



AUGUST 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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FALL FUND RAISER

Our *Fall Fund Raiser Chance Book* drawing is scheduled for Wednesday October 10 at the General Membership Meeting. Two ticket books will be sent to each member's household at a cost of \$5.00 per book. Additional books will be available to purchase at the Senior Center. We hope that we can count on your support with this fund raiser by purchasing the books mailed to you. Special thanks go to *DAVID BLACKMORE & ASSOCIATES GEOTECHNICAL & ENVIRONMENTAL ENGINEERING* for their continued support in funding the ticket printing.



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


**SENIOR CENTER WILL BE CLOSED
FOR THE LABOR DAY HOLIDAY
FRIDAY AUGUST 31 &
MONDAY SEPTEMBER 3**

**GENERAL MEETINGS ARE SUSPENDED
FOR THE SUMMER.
FRIDAY FLICKS ARE SUSPENDED
FOR THE SUMMER.**

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

AUGUST 2018

MONTHLY HEALTHY HABIT: MEDITATE OR SIT IN SILENCE 10 MINUTES EVERY DAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	2 10:00 FINANCE/INVEST GROUP <i>(ON HIATUS THIS MONTH)</i> 10:15 BINGO 12:30 FUN & FITNESS	3 9:30 PINOCHLE 10:00 SING-A-LONG CENTER CLOSES AT NOON	4
5	6 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	7 9:30 COMPUTER CLUB 10:00 TECH HELP 10:00 BRIDGE <i>(CALL AHEAD)</i> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFÉ 6:00-9:00 PM NATIONAL NIGHT OUT	8 9:30 WEDNESDAY CARD PLAYERS 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB	9 10:00 FINANCE/INVEST GROUP <i>(ON HIATUS THIS MONTH)</i> 10:15 BINGO 9:30 TO 12:00 NURSE 11:00 OUTREACH - BRIGGS 12:30 FUN & FITNESS	10 9:30 PINOCHLE 10:00 SING-A-LONG CENTER CLOSES AT NOON	11
12	13 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	14 9:30 COMPUTER CLUB 10:00 TECH HELP 10:00 BRIDGE <i>(CALL AHEAD)</i> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	15 9:30 VALLEY FORGE CASINO 9:30 WED CARD PLAYERS 10:00 PERSIAN SENIOR GROUP 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	16 10:00 FINANCE/INVEST GROUP <i>(ON HIATUS THIS MONTH)</i> 10:15 BINGO 12:30 FUN & FITNESS	17 9:30 PINOCHLE 10:00 SING-A-LONG CENTER CLOSES AT NOON	18
19	20 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)	21 9:30 COMPUTER CLUB 10:00 TECH HELP 10:00 BRIDGE <i>(CALL AHEAD)</i> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFÉ	22 9:30 WEDNESDAY CARD PLAYERS 9:30 QUILTING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB	23 10:00 FINANCE/INVEST GROUP <i>(ON HIATUS THIS MONTH)</i> 10:15 BINGO 9:30 TO 12:00 NURSE 12:30 FUN & FITNESS	24 9:30 PINOCHLE 10:00 SING-A-LONG CENTER CLOSES AT NOON	25
26	27 9:30 MAH-JONGG 10:30 CURRENT EVENTS 11:30 YOGA (VIDEO)	28 9:30 COMPUTER CLUB 10:00 TECH HELP 10:00 BRIDGE <i>(CALL AHEAD)</i> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	29 9:30 WEDNESDAY CARD PLAYERS 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	30 10:00 FINANCE/INVEST GROUP <i>(ON HIATUS THIS MONTH)</i> 10:15 BINGO 12:30 FUN & FITNESS 11:30 OUTREACH - LEACH	31 CENTER CLOSED FOR LABOR DAY HOLIDAY	

SENIOR FARMERS' MARKET NUTRITION PROGRAM

MONDAY THRU THURSDAY FROM 10:00 AM TO 2:00 PM AND FRIDAYS FROM 10:00 AM TO 11:00 AM. With proof of age and residency (Montgomery County) income eligible seniors will receive four \$5.00 checks, once per year. That's \$20.00 per person or \$40.00 per couple. Use checks to purchase fresh Pennsylvania grown produce at farmers' markets or farm stands. Checks may be redeemed between June 1 and November 30, 2018.

REMINDER

Line Dancing (Wednesdays @1:00PM) is now held in the Community Center aerobics room on the 2nd floor.

NATIONAL NIGHT OUT

TUESDAY, AUGUST 7 FROM 6:00-9:00 PM

UMSSC is participating at the event **National Night Out** which is sponsored by the Upper Merion Township Police Dept. It will be held in the King of Prussia Target parking lot.

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. **BE SURE TO VISIT OUR TABLE!**

GARDEN CLUB

WEDNESDAY, AUGUST 8 AND AUGUST 22 AT 1:00 PM. Weather permitting, we will meet and work on the patio. See you there, bring your energy.

VALLEY FORGE CASINO

WEDNESDAY, AUGUST 15 (Cut-off date MONDAY, AUGUST 13) THE OFFER FOR THE GROUP IS \$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE A 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.***

BOOK TALK

MONDAY, AUGUST 20 at 1:00 PM. Coordinator: Patricia Ackah. This month's book "The Summer Before the War" by Helen Simonson, is a novel that begins in pre-World War I England and deftly observes the effect of war on the staid Edwardian sensibilities regarding gender, money and class.

MEMORY CAFE

TUESDAYS AUGUST 7 AND AUGUST 21 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 Cafe setting. Presented by a Certified Dementia Practitioner from Arden Courts at King of Prussia.

SAVE THE DATE - EXCURSION TRIPS

THURSDAY, SEPTEMBER 20 AT 10:00 AM. Trip to Wharton Esherick Studio in Malvern. Cost will be \$13.00. You must sign up and pay by Thursday, September 13. Transportation via carpool. Meet in pool parking lot at 10:00 AM. **IMPORTANT NOTE: Do not wear high heeled shoes.**

THURSDAY, OCTOBER 18. The Excursion Committee is organizing a bus trip to Harrisburg to see National Civil War Museum and the State Capitol. Watch for more details to follow.

TECHNICAL MENTORING

EVERY TUESDAY DURING AUGUST FROM 10:00 AM TO 12:00 PM. We are so happy to have Sangeetha Srinivasan, Program Coordinator for the UM Township Library, along with her student assistants,

to help our members (see photo) with their tech devices questions. Please sign up in the Lobby.



Student helpers Minh, Aman and Saran assist a member with her lap top computer.

CANASTA INSTRUCTION

One of our members has volunteered to teach Canasta. If you are interested come in on Wednesdays at 12:30 PM and ask for Phyllis.

OUTREACH

An aide from Representative Tim Briggs' office will be here on Thursday, August 9 from 11:00 AM to 2:00 PM.

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

ST. JOHN'S SOUP KITCHEN

The St. John's Soup Kitchen needs donations of hot dogs, rolls, baked beans and sauerkraut for the lunch they will serve to the homeless and needy on August 30th. The King of Prussia Women's Club serves lunches on the 5th Thursday of the month. There is a box in the lobby area to drop off your donations. We hope that you will contribute.

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.

SAVE THE DATE
ANNUAL FALL FLING

This year's Fall Fling will be held on Thursday, September 27. This year's theme "Service Above Self: The King of Prussia Rotary Club". This organization will be honored for their accomplishments in the community. The program will begin at 10:00 am to 2:00 PM. Guests are asked to be seated by 9:45 AM so the program can start on time. The event will take place in the 1st level of The Pavilion in the King of Prussia Mall (between Urban Outfitters & Morton's Steakhouse). A sign-up sheet will be in the lobby area of the Senior Center or you can pick up a registration form at the Township Building, Public Information Office. As always, this event promises to be fun and interesting along with a wonderful buffet luncheon.



Please join us as we welcome the following new members to our UMSSC family. We hope to see them around the Center. Welcome to: Phyllis Anzellotto, Helen Chin, Victoria Dahan, Charlotte Garber, Barbara Lackey, Jacquelyn Mengel, Lillian Scimeca, Lynn & Mark Staples and Loretta Stotter.

KEEPING OUR MEMBERS INFORMED

NEW BOARD MEMBER NAMED



We are very pleased to welcome our new board member, Tom Harrington. Tom replaces Sharon Brzoska who is now Vice President. Tom is fairly new to the center having joined in 2017. We appreciate his taking on this new responsibility and look forward to working with him.

FRONT DESK VOLUNTEER

Many thanks to local student Lauren Galban who volunteered to work at the senior center for a couple of weeks. Lauren is no stranger to the Senior Center having in the past volunteered with the Girl Scouts on Martin Luther King Day of Service. She also taught a painting class for our members (which they thoroughly enjoyed). In the fall Lauren will start her freshman year at West Chester University studying art. We thank her for volunteering and we all wish her well at college!



WELLNESS WEDNESDAYS

Thank you to Aimee Capuzzi and friends for coming to the center for Wellness Wednesday.



Sean and Lucas, Full Range Physical Therapy
Aimee - Home Helpers,
Chrissy - Chrissy's Home to Haven
Christine - Chad the Pit Bull: Therapy Dog

DO YOU THINK YOU ARE TOO OLD TO EXERCISE?

Perhaps you seldom give any thought to how valuable activity and exercise can be for you. You do need to think about the many benefits to be derived from having exercise as part of your daily routine. A few years ago, the British Journal of Sports Medicine published a study focused on how people who exercised over a four-year time period (during the study) were more than three times as likely to be healthy as those who did nothing.

Healthy aging has been measured by absence of diseases and disability, the level of mental health, cognitive abilities and the ability to maintain social connections. The World Health Organization identified that physical INACTIVITY is the fourth leading risk factor for premature death – after smoking, excessive drinking and obesity -- causing an estimated 3.2 million deaths globally.

Exercise plays an important role in how you look and feel. It increases circulation which delivers oxygen and nutrients to all body cells. It increases bone and muscle strength. It reduces stress and promotes relaxation. Exercise can change your body composition by reducing fat and increasing muscle mass. Increased muscle mass can be helpful in weight management because muscle burns more calories than fat does.

Exercise can help you gain strength and endurance. Consistent physical activity also has the unique ability to have a favorable influence on the blood pressure. During exercise your brain releases endorphins (chemicals that can block pain messages from reaching the brain). Endorphins are also responsible for the feelings of satisfaction and pleasure you get from a good workout. Those who exercise regularly are likely to be more self-confident and focused and have reduced stress levels. In fact, many health professionals consider activity as a part of treatment for depression.

So, just how can you achieve more activity and exercise? Have a goal of about 30 minutes a day on

five days of the week. Choose something you can do all year round and that is an activity you like to do. Choices might be walking, running, going to a gym, or using a video tape or DVD at home. Select a regular time that is least likely to conflict with your other activities. Put your exercise activity on your written schedule. It is often recommended to schedule your activity early in the day so it doesn't get lost amidst all of the other things you do.



**(UMSSC FUN & FITNESS TUESDAYS & THURSDAYS,
YOGA ON MONDAYS & TAI CHI ON WEDNESDAYS)**

Set some goals for yourself but make them realistic. Track your progress. Do you have more energy? Is your breathing better? Do your clothes fit better? Encourage and motivate YOURSELF by remembering all the benefits you are giving yourself. Persistence in your efforts CAN bring favorable results.

(Contributed by Jane Burger)

MEMBER SPOTLIGHT **SAY HELLO TO HELEN CABREY**



What can we say about Helen Cabrey that the majority of our members don't already know? If we are having an event where food is involved,

there you will find Helen. She is a great friend and a very creative cook (she even had her own catering business with her sister Judy). Helen does the cooking and preparation of food we serve at our Flea Market, Big Bingo, Tea Party and Valentine Social and other events we hold at the Senior Center. She also takes care of decorating the tables for these events and makes sure there are the door prizes to hand out. Helen has served on the UMSSC Board for several years as our Secretary until last year. Helen loves spending time with her little great grandson, David and she still finds time to help out at the Center if she is needed. **Thank you for all you do, Helen!!!**

PA CAREER LINK

PA Career Link is a free service offered by the state for job seekers. There are many senior citizens who need a job to supplement their income and this service offers a way to get started. They offer counseling, resume preparation, resources and workshops and a list of open jobs. If you are looking for a job to help pay for expenses or maybe you are looking for a job to help you stay active and busy go to www.pacareerlink.pa.gov and see what they have to offer. You can apply on line or visit in person. The local office is located at:

1855 New Hope Street
Norristown, PA 19401
Telephone: 610-270-3429

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. Thank you to:

- ★ Jessie Kealey made a donation to the Senior Center
- ★ Gloria Wolfhope made a donation in memory of Harry Bailey (former Exec. Director of UMSSC).

GRACIAS! THANKS! DANKE! MERCI!

★ **Thank you Sicilian Delight** for the pizza for Friday Flicks! ★ **Thank you Tony from Angelo's Pizza** – for the foot-long Birthday Hoagies he donates to the Center every month. ★ **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

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, cleaning supplies 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 supplies, 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 - AUGUST UPDATES



Sangeetha from the library will be at the Senior Center every Tuesday in August from 10 AM to 12:00 PM to answer all your tech questions.

Summer Reading for Seniors continues. Read, Register & Review to win exciting prizes. Stop by the library for more information.

Tech Night on Monday, August 6 at 7:00 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, August 13 at 7:00 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!!

Stress Buster Seminar on August 15 at 7:00 pm. Presenter Melissa Shapiro will present Circle of Life, Ways to find balance in your life, Mindful Management of Stress: Strategies to restore yourself.

Bells Bands and Bosu Balls at the Upper Merion Community Center on Monday, August 20 at 5:00 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, August 27 at 7:00 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 to 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.

Low Vision Reader: Our library has a low vision reader for use in the library. Please contact us for more information.

Café Style Wifi available at the library. Bring your smart devices and connect to our free wireless network. Library card number not required.

Charging Station at the Library: Did you leave your charger at home? Is your mobile device low on power and need recharging? Get charged with one of the charging stations at the library.

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
SIGNS

On a septic tank truck in Oregon:
"Yesterday's Meals on Wheels".
At a proctologist's door:

"To expedite your visit please back in".
On a plumber's truck:
"We repair what your husband fixed".
On a plumber's truck:
"Don't sleep with a drip. Call your plumber".
Pizza shop slogan:
"7 days without pizza makes one weak".
At a tire shop in Milwaukee:
"Invite us to your next blowout".
At a towing company:
"We don't charge an arm and a leg. We want toes".
On an electrician's truck:
"Let us remove your shorts".
In a nonsmoking area:
"If we see smoke, we will assume you are on fire and take appropriate action".
On a maternity room door:
"Push, push, push".
At an Optometrist's office:
"If you don't see what you're looking for, you've come to the right place".

REBUS PUZZLES

(answers on P.10)



A FEW CLEVER RIDDLES

(Answers on P. 10)

- 1) Poor people have it. Rich people need it. If you eat it you die. What is it?
- 2) What comes down but never goes up?
- 3) How can a pants pocket be empty and still have something in it?
- 4) What word becomes shorter when you add two letters to it?
- 5) What travels around the world but stays in one spot?
- 6) If I have it, I don't share it. If I share it, I don't have it. What is it?
- 7) What starts with the letter "t," is filled with the letter "t" and ends in "t"?
- 8) What is so delicate that saying its name breaks it?


RIDDLE: Ronoldo's mom has four children. The first is named April, the second is named May, the third is named June. What is the name of the fourth child?

WORD SCRAMBLE

(Answers on P. 10)

BLOOMING GARDEN WORD SCRAMBLE

Here are seven pretty flowers with the names scrambled. Straighten them out, and with the highlighted letters create another word scramble to solve the riddle:

- 1) P U I T L _ _ _  _ _ _
- 2) O E S R _  _ _ _
- 3) S A E R T  _ _ _ _ _
- 4) C I D H R O _  _ _ _ _ _
- 5) A Y S I D  _ _ _ _ _
- 6) F A F D D L I O _ _ _ _  _ _ _
- 7) C T N R O I A N A
_ _ _ _  _ _ _ _ _

WORD SEARCH PUZZLES

GOLF



ACE	APPROACH	BACKSPIN
BACKSWING	BIRDIE	BITE
BOGEY	BREAK	BUNKER
CHIP	CHUNK	CLUB
COURSE	DIVOT	DRIVE
DUFFER	EAGLE	FAIRWAY
FORE	GOLFBALL	GREENS
HANDICAP	HAZARD	HOOK
LAYUP	LINE	MULLIGAN
PAR	PULL	PUTT
ROUGH	SANDTRAP	SHANK
SLICE	SWING	TEE
WEDGE		

PUZZLE ANSWERS:

A FEW CLEVER RIDDLES:

- 1) NOTHING
- 2) RAIN
- 3) IT CAN HAVE A HOLE IN IT
- 4) SHORT
- 5) A STAMP
- 6) A SECRET
- 7) A TEAPOT
- 8) SILENCE

RIDDLE SOLUTION:

RONALDO

BLOOMING GARDEN WORD SCRAMBLE:

- 1) TULIP 2) ROSE 3) ASTER 4) ORCHID 5) DAISY
- 6) DAFFODIL 7) CARNATION

REBUS PUZZLE:

- #1 - READY FOR ANYTHING
- #2 - TOO GOOD FOR ME
- #3 - NOBODY IS ABOVE THE LAW



**BE SURE TO CHECK OUT THE CALENDAR
AND NEWSLETTER FOR WHAT'S GOING ON
AT THE SENIOR CENTER OVER THE
SUMMER**

BIRDS

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

- | | | |
|---------|---------|--------------|
| beak | hawk | pelican |
| crane | penguin | humming bird |
| pigeon | kiwi | cuckoo bird |
| eagle | nest | seagull |
| egg | ostrich | sparrow |
| feather | owl | woodpecker |
| parrot | | |





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McGrory & DiPippo
— ATTORNEYS AT LAW —

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*Salvatore F. Bello, Jr.**

*Daniel T. McGrory**

*Gregory P. DiPippo**

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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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www.longandfooster.com/terrimorrison





DAYLIN LEACH
STATE SENATOR - 17TH DISTRICT
COMMONWEALTH OF PENNSYLVANIA

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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!

SAVE THE DATE

WELLNESS

WEDNESDAY

SEPTEMBER 26

11:00 AM-1:00 PM

FLU SHOTS WILL BE

OFFERED

KIM FROM GIANT

FOOD STORE

PHARMACY

THESE ADS BENEFIT THE UPPER MERION SENIOR SERVICE CENTER. WE THANK ALL OF OUR ADVERTISERS FOR THEIR SUPPORT AND ENCOURAGE OUR MEMBERS TO SUPPORT THESE BUSINESSES!

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



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

VISIT OUR WEBSITE: UMSSC.ORG

Note:
Information submitted following publication of this newsletter will be posted on the UMSSC Bulletin Boards, website and Facebook. Also listed on UMGA-TV (Comcast Channel 22 or Verizon FiOS Channel 33) Visit the Center's web site at:
www.umssc.org

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

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 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 to provide information to visitors who are interested in the Senior Center or give a tour to a new member. 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 premie 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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