



THE BEST OF TIMES

OCTOBER 2016

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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**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.

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Dick McCann, Vice President

Helen Cabrey, Secretary

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Cynthia L. Eastman, Executive Director

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

Hello All!

Here it is October and we are in our new lovely location. While we are still a work in progress, we are able to proceed with most of our activities. This will improve greatly in the next month or so.

We will have our annual raffle drawing on Wednesday, October 19. Please be sure to turn in your ticket stubs. If you wish to purchase additional tickets, please stop in the office and do so now, it is not too late.

Please update your emergency contact information with the office staff. Be sure that we have a name and telephone number that can be reached during the hours of 9:00 AM and 3:00 PM. *It is important that we have accurate and complete information to contact someone for you in case of an emergency.*

Don't forget to make your nominations for the officers and board directors. Remember candidates must be residents of the Upper Merion Area School District and have expressed a willingness to serve. There are nomination forms in the lobby. There are also absentee forms for those who will be away and unavailable to vote. Please give to Paul Buce, Dick McCann or office

It's that time again. Time to renew your UMSSC Membership for 2017. Our membership fee is still **LOW** and remains at only **\$15.00** per year.

We will be closed on Wednesday October 12 in honor of Yom Kippur and we wish our Jewish friends to "go well over the fast"





And remember... to always say something nice about UMSSC and it's members!

Mary 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

OCTOBER 2016

Light breeze - colorful leaves - bare trees - it must be Autumn!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 UPPER MERION COMMUNITY FAIR & FALL FEST AT HEUSER PARK 10:00 - 2:00
2 	3 9:30 MAH-JONGG 10:00 FLU SHOTS (ACME) 10:30 CURRENT EVENTS 1:30 YOGA	4 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 10:00 FLU SHOTS (ACME) 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	5 9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 12:00 TAI CHI (VIDEO) 12:00 BREAD DAY 1:00 LINE DANCING 1:00 GARDEN CLUB	6 9:30 CANASTA 10:00 FINANCE/INVEST GROUP DISCUSSION 10:00 FLU SHOTS (ACME) 10:15 BINGO 12:30 CHAIR EXERCISE	7 10:00 SING-A-LONG 1:00 MEDICARE OPEN ENROLLMENT PRESENTATION	8
9	10 9:30 MAH-JONGG 10:00 FLU SHOTS (WALGLREENS) 10:30 CURRENT EVENTS 1:30 SLEEP DISORDERS & SLEEP HEALTH (MLH) 1:30 YOGA	11 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	12 SENIOR CENTER IS CLOSED FOR YOM KIPPUR HOLIDAY	13 9:30 CANASTA 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 OUTREACH-BRIGGS 12:30 CHAIR EXERCISE	14 10:00 SING-A-LONG	15
16	17 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 BOOK TALK 1:30 YOGA	18 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING HOLIDAY PARTY TICKET SALES START TODAY	19 9:30 WEDNESDAY CARD PLAYERS 10:00 GENERAL MEETING 12:00 TAI CHI (VIDEO) 1:00 LINE DANCING	20 9:30 CANASTA 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:00 BREAD DAY 12:30 CHAIR EXERCISE	21 10:00 SING-A-LONG 11:15 FRIDAY FLICKS	22
23	24 9:30 MAH-JONGG 10:00 COOKING WITH PARI 10:30 CURRENT EVENTS 1:30 YOGA	25 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	26 9:30 VALLEY FORGE CASINO 9:30 QUILTING 9:30 WEDNESDAY CARD PLAYERS 12:00 TAI CHI (VIDEO) 12:00 BREAD DAY 1:00 LINE DANCING 1:00 GARDEN CLUB	27 9:30 CANASTA 9:30 NURSE 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 OUTREACH-LEACH 12:30 CHAIR EXERCISE	28 10:00 SING-A-LONG 1:00 MONSTER MASH AT GULPH ROAD SCHOOL	29
30	31 9:30 FLU SHOTS (MLH) 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 NOSTALGIA DAY 1:30 YOGA					GUESS WHO?

OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

THE SENIOR CENTER WILL BE CLOSED ON WEDNESDAY, OCTOBER 12 FOR YOM KIPPUR

UPPER MERION COMMUNITY FAIR & FALL FEST AT HEUSER PARK - SATURDAY, OCTOBER 1 FROM 10:00 - 2:00 - visit the UMSSC Booth.

FLU SHOTS BY ACME: MONDAY, OCTOBER 3, TUESDAY, OCTOBER 4 OR THURSDAY, OCTOBER 6 FROM 10:00 AM TO 12:00 PM.

MEDICARE OPEN ENROLLMENT PRESENTATION: FRIDAY, OCTOBER 7 AT 1:00 PM. Barbara Pollack, a state-trained Medicare (volunteer) counselor, will be making a presentation at the Upper Merion Senior Service Center.

FLU SHOTS BY WALGREENS: MONDAY, OCTOBER 10 FROM 10:00 AM TO 12:00 PM.

SLEEP DISORDERS & SLEEP HEALTH PRESENTATION BY MAIN LINE HEALTH: MONDAY, OCTOBER 10 AT 1:30 PM.

COOKING WITH PARI: MONDAY, OCTOBER 24 AT 10:00 AM: Cost: \$8.00. Learn to prepare delicious and healthy meals from a certified dietician and restaurateur and enjoy eating what is prepared. Pari will be making Lettuce Wraps. *Payment due when you sign up.*

VALLEY FORGE CASINO WEDNESDAY, OCTOBER 26 (Cut-off date Mon., Oct. 24.) THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU

MUST COMPLETE REGISTRATION FORM AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT WWW.UMSSC.ORG. *All new and renewal casino memberships or one-day passes are handled by Valley Services (not UMSSC). Cash or credit card will be accepted by Valley Services (610-354-8118).* **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.**

MONSTER MASH: FRIDAY, OCTOBER 28 AT 1:00 PM AT EXTENDED DAY AT THE GULPH ROAD SCHOOL. We are invited for activities to participate in songs sung by the children, a partner Halloween Candy Corn Bingo game, (with Prizes), Costume contest (kids vote on Seniors' costumes), a classroom decoration that the seniors will be voting on, ending with music, games, and refreshments.

NOSTALGIA DAY: MONDAY, OCTOBER 31 AT 1:00 PM. Remember when you actually looked forward to a TV Show? Go back in time to watch "DEAN MARTIN ROASTS Ronald Reagan and Bob Hope". Come to Nostalgia Day and we will have some good laughs! Light refreshments will be served.

FLU SHOTS BY MAIN LINE HEALTH: MONDAY, OCTOBER 31 FROM 9:30 AM TO 11:30 AM. MUST PRE-REGISTER WITH MAIN LINE HEALTH BY CALLING 610-225-5654.

MONDAY, DECEMBER 5 FROM 11:00 AM TO 3:00 PM: UMSSC ANNUAL HOLIDAY PARTY IN THE GRAND BALLROOM IN THE RADISSON TOWER OF THE VALLEY FORGE CASINO RESORT. Tickets go on sale October 18. Cost: UMSSC Members \$25.00 Non-UMSSC members \$30.00. The menu will be a choice of chicken or salmon. Celebrate the holidays with us! Entertainment, Cash Prizes, Door Prizes and \$10.00 Slot Play. **Don't forget your photo ID for the casino.**

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?

Thank you to the following who have generously made donations to the Center:

- ★ Laura & Jonathan Schoff gave a donation in memory of Susan Leahy
- ★ Cindy & Dan Eastman gave a donation in memory of Judy Vicchio
- ★ Cindy & Dan Eastman gave a donation in memory of Ginny Wilson
- ★ Tita De La Cruz gave a donation to the Center
- ★ Barbara Miller gave a donation to the Center
- ★ Jessie Kealey gave a donation to the Center

GRACIAS! THANKS! DANKE! MERCI!

★ *Sicilian Delight for their pizza for Friday Flicks!* ★ *Thank you Tony from Angelo's Pizza – for the foot long Birthday Hoagies he donates to the center every month.* ★ *LeBus Bread – who donates delicious baked bread every month for the Member Bread Raffle.* ★ *Costco for their generous donation of a monthly gift card for our birthday cake purchases.* ★ *Malvern Wegmans for their bountiful donation of baked goods.* ★ *Acme Market for their wonderful donation of baked goods.* ★ *Sun Joe - who generously donates the baked goods we put out for snacks.*

COMMUNITY OUTREACH

FLOWER CAUSE

Flower Cause is a new community assistance program which UMSSC is participating in. 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!

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.**

KNITTED CAPS FOR ST. CHRISTOPHERS

Caps are knitted for preemie babies to keep by our members for donation to ***St. Christopher's Hospital for Children.*** You can join the group here at the Center on Tuesday's at 1:00 PM or you can

take the yarn and do your knitting at home. Copies of the pattern can be picked up from the staff office.

UPPER MERION EMERGENCY AID

More families are in need than ever before. Our donation box is in the lobby. ***They have requested 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 and laundry detergents. All donations are appreciated.***

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. ***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, traumatized. Joan Banas collects the squares on behalf of the church. You can participate by knitting squares. Yarn and patterns are on a table near the lobby. Finished squares go into a bin on the same table.

COMMUNITY HAPPENINGS

UM FARMERS' MARKET

Farmers' Market regular hours are Saturdays 9 AM to 1 PM.

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY

Stop by at the Upper Merion Library information table on Saturday, October 1 at the Community Day Celebration at Heuser Park from 10:00 am to 2:00 pm

Fall book Discussion Continues: All programs will meet from 2 p.m. to 3:30 p.m. Erin Hurt and Carla Verderame, will return to lead the discussions for this five-part series, Literary Revelations: Making Sense of the Past and the Present. The program dates and titles are:

October 16: No Pretty Pictures, by Anita Lobel

October 30: Midnight's Children, by Salman Rushdie

November 13: God Help the Child, by Toni Morrison

November 20: The Sympathizer, by Viet Thanh Nguyen

The Participation Policy (effective Fall 2011) is as follows: There is an administrative charge of \$10 per series to participate in the Sunday book discussions for participants who choose to borrow the book set from the library. There will be no charge if the participant supplies his or her own copies of the books, or if the participant purchases all of the books for the series from the library. Call [610-265-4805](tel:610-265-4805), stop in at the library to register

Fitness 101 on Monday, October 3 at 7 pm:

Bollywood Hits!!! Come dance to many of the Bollywood songs and burn away your calories.

Jazz Night on Friday, October 7 at 7 pm. Join us and enjoy the soulful Jazz of Ralph Penn and Band. All are welcome. Light refreshments will be served.

Adult Coloring Night on Monday, October 10 at 7:00 pm. 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!!!

How to stay fit while at work Tuesday, October 12 at 7 pm: Dr. Eric Brennan from King of Prussia Wellness Center will be here to give you tips on how to stay fit while you are at work.

Social Security Workshop on Thursdays

October 13 & 20 at 6:30 pm. Attend both the sessions to benefit.

Tech Night on Monday, October 24 at 7 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

Knit Nite: Monday, October 24 at 7 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 pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

Art Lecture on Tuesday, October 25 at 7 pm. Art lecture by Mr. Fred Dixon on the topic "Matisse Versus Picasso: The Great I-Can-Do-Anything-Better-Than-You Rivalry".

Diwali Celebration @ the Library on October 26 from 6:00 pm. Please contact the library for more information.

To register for any of the library events, you can register via our online calendar, or by calling [610-265-4805](tel: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.

NEWSWORTHY

VOLUNTEER HOURS

Volunteering is the backbone of the Upper Merion Senior Service Center and it is always amazing when we learn how many hours of service our members have provided throughout the year.

We ask that everyone record his or her volunteer hours in the green Volunteer Book which is located on the table in the lobby. Please record the date of service, your name and the number of hours of service, either on-site here at the Center or off-site at another location.

Here at the Center, there are many opportunities to volunteer in preparation for our many events, whether you are working in the kitchen, selling Bingo cards, working in the Flea Room or helping with the many chores to make our events such great successes.

Your volunteer hours extend beyond this building and may include activities such as volunteering hours with a charitable organization, volunteering in the schools, knitting or crocheting squares for baby blankets, helping a friend with shopping or doctor's appointments, or helping with community events such as the Community Fair.

Your time is important to us and we appreciate everything that our members do.

BREAD DAY WEDNESDAY

Members are invited to come in on Wednesdays to pick up free bread, rolls and baked goods donated to the Center. ***Bring your shopping bag and come between 12:00 PM and 2:00 PM. Please do not come early or please wait until the volunteers have unpacked and re-bagged the bread. Due to holiday on October 12 Bread Day will take place Thursday, October 13.***

MEMBERSHIP FEES

We are now accepting membership renewals for 2017. Remember, you must complete a new Membership Form each year. Forms are available at the INFO Center in the lobby or on our website www.umssc.org under "Forms". UMSSC membership fees are still only \$15.00 and ***you do not have to join the Community Center to be a member of the senior***

center. Be sure that you are given a membership card when you renew your membership.

ELECTIONS

This is the first call for nominations for this year's UMSSC elections in December 2016. We will be electing members for each of the four offices; President, Vice President, Secretary and Treasurer, plus two members for the Board of Directors. The four offices are for one year terms, the Board Directors for three year terms. Please think about your ideas for good candidates and submit your suggestions to anyone in the office or to Dick McCann or Paul Buce. "Submitting" means to talk to the person you are nominating to get their consent, then filling out a nomination form available in the office.

All members in good standing who are residents of the UMASD are eligible to vote on Dec 14. If you would like to vote but are unable to be at the UMSSC on Dec 14th, please stop in the lobby / office and pick up an 'Application for Absentee Ballot' form.

Thanks in advance for your interest in keeping UMSSC rolling as an A-1 operation.

KEEPING SENIORS INFORMED

IS THERE STRESS IN YOUR LIFE?

What is stress? It is the response of the body and mind to being challenged or threatened. You experience stress when situations, events or people make demands on your body or mind.

Is all stress negative? Most of us think of stress as a negative experience; but stress can be positive as well. Stress is positive when it helps you escape from a dangerous situation, promotes your personal growth, or helps you accomplish your goals.

An event or situation that causes stress is called a stressor, so you can see that there are many stressors in our lives. Small, everyday stressors could include oversleeping, missing an appointment, spilling your milk or misplacing your car keys. The easiest way to calm yourself in these situations is to use deep breathing techniques which were described in one of my previous articles.

Bigger stressors are ones that are on-going and must be dealt with often. Examples include your own health problems, being responsible for caring for someone else with health problems, financial issues, conflicts within your family and a sudden unexpected problem like dealing with a car accident. (Not to mention living in a world of turmoil.)

How does your body respond to stressors? A person can go through various stages of stress. The alarm stage is when your body releases adrenalin into your bloodstream. This causes your heart rate to increase, your breathing to speed up, and your muscles to tense. This response could occur during any of your everyday stressors. You may think that the stress is all gone when you finally find your misplaced keys, but the work that your body did during that time period uses up a lot of energy and you may feel tired, irritable and less able to handle any additional stress that day.

The stage we should be more concerned with is the exhaustion stage. This occurs when the stressor continues over a longer period of time - - days, weeks, months or longer. Your body has difficulty keeping up with the daily demands being placed on it. Your physical and emotional stores become diminished or depleted.

This necessitates objectively evaluating the situation and taking measures to be as healthy as you can under the circumstances. You need to remember the importance of taking care of yourself. Continue having nutritious eating habits, planning needed rest periods and nightly sleeps, continuing to have some daily exercise activity, and maintaining your social contacts. You will need to use all of your problem solving skills to assist you in dealing with your situation. Be receptive to seeking both physical and mental assistance and support to help you during this time period.

Do stressors change? Of course they do. What was a stressor last week may be gone, but probably a new one has come to take its place. Any stressful situation calls for resilience. Resilience is the ability to recover (or "bounce back") from a stressful situation. It means you have found a way to adapt to it. A key factor in resilience is having the support of family and friends to assist you.

Never forget the value of friendships in times of stress.
(contributed by Jane Burger)

BENEFITS OF SINGING

"I'm Singin In The Rain, Just Singin In The Rain, What A Wonderful Feelin, I'm Happy Again..." Gene Kelley sang that bouncy song in the great American classic movie from 1950, "An American In Paris." Now, there is evidence that singing does create a wonderful feeling and can make you "happy again." Group singing is cheaper than therapy, healthier than drinking, and certainly more fun than working out. It is the one thing in life where feeling better is pretty much guaranteed.

There are many benefits from singing: physically, emotionally and socially.

PHYSICALLY

1. Singing exercises our lungs. It tones up our intercostal muscles and our diaphragm.
2. It can improve our sleep
3. We benefit our hearts and circulation by improving our aerobic capacity and we decrease muscle tension.
4. Our facial muscles get toned.
5. Our posture improves.
6. We can become more mentally alert.
7. Sinuses and respiratory tubes are opened up more
8. With careful training recent evidence suggests that it can help decrease the problem of snoring.
9. There is a release of pain relieving endorphins.
10. Our immune system is given a boost enabling us to fight disease.
11. It can help reduce anger and depression and anxiety
12. Use of music can help people to regain balance if affected by illness such as Parkinson's disease

EMOTIONALLY

1. Increase in self-esteem and confidence
2. It increases feelings of wellbeing
3. It enhances mood
4. Useful as a stress reducer
5. It is uplifting spiritually
6. It can increase positive feelings
7. Encourages creativity
8. It can be energizing
9. It evokes emotions
10. Promotes bonding
11. Increases understanding and empathy between cultures.
12. It is healing

SOCIALLY

1. It enables you to meet more people
2. Is a forum for sharing
3. Brings people together and encourages a sense of community
4. Offers opportunity for giving and receiving positive feedback
5. A forum for fun & laughter
6. Support
7. Provides a safe environment to try new skills
8. Brings people together.

Give it a try! Why not join our Sing-Along group? This wonderful, friendly group meets on Friday's at 10:00 AM then everyone meets for lunch at Michael's Deli.

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: Tuesdays from 12:45 to 2:45 PM. The Upper Merion Senior Service Center Band practices under the direction of professional musician, Ed Hickman. The band has an open invitation to anyone age 55 or over who is interested in playing with a group. Stop in any Tuesday afternoon to hear us practice, check us out, or join the band.

BINGO: Thursdays at 10:15 AM. Cash prizes!

BOOK TALK: Monday, October 17 at 1:30 PM (FOR MONTH OF OCTOBER ONLY). Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah. This month's book: "THUNDERSTRUCK" by Eric Larson is the interwoven stories of two men--Hawley Crippen, a very unlikely murderer, and Guglielmo Marconi, the obsessive creator of a seemingly supernatural means of communication--whose lives intersect during one of the greatest criminal chases of all time.

BRIDGE CLUB: Tuesdays at 9:30 AM in the Lounge. All bridge players welcome!

CANASTA: Thursday's at 9:30 AM in the Great Room. Coordinator: Lynn Boroch. *Want to learn to play? Beginner players will be welcome for instruction by Lynn.*

CHAIR EXERCISE: Tuesdays at 11:30 AM to 12:15 PM and Thursdays from 12:30 PM to 1:15 PM. \$3.00 per class.

COMPUTER CLUB: Tuesdays 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.

CURRENT EVENTS DISCUSSION GROUP: Mondays at 10:30 AM in the Lounge. Coordinators: Joan Shaw and Paul Buce. The group continues to meet on Monday mornings at 10:30. As usual there are more than enough topics to fill the hour and a half. The group has continued to grow, but there's always enough room for one more.

FINANCIAL/INVESTMENT DISCUSSION GROUP: THURSDAYS AT 10:00 AM. Coordinator: Dick McCann. This is a small intimate group who meet to discuss all levels of experience in making the best choices for your investments. You don't have to be rich, we will discuss any size investment you are thinking of making or have questions on. We offer an open invitation to all regarding subjects you would like to discuss and any questions you may have. Again, all are welcome!

FRIDAY FLICKS: Friday October 21. (Pizza at 11:15 AM, Movie at 12:00 PM) Coordinator: Don McCree. Pizza: \$3.00. Movie: Free. Showing **"Hail Caesar!"** starring George Clooney, Josh Brolin, Ralph Fiennes, and Scarlet Johansson. Movie follows a day in the life of Eddie Mannix, a Hollywood fixer for Capitol Pictures in the 1950s, who cleans up and solves problems for big names and stars in the industry. But when studio star Baird Whitlock disappears, Mannix has to deal with more than just the fix.

GARDEN CLUB: Will meet the First (this month only) and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. We shall keep trying to get a head start learning what plants look good and survive the winter in the Woolly bins. Note that UMSSC will be closed on the second Wednesday, so let's meet on the first and fourth Wednesdays. **(October 5 and 26)** A plea to any readers: we need potting soil, so if you have a bag laying around you don't need, let us know and we'll arrange to get it in here.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the 2nd Wednesday of the month at 10:00 AM. Next meeting will be on **October 19.** Learn what is going on at the senior center and join us to celebrate October birthdays with some cake! 50/50 raffle and birthday raffle for delicious baked bread from Le Bus.

KNITTING & CROCHETING: Tuesdays at 1:00 PM. Coordinator: Patricia Ackah. 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. Library Volunteer: Nancy Kime. 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 on loan from the Upper Merion Township Library.*

LINE DANCING Every Wednesday at 1:00 PM Coordinator: Aracelia Panzano.

MAH-JONGG: Mondays at 9:30 AM. Coordinator: Lynne Boroch. All level players are welcome, even beginners! Come in and learn to play this very popular game.

NURSE: Every 2nd and 4th Thursday of each month from 9:30 AM to 12:15 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) and. Senator Daylin Leach's aide is here the last Thursday of the month (11:30 AM to 1:00 PM).*

PINOCHLE LADIES AND GENTS: Tuesday's at 12:30 AM in the Game Room. *They would welcome more players.*

POKER: Tuesday's at 9:30 AM in the kitchen. Table is open for additional players. Why not give it a try? They are a friendly group and welcome new players.

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

SING-A-LONG: Fridays at 10:00 to 11:30 AM. Coordinators: Theresa M. Smith and Dot Morio; Pianist: Ed Wenger. Come in and enjoy singing some old favorites together. **Members meet for lunch at Michael's Deli following the program.**

TAI CHI NEW VIDEO VERSION: Wednesdays at 12:00-12:45 PM. *Video Instruction good for beginners, intermediate or advanced.*

WEDNESDAY CARD PLAYERS: WEDNESDAY AT 9:30 AM. An informal, friendly gathering of members- some play cards some play bingo.

YOGA: Monday's at 1:30 PM. *Video Instruction good for beginners, intermediate or advanced.*

ZUMBA GOLD: Regular sessions MONDAYS THROUGH OCT. 31 - 12:30 PM-1:15 PM at Gulph School Gym. COST: UM Resident: \$16.00. NON-UM Resident: \$31.00. **Register for Zumba Gold through Park and Rec Dept. Directors:** Geni Roskos a licensed Zumba Gold instructor. All the fun of Zumba designed for the 50+ participant and anyone desiring modifications - a less intense but still invigorating Latin dance based fitness class. Enjoy dancing the meringue, salsa, cha-cha, belly dance, and more. This workout is low impact but high energy and fun. Improve cardiovascular health, balance, strength and flexibility as you burn calories. Perfect for those just starting to exercise.

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REMINDERS for OCTOBER 2016

SENIOR CENTER WILL BE CLOSED ON WEDNESDAY, OCTOBER 12 FOR YOM KIPPUR

- * UPPER MERION COMMUNITY FAIR & FALL FEST AT HEUSER PARK - 10:00 AM TO 2:00 PM
- * FLU SHOTS BY ACME: MONDAY OCT. 3, TUESDAY OCT. 4 AND THURSDAY OCT. 6 ALL AT 10:00 AM
- * MEDICARE OPEN ENROLLMENT PRESENTATION FRIDAY OCTOBER 7 AT 1:00 PM
- * FLU SHOTS BY WALGREENS: MONDAY OCT. 10 AT 10:00 AM
- * SLEEP DISORDERS & SLEEP HEALTH PRESENTATION BY MAIN LINE HEALTH: MONDAY OCTOBER 10 AT 1:30 PM
- * BOOK TALK MONDAY OCTOBER 17 19 AT 1:00 PM. THIS MONTH'S BOOK IS "THUNDERSTRUCK" BY ERIC LARSON
- * HOLIDAY PARTY TICKET SALE STARTS TUESDAY, OCTOBER 18 AT 10:00 AM
- * GENERAL MEETING: WEDNESDAY OCTOBER 19 AT 10:00 AM
- * FRIDAY FLICKS: FRIDAY, OCTOBER 21 AT 11:15 AM. SHOWING THIS MONTH: " HAIL CAESAR" STARRING GEORGE CLOONEY
- * COOKING WITH PARI: MONDAY OCTOBER 24 AT 10:00 AM
- * VALLEY FORGE CASINO WEDNESDAY, OCTOBER 26 AT 9:30 AM. ***MUST REGISTER TO GET THE GROUP OFFER OF \$20.00 IN SLOT PLAY. CUT OFF DATE OCTOBER 24.***
- * MONSTER MASH WITH EXTENDED DAY AT GULPH ROAD SCHOOL FRIDAY, OCTOBER 28 AT 1:00 PM
- * NOSTALGIA DAY: MONDAY, OCTOBER 31 AT 1:00 PM
- * FLU SHOTS BY MAIN LINE HEALTH: MONDAY, OCTOBER 31 AT 9:30 AM (MUST PRE-REGISTER WITH MLH BY CALLING 610-225-5654.

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Note:
Information submitted following *Sept. 7* will be posted on the UMSSC Bulletin Boards and listed on UMGA-TV (Comcast Channel 22 or Verizon FiOS Channel 33)
Visit the Center's web site at:
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