



# THE BEST OF TIMES

## AUGUST 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**  
**650 SOUTH HENDERSON ROAD**  
**KING OF PRUSSIA, PA 19406**  
**TEL: 610-265-4715**  
**FAX 610-265-4005**  
**WEBSITE: [www.umssc.org](http://www.umssc.org)**  
**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, Ed Freudenberg, Pari Hoorfar,  
Ethel Hutchinson, Howard Lurie, 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,

I hope every one is enjoying their summer so far. The board members and I have been working very hard on planning events for the upcoming fall and winter.

I would like to stress safety in this hot weather we have been having. Everyone has a different situation whether you have air conditioning or if you do not. As of late Mother Nature has not been too kind to us this summer all over the United States.

I suggest that if you are home alone this summer to maybe have a family member, neighbor, or friend check up on you. Or, if you know of a person who needs assistance you should volunteer to help them. So if you know someone or need assistance yourself, please do not hesitate to talk to your local authorities or call us at the Upper Merion Senior Service Center so we can help or point you in the right direction. We are always here to help the senior community. We all need to support our community and help others the best way that we can.

I hope everyone has a safe and happy summer.

Stay Cool!!!

Jonathan Stanback

*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>St. John's <b>SOUP KITCHEN</b> Tuesday 11:30am-12:30pm Wednesday 11:30am-12:30pm Thursday 11:30am-12:30pm Saturday</p>			<p>1 <b>10:00 BOARD MEETING</b> 12:00 TAI CHI</p>	<p>2 10:15 BINGO <b>11:00 TRAVEL TALES AND TIPS</b> 12:30 CHAIR EXERCISE</p>	<p>3 10:00 SING-A-LONG  <b>CLOSE AT NOON</b></p>	 <p>4</p>
 <p>5</p>	<p>6 9:30 PINOCHLE 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:00 KNITTING &amp; CROCHETING 1:30 YOGA</p>	<p>7 9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING &amp; CROCHETING 1:30 MUSIC INSTRUCTION</p>	<p>8 12:00 TAI CHI</p>	<p>9 10:15 BINGO <b>10:00 NURSE</b> <b>11:00 OUTREACH-BRIGGS</b> 12:30 CHAIR EXERCISE</p>	<p>10 10:00 SING-A-LONG  <b>CLOSE AT NOON</b></p>	 <p>11</p>
 <p>12</p>	<p>13 9:30 PINOCHLE 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:00 KNITTING &amp; CROCHETING 1:30 YOGA</p>	<p>14 9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING &amp; CROCHETING 1:30 MUSIC INSTRUCTION</p>	<p>15 12:00 TAI CHI</p>	<p>16 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>17 10:00 SING-A-LONG  <b>CLOSE AT NOON</b></p>	 <p>18</p>
 <p>19</p>	<p>20 <b>9:00 CASINO TRIP</b> 9:30 PINOCHLE 10:00 MAH-JONGG 10:30 CURRENT EVENTS <b>1:00 BOOK TALK</b> 1:00 KNITTING &amp; CROCHETING 1:30 YOGA</p>	<p>21 9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING &amp; CROCHETING 1:30 MUSIC INSTRUCTION</p>	<p>22 9:30 QUILTING 12:00 TAI CHI</p>	<p>23 <b>10:00 NURSE</b> 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>24 10:00 SING-A-LONG  <b>CLOSE AT NOON</b></p>	 <p>25</p>
 <p>26</p>	<p>27 9:30 PINOCHLE 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:00 KNITTING &amp; CROCHETING 1:30 YOGA</p>	<p>28 9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING &amp; CROCHETING 1:30 MUSIC INSTRUCTION</p>	<p>29 12:00 TAI CHI</p>	<p>30 10:15 BINGO <b>11:00 OUTREACH-LEACH</b> 12:30 CHAIR EXERCISE</p>	<p>31 <b>CLOSED TODAY IN OBSERVANCE OF LABOR DAY HOLIDAY ALL ACTIVITIES ARE CANCELLED</b></p>	

**AUGUST 2012**

**QUOTE OF THE MONTH:**

*You have not lived until you have done something for someone who can never repay you. - Anonymous*

## OUR BOARD OF DIRECTORS



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## UPCOMING EVENTS

**SUMMER HOURS: THE CENTER WILL CLOSE AT NOON ON FRIDAY'S BEGINNING JULY 6**

## 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.***

★ *Donations in memory of Ed Frailey have been made by: Harlyce & Jerry Grossman, Ethel Hutchinson, Frank Luther, and Don & Mary McCree.*

★ Thank you to George Stanko for his generous donation.

### 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 donations of ***peanut butter and jelly and cans of 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. Members might keep in mind how valuable these books are to young readers. Thank you notes have been received from the children and are posted on our bulletin board. ***WE CAN ALL PUT BOOKS INTO THE HANDS OF CHILDREN.***

## ST. JOHN'S SOUP KITCHEN

The Women's Club of Upper Merion will be preparing a summer picnic meal at St. John's Kitchen for the homeless. They will be serving hot dogs and are ***IN NEED OF CANS OF BAKED BEANS AND WATERMELONS.*** If you would like to donate, please place the items in the box along the corridor marked for St. John's. The items will be needed by Wednesday, August 29. ***We are always so proud of our members who perform volunteer work and so we have their pictures (along with other volunteer's at St. John's) on this month's calendar preparing meals at St. John's Soup Kitchen. Well done ladies!***

## 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. Tony has been doing this for over five years and we really appreciate his generosity. Thank you Tony! ★ ***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!!!*).

## FRIDAY FLICKS

Our Friday Flicks will be vacationing until Friday, September 14. This activity is made possible through the Upper Merion Township Library and Marianne Hooper who delivers it faithfully to the Center each month. This activity has become very popular and our members are requesting it to be held twice a month instead of once a month. We will certainly try to honor this request. Check our newsletter or web site for further information throughout the summer.

## **COMMUNITY HAPPENINGS**

***Don't forget to visit the Upper Merion Farmer's Market on Saturday's from 9:00 am to 1:00 pm. The second Saturday in August is Annual Health & Wellness Day.***

## **NEWSWORTHY**

### **UMSSC BIRTHDAYS**

Members birthdays for August and September will be celebrated at the September General Membership Meeting.

### **POWER OUTAGES AT THE SENIOR CENTER**

The School District, in cooperation with PECO may occasionally reduce power to our building on afternoons when summer temperatures are high. When this happens we will be closing the Senior Center and cancelling any activities. For safety reasons, whenever there is a power outage at the Senior Center, it will be necessary for the center to close. *Please honor this request; it is made to insure your safety.*

### **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. **Additional dates will be announced.** You should allow at least 2-hours for a recording. Sign up and give your \$10.00 donation in the office.

### **COURSE ON INTRODUCTION TO INVESTING WITH PUT AND CALL STOCK OPTIONS**

What are "put and call stock options"? If you would like to find out why not plan to join us for a course to be given by one of our members at no cost. This will be a very basic course and will proceed at an appropriate pace to insure the attendees understand the material. However, this course will not deal with employee stock options. Watch the newsletter and bulletin board for course start date and information. There is also an *interest sheet* at the reception desk and if there is enough interest the course will be held in the fall.

### **UMSSC FALL FUND RAISER**

Raffle tickets were mailed to our members recently. If you need more please stop in the office or give us a call and we will be happy to accommodate you. The drawing will be at noon on Wednesday, September 12<sup>th</sup>. Our prizes will be \$100 3<sup>rd</sup> prize, \$300 2<sup>nd</sup> prize, \$500 1<sup>st</sup> prize. You do not have to be present to win. We encourage you to support this very special fund raiser.

## **UMSSC BIG BINGO**

Mark your calendar for Saturday, October 20th for our **BIG Bingo**. More information will be forthcoming.

### **VOTER ID – WHAT YOU NEED TO KNOW**

Beginning with elections that occur after September 17, 2012, all voters MUST provide a current photo ID at each election in order to vote. If you cannot provide acceptable proof of identification, you may cast a provisional ballot and verify your identity with the county elections board within six days following the election.

***If you cannot locate your Social Security card or birth certificate, Tim Briggs and his staff will gladly help you fill out the paperwork to obtain these items.*** Brochures will also be available at the Center.

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

that Global Forgiveness Day is held on August 27th and International Forgiveness Day- the first Sunday of August?

*Forgiveness Day* is a time to forgive and to be forgiven. It must be a pretty good thing, because there are two groups that lay claim to a Forgiveness Day in the month of August. Both are world or international events. There's enough trouble and strife in the world. Two forgiveness days can only help to make things better. A little more forgiveness will help to make the world a much better place.

*Global Forgiveness Day* began in 1994. It was created and is sponsored by the Christian Embassy of Christ's Ambassadors. This holiday originated in Vancouver, British Columbia, Canada.

*International Forgiveness Day* was created by the World Forgiveness Alliance, a non-denominational, educational foundation. According to their website: "International Forgiveness Day dedicated to evoking the healing power of forgiveness worldwide." The founder is Robert W. Plath, from Mill Valley, California.

***Do your part:*** Take a few moments to sincerely forgive someone. And, make it public. That way forgiveness will spread. *From: holidayinsights.com*

## **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:** *Next class will be offered in September.*

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

**BOOK TALK: MONDAY, AUGUST 20 at 1:00 PM.** Coordinator: Patricia Ackah (610.265.4290). *Meets on the third Monday of the month.* This month's book is **"Only Time Will Tell" by Jeffrey Archer.** The first novel in the *Clifton Chronicles*, an ambitious new series that tells the story of a family across generations and oceans, from heartbreak to triumph.

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

**CASINO TRIP: MONDAY, AUGUST 20.** 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 35 PASSENGERS REQUIRED. CUT-OFF DATE FOR TRIP IS WEDNESDAY, AUGUST 15.**

**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. No fee; no class limit. Meetings are open to all *members*, all ability levels.

**CURRENT EVENTS DISCUSSION GROUP:** Monday's at 10:30 AM in the Lounge. Coordinator: Joan Shaw. The group meets to discuss the week's news. We continue to meet Monday's at 10:30. Come join us; the room is air-conditioned.

**FRIDAY FLICKS: NO FRIDAY FLICKS UNTIL FRIDAY, SEPTEMBER 14.**

**GARDEN CLUB:** Meets the second and fourth Wednesday at 1:00 PM. Chairperson: Paul Buce. ***The club will not be meeting this month.*** Good luck to all with your gardens and lawns, given the lack of rain. Hopefully by now we will have had enough rain but not too much. Back in September.

**GENERAL MEMBERSHIP MEETING: NO GENERAL MEETINGS IN AUGUST. WILL RESUME ON WEDNESDAY, SEPTEMBER 12.** August & September birthdays will be celebrated at the September meeting and ***the Raffle Drawing will be held at noon.***

**GOOD FOOD/GOOD HEALTH WITH PARI: NO CLASSES UNTIL SEPTEMBER.**

**KNITTING & CROCHETING:** 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.

**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: ON HIATUS UNTIL SEPTEMBER.**

**MAH-JONGG:** Monday's at 10:00 AM (***No games on Friday's during the summer.***) All level players are welcome. Interested in learning Mah-Jongg? 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.

**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.

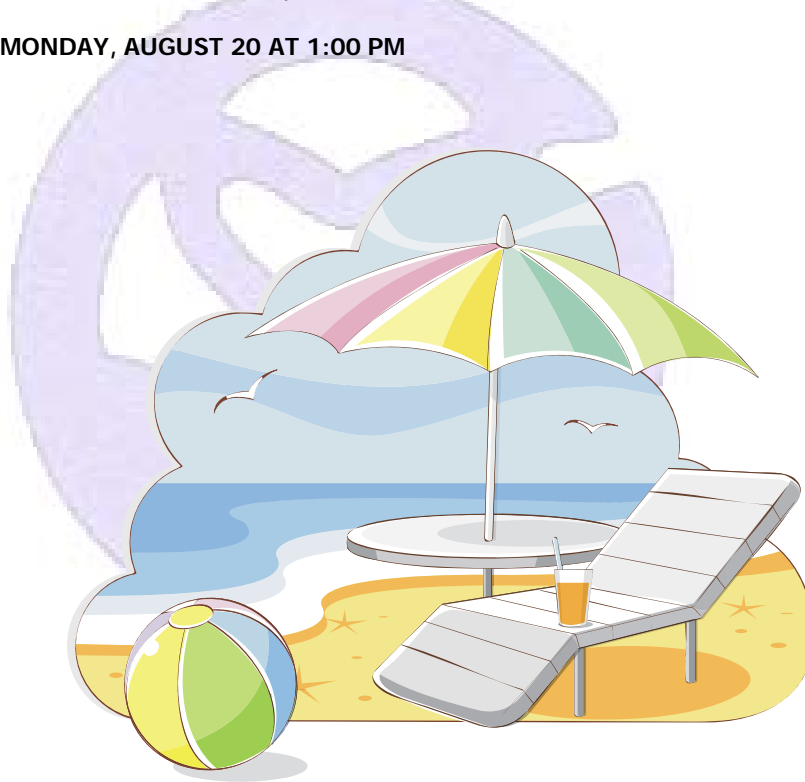
**TAI CHI:** Every Wednesday from 12:00 PM to 12:45 PM. Coordinator Louise Bailey. \$3.00 per class.

**TRAVEL TALES AND TIPS: 11:00 AM on the first Thursday of each month** in the Computer Room. Join this discussion group to share inexpensive travel tips and adventures.  
**Coordinator: John Desko.**

## REMINDERS FOR AUGUST 2012

**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)

- \* **SUMMER HOURS OBSERVED: CENTER CLOSES AT 12 NOON ON FRIDAY'S**
- \* **SHOWBOAT CASINO TRIP: MONDAY, AUGUST 20 AT 9:00 AM**
- \* **BOOK TALK: MONDAY, AUGUST 20 AT 1:00 PM**



**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  
JULY 18 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**