>ALL APPOINTMENTS ARE CURRENTLY FILLED.</i> * FLEA ROOM IS OPEN FOR SHOPPING AND DONATIONS MONDAY THROUGH THURSDAY FROM 9:30 AM TO 1:30 PM * FRIDAY, APRIL 3: CLOSED FOR GOOD FRIDAY * MONDAY, APRIL 6: CLOSED FOR EASTER HOLIDAY * TUESDAY, APRIL 7 AT 10:00 AM: ALZHEIMERS FIRESIDE CHAT (<i>RESCHEDULED</i>) * WEDNESDAY, APRIL 8 AT 10:00 AM: GENERAL MEETING * FRIDAY, APRIL 10 AT 9:00 AM: GRANDPARENTS DAY AT ROBERTS ELEMENTARY. BUS DEPARTS FROM CENTER * WEDNESDAY, APRIL 15: VALLEY FORGE CASINO AT 9:30 AM. <i>THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY.</i> * FRIDAY, APRIL 17 FRIDAY FLICKS: (Pizza at 11:15 AM, Movie at 12:00 PM.) PLAYING THIS MONTH: <i>"UNBROKEN"</i>. <i>PLEASE SIGN UP BY THURSDAY, APRIL 16 SO THAT WE CAN ORDER ENOUGH PIZZA AND SET UP THE MORE COMFORTABLE CHAIRS FOR OUR MOVIE-GOERS!</i> * MONDAY, APRIL 20 AT 1:00 PM: BOOK TALK * WEDNESDAY, APRIL 22 AT 10:00 AM: MAIN LINE HEALTH PRESENTATION ON DASH DIET * SATURDAY, APRIL 25 FROM 9:00 AM TO 3:00 PM: 18TH ANNUAL UMSSC FLEA MARKET & BAKE SALE * WEDNESDAY, APRIL 29 AT 1:00 PM: VOLUNTEER APPRECIATION DAY * <i>SAVE THE DATE!</i> WELLNESS EXPO 55+ MAY 19 from 2:00 PM to 7:00 PM * <i>WATCH FOR MORE INFORMATION:</i> BRANDYWINE RIVER MUSEUM TRIP IN MAY <div style="text-align: center;">  <p>APRIL SHOWERS</p> </div>	<p>NOTE: THE UMSSC IS CLOSED WHEN THE UM AREA SCHOOL DISTRICT CLOSES OR HAS LATE OPENING DUE TO INCLEMENT WEATHER</p> <p><i>UMASD SCHOOL CLOSING NUMBER IS "307"</i></p> <p>NOTICE IS ALSO BROADCASTED ON COMCAST CHANNEL 28 OR VERIZON FIOS CHANNEL 32</p> <p>OR CALL SENIOR CENTER AFTER 7:30 AM (610-265-4715) AND LISTEN TO VOICE MAIL RECORDING</p> <p>OR CALL KYW-1060 RADIO (215-925-1060) FOLLOW INSTRUCTIONS AND ENTER UMASD SCHOOL CLOSING NUMBER "307"</p>
<p>Note: Information submitted following <i>MARCH 4</i> will be posted on the UMSSC Bulletin Boards and listed on UMGA-TV (Comcast Channel 22 or Verizon FiOS Channel 33) Visit the Center's web site at: www.umssc.org</p>		