



# THE BEST OF TIMES

APRIL 2013

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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**EMAIL: [info@umssc.org](mailto: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:

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

### MEMBERS OF THE BOARD:

Paul Buce, Les Cohen, William Drolet, Ed Freudenberg,  
Pari Hoorfar, Ethel Hutchinson, Howard Lurie, Ruth Shand  
and Janet Sheehan

### HONORARY MEMBERS:

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

### 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

There are times when we wish we had thanked someone for the wonderful job they do for us. This is one of those times. While we have many wonderful volunteers, our Board are all volunteers and they are all dedicated to service for the center. I would like to especially mention one of these special volunteers. Every month for several years, she has reported on our income and expenses in a most efficient manner. Whenever we have a fund raiser, she is given the job (because she does it so well) of handling all monies. I know for a fact she works very long hours and can always answer any questions we have regarding our finances. Her name is Harlyce Grossman, our Treasurer. Thank you Harlyce for a job well done!

We will be having our annual Volunteer Appreciation Day on Monday April 29<sup>th</sup>. More details on this can be found in this newsletter.

Are you aware that we have a General Membership Meeting on the second Wednesday of the month? April's meeting is on April 10<sup>th</sup> at 10:00 AM. This is your chance to meet and hear the reports of your Board members. Lucy Damiani and Sarah Philips attend the meetings faithfully and handle the extra goodies we offer at this meeting. Members attending can purchase tickets for a chance to win the 50/50 drawing. If you are celebrating a birthday that month you can put your name in a jar and the name drawn wins a foot long hoagie which is donated each month by Angelo's Pizza and picked up by UMSSC member Ed Wenger. We also have drawings for special breads donated by LeBus Bakery and picked up each month by Jonathan Stanback. We all sing "Happy Birthday" to the month's birthday guys and gals led on piano by Ed Wenger. On occasion we have special visitors to our meetings who present topics of interest for everyone. Following the meeting we all retire to the dining room for cake and coffee. What more could you ask?

Please join us and feel free to comment on or ask questions about our center. We value your input and look forward to seeing you at April's meeting and remember to always **"say something nice about the Upper Merion Senior Service Center and our members"**.








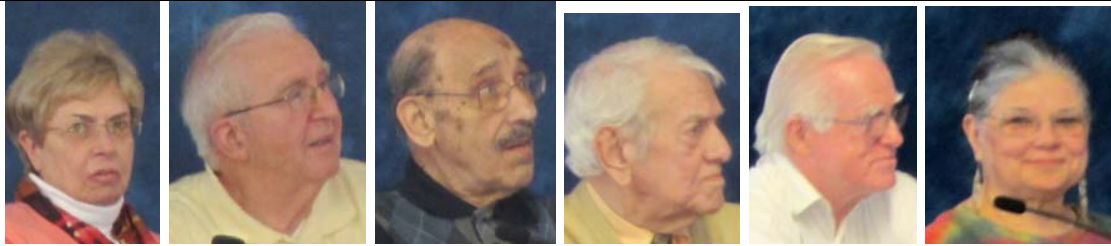
Mary McCree

***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***

# APRIL 2013

Quote of the month: If you're alone, I'll be your shadow. If you want to cry, I'll be your shoulder. If you want a hug, I'll be your pillow. If you need to be happy, I'll be your smile. But anytime you need a friend, I'll just be me.

Author Unknown

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>SENIOR CENTER CLOSED FOR OBSERVANCE OF EASTER HOLIDAY</i>	2 9:30 COMPUTER CLUB 9:30 <i>FLEA ROOM OPEN</i> 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION	3 9:30 <i>FLEA ROOM OPEN</i> 10:00 <i>BOARD MEETING</i> 1:00 LINE DANCING	4 9:30 <i>FLEA ROOM OPEN</i> 10:00 <i>AARP TAX PREP</i> 10:15 BINGO 12:30 CHAIR EXERCISE	5 10:00 SING-A-LONG	6 PICTURED ARE SOME OF THE UMSSC JEOPARDY CONTESTANTS
	7 9:30 <i>FLEA ROOM OPEN</i> 10:00 MAH-JONGG 12:00 ZUMBA GOLD 10:30 CURRENT EVENTS 1:30 YOGA	8 9:00 <i>HUNTERDON HILLS PLAYHOUSE TRIP</i> 9:30 <i>FLEA ROOM OPEN</i> 9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION	9 9:30 <i>FLEA ROOM OPEN</i> 10:00 <i>GENERAL MEETING</i> 1:00 LINE DANCING 1:00 GARDEN CLUB	10 9:30 <i>FLEA ROOM OPEN</i> 10:00 <i>AARP TAX PREP (LAST DAY TO FILE)</i> 10:00 <i>NURSE</i> 10:15 BINGO 11:00 <i>OUTREACH-BRIGGS</i> 12:30 CHAIR EXERCISE	11 10:00 SING-A-LONG 11:15 <i>FRIDAY FLICKS "CALENDAR GIRLS"</i>	12 
	13 9:30 <i>FLEA ROOM OPEN</i> 10:00 <i>MLH PRESENTATION ON SKIN CARE</i> 10:00 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:00 <i>BOOK TALK</i> 1:30 YOGA	14 9:30 <i>FLEA ROOM OPEN</i> 9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION 1:30 <i>BASIC INVESTING</i>	15 9:30 <i>VALLEY FORGE CASINO</i> 9:30 <i>FLEA ROOM OPEN</i> 1:00 LINE DANCING	16 10:15 BINGO 11:00 <i>TRAVEL TALES &amp; TIPS "BANGKOK, THAILAND"</i> 12:30 CHAIR EXERCISE	17 10:00 SING-A-LONG 10:00 <i>DROP OFF YOUR BAKED GOODS FOR TOMORROW'S FLEA MARKET &amp; BAKE SALE!</i>	18 
	19 10:00 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA	20 9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION 1:30 <i>BASIC INVESTING</i> 7:00 PM <i>UMSSC BAND PERFORMANCE AT MIDDLE SCHOOL ART SHOW</i>	21 10:00 <i>PRESENTATION PENNA CAPTIONED TELEPHONE RELAY SERVICE</i> 1:00 LINE DANCING 1:00 GARDEN CLUB	22 10:00 <i>NURSE</i> 10:15 BINGO 11:00 <i>OUTREACH- LEACH</i> 12:30 CHAIR EXERCISE	23 10:00 SING-A-LONG	24 UPPER MERION POLICE SPONSOR "DRUG TAKE BACK DAY" 10:00 AM – 2:00 PM & EARTH DAY CELEBRATION AT TOWNSHIP BLDG.
	25 10:00 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:00 <i>VOLUNTEER APPRECIATION DAY</i> 1:30 YOGA	26 9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION				27

## OUR BOARD OF DIRECTORS



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## DATES WE ARE CLOSED

**THE CENTER WILL BE CLOSED ON MONDAY, APRIL 1 IN OBSERVANCE OF EASTER.**

## UPCOMING EVENTS

**HUNTERDON HILLS PLAYHOUSE - "BUTTERFLIES ARE FREE": TUESDAY, APRIL 9. BUS DEPARTS PROMPTLY AT 9:00 AM.** Charming and humorous play about Don, a young bachelor who moves out into his own apartment for the first time, and, though it is just a cramped cold-water flat, the freedom he experiences is exhilarating! Even more exhilarating is the fact that a pretty, kooky young actress has recently moved into the apartment next door and a sweet friendship quickly blossoms. The girl soon learns that Don is actually escaping from his overprotective mother. When mother and the girl finally meet, the two simply do not mix, as the girl tries to encourage Don to follow his dreams, while the mother tries to banish the girl from Don's life. **Cost: \$55.00 UMSSC members, \$60.00 non-UMSSC members. Includes transportation, lunch and show.**

**AARP 2013 TAX PREPARATION: Held on Thursday's only through April 11.** Tax preparation for

seniors by appointment only. Bring in all of your tax documentation *including your real estate tax bills*. Appointment sign-up schedule is at the reception desk. **Must sign up in person. No appointments will be taken over the telephone.**

## VALLEY FORGE CASINO: ON WEDNESDAY, APRIL 17. **NOTE: THE PROGRAM IS CHANGING.**

The new offer for groups is \$15.00 in Slot Play and \$10.00 in Food Credit. The package does not cost anything. In order to get this package, you must register at the Senior Center. **Valley Services will handle all new and renewal casino memberships (not UMSSC).** Cash or credit card will be accepted by Valley Services. **CUT-OFF DATE FOR THIS TRIP IS WEDNESDAY, APRIL 10.**

**Everyone will need a valid photo ID.** The best options are a driver's license, passport, or ID issued by the DMV that is not a driver's license. **IDs that are not accepted** are credit cards with photos, military ID, expired licenses.

**FLEA ROOM:** The Flea Room is open Monday through Thursday from 9:30 AM to 1:30 PM. Bring in your donations or come in to shop. 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.*

## 16<sup>th</sup> ANNUAL FLEA MARKET AND BAKE SALE:

SATURDAY, APRIL 20, 2013 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](http://www.umssc.org) Payment and completed registration form must be received to reserve your space. For additional information call 610-265-4715.

**WE NEED VOLUNTEERS TO BAKE GOODIES TO SELL AT THE FLEA MARKET. SIGN-UP AT THE RECEPTION DESK AND BE SURE TO LIST WHAT YOU WILL DONATE AND BRING TO THE CENTER ON FRIDAY, APRIL 19. REMEMBER ALL PROCEEDS BENEFIT YOUR SENIOR CENTER.**

**BASIC INVESTING: TUESDAY, APRIL 16 AND APRIL 23 at 1:30 PM.** UMSSC Board Member, Howard Lurie will be teaching a class on basic



investing. This class will explore and compare the various kinds of investments: savings accounts, certificates of deposit, government bonds, tax free municipal bonds, corporate bonds, mutual funds, common and preferred stock, and annuities. The class will be 2 sessions of one hour each. ***Please sign up at reception desk.***

**PA CAPTIONED TELEPHONE RELAY SERVICE PRESENTATION: WEDNESDAY, APRIL 24 AT 10:00 AM IN THE GREAT ROOM. Do you have hearing problems or know of someone who does?** If so, please attend the presentation on ***free captioning service*** offered to Pennsylvania residents who may have hard time hearing on the phone.

**NATIONAL DRUG TAKE-BACK DAY: SATURDAY, APRIL 27 FROM 10:00 AM TO 12:00 PM.** Take your unused or outdated drugs to the Upper Merion Police at the Township Building for disposal.

**VOLUNTEER APPRECIATION DAY: MONDAY, APRIL 29 at 1:00 PM.** National Volunteer Week is scheduled for the week of April 21<sup>st</sup> to the 27<sup>th</sup>. The center will be hosting a get together in the Dining Room to celebrate our members who do extraordinary things and the tremendous impact they are making at our senior center and in the community. Light refreshments will be served. ***SPECIAL GUEST APPEARANCE BY FRALINGER'S STRING (MINI) BAND. HOPE YOU CAN COME!***

**RAINBOW DINNER THEATER: WEDNESDAY, MAY 22. "FUN BETWEEN THE COVERS".** A small town bookstore is about to blow the cover off America's most secretive health food guru. She is hiding much more than anyone bargained for, and this little bookstore will never be the same. One of the funniest shows you'll ever see! COST: \$47.00 UMSSC MEMBERS AND \$52.00 for NON-UMSSC MEMBERS. ***BUS DEPARTS CENTER AT 10:45 A.M.***

**KING OF PRUSSIA INN: WEDNESDAY, JUNE 26.** An ***"interest only"*** sign-up sheet is at the reception desk. If you would be interested in a tour of the Inn please sign-up. Michael Morrison will be our host for the 1-hour presentation followed by Question & Answer Session and light refreshments. Trip will be confirmed once we have determined there is interest. ***Transportation will not be provided by UMSSC.***

## **COMMUNITY OUTREACH**

### **DONATIONS TO UMSSC**

A special thank you goes to Quaker Chemical Company who made a generous donation at the suggestion of one of our members. The donation given anonymously by one of our members was matched by Quaker.

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. Does your company offer matching funds?***

### **UPPER MERION EMERGENCY AID**

Dried goods donations collected for families in the community. More families are in need than ever before. Donation box is outside of the lounge. ***The Upper Merion Emergency Fund has specifically requested donations of canned fruit.*** 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. ***When donating books please be sure that they are in good condition.***

### **UPPER MERION TRICENTENNIAL**

***Tricentennial Memorabilia*** is available at the *cashier's window in the Upper Merion Township Building*. There are always new items so please stop over and see which ones you would like. Checks should be made payable to *Upper Merion Township Foundation*.

As the TriCentennial Celebration is self supporting, we could all help by donating to the Tricentennial with their ***Ten for Tricent*** campaign, a fundraising effort for our 300th Birthday Bash! Your donation today means you've just joined the celebration! You may donate \$10.00 or more by donating online or by making out a check payable to Upper Merion Township Foundation and giving it to the cashier in



the Township Building or mailing to Upper Merion Township Tricentennial P. O. BOX 60184, King of Prussia, PA 19406. *This address is also posted on our bulletin board.*

### LOCK FOR LIFE

Lock for Life is a **free** program available through the Upper Merion Township Police Department. It is intended to provide Police, Fire and Emergency Medical Service personnel access to your residence in the event of an emergency where you are unable to open the door. Pick up a brochure form at the "Info Center" for more detailed information and how to register. Registration forms are also available there.

### ACKNOWLEDGEMENTS

#### GRACIAS! THANKS! DANKE! MERCI!

#### ARIGATO! GRAZIE! OBRIGADO!

★ Thank you Tony from *Angelo's Pizza* – for the foot long Birthday Hoagie he donates to the center every month. ★ *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 for Friday Flicks!

#### DONATIONS TO THE CENTER

Donations have been made to the Center by the following members:

Anonymous donation made to the Center by a member and matched by Quaker Chemical.

Ernest & Placido DiGenova to the Center.

Ros Brenner to the Center.

Jim & Elaine Parvin and Barbara Frailey *in memory of Evelyn Cavaliere.*

Ethel Hutchinson and Don & Mary McCree *in memory of Theresa Ferreri.*

### COMMUNITY HAPPENINGS

UM Park and Rec is sponsoring the semi-annual **Seniors' Bowling and Luncheon** on Tuesday, April 16. *Sign up with Park and Rec at the Township Building. (FREE)*

#### TRICENTENNIAL SPEAKER SERIES

**Sunday, April 14 at 2:00pm Township Building - Freedom Hall: Professor Joseph Eckhardt – Before Hollywood there was Betzwood.** Then the largest movie studio in the world – filming in Upper Merion & Valley Forge!

**Saturday, April 27 from 10:00am to 3:00pm Township Building - Freedom Hall, Upper Atrium and adjacent meeting rooms: Native American Cultural Festival.** Learn about the Lenne Lenape Indians, the first inhabitants of our area. Presentations, Children's Activities, storytelling, food samples, and hands-on artifacts display, and more. A fun family event for all ages.

**Sunday, May 5 at 2:00 P.M. at the Township Building - Freedom Hall: Schuylkill Valley Heritage** – what happened along the river and why it was so important to the local economy?

**Ecumenical Service Sunday, May 5 at 7:00 P.M. at Mother of Divine Providence Church:** Join us in celebrating the religious and ethnic history and diversity of Upper Merion. A reception will follow in the church hall.

**Civil War History Day: Saturday, June 29 from 10:00am to 3:00pm - Old Swedes Church**  
**Why a Civil War History Day at Old Swedes Church?** Within the stone walls of the centuries-old cemetery at Old Swedes Church lie the graves of many early and prominent area citizens, many of whom served in the Civil War – including Anna Holstein and Sarah Priest, two women who selflessly served the sick, injured and dying during the Civil War. "Meet" Anna Holstein and other re-enactors. Learn about Civil War life & times, and what it was like to serve as a Civil War nurse. Visit the church, built in 1760, and learn of its interesting and valuable history and architecture.

#### FRIENDS OF VALLEY FORGE PARK SPEAKER SERIES

The annual Speaker Series is held in cooperation with the Washington Memorial Chapel. Programs are held on the first Tuesday of the month at 7 pm. The following programs will be held at the Chapel.

#### **Tuesday, April 2: America's First Civil War**

The author of *Tories: Fighting for the King in America's First Civil War*, Thomas B. Allen presents a riveting new perspective on the American Revolution. This was a civil war, one that tore families, friends, and communities apart. Thousands of Americans fought on the British side – and paid the price of exile after the war.



## **NEWSWORTHY**

### **RECORD YOUR FAMILY HISTORY**

We all have a story to tell about our family. For a donation of \$10.00, we will record as you talk about your families' history. We will provide you with some pre-selected questions to guide you through the recording or if you prefer you can just talk generally. If you have already signed up you will be contacted to schedule a date and time. You should allow at least 2-hours for a recording. Sign up and give your \$10.00 donation in the office.

### **MEMBER SPOTLIGHT ON "JEOPARDY PARTICIPANTS"**

Thank you to all of the members who volunteered to be on teams for the IV Annual UMSSC Jeopardy games. They all did a great job and had fun doing it. We congratulate the Grand Prize Winners Suzanne Andrews and Carole Kenney (Team name: Current Events). A first at one of our games was a tie score for first place. They and Bill Drolet and Tom Linahan (The Double V's) each had a score of 8400 and a tie-breaker question had to be given to determine the final output. Pictures of the event are posted on the bulletin board. Be sure to look at them.

We would also like to take this time to thank the following who helped make the game possible:

Our game show host: Paul Buce; game show version creation and set-up: Mark Erb, Howard Rosenblum and Don McCree; Our judges: Mary McCree and Shirley Robey and the UMGA Crew: lead by Don Herbert, Jeff Vernitsky, Jim Carracappa, and Shawn Sealer.

And finally, thank you to the members of our studio audience for their support and enthusiasm. We all had a great time and look forward to the next game. Be sure to watch the bulletin board for dates to view the games on UMGA TV.

## **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.

**BINGO:** Thursdays at 10:15 AM. Coordinator: Dan DeLucca. Cash prizes!

**BOOK TALK: MONDAY, APRIL 15 at 1:00 PM.** Meets on the 3<sup>rd</sup> Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book "***Broken for You***" by Stephanie Kallos is a debut

novel of infinite charm and tremendous heart that explores the risks and rewards of human connection, and the hidden strength behind things that only seem fragile.

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

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

**COMPUTER CLUB:** Tuesday's 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. ***PLEASE STOP IN!***

### **CURRENT EVENTS DISCUSSION GROUP:**

Monday's at 10:30 AM in the Lounge. Coordinators: Joan Shaw and Paul Buce. Meetings at 10:30 on Mondays in the lounge. Still plenty to discuss, and discuss we do.

**FRIDAY FLICKS: FRIDAY, APRIL 12** (Pizza at 11:15 AM, Movie at 12:00 PM.) Coordinator: Don McCree. This month we will be showing "***CALENDAR GIRLS***" starring **Helen Mirren, Julie Walters, Penelope Wilton**. A Women's Institute chapter's fundraising effort for a local hospital by posing nude for a calendar becomes a media sensation. Cost: \$5.00 for movie and pizza or \$2.00 for the movie only. Sign up and pay in advance at the Reception Desk.

**GARDEN CLUB:** Meets the second and fourth Wednesday at 1:00 PM. Chairperson: Paul Buce. April is dedicated to the Flea Market. We're already well into prepping materials, and our meeting on Wed. the 10th will be our final planning session. The 20th will be a long day for us, and will serve as our second meeting for April.

**GENERAL MEMBERSHIP MEETING:** Monthly meeting open to all members on the ***2nd Wednesday of the month ( April 10) at 10:00 AM***. Any member who wants to be put on the agenda at the meeting should contact Gerry Roth, President. Birthdays will be celebrated. Come enjoy birthday cake, 50/50 and free bread. ***Roberts Elementary School principal, Jabari Whitehead will be at the meeting as well as Battalion Chief Pam Forster and Exec. Mgr. Stephen Roskos from Lafayette Ambulance and Rescue Squad.***



**GOOD FOOD/GOOD HEALTH WITH PARI:** *On hiatus until September.*

**KNITTING & CROCHETING:** Tuesday's at 1:00 PM. Coordinator: Dot Price. 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. 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: Aracelia Panzano. \$1.00 fee per lesson.

**MAH-JONGG:** Monday's at 10:00 AM. Coordinator: Lynne Boroch. All level players are welcome. *Come in at 9:30 AM if you are interested in learning Mah-Jongg.*

**MUSIC INSTRUCTION:** Tuesday's at 1:30 PM. Instructor: Ed Hickman. *The UMSSC Band will be performing at the UMASD Middle School on Tuesday, April 23<sup>rd</sup> at 7:00 PM. Come and enjoy hearing your fellow members play!*

**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.

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

**SHOWBOAT CASINO TRIP: *SUSPENDED UNTIL MAY 2013.*** *Survey of interest sign up is at the Reception Desk and results of this survey will determine if a trip will be scheduled for May.*

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

**TRAVEL TALES AND TIPS: *Moves to the third Thursday of each month*** starting Thursday, April 18th at 11:00 AM. Pattie Cunnane will share slides from her recent trip to Bangkok, Thailand.

**YOGA:** Monday's at 1:30 PM. *Video Instruction.* Limited to 8 members per class.

**ZUMBA GOLD: MONDAY'S AT 12:00 PM IN THE GYM.** Instructors: Peg White and Geni Roskos. Fitness

program offered through Upper Merion Park & Rec. Session will begin on Monday, April 8 (**April 8 class will be a free session for everyone**). Cost: Resident Seniors: \$15.00. Non-Resident Seniors: \$31.00. *Register and pay at UM Twp. Bldg. – Park & Rec. Dept. for future classes.*

### **DID YOU KNOW . . .**

#### **NOW HEAR THIS. . NOT ALL THIEVES ARE STUPID!!**

**1. WHAT'S IN YOUR GLOVE BOX:** Some people left their car in the long-term parking at San Jose while away, and someone broke into the car. Using the information on the car's registration in the glove compartment, they drove the car to the people's home in Pebble Beach and robbed it. So I guess if we are going to leave the car in long-term parking, we should NOT leave the registration/ insurance cards in it, nor your remote garage door opener. This gives us something to think about with all our new electronic technology.

**2. GPS:** Someone had their car broken into while they were at a football game. Their car was parked on the green which was adjacent to the football stadium and specially allotted to football fans. Things stolen from the car included a garage door remote control, some money and a GPS which had been prominently mounted on the dashboard. When the victims got home, they found that their house had been ransacked and just about everything worth anything had been stolen. The thieves had used the GPS to guide them to the house. They then used the garage remote control to open the garage door and gain entry to the house. The thieves knew the owners were at the football game, they knew what time the game was scheduled to finish and so they knew how much time they had to clean out the house. It would appear that they had brought a truck to empty the house of its contents. ***If you have a GPS - don't put your home address in it...*** Put a nearby address (like a store or gas station) so you can still find your way home if you need to, but no one else would know where you live if your GPS were stolen.

***BE VIGILANT AND STAY SAFE OUT THERE!***



## REMINDERS FOR APRIL 2013

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)

- \* AARP TAX PREP: THURSDAY'S ONLY NOW THRU APRIL 11. SIGN-UP BOOK FOR 1-HOUR APPOINTMENTS AT RECEPTION DESK
- \* FLEA ROOM OPEN THROUGH APRIL 17. BRING YOUR DONATIONS OR COME IN TO SHOP MONDAY'S THROUGH THURSDAY'S, 9:30 AM TO 1:30 PM
- \* HUNTERDON HILLS PLAYHOUSE *"BUTTERFLIES ARE FREE"*: TUESDAY, APRIL 9 – BUS DEPARTS FROM CENTER AT 9:00 AM
- \* GENERAL MEETING: WEDNESDAY, APRIL 10 AT 10:00 AM W/SPECIAL GUESTS
- \* FRIDAY FLICKS: FRIDAY, APRIL 12 AT 11:00 AM (*SHOWING: "CALENDAR GIRLS"*)
- \* MAIN LINE HEALTH AND BRYN MAWR HOSPITAL COMMUNITY HEALTH SERVICES DEPARTMENT PRESENTATION ON SKIN CARE: MONDAY, APRIL 15 AT 10:00 AM IN THE GREAT ROOM.
- \* BOOK TALK: MONDAY, APRIL 15 AT 1:00 PM. THIS MONTH'S BOOK IS *"BROKEN FOR YOU" BY STEPHANIE KALLOS*
- \* BASIC INVESTING CLASS: TUESDAY, APRIL 16 AND TUESDAY, APRIL 23 AT 1:30 PM
- \* VALLEY FORGE CASINO: WEDNESDAY, APRIL 17 AT 9:30 AM
- \* UMSSC 16<sup>TH</sup> ANNUAL FLEA MARKET & BAKE SALE: SATURDAY, APRIL 20 FROM 9:00 AM TO 3:00 PM
- \* UMSSC BAND PERFORMANCE TUESDAY APRIL 23 AT 7:00 PM AT THE ART SHOW AT THE UMASD MIDDLE SCHOOL
- \* NATIONAL TAKE-BACK DRUG DAY: SATURDAY, APRIL 27 FROM 10:00 AM TO 12:00 PM AT THE UM POLICE AT THE TOWNSHIP BUILDING
- \* VOLUNTEER APPRECIATION DAY: MONDAY, APRIL 29 AT 1:00 PM. HONORING OUR VOLUNTEERS WITH A SPECIAL GET TOGETHER. SPECIAL VISIT BY THE FRALINGERS STRING (MINI) BAND!
- \* *THE SENIOR CENTER WILL BE CLOSED ON MONDAY, APRIL 1 IN OBSERVANCE OF EASTER*

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"

Note:  
Information  
submitted following  
MARCH 6 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)

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

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TO: RESIDENT or OCCUPANT