



THE BEST OF TIMES

AUGUST 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
TEL: 610-265-4715
FAX 610-265-4005
WEBSITE: www.umssc.org
EMAIL: 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:

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Helen Cabrey, Secretary
Harlyce Grossman, Treasurer

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and Janet Sheehan

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Ronald G. Wagenmann

STAFF:

Shirley Robey, Executive 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

During the summer it is a good time for the Center to review some of its activities and plan for the future which we are currently doing. We need your help and suggestions. Do we want to continue with our current programs? Do we want to make some changes? Are there some programs you would like us to develop? Would you be interested in a Doctors' Speaker Series?

All of the above are important as we would like to be able to provide programs all our members would enjoy. This is OUR center and we value your input. Please feel free to stop in the office and make any suggestions you have...believe me, we would be most happy to hear from you.

September brings some exciting programs. The Upper Merion Community Day will be held on Saturday, September 7th at Heuser Park and will be extra special as it is a celebration of Upper Merion's 300th birthday. The Upper Merion Senior Service Center Band will perform along with many other entertainers. There will be a parade terminating at Heuser Park.

Don't forget about the Fall Fling at the Court on Thursday, September 26th. We will be holding another BIG Bingo on Saturday September 28th. Sign up at the reception desk. Spread the word.

Friday Flicks return on Friday, September 20. We will have another Nostalgia Day which has been popular. It will be held Wednesday September 25.

Our "Meet the Candidates" Forum will be on Monday, October 7. Please mark your calendars.

Another fund drive will be our chance ticket raffle. The chance books will be in the mail shortly. The drawing date will be Wednesday October 9, 2013 at noon. (This follows our General Membership meeting in October).

At this time, I would like to thank Gerry Roth for his contributions to the center. He will be missed. Gerry has resigned the presidency effective July 1st due to health problems in his family and we wish a speedy recovery to all.

As it is so HOT...just a reminder to check on your friends and neighbors... ***and remember to always say something nice about UMSSC and its members.***













Sincerely,
Mary F. McCree, President

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 2013

QUOTE OF THE MONTH:

Be silly. Be honest. Be kind. *Ralph Waldo Emerson*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10:15 BINGO 12:30 CHAIR EXERCISE	2 10:00 SING-A-LONG SUMMER HOURS - SENIOR CENTER CLOSES AT 12 NOON	3 
4 	5 10:00 FARMER'S MARKET CHECKS DISTRIBUTION 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA	6 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION	7 10:00 BOARD MEETING 1:00 LINE DANCING	8 10:00 NURSE 10:15 BINGO 11:00 OUTREACH-BRIGGS 12:30 CHAIR EXERCISE	9 10:00 SING-A-LONG SUMMER HOURS - SENIOR CENTER CLOSES AT 12 NOON	10 
11 	12 10:00 FARMER'S MARKET CHECKS DISTRIBUTION 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA	13 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION	14 1:00 LINE DANCING 1:00 GARDEN CLUB	15 10:15 BINGO 11:00 TRAVEL TALES & TIPS 12:30 CHAIR EXERCISE	16 10:00 SING-A-LONG SUMMER HOURS - SENIOR CENTER CLOSES AT 12 NOON	17 
18 	19 10:00 FARMER'S MARKET CHECKS DISTRIBUTION 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA	20 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION	21 9:00 VALLEY FORGE CASINO 1:00 LINE DANCING	22 10:00 NURSE 10:15 BINGO 12:30 CHAIR EXERCISE	23 10:00 SING-A-LONG SUMMER HOURS - SENIOR CENTER CLOSES AT 12 NOON	24 
25 	26 9:00 SHOWBOAT CASINO 10:00 FARMER'S MARKET CHECKS DISTRIBUTION 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA	27 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION	28 9:30 QUILTING 1:00 LINE DANCING 1:00 GARDEN CLUB	29 10:15 BINGO 11:00 OUTREACH- LEACH 12:30 CHAIR EXERCISE	30 10:00 SING-A-LONG SUMMER HOURS - SENIOR CENTER CLOSES AT 12 NOON	31 

OUR BOARD OF DIRECTORS



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DATES WE ARE CLOSED

SUMMER HOURS OBSERVED - CENTER WILL BE CLOSING AT NOON ON FRIDAYS

THE CENTER WILL BE CLOSED ON FRIDAY, AUGUST 30 AND MONDAY, SEPTEMBER 2 IN OBSERVANCE OF LABOR DAY.

UPCOMING EVENTS

SENIOR FARMER'S MARKET NUTRITION PROGRAM (SFMNP): On Monday's *only* until **September 30, 2013**. Checks (value of \$20.00 per person or \$40.00 per couple) are available to seniors, age 60+ years and living on limited household income are eligible to receive checks to redeem at participating farmers' markets (list will be provided) for fresh, locally grown produce. **Checks available through Center office on Monday's only between 10:00 AM and 2:00 PM. The following vendors at the Upper Merion Farmers' Market will honor these checks. They are: Frecon Farms, Livengood Family Farm and Peach Bottom Farm.**

VALLEY FORGE CASINO: ON WEDNESDAY, AUGUST 21. The offer for groups is \$15.00 in Slot Play and \$10.00 in Food Credit. This offer does not cost anything but **to take advantage of this offer you must complete registration form available at the Senior Center or on our website at www.umssc.org. Valley Services will handle all new and renewal casino memberships (not**

UMSSC). Cash or credit card will be accepted by Valley Services. If you have any questions you can contact Valley Services at 610-354-8118. Shuttle will depart the center at 9:30 AM and return at 2:00 PM. For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. **CUT-OFF DATE FOR THIS TRIP IS WEDNESDAY, AUGUST 14. 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.

ATLANTIC CITY SHOWBOAT CASINO: MONDAY, AUGUST 26. Bus departs from Center at 9:00 AM and returns approximately 6:15 PM. Bus Captain: Dan DeLucca. **Cost: \$25.00** per person includes \$25.00 free slot play. Limit 47 passengers. **Must complete registration form to go; forms available at Center or on our website at www.umssc.org. MINIMUM 35 PASSENGERS REQUIRED. CUT-OFF DATE FOR TRIP IS WEDNESDAY, AUGUST 21.**

AARP DRIVER SAFETY COURSE (8-HOUR) TUESDAY & WEDNESDAY, SEPTEMBER 3 & 4 FROM 9:30 AM TO 1:30 PM. Course Instructor, Richard Fida. Cost: \$12.00 AARP Members \$14.00 non-AARP Members. Payment due day of course. Sign up sheet at Reception Desk.

AARP DRIVER SAFETY COURSE (4-HOUR) TUESDAY, OCTOBER 1 FROM 9:30 AM TO 1:30 PM. Course Instructor, Richard Fida. Cost: \$12.00 AARP Members \$14.00 non-AARP Members. Payment due day of course. Sign up sheet at Reception Desk.

12TH ANNUAL SENIOR FALL FLING: THURSDAY, SEPTEMBER 26 AT 10:00 AM AT THE COURT IN KING OF PRUSSIA MALL (lower level outside of The Cheese Factory). MUST BE SEATED NO LATER THAN 9:45 AM SO AS NOT TO DISTURB THE PROGRAM. This year's theme will be "Showcasing Musical Seniors". We plan to showcase all senior musical talent; senior high school student musicians and senior musicians in the community. **SIGN UP BY SEPTEMBER 13 AT THE RECEPTION DESK.**

COMMUNITY OUTREACH

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?

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 tuna, canned spaghetti and canned ravioli.*** 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-4th) are still being collected. ***Please note on the bulletin board a thank you card from Bridgeport teacher, Mary Beth Adiletto. Sounds like our book donations are a big hit with the kids. Let's keep it going!*** Collection box is on the table outside of the lounge. ***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 is still collecting knitted and crocheted squares for blankets. The purpose of Project Linus is to "provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers." So far 60 or more blankets have been made and donated. ***Joan Banas has been collecting the squares on behalf of the church and will continue to do so as long as they are being made. Our participating members have a done a great job for a very good cause.***

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 included.

GOT DRUGS?

The Upper Merion Twp. Police have set up a *permanent location* at the Township Bldg. to safely dispose of unused prescription and over-the-counter medications *24 hours a day, 7 days a week.* *Accepted medications are:* prescription medication and patches, pet medications, over-the-counter medications, vitamins and samples. *Not accepted are:* needles, thermometers, liquids, aerosol, peroxide and inhalers. If you have a question you can contact the Community Response Unit of the Upper Merion Township Police Dept. at 610-265-3232 or hnuskey@umtownship.org.

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*** – who donate delicious baked bread every month for the Member Bread Raffle 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!

★ ***A very special thank you goes to Le Bus for their donation of the food which we served at our Old Fashioned Picnic. We had a wonderful variety of delicious hoagies, sandwiches and salads to offer our members. Thank you for thinking of us!***

★ ***Thank you to David Blackmore & Associates Geotechnical & Environmental Engineering for their donation to fund the printing of the chance tickets for our "Fall Fund Raiser".***

★ ***Thank you to America Responds for their generous donation of 30 children's books for the Bridgeport Elementary School project "Put Books In The Hands Of Children Who Need Them". We will send them over when school starts in September.***

COMMUNITY HAPPENINGS

UPPER MERION FARMERS' MARKET

The Market is now in its fourth season. Their hours on Saturday's are from 9:00 AM to 1:00 PM. This year's market has grown to include more than 20 vendors committed to providing locally-produced goods to members of the King of Prussia community and its neighboring communities.

TRICENTENNIAL EVENTS

COMMUNITY DAY & PARADE: Saturday, September 7. Mark your calendars, and come out! You and/or your group is invited to march with us or watch from the sidelines, then head on over to Heuser Park for the rest of the festivities!

TRICENTENNIAL SPEAKER SERIES: Sunday, October 6 at 2:00pm, Township Building - Freedom Hall. *Revolutionary Campaign GIS Style* - presented by Sean Moir

NEWSWORTHY

UMSSC ANNUAL PICNIC A GREAT SUCCESS!

Co-chairs for the picnic were Ethel Hutchinson and Ruth Shand and they did such a great job putting it all together! Ruth alone rolled all of the plastic ware in the napkins and tied them with ribbon.

A big thanks goes to Paul Buce who set up the games we all had fun playing!! Helping Paul with the games were Pattie Cunnane, Tony Segui, Ed Wenger and Paul's grandsons' Taylor and Carter. *Always fun to have young people hanging out with us!*

We also want to thank members who helped out setting up, serving and cleaning up or donated food:

Joan Banas, Sally Buce, Jane Burger, Beth Cassidy, Emma Carson, Helen Cabrey, Pattie Cunnane, Les & Donna Cohen, Lucy Damiani, June Dolan, Jean Ehlinger, Doris and Ed Freudenberg, Harlyce & Jerry Grossman, Rose Henderson, Rose Kaminski, Barbara Little, Mary & Don McCree, Catherine Miller, Marian Noval, Rosemarie Palladino, Shirley Robey, Theresa Smith, Ginny Santangelo, Joan Schloth, Shirley Weaver.

Below are a few pictures from the picnic. Everyone had a good time!



The gang's all here!



Beth tries to set the bottles upright under the watchful eye of Jane Burger. Wonder if she did it?



Games volunteer Pattie Cunnane offers tips to Dottie Wisniewski on how to do it. It's not as easy as it looks.



Games volunteer Ed Wenger hurries to get out of the way as Rose Kaminski gets set to toss the Bocce balls. Joy Tower & Ed Freudenberg wait their turn.



Sally Buce with her grandsons Taylor and Carter who were game volunteers.



Entertainment was provided by the "mini" Fralinger String Band. They were wonderful!



Who are these rowdy people? (L-R: Rose Kaminski, Marion Noval, Helen Cabrey, Toni Gray & Pattie Cunnane.)

COMPUTER CLUB WILL OFFER COMPUTER CLASSES

Members of the Computer Club will be offering computer classes. These classes will be aimed at teaching the very basic use of computers. A one-hour class twice a month on Tuesday's from 10:30 AM to 11:30 AM will begin in the fall. The first class will be on computer basics, followed by classes on email, word processing, internet browsing, etc. One on one instruction would also be available if possible and necessary. Watch in the upcoming newsletters and bulletin board for additional information. ***Classes will be free to members and \$25.00 for non-members (fee covers one or all classes).***

FRIDAY FLICKS ON HIATUS FOR JULY AND AUGUST

During the summer months we will not be showing any movies. We would like to take this opportunity to thank John Desko who does a great job each month of putting together the "coming next month previews". Thank you John! We also owe a special thank you to the Upper Merion Library (*especially Karen Hastings*) for providing the movies to us.

As always, we value your input for movies you would like to see. Hope to see you all in September for a great new line up of movies. *Don McCree*

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.

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.

BAND PRACTICE & INSTRUCTION: Every Tuesday, from 1:30 to 2:30 PM the Upper Merion Senior Service Center Band practices under the direction of Ed Hickman. The Band is always looking for new members, if you are interested stop in and see what we are all about. We are looking to round out our band we are looking for musicians who can play the Cello, the French Horn, the trombone, and

the clarinet. Interested? Stop in on a Tuesday at 1:30 PM and check us out.

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

BOOK TALK: MONDAY, August 19 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book **"Home Front" by Kristin Hannah who plumbs the depths of friendship, loyalty of sisters, and the secrets mothers keep. She explores the intimate landscape of a troubled marriage with this provocative and timely portrait of a husband and wife in love and at war.**

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

CHAIR EXERCISE: NOTE TIME CHANGE FOR TUESDAY'S ONLY: Tuesday's at 11:30 AM to 12:15 PM and Thursday's 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. Still plenty of news, but one of our members, Claire Borchardt, observed that all we hear about is bad news. It dominates the headlines (after all that is what sells papers, unless the Phillies win the World Series). Claire suggested that each week we bring in one item of good news and start off with those. Great idea, worked well. So now we start off each session with good news. Coordinators: Joan Shaw and Paul Buce.

FRIDAY FLICKS: NO MOVIES IN JULY AND AUGUST. WE WILL RESUME IN SEPTEMBER. SEE YOU THEN!

GARDEN CLUB: Meets the second and fourth Wednesday at 1:00 PM. Chairperson: Paul Buce. A guest speaker, Leo Cooper, will give us a presentation on "Successful Vegetable Gardening" on Wednesday, August 14. Leo is a master gardener and is running a community garden in Philly. You may remember Leo as she previously organized several PHS presentations for us. Bring your questions. No meeting is planned for the 28th. **Advance notice . . . Wednesday, September 11 will have us traveling to Bartram's Gardens in Philly for a tour of the Bartram house and gardens. Cost is \$12. All are invited, but please contact me (Paul Buce) ASAP if you want**

to go so we can confirm our reservation and coordinate car pooling. Paul: 610-265-5469

GENERAL MEMBERSHIP MEETING: NO MEETINGS IN JULY AND AUGUST. WILL RESUME ON WEDNESDAY, SEPTEMBER 11. We will celebrate August and September birthdays.

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. **Don't forget to check out the "roving book cart" featuring a special selection of books on loan from the Upper Merion Township Library.**

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.**

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!

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

TRAVEL TALES AND TIPS: Meets on the third Thursday of each month at 11:00 AM. Want to talk about one of your trips? Just let coordinator, John Desko, know a month in advance so that information can be put in the newsletter. This gives interested members an opportunity to see and hear about your trip.

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

ZUMBA GOLD: No classes over the summer. See you in September!

REMINDERS FOR AUGUST 2013

SUMMER HOURS OBSERVED: CENTER WILL CLOSE AT 12:00 PM ON FRIDAY'S

- * FARMER'S MARKET CHECK DISTRIBUTION: MONDAY'S ONLY FROM 10:00 AM – 2:00 PM
- * TRAVEL TALES AND TIPS: THURSDAY, AUGUST 15 AT 11:00 AM
- * BOOK TALK: MONDAY, AUGUST 19 AT 1:00 PM. THIS MONTH'S BOOK IS: "HOME FRONT" BY KRISTEN HANNAH
- * VALLEY FORGE CASINO: WEDNESDAY, AUGUST 21 AT 9:30 AM. SHUTTLE WILL DEPART THE CENTER AT 9:30 AM AND RETURN AT 2:00 PM. FOR THOSE DRIVING, PLEASE MEET IN THE CASINO LOBBY BETWEEN 9:30 AM AND 10:00 AM
- * ATLANTIC CITY SHOWBOAT CASINO: MONDAY, AUGUST 26. BUS DEPARTS AT 9:00 AM
- * AARP DRIVER SAFETY COURSE (8-HOUR) TUESDAY & WEDNESDAY, SEPTEMBER 3 & 4 FROM 9:30 AM TO 1:30 PM
- * AARP DRIVER SAFETY COURSE (4-HOUR) TUESDAY, OCTOBER 1 FROM 9:30 AM TO 1:30 PM
- * 12TH ANNUAL SENIOR FALL FLING: THURSDAY, SEPTEMBER 26 AT 10:00 AM. **SIGN UP BY SEPTEMBER 13 AT RECEPTION DESK!**

**THE CENTER WILL BE CLOSED
ON FRIDAY AUGUST 30 AND
MONDAY, SEPTEMBER 2
IN OBSERVANCE OF LABOR DAY**

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"

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

Note:
Information
submitted following
JULY 3 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

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

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