

THE BEST OF TIMES



APRIL 2018

UPPER MERION SENIOR SERVICE CENTER
431 W. VALLEY FORGE ROAD
KING OF PRUSSIA, PA 19406
TELE: 610-265-4715
www.umssc.org

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.

OUR 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

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THRIFT SHOP EVENT

WE ARE OPEN FOR BUSINESS

The **Thrift Shop Event** is open Monday thru Thursday 9:30 to 1:30pm. We will also be open the day of our Flea Market & Bake Sale on Saturday, April 14th. Volunteers are still needed to cover the event. Come visit the shop and bring your friends. Maybe you will find your new treasure!



21st ANNUAL FLEA MARKET & BAKE SALE

SATURDAY, APRIL 14
9:00 AM TO 1:00 PM


(RAIN OR SHINE – HELD INDOORS)

OUR ANNUAL FLEA MARKET & BAKE SALE, HELD AT THE SENIOR CENTER, IS OPEN TO THE PUBLIC. BUY A TABLE SPACE TO SELL YOUR UNWANTED "TREASURES". (8'X4' TABLE SPACE-BRING YOUR OWN TABLE & CHAIR). WHETHER YOU ARE BUYING OR SELLING THERE WILL BE SOMETHING FOR EVERYONE. - CASH PRIZES – REFRESHMENTS - BAKED GOODS AND MORE! THIS IS ALWAYS A FUN FAMILY DAY! **HELP ADVERTISE OUR FUNDRAISER BY PICKING UP A LAWN SIGN AT THE OFFICE. ALL SIGNS MUST BE DOWN BY APRIL 16 AND RETURNED TO US.**

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

APRIL 2018

MONTHLY HEALTHY HABIT: Get your sweat on most days of the week. Just 20 minutes will count.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> 	<p>2</p> <p>CLOSED FOR EASTER HOLIDAY</p>	<p>3</p> <p>9:30 THRIFT SHOP OPEN 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE (<i>IN LOUNGE</i>) 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFÉ</p>	<p>4</p> <p>9:30 THRIFT SHOP OPEN 9:30 WEDNESDAY CARD PLAYERS (<i>IN CRAFT ROOM</i>) 10:00 BOARD MEETING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING</p>	<p>5</p> <p>9:30 THRIFT SHOP OPEN 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO (<i>IN GREAT ROOM</i>) 11:00 BREAD DAY 12:30 FUN & FITNESS</p>	<p>6</p> <p>9:30 PINOCHLE 10:00 SING-A-LONG</p>	<p>7</p>
<p>8</p>	<p>9</p> <p>9:30 THRIFT SHOP OPEN 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)</p>	<p>10</p> <p>9:30 THRIFT SHOP OPEN 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE (<i>IN LOUNGE</i>) 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING</p>	<p>11</p> <p>9:30 THRIFT SHOP OPEN 9:30 WEDNESDAY CARD PLAYERS (<i>IN CRAFT ROOM</i>) 10:00 GENERAL MEETING (SPECIAL PRESENTATION FOLLOWING MEETING) 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING</p>	<p>12</p> <p>9:30 THRIFT SHOP OPEN 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 NURSE 10:15 BINGO (<i>IN GREAT ROOM</i>) 11:00 BREAD DAY 11:00 OUTREACH - BRIGGS 12:30 FUN & FITNESS</p>	<p>13</p> <p>9:30 PINOCHLE 10:00 SING-A-LONG</p>	<p>14</p> <p>UMSSC 21ST ANNUAL FLEA MARKET & BAKE SALE 9:00 AM - 1:00 PPM</p>
<p>15</p>	<p>16</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)</p>	<p>17</p> <p>9:30 COMPUTER CLUB 10:00 TECH HELP 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE (<i>IN LOUNGE</i>) 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFE</p>	<p>18</p> <p>9:30 VALLEY FORGE CASINO 9:30 WEDNESDAY CARD PLAYERS (<i>IN CRAFT ROOM</i>) 10:00 PERSIAN SENIOR GROUP 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB 1:00 LINE DANCING 1:30 RED HAT LADIES</p>	<p>19</p> <p>10:00 EXECURSION GROUP TRIP LAUREL HILL CEMETARY 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO (<i>IN GREAT ROOM</i>) 11:00 BREAD DAY 12:30 FUN & FITNESS</p>	<p>20</p> <p>9:30 PINOCHLE (<i>IN LOUNGE TODAY</i>) 10:00 SING-A-LONG 11:30 FRIDAY FLICKS</p>	<p>21</p>
<p>22</p>	<p>23</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)</p>	<p>24</p> <p>9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING</p>	<p>25</p> <p>9:30 WEDNESDAY CARD PLAYERS 9:30 QUILTING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING</p>	<p>26</p> <p>10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 NURSE 10:15 BINGO 11:00 BREAD DAY 11:30 OUTREACH - LEACH</p>	<p>27</p> <p>9:30 PINOCHLE 10:00 SING-A-LONG 1:00 VOLUNTEER APPRECIATION CELEBRATION</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)</p>					

HERE'S WHAT'S HAPPENING IN THE COMING MONTHS

So many different ways to have fun! The following activities occur on the dates noted. Be sure to check out our regular Weekly Activities listed on our website. Expand your interests! Try something new!

LIKE US ON FACEBOOK (Hit "control" "right click" on link below



<https://b-m.facebook.com/umssc.org/>

FRIDAY FLICKS!

FRIDAY APRIL 20 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM Coordinator Don McCree. **THIS MONTH "WONDER" starring Jacob Tremblay, Julia Roberts, Owen Wilson and Izabela Vidovic.** Based on the New York Times bestseller, WONDER tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters 5th grade, attending a mainstream elementary school for the first time.

APRIL EXCURSION TRIP

Historic Laurel Hill Cemetery in Philadelphia, **April 19**. Transportation is by carpool. We will leave the swimming pool lot at 9:45 AM to be there in time for the tour at 10:30 AM. There is a free parking lot across the street from the main entrance on Ridge Avenue. **Cost for the tour is \$10 for UMSSC members, \$15 for non-members.** After the tour, we will stop at a nearby restaurant for lunch. Sign up and make your payment in the lobby. **Note: wear shoes and clothing that are comfortable for walking outdoors.**

MAY EXCURSION TRIP

Coming up May 10: a bus excursion to Nemours Mansion and Gardens near Wilmington. The 300-acre DuPont estate has been compared to Versailles. Mark your calendars and watch for more details.

MEMORY CAFÉ

TUESDAYS APRIL 2 AND APRIL 16 AT 2:00 PM. Caregiver support group discussions. There is no cost or obligation and many attendees develop friendships that result in support even outside the Memory Café setting. Presented by Emily Bova, Certified Dementia Practitioner from Arden Courts at King of Prussia.

BLOOD PRESSURE CHECK

THURSDAYS APRIL 12 AND APRIL 26 FROM 10:15 AM TO 12:45 PM our favorite Nurse Lori

Gnacek from Bryn Mawr Hospital/Main Line Health will be here to check your blood pressure for free.

OUTREACH

Representative Tim Briggs' aide will be here on Thursday, APRIL 12 from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here on Thursday, APRIL 26 from 11:30 AM to 1:00 PM.

TECH HELP

TUESDAYS APRIL 10 AND APRIL 24 FROM 10:00 AM TO 12:00 PM. Sangeetha Srinivasan, Program Coordinator for the UM Township Library, will be here to help our members with their tech questions. Please sign up in the Lobby for one on one help.

GENERAL MEETING

WEDNESDAY APRIL 11 AT 9:30 AM.

April General Meeting will start at 9:30 AM instead of 10:00 AM. This is so our members can get parking spots before any big class starts in the Community Center. Our monthly meeting is open to all members. Learn what is going on at the senior center. We hope you will join us to celebrate March birthdays with some cake, a 50/50 raffle and a birthday raffle to win a hoagie from Angelo's Pizza. **Following the General Meeting there will be a special presentation by Dr. Margaret Fitzpatrick, PT, OCSs, owner of VFT Physical Therapy in the Valley Forge Towers on "Effective Management of Dizziness & Balance As You Age."**

BOOK TALK

MONDAY, APRIL 16 at 1:00 PM. Coordinator: Patricia Ackah. This month's book "MIDDLE PLACE" BY KELLY CORRIGAN. For Kelly Corrigan, family is everything. At thirty-six, she had a marriage that worked, two funny, active kids, and a weekly newspaper column. But even as a thriving adult, Kelly still saw herself as the daughter of garrulous Irish-American charmer George Corrigan. She was living deep within what she calls the Middle Place--"that sliver of time when parenthood and childhood overlap"--comfortably wedged between her adult duties and her parents' care. But Kelly is abruptly shoved into coming-of-age when she finds a lump in her breast--and gets the diagnosis no one wants to hear. When George, too, learns that he has late-stage cancer, it is Kelly's turn to take care of the man who had always taken care of her--and to show us a woman who finally takes the leap and grows up.

VALLEY FORGE CASINO

WEDNESDAY, APRIL 18 (Cut-off date MONDAY, APRIL 16) THE OFFER FOR THE GROUP IS \$20.00 IN SLOT PLAY: **TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE REGISTRATION FORM**

AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT WWW.UMSSC.ORG. If you are planning to take the Shuttle, please register in advance. Shuttle departs the center at 9:30 AM and returns at 2:30 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. *Everyone must bring a valid photo ID.***

GARDEN CLUB

WEDNESDAY, APRIL 25 AT 1:00 PM. Only one regular meeting this month. We will set up on Friday April 13 for the our plant sale on Saturday, April 14.

VOLUNTEER APPRECIATION DAY

FRIDAY, APRIL 27 AT 1:00 PM. To celebrate our *VOLUNTEER OF THE YEAR* we are hosting a get together in the *Great Room*. Light refreshments will be served. ***HOPE YOU CAN COME! Please sign up at the Reception Desk.***

APPRISE COUNSELOR

An AARP Volunteer Apprise Counselor is available through the Senior Center to provide assistance with *health insurance and Medicare enrollment*. Call the Senior Center at 610-265-4715 and give your name, telephone or email. We will provide the Apprise Counselor with your information and they will contact you directly.

KEEPING SENIORS INFORMED



Please join us as we welcome the following new members to our UMSSC family. We hope to see them around the Center. Welcome to Aurelia Davis, Melinda Decker, Maggie Gillston, Jayne Kudoba, Royal McGeorge, Jr. Powa Tong, Ruth Verenna, and Ka Wu.

IMPORTANT UPDATES FROM MARCH

GENERAL MEETING

The April General Meeting will be starting at 9:30 AM instead of 10:00. This is so our members can get parking spots before the big class starts in the Community Center.

GENERAL MEETING BROADCASTS: General Meetings can be viewed on UMGA-TV (Comcast 22 / Verizon 33) on Thursdays at 6:00 PM and Fridays at 10:00 AM.

WEATHER-RELATED CLOSINGS: The UMSSC Closings are now going to be based on the Upper

Merion Community Center Closings, rather than the School District.

VOLUNTEER HOURS: Please enter your volunteer hours on the Volunteer Clipboard located on the table in the lobby. It is important that you **PRINT YOU FULL NAME LEGIBLY** in order to get credit for your hours. Hours must be entered by the date that you volunteered and not accumulated under a single date.

Thank you to all volunteers. And, remember the hours that you volunteer are only those that are volunteered for the Upper Merion Senior Service Center.

MEET YOUR GREETER

On Monday mornings members coming in to the Senior Center may have noticed a gentlemen sitting in the lobby area. His name is Jim McDonald. Jim volunteered to be a greeter after seeing our request for volunteers in the newsletter. He enjoys Fun & Fitness classes but was looking for some way to contribute and do more at the center. Jim grew up in Kensington and went to North Catholic HS. He has lived in King of Prussia for 61 years and before retirement he was an insurance salesman. Jim was married more than 60 years to the late Mary Ann Burns and has four children, Stephen, Michael, Ellen and Mary Beth. An enthusiastic basketball fan, Jim used to coach grade school aged children. A devout Catholic, Jim was instrumental in the forming of Mother of Divine Providence Parish where he is still a member. Jim has been a member of the Senior Center since 2014. He is a sweet, kind man with an Irish sense of humor and a pleasure to know. So if you happen to come in on a Monday morning, take a moment to smile and say hello to Jim.



JIM MCDONALD

BE A SMART HEALTH CONSUMER

Throughout your life time many factors influence your state of wellness. Some are controllable and some are not. Factors include: inherited conditions, your health

at birth, your environment, your access to regular health care, your behaviors and your life style.

There is a trend toward self-care. People do want to be in control of their health and do use various resources which they feel can guide them in their decisions. The cost of health care has made self-care a necessity for many. Prevention is a regularly used term and many use sources of information to aid in preventing illnesses.

However, responsible self-care does involve a number of elements including: recognizing if you are sick enough to need a physician, ability to check your own vital signs (pulse, temperature, blood pressure), managing minor things like abrasions, indigestion, the common cold, actively carrying out therapies such as diabetic medications, and asthma treatments. Most important may be to promote your wellness by using an exercise program, managing your weight and keeping stress to a minimum level.

Part of responsible self-care is knowing when self-care is no longer safe or smart. You need to seek medical assistance for any unusual symptoms which keep coming back, any serious injury or accident, any unexplained changes in weight or any unexplained bleeding. A list of sudden severe or persistent symptoms would include: chest pain, shortness of breath, bluish skin, lips or fingernails or changes in bowel or bladder habits, a sore that does not heal, a lump, thickness or swelling that gets bigger also numbness, paralysis or slurred speech. Special attention should be paid to allergic reactions causing swelling, dizziness or difficulty breathing and to any injury to the head causing loss of consciousness, vomiting or blurred vision.

When a person does feel that circumstances require medical care, the choices go from traditional to nontraditional or a combination called integrative medicine. When possible, everyone should have a relationship with at least one health care provider as a first line contact if experiencing one of the previously listed conditions. That contact could assist you in selecting a needed appointment with the appropriate resource.

When going to that resource, it is wise to take a trusted friend with you. When you are in distress, you may be too emotional to absorb the information and directions you are being given. Your advocate can calm you, take notes for you and ask questions on your behalf. Do not hesitate to seek support from a friend or relative to aid in maintaining your wellness. *(Contributed by Jane Burger)*

TIME TO RENEW

The 2018 membership renewals are due now. The membership fee is \$20.00 per person. We look forward to this year and all of the exciting activities and events we are planning. We hope we can count on the continued support of our members. Note we have a new policy: you do not have to be an Upper Merion Township resident to vote in our Board elections. All members are eligible to become a Board member.

DO YOU WANT TO ATTEND A CARFIT EVENT?

What is CarFit for the older driver? CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.

Why is CarFit important? Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies.

Driver safety programs improve adult driver safety by addressing cognitive abilities and skills, however, older drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others.

How is a CarFit check completed? At a CarFit event, a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete.

No date has been set to have this program at the Senior Center. If you think would be interested in participating, please sign up in the lobby. Watch for information to come.

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?



The following generous donations were given to the Senior Center:

- ★ Jessie Kealey to the Senior Center
- ★ Gary & Rose Marie Clemente to the Senior Center
- ★ Ethel Hutchinson gave a donation in memory of Mary Quick, Joe Bartlett & Leo Dolan

GRACIAS! THANKS! DANKE! MERCI!

★ **Thank you Sicilian Delight** for their pizza for Friday Flicks! ★ **Thank you Tony from Angelo's Pizza** – for the foot-long Birthday Hoagies he donates to the center every month. ★ **LeBus Bread**—who donates delicious baked bread every week. ★ **Costco** for their generous donation of a monthly gift card for our birthday cake purchases. ★ **Malvern Wegmans** for their bountiful donation of baked goods. ★ **Special thanks to the Upper Merion Township Library** for all they do for the Senior Center including large print books and Friday Flicks movies.

FLOWER CAUSE

If you purchase any flowers from **Plaza Flowers** (417 Egypt Road, Norristown, PA 19403 Telephone: 610-630-8825) *you can help raise funds for Upper Merion Senior Service Center.* Just mention **code SSC** when ordering and UMSSC receives a quarterly rebate equal to 5% of all purchases. Thank you!

SENIOR CENTER COMMUNITY OUTREACH

SENIOR FALL FLING COMMITTEE MEMBERS NEEDED

The Senior Fall Fling (which is held in September each year is months away but we are looking for Volunteers for the committee. We meet once a month (January until September) for approximately two hours at the UM Township Building on a Tuesday morning. If interested, please contact Dottie Wisniewski at 610-265-9055.

SHOEBOX RECYCLING

We continue 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. Every box we fill **raises funds for the center.** **Please be sure shoes are clean and in good condition.**

UPPER MERION EMERGENCY AID

We are thankful for what we have and for what we give. Please think of others and make a donation of food and/or dry goods and cleaning and paper products for local families in need. Our donation box is in the lobby. **Donations of boxed Potatoes (mashed, scalloped au gratin, etc.) boxed Macaroni and Cheese and boxed Stuffing, Spaghetti Sauce, Chicken Broth and Soup, Canned Pasta (Chef Boyardee), Tuna and Fruits and Vegetables. Peanut Butter & Jelly, Turkey Gravy, Cereal, cleaning, laundry detergents and toiletries are needed. Also a special request for "after school" type snacks for kids. *Let's help families in our community who are experiencing a time of need.***

AROUND THE COMMUNITY

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY - APRIL UPDATES



April Updates: Upper Merion Township Library
Upper Merion Township Library will be closed on Sunday, April 1

Sangeetha from the library will be at the Senior Center on Tuesday, April 10 and Tuesday, April 24 to answer all your tech questions.

ESL Classes Tuesdays at 1 pm. For adults who speak English as a second language, this program allows you to practice your English through conversations about books, short stories, and news articles. The class leader is Mrs. Jean Olexy, a certified ESL teacher. Anyone who speaks English as a second language is welcome to drop in.

Money Smart April at the Library. All programs starts at 7 pm. Must register

Wednesday, April 4 : Estate Planning
Wednesday, April 11 : Housing/Mortgages/Foreclosures
Wednesday, April 18: Money Management, Personal Finance 101/Budgeting
Wednesday, April 25: Preparing for Financial Emergencies

Baby Boomers Retirement Roadmap series . All program starts at 1 pm. please register.

Saturday, April 7 at 1 pm Maximize Your Social Security Income
Saturday, April 14 at 1:00 pm Medicare
Saturday, April 21 at 1:00 pm Retirement Planning
Saturday, April 28 at 1:00 pm The Income for Life Model

Tech Night on Monday, April 9 at 7 pm in Henderson Room. Own an ipad or an iphone but have trouble using it? Planning on buying, but the latest technology troubling you? Need help with downloading e-books? Our youth volunteers are here to help you. Registration Required.

Adult Coloring Night on Monday, April 9 at 7 pm in Valley Forge Room. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided. If you are interested in puzzles, we have them as well!!

Book Signing and discussion with Author Sheilah Vance on Tuesday, April 10 at 7 pm. Becoming Valley Forge, this epic historical novel shows how the lives of ordinary men and women who lived in the shadow of Valley Forge, Pennsylvania, were changed forever during The Philadelphia Campaign in mid-1777. To find out more, come hear bestselling and award-winning book author Sheilah Vance talk about her work. Autographed copy of the book Becoming Valley Forge will be available for purchase.

Lab Girl Book discussion on Sunday, April 15 at 2 pm in Henderson room. Join Longwood Gardens and Upper Merion Township Library partnership for the first year of our Community Read—a program designed to encourage reading for pleasure and to start a conversation. Read with us and enjoy the discussion! Must register. Participate to win a copy of the book. Refreshments will be served!

Family Pound at the community center on Thursday, April 19 at 6 pm: Enjoy Library sponsored FREE exercise classes at the New Community Center. Celebrate the library's new partnership with UMPR that benefits YOU! Need not be a member but **must register through the library.** Please arrive 10 minutes early at the community center to check in and sign the waiver.

Knit Nite: Monday, April 23 at 7 pm. Fourth Monday of the Month. For all ages - from veterans to wanna-be knitters. If you don't know how to knit and want to learn, our more experienced knitters are always eager pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

To register for any of the library events, you can register via our online calendar, or by calling 610-265-4805, or stopping by the library.

JUST FOR FUN



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!



“I figured you should have breakfast in bed on your birthday. Can you reach the stove okay?”

MONTHLY WORD SEARCH

Spring

G F S Q O I I S L S U R
E D U R Y G N D M B K V
B T A P T I Q E K D I F
S K N F A G H E H P B C
P T D R F B W S Q P R J
I S R E W O L F D T L S
L F H Z F G D S A N U M
U X U U F R R I D J T Z
T H C U Z A J A L U T V
U M B R E L L A S S B M
B N S M G N I R P S M K
R A I N B O W D J A C P

**BUDS DAFFODILS FLOWERS GRASS
RAIN RAINBOW SEEDS SPRING
TULIPS UMBRELLA**

Ice Cream Flavors

Y	M	T	R	L	C	H	O	C	O	L	A	T	E
A	S	K	C	A	R	T	E	S	O	O	M	E	T
P	Y	V	A	N	I	L	L	A	S	N	O	T	E
M	K	D	E	T	D	E	A	C	F	A	N	A	A
C	A	T	N	L	I	N	N	A	O	C	O	O	E
O	K	P	O	A	A	G	O	D	K	E	A	E	T
E	C	U	L	N	C	A	E	F	O	P	L	R	N
D	O	T	A	E	E	N	O	R	Y	W	E	E	E
O	C	B	O	A	W	Y	O	T	T	E	O	I	E
C	O	I	E	A	A	A	R	T	S	A	O	A	R
R	N	T	T	C	R	A	L	E	T	N	I	A	G
E	E	G	D	U	F	O	S	N	I	O	V	L	T
D	A	O	R	Y	K	C	O	R	U	A	C	G	T
A	E	E	T	U	N	O	C	O	C	T	P	E	S

**COTTON CANDY MAPLE WALNUT PECAN
BANANA TIGER TAIL MOOSE TRACKS
COCONUT ROCKY ROAD GREEN TEA
REESES CHOCOLATE VANILLA
FUDGE**

SPRING IS IN THE AIR!





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*Robert J. Reilly, Jr.**

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* Also Admitted in New Jersey

144 East DeKalb Pike, Suite 300, King of Prussia, PA 19406
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VALLEY FORGE PRESBYTERIAN CHURCH

We are an INTERGENERATIONAL community
LEARNING, CELEBRATING, and DOING
GOD'S unconditional GOOD!

Worship Gatherings Sundays 10:00am:
Celebrating and proclaiming the unconditional love of
God with our songs, prayers, and welcome of ALL.

Learning and Growth Opportunities:
Children and Youth Sunday School, Adult Bible
Study, Monthly Book Club, VBS Aug 6-10 6pm
Monthly Bible and Beer Group

Participating in God's good:
Community Flea Market - Saturday, May 5th
Food Collection, Hurricane Relief, Chili Cookoff,
AA (Wed Fri noon), NA (Fri eve), Neighborhood
Meals on Wheels, Local/Int'l Mission Partners

191 Town Center Road, KOP, 19406 610-265-2420
www.ValleyForgePres.org www.PCUSA.org

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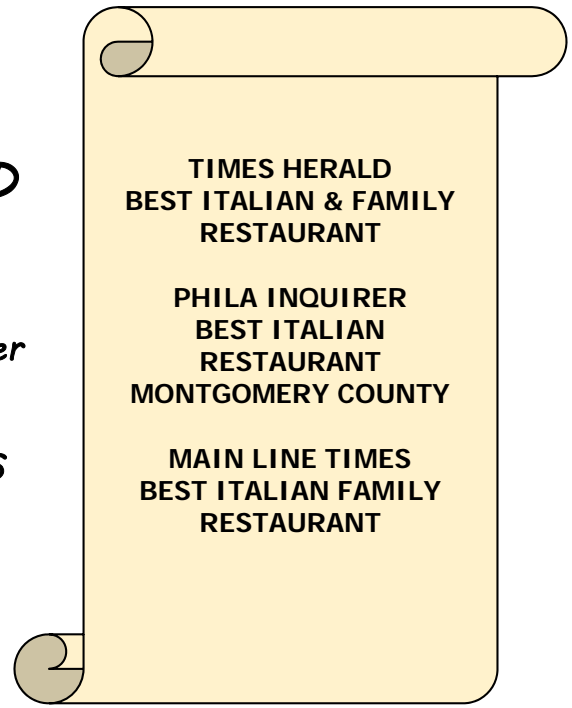
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Note:
Information submitted following publication of this newsletter will be posted on the UMSSC Bulletin Boards and listed on UMGA-TV (Comcast Channel 22 or Verizon FiOS Channel 33)
Visit the Center's web site at:
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UM 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!

INCLEMENT WEATHER & SENIOR CENTER CLOSINGS:
CALL SENIOR CENTER FIRST AFTER 7:30 AM (610-265-4715) AND LISTEN TO VOICE MAIL RECORDING

VOLUNTEER FOR OR PARTICIPATE IN ANY OF THESE SENIOR CENTER COMMUNITY OUTREACH PROJECTS

CALL FOR VOLUNTEERS

Are you interested in volunteering at the Senior Center? Here is a chance to get involved with *your* organization. Many events require some extra hands to run successfully and we look to our membership to help out. We would especially like to see some of our newer members volunteer at the Senior Center. If you do have the time to volunteer please give your name to Dick, McCann, Cindy Eastman or Shirley Robey in the office.

RECEPTION AREA GREETER

We are still looking for members with sunny dispositions who are interested in volunteering for a couple of hours each week at the Senior Center. In addition to greeting members as they come in and providing information to people who are interested in the Senior Center, you may be asked to help out on special projects (i.e. newsletter mailing). If you think you might be interested, see Cindy or Shirley in the staff office.

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

We are collecting children's books for the Bridgeport Elementary School children (grades K-4th). *Our book donations are a big hit with the kids because they get to keep the books they pick. Let's keep it going! 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 collect knitted and crocheted squares for blankets provided to children who are seriously ill or traumatized. Joan Banas collects the squares on behalf of the church. Our members can participate by knitting squares. Yarn and patterns are on a table near the lobby. Many thanks to our knitters and keep up the good work!

KNITTED CAPS FOR ST. CHRISTOPHER'S

Our members knit caps for preemie babies at *St. Christopher's Hospital for Children*. You can join the group here at the Center on Tuesdays at 1:00 PM or you can take the yarn and do your knitting at home. Hat pattern is available.

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