



# THE BEST OF TIMES

**APRIL 2012**

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**  
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**KING OF PRUSSIA, PA 19406**  
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**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:

Gerry Roth, President  
Mary F. McCree, Vice President  
Helen Cabrey, Secretary  
Harlyce Grossman, Treasurer

### MEMBERS OF THE BOARD:

Paul Buce, Ed Freudenberg, Pari Hoorfar, Ethel Hutchinson, Ruth Shand and Janet Sheehan

### HONORARY MEMBERS:

Mary Meere, Arthur Powell, Constance H. Williams

### STAFF:

Jonathan Stanback, Executive Director  
Shirley Robey, Administrative 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 Members and Friends,

Here we are about to enter the month of April. April brings much to mind; Easter, Passover, April Showers and our Flea Market and Bake Sale on Saturday April 21<sup>st</sup>. April is also the month of honoring volunteers. We celebrate our volunteers and all they do for our Center.

Our Center is very fortunate to have so many capable volunteers. We are able to hold many worthwhile activities due to their participation. We would be unable to do so without their generous donation of time for the Center.

In appreciation, the Center will be holding a *Volunteer Appreciation Day on Monday, April 30<sup>th</sup> at 1:00 PM in the Dining Room.* Please stop in and socialize while enjoying our goodies. We are always looking for new volunteers. If you are interested, please stop in and volunteer.













Just a reminder that we still need members to please sign up for the Bake sale at the Flea Market. We would like the bake goods on Friday morning, April 20<sup>th</sup>.

Wishes to all to enjoy your Easter Holiday and Passover Holiday!

Sincerely,

*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
<p>1</p>  <p><b>APRIL FOOL'S DAY</b></p>	<p>2</p> <p><b>9:30 FLEA ROOM OPEN</b>            9:30 PINOCHLE            10:00 MAH-JONGG            10:30 CURRENT EVENTS            1:00 CRAFTS            1:30 YOGA</p>	<p>3</p> <p><b>9:30 FLEA ROOM OPEN</b>            9:30 COMPUTER CLUB            10:00 BRIDGE            12:30 CHAIR EXERCISE  <b>1:00 ART INSTRUCTION</b>            1:00 CRAFTS            1:30 MUSIC INSTRUCTION</p>	<p>4</p> <p><b>9:30 FLEA ROOM OPEN</b>  <b>10:00 BOARD MEETING</b>            12:00 TAI CHI            12:00 COED BASKETBALL            1:00 LINE DANCING</p>	<p>5</p> <p><b>9:30 FLEA ROOM OPEN</b>  <b>10:00 AARP TAX PREP</b>            10:15 BINGO  <b>11:00 TRAVEL TALES &amp; TIPS</b>            12:30 CHAIR EXERCISE</p>	<p>6</p> <p><b>SENIOR CENTER IS CLOSED IN OBSERVANCE OF GOOD FRIDAY</b></p> <p><b>PASSOVER (SUNDOWN)</b></p>	<p>7</p> 
<p>8</p> 	<p>9</p> <p><b>SENIOR CENTER IS CLOSED IN OBSERVANCE OF EASTER</b></p>	<p>10</p> <p><b>9:30 FLEA ROOM OPEN</b>            9:30 COMPUTER CLUB            10:00 BRIDGE            12:30 CHAIR EXERCISE  <b>1:00 ART INSTRUCTION (last class)</b>            1:00 CRAFTS            1:30 MUSIC INSTRUCTION</p>	<p>11</p> <p><b>9:30 FLEA ROOM OPEN</b>  <b>10:00 GENERAL MEETING</b>            12:00 TAI CHI            12:00 COED BASKETBALL            1:00 LINE DANCING            1:00 GARDEN CLUB</p>	<p>12</p> <p><b>9:30 FLEA ROOM OPEN</b>  <b>10:00 AARP TAX PREP</b>  <b>10:00 NURSE</b>            10:15 BINGO  <b>11:00 OUTREACH-BRIGGS</b>            12:30 CHAIR EXERCISE</p>	<p>13</p> <p>10:00 MAH-JONGG            10:00 SING-A-LONG</p>	<p>14</p> 
<p>15</p> 	<p>16</p> <p><b>9:30 FLEA ROOM OPEN</b>            9:30 PINOCHLE            10:00 MAH-JONGG  <b>10:30 GOOD FOOD / GOOD HEALTH</b>            10:30 CURRENT EVENTS  <b>1:00 BOOK TALK</b>            1:00 CRAFTS            1:30 YOGA</p>	<p>17</p> <p><b>9:30 FLEA ROOM OPEN</b>            9:30 COMPUTER CLUB            10:00 BRIDGE            12:30 CHAIR EXERCISE            1:00 CRAFTS            1:30 MUSIC INSTRUCTION</p>	<p>18</p> <p><b>9:30 FLEA ROOM OPEN</b>            12:00 TAI CHI            12:00 COED BASKETBALL            1:00 LINE DANCING</p>	<p>19</p> <p><b>9:30 FLEA ROOM OPEN</b>            10:15 BINGO            12:30 CHAIR EXERCISE</p>	<p>20</p> <p>10:00 MAH-JONGG            10:00 SING-A-LONG</p>	<p>21</p> <p><b>15<sup>th</sup> ANNUAL FLEA MARKET</b>  <b>9:00 AM TO 3:00 PM</b></p>
<p>22</p> 	<p>23</p> <p><b>9:00 CASINO TRIP</b>            9:30 PINOCHLE            10:00 MAH-JONGG            10:30 CURRENT EVENTS            1:00 CRAFTS            1:30 YOGA</p>	<p>24</p> <p><b>PRIMARY ELECTION DAY</b></p> <p><b>SENIOR CENTER IS CLOSED AND ALL ACTIVITIES ARE CANCELLED</b></p>	<p>25</p> <p><b>8:45 VAN GOGH UP CLOSE</b>            9:30 QUILTING            12:00 TAI CHI            12:00 COED BASKETBALL            1:00 LINE DANCING            1:00 GARDEN CLUB</p>	<p>26</p> <p><b>10:00 NURSE</b>            10:15 BINGO  <b>11:00 OUTREACH-LEACH</b>            12:30 CHAIR EXERCISE</p>	<p>27</p> <p>10:00 MAH-JONGG            10:00 SING-A-LONG  <b>11:15 FRIDAY FLICKS</b></p>	<p>28</p> 
<p>29</p> 	<p>30</p> <p>9:30 PINOCHLE            10:00 MAH-JONGG            10:30 CURRENT EVENTS  <b>1:00 VOLUNTEER APPRECIATION DAY</b>            1:00 CRAFTS            1:30 YOGA</p>					

**APRIL 2012**

**Quote Of The Month:** Awake, thou wintry earth - Fling off thy sadness! Fair vernal flowers, laugh Forth Your ancient gladness! ~Thomas Blackburn, "An Easter Hymn"

## OUR BOARD OF DIRECTORS



*(NOT PICTURED BOARD MEMBER JANET SHEEHAN)*

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### UPCOMING EVENTS

**THE CENTER WILL BE CLOSED: FRIDAY, APRIL 6 IN OBSERVANCE OF GOOD FRIDAY, MONDAY, APRIL 9 IN OBSERVANCE OF EASTER AND TUESDAY, APRIL 24 FOR PRIMARY ELECTION DAY.**

**AARP TAX PREP:** Every Thursday beginning February 2 through April 12 from 10:00 AM to 2:00 PM. *Free to all.* One-hour (*only*) appointments are available; sign-up at Reception Desk. ***MUST SIGN-UP IN PERSON – NO TELEPHONE APPOINTMENTS WILL BE TAKEN.***

**FLEA MARKET ROOM:** Open for business Monday through Thursday from 9:30 AM to 1:30 PM. We will begin accepting donations of books for children and adults, 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.*

**VAN GOGH UP CLOSE AT THE PHILA. MUSEUM OF ART:** Wednesday, April 25. *Bus departs center at 8:45 AM sharp!* Cost: \$23.00 includes transportation and ticket to timed tour at 10:00

**AM, plus general admission to museum.**

After Van Gogh exhibit, free time to tour museum and lunch on your own. ***Bus will depart museum at 3:00 PM. No refunds will be given after March 21.*** (*Trip partially funded by DCED grant.*)

**UMSSC 15<sup>TH</sup> ANNUAL FLEA MARKET & BAKE SALE: SATURDAY, APRIL 21 from 9:00 AM to 3:00 PM (RAIN OR SHINE).** You know that saying “one man’s junk is another man’s treasure”. Here’s your chance to clear out your garage, basement and attic of unwanted “treasures” and enjoy a day with family or friends. Reserve a space for our annual flea market. An 8x4 space will be \$20.00. If you don’t have enough stuff for one space, share it with a friend. Too much for one space – get two! Nothing to sell? Why not stop by and enjoy browsing for perfect treasure. We will also have baked goods and lunch to sell. *All proceeds benefit the Center!*

**VOLUNTEER APPRECIATION DAY: Monday, April 30 at 1:00 PM:** The center will be hosting a get together in the Dining Room to express our appreciation to all of our volunteers. Some goodies will be served by the Board of Directors!

**AM I WORRYING TOO MUCH? - Monday, May 7 at 10:00 AM:** Presentation by Lauren Napolitano, Psy. D., Licensed Psychologist. Sponsored by Bryn Mawr Hospital/Main Line Health.

**HOW DIABETES AFFECTS YOUR FEET AND SUMMERTIME FEET ISSUES: Wednesday, May 23 at 10:00 AM.** Presentation by podiatrist, Charles M. Langman, DPM.

**HUNTERDON HILLS PLAYHOUSE: Wednesday, May 30. Bus departs at 9:00 AM. “A Bench in the Sun”** is a comedy by Ron Clark about life in a senior residence. Cost: \$51.00 per person - includes transportation, meal and show. Meal selection must be made at time of sign up. ***No refunds will be given after April 30.*** (*Trip partially funded by DCED grant.*)

**HYDRATION: Monday, June 4 at 10:00 AM. Lecture presented by Mary J. Gilliford, Health Educator, MLH Community Health Services. Sponsored by** Bryn Mawr Hospital/Main Line Health.

**AARP DRIVER SAFETY COURSE: Tuesday, June 19 and Wednesday, June 20 from 9:30 AM to 2:00 PM** (8-hour course). Registration forms available at the center. Checks, \$12.00/AARP members or \$14.00/non-AARP members are to be sent directly to the AARP course instructor, Buzz Ordonio (address is on form).

## **COMMUNITY OUTREACH**

### **DONATIONS TO UMSSC**

Upper Merion Senior Service Center is now 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.***

★ Thank you to Apolinar and Tita De La Cruz for their generous donation to the Center.

★ Thank you to Antonio and Maryann DiGenova for their generous donation to the Center.

### **UPPER MERION EMERGENCY AID**

Dried goods donations collected for families in the community. Donation box is outside of the lounge. The Upper Merion Emergency Fund is requesting donation of gloves and socks for any age. As always, we thank you for your generosity.

### **PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM**

Book donations to the Bridgeport Elementary School children (grades K-4<sup>th</sup>) are still being collected. Collection box is on the table outside of the lounge. Members might keep in mind how valuable these books are to young readers. Thank you notes have been received from the children and they were posted on our bulletin board. *WE CAN ALL PUT BOOKS INTO THE HANDS OF CHILDREN.*

## **ACKNOWLEDGEMENTS**

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

★ Thank you to ***Angelo's Pizza*** - Birthday Hoagie every month, to ★ ***LeBus Bread*** - Member Raffle every month 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 (*Everyone raves about their pizza!!!*).

## **COMMUNITY HAPPENINGS**

### **GRANDPARENT'S DAY AT ROBERTS ELEMENTARY SCHOOL**

On Friday, April 27 Roberts Elementary is holding "Grandparents Day". You can become a grandparent for the day for a child at Roberts. Information is posted on the bulletin board and there is a sign-up sheet on the reception desk if you are interested.

### **FRIENDS OF VALLEY FORGE**

*Speaker Series Programs are held on **Tuesday evenings at Washington Memorial Chapel at 7:00 PM. Admission is free to members and the public.***

**April 3 – Wash. Memorial Chapel - Philip N. Steel:** Former CEO of the Steel family importing business and member of the Descendants of Washington's Army at Valley Forge presents: *Early American Jewry – The Steel Family*. Meet the Steel's – a Jewish family of determination and resilience who came to America in the 1700s and participated in the American Revolution, the War of 1812, the Civil War, the reconstruction of Monticello, the Gold Rush, and much more.

**May 1 – Park Theater - Dean Malissa:** Portrays George Washington at Mount Vernon; seen on film, TV, commercials, and stage presents: *General George Washington as interpreted by Dean Malissa*. Spend an evening with George Washington, who, more than anyone else in our nation's history, was central to the formation of the United States and the American character. *This program will be held in the Park Theater.*

### **TRI-COUNTY CONCERTS EMERGING ARTISTS SERIES**

Concerts are held on ***Sundays at 2:30 PM at McInnis Auditorium, Eastern University***, 1300 Eagle Road., St. Davids, PA (610-649-2517). ***General Admission: \$ 20.00 - Senior Admission: \$15.00 - Students and Children: Free. Scheduled Concerts:***

April 15: Jonathan Beyer, Baritone

### **BINGO NIGHT**

DECA prepares emerging leaders and entrepreneurs in marketing, finance, hospitality and management in high schools and colleges around the globe. In May Upper Merion DECA is sending 30 Upper Merion Area High School students to a national competition in Salt Lake City and ***Bingo Night*** is being held to raise funds for this trip. Plan to play bingo on

Tuesday, April 10 from 7-9 PM in the Upper Merion Area High School Cafeteria. All proceeds benefit the students. Only \$3.00 per game gives you multiple chances to win cash and gift card prizes.

## **NEWSWORTHY**

### **CALLING ALL MEMBERS!** **COULD YOU HELP US?**

Our Flea Market will be on Saturday, April 21st and we are in need of baked goods to sell. We are asking volunteers to bake something for the Center and bring it in on Friday morning, April 20th. Baked good should be marked as to price and contents, (***especially if it contains nuts***). We will have a sign-up sheet at the reception desk if would like to donate. Thank you.

### **PROJECT ♥ LINUS**

*(Providing Security Through Blankets)*

One of our members, Joan Banas, belongs to the Hearts and Hands ladies group at Good Shepherd's Church. The group is asking for our help with "***Project Linus***". They need volunteers to knit or crochet 7"x9" squares for blankets which will be donated to hospital pediatric units, nursing homes or disaster areas. The yarn will be provided and they will piece the squares to make the blankets. If interested, you can pick out some yarn which will be in a bin in the reception area.

### **UPPER MERION 2012 Recycling Events**

Montgomery County has released their 2012 Household Hazardous Waste (HHW) Collection schedule and their Electronics Collection Schedule. Upper Merion Middle School will host a HHW event on Saturday, May 12 and Norristown Area High School will host an Electronics Collection event on Saturday, May 5. Please note that the county is holding 6 HHW ONLY events and 8 electronics ONLY events. They will not accept HHW items at electronics events and vice versa. Additional information on our bulletin board.

### **RECORD YOUR FAMILY HISTORY**

We all have a story to tell about our family. We are planning to have someone record as you talk about your families' history. If interested, please put your name on the list at the reception desk. Final details are in the works and we will let you know when this will start.

### **PHOTO ID REQUIRED FOR NOVEMBER 2012 ELECTION (not required for April primary election)**

**ALL** voters will be required to show a photo ID before voting at a polling place. All photo IDs must be current and contain an expiration date, unless noted otherwise. Acceptable IDs include:

Photo IDs issued by the U.S. Federal Government or the Commonwealth of Pennsylvania:

- 1) Pennsylvania driver's license or non-driver's license photo ID (IDs are valid for voting purposes 12 months past expiration date).
- 2) Valid U.S. passport (not expired).
- 3) U.S. military ID - active duty and retired military (a military or veteran's ID must designate an expiration date or designate that the expiration date is indefinite). Military dependents' ID must contain an expiration date.
- 4) Employee photo ID issued by Federal, PA, County or Municipal government (not expired).
- 5) Photo ID cards from an accredited public or private Pennsylvania college or university (not expired).
- 6) Photo ID cards issued by a Pennsylvania care facility, including long-term care facilities, assisted living residences or personal care homes (not expired).

If you do not have one of these IDs and require one for voting purposes, you may be entitled to get one **FREE OF CHARGE** at a PennDOT Driver License Center. To find the Driver License Center nearest you, and learn what identification and residency documentation you will need to get a photo ID visit PennDOT's Voter ID website or call the Department of State's Voter ID Hotline at 1-877-VotesPA (1-877-868-3772).

***NO ONE*** legally entitled to vote will be denied the right to do so. If you do not have a photo ID or are indigent and unable to obtain one without payment of a fee, you may cast a provisional ballot, and will have six days to provide your photo ID or an affirmation to your county elections office to have your ballot count. ***If for any reason you are denied the right to vote you can call Montgomery County Election Board at 610-278-3275.***

### **POLICE CRIME ALERT!**

#### **Income Tax Filing "Phishing" Attacks**

The Upper Merion Township Police Department has received information that law enforcement agencies have been reporting an increase in attempted e-mail phishing attacks with respect to income tax filing deadlines. The objective of these types of attacks is to lure people to click on links or an attachment within the body of an e-mail, leading that person to execute a malicious computer code on their computer. Listed below are preventive

strategies to minimize the chance of an attack being successful.

1. The sender of an e-mail or initiator of the phone call is your first indication as to whether an e-mail or phone call is legitimate. Be cognizant of how you file, whether electronically or via e-mail and whether through a third party tax service or the IRS directly. If being contacted by phone, ask for that person's name and call back number.

2. If you file a paper copy but receive an e-mail notification, there is a good chance the received e-mail is malicious. The IRS and third party providers typically do not send e-mail notifications, especially to taxpayers filing a paper return. If you file a paper return yet receive an e-mail notification, contact the IRS or whoever prepared your taxes directly.

3. If you file your taxes online, but receive e-mails from other third parties stating that you are eligible for a larger return, or there was an error on your return, treat these e-mails as suspicious and do not open them. Notify the IRS and your tax filing service provider about the e-mail.

Do not click on links in e-mails or open any attachments. Typically notifications from the IRS come via postal service. The IRS will not initiate contact with taxpayers by e-mail to request personal or financial information. If there is any doubt contact the IRS or your tax provider directly prior to opening any attachments.

Do not give out any personal information over the phone or in an e-mail without confirming the other party's identity. Ask for a name and callback number and verify the authenticity of the phone call.

If you have any questions regarding electronic filing, please contact the IRS directly at: <http://www.irs.gov>.

Suspicious e-mails claiming to be from the IRS can be sent to: [phishing@irs.gov](mailto:phishing@irs.gov).

If you have further questions please contact Sgt. Chuck Zadroga at (610) 205-8524 or [czadroga@umtownship.org](mailto:czadroga@umtownship.org)

## SPOTLIGHT ON . . .

### TERESA SMITH



As you walk into the Senior Center you may see someone working on our community bulletin board or

putting up seasonal decorations to make the board look festive. Theresa Smith is one of our volunteers and she is very active at the center. In addition to helping out with the bulletin board, Theresa coordinates the Sing-A-Long group and when needed she will also help out by selling tickets to our Holiday Party or other special event.

Theresa, we really appreciate your kindness and volunteerism! **Thank you.**

## 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.

**ART INSTRUCTION:** Tuesday's until April 10 from 1:00 pm to 3:00 pm. All levels welcomed to do watercolor, oils, acrylics and pastels. Learn color mixing, design, theory, form, line, etc.

**Please direct any questions to Instructor: Millie Becker (610-265-6561). Bring your own supplies. Advance registration not required. Payment accepted only on day of class. Cost: \$15.00 Per Class.**

**BINGO:** Thursdays at 10:15 AM. Coordinator: Evelyn Cavaliere. Cash prizes!

**BOOK TALK: Monday, APRIL 16 at 1:00**

**PM.** Coordinator: Patricia Ackah (610.265.4290). Meets on the third Monday of the month. This month's book is "Room" a novel by Emma Donoghue. **ROOM** is the story of a five-year-old called Jack, who lives in a single room with his Ma and has never been outside. When he turns five, he starts to ask questions, and his mother reveals to him that there is a world outside. Told entirely in Jack's voice, **ROOM** is no horror story or tearjerker, but a celebration of resilience and the love between parent and child.

**BRIDGE CLUB:** Tuesday's at 10:00 AM.

**CASINO TRIP: MONDAY, APRIL 23.** Bus departs from Center to Showboat Casino at 9:00 AM and returns approximately 6:15 PM. Bus Captain: Harry Bailey. **Cost: \$25.00** per person. Limit 47 passengers. No telephone reservations. **MINIMUM 30 PASSENGERS REQUIRED. CUT-OFF DATE FOR TRIP IS WEDNESDAY, APRIL 18.**

**CHAIR EXERCISE:** Every Tuesday and Thursday from 12:30 PM to 1:15 PM. Coordinator: Jim Parvin. \$3.00 per class.

**CO-ED BASKETBALL:** Wednesday's from 12:00 PM to 1:00 PM in the gym. FREE.

**COMPUTER CLUB:** Tuesday's 9:30 AM to 11:30 AM. Coordinators: Herman Natanblut and Howard Lurie. No fee; no class limit. Meetings are open to all *members*, all ability levels.

**CRAFTS:** Monday's and Tuesday's at 1:00 PM. Coordinator: Dot Price. Instruction provided. Hand-made items are for sale and all proceeds benefit the Center.

**CURRENT EVENTS DISCUSSION GROUP:** Monday's at 10:30 AM in the Lounge. Coordinator: Joan Shaw. Group meets every Monday at 10:30 to discuss the latest. We deal in local, state, national, and international events. Each attendee is given the opportunity to select a subject, and away we go. And yes, we always leave as friends, respecting other's views.

**FRIDAY FLICKS: Friday, April 27,** (Pizza at 11:15 AM, Movie at 12:00 PM.) Coordinator: Don McCree. This month we will be showing "**WAR HORSE**", an English war epic motion picture directed by Steven Spielberg. **Cost: \$5.00 for movie and pizza or \$2.00 for the movie only. Sign up and pay at the Reception Desk.**

**GARDEN CLUB:** Meets the second and fourth Wednesday at 1:00 PM. Chairperson: Paul Buce. We've pulled through the "winter" and are raring to go. April will focus on the Flea Market: prep, sale, and cleanup of leftover greenery. We meet on the second Wednesday at 1:00 to lay out details for our table.

**GENERAL MEMBERSHIP MEETING:** Monthly meeting open to all members on the 2nd Wednesday at 10:00 AM. Any member who wants to be put on the agenda at the meeting should contact Gerry Roth, President.

**GOOD FOOD/GOOD HEALTH WITH PARI: NEXT CLASS WILL BE MAY 7.**

**LIBRARY:** Open Monday through Friday from 9:00 AM to 3:00 PM. An excellent selection of large print books, tapes and videos are available to borrow.

**LINE DANCING:** Every Wednesday at 1:00 PM in the gym. Coordinator: Loretta DeLucca. \$1.00 fee per lesson.

**MAH-JONGG:** Monday's and Friday's at 10:00 AM. All level players are welcome. Interested in learning Mah-Jongg? ***We have some members who are willing to teach new players at any time.*** Coordinator: Lynne Boroch.

**MUSIC INSTRUCTION:** Tuesday's at 1:30 PM. Instructor: Ed Hickman.

**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.

**OUTREACH:** *Representative Tim Briggs'* aide is here the second Thursday of the month - 11:00 AM to 2:00 PM. *Senator Daylin Leach's* aide is here the last Thursday of the month - 11:00 AM to 1:00 PM.

**PINOCHLE LADIES AND GENTS:** Monday's at 9:30 AM.

**POKER CLUB: *On hiatus until further notice.***

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

**SING-A-LONG:** Friday's at 10:00 TO 11:30 AM. Coordinators: Theresa M. Smith and Dot Morio.

**STAND-UP YOGA:** Monday's at 1:30 PM. Certified Instructor: Dr. Christine Grad. \$3.00 per class. Limited to 8 members per class.

**TAI CHI:** Every Wednesday from 12:00 PM to 12:45 PM. Coordinator Louise Bailey. \$3.00 per class.

**NEW ACTIVITY: TRAVEL TALES AND TIPS. 11:00 AM on the first Thursday of each month** in the Computer Room. Join this discussion group to share travel tips and adventures. This month's discussion will be ***cut rate New York shows.*** Coordinator: John Desko.

## REMINDERS FOR APRIL 2012

- \* AARP TAX PREP: ON THURSDAYS UNTIL APRIL 12 FROM 10:00 AM TO 2:00 PM
- \* FLEA MARKET ROOM OPEN: DONATIONS ACCEPTED AND ITEMS FOR SALE MONDAY TO THURSDAY FROM 9:30 AM TO 1:30 PM
- \* BOOK TALK: MONDAY, APRIL 16 AT 1:00 PM
- \* 15<sup>TH</sup> ANNUAL FLEA MARKET AND BAKE SALE: SATURDAY, APRIL 21 FROM 9:00 AM TO 3:00 PM (HELD RAIN OR SHINE)
- \* CASINO TRIP: MONDAY, APRIL 23 AT 9:00 AM
- \* VAN GOGH UP CLOSE AT THE PHILADELPHIA MUSEUM OF ART: WEDNESDAY, APRIL 25 AT 8:45 AM
- \* FRIDAY FLICKS: FRIDAY, April 27 - PIZZA AT 11:15 AM MOVIE AT 12:00 PM. MOVIE: "WAR HORSE"
- \* VOLUNTEER APPRECIATION DAY: MONDAY, APRIL 30 AT 1:00 PM

THE CENTER WILL BE CLOSED ON FRIDAY, APRIL 6 IN OBSERVANCE OF GOOD FRIDAY AND ON MONDAY, APRIL 9 IN OBSERVANCE OF EASTER. *ALSO* CLOSED ON TUESDAY, APRIL 24 FOR PRIMARY ELECTION DAY.



**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](http://www.gvftma.com)

**Note:**  
Information submitted following March 7 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](http://www.umssc.org)

**NOTE:**  
THE UMSSC IS CLOSED WHEN THE UM AREA SCHOOL DISTRICT CLOSES DUE TO INCLEMENT WEATHER  
*UMASD SCHOOL CLOSING NUMBER IS "307"*

NOTICE IS ALSO BROADCASTED ON COMCAST CHANNEL 28 OR VERIZON FIOS CHANNEL 32

OR CALL SENIOR CENTER *AFTER 7:30 AM* (610-265-4715) AND LISTEN TO VOICE MAIL RECORDING

OR CALL KYW-1060 RADIO (215-925-1060) FOLLOW INSTRUCTIONS AND ENTER UMASD SCHOOL CLOSING NUMBER "307"

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

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