



THE BEST OF TIMES

MARCH 2017

Published Monthly since 1997 by
the Upper Merion Senior Service Center
a Non-Profit 501(c)(3) Organization
Serving the Senior Community

UPPER MERION SENIOR SERVICE CENTER

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KING OF PRUSSIA, PA 19406**

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**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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"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 Friends,

Yes, it is true. We have seen Robin Red Breasts! Spring is coming and along with lots of activities.

BIG Bingo is on Saturday, March 25. Advance ticket cost is \$20.00 and day of will be \$25.00

As you know there was a problem with having Tax Preparation by AARP at our Center. AARP has provided us with several alternate locations which are not too far from the King of Prussia area where you can have your taxes prepared (listed in this newsletter). Beginning next year AARP plans to continue having tax preparation here at our Senior Center.

Our "Flea Room" opens on March 20. It will be open Monday through Thursday from 9:30 AM to 1:30 PM (no Fridays). The Flea Market and Bake Sale will be held on Saturday, April 22 from 9:00 AM to 1:00 PM.

We are having an "Unwhine and Paint" party with our favorite artist and instructor Sanford Molinaro on April 28. Cost is \$20.00 and you can register in the staff office.

We have a couple of theater trips planned for 2017. The Tropicano Casino in Atlantic City on Monday, June 26 for the "Rat Pack" show (9:00 AM to 1:00 PM) and some gambling. Then, on Friday, July 14 we have planned a bus trip to Hunterdon Hills Playhouse for their presentation of "The Land We Love". Also, don't forget to check out the trips planned by the Excursion Committee Group which are listed in this newsletter. If you are interested in any of these trips we urge you to put your name on the "interest" sign up sheets in the lobby area as the first two trips mentioned have a minimum attendance required.

We hope you will enjoy our many activities and classes and we encourage you to participate. You will be so happy you did.



As always, come spend some time with us and remember to always say something nice about UMSSC.

*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

MARCH 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 12:00 TAI CHI (VIDEO) 12:00 BREAD DAY 12:30 CANASTA 1:00 LINE DANCING PEANUT BUTTER LOVERS' DAY	10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:00 BREAD DAY 12:30 CHAIR EXERCISE	10:00 SING-A-LONG CAREGIVER APPRECIATION DAY	
5	9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	9:30 COMPUTER CLUB 9:30 POKER 10:00 BRIDGE 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	9:30 WEDNESDAY CARD PLAYERS 10:00 GENERAL MEETING 12:00 TAI CHI (VIDEO) 12:00 BREAD DAY 12:30 CANASTA 1:00 GARDEN CLUB 1:00 LINE DANCING	9:30 NURSE 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 OUTREACH-BRIGGS 12:00 BREAD DAY 12:30 CHAIR EXERCISE		
12 DAY LIGHT SAVINGS BEGINS GIRL SCOUT DAY	9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	9:30 COMPUTER CLUB 9:30 POKER 10:00 BRIDGE 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING NATIONAL POTATO CHIP DAY	9:30 VALLEY FORGE CASINO 9:30 WEDNESDAY CARD PLAYERS 12:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:00 BREAD DAY 12:30 CHAIR EXERCISE FREEDOM OF INFORMATION DAY	10:00 SING-A-LONG 11:30 FRIDAY FLICKS  ST. PATRICK'S DAY	18 SUPREME SACRIFICE DAY
19	9:30 FLEA ROOM OPENS 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)  FIRST DAY OF SPRING	9:30 FLEA ROOM OPENS 9:30 COMPUTER CLUB 9:30 POKER 10:00 BRIDGE 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING TEA FOR TWO TUESDAY	9:30 FLEA ROOM OPENS 9:30 QUILTING 9:30 WEDNESDAY CARD PLAYERS 12:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB 1:00 LINE DANCING NATIONAL GOOF OFF DAY	9:30 FLEA ROOM OPENS 9:30 NURSE 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:00 BREAD DAY 12:30 CHAIR EXERCISE NATIONAL PUPPY DAY	10:00 SING-A-LONG	UMSSC BIG BINGO 11:00 AM
26 MAKE UP YOUR OWN HOLIDAY DAY	9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	8:20 CARPOOL FOR WANAMAKER ORGAN TOUR 9:30 COMPUTER CLUB 9:30 POKER 10:00 BRIDGE 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING WEED APPRECIATION DAY	9:30 QUILTING 9:30 WEDNESDAY CARD PLAYERS 12:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB 1:00 LINE DANCING	10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:30 OUTREACH LEACH (SEPTA PASS ID DAY) 12:00 BREAD DAY 12:30 CHAIR EXERCISE I AM IN CONTROL DAY	10:00 SING-A-LONG	

OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

VALLEY FORGE CASINO WEDNESDAY, MARCH 15 (Cut-off date MON. MAR. 13) 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.*

UMSSC BIG BINGO CASH PRIZES SATURDAY, MARCH 25, 2017. Advance Sale Tickets*: \$20.00 Day of Tickets*: \$25.00 Doors Open 11:00 AM Games Start 12:00 PM Refreshments for sale**. (*No One Under Age 18 Will Be Admitted **No Outside Food Or Beverage Permitted) **Registration Forms is attached to this Newsletter** and are also available at the Info Center in the Lobby or on our website UMSSC.org.

FLEA ROOM* OPENS STARTING MONDAY MARCH 20: Bring in your donations or come in to shop. The Flea Room will be open **Monday through Thursday from 9:30 AM to 1:30 PM (NOT OPEN**

ON FRIDAY'S). Acceptable donations are children's books, appliances and electronics (in working order), knickknacks, decorations, etc. Donations of used clothing, junk or broken or non-working items not accepted! **FLEA MARKET WILL BE HELD ON SATURDAY, APRIL 22 from 9:00 AM to 1:00 PM.** All profits from sales benefit the Senior Center.

EXCURSION COMMITTEE TOUR OF WANAMAKER ORGAN TUESDAY MARCH 28: Get up close and personal with the pipes and other workings of the Wanamaker Organ at Macy's Center City. The tour covers several floors of the store. While it does involve walking and standing, there will be a video and a rest break. Meet at the Senior Center at 8:20 AM to carpool to the Norristown Transportation Center and take the 8:46 AM train (which costs \$1 for seniors) to be at Macy's for the 10 a.m. tour. The tour cost is **\$18 per person**, plus a share of the guide's fee (which will depend on the number of people going). We will stay at Macy's for the **free noon organ concert** and then have lunch nearby before heading home. Sign up in the lobby. For more information, call trip coordinator Pat Holden at 484-432-9669.

SEPTA PASS ID EVENT MARCH 30 AT 11:30 AM TO 1:00 PM: Representatives from Senator Daylin Leach's office will be here to take applications for SEPTA rail passes. They will complete the application, (name & address) take your picture and mail the applications to SEPTA. You must be 65 years or older to participate. Driver's or photo ID's can be shown but not required.

FRIDAY, APRIL 28 AT 12:00 PM: UNWHINE & PAINT PARTY with Sanford Molinaro. Paid participation of \$20.00 includes instruction, canvas, paint supplies, snacks. **Paint your way into Spring! Always a lot of fun!** Sign up and pay in the staff office.

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.

★ Richard Stiles made 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 week.* ★ *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.*

★ *Special thanks go to the Upper Merion Township Library for all they do for the Senior Center - large print books and Friday Flicks.*



COMMUNITY OUTREACH

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 or 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.

Joan is very happy to report that ***60 blankets were donated in 2016.*** They are much appreciated by the

recipients. Many thanks to our knitters and keep up the good work!

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.

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!

COMMUNITY HAPPENINGS

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY IN MARCH

Spring book Discussion series: 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, ***Not the usual: unexpected acts of exploration and resistance.*** The program dates and titles are:

March 26: The Greatcoat, by Helen Dunmore

April 9: The Moviegoer, by Walker Percy

April 23: The Storied Life of A.J. Fikry, by Gabrielle Zevin

May 7: The Sellout, by Paul Beatty

May 21: The Nightingale, by Kristin Hannah

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

Tech Night on Monday, March 6 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.

Adult Coloring Night on Monday, March 13 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!!

Dance and Define on Monday, March 20 at 6:45 pm: Professional instructor from our Community center will teach you dance moves to burn your stress calories. Come and enjoy the class while your body tones. **The class will be held at the Community Center. Please be there 10 minutes early to sign the waiver. MUST REGISTER through the library. FREE for all, need to be a member.**

How to cope up with anxiety on Wednesday, March 22 at 7 pm. Attend this seminar and learn about millennial anxiety and how to cope.

Winter Reading Program from January 3, 2017 to March 20, 2017. Read, Register & Review to win exciting prizes. Register via our library's website or come in person to register.

Social Security Workshop on Thursdays March 23 & March 30 at 6:30 pm. Attend both the sessions to benefit. Must register

Knit Nite: Monday, March 27 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.

Learn to Make Essential Oil on Tuesday, March 28 at 7 pm: Learn from the expert on how to make essential oil. Materials will be provided. LIMITED SPOTS. MUST REGISTER.

JAX4Jokes with Jack Ludwig on Wednesday, March 29 at 7 pm: Library's first ever STAND UP COMEDY SHOW!!! Come enjoy the evening with your family. Light refreshments will be served. Please register.

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.

SAVE THE DATE:

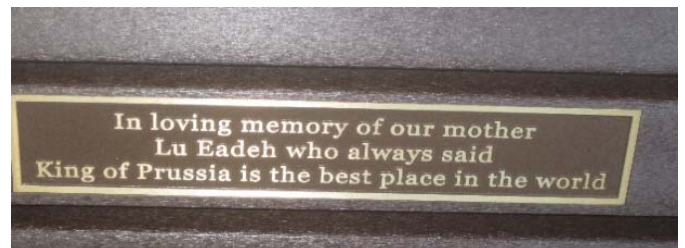
Money Smart week April 24 through April 28. All seminars focused on money and finance.

Mega Book Sale. Check our website for more details.

NEWSWORTHY

BENCH DONATED IN MEMORY OF LU EADEH

You may have noticed the bench in the outer lobby area of the Senior Center. This bench was donated by the family of Lu Eadeh who passed away in 2015. Lu was a sweet lady and a long time member and volunteer at the Senior Center. We miss her and thank her family for this wonderful remembrance of her.



IMPORTANT NOTICE REGARDING AARP 2016 TAX PREPARATION

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age - especially if you are 50 or older or can't afford paid tax preparation. The locations for this service have changed. ***They will not be at the Upper Merion Senior Service Center this year.***

Below is the list of locations offering this service:

- 1) Wayne Senior Center: For appointment 610-688-6246 on Tuesdays, Thursdays and Fridays.
- 2) Surrey Services for Seniors: For appointment 610-647-6404 on Fridays.

3) Easttown Library: for appointment 610-644-0138 Mondays and Tuesdays.

4) State Rep. Kampf's Office: for appointment 610-251-2876 on Wednesdays only.

5) Springfield Township Library: for appointment 215-836-5300 on Thursdays only

6) Ambler Senior Center: for appointment 267-469-0101 on Tuesdays only.

For additional information: www.pataxaide.org

ATTENTION: CHECK OUT OUR CRAFT ROOM

We have bright, pretty new items available at low prices perfect for gift giving. Our door is always open. If we are not there - the honor system is okay. MEMBERS: Do you have a hobby? Want to start a new hobby? Besides knitting, crocheting and quilting, we have plastic canvass to work with. If you have questions about sewing or operating your sewing machine, we can help.

WHAT CRAFTS ARE YOU INTERESTED IN? IS THERE A CRAFT YOU COULD TEACH? PLEASE GIVE US (Pat Ackah or Ethel Hutchinson) SOME FEEDBACK!

BREAD DAY WEDNESDAY & THURSDAY

Members are invited to come in on Wednesdays and Thursdays to pick up free bread, rolls and baked goods which have been donated to the Center. ***Bring your shopping bag and come between 12:00 PM and 2:00 PM. Please do not come early and please wait until the volunteers have unpacked and re-bagged the bread.***

KEEPING SENIORS INFORMED

DECODING FOOD LABELS

When you think about it, it seems that nearly everything has a label on it; including clothing, household furnishings and many other items. Perhaps some of the many labels on food items are confusing when you try to interpret what they mean. Some clarifications may be helpful.

Manufacturers' and food suppliers' suggestions are to identify the "peak quality" time periods. "Best by" or "best if used by" gives an estimate of when food will no longer be at its highest quality. "Use by" is an estimate of the last date the food is at its peak quality. "Sell by" is the suggested date for the grocer to no longer sell the product based on the idea that the quality will still be good for a reasonable time if it is purchased by that date.

Calories listed represent the total calories per serving. Look to see what the size of the serving is. For small packages you may assume the calories listed are for the whole package when it is actually for a portion of the package. "Calorie free" means there are fewer than five calories per serving. However, to reduce calories to this level there may be a higher percentage of other chemicals in it. "Low calorie" indicates there are 40 or fewer calories per serving. "Reduced calories" means that there are 25 percent fewer calories compared to the original item and serving size. "Light or lite" has 33 percent fewer calories compared to the original and its serving size.

The amount of sodium per day is advised to be limited to 1500 mg (milligrams) especially for persons over 50 years of age, African Americans, persons with high blood pressure, diabetes or kidney disease. A goal is to have 500 mg or less per meal. "Sodium free" means there is less than 5 mg per serving. "Very low" sodium indicates 35 mg or less per serving. "Light or lightly salted" means there is at least 50 percent less sodium than in the regular product. "Low sodium" products have 150 mg or less per serving. "No salt added" or "unsalted" tells you that no salt is added during the processing; however, it does not mean the food is sodium free.

"Reduced fat" means there is 25 percent less fat per serving compared to the original item. (Be aware that less fat often means there may be more sugar to make it more palatable.) "Lot fat" products have 3 grams or less of fat per serving. "Fat free" indicates that there is 0.5 grams of fat per serving. Eventually, trans fat will be removed from food products, but until then, the term trans-fat should show less than 0.5 grams per serving.

Sugar grams include both natural and added sugars. The revised food labels due this year (2017) will indicate the amount of added sugar. Until then, look for the term "no sugar added" on the label. It is advised to limit identified (added) sugar to 25-35 grams per day. One teaspoon contains 4-5 grams of sugar. You can see how sugar grams can add up quickly.

Vitamins and minerals are shown in percentages of daily values. They are often based on a 2000 calorie diet, which may be a larger amount than many seniors need since they often do not need as many calories. "Excellent source of" indicates that the food has 20 percent or higher of the daily value of the vitamin or mineral. "Good source of" means the food has 10-19 percent of the daily value. "Enriched" means that the food does not naturally contain that vitamin or mineral, so it has been added.

The ingredient section of the label may be the most difficult to comprehend. The important thing to know is that the ingredients are listed in order from the most

amount to the least amount. So if you are choosing the product for protein, that term should be the first one on the list. Flavorings, colorings, preservatives and other additives are here. Many things listed may be chemicals with unpronounceable names. The fewer unpronounceable names the better.

Labels relating to refrigeration of products may also appear. The best way to insure food safety is to keep the refrigeration at 40 degrees or cooler. The dates on foods help to assure you that the food is safe to use; but do not ignore other signs such as a change in color, softness, it smells "off" or feeling slimy. The upper shelves are the warmest and the place to store items like drinks, eggs and ready to use items like cheese. The lower shelves are the coolest and best for foods with a higher risk for spoiling like meat, poultry and fish. Store those items in trays to prevent dripping. Put most vegetables, especially those that wilt, in the high humidity drawer. The door of the refrigerator is the warmest part of the refrigerator. Condiments and items like pickles do well on the door as do sodas.

Being observant of the information on labels can help in having a safe and healthy eating plan which we all need. Reading labels in the grocery store will add to your shopping time, but getting the healthy benefits is the important focus. Keep reading!

(contributed by Jane Burger)

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, March 20 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah. This month's book: **"IMMACULATE" by Katelyn Detweller.** Mina is top of her class, girlfriend to the most ambitious guy in school, able to reason and study her way through anything. But when she suddenly finds herself pregnant—despite having never had sex—her orderly world collapses. Almost nobody believes Mina's claims of virginity. Her father assumes that her boyfriend is responsible; her

boyfriend believes she must have cheated on him. As news of Mina's story spreads, there are those who brand her a liar. There are those who brand her a heretic. And there are those who believe that miracles are possible—and that Mina's unborn child could be the greatest miracle of all.

NOTE NEW TIME - BRIDGE CLUB: Tuesdays at 10:00 AM in the Lounge. All bridge players welcome!

CANASTA: Wednesday's at 12:30. Coordinator: Lynn Boroch. *Want to learn to play? Beginner players will be welcome for instruction by Lynn (Wednesday).*

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!

NEW TIME: FRIDAY FLICKS: Friday March 17. *(Please wait in the lounge area until Pizza at 11:30 AM, Movie at 12:15 PM)* Coordinator: Don McCree. Pizza: \$3.00. Movie: *Free.* Showing ***This month, we will show "SING STREET" starring Ferdia Walsh-Peelo, Aidan Gillen, Maria Doyle Kennedy.*** A boy growing up in Dublin during the 1980s escapes his strained family life by starting a band to impress the mysterious girl he likes.

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. The club will meet on the second and fourth Wednesday afternoons. If the weather continues like February's records we will meet on the patio and get

busy, otherwise the Craft Room will be pressed into service. See you there, 1:00 PM on the 8th and 22nd.

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 **March 8**. Learn what is going on at the senior center and join us to celebrate **March** 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 lounge. 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. Everyone has fun!

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

ZUMBA GOLD WITH GENI AND FRIENDS: Classes on Mondays through March 13 and March 27 through May 22 at the Community Center. No class APRIL 17. Register for Zumba Gold through Park and Rec Dept. Instructor: Geni Roskos. All the fun of Zumba designed for the 50+ participant and anyone desiring modifications -a less intense but still invigorating Latin dance fitness class. COST: Resident: \$16, Non-Resident: \$31.

HAPPY SPRING!



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UMSSC 8TH BIG BINGO

SATURDAY, MARCH 25, 2017

ADVANCE REGISTRATION: \$20.00*

DAY OF REGISTRATION: \$25.00*

DOORS OPEN AT 11:00 AM GAMES START at 12:00 pm

REFRESHMENTS FOR SALE**

UPPER MERION SENIOR SERVICE CENTER

431 W. Valley Forge Road

King of Prussia, PA 19406

TELEPHONE: 610-265-4715

CASH PRIZES ARE: 20 Regular Games \$25.00 each - 4 Special Games \$50.00 each - Grand Prize Coverall Game \$100.00

1 Packet of 20 Regular Bingo (6 cards/game): \$20.00

1 Packet of Specials (4 cards/game) \$5.00

1 "Coverall" game card \$3.00

Additional Regular Bingo Packets: \$10.00

Additional Special Bingo Packets: \$3.00

Additional "coverall" game cards \$1.00 ea.

Dabbers \$1.00/ea

Lottery Basket Raffle 10 for \$5.00

50/50 tickets 10 for \$5.00

*NO ONE UNDER AGE 18 WILL BE ADMITTED

**NO OUTSIDE FOOD OR BEVERAGE PERMITTED

Door prizes *(will be drawn from your registration ticket)*

To register, please complete, clip and mail this form with your check, made payable to UMSSC, to Upper Merion Senior Service Center, 431 W. Valley Forge Road, King of Prussia, PA 19406

Enclosed please find my check for \$_____ for _____ people, made payable to UMSSC.

NAME: _____

ADDRESS: _____

TELEPHONE: _____

Please list the name(s) of your guest(s) here to ensure that we register them as well. Thank you.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

YOUR NAME AND THOSE OF YOUR GUEST(S) WILL BE ON FILE AT THE RECEPTION TABLE WHEN YOU ARRIVE AND YOU WILL BE GIVEN YOUR REGULAR BINGO PACKET(S). YOU MAY RESERVE A TABLE FOR 8 PEOPLE.

TO:

REMINDERS FOR MARCH 2017

- * GENERAL MEETING: WEDNESDAY MARCH 8, 2017 AT 10:00 AM
- * VALLEY FORGE CASINO WEDNESDAY, MARCH 15 AT 9:30 AM. *MUST REGISTER TO GET THE GROUP OFFER OF \$20.00 IN SLOT PLAY. CUT OFF DATE MARCH 13*
- * FRIDAY FLICKS: FRIDAY, MARCH 17 AT 11:15 AM. SHOWING THIS MONTH: "SING STREET" STARRING FERDIA WALSH-PEELO, AIDAN GILLEN, MARIA DOYLE KENNEDY
- * BOOK TALK MONDAY MARCH 20 AT 1:00 PM. THIS MONTH'S BOOK IS "IMMACULATE" BY KATELYN DETWELLER
- * FLEA ROOM OPEN MONDAY THROUGH THURSDAY BEGINNING MARCH 20 (GAME ROOM CLOSED TO ACTIVITIES)
- * BIG BINGO SATURDAY, MARCH 25 AT 11:00 AM
- * EXCURSIONS GROUP WANAMAKER ORGAN TOUR: TUESDAY, MARCH 28 LEAVE SENIOR CENTER AT 8:20 AM TO GO TO NORRISTOWN TRANSPORTATION CENTER TO CATCH 8:46 AM TRAIN TO PHILLY
- * SEPTA PASS ID EVENT MARCH 30 AT 11:30 AM TO 1:00 PM WITH SENATOR LEACH'S OFFICE
- * UNWHINE & PAINT PARTY WITH SANFORD MOLINARO - FRIDAY, APRIL 28 AT 12:00 PM

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Note:
Information submitted following MARCH 1 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

INCLEMENT WEATHER & SENIOR CENTER CLOSINGS:

CALL SENIOR CENTER FIRST AFTER 7:30 AM (610-265-4715) AND LISTEN TO VOICE MAIL RECORDING

